

Effects of selected Asanas and Pranayamas on physiological variables on the students

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■ ABSTRACT

For this study 22 students (male) were selected from M.T.B. Arts College, Athwalines, Surat which is affiliated to Veer Narmad South Gujarat University, Surat. Their age group was 17 to 25 years. Trainees of the experimental group were trained daily for an hour which included some yogic exercise for five minutes followed by Asanas and Pranayam. The training schedule included-Asanas and Pranayama. t test was used to find out the significance of mean difference among pre-test and post-test. The "t" ratio of body weight of experimental group was 6.59, while of control group was -1.06. The 't' ratio of systolic blood pressure of experimental group was 2.92 and diastolic blood pressure was 2.87, while of control group the same was 0.24 and 1.16, respectively. The 't' ratio of pulse rate of experimental group was 5.81, while of control group was 1.00. The 't' ratio of breath holding capacity of experimental group was 5.46 while of control group was 0.52. The 't' ratio of all experimental groups variables were significant at 0.05 level. Otherwise the 't' ratio of control groups variables were not significance at 0.05 level. The body weight was reduced due to training given to experimental group. The breath holding capacity of experimental group increased due to training. Notable changes were found in body weight, blood pressure, pulse rate, vital capacity and breath holding capacity of experimental group due to selected Asana and Pranayama for the training of six weeks.

■ **Key Words** : Asanas, Pranayamas, Physiological variables

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Today we can consider ourselves as modern and civilized but of course not happy at all. We require sleeping pills for having sound sleep, medicines for constive and other different sort of tonics to maintain strength. We can not keep ourselves normal without pain killers. Today's youth turned towards drugs and narcotics to ruin themselves.

'Play for all men and woman' is the slogan of Physical Education while the importance of Yoga is expanding like 'Yoga for all men and women'. When the world unites through Yoga it is necessary to make some research in it.

Not only body but even internal chemical process and vital is effected by the carefully study and practice of Asanas. It effects more when we practice it with Bandha and Nauli. Other Physical exercises except Asanas lack this.

Not only this but the entire set of physical exercise to maintain body fit and keep it well is only for healthy one and also having limitations in it.

But healthy and unhealthy (unwhole some) young and aged any one can practice Asanas equally. Some other hard exercises are forbidden for women in else methods. While this is not the case with Asanas. Sometimes women can do it better than men.

Disorder is removed by Yoga and body is maintained. Bowels/intestines/entrails are highly effected by Yoga and due to this one can recover one's self from the diseases such as indigestion (dyspepsia), gas, constipation (costiveness).

Pran is the Sanskrit word for energy. Pranayam is the respiration technique of Yoga, that forces breathed air stream