



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2019; 6(5): 24-29  
© 2019 IJPESH  
www.kheljournal.com  
Received: 12-07-2019  
Accepted: 16-08-2019

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## Assessment of life style pattern, nutritional status and morbidity profile of adults practicing yoga

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### Abstract

Yoga is an ancient Indian science which gives more emphasis on good life style and dietary practices. The present study aimed to assess the dietary and lifestyle pattern, morbidity profile and nutritional status of the adult yoga practitioner (YP). A total of 100 yoga practitioners of 35-45 years of age were selected. Questionnaire cum interview schedule was used to collect information and dietary intake data was gathered using FFQ. Anthropometric measurements *viz.* height and weight were taken and BMI was calculated for all the subjects. Results showed that majority of the YP (85%) were non-smokers, 79% never consumed alcohol and 67% were vegetarian. More of the regular yoga practitioners (49%) sleep for 7-8 hours a day as compared to irregular yoga practitioners (26%). Majority of the YP (63%) were involved in physical activity and exercise. Majority of the YP (84%) consumed their breakfast daily, 55% did not skip meals, 77% consumed fruits daily and almost all the subjects (99%) included green leafy vegetables in their diet. Most of the YP (94%) reported to be healthy and only 13-17% of the subjects had life style related problems. 75% of the subjects were not receiving any treatment and reported that they never get infections. 40.8% of regular yoga practitioner (RYP) had normal BMI as compared to 23.5% of IRYP. More of females (74%) were overweight than males (62%).

**Keywords:** Yoga, lifestyle pattern, nutritional status, morbidity profile, adults

### 1. Introduction

Adulthood of the lifespan starts from the completion of adolescence and can be categorized as young adulthood, middle adulthood and late adulthood (Armstrong, 2008) [3]. Ageing is a degenerative process and is characterized by reduced physiological function and increased risk of disease and death. It is increasingly recognized that developing countries are undergoing an epidemiologic transition. While infectious diseases are still the cause of morbidity and mortality among adults, there is a marked increase in chronic non-communicable diseases. Most of these diseases like hypertension, coronary heart diseases, stroke, diabetes etc, are related to diet and lifestyles (Dominguez *et al.*, 2006) [4]. Cumulative effect of yoga and diet counselling improves food and nutrient intake which can raise the health status (Suri *et al.*, 2016). Yoga, meditation and vegetarian diet seem to strongly influence health and nutritional status with improvement in individual's life expectancy and morbidity status (Saritha *et al.*, 2003) [9].

There are evidences that yoga is helpful in improving healthy life style behaviour (Watts *et al.*, 2018) [11]. A qualitative study was conducted by Alexander *et al.*, (2013) [12] and reported that practicing yoga improved overall physical function and capacity (for 83% of participants); reduced stress/anxiety and enhanced calmness (83% of participants); enriched the quality of sleep (21% of participants); and supported efforts toward dietary improvements (14% of participants).

People are becoming more health conscious and to maintain good health and to prevent diseases, they are adopting different methods. Yoga techniques improve and promote positive health (Saritha *et al.*, 2003) [9]. All types of yogic practices produce a closer interrelationship between body and mind and help to maintain a perfect homeostasis in both (Saritha *et al.*, 2003) [9]. Recently, yoga has been adopted as an approach to health within alternative medicine (Agte, 2008) [11]. Mind-body interventions such as yoga are promising approaches for improving health status. Yoga is designed to balance the physical, mental and spiritual aspects of the individual (Mayo, 1983) [6]. Yoga practitioners are more mindful eaters and remain more

fit and have decreased perceived stress, improved sleep quality, reduced anxiety and fewer symptoms of depression as compared to individuals who do not practice yoga (Keeler *et al.*, 2014) [5]. Yoga is known to soothe tension, anxiety and strongly influence life expectancy and morbidity status (Saritha *et al.*, 2003) [9]. Yoga participation has been correlated with both fruit and vegetable intake, as well as improved eating habits and mindful eating practices and has significant implications for health and well-being, delaying and reducing the risk of developing disease, maintaining functional independence and thus promoting continued independent living (Leslie and Hankey, 2015) [8]. With this background, an attempt was made in the present study to assess the life style pattern, nutritional status and morbidity profile of adults practicing yoga.

