



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2023; 8(2): 105-107

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www.theyogicjournal.com

Received: 24-06-2023

Accepted: 28-07-2023

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A study of effect of Sahaj yoga and Om chanting on muscle mass of college going male students

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Abstract

Background of the study: Comparative Effect of Sahaj Yog and Om chanting on Muscle mass of college male students.

Objectives of the study:

1. To characterize the level of Muscle mass among college going male students
2. To compare adjusted mean scores of Muscle mass of college going male students of Sahaj Yoga and Om Chanting group by considering their Pre-Muscle mass as Covariate.

Materials & Methods: For the purpose of this study ninety male students average age 20 ± 2.64 of UG and PG were randomly selected as subjects from Pt. Kamalapati Tripathi Govt. PG College Chandauli. The follow up period was limited to twelve weeks. The subjects were divided into three groups i.e. two experimental and one control group, pre-test post –test randomization group design was used. One Experimental group was followed Sahaj Yog and other experimental group was Om Chanting and the control group did not participate in the meditative programme. Muscle mass was measured by Tanita BC 601. To Characterize the level of BMI and compare adjusted post-test means score by considering their Pre-Muscle mass as Covariate among three group, Descriptive Statistics and ANCOVA were used.

Results: The adjusted mean score of Muscle mass of Control group, Chanting group and Sahaj Yog group were 2.40, 2.49, and 2.49 respectively. The adjusted F- value is .835 which is insignificant at .05 level with $DF = 2/86$.

Conclusions: On the basis of the results, it may, therefore, be said that both Sahaj Yoga group and Om Chanting group were found to have Muscle mass to the same extent when Pre-muscle mass was taken as Covariate.

Keywords: Muscle mass, Om chanting, Sahaj Yog

Introduction

Through the awakening of Kundalini, Sahaja Yoga is a form of meditation that results in an evolved spiritual personality. Self Realisation is the name given to the Kundalini Awakening process. For the first time in the history of human spirituality, Sahaja ("spontaneous") Yoga ("union with one's Self") has made this process effortless and accessible to all through Self Realisation [1]. The key to unlocking the unseen barrier that prevents the kundalini's life force is Self Realization, which eliminates the need for Kriya purification techniques and hatha Yoga asanas because the work is already done [2]. Om is regarded as the most powerful of all mantras. It is the source of all Bijamantras and Mantras. Some mantras have it as a prefix. It is a symbol for the Supreme God Principle (Parabrahman) [3]. Om is synonymous with the concept of the unmanifest God. God's unmanifest energy is the same energy that produced the entire manifest Universe. As a consequence, when one chants Om, a lot of energy is released [4]. OM is the primordial sound of the universe, the first sound, the sound that was made at the Big Bang, the beginning of our universe, and it resonates within our being. OM has the power to take us into meditation, to make us one with the universe, to take us into the silence and the peace that is the vastness and the power of the universe, like the stillness of a bottomless lake that has no ripples [5]. Pharmacological and nonpharmacological methods may be used to increase muscle mass [6]. Calcium supplements, bisphosphonates, Vitamin D, and hormone replacement therapy, which include estrogen, progesterone, and calcitonin, are examples of pharmacological means. Weight-bearing workouts, yoga, and a healthy diet are examples of nonpharmacological treatments [6, 7].

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Meditation will help the bones maintain calcium if the body is getting enough calcium to begin with [8]. It accomplishes this by affecting the back, head, shoulders, elbows, and legs through weight-bearing yoga poses that promote a full range of motion. Weight-bearing yoga has been shown to improve bone health by reducing bone resumption [9, 10].

Objectives of the study

1. To characterize the level of mean scores of Muscle mass among three group (Sahaj Yog, Om Chanting and Control group) of college going male students.
2. To compare adjusted mean scores of Muscle mass of college going male students of Sahaj Yoga Group and Om chanting Group by considering their Pre- Muscle mass as covariate.

Materials and Methods

For the purpose of this study ninety (90) male students (Average age 20±2.64) of UG and PG were randomly selected as subjects from Pt. Kamalapatitripati Govt. PG College Chandauli. The follow up meditation period (Om Chanting and Sahaj Yog) was limited to twelve weeks. The subjects were divided into three groups i.e. Sahaj Yog, Om Chanting and Control group, pre-test post –test randomization group design was used [11]. One Experimental group was followed Sahaj yog and other experimental group Om Chanting. The control group did not participate in the meditative programme. Muscle mass was measured by the Tanita BC 601.

Results, Discussion and Conclusions

Descriptive statistics [12] and Analysis of Co-variance (ANCOVA) [13] was employed to compare three different groups, namely Control group, Om Chanting group and SahajYog group along with that for paired mean comparison Least Significant Difference (LSD) post hoc test was also employed. In order to test the hypothesis the level of significance was set at 0.05.

Table 1: Descriptive statistics of muscle mass of college going male students

Groups	Pre Test		Post Test		Adjusted
	Mean	SD	Mean	SD	Mean
Sahaj Yog Group	2.47	.136	2.47	.136	2.49
Om Chanting Group	2.51	.172	2.51	.160	2.49
Control Group	2.48	.171	2.49	.186	2.50

Table-1 revealed that pre-test mean, pre-test SD, Post-test mean, Post-test SD and adjusted mean of three different groups namely; Two Experimental group and one control group. The pre-test mean & SD of control group was 2.48±.171, pre-test mean & SD of Om Chanting group was 2.51±.172, and pre-test mean & SD of Sahaj Yog Group was 2.47±.136. Post-test mean & SD of Control group, Om Chanting group and Sahaj Yog group was 2.49±.186, 2.51±.160and 2.47±.136 respectively. The adjusted mean of Control group was 2.50; adjusted mean of Om Chanting group was 2.49 and adjusted mean of Sahaj Yog group was 2.49. This table has shown in Fig 1.

