A Study to Assess the Effectiveness of Lingamudra on Respiratory Discomfort Among College Students in Selected Colleges, Coimbatore.

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Abstract:

Respiratory discomfort, often described as dyspnea or shortness of breath, is a subjective feeling that can range from mild to severe and may be caused by various factors. Respiratory discomfort is a broad term that describes a feeling of difficulty or uncomfortableness related to breathing. It can range from mild to severe and may be caused by a variety of factors. It can present as shortness of breath, trouble breathing, or a sensation of not receiving enough air. This can be caused by a range of factors, such as lung issues, heart problems, infections, or even emotional distress that can impact individuals of all ages. The main aim of the study was to assess the effectiveness of linga mudra on respiratory Discomfort among college students in selected college, Coimbatore. The study utilized a qualitative, one group pretest post-test pre experimental design. This is one of the quasi experimental research design. By employing a non-probability convenient sampling technique, 30 participants were chosen based on specific inclusion criteria. Assessment on demographic variables and the effectiveness was assessed by respiratory observation scale and has developed respiratory observation checklist. It was identified that the levels of respiratory discomfort level about moderate (87%) and severe(13%).Among 30 samples the greater strength had severe and moderate respiratory infections during pre test. Among 30 samples, the greater strength experienced mild respiratory infections after the post-test. The average score of respiratory distress observation before the test was and after the test was 1.66. The correlation between the pre-test score and demographic variables in the respiratory distress observation scale was 1.62. As a result, it was determined that the effectiveness of linga mudra in reducing lower respiratory tract infections was evaluated among a group of college students in Coimbatore. According to statistical findings, the post-test scores were significantly higher than the pre-test scores. It is evident that the practice of linga mudra among college students with lower respiratory tract infections significantly reduced the level of respiratory distress.

Keywords: respiratory discomfort, dyspnea, shortness of breath, linga mudra, lower respiratory tract infections, college students, Coimbatore, quasi-experimental design, respiratory observation scale, non-probability sampling, pretest-posttest, respiratory distress, demographic variables

How to Cite this Article?

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Introduction Yoga originated in India around the millenia ago, and is traditionally associated with Hinduism. The walls of an archaeological site, mohenj daro, a city that belonged to the indus valley civilization, were adorned with figures in various yogic poses.

Significant Indian texts such as the Vedas, Upanishads, and Bhagavad Gita all mention yoga. In contemporary times, yoga is frequently characterized as a'spiritual marketplace' or a 'therapeutic culture.' It has gained immense popularity and has become a global phenomenon. According to a survey conducted by namasta (north american studio alliance), yoga journal, and the yoga alliance, in 2004, approximately 15 million people practiced yoga.

In 2019, a study conducted by saravanan et al. revealed that engaging in regular lung-specific mudras, such as the linga mudra, could potentially aid individuals with asthma. In 2018, another study conducted by Singh et al. revealed that the mudra of linga. This mudra can be helpful for individuals with asthma and bronchitis as it generates warmth in the body by harmonizing the fire element within. Furthermore, the mudra can stop the production of mucus and enhance lung capacity, which can reduce bronchial contamination, although more extensive research is still required. Consequently, it is advisable to seek medical advice if you experience asthma attacks or bronchial infections.

Linga mudra is a hand gesture that raises the body's temperature by harmonizing the fire element within the body. It focuses on creating heat in the body. Linga mudra is also referred to as upright or erect mudra. The thumb that is upright symbolizes strength and power, while the palm that is encircled represents femininity.

Scope of the study

Yoga mudras harmonize the five life-sustaining elements (fire, water, wind, sky, and earth) within your body, effectively treating ailments caused by an imbalance in these elements. Mudras are more commonly known than the others, and the hand mudras symbolize the five vital energies that sustain life within the body. They act as an electrical link between the body and its various parts, and their placements can regulate the flow of energy, activating the five vital life forces to perform their designated tasks precisely. A virus enters your body through your mouth, eyes, or nose. The virus can be transmitted through airborne droplets from an infected individual, as well as through direct contact with the infected person or by sharing contaminated objects like eating utensils, towels, toys, or telephones. Linga mudra aids in

weight loss by enhancing the body's metabolic rate. The heat produced by practicing linga mudra helps to eliminate toxic substances from the body. The practice of Linga mudra involves interlocking the palms and extending the left thumb upwards.

Statement of the problem

A study to assess the effectiveness of linga mudra on respiratory Discomfort among college students in selected college, coimbatore.

Objectives

1. To assess the level of respiratory discomfort among the college students in experimental group and control group.
2. To evaluate the effectiveness of linga mudra on the students with respiratory discomfort among the Experimental group.
3. To compare the effectiveness of linga mudra among the students with respiratory discomfort with the selected demographic variables in the experimental group and control group.

Operational Definition

- **Effectiveness:**
  In this study effectiveness refers to the desired result progress by the practice of linga mudra among the students with respiratory discomfort and it will be measured by using monitoring vital parameters (heart rate, pulse,breath holding time, oxygen saturation).
- **Linga mudra:**
  Linga mudra is a hand gesture that increase a temperature in body by balancing the fire elements in the body. It is practiced for 15-20 minutes at the stipulated time like morning hours in empty stomach. It is done by put both your hands in front of your body. Keep your left thumb pointing upwards while the other fingers. Encircle it so the fingers are interlocked, make sure that left thumb points in vertically upwards Direction, while the thumb and index fingers encircles it.
- **Respiratory discomfort:**
  The students with respiratory discomfort refers to those who have cough, cold, mild throat congestion.
- **College students:**

It refers to both male and female students studying B.Sc. nursing course in PPG College of nursing.

