

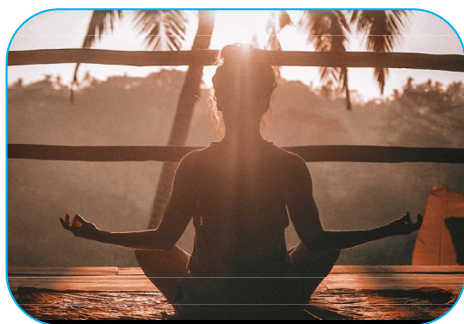


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EFFECT OF KAPALBHATI ON RESTING PULSE RATE AND RESTING RESPIRATORY RATE OF OVER FAT PERSONS

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ABSTRACT:

The purpose of the study was to examine the effect of three months practice of kapalbhati on resting pulse rate and resting respiratory rate of over fat persons, thirty (30) male of 35-50 years were selected as sample using purposive sampling method to determine the effect of kapalbhati, one group pre test – post test design was used after conducting the pre test of resting pulse rate and resting respiratory rate, kapalbhati practice was administered for 3 months and it was followed by the post – test with the same dependent variables of resting pulse rate and resting respiratory rate to find out

the significant differences between the pre and post test means of resting pulse rate and resting respiratory rate of over fat persons *t* test was used. the finding revealed that there was significant difference in pre and post test means in the selected variables of resting pulse rate ($t = 4.77$) it was also evident that there was significant difference between the pre and post test means of respiratory rate ($t=5.03$) of over fat persons. in conclusion the resting pulse rate and resting respiratory rate have been significantly followed by a regular three months practice of kapalbhati.

KEYWORDS: resting pulse rate and resting respiratory rate.

INTRODUCTION:

“Yoga is a life of self discipline. Yoga balances, harmonizes, purifies and strengthens the body, mind and soul. It shows the way to perfect health, perfect mind control and perfect peace with one own self, the world, nature and god”.

Swami Vishnu devananda

According to swami Rama (Yoga is a Sanskrit word. It is derived from the root yuj which means union. In yoga the embodied spirit is made to become one with atman by

certain methods. The methods vary but the goal is one. Yoga means union with the universal spirit

Yogasanas not only work to bring fitness and vigour to physical body, but also harness our will and emotions to improve our power of analysis, insight and vision. they calm the mind and steady the emotions, still not losing the sharpness of intellect, which is the key to human progress. They science of yoga is dedicated to helping people to change their personalities and life styles.

Yoga has been a part and parcel of Indian culture for thousands of years it is rather difficult to mention a specific year as the year of commencement. It was known

with different names like raj yoga, Gyan Yoga, Bhakti Yoga, but these were different ways to reaching the final target, which was salvation (moksha). The followers could practice as per their choice.

Method-

All the subject for this study were selected from Gwalior city MP. only thirty male age 35-50 were selected using purposive sampling method. since the aim of the study was to determine the effect of three months practice of kapalbhati one group pre- test post test design was adapted.

Resting pulse rate recorded as the number of heart beats per

minute during the state of rest.

Procedures

Resting respiratory rate recorded by rate of respiration in unit count per minute by carefully watching the moment of abdomen.

After the conducting the pre test of resting pulse rate and resting respiratory rate kapalbhati was practiced for three months by the selected subjects and it was followed by the post test with the same dependent variables of resting respiratory rate and resting pulse rate.

FINDINGS

To find out the significant differences between the pre and post test means of resting pulse rate and resting respiratory rate of over fat persons.

Table - 1
Mean standard deviation and dependent t-ratio for the data on resting pulse rate of over fat persons

tEST	Mean	S.D	M.D	r	SE	t-ratio
pre	96.57	1.12	0.96	0.45	0.201	4.77*
post	97.53	0.92				

*significant at 0.05 level, $t_{0.05}(29) = 2.045$

Table - 1 reveals that there is significant difference in between pre and post test means in the selected variable of resting pulse rate as the obtained t-ratio value of 4.77 is greater than that the tabulated t-value of 2.045 for the 29 degree freedom at 0.05 level of confidence.

Table-2
Mean standard deviation and dependent t-ratio for the data on resting respiratory rate of over fat persons

tEST	Mean	S.D	M.D	r	SE	t-ratio
pre	2.88	0.24	0.13	0.82	0.02586	5.03*
post	3.01	0.22				

*significant at 0.05 level, $t_{0.05}(29) = 2.045$

It is evident from the table - 2 there is a significant difference between the pre and post test means of over fat persons because the calculated t - value of 5.03 is greater than the tabulated t value of 2.405 at 0.05 level of confidence .

CONCLUSION

The finding of statistical analysis revealed that the kapalbhati is an aerobic kind of exercise thus it is obvious that regular practice of kapalbhati effects on our cardio-vascular as well as our respiratory system positively.

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