

Kayakalpa Yoga, A Treasure Hunt for Women with PCOS and Infertility: A Pilot Trial

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Abstract

Life is nothing but a time length between birth and death and it is in the co-ordination of self, society, and nature. The purpose of life is achieving perfection in one's own wisdom and realization of divinity. This can be achieved through regular practice of yoga which is the main tool box to achieve the ultimate goal of our life. Kaya – human body, kalpa – long period of time, yoga – unison, link, integrity and maintaining harmony between self, society and nature. Kayakalpa yoga is the rejuvenating technique discovered by Vethathiri Maharishi in an easily understandable way. Kayakalpa yoga is a complete science which integrates physics, biology, physiology, philosophy, genetics and yoga. Vethathiri maharishi's kayakalpa philosophy includes Body, Life-force, Bio-magnetism, Mind, and Sexual vital fluid. PCOS means poly cystic ovarian syndrome. PCOS affects 5–10% of women in reproductive age. It is known as hyper androgenic chronic anovulation. It is a benign disorder which is one of the leading causes of female infertility. Polycystic ovarian syndrome mostly causes an ovulatory infertility. Management of infertility in PCOS includes life style modification, as well as Vethathiri Maharishi's Kayakalpa yogic technique. My research study is aimed to control the physiological and psychological changes in PCOS women and to cure infertility by practicing Kayakalpa technique regularly.

Keywords: Kayakalpa, PCOS, infertility, body, life force, Bio-magnetism, mind, sexual vital fluid

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INTRODUCTION

Yoga is becoming popular in all parts of the world. Yoga is used for developing memory, creativity and to keep our body healthy. With its multi-dimensional advantages it is becoming a part of education, rehabilitation, reliving the occupational stress and aiming for the total quality management. Nowadays rapidly increasing incidence of stress related ailments is posing a great challenge to the mankind. It is here that yoga appears to make a vital contribution to human beings. When we look back over 250 years ago people of many continents for most part resorted to yogic methods and techniques. Likewise in India too siddha systems offered many yogic methods and took care of health delivery of the nation. Yogiraj Vethathiri Maharishi – born on 14.8.1911 at Guduvanchery, near Chennai, India, was a self-educated and distinguished

rational contemporary thinker and revolutionist. His teachings epitomize a synthesis of the revelations of great philosophers, siddhas and contemporary scientific ideas. This brings together empirical, intuitive, spiritual, and scientific knowledge to solve many problems.

CONCEPT OF HEALTH AND YOGA

According to world health organization (WHO) the state of health is defined as a state of complete physical, mental, social well-being and not merely the absence of the disease or infirmity. WHO also suggests the fourth dimension i.e. spiritual wellbeing.

KAYAKALPA–THE BODY

IMMORTAL

Kayakalpa yoga is a yogic technique discovered by siddhas from south India

reoriented by Vethathiri maharishi. This is a practice of pre-eminence to protect and nurture physical health and provide longevity of life. Kayakalpa exercise is rejuvenating the life force. This exercise provides the healthy body. This kayakalpa yoga is the advanced stage and peak of the kundalini yoga. Kayakalpa is a specialized field of practice in the siddha medical systems of India as the ideal treatment for health, vitality, longevity, and higher consciousness with specific yogic practices. Kayakalpa can be called as an internal exercise. This internal exercise can be done in various postures combined with breathing techniques taught personally in the course in WCSC (World Community Service Center). According to Vethathiri Maharishi **Kayakalpa Yoga has three fold objectives**; they are (1).Withstanding the ageing process, (2).Maintaining health and youthfulness, (3).Postponing one`s death to suit one`s wishes [1].

Value of Kayakalpa Yoga-Vethathiri Maharishi Says

1. By sublimating and recycling,
2. The sexual vital fluid,
3. Kayakalpa frees you from
4. A variety of earth bound ills.

Reference: “Journey of Consciousness” written by Thathuvagnani Vethathiri Maharishi [2], “Kayakalpa Philosophy” [3].

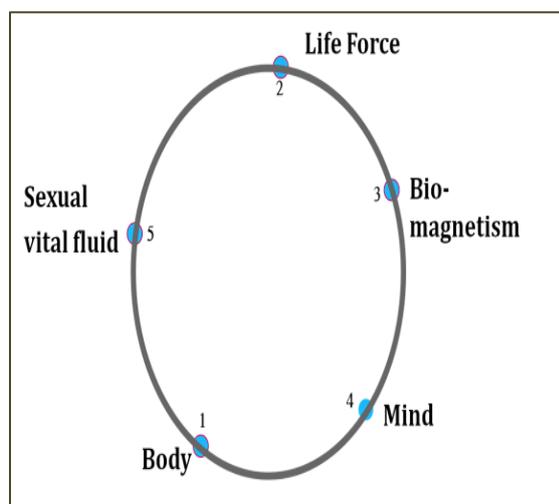


Fig. 1: Kayakalpa Philosophy.

Kayakalpa an Explanation

There are five factors which design the functioning of the human body:

1. Body,
2. Sexual vital fluid,
3. Life force particles,
4. Bio-magnetism,
5. Mind.

Body

It is divided in to three types– (a). Physical body, (b). Astral body, (c) Causal body or magnetic body comprises the three layers of human beings.

