

**EFFECT OF YOGIC PRACTICES ON PULSE RATE AMONG MEN SUFFERERS
IN LOW BACK PAIN****Dr. S. MANIMARAN***Sports Officer, Tamilnadu Police Academy, Vandalur, Chennai, Tamilnadu, India.***ABSTRACT**

The purpose of the study was to find out the effect of yogic practices on pulse rate among men sufferers in low back pain. To achieve the purpose of the present study, thirty men sufferers in low back pain from Chennai, Tamilnadu were selected as subjects and their age shall ranged from 35 to 50 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen subjects each. The groups were assigned as yogic practices group (YPG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. Analysis of covariance (ANCOVA) was applied. The yogic practices group (YPG) had shown significant improvement in pulse rate.

KEYWORDS: Yoga, Pulse Rate, Back Pain..**INTRODUCTION**

Yoga has been practiced in India for over two millennia. Stories and legends from ancient times testify to the existence of yoga, and to the practitioners and divinities associated with it. Indian literature is a storehouse of knowledge about yoga covering every conceivable level. Roughly in chronological order are the vocals (books of Scriptural knowledge), the Upanishada (philosophical cosmologies), and their commentaries; then the Puranas (ancient cosmologies), and the two epics, the Ramayana and the Mahabharatha. The Mahabharatha contains within itself that masterpiece of Indian scripture the Bhagavad Gita. Towards the end of Vedic period comes the aphoristic literature, with the "Yoga Aphorisms" of Patanjali of special interest to yoga students. These are, besides, whole bodies of works both ancient (Pre-Christian) and more modern dealing with various aspects of yoga and yoga philosophy, testifying to the continued relevance of yoga as a discipline (Swami Devaprasad, 1998).

Yogic practices were included in the syllabus of physical activities headed by Swami Kunalayananda in India in the year 1937. Though yoga has become popular all over the world, physical education workers in many countries do not feel that yoga could be accommodated in their regimen (Gharote, 1976). Very often, it is observed that under 'Emotional Stress' players forget the principle of 'Sportsmanship' and 'Sportsman Spirit' and their basic personality pattern comes to the surface. Due to this, a good player and at times the whole team has to suffer and get disqualified.

It is hoped that through relaxative and corrective asanas and other suitable yoga practices these personality factors could be tackled to a great extent. In this respect, one has to make a distinction between games, sports and yoga practices. Games and sports mainly work on the basic aspect of the neuromuscular system and essentially they aim at increasing one's own muscular strength, power and endurance. On the other hand asana seems to work on and through the tonic aspect of neuromuscular system and influence various psycho neuro endocrine mechanisms in due course of time.

METHODOLOGY

The purpose of the study was to find out the effect of yogic practices on pulse rate among men sufferers in low back pain. To achieve the purpose of the present study, thirty men sufferers in low back pain from Chennai, Tamilnadu were selected as subjects and their age shall ranged from 35 to 50 years. The subjects were divided into two equal groups. The study was formulated as a true random group design, consisting of a pre-test and post-test. The subjects (N=30) were randomly assigned to two equal groups of fifteen subjects each. The groups were assigned as yogic practices group (YPG) and control group (CG) in an equivalent manner. The experimental group were participated the training for a period of six weeks to find out the outcome of the training package. Analysis of covariance (ANCOVA) was applied.

RESULTS**TABLE-I**

COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF YOGIC PRACTICES AND CONTROL GROUPS ON PULSE RATE

	Yogic Practices	Control Group	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	77.75	77.55	BG	0.40	1	0.40	0.04
			WG	366.70	38	9.65	
Post-Test Means	73.10	77.35	BG	180.62	1	180.62	27.19*
			WG	252.35	38	6.64	
Adjusted Post-Test Means	73.08	77.36	BG	183.10	1	183.10	27.84*
			WG	243.28	37	6.57	

(Table Value for 0.05 Level for df 1 & 28 = 4.19)

df- Degrees of Freedom

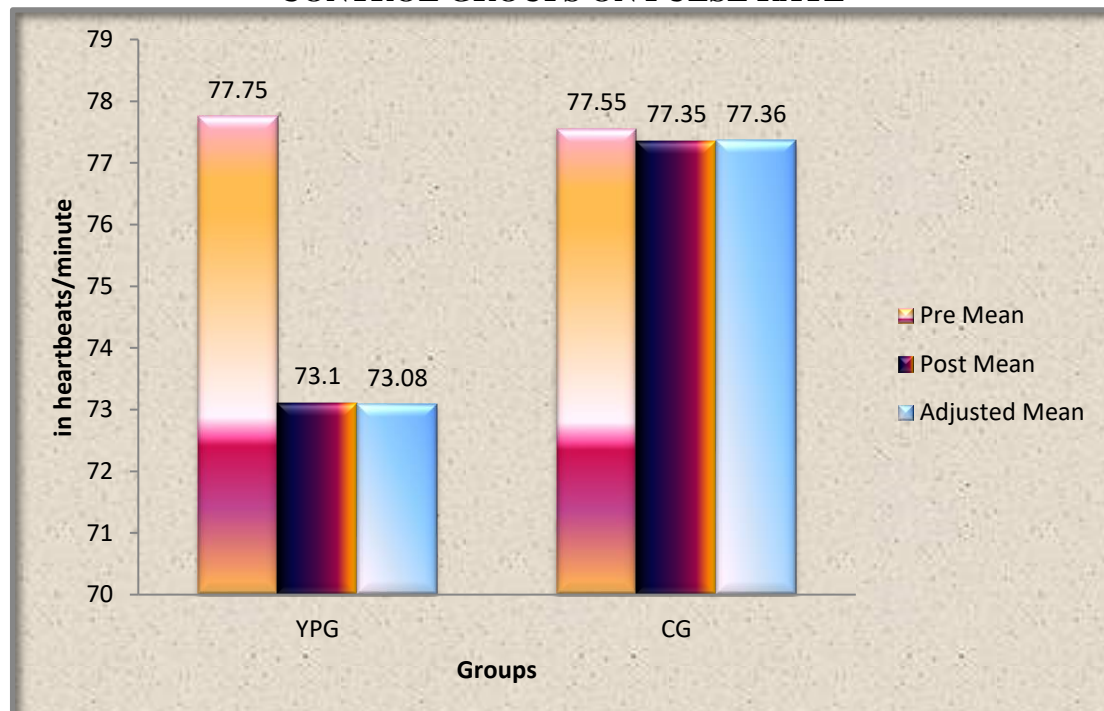
(Table Value for 0.05 Level for df 1 & 27 = 4.21)

RESULTS OF PULSE RATE

An examination of table – I indicated that the pretest means of yogic practices and control groups were 77.75 and 77.55 respectively. The obtained F-ratio for the pre-test was 1.66 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 28. The post-test means of the yogic practices and control groups were 73.10 and 77.35 respectively. The obtained F-ratio for the post-test was 27.19 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 28. The adjusted post-test means of the yogic practices and control groups were 73.08 and 77.36 respectively. The obtained F-ratio for the adjusted post-test means was 27.84 and the table F-ratio was 4.21. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 27. The pre, post and adjusted post test mean values of yogic practices and control groups, on pulse rate are graphically represented in the figure -I.

FIGURE - I

PRE AND POST TEST DIFFERENCES OF THE YOGIC PRACTICES AND CONTROL GROUPS ON PULSE RATE



CONCLUSION

1. The yogic practices group (YPG) had shown significant improvement in pulse rate.

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