



EFFECT OF YOGIC PRACTICES WITH AND WITHOUT SATTVIC DIET ON FLEXIBILITY AMONG YOGIC MEN COMPETITORS

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Abstract

The purpose of the study was to find out the effect of yogic practices with and without sattvic diet on flexibility among yogic men competitors. To achieve the purpose of the present study, forty five yogic men competitors from Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into three equal groups of fifteen men competitor each. Group I acted as Experimental Group I (Yogic Practices with Sattvic Diet), Group II acted as Experimental Group II (Yogic Practices without Sattvic Diet) Group III acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. Pre test was conducted for all the subjects on flexibility. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group I, Experimental Group II and Control Group in an equivalent manner. Experimental Group I was exposed to yogic practices with sattvic diet, Experimental Group II was exposed to yogic practices without sattvic diet and Control Group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. After the experimental treatment, all the forty five subjects were tested on flexibility. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses. The yogic practices with sattvic diet and without sattvic diet group produced similar effect on flexibility.

Keywords: Yogic Practices, Sattvic Diet, Flexibility, Men Competitors.

INTRODUCTION

Yoga has long held that there is a much deeper mind in the heart and that it reflects the mind of the Divine. Modern science has only recently come to some awareness of discovering neural, or brain cells, in the heart. Unless a child learns to live from the heart, he is doomed to the illusory world of duality where his egodriven mind holds sway. This, Yoga teaches us, is the cause of all suffering. Just as an acorn possesses all the intelligence needed to create the mighty oak tree, each one of us embodies this eternal consciousness from which we have been largely disenfranchised. The very essence of this consciousness is love, peace, compassion. Returning to child's heart brings him into this sacred essence of awareness where serenity reigns. But as long as he remains driven by the ego-based mind and his five senses, a child remains largely out of touch with his heart. Modern scholars have defined Yoga as the classical Indian science that concerns itself with the search for the soul and the union between the individual, whose existence is finite, and the Divine, which is infinite. Yoga is one of the original concepts which today would be labeled as holistic. That means that the body is related to the breath; both are related to that the brain; in turn this links with the mind, which is a part of

consciousness. The essence of Yoga is to be in the driver's seat of life. Control is a key aspect of Yoga: control of the body, breath and mind. The secret of yoga practice lies in a simple but important word: balance lies. In every area of our life, Yoga represents balanced moderation.

It is important to remember that a sattvic diet is intended to improve the mind. If one consults an Ayurvedic practitioner, they might be advised to follow a diet specifically for a doshic imbalance. Ayurveda distinguishes the sattvic diet from a rajasic diet, consisting of food that is spicy, salty and sour in taste and a tamasic diet, which includes food that is stale, overheated, oily, heavy and often canned or preserved in some way. Aspects from each of these diets may be recommended to help correct a doshic imbalance or physical illness. However, as a general rule, Ayurveda recommends a sattvic diet for people who are, by and large, healthy and balanced (Paul, 2013).

METHODOLOGY

The purpose of the study was to find out the effect of yogic practices with and without sattvic diet on flexibility among yogic men competitors. To achieve the purpose of the present study, forty five yogic men

competitors from Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into three equal groups of fifteen men competitor each. Group I acted as Experimental Group I (Yogic Practices with Sattvic Diet), Group II acted as Experimental Group II (Yogic Practices without Sattvic Diet) Group III acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. Pre test was conducted for all the subjects on flexibility. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group I, Experimental Group II and Control Group in an equivalent manner.

Experimental Group I was exposed to yogic practices with sattvic diet, Experimental Group II was exposed to yogic practices without sattvic diet and Control Group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. After the experimental treatment, all the forty five subjects were tested on flexibility. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

RESULTS

TABLE - I
COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF YOGIC PRACTICES YOGIC PRACTICES
WITHOUT SATTVIC DIET AND CONTROL GROUPS ON FLEXIBILITY

	YPSDG	YPWSDG	CG	Source of Variance	Sum of Squares	df	Mean Square	'F' ratio
Pre - Test Mean	42.33	42.98	42.06	B	6.61	2	3.30	1.39
S.D ±	1.68	1.47	1.44	W	99.75	42	2.37	
Post - Test Mean	50.46	50.22	42.66	B	590.25	2	295.12	137.85*
S.D ±	1.77	1.41	1.12	W	89.91	42	2.14	
Adjusted Post -Test Mean	50.41	50.42	42.51	B	604.45	2	302.23	164.41*
				W	75.36	41	1.83	

An examination of table - I indicated that the pre test means of Yogic practices with sattvic diet, yogic practices without sattvic diet and control groups were 42.33, 42.98 and 42.06 respectively. The obtained F-ratio for the pre-test was 1.39 and the table F-ratio was 3.22. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 2 and 42. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post-test means of the Yogic practices with sattvic diet, yogic practices without sattvic diet and control groups were

50.46, 50.22 and 42.66 respectively. The obtained F-ratio for the post-test was 137.85 and the table F-ratio was 3.22. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 2 and 42. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the yogic practices with sattvic diet, yogic practices without sattvic diet and control groups were 50.41, 50.42 and 42.51 respectively. The obtained F-ratio for the adjusted post-test means was 164.41 and the table F-ratio was 3.23. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 2 and 41. This proved that

there was a significant difference among the means due to the experimental trainings on flexibility. Since significant differences were recorded, the results were

subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table-II.

