

VOLUME 8 (SPL 1) 2022

ISSN 2454-3055

Manuscripts under Special Issue are published under the Theme
"ADVANCES IN BIOLOGICAL SCIENCES"

Guest Editor: Dr. S. Mohanasundaram
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INTERNATIONAL JOURNAL OF ZOOLOGICAL INVESTIGATIONS

***Forum for Biological and
Environmental Sciences***

Published by Saran Publications, India



International Journal of Zoological Investigations

Contents available at Journals Home Page: www.ijzi.net

Editor-in-Chief: Prof. Ajai Kumar Srivastav

Published by: Saran Publications, Gorakhpur, India



ISSN: 2454-3055

Impact of Simplified Kundalini Yoga Practices on Thyroid Stimulating Hormone and Anxiety in Middle-Aged Menopausal Women

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Received: 1st December, 2022; **Accepted:** 19th December, 2022; **Published online:** 31st December, 2022

<https://doi.org/10.33745/ijzi.2022.v08i0s1.008>

Abstract: In this study, one hundred and twenty middle-aged menopausal women aged forty to fifty were chosen at random from Chennai, India. Forty women were screened before being divided into two groups of twenty each. The same dependent variable, thyroid stimulating hormone, and anxiety, were reviewed after twelve weeks in both groups. To establish the significant difference between the dependent variable, thyroid-stimulating hormone, and anxiety, an analysis of variance was used. The level of statistical significance was fixed at 0.05.

Keywords: Simplified Kundalini Yoga, Thyroid Stimulating Hormone, Anxiety, Menopause

Citation: Valli T. and Arunachalam P.: Impact of simplified Kundalini Yoga practices on thyroid stimulating hormone and anxiety in middle-aged menopausal women. Intern. J. Zool. Invest. 8(Spl 1): 65-69, 2022.

<https://doi.org/10.33745/ijzi.2022.v08i0s1.008>



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Introduction

A woman's natural transition from her reproductive to her post-reproductive years occurs during the menopause. Menopause may cause variety of illnesses, including vasomotor episodes, thinning and drying of the skin, and loss of bone mineral density. Menopause also brings about a number of health hazards, including type 2 diabetes, obesity, and psychological disorders. The Simplified Kundalini Yoga can treat not only menopause but also any other illness. The Yoga lifestyle softly and peacefully brings us to

happiness.

Menopause can affect women physically, mentally, and emotionally. To help women navigate the challenges of menopause, sky yoga practises are essential. The use of sky yoga by menopausal women would show significant variation from the control group, according to the hypothesis, in some key risk factors. The delimitations of this study were—(i) The study was confined to menopausal females living in Chennai, (ii) The age of the patients were with the

age limit of 40 to 50 years, (iii) The identified ladies suffer from menopause, (iv) The independent variables was simplified kundalini yoga, and (v) The dependent variables were Thyroid Stimulating Hormone and Anxiety. Limitations of the present study were—(i) The medically treated females were locked up, (ii) The environment, weather, and socioeconomic status were not to be taken into account, and (iii) This study does not attempt to account for specific characteristics such as lifestyle, body type, habits, or motivational factors.

The objective of this study was to ascertain the significant variance in biochemical and psychological variables between Sky Yoga practises in middle-aged women who experience menopausal symptoms.

Materials and Methods

To achieve the study's goal, one hundred and twenty middle-aged menopausal women between the ages of forty and fifty were randomly picked from Chennai, India. Forty, underwent screening before being split into two groups of twenty individuals each. Preliminary tests on the chosen dependent variables were conducted for the two groups before the training programme began. The treatment group underwent six days of one-hour therapy sessions over the course of a total of twelve weeks. The control group was unrestricted in their daily activities and allowed to have a regular lifestyle. The same chosen dependent variable Thyroid stimulating hormone and anxiety was reassessed in both groups after twelve weeks. Analysis of variance was employed to determine the significant difference between the dependent variable, thyroid-stimulating hormone and anxiety. The statistical significance level was set at 0.05.

