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RESEARCH ARTICLE

“A STUDY TO ASSESS THE EFFECTIVENESS OF MAHASIRS MUDRA TO RELIEVE HEADACHE AMONG HEALTHCARE PROFESSIONALS AT SELECTED HOSPITALS OF GANDHINAGAR”

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Abstract

A experimental study was conducted to assess effectiveness of Mahasirs Mudra on healthcare professionals at selected hospitals of Gandhinagar. The ‘Visual Analog Pain Scale’ was used as conceptual framework. A quantitative approach with one pretest posttest study design was used to achieve the objectives of the study. The sample consisted of 50 from selected hospitals of Gandhinagar. The Systematic sampling technique was used to collect the sample. In the experimental group the mean of pretest was 4.08 with standard deviation 1.51 and post test mean was 3.6 with standard deviation 1.68. The calculated ‘t’ value was 6.31 where as table value is 2 in 0.05 level which shows highly significant. So, the Mahasirs Mudra was effective on hypertensive headache among healthcare professionals.

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Introduction:-

Mahasirs Mudra has relieving effects on the head region, be it for the ache or the tension. It is translated as “Gesture of the Great Head”. “Maha” refers to “Great”, “Siris” refers to “Head”, and “Mudra is Gesture or seal”. Mahasirs Mudra balances between Vata (space and air) and Kapha (earth and water) doshas in the body, relaxes the brain and nerves towards the eyes relieving stress, helps reach a meditative state by improving ability to focus and induce clarity in your mind and mitigate Temporomandibular joint disorder by relaxing the joints connecting the lower jaw with the skull. Mahasirs Mudra helps reduce the physical tension build-up around the face, jaw, and eyes caused by headache.¹

Need Of The Study

Headache disorders are among the most common disorders of the nervous system. It has been estimated that almost half of the adult population have had a headache at least once within the last year. Headache disorders, which are characterized by recurrent headache, are associated with personal and societal burdens of pain, disability, damaged quality of life, and financial cost.²

(World Health Organization, 2016)

In GBD, disease burden is estimated in disability-adjusted life-years (DALYs), which are the sum of years of life lost (YLLs). In the GBD Study, updated in 2013, migraine on its own was found to be the sixth highest and Headache disorders collectively were third highest cause worldwide of years lost due to disability (YLD).³

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(Global Burden of Disease)

A study on headache among 60 nursing personnel at Vellore, India, showed majority of the nurses (85%) had headache 1- 4 times and 15% had more than 5 times in the preceding month. Among the subjects 75 % were able to tolerate the headache but 25% stated that headache was intolerable. It was identified that fatigue (15%), loud noise (37%) and inadequate sleep (48%) were the major triggers of headache. Among the subjects 40% used acetaminophen, 17% used pain balm and 26 % used combination of acetaminophen and pain balm for pain relief, 5% used medication for migraine and 12% used none.⁴

(India Journal of Continuing Nursing Education)

Problem Statement

“A STUDY TO ASSESS THE EFFECTIVENESS OF MAHASIRS MUDRA TO RELIEVE HEADACHE AMONG HEALTHCARE PROFESSIONALS AT SELECTED HOSPITALS OF GANDHINAGAR. ”

Objectives

1. To assess the level of headache among healthcare professionals before and after administration of Mahasirs Mudra in selected hospital of Gandhinagar.
2. To find the association with socio demographic variables.

Operational Definitions**Assess:**

In this study assess means to estimate the effectiveness of Mahasirs mudra among health care professionals.

Effectiveness:

Effectiveness is evaluated simply by comparing reduced headache with providing Mahasirs mudra and without providing Mahasirs mudra.

Mahasirs Mudra:

It is hand gesture that primarily used to treat headache, improve circulation, relieve stress and eliminate mucus congestion in the sinuses.⁵

Headache:

Headache is a pain or discomfort in the head, scalp or neck especially in healthcare professionals related to sleep deprivation, disturbance in sleeping pattern, irregular routines.

Healthcare Professionals:

In this study, healthcare professionals includes doctors, nurse, physician's assistant, administrator and allied health professionals.⁶

Methodology:-

The General system model by Ludwig von Bertalanffy (1996)] was used as a conceptual framework. A Quantitative research approach was considered to be the most appropriate and adopted in order to assess the effectiveness of Mahasirs Mudra to reduce headache among healthcare professionals of 21-58 years of age in selected hospitals of Gandhinagar. The sample consisted of 50 at selected hospitals of Gandhinagar. The purposive sampling technique was used to collect the sample.

Table-1:- Findings Related To Mean, Median, And Standard Deviation(N=50).

Sr. No		Mean	Mean Difference	SD	Calculated 't' value	Degree of Freedom	Table value
1	Pre test	4.08	0.48	1.51	6.31	49	2
2	Post test	3.6		1.68			

The table shows the comparison of mean, standard deviation in experimental and control group. In the experimental group pretest mean was 4.08 with SD 1.51 and posttest mean was 3.6 with SD 1.68. The mean difference of pretest and posttest is 0.48. The calculated 't' value was 6.31 and table value was 2 at 0.05 level of significance. Degree of freedom is 49.

Table-2:- Frequency And Percentage Distribution Of Headache Among Healthcare Professionals (N=50).

Level of stress	Pre test		Post test	
	FREQUENCY	PERCENTAGE	FREQUENCY	PERCENTAGE
No Pain(0)	-	-	2	4%
Mild (1-3)	18	36%	20	40%
Moderate (4-7)	32	64%	28	56%
Severe (8-10)	-	-	-	-
Total	50	100 %	50	100%

Analysis And Interpretation Of Data Collection On Numerical Pain Scale.

