



## Effects of Yogic Practices on Physiological and Haematological Variables among Peptic Ulcer Diseased Persons

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Received 15th August 2015, Accepted 21st October 2015

### Abstract

*The purpose of this study was to investigate the effects of yogic practices on physiological and haematological variables among peptic ulcer diseased persons. To facilitate the study 30 peptic ulcer diseased persons, were selected from various hospitals, Chennai as subjects between the age group 30-40 years. In this study yogic practices were given to experimental group and control group was not given any type of training. The subjects were given respective training for the period of six weeks. The pre test was taken from the persons before administering the training. The subjects were involved with their training for a period of six weeks. The subjects were monitored throughout the sessions. At the end of the six weeks training post test with respect to pulse rate and Hemoglobin were measured using the standardized tests and methods. The significant difference between the means of the experimental group and control group for the pre test and post test scores were determined by 't' test. The level of significance was fixed at 0.05 level of confidence. The result of this study proved that significant differences were recorded due to six weeks of yogic therapy for peptic ulcer diseased persons. Experimental group namely yogic practice group have achieved significant improvement as compared to control group towards improving the selected criterion variable such as pulse rate and hemoglobin.*

**Keywords:** Yogic Practice, Peptic Ulcer, Haematological Variables.

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### Introduction

Peptic ulcer is the type of ulcer that is diagnosed in the stomach or gastrointestinal tract and cause serious health problems and even life threats in many cases. Though in the initial stage the ulcer can be non-symptomatic and without much painful manifestation of syndromes, in the long run it can cause serious health trouble by doing damage to the digestive tract and stomach. Sedentary lifestyle aspects, especially those related with irregular and unhealthy dietary habit have a lot of detrimental effect that are responsible for peptic ulcer. As the people in all the big cities are more vulnerable to chronic digestive problems leading to serious problems like peptic ulcer, the metropolitan city of Delhi is no exception. In presenting here the organic and natural remedies for Peptic ulcer treatment in Delhi we must address these contributing factors. In Mata Jaagi Ayurveda and Yoga Research Institute organic healing experts consider it more important to restore the digestive health in the person rather than just providing medication for eradication of the ulcer.

Yoga is a practical aid, not a religion. Yoga is an ancient art of science based on a harmonizing system of development for the body, mind, and spirit. The

continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment. This is a simple definition. The practice of yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind. Yoga is a science, a method. It is not a religion, rather – it is a system that is designed to show the aspirant that everything needed for enlightenment lies within an individual. It is commonly believed that Yoga is Hinduism, but the methodology of Yoga predates Hinduism. Multiple philosophical schools have been influenced by the ideas of Yoga.

### Methodology

The purpose of this study was to investigate the effects of yogic practices on physiological and haematological variables among peptic ulcer diseased persons. To facilitate the study 30 peptic ulcer diseased persons, were selected from various hospitals, Chennai as subjects between the age group 30-40 years. In this study yogic practices were given to experimental group and control group was not given any type of training. The subjects were given respective training for the period of six weeks. The pre test was taken from the persons before administering the training. The subjects were involved with their training for a period of six weeks. The subjects were monitored throughout the

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sessions. At the end of the six weeks training post test with respect to pulse rate and Hemoglobin were measured using the standardized tests and methods. The significant difference between the means of the experimental group and control group for the pre test and post test scores were determined by ‘t’ test. The level of significance was fixed at 0.05 level of confidence. The result of this study proved that significant differences

were recorded due to six weeks of yogic therapy for peptic ulcer diseased persons.

**Results**

The statistical analysis comparing the pre and post means of pulse rate due to yogic practice in diseased peptic ulcer persons is presented in table I.

