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Effect of selected yogic practices on diabetic patients

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Abstract

The purpose of the study was to investigate the effect of selected yogi practices on diabetic patients in lowering the blood sugar. To facilitate the study, twenty-four subjects were selected in the age group of 40 to 55 years. They were divided into two equal groups with twelve subjects each in control group and experimental group. Two groups were equated on the random blood sugar level value at rest. The control group was not given any treatment. Experimental group was given selected yogasana for eight weeks. After the completion of eight weeks training period again the random blood sugar level was taken at rest. To test for the significant mean difference between the groups, the 't' ratio was used and tested for 0.05 level of significance. The result of the study indicated that eight weeks of selected yogic practices decrease the level of random blood sugar of diabetes patients.

Keywords: Diabetes patients, Bhujangasana, Dhanurasana, Halasana, Salabhasana, Ardha-salabhasana and Sarvangasana

Introduction

In diabetes patients sugar can be mobilized from the liver, kidneys and also from proteins by "cori cycle" which is the cause for high blood sugar in the blood even when food is not consumed. The clinical manifestation of diabetes is very simple and gradual in most cases. The tissues are not utilizing glucose consequently glucose accumulates in the blood stream (hyperglycemia) and spills over into the urine (Glycosuria). Diabetes is "starvation amidst plenty" is noticed (Whichester, N.M. 1969) [6]. Exercise is an important factor in the diabetes control program. To improve muscle tone and to keep heart, blood vessels and lungs healthy exercising at sufficient intensity and duration levels blood cholesterol and triglyceride levels and burns calories (Jean & Marie Ekoe, 1989) [4]. According to Indira Devi (1967) [2] the aim of yogasana is not only to develop the muscles and the body but also to regulate the proper activities of all the internal organs and glands that affect the nervous system and that which control our wellbeing to a much greater degree than we actually suppose. The yogic physical culture relies on training the organism to work more efficiently conserving energy input (Sethu Madhava Rao V. S. 1982) [5]. Yoga therapy is the only way to perfect health. It strengthens and activates the natural resistance of the body and mind (Andiyappan R, 1998) [1].

Methodology

The purpose of the research was to investigate the effect of selected yogic practices on diabetic patients in lowering the blood sugar. To facilitate the research, twenty-four subjects were selected in the age group of 40 to 55 years. They were divided into two equal groups with twelve subjects each in control group and experimental group. Two groups were equated on the random blood sugar level value at rest. The control group was not given any treatment. Experimental group was given selected yogasana such as Bhujangasana, Dhanurasana, Halasana, Salabhasana Ardha-salabhasana and Sarvangasana for eight weeks. The O-Toluidine method was used to find the glucose level in the blood. After the completion of eight weeks training period again the random blood sugar level was taken at rest. To test for the significant mean difference between the groups the 't' ratio was used and tested for 0.05 level of significance.

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Results

Table 1: Mean, Mean Difference, Standard Deviation, Standard Error of the Mean and 't' Value of Control Group and Experimental Group in Blood Sugar

Groups	Mean	MD	SD	SEM	Obtained 't' value	Required 't' value
Control Group	184.42	49.34	24.5	6.99	7.058*	2.179
Experimental Group	135.08		4.93			

* Significant 0.05 level (Table value required is 2.179 for 11 degrees of freedom)

Table - I revealed that the mean and standard deviation values of control group and experimental group are 184.42 & 24.56 and 135.08 & 4.93 respectively. The mean differences of control and experimental group is 49.34 and the standard error of the mean is 6.99. The obtained 't' value 7.058 is greater than the required 't' value of 2.179 to be significant at 0.05 level. As noted in the above table I, the obtained mean difference of 49.34 was due to yogasana experimented by the experimental group.

Discussions

The result shows that there was a significant difference among control group and experimental group in the random blood sugar level. The mean values of control group and experimental group are 184.42 mg/dcl and 135.08 mg/dcl respectively. The mean values showed that experimental group which underwent yogasana had lower random blood sugar level when compared with control group. The results of the study online with Andiyappan R (1998) ^[1] concluded that the yoga therapy is the only way to perfect health. It strengthens and activates the natural resistance of the body and mind. According to Indira Devi (1967) ^[2] the aim of yoga sana is not only to develop the muscles and the body but also to regulate the proper activities of all the internal organs and glands that affect the nervous system and that which control our wellbeing to a much greater degree than we actually suppose. Finally, Ivy JL (1997) ^[3] indicated that individuals who maintain a physically active lifestyle are much less likely to develop in paired glucose tolerance and non-insulin dependent diabetes mellitus.

Conclusion

It was concluded that the diabetes patients have reduced random blood sugar level than the control group due to eight weeks of yogic practices.

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