



Impact of Object Oriented Yoga Practices and Naturopathy on the Selected Coronary Heart Disease (CHD) Risk Factors among Forty to Forty Five Middle Aged Obese Men

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Abstract

The motivation behind the present investigation is to discover the impacts of yoga practice and naturopathy on the CHD hazard patients. For this reason, forty five moderately aged large men with CHD hazard factors around Thrissur District, Kerala State in the age gathering of 40 – 45 years are chosen. They are partitioned into three equivalent gatherings (n = 15), each gathering comprises of fifteen subjects, in which bunch – I experiences yoga rehearse, assemble – II experiences naturopathy treatment and gathering – III goes about as a control aggregate who does not take an interest in any uncommon preparing. The preparation time frame for this investigation is five days in seven days for twelve weeks. Earlier and after the preparation time frame the subjects are tried for hypertension. Add up to cholesterol and high thickness lipoprotein are evaluated by Boehringer Mannheim unit strategy. The investigation of covariance (ANCOVA) is utilized to discover the noteworthy distinction among the test gatherings and control bunch on the chose measure factors independently. Since there are three gatherings associated with this investigation the Scheffé S test is utilized as a pos-hoc test. It is finished up from the aftereffects of the examination that the protest arranges to yoga practice and naturopathy has emphatically adjusted the rule variable, for example, add up to cholesterol and high thickness lipoprotein.

Keywords: Yoga Practice, Naturopathy, Total Cholesterol And High Density Lipoprotein.

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Introduction

This reality of unadulterated awareness has been perceived by every one of the masterminds, mystics or realists, as the basic saying of life from which insight, volition, love and thought emanate[1]. It is a science that influences the familiarity with oneself as well as the subliminal also. It is a handy physiological preparing, can applaud man to the 'supra ordinary level'. [2] Patanjali presented yoga and its standards which was first composed down in India before a few thousand years ago.[3] As indicated by Swami Vishnu Devananda[4] "Yoga isn't an antiquated legend covered in insensibility. It is the most profitable legacy of the present. It is the basic need of today and the way of life of tomorrow". Yoga hones have a more profound extensive incentive in the advancement of the physical, mental and otherworldly identity. Yet, unadulterated physical activities just have impact on the muscles and bones. High-impact 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 utilizes the intensity of nature and it is considered as the craftsmanship, science and reasoning. The establishment of naturopathic drug depends on the theory of "vis medicatrix naturae, the mending intensity of nature". The idea of all encompassing wellbeing or regarding the body all in all (utilizing apparatuses like water, earth, fire, air and climate) gives prime significance to the different drugless integral medicinal sciences, for example, hydrotherapy, knead treatment, mud treatment, fasting treatment, nourishment and dietetics, yoga treatment, pressure point massage and exercise treatment [6,7,8,9]. The entire routine with regards to nature fix depends on the accompanying three standards. Gathering of dreary issue, Abnormal piece of blood and lymph Lowered imperativeness. Nature fix trusts that every one of the maladies emerge because of gathering of grim issue in the body and the degree is given for its expulsion [10,11]. It additionally trusts that the human body has innate self building and self recuperating powers.

The occurrence of CHD among the urban Indians is presently like that of the abroad Indians and a few times higher than the other Asian people group. At the point when the CHD rates has split in the West for as long as 30 years, the rates appears to have multiplied in India without any indications of a descending pattern.

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Strategies

This examination under scrutiny included the experimentation of protest situated yoga practice and naturopathy on hypertension. Just moderately aged corpulent men with CHD hazard factors, who were dwelling around Thrissur, Kerala State were matured between 40 to 45 years were chosen as subjects . All the chose subjects experienced restorative treatment and similar subjects were allowed to experience the yoga practices and naturopathy treatment. Amid the preparation days they were permitted not to take standard solution endorsed by the specialists. At that point the chose 45 subjects were arbitrarily isolated into three gatherings of 15 each, out of which aggregate - I experienced protest situated yoga rehearse, assemble - II

experienced naturopathy preparing bunch - III stayed as control. The preparation program was done for five days out of every week amid morning session just (6 am to 8 am) for twelve weeks. Add up to cholesterol and high thickness lipoprotein were surveyed by Boehringer Mannheim unit technique.

