



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2017; 2(2): 186-191

© 2017 Yoga

www.theyogicjournal.com

Received: 07-05-2017

Accepted: 08-06-2017

Vivek R

PhD Research Scholar,
Department of Physical
Education & Sports, Pondicherry
University, Pondicherry, Tamil
Nadu, India

Effect of selected yogaasana on selected physical variables on vegetarian and non-vegetarian among college men

Vivek R

Abstract

The purpose of the study was to identify the effect of selected yogasana on selected physical variables on vegetarian and non-vegetarian among college men. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite". The subjects were selected from Pondicherry University. Total subjects for this study was 30, further it was divided into 2 groups. Each group consists of 15 subject's Vegetarian group and 15 non-vegetarian groups. Their age ranged from 20 to 25 years. The subjected were selected randomly. The variables selected for this study was balance, flexibility, abdominal strength. T- test were used and the results were shown in tabular column and bar diagram. The results shows Non vegetarian group has better improvement. Asanas will improve balance, flexibility and abdominal strength.

Keywords: yogaasana, physical variables, flexibility, Vegetarian group

Introduction

History and development of yoga

The practice of Yoga is believed to have started with the very dawn of civilization. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. Several Thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or "seven sages". The sages carried this powerful yogic science to different parts of the world, including Asia, the Middle East, Northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the yogic system found its fullest expression. Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life.

A number of seals and fossil remains of Indus Saraswati valley civilization with Yotic motives and figures performing yoga indicate the presence of Yoga in India. The Number of seals and fossil remains of Indus Saraswati valley civilization with Yogic motives and figures performing Yoga Sadhana suggest the presence of Yoga in ancient India. The phallic symbols, seals of idols of mother Goddess are suggestive of Tantra Yoga. Presence of Yoga is available in folk traditions, Indus valley civilization, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharat and Ramayana, theistic traditions of Shaivas, Vaishnavas, and Tantric traditions. In addition, there was a primordial or pure Yoga which has been manifested in mystical traditions of South Asia. This was the time when Yoga was being practised under the direct guidance of Guru and its spritual value was given special importance. It was a part of Upasana and yoga sadhana was inbuilt in their rituals. Sun was given highest importance during the vedic period. The practice of 'Surya namaskara' may have been invented later due to this influence. Pranayama was a part of daily ritual and to offer the oblation. Though Yoga was being practiced in the pre-Vedic period, the great Sage Maharshi Patanjali systematized and codified the then existing practices of Yoga, its meaning and its related knowledge through his Yoga Sutras. After Patanjali, many Sages and Yoga Masters contributed greatly for the preservation and development of the field through their well

Correspondence

Vivek R

PhD Research Scholar,
Department of Physical
Education & Sports, Pondicherry
University, Pondicherry, Tamil
Nadu, India

documented practices and literature.

Yoga is widely considered as an "immortal cultural outcome" of the Indus Saraswati Valley Civilisation – dating back to 2700 BC – and has proven itself to cater to both material and spiritual uplift of humanity. Though Yoga was being practiced in the pre-Vedic period, the great sage Maharishi Patanjali systematised and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras. After Patanjali, many sages and Yoga masters contributed greatly for the preservation and development of the field through well documented practices and literature. Yoga has spread all over the world by the teachings of eminent Yoga masters from ancient times to the present date. Today, everybody has conviction about yoga practices towards the prevention of disease, maintenance and promotion of health. Millions and millions of people across the globe have benefitted by the practice of Yoga and the practice of Yoga is blossoming and growing more vibrant with each passing day.

Misconceptions

For many, the practice of yoga is restricted to Hatha Yoga and Asanas (postures). However, among the Yoga Sutras, just three sutras are dedicated to asanas. Fundamentally, hatha yoga is a preparatory process so that the body can sustain higher levels of energy. The process begins with the body, then the breath, the mind, and the inner self. Yoga is also commonly understood as a therapy of exercise system for health and fitness. While physical and mental health is natural consequences of yoga, the goal of yoga is more far-reaching. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony".

Yoga does not adhere to any particular religion, belief system or community; it has always been approached as a technology for inner wellbeing. Anyone who practices yoga with involvement can reap its benefits, irrespective of one's faith, ethnicity or culture.

What is yoga?

Yoga is an essential and spiritual discipline based on an extremely subtle Science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite".

"Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation.

What is asana?

In Patanjali's Yoga sutras, asana is defined as a "steady, comfortable posture".

