

# A 12 Week Yoga Exercise (A Part of Foot Reflexology and Acupressure 14 Points Exercise), Treatment Improves Biomagnetism, Sleep Quality, Reduces Hypertension among Women (45-60 Age) with Insomnia Associated Hypertension Problem; A Pilot Study

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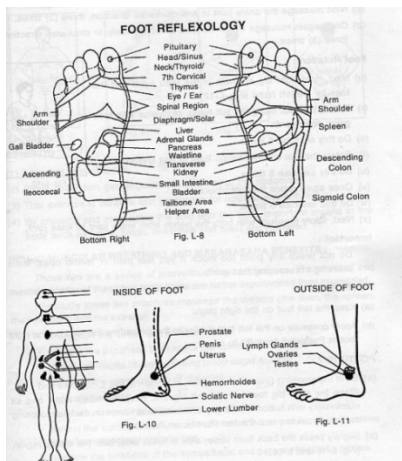
**Abstract-** Back ground: To evaluate the effects of Biomagnetism through yoga exercise among women patients with hypertension induced insomnia and its significant improvement in sleep quality and reduced hypertension. This novel concept was put forth by Swami Vethathiri Maharishi in south India. Method: A sample of 20 female patients comprised experimental group participated in 12 weeks yoga exercise. A sample of 20 female patients constituted control group underwent no exercise. The patients filled out a broad spectrum of questionnaire on the concept of yoga exercise and Biomagnetism before start of the exercise. The patients were subjected to physiological, Bio-magnetism and biochemical variables to assess the quality of life style, pre and post test. The hypertension and sleep quality were monitored pre and post test. Results: A significant ( $p < 0.05$ ) effect of yoga exercise was observed in improved sleep quality and reduced hypertension of experimental group subjects. However no significant effect of sleep quality was found for control group. Conclusion: This research study revealed that twelve weeks of training given to experimental group subjects under the strict supervision of yoga trained lady teacher assisted by the research scholar that yoga exercise s had demonstrated a marvelous change in the value of physiological, biochemical and biomagnetism variables enabled the subjects to an improved sleep quality and reduced hypertension.

**Index Terms-** Hypertension, Insomnia, Bio-magnetism, Quality of life, Broad spectrum

hypertension induced insomnia problem can be brought under control by a mechanism of increased bio-magnetism existing in every human being. This concept of bio-magnetism is a new phenomenon explained very clearly by swami Vethathiri maharishi. According to him, the bio-magnetism is a fundamental vital force which determines the Physical health of the human being, depletion of which below a critical level will result in the development of various kinds of diseases including hypertension and insomnia problem .The bio-magnetism thus depleted below a certain minimum critical level can be enhanced to above the minimum critical level by strictly regulating the quantity and quality of food, work, sleep, sexual gratification and thought force which is otherwise called as five factors limit and method. In addition to the above, the Biomagnetism can also be boosted to above minimum critical level by a continuous practice of Simplified NINE types of Physical Exercises, namely Hand exercises, Leg exercises, Neuro -muscular breathing exercises, Eye exercises, Kapalapathi, Makarasana Part 1 & 2, Acupressure 14 points exercise, out of these nine exercise the important in being given to leg exercise particularly foot reflexology and Acupressure 14 points exercise which come under the broad spectrum of sky yoga principles, which also includes Kayakalpa yoga, meditation and introspection methods as explained in SKY yoga. However our study is confined to foot reflexology and acupressure 14 points exercise only. [2]  
LEG EXERCISE (Foot Reflexology)

