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REVIEW ARTICLE

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Review of Literature on Yogic Practices

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Babu (1997) was conducted a study on the effects of physical exercises and yogic practices on selected physical and physiological variables of college women students in Kerala. For the purpose of this study 90 college women students were selected as subjects randomly and their age was between 18 and 25 years. Further, they were divided into three equal groups at random and they were called as physical exercise group, yogic practice group and control group, yogic practice group and control group. The selected physical variables such as speed and explosive power and physiological variables such as pulse rate and breath holding time. The pretest was conducted for the above variables for the three groups. The post test was conducted for the above variables after six weeks of training. The first experimental group has undergone a treatment of selected physical exercise and second experimental group has undergone the selected yogic practices for six weeks. The control group was not any of the training. ANCOVA was employed as a statistical technique. It was found out that the resting pulse rate and breath holding time were improved due to the influence of selected physical exercise and yogic practices. It also revealed that the speed and leg explosive power were not improved due the influence of selected physical exercises and yogic practices. Further it was showed that there was no significant difference among the groups, namely, physical exercise group and yogic exercise group and there was no changes occurred in the control group.

Tran et.al (2001) conducted a study on effects of hatha yoga practice on the health related aspects of physical fitness. For this study they selected 10 healthy, untrained volunteers (nine females and one male), 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, including muscular strength and endurance, flexibility, cardiorespiratory fitness, body composition, and pulmonary function. Subjects were required to attend a minimum of two yoga classes per week for a total of 8 weeks. Each yoga session consisted of 10 minutes of pranayamas (breath-control exercises), 15 minutes of dynamic warm-up exercises, 50 minutes of asanas (yoga postures), and 10 minutes of supine relaxation in savasana (corpse pose). The subjects were evaluated before and after the 8-week training program. Isokinetic muscular strength for elbow extension, elbow flexion, and knee extension increased by 31%, 19%, and 28% ($p<0.05$), respectively, whereas isometric muscular endurance for knee flexion increased 57% ($p<0.01$). Ankle flexibility, shoulder elevation, trunk extension, and trunk flexion increased by 13% ($p<0.01$), 155% ($p<0.001$), 188% ($p<0.001$), and 14% ($p<0.05$), respectively. Absolute and relative maximal oxygen uptake increased by 7% and 6%, respectively ($p<0.01$). These findings indicate that regular hatha yoga practice can elicit improvements in the health-related aspects of physical fitness.

Gopal et.al (1973) conducted a study on effect of yogasana and pranayama on Mean Arterial Blood pressure, pulse rate and respiratory functioning. They reported that those subjects who were training for six months in yoga demonstrated a lower heart during the performance of a variety of yogic practices than did who practices without previous training.

Kraus-Weber (1988) made a study entitled effect of yogic exercise on cardio vascular fitness. They conducted the test on boys and girls. The experimental group was introduced yogic exercise for six weeks. Experiment groups shows significant improvement particularly in cardio vascular fitness.

Effect of yogic training on neuromuscular efficiency, normal stress and stressful conditions were studied by Gore (1987). Delayed fatigue, increase in duration of performance and total work output as studied by finger ergography under normal and stressful condition was found in subjects undergoing training (yoga) for three weeks when compared to subjects of the control group.

Mall (1990) conducted a study to find out the effect of yogic physical culture on the physical fitness status of high school boys. The subjects were selected from a school of Gwalior. The physical culture group was matched on the basis of total physical fitness and showed that they did not significantly differ the physical fitness before training started. Fleishman's physical fitness test battery was used for the pre test. After giving five months of training for the experimental group, the post test were calculated.

The results revealed that yogic physical culture significantly improved explosive strength, grip strength, dynamic strength, external flexibility, dynamic flexibility, cardiovascular endurance and physical fitness. Thus yogic physical culture can develop not only individual physical fitness components but also total.

Chinnasamy (1992) conducted a study of effects of asanas and physical exercises on selected physiological and biochemical variables among school boys. In this study 90 male students were randomly selected from Government Higher Secondary School, Thammampatty. The initial scores were measured for the selected physiological and biochemical variables, namely, pulse rate, systolic pressure, diastolic pressure, hemoglobic content and blood sugar level. the treatment was given for a period of six weeks for the experimental groups. The significance among two means of exercise group and asana group for the pre test and post test means gains were determined by F ratio through analysis of variance. Asana and physical exercise has significantly improved the haemoglobin content, blood sugar, pulse rate and diastolic pressure in which either physical exercise group made no effect.

Sharma (1995) conducted a study on effect of yoga on cardiorespiratory performance of school children to MIC Gas in Bhopal Toma. He conducted a programme on Ujjyi and Bhastrika for forty five minutes in three spells in morning for three months in 150 school children affected by exposure to MIC Gas. Resting pulse rate, vital capacity, Mean Arterial Blood pressure, heamoglobin percentage and cardio respiratory function as measured by Harvard Step test increased to normal rate.

Krishnakanthan (1998) conducted a study on training effects of pranayama and running on selected physiological and psychological variables. Measurements in the criterion variables were taken at the beginning and conclusion of an experimental period of six weeks. He concluded that the training effects of pranayama were significantly greater than that of running with respect to respiratory rates, pulse rate and anxiety level, all of which have health orientation

DISCUSSION

The investigator in this study has reviewed twelve related literature on the effect of Plyometric training and nine related literatures on effects of yogic practices. There were researches on the effects of combined training groups also. The investigator also reviewed the effect of yoga asanas and other training methods on selected physiological, psychological and motor variables in this paper.

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