Original Article
ISSN (Online): 2582-7472

ShodhKosh: Journal of Visual and Performing Arts
March 2024 5(3), 511–514

EFFECT OF YOGIC PRACTICES WITH AND WITHOUT DIET MODIFICATIONS ON SELECTED PHYSIOLOGICAL IN IRREGULAR MENSTURAL COLLEGE WOMEN

Dr. P. Sanmugapriya Vasudevan [1]

[1]Assistant Professor and Principal i/c, Shri Paranjothi Yoga College, Thirumoorthi Hills, Udumalpet, Tamilnadu, India

DOI
10.29121/shodhkosh.v5.i3.2024.2264

Funding: This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

ABSTRACT

The menstrual cycle is the cycle of natural changes that occurs in the uterus and ovary as an essential part of making reproduction possible. Its timing is governed by endogenous (internal) biological cycles. The menstrual cycle is essential for the production of eggs, and for the preparation of the uterus for pregnancy. The cycle occurs only in fertile female humans and other female primates. In human females, the menstrual cycle occurs repeatedly between the age of menarche, when cycling begins, until menopause, when it ends. The purpose of this study was to find out the effect of Yogic practices with and without diet modifications on selected Physiological variables in irregular menstrual college women. The selected subjects 45 were randomly divided into three groups equally of which experimental Group – I underwent yogic practices with diet modifications, Group – II underwent yogic practices without diet modifications Group – II acted as Control Group. The subjects selected for this study were in the age group of 18 to 21 years. Each group consisting of fifteen subjects, there experimental group as Group I & II and Control group as Group III. The following physiological variable was selected as dependent variables such as systolic blood pressure, and the following variable was selected as independent variable as yogic practices. The data collected on selected criterion variables were subjected to statistical analysis using analysis of covariance (ANCOVA) to find out any significant difference between the three groups on systolic blood pressure.

Keywords: Yoga, Systolic Blood Pressure, Irregular Mensus

1. INTRODUCTION

A periodic discharge of a bloody fluid from the uterus occurring at more or less at regular interval of 28 days in woman from the age of puberty to menopause is known as menstruation. The flow of altered blood along with endometrial and stoma cells, glandular secretion and occasional blood clots occurs for 3 to 5 days through a vaginal passage. Menstruation ceases during pregnancy. Its failure to occur may result from some abnormalities, physical disorders and emotional and hormonal disturbances. The modern man becoming submerged by a world full of concentration with large number of problems and recurrent crisis. Among these are the distortions of values, the corruption of mind, endless social problems. Drug consumption and abuses, stress, mental and physical ailment are increased in high rate. These problems will not be solved through new technological developments. Instead, the resolution to these human problems will come only when we discover within ourselves that for which all of mankind is searching inner peace, tranquility, and wisdom. This attainment is the goal of yoga, for yoga is the practical science intended to help human beings become aware of their ultimate nature. Worldwide, women throughout history have been more connected to nature and the mystical and spiritual forces of life than men. This is probably a consequence of their intimate link with the rhythms of life and death through menstruation, pregnancy, childbirth, and child care. Women generally tend to be more religious than men, and to have greater commitment to cause, particularly ones that have the

potential to improve, or threaten, the world they live in, or to affect the lives of those they love **(Miriam Stoppard, 1999).**

Yoga is one of the oldest arts of India. The Yoga system which has been in existence for thousands of years, was systematized and given a proper shape and made into permanent records called Yoga Sutras for the benefit of people by Pathanjali Maharishi in the second century BC. Yoga purifies the mind and the body and therefore assumes special importance in the present time of turbulence, for physical and the spiritual development of the nation.

Sensible weight management requires good eating habits. One needs to be aware of the fact and take responsible decisions to "eat right". Eating right is very simple. It just takes the desire to do so, a bit of will power, and a little organization. If you are more interested in your well-being than how great fast food tastes, then you have "achieved."

2. PURPOSE OF THE STUDY

The purpose of the study was to find out the effect of Yogic practices with and without diet modifications on selected Physiological variables in irregular menstural college women.

3. HYPOTHESIS

It was hypothesized that there would be a significant difference on the selected physiological variable such as systolic blood pressure among irregular menstrual college women due to yogic practices with and without diet modifications group than the control group.

