



IMPACT OF SPECIFIC YOGIC PRACTICES AND NATUROPATHY ON SELECTED OBESITY RELATED DISORDERS AMONG THE SCHOOL CHILDREN

NANCY THOMAS¹ & Dr.V.PERUMAL²

¹Research Scholar, Karpagam Academy of Higher Education, Karpagam University, Coimbatore, Tamilnadu, India.

²Professor, Department of Physical Education, Karpagam Academy of Higher Education, Karpagam University, Coimbatore, Tamilnadu, India.

Abstract

The reason for the present investigation is to discover the impact of particular yogic practice and naturopathy on chosen stoutness related clutters among the school youngsters. For this reason, forty five fat youngsters (just young ladies) examining in different schools in Pathanamthitta District, Kerala State in the age gathering of 13 – 15 years were chosen. They were isolated into three equivalent gatherings (n = 15), each gathering comprised of fifteen subjects, in which the Group – I experienced yoga practice, Group – II experienced naturopathy treatment and Group – III went about as the Control Group who did not take an interest in any exceptional preparing. The preparation time frame for this examination was five days in seven days for twelve weeks. Earlier and after the preparation time frame the subjects were tried on chosen heftiness related clutters. Level of muscle to fat ratio and Body Mass Index (BMI) were chosen as the rule factors for the present investigation and both were evaluated by Quetelet record and the Deurenberg et al equation individually. The Analysis of Covariance (ANCOVA) was utilized to discover the critical contrast assuming any, among the test gatherings and control bunch on chosen paradigm factors independently. Since there were three gatherings associated with this examination, the Scheffé S test was utilized as pos-hoc test. It was finished up from the consequence of the examination that the protest arranged yoga practice and naturopathy has emphatically changed the rule variable, for example, level of muscle to fat ratio and Body Mass Index.

Keywords: Yoga Practice, Naturopathy, Level Of Muscle Versus Fat, Weight List and ANCOVA.

PRESENTATION

This truth of unadulterated Consciousness has been perceived by every one of the scholars, mystics or realists, as the key saying of life from which the insight, volition, love and thought emanate[1]. It is a science that influences the familiarity with oneself as well as the subliminal too. It is a handy physiological preparing, can adulate man to the 'supra ordinary level'. [2] Patanjali presented yoga and its standards and those were first composed down in India a few thousand years ago. [3] As indicated by Swami Vishnu Devananda [4] "Yoga isn't an antiquated legend covered in obscurity. It is the most significant legacy of the present. It is the fundamental need of today and the way of life of tomorrow".

Yoga rehearses have a more profound extensive incentive in the improvement of the physical, mental and otherworldly identity. Be that as it may, unadulterated physical activities just have the impact on the muscles and bones. Vigorous signifies "with oxygen", and alludes to the utilization of oxygen in the body's metabolic or vitality producing process. [5]

Naturopathy is a recuperating framework utilizing the intensity of nature and it is considered as an Art, Science and Philosophy. The establishment of naturopathic drug depends on the logic of "vis medicatrix naturae, the recuperating intensity of nature". The idea of all encompassing wellbeing or regarding the

body all in all (utilizing instruments like water, earth, fire, air and climate) is given a prime significance in different drugless reciprocal restorative sciences, for example, hydrotherapy, knead treatment, mud treatment, fasting treatment, sustenance and dietetics and yoga treatment. The entire routine with regards to nature fix depends on the accompanying three standards , Accumulation of dismal issue , Abnormal structure of blood and lymph and Lowered essentialness. Nature fix trusts that every one of the infections emerge because of the gathering of bleak issue in the body and if the extension is given for its evacuation, it gives a fix or alleviation [10,11]. It additionally trusts that the human body has its natural self developing and self recuperating powers.

