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Effect of Yogic Practices on Selected Physical and Clinical Variables among Female Geriatric People

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Abstract

The aim of this study was to find out the effect of yogic practices on selected physical and clinical variables among female geriatric people. The subjects (n= 40) were randomly assigned the two equal groups of twenty each. The experimental groups participated in their respective Pawanamuktasana series, Asanas, Pranayama, Meditation and Relaxation for a period of twelve weeks. The results proved that yogic practices group has been significantly the physical and clinical variables (p< 0.05). It was also found that Exp. Group - I – Yogic practices group were significantly better than Control Group was normalize the physical and clinical variables. It was concluded that Yogic practices can be implemented among female geriatric people.

Keywords: Pawanamuktasana series, Asanas, Pranayama, Meditation, Relaxation, Physical and Clinical variables.

Introduction

In yoga innumerable techniques and principles have wolves over thousands of years. It has been protected by great teacher's during their lifetime it is continuously being practiced generation after generation in succession without tail and still continuing to grow in vitality. Time is only making these principles more and more contemporary. yoga in life many people are first drawn to yoga as a way to keep their bodies fit and supple good to look at and to live in other's come seeking help or relief to specific complaint like tension or backache some are merely impelled by a sense that they are not getting as much out of life as they could be. wherever your reason, yoga can be a tool an instrument for you-giving you both wheat you came for and more to understand what yoga is all about you need to experience it for yourself at first glance it seems to be little strange physical postures, which keep the body lean and flexible. But in time anyone who continues with regular practice becomes aware of subtle change in their approach to life for through persistently toning and relaxing the body and stilling the mind you begin to glimpse a state of inner peace which is your true nature. (The sivananda companion to yoga 2000).

Science and technology have revolutionized the life style of man. Increased standard of living has brought great comfort to mankind. Within a short period of about 100 years, the modern medicine with its scientific approach and research has been able to unravel many mysteries, which were out of reach for mankind over generations. Along with this developments, the modern man becoming submerged by a world full of concentration with large number of problems and recurrent crisis. Among these are the distortions of values, the corruption of mind, endless social problems. Drug consumption and abuses, stress, mental and physical ailment are increased in high rate. (Davidson. G.C and Neal J.M 1990).

The term yoga comes from a Sanskrit word which means yoke or union. Traditionally, yoga is a method joining the individual self with the Divine, Universal Spirit, or Cosmic Consciousness. Physical and mental exercises are designed to help achieve this goal, also called self-transcendence or enlightenment. On the physical level, yoga postures, called asanas, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy. On the mental level, yoga uses breathing techniques (pranayama) and meditation (dyana) to quiet, clarify, and discipline the mind. However, experts are quick to point out that yoga is not a religion, but a way of living with health and peace of mind as its aims. (Stuart Ray Sarbacker, 2005)

Siddhars, the great forefathers have described body as the temple of God. Indeed this body healthy and free from disease. It is better to keep physique fit rather than looking after body with medicine. Yogasana helps in a great deal towards achieving this purpose. By yogasana one can prevent the attack of any disease. The forefathers

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have lived a life like this. Yoga is the ancient property of humanity, the most valuable treasure man has ever possessed.

Methodology

The present study was designed to find out the effect of yogic practices on selected physical and clinical variables among female geriatric people. Forty female geriatric peoples were randomly selected from T. Nagar area, Chennai. The subjects assigned to two equal group of twenty each. In Exp.Group I acted as yogic practices and Group II acted as control group. The Pre tests were conducted for all the subjects and the following selected physical and clinical variables were selected namely Flexibility and pain. The experimental groups participated in their respective Pawanamuktasana series, Asanas, Pranayama, Meditation and Relaxation practices group for a period of twelve weeks. The post test was conducted on the above said variables. The training programme was scheduled as 6.00 to 7.00 am for three alternative days in a week.