## I. INTRODUCTION

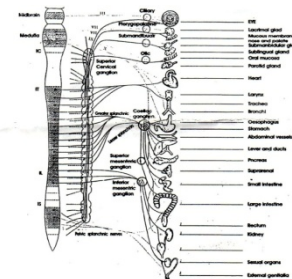
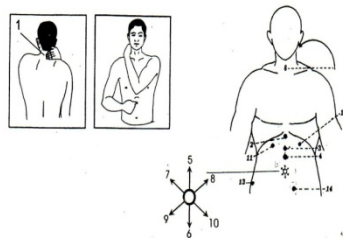
The main purpose of the study is to find an alternate pathway for hypertensive patients with insomnia problem found in women (45- 60) by enhancing their bio-magnetism by application of yoga exercise, envisaged by Swami Vethathiri Maharishi, a south Indian born, saint and savant (1911-2006) by his untiring and unintermittent 40 years of strenuous effort [1], passed on to mankind as a gift to get rid of diseases. Nowadays in modern society, sleep disorders are enormously increasing everyday around the world .This problem can be gradually rectified by strictly following the yoga activities. The



Foot Reflexology is based on the ancient principles that all the organs and glands in our body are connected to reflex points on foot [3]. Pressure point techniques are used to focus on these reflex points, to release blocked Biomagnetism and stimulate the body's self-healing abilities, the perfect therapy for general wellness [4]. The foot represents the body which is divided into ten reflex zones, like a mirror image of the body. It is believed

that foot reflexology exercise can be effective in helping to enhance the Biomagnetism to reduce effects and symptoms of anxiety, lack of sleep, restlessness and being overworked and helps to have a sound sleep. The science of reflexology is based on the theory of meridians. Our body has 14 imaginary meridians that carry Biomagnetism throughout the body. Each meridian starts with the tips of finger and toes, passes through the brain and gets connected to the respective organs [5]. When we have a problem related to any of the organs, it means that the meridian carrying Biomagnetism to those particular organs has an obstruction that slows down the normal functioning of the organ. If the obstruction is removed, the flow of Biomagnetism becomes normal, and the organ starts functioning properly. This is done through leg exercise otherwise called foot reflexology. The points on the body that run along the meridian are activated by applying mild pressure ,to remove the obstruction in the nerve so that Biomagnetism can flow with regularity and the particular organ resume its normal function and insomnia patients can have a good sleep.[6]

### ACUPRESSURE 14 POINTS EXERCISE



To start with, we should use our index finger and thumb to apply pressure on particular meridians in our body. At the same time we should concentrate every point for 1 minute till the exercise is completed as shown in the following picture. [7]

Point1: The placing of the left hand across the nape and holding static there, over the 7<sup>th</sup> cervical spine area, which lies over on a fixed point which underlines parasympathetic ganglia via, the superior, middle and inferior cervical ganglion. By applying pressure on this fixed point with the help of either moving index finger or thumb finger to complete the bio magnetic electric flow by pressing specific points, concerned with different will be completed in the respective organs/nerve fibers. Thus energy flows through the body and the organs are stimulated and regulated.

Point 2: This point just which is lying below the Xiphisternum is very important point called “Nabi Chakra” or “Solar plexus”. Here thousands of sympathetic nerve fibers form a plexus, supplying nerve fibers to organs below the diaphragm. Anatomically this is the “Coeliac plexus” woven around artery called “Coeliac Axis”. The correction of solar plexus and its importance is well known to every Yoga and naturopathy teacher.

Point 3: In between 2 and 4, the point rests over the stomach with its nerve supply through both the anterior posterior nerves of later jet which controls the acid secretion of the gastric juice. The pressure here regulates in the digestive process of the stomach.

Point 4: Pointed pressure here directly rests on the organ pancreas as well as the superior mesenteric nerve plexus. The secretion of insulin and glucagon secreted by pancreas might be effected by applying pressure on this point.

Point 5, 6,7,8,9 and 10: (Denotes various positions) Application of pressure on these points around the umbilicus denoting specific points. Anatomically, in the embryonic stage or in the later stages, elements of anatomic structures related the concerned systems exist, which might be the reason that these pressure points are given importance:-

Point: 5 -12 O’ clock position: Liver point: This point underneath have the falciforms ligament, with obliterate foetal umbilical vein, attached to the liver.