STRATEGIES

This examination under scrutiny includes the experimentation of particular yogic practices and naturopathy on chose fat related disarranges among the school youngsters. Just large school youngsters (just young ladies), who were considering in Pathanamthitta District, Kerala State and matured somewhere in the range of 13 and 15 years were chosen. All the chosen subjects were allowed to experience the particular yogic practices and naturopathy treatment after a medicinal examination . At that point the chosen check up subjects

were arbitrarily partitioned into three gatherings of fifteen each, out of which gathering - I (n = 15) experienced the Object Oriented Yoga Practice. Gathering - II (n = 15) experienced Naturopathy Training and Group - III (n = 15) stayed as Control. The preparation program was completed for five days of the week amid the morning session just (6 am to 8 am) for twelve weeks. Level of muscle to fat ratio and Body mass list were chosen as foundation factors for the present investigation and both were evaluated by

Quetelet index[14] and the Deurenberg et al formula[15] individually.

ANALYSIS OF DATA

The information gathered earlier and after the trial time frames on level of muscle versus fat and weight record on Object Oriented Yoga Practice Group, Naturopathy Group and Control Group were investigated and exhibited in the accompanying Table - I.

TABLE – I
INVESTIGATION OF COVARIANCE AND 'F' PROPORTION FOR PERCENTAGE OF BODY FAT AND BODY MASS INDEX FOR YOGA PRACTICE GROUP, NATUROPATHY GROUP AND CONTROL GROUP

Variable Name	Group Name	Yoga Practice Group	Naturopathy Group	Control Group	'F' Ratio
Percentage of Body Fat	Pre-test Mean \pm S.D	29.88 \pm 1.89	30.71 \pm 2.09	29.88 \pm 1.00	1.097
	Post-test Mean \pm S.D.	27.32 \pm 1.22	28.86 \pm 1.81	29.32 \pm 1.53	8.76*
	Adj. Post-test Mean	27.91	28.01	30.22	25.88*
Body Mass Index	Pre-test Mean \pm S.D	25.80 \pm 1.35	25.00 \pm 1.21	25.10 \pm 1.52	1.163
	Post-test Mean \pm S.D.	24.56 \pm 0.98	24.86 \pm 2.79	26.27 \pm 1.88	21.71*
	Adj. Post-test Mean	23.25	24.41	26.01	45.88*

* Significant at .05 level of certainty.

(The table esteem required for hugeness at .05 level of certainty with df 2 and 43 and 2 and 42 were 3.21 and 3.22 separately).

Further to figure out which of the combined means has a critical enhancement, Scheffé S test was

connected as post-hoc test. The aftereffect of the subsequent test is exhibited in the Table - II.

TABLE - II

Adjusted Post-test Mean of Percentage of Body Fat				
Yoga Practice Group	Naturopathy Group	Control Group	Mean Difference	Confidence Interval
27.91		29.88	1.97*	0.08786
27.91	28.01		0.1*	0.08786
	28.01	29.88	1.87*	0.08786
Adjusted Post-test Mean of Body Mass Index				
23.25		26.01	2.76*	0.7695
23.25	24.41		1.16*	0.7695
	24.41	26.01	1.6*	0.7695

* Significant at 0.05 level of confidence.

RESULTS

The preparation force for particular yogic practice and naturopathy was appeared in the informative

supplements. Prior to applying the examination ,every one of the subjects of the particular yogic practices, Naturopathy and Control Groups were gone to the pre-

test, which was directed multi day before the initiation of the preparation and the information were gathered on the level of muscle versus fat and weight record. After the twelve weeks of preparing, the post-test was led one day after the preparation time frame to discover the adjustments in the foundation factors.

The Analysis of Covariance (ANCOVA) was utilized to discover the noteworthy contrast assuming any, among the exploratory gatherings and control amass on the chosen rule factors independently. In every one of the cases, .05 level of certainty was settled to test the importance, which was considered as a proper. Since, there was three gatherings which were engaged with this investigation, the Scheffé S test was utilized as pos-hoc test and it was appeared in the Table - II.

