Review Of Research
Vol.2, Issue.6, March. 2013
ISSN:-2249-894X
Available online at www.lbp.world

ORIGINAL ARTICLE

EFFECT OF YOGA AND PRANAYAMA ON PEAK EXPIRATORY FLOW RATE OF OLD AGE MEN

Anita M. Malge

Director of Physical Education, I Y College, Jogeshwari.

Abstract:

Yoga is a system of philosophy establish in India thousand of year ago. It to develop the spiritual harmony of the individual through the control of mind and body. The great science of yoga is India's unequally gift to mankind. If mankind is to evolve further, and if it is to save it self from its own aggressive tendencies ,the only path open through the science of yoga. But it can be seen that today the sedentary lifestyle evolved from many occupation is responsible for low levels of physical fitness.

KEYWORDS :-

human health , philosophy establish , physical fitness.

INTRODUCTION :-

The most important fitness component in human health is cardiovascular endurance. It is the ability to deliver essential nutrients, especially oxygen, to the working muscles of the body and to remove west product during prolonged physical exertion. It involves the efficient functioning of the heart, blood vessels and lungs

Moreover, cardio respiratory endurance is considered the most important component of health related fitness because the functioning of the heart and lungs is so essential to over all wellness. A person simply can not live very long or very well without a healthy heart. Low level of cardio respiratory fitness are linked with heart disease, the leading cause of death.

In this context it is needless to say that yoga and pranayama technique are known to improve once over all functional ability of lungs and heart too. Pranayama is known to be a part of yoga. Yoga and Pranayama are the to sides of one coin. Patanjanjali in his yoga sutra describe yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyan and Samadhi as eight angas of yoga. Amongst them, in the present materialistic world, the third and fourth part, pranayama and Asana are considered as very important part and prescribe by modern medicine too. Many physician now recommended yoga to patient at risk for heart and lung diseases as well as those with back pain, Arthritis, depression and other chronic diseases. The beneficial effect of different yoga and pranayama are well reported and have sound scientific basis. There are different types of pranayama and yoga and it has been found that these techniques influence cardio respiratory and autonomic function and also helps in reducing the scores of anxiety and stress.

Title:EFFECT OF YOGA AND PRANAYAMA ON PEAKEXPIRATORY FLOW RATE OF OLD AGE MEN . Source:Review of Research [2249-894X] Anita M. Malge yr:2013 vol:2 iss:6

OBJECTIVES

1) To investigate the effect of Effect of Yoga and Pranayama on Peak Expiratory Flow Rate of old age men.
2) To suggest to the adults to practice Yoga and Pranayama to improve the mental and physical fitness.
3) This study will defiantly improve the health conditions of the old age men
4) The conclusions of the study will definitely throw light on how ageing effect can be reduced.

TECHNIQUES

For this study 40 male subject will be selected randomly out of that 20 from Patanjali Yoga Group, and 20 from morning walk group. The subject age group was ranging from 58 to 65 year. Those who are retired from their service, also those who are not in service but above 58 age doing the yoga and pranayama daily one hour.

The subject will be categories in to two equal groups, one experimental group (Group A n1,=20) those who are doing yoga and pranayama daily one hour in the morning and one control group (Bn2=20) those person who are walking daily in the morning. It was also ensured that all of them were mentally fit for research and yoga and pranayama training. Group A will be given yoga and Pranayama training while Group B will be treated as control. The design of the experiment has will be planned in three phases. All the subject of experimental group will be exposed to a three months (12 week) yoga and pranayama training one hour daily in the morning. The phase-wise design of the experiment has will be planned as follows.

Phase – I Pretest
Phase- II Training (Yoga and Pranayama)
Phase-III Post test

Pre-Test (Phase-I)

All the subjects of experiment and control groups will be exposed to a Peal Expiratory Flow Rate test measured by wrights peak flow to record the pre test data.