Benefits of asana

- Improve flexibility
- Improve strength
- Improve balance
- Reduce stress and anxiety
- Reduce symptoms of lower back pain
- Be beneficial for asthma and chronic obstructive pulmonary disease (COPD)
- Increase energy and decrease fatigue
- Shorten labor and improve birth outcomes
- Improves physical health and quality of life measures in the elderly

- Improve diabetes management
- Reduce sleep disturbances
- Reduce hypertension
- Improve blood circulation
- Reduce weight

Asanas practiced in my training

Tadasana, Vrksasana, Virabhadra asana, Padahastasana, Navasana, Adho Mukha Svanasana, Ardha Halasana, Bhujangasana, Pavanamuktasana, Baddha konasana, Ushtra asana, Shavasana.

Statement of the problem

The purpose of the study was to find out the effects of selected yogasanas on selected physical variables between vegetarian and non-vegetarian among college men.

Significance of the study

The findings of the study will be of great value in designating and administrating the variable of balance, flexibility, abdominal strength in yogasanas program between vegetarian and non-vegetarian among college women for those who need such special attention.

This study helps to know the importance of yoga and asanas.

Hypothesis

- It was hypothesized that the selected yogasanas would show the significant difference in flexibility on vegetarian group.
- It was hypothesized that the selected yogasanas would show the significant difference in balance on vegetarian group.
- It was hypothesized that the selected yogasanas would show the significant difference in abdominal strength on vegetarian group.
- It was hypothesized that there would not be any significant difference in flexibility on non-vegetarian group.
- It was hypothesized that there would not be any significant difference in balance on non-vegetarian group
- It was hypothesized that there would not be any significant difference in abdominal strength on non-vegetarian group

Delimitations

- The study was delimited the following aspects:
- The subjects of this study were confined from Idhaya Arts and Science College for Women.
- A total 30 subjects were selected for this study from various disciplines.
- The 30 subjects were divided into two groups. Each group consists of 15 subjects Vegetarian and non-vegetarian group.
- Their age ranged from 20 to 25 years.
- The study was conducted only for female students.

Limitations

- The mood of the subjects which would have influenced their response could not be controlled.
- Certain factors rational habits, life style, daily routine works, were not taken into consideration.
- The climatic condition was not taken into consideration.
- Their personal problem were not taken into considerations

Methodology

In this chapter the procedure for selection of subjects, selection of variables, orientation of subjects, collection of data and the technique applied for analyzing the data have been explained in detail.

Selection of subjects

To achieve the purpose of these study 30 subjects were taken from Idhaya Arts and Science College for Women. Further it was divided into 2 groups. Each group consists of 15 subjects Vegetarian group and non-vegetarian group. Their age ranged from 20 to 25 years. The subjected were selected randomly.

Selection of variables

The variables selected for the study were balance, flexibility, abdominal strength and physical aspects that has a major role in causing yogasanas.

Test administration

1. **Stork Balance Stand Test** - PURPOSE: to assess the ability to balance on the ball of the foot.
2. **Stand-and-Reach Test** - PURPOSE: to measure the flexibility.
3. **Abdominal Strength Test** - PURPOSE: to measure the abdominal strength.

Analysis technique

The data was collected from 30 and a group is divided into 2 groups vegetarian group and non-vegetarian group, each group considered as a 15 subjects from Idhaya Arts and Science College for Women. The results were analyzed by quantifying the data according to the variables balance, flexibility, abdominal strength and interpreting the results.

Analysis of data and results of the study

The analysis of data on the selected physiological variable has been explained in this chapter. The present study was formulated to identify the improvement of balance, flexibility and abdominal strength between vegetarian and non vegetarian group.

The data pertaining to the variables under the study have been statistically analyzed in SPSS 16 version by independent 't' test in order to determine the difference between vegetarian and non vegetarian group on balance, flexibility and Abdominal strength. The obtained 't' ratio was tested for significance at 0.05 level of confidence.

Results of the study

The analysis of the selected variables of four weeks trained yogic practice the results have been presented in the figures.

