"EFFICACY OF AJNA CHAKRA MEDITATION IN PRIMARY INSOMNIA"

ABSTRACT

OBJECTIVE: The intended research work aims at assessing the effectiveness of Ajna chakra Meditation in primary insomnia. Many studies reported that the practice of yoga, especially meditation influences sleep. The current study was conducted to determine the positive effect of practicing ajna chakra meditation in improving the quality of sleep through the measurement of Athens insomnia scale and Pittsburgh sleep quality Index.

STUDY DESIGN: The current research work employed prospective intervention study.

METHOD: 43 participants of age group between 20-40yrs are participated in the study. on the first visit Athens sleep scale, Pittsburgh sleep quality index, has been given to collect the details about patients sleep history, trigger factors, relieving factors, treatment history and to assess their lifestyle pattern. Patients are given ajna chakra meditation 30mins thrice in a week in alternative days for 12 weeks. After the period of 3 months same Pittsburgh sleep quality index and Athens sleep scale is given to assess the effectiveness of the intervention.

RESULTS: The study showed significant improvement in the quality of sleep of the study participants.

CONCLUSION: The practice of ajna chakra meditation facilitates in improving the quality of sleep.

KEYWORDS: Sleep, Athens scale, Pittsburgh sleep quality index, Ajna chakra Meditation.