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Effect of yogic practices on low density lipoproteins

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Abstract

The present study was undertaken primarily to assess the effectiveness of yogic practices on reducing low density lipoproteins. For the purpose of the study, 30 middle aged men aged between 35 and 40 years (mean \pm S.D. 37.5 ± 1.5 years) were randomly selected. The selected subjects for the present study were divided into two groups, namely yogic practice group and control group. The control group was not given any training. The experimental group practiced yoga, weekly six days i.e. Monday to Saturday, between 6.00 A.M. to 8.00 A.M., for a period of twelve week., The results of this study showed that there was a significant difference between yogic practice group and control group on low density lipoproteins. Moreover, the result of the study also shown that there was a significant decrease in low density lipoproteins after the yogic practice when compared with the control group.

Keywords: Yogic, low density lipoproteins

Introduction

Yoga has also been described as wisdom in work or skillful living amongst activities, harmony and moderation. "Yoga is not for him who gorges too much, nor for him who starves himself. It is not for him who steps too much, nor for him who stays awake. By moderation in eating and resting, by regulation in working and by concordance in sleeping and waking, yoga destroys all pain and sorrows".

Yoga is an ancient philosophical and religious tradition which is thought to have originated in India in at least 1000 B.C. It refers to a large body of values, attitudes and techniques whose primary objective is the pursuit of enlighten or self-knowledge. The word yoga is probably derived from the Sanskrit word "Yuj" which means to "unite" or "connect" and, in the higher levels of yoga, this is often said to mean the experience of union of the individual self with the universal.

Methodology

The present study was undertaken primarily to assess the effectiveness of yogic practices on controlling LDL. For the study, 30 middle aged men aged between 35 and 40 years (mean \pm S.D. 37.5 ± 1.5 years) were randomly selected. The selected subjects for the present study were divided into two groups, namely yogic practice group and control group. The control group was not given any training. The experimental group practiced yoga, weekly six days i.e. Monday to Saturday, between 6.00 A.M. to 8.00 A.M., for a period of twelve week. Test administration one day prior to the commencement of training and one day after the completion of training.

Estimating of LDL

After estimating the total cholesterol, triglycerides and HDL- cholesterol levels LDL – cholesterol and VLDL – cholesterol were estimated by using the simple formula recommended by Friedewald ^[1]

$LDL\text{-cholesterol} = \text{total cholesterol} - HDL - C -$

| |
|---------------|
| Triglycerides |
| 5 |

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Low Density Lipoproteins

The data collected prior to and after the experimental period

on low density lipoproteins for yogic practice group and control group were analyzed and presented in Table -.

Table I: Analysis of Covariance on Low Density Lipoproteins of Yogic Practice Group and Control Group

| | Yogic Practice Group | Control Group | Source of Variance | Sum of Square | df | Mean Square | 'F' ratio |
|-------------------------|----------------------|---------------|--------------------|---------------|----|-------------|-----------|
| Pre- test Mean | 121.2933 | 119.7467 | Between | 17.941 | 1 | 17.941 | 0.08 |
| S.D. | 14.36242 | 16.62004 | Within | 6303.71 | 28 | 225.132 | |
| Post-test Mean | 115.9733 | 120.16 | Between | 131.461 | 1 | 131.461 | 0.763 |
| S.D. | 13.3099 | 12.93107 | Within | 4821.13 | 28 | 172.183 | |
| Adjusted Post-test Mean | 115.388 | 120.746 | Between | 214.698 | 1 | 214.698 | 4.807* |
| | | | Within | 1205.86 | 28 | 44.661 | |

* Significant at.05 level of confidence.

(The table values required for significance at.05 level of confidence with df 1 and 28 and 1 and 27 were 4.20 and 4.21 respectively).

Table – I showed that the pre-test mean values of low density lipoproteins for yogic practice group and control group were 121.2933 ± 14.36242 and 119.7467 ± 16.62004 respectively. The obtained 'F' ratio value of 0.08 for pre-test scores of yogic practice group and control group on low density lipoproteins was less than the required table value of 4.20 for significance with df 1 and 28 at.05 level of confidence.

The post-test mean values for low density lipoproteins for yogic practice group and control group were 115.9733 ± 13.3099 and 120.16 ± 12.93107 respectively. The obtained 'F' ratio value of 0.763 for post-test scores of yogic practice group and control group was lesser than the required table value of 4.20 for significance with df 1 and 28 at.05 level of confidence.

The adjusted post-test mean values of low density lipoproteins for yogic practice group and control group were 115.388 and 120.746 respectively. The obtained 'F' ratio value of 4.807 for adjusted post-test scores of yogic practice group and control group were greater than the required table value of 4.21 for significance with df 1 and 27 at.05 level of confidence.

The mean values of yogic practice group and control group on low density lipoproteins were graphically represented in Figure - I.

Result

The results of this study showed that there was a significant difference between yogic practice group and control group on low density lipoproteins. Moreover, the result of the study also shown that there was a significant decrease in low density lipoproteins after the yogic practice when compared with the control group.

Reference

1. Friede wald WT, Levy RI, Fredrickson DS. Estimation of the Concentration of Low Density Lipoprotein Cholesterol in Plasma, without use of Preparative Ultra Centrifuge, *Clinical Chemistry*. 1972; 18:499-502.

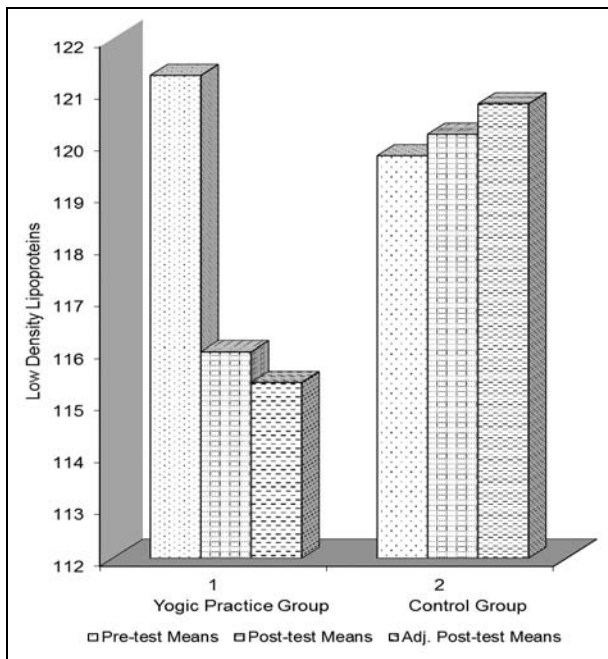


Fig I: Bar Diagram Showing the Mean Values of Yogic Practice Group and Control Group on Low Density Lipoproteins