

Abstract

Background:

Today a large number of people feel stress in the modern fast way of life and feel that they need to reduce stress or anxiety. Now they have come to know that yoga can help to reduce stress or anxiety and give relaxation through the yogic techniques as a stress management. This present research studied thoroughly about the concept, mechanisms and efficiency of Yoga practice named as OM meditation.

Aim:

The aim was to evaluate the effects of OM meditation in cardio-respiratory and psychological aspects in both healthy and unhealthy Japanese individuals.

Materials and Methods:

A single group pre-post study was conducted with the 128 participants (male; 9 , female;119) from YTIC program offered by Japan Yoga Niketan throughout Japan with an intervention of OM meditation practice. The following assessments were taken: Breath rate, Heart rate, Systolic Blood Pressure (SBP), Diastolic Blood Pressure (DBP), Breath holding capacity were taken every before and after the intervention and YG personality test, General Health Questionnaire (GHQ), STAI and SOC were administered before the first intervention in the month 1 and after the third intervention

was given in the month 3, as psychological data. Data were collected from the case studies submitted by Japan Yoga Niketan to S-VYASA, Bangalore.

Results

The results showed the effect of OM meditation practice with respect to cardio-respiratory variables and the sustained effect considering psychological variables throughout the study on large sample size. *Cardio respiratory variables* - OM practice shown statistically highly significant effect on Heart rate, Systolic and Diastolic blood pressure, Breath rate, Breath holding capacity. Whereas, *psychological variables* showed the significant effects, for example, on stress level, anxiety level and depression level in questionnaires such as Sense of Coherence Scale (SOC) and State and Trait anxiety (STAI) .

Conclusion :

Present study supports the effect of OM meditation showing reduction in stress level, anxiety level and depression level along with significant improvement in cardio-respiratory variables such as Heart rate, SBP, DBP, Breath rate and Breath holding capacity. Therefore OM meditation can be one of the stress management techniques.