

EFFECT OF PRANAYAMA AND RHYTHMIC EXERCISES ON BLOOD PRESSURE OF FEMALES OF GONDIA

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Abstract:

The purpose of this study was to find out the effect of pranayama practice and rhythmic exercise on blood pressure of female of Gondia. Samples of 50 females between the age of 18 to 25 years were randomly selected. For assessing effect of pranayama practice and rhythmic exercises on blood pressure, pranayama practice and rhythmic exercise was given through training of six weeks. The data were obtained through pre test and post test and post test and were statistically analyzed. Significant difference was seen in blood pressure. Pranayama practice and rhythmic exercises help in improving the blood pressure. Improving these variables shows that pranayama practice and rhythmic exercises can increase the efficiency of the subjects.

Keywords: *Pranayama, Rhythmic, Blood Pressure.*

Introduction:

Pranayama practice and rhythmic exercise are essential for the wholesome development of the child. Yoga is becoming more and more popular among Indian society. It is a racial heritage, but there is an urgent need of scientific planning to evaluate the claim about the practice of yoga, a system for physical, mental and spiritual improvement. It is evident that the fit citizens are the nation's best assets and the weak ones are liabilities. It is therefore, the responsibility of each nation to promote physical fitness of everybody. Rising cost of prescribed drugs and increasing population are making alternative medicine increasing more attractive. Yet there are few rigorous, scientific

studies which are examining the safety and effectiveness of alternative and complementary therapy in fighting specific symptoms or diseases. Yoga is one of the promising and most appealing therapies in modern era. In addition to this, changes occur in lifestyle, eating habits, day to day stresses etc. Keeping in view the importance of pranayama practice and rhythmic exercises, the present study was carried out to determine the effects of pranayama practice and rhythmic exercises on females of Gondia district of Maharashtra State.

Methods and Procedure:

The present study was a purposive random sampling plan used for the selection of sample. A total 50 females (18-25 years) were selected. The selected sample of experimental group went through training of pranayama for six weeks under the direct supervision of pranayama experts and researcher.

Pranayama: Bharmari, Kapal Bhati, Nadi Shodhan, Sitali, Sitakari.

Callisthenic exercises: Free hand rhythmic exercises. Which were performed early in the morning from 7:00 am to 7:40 am daily at Rajiv Gandhi Mahavidyalay Sadak Arjuni , Gondia, M.S.

Parameter measurements:

Both systolic and diastolic blood pressures were measured with the auscultator method by using sphygmomanometer and stethoscope, three readings were taken and their average was

recorded. Blood pressure was determined, through pre test and post test by sophisticated Measuring equipment i.e. Sphygmomanometer. Score of different tests were collected; tabulated and statistical analysis was done to find out the results.

differences were calculated to find out the significant difference of the pre-test and post-test of blood pressure with the help of 't' test.

Interpretation and Discussion of Results:

After the statistical analysis, the results were presented in the table 1. The means

TABLE - 1

Variable	Initial Mean	Final Mean	Mean Deference	' t ' value
Blood Pressure (Systolic)	96.00	87.00	9.00	8.21*
Blood Pressure (Diastolic)	138.00	131.00	7.00	4.64*

Significant at *.05(1.761)

** .01(2.624)

According to the table I means of blood pressure systolic of female group pre-test and post-test were 96.00 and 87.00 respectively. The result was found significant at 05 level. It indicated that significant change in systolic blood pressure. On the other hand, means of Diastolic pre-test and post-test were 138.00 and 131.00 respectively. The results were found significant at 05 level. The results were indicated that Diastolic blood pressure significantly decreases. It indicated that positive improvement in Blood Pressure.

Conclusions:

After obtaining the result of pre- test and post-test, was found that the Blood Pressure decreased in a significant manner of experimental group. Pranayama practice and rhythmic exercises help in improving the blood pressure. Improving these variable shows that Prayanama practices and rhythmic exercises can increase the efficiency of the subjects.

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