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Effect of yogic practices on weight management of women

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Abstract

Thousands of years ago yoga originated in India, and in present day and age, an alarming awareness was observed in health and natural remedies among people by yoga and pranayama which has been proven an effective method for improving health in addition to prevention and management of Weight. With increasing scientific research in yoga, its therapeutic aspects are also being explored. Yoga is reported to reduce stress and anxiety, improves autonomic functions by triggering neurohormonal mechanisms by the suppression of sympathetic activity, and even, now-a-days, several reports suggested yoga is beneficial for physical health of cancer patients. For the purpose of the study was to analyse the Effect of Yogic Practices on Weight Management of Women. 25 women were selected purposively from Burdwansadar of Burdwan districts. Mean height of the subject was 5feet 3inches and age of the subject was 35-40 years. To compared the Weight Management between before and after practise of yoga. Only weight was induced as the variable for this study. To measure the weight wing machine was used. After initially tested on weight different yoga exercise and Surya Namaskar were introduced for 1 year. After 1year, again test on same variable. In order to find out the significant difference of on Weight Management of Women "t" Test was used at 0.05 level of Significant. Result of the study was found the significant difference on weight management between Pre and Post Test.

Keywords: Yoga, weight management, pre test, post test

Introduction

The word yoga means to join, unite or merge. It is derived from the Sanskrit root yuj, yoga is a science and an art, yoga has a complete message for the humanity. It has a message for the human mind. And it has also message for the human spirit.

In ancient India all these branches of knowledge were one and inseparable, our sages were great men of religion. It is certainly n religion. But not: n narrow sense, it is based on certain science values like sanctity and ofc-iess of life, nonviolence, international human brotherhood, peace and co-exit-tense. In fact yoga makes the man worthy to be on the top of the ladder of success. If one follows the yoga principles, practices the asana and breathing exercises faithfully, one may surely lead a radiant, happy and meaningful long life.

According to yoga, our present lifestyle is one of the most important factors behind all kinds of mental and physical illness. In obesity, lifestyle is the determining factor. Even though yoga acknowledges other etiological factors, it is believed that the way we live our lives is what really determines our susceptibility to the different causes of disease, whether physical, chemical or infectious agents, immunological reactions, genetic, environmental or nutritional imbalances.

In the case of obesity, it is clear that the main causes are related to lifestyle. The first cause is overeating. The second is decreased physical activity, which means that there is an imbalance in the amount of energy we take in and the amount we expend. To become obese, therefore, we have to consume more calories than we actually need for our requirements and daily activities. (A calorie is a unit of heat. It represents the amount of heat needed to raise the temperature of seven kg of water by one degree Centigrade. This unit of heat is used to study the metabolism of the body. We need an average of 2000 calories per day for our essential functions.)

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A person of normal weight takes a diet which is sufficient to sustain daily activities without storing energy in the form of fat tissue. Putting on weight, however, means there has been a change in our lifestyle that is conducive to storing energy (calories) in the form of fat tissue. These changes can include moving from an active lifestyle to a more sedentary one, changes in diet, increased consumption of fats, sugars and other foodstuffs that contain 'empty calories'. Processed foods are termed as empty calories because they are without other nutrients like proteins, vitamins and minerals, although they contain readily available energy that can be digested, absorbed and assimilated with less effort. Other changes may be a disease or an accident that makes us reduces our activity, but we continue eating as if we were as healthy and active as before the incident. This will result in storage of extra energy in the form of fat tissues in our bodies.

In the system of yoga, the physical body is called annamaya kosha or the food sheath. The word Annam means that which is eaten, adayte, and that which eats is attic. Therefore, food is the essence of the physical body and for the same reason;

food is also medicine for the body. Food can be considered as vitality on the gross level, because life actually comes from food. Life is sustained by food and, in the end, all life again becomes food for further life and the cycle of creation continues.

Statement of the problem

The Purpose of the Study was to analyse the Effect of Yogic Practices on Weight Management of Women.

Materials and Methods

For the purpose of the study, 25 women were selected purposively from Burdwansadar of Burdwan districts. Mean height of the subject was 5feet 3inches and age of the subject was 35-40 years. To compared the Weight Management between before and after practise of yoga. Only weight measurement variable was induced. To measure the weight wing machine was used. After initially tested on weight different yoga exercise and Surya Namaskar were introduced for 1 year. After 1year, again test on same variable.

Table 1: The Yogic training schedule was as follows

Particular	Training Schedule	yoga exercises		
		Monday	Wednesday	Friday
Total Duration	1 year	Padmasana, Vrikshasana, Bhujangasana, Dhanurasana,	Padmasana, Vrikshasana, Bhujangasana, Dhanurasana,	Padmasana, Vrikshasana, Bhujangasana, Dhanurasana,
Frequency	3 days per week	Makarasana, Poschimattanasana, Matsyasana, Chakrasana,	Makarasana, Poschimattanasana, Matsyasana, Chakrasana,	Makarasana, Poschimattanasana, Matsyasana, Chakrasana,
Repeation	3 times	Sarvangasana, Halasana, Salvasana,	Sarvangasana, Halasana, Salvasana,	Sarvangasana, Halasana, Salvasana,
Duration	1hours	Matasana, Padohastasana,	Matasana, Padohastasana,	Matasana, Padohastasana,
Time	4-5pm	Shavasana	Shavasana	Shavasana

- Surya Namaskar was performed 5 minutes before training
- 15 second hold in final positin of all asanas
- After every asanal.30 minutes Savasana or Makarasana was given

In order to find out the significant difference of on Weight Management of Women “t”

Test was used at 0.05 level of Significant.