Table 1: Mean standard deviation standard error of the mean and 't' ratio on selected variables

Variables		Mean	N	Std. Deviation	Std. Error Mean	"t"
Balance	Pre Test for Non Vegetarian person	6.633	15	4.76983	1.23157	-2.859
	Post Test for Non Vegetarian person	7.654	15	5.66626	1.46302	
Balance	Pre Test for Vegetarian person	4.251	15	1.55031	0.40029	-11.566
	Post Test for Vegetarian person	6.295	15	1.70606	0.4405	
Flexibility	Pre Test for Non Vegetarian person	17.87	15	3.22638	0.83305	-12.571
	Post Test for Non Vegetarian person	20.8	15	3.03433	0.78346	
Flexibility	Pre Test for Vegetarian person	17.93	15	3.23964	0.83647	-10.667
	Post Test for Vegetarian person	21.13	15	3.27581	0.84581	
Abdominal Strength	Pre Test for Non Vegetarian person	10.33	15	3.79222	0.97915	-6.996
	Post Test for Non Vegetarian person	13.73	15	3.57505	0.92307	
Abdominal Strength	Pre Test for Vegetarian person	12.67	15	4.04734	1.04502	-11.388
	Post Test for Vegetarian person	18.53	15	3.46135	0.89372	

*Not a significant at 0.05 level of confidence with degrees of freedom 28. The table value is 2.048.

The above table shows that the mean of the pre test and post test for non- vegetarian on balance is 6.633 and 7.654 respectively. The calculated "t" value for the pre test and post test for non-vegetarian is -2.859. When they are required table value at 0.05 level. This indicates that there is a significant changes value among the pre and post test for non-vegetarian person on balance.

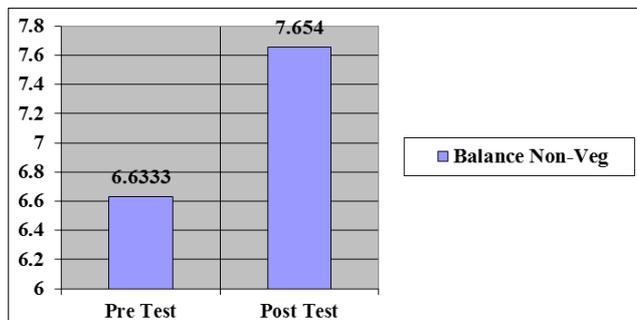


Fig 1: The bar diagram showing pre test and post test for non-vegetarian among variables on balance.

The bar diagram shows that there were significant difference in non-vegetarian group on balance.

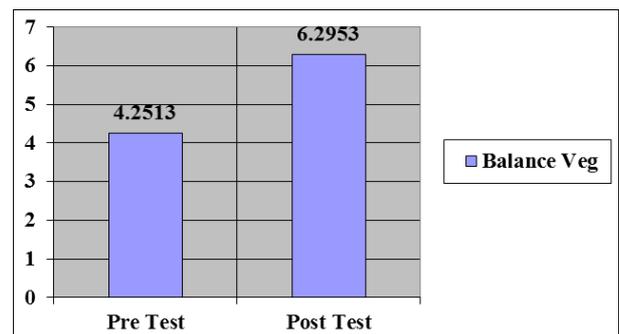


Fig 2: The bar diagram showing pre test and post test for vegetarian among variables on balance.

The bar diagram shows that there were significant difference in vegetarian group on balance.

*Not a significant at 0.05 level of confidence with degrees of freedom 28. The table value is 2.048.

The above table shows that the mean of the pre test and post test for non-vegetarian on flexibility is 17.87 and 20.8 respectively. The calculated "t" value for the pre test and post test for non-vegetarian is -12.571. When they are required table value at 0.05 level. This indicates that there is a

significant changes value among the pre and post test for non-vegetarian person on flexibility.

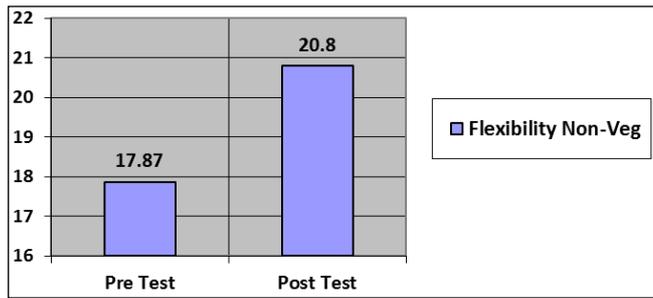


Fig 3: The bar diagram showing pre test and post test for non-vegetarian on flexibility

The bar diagram shows that there were significant difference in non-vegetarian group on flexibility.

*Not a significant at 0.05 level of confidence with degrees of freedom 28. The table value is 2.048.