Subsequent to applying the investigation of covariance, the aftereffect of this examination demonstrated that there was a noteworthy distinction among the yoga practice, naturopathy and control bunches on the adjustments in level of muscle versus fat and weight file after the twelve weeks of preparing. The measure variable, for example, level of muscle to fat ratio and weight file were altogether diminished after the particular yogic practice and naturopathy period. Further, looking at the balanced post-test methods for all the rule factors, for example, level of muscle versus fat and weight file, both the preparation bunches were essentially expanded the execution after the preparation time frame, when contrasted and the Control Group. Fundamentally the yoga practice and naturopathy has enormously enhanced the Physical, Physiological and Psychological parameters.

CONCLUSION

The level of muscle to fat ratio was decreased[16,17] in Yoga Practice Group and Naturopathy Group when contrasted and the Control Group. Weight record was likewise diminished fundamentally after the yoga practice[18,19] and naturopathy practice.

REFERENCES

1. Adengada A. Kushalappa & Dr. S. Suthakar. Effect of Basketball Specific Training on Skill Performance Variables among the Inter-collegiate Men Basketball Players of Mangalore University. *International Journal of Recent Research and Applied Studies*, 2016, 3, 7(12), 60-63.
2. DP Shivakumar, S Suthakar, Sundar Raj Urs, 2016. Effect of Selected Yogic Exercises on Cardiovascular Endurance and Lung Capacity of Secondary School Children, 2016/6, *International Journal of Engineering Science*, 7286.
3. Dr S Suthakar, Dr Sundar Raj Urs DP Shivakumar, 2016, Effect of Selected Yogic Exercises on Cardiovascular Endurance and Lung Capacity of Secondary School Children, *IJESC*, 6, 6 PP. 7286-7289.
4. Dr S Suthakar, Dr Sundar Raj Urs DP Shivakumar, 2016, Effect of selected yogic exercises on selected physiological variable of secondary school children., *International Journal of Physical Education, Sports and Health*, 4-114.
5. Dr. S Suthakar and Dr. Sundar Raj Urs DP Shivakumar, 2016. Effect of selected yogic exercises on selected physiological variable of secondary school children, 2016/6/23, *International Journal of Physical Education, Sports and Health*, 3, 4, 114-116.
6. Dr. S. Suthakar Adengada A. Kushalappa, 2016. Correlations of Biomechanical Characteristics with Ball Agility in Penalty Corner Push-In Effect of Basketball Specific Training on Skill Performance Variables among the Inter-collegiate Men Basketball Players of Mangalore University, 2016/7/10, *International Journal of Recent Research and Applied Studies*, 3, 7(12), 60-63.
7. Dr. S. Suthakar Adengada A. Kushalappa, Effect of Basketball Specific Training on Selected Physical Fitness Variables among the Inter Collegiate Men Basketball Players of Mangalore University, 2016/7, *International Journal of Recent Research and Applied Studies*, 3, 7 (14), 60-63.
8. Dr. S. Suthakar Muniraju M. G, 2016. Effects of the Short Term Resistance and Regular Resistance Training in the Development of Lower Body Strength, Leg Explosive Power and Shooting Ability on the Male Basketball Players, *International Journal of Recent Research and Applied Studies*, 3, 8,(12), 51-54.
9. Dr. S. Suthakar, Nayak Darshana Habbu, 2016. Effects of the Combination of Plyometric and Specific Training with Skill Training in the Development of Anaerobic Capacity, Leg Explosive Power and Over All Playing Ability of the Volleyball Players, 2016/8, *International Journal of Recent Research and Applied Studies*, 3, 8(19), 83-87.
10. Dr.S.Suthakar k.m.Ashok kumar, R.Ashok kumar, 2016. An Effective Approach through Strength, Endurance and Skill Training Program Combinations on Flexibility and Dribbling of Male Basketball Players, 2016/3, *International Journal of Innovative Research and Development*, 5,4, 221-224.
11. Dr.S.Suthakar M. Sankar, 2016. Influence of the Isolated and Combined Circuit and Fartlek Trainings on the Selected Strength Parameters among the College Men Students, 2016/8, *International Journal of Recent Research and Applied Studies*, 3, 8(16), 70-74.

