

INVESTIGATING THE ROLE OF YOGA IN ALLEVIATING CHROMOSOMAL TRANSLOCATIONS IN SECURITY GUARDS OF CHANDIGARH POLICE

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Abstract

Stress is commonly known to induce various responses associated with psycho-somatic diseases, both on grosser physical level and subtler molecular level. A growing interest has been seen in the use of Yoga therapy, in the anticipation of coping with stress. Though several control trials have shown positive effect of yoga on stress, the extent to which adjuvant therapies like yoga, may or may not have effect on the molecular level in a human body, and the mechanism involved in such effectuations, asks for further exploration.

Aim: To Investigate the role of yoga in alleviating chromosomal translocations in security guards.

Methodology:

Stress level of the subjects was evaluated using molecular parameters and Cohen's perceived stress scale, followed by assessment of chromosomal translocations for t(14;18) and t(11;14) and assessment for DNA damage response and DNA repair through immunofluorescence and gene expression analysis.

Results & Conclusion:

Yoga brings down the cortisol levels among practitioners. Also, it may affect the DNA damage response and DNA repair.

Conflict of Interest: No conflict of interest

Need for this Study

This study may provide explanatory and exploratory ground for the scientists in this field. Yoga as adjunctive therapy shall be better understood by clinicians for chronic diseases. This study may also provide research based guidance for policy-makers internationally.

Biography of presenting author

Khushboo Arya is a Yoga Professional with 6+ years of experience in the field, and has provided thorough and skilful support to individuals, groups and facilities. With the teaching experience of an assistant professor at a state university of India, she is currently pursuing PhD in Yoga and life sciences from SVYASA, Bengaluru.

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