

# EFFECT OF SIMPLIFIED KUNDALINI YOGA ON HEART BEAT AMONG COLLEGE STUDENTS

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## Abstract:

Heart beat is becoming a common health issue among people all over the world. The Objective of the study was to find the effect of Simplified Kundalini Yoga on Heart Beat among college students. There would be a significant difference in Heart Beat among college students due to the Practices of Simplified Kundalini Yoga and there would also be a Significant difference in Heart Beat among the experimental group I. experimental group- II than the control group. The experimental study adopted true random group design. Seventy Five Students (age ranging 17 to 23) from K.S.G College of Arts and Science, Coimbatore were selected and assigned randomly to three groups of Twenty Five each. The subjects of the experiments group I and group II underwent the Yoga exercise Practice, Simplified Kundalini Yoga training Programme for a period of 12 weeks and the Control group did not undergo any practices. The Pre-test and post- test were conducted for three groups. The Heart Beat was took by Omron Pulse Oximeter in variable reading. The date were analyzed using the statistical tool. ANOVA The fast of significance was fixed at 0.05 Level Result and conclusion. The analysis showed a significant difference in Heart Beat among college students due to the simplified Kundalini Yoga and also a significant reduction in Heart Beat for the experimental group-I, group –II and control group. It was concluded that simplified Kundalini Yoga Practices can alleviate Heart Beat among College Students and can be used as a complementary therapy.

*Keywords* —Heart Beat , Simplified Kundalini Yoga, Yoga.

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## I INTRODUCTION

College students play a Crucial role in Society as they handle the Crisis in the College, Society and Family. They undergo many Physiological and Psychological changes at every stage of their life. The Fluctuations in the hormone Levels lead them to Physiological and Psychological disorders. Heart Beat is the most common Hypertension. The pulse rate is a measurement of

the heart beats, the arteries expand and contract with the flow of the blood. Taking a pulse not only measures the heart rate, but also can indicate the following.

Heart rhythm

Strength of the pulse

The normal pulse for healthy adults ranges from 60 to 100 beats per minute. The pulse rate may fluctuate and increase with exercise, illness,

injury, and emotions. Females ages 12 and older, in general tend to have faster heart rates than do males. Athletes, such as runners, who do a lot of cardiovascular conditioning, may have heart rates near 40 beats per minute and experience no problems.

#### ***Reason of Heart Beat***

1. Anxiety
2. Stress
3. Emotional
4. Aggression
5. Physical Conditions
6. Physiological conditions
7. Psychological conditions
8. Personal life events
9. Social conditions
10. College place related conditions.

#### ***Disease Caused by Heart Beat Change***

1. Heart Related Problem.
2. Kidney Disorder
3. Stroke
4. Paralysis
5. Blood Pressure

#### ***SIMPLIFIED KUNDALINI YOGA:***

Simplified Kundalini Yoga was founded by Vethathri Maharishi. He sacrificed his entire life for the service of Society. He Practiced and Preached love and blissfulness. Maharishi felt that the changes towards better living should happen intuitively in the individual.

Maharishi's Kundalini yoga is subdivided into

1. Simplified Physical Exercise
2. Kayakalpa Yoga
3. Introspection
4. Meditation.

#### ***PURPOSES OF SIMPLIFIED PHYSICAL EXERCISE:***

Simplified Physical Exercise Strengthens the body and helps to regularize the Functioning of all systems to eradicate the animal imprints.

Purposes of Kayakalpa Yoga:

The Purpose of Kayakalpa is to have

1. Long- Life by postponing death
2. Putting off old age and retaining youth
3. Good health

This Practice strengthens the body and internal organs, which begin to function better. It consists of 1. Ashwini Mudra and 2. Ojus Breath. Through this practice the old age and delay of death are possible for the human.

#### ***INTROSPECTION:***

Introspection is the rein to rein the wandering mind. Divine factors like mind, soul, wisdom, magnetism and Divine Force are understood through. "Introspection" with the help of a Guru, One should Practice 'Introspection' until you make your mind a static state. Then you understand that the eternal wisdom is God.

These together form Introspection. If there was a mistake made make a strong auto suggestion not to repeat it, if an action was done well. That should be recollected to imprint it strongly in the mind, to be repeated when possible

#### ***MEDITATION:***

Meditation is a stylized mental technique respectively Practiced for the subjective experience that is frequently described as a very useful silent and heightened alertness. Often characterized as blissful.

#### ***HYPOTHESIS:***

There would be a significant difference in Heart beat Among College Students due to the Practices of Simplified Kundalini Yoga and there would also be a significant difference in depression among the experimental group I and II than the control group.

#### ***DELIMITATIONS:***

1. The study is delimited only in K.S.G College of Arts and Science College Coimbatore Men Students.
2. The data were collected from Seventy Five Men divided into three groups namely Experimental group-I, Experimental group-II and control group. Consisting of Twenty Five each.

3. The ages of the subjects ranged from 17 to 23 years college students only.

**SIGNIFICANCE OF THE STUDY:**

The Study was Significant in assessing the selected physiological and Psychological variable Blood Hear Beat among college students.

