

PSYCHO PHYSIOLOGICAL EFFECT OF VETHATHIRI MAHARISHI'S KAYAKALPA YOGA ON PCOS – CLINICAL TRIAL

¹S.Shanthi Department Of Yoga For Human Excellence, Bharathiyar University, Coimbatore, India.

²Dr.K.Perumal Phd, Director Department Of Wesc-Vision For Wisdom(Academy) Aliyar.

ABSTRACT:

"By sublimating and recycling
The sexual vital fluid
**Kaya kalpa frees you from
A variety of earth bound ills**
- Value of kayakalpa yoga
-(Yogiraj Vethathiri Maharishi).

Reference book: Journey of Consciousness written by
Thathuvagnani Vethathiri maharishi.

Disease, old age, and death are the three major problems which have been engaging the attention of medical scientists for centuries and in a different way, that of philosophers as well. Swamiji vethathiri maharishi founded the simplified kundalini yoga for the benefit of humanity. This aim was to bring about peace around the world. A good healthy body awakens the good soul within us. This helps to maintain peace in and around each individual which finally helps to achieve the goal of SKY trust. For this swamiji introduced Kaya kalpa technique to the humanity. Kaya kalpa yoga is a rejuvenating technique which was discovered by our siddhars, and lost during due course of time. This was once again brought back by our swamiji in an easily understandable way. Kaya means body and kalpa means immortal. In South India vedic rishi Agasthiyar is said to be the father of kayakalpa. Tradition from South India - Simplified and Systematized by his holiness Vethathiri Maharishi. Kaya kalpa technique has three fold objectives. There are many benefits according to the regularity, sincerity and dedication of practicing kayakalpa yoga given by vethathiri maharishi. All these are founded, practised and given to the society to **enjoy good health**, long life, enough wealth, wisdom and peace by swamiji. My research study is **aimed to control the hormonal imbalance in pcos by practising kayakalpa technique regularly.**

KEY WORDS:

Kayakalpa Yoga, Body, Life Force, Bio Magnetism, Mind, Sexual Vital Fluid.

1. Introduction:

The human body innately and instinctually has basic rhythms that control its autonomic functions. These functions purposely are not accessible to the conscious mind. In India where the practices of yoga have been studied and pursued for over 3500 years, basic techniques to bring the unconscious functions of the body under conscious

control have been developed. Upanishads, a repository of Indian health wisdom, contain several yoga applications which assure us healthy ageing. The science of yoga has a special advantage in that it can delay the ageing process. Svetaasvatara Upanishad states that by agni generated through yoga practice it is possible to destroy disease, decay and death. Rig vedha soma or elixir of immortality gives the system of

longevity at first. The origins of these practices were probably based originally on ancient shamanism. Yoga in ancient Indian wisdom divided in to 4 broad categories. 1.In Vedic period Rig veda first gives the system of longevity. 2. In Pre classical period Upanishads assure us healthy ageing. eg- Bagavat gita (500.B.C) 3. In the classical period Patanjali yoga sutra (Raja yoga) says vyadhi is the first obstacle to practise yoga. 4. In the Post classical period vedantha teachings give the rejuvenation of the body and prolong its life. The most secret practices developed in India to increase longevity, healing, abilities and rejuvenation come under the following names: (i) Somakaya-Soma-(Longevity) kaya-(Body), (ii) Sanjivini Revitalization), (iii) Kaya kalpa (Rejuvenation and Longevity), (iv) Navakhadasiddhi (Nine part rejuvenation, Longevity, Alchemy)), (V) Rasayana (the Way of Essence), (vi) Pranarasayana (Extracting the Essence Of Breath). These secret practices are not known to every one. These techniques are considered closed and secret systems that lie outside the realm of traditional Indian medicine. They give the practical methods of control over the physical body. Therefore clinical results cannot yet be tested on their powerful effects.

