



Effect of Yogic Practices with and Without Diet Modifications on Body Weight among Hypertensive Middle Aged Men

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Abstract

The present study was designed to find out the effect of yogic practices with and without diet modifications on body weight among hypertensive middle aged men. It was hypothesized that there would be significant differences in Body Weight among Hypertensive middle aged men due to the influences of yogic practices with and without diet modifications. To achieve the purpose of the study, 45 Hypertensive middle aged men from Chennai city aged between 35 and 49 years. The Experimental group I and II underwent yogic practices with and without diet modifications for the period of 6 weeks of an hour in the morning. The control group was not exposed to any specific training but they participated in the regular activities. The pre-test and post-test were conducted before and after the training for three groups. The data pertaining to the variables collected from the three groups before and after the training period were statistically analyzed by using Analysis of Covariance (ANCOVA) to determine the significant difference and tested at 0.05 level of significance.

Keywords: Yogic practices and diet modifications, Hypertension.

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Introduction

Hypertension is an ailment primarily originating from the Prana Maya Kosha essentially the physiological level and its effects are felt in all the other koshas. Since it is prana maya kosha problem, the therapeutic approach should be by primarily using the prana system. It is done by primarily working with the breathing system. Here all the techniques that are used to bring out the therapeutic effect should be properly modified to have the focus on the prana system. Yogic breathing techniques (pranayama) to increase the lung's airflow, air capacity, stamina and reduces stress. Simple relaxation techniques also help to reduce stress, regulate breathing patterns and also improve lung function. Dr. John Harvey, from the British Thoracic Society, said: "The Benefits of yoga, or any other relaxation techniques, are additional to the benefits of conventional drug treatment, and it is vital that patients continue to take their prescribed medication.

Pranayama helps to focus on proper breathing, which is an integral part of all yoga exercises. It helps in breath control and helps one to stay calm during an asthma attack. The relaxation aspects in yoga help in calming the nerves. Thus, the practice of yoga helps to combat stress, reduce physical tension and muscle tightness. It activates the parasympathetic nervous system and feelings of well-being are produced (Phulgundasinha, 1986).

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Five types of prana are responsible for various pranic activities in the body, they are Prana, Apana, Vyan, Udana & Samana. Out of these Prana and Apana are most important. Prana is upward flowing and Apana is downward flowing. Practice of Pranayama achieves the balance in the activities of these pranas, which results in healthy body and mind. (Swami Satyananda Saraswathi, (2005). A diet that is wholly conducive to the practice of Yoga and spiritual progress is called Yogic diet. Diet has intimate connection with the mind. Mind is formed out of the subtlest portion of food. According to Yoga, food is responsible for the individual's physical, mental and spiritual development. Since food is the source of vitality, errors in diet will cause disorders.

Methodology

The present study was to find out the effect of yogic practices with and without diet modifications on body weight among Hypertensive middle aged men. To achieve the purpose of the study, 45 Hypertensive middle aged men from Chennai city aged between 35 to 49 years were selected randomly into experimental group I, experimental group II and control groups of 15 subjects each. The selected subjects were divided into two experimental group and control group with 15 subjects each in a group. Experimental Group I underwent yogic practices with diet modifications for the period of 6 weeks for the maximum of an hour in the morning and the Experimental Group II underwent yogic practices without diet modifications for the period of 6 weeks for

the maximum of an hour in the morning. The control group (CG) was not exposed to any specific training but they participated in the regular activities.

Table 1
Training Schedule

YOGIC PRACTICES WITH DIET MODIFICATIONS (Group-I)	YOGIC PRACTICES WITHOUT DIET MODIFICATIONS (Group-II)
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Table 2
Analysis of covariance of the means of two experimental groups and the control group in body weight

Tests/ Groups	EX.GR-I	EX.GR-II	CG	S O V	Sum of Squares	df	Mean Squares	“F” Ratio
Pre Test	73.8667	74.47	76.40	betw een	52.58	2	26.289	1.99
				withi n	555.07	42	13.22	
Post Test	67	70.67	77.80	betw een	904.84	2	452.42	45.93*
				withi n	413.73	42	9.85	
Adjusted Post Test	67.64	70.94	76.89	betw een	604.48	2	302.24	59.44*
				withi n	208.481	41	5.08	
Mean Gain	6.86667	3.80	1.40					

* $F_{(0.05)}(2,42 \text{ and } 2, 41) = 3.23$. *Significant at 0.05 level of confidence.

