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RESEARCH ARTICLE

EFFECTIVENESS OF NATUROPATHY AND YOGA PRACTICES ON SELECTED PSYCHOLOGICAL VARIABLE SELF CONFIDENCE AMONG PSORIASIS PATIENTS

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Abstract

The purpose of the study was to find out effectiveness of naturopathy and yoga practices on selected psychological variable self confidence among psoriasis patients. The study was conducted on 20 psoriasis patients. Totally two groups-experimental (Naturopathy and yoga treatment) and control group no treatment given each 10 subjects. The self confidence was measured before and after the experimentation using the standardized test to measure the self confidence analyzed by Analysis of Covariance (ANCOVA) and it was concluded that the naturopathy, yogasanas treatments had significant ($P < 0.05$) effect on the self confidence.

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Introduction:-

Psoriasis is a skin disorder that causes skin cells to multiply up to 10 times faster than normal. This makes the skin build up into bumpy red patches covered with white scales. They can grow anywhere, but most appear on the scalp, elbows, knees, and lower back. Psoriasis can't be passed from person to person. It does sometimes happen in members of the same family. Psoriasis usually appears in early adulthood. For most people, it affects just a few areas. In severe cases, psoriasis can cover large parts of the body. The patches can heal and then come back throughout a person's life. Psoriasis is a noncontagious, chronic skin disease that produces plaques of thickened, scaly skin. The dry flakes of silvery-white skin scales result from the excessively rapid proliferation of skin cells. Psoriasis is fundamentally a defective inflammatory response. The proliferation of skin cells is triggered by inflammatory chemicals produced by specialized white blood cells called T-cells. Psoriasis commonly affects the skin of the elbows, knees, and scalp. A naturopathic practitioner can help you identify root causes and create an effective programme by taking into account the individual constitution. This may include supporting you through an elimination diet (in order to identify any specific foods that you may be allergic or intolerant to), providing nutritional advice, and tailoring a bowel-cleansing formula. According to naturopathy, conditions of the skin point to an imbalance in the body: Oily skin (where the sebaceous glands become overactive) – try a liver detox/diet Excessively dry/ flaky skin – deficiency of blood or body fluids and essential fatty acids Sweaty/clammy palms – irregularity of adrenal glands Cracked skin – lack of vitamins A and C, zinc and essential fatty acids Hard skin lack of essential fatty acids Thin skin can occur from long-term steroid use.

The quality and health of the skin and its repair and rejuvenation processes require specific anti-oxidant nutrients such as vitamin A. This nutrient is necessary for healing and construction of new skin tissue and, alongside the other anti-oxidants, vitamins C & E, the minerals zinc & selenium, and the B vitamins, is important in helping protect against free radical damage, stress-related skin conditions. It is also required in all cellular functions that help

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maintain healthy skin. Zinc, levels of which are often found to be lower in people who suffer from acne, is particularly important to skin health. This key mineral is involved in wound healing, immune system activity, and inflammation control and tissue regeneration. Alongside vitamin B6 and magnesium, it supports normal hormone production. Foods and herbs can also aid the cleansing process. Raw and lightly steamed vegetables such as carrots, beetroot, peppers, pumpkin, yam, broccoli, cauliflower, kale, watercress and cabbage all contain antioxidant qualities, whilst onions and garlic should be eaten for their detoxifying and anti-bacterial actions. Drink appropriate amounts of pure or filtered water for the weight, age, activity levels and time of year this will support the detox activities.

Objectives of the Study:-

The study will help to find out effect of naturopathy and yoga on selected psychological variables self confidence among psoriasis patients.

Statement of the Problem

The purpose of this study is to find out “Effect of Naturopathy and Yoga Practices on Selected Psychological Variable self confidence among Psoriasis Patients”.

Hypotheses

To impart different packages of naturopathy and yoga the investigator intends to select two groups namely, Group I – experimental or naturopathy and yoga group and Group II act as a control group. The following are hypothesized for this study: It was hypothesized that the naturopathy and yoga may improve the selected psychological variable self confidence among psoriasis patients.

Delimitations

1. This study was confined to the person with psoriasis patients.
2. Twenty patients were selected for this study
3. The twenty patients were divided into two equal groups. In each group 10 were randomly selected.
4. Their age ranged from 45 to 50 years only.
5. This study was delimited to psychological variable self confidence.
6. This study was confined to duration of 5 days in a week for 8 weeks.

Limitations

1. The weather conditions such as atmosphere temperature and humidity were not considered during the practice and observation.
2. The food habits and motivational factors and the region to which the subject belong to are not taken into considerations.
3. The day to day activities were not controlled.

