



A COMPARATIVE STUDY ON EFFECT OF DIFFERENT VARIATION OF CHAKRA MEDITATION ON THROAT CHAKRA OF ATHLETES

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Abstract

Chakra verbally means “Wheels of light”. Our body has 7 major and many minor chakras. (Shiv Samhita, 2012) These 7 chakras are situated from base of spine to the top of head. These are psychic centre of the astral body governing a group of functions (The serpent power, 1919). To attain the purpose of the study, 45 students were selected as subjects from Lakshmbai National Institute of Physical Education, Gwalior (Madhya Pradesh). The age of the subjects ranged between 18 to 25 years. For administration feasibility three intact groups were formed, namely group 1, group 2 and group 3 with each group consisting of fifteen students. The treatment (chakra meditation with beej mantra chanting, chakra meditation with chakra colour, and control group) was randomly allotted among groups. The training duration was five days in a week for total eight weeks. The throat chakra was selected for the study. The criterion measure chosen for testing the chakra in this study was Auramed Biopulsar Reflexograph and the energy readings of throat chakra was recorded in percentage before the training programme (pretest), after 4 and 8 weeks of training programme. To compare the effects of different chakra meditation training and training duration on selected chakra 3 (Training Durations) X 3 (Training Variations) between within factorial ANOVA was used as the statistical technique and the level of significance was set at 0.05. Partial Eta Square was also calculated to see

the effect size of treatment. The SPSS-20 software was used for analysis. The findings indicated that there was a significant main effect of training durations, groups and interaction effect between training durations and groups on throat chakra..

Keywords: Chakra, Meditation, Auramed Biopulsar and Reflexograph.

Introduction

Chakra verbally means “Wheels of light”. These chakras included the centre of electromagnetic energy that are located throughout the body, they provide a way for energy to enter and exit our body and help to regulate all type of energy flow i.e. physical, mental, emotional and spiritual. Our body has 7 major and many minor chakras. (Shiv Samhita, 2012) These 7 chakras are situated from base of spine to the top of head. These are psychic centre of the astral body governing a group of functions (The serpent power, 1919). These chakras have specific colors, beej mantras and deities. The Throat Chakra is located in the throat area between one’s chin and the top of the sternum. This Chakra is linked to one’s powers of communication. Through this Chakra, one can realize truth and knowledge; honesty, kindness and wisdom and how these elements can be conveyed through thoughtful speech. This chakra is also associated with the function of thyroid gland and throat organs. The colour of the Vishuddhi Chakra is BLUE, the colour of



wisdom and spirituality. The Lotus in the Vishuddhi Chakra carries the Bija Mantra HAM – I am. SO HAM means “That am I”. Areas where the energy becomes most concentrated are called energy centers or chakras as explained earlier. Wherever energy becomes blocked or cannot flow efficiently for some reason, the normal functioning of different body parts becomes disrupted and if it lasts for a longer time, diseases can emerge. According to David Pond the “Chakras” store and express the divine energy and any blocks and restrictions to the flow of energy create emotional and physical imbalances. As we all know that everything in this universe have vibrations, so the chakras also vibrate with certain frequency to channelize the energy throughout the body. Asana, Pranayama and Meditation helps in optimizing these energy channels by removing blockages. There is a positive impact of mediation on life and increase consciousness through chakra energy (Chaturvedi et.al.2015). Panday et al. (2011) conducted a study to check the effect of yoga sadhana and pranic healing on pranic energy level of female prisoners and the study has revealed significant results. There are various mudras along with beej mantras of chakras, which are used for chakra meditation to enhance their energy levels (Dr. Indu Arora 2010). Therefore, in this study we are measuring chakras energy level which also depicts the consciousness by giving two variations of chakra meditation i.e. beej mantra and chakra colour meditation.

Materials and Methods

For the purpose of this study forty five (45) athletes from Lakshmbai National Institute of Physical Education, Gwalior (M.P), were considered as subjects. The age of the subjects ranged between 18 to 25 years. Auramed

Biopulsar Reflexograph was used to take the energy readings of throat chakra and was recorded in percentage. The data was collected from the three groups (two experimental and one controlled group) before the training of chakra meditation, after four weeks, and after the 8 weeks training of chakra meditation. Training program was consist of eight weeks of five days a week training session of one training session of 30-40 minutes/day. Beej Mantra (HAM) and chakra's colour (blue) were used as chakra meditation technique.