Point: 6 – 6 O’ clock position: Bladder point: the partially obliterated remains of urachus persist as median umbilical ligament. Sometimes some remnant cysts may also be found at sub umbilical level called “urachus cysts’.

Point: 7&8- 11½ and 10 ½ Clock Positions: Adrenal Point: Pressure over here goes a little deeper to the glands of suprarenal's which secrete epinephrine\ nor epinephrine group and corticosteroids, all of which control the stress management system.

Point: 9&10 -4 ½ and 7 ½ Clock Positions: Inguinal points: Here the inferior epigastric vessels from the hernia orifices end along with lateral umbilical fold and the obliterated round ligament of uterus. Hence this position is called as hernia point.

Point 11: This point lies below the right costal margin, and when deep pressure is applied the liver takes the pressure and energy. Liver functions get regulated.

Point 12: Similar point on left controls the functions of the Spleen.

Point 13: This point is called as 'Gall bladder' point. (Where Murphy signs may be elicited during gall stone disease syndrome) Proper practice with concentration on these points will streamline the working liver, regulating the chemical processes therein.

Point 14: The last point is situated somewhere near the inferior mesenteric plexus Supplying the sigmoid and rectum. Hence it may be called 'Rectal point'. Herein absorption of fluids takes place, motion may be regulated and a good diet habit can be brought out. [8]

Benefits:

1. Short circuit of electrical energy in any part of the body would be cleared.
2. Acupressure is a preventive measure for heart ailments. It reduces blood pressure.
3. It regulates the nervous system and reduces tension.
4. It is very helpful in alleviating insomnia.[9]

## II. MATERIALS AND METHODS

The subjects were randomly divided into two groups. Group I is called a experimental group comprised of 20 women subjects who were exposed to foot reflexology and Acupressure 14 point exercise under the strict supervision of a trained lady yoga teacher assisted by the research scholar .In addition to foot reflexology and Acupressure 14 point exercise ,the experimental group subjects were given a brief out line philosophy behind the concept of biomagnetism and its highlight and its important role it plays in every individual's day to day life to lead a disease free happy and peaceful life. Accordingly before start of the exercise ,a questionnaire explaining the vital components that form the concept of biomagnetism(10) namely five factors limit and method process and if one does not neglect or over indulge or over use or improper use of these five concept of food,rest,sleep,sexual gratification and usage of thought would enable them to avoid the entry of diseases in to their body and also they could get cure from the diseases so attacked and thus to lead a disease free, happy life was explained to them.

To assess the understanding of the concept of biomagnetism at the end of 12 weeks training program, again the same questionnaire was distributed to the experimental group subjects and they were instructed to answer the questionnaire. On

scrutinizing the answers, it was found that they had understood the concept to a maximum extent and during interaction with them, they expressed with cheerfulness that they were not aware of this new concept of biomagnetism earlier and so they were suffering from health problems and after the 12 weeks training program made them to realize the significance of the concept of biomagnetism and all the subjects gave assurance that they would here after will be a changed personality and felt as if they had taken a new birth.So such tremendous change could be seen in the life style of the subjects .

The other group is called as experimental group II and also coined as control group. This group again comprised of 20 women subjects and these 20 women subjects were also explained in detail regarding the importance of executing the foot reflexology, Acupressure 14 point exercise and also the concept and the importance of biomagnetism by distributing the questionnaire to the experimental group and control before start of the training program.

## III. RESULTS AND DISCUSSION

The pre- test values in respect of physiological and biochemical variables were measured with the assistance of an ISI certified medical laboratory. Similarly after a rigorous training of the yoga exercises for a continuous period of 12 weeks, the post test values in respect of physiological and biochemical were again obtained from the same medical laboratory. None of this 20 subjects from control group showed any interest whatsoever, either to perform the exercise nor showed any curiosity to follow the concept of biomagnetism involved in the five factors limit and method process. Hence the control group went without any exercise and did not follow the principles of biomagnetism during the training period of 12 weeks.