## 2. Materials and Methods

**2.1 Research settings:** This was a cross sectional study and was carried out in South Delhi at Shri Lal Bahadur Shastri Rastriya Sanskrit Vidyapeeth and Jawaharlal Nehru University. The sampling frame was 35-45 years old yoga practitioners. The sample consisted of males and females yoga practitioners. A total of 100 yoga practitioners (male and females) were selected to constitute the study sample. The subjects were selected randomly from the selected institutes. The subjects who fulfilled the inclusion criteria were recruited for the study. Written consent was obtained who agreed to participate in the study. Inclusion criteria included that yoga practitioner should be practicing yoga regularly at least for 3-4 days in a week from 6 months to 1 year. The forms of yoga which was considered for study was Asana, Pranayama and Dhyana. The age of the subjects was between 35-45 years (males and females). Subjects with severe complications of any metabolic disorders and under treatment was not included.

**2.2 Tools and techniques:** Suitable tools and techniques were selected keeping the objectives in mind. Questionnaire cum interview schedule was used to collect information regarding sociodemographic profiles of the subjects. Self-prepared questionnaire cum interview schedule was used for life style pattern and also for morbidity profile of the subjects. Food frequency questionnaire (FFQ) was used to gather and illicit information regarding dietary patterns. To gather the information regarding nutritional status weight and height was measured and BMI was calculated. Content validity of the

tool was obtained from expert in related fields and modified based on their suggestions and opinion.

The data obtained were subjected to quantitative and qualitative analysis using suitable statistical formulae and tests. The frequency and percentages were calculated for general profile, family income, lifestyle patterns and yoga type and style. Chi square test of association was used to find out association. SPSS (Statistical Package for Social Sciences) 22.0 was used for the data analysis.

## 3. Results

The results of the study have been presented in the subsequent text as life style behaviour, socio-demographic profile, dietary pattern, morbidity profile and nutritional status of the subjects. To analyse the responses of the subjects regarding life style behaviours, the data was gathered on the following aspects: yoga style and type, sociodemographic profile, physical activity, stress related information, health responsibilities, morbidity profile, dietary pattern and nutritional status.

**3.1 Yoga style and types:** The subjects were asked to give information regarding yoga styles and types. Questions were asked from the subjects like style of yoga they performed, time spend on yoga, impact of yoga on life and sleep. Table 1 depicts the distribution of the subjects based on their responses for each of the question asked in the yoga style and types section from both males and females yoga practitioners. Results showed that among all types of yoga, dhyana was done by less of the subjects particularly females. Only 10.93% of the females opted dhyana as a yoga form. Majority of the subjects from both the groups (males and females) spent around 1 hour or more for practicing yoga. Majority of the subjects from both the groups reported that yoga helps in sleep (Table 1). All the females (100%) yoga practitioners reported that they feel energetic by doing yoga and 98% males yoga practitioners reported for the same. More than half of the subjects reported that yoga improves their diet (86% males and 72% females) yoga practitioners. 98% of males yoga practitioners reported that yoga helps to maintain healthy body weight and on the other hand 94% females agree to this. Half of the males (50%) yoga practitioners reported that they do savasana to relax their body after doing yoga. However, 74% females reported for savasana to relax their body (Table 1).

