

8th International Conference on

NATURAL & ALTERNATIVE MEDICINE

September 25-27, 2017 Dubai, UAE

Effect of integrated yoga module on personality of home guards in Bangalore: A wait list randomized control trial**Amarnath B C**

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Background: Home guards organization is an independent disciplined and uniformed body of volunteers. All categories of home guards, who work in field, experience varied emotions and require coping up for different situations. Yoga practices may be helpful to master their emotions and will lead to improve their personality.

Objective: To study the efficacy of Integrated Yoga Module (IAYM) on *Gun*as (yogic personality measures) of home guards (HGs).

Methods: 500 home guards who attended introductory lectures, 148 home guards of both sexes, who satisfied the inclusion and exclusion criteria and who consented to participate in the study were randomly allocated into two groups. The Yoga (Y) group practiced an integrated yoga module for 1 hour daily, 6 days a week for eight weeks. The control group was on their routine work. Guna was assessed before and after eight weeks using the self-administered *Vedic* Personality Inventory (VPI).

Results: Baseline scores for all the domains for both the groups did not differ significantly ($P > 0.05$, Shapiro-Wilk's test). Sattva in yoga group had significantly increased from 39.87 ± 2.02 to 47.14 ± 7.22 whereas it had decreased significantly from 43.66 ± 4.39 to 37.74 ± 10.26 in control group. *Rajas* in yoga group had significantly decreased from 29.15 ± 0.98 to 27.46 ± 4.38 , whereas it had increased significantly from 28.60 ± 3.55 to 32.74 ± 5.37 in controlled group. *Tamas* in yoga had significantly decreased from $(30.98 \pm 1.04$ to $25.40 \pm 5.11)$, whereas it had significantly increased from 27.74 ± 4.43 to 30.51 ± 5.50 in control group.

Conclusions: There was an increase in Sattva in yoga group whereas it had decreased in controlled group. *Rajas* and *Tamas* significantly decreased in yoga group whereas it had increased in controlled group. Hence, integrated yoga module can be suggested for home guards which are cost effective and helps them for coping up with stressful situations.

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