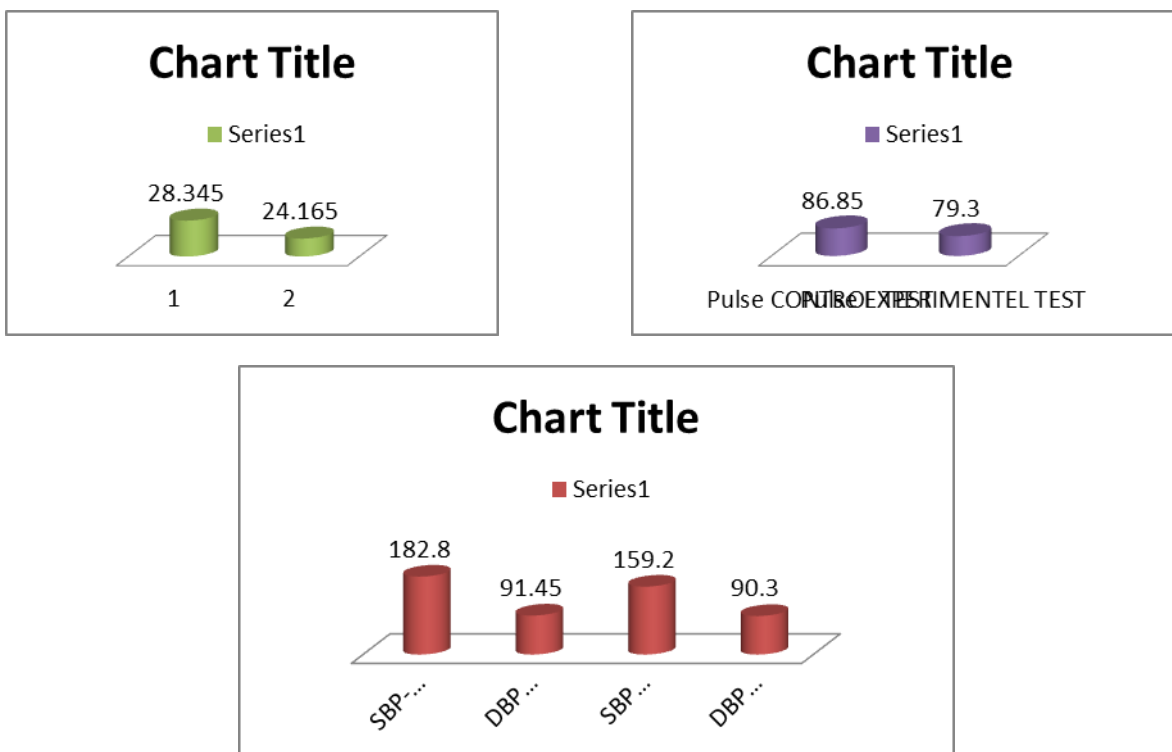
On these lines the questionnaire was prepared and distributed to the experimental group and control group subjects before start of exercise and also after 12 weeks completion of the exercise. The answers given by the subjects' pre and post test were evaluated. (Biomagnetism questionnaire attached). The data pertaining to the physiological, biochemical and biomagnetism variables for control group thus did not show any significant improvement in their health and also in their life style which could be easily inferred from the statistical analysis. The data thus obtained were verified for the validity of our research work by substituting these values statistically by employing Pearson correlation method and we were able to get a p value of less than or equal to 0.05 which showed that there is a significant improvement in increased sleep quality and a remarkable improvement in reduced hypertension for experimental group I. The statistical analysis has been shown in the tabular column.

