EFFECT OF PRANAYAM, MEDITATION AND FRESH RAW FOOD THERAPY ON INDIVIDUALS SUFFERING FROM HEALTH HAZARDS DUE TO PRESENT URBAN LIVING CONDITIONS

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ABSTRACT

The present research leads to study the effect of Pranayam, Meditation and Fresh Raw Food therapy on individuals suffering from Health Hazards due to present urban living conditions. For this, four groups with 10 subjects in each group were selected suffering with Obese and Sugar, Suffering with Obese, Weakness and Sugar in Border, Suffering with Obese, Hyper Tension and Sugar and Suffering with spondylitis. All four groups of subjects received the same regular Yoga training; subjects were asked to practice pranayama and followed the diet of raw vegetables, fresh fruits and different salads as combination. All the subjects were under observation for 15 days with regularly BP and sugar level were monitored. Data were expressed as mean ±S.D. of 10 subjects in each group and the results were statistically evaluated using Wilcoxon’s paired signed rank test. Results revealed that practice of the efficacy of pranayama and meditation, and fresh raw food therapy resulted in a significant decrease in obese, hypertension, sugar, weakness, and spondylitis. The results support the view that the conscious pranayamic practice could lead to a generalized modulation of processing of signals.

KEYWORDS: Pranayam, Raw food therapy.

INTRODUCTION

When humans started to live in large numbers in close proximity to each other approximately 5,000 years ago, health challenges included the import of water, food and other essentials to the population, and transport of excreta and other waste products away from the population.
Many million people in low-income and informal settlements (“slums”) in cities of our own are face similar health challenges.[1, 2] As most of the urban slum dwellers live in tropical countries, their health is also threatened by a variety of tropical diseases influenced by social and environmental determinants.[3] Health equity can only be achieved by “leveling up” living conditions for the poor[4] and by reducing differential exposure and vulnerabilities among different groups in society. People are exposed to a whole variety of factors that can either promote good health or be hazardous to health, including the physical living environment. Modern cities can improve health via their material, service-provision, cultural, and aesthetic attributes.[5] They also offer opportunities for cost-effective interventions that can serve many people even if carried out on a small scale. Existing health-promoting infrastructure (e.g., drains and distribution networks for kerosene for cooking) can, in some situations, be upgraded to meet the local health demands. Health hazards and inequities remain, however, and new threats have emerged, but the knowledge and technologies for creating a healthy city are available.[6]

A few important aspects have been brought to light in above paragraph on pranayama, meditation and raw food therapy. In general, research studies tended very much to follow a ‘medical model ‘approach.[7] Those who participated as subjects in this research were viewed rather like patients with an overweight, for which meditation was the hypothesized cure.[8] Thus, measures of personality were taken before they began meditation practice and again after a short period of practice. Improvement on these measures was then assessed. Meditation has come to be seen as a kind of therapy for current maladies such as hypertension, drug abuse, headaches and even as an aid to memory and scholastic performance. The benefits of meditation far exceed this. The technique of meditation is unique in that it is a resource to enhance ones’ potential and it can become a healthy way of living. The forms of meditation may vary, but the underlying principle remains similar.[9] And when the individual is made strong from within, by the practice of meditation, he learns to deal with external threats and dangers effectively. However, the present research uses the scientific paradigm to study the effect of meditation pranayama and raw food therapy practice on adult people by setting up objectives for the study. So far, there has not been any research that involves and studying its effects in a systematic and scientific manner.[10]
MATERIAL AND METHODS

Subjects
The subjects had come to the science of silence yoga, India. The study was explained to the subjects, and their signed informed consent was taken. There were four groups with 10 subjects in each group (i.e., a total of 40 subjects; both sex) with ages ranging from 25 to 48 years. The groups were made on the following criteria:
- Suffering with Obese and Sugar (Group-1)
- Suffering with Obese, Weakness and Sugar in Border (Group-2)
- Suffering with Obese, Hyper Tension and Sugar (Group-3)
- Suffering with Spondylities (Group-4)

Training in YOGA
All four groups of subjects received the same regular Yoga training. This consisted of different asanas (physical postures), Pranayama (voluntary regulation of breathing), meditation, devotional sessions, and lectures on the theory and philosophy of Yoga. In addition, according to their random allocation to different groups, subjects were asked to practice pranayama and followed the diet of raw vegetables, fresh fruits, and different salads as combination. All the subjects were under observation for 15 days with regularly BP and sugar level were monitored.

