

RELATIONSHIP BETWEEN THE STATE OF ANXIETY AND THE TYPE "MIND-BODY" IN AYURVEDA FOR PERSONS ENGAGED WITH AQUAYOGA

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INTRODUCTION

The scientific body Balkan cluster for health, wellness and spa tourism creates an annual report which analyzes the Mental Wellness Economy as \$121 billion market – the biggest wellness business opportunity in 2021. After the Covid19 world crisis, the world is turning to wellness or medical wellness. Learn what lies ahead in this original paper as new wellness approaches and use the information to succeed in 2021 and beyond. Yoga and Ayurveda are ancient philosophies and cultures occurred more than 5,000 years ago, as part of the Vedic tradition, and developed in parallel. This tradition carried over into the 21st century and consistent with the latest research on the health effects of water activates the spread of aquayoga practice and "...adapted programs for pregnant women..." (Necheva, 2019). Through Ayurveda it's making possible to apply ancient methods of healing, to maintain life without diseases, according to the "Science of Life". The aqua practices and in particular the aquayoga programs are important social process for all categories of people (Kaneva, 2009; Dimitrova, 2019; Dimitrova, 2020a) The harmonious development of normal health status is a dreamed gift for all categories of people in all age categories (Chipeva, 2018, Polimenov, 2019). This is the wish of each family and important part of our everyday life style (Kaneva, 2009a; Ignatova, 2018). It is possible to see real results after minimum 1 year of applying specific influences and methods (Ignatova, 2018a; Dimitrova, 2019a). In all this cases is useful to build Wellness culture in school (Dimitrova, 2020).

Its complex methods include therapies using nutrition, herbs, yoga, gems, mantras and meditation, as well as surgery. In Ayurveda, treatment is focused on balancing the doshas, or constitutional types. It is believed that when there is an imbalance of the doshas, poor health can result.

Both exercises using breathing techniques, relaxation and meditation are struggling with negative emotions and blockages, stress, depression and seek to establish a balance between the **physical, mental, emotional and spiritual** powers of the individual. They are based on morals and ethics and obey the "Yama" and "Niyama" outlining lofty moral character and qualities of the individual. Upgrading each other they assist in selecting the most appropriate type, time and dosage of exercise, taking into account individual needs, according to the personal specificities and body structure (accumulated dosha which execution is possible in water environment).

Repertoire of physical and mental qualities, character and reactions determine the type of "mind-body" with which man is born. The perfect coordination between them as a unique expression of nature is represented by "Vata, "Pita" and "Kaffa" doshas. There are three main doshas: kapha, or water; vata, or air; and, pitta, or fire. Most individuals have one dominant dosha, but may be a combination of two. In "Ayurvedic Healing," author and Vedic physician Dr. David Frawley explains the characteristics of each dosha. Vata types tend to be thin and have a hard time gaining weight. They tend to have light-brown hair, dry skin and delicate features. They prefer sour or salty foods, and may develop constipation. They tend to

be hyperactive, but have poor endurance. Pitta types are of medium build with well-developed muscles. They tend to be athletic and goal oriented. They prefer sweet and raw foods, and often develop inflammatory diseases. Kapha types tend to be short and stocky. They have round features, and tend to have a sluggish metabolism. They prefer pungent or bitter foods, and do not like a lot of spices. They may be prone to respiratory illnesses.

METHODS

The **purpose** in the present research notes is to explore the psychological parameters defining the current or situational anxiety and made them comparable to individual doshas - Ayurveda models to look up and find relationship between them. Our long years experiences¹ has directed us to establishing a **working hypothesis** based on the supposition that the aquayoga classes tailored to the individual and a "mind-body" in Ayurveda are pleasant, relaxing and not lead to fatigue practices that neutralize situational anxiety, live anxiety and stress, using the support of the water environment.

The following **tasks** have been executed to reach the purpose set:

- To select the required contingent of persons included in the systematic aquayoga classes with different experience and preparation;
- To determine the current level of situational anxiety after a specific aquayoga practice;
- To prepare individual doshas models for finding the "mind-body" type by Ayurveda.

The research **object** of this work were total 77 women, 37 of them with little experience we have assumed for beginners, while 40 persons - advanced in its preparation, which participated in the main experiment.

The research **subject** is the selection of specific indexes, which manifestation defines the process of the current or situational anxiety and made them comparable to the individual doshas - Ayurveda models, for defining the individual psychological stress profile.

Specific methods of the study:

1. Polls developed specifically by us, with open and closed questions. Highlights are on the age, the work experience, the anthropometric data, the motivation to participate in organized aquayoga activities, number of weekly visits to classes, regular physical activity, participation in sports events in the past and currently, diet and interest in Aquayoga, Ayurveda and water influences literature or scientific results.

