STUDY REPORT ON THE EFFECT OF YOGA THERAPY ON SINUSITIS BY USING INFRA RED THERMAL IMAGING SYSTEM

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ABSTRACT

Sinusitis is an inflammatory disorder of the nasal sinuses. Yogic techniques have the potentiality to prevent and cure such conditions by relieving the inflammation and by increasing the resistance against the infection. Even though several studies on the effect of Yoga on Sinusitis have been done, no study was conducted with proper parameters for evaluation. The present study intends to show the improvement, by normal parameters with a special parameter, Infra Red Thermal Imaging System (IRTIS), which is a non-invasive method. The efficacy of the yoga therapy on Sinusitis was studied with 20 sinusitis patients of age group 19-53 years along with a control group. Yoga therapy was given for a period of 6 months including follow-up. The temperature variation recorded by the reading of IRTIS-200 was selected as the main parameter for the present study. Similarly the blood tests for ESR, Total W.B.C. count and Differential count were also considered as other parameters. The result obtained has been analyzed by using student paired ‘t’ test. The experimental group has shown a highly significant change in the IRTIS reading in both right and left frontal sinus areas with t stat = 9.8856, p <0.001 and t stat =10.4401, p <0.001 respectively. This is also correlated by the significant improvement in the blood test readings. These statistical significant changes were not seen in control group. This shows that yoga therapy helped to relieve the inflammation in Sinusitis condition and improved the resistance of the body against the infection.

INTRODUCTION

Great Indian sages developed Yoga, which is a divine gift to the mankind to realize our own nature. Yoga is one of the ancient sciences prevalent from time immemorial. Recently, there has been an increased awareness in health through natural methods like yoga in all parts of the world. The origin of most of the diseases is in the mind according to yogic thought. The mind influences the body in every possible way. If it is not taken care properly, later it manifests in physical level and which intern affect normal body functions. Manifestation of a disease by the influence of mind is called psychosomatic disease. Day by day such psychosomatic diseases are increasing by the influence of modern lifestyle. Yoga is the unique solution, which can directly control the mind and helps to maintain healthy body and mind. Holistic approach of yoga has the potentiality to heal the patients completely from their ailments. The present research work is a unique scientific approach to assess and standardize the effect of yoga therapy.

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For this purpose the assessment of the effect of yoga therapy on sinusitis is undertaken for study. The assessment is done by using Infra Red Thermal Imaging System (IRTIS). It is hypothesized that the effect of yoga therapy on sinusitis can be assessed by using IRTIS and it can be used as a parameter to study the effect of yoga therapy.

The IRTIS is a precise scanning infrared device for the measurement and visualization of the thermal field. It can be used for checking the condition of power stations, high-power transformers, high-voltage electric circuits and contacts, heat supply systems, investigating heat losses from buildings/constructions and in public health for examining the inflammations in a human body. Thermography is a noninvasive procedure that images the infrared radiation (heat) emitted from the body surfaces based on the principle that alterations in a variety of body functions will alter the cutaneous vascular supply that heats the skin. IRTIS can indicate abnormality based on variations in thermal temperatures (TT) in any part of the human body. Total non-invasiveness is the major benefit of Thermal Imaging System. The system may be used for early diagnosis of skin cancer, visualization of the patient reaction to different stimuli, observation of vascular diseases and in other applications.
Increased temperature is found over the areas involved with an inflammatory process. Sinusitis is an inflammatory disorder. Therefore there will be an increase in TT at the areas of sinuses where there is an inflammation. It can be measured by using IRTIS and variation in TT recordings can be monitored by using this instrument. Therefore, the IRTIS is selected as the main parameter for the present study. Blood tests for ESR (Erythrocyte Sedimentation Rate), T.C (total white blood cell count) and DC (Differential count) are the other parameters considered.