The above table shows that the mean of the pre test and post test for vegetarian on flexibility is 17.93 and 21.13 respectively. The calculated “t” value for the pre test and post test for non-vegetarian is -10.667. When they are required table value at 0.05 level. This indicates that there is a significant changes value among the pre and post test for vegetarian person on flexibility.

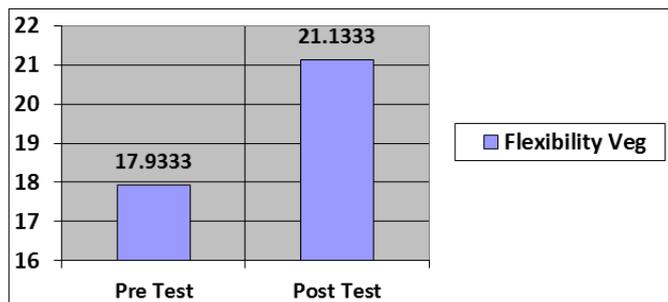


Fig 4: The bar diagram showing pre test and post test for vegetarian among variables on flexibility

The bar diagram shows that there were significant difference in vegetarian group on flexibility.

*Not a significant at 0.05 level of confidence with degrees of freedom 28. The table value is 2.048.

The above table shows that the mean of the pre test and post test for non-vegetarian on abdominal strength is 10.33 and 13.73 respectively. The calculated “t” value for the pre test and post test for non-vegetarian is -6.996. When they are required table value at 0.05 level. This indicates that there is a significant changes value among the pre and post test for non-vegetarian person on abdominal strength.

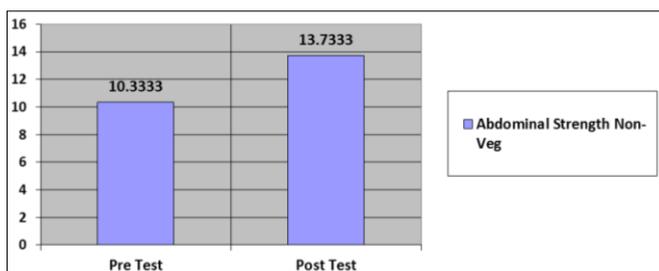


Fig 5: The bar diagram showing pre test and post test for non-vegetarian among variables on abdominal strength

The bar diagram shows that there were significant difference in non-vegetarian group on abdominal strength.

*Not a significant at 0.05 level of confidence with degrees of freedom 28. The table value is 2.048.

The above table shows that the mean of the pre test and post test for vegetarian on abdominal strength is 12.67 and 18.53 respectively. The calculated “t” value for the pre test and post test for non-vegetarian is -11.388. When they are required table value at 0.05 level. This indicates that there is a significant changes value among the pre and post test for vegetarian person on abdominal strength.

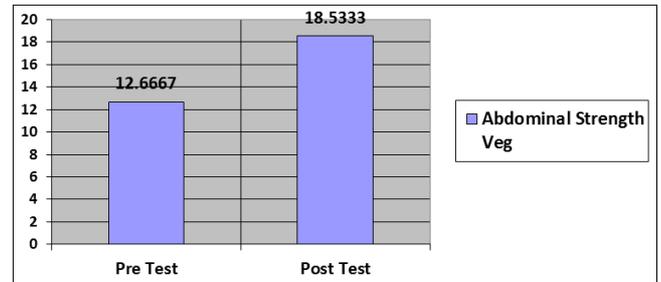


Fig 6: The bar diagram showing pre test and post test for vegetarian group on abdominal strength

The bar diagram shows that there were significant difference in vegetarian group on abdominal strength.

*Not a significant at 0.05 level of confidence with degrees of freedom 28. The table value is 2.048.

The below bar diagram shows that the mean of the vegetarian and non-vegetarian on balance is 6.2953 and 7.654 respectively. When they are required table value at 0.05 level. This indicates that there is a significant changes value for vegetarian person and non vegetarian on balance.