TABLE - II
THE SCHEFFE'S TEST FOR THE DIFFERENCES BETWEEN THE ADJUSTED POST TEST PAIRED MEANS ON FLEXIBILITY

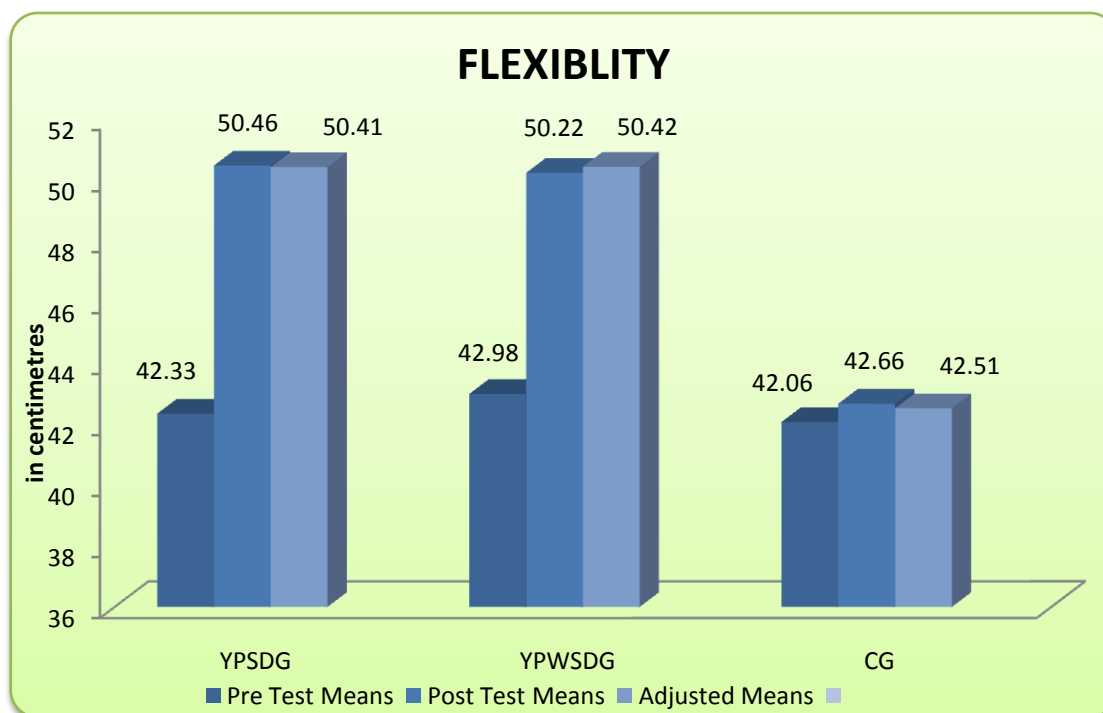
Adjusted Post-test means			Mean Difference	Required CI
YPSDG	YPWSDG	Control Group		
50.41	50.42	---	0.01	1.25
50.41	---	42.51	7.90*	
---	50.42	42.51	7.91*	

** Significant at 0.05 level of confidence*

The multiple comparisons showed in table II proved that there existed significant differences between the adjusted means of yogic practices with sattvic diet and control group (7.90), yogic practices without sattvic diet and control group (7.91). There was no significant difference between yogic practices with sattvic diet and

yogic practices without sattvic diet group (0.01) at 0.05 level of confidence with the confidence interval value of 1.25. The pre, post and adjusted means on flexibility were presented through bar diagram for better understanding of the results of this study in Figure-1.

FIGURE - 1
PRE POST AND ADJUSTED POST TEST DIFFERENCES OF THE YOGIC PRACTICES YOGIC PRACTICES WITH SATTVIC DIET AND CONTROL GROUPS ON FLEXIBILITY



CONCLUSIONS

From the analysis of the data, the following conclusions were drawn:

1. The yogic practices with sattvic diet group had shown significant improvement on flexibility among yogic men competitors after undergoing yogic practices with sattvic diet group for a period of twelve weeks.
2. The yogic practices without sattvic diet group had shown significant improvement on flexibility among yogic men competitors after undergoing yogic practices without sattvic diet group for a period of twelve weeks than the control group.

3. The yogic practices with sattvic diet and without sattvic diet group produced similar effect on flexibility.

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