

# Combined Effect of Selected Yogic Practices Along With Cellular Gem Therapy on Sleep Quality among Geriatric Persons in Old Age Homes

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**Abstract:** The purpose of this study was to investigate and assess the therapeutic effects of yogic practices and cellular Gem therapy on psychological parameters of Insomnia (Groningen sleep Quality scale[GSQS]). 40 subjects were selected from old age home in Chennai aged 60 and above (MASS Charitable Trust –Aged and children service center Vivekananda Nagar Chennai 600118). The duration of the study was 12 weeks, 20 for Yogic practice combined with Cellular Gem therapy and 20 for control group

Yogic practice for 5 days and Cellular Gem Therapy once in 15 days were given for 12 weeks. Cellular Gem therapy was given with Lax IV Medical equipment. Key feature of this Gem therapy is, as it works on Human body cells at di-electric resonance property, and shift the energy vortex overall human body's energy's vortex (Human body's Assemblage point) in a right location that is near to the Thymus Gland. Location of the Assemblage point plays a vital role on human health. Dislocation of Assemblage point is the symptom of disease in our body. Cellular Gem therapy will shift the location of the Assemblage point vortex by regulating the energy channels of disease affected organs and overall Bio-plasmic energy of our body.

There were significant improvement in Sleep Quality of older people when compared to control group with the Yogic Practice combined with Cellular Gem therapy group.

**Keywords:** Yoga, Cellular Gem Therapy, Assemblage Point, Insomnia, Groningen sleep Quality scale (GSQS).

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## 1. INTRODUCTION

Sleep is a fascinating and somewhat mysterious phenomenon in the daily life of every human being. Sleep is defined as a normal state of alternate consciousness during which the body rests and it is characterized by decreased responsiveness to the environment but a person can be aroused from sleep by external stimuli.

Sleep plays a vital role in good health and well being throughout the life. Sufficient sleep is essential for maintaining optimal physical health, mental health and emotional functioning. Sleep helps your brain to work properly. Physically inadequate sleep can increase the risk of heart diseases, stroke, diabetes mellitus, obesity etc.

So sleep is an important indicator of health and psychological well being and forms a major health related symptom to be addressed in ageing population. Aging is a natural and normal process. Although specific changes are identified as part of the normal aging process each person ages in his own way.

Insomnia is defined as repeated difficulty with the initiation, duration, maintenance, or quality of sleep and resulting in some form of daytime impairment. Chronic insomnia is associated with impaired occupational and social performance. It is associated with higher healthcare use, with a 2-fold increase in hospitalizations. Chronic insomnia is also a risk factor for depression and a symptom of a number of medical, psychiatric, and sleep disorders. Pharmacological agents used in the treatment of insomnia are often associated with hazardous side effects. A total of 28 studies were found on PubMed

since 1963 that assessed the benefits of yoga practice in patients with insomnia. Yoga practice may help produce a significant improvement in sleep quality and related daytime impairments in these patients.

In 2008 the total world population was above 4.37 billion and about 250 million were over the age of 65yrs. India's population was about 1.13 billion in 2008 and about 5.2% of population was above 60yrs of age. The average life expectancy of people in India has increased from 54yrs in 1981 to 64.4yrs in 2002.

According to Bhat the project population of people aged 60yrs above in 76million in 2020. It has been projected that by the year 2050 the number of elderly people would have been about 324 million in India alone.

Sleep is a recognized universal need of all human beings throughout their life. Older persons experience less deep sleep, have more frequent awakening in the night and earlier awakening in the morning. Early awakening occurs frequently among older people. Phillips B.E Ancoli-israel. S.(2001) stated that disorders of sleep tend to increase with age.

## **2. YOGA**

Yoga is an ancient Indian system of philosophy as well as a way of life which bring balance health at physiological, mental and emotional dimensions of the individuals. This practice consists of Asana, pranayama and Meditation. A recent study conducted compared the impact of Yoga, including physical postures, relaxation techniques, and voluntary regulated breathing, on sleep in the geriatric population (Manjunath, Telles, 2005). Sixty-nine seniors living in the same residence were stratified based on age and were randomly assigned to two groups: Yoga and Wait-list (no intervention of any sort).

The group's sleep patterns were evaluated via self-assessment over a one-week period prior to the intervention and after three months of their respective interventions. The results were enlightening. The Yoga group showed a significant decrease by the time it took to fall asleep (an approximate average decrease of ten minutes) and an increase in the total number of hours slept (an approximate increase of 60 minutes). The other two trial groups showed no significant change in sleep. The study's conclusion was that Yoga practice improved quantity and quality of sleep among the geriatric population.

## **3. SCIENCE OF CELLULAR GEMSTONES THERAPY**

Each human organ consists of cells with a definite molecular structure. When they are healthy; the electrons are in their normal orbital states. If, for some reason, our tissues are not in their normal energy and information states, we become ill. This is due to distorting the normal energy-information levels of internal and external human quantum energy fields and interactions. Often this leads to unbalanced energy flows via our energy channels. Usually the main channel that is affected is the perception energy bundle passing through the AP, since we humans are creatures of perception. In many cases the level of impact is so severe that it results in shifting the AP from its position at the centre of the chest. Then the electro-chemical balance of the whole organism is violated, and recovering becomes quite a complicated process, sometimes impossible with conventional medicine (e.g. multiple sclerosis).

