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EFFECTS OF VETHATHIRI MAHARISHI'S KAYAKALPA YOGA ON POLYCYSTIC OVARIAN SYNDROME AND SECONDARY INFERTILITY

S. Shanthi¹ and Dr. K. Perumal²

¹Department of Yoga For Human Excellence, Bharathiyar University, Coimbatore, India.

²Ph. D, Director Department Of WCSC-Vision For Wisdom(Academy) Aliyar.

INTRODUCTION:

The word yoga is derived from the ancient Sanskrit verb yuj which means "to join", or "Unite". Yoga yield physical health, mental health, concentration, peace, harmony and longevity. Yogirajvethathiri maharishi was born in 14.8.1911 at guduvanchery, near Chennai, India, was a self-educated and distinguished rational contemporary thinker and revolutionist. He was declared the 19th Siddha by the Dravidian University. Vethathiri Maharishi claimed to synthesize a complete science of living for the betterment of humanity through Simplified Kundalini Yoga meditation, Physical Exercises, Kaya Kalpa Yoga and Introspections. Vethathiri's lifetime works are called Vethathiriyam. Yogirajvethathiri maharishi had in the light of his knowledge of yoga, research undertaken by him for over 40 years, simplified the system of kayakalpa. Kaya – human body, Kalpa – long period of time, yoga – unison. Kayakalpa yoga is a complete science which integrates physics, biology, physiology, philosophy, genetics and yoga. Vethathiri maharishi's kayakalpa philosophy includes Body, Life-force, Bio-magnetism, Mind, and Sexual vital fluid. Kayakalpa purifies the soul. Genetic centre is the soul and vortex point of the sexual vital fluid. The practice of kayakalpa conserves the life energy and prevents the onset of pain, disease, death, making for a happy and contented life, free from diseases. Furthermore kayakalpa gives significant spiritual benefit. The sexual energy is transmuted into spiritual energy by directing it to the crown chakras. Kayakalpa can be called as an internal exercise. This internal exercise can be done in various postures combined with breathing techniques taught personally in the course in WCSC (WORLD COMMUNITY SERVICE CENTER). According to Vethathiri Maharishi Kayakalpa Yoga has three fold objectives they are 1. withstanding the ageing process, 2. Maintaining health and youthfulness, 3. Postponing one's death to suit one's wishes. This is the pinnacle in the practice of kundalini yoga.



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VALUE OF KAYAKALPA YOGA: VETHATHIRI MAHARISHI SAY'S:

By sublimating and recycling, the sexual vital fluid
Kayakalpa frees you from , A variety of earth bound ills....

Siddhas realized the truth by understanding the life force, and maintaining the relationship between the body and the life force to lead a long life. Tradition from south india simplified and systematized by his holiness Vethathiri maharishi. In yoga, it is said that the physical body is one of the sheaths of our beings. We have the following five sheaths or koshas. Annamaya kosha refers to the gross physical body, Manonmaya kosha refers to

the mental body (thoughts)Pranamaya kosha refers to the subtle energy body ,Vignanamaya kosha refers to the psychic body , Anandamaya kosha refers to the transcendental, blissful body.One can be healthy only if all these levels of being are pure.Prana is everywhere and in everything. It is the basic force. That animates all matter. In the study of kayakalpayoga the life force or prana is closely associated with breathing practices that control and direct this important energy.

KAYA KALPA AN EXPLANATION:

There are five factors which design the functioning of the human body:1. Body 2. Sexual vital fluid 3.Life force particles 4. Bio –magnetism 5. Mind.

1. Body is divided in to three types - PHYSICAL BODY-The body is made up of pancha- boothas namely solid, liquid, fire or heat, air and akash. According to science the body is made up of millions of cells.ASTRAL BODY- Inside the physical body life force particles making a circulation.Akash elements represents the life force in a body. CAUSAL BODYOR MAGNETIC BODY - The magnetism within a body is bio-magnetism. The three bodies contribute to the formation of Genetic Centre.

2. SEXUAL VITAL FLUID: According to Maharishi food is converted in to seven thathoosieJUCE - BLOOD - FLESH - FAT - BONE - MARROW – SVF (OJUS=VITAL ENERGY).

3. LIFE FORCE: Life force in the form of smallest energy particles runs throughout the body4. **4. BIO-MAGNETISM:** Life force particles liberate formative dust particles are called bio-magnetism.

5. MIND: The extension of bio-magnetism through senses and through brain as thought wave is called mind.

STEPS AND MECHANISM IN KAYAKALPA YOGA:

1. ASWINIMUDRA-A BOON TO HEALTH: Maintenance of a healthy and strong anal sphincter muscle reflects directly on the good health of a person. Healthy sphincter muscle ensures healthy sexual glands. Ashwini Mudra consists of contraction and relaxation of the pelvic diaphragmatic muscles. This fractionally separates the Ojus energy from the Sexual-Vital-Fluid and the sexual secretions concentrated in and around the centre of the pelvic diaphragm. The funnel shaped structure of the circular levatorani muscle, by its contraction and relaxation is supposed to create a centrifugal spinning action in the contents of the pelvic floor. It separates the various fractions of the sexual secretions.

2. MOOLA BANDHA: Holding up the anal muscle is moola bandha, nervous system is attuned.The Word Banda means ``to bind" or to Lock", this is in reference in locking of the muscles to the perineum. Banda can also mean ``to redirect'. I.e. As you Lock the muscles of the perineum you unlock energy in the pranic body. Redirecting the flow upwards and reversing the natural tendency of apana to flow downwards. It is believed that moolabandha stimulates 72000 nadis at their source an effect which make it very powerful. Moola bandha said to affect manomayakosha by helping to release stored emotional conflicts in perineal and pelvis floor muscle.