Results and Discussion

Thyroid Stimulating Hormone:

The sky yoga sessions and the control group were assessed and presented using analysis of variance (ANOVA). The pre-test F-value was 4.14, which is

lower than F-value of 28.59 to be at the 0.05 level of confidence (Table 1). This revealed that there was no noticeable changes between the pre- and post-test groups and that the pre-test randomization was the same. This indicated that the patients' differences were considerable. The findings of Chaturvedi *et al.* (2016) are in agreement with the findings of present study.

Menopause is a transitional period during which few women suffer pain while others endure a variety of symptoms. The study comprised 216 perimenopausal women, 111 in the hatha yoga group and 105 in the control group (exercise). The intervention lasted 45 min per day for twelve weeks. Blood samples were obtained both before and after the surgery. The statistical significance was assessed as $p < 0.05$. FBS and GHB ($p < 0.05$) decreased significantly after yoga therapy. Cortisol levels in the control group were higher ($p < 0.05$). in the post-intervention . it is, however, kept in the test category between the two periods. Total plasma thiol levels increased after treatment period, with a significant rise ($p < 0.001$) in the control group but no significant increase in the test group. TSH levels were remained the same. Exercise has been shown to reduce blood sugar levels, but the calming benefits of yoga practise are critical for decreasing stress and improving the health of perimenopausal women.

The pilot study on the specified biochemical variables (Fig. 1) revealed that Group 1 has substantial changes in thyroid-stimulating hormone due to yoga practises. As a result, the hypothesis was approved with a confidence interval of 0.0

Anxiety:

ANOVA was used to evaluate and display the data from sky yoga practises and the control group. The F ratio with the pre-test outcome of 1.59 was lower than F value of 28.99 to be significant at the 0.05 level (Table 2). This revealed that there was no major difference between the pre- and post-test groups, and that the pre-test randomization was the same. This proved that the changes in the

Table 1: Computation of mean and analysis of covariance of thyroid stimulating hormone of treatment and control group

Test	Simplified Kundalini Yoga Group	Control Group	Source of Variance	df	F Ratio
Pre test	6.65	7.24	between	1.00	4.14
			within	38.00	
Post test	4.48	6.93	between	1.00	28.59
			within	38.00	
Mean Gain	-2.17	-0.31	between	1.00	
			within	37.00	

*Significant at 0.05 level of confidence. The table value required for significance at 0.05 with df 1 and 38 and 1 and 37 are 4.20 and 4.21, respectively

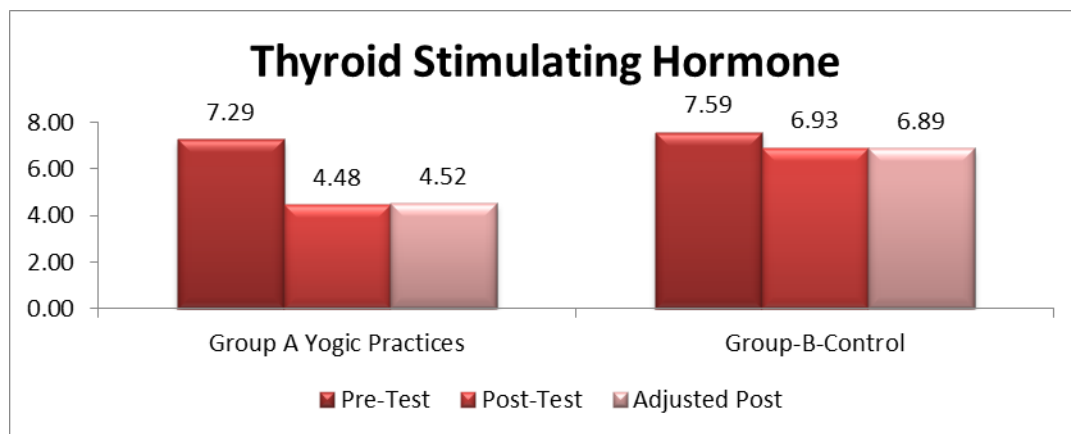


Fig. 1: Bar diagram on mean and analysis of variance thyroid stimulating hormone of experimental and control group. Significant at 0.05 level of confidence. The table value required for significance at 0.05 with df 1 and 38 and 1 and 37 are 4.20 and 4.21, respectively.