The energy deviations of tissue, organs and glands, as well as AP deflections from their normal states, can be returned to optimum by the application of certain correcting vibrations of electronic gem therapy.

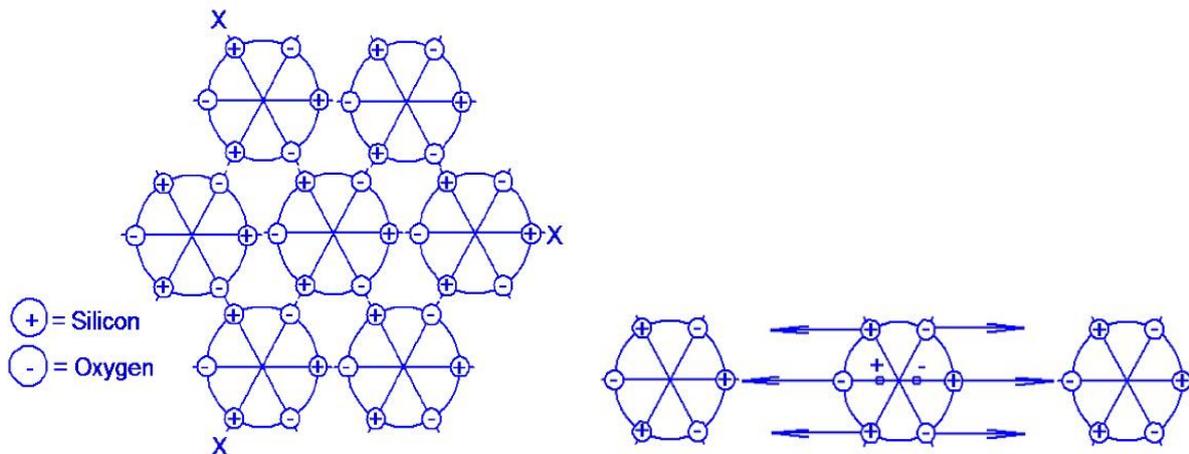
[5,6] These are vibrations of visual light and depending on the necessary treatment, specific frequencies that activate the electrons in the crystal lattices of gems placed inside the lamps, amplify and transmit healing waves directly into the tissue, organs and glands. An application of prime importance of electronic gem therapy is to return the AP to its proper central location.



Centralizing the Assemblage Point Location by Electronic Gem Therapy Apparatus. The lamps contain a mixture of carnelians and diamonds used for the hypotension spectrum. Emerald and Sapphire are used for the hypertension spectrum.

Ruby raises the skin and body temperature, increases the metabolic rate, circulation and muscle tension, being beneficial for patients with a large, heavy body type, and a slow, cold physiological disposition. It is not for the agile, quick, and hot tempered physiological types. The effects of ruby and emerald can be scientifically confirmed by monitoring a patient's pulse or by using a thermometer or a blood pressure monitor before and after treatment with gem medicines.

In contrast, emerald emits cold, green rays and is used to treat diseases arising from too much heat, such as burns, contusions, anorexia, diarrhoea, irritable bowel syndrome, stomach ulcers, cystitis and eczema. The green rays of emerald lower skin and body temperature, reduce libido, slow the metabolic rate and circulation, relax muscle tension and increase the patient's body weight.



Symbolic grouping of atoms of Gem quartz. The group undergoes a tensile stress, electrons are displaced. The center of action of the three positive charges, moves away from the centre and an 'electrical moment' results. The quantum state of any tissue, even simply taken as a chemical compound, depends on the states or levels of the electrons on the orbital of the molecules in the cells. In the case of disease in general, it may be said that some of these electrons are not on their proper places, and so they have gone out of phase with their normal vibration-oscillatory states. Properly modulated vibrations of the electrons in the gem crystal lattices targeted by the light emission of special lamps to any area of the human body, via the phenomenon of electron space resonance, awaken the corresponding electrons in our tissues to return into energy-information states of a healthy and balanced condition. Of prime importance is the fact that spherical scalar space resonance waves of the vibrations of gems and the area where the stationary AP should be, act like a resonating zone to attract the AP there, when it has been deflected from that position. The practice of J Whale and other medical therapists has revealed that such unhealthy conditions as Chronic Fatigue Syndrome, Multiple Sclerosis, Hypertension, Trauma, Migraines, Nervous Disorders (even Schizophrenia), Skin Diseases, Viral and Bacterial Infections, Asthma and Allergies often are due to the AP shifts at specific locations.

The equipment used has Government medical compliance certification for a Class IIa medical device. It is manufactured from USA and UK components certified for medical use to British standard MQ1A ISO 9001. Safety is tested to EC Low Voltage, thereby confirm to protection requirements of the Council Directives Europe for the safety.