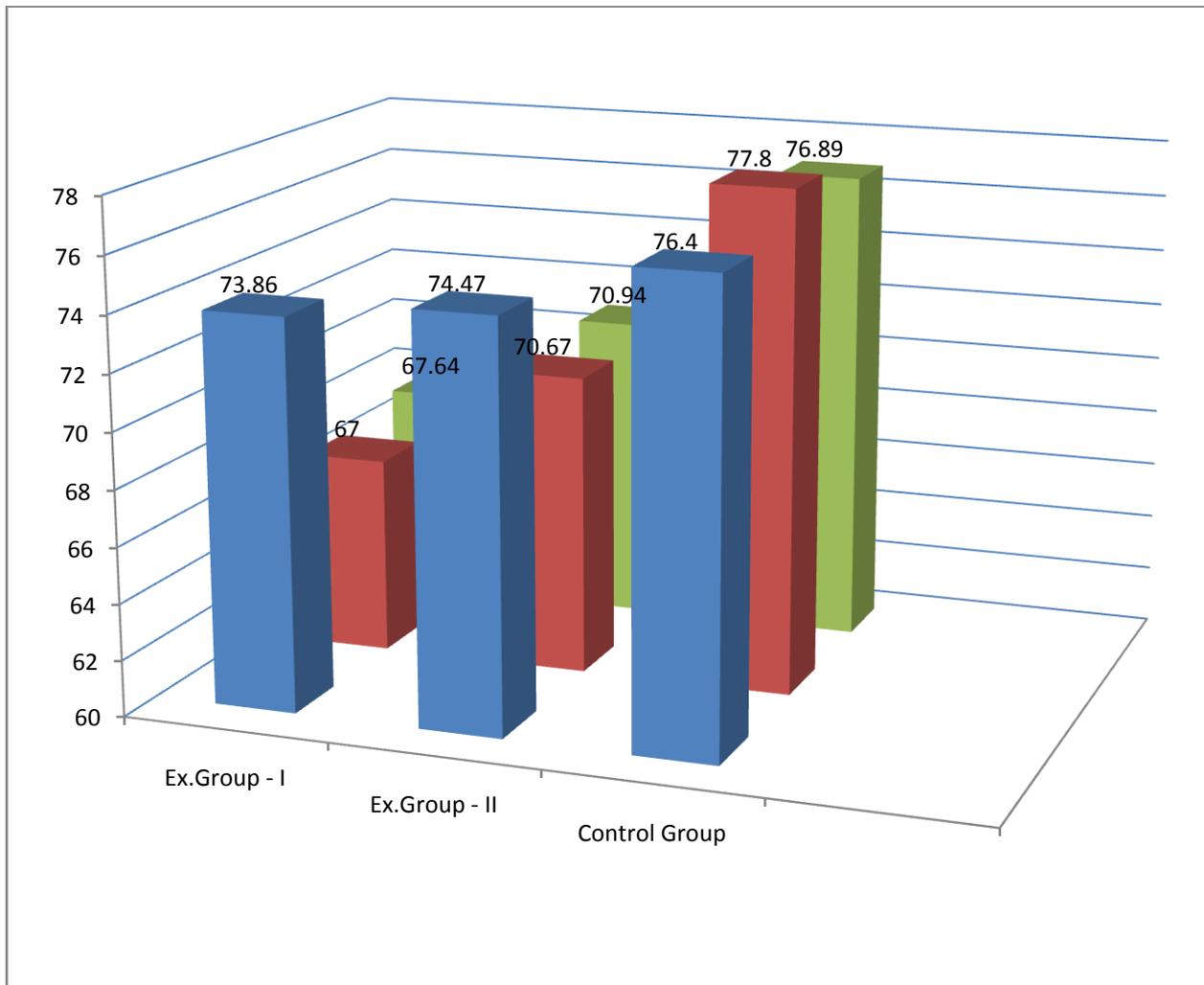
Table 3
Scheffe’s post-hoc test for body weight

Mean Values			MD	Required C.I
EX.GR-I	EX.GR-II	CG		
67.64	70.94	-	3.30*	2.05
67.64	-	76.89	9.26*	2.05
-	70.94	76.89	5.96*	2.05

* Significant at 0.05 level.

Figure 1

Bar diagram showing the mean difference among Experimental Group I, Experimental Group II and Control Group of Body Weight (scores in kilogram)



Discussion on Findings

The results of the study indicated that the experimental groups namely yogic practices with and without diet modifications had significantly on the selected dependent variables such as Body Weight

The results of the study showed that Body Weight increased significantly as a result of yogic practices with and without diet modifications. Hence, the hypothesis was accepted at 0.05 level of confidence.

Conclusion

1. During pre and post tests, both the experimental groups exhibited a significant decrease on Body Weight immediately after the practices than the control group.
2. The comparing experimental groups , Experimental group – I (yogic practices with diet) significant decrease on Body Weight immediately after the practices than the

Experimental group – II (yogic practices without diet).

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