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Effect of Yogic Practices With and Without Green Tea Supplementation on Selected Health Related Physical Fitness Variables among Obese Men

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Abstract

The purpose of the study was to find out the effect of yogic practices with and without green tea supplementation on selected health related physical fitness variables among obese men. To achieve the purpose of the present study, thirty obese men from Chennai, Tamilnadu, India was selected as subjects at random and their ages ranged from 30 to 40 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group I (Yogic practices with green tea supplementation Training) and Group II acted as Experimental Group II (Yogic practices without green tea supplementation Training). 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. The duration of experimental period was 12 weeks. After the experimental treatment, all the thirty subjects were tested on their selected health related physical fitness variables. 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 dependent 't' test. In all cases 0.05 level of significance was fixed to test hypotheses. The yogic practices with green tea supplementation group and yogic practices without green tea supplementation group produced significant changes in health related physical fitness variables. The 't' values of the selected variables have reached the significant level.

Keywords: Yogic Practices, Green Tea, Obese Men.

Introduction

The incidence of obesity is increasing rapidly. Research efforts for effective treatment strategies still focus on diet and exercise programmes, the individual components of which have been investigated in intervention trials in order to determine the most effective recommendations for sustained changes in bodyweight. The foremost objective of a weight loss trial has to be the reduction in body fat leading to a decrease in risk factors for metabolic syndrome. However, a concomitant decline in lean tissue can frequently be observed. Given that fat free mass represents a key determinant of the magnitude of resting metabolic rate, it follows that a decrease in lean tissue could hinder the progress of weight loss. Therefore, with respect to long term effectiveness of weight loss programmes, the loss of fat mass while maintaining fat free mass and resting metabolic rate seems desirable. Diet intervention studies suggest spontaneous losses in bodyweight following low-fat diets, and current data on a reduction of the carbohydrate to protein ratio of the diet show promising outcomes. Exercise training is associated with an increase in energy expenditure, thus promoting changes in body composition and bodyweight while keeping dietary intake constant. The advantages of strength training may have greater implications than initially proposed with respect to decreasing percentage body fat and sustaining fat-free mass. Research to date suggests that the addition of exercise programmes to a dietary restrictions can promote more favourable changes in body composition than diet or physical activity on its own.

Green tea is grown in Asian countries, mainly China, Japan, Korea and India. Drinking green tea may provide a slight boost to metabolism, the processes by which the body turns food into energy. A slower metabolism can cause on excess weight. Both the catechins and the caffeine in green tea have metabolism-boosting effects, caffeine promotes fat-burning by increasing thermogenesis, or heat production, and catechins seem to boost fat oxidation. The two may work in tandem to boost metabolism, according to a review published in "American Journal of Physiology" in July 2006. Drinking green tea has many benefits to the body, primarily involving energy boosting and fat burning. Green tea is derived from the tea bush, Camellia sinensis, and contains caffeine, unlike herbal teas.

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Methodology

The purpose of the study was to find out the effect of yogic practices with and without green tea supplementation on selected health related physical fitness variables among obese men. To achieve the purpose of the present study, thirty obese men from Chennai, Tamilnadu, India was selected as subjects at random and their ages ranged from 30 to 40 years. The subjects were divided into two equal groups of fifteen each. Group I acted as Experimental Group I (Yogic practices with green tea supplementation Training) and Group II acted as Experimental Group II (Yogic practices without green tea supplementation Training). 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. The duration of experimental period was 12 weeks. After the experimental treatment, all the thirty subjects were tested on their selected health related physical fitness variables. 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 dependent 't' test. In all cases 0.05 level of significance was fixed to test hypotheses.

Results

Table 1

Significance of mean gains & losses between pre and post test scores on selected variables of yogic practices with green tea supplementation group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Flexibility	17.99	19.89	1.90	2.02	0.45	4.21*
2	Cardio Vascular Endurance	1600.50	1705.60	105.10	16.32	3.65	28.78*

* Significant at 0.05 level

An examination of table 1 indicates that the obtained't' ratios were 4.21 and 28.78 for flexibility and cardio vascular endurance respectively. The obtained't' ratios on the selected variables were 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 statistically significant and explained its effects positively.

