

**EFFECTS OF KAYAKALPA YOGA WITH AND WITHOUT DEER  
EXERCISE ON SELECTED PSYCHOLOGICAL VARIABLE AMONG  
WOMEN SUFFERING WITH IRREGULAR PERIODS**

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## **INTRODUCTION**

Yoga is as old as India herself. Yoga is the destroyer of sorrows and miseries, tones up muscles, regulates function of various organs and helps to overcome psychosomatic ailments, digestive metabolic and organic disorders.

Menstruation is the time of month when the womb (uterus) sheds its lining and vaginal bleeding occurs. It is often called a period. Periods vary widely from woman to woman. Some periods are punctual, some are unpredictable. On average a woman gets her period every 21 days to 35 days. A period usually lasts about three to five days.

"Irregular periods are simply those that are not regular. If you suffer from irregular periods, you simply will not know when your period is going to appear.' Irregular periods can be extremely difficult or even impossible to track.

Kayakalpa Yoga is an ancient wonderful technique of the Siddhas(saints) of South India for the enhancement of life energy. In Sanskrit, the term "Kaya" means "body and "Kalpa" means "immortal". The Science of Kayakalpa delineates the manner in which the human body can be immortalized.

Sri Vethathri Maharishi searched and researched to make the Kayakalpa exercise easy and popular. Kayakalpa is not a medicine, it is an exercise. The exercise provides healthy body and makes it fit and agile. Kayakalpa helps longevity.

Restructuring the body in a natural way, Kaya Kalpa helps cure and prevent diseases. It relieves the practitioner of many of the troubles of aging.

Deer Exercises cultivates sexual energy, improves overall vitality and mental alertness, improves sexual enjoyment, and reduces or eliminates many common women's ailments.

### **PURPOSE OF THE STUDY;**

The purpose of the study was to find out the effect of Kayakalpa yoga on selected physiological variable among women with irregular menstrual cycle.

### **HYPOTHESIS**

It was hypothesized that there will be significant differences in the psychological variable among women with irregular menstrual cycle due to Kayakalpa yoga practice with and without deer exercise.

### **DELIMITATIONS**

1. The study was delimited only on women with irregular menstrual cycle.
2. The age of the subject range from 35 to 45 years.
3. The study is delimited only to Chennai.

### **LIMITATIONS**

1. The study was limited to certain factors like life style, body structure, personnel habits, family heredity, and motivational factors are not be taken in to consideration for this study.
2. The study was limited certain factors like diet, environmental and climatic conditions, economical background are not to be taken in consideration
3. The day to day routine works was not be controlled.

## **METHODOLOGY**

The study was designed to deal with effect of Kayakalpa yoga with and without deer exercise on selected psychological variable among women suffering with irregular periods. To fulfill the aim, the subjects were taken from Manavalakalai yoga centre at Porur Sakthi Nagar, Chennai.

### **SELECTION OF THE SUBJECTS**

Sixty subjects were selected at random from the Manavalakalai yoga centre at Porur Sakthi Nagar, Chennai. For the study, the selected subjects were further divided at random into three groups namely Kayakalpa yoga groups, combination of Kayakalpa yoga and deer exercise group and control group. The number of each group was Twenty.

### **SELECTION OF VARIABLES**

The research scholar reviewed the available scientific literature pertaining to the Kayakalpa yoga groups, combination of Kayakalpa yoga and deer exercise group and control group on selected psychological component. In the present study the following variable was selected.

- Stress

### **INDEPENDENT VARIABLES**

- Kayakalpa yoga
- Combination of Kayakalpa yoga and Deer exercise

## EXPERIMENTAL DESIGN

The random group design was employed for the selection of the samples. These subjects were divided randomly in to three groups that is control group, Kayakalpa yoga and Combined Kayakalpa yoga and deer exercise.

Analysis of co variance was applied to determine the significant difference among the three groups namely experimental group I , Experimental group II, and Control group in the development of 16 weeks training. When F ratio was found to be significant, the Scheffe's post hoc test was applied to test the significance of pairs of adjusted final group's means.

