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Effect of yogic therapy on hemoglobin level of rural women of Patiala district

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Abstract

The purpose of present study was to scrutinize the effect of yogic therapy on Hemoglobin Level of rural women of Patiala District. To attain this purpose total twenty (N=20) rural women were selected as subject. The age of all the subjects was ranged from 45 – 65 years. All subjects were selected in terms of purposive samples under the sampling method of non-probability sampling. One – Group Pretest Post – Test Group Design was used as experimental design in present study. Data on the selected variable was collected one day prior to the commencement of yogic training and one day after the completion of training. After the collection of relevant data, to know the effect of yogic therapy on Hemoglobin Level of rural women, t-test was employed on mean values of pre and post with the help of SPSS 16.0. To test the hypotheses, the significance level was set at 0.05 percent. Based on the results of the study the following conclusion was drawn by the investigator: The result authenticates that, during two months yogic therapy the Hemoglobin Level increased significantly in rural women of Patiala district.

Keywords: yogic therapy, hemoglobin level of rural women

Introduction

Yoga therapy is a type of therapy that uses yoga postures, breathing exercises, meditation, and guided imagery to improve mental and physical health. The holistic focus of yoga therapy encourages the integration of mind, body, and spirit. Modern yoga therapy covers a broad range of therapeutic modalities, incorporating elements from both physical therapy and psychotherapy. In human body, blood is integral part of the body. Although blood appears to be red liquid it is actually composed of yellowish liquid called plasma and billions of cells. The vast majority of these cells are red cells and these give blood its red color. Besides the red cells, the blood also contains several types of infection-fighting white cells and tiny cell fragments called platelets which are essential for clotting. (American Society of Hematology, 2013) [3] The blood that runs through the veins, arteries, and capillaries, is known as whole blood, a mixture of about 55 percent plasma and 45 percent blood cells. About 7 to 8 percent of our total body weight is blood. Many people have undergone blood tests or donated blood, but hematology – the study of blood – encompasses much more than this. Doctors who specialize in hematology (hematologists) are leading the many advances being made in the treatment and prevention of blood diseases. (American Society of Hematology, 2013) [3] The purpose of this study was to determine the “Effect of Yogic Therapy on Hemoglobin Level of Rural Women”

Methodology and Procedure

An experimental research was designed to find out the significant effect of yogic therapy on Hemoglobin Level of rural women. The study was conducted on rural women of Patiala District. For this purpose total twenty (N=20) rural women were selected as subject. The age of all the subjects was ranged from 45 – 65 years. These subjects were selected in terms of purposive samples. In present study two months yogic therapy was selected as independent variable. The yogic therapy was consist of Suryanamaskara (sun salutation) or Shithilikarana (loosening) practices, Asanas (static and dynamic postures), Pranayamas (breathing practices), and Dhyana (meditation). All blood samples were collected by the lab technician and were examined in a fully computerized clinical laboratory. Hemoglobin levels of rural women were

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tested one day prior to the commencement of training and one day after the completion of training. The method and

measuring units which was used to measure the Hemoglobin Level of rural women is present in following table 1.

Table 1: Testing Method and Measuring Unit of Hemoglobin Level

Depended Variable	Testing Procedure	Unit of Measurement	Normal Range
Hemoglobin Count	Complete Blood Count	gm/dL (Grams per deciliter of blood)	11.7 to 13.8 gm/dL

After the collection of relevant data, to know the effect of yogic therapy on Hemoglobin Level of rural women, t-test was employed on mean values of pre and post with the help of

SPSS 16.0. To test the hypotheses, the significance level was set at 0.05 percent.

Results of the Study

Table 2: Comparison of Pre & Post Test Mean and SD values of Hemoglobin Level in Rural Women

Variable	Pre-Test Mean	Post-Test Mean	Pre-Test SD	Post-Test SD	t-Values
Hemoglobin	10.70	11.65	0.70	0.52	6.57*

$t_{.05}(19) = 2.09$

The findings of Pre & Post Test Mean and SD values of Hemoglobin Level in rural women are shown in table 2. The table statistically reveals that the calculated t value 6.57 for Hemoglobin Level of rural women is greater than table value

that is 2.09. Therefore the values of table no 2. shows that, after the application of two months yogic therapy the Hemoglobin Level in rural women increased significantly. The results of table no 2. are also illustrated in figure no. 1.

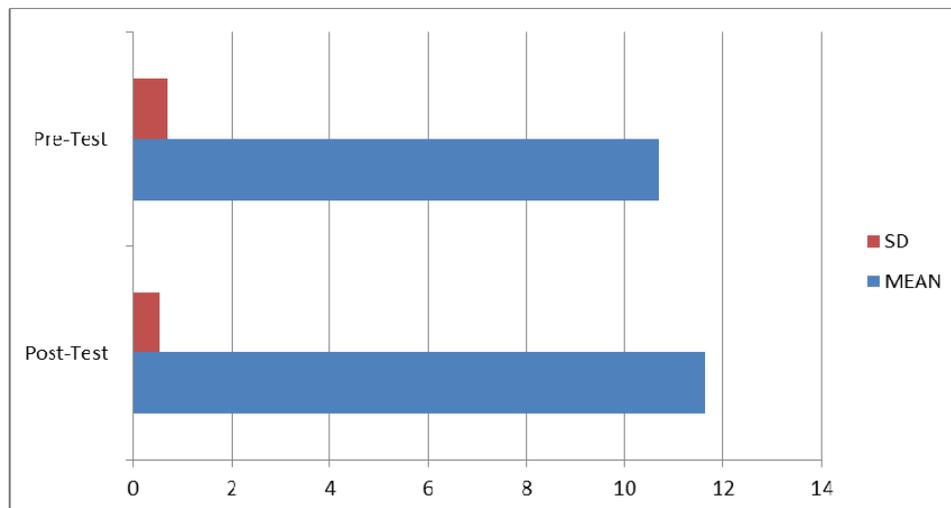


Fig 1: Comparison of Pre & Post Test Mean and SD values of Hemoglobin Level in Rural Women

Conclusions

Based on the results of the study the following conclusion was drawn by the investigator: The result authenticate that, during two months yogic therapy the Hemoglobin Level increased significantly in rural women of Patiala District.

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