



## EFFECT OF YOGIC PRACTICES ON SELECTED CHD RISK FACTORS AMONG DIABETES PATIENTS

**Dr. P. Mahendiran**

Assistant Professor, Department of Physical Education and Sport Sciences,  
 Annamalai University, Chidambaram, Tamilnadu

**Cite This Article:** Dr. P. Mahendiran, "Effect of Yogic Practices on Selected CHD Risk Factors among Diabetes Patients", International Journal of Applied and Advanced Scientific Research, Volume 2, Issue 2, Page Number 357-358, 2017.

### Abstract:

The purpose of the study was to find out the effect of yogic practices on selected CHD risk factors among diabetic patients. To achieve this purpose, 20 women diabetic patients were randomly selected as subjects from the Rajah Muthiah Medical College & Hospital, Annamalai University residing in various places around Chidambaram Town. The age of the subjects were ranged from 35 to 40 years. The subjects were further classified at random into two equal groups of 10 subjects each in which group - I underwent yogic practices for six days per week for eight weeks during morning sessions only and group - II acted as control who were not undergo any special training programme. The selected criterion variables such as glucose and high density lipoproteins were assessed before and after the training period. The collected data were statistically analysed by using Analysis of Covariance (ANCOVA). From the results of the study it was found that there was a significant decrease in blood glucose and significant improvement in high density lipoproteins for yogic practice group when compared with the control group.

### Introduction:

The origins of yoga are believed to be much older than that, stemming from the oral traditions of Yogis, where knowledge of Yoga was handed down from *Guru* (spiritual teacher) to *Sisya* (spiritual student) all the way back to the originators of Yoga, "the *Rishis*," who first began investigation into the nature of reality and man's inner world. Legend has it that knowledge of Yoga was first passed by Lord Shiva to his wife Parvati and from there into the lives of men.

According to the Yoga *Sutras* of Patanjali, the ultimate aim of Yoga is to reach "*Kaivalya*" (emancipation or ultimate freedom). This is the experience of one's innermost being or "soul" (the *Purusa*). Then one becomes free of chains of cause and effect (*Karma*) which tie us to continual reincarnation.

The Sanskrit term *yoga* is most frequently interpreted as the "union" of the individual self (*jīva-ātma*) with the supreme Self (*parama-ātman*). The ancient definition is at home in Vedānta, the dominant branch of Hindu philosophy, which also greatly influenced the majority of Yoga schools. Vedānta proper originated with the ancient esoteric scripture known as the *Unpanishads*, which first taught the "inner ritual" of meditation upon, and absorption into, the unitary Ground of all existence. However, nondual hymns of the *Vedas*.

### Methodology:

The purpose of this study was to find out the effect of yogic practice on selected CHD risk factors. To achieve the purpose of this study 20 women diabetic patients from the Rajah Muthiah Medical College & Hospital, Annamalai University, living Annamalainagar were randomly selected as subjects. The age of the subjects were ranged from 35 to 40 years. The selected subjects were divided into two groups of ten subjects each. Group I considered as experimental group who underwent yogic practices and Group II considered as control that did not undergo any special training programme.

The experimental group underwent step yogic practices for six days per week for eight weeks during morning sessions only. The control group did not participate in any special training programme on strenuous yogic practices from their day to day activities. The experimental group underwent their yogic practices under the instruction and supervision of the investigators.

The data were collected on selected criterion variables such as blood glucose and high density lipoproteins were measured by using Boehringer Mannheim Kit method, at before and after the eight weeks of yogic practices as pre and post test. Analysis of covariance (ANACOVA) was applied to find out significant difference if any between the experimental and control group.

Table 1: Analysis of Covariance for Blood Glucose and High Density Lipoprotiens for Yogic Practice Group and Control Group

Variable Name	Group Name	Yogic Practices	Control Group	'F' Ratio
Blood Glucose	Pre-test Mean ± S.D	55.67 ± 1.35	55.93 ± 1.45	0.265
	Post-test Mean ± S.D	58.13 ± 1.41	55.87 ± 1.51	18.14*
	Adj. Post-test Mean ± S.D	58.23	55.77	38.12*
High Density Lipoproteins	Pre-test Mean ± S.D	11.67 ± 0.035	11.90 ± 0.013	0.54
	Post-test Mean ± S.D	11.07 ± 0.022	11.93 ± 0.091	4.66*
	Adj. Post-test Mean ± S.D	11.01	11.901	5.01*

\* Significant at 0.05 level of confidence.

(The table values required for significance at 0.05 level of confidence for 1 and 18 & 1 and 17 are 4.41 and 4.45 respectively).

**Results:**

Table-I showed that the results of the study there was a significant difference between experimental and control group on blood glucose and high density lipoproteins. Further the results of the study showed that there was a significant decrease in blood glucose and significant increase in high density lipoproteins due to eight weeks of yogic practices. However the improvement was in favour of experimental group.

**Conclusions:**

- ✓ There was a significant difference between experimental and control groups on blood glucose and high density lipoproteins.
- ✓ There was a significant decrease in blood glucose and significant improvement in high density lipoproteins. However this improvement was in favour of experimental group due to eight weeks of yogic practices.

**References:**

1. Swami Satyananda Saraswati, Asana Pranayama Mudra Bandha, (Munger, Bihar: Yoga Publications Trust, 2002), p. 1.
2. [www.yoga.iloveindia.com](http://www.yoga.iloveindia.com)
3. Swami Satyanand Saraswathi, Asana Pranayama Mudra Bandha, p.1.
4. O. Prashad, "Role of Yoga in Stress Management", West Indian Medical Journal, 53:3, (June 2004), 191-194.