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Effect of six weeks yogic training on weight management of women

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Abstract

Yoga has been proven and effective method for improving health in addition to prevention and management of weight due to the conscious awareness was observed in health and natural remedies among people which can be treat through Yoga and Pranayama. Due to the alarming situation, there is increase scientific research in Yoga and its various aspects especially therapeutic aspect has been explored. Here, Yoga is reported to reduce blood pressure, heart rate and other physiological parameters. Several studies suggested that Yoga is beneficial for the physical of the various people. The purpose of the study was to analyze the effect of six weeks yogic training on weight management of women. 20 women were selected randomly from Thatipur of Gwalior district. Mean height of the subject was 5 feet 5 inches and the age of the subject was 25-30 years. To compare the weight management between before and after practice of Yoga. Only weight was taken as the variable for this study. To measure the weight, weighing machine was used. The introductions as well as demonstration of different yogic exercises and Surya Namaskar were initially done after the weight was taken. After 6-week, again the weight was taken of the same group. On order to find out the significant difference on weight management of women 't' test was used at 0.05 level of significance. The significant different was found in the result of the study on weight management of women between Pre and Post Test.

Keywords: Weight, weighing machine, yoga, pre-test, post-test

Introduction

The word yoga means to unite, to join or combine. It is extracted from the Sanskrit word 'Yuj'^[1]. In other words, it is the science and an art, has the message of overall development of humanity^[2].

When yoga dates back, all these branches of knowledge were one and indivisible. Talking about our sages, they were great men depicting religion. But now in modern sense, yoga is based on certain ethical values like sanctity, non-violence, brotherhood, peace and cooperation. It makes the man worthy to be the path of success. If an individual adopts the yogic principles in his or her life, he or she may surely lead a radiant, happy and meaningful long life by making the practice of asanas and pranayama in daily life^[2].

The ongoing lifestyle of an individual has been the major cause of bodily and psychological illness. Due to the present lifestyle, the obesity has turned up to be the most alarming factor. The cause of disease whether physical, chemical, genetic, environmental imbalances is what believed that really determines our susceptibility that acknowledges the other etiological factors through yoga. In context of obesity, the lifestyle and decreased physical activities are the main causes which automatically adds up to the imbalance in the energy consumption we take and the energy consumption we expand. An obese is the one who consumes more calories than what is actually required for the basic necessities (The unit of heat which is termed as a calory, which represents the amount of heat which is needed to raise the temperature of 7 kg of water by 1 °C).

The increase in weight however shows that there is the persistent change in the lifestyle of an individual that is conducive to store energy in the form of calories in fat tissues. The changes in the active lifestyle, changes in diet, consumption of food stuffs that contributes nothing to the body which are also termed as empty calories can make an individual fall in the category of an obese. Accidents or any kind of unforeseen events can also reduce our activities especially the physical activities which can ultimately results in the storage of extra energy in storage of extra energy in the form of fat tissues in our body.

Food which is considered to be the vitality on the gross level of an individual which is also the essence of the physical body and in the sense of yoga, the Annamaya kosha (food sheath) is a word which means eaten, which ultimately contributes that food is also the medicine for the body.

Statement of the problem

The main purpose of this study was to analyze the effect of six weeks yogic training on weight management of women.

Methods

To fulfil the purpose of the study, 20 women were selected randomly from Thatipur region of Gwalior district. The age of all the subjects were in the range 25-30 years and the mean

height was 5 feet 5 inches. For the comparison of weight before and after the practice of yoga, only weight was taken as the variable for the study and weighing machine was used to measure the weight. After initially taken the weight of all the subjects, Surya namaskar and different yogic training was introduced for 6-weeks. After 6-weeks of training again the weight was taken of same subjects.

Table 1: Schedule of Yogic training was as follow-

Total duration	6-weeks
Frequency	6 days per week
Repetition	2 times
Duration	1 hour
Time of practice	8-9 AM

Table 2: Yogic Exercises

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trikonasana, Vrikshasana, Naukasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Savasana, Bhujangasana, Dhanurasana, Makrasana, Shalabhasana, Paschimottanasana, Vajrasana	Trikonasana, Vrikshasana, Naukasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Savasana, Bhujangasana, Dhanurasana, Makrasana, Shalabhasana, Paschimottanasana, Vajrasana	Trikonasana, Vrikshasana, Naukasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Savasana, Bhujangasana, Dhanurasana, Makrasana, Shalabhasana, Paschimottanasana, Vajrasana	Trikonasana, Vrikshasana, Naukasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Savasana, Bhujangasana, Dhanurasana, Makrasana, Shalabhasana, Paschimottanasana, Vajrasana	Trikonasana, Vrikshasana, Naukasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Savasana, Bhujangasana, Dhanurasana, Makrasana, Shalabhasana, Paschimottanasana, Vajrasana	Trikonasana, Vrikshasana, Naukasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Savasana, Bhujangasana, Dhanurasana, Makrasana, Shalabhasana, Paschimottanasana, Vajrasana

- 10 rounds of Suryanamaskar was performed before training
- 30 seconds holding for each asana
- 60 seconds rest was given in savasana or makarasana after each asana.

