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## Effect of yogic practices combined with varmam on the selected physical variables among the middle aged men

**Gandhi S and Dr. Anbalagan P**

**Abstract**

Purpose of the study was to analyze the effect of Yogic Practices combined with varmam on the selected physical variables among the middle aged men. To achieve the purpose, thirty subjects were selected from Yash Yoga Institute, Coimbatore and their ages were 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=30) were randomly assigned to two equal groups of fifteen subjects each. The groups were assigned as a Experimental group I Asana, Pranayama, Meditation combined with varmam Training group (APMVTG) and group II Control Group (CG) in an equivalent manner. The following are the selected criterion variables muscular strength endurance and flexibility. All the subjects were tested immediately prior and after the experimental programme. And 't' ratio was applied to analyze the significant difference 0.05 level of confidence was fixed as the level of significance to test the 't' ratio obtained by analysis, which was considered as an appropriate. Based on the result of the study it was concluded that Asana, Pranayama, Meditation combined with Varma (APMVTG) produced as significant development on the selected physical variables among the middle aged men.

**Keywords:** Muscular strength endurance, flexibility, varmam, pranayama, meditation

### 1. Introduction

Yoga refers to the traditional physical and mental disciplines originating in India. The word is associated with the meditative practices in Hinduism, Buddhism and Jainism. Within Hinduism, it also refers to one of the six orthodox (astika) schools of Hindu philosophy, and to the goal towards which the school directs its practices. Major branches of yoga in Hindu philosophy include Raja Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga, and Hatha Yoga. Hatha Yoga has become increasingly popular in western countries as a method for coping with the stress and as a means of exercise and fitness training (Schell *et al*; 1994). Hatha yoga is an ancient practice that was developed to promote the physical health as well as an awareness of one's true nature. It consists of a series of postures, called asanas, and various breathing exercises, called pranayama, which encourage balance between the physical, mental / emotional, and spiritual aspects of a human being.

Varmam are vital points in the body that act as energy transformation or batteries. They forms centers for boosting the vital Prana flow through the intricate Nadi system of the body. Nature by its design has protected these vital centers by placing them deep inside the body or by covering them with the tissue in accessible to normal attempts of breach. The presence, location and action is totally unknown to the modern medicine. Today's scientific evidence is growing on the presence of sub microscopic energy channel in the body, nadis as described by the siddhars, yet the modern science is too young to comprehend the intricate nadi system that governs the non- physical system of energy flow, the foundation of vital pranic forces. The siddhars long ago had discovered the presence of 72,000 nadis in the body and it described in detail the action and the location of each of them. They have also described the location of 108 varmamor vital points that could heal or harm the human body when properly manipulated, through touch, pressure or striking by an expert.

**1.1 Statement of the Problems**

Purpose of the study was to analyze the effect of Yogic Practices combined with Varmam on the selected Physical variables among middle age men.

**1.2 Hypotheses**

This study were hypothesized in the following ways  
It was hypothesized that there were significant improvement on the selected variables through Asana, Pranayama, and Meditation combined with Varmam training among middle age peoples

**2. Methods and Procedure**

**2.1 Selection of the Subjects**

Thirty middle aged men were selected as the subjects by adopting the purposive random sampling technique and they were selected from Coimbatore city. The age of the subjects ranged from 35 to 45 years.

**2.2 Experimental design**

For this study 30 middle aged men were the selected as subjects by adopting purposive random sampling technique and they were selected from Coimbatore city. The subject's age ranged from 35to 45 years. The subjects were divided into two equal groups namely Asana, Pranayama, Meditation combined with Varmam training group (APMVTG) and Control Group(CG)each consisting of 10 subjects. The subjects were tested to find out the physical variables. The Muscular Strength Endurance was assessed by the sit ups test and the Flexibility was assessed by the sit and reach. The Experimental group-I Asana, Pranayama, Meditation combined with Varmam training group participated the varied mode of Yogic Practice training with the Varmam massage were given for the period of weekly five days and total twelve weeks were given the training. As far as the subjects in the group II - Control Group (CG) was concerned; they were not given any specific training. The data were collected before and after the training period and the adjusted posttest were analyzed by Analysis of Covariance (ANCOVA). The level of significance for the study was chosen s 0.05

**2.3 Varmam points**

For this study Yogic Practices combined with Varmam points were used for stimulating some of the Varma Points. The points (sites / centers / stations) was controlled the life-energy flow and absorb the energy from one or more organs or varma points and pump it to other one or more organs or varma points systematically. On the other hand, it is a station in which the energy was stored and conducted through the channel - network. So the job of the varma point was to enhance the force that regulate the flow of the life-energy through the channels.

