

Introduction: be
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after 2 years



INTRODUCTION: Yoga is the Art and Science of Peaceful living. There are so many Yogic practices which achieves the changes of sedentary Life style to a healthy and Peaceful life style. Simplified Kundalini yoga, founded by Yogiraj Vethathiri Maharishi, is the simple and most effective yogic practice which achieves the above objective in shortest time period. Regular practice of the Simplified Physical Exercise, Chakra Meditation, Kayakalpa Exercise and Introspection practice helps in curing the infertility problem of the young men. **INFERTILITY** Infertility is the inability to conceive a child. A couple may be considered infertile, if after 2 years of regular sexual intercourse, without contraception, the woman has not become pregnant. Infertility can also refer to the biological inability of an individual man to contribute to conception. **STATEMENT OF THE PROBLEM** The purpose of the study was to observe the effects of simplified kundalini yoga with and without diet modifications on selected Bio-Chemical Variable, Semen analysis (Sperm Count and Sperm Quality) among infertile men.

HYPOTHESIS• It was hypothesized that there would be significant difference on selected Bio-Chemical Variables due to simplified kundalini yoga practices with diet and without diet modification group among infertile men than the control group infertile men. • It was hypothesized that there would be significant difference on selected Bio-Chemical Variables between the simplified kundalini yoga practices with Diet modification group and simplified kundalini yoga without diet modification group among infertile men. **REVIEW OF LITERATURE** Wright J et. al (1989) Studied three hypotheses have been most often cited on the link between infertility and psychosocial distress. • Psychosocial problems trigger infertility. • Infertility

triggers psychosocial distress. There is an interactive causal relationship between infertility and psychosocial distress.

The controlled research on these three hypotheses was reviewed. The thirty publications that met inclusion criteria provide convincing evidence that, taken as a whole, patients diagnosed and treated in infertility clinics show significantly higher levels of psychosocial distress than do control groups. However, the authors conclude that research designs to date have failed to control crucial variables that permit conclusive empirical tests of the three hypotheses. B. Soundiram (2014) The most commonly reported sexual dysfunction in men is erectile dysfunction (ED). Worldwide, there were over 371 million men who experience ED, by 2030, worldwide prevalence of ED is expected to number 550 million, an increase of nearly 179 million.

Along with the medicine, education about the overall situation, Yogic remedies like Yogic (Sativik) Diet, Universal Ethics (Yama), Personal disciplines (Niyama), Postures (Asans), Cleansing Practices (Kriyas), Pranayama (Breath Control), Om Recitation, and Meditation will certainly help in getting rid of Sexual Dysfunction. Regular Yogic Practices can make the 46% of the T2 Diabetic men potent again and empower them enjoy a holistic well-being a healthy and long life with a great self-esteem. Yogic practices can fill them with all the following six divine qualities: energy, virility, strength, brightness, courage and fortitude. METHODOLOGY To achieve the purpose of investigation 30 young men were randomly selected from Chennai, TamilNadu. The subjects' age ranged from 25 to 40 years. The selected subjects were randomly divided into three equal groups. The groups were assigned as Simplified Kundalini Yogic practices with diet group – I

Simplified Kundalini Yogic practices without diet group – II and control group respectively. The study was formulated as a true random group design, consisting of a pre-test and post-test (N= 30).

Pre-test was conducted for all the subjects on the experimental group participated in their respective Simplified Kundalini Yogic practices for a period of 12 weeks. The post test was conducted on the above said dependent variables after a period of 12 weeks in the respective treatments. The data obtained were analyzed by analysis of Covariance (ANCOVA) to find out the adjusted mean difference among the treatment groups.

DELIMITATIONS• The study was delimited to young men only• This study was delimited to infertile men only. • The study was delimited to Chennai men only• The age was ranged from 25 to 40 years only. • Only selected Simplified Kundalini Yoga practices with and without diet modification was used as independent variables.

- The dependent variables was bio chemical parameters only• The training was given to the subjects for a period of 12 weeks, 5 day/week, 1 session/day, 2hrs/day in the morning and as well as in the evening.

LIMITATIONS:• The subjects' medical treatment was not controlled. • Diet modification chart in general was given to the subjects for adaptations.

- Duly advised to follow the diet pattern during the experimental period personal verification was considered as limitation. • The environmental conditions and social economic status were ignored. • More acute cases were not considered. • Certain habits, body structure, personal habits, heredity, life style, routine work, Environment which may affect the result of

this investigation were not taken into Consideration. TRAINING PROGRAMME:

The training schedule for the practice of simplified kundalini yoga practices for 12 weeks at Besant Nagar MVKM Trust Besant Nagar every day morning 6am to 8am & evening 6pm to 8pm and 5 days a week: Hand Exercise, Leg exercise, Neuromuscular breathing exercise, Eye exercise, Kapalabathi, Makarasana Part 1 & 2, Massage, Acupressure, Relaxation, Kayakalpa exercise, Chakra, Meditation, Introspection.

SIMPLIFIED KUNDALINI EXERCISESSimplified physical exercise is meant for health and longevity. The physical body is constituted with five elements (Panchabhoodhas) i. e. Akashi particle, Air, Fire (heat), Water, Solid and the life force is circulating through the body, functioning of physical body depends on five circulations i. e., Blood circulation, Air circulation, Heat circulation, Life force circulation, Bio-magnetic circulation in proper order. By doing the physical exercise the blood circulation, air circulation heat circulation are regularized. **KAYAKALPA YOGA**Kayakalpa yoga is an exercise for strengthening life force and bio-magnetism by recycling of sexual vital fluid.

In Sanskrit, the term “ Kaya” means “ body and “ Kalpa” means “ immortal”. This exercise improves the functioning of nervous system. Kayakalpa yoga is a simplified exercise comprising of Aswini Mudra and ojas breathe. By doing Kayakalpa yoga, the sexual vital fluid becomes denser and purer. The nervous system gets strengthened. The immunity power increases.