

EFFECT OF YOGIC PRACTICES ON INSOMNIA PATIENTS

***Patel Shrikrishna and **Barua Mahendra**

1. Assistant Professor, Department of Physical Education, D.A.V. Training College, Kanpur, **INDIA**.
2. Sports Officer, Regional Institute of Education, Bhopal, **INDIA**.

Email: krishna_phd2@yahoo.co.in

(Received June 22, 2011, accepted November 29, 2011)

ABSTRACT

Yoga is a comprehensive discipline which includes physical exercises, postures, breathing techniques, and meditation for the purpose of improving health and well being. The aim of the study was to evaluate the effectiveness of yogic practices in the treatment of chronic psycho-physiological insomnia. Forty (40) male patients suffering with varying degrees of insomnia were selected from various parts of Kanpur region were divided into two groups of 20 each, first group was assigned for yoga programme and second group acted as control, and they used to follow their normal daily routine. Criterion measure was number of half hourly sounds noted of a wall clock from 10 pm to 6 am. For measuring how much one slept during the night a special method developed by K.S. Joshi (1991) was used which involves the least disturbance of sleep was introduced. Analysis of Covariance (ANCOVA) revealed that experimental group had significantly higher ($p < 0.05$) as compared to control group. The findings of the study clearly show that yogic programme was effective in medicating insomnia.