**Table 1:** Distribution of the subjects based on their responses for yoga

| Parameters                    | Response   | Males (N=50) N (%) | Females (N=50) N (%) | Total (N=100) N (%) |
|-------------------------------|------------|--------------------|----------------------|---------------------|
| Types of yoga                 | Asana      | 33(33.00)          | 20(31.25)            | 53(34.41)           |
|                               | Pranayama  | 36(36.00)          | 27(42.18)            | 63(40.90)           |
|                               | Dhyana     | 31(31.00)          | 7(10.93)             | 38(24.67)           |
|                               | Total      | 100 (100)          | 64 (100)             | 154 (100)           |
| Time spent on practicing yoga | 30 minutes | 7(14)              | 2(4)                 | 9(9)                |
|                               | 1 hour     | 18(36)             | 40(80)               | 58(58)              |
|                               | >1 hour    | 25(50)             | 8(16)                | 33(33)              |
|                               | Total      | 50(100)            | 50(100)              | 100(100)            |
| Yoga impact lifestyle         | Yes        | 50(100)            | 50(100)              | 100(100)            |
|                               | No         | 0(0)               | 0(0)                 | 0(0)                |
|                               | Total      | 50(100)            | 50(100)              | 100(100)            |
| Yoga helps in sleep           | Yes        | 49(98)             | 49(98)               | 98(98)              |
|                               | No         | 1(2)               | 1(2)                 | 2(2)                |
|                               | Total      | 50(100)            | 50(100)              | 100(100)            |
| Feel energetic by doing yoga  | Yes        | 49(98)             | 50(100)              | 99(99)              |
|                               | No         | 0(0)               | 1(2)                 | 1(1)                |
|                               | Total      | 49(98)             | 51(102)              | 100(100)            |

|                                   |                |         |         |          |
|-----------------------------------|----------------|---------|---------|----------|
| Yoga improves diet                | Yes            | 43(86)  | 36(72)  | 79(79)   |
|                                   | No             | 7(14)   | 14(28)  | 21(21)   |
|                                   | Total          | 50(100) | 50(100) | 100(100) |
| Yoga maintain healthy body weight | Yes            | 49(98)  | 47(94)  | 96(96)   |
|                                   | No             | 1(2)    | 3(6)    | 4(4)     |
|                                   | Total          | 50(100) | 50(100) | 100(100) |
| Asana to relax body               | Savasana       | 25(50)  | 37(74)  | 62(62)   |
|                                   | Gentle posture | 3(6)    | 2(4)    | 5(5)     |
|                                   | Meditation     | 22(44)  | 29(58)  | 51(51)   |
|                                   | Total          | 50(100) | 68(136) | 118(118) |

Subjects were categorized for regular yoga practitioners (RYP) and irregular yoga practitioners (IYRP) to analyse and find out the association between different variables. Regular yoga practitioners were those who perform yoga daily. There might be variation in the forms of yoga (Asana, Pranayama and Dhyana) and practicing it from six months to one year. Irregular yoga practitioners were those who performed yoga at least 3-4 days in a week and practicing it from six months to one year. Table 2 depicts the categorization of subjects for RYP and IRYP.

**Table 2:** Distribution of subjects based on regularity of Yoga

| Adults yoga practitioners (N=100)   | N (%)    |
|-------------------------------------|----------|
| Regular Yoga Practitioners (RYP)    | 49(49)   |
| Irregular Yoga Practitioners (IRYP) | 51(51)   |
| Total                               | 100(100) |

It is evident from the Table 2 that 49% of the adults perform yoga regularly and 51% performs irregularly (3-4 days) in a week. Table 3 illustrates categorization of the subjects under

different variables of sociodemographic profiles of the subjects. Majority of the subjects (67.3% RYP and 96.1% IRYP) were living in nuclear family set up. Results reflected that adults living in nuclear family set up take up yoga more but are not regular to do yoga compared to adults living in joint family set up and this difference was found to be significant (Table 3,  $p \leq 0.05$ ). Results showed that more of RYP (28.6%) as compared to IRYP (19.6%) were post graduate. This indicates that higher number of subjects who were opting for higher education are doing yoga regularly compared to those who were less educated. However, no significant difference was found. Majority of the subjects of both the groups (61.2% RYP and 70.6% IRYP) were doing government job. In both the groups (RYP and IRYP), maximum number of subjects (85.7% and 84.3% respectively) reported their monthly family income to be more than Rs 20,000 and 14.3% RYP and 15.7% IRYP reported their monthly family income between Rs 10,000-20,000. There was no significant association of income found between the two groups.

