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## Effect of asanas on selected physiological variables among middle aged men

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### Abstract

Most of the middle aged people consider themselves to be healthy until they experience some over sign of illness. Fortunately, early detection and proper treatment of various chronic diseases can substantially reduce their severity. Even more important, decreasing the risk factor for a disease can often either prevent the disease or delay its onset. Yoga provides one of the best means of self-improvement and attaining one's full potential. In the advanced stages of yoga, super conscious states are attained which result in a feeling of bliss, deep peace and the emergence of psychic powers Yoga was developed and perfected over the centuries by philosophers and mystics in India The purpose of this study was to find out the effect of asanas on selected physiological variables among middle aged men. The subjects were restricted to a minimum number of 60 subjects were the Tirunelveli city. The selected subjects were aged between 30 to 45 years. The study was formulated as a random group design. The score were compared by using 't' ratio the level of significant chosen was 0.01level and 0.05 level.

**Keywords:** Asanas, physiological variables, among middle aged men

### Introduction

Most of the middle aged people consider themselves to be healthy until they experience some over sign of illness. Fortunately, early detection and proper treatment of various chronic diseases can substantially reduce their severity. Even more important, decreasing the risk factor for a disease can often either prevent the disease or delay its onset. It requires change in dietary habits, increase in regular physical activity, abstinence from the use of tobacco and other drugs, reduction in consumption of alcohol, and improved ability to cope with stress. Among the above requirements, physical activity is too often ignored because it takes time and effort but its importance to health cannot be overlooked.

Yoga provides one of the best means of self-improvement and attaining one's full potential. In the advanced stages of yoga, super conscious states are attained which result in a feeling of bliss, deep peace and the emergence of psychic powers Yoga was developed and perfected over the centuries by philosophers and mystics in India. It is basically a method by which we increase the body's supply of energy and remove any interference to the transmission of energy throughout the body. Yoga has specialized in this subject for thousands of years, and streamlined the methods to attain this aim. These days, yoga classes are being held at most health and wellness centers across the United States. Along with meditation, it is probably one of the most popular alternative therapy. Many physicians, who are skeptical about the efficacy of alternative medicine, support yoga with a passion. There are many clinical studies that show the effectiveness of yoga. And the best part of it is that it is something that can be done in the comfort of your home. A few breathing exercises recommended by yoga will go a long way towards better health and relaxation.

### Methodology

The purpose of the study was to find out the effect of asanas on selected physiological variables such as Blood pressure and percentage of body fat content among middle aged men. To achieve this purpose, sixty men who were not involved in any vigorous asanas training programme, age ranging from 35 to 45, were selected from in and around, Tirunelveli city.

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The selected subjects were medically examined by a qualified medical person for undergoing the training programme. During the training period, group underwent asanas training their respective training programme for six weeks. The timing for the yoga practices was 6.00 am to 7.00 a.m.

### Analysis of Data and Results of the Study

**Table 1:** Summary of Mean and Dependent 't' Test on systolic pressure between pre and post test of middle aged men

S. No	Test	Number	Mean	S.D	"t" Value
1	Pre Test	60	88	5.41	5.99
2	Post Test	60	83	5.04	

(Table value required for significance at 0.05 levels for 't' with 29 is 2.04).

From the table I, the mean values obtained for the systolic pressure of pre and post test were 88 and 83 respectively and the obtained 't' test value is 5.99 which is greater than the tabulated 't' test value of 2.04 with df 29 at .05 level of confidence. Therefore, it was concluded that there was a significant middle aged men.

**Table 2:** Summary of Mean and Dependent 't' Test on diastolic pressure between pre and post test of middle aged men

S. No	Test	Number	Mean	S.D	"t" Value
1	Pre Test	60	129.66	29.92	2.35
2	Post Test	60	125.33	60.59	

(Table value required for significance at 0.05 levels for 't' with 29 is 2.04).

From the table II, the mean values obtained for the systolic pressure of pre and post test were 129.66 and 125.33 respectively and the obtained 't' test value is 2.35 which is greater than the tabulated 't' test value of 2.04 with df 29 at .05 level of confidence. Therefore, it was concluded that there was a significant improvement on diastolic pressure due to asana training among middle aged men.

**Table 3:** Summary of Mean and Dependent 't' Test on body fat between pre and post test of middle aged men

S. No	Test	Number	Mean	S.D	"t" Value
1	Pre Test	60	129.66	29.92	2.35
2	Post Test	60	125.33	60.59	

(Table value required for significance at 0.05 levels for 't' with 29 is 2.04).

From the table III, the mean values obtained for the systolic pressure of pre and post test were 1.47 and 0.36 respectively and the obtained 't' test value is 4.02 which is greater than the tabulated 't' test value of 2.04 with df 29 at .05 level of confidence. Therefore, it was concluded that there was a significant improvement on body fat due to asana training among middle aged men.

### Conclusions

The result of the study seems to be permitting the following conclusions.

1. There was a significant improvement on blood pressure among middle aged men due to the asana training.
2. There was a significant improvement on body fat among middle aged men due to the asana training.

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