2. Psychological test for subjective assessment of current situational anxiety of the participants in the advanced group. We applied the Spielberg test (STAI). It consists of 20 questions, of which four point scale, registering subjective assessments of feelings, experiences, stress or anxiety during the practice. The test is filled out in person immediately after the classes. Responses are processed with the Spielberg key and evaluated according to the standard rate (values for women) is within 33.99 prom.

3. Test for defining the type of "mind-body" according Ayurveda, by calculating the ratio of "Vata", "Pita" and "Kafa" doshas. The questionnaire for our study is divided into three sections of 20 questions, which is selected in response to a 6-point scale (0 to 6). The first 20 questions concern the "Vata" dosha next - for the "Pita-accumulated" dosha last 20 - for the "Kafa" accumulated dosha and the total determined respectively "Vata", "Pita" and "Kafa"- doshas. When comparing the obtained data we can fix the predominant body type, such as physical characteristics, mental character and behavior. When they are in balance there is an ideal "coordination of mind and body". Ayurvedic system combines three doshas and 10 ways to differentiate the persons with 10 different types of psychological-profiles. There are individuals with a single, pure type, two types ("double dosha") and three types ("triple dosha").

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RESULTS

1 Responses from the survey united in five key issues that sparked our interest:

* The question "Why aquayoga classes", the answers to those two groups show different levels of motivation: beginners are guided by the interest and curiosity (24%), the strong desire to improve health (40%) and quest for self-improvement (36%); advanced experiencing constant need (66%) and awareness of the need of physical and spiritual perfection and knowledge of his own body (34%).

* The question "How many times a week visiting classes" both groups are adamant that try to be regular as participate in classes on average twice a week (26-27%): beginners, who practice two times with 28% but three times or more, 44%; advanced involved three or more times were 87%, but daily work independently at home (Table 1).

Table 1. Systematisation and tabulation of the obtained results like individual responses from the survey united in five key issues

Question	Beginners answers %	Advanced answers %
Q1: Why aquayoga classes		
• Interest	24	76
• improve health	40	60
• self-improvement	36	64
• knowledge of his own body	66	34
Q2: How many times a week visiting classes:		
• twice a week	72	27
• three a week	56	44
• more	13	87
Q3: sports you before		
• no	56	44
• swimming	23	77
• gym	14	86
Q4: What is your diet		
• without	72	28
• vegetarian	50	50
• organic food	12	88

* The question "sports you before," 55-56% of the participants answered negatively and only 44-45% said that sports are two to five years, mostly swimming, gymnastics and fall for tourism.

The test shows that they are within 24-57 homecoming or prom 31.78 average (score over 30 prom was registered only 13 participants).

This indicator is found to be lower than the norm (33.99), a fact which eloquently in favor of moderate, evenly, not stressful load classes and tranquil, serene water environment in which minimizes feelings of anxiety and tension.

This result (Table 2, 3) is confirmed by our study on the behavior of practitioners - their facial expressions, gestures, color of the face, sweating.

Table 2. The mean and variation of the results studied group: beginner

No	Indexes	X	S	tX	V	R	As	Ex
1	AGE (years)	36.16	12.96	2.96	36	47	1.09	0.73
2	Experience (month)	7.26	3.07	0.70	42	8	0.41	-1.49
3	Bodimass index (Ind.)	21.28	3.04	0.70	14	9.87	1.12	0.39
4	Test Rufina (Ind.)	3.68	1.96	0.45	53	6.40	0.05	-1.22
5	Evaluation Rufina (Bal)	4.31	0.40	0.09	9	1.40	-0.10	-1.07
6	Inhalation Home (s)	41.53	10.70	2.46	26	36	0.15	-0.64
7	Inhalation after 20 squat (s)	19.58	5.38	1.23	27	19	1.13	0.60
8	Exhalation Home (s)	25.11	5.27	1.21	21	19	0.70	0.10
9	Exhalation After 20 squat (s)	14.74	3.77	0.86	25	15	1.02	1.74
10	Test Romberg TREE (s)	17.21	6.66	1.53	39	23	0.08	-0.74
11	Scale test Romberg (s)	15.89	4.36	1.00	27	14	0.02	-1.11
12	STAI (Ind.)	31.32	9.83	2.25	31	35	1.72	2.13

We believe that the behavior represents a reliable diagnosis for the functional status among cognitive (cognitive) parameters.