**2.4 Selection of the variables and tests**

Measurements were made during the weeks prior to the 12 week of training programme. All the procedures were demonstrated prior to the testing of Muscular Strength Endurance and was it measured by the Sit Ups. The Sit Ups procedure was practiced like first they have to lie down on the floor placing your feet either under object that will not move or by having a partner to hold them and Place their hands behind the head and lock them together by clasping the fingers. Elevate the upper body creates an imaginary V-shape with the thighs likewise the Flexibility was measured by sit and reach test. The sit-and-reach apparatus had the 25cm mark equivalent to the point where the feet touched the box. The subject, is to sit barefoot with the legs fully extended with the soles of the feet laced flat against the horizontal cross board of the apparatus, inner edge of the sole have placed 2cm from the scale, keeping the knee have fully extended, arms evenly stretched and the palms down. The subjects has bent and reached forward (without jerking) pushing the sliding marker along the scale with the fingertips as for forward as possible. The position of maximum flexion must be held for approximately two seconds. The test is repeated twice. and the maximum distance reached was recorded to the nearest 0.5cm.

**2.5 Training programme**

Asana, Pranayama, Meditation, and Varmam Training Practice (APMVTG) was given for five days in a week. From 6.00 am to 7.00 am for 12 weeks. Each Yoga and Varmam training session consisted of 1 hours of Yoga Asana, Pranayama, Meditation with Varmam points.

Training Components	Number of asanas	Number of repetition	Duration for one asana	Holding the posture	Total duration
Prayer and Basic Movements, Preparatory Practices					10mts
Trikonasana Uttanpadasana Viruchagasana Utkatasana Pirayasana Ardha Kati Asana Arthachakrasana Virabhadrasana Natarajasana Parsvakonasana Padangusthasana Marjariasana Ustrasana Yoga Mudra Parvatasana	15	1	1.20min	15seconds	20mts
Nadisudhhi Bhastrika Pranayama Anulom Vilom (2:8:4) Kapalhati (25 expulsion) Udgeeth Pranayama (1:4)					10mts

Varmam Points Kondai Kolli Pidari Kalam Adapakalam Kheel Adangal Thilardhakalam					10mts
Mantra Meditation Mindfulness Meditation					9mts
Closing Prayer (Asatoma Sadgamaya)					1mts
Total					60min

During the training, varmam points were given to stimulate the pranana (vital energy). Pranana had stimulated for about 21 seconds by touching the points, giving circulate movement, giving pressure, taping, twisting, blowing air and kneading. Although individual yoga techniques are universally standard, various exercises sequences and duration of each movement are dependent on the individual instructors. Whereas the

asanas pranayama meditation was practiced in their ability, only a limited numbers of asanas pranayama meditation were completed at each yoga session. The subjects were beginners in the practice of asana, pranayama meditation and varmam only fundamental asanas, pranayamas, meditation were introduced in this study. The subjects were encouraged to do all the exercises as accurately as possible

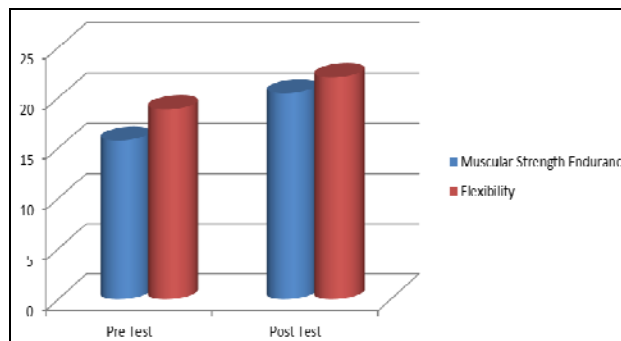
**Table I:** Significance of Mean Gains/Losses between Pre and Post –Test of Asana, Pranayama, Meditation and varmam Training Group (Apmvtg)