**METHODOLOGY :**

For this study, Seventy Five College Students have been selected and divided into Experimental group-I, Experimental group-II and Control group of Twenty five students for each. Four types of methodology 1. Scientific Method 2. Psychological Method 3. Analysis Method 4. Descriptive Method. Pre-test and Post test were conducted with a Omron Oximeter in variable reading before and after the completion of training.

**TRAINING SCHEDULE :**

Experimental group -I

- Trains Program for a period of 12 weeks 6 days per week and 1 hour per day.
- Yoga Asanas.

Experimental group - II

- Traing Program for a period of 12 weeks 6 days per week nad I hour per day.
- Simplified Physical exercise.
- Kayakalpa Yoga.
- Introspection
- Meditation

Control group

Control group did not undergo any training.

**RESULTS AND DISCUSSIONS:**

TABLE - 1  
THE SUMMARY OF MEAN AND DEPENDENT 'T' TEST FOR THE PRE AND POST-TESTS ON HEART BEAT OF EXPERIMENTAL AND CONTROL GROUPS

Mean	YEPG Group-I	SKYPG Group-II	Control Group-III
Pre-test	78.84	82.20	78.96
S D ( ± )	10.56	8.86	9.45

Post-test	72.60	72.40	78.96
S D ( ± )	6.28	5.14	9.45
't'-test	+2.54	+5.14	0

\* Significant at 0.05 level.

(Table value required for significance at 0.05 level for 't'-test with df 11 is 2.04) (Heart Beat).

The paired sample 't' was computed on selected dependent variables. The results are presented in the above Table 1. The 't' test value yoga exercise practice group, sky yoga practice group, and control group are +2.54, +5.14 & 0 for Heart Beat. The experimental' values are significantly higher than the required table value of 2.04 with degrees of freedom 11 at 0.05 level of confidence. The result of the study shows that yoga exercise practice group and sky yoga practice group has significantly improved the performance of Heart Beat.

The one way analysis of covariance on Heart Beat of experimental and control groups has been analyzed and presented in Table 2.

TABLE - 2  
VALUES OF ANALYSIS CONTROL GROUP ON SYSTOLIC HEART BEAT OF COVARIANCE FOR EXPERIMENT GROUPS AND

YEPG	SKYPG	CG	SOV	SS	Df	MS	F-ratio
73.38	70.93	79.66	B.S	1000.79	2	500.40	50.89
			W.S	698.12	71	70.93	

\* Significant at. 0.05 level of confidence

(The table value required for Significance at 0.05 level with df 2 and 71 is 3.10).

Table-.2 shows that the adjusted post-test mean value of Heart Beat for yoga exercise practice group, sky yoga practice group, and control group are 73.38, 70.93 and 79.66 respectively. The obtained F-ratio of 50.89 for

the adjusted post-test mean is more than the table value of 3.10 for df 2 and 86 required for significance at 0.05 level of confidence. The results of the study indicate that there are significant differences between the experimental groups and control group on Heart Beat

To determine which of the paired means had a significant difference, Scheffe’s test was applied as Post hoc test and the results are presented in Table-3.

**TABLE - 3**  
**THE SCHEFFE’S TEST FOR THE DIFFERENCES BETWEEN THE ADJUSTED POST-TESTS PAIRED MEANS ON HEART BEAT**

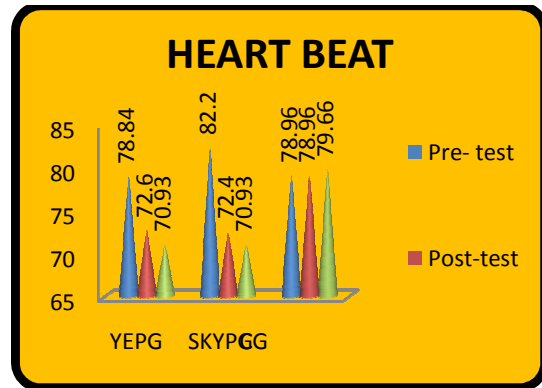
YEPG	SKYPG	C	G	M	D	C	I
73.38	70.93	-	-	-	2.45		
73.38	-	-	-	79.66	-6.28		
-	-	-	70.93	79.66	-28.73		

**\* Significant at 0.05 level of confidence**

Table-3 shows that the adjusted post-test mean differences on yoga exercise practice group and control group, sky yoga practice group and control group are -70.93 , 79.66 and -28.73 respectively and they are greater than the confidence interval value 0 which shows significant differences between the experimental groups and control group at 0.05 level of confidence.

The results of the study further have revealed that there were significant differences between the adjusted post-test means of yoga exercise practice group and sky yoga practice group, yoga exercise practice group and control group, sky yoga practice group and control group in Heart Beat

The pre, post- test and adjusted post-test means values of experimental groups and control group on speed are graphically represented



**CONCLUSION**

- ❖ Within the limitations and delimitations of the study.
- ❖ Simplified Kundalini Yoga controlled the Heart Beat among college Students.
- ❖ The findings of the study have proved that simplified Kundalini Yoga significantly improved the health condition of college students.

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