Treatment Stimuli (phase-II)

After the completion of pretest. All the subjects of experimental group will be exposed to a three month (12 week) training of Yoga and Pranayama for one hour daily in the morning 5.30 am to 6.30 am at playground.

Group A – Yoga and Pranayama
Group B – Control

For a total period 12 week the yoga teacher took yoga and pranayama daily one hour.

Daily Schedule of Yoga and Pranayama

Asanas & Pranayama	Repetition	Time
Surya Namaskar	4	4 Min
Shavasan		4 Min
Halasan	2	3 Min
Makarasan		3 Min
Bhujangasan	2	3 Min
Shalabhasana	2	3 Min
Dhanurasana	2	3 Min
Ardhamatsyendrasana	2	3 Min
Paschimonthanasana	2	3 Min
Gomukasana	2	3 Min
Padahastasana	2	3 Min
Shavasana		5 Min
Anuloma Viloma		3 Min
		1 Min rest
KapalbhatiKriya		3 Min
		1 Min rest
Ujjayi Pranayama		3 Min
		1 Min rest
Bhastrika Pranayama		3 Min
		1 Min rest
Bhramari Prnayama		3 Min
Om Chanting		

One Minute rest between each Pranayama
The duration of Asanas 45 Minutes and Pranayama 15 Minute

Post Test (Phase III)

Lastly, when the Yoga and Pranayama schedule period of 12 week (three month) will be completed, the post test on peak expiratory flow rate will be assessed for all the subject of both experimental and control group.

REFERENCES.

1.Bharashankar.J.R, Bharashankar R. N, Deshpande V.N, Kaare S.B. and Gosavi G.D (2003) Effect of yoga on cordiovasular system in subjects above 40 years, Indian Journal physiology and pharmacology.47,2,pp 202-206.
2.Bijlani, RL (2004) The Yogic Practices, Asanas, Pranayama and Kriyas. In Bijlani PL(ED) understanding medical physiology, 3rd edition, New Delhi- India-Jaypee Brothers Medical

Publisher (P) p-883-889
3.Bowman, A.J, Clayton, R.H, Murroy A, Reed, J.W, Subham, M.M and Ford G.A (1997) Effect of Aerobic exercise training and yoga on the Barore flex in healthy elderly person. European journal of clinical investigation, 27,5 pp-443-449.
4.Brahmachari D, Bahuguna, J.M, Jain S.C (1980) Therapeutic value of yoga in the treatment of bronchial Asthma. Indian Journal of Physiology and Pharmacology, 24,5,p-460.
5.Danucalov,M.A,Simoes,R.S, Kozasa,E.H, and Leite,J.R (2008) Cardio Respiratory and Metabolic changes during Yoga session, The Effect of Respiratory exercise and meditation practice. Applied psycho physiology and Biofeed back,33,2,pp-77-81.
6.Dixit M.B,Prasad B.A.K and log-N.V (1991) Peak Expiratory Flow Rate in elderly Indians. Indian Journal of Physiology and Pharmacology, 35,1 pp-39-43.
7.Jai N.,Shrivastav,R.D. and Singhal A. (2005) The Effect of right left nostril breathing on cardio respiratory and atomic parameter. Indian Journal of Physiology and Pharmacology 49,4 pp-469-474.
8.Joshi L.N.,Joshi V.D.,Gokhale L.V. (1992) Effect of short term pranayama on ventilatory function of lungs. Indian Journal of Physiology and Pharmacology 36 pp-105-108.
9.Madan Mohan, Udupa,K, Bhavanani, A.B, Vijayalaxmi P. and Surenderen A.(2005) Effect of Slow and fast pranayama on reaction time and cardio respiratory variables. Indian Journal of Physiology and Pharmacology 49,3, pp-313-318.
10.Madan Mohan, Jatiya L., Udupa K. and Bhavanani A.B (2013) Effect of Yoga training on handgrip, respiratory pressure and pulmonary function. Indian Journal of Physiology and Pharmacology 47,4 pp- 387-392.