## RESULTS OF STRESS

### COMPUTATION OF ANALYSIS OF CO-VARIANCE OF PRE-TEST, POST TEST AND ADJUSTED POST TEST ON STRESS OF THREE GROUPS

Means	Control Group	Experimental Group I	Experimental Group II	SV	S.S	df	M.S.	O.F
Pre test	131.05	128.85	128.45	B	816.92	2	408.46	1.41
				W	367.04	57	6.44	
Post test	132.60	125.60	121.35	B	508.13	2	254.07	7.10*
				W	11982.45	57	210.22	
Adjusted Post test	131.24	126.11	122.20	B	105.7	2	52.85	4.10*
				W	10313.9	56	184.18	

Table F ratio = 3.16 at .05 level, df (2 and 57, 2 and 56) \* Significant

Table shows the analyzed data on stress. The pre test means of self confidence were 131.05 for control group, 128.85 for experimental group I and 128.45 for experimental group II. The obtained 'F' ratio 1.41 was lesser than the table 'F' ratio 3.16.

Hence, the pre test was not significant at 0.05 level of confidence for the degree of freedom 2 and 57.

The post test means were 132.60 for control group, 125.60 for experimental group I and 121.35 for experimental group II. The obtained ‘F’ ratio 7.10 was higher than the table ‘f’ ratio 3.16. Hence, the post test was significant at 0.05 level of confidence for the degree of freedom 2 and 57.

The adjusted post test means were 131.24 for control group 126.11 for experimental group I and 122.20 for experimental group II. The obtained ‘F’ ratio 4.10 was higher than the table ‘F’ ratio 3.16. Hence, the pre test was significant at 0.05 level of confidence for the degree of freedom 2 and 56.

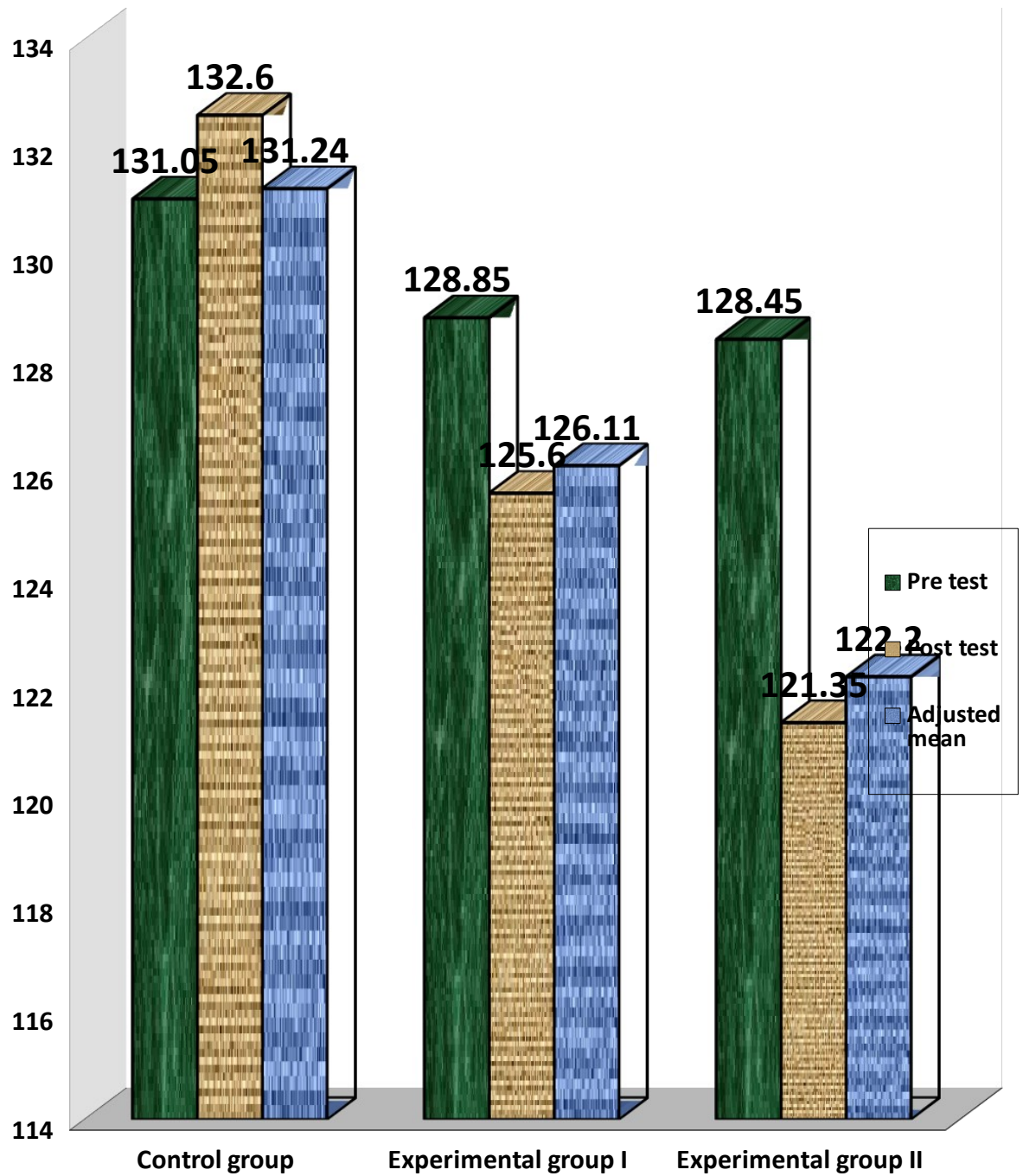
TABLE – I(a)  
COMPUTATION OF SCHEFFE’S POST-HOC TEST ORDERED ADJUSTED  
FINAL MEAN DIFFERENCE OF STRESS

