



EFFECT OF YOGASANAS ON BLOOD CHOLESTEROL AMONG MIDDLE AGED MEN

Dr.V.SAMINATHAN¹, Dr.Ch.VST. SAIKUMAR² & Dr.A.NEEDHIRAJA³

¹Assistant Professor, Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore, Tamilnadu.

²Principal & secretary, Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore, Tamilnadu.

³Assistant Professor, Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore, Tamilnadu.

ABSTRACT

The purpose of the study was to find out the effect of yogasanas on blood cholesterol among middle aged men. It was hypothesized that there would be significant differences on blood cholesterol due to the effect of yogasanas. For the present study the 30 middle aged men from Periyanaickenpalayam, Coimbatore, Tamilnadu, India were selected at random and their age ranged from 35 to 45 years. The blood cholesterol was assessed in the lab. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group ‘I’ and Group ‘II’. Group ‘I’ underwent yogasanas training and Group ‘II’ has not undergone any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent ‘t’ test. The level of significance was set at 0.05. The results of the study showed that the experimental group that practiced yogasana reduced the blood cholesterol. This may be due to the nature of the training programme that was advocated in the training schedule.

KEYWORDS: Yoga, Blood Cholesterol, College Men.

INTRODUCTION

Yoga may help in conformity with take a look at someone imbalance of fat development then will allow each thought or physique in accordance with characteristic more efficiently. Practicing of yoga asanas strengthen the muscles, launch bodily tension yet enhance attention yet poise. Yoga makes limbs consistent passionate or relaxed. The permanent poses enhance balance yet muscle flexibility. Yogic employment perform help players in imitation of loosen up then top off their energy afterward enthusiastic games. It additionally promotes calm, obvious thinking too in conditions as call because of quick reactions. Yoga stretches or strengthens entire muscle mass concerning physique yet brings junction or clear according to the mind and spirit. Yoga derives its sight out of Indian metaphysical beliefs. The word yoga comes out of Sanskrit speech or capability consistency and merger. The final aim on it philosophy is according to strike a stability between idea then body or achieve self-enlightenment. To acquire this, yoga utilizes movement, breath, posture, removal yet meditation among order in imitation of set up a healthy, energetic then coherent method in imitation of life. Though the precise origins about Yoga are rummy but Yoga is regarded in conformity with keep the oldest physical moderation in existence. Yoga, for that reason symbolizes stability in each region regarding life. In the in the past times, the motive of the Yoga postures yet breathing exercises used to be in imitation of carry longevity or entertainment then that practitioners could put together because of the

rigors regarding meditation, application nonetheless then watchful for long durations on time. In contemporary connection additionally Yoga can shed an essential role between maintaining a pleasant balance of action and healthy mind (Balasubramaniam & Pansare, 1991).

METHODOLOGY

The purpose of the study was to find out the effect of yogasanas on blood cholesterol among middle aged men. It was hypothesized that there would be significant differences on blood cholesterol due to the effect of yogasanas. For the present study the 30 middle aged men from Periyanaickenpalayam, Coimbatore, Tamilnadu, India were selected at random and their age ranged from 35 to 45 years. The blood cholesterol was assessed in the lab. For the present study pre test – post test random group design which consists of control group and experimental group was used. The subjects were randomly assigned to two equal groups of fifteen each and named as Group ‘I’ and Group ‘II’. Group ‘I’ underwent yogasanas training and Group ‘II’ has not undergone any training. The data was collected before and after twelve weeks of training. The data was analyzed by applying dependent ‘t’ test. The level of significance was set at 0.05.

RESULTS

TABLE I
DESCRIPTIVE ANALYSIS OF PRE TEST AND POST TEST MEANS OF EXPERIMENTAL AND CONTROL GROUP ON BLOOD CHOLESTEROL

S.No	Variables	Pre Test Mean	Post Test Mean
1	Blood Cholesterol	Exp:125.65	Exp:116.26
		Con:126.16	Con:125.90

TABLE II
COMPUTATION OF 'T' RATIO BETWEEN THE PRE TEST AND POST TEST MEANS OF BLOOD CHOLESTEROL OF EXPERIMENTAL AND CONTROL GROUPS