**Table 3:** Categorization of the subjects for regularity of Yoga under different variables

| Variables                 | Category      | RYP, (N=49) N (%) | IRYP, (N=51) N (%) | p-value  |
|---------------------------|---------------|-------------------|--------------------|----------|
| Family type               | Nuclear       | 33(67.3)          | 49(96.1)           | 0.000*** |
|                           | Joint         | 16(32.7)          | 2(3.9)             |          |
|                           | Total         | 49(100)           | 51(100)            |          |
| Educational qualification | Post-graduate | 14(28.6)          | 10(19.6)           | 0.29NS   |
|                           | Others        | 35(71)            | 41(80)             |          |
|                           | Total         | 49(100)           | 51(100)            |          |
| Occupation                | Government    | 30(61.2)          | 36(70.6)           | 0.32NS   |
|                           | Others        | 19(38.8)          | 15(29.3)           |          |
|                           | Total         | 49(100)           | 51(100)            |          |
| Family income             | 10,000-20,000 | 7(14.3)           | 8(15.7)            | 0.84NS   |
|                           | >20,000       | 42(85.7)          | 43(84.3)           |          |
|                           | Total         | 49(100)           | 51(100)            |          |

NS: Not Significant at  $p < 0.05$ , \*\*\* significant at  $p < 0.001$

### 3.2 Life style profile of the subjects

**3.2.1 Physical activity:** Most of the subjects reported that they always do physical activity other than yoga (67% RYP and 61% IRYP). Rest (33% RYP and 39% IRYP) reported that they do physical activity only sometimes or never. However, no significant association found between regularity of yoga and doing other physical activity. 41% of RYP and 37% of IRYP reported that they do physical activity for 30 minutes and 59% RYP and 63% IRYP reported that they do for more than 30 minutes a day. Here again, no significant

association found between regularity of yoga and time spent on physical activity (Table 4).

**3.2.2 Stress:** Results showed that adults practicing yoga are less likely to get angry and stay calm. Significant difference was not found between the two groups of RYP and IRYP. Majority of the adult yoga practitioners (78% RYP and 77% IRYP) reported that they don't get tensed very often. Regularity did not show any significant association with getting tensed (Table 4).

**Table 4:** Categorization of the subjects for their physical activity, stress profile and regularity of yoga

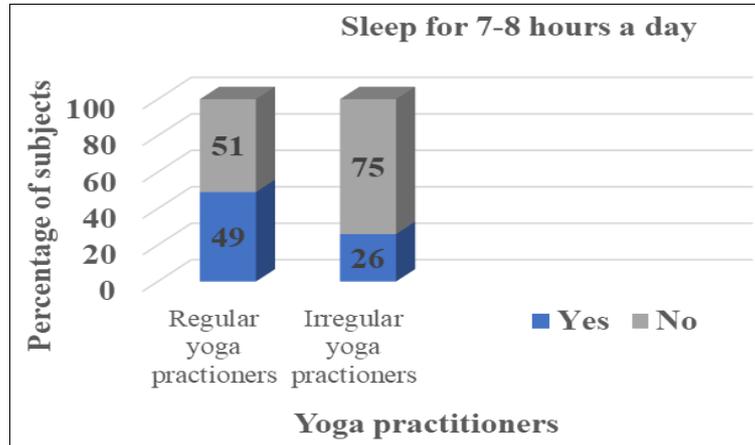
| Questions                         | Response     | RYP (N=49) N (%) | IRYP (N=51) N (%) | Total (N=100) N (%) | p-value |
|-----------------------------------|--------------|------------------|-------------------|---------------------|---------|
| Physical activity other than yoga | Always       | 33(67)           | 31(61)            | 64(64)              | 0.49NS  |
|                                   | Others       | 16(33)           | 20(39)            | 36(36)              |         |
|                                   | Total        | 49(100)          | 51(100)           | 100(100)            |         |
| Time spent on physical activity   | 30min >30min | 20(41)           | 19(37)            | 39(39)              | 0.71NS  |
|                                   |              | 29(59)           | 32(63)            | 61(61)              |         |

|                   |       |         |         |          |        |
|-------------------|-------|---------|---------|----------|--------|
|                   | Total | 49(100) | 51(100) | 100(100) |        |
| Get angry often   | Yes   | 14(28)  | 11(22)  | 25(25)   | 0.41NS |
|                   | No    | 35(71)  | 40(78)  | 75(75)   |        |
|                   | Total | 49(100) | 51(100) | 100(100) |        |
| Tensed very often | Yes   | 11(22)  | 12(23)  | 23(23)   | 0.89NS |
|                   | No    | 38(78)  | 39(77)  | 77(77)   |        |
|                   | Total | 49(100) | 51(100) | 100(100) |        |

NS: Not Significant at  $p < 0.05$

**3.2.3 Sleep pattern:** Figure 1 reflects that higher percentage (49%) of regular yoga Practitioners sleep for 7-8 hours a day compared to irregular (26%) yoga practitioners. This showed

that regular yoga practitioner sleep more regularly for 7 -8 hours.