Review of Related Literature

Arya Kadukkattil Ramanunni et. al., (2020) Treatment Strategies Against Psoriasis: Principle, Perspectives and Practices. Psoriasis is a genetically predisposed autoimmune disease mediated by cytokines released by the activated immune cells. It manifests inflammatory, scaly red or white silvery flaky skin which may be a fluid-filled lesion with soreness and itchiness. The prevalence rate of psoriasis is increasing day by day. Despite having such a high prevalence rate, the treatment of psoriasis is still limited. Hence, there is a need to rethink the various treatment strategies available in the allopathic as well as in the alternative systems of medicine. Various bibliographic databases of previously published peer-reviewed research papers were explored and systematic data culminated in terms of various treatment strategies used for the management of psoriasis. The prime focus is given towards modern as well as alternative systems of medicine such as phototherapy, a combination of phototherapy with pharmacotherapy such as Ayurveda, Yoga and naturopathy, Unani, Siddha, and Homeopathy to treat psoriasis. A comprehensive review of 161 papers, including both research and review articles, was carried out to make the article readily understandable. The pathogenesis including inflammatory mediators and type of psoriasis is discussed before the treatment strategies to understand the pathophysiology of the disease. The uniqueness, procedure, advantages, and limitations of conventional, advanced, and traditional systems of medicine to treat psoriasis are discussed in detail. Emphasis has also been given towards marine sources such as fish oil, marine sponges, and algae. Although there are many modern and alternative treatment strategies available to treat psoriasis, none of them have been proven to provide complete relief to patients. Moreover, they are associated with certain side effects. In order to

overcome them, novel drug delivery systems have been utilized and found effective; however, their stability and safety become the major impediments towards their successful positioning. Traditional and alternative treatment strategies have found to be safe and effective but their use is localized to certain areas. In a nutshell, to achieve successful treatment of psoriasis, there is a need to focus on the development of stable and non-toxic novel drug delivery systems or the promotion of traditional systems to treat psoriasis.

Y Rosy Ayda and N Manavalan (2019) Efficacy of short-term naturopathy and yoga interventions on palmoplantar psoriasis. Psoriasis is a chronic inflammatory disease, associated with a higher risk of cardiovascular, metabolic, and renal disease, and patients may experience significant impairment of health-related quality of life even with localized disease. According to a study conducted on 3065 patients, plantar lesions were seen in 91.9% of patients and palmar lesions in 55.6% of patients. Our patient is a 47-year-old married man, with a history of erythema, scaling, itching pain often associated with bleeding on the affected area of both palms and soles since 6 months. After obtaining informed consent, he was admitted to our inpatient Department of Government Yoga and Naturopathy Hospital. Since naturopathic interventions aimed to put right the lifestyle improvement, he underwent treatments such as neutral enema, mud therapy, diet therapy, acupuncture, and yoga therapy at our inpatient department (IPD). Considering the basic principle of naturopathy, i.e., accumulation of morbid matter, one of the main causes of disease has been taken into an account for planning the line of treatment. Pre-blood investigations include resting blood pressure, pulse rate, respiratory rate, fasting blood glucose level, and serum cholesterol level. The patient was asked to fill the Psoriatic Area and Severity Index (PASI) was used as a tool to measure the severity of the lesions and the area affected. Pre- and post-assessments were done using PASI. Immediately after 2 days of intervention, the pain and the itching in the affected area was subsided, and after 15 days of intervention, our patient was provided with exclusive juice diet with 6 servings per day. After 20 days of intervention, the PASI Scoring was reduced from 8.8 to 2. A 20-day naturopathic intervention has shown clinically significant change in the severity of psoriatic lesions in our case.

Jitendra Arya (2019) Management of Psoriasis with Naturopathy and Yoga. Psoriasis is a skin condition that causes red, flaky, crusty patches of skin covered with silvery scales. These patches normally appear on the elbows, knees, scalp and lower back, but can appear anywhere on the body. Most people are only affected with small patches. In some cases, the patches can be itchy or sore. Psoriasis is a long-lasting (chronic) disease that usually involves periods when you have no symptoms or mild symptoms, followed by periods when symptoms are more severe. Statistics and Prevalence psoriasis occurs when skin cells are replaced more quickly than usual. It's not known exactly why this happens, but research suggests it's caused by a problem with the immune system. Although there are several different types of psoriasis, all are considered autoimmune disorders, meaning they develop when the body's immune system turns on itself and attacks healthy tissue in this case, skin in much the same way it would a real threat, such as bacteria or a virus. Researchers don't understand psoriasis completely, but it is believed to be a genetically-driven disorder that can be stimulated or exacerbated by factors such as stress, injury, illness, or weather.

Methodology:-

To achieve the purpose of the study, the investigator would select twenty psoriasis patients of the age group of 45 to 50. The selected subjects were divided into two groups namely experimental group and control respectively by random assignment. The first group experimental group was given eight weeks of naturopathy and yoga treatment, and the second group would serve as control group. Initial and final data would be collected on the selected dependent variables before starting different naturopathy and yoga treatment and after eight weeks treatment. The naturopathy treatments given were given mud pack, enema, sun bath and yogasana like suryanamaskar, nadi sudhi, kapalabati.

