

EFFECT OF YOGA THERAPY ON BALANCE OF MIDDLE AGE MEN

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ABSTRACT

The aim of this study is to find out the effect of yoga therapy on balance of middle age men. Thirty middle age men were selected from Annamalai University, Tamil Nadu. They were divided into two groups, namely, yoga therapy group and control group. The yoga therapy programme given at morning session, three days per week for six weeks and each session lasted from 20 to 40 minutes. The ANCOVA results showed that the experimental group subject's significantly increased on balance when comparing to the control group.

Key Words: Yoga therapy and Balance.

INTRODUCTION

Yoga is the physical, mental, and spiritual practices or disciplines that aim at transforming body and mind. The term denotes a variety of schools, practices and goals in Hinduism, Buddhism and Jainism the best known being Hatha yoga and Raja yoga. The term yoga is derived from the literal meaning of "yoking together" a span of horses or oxes, but came to be applied to the "yoking" of mind and body. The origins of Yoga may date back to pre-vedic Indian traditions. The earliest accounts of yoga-practices are to found in the Buddhist Nikayas. Parallel developments were recorded around 400 CE in the *Yoga Sutras of Patanjali*, which combines pre-philosophical speculations and diverse ascetic practices of the first millennium BCE with Samkhya-philosophy. Hatha yoga emerged from tantra by the turn of the first millennium (Burley, 2000). Yoga physiology described humans as existing of three bodies and five sheets, which cover the man and energy flowing through energy channels, and concentrated in chakras. Many studies have tried to

determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease (Smith *et al.*, 2009).

METHODOLOGY

To achieve the purpose of this study, Thirty middle age men selected Annamalai University, Tamil Nadu, they were divided into two groups, namely, yoga therapy group and control group. The yoga therapy programme given at morning session, three days per week for six weeks and each session lasted from 20 to 40 minutes. The following Yoga therapy such as Suriya Namaskar, Padmasana, Yog Mudra, Vajrasana, Dhanurasana, Bhujangasana, Paschimottanasana, Paschimottanasana, Sarvangasana, Shavasana were given to the subjects during the training period. The recovery period between asana was fifteen seconds and between sets one minute.

The number of repetition done at each station was prescribed in the training schedule.

Training Schedule

Weeks	Repetitions	Sets	Total time
I	1 repetition	1	20 minutes
II	2 repetitions	2	25 minutes
III	3 repetitions	2	30 minutes
IV	2 repetitions	3	35 minutes
V	3 repetitions	3	40 minutes
VI	4 repetitions	2	40 minutes

The control group was not exposed to any training and was strictly under control. The balance was measured by stork stand test. The unit of measurement is taken in seconds. The obtained data were subjected to statistical treatment using ANCOVA. In all cases 0.05 levels was fixed.

RESULTS

Table – I: Analysis of Covariance on Balance of Yoga Therapy and Control Groups

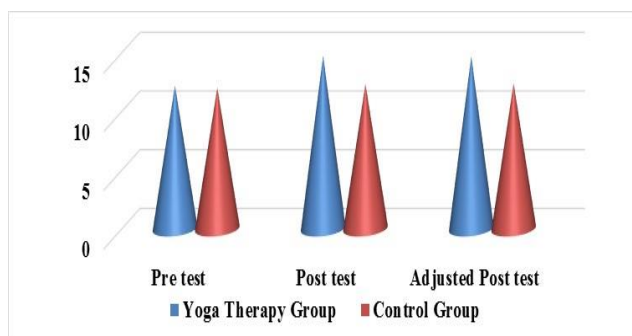
	Yoga Therapy Group	Control Group	SOV	Sum of Squares	df	Mean squares	'F' ratio
Pre test Mean	12.20	12.01	B	0.30	1	0.30	0.18
SD	1.47	1.06	W	46.40	28	1.65	
Post test Mean	14.73	12.33	B	43.20	1	43.20	33.35*
SD	1.33	0.89	W	36.26	28	1.29	
Adjusted Post test Mean	14.68	12.38	B	39.62	1	39.62	41.11*
			W	26.02	27	0.96	

(The required table value for significance at 0.05 level of confidence with degrees of freedom 1 and 27 is 4.21 and degree of freedom 1 and 28 is 4.20.)

*Significant at .05 level of confidence

The adjusted post-test means on balance of yoga therapy and control groups are 14.68 and 12.38 respectively. The obtained 'F' ratio value of 41.11 was higher than the required table value of 4.21 for the degrees of freedom 1 and 27 at 0.05 level of confidence. Hence, it concluded that due to the effect of six weeks of yoga therapy training the balance of the subjects significantly improved.

Figure – I: Cone Diagram of the Data on Balance of Yoga Therapy and Control Groups



DISCUSSION

The following studies are supporting my study results. Tran *et al.*, (2001) ten healthy untrained ranging in age from 18-27 years, were studied to determine the effects of hatha yoga practice on the health-related aspects of physical fitness. They stated that hatha yoga influenced to increase the balance of the subjects. Sinha *et al.* (2004) conducted the yogic exercises programme for male subjects. They found that the yoga exercises are helped to increase the balance of the subject. Madanmohan *et al.* (2004) reports the effects of yoga training increase the balance of the training group.

CONCLUSION

The result of the study concluded that the six weeks of yoga therapy significantly increased the balance of the experimental group when compared to the control group.

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