**Fig 1:** Distribution of yoga practitioners based on their sleep pattern.

**3.2.4 Smoking and alcohol consumption pattern**

Majority of the yoga practitioners (86% RYP and 84% IRYP) reported that they don't smoke and similarly, 76% RYP and

82% IRYP did not consume alcohol. No significant difference was found between consumption pattern of RYP and IRYP (Table 5).

**Table 5:** Smoking and alcohol consumption and association with regularity with yoga

| Parameters          | Response | RYP (N=49) N (%) | IRYP (N=51) N (%) | Total (N=100) N (%) | p-value |
|---------------------|----------|------------------|-------------------|---------------------|---------|
| Smoking             | Yes      | 7(14)            | 8(16)             | 15(15)              | 0.84NS  |
|                     | No       | 42(86)           | 43(84)            | 85(85)              |         |
|                     | Total    | 49(100)          | 51(100)           | 100(100)            |         |
| Alcohol consumption | Yes      | 12(25)           | 9(18)             | 21(21)              | 0.40NS  |
|                     | No       | 37(76)           | 42(82)            | 79(79)              |         |
|                     | Total    | 49(100)          | 51(100)           | 100(100)            |         |

NS: Not Significant at  $p < 0.05$

**3.3 Dietary pattern:** Result showed (Table 6) that majority of the subjects were vegetarian in both the groups but percentage was more in irregular (65.3% RYP and 68.6% IRYP). However, the difference was not significant. Adults yoga practitioners of both the groups RYP (83.70%) and IRYP (84.30%) reported that they eat their breakfast daily. Which reflects that adult yoga practitioners have their breakfast daily and less likely to skip. However, the difference was not

significant between the groups of RYP and IRYP. Majority of the adult yoga practitioners (85.70% RYP and 68.60% IRYP) reported that they consumed fruits on daily basis. All the IRYP (100%) include green leafy vegetables in their diet and 98% RYP include green leafy vegetables in their diet. Majority of the subjects 87.80% RYP and 86.30% IRYP reported that they don't eat late night. There was no significant difference found between RYP and IRYP.

**Table 6:** Dietary pattern of yoga practitioner

| Questions                              | Response       | RYP (N=49) N (%) | IRYP (N=51) N (%) | Total (N=100) N (%) | p-value |
|--|----------------|------------------|-------------------|---------------------|---------|
| Vegetarian or non-vegetarian           | Vegetarian     | 32(65.30)        | 35(68.60)         | 67(67)              | 0.72NS  |
|  | Non-vegetarian | 17(34.70)        | 16(31.40)         | 33(33)              |         |
|  | Total          | 49(100)          | 51(100)           | 100(100)            |         |
| Have breakfast daily                   | Yes            | 41(83.70)        | 43(84.30)         | 84(84)              | 0.93NS  |
|  | No             | 8(16.30)         | 8(15.70)          | 16(16)              |         |
|  | Total          | 49(100)          | 51(100)           | 100(100)            |         |
| Consume fruits in a day                | Yes            | 42(85.70)        | 35(68.60)         | 77(77)              | 0.04SS  |
|  | No             | 7(14.30)         | 16(31.40)         | 23(23)              |         |
|  | Total          | 49(100)          | 51(100)           | 100(100)            |         |
| Include green leafy vegetables in diet | Yes            | 48(98)           | 51(100)           | 99(99)              | 0.30NS  |
|  | No             | 1(2)             | 0(0)              | 1(1)                |         |

|                |       |           |           |          |        |
|----------------|-------|-----------|-----------|----------|--------|
|                | Total | 49(100)   | 51(100)   | 100(100) |        |
| Eat late night | Yes   | 6(12.20)  | 7(13.70)  | 13(13)   | 0.82NS |
|                | No    | 43(87.80) | 44(86.30) | 87(87)   |        |
|                | Total | 49(100)   | 51(100)   | 100(100) |        |