Results and Discussions:-

The data concerning the variables collected before and after training were statistically analyzed by Analysis of variance (ANCOVA) to tested at 0.05 level of significance. The subsequent tables illustrate the result of naturopathy and yoga treatment on the variable of self confidence.

Table I:- Analysis of Covariance of the Data on Self Confidence of Experimental and Control Groups.

	Experimen tal	Contr ol	Source of Variance	Sum of Squares	d f	Mean Squares	Obtained F
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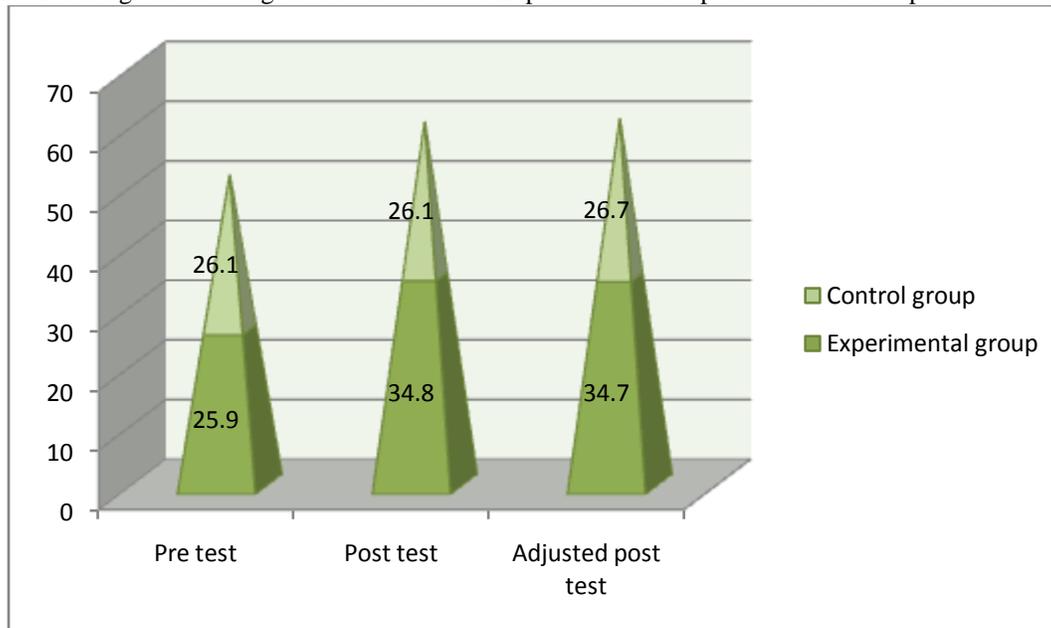
	Group	Group				
Pre Test mean	25.9	26.1	B	0.48	1	0.53
			W	458.9	18	11.90
Post Test Mean	34.8	26.7	B	6784.5	1	448.53
			W	297.1	18	7.74
Adjusted Post Test Mean	34.7	26.7	B	2458.9	1	458.17
			W	179.83	17	6.66

*Significant at .05 level of confidence. (the table values required for significance at .05 level of confidence with df 1 and 18 and 1 and 17 were 4.20 and 4.21 respectively).

Results of Balance

The analysis of variance of balance between pre-test and post-test of the two groups are conferred in Table I. The pre-test means of experimental and Control group were 25.9 and 26.1. Since the obtained F-ratio of 0.07 is below the table value, F-ratio of 4.20, the pre-test means that no significant difference at 0.05 level of confidence with the degrees of freedom 1 and 18. The post test means of experimental and Control group were 34.8 and 26.7. The obtained F-ratio of 67.18 is above the table F-ratio of 4.20. Hence, the variations among the post-test means that was significant at 0.05 level of confidence with degrees of freedom 1 and 18. The adjusted post-test means of experimental and Control group were 34.7 and 26.7. Since the obtained F-ratio of 79.94 is above the table F-ratio of 4.21 the adjusted post-test mean difference among the groups was significant at 0.05 level of confidence with the degrees of freedom 1 and 17.

Figure 1:- Bar Diagram Showing the Mean Values of Experimental Group and Control Group on Self Confidence.



Discussion on Findings:-

The results of the study showed that there was a significant difference experimental group and control group on selected criterion variable self confidence. And also it was found that there was a significant improvement on self confidence due to naturopathy and yoga therapy. It may be due to the nature of the treatment.

Summary

The purpose of the study was designed to examine the effect of naturopathy and yoga on selected psychological variable among psoriasis patients. To achieve this purpose of the study twenty psoriasis patients was selected as

subjects were randomly selected. They were divided into two equal groups. Each group consisted of the ten subjects. Group I underwent experimental for five days per week for eight weeks. Group II acted as control who did not undergo any special treatment programme apart from their regular activities. The variable self confidence was selected as criterion variable. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the treatment programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate.

Conclusions:-

Based on the results of the study, the following conclusions were drawn. There was a significant difference between experimental group and control group on self confidence. And also it was found that there was a significant improvement on self confidence due to naturopathy and yoga treatment.

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