

YOGA FOR SELECTED UNDERWEIGHT SUBJECTS

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Abstract:-

The objective of this study was to assess the effect of yoga therapy on selected Underweight subjects. The study was conducted on 16 subjects having underweight .These subjects randomly divided into two groups 12 subjects in experimental group, 4 subjects in control group, 12 subjects, selected for experimental were given the yogic treatment .The remaining 4 subjects, of control group, they were asked to continue their routine work in the study period.16 subjects were of the age of 21 and 26 years. The study was conduct at men's hostel, Mangalore University in for a period of 36 days from 12th February to 21st March .Body Mass Index (BMI), Haemoglobin, Body Water Content were used as parameters. These parameters were measured both at the beginning and at the end of the study, using pre-post experimental test design. The yoga therapy group obtained significance increasing in the Body Mass Index ($p= 0.0019$), Haemoglobin ($p= 0.0002$) .There was no significant changes in the subject of control group. The study conducted for longer duration with more No: of subjects may give higher significant results. To get better results, the study may be accepted out with controlled Life-style and food. The above study indicates that Yoga Therapy works well in the management of Underweight.

Keywords:

Yogic practices, Underweight.



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INTRODUCTION

Underweight is one of the digestive disorders that have spread across the without any religion, age and sex. Improper life-style is one of the reasons to acquire underweight. By proper yogic practices, this disorder could be brought under control. Also, many other complications associated with underweight are also kept at lower level and thus one can lead healthy, wealthy life.

OBJECTIVES OF THE STUDY

To find out the impact of yogic practices on Underweight. To find out the effect of Underweight.

Hypothesis:-It is hypothesized that there will be a significant improvement of Body Mass Index, Haemoglobin in the experimental group after the study.

Null Hypothesis:-In order to study the problem scientifically, the following Null Hypothesis is set. There is no significant change in pre and post BMI level.

MATERIALS AND METHODS

The present study was conducted to assess the effect of selected yogic practices on the subjects to improve the system of the body. The age group will be between 21 -26. There were 16 subjects, 12 in experimental group and 4 in controlled group. The yoga therapy was given to experimental group only.

Daily sessions of classes were taken, in the morning for one hour from 6.30 AM to 7.30 AM. The Yogic practice includes a series of Asana, Pranayama, and followed by the Relaxation techniques.

The given data follows normal distribution as per the Bar diagram. Hence a paired “t” test was employed in the study to analyze the significance of the results statically. The tests were done for both experimental and control group subjects.

Parameters

The following parameters were selected for the current study. Body Mass Index, Haemoglobin, and Body Water content.

List of Yogic practices: - The following Yogic practices were given to Experimental group over a period of 36 days:

Asanas :- Swastikasana, Vajrasana, Supta vajrasana, Tadasana- 1&2 , Trikonasana, Parsvakonasana, Parsvottanasana, Prasarithapadothanasana, Janusirsasana, Purvothanasana, Pavanamuktasana, Bhujangasana, Salabhasana, Dhanurasana, Ustrasana, Bharadhwajasana, Viparitakarani, Uttanapadasna.

Pranayamas: - Ujjayee, Anuloma Viloma, Bhastrika .

Relaxation Techniques:- Śavasana – 1&2

Result: - Give explanations regarding data of Experimental group and Control group

Result of Statistical Analysis of Experimental Group:

Sl. no	Parameters	Mean		S D		t-value	df	P-value	sig
		Before	After	Before	After				
1	B.M.I	17.0591	17.5341	1.1203	1.3466	-4.0299	11	0.0019	S
2	Haemoglobin	14.1333	15.1666	1.0628	0.7126	-5.2129	11	0.0002	HS
3	Body Water Content	62.4583	63.1083	1.6461	1.7406	-1.4593	11	0.1048	NS

S-Significant, NS- Significant, HS-Highly Significant.

Result of Statistical Analysis of Control Group:

Sl. no	Parameters	Mean		S D		t-value	df	P-value	sig
		Before	After	Before	After				
1	B.M.I	17.295	17.0725	0.8210	0.6636	1.4965	3	0.2314	NS
2	Haemoglobin	14.65	14.35	0.6191	0.6608	3	3	0.0576	NS
3	Body Water Content	62.25	62.475	1.6421	1.6780	1.2288	3	0.3067	NS

NS- Significant.

DISCUSSION

The subjects felt pain for few days in the beginning .In the beginning days; they were practicing like an exercise. After few days, their respiratory rate and perspiration rate were brought to normal. There after the subjects started to experience freshness, relaxation and calmness. They improved with flexibility; working ability and positive thinking .Subjects were getting sound sleep after the practice. Their response was good enough and the time management was appreciated. Also, the excessive sweating and fatigue were reduced considerably. For the present study, the given data follows normal distribution and hence a Paired “t” test is used to assess a Study on the effect of yoga therapy on selected Underweight subjects. It is evident from the above results that all the subjects responded to the treatment positively. But the variation of the of success is depended on the regularity of the practice, lifestyle and diet. There was a significant increase in Body Mass Index (t= -4.0299, p= 0.0019), Haemoglobin (t=-5.2129),(p= 0.0002). Body Water Content (t= -1.4593), (p= 0.1048) in experimental group.

There was no significant change in Body Mass Index (t = 1.4965, p= 0.2314), Haemoglobin (t =3, p= 0.05767) Body Water Content (t= 1.2288, p= 0.3067).This indicates that there is no significant improvement in case of control group subjects.

CONCLUSION

The present study found significant in the case of a study to assess the effect of yoga therapy on selected Underweight subjects. The response of the subjects to be good in spite of limitations of the present study, like of control over food intake and travelling. If the study conducted for longer duration with more number of subjects with controlled Life-style and food may give higher significant results .From this study one can conclude that Yoga Therapy works well in the management of Underweight subjects.

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