Training Programme:

1. Pawanamuktasana series
2. Suryanamaskar (Bihar School of Yoga) - 12 counts

Asana

Breathing

1.	Pranamasana	Normal
2.	Hasta Uttanasana	Inhale
3.	Padahastasana	Exhale
4.	Ashwa Sanchalasana	Inhale
5.	Purvatasana	Exhale
6.	Astanganamaskara	Holding
7.	Bhujangasana	Inhale
8.	Purvatasana	Exhale
9.	Ashwa Sanchalasana	Inhale
10.	Padahastasana	Exhale
11.	Hasta Uttanasana	Inhale
12.	Pranamasana	Normal

Yogasanas

1. Padmasana, Vajrasana, Pascimottanasana
2.Tadasana, Trikonasana, Padahastasana, Ardhachakrasana
3. Salabasana, Bhujangasana, Dhanurasana
4.Viparethakarani, Sarvangasana, Halasana, Uttanapadasana
5. Savasana (Relaxation)

Pranayama

1. Anulom, Vilom
2. Nodi Shodana
3. Sitali
4. Sitkari
5. Bhastrika

Meditation

Relaxation

The differences between the initial and final scores were considered as the effect of yogic practices on selected physical and clinical variables. The collected data were analyzed through Analysis of Covariance (ANCOVA).

Results

The collected data from the experimental group and control group paired after experimentation selected variables were statistically examined by analysis of covariance (ANCOVA) was used. The level of significance was fixed at 0.05 level of confidence to test the 'F' ratio obtained by analysis of covariance.

Table I. Analysis of co-variance of the means of experimental group and the control group in flexibility

Test	Experimental Group – I	Control Group	Source of Variance	Df	Sum of Square	Mean Square	F ratio
Pre-Test	18.60	17.75	Between	2	7.23	7.23	2.36
			Within	38	116.55	3.07	
Post-Test	20.10	17.05	Between	2	93.02	93.02	27.89*
			Within	38	126.75	3.34	
Adjusted Post Test	19.84	17.31	Between	2	60.36	60.36	26.77*
			Within	37	83.44	2.26	

*significant.

Table value for df 1 and 38 was 3.21 Table value for df 1and 37 was 3.22.