Table 2: Computation of mean and analysis of variance of anxiety of experimental and control group

Test	Simplified Kundalini Yoga Group	Control Group	Source of Variance	Sum of Squares	df	F Ratio
Pre test	25.87	24.40	between	26.13	1.00	1.59
			within	2237.33	38.00	
Post test	19.87	21.53	between	1032.53	1.00	28.99
			within	2012.67	38.00	
Mean Gaid	-6.00	-2.87	between	791.29	1.00	
			within	750.66	37.00	

Significant at 0.05 level of confidence. The table value required for significance at 0.05 with df 1 and 38 and 1 and 37 are 4.20 and 4.21, respectively

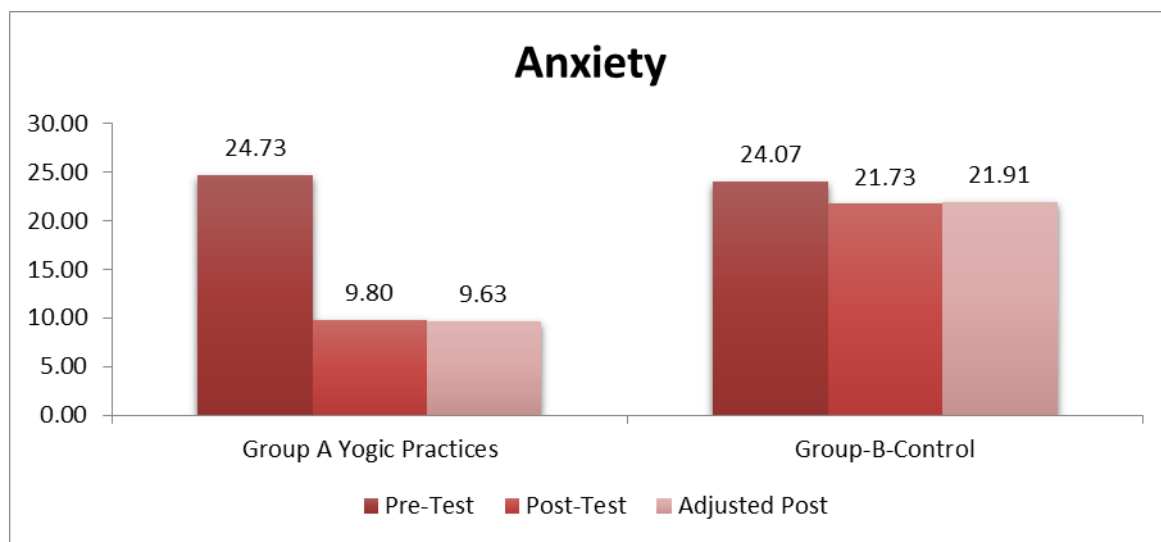


Fig. 2: Bar diagram on mean and analysis of variance of anxiety of experimental and control group. Significant at 0.05 level of confidence. The table value required for significance at 0.05 with df 1 and 38 and 1 and 37 are 4.20 and 4.21, respectively.

post-test means of the patients were distinct. This derives support from the study of Jorge *et al.* (2016). Yoga practise incorporates a number of diverse psychophysical strategies. Despite past studies indicating favourable implications of yoga on health and rehabilitation, during menopause. The purpose of this study was to look at the psychophysiological effects of regular hatha yoga practise in postmenopausal women. Eighty-eight postmenopausal women agreed to participate in this training. They were randomly assigned to three groups. Hormone levels were utilised to assess physiological changes. Yoga practitioners experienced decreased menopausal symptoms, and anxiety. In comparison to the control and exercise groups, yoga practitioners had higher quality of life scores after 12 weeks and statistically lower scores for menopausal symptoms, stress levels, and depressive symptoms. Only the control group's cortisol levels increased considerably. FSH and LH levels were lower in the yoga and exercise groups than the control group. These findings suggest that yoga can be utilised as an adjunct therapy for

postmenopausal women.

The results of the research on the identified psychological factors revealed that Group 1 had disparities in total cholesterol due to yoga practises (Fig. 2). As a result, the hypothesis was accepted with a confidence level of 0.05.

Conclusion

With the knowledge above it is evidentially confirmed that Simplified Kundalini Yoga practices balanced thyroid-stimulating hormone and decreased anxiety in middle-aged menopausal Female Suffers. Therefore, the hypothesis was accepted at the 0.05 level.

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