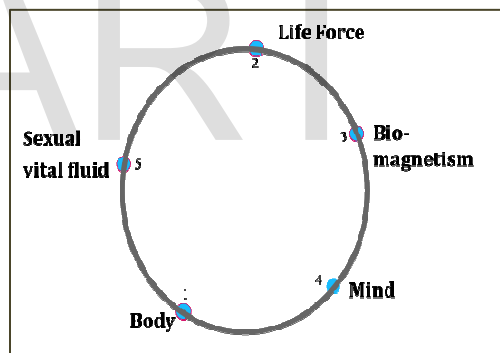
Our research has the potential for showing the ability of control of hormone balance and the energy production within the body system. These brief remarks provide the context for the Kaya Kalpa Yoga technique that Vethathiri maharishi developed. It is concerned with the prevention of disease by strengthening the immune system, rejuvenation of the body systems and extension of healthy ageing for the modern world. Siddhas Discovered the Relationship between Body and Mind and enumerated it in their poems. Hence kayakalpa yoga is a yogic technique discovered by our Indian siddhas re-oriented by vethathiri maharishi.

2 VALUE OF YOGA: Yoga is a science of life to develop sixth sense to its fullness and to enable man to enjoy peaceful and blissful life.

2.1 KAYAKALPA YOGA: KAYA- BODY and KALPA-IMMORTAL. kayakalpa yoga is a complete science which integrates physics, biology, physiology, philosophy, genetics and yoga. This philosophy of kayakalpa yoga delineates the manner in which the human body can be enhanced by proper integration of physical body, life force, mind, bio-magnetism, sexual vital fluid. kayakalpa yoga regulates sensual feelings, enhances mental maturity, and strengthens one's character and personality.

2.2 VETHATHIRI MAHARISHI PHILOSOPHY OF KAYAKALPA – AN EXPLANATION:

FIGURE-1:



thrown out in different form, and 10% converted into blood. To increase SVF people go behind lehiyam, badham seeds etc but even this will have to undergo the above mentioned process.

***LIFE FORCE:** Life force in the form of smallest energy particles runs throughout the body. In the process of their spinning they produce bio-magnetic waves. As the life force particles are circulating all over the body the flow of bio-magnetism is also circulatory. Due to the circulation it sets up polarization and integration among the cells.

MAHARISHI SAY'S ,LIFE FORCE IS SOME TOTAL OF ALL THE FORCE ENERGY PARTICLE ,TOGETHER, IS CALLED LIFE FORCE.

2.3 BIO-MAGNETISM (fig-2): It's generated within the physical body. Life force particles liberate formative dust particles are called bio-magnetism. Every particle in the body whether free or associated in to cell formation is constantly spinning, Hence spinning action can produce spreading waves. Gravity exerts compression on the particle, convergent on its centre, by the returning reflection of this focused compression a repulsive wave is generated from the particle. That repulsive wave coalesces with the gravity and becomes generated from the particle. That repulsive wave coalesces with the gravity and becomes the bio magnetic wave. This is the main fuel for all physical and mental functions of the entire system.

2.3.1 HOW THE BIO-MAGNETISM PRODUCED IN THE BODY:

Each cell itself is made up of atoms and sub atomic particles. According to swamiji ultimate is formative dust particles. so each cell is is made up of millions of primary energy particles.

2.3.2 ACTIVITIES OF BIO-MAGNETISM:

Spreading wave produced by the life force energy particle is bio-magnetism. If we want more life force particle more of BM requires. BM is fuel for all activities. Activities are broadly divided in to two.

*.Physical activities

*.Mental activities.

2.3.3 INCOME AND EXPENSE OF BIO-MAGNETISM:

INCOME: Food, Cosmic energy, Energy from the centre of the earth, Meditation power.

EXPENSE: Body function, sensual function, Mind function.

MIND (fig-2): The life force particles are spent during the body and mind functions. This bio-magnetism in dense form is responsible for all our physical and mental activity. The extension of bio-magnetism through senses and through brain as thought wave is called mind.



Figure:2

3 HYPOTHESIS: My research study is aimed to control and cure the hormonal imbalance in pcos patient by practising the kayakalpa yoga regularly, and to help in the fertility of women.

3.1 SIGNIFICANCE /NEED OF THE STUDY: EFFECT OF YOGA ON PCOS:

It is believed that yoga can control and cure the formation of pcos. Endocrinal disorder can cause pcos. kayakalpa yoga which is said to control the endocrinal glands of the body is said to be beneficial for pcos patients. Practising kayakalpa yoga can prevent pcos, since it improve the functioning of the endocrine glands, is the significance of the study.