THE STATISTICAL DATA HAS BEEN ARRIVED AT COEFFICIENT FOLLOWING THE PEARSON CORRELATION

**Table 1 PAIRED SAMPLES CORRELATION FOR PHYSIOLOGICAL MEASURES**

S.NO	PARAMETER	CONTROL AND EXPERIMENT TEST	N	CORRELATION	SIG.
1.	BMI	BMI	20	0.702	0.001
2.	PULSE	PULSE	20	0.652	0.002
3.	SBP	SBP	20	0.651	0.002
4.	DBP	DBP	20	0.648	0.002

**Figure1: PHYSIOLOGICAL MEASURES BMI, PULSE, SBP AND DBP**

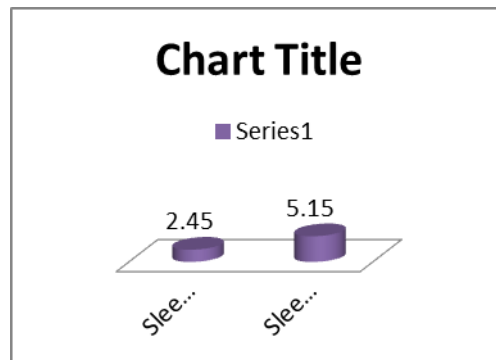
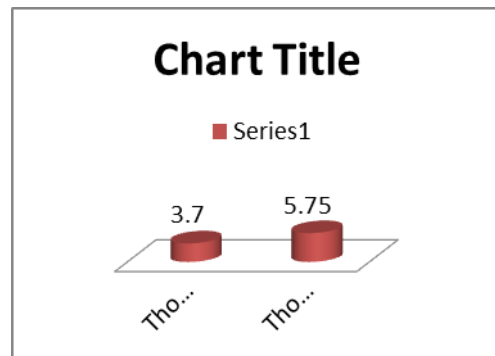
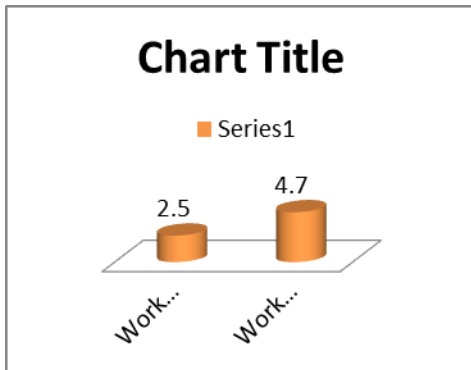
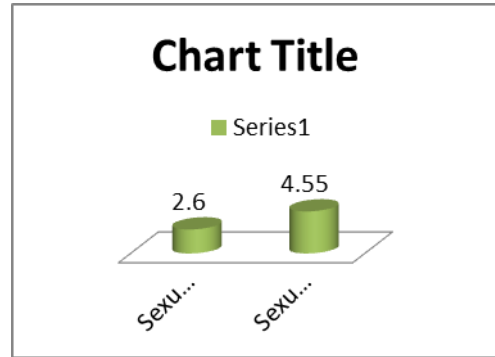
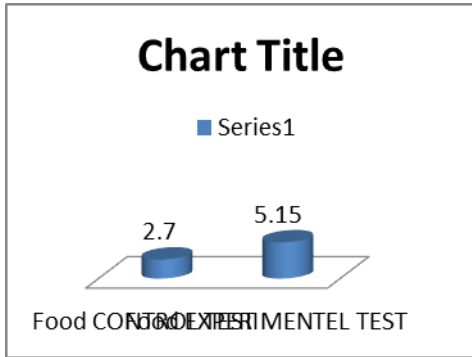


It is evident from the above table that comparing control group with that of the experimental group, there is a significant variation ( $P < 0.05$ ) found as expected in the experimental group which is a clear indication of an enhanced Biomagnetism.

