

Research Paper :

The effect of yogic asanas on selected joint's range of movement

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ABSTRACT

The purpose of the study was to see the effects of Yogic Asanas on the improvement of Range of movement at wrist (flexion), hip, knee and ankle (Planter flexion) Joints. The subjects were 30 male students of L.N.I.P.E, Gwalior. The age of the subjects ranged between 20 to 23 years. The subjects were equally assigned random sampling procedure into two groups i.e. experimental group and control group. The experimental group participated in yogic practices training programme. The duration of the training programme was 6 weeks. Quantities measurements of range of movement with standard equipment for wrist, hip, knee and ankle joints were taken in the beginning and at the end of experimental period of 6 weeks. Training was given 6 times a week each session scheduled lasting 45 minutes. The significance of mean difference between the pre-test and post-test means of range of movement for wrist, hip, knee and ankle joints was analyzed using t-ratio. The level of significance chosen was 0.05. The result pertaining to t-test indicated experimental group showed significant improvement as a result of, systematic training of yogic asanas, whereas control group did not show any significant improvement.

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Yoga is a complete science of life that originated thousands of years ago. It is the oldest system of personal development in the world encompassing the entire body, mind and spirit. It is the union between a person's own consciousness and the universal consciousness. The Ancient Yogis had a profound understanding of man's essential nature and of what he needs to live in harmony with himself and his environment. They perceived the physical body as a vehicle, with the mind as driver, the soul as man's true identity, and action, emotion and intelligence as the three forces which pull the body-vehicle (Suza Francina, 2007). In order for these to be integrated, these three forces must be in balance. Taking into account the interrelationship between body and mind, the Yogis formulated a unique method for maintaining this balance - a method that combines all the movements you need for physical health with the breathing and meditation techniques that ensure peace of mind. (Sandra and Rolf, 2010).

Flexibility is generally defined as the range of motion of the joints. It is the ability to bend and stretch easily without too much effort. Flexibility depends upon various factors like the state of the joints, muscles, length and looseness of muscles, shape of bones, age etc. Some medical conditions like arthritis can affect flexibility.

(Renning, 2010)

METHODOLOGY

Thirty boys studying in B.P.E. 1st Year of L.N.I.P.E., Gwalior were selected at random as subjects of the study and divided into two groups of 15 subjects each.

All subjects were almost from the same socio-economic group and were found to be physically fit for the type of programme they were subjected to. The subjects were divided into two groups (experimental group and control group) at random by drawing the lots. The ages of these subjects ranged between 20 to 23 years. All of them were taking part in routine physical education programme as per the schedule of the college.

Asanas were selected for their contribution to enhance stretch ability of muscles and for improving mobility of joints. To finalize the list of asanas the scholar consulted experts and studied the related literature also. The finalized list is as follows:

- Halasana
- Bhujangasana
- Dhanurasana
- Paschima-Uttan-Asana
- Chakrasana
- Ushtrasana