Physical Body

According to Ayurvedic tradition, the body is made up of pancha-boothas namely solid, liquid, fire or heat, air and akash [4]. In the body Akash element functions as the life force. The growth and sustenance of the body depends on saphtha-dhathoos. Life force is the cause for the body to function. Physical body appears to be a single unit. According to science the body is made up of millions of cells. These cells are arranged in polarity i.e. the cells are held together by polar attraction and this is important in proper functioning of the body.

Astral Body

Inside the physical body, life force particles are making a circulation. Akash element represents the life force in a body. Life force particles ‘PARAMANU’ are the **Pure Space** fundamental units of life force. This Life force particle has evolved by the association of infinitely small, invisible, self-rotating divine dust particles, which have directly evolved from the static state i.e. The Life force particle circulates in the body starting from the genetic center; go round from the center to the periphery and return to the genetic center. The particles enter and leave the spinning system decided solely by the self-spinning velocity and the vector force. This explains the Astral body.

Causal Body or Magnetic body

The life force particles as they circulate in the body constantly discharge its dust particles with greater velocity out of the spinning system of the life-force particles. The dust particles that have escaped from the spinning system of the parent life-force particle are exposed to the pure space and by losing their independent individual existence merge back

into the space. As they merge, the dynamic spinning force charges the space in which it dissolves. This charged space itself moves as a wave and at this stage, the space is acquiring special properties to earn a name as 'magnetism'. The magnetism within a body is bio-magnetism and in the universe, it is universal magnetism. The bio-magnetism just like the astral body also forms a spinning system which is called the causal body.

Genetic Centre

A living being as explained above has three bodies and each have a point of center of gravity. Naturally, all the three centers correspond to one and the same point. And the point which represents all the three bodies and when it functions as a single unit, it becomes the Genetic Centre. In the human body, the Genetic center is the most important functional head quarters. The three bodies contribute to the formation of Genetic Centre. The physical body contributes the seventh thathoo "the Sexual-Vital-Fluid", while the astral body is represented by the most-slowest life force particles that lie close together like a sheet of life-force particles. The causal body had almost slowest delta waves with zero to three frequencies.

Sexual Vital Fluid

This is seventh and ultimate thathoo of the seven thathoo that evolve from the food. In the physical body, which is made up of the seven thathoo, they are arranged according to their specific gravity in the spinning system of the physical body and the seventh thathoo lies close to the axis that is the Genetic Centre. It is mainly responsible for the strength of the Genetic Centre. Sexual-Vital-Fluid evolves from the bone-marrow and brain which in a way is only the highly evolved marrow. The major portion of the Sexual-Vital-Fluid is produced from the brain and is distributed throughout the body to each and every single cell. In a cell, it centers in the Genetic Centre of the namely; the nucleolus There is a close vital relationship between the Sexual-Vital-Fluid and sexual function or activity in a body. It is the container of the life energy life particle. We eat food which is transformed in to seven thathoos and the seventh is the SVF. Siddhas found that if the life particle is to stay

within our body there is a fluid called SVF. More the quality and quantity of SVF that extend the life force particle, to stay within the body. Hence the number of life force particles and intensity of bio-magnetism are decided by the quantity and quality of the sexual vital fluid.

According to Maharishi food is converted in to seven thathoos: The food one eats through metabolism gets converted in to seven essential bio materials and substances. They are juice, blood, flesh, fat, bone, bone-marrow and sexual vital fluid. In this order a continuous transformation takes place. The pressure formed during transformation becomes body temperature. The same pressure causes the production of various acids. It is a continuous process which is called metabolism.

Conversion of Seven thathoos:

Juice–Blood–Flesh–Fat–Bone–Marrow–SVF
(Ojus=Vital Energy).

Life Force

Life force in the form of smallest energy particles runs throughout the body. In the process of their spinning they produce bio-magnetic waves. As the life force particles are circulating all over the body the flow of bio-magnetism is also circulatory. Due to the circulation it sets up polarization and integration among the cells.

Bio-Magnetism

It is generated within the physical body. Life force particles liberate formative dust particles are called bio-magnetism.

Bio Magnetic Energy

This energy is a dynamic force in constant flux, which circulates throughout the body. Each energy particle is free, and its property is self-rotation. It goes around the entire system.

Mind

The life force particles are spent during the body and mind functions. This bio-magnetism in dense form is responsible for all our physical and mental activity. The extension of bio-magnetism through senses and through brain as thought wave is called mind [5].

STEPS IN KAYAKALPA YOGA

1. Aswini Mudra: Toning up of nerves (Exercise to anal sphincter muscle)
2. Moola Bandha: Holding the anal muscle contracted.
3. Ojus Breath: Respiratory exercise to raise anus spread the vital force.

