



“COMPRATIVE EFFECT OF KAPALBHATI, BHASTRIKA AND AGNISAR ON BODY MASS INDEX OF OVER FAT MALE PERSONS”

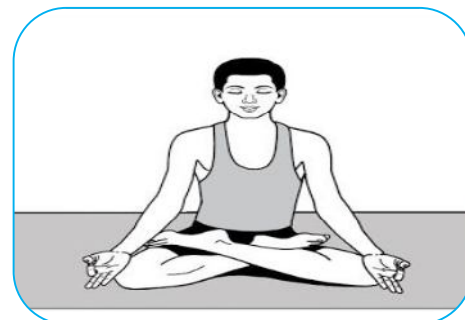
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ABSTRACT

To compare the effect of kapalbhati, bhastrika and agnisar on body mass index of over fat male persons.

Methods: Eighty over fat male persons was randomly selected as subject and training programme was adminstered for twelve weeks.

Results: Insignificant difference was found between control group and kapalbhati, bhastrika and agnisar.



KEYWORDS: Body mass index, kapalbhati, bhastrika and agnisar etc.

INTRODUCTION

Pranayama is more important because it produce deeper effect as far as the physique is concerned. the effect of asanas are superficial in nature whereas the pranayama is deeper as far as the outcomes are concerned. Yogas benifit are so numerous, it gives a high payoff for the amount of effort involved. the practice of yoga involves streching the body and forming different poses. pranayama is one of the most important sadhanas. through the practice of asana you can control the physical body and through pranayama, you can control the subtle, astral body or the linga sarira.

METHODS: Eighty over male was randomly selected as subjects. The age group of the subjects range between 35-50 years. Pretest-posttest Randomized-Group Design (Thomas and nelson, 2001) was used for the present study.

Table1: classification of subjects

Gender	Group	Training
Male	Experimental Group-1	Kapalbhati
„	Experimental Group-2	Bhastrika pranayama
„	Experimental Group-3	Agnisar
„	Control-Group	No Training

Table 2: Experimental Design

		Pre Test	Post Test	
Male	R	O1	T1(kapalbhati)	O2
	R	O3	T29(bhastrika)	O4
	R	O5	T3(agnisar)	O6
	R	O7	Control Group	O8

STATISTICAL ANALYSIS: To compare the effect of kapalbhati,bhastrika and agnisar on body mass index. Mean, Standard Deviation and of Co-variance was used at .05 level of significance.

RESULTS:

The result of study was presented in below tables.

Tables: 3 analysis of Co-variance of the means of three Experimental Groups and one Control Group in Body Mass Index MEAN

Tests	Kapal-bhati	Bhastrika	Agnisar	control	SOV	SOS	df	mss	F-ration	n2
Pre	25.50 (0.51)	25.50 (0.51)	25.40 (0.50)	25.45 (0.51)	A W TOTAL	0.14 19.75 19.89	3 76 79	0,05 0.26	0.18 (0.91)	0.69
Post	25.61 (2.23)	25.35 (2.21)	24.83 (1.91)	25.25 (2.23)	A W TOTAL	6.31 351.61 357.91	3 76 79	2.10 4.63	0.45 (0.71)	1.76
Adjusted post test	25.58	25.31	24.89	25.27	A W TOTAL	4.77 334.13 51405.98	3 75 80	1.59 4.46	0.36 (0.78)	0.01

SoV-source of variance,SoS-sum of square,df-degree of freedom,MSS-mean sum of square,n2-effect size,significant at 0.05 level of significance,A-Among means variance,W-With in group variance,F=Ratio needed for significance at 0.05 level of significance=df(3,76)=2.72,df(3,75)=2.72

FINDINGS:

in pre-test a statistically insignificant difference was found among the four type of training on the Body Mass Index pre test $F(3,76)=0.18, p=0.91$ with an effect size of 0.69. Tables shows that the mean score in Body Mass Index was 25.50 for Kapalbhatigroup, 25.50 for Bhastrika, 25.40 for Agnisar Group and 25.45 in control groups. This shows that at intial level the groups were similar in nature. Likewise, in post test there were insignificant mean differences on the mean score of Body Mass Index between the groups, $F(3,76)=0.45, p=0.71$ with an an effect size of 1.76%. Further, there was a insignificant difference of type of training on the adjusted mean score of Body Mass Index of the subjects after controlling the effect of pre test score, $F(3,75)=0.36, p=0.78$ with an effect size of 0.01%.

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