3.2 OBJECTIVES AND HYPOTHESIS; KAYAKALPA TECHNIQUE HAS THREE FOLD OBJECTIVES:

1. To with stand the ageing process.
2. To maintain health and youthfulness.
3. To postpone one's death to suit one's wishes.
- 4.

3.3 MECHANISM OF KAYAKALPA:

Kayakalpa recycles the sexual vital fluid, in to bio-magnetism to provide abundant somatic energy to the body.

4 BENEFITS OF KAYAKALPA:

1. The nervous system on the whole will be strengthened.
2. Quality and quantity of SVF will be increased.
3. Menstrual problems will be solved.
4. Better children will born.
5. It strengthens the abdominal muscle.
6. It normalizes the activity of the endocrine gland.
7. Obesity is reduced.
8. For women it regulates the menstrual system and helps to cure uterus problems.
9. As the spinal column is systematically twisted from bottom to top .The back bone and disc get strengthened.

5 PCOS (fig:3): Also known as steinleventhal syndrome, is normally diagnosed on the basis of ultra sound examination. pcos affects 5% to 10% of women in reproductive age. It is known as hyper androgenic chronic an ovulation is a benign disorder that commonly results in infertility.

Normally one or more eggs are released during each menstrual cycle. This is called ovulation. In pcos these eggs cannot mature and are not released from ovaries, and can form small cyst in ovaries. These changes can cause to infertility and other hormone imbalance.

6 CAUSES FOR PCOS:

- 1.Stress
- 2.Sedentary life style
- 3.Diet

6.1 CLINICAL FEATURES OF PCOS:The medical symptoms of pcos include , higher level of leutizing hormone and lower level of follicular stiulating hormone, hyper androgenemia leads to hirsutism , acne , alopecia, hyperinsulinaemia leads to DM-2, hypertension, CVD, anovulated infertility leads to menstrual irregularities ,obesity, acanthosis nigricans, hyper pigmented skin thickening aroud the skin folding around the neck also present.

7 PSYCHOLOGICAL EFFECT OF KAYAKALPA YOGA ON PCOS:

Pcos as a mind body disease according to yogic scripture.ie an imbalance at several levels.so there is a need to focus on mind and body.Yoga states imbalance in mana disturb breathing. prana affect physical body.physical health depends mental and spritual health.Pcos abnormalities arises in ie imbalances begin in theMANONMAYA KOSHA.PATANJALI says this imbalances occurs due to wrong notions.So pcos can be considered as intrinsic causes for producing uncontrolled emotional responses.Kayakalpa yoga helps to control the manonmaya kosha,so pcos get cured.

8 PHYSIOLOGICAL EFFECT OF KAYAKALPA YOGA ON PCOS:

Endocrinal disorder can cause PCOS.Kayakalpayoga which is said to regulate the endocrine glands.This initiates the insulin receptor cells in the ovaries to work properly where development of cyst is being avoided.it can prevent and cure pcos.

9 CASE STUDY:AIM OF THE STUDY-To control and cure hormonal imbalance in pcos patients.

9.1 ANALYSIS: 1.Weight 2.Menstrual Cycle 3.Blood glucose level 4.FSH AND LH LEVEL 4.Ultra sound scan.

9.2 METHODS-DESIGN: Used single group, 12 weeks of study, daily do the practice of maharishi's kayakalpa yoga.

9.3 STUDY GROUP: Five Participants age limit between 20 to 30was taken,Kaya kalpa yoga recommended to all these patients.

9.4 INTERVENTION: Intervention group participated in a 3- month Vethathiri Maharishi's style of yoga practice,To facilitate and guide home practice ,participants were given an audio recording (CD) ,Group sessions were held twice per week,They were regulated by the yoga instructor through phone and direct communication.Spiritual diary was maintained.

9.5 SETTINGS:JothiSiddhaClinic, Aliyar,Vethathri clinical laboratory, Temple of consciousness,Traininghall templeofofconsciousness.