Variables	PreTest Mean ± SD	Post-Test Mean ± SD	MD	SEM	't'-Ratio	P – Value
Muscular Strength Endurance (in numbers)	15.75±1.12	20.45±1.54	4.70	0.22	21.48*	0.000
Flexibility (in centimeters)	18.85±2.01	22.05±2.14	3.20	0.32	9.96*	0.000

\*Significance at 0.05 level (degrees of freedom 1, 19, 2.09)

Table I shows the obtained 't' ratio between the pre and posttest on selected variables were 21.48 (Muscular Strength Endurance), 9.96 (Flexibility), the obtained 't' ratios were tested at 0.05 level of significance. From the result, it was inferred that the mean gains/ losses made from pre to post tests were statistically significant and confirm the effect of yogic practices combined with varmam were given training on Asana, Pranayama, Meditation and Varmam Training group (APMVTG)

In the Asana, Pranayama, Meditation and Varmam Training Group (APMVTG) changes made from pre to post were 4.70 (Muscular Strength Endurance), 3.20 (Flexibility), As the changes in Asana, Pranayama, Meditation and Varmam Training Group (APMVTG) were found statistically significant from the result of 't' ratios.



**Fig 1:** Bar Diagram Shows the Significance of Mean Gains/Losses between Pre and Post –Test of Asana, Pranayama, Meditation and varmam Training Group (Apmvtg)

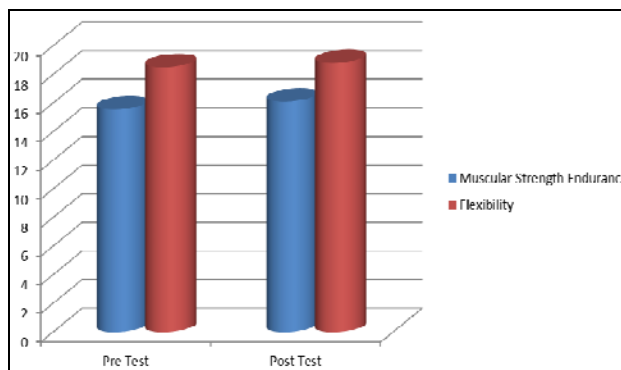
**Table II:** Significance of Mean Gains/Losses between Pre and Post –Test of Yogic Practice and Varmam on Selected Physical Variables Control Group

Variables	PreTest Mean ± SD	Post-Test Mean ± SD	MD	SEM	't'-Ratio	P – Value
Muscular Strength Endurance (in numbers)	15.55±1.10	16.10±1.25	0.55	0.28	1.99	0.061
Flexibility (in centimeters)	18.50±2.19	18.80±2.12	0.30	0.23	1.30	0.209

\*Significance at 0.05 level (degrees of freedom 1, 19, 2.09)

Table II shows the obtained 't' ratio between the pre and posttest on selected variables were 1.99 (Muscular Strength Endurance), 1.30 (Flexibility) 0.909. The obtained 't' ratios were tested at 0.05 level of significance. From the result it was inferred that the mean gains/ losses made from the pre to post tests were statistically not significant and confirm the control was not influenced on Yogic Practices combined with the Varmam on Selected Physical Variables.

In Yogic Practices combined with Varmam on Selected Physical Variables made the changed from pre to post were 0.55 (Muscular Strength Endurance), 0.30 (Flexibility), The changes in Yogic Practices combined with the Varmam on Selected Physical Variables were found statistically not significant from pre to post-test.



**Fig II:** Bar Diagram Shows the Significance of Mean Gains/Losses between Pre and Post –Test of Yogic Practice and Varmam on Selected Physical Variables Control Group

### 3. Discussion on Findings

This study shows that the twelve weeks of yogic practices combined with the Varma points was showed significant benefits in improving the physical variables after the training. Our results indicates that the Asana, Pranayama, Meditation and Varma(APMVTG) yoga practice with Varma points increased significantly on the Muscular strength endurance (Table I), Flexibility (Table I), The increased range of motion can most likely be attributed to the proper training of the Yogic practices with Varmam.

### 4. Conclusion

Based on the findings the following conclusions were derived. It was proved that the Asana, Pranayama, Meditation combined with Varmam Training Group (APMVTG) and have significant improvement. It was concluded that the Control Group (CG) showed no significant improvement.

Hence it was concluded that the Asana, Pranayama, Meditation combined with Varmam (APMVTG) was significantly improved the physical variables in Muscular Strength Endurance, Flexibility in Middle aged men.

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