

The Effect Of Yogic Breathing Technique On Selected Motor Function In Occupational Stress Patients

Kankanam Gamege Chithramala Dissanayake ^{1*}

Janith A Liyange ²,

Winode Hewage Anoma Priyankari Senanayake ³

1. Senior Lecturer, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka
2. Director, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka
3. Senior Medical Officer in Radiology, De Soysa Maternity Hospital, Colombo, Sri Lanka

* E-mail of the corresponding author: drchithramala@gmail.com

ABSTRACT

Work related psychological stressors are known to affect the body functions through physiological processes, and influence mental health as well as physical health.

Yoga is the most efficient non pharmacological measure and scientific method for the prevention and control of mind and all its fluctuations.

Therefore, present study was conducted to evaluate motor function responses to one month yogic breathing practices of persons who underwent work related psychological stressors. Twelve female subjects between 25 to 45 years (average 36.2 – 4.2), who had no history of other major illnesses, were selected for the study. At the initial visit, a detailed medical history and symptomatic evaluation was done.

This group had a higher rate of respiration and irregular breath pattern, increased heart rate and slightly elevated blood pressure with symptoms of stress and anxiety. The heart rate, respiratory rate and pattern, body weight, blood pressure and blood glucose level were recorded.

Parameters were assessed at the beginning and end of the month. These patients showed a significant decrease of heart rate, respiratory rate, diastolic blood pressure, blood sugar level and body weight and highly significant in increasing baseline breathing holding time. There were significantly reducing various stress symptoms observed after the therapy.

These results suggest that the selected breathing technique have a marked stimulating effect on parasympathetic nerve system or relaxing effect on sympathetic nervous system.

Key words: yogic breathing, parasympathetic nerve system, sympathetic nervous system

1. INTRODUCTION

Stress is the major challenge in this scientific and technical era, which has captured numerous headlines across the world and rightly so. Among type of stress work related psychosocial stressors is one of the most important problems in the present world especially in developed countries. . Stress is reported to cost employers US\$120 Billion p.a. in North America and Europe, 200 million lost production days in the US and the European Union spends approximately 4% of GNP on mental health problems.

Occupational stress should not be viewed as a negative by-product of work-life. A certain level of stress is definitely beneficial to individual and societal growth. This level of stress allows employees to cope and