**Table I.** Mean, standard deviation and the ‘t’ test of the control group and the experimental group for pulse rate

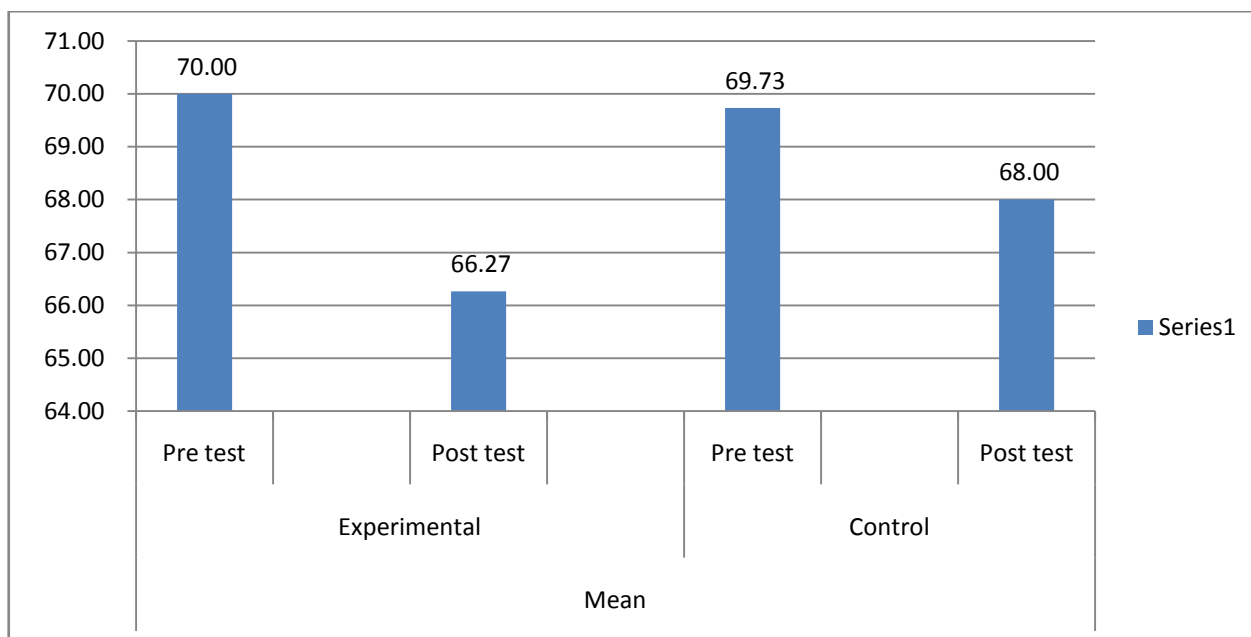
Group	Test	N	Mean	SD	‘t’
Control	Pre test	15	69.73	3.99	1.148
	Post Test	15	68	4	
Experimental	Pre test	15	70	4.89	2.089*
	Post test	15	66.27	4.55	

\* Significant

The data from the pretest and post test on pulse rate of the control group and experimental group have been statistically analyzed using dependent ‘t’ test and the results are presented in the Table I. The Table shows that the pre test means of control group and experimental group were 69.73 and 70 respectively. The pre test standard deviation of the control group and the experimental group were 3.99 and 4.89 respectively. Table shows that the post test means of the control group and the experimental group were 68 and 66.27 respectively. The post test standard deviation of the control and experimental group were 4 and 4.55

respectively. Table shows that the pre test mean and the post test mean of the experimental group were 70 and 66.27 respectively. The standard deviation of the pre test and post test of the experimental group were 4.89 and 4.55 respectively. The obtained ‘t’ value 2.089 of the experimental group with respect to the pulse rate was significantly greater than the required ‘t’ value (2.048) and it is proven that there is a significant differences in the pulse rate of the experimental group. The obtained mean values in pre test and post test values of control group and experimental group are represented through bar diagram figure for the better understanding of the results.

