



Correlations of Biomechanical Characteristics with Ball Speed in Penalty Corner Push-In Effect of Manavalakkalai Yoga and Acupuncture on Stress among Drivers with Back Pain

K. Nallathambi, M.A, M.B.A, M.Phil, B.L.,

Ph.D., Scholar, Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education, Chennai.

Received 29th April 2021, Accepted 5th June 2021

Abstract

The purpose of the present study is to find out the effect of manavalakkalai yoga and acupuncture on stress among drivers with back pain. The study is conducted on 45 drivers with back pain in totally three groups, namely, experimental group – I & II and Control Group, each group consisted of 15 drivers with back pain. They underwent eight weeks of practice in Manavalakkalai yoga and acupuncture of both the experimental groups whereas the control group do not undergo any type of training. Stress of the Psychological variables are measured before and after using the standard questionnaires (Dr.Latha Sathish Questionnaire). The Analysis of Covariance (ANCOVA) analyzes the data and it is concluded that the Manavalakkalai yoga and acupuncture have a significant of ($P < 0.05$). The findings of the study showed that the Experimental Group – I (manavalakkalai yoga with acupuncture) and Experimental Group – II (manavalakkalai yoga without acupuncture) group III (Control group) had improvement (reduced) in stress.

Keywords: Geriatric, Manavalakkalai yoga and acupuncture and psychological variables.

© Copy Right, IJRRAS, 2021. All Rights Reserved.

Introduction

Intercity bus drivers are required to hold a Commercial Driver's License. The requirements for this vary by country, but require more training than driving a passenger automobile. Safe driving skills and the willingness to obey traffic laws and handle driving under a variety of weather and traffic conditions are essential, as passengers expect a safe trip, and the safety of those in other vehicles on the road is necessary. Those hired as intercity bus are often expected to have prior experience in the operation of a commercial vehicle. This may include the operation of a municipal bus service, school buses, or trucks. New hires by companies are often oriented to their jobs by first riding along for one or more runs on a route, then driving the route under supervision of an experienced driver, or driving the route unsupervised without any passengers. After passing the training, most new hires will only work as backups until a permanent position can be offered.

Good communication skills in the native language of the country and other languages spoken by a large part of the population are also key. Drivers must be able to engage in basic communication with passengers and to give them directions and other information they may need. Some countries require intercity bus drivers to fill out logs detailing the hours they have driven. This documents they are compliant with the country's laws

regarding the maximum number of hours they are permitted to driver. The simplified kundalini yoga (SKY) is the result of Yogiraj Vethathiri Maharishi's sustained spiritual practice for over 40 years. He is one of the latest enlightened masters.

Vethathiri Maharishi is the exponent of the system of "Simplified Kundalini Yoga (SKY)" which is the sure way for lasting peace and real and absolute happiness. Simplified Kundalini Yoga practices helps all the systems of the body to work in close coordination with each other most effectively and any imbalance in the body will be immediately corrected by evoking inner energy and healing powers of the body. He has also discovered the "Simplified Kaya Kalpa Yoga" given out by the ancient siddhas of South India many centuries ago.

Siddas practiced a particular yoga, focusing their thoughts on a single point i.e. SOUL and continued this penance for years. They brought up the Kundalini Power from Mooladhara Chakra to Agna Chakra from one chakra to another chakra. Thus it took 14 to 15 years to bring the power to Agna Chakra, stage by stage. Maharishi directly got it from Mooladhara Chakra to Agna Chakra.

Kundalini is fire.

The force is called life.

"Ali" is a gender free word of life.

This is the toughest of yogas.

Vethathiri Maharishi has studied and done experiments on various types of exercises from various parts of the world and after experiencing himself, has presented a set of physical exercises for rejuvenating the body and mind in all aspects. Simplified Kundalini Yoga

Correspondence

K. Nallathambi
Chennai

combines 1) Pratyahara 2) Dharana and 3) Dhyana into one which gives the maximum benefit for mankind.

Vethathiri Maharishi has developed the Simplified Kundalini Yoga (SKY) as a precious gift to mankind with a package of 5 practices consisting of:

- Simplified physical exercises for physical health
- Meditation for mental health
- Kaya Kalpa for restructuring the body and mind to translate the sexual energy into spiritual energy
- Introspection to sublimate the personality
- Brahma Gnanam to realize the origin of self and God

SKY practices are safe and highly beneficial systems and provide an excellent means to help to solve the problems of overweight and obesity without any side effects what so eve.

Acupuncture - has been understood to be a Drug-less Healing system that works beyond Human discoveries. It was part of Traditional Oriental Wisdom (TCM as it is known popularly). It was a pre-scientific tradition documented 2 millennia ago in China, which has survived and surpassed the most modern treatment systems.

