

EFFECT OF RAMDEV YOGA LIFESTYLE TRAINING ON HEALTH

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ABSTRACT

The study was aimed to assess the effectiveness of 5 days Ramdev yoga lifestyle training (RYLT) on health in terms of blood sugar balance(BSB), hormonal balance (HB), mind and mood(MM), digestion, detoxification, allergy and inflammation(AI); immunity; hair, skin and nail(HSN) and other health indicators(HI) by using 100 % Health Check-up Questionnaire. Test-retest design and simple random sampling were employed to select 20 participants (12 males and 8 females) having average 38 years to assess the effect caused by RYLT on aforesaid indicators of health separately and in aggregate. There was significant reduction in post BSB ($p < .05$), HB ($p < .05$), MM ($p < .005$), digestion ($p < .001$), AI ($p < .001$), immunity ($p < .001$), HSN ($p < .001$) and HI ($p < .028$) as compared to their respective baseline measurements. There was no statistically significant reduction on level of detoxification after 5 day RYLT. However, RYLT was found effective to optimize the total health of practitioners significantly ($p < .001$).

Key words: Ramdev yoga lifestyle program, health

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