**Table 2 PAIRED SAMPLES CORRELATION FOR BIOMAGNETISM INVENTORY QUESTIONNAIRE METHOD**

S.NO	PARAMETER	CONTROL AND EXPERIMENT TEST	N	CORRELATION	SIG.
1.	FOOD AWARENESS	FOOD	20	0.648	0.002
2.	WORK AWARENESS	WORK	20	0.997	0.001
3.	SLEEP AWARENESS	SLEEP	20	0.666	0.001

4.	SEXUAL GRATIFICATION AWARENESS	SEXUAL GRATIFICATION	20	0.823	0.001
5.	USE OF THOUGHT AWARENESS	THOUGHT	20	0.611	0.004



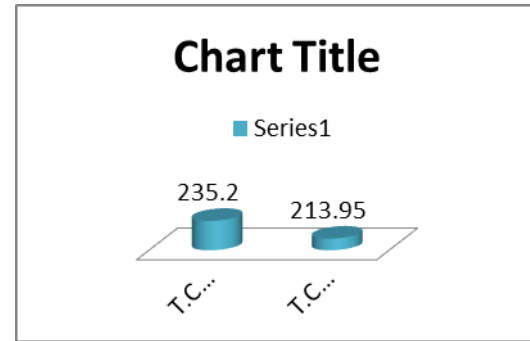
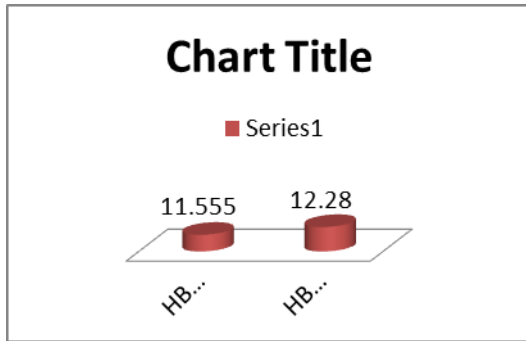
It is distinctly clear from the above table that comparing control group with that of the experimental group, there is a very high significant variation ( $P < 0.05$ ) found as expected in the experimental group which proves that these patients had a thorough understanding and awareness and imposed a greater confidence on the five factors of limit and method process for an enhanced Biomagnetism.

PAIRED SAMPLES CORRELATIONS FOR BIOCHEMICAL MEASURES

S.NO	PARAMETER	CONTROL AND EXPERIMENT TEST	N	CORRELATION	SIG.
1.	HEMOGLOBIN	HB	20	0.742	0.001
2.	TOTAL CHOLESTEROL	T.CHOLESTEROL	20	0.840	0.001



**Figure3: BIOCHEMICAL MEASURES HB, TOTAL CHOLESTEROL**



It is found from the above table that comparing control group with that of the experimental group, there is a significant variation ( $P < 0.05$ ) found as expected in the experimental group which shows a reduction in the amount of cholesterol and an elevated level of Hemoglobin (HB) which shows an increased Biomagnetism

#### IV. CONCLUSION

The results of our study showed that this kind of food reflexology and Acupressure 14 points exercise is more effective at improved sleep quality and decreased hypertension. Of the 20 yoga group participants completing the exercise program, all of them expressed their high satisfaction with yoga exercise program and all of them reported an increased strength, flexibility, mobility, enhanced energy and well being, increased feeling of peace, tranquility and relaxation and greater body awareness. These preliminary findings suggest that this yoga exercise (FOOT REFLEXOLOGY AND ACUPRESSURE 14 POINTS EXERCISE) may offer a safe and beneficial interest for reducing sleep disturbance, stress, anxiety and blood pressure in insomnia patients through increased Biomagnetism by performing the yoga exercise regularly.

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#### SUPPLEMENTARY MATERIAL TO BE ATTACHED

#### QUESTIONNAIRE ASSESSMENT FOR IMPROVING THE BIOMAGNETISM THROUGH FIVE FACTORS OF VARIABLES FOR LIMIT AND METHOD

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#### OBJECTIVE

The concept of bio-magnetism is a new phenomenon put forth by Swami Vethathiri Maharishi .According to him the bio-magnetism is a fundamental vital force which determines the physical health of a human being. Every individual is blessed with bio-magnetism by divine power. If the existing level of bio-magnetism is maintained as such to meet routine metabolic activities of the body, then it is said to be a balanced sensation felt as peace. On the other hand if bio-magnetism is depleted below critical level results in the development of various diseases.