4. METHODOLOGY

Totally Forty five irregular menstrual college women were randomly selected from Udumalpet. The selected subjects were divided into three equal groups of fifteen subjects each, such as experimental group and control group. The age of the subjects were ranged between 18 to 21 years. Preliminary measurement was taken for these three groups (I,II and II) on the selected dependent variable before the training program. Group – I underwent yogic practices with diet modifications and Group – II underwent yogic practices without diet modifications Training daily one hour for 5 days per week for a total period of 8 weeks. Group II (Control Group) was permitted to undergo their normal lifestyle during the course of experiment. They didn't receive any specific Yogic practices with and without diet modifications Programs. After the experimental period of eight weeks, the three Groups (I,II and III) were measured again on the same selected dependent variable.

5. RESULTS AND DISSCUSSIONS

The physiological variable systolic blood pressure was measured through standard equipment. The results on the effect of yogic practices with and without diet modifications among Irregular menstural college women are presented in table – I.

TABLE – I

COMPUTATION OF ANALYSIS OF COVARIANCE OF DATA ON SYSTOLIC BLOOD PRESSURE IN EXPERIMENTAL AND CONTROL GROUPS

Test	SKY With diet	SKY Without Sathvic diet	Control group	SV	df	SS	MSS	F' Ratio
Pre Test	130.467	132.533	135.067	Between	2	159.244	79.6222	1.90794
				Within	42	6380.4	151.914	
				Total	44	6539.64	—	
Post Test	120.2	125.533	142.4	Between	2	4028.84	2014.42	15.7502*
				Within	42	5371.73	127.898	
				Total	44	9400.58	—	
Adjust Post	122.13	125.668	140.335	Between	2	2732.27	1366.14	100.365*
				Within	41	558.081	13.6117	
				Total	43	3290.35	—	

Significant at 0.05 level.(Required table value at 0.05 level of significance for 2, 42 & 2, 41 degrees of freedom are 3.22 & 3.23 respectively).

Table I shows that the pre test means on the Systolic pressure of the experimental and control groups are 130.467,132..533 and 135.067 respectively. The obtained 'F' ratio value 1.907 for the pre test mean is lesser than the required table value 3.22 for significance at 0.05 levels. Here it is not significant and it reveals that there is no significant difference between the experimental and the control groups on the commencement of experimental period. It is inferred that the random selections of the subjects for the three groups are successful.

The post test means on the Systolic pressure of the experimental and control groups are 120.2, 125.533 and 142.4 respectively. The obtained 'F' ratio value 15.7502 for the post test data is greater than the required table value 3.22 for 2 and 42 degrees of freedom at 0.05 level of significance. It discloses that there is statistically, significant difference between the experimental and the control groups on Systolic pressure after the experimental period.

The adjusted post test mean on the Systolic pressure of the experimental and control groups are 122.13, 125.668 and 140.335 respectively. The obtained 'F' ratio value 100.365 for the adjusted post test data is greater than the required table value 3.23 for 2 and 41degrees of freedom at 0.05 level of significance. It shows that there is significant change on Systolic pressure as a result of experimental period. Since the result has revealed that there is significant difference, the Schefee's post hoc test is analyzed to find out for the difference between the paired means follows a significant analysis of co-variance for Yogic practices with diet , Yogic practices without Diet and the control groups.

TABLE – II

SCHEFFE'S POST-HOC TEST FOR SIGNIFICANCE DIFFERENCE BETWEEN PAIRED AND ADJUSTED MEAN OF SYSTOLIC BLOOD PRESSURE

SKY With diet	SKY Without Sathvic diet	Control group	Mean Difference	CI
122.1301936	125.6684469		3.538253262*	3.423640559
122.1301936		140.3346928	18.2044992*	
	125.6684469	140.3346928	14.66624593*	