Finding

Table 1: Mean Standard deviation and ‘t’ test in Weight Management between Pre-Test and Post- Test of Women

Variables	Pre-Test		Post-Test		“t” - Ratio
	Mean	S.D	Mean	S.D	
Weight	70.68	4.59	64.56	4.32	4.78*

$t_{0.05(48)} = 2.000$, * = Significant

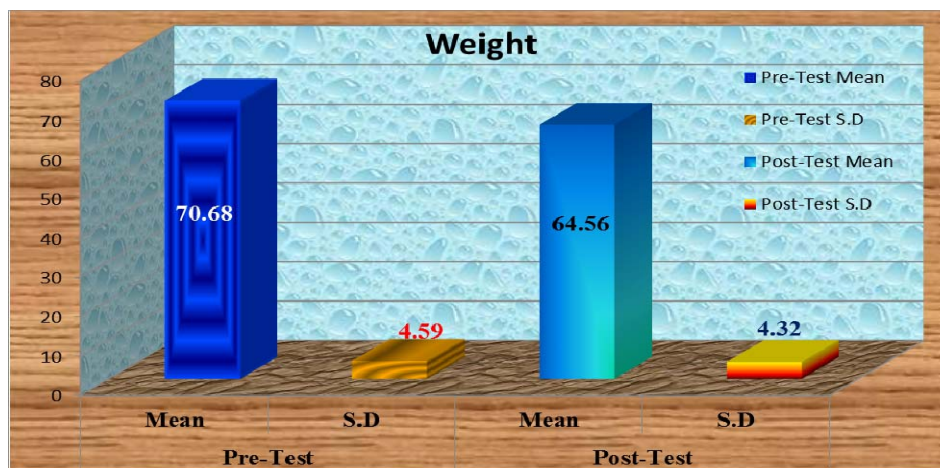


Fig 1: Comparison of Mean, Sander deviation on Weight Management between Pre-Test and Post- Test of Women

Discussion of Finding

Table 1 shows that the mean and standard deviation of Pre-Test on Weight has been found 70.68±4.59 and the mean and standard deviation of Post-Test on Weight has been found

64.56±4.32. The ‘t’ value of Weight 4.78 is significant at 0.05 level of significance.

In order to lose body fat, you have to create a deficit of calories. If you burn more calories than you consume, you

will lose weight and one pound of fat is equivalent to about 3500 calories.

Yoga classes often endure for about 60-90 minutes. According to research done by the American Council on Exercise, the average individual burns about 3-6 calories per minute practicing yoga, which equates to a total of only 180-360 calories burned during that class. In contrast, a kettle bell workout burns about 13-17 calories per minute, which equals about 800+ calories burned in an hour. That's a significant difference in calorie expenditure.

While it depends on the type and intensity of the class—certain styles of yoga are much more rigorous such as power yoga, hot yoga, and vinyasa, whereas yin yoga, restorative, and hatha yoga are more gentle and slower-paced. Regardless of the intensity of the yoga class, circuit training is still superior in terms of overall metabolic boost and calorie burn but even with the calorie difference, yoga has other benefits that can help the weight-loss individual.

From 2000-2002, medical researcher and yogi Alan Kristal, in association with the Fred Hutchinson Cancer Research Centre, conducted a study on the effects of yoga on weight-loss. The study surveyed 15,500 middle-aged men and women about their physical activity and weight over time, and controlled for factors such as diet, health, and other forms of exercise that could cause changes in weight. The study found that both over-weight and normal-weight adults who regularly practiced yoga for at least 4 years were less likely to gain weight than those who did not practice yoga. In fact, those who were overweight and practiced yoga actually lost an average of 5lbs during the four-year period, whereas the overweight non-practitioners gained about 14lbs.

Although practicing yoga doesn't burn the most calories, it might still have a place in your workout routine. An effective fat loss program that encourages maintenance of lean muscle and maximizes calorie burn should be founded on a combination of resistance training and cardiovascular activity. However, yoga could be used as active recovery and flexibility training between more intense workouts. The benefits of stress reduction and mindfulness associated with yoga could lead to improved sleep, better eating habits, and increased self-awareness, which could mean more weight loss and improved maintenance of weight loss results over time. Regardless of the exercise you're doing, however, good nutrition is essential. If you're not paying attention to your diet, you won't see the results you want. Exercise right, eat clean, and you'll be able to actualize your goals (Kristin Rooke-2016).

Conclusions

Based on the findings and within the limitation of the present study, following conclusions were drawn:-

- Significance Difference was found between Pre-Test and Post- Test on Weight Management of Women.

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