Figure I

Shows the pre and post mean values of yogic practices with green tea supplementation on selected variables

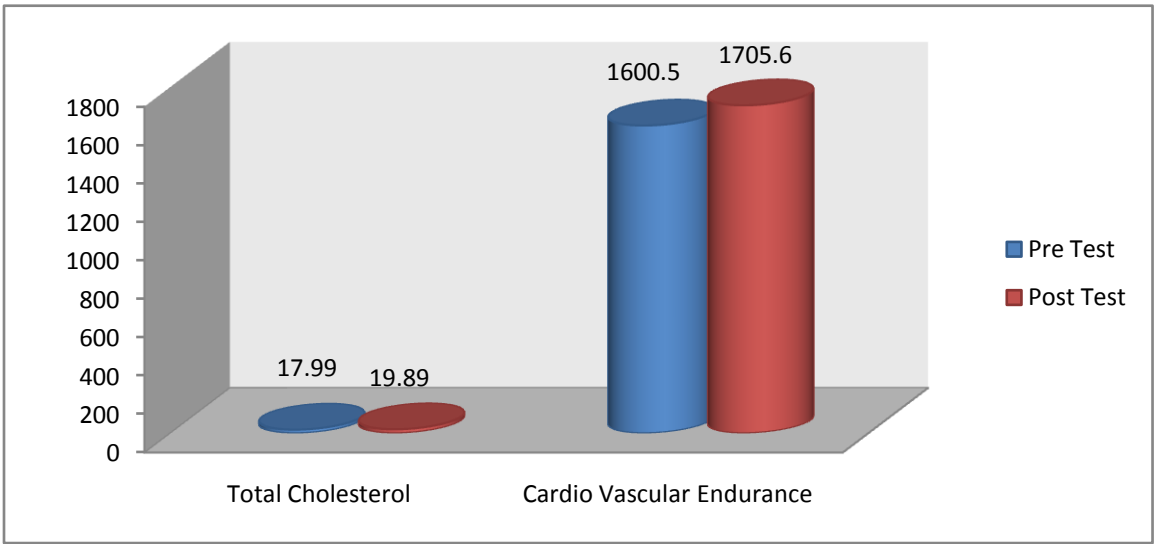


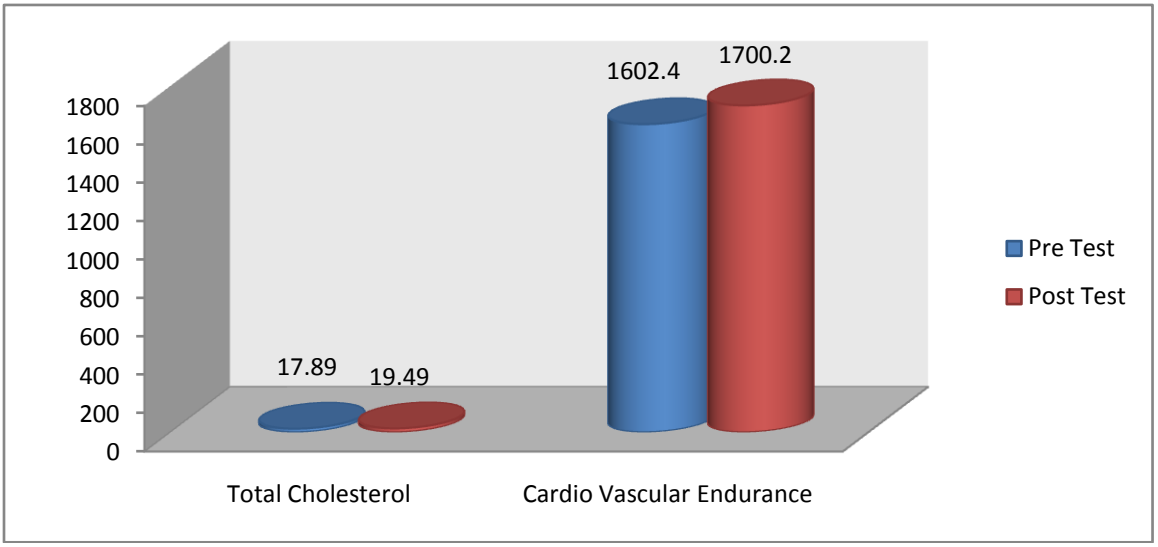
Table 2
Significance of mean gains & losses between pre and post test scores on selected variables of yogic practices without green tea supplementation group

S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Flexibility	17.89	19.49	1.60	2.34	0.52	3.06*
2	Cardio Vascular Endurance	1602.40	1700.20	97.80	4.97	1.11	87.82*

* Significant at 0.05 level

An examination of table 2 indicates that the obtained't' ratios were 3.06 and 87.82 for flexibility and cardio vascular endurance respectively. The obtained't' ratios on the selected variables 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 insignificant.

Figure II
Shows the pre and post mean values of yogic practices without green tea supplementation on selected variables



Conclusion

1. The yogic practices with green tea supplementation group and yogic practices without green tea supplementation group produced significant changes in health related physical fitness variables. The 't' values of the selected variables have reached the significant level.

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