NS: Not Significant at  $p < 0.05$

### 3.4 Morbidity profile of the subjects

To gather information regarding morbidity profile of yoga practitioners from both the groups male and females, a questionnaire cum interview schedule was framed which had altogether five questions. Table 7 depicts the distribution of the subjects based on their responses for each of the question asked in the morbidity profile. All the males yoga practitioners reported that they feel they are healthy whereas only 88% of females yoga practitioners reported that they feel healthy. As high as 72% in males and 68% in females did not

report for any life style related disease. Higher number of male subjects (14%) reported that they are suffering from diabetes and cardio vascular diseases as compared to 12% females yoga practitioners. Majority of the subjects from both the groups (males and females) reported that they are not receiving any treatment (72% and 78% respectively) for any infection or disease. Majority of the subjects reported that they rarely had infections (78% males and 72% females yoga practitioners) Table 7.

**Table 7:** Distribution of the subjects based on their responses for morbidity profile

| Parameters                               | Response        | Males (N=50) N (%) | Females (N=50) N (%) | Total (N=100) N (%) |
|--|-----------------|--------------------|----------------------|---------------------|
| Perceptions of health                    | Healthy         | 50(100)            | 44(88)               | 94(94)              |
|  | Not healthy     | 0(0)               | 6(12)                | 6(6)                |
|  | Total           | 50(100)            | 50(100)              | 100(100)            |
| Suffer from any disease                  | Diabetes + CVDs | 7(14)              | 6(12)                | 13(13)              |
|  | Blood Pressure  | 5(10)              | 8(16)                | 13(13)              |
|  | Osteoporosis    | 2(4)               | 2(4)                 | 4(4)                |
|  | None            | 36(72)             | 34(68)               | 73(73)              |
|  | Total           | 50(100)            | 53(100)              | 103(100)            |
| Receiving any treatment                  | Yes             | 14(28)             | 11(22)               | 25(25)              |
|  | No              | 36(72)             | 39(78)               | 75(75)              |
|  | Total           | 50(100)            | 50(100)              | 100(100)            |
| How often suffer cold or cough           | Twice a year    | 39(78)             | 39(78)               | 78(78)              |
|  | More            | 9(18)              | 3(6)                 | 12(12)              |
|  | Never           | 2(4)               | 8(16)                | 10(10)              |
|  | Total           | 50(100)            | 50(100)              | 100(100)            |
| How often suffer with infections (fever) | Once in a month | 0(0)               | 1(2)                 | 1(1)                |
|  | Twice a year    | 11(22)             | 13(26)               | 24(24)              |
|  | Never/rarely    | 39(78)             | 36(72)               | 75(75)              |
|  | Total           | 50(100)            | 50(100)              | 100(100)            |

### 3.5 Nutritional status of the subjects

Nutritional status of the subjects was assessed by using anthropometric measurements. Weight and height were measured with standard techniques and BMI was calculated. Table 8 shows the distribution of subjects according to Asians cut-offs for BMI. It was found out that higher Females yoga practitioners (74%) were obese then male (56%). While males had 38% overweight subjects, females group had only 18%.

However, no significant difference was found. Table 9 showed distribution of subjects based on regularity of yoga according to Asians cut-offs for BMI. It was found out that RYP had lower percentage (57.14%) of obesity compared to IRYP (72.54%) while higher percentage (36.73%) of overweight was in RYP than in IRYP (19.6%). However, no significant difference was found.

