ABSTRACT

BACKGROUND

There are a large number of methods of yoga catering to the needs of different types of people in society to bring about the transformation of the individual. They are broadly classified into four streams. Swami Vivekananda puts them as Work, Worship, Philosophy and Psychic control. One can even achieve highest goal of life either one or more or all of these to get one liberated. Integral Yoga modules included all these four streams of yoga in our study.

Aim

The study was aimed to evaluate the changes in human potential through Yoga practices assessed by quantifying the changes in psychological and health variables.

OBJECTIVES

Study 1.
To evaluate the effect of integral yoga on human potential by assessing sustained attention, emotional intelligence, general health, triguna personality inventory and to find out the correlations of each variable with other variables.

Study 2.
To study the immediate effect of Kapālabhāti and Breath awareness on human potential assessed by state anxiety, sustained attention and verbal and spatial memory.

Study 3.
To study the immediate effect of Deep Relaxation Technique vs Supine rest on human potential assessed by state anxiety and sustained attention.

Material and Methods

Study 1.
Effect of integral yoga module practiced for 28 days, by a group of 108 healthy volunteers age ranging from 17 to 63 years, in a pre-post study design was assessed by sustained attention (Six Letter Cancellation (SLC) & Digit Letter Substitution (DLS),
Emotional Intelligence (EQ), General Health (GHQ) and guna personality (Sattva, Rajas, Tamas).

**Study 2.**

Immediate effect of *Kapālabhāti* (KB) versus Breath Awareness (BA) using self-as-control design on a group of 43 healthy volunteers aged 20-45 years practiced 20 minutes KB and BA over two consecutive days was assessed by state anxiety (SAS), sustained attention, (SLC and DLS) and verbal and spatial memory tests.

**Study 3.**

Immediate effect of Deep Relaxation Technique (DRT) versus Supine Rest (SR), practiced for 20 minutes each by a group of 86 healthy subjects aged 18 to 64 years divided into two groups (43 volunteers each) was assessed by using state anxiety (SAS) and sustained attention (SLC and DLS) immediately before and after practice.

**RESULTS**

**Study 1.**

Integral yoga: The results showed highly significant (p<.001) pre-post improvements in sustained attention (SLC & DLS), emotional intelligence (EQ), General health (GH) and reduction in Rajas, while reduction in Tamas (p<0.01) and increase in sattva (p<0.05). In correlation study of variables the EQ, Sattva and general health variables correlated significantly with one another. EQ and Tamas were negatively correlated.

**Study 2.**

KB VS BA: After *kapālabhāti* scores reduced significantly on state anxiety and increased on both sustained attention and also in verbal and spatial memory (p< 0.001). After breath awareness, changes were also significant (p<0.001) in all variables except state anxiety (p>0.05).
Study 3.

DRT VS SR: Highly significant reduction in state anxiety scores (p< 0.001) was observed for the group practicing DRT, but not for the group practicing SR. For the sustained attention tests, however there were highly significant increases in scores in both DRT and SR groups (P < 0.001).

CONCLUSIONS

Study 1.

The study showed that integral yoga practices impart significant benefits to healthy volunteers in all psychological (SLC, DLS), emotional (EQ), health (GHQ) and personality (PI) variables. Increase in EQ, General health and Sattva and reduction in Tamas were significantly correlated showing innate correlations between them.

Study 2.

KB VS BA: The study suggests that both KB and BA reduce anxiety and improve sustained attention. However KB was significantly more effective than BA. In contrast they act in opposite directions on verbal and spatial memory.

Study 3.

DRT VS SR: Results suggest that both interventions improve attention but that only DRT reduces state anxiety.

Thus these 3 studies show that Yoga practices are instrumental in significant development of human potential as assessed by psychological and health variables in healthy volunteers.

Key words: Yoga, Emotional Intelligence, Psychological, Gunas, Memory, Health.