

CHAPTER 13
AYURVEDIC
SWASTHA VRITTA & YOGA

Doctoral Theses

01. JAYAKRISHNAN (K)
Prevalence of Mental Health Problems (MHP) and the Effect of an Ayurveda Intervention and Cognitive Therapy (Act Module) in Improving the Mental Health of Police Personnel of South Delhi.
Supervisors: Prof. (Dr.) Medha Kulkarni and Dr. Meena S Deogade
Th 28773

Abstract

Police personnel operate in high-stress environments, often facing traumatic situations that can lead to significant mental health issues. This study aimed to assess the prevalence of Mental Health Problems (MHP) and evaluate the effectiveness of an Ayurveda- intervention Cognitive Therapy (ACT module) in improving mental health among police personnel in South Delhi. The study was conducted in two stages: a cross-sectional survey to determine the prevalence of MHP among 600 police personnel, followed by a double-arm, open-labelled clinical trial involving 80 individuals randomized into trial and control groups. The trial group received ACT module and while the control group was advised Dietary and Lifestyle Modifications. The ACT module included Jatamansi tablet, Brahma Rasayana, Naadisudhi Pranayama and lifestyle and dietary modifications. The effect of intervention was assessed using standardized psychometric scales, GHQ-12, DASS-21, SF-36, and WHOQOL-BREF. The cross-sectional survey revealed that 21.9% police personal suffered from MHP, among which 27.9% showed signs of depression, 22.4% of anxiety, and 12.3% of PTSD. In the clinical trial, the trial group had significant improvement compared to the trial groups among the assessment parameters. GHQ scores showed significant reduction post-intervention ($p=0.001$), Stress (DASS) scores improved at follow-up ($p=0.000$), with significant interaction effect ($p=0.001$). Depression scores showed a near-significant reduction ($p=0.051$ post-treatment), with significant time-group interaction ($p=0.001$). SF-36 Mental Health domain improved significantly ($p=0.005$ post-treatment, $p=0.009$ at follow-up). The Physical, Psychological, and social domains of WHOQOL-BREF showed statistically significant improvement in the trial group ($p<0.001$) when compared to the control group. The sustained improvements in mental health scores, quality of life, and vitality scores, highlights the importance of a structured, integrated, and holistic approach in mental health intervention for police personnel. The ACT module may offer a replicable model for mental health support in occupational sectors prone to psychological distress.

Contents

1. Introduction 2. Review of Literature 3. Drug Review 4. Analytical Study 5. Materials and Methods 6. Results 7. Discussion. Conclusion. Annexures.

02. MISHRA (Ashish Kumar)
Effect of Yogic Intervention and Diet (Ragi and Urad Laddu) to Know the Performing Ability among the Middle Distance Athlete (Runners) Through a Randomised Comparative Study.
 Supervisors: Prof. (Dr.) Medha Kulkarni and Prof. (Dr.) Tanuja Manoj Nesari
Th 28775

Abstract

The research study brings attention to the vital role played by Ayurvedic Nutrition and Yogic Intervention in enhancing the athletic performance of middle distance runners. It highlights the necessity for precise and trustworthy sports nutrition information, as an athlete's dietary choices have a direct influence on their performance. Yoga is presented as a scientific intervention that complements nutrition by fostering holistic fitness encompassing physical, mental, emotional, and nutritional aspects. Yoga is known for its benefits on physical and mental well-being, while Ayurvedic diets, like those including Ragi and Urad Laddu, aim to optimize energy and recovery. Despite extensive research on sports nutrition, few studies have examined the combined effects of yoga and Ayurveda on performance. This study investigates how yoga and Ayurvedic nutrition can synergistically enhance athletic performance by strength, flexibility, endurance, agility and balance. Material and Methods- 90 healthy individuals were randomly assigned to three groups. Group A (30) was the normal control group. Group B (30) participated in daily one-hour yoga sessions, which included asanas, pranayama, and meditation. Group C (30) participated in a yoga session and consumed Ragi udad laddu 50gm per day for 90 days. The control group did not receive any intervention. Serum protein and calcium and physical assessment were done at baseline and after completion of the study. Results- At the end of 90 days, Group B and Group C showed significant improvement in flexibility, endurance, agility, balance, and strength, compared to the control group, along with a significant increase in serum calcium levels. Agni (digestive fire), improved notably in both Groups B and C. Conclusion- The study recognizes the effects of yoga practice on enhancing the performing ability of middle-distance athletes (runners). The study provides valuable insights into the potential synergistic effects of Yoga practice and the diet of Ragi and Urad Laddu, which has increased the performance of middle-distance athletes (runners). This research study's findings highlight the potential benefits of incorporating yoga practice and ayurvedic dietary interventions in promoting the quality of life of middle-distance athletes (runners) by improving their physiological performance.

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1. Introduction 2. Literature Review 3. Clinical Study 4. Discussion. 6. Summary. Conclusion. References. Bibliography. Annexures.

03. WALKIKAR (Dr. Shilpa Shankarrao)
Effect of Kunjal Kriya and Yogic Breathing Practices in Assessing Lung Capacity in Healthy Volunteers - A Randomized Control Trial.
 Supervisor: Dr. Shivakumar Harti
Th 28550

Abstract

Lungs are the principal respiratory organs responsible for gaseous exchange between the environment and blood. Lung capacities are critical indicators of respiratory health and function. They measure the volume of air the lungs can hold at different phases of respiration and are essential for diagnosing, monitoring, and managing various respiratory conditions. Objective: This interventional randomized controlled clinical trial with two parallel open-label groups was planned to evaluate the effect of Kunjal kriya and Yogic breathing practices on the lung capacities of healthy individuals. Methods: Two hundred healthy individuals aged 18-40 were enrolled after obtaining signed consent. These individuals were randomly allocated into tests and controls, with 100 patients in each group. The test group was given Kunjal kriya once a week, and the control group was subjected to a recommended set of Yogic Breathing Practices five days a week for 90 days. The efficacy of the interventions was assessed by measuring lung capacities on Day 1 and Day 90 with the help of spirometry. Results: Statistical analysis revealed significant improvements in most parameters (Lung capacities) used in both groups. However, no significant differences were found when comparing the two groups. Also, both interventions were safe and no significant adverse effects were observed during the trial. Conclusion: The findings suggest that Kunjal kriya and Yogic breathing practices can effectively enhance lung capacity, providing a potential non-pharmacological approach to improving respiratory health in healthy individuals. Hence, it may be beneficial in reducing respiratory diseases in the future.

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1. Introduction 2. Review of Literature 3. Clinical Study 4. Discussion. 6. Conclusion, Summary. References. Bibliography. Annexures.