



EFFECT OF YOGIC PRACTICES ON BLOOD PRESSURE AMONG TEXTILE WORKERS

V. Ganesan¹ and Dr. V. Ponnuswamy²

¹Ph.D. Scholar, Bharathiar University, Coimbatore, Tamil Nadu.

²Principal, SRMV College of Art & Science, Coimbatore, Tamil Nadu.

ABSTRACT

The view of the present study is to find out control of the blood pressure due to influence of SKY Yoga on selected subjects of workingmen. To achieve the purpose of the study 50 working men from Subham Textiles, Kalipalayam, Somanur, TamilNadu were selected as subjects randomly. The subject's age ranged from 20 to 35 years. The selected subjects were given Simplified Kundalini Yoga (SKY) exercises for 45 minutes per day, Six days per week for Twelve weeks. Pre and post were taken before and after the 12 weeks of training programme to analysis and interpretation of the data. The results of the study show that SKY yoga influenced to control the blood pressure of the subjects.

KEYWORDS: Systolic Blood Pressure, Diastolic Blood Pressure, Simplified Kundalini Yoga.

INTRODUCTION

The Textile workers suffer from the health issues like high/low blood pressure problems. They can get relieved from these sufferings by regular practice of simplified kundalini yoga designed by Vethathiri Maharishi. SKY Yoga is a traditional way of keeping ourselves fit.

High blood pressure is usually a chronic condition that gradually causes damage over the years. But sometimes blood pressure rises so quickly and severely that it becomes a medical emergency requiring immediate treatment, often with hospitalization.

Yoga Asanas for relieving high blood pressure, calming restorative yoga asanas are particularly useful for reducing stress and lowering blood pressure naturally.

VETHATHIRI MAHARISHI'S SKY YOGA

Vethathiri Maharishi has developed simplified physical exercises, kayakalpa and simplified kundalini meditation practices in SKY Yoga raises the body awareness to prepare the body, nervous system, and mind to handle the Life energy better. So, this SKY Yoga practice makes the textile workers relieve from blood pressure problems.

HYPOTHESES

1. There is significant relationship between control group and experimental group in post-test score of systolic blood pressure.
2. There is significant relationship between control group and experimental group in post-test score of diastolic blood pressure.

METHODOLOGY

DEPENDENT VARIABLES

- i) Systolic Blood Pressure
- ii) Diastolic Blood Pressure



INDEPENDENT VARIABLES

SKY Yoga Practices Consists of Simplified Physical Exercises Kayakalpa Yoga, Meditation.

EXPERIMENTAL DESIGN

The Yoga Training was given to experimental “Group A”. Control “Group B” which was not given any kind of practices. The pre tests were conducted for all the subjects on Blood Pressure measurements. The experimental group was provided with the training protocols, namely SKY Yoga. The post tests were conducted on the above said dependent variables after a period of 12 weeks experimental training. This test is used to measure the blood pressure by digital BP Monitor. To record the level of systolic and diastolic blood pressure.

Equipment used - Sphygmomanometer.

The difference between initial and final scores on Blood Pressure was considered as the effect of experimental treatments namely, SKY Yoga among Working Men. The statistical significance was tested using ANOVA. In all cases 0.05 levels was fixed to test the Hypotheses.

RESULTS AND DISCUSSIONS

Table 1: Results of the ANOVA in the Positive Scores of the Systolic Blood Pressure between the Post-Test of Control Group and the Experimental Group

Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	492.860	12	41.072	3.275	.025
Within Groups	150.500	12	12.542		
Total	643.360	24			

From Table-1, the summary of the ANOVA scores in systolic blood pressure between the post-test of experimental group and the control group indicates that there is significant difference between the two groups ($F=3.275$, $p<0.05$). This means that there is positively upgrading in the systolic blood pressure of the post-test of experimental group after the advance in the well-being due to the SKY intervention.

Table 2: Results of the Analysis of Variance in the Positive Scores of the Diastolic Blood Pressure between the Post-Test of Control Group and the Experimental Group

Source of Variance	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	370.173	13	28.475	3.493	.023
Within Groups	89.667	11	8.152		
Total	459.840	24			

From Table-2, the summary of the ANOVA scores in diastolic blood pressure between the post-test of experimental group and the control group indicates that there is significant difference between the two groups ($F=3.493$, $p<0.05$). This means that there was a positively upgrading in the diastolic blood pressure of the post-test of experimental group after the advance in the well-being due to the SKY intervention.

CONCLUSIONS

- The **systolic blood pressure** significantly decreased due to the influence of twelve weeks practises of **SKY Yoga** when compared to the control group.
- The **diastolic blood pressure** significantly decreased due to the influence of twelve weeks practises of **SKY Yoga** when compared to the control group.

RECOMMENDATIONS

- The SKY Yoga exercises and meditation help us to lead a healthy life. The general public may get awareness regarding this training.

-
- The present study is mainly focused on working men in weaving industry and the same can be conducted for women.

BIBLIOGRAPHY

1. Thathuvagnani Vethathiri Maharishi. (1977). Simplified Physical Exercises. Erode: Vethathiri Publications, pp.13-53.
2. Thathuva Gnani Vethathiri Maharishi. (1983). Manavalakkalai (Part-1). Erode: Vethathiri Publications, p.83.