Mechanism of Kayakalpa Yoga

Aswini Mudra-a Boon to Health

Maintenance of a healthy and strong anal sphincter muscle reflects directly on the good health of a person. Healthy sphincter muscle ensures healthy sexual glands. Aswini mudra helps in separating the vital force (Ojus) from the seed center. Holding up the anal muscle is moola bandha, nervous system is attuned. Aswini Mudra consists of contraction and relaxation of the pelvic diaphragmatic muscles. This fractionally separates the Ojus energy from the Sexual-Vital-Fluid and the sexual secretions concentrated in and around the center of the pelvic diaphragm. The Aswini Mudra is performed by the contraction and relaxation of the anal orifice along with that of the levator ani muscle, into which the anal orifice opens. The funnel shaped structure of the circular levator ani muscle, by its contraction and relaxation is supposed to create a centrifugal spinning action in the contents of the pelvic floor. **It separates the various fractions of the sexual secretions.**

Moola Bandha

The Word Banda means 'to bind' or 'to lock', this is in reference in locking of the muscles to the perineum. Banda can also mean 'to redirect' i.e. as you lock the muscles of the perineum you unlock energy in the pranic body. Redirecting the flow upwards and reversing the natural tendency of apana to flow downwards. It is believed that moolabandha stimulates 72000 nadis at their source an effect which makes it very powerful. Reference to moola bandha was found in Upanishads. The Siva Samhita lists it as one of the best yoga practices. According to Vethathiri Maharishi's Kayakalpa yoga, by contracting the perineum, the downward moving Apana Vayu is forced to go upward, this is moola bandha. The vital energy rises by practicing Moola Bandha Prana, Apana, Nada, Bindu are united. The vital energy is spread in the whole body. Moola bandha is said to affect

manonmayakosha by helping to release stored emotional conflicts in perineal and pelvis floor muscle.

Ojus Breath

Ojus breath helps in raising vital force from the seed center to the brain center, The Ojus Breath is a vital manoeuvre, consisting of an inspiration and expiration with moolabandhana (persistent contraction of the anal sphincter including pelvic floor). During inspiration technique, the Ojus energy separated by Aswini Mudra, is aspirated and directed to the brain and during the expiration technique, the Ojus energy is spread to the entire body. Thus the manoeuvre of Ojus breath charges the brain and the entire body with Ojus; a form of bio-magnetism. The Ojus energy primed by Aswini Mudra is lifted up to the brain by the inspiration with two locking procedures. The lower one is moolabandhana and the upper lock is similar to jalandarabandhana. The tongue is thrown backwards and upwards to reach the soft pallet, if possible to press the uvula. Creating a pressure in this part of the soft pallet near uvula, stimulating contraction of the nasopharynx, to functionally block the upper air passage. The Ojus energy in the akash element travels much longer to reach the brain in the skull. The physical bodily manoeuvres of Ojus breath and intent devoted thought and mind force successfully completes the procedure of spreading the Ojus energy throughout the body. Thus Kayakalpa converts the seventh thathoo (Sexual-Vital-Fluid), stationed in and around the Genetic Centre to bio-magnetic energy through Ojus energy. The Kayakalpa provides the body with abundant bio-magnetism.

The additional abundant bio-magnetism provided by the Kayakalpa powers the Causal body, smarts the circulation to provide lots of benefits. The new surge of bio-magnetism clears stagnation and pooling, clearing the excess and by supplementing fills-up the deficiency that exists in day-to-day living. The supply and correction of the bio-magnetic circulation operates in each and every cell of the body normalizing and even improving its function. Due to this vital fundamental cellular rejuvenation, the tall claims and benefits of Kayakalpa materialize.

This procedure of Kayakalpa is performed in certain postures i.e. standing, sitting and lying. Positioning of lower limbs facilitates better performance of Aswini Mudra by relaxing the pelvic muscles. The various postures help the free generation and circulation of Ojus energy.

Time Schedule of Kayakalpa Practice

Ten Aswini Mudras and one Ojus breath together constitutes one Kayakalpa. Each Aswini Mudra takes five seconds and Ojus breath, ten seconds. Together it takes 60 sec for one Kayakalpa. Kayakalpa Yoga is performed mainly in the morning and in the evening.

Three positions in the morning and three in the evening are important. Throughout the day, additional Kayakalpa is performed while taking drinks and the principle food (morning, noon, evening and night). Kayakalpa at the time of sleep completes the day's procedure. The practice is well spaced and is performed every two to three hours to see that supplementary bio-magnetic surge given every now and then to correct the bio-magnetic expenditure throughout the day.

Repeated performance of Kayakalpa while augmenting bio-magnetic supply regularly prevents surplus accumulation of Sexual-Vital-Fluid around the Genetic Centre.

Literary Review of PCOS and Kayakalpa Yoga

Ancient Medical Records

Hippocrates (460–377 BC) notes that “Those women, whose menstruation is less than three days or is meagre, are robust, with a healthy complexion and a masculine appearance, yet they are not concerned about bearing children nor do they become pregnant.” Soranus of Ephesus (c. 98–138 AD) noted that “Sometimes it is also natural not to menstruate at all. It is natural too in persons whose bodies are of a masculine type we observe that the majority of those not menstruating are rather robust, like mannish and sterile women”. These statements made over a period of more than two millennia describe a combination of signs, including menstrual irregularity, masculine habits, sub-infertility, and possible obesity, suggestive of PCOS.

Trikaya – The Three Bodies of The Buddha

The three bodies of Buddha consists of Dharma - Kaya, (Truth Body), Sambhoga – Kaya (Enjoyment body), and Nirmana –Kaya (manifestation Body).