In order to see “A Comparative Effect of Different Variations of Chakra Meditation on Throat Chakra of Athletes”, 3X3 mixed (Between-Within) ANOVA was used as the statistical technique and level of significance was set at 0.05. The SPSS-20 software was used for analysis. The results have been depicted in the following table:

Results and Discussion

TABLE 1
F-TABLE FOR TRAINING DURATIONS (WITHIN-SUBJECT EFFECT) AND
INTERACTION EFFECT OF THROAT CHAKRA

Source		Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Time	Huynh-Feldt	568.24	1.77	320.60	78.84	.00	.65
Time X Trg. Var.	Huynh-Feldt	264.39	3.54	74.58	18.34	.00	.47
Error (Time)	Huynh-Feldt	302.71	74.44	4.07			

*p-value < 0.05 is significant.

Table 1 shows that there was a significant main effect of training durations on chakra meditation as the p-value was 0.00 which was less than 0.05. It also shows that there was a significant interaction effect between groups and training durations as the p-value was 0.00 which was less than 0.05. In the mix design there are two independent factors, duration and groups, whose effects needs to be investigated. Here the duration is a within-subjects factor and training groups is a between-subjects factor. In



variable of throat chakra, the interaction effect is significant; hence analyzing the main effects becomes meaningless. Partial eta square in the above table explains 65% of variance of training durations and 47% of variance was explained by the interaction effect, which shows variance of interaction between training durations and groups. Partial eta square of training duration and interaction indicates very large effect size.

TABLE 2
F- TABLE FOR GROUPS (BETWEEN-SUBJECTS EFFECTS) OF THROAT CHAKRA

Source	Sum of Squares	df	Mean Square	F	Sig.	Partial Squared	Eta
Training Variation (Groups)	505.17	2.00	252.59	11.81	.00	.36	
Error	898.49	42.00	21.39				

*p-value < 0.05 is significant.

Table 2 shows that there was significant main effect of groups (beej mantra meditation, chakra colour meditation and control group) on throat chakra due to chakra meditation practice as the p-value was 0.00 which was less than 0.05. Partial eta squared in the above table explains 36% of variance of groups, which indicates moderate effect size. Thus, it can be concluded that there was a significant effect of training durations, interaction effect and groups on throat chakra. Table of within subjects effects (Table 3) indicated that there was a significant effect of interaction between training durations and groups on throat chakra. To know in details about how throat chakra in each of the group through the practice of chakra meditation one way ANOVA with repeated measures was employed separately for each group. Further simple ANOVA's were computed separately for each data readings (pretest, after 4 and 8 weeks).

TABLE 3
F-TABLE FOR TRAINING DURATIONS (WITHIN - SUBJECTS) OF DIFFERENT VARIATIONS OF CHAKRA MEDITATION

Source		Sum Squares	df	Mean Square	F	Sig.	Partial Squared	Eta
Groups	Beej Mantra	Sphericity Assumed	448.71	2.00	224.36	79.90	.00	.85
	Colour	Sphericity Assumed	383.51	2.00	191.76	112.27	.00	.89
	Control	Greenhouse-Geisser	40	1.33	.30	.03	.92	.00
Error	Beej Mantra	Sphericity Assumed	176.27	28.00	6.30			
	Colour	Sphericity Assumed	47.82	28.00	1.71			
	Control	Greenhouse-Geisser	40	1.33	.30	.03	.92	.00

*F0.05 > 3.34 (2, 28 df) is significant.

Table 3 evidences that there was a significant effect of training durations on beej mantra and colour meditation groups as the calculated F-values were found to be greater than tabulated f value (F=3.34) with df 2, 28 at 0.05 level of significance (p-values < 0.05). However no significant difference was found in control group as the calculated F-value (0.03) was less than tabulated f value (p-value > 0.05). This means training duration had a significant effect on two experimental groups except one. To know exactly in which time period (pretest, after 4 weeks and after 8 weeks) of training duration throat chakra has improved significantly, pairwise comparison between data reading after Bonferroni correction for confidence interval were made.



TABLE 4
PAIRWISE COMPARISON OF TRAINING DURATION
(WITHIN-GROUP) OF GROUPS

Groups	Time	MD	Std. Error	Sig.	95% Confidence Interval for Difference		
					Lower Bound	Upper Bound	
Beej Mantra Group	Pretest	4 weeks	3.73*	.41	.00	-4.84	-2.62
		8 weeks	7.73*	.68	.00	-9.58	-5.89
	4 weeks	Pretest	3.73*	.41	.00	2.62	4.84
		8 weeks	4.00*	.70	.00	-5.91	-2.09
		4 weeks	3.13*	.58	.00	-4.72	-1.54
		8 weeks	7.13*	.45	.00	-8.34	-5.92
Colour Group	Pretest	4 weeks	3.13*	.58	.00	1.54	4.72
		8 weeks	4.00*	.38	.00	-5.03	-2.97
	4 weeks	Pretest	0.20	.59	1.0	-1.80	1.40
		8 weeks	0.20	1.17	1.0	-3.38	2.98
		Pretest	0.20	.59	1.0	-1.40	1.80
		8 weeks	0.00	.89	1.0	-2.43	2.43

*The mean difference is significant at the 0.05 level.