Control Group	Experimental Group I	Experimental Group II	M.D	CI
131.24	126.11	--	5.13	1.71
131.24	--	122.20	9.04	1.71
--	126.11	122.20	3.91	1.71

Table I (a) shows the Scheffe’s post hoc test of ordered adjusted final mean difference of Stress of different groups. The difference between control group and experimental group I was 5.13 control group and experimental group II was 9.04 experimental group I and experimental group II was 3.91. The CI value 1.71 is lesser than table F ratio value. Hence all the three comparisons were significant.

**FIGURE – I(B)**

**PRE TEST, POST TEST AND ADJUSTED POST TEST MEAN  
DIFFERENCE OF STRESS**



**DISCUSSION ON FINDINGS – STRESS**

The finding of the result showed that there was significant improvement in Stress. It may be due to the nature of kayakalpa with deer exercises. The study indicated that the experimental group I and II significantly decrease the stress. It was also indicated that experimental group II had significantly decreased the stress greater than experimental group I.

The post hoc analysis of obtained ordered adjusted means proved that there was significant difference that existed between Kayakalpa yoga with deer exercise, only kayakalpa yogic training and control group. This proved that due to twelve weeks kayakalpa yoga and deer exercise the subjects have decreased their Stress when compared between the other two groups.

The hypothesis stated that there would be significant improvement on the selected psychological variables among irregular period women due to kayakalpa yoga with deer exercises. The findings of the study showed that there were significant differences in selected psychological variables among irregular period women due to kayakalpa yoga with deer exercise. Hence the hypothesis was accepted on the above said variables.

## **SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

## **SUMMARY**

The aim and purpose of the present study was to find out the performance of psychological variable and the influence of Kayakalpa yoga and Kayakalpa yoga with deer exercises on women with irregular periods. Forty five women of 35 to 45 years from Manavalakalai mandram, Sakthi nagar, Porur, Chennai were selected as the subject for the study. The scores made by the subjects were collected on the chosen psychological Variable (Stress).

The variable to be used in the present study was collected from irregular period women. They have to treat with respective exercises. It was assumed pre test. After completion of exercises they were tested again as it was in pre test on the variable used in the present study. This test was assumed as post test. Analysis of covariance (ANCOVA) was applied because the subjects were selected randomly, but the groups were not equated in relation to the factors to be examined. Hence the difference between means of the three groups in pre test had to be taken into account during the analysis of post test differences between means. This was achieved by the application of the analysis of covariance, where the final means were adjusted for differences in the initial means, and the adjusted means were tested for significance. To test the obtained results on variables, level of significance 0.05 was chosen and considered as sufficient for the study.

## **CONCLUSIONS**

The light of the above findings of the present study the following conclusions have been made.

1. The Kayakalpa yoga with deer exercises group had shown significant improvement in the entire selected Psychological variable.



2. The Kayakalpa yoga with deer exercise group had shown improvement which is greater than the Kayakalpa yoga without deer exercises group.
3. The Kayakalpa yoga with deer exercise has reduced the other menstrual problems.

### **RECOMMENDATIONS**

1. The study mainly focused on women with irregular menstrual problems and similar study may be conducted on other menstrual problems.
2. The study may be extended to other variables not only psychological.
3. Kayakalpa yoga with and without deer exercises helps to reduce the other problems of women.

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