Figure I. Bar diagram on ordered pre and post means of flexibility

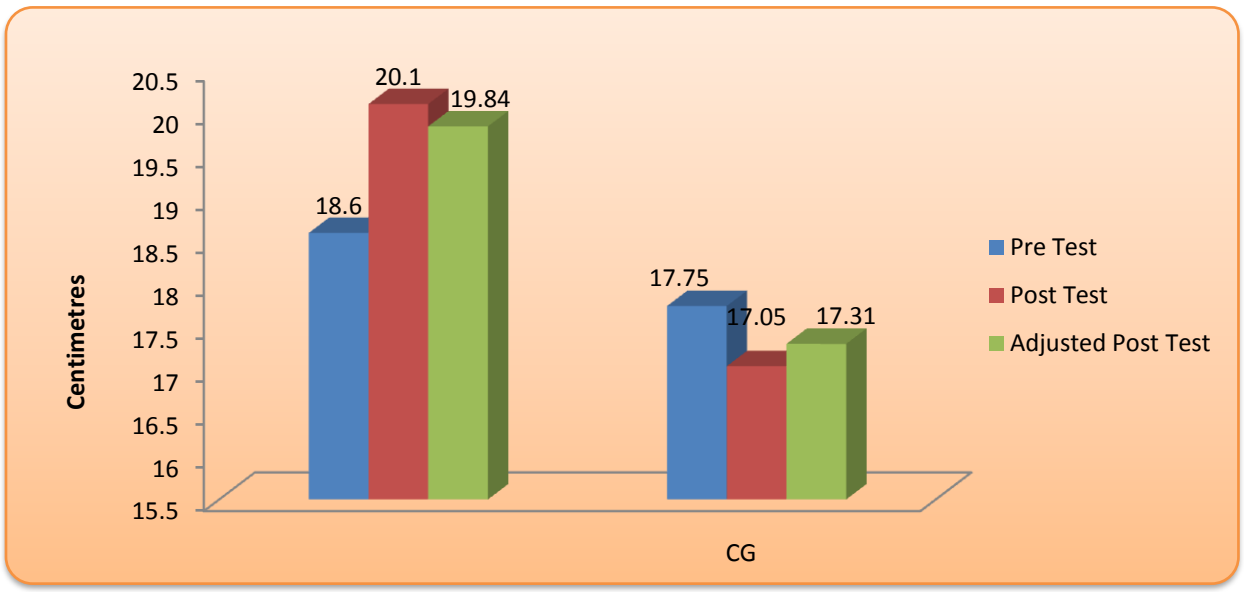
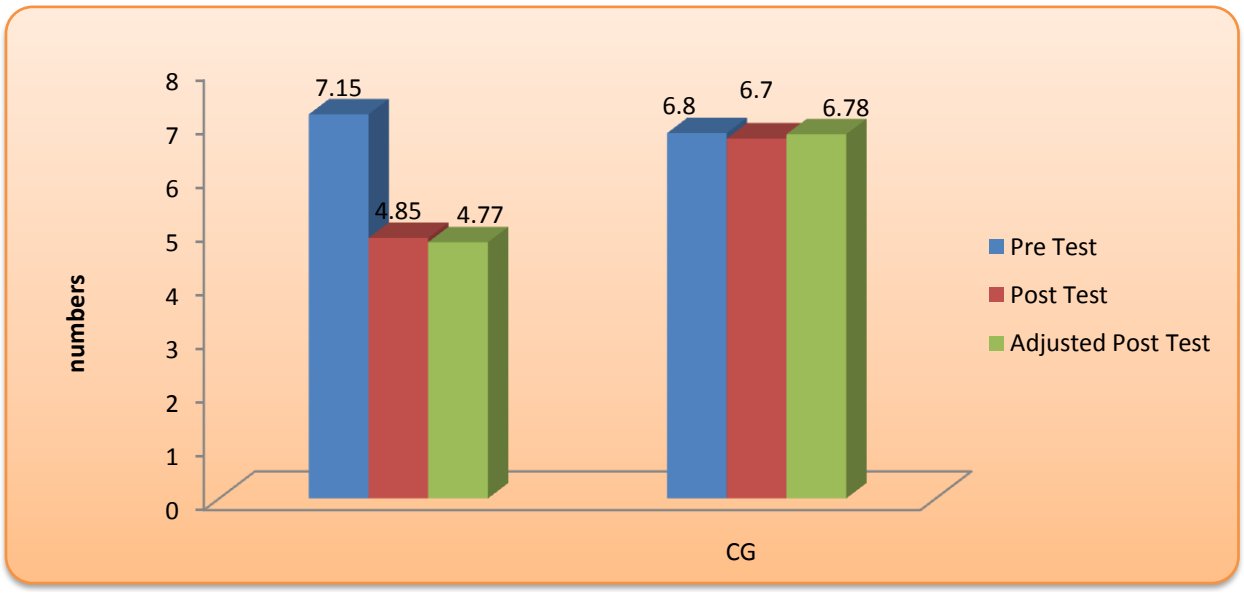


Table II. Analysis of co-variance of the means of two experimental groups and the control group in pain

Test	Experimental Group – I	Control Group	Source of Variance	Df	Sum of Square	Mean Square	F ratio
Pre-Test	7.15	6.80	Between	2	1.22	1.22	0.69
			Within	38	67.75	1.78	
Post-Test	4.85	6.70	Between	2	34.22	34.22	24.65*
			Within	38	52.75	1.39	
Adjusted Post Test	4.77	6.78	Between	2	39.33	39.33	36.27*
			Within	37	40.12	1.08	

*significant.
Table value for df 1 and 38 was 3.21 Table value for df 1and 37 was 3.22.

Figure II. Bar diagram on ordered pre and post means of pain



Discussion on Findings

In this research, the physical and clinical variables of the subjects was measured the flexibility and pain. These interventional programmers, namely twelve weeks of yogic practices proved that flexibility and pain can be significantly increased and reduced and thereby the geriatrics female can be moderated.

Conclusion

1. Yogic practices to reduce the efficiency of pain.
2. After the training period in Yogic practices the efficiency of flexibility increased quickly when compared to the control group.
3. On the basis of the findings of the study, it may be considered that the yogic practices is very useful for geriatrics female.

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