Kalpa

Kalpa is a Sanskrit word meaning an aeon, or a relatively long period of time (by human calculation) in Hindu and Buddhist cosmology. The concept is first mentioned in the Mahabharata [4].

Puranic Time Measurement

The definition of a kalpa equaling 4.32 billion years is found in the puranas (specifically Vishnu Purana and Bhagavata Purana).

Difference between Medicinal Kayakalpa and Yogic Kayakalpa

Those who ate medicinal Kayakalpa and they can postpone their death and can indulge in to worldly affairs without perception. But through yogic Kayakalpa we can eliminate the ego, control the mind and makes your body a blessed one. Controlling the mind is the ultimate goal of the mankind. PCOS is a mind body disease according to yogic scriptures [6].

Tamil Siddhars Kayakalpa

*Those, who are capable of transmitting the Ojus from base tank to the skull they shall be youthful forever and maintain glowing complexion –I swear in the name of God.

Siva vaakyar

*Physical health is indispensable to achieve purpose of life. If health is ignored death is nearby, perfection of consciousness is then a dream. I learnt the art of nurturing the health and so I practiced the art.

Thirumoolar thirumandiram 704.

*If the Ojus is intensified through breathing technique longevity of life is certain.

Saint ovvayaar

*If the Ojus is transmitted through the brain through the technique can there ever be death.

Saint thayumanavar

PCOS

PCOS also known as Steinleventhal syndrome is normally diagnosed on the basis of ultra sound examination. PCOS is chronic hormonal and metabolic disorder affects 5–10% of

women in reproductive age. It is known as hyper androgenic chronic an ovulation is a benign disorder that commonly results in infertility. Normally one or more eggs are released during each menstrual cycle. This is called ovulation. In PCOS these eggs cannot mature and are not released from ovaries, and can form small cyst in ovaries so that they do not have regular periods. They often have evidence of excess male hormones. These changes can cause to infertility and other hormone imbalance. Siddha classifies PCOS as a Kapha disorder, and the accumulated Kapha is expressed in the formation of the cyst in the ovary [7].

PCOS-Features

Chronic stimulation of sympathetic activity a result of stressful life style can induce dysregulation of the hypothalamus pituitary ovarian axis (HPO-AXIS) and hypothalamus pituitary adrenal axis (HPA-AXIS) in women with PCOS (poly cysts(ovarian volume>10 ml).

Etiology of PCOS

In normal condition FSH and LH stimulates follicular growth. In PCOS follicles ceases to mature and it undergo atresia. There is accumulation of follicular fluid, appears like a thin walled cyst.

Causes for PCOS

1. Stress.
2. Sedentary life style.
3. Diet.

Clinical Features of PCOS

The medical symptoms of PCOS include, higher level of leutizing hormone and lower level of follicular stimulating hormone, hyper androgenemia leads to hirsutism, acne, alopecia, hyperinsulinaemia leads to DM-2, hypertension, CVD, an ovulated infertility leads to menstrual irregularities, obesity, acanthosis nigricans, hyper pigmented skin thickening around the skin folding around the neck also present.

PCOS – A Mind-Body Disease

PCOS affects mind and body. It relates to Manonmayakosha in yogic literature. When the mind is engaged in reflection of the habitual and emotional thoughts and keeps on

doing some actions, this regional action is called Manonmaya kosha. Manas implies mind. So the sheath subtler than prana is the mind. So manonmaya kosha implies our mind. It is noticed that when we are tense we breathe fast and when we are relaxed we breathe deep and slow. Thus the mind has effect on prana. When we breathe slow and easy the mind gets controlled. Hence the breathing technique in kayakalpa yoga reduces the stress and controlling the mind while doing the practice regularly.

Female Fertility

Ovum is the essential factor for the conception of female fertility. Kayakalpa helps women experiencing the challenges of infertility. This yogic practice can help the clarity of mind and reduces the stress and anxiety of women, makes the growth of ova in a normal level.

Rejuvenating Mind

Mind is the culmination of bio-magnetic waves. Bio-magnetic waves function through the brain. And when it functions through the brain it becomes MIND.

THE IMPORTANCE OF KAYAKALPA TRAINING

Kayakalpa yoga controls and maintains the quality and quantity of the sexual vital fluid.

THE AIM OF KAYAKALPA EXERCISE

1. Longevity of life.
2. Slows down ageing and maintains youthfulness.
3. To lead a disease free healthy life.

All these aims can be fulfilled. Siddhas, who found out the ways for achieving these goals wrote everything in the form of poems which were not understood by many. Hence Kayakalpa was a mystery all these days. But the contemporary philosopher Shri Vethathiri Maharishi had searched and researched to make the Kayakalpa technique easy and popular.

INSTRUCTIONS

1. Should not strain yourself in any way in doing this practice. Do it slowly and carefully with attention.

2. This art of Kayakalpa should be learnt only from a qualified and experienced instructor.
3. Women should not do this practice for three days of the monthly period.
4. Kayakalpa practice should not be done on a full stomach. One should wait to do it until two to three hours after a meal.
5. Pregnant and lactating women should not do Ojus breath. They should only do the toning up of the nerve techniques. It will help in easy delivery and health of the mother and child [8].

