

“EFFECT OF IAYT (INTEGRATED APPROACH OF YOGA THERAPY) ON MOTOR NERVE CONDUCTIVITY IN SPASTIC HEMIPLEGIC MEN”

ABSTRACT

Background: Hemiplegia, or paralysis of one side of the body, is caused by injury or illness (for example, a stroke), and leads to other disabilities. People with hemiplegia are limited physically in their daily activities. This limitation affects their social well-being and thus can lead to depression. This study was planned to evaluate the effect of IAYT on the changes in motor conductivity in spastic hemiplegic men.

Methods: A total of seventy-five subjects, mean aged (48.04 ± 11.28) were randomly assigned into two groups after satisfying the inclusion and exclusion criteria. Experimental group (EG, n=40) and Control group (CG, n=35). Both groups were assessed at baseline and after 56 days for MNC. During these 56 days the experimental group practiced Sushma Vyayama, Nadishuddhi pranayama, AUM chanting and DRT once daily and no intervention for control group. Finally experimental group (n=33) and control group (n=31) completed the study.

Results: The Experiment group showed significantly improvement in the Median Nerve Conductivity ($p < 0.02$) and Deep-peroneal Nerve Conductivity ($p < 0.05$), using Unpaired t-test, whereas no significantly improvement ($p > 0.05$) in the Motor Nerve Conductivity of Median and Deep-peroneal nerve , in the control group. Yoga group patients showed a significant ($P < 0.05$) reduction in the resting cardiovascular parameters such as SBP from 122.1 ± 14.53 to 117.6 ± 10.23 mmHg, RPP from 9525 ± 1160 to 9178 ± 835 bpm-mmHg and DoP from 5403 ± 1832 to 4748 ± 1137 bpm- mmHg.

Interpretation and conclusion: 56 days practice of IAYT in Spastic Hemiplegic men showed dominance of parasympathetic activity and suppression of sympathetic activity.

Key words: Spastic Hemiplegic Men; Sukshma Vyayama; Nadi Shodhana Pranayama; Deep Relaxation Technique; Motor Nerve Conduction; Autonomic function.