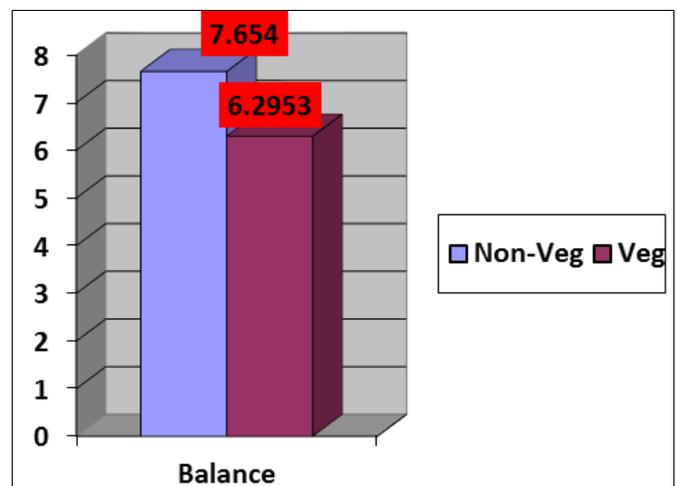


Fig 7: Combined response between vegetarian and non-vegetarian group on balance

The bar diagram shows that non-vegetarian group has better improvement than the vegetarian group on balance.

*Not a significant at 0.05 level of confidence with degrees of freedom 28. The table value is 2.048.

The below bar diagram shows that the mean of the vegetarian and non-vegetarian on flexibility is 21.1333 and 20.8 respectively. When they are required table value at 0.05 level. This indicates that there is a significant changes value for vegetarian person and non vegetarian on flexibility.

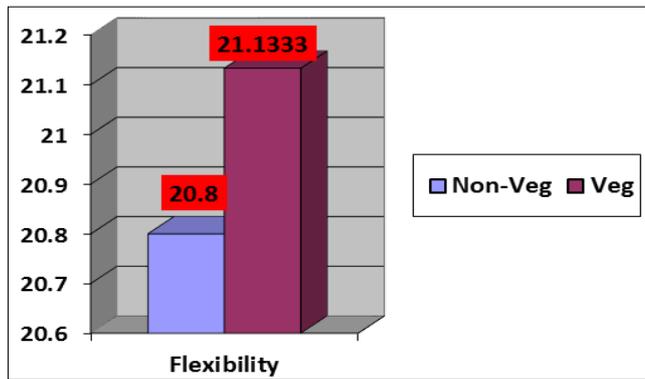


Fig 8: Combined response between vegetarian and non vegetarian on Flexibility

The bar diagram shows that vegetarian group has better improvement than non vegetarian group on flexibility.

*Not a significant at 0.05 level of confidence with degrees of freedom 28. The table value is 2.048.

The below bar diagram shows that the mean of the vegetarian and non-vegetarian on abdominal strength is 18.5333 and 13.7333 respectively. When they are required table value at 0.05 levels. This indicates that there is a significant changes value for vegetarian person and non- vegetarian on abdominal strength.

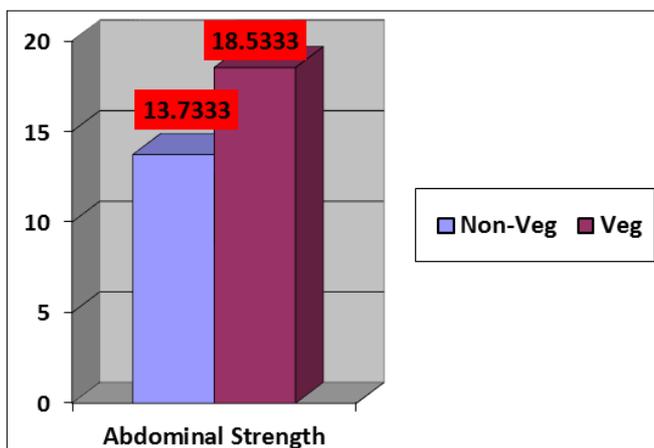


Fig 9: Combined response between vegetarian and non-vegetarian on abdominal strength

The bar diagram shows that vegetarian group has better improvement than non vegetarian group on abdominal strength.

Discussion on findings

From this study we could identify that by giving training on selected asanas it would improve the balance, strength and abdominal strength.

Non vegetarian group has better improvement on balance after this training.

Discussion on hypothesis

Hypothesis I - It was hypothesized that the selected yogasanas would show the significant difference in flexibility on vegetarian group. The results concluded there was significant difference in vegetarian group on flexibility. Hence the hypothesis was accepted.

Hypothesis II - It was hypothesized that the selected yogasanas would show the significant difference in balance on vegetarian group. The results concluded there was

significant difference in vegetarian group on balance. Hence the hypothesis was rejected.

Hypothesis III - It was hypothesized that the selected yogasanas would show the significant difference in abdominal strength on vegetarian group. The results concluded there was significant difference in vegetarian group on abdominal strength. Hence the hypothesis was accepted.