OBJECTIVE

The aim of the present study is to evaluate the benefits of Kayakalpa yoga in PCOS and to cure infertility.

SELECTION CRITERIA

1. 10 PCOS women were selected for this study in Jothi Siddha Clinic Aliyar Ashram.
2. Clinical features like irregular menstrual cycle, obesity, infertility, FSH and LH abnormalities are analysed.

3. Pelvic ultra-sonography showing the presence of nine or more peripheral cysts of at least 11 mm diameter with stromal echo in both the ovaries noted.

SUBJECTS AND METHODS

4. Used single group, three months of the study, daily do the practice of Maharishi's Kayakalpa yoga.

DATA COLLECTION AND ANALYSIS

All women are between 20 to 30 age limit. All scans were done in the follicular phase of the cycle, in which this could be determined or at any time in those who were an ovulatory. Before starting the study, the blood was collected from the PCOS patients in Vethathiri clinical laboratory Aliyar ashram and the bio chemical analysis were estimated. After three months of yoga therapy, blood samples were collected from the PCOS patients and the biochemical estimation were analyzed. Finally the result was, while doing Kayakalpa yoga FSH and LH hormones are in normal level, total cholesterol was in normal level.

KAYAKALPA YOGA MORNING AND EVENING EXERCISES, PCOS IMAGE

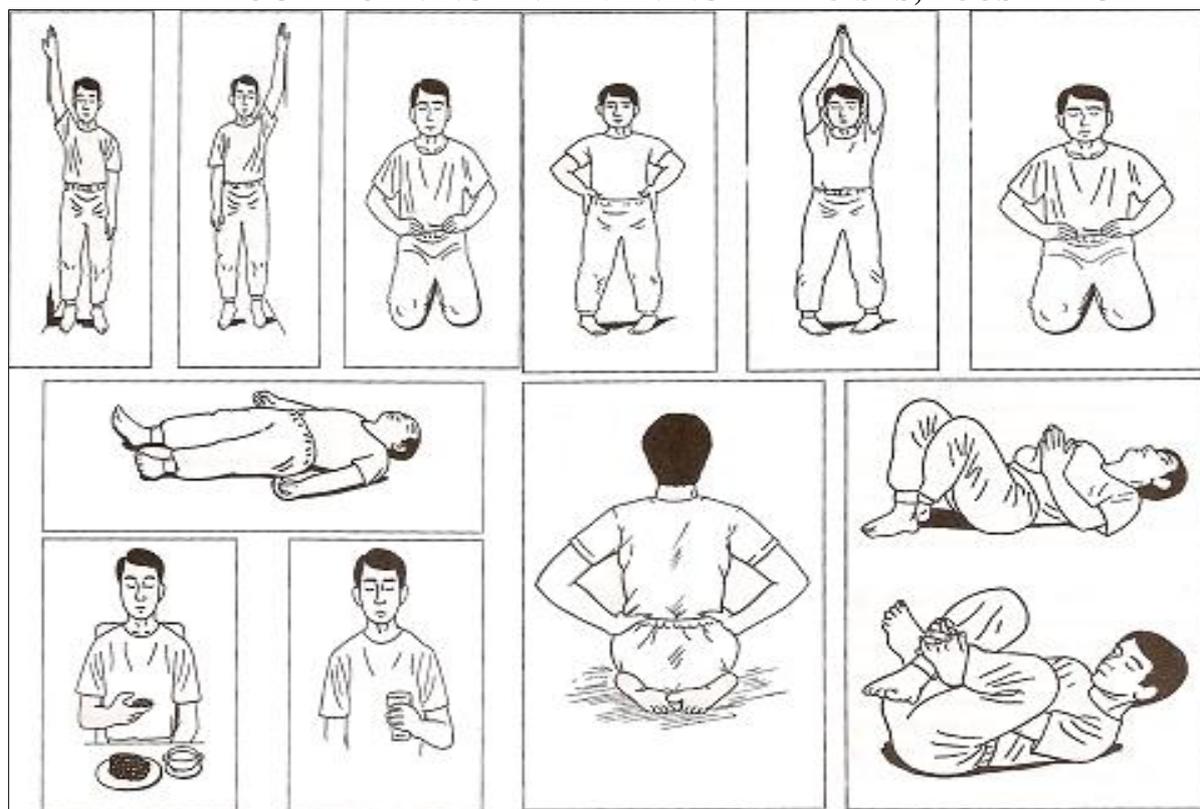


Fig. 2: Morning and Evening Kayakalpa Yogic Exercises.

