



## Impact of Specific Yogic Practices and Naturopathy on Selected Obesity Related Disorders Lean Body Mass and Body Mass Index among School Children

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### Abstract

*The motivation behind the present investigation is to discover the impact of particular yogic practice and naturopathy on chosen corpulence related clutters among the school youngsters. For this reason, forty five large kids (just young ladies) examining in school in Pathanamthitta District ,Kerala in the age gathering of 13 – 15 years were chosen. They were isolated into three equivalent gatherings (n = 15), each gathering comprised of fifteen subjects, in which the Group – I experienced yoga practice, Group – II experienced naturopathy treatment and Group – III went about as the Control Group who did not take an interest in any unique preparing. The preparation time frame for this examination was five days in seven days for twelve weeks. Earlier and after the preparation time frame the subjects were tried on chosen heftiness related disarranges. Fit Body Mass and Body Mass Index (BMI) were chosen as the foundation factors for the present examination and both were evaluated by Johnson equation and the Deurenberg et al recipe individually. The Analysis of Covariance (ANCOVA) was utilized to discover the huge distinction assuming any, among the trial gatherings and control aggregate on chosen foundation factors independently. Since there were three gatherings associated with this examination, the Scheffé S test was utilized as pos-hoc test. It was finished up from the aftereffect of the investigation that the protest arranged yoga practice and naturopathy has decidedly changed the basis variable, for example, fit weight (LBM) and weight record (BMI).*

**Keywords:** Yoga Practice, Naturopathy, Slender Weight, Weight List.

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### Introduction

This truth of unadulterated Consciousness has been perceived by every one of the masterminds, mystics or realists, as the key maxim of life from which the insight, volition, love and thought emanate[1]. It is a science that influences the attention to oneself as well as the subliminal too. It is a pragmatic physiological preparing, can laud man to the 'supra ordinary level'.[2] Patanjali presented yoga and its standards and those were first composed down in India a few thousand years ago.[3]

As indicated by Swami Vishnu Devananda[4] "Yoga isn't an antiquated legend covered in obscurity. 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 improvement of the physical, mental and otherworldly identity. However, unadulterated physical activities just have the 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 utilizing the intensity of nature and it is considered as an Art, Science and Philosophy. The establishment of naturopathic prescription depends on the rationality of "vis medicatrix naturae, the mending intensity of nature". The idea of comprehensive wellbeing or regarding the body in general (utilizing apparatuses like water, earth, fire, air and climate) is given a prime significance in different drugless integral therapeutic sciences, for example, hydrotherapy, rub treatment, mud treatment, fasting treatment, nourishment and dietetics, chromo treatment and yoga treatment are utilized [6,7,8,9]. The entire routine with regards to nature fix depends on the accompanying three standards, Accumulation of sullen issue , Abnormal creation of blood and lymph and Lowered essentialness. Nature fix trusts that every one of the maladies emerge because of amassing of sullen issue in the body and if the extension is given for its evacuation, it gives a fix or alleviation [10,11]. It likewise trusts that the human body has its intrinsic self developing and self mending powers.

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### Techniques

This examination under scrutiny includes the experimentation of particular yogic practice and

naturopathy on chose hefty related disarranges among the school youngsters. Just fat school children (just young ladies), who were contemplating in school, Pathanamthitta District, Kerala State and matured somewhere in the range of 13 and 15 years were chosen. All the chosen subjects were allowed to experience the yoga practices and naturopathy treatment after a medicinal examination. At that point the chosen forty five subjects were haphazardly partitioned into three gatherings of fifteen each, out of which gathering - I (n = 15) experienced the question situated Yoga practice, gathering - II (n = 15) experienced Naturopathy Training and Group - III (n = 15) stayed as Control. The preparation program was completed for five days out of

every week amid the morning session just (6 am to 8 am) for twelve weeks. Level of muscle versus fat and Body mass record were chosen as rule factors for the present investigation and both were surveyed by Johnson formula[14] and the Deurenberg et al formula[15] individually.