MATERIALS AND METHODS

The assessment of the effect of yoga therapy on Sinusitis has been studied with 20 subjects of age group 19-53 years along with a control group of 20 subjects. The sinusitis subjects were finalized after taking the detailed case histories of the subjects. The study was done at the Department of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangothri, Karnataka under the guidance of Dr.K.Krishna Bhat, former Dean- Faculty of Science & Technology, Retd. Professor and Chairman, Department of Human Consciousness and Yogic Sciences, Mangalore University. Yoga therapy was given to the experimental group for a period of 6 months including follow-up. The IRTIS recordings were monitored in frontal sinus areas before starting the yoga therapy. Similarly, the blood tests for E.S.R, T.C and D.C were done before starting the therapy. No yoga therapy was given for the control group. However the IRTIS recordings were taken and blood tests were done for the control group before starting the study.

The following yogic practices were systematically taught for the experimental group. While giving therapy individual care has been taken and practices were taught separately to each subject for better results and precision in yoga practices. The Yogic practices given include Jalaneti kriyā, Sūtraneti kriyā, Prānāyāma, Bhastrikā Prānāyāma and Shavāsana depending on their severity and causes of the Sinusitis condition. All the practices were gradually taught for the first 15 days and a complete course of yoga therapy was taught for the next 15 days. There after 5 months follow up was done in all the subjects and the IRTIS recordings were monitored at regular intervals in experimental group. Similarly after six months, the IRTIS recordings were monitored and the blood tests were done. In control group also after the duration of six months once again the IRTIS recordings were taken and blood tests were done.

RESULTS

It is observed that all the subjects either relieved or reduced from their sinusitis condition in the experimental group. But no such changes were found in case of control group. The observations were correlated with data collected through IRTIS recordings and blood test. The data collected for different parameters were analyzed by using Student paired ‘t’ test. The obtained values are tabulated below.

**DISCUSSION**

The experimental group has shown highly significant reduction in the mean thermal temperatures (TT) in the IRTIS readings of a spot (near supra-orbital foramen) in frontal sinus area (spot 1) in both right and left frontal sinuses from 33.12°C to 32.54°C and 33.11°C to 32.61°C with t stat = 3.3534, p =0.0033 and t stat = 3.0904, p =0.006 respectively. The
CONCLUSION

The total white blood cell count (T.C) decreased significantly from 7783.25/ml to 6772.5/ml with t=2.1191 and p=0.0475. The ESR also significantly reduced from 42.1mm/hr to 19.9mm/hr with t stat = 2.6271 and p=0.009 indicating a significant reduction in the inflammation. Neutrophils percentage has been decreased from 7783.25/ml to 6772.5/ml with t=2.1191 and p=0.0475. Lymphocytes percentage has been decreased from 37.7857 to 34.5 with t stat = 3.3994 and p=0.0013 indicating a reduction in the allergic reaction and an increase in body resistance against the allergens. But these significant statistical changes were not seen in control group. There is no significant change in mean TT of control group at spot1 in right and left frontal sinuses (before=33.18°C; after=33.19°C & before=33.18°C; after=33.08°C) with t stat = 0.28616, p = 0.7779 and t stat = 0.6451, p = 0.5266 respectively. Control group has got statistically non significant values for TT difference (before=0.8445°C; after=0.762°C; after=0.7755°C) with t stat = 1.7688, p = 0.1004 and t stat = 0.9351, p = 0.3668 respectively for right and left frontal sinuses. Similarly all the statistical values for ESR, T.C and D.C were non significant in case of control group.

Above discussion shows that yoga therapy helped to relieve the inflammation of sinusitis and improved the resistance of the body in experimental group. In the present study it is important to observe that this improvement is clearly shown by Infrared Thermal Imaging System. There is no such instrument which can assess the improvement in the treatment of sinusitis. Thus the research study scientifically proved that the effect of yoga therapy on sinusitis can be assessed by Infrared Thermal Imaging System. Hence IRTIS which is totally non-invasive method can be used as an effective tool to assess the efficacy of yoga therapy.

CONCLUSION

Based on the discussion of the data obtained we can conclude that the effect of yoga therapy on Sinusitis can be assessed by using Infrared Thermal Imaging System and blood test. Present research work showed that Infrared Thermal Imaging System, which is a totally non-invasive method, can be used to diagnose the Sinusitis and other inflammatory diseases and it can be used as a parameter to assess the efficacy of yoga therapy. This study proves that Yoga can be used as a better therapeutical method in the treatment of Sinusitis.

References