



ISSN: 2456-0057

IJPNPE 2022; 7(1): 207-210

© 2022 IJPNPE

www.journalofsports.com

Received: 17-11-2021

Accepted: 23-12-2021

Rajesh Kumar

Principal, University College of
Physical Education, Osmania
University, Hyderabad,
Telangana, India

Dr. R Venkatesan

Associate Professor, Tamil Nadu
Physical Education and Sports
University, Chennai, Tamil
Nadu, India

Effects of roasted garlic with Anuloma Viloma practice on glucose, zinc, iron and testosterone among men

Rajesh Kumar and Dr. R Venkatesan

Abstract

Statement of the Problem: The purpose of the study was to investigate “effects of Roasted Garlic With Anuloma Viloma. Practice on glucose, zinc iron and testosterone among men”.

Selection of Variables: The following variables were selected for this study. On glucose, zinc, iron and testosterone II. Independent Variables: 1. Roasted Garlic 2. Roasted Garlic with Anuloma Viloma Practice 3. Control Group.

Experimental Design: The subject were selected for this study through the random group design consisting of pre and posttest, forty five men randomly divided into three groups, the group was assigned as an Experimental Group I (Roasted Garlic) and Experimental Group II (Roasted Garlic With Anuloma Viloma Practice) and control group. Training Schedules and Supplementation: During the training period, the experimental group underwent their training program period of eight weeks for all days.

Statistical Technique: Analysis of covariance statistical technique was used, to test the significant difference among the treatment groups. If the adjusted post-test results were significant, the Scheffe’s post hoc test was used to determine the paired mean significant difference. thirumalaisamy R. (2004).

Conclusion: After incorporate statistical technique, it was found that a significant difference glucose, zinc iron and testosterone in experimental group II (Roasted garlic with Anuloma Viloma Practice), and also found that testosterone significantly increase due to eight weeks of roasted garlic with Anuloma Viloma practice.

Keywords: Roasted, garlic, Anuloma Viloma, testosterone, practice

Introduction

Health benefits of garlic: 1. Roasting garlic concentrates the sugars, transforming it into a caramelized, spreadable, buttery texture, with sweet, deep complex flavors, removing all the sharpness, pungency and bite. 2. It’s easier to digest for many people. 3. It gives sweetness and depth to the dishes you are already making- soups stews, mashes, dressings, marinades, sauces. 4. It is a great way to preserve garlic. 5. Because it smells amazing and will make you and your family feel cozy and happy. I’m not kidding.

Health benefits of Anuloma Viloma: Anuloma Viloma is a specific type of controlled breathing (pranayama) in the practice of yoga. It involves holding one nostril closed while inhaling, then holding the other nostril closed while exhaling. The process is then reversed and repeated. Alternate nostril breathing is said to have many physical and psychological benefits, including stress reduction and improved breathing and circulation. There’s scientific evidence that supports some of these claims.

Statement of The Problem: The purpose of the study was to investigate “effects of roasted garlic with Anuloma Viloma practice on glucose, zinc iron and testosterone among men”.

Selection of Variables: The following variables were selected for this study. I. Dependent Variables: 1. glucose, 2. zinc 3. iron and 4. testosterone II. Independent Variables: 1. Roasted garlic 2. Roasted garlic with Anuloma Viloma Practice 3. Control Group

Corresponding Author:

Rajesh Kumar

Principal, University College of
Physical Education, Osmania
University, Hyderabad,
Telangana, India

Experimental Design: The subject were selected for this study through the random group design consisting of pre and posttest, forty five men randomly divided into three groups, the group was assigned as an experimental group and control group. The groups Are 1. Roasted garlic, 2? Roasted garlic with Anuloma Viloma Practice, 3.Control Group.

Supplementation: During the training period, the experimental groups underwent their walking program period of eight weeks for all days with Roasted garlic with Anuloma Viloma practice.

Statistical Technique

Analysis of covariance statistical technique was used to test the significant difference among the treatment groups. thirumalaisamy R. (2004).

Computation of Analysis of Covariance

The following tables illustrate the statistical results of Effects of Roasted garlic With Anuloma Viloma Practice on Glucose among Men and ordered adjusted means and the difference between the means of the groups under study.

Table 1: Computation of Analysis of Covariance of Glucose

Means	EXP - I	EXP - II	Con. Grup	S.V	S.S	D.F	M.S	O. F
Pre test	99.87	105.13	102.13	B	244.04	2	122.02	1.03
				W	4959.20	42	118.08	
Post test	92.47	92.33	101	B	739.73	2	369.87	4.05*
				W	3839.07	42	91.41	
Adj. Post	94.56	89.94	101.30	B	967.53	2	483.77	27.45*
				W	722.67	41	17.63	