#### Data Analysis

The information gathered earlier and after the trial time frames on fit weight and weight file on Object Oriented Yoga Practice Group, Naturopathy Group and Control Group were dissected and exhibited in the accompanying Table - 1.

Table 1

*Investigation of Covariance and 'F' proportion for Less Body Mass and Body Mass Index for Yoga Practice Group, Naturopathy Group and Control Groups*

Variable Name	Group Name	Yoga Practice Group	Naturopathy Group	Control Group	'F' Ratio
<b>Lean Body Mass</b>	<b>Pre-test Mean <math>\pm</math> S.D</b>	32.59 $\pm$ 0.97	31.97 $\pm$ 1.88	31.83 $\pm$ 1.09	1.886
	<b>Post-test Mean <math>\pm</math> S.D.</b>	30.96 $\pm$ 1.16	30.22 $\pm$ 1.54	31.97 $\pm$ 1.24	9.24*
	<b>Adj. Post-test Mean</b>	29.59	30.25	32.29	32.71*
<b>Body Mass Index</b>	<b>Pre-test Mean <math>\pm</math> S.D</b>	25.80 $\pm$ 1.35	25.00 $\pm$ 1.21	25.10 $\pm$ 1.52	1.163
	<b>Post-test Mean <math>\pm</math> S.D.</b>	24.56 $\pm$ 0.98	24.86 $\pm$ 2.79	26.27 $\pm$ 1.88	21.71*
	<b>Adj. Post-test Mean</b>	23.25	24.41	26.01	45.88*

\* Significant at .05 level of certainty.

(The table esteem required for noteworthiness at .05 level of certainty with df 2 and 43 and 2 and 42 were 3.21 and 3.22 individually).

Further to figure out which of the combined means has a huge enhancement, Scheffé S test was

connected as post-hoc test. The aftereffect of the subsequent test is introduced in the Table - 2.

Table 2

*Scheffé S Test for the Difference Between the Adjusted Post-Test Mean Lean Body Mass and Body Mass Index*

<b>Adjusted Post-test Mean of Lean Body Mass</b>				
Yoga Practice Group	Naturopathy Group	Control Group	Mean Difference	Confidence Interval
29.59		32.29	2.7*	0.4587
29.59	30.25		0.66*	0.4587
	30.25	32.29	2.04*	0.4587
<b>Adjusted Post-test Mean of Body Mass Index</b>				
23.25		26.01	2.76*	0.7695
23.25	24.41		1.16*	0.7695
	24.41	26.01	1.6*	0.7695

\* Significant at 0.05 level of confidence.

## Results

The preparation force for particular yogic practice and naturopathy was appeared in the informative supplements. Before applying the investigation, every one of the subjects of the particular yogic practice, naturopathy and control bunches were gone to the pre-test, which was led multi day preceding the initiation of the preparation and the information were gathered on slender weight and weight file. After the twelve weeks of preparing the post-test was led one day after the preparation time frame to discover the adjustments in the foundation factors.

The Analysis of Covariance (ANCOVA) was utilized to discover the huge distinction assuming any, among the test gatherings and control bunch on the chosen basis factors independently. In every one of the cases, .05 level of certainty was settled to test the criticalness, which was considered as a suitable. Since, there was three gatherings which were associated with this examination, the Scheffé S test was utilized as pos-hoc test and it was appeared in the Table - II.

Subsequent to applying the examination of covariance, the aftereffect of this investigation demonstrated that there was a huge distinction among the yoga practice, naturopathy and control bunches on the adjustments in slender weight and weight file after the twelve weeks of preparing. The paradigm variable, for example, slender weight and weight list were essentially diminished after the particular yogic practice and naturopathy period. Further, looking at the balanced post-test methods for all the basis factors, for example, slender weight and weight list, both the preparation bunches were altogether expanded the execution after the preparation time frame, when contrasted and the Control Group. Essentially the yoga practice and naturopathy has enormously enhanced the Physical, Physiological and Psychological parameters.

## Conclusion

The fit weight was diminished in the yoga Practice Group[16,17] and Naturopathy Group when contrasted and the Control Group. Weight list was likewise diminished essentially after the yoga practice[18,19] and naturopathy practice.

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