

# Effect of Kayakalpa Yoga on Neuro Transmitters

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## Abstract:

### Background:

KayaKalpa Yoga is an attractive area to find out solutions in the domain of Anti-ageing but without any ill effects. Yoga is considered to help a person to lead a holistic life style of bliss, peace, creativeness, emotional balance and physical wellbeing. Vethathiri Maharishi has identified the fundamental causes for the sufferings in the Human society all over the world. In order to transform and help humanity to lead a healthy, prosperous, harmonious and joyous life, Maharishi formulated a suitable system of Spiritual Education with practices for Physical, Mental and Social health called as Simplified Kundalini Yoga (SKY).

### Objective:

In this study we wanted to find out the effect of Kayakalpa Yoga on Neuro Transmitters. Neuro Transmitters are the chemicals which transmits signals from one neuron or nerve cell to the targeted (neuron, muscle or gland) cell

### Methods:

To understand the same, this study was carried out in voluntary subjects in Delhi who have normal household and official stress and we measured Neuro Transmitters levels in sera of these participants before and after practicing Kayakalpa Yoga.

### Results:

We have conducted the paired “t” test in the sera samples which were collected before and after Kundalini Yoga practice. The analysis revealed that Neuro Transmitters such as Oxytocin, Endorphin, Alpha Melanocyte, Neurotensin, Substance P, Sox10 was increased after the 3 months Kundalini Yoga practice.

### Conclusions:

By practicing Kayakalpa Yoga regularly could find out increase in Neurotransmitters that helps in decreasing inflammation, increase in concentration, helping in leading happy life, fat metabolism, helps in reducing oxidative stress.