



THE VIEW OF SKY YOGA IN MANAGING THE BLOOD PRESSURE

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ABSTRACT

This study was conducted to view the SKY yoga manages the blood pressure at correct level and maintain. For this study, 30 working men in Coimbatore were selected randomly as the subjects and their age range from 34-47. The subjects were divided into two groups with equal number of subjects namely Experimental and Control group. The experimental group went on SKY yoga training for 12 weeks. Control group were kept under rest. Result found that a significant change in BP level of the Experimental group subjects than the Control group. The imbalance of the BP level came into control due to SKY yoga without controlling their life style etc.



KEY WORDS: SKY yoga manages , life style , relaxation , nourishing diet.

INTRODUCTION

The yoga is consisting of five prospective principles which help to improve the physical and mental health of human. The five principles are exercise (asanas), relaxation, nourishing diet, pranayama (breathing control), and positive thinking and meditation. The continuous practice of yoga or the physical postures improves the whole human system such as the spinal column as well as the muscles and joints are maintained in a healthy and supple state.

Yoga has an influence on the development of metabolic, other disorders and also infectious one. A disturbed mind has the ability to lowers the resistance in the body and creates disintegration among different organs in the body, as a result of disturbed mind-body becomes prone to attacks by an external organism. A negative effect of psychophysiological disturbance alters the normal rate of blood circulation, respiration and metabolism rate in the body. Due to a disturbance in the mind may affect the internal organs such as heart, lung, intestine, blood vessels and bronchioles may also be affected. All these changes may lead to the disease and problems to our body.

BENEFITS OF SKY YOGA

PHYSICAL BENEFITS

- It stimulates oxygenation of blood, which is good for the cardiovascular system.
- It controls function in the endocrine system and all other glands collected in it.

MENTAL BENEFITS

- It increases the ability to focus and concentrate.
- It allows effectively combating stress, anxiety and overcoming depression.

- It stimulates well coordination between mind and body, which is valuable in every day arrangement of communications.

GENERAL BENEFITS

- Carefully ventilates the lungs, and oxygenates the blood.
- Stimulates sleep and calms anxiety.
- Helps decrease fat.
- Gives good health strength etc.

STATEMENT OF THE PROBLEM

According to the science human life span is 300 years but now-a-days it has been reduced to average of 60 years. This is because of the health issues faced by humans. We the human in naturally we have a good health and immunity but ages goes we don't maintain ourselves. Yoga is the one of physical way to maintain our body and mind.

OBJECTIVE OF THE STUDY

- To view the SKY yoga manages the blood pressure at correct level and to maintain that which intently improve the health of the subjects.

HYPOTHESIS

1. There is significant difference in the pulse rate in-between experimental and control group.

EXPERIMENTAL DESIGN

The SKY Yoga Training was given to experimental Group and Control Group was not given any kind of practices. The pre tests were conducted for all the subjects on selected Physiological variable of resting Pulse Rate. The post-test was conducted after 12 weeks of training. The training was given for 6 days in a week for 12 weeks.

TRAINING SCHEDULE:

SKY yoga contains

- Hand Exercise
- Leg Exercise
- Neuro muscular Breathing Exercises
- Eye Exercise
- Kapalabathi
- Makarasana
- Massage
- Acupressure
- Relaxation

Meditation

- Agna Meditation
- Shanthi Meditation
- Thuriya Meditation

RESTING PULSE RATE

Optimal blood pressure typically defined as systolic which the pressure is as your heart beats and diastolic which is the pressure as your heart relaxes. The relaxing time of the heart can be found by resting pulse rate were it is directly relates to the BP of the person.

Purpose

To record the resting pulse rate per minute.

Equipment

Pulse monitor

Procedure

The resting pulse rate of the subjects was monitored by the pulse monitor in a sitting position. Before taking the pulse rate, the subject was relaxed for a minute. The investigator fixed monitor on the wrist of the subject and placed nearer the heart to monitor the pulse rate for one minute it is recorded for the research.

SELECTION OF VARIABLES

DEPENDENT VARIABLE: Resting Pulse Rate which is physiological variable connects the body and mentality of working men.