Statistical analysis
Data were expressed as mean ±S.D. of 10 subjects in each group and the results were statistically evaluated using Wilcoxon’s paired signed rank test. All statistical analyses were performed using excel. Values are corresponding to p<0.05 were considered as significant.

RESULTS
Group-1 Suffering with Obese and Sugar
Effect of pranayam, meditation and fresh raw food therapy on group suffering with obese and sugar showed a significant change in decreased sugar level and body weight at the end of 40 days and also statistically significant (P<0.05, Wilcoxon’s paired signed rank test) figure 1 and 2 shows changes in random sugar level and body mass before and after experiment. And figure 3 shows the mean changes in group 1.
Fig 1: Changes in sugar level before and after experiment

Fig 2: Changes in body mass before and after experiment

Fig 3: Mean change in group-1, before and after experiment

**Group-2 Suffering with Obese, Weakness and Sugar in Border**

Effect of pranayam, meditation and fresh raw food therapy on group-2 suffering with obese weakness and sugar in border showed a significant change in decreased sugar level body weight and weakness at the end of 40 days. And also statistically significant (P<0.05,
Wilcoxon’s paired signed rank test) figure 4 and 5 shows changes in recovered from weakness and mean of group 2 before and after experiment.

![Fig 4: Weakness levels before and after experiment](image)

Group-3 Suffering with Obese, Hyper Tension and Sugar

Effect of pranayam, meditation and fresh raw food therapy on group-3 suffering with obese, hypertension and sugar showed a change in decreased sugar level, hypertension and body weight at the end of 40 days. And also statistically significant (P<0.05, Wilcoxon’s paired signed rank test) figure 6 and 7 shows changes in hypertension and mean of group 3 before and after experiment.

![Fig 5: Mean changes in group-2 before and after experiment](image)
Fig 6: Changes in the hypertension before and after experiments

Fig 7: Mean changes in group-3 before and after experiment

Group-4 Suffering with Spondylitis

Effect of pranayam, meditation and fresh raw food therapy on group-4 suffering with spondylitis showed significant change in decreased in spondylitis at the end of 40 days. And also statistically significant (P<0.05, Wilcoxon’s paired signed rank test) figure 8 and 9 shows changes in spondylitis and mean of group before and after experiment.

Fig 8: Changes in spondylitis before and after experiment
CONCLUSION

The present results revealed that practice of the efficacy of pranayama and meditation, and fresh raw food therapy resulted in a significant decrease in obese, hypertension, sugar, weakness, and spondylisis. The results support the view that the conscious pranayamic practice could lead to a generalized modulation of processing of signals, i.e., even in neural systems not involved in breathing regulation. As a technique, pranayama can assume rather complex forms of breathing. But the essence of the practice is slow and deep breathing. Slow breathing induces a generalized decrease in the excitatory pathways regulating respiratory and cardiovascular systems. As respiratory and cardiovascular systems have similar control mechanisms, alteration in one system will modify the functioning of the other. During slow and deep breathing lung inflates to the maximum. This stimulates pulmonary stretch receptors which bring about withdrawal of sympathetic tone in skeletal muscle blood vessels leading to widespread vasodilatation and decrease in peripheral resistance and thus decrease diastolic blood pressure. While practicing pranayama one concentrates on the act of breathing which removes attention from worries and “de-stresses” him. This stress-free state of mind evokes relaxed responses in which parasympathetic nerve activity overrides sympathetic activity. Meditation with fresh raw food modifying the state of anxiety reduces stress-induced sympathetic over activity thereby decreasing arterial tone and peripheral resistance resulting in lowering of diastolic blood pressure and heart rate. Regular practice of yoga has showed improvement in baroreflex sensitivity and decrease in the sympathetic tone thereby restoring blood pressure to normal level in patients of essential hypertension. Finally, these results and their explanations would justify the incorporation of yoga, meditation with raw food as part of our lifestyle in promoting health and thereby preventing age related diseases.
REFERENCE