Table 4 shows that in beej mantra meditation group there was a significant difference found between pretest – after 4 weeks, pretest – after 8 weeks and 4 weeks – after 8 weeks as the p-values were less than 0.05. In colour meditation group there was a significant difference found between pretest – after 4 weeks, pretest – after 8 weeks and 4 weeks – after 8 weeks as the p-values were less than 0.05. In control group there was no significant difference was found between pretest – after 4 weeks, pretest – after 8 weeks and 4 weeks – after 8 weeks as the p-values were more than 0.05.

From table 4 it was found that there was an interaction between training duration and groups. To know if there was a difference between training groups in each of the data reading, one way ANOVA was computed separately for all the data readings.

TABLE 5
F-TABLE FOR EFFECT OF GROUPS (BETWEEN GROUP) IN EACH TRAINING DURATION

Time	Sum of	df	Mean	F	Sig.	
						Pre data
Pre data	Within Groups	390.40	42.00	9.30		
	Total	398.80	44.00			
	Four weeks	Between Groups	147.24	2.00	73.62	8.35
Four weeks	Within Groups	370.40	42.00	8.82		
	Total	517.64	44.00			
	Eight weeks	Between Groups	613.91	2.00	306.96	29.27
Eight weeks	Within Groups	440.40	42.00	10.49		
	Total	1054.31	44.00			

*The mean difference is significant at the 0.05 level.

The results of One-Way ANOVA indicate that score of throat chakra was not different in pretest of data readings among three groups the p-value was greater than 0.05. There was a significant difference found among three groups after 4 weeks and 8 weeks because p-value was less than 0.05. Since the One-Way ANOVA of throat chakra was found significant among groups at the end of 4 weeks and 8 weeks, Tukey post hoc test was applied to know exactly which group was better.

TABLE 6
PAIRWISE COMPARISONS OF BETWEEN GROUPS
(AFTER 4 WEEKS AND 8 WEEKS)

Dependent Variable	(I) Groups	(J) Groups	MD (I-J)	Std. Error	Sig.	95% Confidence Interval		
						Lower Bound	Upper Bound	
Four Week	Beej Mantra	Colour Meditation	-.20	1.08	0.98	-2.83	2.43	
		Control Group	3.73*	1.08	0.00	1.10	6.37	
	Colour Meditation	Beej Mantra	0.20	1.08	0.98	-2.43	2.83	
		Control Group	3.93*	1.08	0.00	1.30	6.57	
	Control Group	Beej Mantra	-3.73*	1.08	0.00	-6.37	-1.10	
		Colour Meditation	-3.93*	1.08	0.00	-6.57	-1.30	
	Eight Week	Beej Mantra	Colour Meditation	-.20	1.18	0.98	-3.07	2.67
			Control Group	7.73*	1.18	0.00	4.86	10.61
Colour Meditation		Beej Mantra	.20	1.18	0.98	-2.67	3.07	
		Control Group	7.93*	1.18	0.00	5.06	10.81	
Control Group		Beej Mantra	-7.73*	1.18	0.00	-10.61	-4.86	
		Colour Meditation	-7.93*	1.18	0.00	-10.81	-5.06	

*The mean difference is significant at the 0.05 level.



Table 6 indicates that significant difference was found after 4 weeks and 8 weeks of chakra meditation training between control group – beej mantra group and control group- colour meditation group as the p-values were less than 0.05 ($p < 0.017$). There was no significant difference found between beej mantra group and colour meditation group as the p-value was greater than 0.017 ($p > 0.017$).

Conclusions

The findings indicated that there was a significant main effect of training durations, groups and interaction effect between training durations and groups on throat chakra. The training duration had a significant effect on two experimental groups (beej mantra and colour meditation groups) except one (control group). Interaction effect concluded that the practice of chakra meditation for 4 and 8 weeks helped to improve throat chakra with beej mantra and colour meditation groups. On the basis of descriptive table we conclude that the chakra meditation practice with beej mantra helped to improve maximum energy levels of throat chakra as compared to colour meditation group and control group (Magadhi, V. 2014).

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