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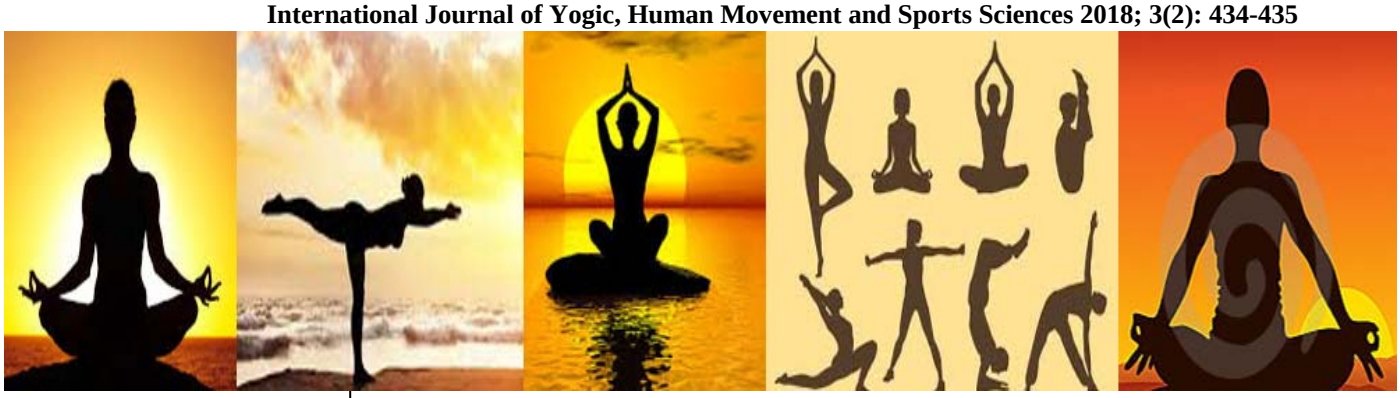

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Therapeutic intervention of yogic training on modulation of insulin hormone

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Abstract
In the present study it was planned to scrutinize the therapeutic intervention of yogic training on modulation of Insulin hormone. One – Group Pretest - Posttest Design was used as experimental design in present study. All subjects were selected in terms of purposive samples under the sampling method of non-probability sampling. To achieve purpose of present study total ten (N=10) male students between age group of 23- 28 years, from Department of Physical Education, Punjabi University Patiala was selected as subjects. The investigator has selected twelve weeks yogic training as independent variable and Insulin Hormone as dependent variable of the study. After the collection of relevant data, to know the therapeutic intervention of yogic training on hormonal modulation, paired t-test was employed on mean values of pre and post-tests with the help of Statistical Package by Graph Pad Software. The level of significance was set at 0.05 percent. After the analysis of data it was concluded that after the application of twelve – weeks yogic training protocol the Insulin Hormone level increased significantly in male students.

Keywords: Therapeutic intervention, yogic training, modulation, insulin hormone

Introduction
Who are we? We can learn the answer to this question by observing, hypothesizing, experimenting, and analyzing. We are complex living beings in a complex, contradictory, ever-changing world. We know that we do not understand everything about ourselves, but by using modern scientific and ancient philosophical methods we can keep learning more and more.

Insulin is a peptide hormone, produced by the beta cells of the pancreas. Insulin plays a key role in the regulation of blood glucose levels. It regulates the metabolism of carbohydrates, fats and protein by promoting the absorption of, especially glucose from the blood into liver, fat and skeletal muscle cells. Insulin helps control blood glucose levels by signaling the liver and muscles and fat cells to take in glucose from the blood. Insulin therefore helps cells to take in glucose to be used for energy. If the body has sufficient energy, insulin signals the liver to take up glucose and store it as glycogen. A lack of insulin, or an inability to adequately respond to insulin, can each lead to the development of the symptoms of diabetes. If insulin level is too high, our blood glucose level may drop to a dangerously low level--a state called Hypoglycemia. Diabetes occurs when our body doesn't use insulin properly or doesn't make enough insulin. There are two main types of diabetes: Type 1 Diabetes and Type 2 Diabetes. No production of insulin is referred as Type 1 diabetes and insufficient production of insulin is called Type 2 diabetes. Generally Type 1 diabetes observed right from childhood or young adulthood. It is often hereditary and unpreventable. Type 2 can be hereditary, but excess weight, a lack of exercise and an unhealthy diet increase the risk. Majority of the people suffer with Type 2 diabetes. Under the conditions of Type 2 diabetes, the body either resists the effects of insulin, or does not produce enough insulin to maintain a normal glucose level. The classical symptoms of diabetes are frequent urination, increased thirst, increased hunger, and weight loss. Additional symptoms may include blurry vision, feeling tired, and poor healing. Symptoms typically develop over a short period of time in the case of Type 2 diabetes. Usually the blood Insulin level can be measured in ng/dl. The reference range of fasting blood Insulin in both meals and females is 2.6 –24.9 ng/dl (Thyrocare Tech. Lim., 2016) [5].