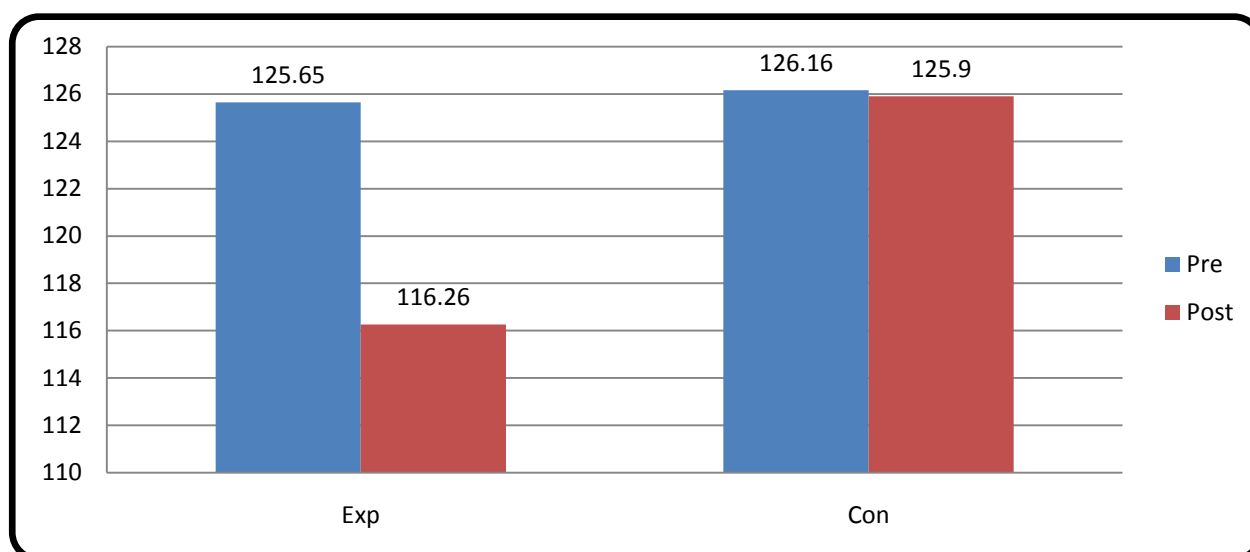
Variables	Groups	Mean diff	SD	σ DM	't' ratio
Blood Cholesterol	Experimental	9.39	1.96	0.50	16.42*
	Control	0.26	2.44	0.63	0.18

*Significant at 0.05 level

An examination of table II indicates that the obtained 't' ratio was 16.42 on blood cholesterol of experimental group was found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The results of this study showed that twelve weeks practice of yogasanas produced a significant decrease in blood cholesterol. Hence the formulated

hypothesis related to this was accepted. The obtained 't' ratio was 0.18 on blood cholesterol of control group were found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be not significant. The mean scores of blood cholesterol of experimental and control group were shown graphically in figure I.

FIGURE I
GRAPH SHOWING THE PRE MEAN AND POST MEAN OF BLOOD CHOLESTEROL OF EXPERIMENTAL AND CONTROL GROUP



CONCLUSION

1. The results of the study showed that the experimental group that practiced yogasana reduced the blood cholesterol. This may be due to the nature of the training programme that was advocated in the training schedule.

REFERENCES

1. Atkinson, N.L., & Permuth, L. R. (2009). Benefits, barriers, and cues to action of yoga practice: a focus group approach. *Am J Health Behav.* Jan-Feb;33(1):3-14
2. Balasubramaniam, B. & Pansare, M. (1991). Effect of yoga on aerobic and anaerobic power of muscles, *Indian J Physiol Pharmacol.* 281-182.
3. Baljinder, B., Kanwaljeet, S., & Parminder, K. (2009). Effects of Kapalbhathi on Peak Expiratory Flow Rate and Pulse Rate. *International Journal of Sports Science and Engineering* Vol. 03.No. 02, pp. 077-084
4. Chakrabathi, Ghosh and Sahana's (1984). *Human Physiology*. India: The New Book Stall, Calcutta.
5. Eswaramoorthy, A. & Suresh Kumar, M. (2020). Effect of yogic practices and aerobic training on flexibility among physical education students. *Purakala*, 31,8, 417-420.
6. Govinarajalu, N., Gnanadeepam, J. & Bera., T.K. (2003). Effect of yoga practice on flexibility and cardio respiratory endurance on high school girls, *Yoga Mimamsa*, Vol.XXXV, No1& 2: 64-70.
7. Jayaveerapandian, V. (2000). A Study on Outcome between Physical Exercises and Yogic Exercises on Selected Physical Physiological Variables during off-season among the Sports Participants. Unpublished Doctoral Thesis. Bharathidasan University.
8. Suman Kumar. A & Yokesh, T.P. (2019). Effect on Combination Of Yoga With Calisthenics Exercise And Their Impact On Selected Physical Variables Among School Level Football Players. *Indian Journal of Applied Research*, 9 (10).
9. Suresh, Kumar M. (2019). Effect of yogic practices on selected lung volumes among asthmatic men. *The International journal of analytical and experimental modal analysis*, XI,VII, 1286-1290.
10. Yokesh, T.P. & Chandrasekaran, K. (2011). Effect of yogic practice and aerobic exercise on selected physical and physiological variables among overweight school boys. *International Journal of Current Research*. 3 (9), 103-106.
11. Yokesh, T.P. & Chandrasekaran, K. (2011). Effect of yogic practice on selected physical fitness among overweighted school boys. *Recent Research in Science and Technology*, 3 (9).