3. OJUS BREATH: Ojus breath helps in raising vital force from the seed centre to the brain centre,

PCOS:

PCOS also known as Steinleventhalsyndrome, is normally diagnosed on the basis of ultra sound examination. Pcos is chronic hormonal and metabolic disorder 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 so that they do not have regular periods. They often have evidence of excess male hormones. These changes can cause to infertility and other hormone imbalance.PCOS – A MIND- BODY DISEASE -Pcos affects mind and body. It relates to Manomayakosha in yogic literature. When the mind is engaged in reflection of the habitual and emotional thoughts and keep on doing some actions, this regional action is called Manomaya kosha. Manas implies mind. So the sheath subtler than prana is the mind. So manomaya kosha implies our mind. It have noticed that when we are tense we breathe fast and when we are relaxed we breathe deep and slow. Thus the mind has effect on prana. When we breathe slow and easy the mind gets controlled. Hence the breathing technique in kayakalpa yoga

reduces the stress and controlling the mind while doing the practice regularly. Ovum is the essential factor for the conception of female fertility. Kayakalpa help women experiencing the challenges of infertility. This yogic practice can help the clarity of mind and reduces the stress and anxiety of women, makes the growth of ova in a normal level.

RESEARCH WORK:

The purpose of the study was to find out the effect of physiological and psychological changes in PCOS and secondary infertility women by practicing Vethathiri maharishi's Kayakalpa yoga regularly. Kayakalpa yoga as an intervention is not studied in PCOS, it is found to be effective in several associated conditions. Kayakalpa yoga was synthesized by Shri Vethathiri Maharishi proves to be cost-effective, less time consuming, universally applicable. To achieve the purpose of the study 60 samples will be selected at random and their range is aged group people (20-30). 30 samples were included in the experimental group and 30 samples were in controlled group individually. All are married women and are working women. The duration of the study was Four months. The selected subjects were affected from Polycystic ovarian syndrome and secondary infertility. Pelvic ultrasonography showing the presence of eight or more peripheral cysts of at least 10mm diameter, with increased Stromal echo in one or both ovaries. This study was delimited to only Vethathiri Maharishi's kayakalpa yoga technique. It was hypothesized that there would be any significant differences in the experimental group on Physiological Variables, Weight, BMI, Hemoglobin, Total cholesterol, FSH and LH levels, and Ultra sound scan report, secondary infertility conditions, than the controlled group due to the practice of Vethathiri maharishi's Kayakalpa yoga on PCOS. It was also hypothesized that there would be any significant differences in the experimental group on Psychological variable Anxiety, than the controlled group due to the practice of Vethathiri maharishi's kayakalpa yoga PCOS.

METHODOLOGY:

The study was Randomized control trial. Kayakalpa yoga was given to the experimental group. Daily they do the practices of Kayakalpa yoga. To facilitate and guide home practice. Participants were given an audio recording (CD), sessions were held twice per week. They were regulated by the yoga instructor through phone and direct communication. Daily records of diary were maintained. Patient's case sheet was maintained. Mental health state was maintained in the case sheet. Food restriction was given to the patients. In the beginning pretest scores were collected, after the experimental period of 4 months practices post test scores were measured for both physiological and psychological variables. Finally findings and solutions were drawn.

DISCUSSION AND CONCLUSION:

During the toning up of the nerves we focus our mind in mooladhara chakra. This is an exercise where we give massage to the ovaries by contracting and relaxing the muscles in that region. Uterus get strengthened, regular menstruation occurs. This initiates the insulin receptor cells in the ovaries to work properly. Ojus breath is a technique in which the energy collected in the mooladhara chakra is taken to the pituitary. An imbalance of ovarian axis can lead to PCOS and kayakalpa yoga can prevent this. Higher level of LH is fed to the pituitary gland. Now this helps in generation of FSH which helps in regular menstruation of women. 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. Pcos abnormalities arises ie imbalances begin in the MANOMAYA KOSHA. Kayakalpa yoga helps to control the manonmaya kosha. Before starting the study, the blood was collected from the pcos patients in clinical laboratory aliyar ashram, and the bio chemical analysis were estimated. After 4 months of yoga therapy, blood samples were collected from the pcos patients and the bio chemical estimation were analyzed. Finally the result was, while doing kayakalpa yoga FSH and LH hormones are in normal level, Total cholesterol and hemoglobin was in normal level. Radiological findings like USG reports revealed, that reduce of polycystic appearance of ovaries and improvement of follicular maturity. LH/ FSH hormone reports revealed that the ratio came to the normal level. Physiological variable like weight and BMI come to normal level. 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 hormones. Autonomous and central nervous system get strong. Hence while doing

kayakalpa yoga – which is the recycling of seminal back mechanism is similar to the feedback mechanism of the pituitary gland in synchronizing the hormone balance. 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. Hence Kayakalpa yoga is considered as Preventive and curative. In addition to this physical wellbeing, the spiritual benefit is the sexual energy is transmuted to spiritual energy by directing it to the crown chakra. Psychological findings like Anxiety come to normal level. Doing Vethathirimaharish`skayakalpa yoga PCOS get cured and the patients get conceived.

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Address for Correspondence

56, 'PARASHURAM' Ayodhya Nagari, Near Reliance Office,

Hydrabad Road, Dahitane,

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Email: researchdirection2013@gmail.com

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