12. Dr.S.Suthakar Muniraju, M. G, 2016.Effects of the Short Term Resistance and Regular Resistance Training in the Development of Muscular Strength Endurance, Upper Body Strength and Passing Ability of the Male Basketball Players, 2016/8, International Journal of Recent Research and Applied Studies, 3,8,(13),55-59.
13. Dr.S.Suthakar Nayak Darshana Habbu, 2016. Effect of Combination of Plyometric and Skill Training in the Development of Agility, Muscular Strength Endurance and Serving Ability among the Volleyball Players,2016/8, International Journal of Recent Research and Applied Studies, 3,8,(7),25-29.
14. Dr.S.Suthakar S.Kanaka Vishnu moorthi, Dr. V.Perumal, 2016. The Effects of two Modalities of Resistance Circuit Training on Flexibility of Collegiate Male Kabaddi Players, 2016/4, International Journal of Recent Research and Applied Studies, 3,4, 71-74.
15. Dr.S.Suthakar Venkata chalapathi G, 2016. Analysis of Aerobic Capacity and Muscular Strength Endurance on the Specific Fitness Training Among the Tribal and Non-Tribal School Boys, 2016/5/11, International multidisciplinary Research Journal, 6, 5, 1-7.
16. Dr.S.Suthakar Venkata chalapathi G, 2016. Analysis of physical growth on specific fitness training among tribal and non-tribal school boys, 2016/10/27, International Journal of Physical Education, Sports and Health3,6, 137-142.
17. Dr.Sundar Raj Urs Kishor V, Dr. S Suthakar, 2016. Analysis of physical fitness and adjustment between physical education and general education teachers, 2016/6, international journal of multidisciplinary educational research, 5, 6(3), 88-91.
18. M Sankar, S Suthakar, 2016. Influence Of Isolated And Combined Circuit And Fartlek Trainings On Selected Endurance Parameters Among College Men Students, 2016/9/15, International Education and Research Journal, 2,9.
19. M. Sankar, Dr.S.Suthakar, 2016. Influence of the Isolated and Combined Circuit and Fartlek Trainings on the Selected Strength Parameters among the College Men Students, International Journal of Recent Research and Applied Studies, Volume 3, Issue 8 (16) August 2016.
20. R. Ashok Kumar K. Babu , S. Suthakar, 2016. Effects of Volleyball Specific Resistance Training and Skill Training Packages on the Development of Leg Explosive Power and Agility on the Higher Secondary Level School Boys,2016/3, international journal of innovative research and development, 5, 4,231-235.
21. R.Ashok kumar Dr.S.Suthakar, K.M.Ashokkumar, 2016. An Effective Approach through Strength, Endurance and Skill Training Program Combinations on Muscular Strength and Endurance and Explosive Power of Male Basketball Players., International Journal of Innovative Research and Development., 5,4,218-220.
22. R.Ashokkumar K.Babu, S.Suthakar, 2016. Effect of Volleyball Specific Resistance Training and Skill Training Packages on the Development of Flexibility and Muscular Strength and Endurance on the Higher Secondary Level School Boys, 2016/3, International Journal of Innovative research and development, 5,4, 225-230.
23. S. Kanaka Vishnu Moorthi Dr. S. Suthakar, Dr. V. Perumal 2016 The Effects of Three Modalities of Resistance Circuit Training on Agility, Muscular Strength, Muscular Strength and Endurance of Collegiate Male Kabaddi Players, 2016/4, INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH & DEVELOPMENT, 5,5, 282-287.
24. S.Suthakar and Dr.A.Pushparajan, Effects of Silambam and Karate with Yogic Training on Agility and Arm Explosive Power of Collegiate Male Students., International Journal of Innovative Research and Development|| ISSN 2278-0211
25. Satheesh B and Dr.S. Suthakar, 2016. Comparative study of the psychological well-being and self-confidence between the bicycle beneficiaries and non beneficiaries of the secondary school children,2016/8/27, International Journal of Physical Education, Sports and Health, 3,5, 495-497.
26. Satheesh B. and Dr.S. Suthakar. 2016.A Study on the selected motor fitness variables among the bicycle beneficiaries and non beneficiaries of the secondary school children, 2016/10, Indian Streams Research Journal6,9,1-4.