

COMPARATIVE EFFECT OF ASANAS, PRANAYAMA AND ASANAS, MEDITATION ON SELECTED PHYSIOLOGICAL AND HEMATOLOGICAL VARIABLES AMONG OBESE GIRLS.

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Abstract

To achieve the purpose of this study, 45 obese (BMI 30 ± 2.5) girls were selected as subjects and their age were ranged between 16 and 19 years. They were assigned into three groups, Group I underwent asanas and pranayama, group II underwent asanas and meditation and group III acted as control. The selected subjects were measured their physiological variables [Peak expiratory flow rate (PEFR), Systolic Blood Pressure (SBP) and Diastolic Blood Pressure (DBP)] and Hematological variables [Haemoglobin (Hb) and Postprandial glucose (PPG)] The interventional period for this study were six weeks for both the experiment groups. The control group was not given any practice. Data were collected on selected variables before and after the training period, and were subjected to statistical treatment using analysis of covariance (ANCOVA). In all the cases 0.05 level of confidence was fixed to test the significance. When the obtain 'F' ratio was significant. Scheffe's post hoc test was used to find out the paired mean difference. Within the limitations set for this study, it was concluded, that both the experimental group were significantly influence the selected physiological and haematological variables than the control. However asana with pranayama practice shows better effect than the asana meditation. Hence, it was recommended that asana with pranayama practice may have better effect on obese patient in respect to BP, PEFR, Hb, PPG level.

Key words: Obese, Asana, Pranayama, Meditation.