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**Kum. Chennamma D Chilamur**

Research Scholar, Department of  
Studies in Physical Education  
and Sports Science, K.S.W.  
University, Vijayapura,  
Karnataka, India

**Dr. DM Jyoti**

Research Guide, Department of  
Studies in Physical Education  
and Sports Science, K.S.W.  
University, Vijayapura,  
Karnataka, India

## Effect of yogasanas on physiological variables among peptic ulcer diseased persons

**Kum. Chennamma D Chilamur and Dr. DM Jyoti**

### Abstract

The purpose of this study was to investigate the Effects of Yogasanas on Physiological Variables among peptic ulcer diseased persons. To facilitate the study 20 peptic ulcer diseased persons, were selected from Various Hospitals, Vijayapura. As subjects between the age group 20 to 30 years. In this study Yogasanas practices were given to Experimental Group and Control Group was not given any type of training. The subjects were given respective training for the period of 12 weeks. The Pre-test was taken from the persons before administering the training. The subjects were involved with their training for a period of 12 weeks. The subjects were monitored throughout the sessions. At the end of the 12 weeks training Post-test with respect to Pulse Rate were measured using the standardized tests and methods. The significant difference between the means of the Experimental Group and Control Group for the Pre-test and Post-test scores were determined by 't' test. The level of significance was fixed at 0.05 level of confidence. The result of this study proved that significant differences were recorded due to 12 weeks of Yogasanas Practice for peptic ulcer diseased persons. Experimental Group namely Yogasanas Practice Group have achieved significant improvement as compared to Control Group towards improving the selected criterion variable such as Pulse Rate.

**Keywords:** Yogasanas practice, peptic ulcer, physiological variables

### Introduction

Yogasanas are Indian's unique contribution to physical education. Yoga and Physical Education may be compared to two bullocks hitched to shaft as they are for the judicious blending of the education of the body and the mind. There is no denial of the fact that yoga and physical education attach importance by gaining the benefits of physical health, mental health, physical fitness and peace of mind through their regular practices. Physical education concerns the anatomical aspects of the physique with its physiological reactions for a given activity, the ultimate aim of which is to enjoy good health and optimum fitness. Yoga provides multidimensional development and it has now become an adjunct to physical education.

Peptic ulcer is the type of ulcer that is diagnosed in the stomach or gastrointestinal tract and cause serious health problems and even life threats in many cases. Though in the initial stage the ulcer can be non-symptomatic and without much painful manifestation of syndromes, in the long run it can cause serious health trouble by doing damage to the digestive tract and stomach. Sedentary lifestyle aspects, especially those related with irregular and unhealthy dietary habit have a lot of detrimental effect that are responsible for peptic ulcer. As the people in all the big cities are more vulnerable to chronic digestive problems leading to serious problems like peptic ulcer, the Vijayapura City is no exception. In presenting here the organic and natural remedies for Peptic ulcer treatment in Vijayapura we must address these contributing factors. Yoga Research Institute organic healing experts consider it more important to restore the digestive health in the person rather than just providing medication for eradication of the ulcer.

### Methodology

The purpose of this study was to investigate the Effects of Yogasanas practices on Physiological Variables among peptic ulcer diseased persons. To facilitate the study 20 peptic ulcer diseased persons, were selected from various hospitals, Vijayapura. as subjects between the age group 20-30 years.

### Correspondence

**Kum. Chennamma D Chilamur**

Research Scholar, Department of  
Studies in Physical Education  
and Sports Science, K.S.W.  
University, Vijayapura,  
Karnataka, India

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Control Group for the Pre-test and Post-test scores were determined by 't' test. The level of significance was fixed at 0.05 level of confidence. The result of this study proved that significant differences were recorded due to 12 weeks of Yogasanas Practice for peptic ulcer diseased persons.

**Results**

The statistical analysis comparing the Pre and Post means of Pulse Rate due to Yogasanas Practice in diseased peptic ulcer persons is presented in table I.

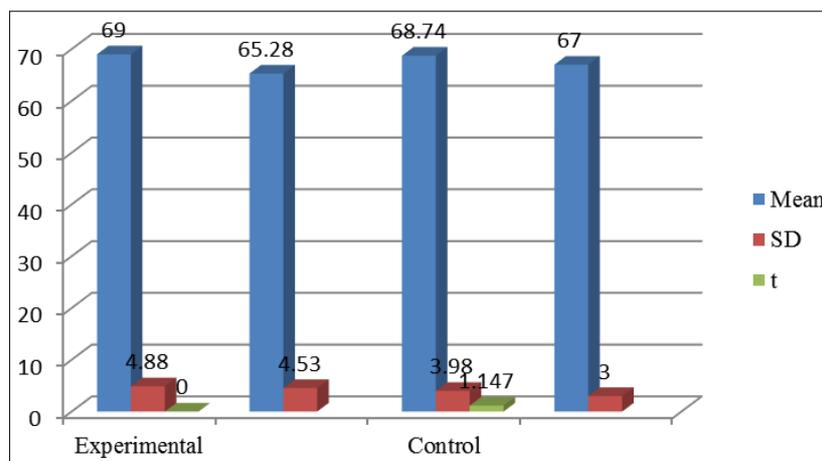
**Table 1:** Mean, Standard Deviation and the 't' test of the Control Group and the Experimental Group for Pulse Rate

Group	Test	N	Mean	SD	't'
Experimental	Pre-test	15	69	4.88	2.088*
	Post-test	15	65.28	4.53	
Control	Pre-test	15	68.77	3.98	1.147
	Post-test	15	67	3	

\* Significant

The data from the Pre-test and Post-test on Pulse Rate of the Experimental Group and Control Group have been statistically analyzed using dependent 't' test and the results are presented in the Table I. The Table shows that the Pre-test means of Experimental Group and Control Group were 69 and 68.77 respectively. The Pre-test standard deviation of the Experimental Group and the Control Group were 4.88 and 3.98 respectively. Table shows that the Post-test means of the Control Group and the Experimental Group were 65.28 and 67 respectively. The Post-test standard deviation of the Control and Experimental Group were 4.53 and 3 respectively. Table shows that the Pre-test Mean and the Post-

test Mean of the Experimental Group were 69 and 65.28 respectively. The Standard Deviation of the Pre-test and Post-test of the Experimental Group were 4.88 and 4.53 respectively. The obtained 't' value 2.088\* of the Experimental Group with respect to the Pulse Rate was significantly greater than the required 't' value (2.088\*) and it is proven that there is a Significant Differences in the Pulse Rate of the Experimental Group. The obtained mean values in Pre-test and Post-test values of Experimental Group and Control Group are represented through bar diagram figure for the better understanding of the results.



**Fig 1:** Bar diagram showing the Mean Differences among the group on Pulse Rate (Beats per minute)

**Conclusion**

From the analysis of the date the following conclusions were drawn. Experimental Group namely Yogasanas Practice Group have achieved significant improvement as compared to Control Group towards improving the selected criterion variable such as Pulse Rate.

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