

Influence of Yoga on “Quality Of Life” A Control Study

By

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Abstract

Background

Scientific and technological progress all over the globe has made mankind highly sensitive, critical and also creative. Technology has helped us reap the benefits of its use. Associated with this progress is the emergence of two basic challenges, pollution and stress. The challenge of pollution is being tackled effectively. But on the second front, in spite of extensive research all over the globe, a decreasing “Quality of Life”, increasing health hazards, social unrest, student unrest etc., which are all different expressions of stress, have shown no trend of decrease. On the contrary, over the last two decades, it is rather on the path of ascent (Nagendra & Nagarathna, 2001). Hence, understanding what “Quality of Life” is become an important criterion.

Summary& Conclusions

Yoga and physical Exercise have been evaluated as separate interventions for normal healthy volunteer participants in this study. There have been significant benefits following the introduction of yoga in normal healthy volunteer participants. The improvements were in diverse areas such as quality of life, Gunas, self-esteem. Hence it provides scientific evidence to consider yoga as a beneficial alternative or add-on programme to physical exercise. However, it is essential to keep in mind that the study was conducted on normal healthy volunteers in different locations. It would make the present study quite different when compared to conducting classes at a single place. This also suggests areas for future research.

1. Quality of life improved after both yoga and physical exercise. Higher effect sizes (non-significant) after yoga in spiritual health and social relations and in physical health, psychological health, level of Independence, social relations, Global health and Environmental domains after physical Exercise.
2. Yoga group increases Sattva and reduced Tamas. Physical Exercise group reduced Rajas. There was a significant difference between the groups in

Rajas.

3. Yoga helped in shifting from non sattva to sattva and Tamas to Non Tamas.
4. Self esteem- Yoga improved Global, Moral and Body and physical appearance. Physical Exercise improved competency.
5. There was a significant decrease in verbal aggressiveness in Y group with a non-significant increase in the physical Exercise group.
6. Satisfaction with Life increased and dissatisfaction decreased after both Yoga and Physical exercise.
7. The concept of "Quality of life" in yoga and spiritual lore takes into consideration the holistic perspective of an individual.

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