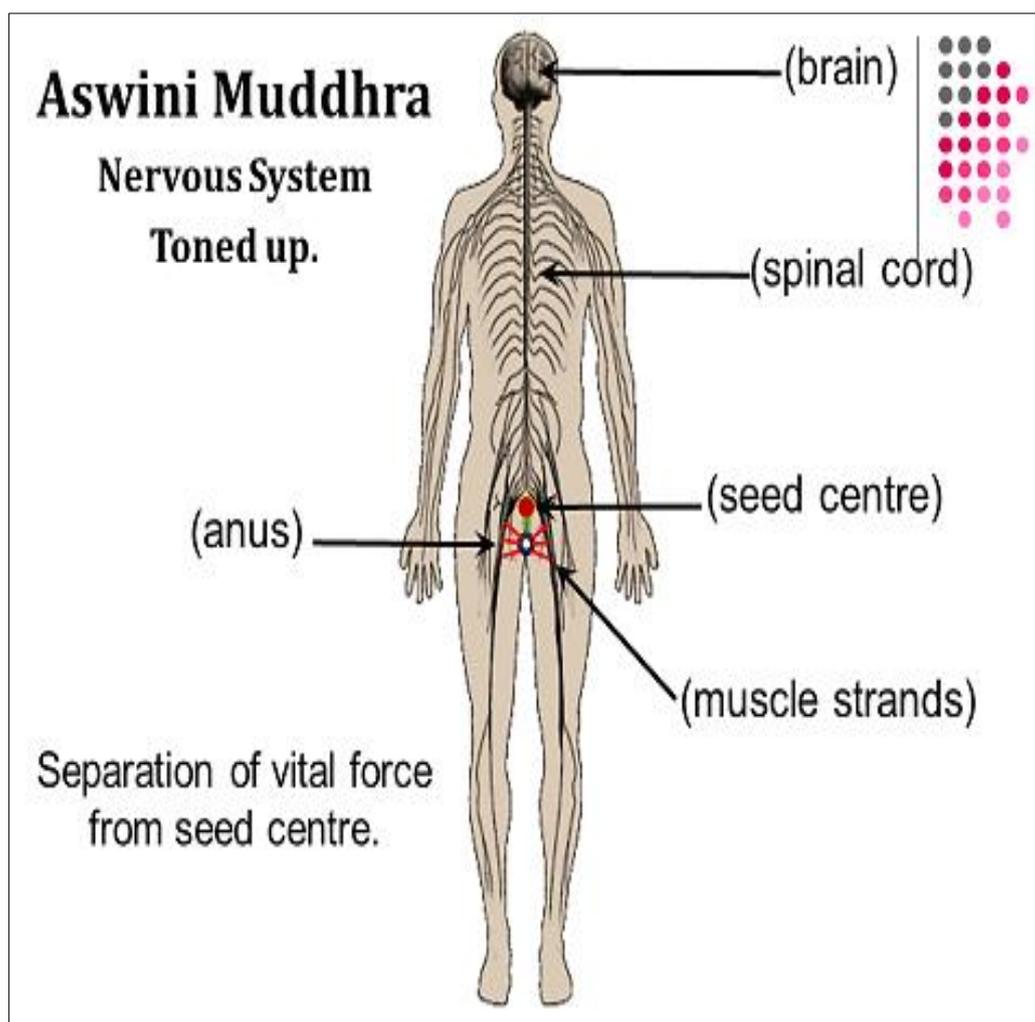


Fig. 3: Separation of Vital Force from Seed Center.

RESULTS AND DISCUSSION OF KAYAKALPA YOGA ON PCOS

Endocrinal disorder can cause PCOS, Kayakalpa yoga which is said to regulate the endocrinal glands of the body is said to be beneficial for PCOS patients. Kayakalpa philosophy was shown in Figure 1. According to the 'JOURNEY OF CONSCIOUSNESS' written by Vethathiri Maharishi Kayakalpa yoga helps to regulate metabolic functions by controlling endocrine secretions, helping in curing PCOS and infertility. During the toning up of the nerves [in Figure 3, separation of vital force from seed center was noted]; we focus our mind in the Mooladhara chakra, this is an exercise where we give massage to the ovaries, by contracting and relaxing the

muscle in that region. Ojus breath is a technique in which the energy collected in the Mooladhara is taken to the pituitary gland. During ojus breath higher level of LH hormone is fed to the Pituitary gland.

Now this helps in generation of anti-hormone FSH hormone helps in the fertility of women. [In Figure 2 morning and evening Kayakalpa yogic exercises was noted] .In Table 1 physiological parameters were noted. In Figure 4 PCOD cysts were noted. In Table 2 test values was noted. In Table 3 FSH, LH, HB, Sugar, Cholesterol values of SD were noted. In the FSH and LH Mean Deviation was noted. In Figure 6 Kayakalpa yoga certificate was given.

Criterion Measures

Table 1: Physiological Parameters.

S. No.	Name of the Test	Instrument	Measurement
1.	Blood Pressure	Sphygmomanometer	120/80 mm/hg
2.	Body Weight	Weighing Machine	Kg
3.	Pulse Rate	Stethoscope	Heart Beat Per Minute
4.	FSH and LH	Lab Test Blood Sample	MIU/M
5.	Glucose, Cholesterol, Hb	Lab Test Blood Sample	Gm/dl
6.	Transvaginal Scan	Ultrasonogram	

Table 2: Test Values.

1. Pulse Rate.		2. Body Weight.	
0-Month	3-Month	0-Month	3-Month
85	72	19.05	18.26
3. Blood Pressure: Diastolic.		4. Blood Pressure: Systolic.	
0-Month	3--Month	0-Month	3-Month
70	80	105	116

Table 3: FSH, LH, Hb, Sugar Values.