**Statement of the problem:**

To study the effectiveness of Yogic practice along with Cellular Gem therapy among geriatric persons on quality and quantity of the sleep.

**Hypothesis:**

It was hypothesized that the mean post-intervention quality of sleep of the experimental group of geriatric persons will be significantly different from the mean quality of sleep of control group.

**4. METHODOLOGY**

40 subjects were selected from old age home in Chennai aged 60 and above (MASS Charitable Trust –Aged and children service centre Vivekananda Nagar Chennai 600118). The duration of the study was 12 weeks, 20 for Yogic practice combined with Cellular Gem therapy and 20 for control group. Yogic practice for 5 days and Cellular Gem Therapy once in 15 days were given for 12 weeks.

**Yogic Training Intervention:**

Asanas: Trikonasana, pavanamuktasana, salabhasana, navukasana, paschimttasana. ( 60 minutes )

Pranayama: Balancing pranayama : Nadisudhi ( anuloma- Villoma )-sympatho-vagus nerves balance

Stimulating pranayama (Heat producing): Surya bhedana, Kapalabhathi, Bhastrika – Sympathetic activator.

Cooling pranayama: Chandra bhedhana, sheetkari, sheetali-Parasympathetic activator. ( 30 minutes )

Deep Relaxation Technique (DRT): This technique mainly given before going to bed for 20 minutes every day.

And cellular Gem therapy was giving once in 15 days interval.

The control group receiving no training remained at the same level of sleep quality which was poor.

**5. RESEARCH DESIGN**

Keeping the objectives and hypothesis in mind, a quasi-experimental design was adopted for this study

Control group -Q1 12weeks Q2 →

Experimental group - Q3 12weeks Q4. →

[yoga and Cellular gem therapy]

Q1 = initial data.

Q2 = after 12 weeks data.

Q3 = pre-intervention data.

X1 = Intervention yogic postures, pranayama and DRT

X2 = Intervention of Cellular Gem therapy.

Q4 = Post- Intervention data after 12 weeks.

**Inclusion Criteria :**

1. Geriatric persons in the age group of 60 years and above.
2. Both male and female geriatric persons.
3. Geriatric persons who are willing to participate in the study.

**Exclusion Criteria:**

1. Geriatric persons with paralysis.
2. Geriatric persons with hearing problem.

The tool consist of

- a. Interview Schedule
- b. Groningen sleep Quality scale (GSQS )
- c. GSQS consists of 15 items are scored True / False.

The first item does not count for the total score. One point, if answer is true

Q 2,3,4,5,6,7,9,11,13,14 and 15.

One point of answer is false to Q 8,10 12.

Maximum score 14 points.

1-5 score----- Good Sleep

6-10 Score -----moderate sleep

11-14 Score-----Poor Sleep.

**6. DATA ANALYSIS**

After data collection, the data were tabulated and analysis was done using descriptive and inferential Statistical methods Mean, SD and Percentage were used to express the data. Chi-square test was used on demographic data to find out whether the control and Experimental groups are homogeneous. To test the Hypothesis ANACOVA Test was used.

**Table**

Group	Pre test		Post Test		Adjusted Mean	ANACOVA Result between Subjects in effecting Post intervention	
	Mean	SD	Mean	SD		F V	P V
Control Group	11.701	2.055	11.95	1.76	12.007	76.029	
Experi mental Group	12.000	1.717	7.100	2.049	7.043	6.095	Greater then 0.018*

**7. RESULTS AND DISCUSSIONS**

Results of the current study indicate beneficial effects of 12 weeks yoga-based intervention on physical health, psychological health, social relationships and environment domains in the elders living in old age homes. Furthermore, the subjects in the experimental group had significant improvement in total sleep quality score. Previously Manjunath and Telles have reported that 6 months of yogic program in the elders involving physical postures, relaxation techniques, voluntarily-regulated breathing and lectures on yoga philosophy had improved sleep latency, sleep duration and feeling of being rested in the morning. Yogic techniques improve physiological functions such as cardiovascular and respiratory efficiency, and cognition in the elders. Yoga program in the elders was also reported to improve the muscle strength, active range of motion, gait and balance, mobility, physical and emotional well-being.

In the present research the results have stated that was used to test homogeneity where is it presented, the experimental group and control group were similar in sleep quality before intervention of yoga and gem therapy.

The evidence obtained indicates that combined yoga and gem therapy had significantly improved sleep quality by 65% when compared to no such intervention.

## **8. CONCLUSIONS**

Geriatric persons have difficulty in maintaining sleep and early morning awakening.

The present study was carried out to test the effectiveness of yoga, Pranayama and DRT along with Cellular Gem therapy.

The post-invention quality of sleep is statically significant for the experimental group.

Geriatric persons are compared with the control group, It is concluded that Yoga, Pranayama, DRT along with Cellular Gem therapy are helpful in improving the quality of sleep among geriatric persons.

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