The main reason for depletion of bio-magnetism are due to neglect or over indulgence or improper use of five factors i.e. Food, Rest, Sleep, Sexual Gratification and Use of thoughts. If these five factors are scrupulously followed by limit and method process, one can lead a disease free life. Hence to assess to what extent the patients suffering from various health diseases follow these five factors, a questionnaire was prepared and distributed to the patients.

On scrutinizing the answers given by the patients it was clear that they are convinced of the benefits of following the five factors limit and method process, to lead a disease free happy and contented life and expressed their whole hearted willingness to undergo twelve weeks rigorous treatment of Simplified Physical Exercise, Kayakalpa yoga, and meditation and introspection method.

On the other hand the answer given by the other patients clearly showed that they are not convinced of five factors limit and method process and were highly reluctant, to undergo yoga treatment and they went without any treatment.

Name \_\_\_\_\_ Age \_\_\_\_ Sex \_\_\_\_  
Date \_\_\_\_\_ Place \_\_\_\_\_

### Using the worksheet

Patients are assigned a single score for each numbered group. For visual ease, we have designed the worksheet so that this score is entered next to the corresponding symptom severity level.

### FOOD

1. Are you aware that only nutritious food should be taken in a limit and method scale?  
YES  NO
2. Are you aware that insufficient amount of intake of nutritious found will not supply required energy to the body?  
YES  NO
3. Are you aware that an excessive intake of food results in indigestion and leads to short circuit and ending in various, types of diseases?  
YES  NO
4. Are you aware that one should not indulge in cycling, sexual act, or hard work Immediately after eating which will ulcer incur formation?  
YES  NO
5. Are you aware that slaying of animals and eating their flesh for flattening of his/her body is against law of nature?  
YES  NO
6. Are you aware that imbalance in the intake of 6 tastes (salty food, hot chilly items, and sweets, bitter and sour taste) is one of the major factors for the diseases to creep in?  
YES  NO
7. Are you aware that food should be taken only after the food taken already was completely digested to avoid gas formation which leads to short circuit and gives way for the diseases to develop?.  
YES  NO
8. Are you aware that moderate amount of eating is the way to a prolonged life of an embodied soul?  
YES  NO
9. Are you aware of the fact that a disturbance in blood circulation is due to the formation of acidity from the food that is taken?  
YES  NO
10. Are you aware that one should not neglect to eat adequately and timely to maintain a disease free, mind, and health?  
YES  NO

### WORK

1. Are you aware that either neglect of work or over indulgence or improper work disturbs your bio-magnetism?  
YES  NO
2. Are you aware that one should take care to work in moderation which has its special value?  
YES  NO
3. Are you aware that lack of work makes a person lazy?  
YES  NO
4. Are you aware that lack of work makes limbs to lose their efficiency and blood, air, heat circulation ,slows down disturbs bio-magnetism resulting in a variety of disease?  
YES  NO
5. Are you aware that no proper movement or improper movement of limbs results in stagnation of unwanted molecules/toxins in your body?  
YES  NO
6. Are you aware that stagnation of improper molecules/toxins in your body obstructs the flow of blood, air, heat circulation which disturbs bio-magnetism and leads to diseased life?

- YES  NO
7. Are you aware that movement of body muscles due to moderate work will result in congenial, harmonious feeling which is essential for leading a disease free, happy and peaceful life?  
YES  NO
8. Are you aware of the fact that due to overwork or excessive hard work, some molecules leave the body and results in wear out of bones and joints?  
YES  NO
9. Are you aware that the negligence in limit and method in action or work with result in the development of various problems in life due to disturbance of bio-magnetism?  
YES  NO
10. Are you aware that if proper care is taken to maintain limit and method in movement of muscles /limbs, then there would be no more sensual intoxication or ill effect in life or diseases in your body?  
YES  NO