9.6 RESULT:Doingvethathirimaharishi's kayakalpa yoga PCOS get cured.

10 SCIENTIFIC DISCUSSIONS OF KAYAKALPA YOGA ON PCOS:

1. Endocrinal disorder can cause pcos, kayakalpa yoga which is said to control the endocrinal glands of the body is said to be beneficial for pcos patients practising kayakalpa yoga improves the functioning of the endocrine glands.
2. Kayakalpa is good for overall fitness of the body it strengthens the nervous system increases the coordination and tonning.
3. According to the principles of yoga obstructions in coordination finally caused dystonia dystonia is common in women with pcos. An imbalance of ovarian axis can lead to pcos, and kayakalpa yoga can prevent this kayakalpa yoga leads to mental, physical, and spiritual enhancement.
4. In our siddha system pcos caused by the excess level of kaba is one of the tridosha.
5. The prescribed kayakalpa yoga increases the ushnaveeriya, so it reduced kaba dosham, and it helps to reduce the symptoms of pcos.

6. According to the **“JOURNEY OF CONSCIOUSNESS”** written by Thathuvagnani Vethathiri maharishi the kayakalpa yoga helps to prone to regulate metabolic functions by controlling endocrine secretions. Vethathiri maharishi`s kayakalpa yoga practice helping in curing this pcos.
7. During the tonning up of the nerves we focus our mind in the mooladhara chakara This is an exercise where we give massage to the ovaries, by contracting and relaxing the muscle in that region, this generates a co-ordination of muscles in the reproductive system which initates the insulin receptor cells in the ovaries to work properly ,when the ovaries work properly further the development of cyst is being avoided, when the tonning up of nerves is done continuously the ovaries and uterus get strengthened up which helps in regular functioning of the menstrual system.
8. ojus breath is a technique in which the energy collected in the mooladhara is collected to the pituitary gland. pcos patients have higher level of luteinizing hormone (LH) and lower level of follicular stimulating hormone (FSH) which helps to give follicles.This hormone is the anti hormone for LH hormone. During ojus breathe higher level of LH hormone is fed to the pituitary gland. Now this helps in generation of anti-hormone FSH hormone also helps in the fertility of women.
9. Also pituitary gland regulate the pineal gland by the kayakalpa and ojus technique, it helps increasing insulin receptor level (MELATONIN), It`s shown improve level of insulinresistence in this syndrome.
10. Kaya kalpa yoga is an intrinsic exercise done to regulate the endocrine metabolism of our body, since pcos is one of the endocrinal disorders this yogasana is applicable to patients suffering from pcos.

11 FOLLOWING A PCOS DIET:Studies indicate that there is a correlation between the improvement of pcos and weight loss. Hence women are advised to follow a healthy and nutritious diet which limits the consumption of fat, calories and unhealthy foods .yoga for pcos also

involves maintaining a diet that is satvic and yogic. Such a diet is purely vegetarian consisting of a lot of sprouts, fruits, dried fruits, and, fresh salads .Milk and milk products should be avoided, alcohols and cigarettes should be avoided.

12 CONCLUSIONS: Findings from these case reports indicate that pcos patient got good result by practicing the kayakalpa yoga and this yoga practice should reduces body weight and also controls the blood glucose level, which in turn regulates the ovarian path way. Currently the standard of care treatment for women with pcos ranges from life style modifications, associated with diet, weight loss, and exercise programs. There is no side effect in practicing kayakalpa yoga. kayakalpa yoga not only does it help in healing pcos and the whole body but it improves overall health. Through kayakalpa yoga the vital force is channeled up, stimulating all the functions of the nerve plexus as well as the endocrine glands that are responsible for Secreting hormone. Avoid stress and tension, so try and avoid all stressful situations, since kayakalpa yoga exercise is a method for spiritual expansion .yogis believed that preserving away oneself from any stress and tension makes the yoga exercise more powerful. Hence poly cystic ovary is a syndrome not a disease. It detected in early stages it could be cured. This study was aimed to observe physiological changes patient undergoing kayakalpa exercise. Hence kaya kalpa is the culmination of kundalini yoga, and its objective is to enable the practitioner to postpone the ageing process and death.

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