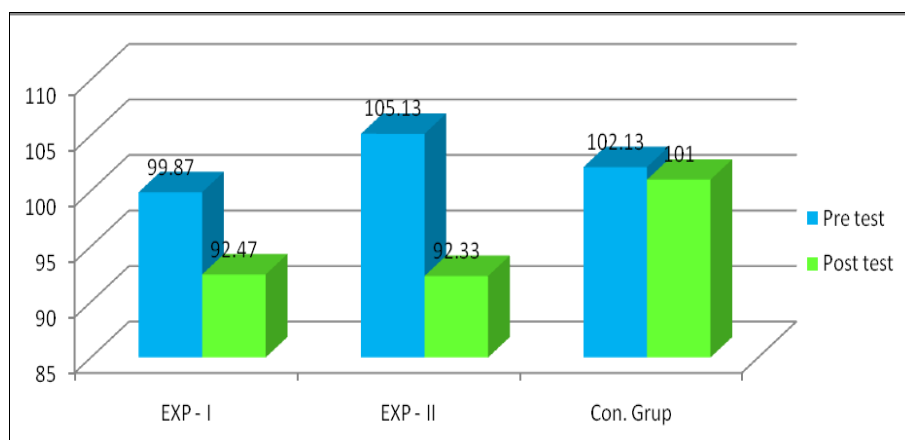


Fig 1: Final Mean Difference of Glucose

Discussions and Findings of Glucose:

This result indicated that the effect of Roasted Garlic with Anuloma Viloma Practice had significantly reduced the glucose Among Men, when compared with control group in terms of means. Further findings of the study indicated that Roasted Garlic with Anuloma Viloma Practice had greater reduction in glucose than the Anuloma Viloma practice. In Experimental Group had implementing the training and Roasted Garlic W with Anuloma Viloma Practice is

influenced the significant reduction in glucose, when compare to the control group. It's all because of the supplementing the natural products is influenced and reduced excess glucose spent as energy for working muscle as energy fuel for the my filaments. Finally it avoid to excess glucose form as cholesterol in the body. So it's concluded that the Roasted Garlic with Anuloma Viloma Practice had significantly influenced utilize the glucose which is present in the blood and to formation of cholesterol deposition in the body.

Table 2: Computation of Analysis of Covariance of Iron

Means	EXP - I	EXP - II	Con. Grup	S.V	S.S	D.F	M.S	O. F
Pre test Mean	11.96	12.01	12.11	B	0.18	2	0.09	0.41
				W	9.39	42	0.22	
Post test Mean	12.53	14.43	11.86	B	53.21	2	26.60	48.80
				W	22.9	42	0.54	
Ad.post test Mean	12.55	14.43	11.83	B	53.92	2	26.96	50.70
				W	21.8	41	21.83	

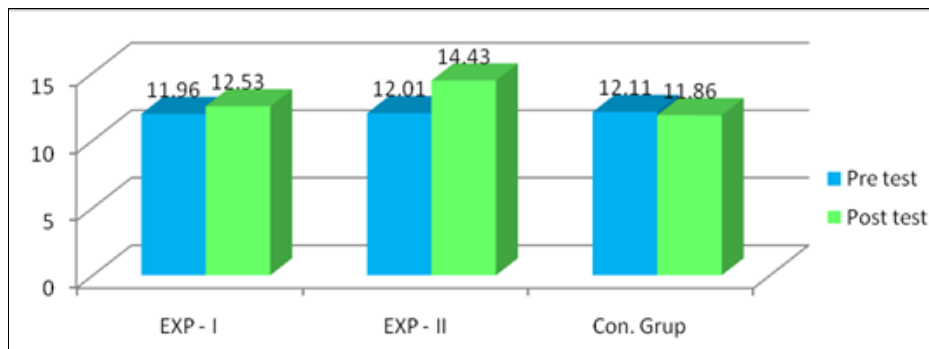


Fig 2: Final Mean Difference of Iron

Discussion on Findings of Iron: From these analyses, it is found that the results obtained from the experimental groups had increase in the Iron when compared with the one from the control group. This is due to the inclusion of Roasted garlic with Anuloma Viloma in the analyses on Experimental Groups.

In Experimental Group had implemented the Anuloma

Viloma with Roasted garlic prescription is influenced the significant increase in Iron, when compare to the control group. It’s all because of the supplementing the Roasted garlic with Anuloma Viloma is influenced. Garlic contains 1.7 milligrams of iron per 100 grams. Grams is a measure of weight. To put 100 grams in perspective, consider alternative measures for this food.

Table 3: Computation of Analysis of Covariance of Zinc (mcg/mL)

Means	EXP - I	EXP - II	Con.Grup	S.V	S.S	D.F	M.S	O. F
Pre test Mean	0.99	0.99	0.99	B	-7.1	2	-3.6	0.00
				W	2.80	42	0.06	
Post test Mean	1.06	1.19	0.99	B	0.31	2	0.15	3.35
				W	1.95	42	0.04	
Ad.post test	1.06	1.19	0.99	B	0.31	2	0.15	11.59
				W	0.55	41	0.01	