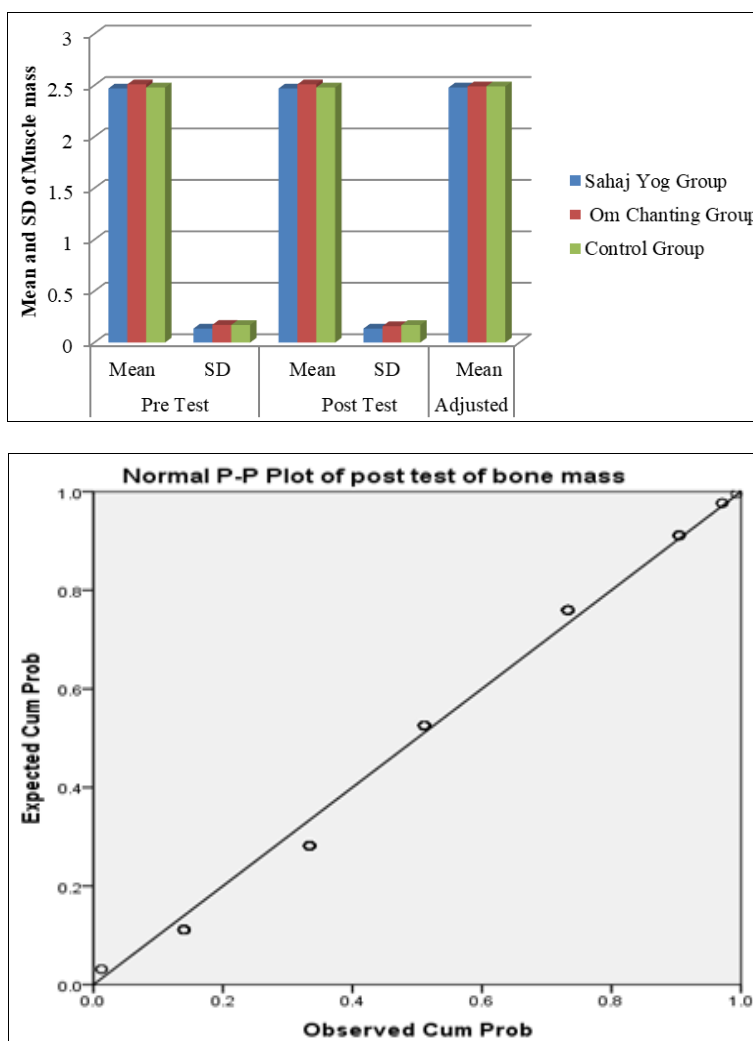


Fig 1: Graphical Representation of pre-test, post-test mean and SD and Adjusted post-test mean of Control, Om Chanting and Sahaj Yog Group

Table 2: Summary of One Way ANCOVA of Muscle mass of college going male students by taking their Pre-Muscle mass as Covariate

	SS	DF	MSS	F value	Sig.(p- value)
Treatment	.003	2	.002	.835	.437
Error	.174	86	.002		

*Significant, $F_{.05}(2, 86) = 3.09$

From table 2, it can be seen that the adjusted F- value is .835 which is not significant. It indicates that there is no significant difference in adjusted mean scores of Muscle mass of college going male students when their Pre-Muscle mass was taken as Covariate. Thus the null hypothesis that there is no significant difference in adjusted mean scores of muscle mass of college going male students by considering their Pre muscle mass as covariate is not rejected. It may, therefore, be said that both Sahaj Yoga and Om Chanting Group were found to have Muscle mass to the same extent when Pre-muscle mass was taken as covariate.

Discussion of Findings

On the basis of the results it was concluded that insignificant difference was found among three groups i.e. Sahaj Yog, Om Chanting Group and Control Group in relation to Muscle mass both Sahaj Yoga and Om Chanting Group were found to have Muscle mass to the same extent when Pre-muscle mass was taken as covariate. Kathy M. Shipp, an adjunct associate professor of physical therapy at Duke University School of Medicine who was a contributing author of the surgeon general's 2004 report on bone health. Osteoporosis prevention begins in childhood with good health habits (such as proper nutrition and exercise), she notes. After about age 40, bone's withdrawal period starts, and less bone is replaced during remodeling. For women, a drop in estrogen at the time of menopause leads to a more rapid and significant loss of muscle mass. Meeks says that pull of muscle on the bone is the single major factor in bone strength", Fishman charted both groups' progress and, two years later, asked everyone to get another bone scan. The results, published in the journal Topics in Geriatric Rehabilitation, were promising. While nearly every member of the control group either maintained or lost bone, roughly 85 percent of the yoga practitioners gained bone in both the spine and the hip. "I was shocked at the results," he says. "By putting tremendous pressure on the bones without harming the joints, yoga may be the answer to osteoporosis." By doing meditation one can feel mental piece and relief of the stress which directly related to the muscle who are attached with the bones.

Conclusions

1. Insignificant difference was found among three groups i.e. Sahaj Yog Group, Om Chanting and control group in relation to muscle mass.
2. Both are effective at same extent for maintaining the muscle mass of the college students.

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