

Part I

THE CONCEPT OF ASHTANGA YOGA ACCORDING TO TIRUMANDIRAM

Dissertation Submitted by

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ABSTRACT

Tirumūlar's Tirumandiram is one of the ancient texts of yoga. Tirumūlar is considered as contemporary of Patañjali. He also gave the concept of ashtanga yoga in his work Tirumandiram. The current work attempts to explore the concept of ashtanga yoga according to Tirumūlar. The concept of Yama, Niyama, Asana, Prāṇāyāma, Prathyāhara, Dhāraṇa, Dhyāna, and Samādhi has been elaborated in detail.

Part II

IMPACT AND MACHANISMS OF YOGA ON DIABETES

ABSTRACT

Background: A randomized, parallel group study allocated subjects either slow practices or dynamic practice groups respectively to compare changes occurring after slow practices and dynamic practices. Subjects were of both sexes from a residential yoga center in Bangalore, India undertaking yoga therapy alongside conventional medical supervision. The convenience sampling of 42 diabetic persons enrolled between March and May 2010 included 17 females between age 31 to 64 years and 25 males between 34 and 71 years.

Methods: Forty two participants (group mean age \pm SD, 51 ± 28.28 years) who were attending a residential yoga therapy program for one week were assessed Impact and mechanisms of yoga on Diabetes for blood sugar level, lipid profile and self evaluated questionnaire at the beginning (Day 1) and end (Day 6) of the program. All the participants had enrolled for yoga therapy with conventional treatment, which was not altered during the period.

Results: After six days of yoga intervention (with Day 1 and Day 6 for assessments), the major changes seen are for State Trait Anxiety Inventory were both groups have shown significant changes. In the slow practices group results significantly show a consistent decrease in State Anxiety ($P=0.002$, 36.68 ± 12.31 to 31.36 ± 6.72). The dynamic practices group also showed a significant decrease, ($P=0.003$, from 35.8 ± 9.70 to 30.45 ± 7.58). In the slow practices group results significantly show a consistent decrease in Trait Anxiety ($P<0.001$, from 39.18 ± 9.59 to 34.77 ± 6.83). The dynamic practices group also showed a significant decrease, ($P<0.001$, from 36.65 ± 6.15 to 32.3 ± 6.21).

The remaining other parameters (Blood Sugar and Lipid Profile) showing insignificant results for diabetic patients. All between group comparisons were not found to be significant.

Conclusion: State Trait Anxiety Inventory results significantly show consistent decrease from pre to post exercise of both the slow and dynamic practices for slow practices ($P=0.002$) and trait ($P<0.001$). Meanwhile for dynamic practices ($P=0.003$) show in state and in trait ($P<0.001$).