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## Effect of yogic practices on selected physiological variables among type ii diabetic women

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### Abstract

The purpose of the study was to find out the Effect of Yogic Practices on Selected Physiological Variables Among Type II Diabetic Women. To achieve the purpose of the present study, 30 middle aged Type II Diabetic Women was selected from Sholinganallur, Chennai, were selected as subjects at random and their age ranged from 35 to 45 years. The subjects were divided into two groups consisting of 15 each. The present study is an experimental one and to test the effect of varied forms of intervening strategies, the care was taken in distributing the samples to experimental group. For this, the selected samples (N= 30) were divided into two equal groups. Experimental Group I named as (yogic practices) and Group II acted as control group. They are doing the regular yoga practice the experimental group were given specific training for 5 days a week for six weeks in total. After completion of six weeks of training post – test was conducted on selected variables and the score were records in their respective units as post – test score. The pre and post test scores were analysed with analysis of Co – variance. In all the cases.0.5 level of significance was fixed. The results of the study showed that there was a significant difference found among the experimental groups.

**Keywords:** Blood pressure (systolic and diastolic) and Body mass Index (BMI)

### Introduction

Obesity is mostly preventable through a combination of social changes and personal choices. Changes to diet and exercising are the main treatments. Diet quality can be improved by reducing the consumption of energy-dense foods, such as those high in fat and sugars, and by increasing the intake of dietary. Medications may be taken, along with a suitable diet, to reduce appetite or decrease fat absorption. If diet, exercise, and medication are not effective, a gastric balloon or surgery may be performed to reduce stomach volume or bowel length, leading to feeling full earlier or a reduced ability to absorb nutrients from food.

Classification systems such as the WHO Family of International Classifications, including the International Classification of Functioning, Disability and Health (ICF) and the International Classification of Diseases (ICD), are commonly used to define and measure the components of healthcare providers. Applications with regard to animal health are covered by the veterinary sciences. The term "healthy" is also widely used in the context of many types of non-living organizations and their impacts for the benefit of humans, such as in the sense of healthy communities, healthy cities or healthy environments. In addition to health care interventions and a person's surroundings, a number of other factors are known to influence the health status of individuals, including their background, lifestyle, and economic, social conditions, and spirituality; these are referred to as "determinants of health." Studies have shown that high levels of stress can affect human health.

### Methodology

The purpose of the study was to find out the Effect of Yogic Practices on Selected Physiological Variables Among Type II Diabetic Women. To achieve the purpose of the present study, 30 middle aged Type II Diabetic Women was selected from Sholinganallur, Chennai, were selected as subjects at random and their age ranged from 35 to 45 years. The subjects were divided into two groups consisting of 15 each.

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**Analysis of the dada**

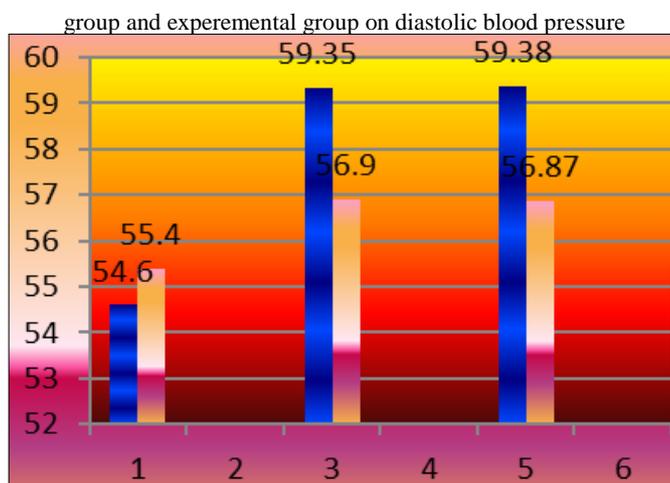
The dada collected from the experimental groups and control group on pre and after experimental on selected variables were statistically ermined by analyses of covariance (ANCOVA) if there was any significant difference among the treatment means of each variable. Scheffe’s post hoc test was applied to test the significance of difference between the paired adjusted means at 0.05 level of confidence. The analysis of covariance (ANCOVA) on Blood pressure(systolic and diastolic), Body mass Index (BMI) of experimental group and control group have been analysed and presented in Table-1.

