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REVIEW ARTICLE

THE COMPARATIVE EFFECT OF SIX WEEKS PROGRAM OF KAPALBHARTI AND BHASTRIKA PRANAYAMA ON VITAL CAPACITY

The Comparative Effect of Six Weeks Program of Kapalbharti and Bhastrika Pranayama on Vital Capacity

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INTRODUCTION

Today yogic practices have become popular throughout the Today world. But there are great many misconceptions about these practices due to lack of scientific information about them. Yogic practices are generally looked upon as exercise physiology. The physiology of yogic practices differs greatly from that of exercise physiology. The scientific nature of the yogic practices was first revealed when Late Swami Kuvalyananda started his scientific research in the field of yoga in 1924. This research finding could remove several misconceptions about yoga and removed the mystical sheath over it. He showed that a logical and scientific explanation could be possible for traditionally described techniques of various yoga practices.

METHODOLOGY

SUBJECTS

For the purpose of the study sixty male students studying in Army School, Sagar, in the age ranging from 16-18 years, all the subjects were divided into three groups i.e. two experimental groups & one control group.

VARIABLES

Cardio-vascular parameter Vital capacity was selected for the purpose of the study:-

ADMINISTRATION OF TEST

For measuring vital capacity the instrument used was the wet spirometer

EXPERIMENTAL PROGRAM

The study was conducted for a period of six weeks in the month of January.

STATISTICAL ANALYSIS

To study the Comparative Effect Of Kapalbharti and Bhastrika pranayama on Vital Capacity, analysis of covariance was applied at significance level of 0.05 Further, to see the significance difference between group means least significance difference post HOC test of significance was applied.

FINDINGS

ANALYSIS OF COVARIANCE OF THE MEANS OF TWO EXPERIMENTAL GROUPS

TEST	GROUPS			S.V.	Df.	SS	MSS	F-ratio
	Kapalbharti	Bhastrika	Control group					
Pretest means	2.990	2.940	3.015	A	2	0.058	0.029	0.069
				W	57	24.252	0.425	
Post test means	3.135	3.065	3.030	A	2	0.114	0.057	0.146
				W	57	22.273	0.391	
Adjusted posttest means	3.127	3.105	2.998	A	2	0.189	0.095	13.521*
				W	57	0.391	0.007	

AND THE CONTROL GROUP IN VITAL CAPACITY

*Significant at 0.05 level

F 0.05 (2,57)= 3.16, F 0.05 (2,56)= 3.17

Table of analysis of covariance for vital capacity for Kapalbharti, Bhastrika and control group indicates insignificant F-ratio of 0.069 and 0.0146 for the pretest and posttest means respectively. However, the f-ratio for adjusted posttest means reveals a value of 13.521, which was significant for being greater than the required F-value of 3.17 at 0.05 level of significance. This indicates there were significant differences from the adjusted posttest means of Kapalbharti, Bhastrika & control group in vital capacity.

PAIRED ADJUSTED FINAL MEANS AND DIFFERENCES BETWEEN MEANS OF TWO EXPERIMENTAL GROUPS AND CONTROL GROUP VITAL CAPACITY

Kapalbhati	Bhastrika pranayama	Control group	Means difference	Critical difference
3.127	3.105		0.022	0.053
3.127		2.998	0.129*	0.053
	3.105	2.998	0.105*	0.053

Table indicate that the difference between the paired adjusted final means of kapalbharti, Bhastrika pranayama and control group in vital capacity revels significant value of 0.129 and 0.105 Gain which emphasized means value observed for kapalbharti & bhastrika pranayama as compared to control group.

DISCUSSION OF FINDING

The result of the study reveals that Both Kapalbharti and Bhastrika pranayama had significant effect on vital capacity. Kapalbharti and Bhastrika pranayam practices improved vital capacity. this may be due to the reason that kapalbharti and bhastrika pranayama related to the breathing exercise so it will have significant effects on the lungs volume of an individual.

CONCLUSION

It was observed that there was significant difference was found between the means of kapalbharti and bhastrika pranayama and control group.

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