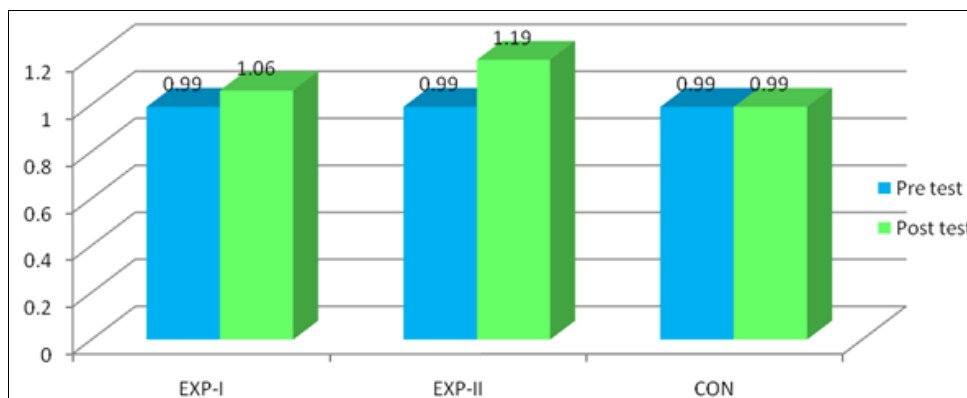


Fig 3: Final Mean Difference of Zinc

Discussion on Findings of Zinc: From these analyses, it is found that the results obtained from the experimental groups had significant greater increase in the zinc when compared with the one from the control group. This is due to the inclusion of roasted garlic with Anuloma Viloma practice in the analyses on Experimental Groups.

It is interesting to note that the results obtained from Experimental Group II had more effect than Experimental Group I on the increased zinc level. This is due to the implementation of roasted garlic with Anuloma Viloma practice in Experimental Group II.

Table 4: Computation of Analysis of Covariance of Testosterone

Means	EXP - I	EXP - II	Con. Grup	S.V	S.S	D.F	M.S	O. F
etest Mean	651.4	651.6	651.6	B	0.40	2	0.2	0.00
				W	17924.4	42	426.7	
ost test	680	734.5	651.4	B	53440.5	2	26720.27	38.3
				W	29289.4	42	697.3	
Adj.Post	680	734.4	651.4	B	53413.9	2	26706.9	44.5
				W	24581.7	41	599.5	

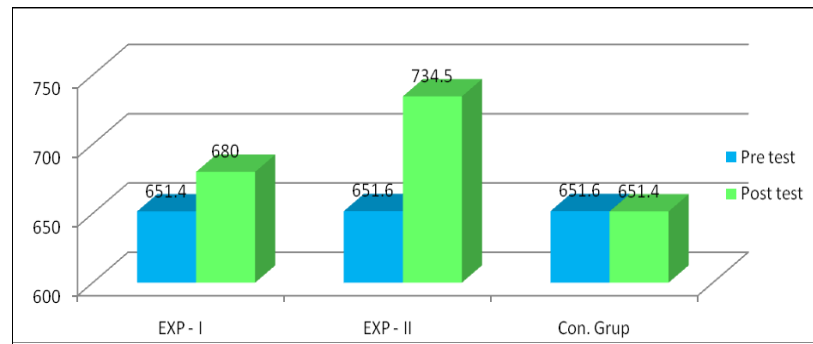


Fig 4: Final Mean Difference of Testosterone

Discussion on Findings of Testosterone: Alys's, it is found that the results obtained from the experimental groups had significantly in Testosterone level when compared with the one from the control group. This is due to the inclusion of Roasted garlic with Walking in the analyses on Experimental Groups. It is interesting to note that the results obtained the value of testosterone from Experimental Group II had greater increase from its lower level to maximal level than Experimental Group I on the improvement of Testosterone. This is due to prescription of the natural supplemented to boost the volume of testosterone in the Experimental Groups II. It is concluded that the experimental groups had greater improvement in volume of Testosterone in the men, due to influence of natural supplementation With Anuloma Viloma Practice for a period of eight week training in men.

Results

Within the limitations of the study, the following conclusions were drawn:

1. Experimental group II (Roasted Garlic with Anuloma Viloma Practice) showed significantly greater reduction on glucose than that of Experimental group I of training at the end of eight week period of time.
2. Experimental group II (Roasted Garlic with Anuloma Viloma Practice) showed significant Improvement on zinc iron and testosterone than that of Experimental group I at the end of eight week period of time.

Reference

1. Montesano Domenico, Cossignani Lina, Blasi Francesca. Sustainable Crops for Food Security: Moringa (*Roasted garlic* Lam.), Encyclopedia of Food Security and Sustainability, 10.1016/B978-0-08-100596-5.22574-2019;2:409-415.
2. Amany Abdel-Rahman Mohamed, Mohamed MM Metwally, Samah R, Khalil, Gamal A, Salem Haytham A Ali. Roasted garlic extract attenuates the CoCl₂ induced hypoxia of rat's brain: Expression pattern of HIF-1 α , NF-kB, MAO and EPO, Biomedicine & Pharmacotherapy, 10.1016/j.biopha.2018.11.019. 2019;109:1688-1697.
3. Ofelia Andrea Valdés-Rodríguez, Filippo Giadrossich, Arturo Pérez-Vázquez and Juan Carlos Moreno-Seceña, Above- and below-ground biomass and allometry of Roasted garlic and *Ricinus communis* grown in Compacted clayey soils, Flora. 2018.