**Table 1:** Analysis of covariance for experimental groups and control group on physiological variables

Group	Experimental Group	Control Group	Source of Variance	Sum of square	Df	Mean square	‘F’ ratio
Systolic blood pressure	59.38	56.87	Between	61.19	1	61.19	17.80*
			With in	127.15	37	3.45	
Diastolic blood pressure	85.96	91.04	Between	252.47	1	252.47	36.59*
			With in	255.27	37	6.89	
BMI	59.38	56.87	Between	61.19	1	61.19	17.80*
			With in	127.15	37	3.45	

\*Significant at 0.05 level of confidence

Table 1 shows that the adjusted post test mean value of Blood pressure (systolic and diastolic) and Body mass Index (BMI) for Group I named as (yogic practices) and Group II acted as control group (CG) were (59.38, 56.87), (85.96, 91.04) and (59.38, 56.87) respectively. The obtained F – ratio (17.80), (36.59) and (17.80) for the adjusted post test mean was more than the table value 3.23 for df 1 and 37 required for significance at 0.05 level of confidence. The results of the study indicate that there was a significant mean difference on post test means of experimental group and control group on the decrease of Blood pressure (systolic and diastolic) and Body mass Index (BMI). To determine which of the paired mean had a significant difference scheffe s test was applied as post hoc test and the results are presented in table 1.



**Fig 3:** Bar diagram showing adjusted post-test values of control group and experimental group on BMI

**Results and Discussion**

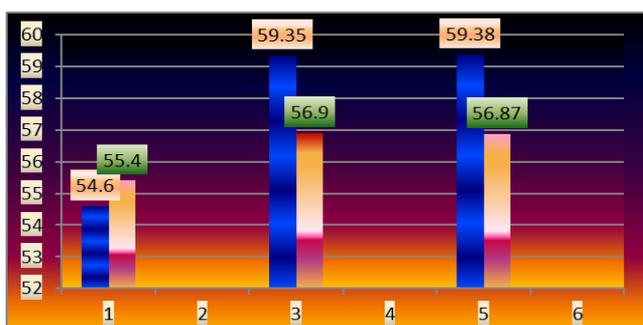
The experimental groups showed significant improvement on pre to post test on Blood pressure (systolic and diastolic), Body mass Index (BMI) then control group.

**Conclusion**

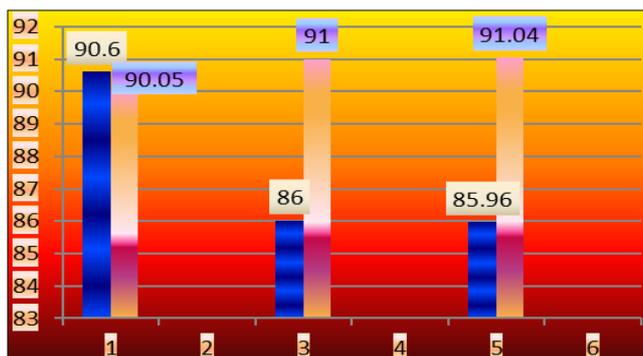
1. The systolic blood pressure was significantly decreased due to 6 weeks of yogic practices, but particularly very good differed for the experimental group and control group.
2. The diastolic blood pressure was significantly decreased due to influence of 6 weeks of yogic practices but particularly very good differed for the experimental group and control group.
3. The body mass index was significantly decreased due to 6 weeks of yogic practices, but particularly very good differed for the experimental group and control group

**References**

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**Fig 1:** Bar diagram showing adjusted post-test values of control group and experimental group on systolic blood pressure



**Fig 2:** Bar diagram showing adjusted post-test values of control group and experimental group on BMI

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