Acupuncture treatment stimulates certain invisible energy points on the skin, by touching, palpating, massaging, warming, cupping and mostly penetrating specific sites and the underlying tissues with a hair-like sterile metal needle. This results in the enhanced flow of Life energy along the Meridian Network. Soul gets harmonized and connects certain "Abstract Principles" with the "Tangible Substances and Organs" of the body - leading to Health and Harmony in Life. Acupuncture treatment works on the Physical, Physiological, Mental, Emotional, Spiritual levels and elevates a person's Socio-economic status and Lifestyles through Resonance Modulation.

Statement of the Problem

The purpose of the study is to find out the effect of manavalakkalai yoga and acupuncture on stress among drivers with back pain .

Review of Related Literature

Panjwani, U., et al (1995) studied the Effect of Sahaja yoga practice on stress management in patients of epilepsy. The study was carried out on 32 patients of epilepsy who were randomly divided into 3 groups:

group I subjects practised Sahaja yoga meditation for 6 months, group II subjects practised postural exercises mimicking Sahaja yoga and group III served as the epileptic control group. Galvanic skin resistance (GSR), blood lactate and urinary vinyl mandelic acid (U-VMA) were recorded at 0, 3 and 6 months. There were significant changes at 3 & 6 months as compared to 0 month values in GSR, blood lactate and U-VMA levels in group I subjects, but not in group II and group III subjects. The results indicate that reduction in stress following Sahaja yoga practice is responsible for clinical improvement.

Methodology

The purpose of the study was to find out the effect of manavalakkalai yoga and acupuncture on stress among the drivers with back pain. For the purpose of this study, forty-five drivers with back pain were chosen on the random basis from Sivakasi only. Their age group ranges from 30 to 40. The subjects were divided into three groups, first group considered as Experimental Group - I would undergo manavalakkalai yoga with acupuncture and the second group considered as Experimental Group - II would undergo manavalakkalai yoga without acupuncture and third group consider as Control Group not attend any practices, and the pre test and posttest would be conducted before and after the training. Training would be given for eight weeks. It would be found out finally the effect of manavalakkalai yoga and acupuncture on the selected psychological variables among the drivers with back pain in scientific method. The collected data were statistically analyzed by using the Analysis of Covariance (ANCOVA).

Training Schedule

Experimental Group – I : Manavalakkalai yoga with acupuncture

Experimental Group – II: Manavalakkalai yoga without acupuncture .

Group III : Control Group (No Training).

Results and Discussions

The statistical analysis comparing initial and final means of stress due to manavalakkalai yoga and acupuncture among the female geriatrics people is presented in the Table 1.

Table 1. Computation of mean and analysis of covariance of stress of experimental and control group (scores in marks)

Test	Experimental Group – I (Manavalakkalai yoga with acupuncture)	Experimental Group – II (Manavalakkalai yoga without acupuncture)	Control group	Source of variance	df	Sum of square	Mean square	F
Pre-test mean	78.56667	78.97	77.17	Between	2	53.60	26.800	0.03
				Within	42	72090.50	828.63	
Post-test mean	60.26667	65.60	80.50	Between	2	6598.42	3299.21	5.05
				Within	42	56802.57	652.90	
Adjusted mean	59.98	64.98	81.41	Between	2	7535.00	3767.50	70.64
				Within	41	4586.808	53.33	
Mean Gain	18.3	13.37	3.33					

*Significant at 0.05 level of confidence (The Table Value for significant at 0.05 level of confidence with df 2 and 42, and 2 and 41 are 2.42 and 2.41).

Since significant improvements were recorded, the results were subjected to post hoc analysis using the scheffe's confidence interval test. The results were presented in the table 2.

