

## ABSTRACT

The aim of this study was to measure the changes of subtle energy re-distribution and balance in different organs/systems, in entropy coefficient (disorderliness), in left/right symmetry (subtle energy homeostasis level) and in stress relief (mental level) through practice of advanced set of asanas and basic set of asanas.

Both advanced asana set and basic asana set were selected from < Asana Pranayama Mudra Bandha > (Saraswati Satyananda, 1996), (Basic asana set was selected from beginning group and middle group of asanas; Advanced asana set was selected from advanced group of asanas).

Thirty Yoga volunteers who have more than 1 year regular Yoga practice (male 15 and female 15), age (mean  $\pm$  sd :23.37  $\pm$ 2.55) were assessed after 1 month of regular practice of both advanced and basic set of asanas. The experiment was conducted and the assessment was done by utilizing the EPI(Electro photonic imaging) and Acugraph technique. Pre-post assessments were taken to see the immediate effect of each one of the set of asanas namely the advanced set and the basic set. Also comparisons were made to ascertain whether subtle energy homeostasis diverges based on gender. The parameters considered for analysis were Personal Integrated Energy (PIE), Left/Right Symmetry (LRS) Entropy Coefficient(EC), Organ Balance (OB), Stress Level(ST), Energy Stability (ES), Energy Reservation (ER). Through practice of both advanced asana set and basic asana set, the results revealed a highly significant reduction in stress, a highly significant decrease in energy disorderliness, and a highly significant improvement in energy re-distribution in different organs/systems. Whereas, through practicing advanced asana set, indicates more stress reduction and more energy re-distribution in different organs/systems than practicing basic asana set. The subgroup analysis of practice of advanced asana set in different gender, demonstrated more significant increase in left and right symmetry in females than practice of basic asana set, which indicates the equilibrium between left and right parts of the brain, Measures of harmony. Similarly, more significant reduction in stress was found in males through practicing advanced asana set than practice of basic asana set. The baseline comparisons between males and females showed significant difference in both Personal Integrated Energy and Energy Stability indices.

In conclusion, advanced asana practice reduces more stress level of an organism, meanwhile, brings more energy re-distribution in different organs/systems as well. It regulates and improves the equilibrium and harmony between left and right parts of the brain (significant improvement in female), and it reduces more stress (especiallly significant in male). Therefore, it helps in preserves health both in subtle energy homeostasis and mental aspect. Further, the present study found that the energy pattern differs with gender. Hence, it is suggested that studies with male and female participants may be conducted separately.

**KEY WORDS:** advanced asana, Electro Photonic Imaging Technique EPI, Gas Discharge Visualization GDV, subtle energy homeostasis, organ balance, stress.