Analysis of Data

The information gathered when the trial time frames on pulse (systolic and diastolic) on question situated yoga rehearse gathering, naturopathy gathering and control assemble are broke down and exhibited in the accompanying table - 1.

Table 1

Analysis of Covariance and 'F' ratio for Total Cholesterol and High Density Lipoprotein for Yoga Practice Group, Naturopathy Group and Control Groups

Variable Name	Group Name	Yoga Practice Group	Naturopathy Group	Control Group	'F' Ratio
Total Cholesterol	Pre-test Mean \pm S.D	192.8 \pm 9.31	191.5 \pm 10.7	191.3 \pm 9.2	0.223
	Post-test Mean \pm S.D.	189.5 \pm 8.22	188.3 \pm 5.16	192.1 \pm 3.86	5.59*
	Adj. Post-test Mean	188.29	188.86	193.82	27.83*
High Density Lipoprotein	Pre-test Mean \pm S.D	40.80 \pm 3.35	41.00 \pm 4.21	40.10 \pm 3.52	0.93
	Post-test Mean \pm S.D.	44.78 \pm 2.89	44.11 \pm 2.79	39.09 \pm 2.88	18.56*
	Adj. Post-test Mean	45.89	44.36	38.79	33.56*

* Significant at .05 level of confidence.

(The table value required for significance at .05 level of confidence with df 2 and 43 and 2 and 42 were 3.21 and 3.22 respectively).

Further to determine which of the paired means has a significant improvement, Scheffé *S* test is applied

as post-hoc test. The result of the follow-up test is presented in Table - 2.

Table 2

Scheffé S Test for the Difference Between the Adjusted Post-Test Mean of Total Cholesterol and High Density Lipoprotein

Adjusted Post-test Mean of Total Cholesterol				
Yoga Practice Group	Naturopathy Group	Control Group	Mean Difference	Confidence Interval
188.29		193.82	5.53*	3.4899
188.29	188.86		0.57	3.4899
	188.86	193.82	4.96*	3.4899
Adjusted Post-test Mean of High Density Lipoprotein				
45.89		38.79	7.10*	3.0963
45.89	44.36		1.53	3.0963
	44.36	38.79	5.57*	3.0963

* Significant at 0.05 level of confidence.

Results

The preparation power for protest situated yoga practice and naturopathy is appeared in addendums. Before applying the test every one of the subjects of the question situated yoga practice, naturopathy and control bunches were gone to the pre-test, which was led multi day preceding the beginning of the preparation and the information were gathered on the aggregate cholesterol and high thickness lipoprotein. Following twelve weeks of preparing the post-test was directed one day after the preparation time frame to discover any adjustments in the measure factors.

The examination of covariance (ANCOVA) was utilized to discover the critical distinction among the exploratory gatherings and control aggregate on the chose basis factors independently. In every one of the cases, .05 level of certainty was settled to test the criticalness, which was considered as a fitting quality. Since there was three gatherings engaged with this examination, the Scheffé S test was utilized as the pos-hoc test and it was appeared in Table - II.

In the wake of applying the investigation of covariance, the consequence of this examination demonstrated that there was a huge distinction among the yoga practice, naturopathy and control bunches on the adjustments in complete cholesterol and high thickness lipoprotein following twelve weeks of preparing. The basis variable, for example, add up to cholesterol essentially diminished and high thickness lipoprotein was altogether turned out to be higher after the protest arranged yoga practice and naturopathy period. Further, looking at the balanced post-test methods for all the measure factors, for example, systolic and diastolic circulatory strain, both the preparation bunches were fundamentally expanded in the execution after the preparation time frame, when contrasted with the control gathering. Essentially the yoga practice and naturopathy has colossally enhanced the physical, physiological and mental parameters.

Conclusion

The aggregate cholesterol was decreased[12,13] in yoga rehearse gathering and naturopathy bunch when contrasted and the control gathering. High thickness lipoproteins was likewise expanded fundamentally after the yoga practice[14] and naturopathy rehearse.

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