

ABSTRACT

BACKGROUND

Obesity is the most challenging health conditions of the modern world and is spreading like an epidemic causing serious health hazards. The Gas Discharge Visualization (GDV) instrument is becoming popular to measure subtle energy level in human subjects. The instrument Gas Discharge Visualization measures electron emission from fingertip. Variation in GDV image corresponds to changing health status in different organ system. Here we determined the characteristics of GDV image patterns in Obesity participants.

AIM

The purpose of the present study was to use Electroponic Imaging Technique to assess the effect of one week integrating yoga therapy (IAYT) on obese participants.

METHODOLOGY

Thirty-seven obese participants with the age range from 20 to 60 years at Arogyadhama of SVYASA University, Bangalore India, had participated. They were given Integrated Approach Yoga Technique (IAYT) practices every day for one week according to Arogyadhama Schedule for Obesity section and GDV assessments were made before and after one week.

Inclusive Criteria

Age range 20 to 60 years, and obesity participants who are in Arogyadhama at SVYASA University in Bengaluru, India.

Exclusive Criteria

Anybody with cut finger, or self-reported psychological problems, were excluded.

RESULT Data were not normally distributed, and we have conducted non-parametric Wilcoxon's sign rank test to see within group differences. The GDV results showed changes in various variables ($p < 0.05$) like Endocrine system, Chakras, Digestive system, and Immune system.

CONCLUSION

GDV was found to be able to show distinct changes in variables related to obesity.

KEY WORDS

Gas Discharge Visualization, Obesity, IAYT.