Origin of yoga in India is a giant leap in Indian history, which is not fully understood by us. Our scientists have penetrated the heart of an atom and even they have successfully landed on the Mars but we are unable to find out the scientific facts behind yoga.

During the scanning of relevant literature for the proposed topic, only few studies were found, revealing the effect of yoga on hormone secretion in human body. The scholar, being ardent lover of yoga and has experienced the great benefits of such exercises. Hence, in the present study it was planned to scrutinize the effect of yogic therapy on Insulin Hormone of human body.

Methodology and Procedure

In the present study it was planned to scrutinize the therapeutic intervention of yogic training on modulation of Insulin hormone. One – Group Pretest - Posttest Design was used as experimental design in present study. All subjects were selected in terms of purposive samples under the sampling method of non-probability sampling. To achieve purpose of present study total ten (N=10) male students between age group of 23- 28 years, from Department of Physical Education, Punjabi University Patiala was selected as subjects. The investigator has selected twelve weeks yogic training as independent variable and Insulin Hormone as dependent variable of the study. After the collection of relevant data, to know the therapeutic intervention of yogic training on hormonal modulation, paired t-test was employed on mean values of pre and post-tests with the help of Statistical Package by Graph Pad Software. The level of significance was set at 0.05 percent.

Results of the Study

Table 1: Comparison of Mean and SD values of Pretest and Posttest of Insulin Hormone level in Male Students

Insulin Hormone	Mean	SD	t
Pretest	4.34	2.21	6.26*
Posttest	7.46	1.71	

$t_{.05}$ (9) = 2.26

The results of pretest and posttest namely Mean, SD, and t values of Insulin Hormone level in male students are given in above table. This table demonstrates that the pretest Mean of Insulin Hormone level in male students is 4.34 and posttest Mean is 7.46. Further the table statistically reveals that the calculated t value 6.26 for Insulin Hormone level in male students is greater than table value that is 2.26. Therefore the values of above table confirms that, after the application of twelve – weeks yogic training protocol the Insulin Hormone level increased significantly in male students. The results of above table are also illustrated in following figure

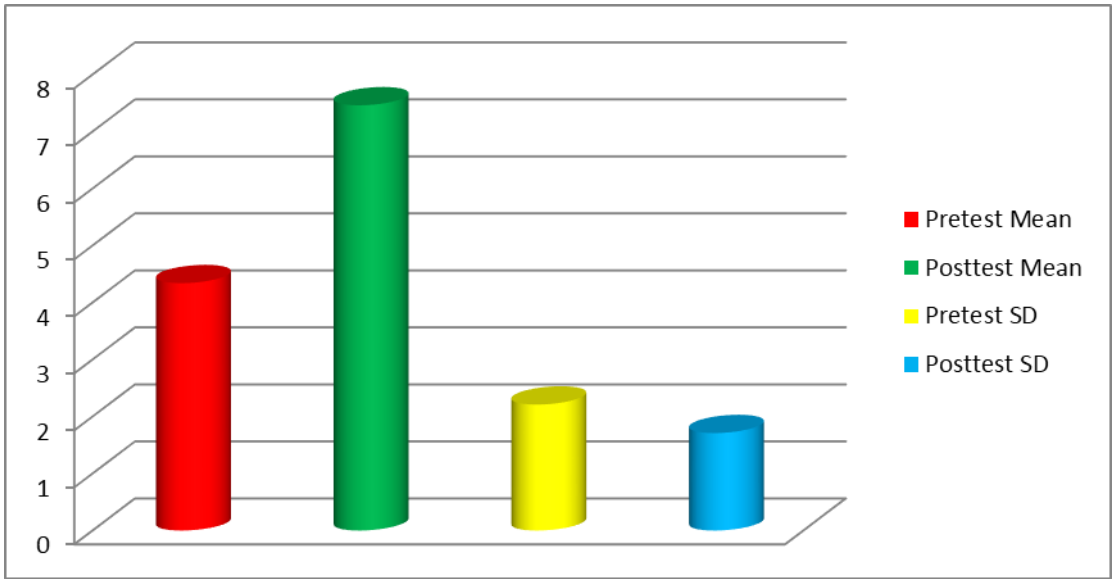

Fig 1: Comparison of Mean and SD values of Pretest and Posttest of Insulin Hormone level in Male Students

Conclusions

After the analysis of data it was concluded that after the application of twelve-weeks yogic training protocol the Insulin Hormone level increased significantly in male students.

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