**Table 8:** Distribution of subjects according to BMI (Classification for Asians).

| Nutritional Status     | Males (N=50) N% | Female (N=50) N% | Total (N=100) N% | p-value |
|------------------------|-----------------|------------------|------------------|---------|
| Normal (18.0-22.9)     | 3(6)            | 4(8)             | 7(7)             | 0.11NS  |
| Overweight (23.0-24.9) | 19(38)          | 9(18)            | 28(28)           |         |
| Obesity (>25)          | 28(56)          | 37(74)           | 65(65)           |         |
| Total                  | 50(100)         | 50(100)          | 100(100)         |         |

**Table 9:** Distribution of subjects based on regularity according to BMI

| Nutritional Status     | RYP (N=49) N (%) | IRYP (N=51) N (%) | Total (N=100) N (%) | p-value |
|------------------------|------------------|-------------------|---------------------|---------|
| Normal (18.0-22.9)     | 3(6.12)          | 4(7.84)           | 7(7)                | 0.21NS  |
| Overweight (23.0-24.9) | 18(36.73)        | 10(19.60)         | 28(28)              |         |
| Obesity (>25)          | 28(57.14)        | 37(72.54)         | 65(65)              |         |
| Total                  | 49(100)          | 51(100)           | 100(100)            |         |

## 4. Discussion

In the present study, it was found that majority of the subjects from both the groups spent around 1 hour or more for practicing yoga, yoga helps in sleep and feel energetic by

practicing yoga. More than half of the subjects reported that yoga improves their diet and majority of subjects of both the groups reported that yoga helps to maintain healthy body weight. Our results are in consonance with the finding of

study carried out by Alexander *et al.*, (2013)<sup>[2]</sup>. They in their randomized controlled trials reported that practicing yoga supported efforts toward dietary improvements. Yoga practitioners reported that they feel energetic by practicing yoga and do physical activity regularly, the same was stated by Watts *et al.*, (2018)<sup>[11]</sup>. Results in this study showed that people living in nuclear family were more involved in practicing yoga. This may be due to the more time available for yourself. Higher number of subjects who opted for higher education were doing yoga regularly compared to subjects who were less educated. This may be due to the more knowledge about health benefits of practicing yoga. Adults practicing yoga were less likely to get angry and tensed often and the same was reported by Alexander *et al.*, (2013)<sup>[2]</sup>. They reported that practicing yoga reduced stress/anxiety and enhanced calmness. In the study higher percentage of yoga practitioners sleep for 7-8 hours a day compared to irregular yoga practitioners. Keeler *et al.*, (2014)<sup>[5]</sup> also reported that yoga practitioners are more mindful eaters and remain more fit and have improved sleep quality, reduced anxiety and fewer symptoms of depression as compared to individuals who do not practice yoga.

Majority of the yoga practitioners in the present study reported that they don't smoke and not consume alcohol. Higher number of yoga practitioners were vegetarian and ate their breakfast daily. Saritha *et al.*, (2003)<sup>[9]</sup> also reported that regular yoga practice may also exert a healthy lifestyle effect including vegetarianism, non-smoking, reduced alcohol consumption, increased exercise and reduced stress. The findings of this study revealed that majority of the yoga practitioners consumed fruits daily and included green leafy vegetables in their diet. The same was stated by Watts *et al.*, (2018)<sup>[11]</sup> in their study that regular yoga practice was associated with more servings of fruits and vegetables.

Majority of the yoga practitioners reported that they are healthy and did not have any lifestyle related problems. Innes *et al.*, (2005)<sup>[12]</sup> reported that yoga reduces many risk factors for CVD, may improve clinical outcomes, and may aid in the management of cardiovascular disease. Raveendran *et al.*, (2018)<sup>[7]</sup> suggested that yoga practice is useful in the management of various lifestyle diseases, including type 2 diabetes.

Kristal *et al.*, (2005)<sup>[13]</sup> concluded in their study that regular yoga practice was associated with attenuated weight gain and can benefit individuals who wish to maintain or lose weight. Similar findings were analysed in this study. There was lower percentage of obese who practice yoga regularly compared to irregular yoga practitioners. Therefore, the present study suggests that the yoga is beneficial for improving life style, nutritional status, dietary pattern and morbidity profile, thus improves the quality of life.

## 5. Conclusion

Results showed that adults practicing yoga follows right lifestyle practices: they are physically active, less likely to get angry and tensed often. There are less prevalence of consumption of alcohol and do not smoke and they have better sleep quality. Results showed that yoga practitioners have their breakfast daily and less likely to skip any meal, consume fruits regularly and include green leafy vegetables in their diet on daily basis. It was revealed that yoga practitioners are less likely to get infections and have less non-communicable diseases.

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