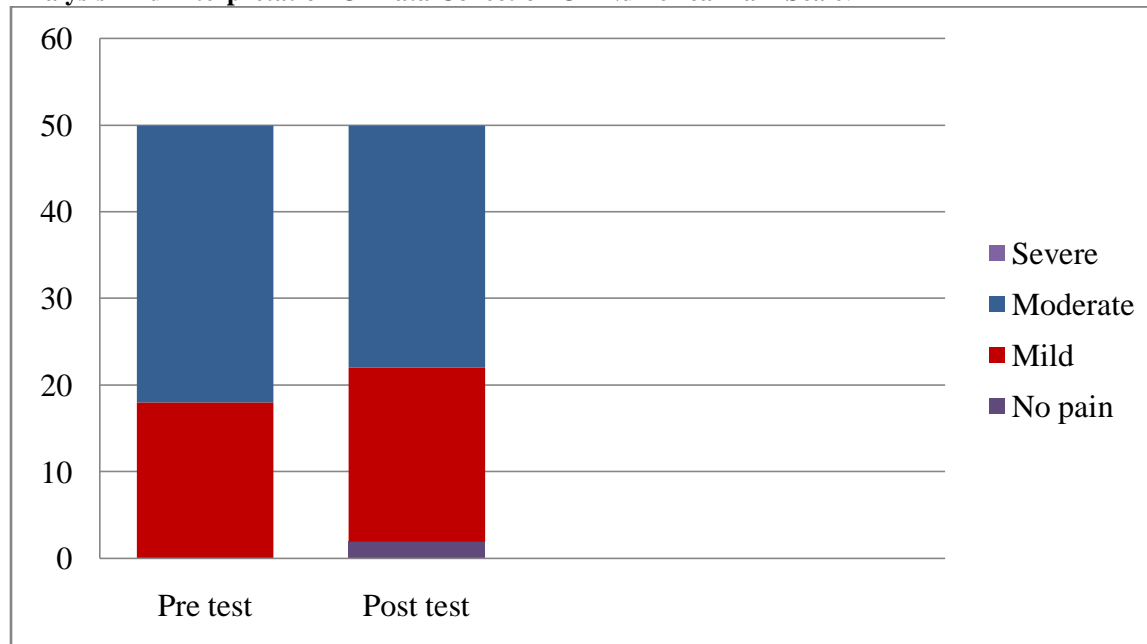


Figure 1:- Frequency and percentage distribution of the numerical pain score of the samples before and after the Mahasirs Mudra to relieve headache among healthcare professionals. (N=50)

Interpretation :-

Above comparative columnar graph shows that 0% of No pain, 36% of sample (18) have mild pain, 64% of sample (32) and 0% of severe pain in pre test and 4% of sample (2) have no pain, 38% of sample (19) have mild pain, 58% of sample (29) have moderate pain and 0% have severe pain in post test.

Demographic variables	Numerical pain score				Significance			P Value	Remark
	No pain	Mild	Moderate	severe	X ² Calculated	D F	X ² Tabulated		
1.Age of healthcare professional:									
a.21-33years	0	16	24	0	0.983	6	12.59	0.986	NS
b.34-46 years	0	1	8	0					
c.47-58 years	0	1	2	0					
2. Gender of healthcare professionals:									
a. Male	0	5	14	0	0.134	6	12.59	0.999	NS
b. Female	0	13	18	0					
c. Other	0	0	0	0					
3.Workinghour :									
a.6 hours	0	8	13	0	0.044	9	16.92	1	NS
b. 8hours	0	8	17	0					
c. 12hours	0	2	2	0					
d. >12hours	0	0	0	0					
4.Working areas:									
a. Standard, PSP	0	5	8	0	1.038	12	21.03	0.999	NS
b. ICU'S	0	4	10	0					
c. Pharmacy	0	2	8	0					
d. Radiology	0	5	5	0					

e. Other	0	2	1	0					
5. Profession:									
a. Nurses	0	12	18	0	0.794	12	21.03	0.999	NS
b. Doctors	0	1	3	0					
c. Pharmacists	0	2	8	0					
d. Radiologists	0	3	2	0					
e. Others	0	0	1	0					

Table-3:- The Association Between Socio Demographic Variable.

S= Significant

NS = Non Significant

Interpretation:-

Table shows that analysis of association between socio demographic variables of healthcare professionals.. This reveals the following information was divided in to four categories in which No pain(0),Mild pain(1-3),Moderate (4-6) and Severe pain (7-10)demographic variables have been categorized relevant to the study. Analysis shows that demographic variables were not found significant as X^2 calculated value is less than table value. Age, Gender, working hours, working area and profession of healthcare professional were found non-significant as X^2 calculated value is less than table value.

Summary

The aim of the study and its association with selected variable in terms of effectiveness of Mahasirs Mudra to relieve headache among healthcare professionals. Based on the objective extensive research for literature was needed to determineand develop the conceptual framework, research approach and methodology to conduct the study. Conceptual framework based on general system model was used to assess the knowledge of digitalization among staff nurse

Research approach used for the descriptive study. Present study was undertaken at Gandhinagar. digitalization in healthcare was used by reviewing the literature and under the expert guidance of lecturers from Apollo Institute of Nursing, Gandhinagar.

Conclusion:-

The Study intends to assess the effectiveness of Mahasirs Mudra to relieve the headache among the healthcare professionals at selected hospitals of Gandhinagar. The Study reveals that the effect of Mahasirs Mudra on the healthcare professionals suffering with headache has minimal effect. However, people with mild headache encompass improvement in condition, whereas group of people with moderate headache disclose improvement up to mild state.

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