### REST

1. Do you know that the physical systems that are exhausted or weakened are refreshed energized and repaired during deep or sound sleep and also you know that if one feels sleepiness constantly then it is a sign of ill health, which needs a treatment?  
YES  NO
2. Do you know that oversleeping slows down the body functions and retards excretion of toxins in our body and weakens the central nervous system?  
YES  NO
3. Do you know that neglect or overindulging and improper act in sleep deplete the stock of bio-magnetism and paves way for all types of diseases to enter the body?  
YES  NO
4. Do you know that performing acupressure 14 points exercise and relaxation techniques half an hour before going to bed gives one a sound, and deep sleep?  
YES  NO
5. Do you know that long hours of awakening during night hours with induce sleepiness during day time and lessen your longevity of life?  
YES  NO
6. Do you know that 8 hours of sleep for children, 7hours for adults and 6 hours of elderly people are essential to maintain good physique?  
YES  NO
7. Do you know that one should not cultivate the habit of reading excessive story books, detective novel book ,which induce sensory organs to get activates to an hour before going to bed which will induce sensory pleasures that might disturb a sound sleep?  
YES  NO
8. Do you know that one should avoid long hours of awakening during night time or watching TV program for prolonged hours or continued travel for several days?  
YES  NO
9. Do you know that insufficient hours of sound sleep results in loss of efficiency of man?  
YES  NO
10. Do you know that a sound sleep provides enough rest to body and assists in energizing the body again?  
YES  NO

### SEXUAL GRATIFICATION

1. Are you aware that an excessive use of sensory organs in the long run causes pain, misery, disease and ultimately death?  
YES  NO
2. Are you aware that sensory pleasures should be deal with full awareness of limit and method scale?  
YES  NO
3. Are you aware that sex should neither are neglected nor indulged in excess?  
YES  NO
4. Are you aware of the fundamental fact that one should not indulge in sexual coitus during full moon, dark moon day and birth of Tamil month etc?  
YES  NO
5. Are you aware that one should not indulge in sexual act immediately after intake of food?  
YES  NO
6. Do you know that irrelevant thoughts and unwanted fear, false belief about sexual act will lead to mental dissatisfaction and diseased life?  
YES  NO
7. Do you have ever felt at any point of time that you are in captive of satisfying you life partner, and then he will depart you?



- YES  NO
8. Do you know that one should not indulge in sexual act at mid-day or mid-night?  
YES  NO
9. Do you know that to have a peaceful and contented life, to one should have sexual act in two weeks or even better an interval of one month?  
YES  NO
10. Do you know that for a noble life to lead and as a moral behavior a husband and wife should indulge in sexual act to quench the thirst and realize the meaning of life?  
YES  NO

### USE OF THOUGHTS

1. Are you aware that the positive thinking will assist you to maintain good physique?  
YES  NO
2. Are you aware that refinement of six bad temperaments via introspection will pave way for attainment of easy meditation?  
YES  NO
3. Are you aware that Maintenance of harmonious relationship among fellow human being in your own family will result in development of cordial relationship, joy happiness and peaceful life?  
YES  NO
4. Are you aware that to realize DIVINE STATE one should purify his or her own GENETIC CENTRE devoid of blemishes?  
YES  NO
5. Are you aware that the thoughts play a major role in regulating the functioning of mind?  
YES  NO
6. Are you aware that the anger, fear and disappointment etc decrease the biomagnetism resulting in the development of diseases?  
YES  NO
7. Are you aware that a practice of creative, harmonious and positive thinking will lead to a peaceful, disease free life?  
YES  NO
8. Are you aware that a negative thinking decreases the potential body, mind and soul due to certain chemical changes in the body?  
YES  NO
9. Are you aware that a quality of noble thought, forgiveness and perseverance in achieving the main aim and purpose of life. ?  
YES  NO
10. Are you aware that Instead of struggling over petty things, one has to introspect and understand the purpose of life, proper method to attain that goal and to act in such a way in broad mindedness and awareness?  
YES  NO