To find out the significant difference in weight of women sample paired ‘t’ test was used at 0.05 level of significance.

Results

Mean Standard deviation and paired ‘t’ test in weight management between Pre-test and Post-training of women.

Table 3: Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre-Test	78.2600	20	12.38218	2.76874
	Post-Test	74.9650	20	12.08463	2.70220

Table 4: Paired sample test

	Paired differences				
	Mean	Standard Deviation	t	df	Sig. (2-tailed)
Pair 1 Pre-Test – Post-Test	3.29500	.53358	27.617	19	.000

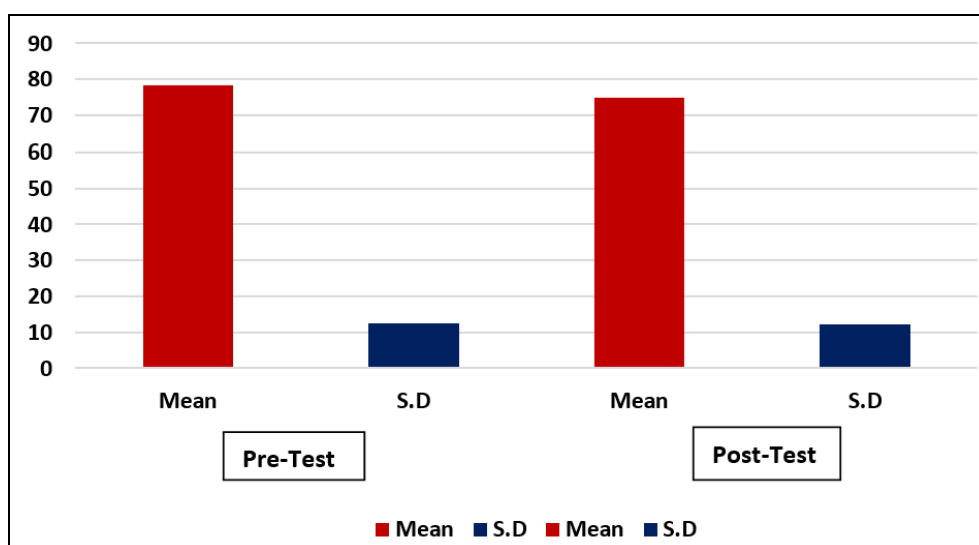


Fig 1: Comparison of mean, standard deviation on weight management between pre-test and post-test of Women.

Discussion

Table 3 shows that the Mean and Standard deviation of pre-test on weight management has been found 78.26 ± 12.38 and the mean and standard deviation of post-test on weight management has been found 74.96 ± 12.08 . The 't' value of weight 27.61 (Table 4) is significant at 0.05 level of significance.

Burning of calories than you consume which automatically leads up to the loss of body weight which is 35000 calories (equivalent to 1 pound of fat). The research done by American council on exercise states that an average individual burns about 3-6 calories per minute practicing yoga which equates to the total of only 180-360 calories burn during that class. In contrast a kettle bell workout burns about 13-17 calories per minutes which equals 800 calories burnt in an hour that's a significant difference in calorie expenditure.

The intensity of the class depends upon the type and certain styles of yoga which are more rigorous such as power yoga, hot yoga (Vikram yoga) and vinyasa, wherein the restorative and hatha yoga are gentle and slower pace. Circuit training is still termed as superior in terms of overall metabolic boost and calorie burn regardless of the intensity of yoga class but, yoga has other benefits which can help the individual in his or her weight loss.

The medical researcher a Yogi Alan Kristal in association with the Fred Hutchinson Cancer research Centre from 2000-2002 has conducted a study on the effects of yoga on weight loss. The diet, health and other forms of exercise can cause changes in weight was observed on 15500 middle-aged men and women by their involvement in different types of physical activity. The result of the concluded that both overweight and normal weight who regularly practiced yoga for at least four year were less prone to gain weight than who didn't involve yogic practices in their lifestyle.

Practicing yoga doesn't add up to the burning of more calories, but it still has a good space in your normal workout routine. The combination of resistance training and the cardiovascular activities maximizes the calorie burn founded in the fat loss program has been found an effective thing that encourages the maintenance of lean muscles. Here yoga can be termed as an active recovery and flexibility training between more intense workout. The yoga also helps in improved sleep, better eating habits, increased self-awareness which could mean more weight loss. Exercise right, eat clean, and you'll be able to actualize your goals (Kristin Rooke-2016) [4].

Conclusion

Limitations of the present study and based on the findings the meaningful conclusion were drawn that there is significant difference between pre and post-test on weight management of women.

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