



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (RJIIF): 5.38  
IJPESH 2022; 9(4): 297-298  
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[www.kheljournal.com](http://www.kheljournal.com)  
Received: 28-05-2022  
Accepted: 31-07-2022

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## Effect of different method of yogic practices on body mass index and vital capacity among overweight women

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### Abstract

This study was to find out the impact of different method of yogic practices on body mass index and vital capacity among overweight women. To achieve this purpose of the study forty five overweight women were selected from in and around Tiruchendur, Tamil Nadu and their age ranged between 30 to 40 years. These subjects were classified into three groups, namely asana with pranayama practices group, asana with mudra practices group and control group. All groups were confined to 15 subjects each. The training groups were participated in the respective yogic practices for a period of twelve weeks (five days per week) to find out the outcomes of the training programme and the control group did not participate in any other training programme. The physiological parameters were confined to body mass index (BMI) and vital capacity. Prior after the training period body mass index (BMI) and vital capacity were measured by standardized test. Both asana with pranayama practices group and asana with mudra practices group influence on body mass index and vital capacity when compare with control group. Asana with pranayama practices may have better influence on body mass index and vital capacity of obese women.

**Keywords:** Asana with pranayama practices, asana with mudra practices, body mass index, vital capacity and overweight

### Introduction

Yoga is accomplished life science and is the ancient system of inter - personality enhancement tool encompassing the entire body, mind and spirit. Different breathing exercise or techniques quieted the mind and brain, offering inner peace and ability to face upheavals and deal with problems. The various yoga postures or asanas are taught to achieve the physical fitness which is vital to be physically healthy. The disciplined mind is achieved by training techniques such as breathing exercises or 'pranayama', meditation or 'dhyana', kriyas and mudras. Overweight is a very common disorder among all the age groups across genders. Overweight is caused when an individual consumes more calories than his body can burn. The Unburnt calories accumulates as body fat and gets deposited as a layer under the skin. Obesity is a sophisticated stage of being overweight which can lead to serious medical conditions such as high blood pressure, heart diseases, diabetes, digestive problems, sleep disorders, backache and many more.

### Statement of the problem

The present study stated based on the systematic background and expert opinion that, the purpose of the study was to find out the impact of different method of yogic practices on body mass index and vital capacity among overweight women.

### Methodology

To achieve this purpose of the study forty five overweight women were selected from in and around Tiruchendur, Tamil Nadu and their age ranged between 30 to 40 years. These subjects were classified into three groups, namely asana with pranayama practices group, asana with mudra practices group and control group. All groups were confined to 15 subjects each. The training groups were participated in the respective yogic practices for a period of twelve weeks (five days per week) to find out the outcomes of the training programme and the control group

did not participate in any other training programme. The physiological parameters were confined to body mass index (BMI) and vital capacity. Prior after the training period body mass index (BMI) and vital capacity were measured by standardized test.

### Analysis of data

The data collected prior to and after the experimental periods on body mass index (BMI) and vital capacity on asana with pranayama practices group, asana with mudra practices group and control group were analysed and presented in the following Table 1.

**Table 1:** Analysis of covariance and 'F' ratio for body mass index (BMI) and vital capacity for asana with pranayama practices group, asana with mudra practices group and control group

Variable Name	Group Name	Asana with Pranayama Group	Asana with Mudra Group	Control Group	F ratio
Body Mass Index	Pre-test Mean	27.37	27.38	27.62	0.13
	Post-test Mean	25.71	24.85	27.95	17.09*
	Adj. Post-test Mean	25.79	24.92	27.80	125.97*
Vital Capacity	Pre-test Mean	1876	1943.33	1876.67	2.53
	Post-test Mean	2020	1996.67	2127.33	9.82*
	Adj. Post-test Mean	2033.76	1969.55	2140.69	24.64

\* Significant at .05 level of confidence.

(The required table value for significance with df 2 & 42 is 3.22 and df 2 & 41 is 3.23)

From the Table-I it is clear that asana with pranayama practices group and asana with mudra practices group significantly altered body mass index and vital capacity when compared with control group.

Further to determine which of the paired means has a significant improvement, Scheffé S test was applied as post-hoc test. The result of the follow-up test is presented in Table 2

**Table 2:** Scheffe's test for the difference between the adjusted post-test paired means of body mass index and vital capacity

Variable Name	Asana with Pranayama Group	Asana with Mudra Group	Control Group	Mean Difference	Confidence interval at .05 level
Body Mass Index	25.79	24.92		0.879*	0.472
		24.92	27.80	2.881*	
	25.79		27.80	2.002*	
Vital Capacity	2033.76	1969.55		64.21*	60.52
		1969.55	2140.69	171.14*	
	2033.76		2140.69	106.93*	

Both asana with pranayama practices group and asana with mudra practices group influence on body mass index and vital capacity when compare with control group. Asana with pranayama practices may have better influence on body mass index and vital capacity of overweight women.

### Conclusions

From the analysis of the data, the following conclusions were drawn.

1. There was a significant difference between asana with pranayama practices group and asana with mudra practices on body mass index and vital capacity when compared with the control group.
2. The improvement in criterion variable such as body mass index and vital capacity was better influence for asana with pranayama practices group than the asana with mudra practices group.

### Recommendations

- This study is suitable for the overweight women to reduce their BMI.
- This study is suitable for the overweight women to increase their vital capacity level.
- The overweight women can do asana with pranayama practice and asana with mudra practice to reduce their body weight.
- Similar study may be conducted by physical variables as dependent variables.
- Similar study may be attempted by selecting the state or national level athletes or players as subjects.
- Similar study may be attempted by selecting the diabetic and hypertensive patients as subjects.

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