**Figure I.** Bar diagram showing the mean differences among the group on pulse rate (Beats per minute)



**Table II.** Mean, standard deviation and the ‘t’ test of the control group and the experimental group for haemoglobin

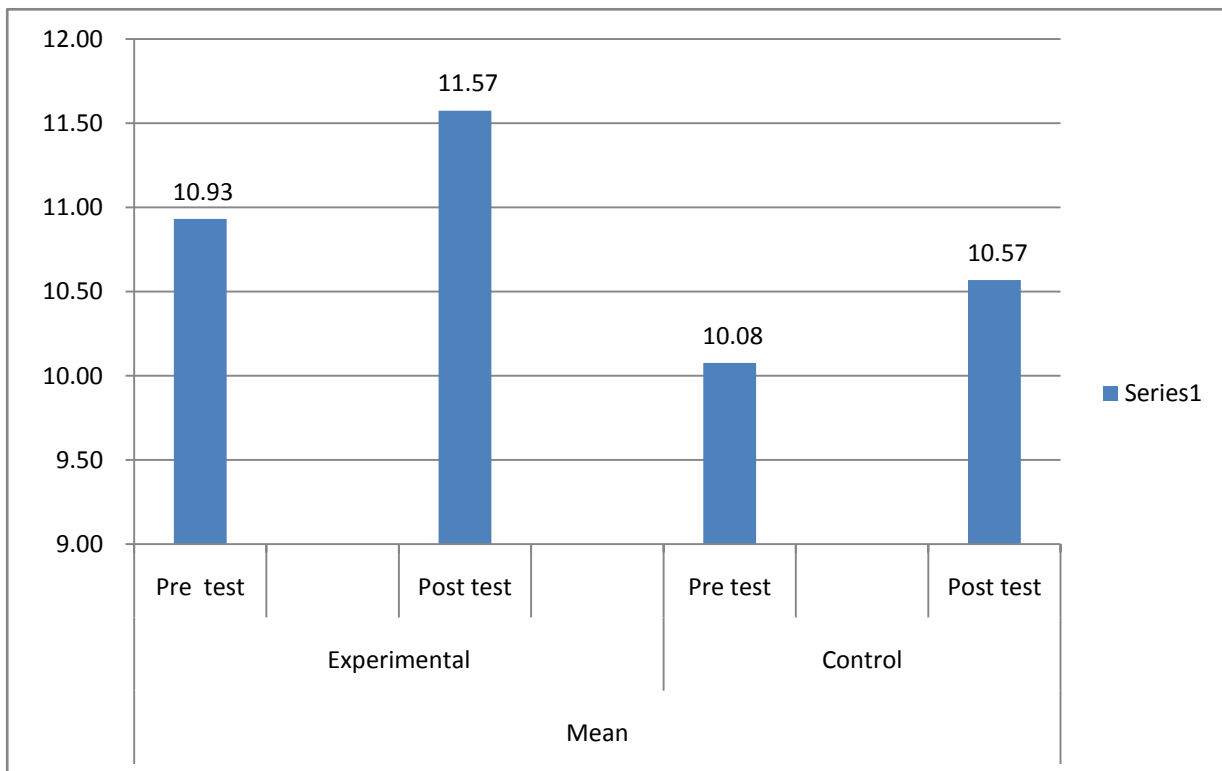
Group	Test	N	Mean	SD	‘t’
Control	Pre test	15	10.07	0.749	1.629
	Post Test	15	10.57	0.844	
Experimental	Pre test	15	10.93	0.975	2.192*
	Post test	15	11.57	0.505	

\*Significant

The data from the pre test and post test on Hemoglobin levels of the control group and experimental group have been statistically analyzed using dependent ‘t’ test and the results are presented in the Table – II. The Table V shows that the pre test means of control group and experimental group were 10.07 and 10.93 respectively. The pre test standard deviation of the control group and the experimental group were 0.749 and 0.975 respectively. Table II shows that the post test means of the control group and the experimental group were 10.57 and 11.57 respectively. The post test standard deviation of the control and experimental group were 0.844 and 0.505 respectively. Table shows that the pre

test mean and the post test mean of the experimental group were 10.93 and 11.57 respectively. The standard deviation of the pre test and post test of the experimental group were 0.975 and 0.505 respectively. The obtained ‘t’ value 2.192 of the experimental group with respect to the Hemoglobin levels was significantly higher than the required ‘t’ value (2.048) and it is proven that there is a significant differences in the hemoglobin levels of the experimental group. The obtained mean values in pre test and post test values of control group and experimental group are represented through bar diagram figure for the better understanding of the results.

**Figure II.** Bar diagram showing the mean difference among the group on haemoglobin (Scores in milligrams)



**Conclusion**

From the analysis of the date the following conclusions were drawn.

1. Experimental group namely yogic practice group have achieved significant improvement as compared to control group towards improving the

selected criterion variable such as pulse rate and hemoglobin.

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