INDEPENDENT VARIABLES: Yoga practices of

- i) Simplified physical exercises
- ii) Meditation

SELECTION OF THE SUBJECTS

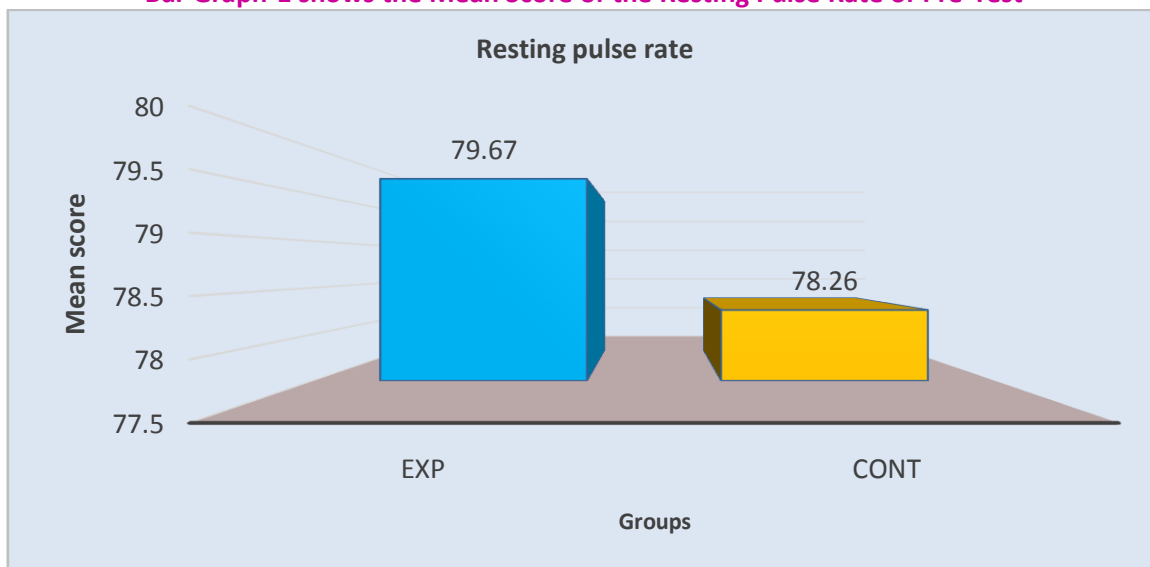
For the purpose of study 30 working men from Coimbatore were selected as subjects. They age range from 34 to 47 years. The subjects who were selected for this study has high pressure and they have been divided into two groups each consisting of equal members. Experimental Group were went on SKY yoga training for 12 weeks. Control Group was kept under rest.

LIMITATIONS

- Economic and cultural status is not considered.
- The factors like nutrients, heredity, environment, climatic condition etc. are not considered.
- The sports and games that might be influencing on the training and data are not considered.
- The genetic problems are not taken into consideration.
- The food habits, working period, life style, sleep etc. are not controlled.
- Daily routine works are also considered under limitation.

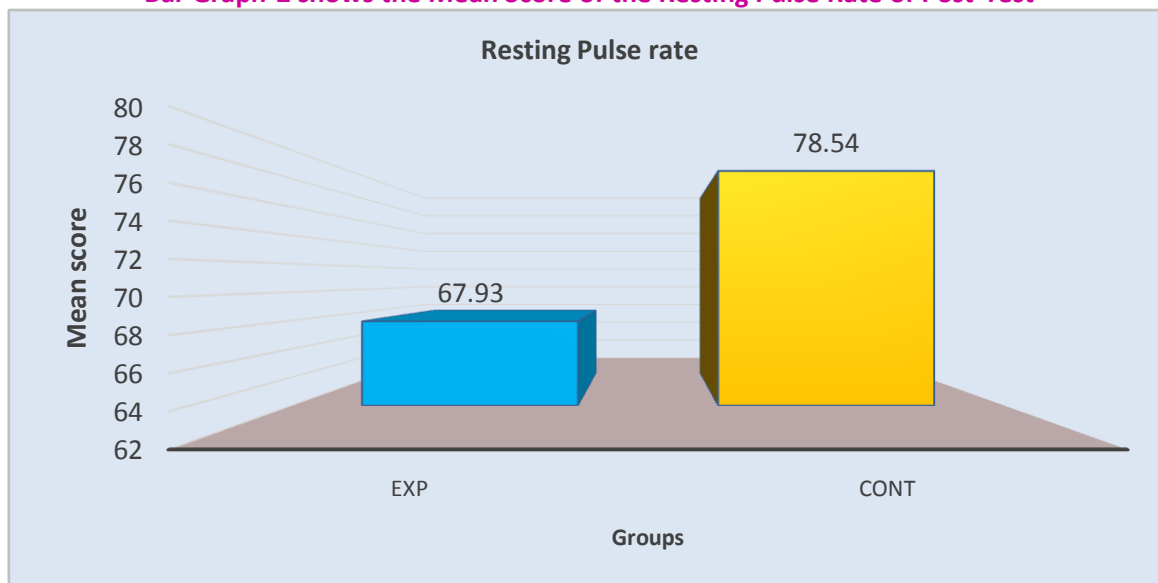
RESULTS OF THE STUDY

Bar Graph-1 shows the Mean Score of the Resting Pulse Rate of Pre-Test



From the results of the pre-test it is seen that resting heart rate of the both the group are nearly same as the all subjects had high blood pressure before the training. Has we seen that heart rate is slight high we compared to normal BP person since it directly links with the heart blood pressure. Well we can control our heart rate which intents control our BP and breathing.

Bar Graph-2 shows the Mean Score of the Resting Pulse Rate of Post-Test



From the post-tests results it is seen that the resting pulse rate has been got reduced for experimental group due to the influence of that BP also have reduced. After the training is dramatically got reduced and now they know how to control their BP level very well. But for the control group there is no change in their BP level.

CONCLUSIONS

- It was concluded that the blood pressure significantly decreased due to the influence of SKY Yoga.
- It seen that the pulse rate significantly decreased by the influence of SKY practice.
- The practice of the yoga helps in controlling their stress and anger.

RECOMMENDATIONS

On the basis of the result the following recommendation were drawn.

- The present study is mainly focused on pulse rate. Similar study may be conducted on other physiological and psychological variables.
- The present study is mainly focused on working men and the same can be conducted for women.
- This study can be carried out to the school children and the college students.
- SKY yoga is also recommended for all age cartages.
- People can practice yoga daily to maintain their own body.

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