

EFFECT OF ASANA AND SURYANAMASKAR ON BODY MASS INDEX AMONG HYPERTENSED MEN

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ABSTRACT

The purpose of the study was to find out the effect of asana and suryanamaskar on body mass index among hypertensed men. To achieve the purpose of the present study, forty hypertensed men from Chennai, Tamilnadu were selected as subjects and their age shall ranged from 35 to 45 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=40) were randomly assigned to two equal groups of twenty subjects each. The groups were assigned as asana & suryanamaskar group and control group 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 asana and suryanamaskar group had shown significant reduction in body mass index.

KEYWORDS: Asana, Suryanamaskar, Body mass index, Hypertensed men.

INTRODUCTION

An asana may be a posture, whether for traditional yoga or for contemporary yoga, the term springs from the Sanskrit word for 'seat'. While many of the oldest mentioned asanas are indeed seated postures for meditation, asanas could also be standing, seated, arm-balances, twists, inversions, forward bends, backbends, or reclining in prone or supine positions. The asanas are given a spread of English names by competing schools of yoga. Suryanamaskara also known in English as Sun Salutation is a common sequence of asanas. Its origins dwell India where its large Hindu population worships Surya, the Hindu solar deity. This sequence of movements and asanas are often practiced on varying levels of awareness, starting from that of workout in various styles, to an entire sadhana which includes asana, pranayama, mantra and chakra meditation. It is often the start Vinyasa within an extended yoga series. Suryanamaskara may also refer to other styles of "Salutations to the Sun". The Sun Salutation is often practiced in many Indian schools. The Yoga Pradipika, the oldest known yoga text doesn't mention "Sun Salutations" but mentions a surya-bhedana (sun-piercing), kumbhaka while the Gheranda Samhita mentions surya-bheda kumbhaka (Hema, 2012).

METHODOLOGY

The purpose of the study was to find out the effect of asana and suryanamaskar on body mass index among hypertensed men. To achieve the purpose of the present study, forty hypertensed men from Chennai, Tamilnadu were selected as subjects and their age shall ranged from 35 to 45 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=40) were randomly assigned to two equal groups of twenty subjects each. The groups were assigned as asana & suryanamaskar group and control group 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
EXPERIMENTAL AND CONTROL GROUPS
ON BODY MASS INDEX**

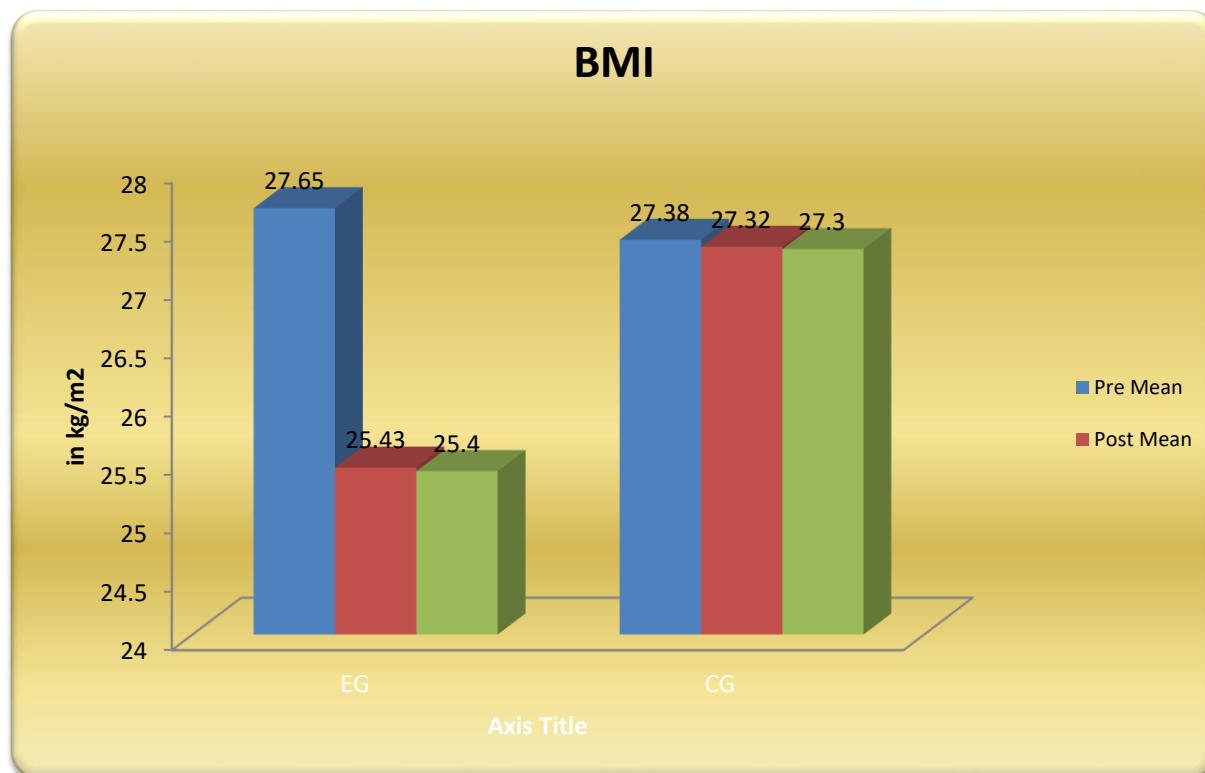
| | Experimental Group | Control Group | Source of Variance | Sum of Squares | df | Means Squares | F-ratio |
|---------------------------------|--------------------|---------------|--------------------|----------------|----|---------------|---------|
| Pre-Test Means | 27.65 | 27.38 | BG | 3.19 | 1 | 3.19 | 0.04 |
| | | | WG | 3346.99 | 38 | 88.08 | |
| Post-Test Means | 25.43 | 27.32 | BG | 153.27 | 1 | 153.27 | 4.97* |
| | | | WG | 2959.15 | 38 | 77.87 | |
| Adjusted Post-Test Means | 25.40 | 27.30 | BG | 117.88 | 1 | 117.88 | 8.03* |
| | | | WG | 543.38 | 37 | 14.69 | |

(Table Value for 0.05 Level for df 1 & 38 = 4.09) df- Degrees of Freedom
(Table Value for 0.05 Level for df 1 & 37 = 4.10)

An examination of table – I indicated that the pretest means of asana and suryanamaskar and control groups were 27.65 and 27.38 respectively. The obtained F-ratio for the pre-test was 0.04 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 38. The post-test means of the yogic practices and control groups were 25.43 and 27.32 respectively. The obtained F-ratio for the post-test was 4.97 and the table F-ratio was 4.09. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 38. The adjusted post-test means of the yogic practices and control groups were 25.40 and 27.30 respectively. The obtained F-ratio for the adjusted post-test means was 8.03 and the table F-ratio was 4.10. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 37. The pre, post and adjusted post test mean values of yogic practices and control groups, on body mass index are graphically represented in the figure -I.

FIGURE - I

PRE AND POST TEST DIFFERENCES OF THE EXPERIMENTAL AND CONTROL GROUPS ON BODY MASS INDEX



CONCLUSION

1. The asana and suryanamaskar group had shown significant reduction in body mass index.

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