Table 3. The mean and variation of the results studied group: advanced

No	Indexes	X	S	tX	V	R	As	Ex
1	AGE (years)	47.05	15.91	3.65	34	57	0.10	-0.84
2	Experience (month)	4.95	3.46	0.79	70	11	1.14	0.23
3	Bodimass index (Ind.)	21.73	2.58	0.59	12	9.73	0.60	0.07
4	Test Rufina (Ind.)	2.44	1.79	0.41	73	5.20	0.65	-1.11
5	Evaluation Rufina (Bal)	4.57	0.37	0.08	8	1.10	-0.64	-1.05
6	Inhalation Home (s)	45.42	7.40	1.70	16	28	0.45	-0.10
7	Inhalation after 20 squat (s)	22.84	5.40	1.24	24	20	0.48	0.16
8	Exhalation Home (s)	29.05	5.97	1.37	20	23	0.60	0.79
9	Exhalation After 20 squat (s)	17.26	4.27	0.98	25	20	1.31	3.59
10	Test Romberg TREE (s)	17.84	4.45	1.02	25	19	0.53	1.47
11	Scale test Romberg (s)	18.79	4.18	0.96	26	12	-0.18	-1.08
12	STAI (Ind.)	31.36	7.54	1.73	24	23	0.71	-0.80

Критерии за нормално разпределение при $\alpha < 0.05$: As < 0.71 ; Ex < 0.88 .

3. Analysis of data from the Ayurveda research and development of individual doshas models. We tried to determine the **dominant or predominant doshas**, to determine combinations and ratios between them. Due to the relatively small number of persons and the inability to compare the results (Table 4) with other case described, satisfied with the preparation of individual profiles.

Table 4. Authenticity of the differences between study groups

Indexes	Beginner		Advanced		Δ	t	α	P(t)
	X	S	X	S				
AGE (years)	36,16	12,96	47,05	15,91	-	2,31	0,027	-
Experience (month)	7,26	3,07	4,95	3,46	2,31	2,18	∖:	-
Bodimass index (Ind.)	21,28	3,04	21,73	2,58	-0,45	0,49	0,626	37,43
Test Rufina (Ind.)	3,68	1,96	2,44	1,79	1,24	2,04		95,09
Evaluation Rufina (Bal)	4,31	0,40	4,57	0,37]	2,08		95,53
Inhalation Home (s)	41,53	10,70	45,42	7,40	-3,89	1,30	0,201	79,93
Inhalation after 20 squat (s)	19,58	5,38	22,84	5,40	-3,26	1,86	0,070	92,95
Exhalation Home (s)	25,11	5,27	29,05	5,97	-3,94	2,16	' .	
Exhalation After 20 squat (s)	14,74	3,77	17,26	4,27	-2,52	1,93	0,062	93,83
Test Romberg TREE (s)	17,21	6,66	17,84	4,45	-0,63	0,34	0,734	26,63
Scale test Romberg (s)	15,89	4,36	18,79	4,18	-2,9	2,09	, / > ,	∖
STAI (Ind.)	31,32	9,83	31,36	7,54	-0,04	0,01	0,989	1,12

DISCUSSION

Summarizing the data, the following trends emerged (Tab.5):

Table 5. Systematisation and tabulation of the obtained results from the Ayurvedic survey for the doshas type

Index	Beginners index Prom	Advanced index Prom
1. single dosha	5	1
2. double dosha	1	18
3. triple dosha	3	10

- With "single dosha with" were registered only six persons, most representatives of Watts;
- With "double dosha" in different ratios proved nineteen persons;
- With "triple dosha" were established thirteen persons.

Our data differ from those presented in the literature, where it is stated that "triple doshas" fairly rare. It is noted that this applies generally to individuals who are not specified and refine the age, sex, and physical activity. In our studied women and both types are present almost equally, with a slight preponderance of "double dosha". Perhaps, to some extent, they were able to overcome and overcome some of the natural features, dealing with yoga, such as volatility and unpredictability (Watts); irritability and propensity to anger (Pita) inertia and conceit (Kaffa). It can be seen that the accumulated dosha Vata is advocated in most, probably in his role as managing all external and internal movement and pointing the way to the other doshas.

Very important for us was the ability to make a connection between psychological indicators and a "mind-body". Puzzled us high values of the index for situational anxiety, registered in six people with

"double dosha" (39 to 57) and six persons with "triple dosha" (29 to 46) who is leading watts. Age and experience do not differ, but we noticed that Body mass index (BMI) for them is higher or lower than normal (about over and under 25), they are overweight or underweight.

As a result of the established features of the ratios Vata- Pita and Kaffa doshas, Vata- Pita we can assume that there is some correlation between the level of anxiety, the weight of individuals and their types in which the predominant accumulated dosha is Vata. Perhaps in our case the respondents were in a stressful situation or possible they often fall into this as a result of their individual tendency to nervousness, anxiety and imbalance.

We have come to formulating the following basic **conclusions**, grounded on the general **summary** on the above results analysis:

CONCLUSIONS:

Finally, combining of global knowledge and practices of both unique and belonging practices to the worldwide science, no doubt, will achieve the desired effect and to carry the balance between body, mind and spirit.

1. The aquayoga Classes are an important and strong motivational factor for the social integration of the individual.
2. In an ever increasing stress in our modern world, yoga practices are perceived as pleasant, exciting and relaxing activities exclusive to a minimum sense of anxiety and tension.
3. Knowing your own type of "mind-body" in Ayurveda is an important prerequisite and basic need for the additional information useful and necessary for every practitioner of aquayoga

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