

Part I: Concept of Dhoutikriya according to texts of Yoga and Therapeutic Aspects.

Part II: A Comparative Study of Three Different yoga Modules on Associative memory of School Children.

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ABSTRACT

Part I: Concept of Dhoutikriya according to texts of Yoga and Therapeutic Aspects.

Kriyās are processes of physical cleaning from its unwanted toxic elements. It is not done simply without any reason. In this part 1 of the dissertation Dhouti kriyās from various ancient yogic and spiritual texts have been described. Comparison of Dhouti kriyās in different ancient texts has also been presented. Later the modern concept of Dhouti kriyās has also been described in a detailed manner with its limitations and benefits.

In सतकारमा सव्रगराहाह् , Vastra Dhouti is described along with its physical benefits. It is mentioned that diseases like asthma , leprosy, 20 kinds of phelgmic diseases , enlargement of spleen, cough , deafness of ear , dyspepsia ,etc are destroyed by the practice of Vastra Dhouti.

In झास्रहारातनब्रवालरु ,Vastra Dhouti is described as also its physical benefits. The main difference is that the skin related problems are said to be getting cured with the practice.

In गृहेनेष्टा त्रामहतिब्र most of the Dhouti kriyas are vividly described starting from Karna Dhouti to Mūla çodhanä . The benefits of each practice are given as well as the technique.

In झास्रहा स्रवगब्र प्रादरुपरुकब्र । ब्रहनसिब्ररब्र । बहश्रिकभ्रता । ब्ररसिरब्र । Vatsarä etc are also described. The practice and benefits of Sankhaprakñälanä has been described in a detailed manner in this text compared to other such ancient texts.

In modern days the dhouti kriyas are also having its various therapeutic importance. In Ayurveda dhouti kriyas are mentioned as a remedy for various stomach related diseases. It is more useful in modern times because of the stress-related life style, where GID diseases became a regular routine of human life. Another big problem is urban pollution, which is increasing diseases like Asthma. In all these diseases dhouti kriyas are considered as a great remedy if practiced with care and awerness.

SUMMARY & CONCLUSIONS

sorts of toxic elements which is the main cause for various common ailments, without using much of modern medicine. These practices are described in various methods in different HathaYoga texts, even different schools have their own methods of practicing various kriyas. Therefore it is always necessary to practice this kriyas under proper guidance.

CONCLUSIONS

- **Dhouti kiyas are a scientific process of body cleansing**
- **Dhouti kriyas are a preparatory physical practice to attain the supreme consciousness through mind.**
- **Various stomachs related diseases could be cured by the proper practice of dhouti kriyas.**

Part II: A Comparative Study of Three Different yoga Modules on Associative memory of School Children.

The present study was conducted to compare the effect of three different integrated yoga modules on associative memory in 241 school children of both genders aged between 13-17 years. Subjects were randomly allocated to three groups, after separating for sex, the groups were Creativity group(CVG, N=81), Intelligence quotient group (IQG,n=81) and group (n=81) & Physical stamina group(PSG,n=79). All the groups prescribed specific yoga modules for 10 days. Associative memory was assessed by using Wechsler's Memory Scale. The assessments were taken on day 1 and day 9. All the 3 groups showed significant improvement by student paired t-test (CVG – 12.2%, IQG- 11.4%, PSG- 11.3%). The result showed significant improvement in all groups. Multiple comparisons using one way ANOVA test showed that no-group are significantly different from each other. There was no gender effect on the final outcome.

SUMMARY AND CONCLUSIONS

- 1. Yoga has been shown to be effective by earlier studies in improving different aspects of personality both physical and mental. Studies on yoga on associative memory are sparse. Therefore this study has been taken up to assess the effect of yoga on associative memory.**
- 2. In this study a total of 241 subjects were taken. They were distributed among three groups (IQ, CV and PS) with random allocation after stratifying for gender. The assessment has been done through associative memory facet of Wechsler memory scale.**
- 3.The data analysis was done using SPSS package through paired t-test and multiple comparison ANOVA tes**
- 4. The baseline data were well matched for all three groups.**
- 5. The pre –post analysis (students paired t-test) showed significant improvement in all three groups.**
- 6.Between group comparison was done by ANOVA test, which show**

Keywords: Dhoutikriya, Therapeutic Aspects, Associative memory, School Children.