

## Yogic Therapy in Health Related Physical Fitness

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### I. Introduction:

Health related physical fitness is the need of the hour in this modern mechanical world, where people are pressed under great physical and mental stress leading to frustration and unrest. This leads to poor physical health and inability to strike harmony with the body and mind. Yoga, a unique therapy practiced by Yogi's in ancient days, has gained a new impetus all over the world due to its rich healing effect over the maladies of the modern world. Yogic therapy helps to acquire good health, a curative measure for disease and rectification of disorders, fortifying immunity; control over emotion; improving the retention power; improved blood circulation; over its mental and spiritual strength.

Yogic therapy enhances the working efficiency by reducing the pulse and thereby establishes cardiovascular efficiency. This improves the functional health and physical performances.

### II. Methodology:

The purpose of the study was to determine the effect of Suriyanamaskar and other selected yoga on the pulse rate among schoolboys. By random sampling method Thirty High School Boys were taken from the age group of 14 to 16 years for the test. The selected samples were subjected to experimental treatment. The initial reading of the pulse rate was taken before subjecting them to Suryanamaskar and other selected yoga. The exercise of selected yoga viz., Halasana, Chakrasana and Dhanurasana Suriyanamaskar were practiced for four days a week, prolonging to six weeks. After the completion of the experimental period the pulse rate was taken. A stopwatch was used to record the pulse rate of the subject.

### III. Statistical techniques:

The comparison was brought out using the difference between the mean, standard deviation, standard error of the difference between the mean and t-ratio. The level of significance was at 0.01. A t-ratio of 2.76 was needed for significance at 0.01 levels. Since the obtained 't' (6.78) was much above than the required for significance at 0.01 level of confidence (2.76), the null-hypothesis was reflected at 0.01 level.

**Table-I**  
**MEAN, STANDARD DEVIATION, STANDARD ERROR OF MEANS AND THE COEFFICIENT OF CORRELATIONS OF PULSE RATE OF THE SUBJECTS BEFORE AND AFTER THE EXPERIMENTAL PERIOD**

	mean		standard deviation		standard error of mean		co-efficient of correlation  r
	before experimental period	after experimental period	before experimental period	after experimental period	before experimental period	after experimental period	
	M <sub>1</sub>	M <sub>2</sub>	X	S	σM <sub>1</sub>	σM <sub>2</sub>	
Pulse rate	78	74	6.396	5.783	1.17	1.06	0.83

**Table – II**

Calculation of the t-ratio for the difference of Means of pulse rate before and after experimental period.

$$\begin{aligned}
 t &= \frac{DM}{\sigma DM} \\
 DM &= M_1 - M_2 \\
 &= 78 - 74 \\
 &= 4
 \end{aligned}$$

$$\begin{aligned}
 \sigma_{DM} &= \sqrt{\sigma^2 M_1 + \sigma^2 M_2 - 2r_1 \sigma M_1 \sigma M_2} \\
 &= \sqrt{1.17^2 + 1.06^2 - 2 \times 0.83 \times 1.17 \times 1.06} \\
 &= \sqrt{2.49252.059} \\
 &= \sqrt{0.3335} \\
 &= 0.577 \\
 &= \frac{DM}{\frac{\sigma_{DM}}{4}} \\
 &= \frac{4}{0.577} \\
 &= 6.77.5 \\
 &= 6.78
 \end{aligned}$$

The difference between means of pulse rate before and after the practice of selected yoga was 4 and the standard error of the difference between means was 0.577. The t-ratio calculated from this mean difference was 6.78. Thus the t-ratio obtained was found to be significant at 0.01 level of confidence. The obtained t-value was greater than the required table value of 2.76 at 0.01 level confidences for 29 degrees of freedom. It was concluded that the difference between the means of the pulse rate before and after the practice of Suriyanamaskar and selected yoga was large enough to be attributed to the experimental variable. Hence the null hypothesis was rejected at 0.01 level of significance and the hypothesis of the investigation was that the effect of Suriyanamaskar and selected yoga on pulse rate was held true.

#### **IV. Findings:**

The practice of Suriyanamaskar and other selected yoga reduced the normal pulse rate significantly.

#### **V. Conclusion:**

Thus yogic therapy works wonders by reducing the pulse rate and establish cardio vascular efficiency. This is accompanied by greater oxygen supply to our system. This enhances the work efficiency of people of all ages. Yogic therapies in health related physical fitness thus play a vital role in developing and preserving the vigour, strength, beauty and health of a person without any loss of energy and getting under fatigue. It tones up the whole system and secures spiritual and general happiness.

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