	N	Minimum	Maximum	Mean	Std. Deviation
Age	10	20.00	30.00	25.0000	5.22813
FSH-Baseline month 1	10	3.36	6.31	4.6600	1.10064
FSH-month 2	10	2.36	6.97	5.0540	1.55519
FSH-month 3	10	2.32	6.55	4.4900	1.26394
LH-Baseline month 1	10	4.82	32.40	18.7040	8.94326
LH-month 2	10	5.76	23.45	14.1130	5.91543
LH-month 3	10	3.90	13.82	6.7300	2.99741
Hb-Baseline month 1	10	9.00	13.30	10.7100	1.42552
Hb-month 2	10	11.00	13.40	12.1400	.78202
Hb-month 3	10	12.60	13.60	13.2600	.30984
PP SUGAR-Baseline month 1	10	85.00	110.00	100.6000	8.32933
PP SUGAR-month 2	10	80.00	100.00	88.1000	7.15619
PP SUGAR-month 3	10	70.00	90.00	78.9000	5.97123
CHOLESTEROL-Baseline month 1	10	190.00	240.00	206.0000	13.53186
CHOLESTEROL-month 2	10	160.00	210.00	184.8000	16.63196
CHOLESTEROL-month 3	10	148.00	190.00	166.9000	14.82078

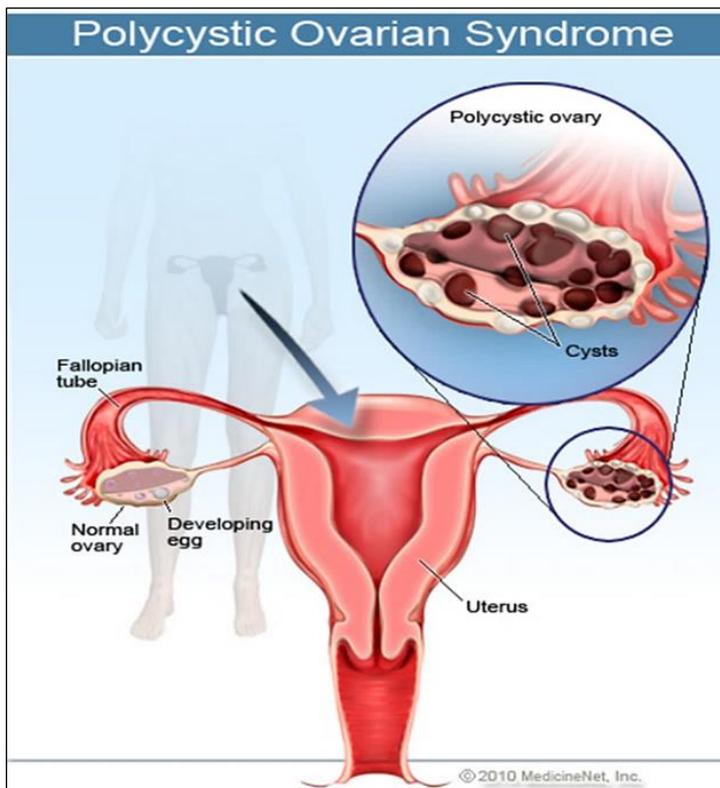
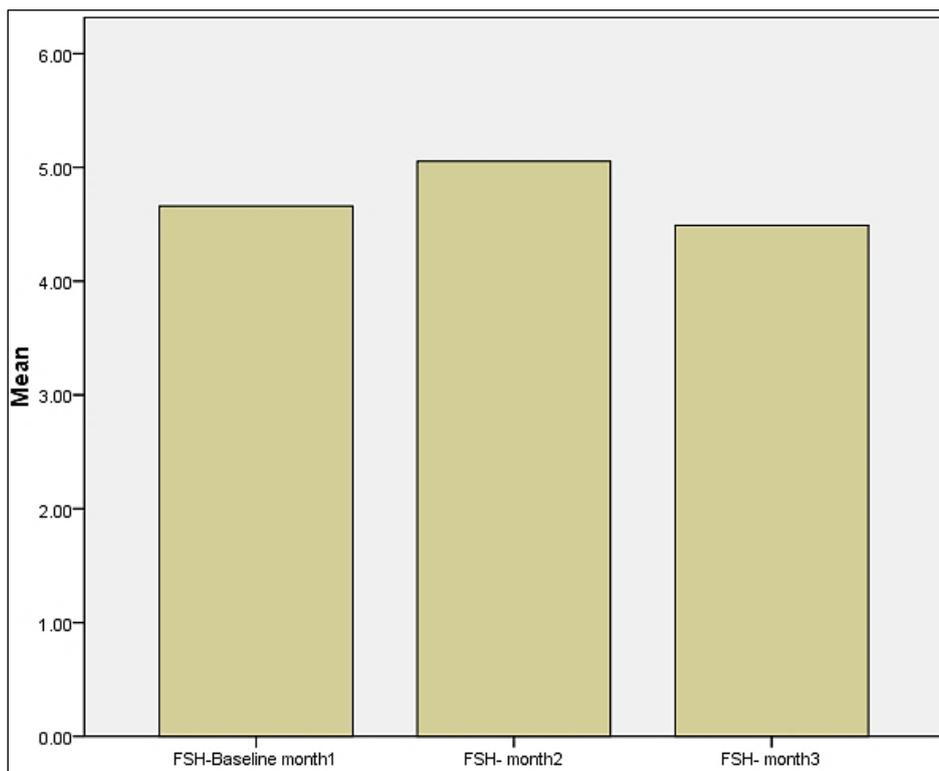


Fig. 4: PCOS.



