

A SYSTEMATIC AND SCIENTIFIC IMPACT OF VARIED INTEGRATED MODULES OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG MIDDLE-AGED WOMEN

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Abstract

The research aimed to determine the systematic and scientific impact of varied integrated modules of yogic practices on selected physiological variables among middle-aged women. Only forty-five (n=45) women from the Sivagangai District and its environs were chosen for the study. The age group was 35–55 years old. Group I was Surya namaskar (n = 15), Group II was Asanas (n = 15), and Group III was the Control Group (n = 15). The subjects were split into three equal groups of fifteen each. The course ran for twelve weeks, three days a week. A 45-minute training session was all that was required. As the control group, Group III received no particular instruction. The resting pulse rate is measured by beats per minute. The data were gathered from the Experimental and Control groups. For statistical analysis, use the dependent "t" test and Analysis of Covariance (ANCOVA). The "F" ratio of the adjusted post-test means was considered statistically significant. A predefined degree of confidence of 0.05 was applied to each case.

Keywords:

Surya namaskar, Asanas, Middle-aged women

Introduction

Surya Namaskar, also known as Sun Salutation, is a sequence of yoga postures or Asanas performed in a flowing manner. It's a well-known yoga practice that combines a series of 12 different postures, each coordinated with a specific breathing pattern. The series is often practiced in the morning facing the rising sun, but it can be done at any time of the day. Each posture stretches, flexes, or strengthens different parts of the body, providing a holistic workout for physical and mental well-being.

"Asana" is a Sanskrit term used in yoga, referring to a physical posture or position. In yoga practice, an Asana typically involves assuming a specific body posture while focusing on breath control and mindfulness. Asanas are an integral part of yoga, aiming to promote physical health, mental clarity, and spiritual growth. They vary in complexity and purpose, targeting different parts of the body and aspects of well-being. Examples include Mountain Pose (Tadasana), Downward-Facing Dog (Adho Mukha Svanasana), Warrior Pose (Virabhadrasana), and many others, each with its unique benefits and effects on the body and mind.

Methodology

The goal of the study was to determine the methodical, empirical effects on a few key physiological variables in middle-aged women of various integrated yoga practice modules. Stopwatch-measured resting pulse rate expressed in beats per minute. 45 women from the Sivagangai District's Karaikudi were chosen as the subject. The subjects were split up into three equal groups, each consisting of fifteen people: Group I was Surya Namaskar, Group II was Asana, and Group III was the Control group. For twelve weeks, the instruction was provided three days a week. Each 45-minute training session was held.

Analysis of data

Table I mean values of Experimental groups and the Control group on resting pulse rate (beats per minute)

Group	Pre-test	Post-test	Mean difference	't' ratio
Surya namaskar	78.06	71.25	6.79	15.89

Group -I				
Asana Group -II	76.70	72.89	2.41	6.19
Control Group -III	77.26	76.10	1.12	0.93

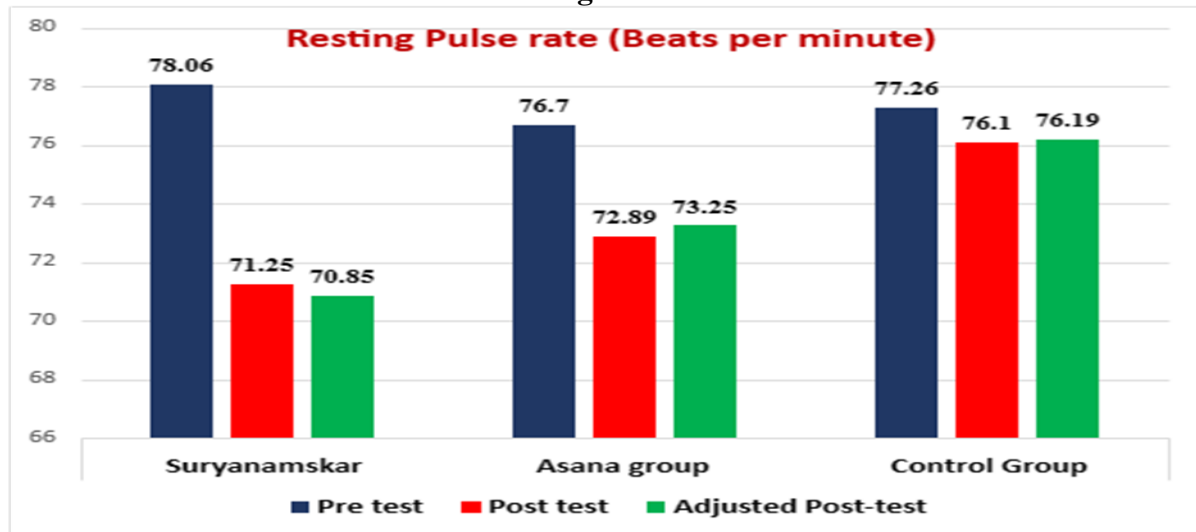
Table I indicates the obtained ‘t’ values of Group-I, Group-II and the Control group are 15.89, 6.19, and 0.93 respectively greater than the table value of 2.15 with df14 at 0.05 level of confidence. The significant difference exist between the pre-test and post-test means of experimental group on resting pulse rate.

Table II computation of analysis of covariance on resting pulse rate (beats per minute)

Adjusted Post-test	Group - I	Group - II	Group - III	Source of variance	Sum of Square	df	Mean square	‘F’ ratio
	70.85	73.25	76.19	B	213.03	2	106.53	17.94*
				W	243.32	42	5.92	

Table II indicates that the adjusted mean values of resting pulse rate for Surya Namaskar, Asana, and the control group are 70.85,73.25 and 76.19. The obtained ‘F’ value greater than table value of 3.23 of 2,42 df at 0.05 level of confidence. It is concluded significant reduction exists between the adjusted post-test means of resting pulse rate.

Figure.1



Conclusion

The results of this study demonstrated that the Asana group reduced the resting pulse rate more effectively than the Surya Namaskar group. The resting pulse rate of the control group did not increase.

References

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