Conceptual Framework and Data Collection Procedure

Procedure for data collection

Formal permission was obtained from management .The researcher made the student of nursing college who are in a lower respiratory tract infection the purpose and duration of study was explained to college students and oral concerns were obtained .Data Collection was conducted in nursing college of Coimbatore for the prior of 10 days from JUNE to JULY 2023 the sample was collected by non-probability convenient sampling with reference to selected criteria on the first day 15 samples were collected respiratory level was assessed by using vital parameters and respiratory observation checklist.On first day linga mudra breathing exercise was taught and practice 2 times a day for 30 minutes this was continued for following 10 days and 15 samples were collected and exercise was followed for 10 days on 10th day posttest was done.The study results reveals there was a statistically findings the post test score were high compared to pre test score. It is evident that linga mudra given among college students with lower respiratory tract infections significantly reduced the level of respiratory distress.

Analysis and interpretation

Simple Percentage Analysis

Among the age 15 members in 18 years, 50% were married, while 40% were married in 19 years, and 10% were married in 20 years.

Out of the total members, 14 individuals identified as male, accounting for 47% of the group, while 16 individuals identified as female, representing 53% of the group.

The family history of respiratory illness among students reveals that 5 out of 17 members (29%) have a history of respiratory illness, while 25 out of 83 members (30%) do not.

The allergy to dust is the most common type, affecting 19 out of every 100 people (63%), while food allergies affect 11 out of every 100 people (37%).

Based on the length of respiratory illness experienced by students, 43% of them were affected for 5-10 days, while 57% were affected for less than 5 days.

Table 1.1: Frequency and Percentage Distribution of Samples with Respiratory Discomfort According to Selected Demographic Variables

(n = 30)

S. No.	Demographic Variables	Category	Frequency (n)	Percentage (%)
1	Age of the students	18 years	15	50
		19 years	12	40
		20 years	3	10
2	Sex	Male	14	47
		Female	16	53
3	Education of the student	1st Year B.Sc Nursing	30	100
		2nd Year B.Sc Nursing	0	0
4	Head of the family	Father	28	94
		Mother	2	6
		Siblings	0	0
		Grandparents/Guardians	0	0
5	Education of the father	Illiterate	0	0
		Middle School	5	17
		High School	9	30
		Higher Secondary and Above	16	53
6	Education of the mother	Illiterate	1	3
		Middle School	2	6
		High School	7	24
		Higher Secondary and Above	20	67
7	Occupation of the father	Unemployed	0	0

		Coolie Worker	9	30
		Professional	9	30
		Own Business	12	40
8	Occupation of the mother	Unemployed	23	77
		Coolie Worker	0	0
		Professional	5	17
		Own Business	2	6
9	Residence	Urban	24	80
		Rural	6	20
10	Are you	Day Scholar	3	10
		Hosteller	27	90
11	Family history of respiratory illness	Yes	5	17
		No	25	83
12	Types of allergy	Dust	19	63
		Food	11	37
		Drug	0	0
13	Duration of respiratory illness	Less than 5 days	17	57
		5–10 days	13	43
		Greater than 10 days	0	0

Frequency and percentage distribution of pre-test and post-test levels of respiratory Discomfort among students

During the pre-test in the experimental group, the majority of students, which was 67%, reported moderate respiratory discomfort, while 20% reported mild discomfort and 13% reported severe discomfort.

After the post-test in the experimental group, the majority of students, 10 out of 17, experienced mild respiratory discomfort, while the remaining 5 students experienced moderate discomfort.

During the pre-test in the control group, the majority of students, which was 60%, experienced moderate respiratory discomfort, while 20% experienced mild discomfort and 20% experienced severe discomfort.

After the post-test in the control group, the majority of students, 9 out of 10, experienced mild respiratory discomfort, while 6 out of 10 experienced moderate discomfort.

Frequency and percentage distribution of the Experimental group.

The above table shows that the samples have levels of respiratory discomfort level about moderate (87%) and severe(13%).

Table 1.2: Effectiveness of Lingamudra among students:

Observed Values (O)	Expected Values (E)	(O-E)	$(O-E)^2/E$
2	1	1	0.5
0	1	-1	0.5
13	12	1	0.07
11	12	-1	0.09
0	2	-2	0
4	2	2	1
Total			**1.66**

The chi-square values are below the critical values. Therefore, the alternative hypothesis was confirmed. Table 1.1 shows that the chi-square value is smaller than the critical value, indicating that the alternative hypothesis was accepted.

The result of the study was to assess the effectiveness of Linga mudra among college students with lower respiratory tract Infections:

The findings of the study indicated that the average post-test score on the respiratory tract distress observation scale was and the average score on the respiratory distress observation checklist. This study shows that college students with lower respiratory tract infections experienced a significant decrease in respiratory discomfort level after receiving treatment.

A similar study was conducted with college students to compare the effectiveness of different treatments for lower respiratory tract infections. The tool employed was survey. The research findings indicate that practicing linga mudra has enhanced the overall well-

being of individuals, surpassing the benefits experienced by those who did not engage in the practice. As a result of the study, it can be concluded that the linga mudra technique has greatly enhanced the health status and quality of life of the participants.

Conclusion:

The current study aimed to evaluate the impact of linga mudra on respiratory tract infections among college students in Coimbatore. Based on statistical findings the post test score were highcomparedtopretestscore.Itisevidentthatlingamudragivenamongcollegestudentswithlower respiratory tract in fections significantly reduced the level of respiratory distress. The students taken as an experimental group had an intervention of practicing linga mudra for15- 20 minutes for 15 days, students had decreased level of respiratory distress compared to the students taken as a control group and the students has decreased chest congestion, cough, and cold. I can only assume that the study has enhanced respiratory function by raising body temperature, which helps balance the fire element in the body.

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