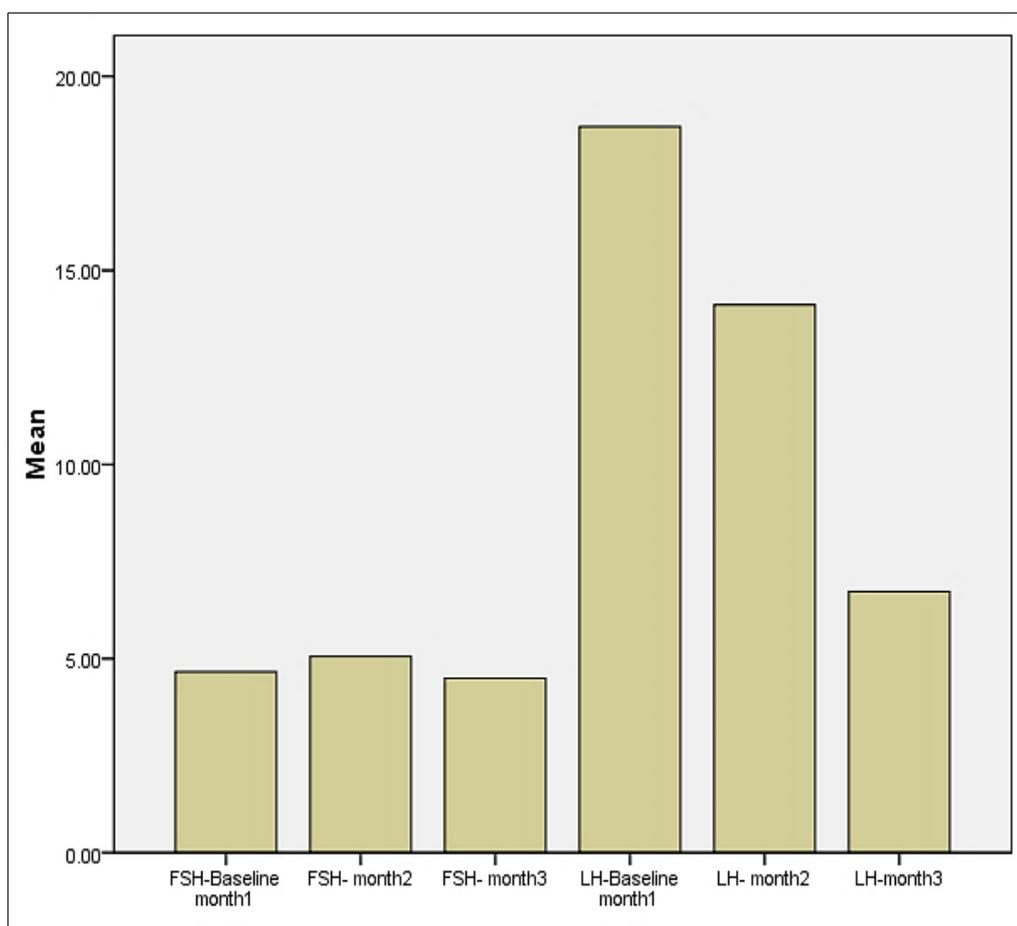


Fig. 5: Graph (Mean Deviation of FSH for (1, 2, 3, Month) Graph (Mean Deviation of LH for 1, 2, 3, months).

YOGA IS A WAY OF LIFE

Food and yoga are inter-related with physical and mental health. Practicing yoga with yogic diet is good for our long life without any diseases. Studies indicate that there is a correlation between the improvement of PCOS and weight loss.

Hence women are advised to follow a healthy and nutritious diet which limits the consumption of fat, calories and unhealthy foods. Yoga for PCOS also involves maintaining a diet that is Satvic and Yogic. Such a diet is purely vegetarian consisting of a lot of sprouts, fruits, dried fruits, and fresh salad. It is very good for our digestive system. Satvic diet relieves stress, tension and calms down the mind.

CONCLUSIONS

To my knowledge Vethathiri maharishi's Kayakalpa technique is one of the easiest and

effective practice to extend the life force in our body. By our spiritual guru Vethathiri maharishi's kayakalpa technique we can fully utilize the kali yuga life span period of 120 years also we can live up without pain, disease and medicine.

PCOS patients got good results by practicing the Kayakalpa yoga and this yoga practice reduces body weight, balances the correct FSH and LH, controls the abnormal cholesterol level, manages the regular menstruation, which in turn regulates the ovarian path way. Through Kayakalpa yoga the vital force is channeled up, stimulating all the functions of the nerve plexus as well as the endocrine glands that are responsible for secreting hormones.

Hence while doing Kayakalpa yoga, which is the recycling of seminal back mechanism, is similar to the feedback mechanism of the pituitary gland in synchronizing the hormonal

balance. Thus this yogic technique brings and normalizes the FSH and LH levels. Hence by doing Kayakalpa yoga, the energy from life force is channeled up. It triggers the function of all endocrine glands and nerve plexus which are helpful in secreting the hormones and keep them in normal level and cure infertility.

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