Hypothesis IV - It was hypothesized that there would not be any significant difference in flexibility on non-vegetarian group. The results concluded there was significant difference in non vegetarian group on flexibility. Hence the hypothesis was accepted.

Hypothesis V - It was hypothesized that there would not be any significant difference in balance on non-vegetarian group. The results concluded there was significant difference in non vegetarian group on balance. Hence the hypothesis was rejected.

Hypothesis VI - It was hypothesized that there would not be any significant difference in abdominal strength on non-vegetarian group. The results concluded there was significant difference in non vegetarian group on abdominal strength. Hence the hypothesis was accepted.

Summary conclusion and recommendations

The purpose of the study is to find out the Effect of selected yogaasana on selected physical variables on vegetarian and non-vegetarian among college women.

The data collected for each variable are compared and statistically analyzed for these study 30 subjects were selected from Idhaya Arts and Science College for Women and divided into two groups consists of 15 each.

The data pertaining to physiological variables are collected by give training and analyzed by the using ‘t’ ratio at 0.05 level of confidence.

Conclusion

The analysis of the data reveals that there was significant difference in non-vegetarian group that too only in balance. The data shows the selected variables namely balance, flexibility and abdominal strength are quite better in vegetarian group than non-vegetarian group.

By regularly training of asanas we could improve the physical fitness level and also by doing advanced asanas we could maintain our internal organs in healthy way.

References

1. Akhtar M. Effects of yoga on functional capacity and wellbeing. *Int J Yoga*. 2013; 6(1):76-9. doi: 10.4103/0973-6131.105952
2. Andreas Michalsen. Effects of Yoga on Mental and Physical Health: A Short Summary of Reviews *Complementary Therapies in Clinical Practice*, 2011; 17(1):1-8.
3. Azra Ahmadi. Comparison of the Effect of 8 weeks Aerobic and Yoga Training on Ambulatory Function, Fatigue and Mood Status in MS Patients. 10.5812/ircmj.3597
4. Bal BS, Kaur PJ. Effects of selected asanas in hatha yoga on agility and flexibility level. *Journal of Sport and Health Research*. 2009; 1(2):75-87.
5. Christopher M. Adams Incorporating Yoga into College

- Counseling Published online. 2008, 357-372.
6. Dr. Ishwar Yoga. Its Origin, History and Development April, 23, 2015.
 7. Gadkari JV. Effect of yogic training on physiological variables in working women Indian J Physiol Pharmacol. 2014; 58(3):306-10.
 8. Gupta Anil Kumar. Effect of selected yogic exercises, Diet on the weight and BMI of west Delhi Female Obese Journal of creativity in mental health. 2008; 3:4.
 9. Mahajan Yoga. A Scientific Lifestyle the Journal of Yoga. 2003; 2(10)1-13; 13.
 10. Hejazi Kenari R. Effects of yoga on depression and anxiety of women Evidence-Based Complementary and Alternative Medicine. Article ID 165410, 2012, 7.
 11. Sara Haden C. A Randomized Controlled Trial on the Effects of Yoga on Stress Reactivity in 6th Grade Students International Journal of Physical Education, Sports and Health. 2012; 1(3):74-79.
 12. Shankar Jyoti. A Study to Explore Mindfulness among Vegetarian and Non-Vegetarian Students on a College Campus Spring 5-5 Miho Hatanaka, 2015.
 13. Singh S. Effects of yoga asanas and pranayama in non-insulin dependent diabetes mellitus 0975-1068 (Online); 0972-5938 (Print) 2004. Published - CSIR, IPC Code: Int. Cl. A61P5/48; A61P/50
 14. Smith Effects of yoga on stress among college students in a post -Katrina population The University of Southern Mississippi, Pro Quest Dissertations Publishing, 2007, 3289751.
 15. Taneja DK. Yoga and health Indian J Community Med. 2014; 39(2):68-72. doi: 10.4103/0970-0218.132716.
 16. Tiffany Field Yoga clinical research review, 2011; 17(1):1-8.
 17. <http://vikaspedia.in/health/ayush/yoga-1/introduction-to-yoga>
 18. <http://www.healthofchildren.com/U-Z/Yoga.html#ixzz4fSTctNKD>
 19. <http://www.healthofchildren.com/U-Z/Yoga.html#ixzz4fSTyqLDd>
 20. <http://dx.doi.org/10.1155/2012/165410>
 21. <http://dx.doi.org/10.1155/2013/607134>