

A Study of Yogic Practices on Blood Pressure and Diabetes

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ABSTRACT

The word Yoga stems from the Sanskrit Language, in which the sacred scriptures of Hindum are composed. It means “Union” but also “Discipline” combining those two connotations, we can define Yoga a “Unitive disciple”- the disciple which leads to inner and outer union, harmony and joy.

Yoga is first and foremost the discipline of conscious living. When we take charge of our lives we also tap into our inner potential of happiness or leek at in Sanskrit call Ananda.

Yoga seeks to give us a new sense of identity by enlarging our inner horizon.

Yoga also recognizes a variety of secondary goals, such as physical well being moral integrity. This also helps us to improve some psychosomatic disorders.

Modern life brings number of diseases in human beings.

The purpose of the study was find out the effect of pranayam on Bood pressure and diabetes of Adults.

Fifty Samples were selected and six weeks of training of selected pranayams was given and later was analizad to find out the result. Proper statistical procoedue were fasslowed and the result were drawn.

KEYWORDS: anulomvilom and kapalbhati, blood pressure & Diabetes

INTRODUCTION

Modern world has been influencing the life of human and bringing hypokinetic diseases. The life style in these days has changed a lot. Most of adult are suffering from number of diseases in which Blood Pressure and Diabetes is most common. Human beings are made up of three components – Body mind and soul corresponding these there are thee needs – health knowledge and inner peace.

Health is physical need, knowledge is our psychological need and inner piece is spiritual need when all three are present there is harmony.

According to Yoga, harmony among the body than includes subtle energy body, mind that includes emotional, psychological and the thinking mind and the spirit or soul leads to a perfect health.

The harmony can be maintained by dealing with all the above aspects through yogic practices.

In today’s world of information most of the people find it difficult to devote time towards their fitness and health. This is especially very true with working individuals.

This has led to a drastic increase in health problems and health related stresses – the number one killer in modern days. Unlike the early part of the century when infectious diseases were the leading killer, today's health problems are mostly related to life style.

It is widely aerated that a regular practice of Yoga can offers all kind of mental and physical health benefits.

Yoga introduces to pranayamteehingnes which is very helpful for care of some diseases like high blood pressure and diabetes.

Astangayoga include eight steps which includes Asana and Pranayam.

NEED FOR STUDY:

As all of us know that the modern life style brings effects our heath and we suffer from number of diseases because of this modern life Style. It we went to maintains practice of yoga is must in our life.

Therefore, Research scholar wanted to study the effect of certain Yogic practices on the persons suffering from Blood pressure and diabetes.

AIM -

- The major Aim of the study was to study the effect of selected Yogic practices on selected diseases like blood pressure and diabetes.

Objectives –

- To study the life style of working individual.
- To identify Individual suffering from Blood Pressure.
- To identify Individual suffering from Diabetes.
- To study the effect of selected pranayam on persons suffering from Blood Pressure and Diabetes.

MATERIALS AND METHODOLOGY:

Study type: Experimental design.

Sample: Purposive sampling methods.

Sample size:40

Place of the study: Jiwaji University, Gwalior.

Duration of thestudy: 6 Weeks

Criteria of the study: Blood Pressure was tasted by BP apparatus.

Exclusion criteria:

- ❖ Blood Sugar level was tested in Pathology lab.

Procedure of the study

Total Forty Persons were selected as subject this study out of for they twenty individual were selected those who were suffering from high blood pressure twenty were selected who were suffering from diabetes.

Persons suffering from High Blood Pressure were divided into two groups one worked as experimental group and another worked as control group.

Persons suffering from diabetes were divided into two groups one worked as experimental group and another as controlled group.

Experimental and control group includes to artiest each.

After pretest of blood pressure and diabetes. The training of two selected pranayama, anulomvilom and kapalbhati was given to experimental group for a period of six weak.

Post test conducted after six weak and statical treatment was given and the results were calculated.

DATA ANALYSIS & INTERPRETATION:

On the basis of the data of pre test and post test. Mean and standard deviations were calculated and ‘t’ ration was calculated which is given in table below.

Table 1 shows the group mean decreasing after six weeks of pranayam training in Blood pressure.

Table 1

Group	M1	M2	D	SE	‘t’ ratio
Experimental	140/90	135/99	5/2	0.6123	2.03
Controlled	142/92	140/90	2/2	0.8629	1.085

Significant at 05 level

Table 2 shows the groups mean decreasing after six weeks of pranayam training in Blood Sugar.

Table 2

Group	M1	M2	D	SE	‘t’ ratio
Experimental	120	112	08	0.832	2.05
Controlled	124	122	02	0.438	1.03

Significant at 05 level

DISCUSSION& CONCLUSION:

With the limitation of the present study it is concluded that

Blood pressure and diabetes (Blood Sugar) can be controlled by taking part regularly in pranayam.

There fore it is suggested that to avoid High Blood Pressure and Diabetes (Blood Sugar) proper life style management with pranayam training should be incorporated.

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