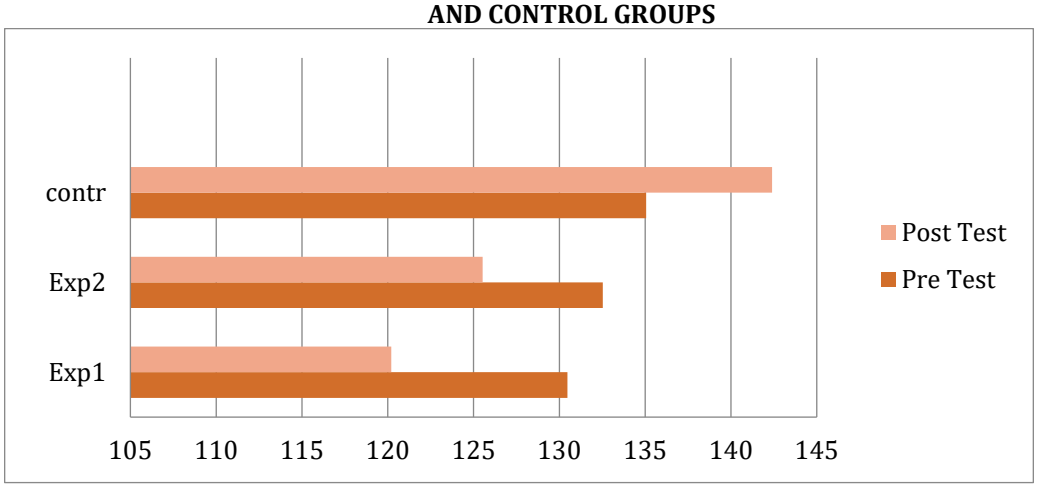
Significant at 0.05 level

Table II shows that the Schefee's post-hoc method of testing the significance for the difference between the paired means follows a significant analysis of co variance for Yogic practices with diet , Yogic practices without diet and Control groups. The adjusted Systolic pressure efficiency means in the order of magnitude and the difference between this means for the control and two experimental groups are given in the table.

Above table shows that there was significant difference between Yogic practices with Diet group and Control group. There was significant difference between Yogic practices without Diet group and Control group and There was also significant difference between Yogic practices with Diet group and Yogic practices without diet group. The obtained pre, post and adjusted mean values are presented through bar diagram in figure 1.

Figure- 1

GRAPHIC REPRESENTATION ON PRE-TEST, POST-TEST AND ADJUSTED MEANS ON SYSTOLIC BLOOD PRESSURE OF EXPERIMENTAL AND CONTROL GROUPS



6. CONCLUSIONS

Yogic practices with and without diet modifications help to reduce the systolic blood pressure among the irregular menstural college women to compare the control group. And comparing the experimental groups Experimental group – I (Yogic practices with diet modifications) than the experimental group – II (Yogic practices without diet modifications).

CONFLICT OF INTERESTS

None

ACKNOWLEDGMENTS

None

REFERENCES

Barnes VA, Davis HC, Murzynowski JB, Treiber FA (2004), "Impact of meditation on resting and ambulatory blood pressure and heart rate in youth", Psychosomatic Medicine, 66(6): pp.909-14.

Bhat Ramesh and Sumesh K. Babu (2004), "Health Insurance and Third Party Administrators: Issues and Challenges", Economic and Political Weekly, 39(28).

Bohm M, Werner C, Jakobsen A, Heroys J, Ralph A, Rees T and Shaw M (2008), "Treating to protect: current cardiovascular treatment approaches and remaining needs." Medscape Journal of Medicine, pp.10.

Bussing A, Michalsen A, Khalsa SB, Telles S, Sherman KJ, (2012), Effects of yoga on mental and physical health: a short summary of reviews. Evidence Based Complementary and Alternative Medicine, 2012:165410.

Chaiopanont S (2008), "Hypoglycemic effect of sitting breathing meditation exercise on type 2 diabetes at Wat Khae Nok Primary Health Center in Nonthaburi province, Journal of the Medical Association of Thailand, 91(1): pp.93-98.

Chiriac S, Dima-Cozma C, Georgescu T, Turcanu D and Pandele GI (2002), "The beneficial effect of physical training in hypertension", Revista Medico Chirurgicala a Societatii de Medici si Naturalisti din Iasi, 107(2): pp.258-263.

Eswaramoorthy, A. & Suresh Kumar, M. (2020). Effect of yogic practices and aerobic training on flexibility among physical education students. Purakala*, 31,8, 417-420.*

Sujitha Paulose & Dr.M.Suresh Kumar (2020). Effect of Progressive Muscular Relaxation Training on Selected Psychomotor Variables among Hockey Players. *Alochana Chakra Journal, 9,5, 2439-2443.*

Suresh, Kumar M. (2014). Influence of Health Related Physical Fitness on Mental Health of Rural School Students. International Journal of Applied Engineering Research*, 9,15,2917-2924.*

Suresh, Kumar M. (2019). Effect of yogic practices on selected lung volumes among asthmatic men. The International journal of analytical and experimental modal analysis*, XI,VII, 1286-1290.*