



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(2): 941-942

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www.theyogicjournal.com

Received: 02-05-2018

Accepted: 04-06-2018

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Effect of yogic practices with yogic diet on selected biochemical variables among stressed house wives

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Abstract

The purpose of the study was to find out effect of yogic practices with yogic diet on selected biochemical variables such as blood glucose, low density lipoprotein among stressed house wives. To achieve the purpose of the study, 40 stressed house wives were selected randomly from various hospitals Tirunelveli in the age group of 30 – 35 years there are divided into two groups. Each group consists of 20 subjects. Group I underwent yogic practice and group II acted as control group. The Experimental group was treated with their respective training for one and half hour per day for three days a week over a period of eight weeks. The level of significance was fixed at 0.05. The significance differences between the experimental and control group for the pre test and post test scores were determined by 't' test. The result of the study proved that significant differences were recorded due to six weeks of yogic therapy for housewives.

Keywords: Yogic practices, blood glucose, low density lipoprotein, house wives

Introduction

Yoga is always has been a holistic healing discipline that offers a broad range of tools for supporting health, healing and personal transformation. One of the key advantages of a system like yoga is that it views the human system as a holistic entity that is made up different dimensions that are mutually dependent on and mutually influence one another.

A few minutes of yoga during the day can be great way to get rid of stress that accumulates daily in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress.

Some scientist say it works like other mind- body therapies to reduce stress and other believe that yoga promotes the release of endorphins from the brain. It's clear that yoga produce its healthful effects.

Methods and materials

The purpose of the study was to find out effect of yogic practices with yogic diet on selected biochemical variables such as blood glucose, low density lipoprotein among stressed house wives. To achieve the purpose of the study, 40 stressed house wives were selected randomly from various hospitals Tirunelveli in the age group of 30 – 35 years there are divided into two groups. Each group consists of 20 subjects. Group I underwent yogic practice and group II acted as control group. Group- I underwent yogic practice [YPG] and group – II acted as control group [CG] they did not underwent for any specific training. The Experimental group was treated with their respective training for one and half hour per day for three days a week over a period of eight weeks. The yogic practices training programme was given to experiment groups for 8 weeks of one session in the morning between 6 am to 7.30 am for three days. The level of significance was fixed at 0.05. The significance differences between the experimental and control group for the pre test and post test scores were determined by 't' test. The result of the study proved that significant differences were recorded due to six weeks of yogic therapy for housewives.

The yogic practices training programme was given to experimental group for 8 weeks of one session in the morning between 6.00 am to 7.30 am for three days as shown in Table 1.

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Table 1: Yogic practices for stressed house wives

Description	Duration	Frequency
Prayer	5 mins	Daily
Loosening Exercise	15 mins	Daily
Suryanamaskar	15 mins	Daily
Yogasana	20 mins	Daily
Prayanama	15 mins	Daily
Meditation	10 mins	Daily
Yogic Diet		Daily
Philosophical discourse	10 mins	Daily

Results

The ‘t’ test was used at 0.05 level of significant difference.

Table 2: Mean, standard deviation and mean difference of the groups and the ‘t’ test of the control group and experimental group for blood glucose

Group	Test	N	Mean	SD	MD	T
Control	Pre	20	91.40	5.58	0.55	0.33
	Post	20	90.85	4.86		
Experimental	Pre	20	91.15	5.21	4.5	2.84
	Post	20	86.65	4.79		

Significant at 0.05 level of confidence

‘t’ ratio at 0.05 level of confidence for the degree of freedom (df) at 38 =2.021

Table 2 shows that the pre tests mean and the post test mean of the experimental group were 91.15 and 86.65 respectively. The standard deviation of the pre test and post test of the experimental group were 5.21 and 4.79 respectively. The obtained ‘t’ value 2.84 of the experimental group with respect to the Blood Glucose levels was significantly higher than the required ‘t’ value (2.09) and it is proven that there is a significant difference in the Blood Glucose level of the experimental group.

Table 3: Mean, standard deviation and mean difference of the groups and the ‘t’ test of the control group and experimental group for LDL

Group	Test	N	Mean	SD	MD	T
Control	Pre	20	114.6	3.57	0.80	0.68
	Post	20	113.8	3.85		
Experimental	Pre	20	113.05	4.01	11.22	10.91
	Post	20	101.85	2.24		

Significant at 0.05 level of confidence

‘t’ ratio at 0.05 level of confidence for the degree of freedom (df) at 38 =2.021

Table 3 shows that the pre tests mean and the post test mean of the experimental group were 114.60 and 113.05 respectively. The standard deviation of the pre test and post test of the experimental group were 3.57 and 4.01 respectively. The obtained ‘t’ value 10.91 of the experimental group with respect to the LDL levels was significantly higher than the required ‘t’ value (2.09) and it is proven that there is a significant difference in LDL level of the experimental group.

Discussion on findings

Findings of the study show that there was a significant improvement as a result of yogic practices on blood glucose, low density lipoprotein.

1. It was that there could be significant improvement (Decreased) in the Blood Glucose Level of stressed Housewives due to influence of six weeks of yogic practices with yogic diet.

2. It was that there could be significant improvement (Decreased) in the LDL Level stressed Housewives due to influence of six weeks of yogic practices with yogic diet.

Conclusions

Within the limitation of the present study, the following conclusions were drawn;

1. It was included that Blood Glucose Level of the experimental group showed significant improvement (decrease) when compare to the control group.
2. It was included that LDL Level of the experimental group showed significant improvement (decrease) when compare to the control group.
3. As a result, the yogic practice group shows s better improvement than the control group.

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