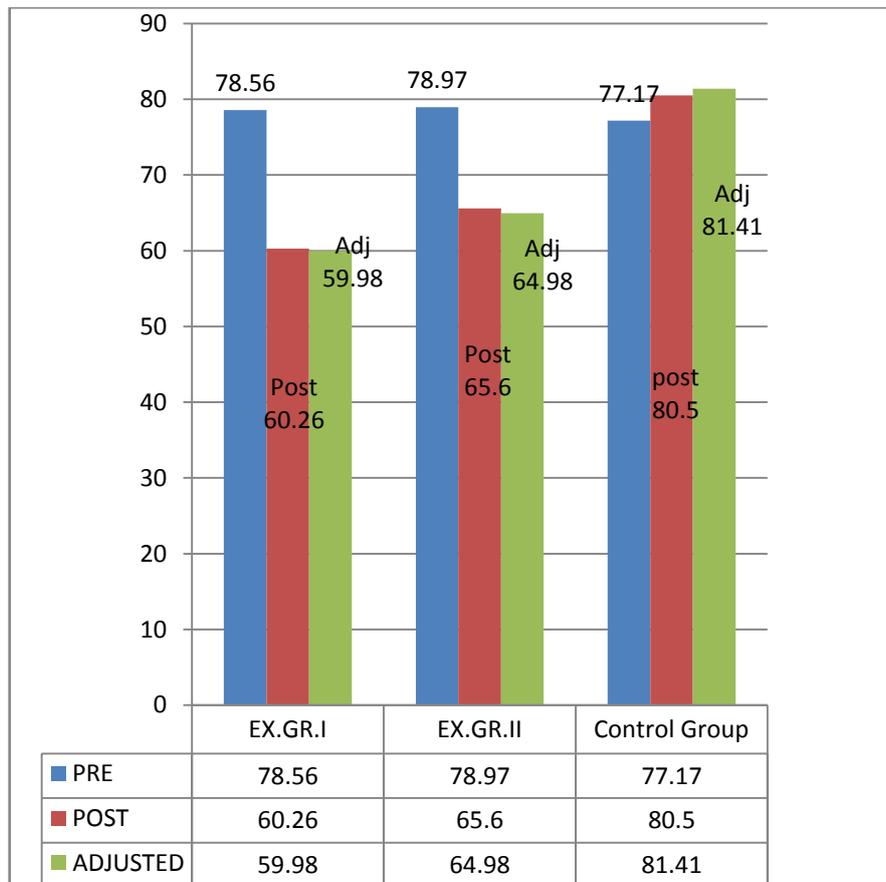
Table 2. Scheffe's post-hoc test for stress

Experimental Group – I (Manavalakkalai yoga with acupuncture)	Experimental Group – II (Manavalakkalai yoga without acupuncture)	Control group	Mean difference	Required C.I
59.98	64.98	-	4.99	4.70
59.98	-	81.41	21.42	4.70
-	64.98	81.41	16.43	4.70

*significant

The obtained adjusted mean values were presented through bar diagram in the figure 1.

Figure I. Bar diagram showing pre, post and adjusted post-test values of control group, two experimental groups on stress



1. Discussion

a. Taking into consideration of the post test means and adjusted post test means were determined and analysis of covariance was done and the obtained F value 5.05 and 70.64 were greater than the required value of 3.22 and hence it was accepted that the manavalakkalai yoga with and without acupuncture significantly improved (reduced) stress of drivers with back pain.

2. Conclusion

a. The analysis of co-variance of stress indicated that the Experimental Group – I (manavalakkalai yoga with acupuncture) and Experimental Group – II (manavalakkalai yoga without acupuncture) Group III (Control group), were significantly improved in (reducing) the stress. It may be due to the effect of Manavalakkalai yoga and acupuncture .

b. The findings of the study showed that the Experimental Group – I

(manavalakkalai yoga with acupuncture) and Experimental Group – II (manavalakkalai yoga without acupuncture) group III (Control group) had improvement (reduced) in stress.

3. References

- Iyengar. B. K. S, (2006), Light on yoga, New Delhi: HarperCollins Publishers, India, P.P.19-461.
- Iyengar. B. K. S, (2001), Yoga – The Path to Holistic Health, New Delhi: HarperCollins Publishers, India, P.P.154-235.
- Kaila.H.L.,et.al,(2002),Stress Management, Mubai: Himalaya Publishing House, India.PP.3-11.
- Rishi Vivekananda,(2005), Practical Yoga Psychology, Bihar: Yoga Publication Trust, Bihar, India.PP.219-232.
- Swami Sathyananda Saraswathi, (2002), Asana, Pranayama, Mudra and Bhandhas, Bihar: Yoga Publication Trust, Bihar, India.PP.23-73.
- Malhotra, V., et al. (2002). Study of yoga asanas in assessment of pulmonary function in NIDDM patients NIMHANS Journal 19(1), PP 169-173.
- Millert J J, Fletcher K, Kabat zinn (1992) Journal

- of Applied Psychology 3:6,PP 43-46
11. Panjwani, U., Gupta, H. L., Singh, S. H., Selvamurthy, W., and Rai, U. C.(1995) Effect of Sahaja yoga practice on stress management in patients of epilepsy. Indian Journal of physiology & pharmacology 39(2), PP 111-116.
 12. Panjwani, U., Selvamurthy, W., Singh, S. H., Gupta, H. L., Thakur, L., and Rai, U. C. (1996)Effect of Sahaja yoga practice on seizure control & EEG changes in patients of epilepsy. Indian Journal of Medical Research PP 103, 165-172.
 13. Rai, L., Ram, K., Kant, U., Madan, S. K., & Sharma, S. K. (2004). *studied* Various cardio-ventilatory responses Indian journal of medical sciences 2:3,PP 255-257.