

# INFULANCE OF PRANAYAMA AND ASANA PRODUCING HEALTHY CITIZENS AND IMPROVE THE ELITE SPORTS MEN PERFORMANCE

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## ABSTRACT

The present look at describes the contrast of various yogic practices of pranayama and asana thru the size of respiration parameters. Technique in this take a look at, sportsmen had been divided equally into 3 agencies: organization- I undergoing to yogic exercise – Pranayama organization, organization- II present process to yogic exercise – Asana group and organization three was manage institution not given any specific exercises. The education pried become 12 weeks, The repute of height waft price (PFL), most Inspiratory volume (MIV) and Breath holding Time (BHT) of all the 3 agencies became measured for a length of three months the usage of Mini Wright's top drift meter, Hudson Incentive Inspirometer and Stopwatch earlier than and after the schooling duration. The received pre and publish rankings have been examined by analysis of covariance (ANCOVA) for assessing the statistical significance. Scheffee's post hoc-test changed into further carried out to discover the excellent most of the 3 companies. The outcomes corroborate that the designed yogic practice bundle has delivered about a full-size effect on the height flow fee and most inspiratory quantity of the yoga organization in comparison to the manage organizations.

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**Key words:** Peak flow rate, Maximum Inspiratory Volume, Breath Holding Time.

## INTRODUCTION

Wellbeing is the dream of satisfaction and prosperity of individuals. Real distraction seems to upgrade wellness related top notch of life by methods for improving physiological pleasantly being and by method for improving physical working in people bargained with awful wellbeing. particularly, study of yoga proves that yogic strategies and practices objective at specific notwithstanding healthy molding of human body and contemplations consistent exercise of Asana and pranayama they can defeat all issues and dispose of all powerless point. Torment can be transmitted into rapture, distress into bliss and disappointment into accomplishment and ailment into perfect wellness

## METHODOLOGY

The logical establishment of Asana and pranayama gives a wide scope of adaptations in its extensions and endowments on the best way to use those ramifications for various needs and necessities. a broad assess of related writing right now discussions with the authorities in yoga and sports exercises realized the structure of a particular asana and pranayama practice group for the themes under look at. The instruction pried was 12 weeks. the present research become finished to discover the consequences for top stream charge and greatest inspiratory amount by means of the intercession of settled on asana and pranayama physical games the greater part of the private 60 Elite folks sports man or lady for this investigation.

## METHOD ADOPTED

For this investigate haphazardly sixty private first class sportsmen were chosen in SRM IST, Chennai. The chose issue was isolated into 3 partnerships. Each association incorporates twenty subjects. Establishment I experiencing to yogic practice – Pranayama association, foundation II present procedure to yogic exercise – Asana gathering and gathering 3 became control bunch not given any exact activities. Exploratory establishment settled on canvases outs given Table I

<b>yogic practice – Pranayama Group (Package – I / designed yogic practices)</b>	<b>yogic practice – Asana Group(Package – II / designed yogic practices)</b>
1) Breathe in, and notice thoughts as they arise. Breathe out, and notice thoughts as they dissipate. Return to your life with a calm and clear open mind	Tadasana
2) Inhale with a natural and focused breath and pause. Exhale the natural breath and pause.Repeat for up to 5 minutes and take padmasana.	Uttanasana
3) Inhale completely through both nostrils. Exhale, producing the buzzing sound of the bee. Repeat up to 5 minutes and take rest in padmasana..	Virabhadrasana
	AdhoMukhaSvanasana
	Bhujangasana
	BaddhaKonasana

Table - II

Variables	Test	Group Means			Source of variance	Sum of square	df	Mean square	Fratio	Significance
		Pranayama Group	Asana Group	Control group						
PFL	Pre-test	302.5000	335.0000	311.5000	B / G	56000	2	28000	0.70	0.50
					w/G	231200	57	41000		
	Post-test	344.5000	372.0000	311.0000	B/G	64400	2	32200	6.46	0.00
					W/G	284100	57	5000		
	A/post test	357.0000	354.7100	315.4900	B/G	35200	2	17600	17.84	0.00
					W/G	552000	56	1000		
MIV	Pre-test	1720.0000	1820.0000	1580.0000	B/G	56000	2	28000	0.70	0.50
					W/G	231200	57	41000		
	Post-test	2300.0000	2300.0000	1600.0000	B/G	64400	2	32200	6.46	0.00
					W/G	284100	57	5000		
	A/post test	2290.0000	2180.0000	1730.0000	B/G	35200	2	17600	17.84	0.00
					W/G	55200	56	1000		
BHT	Pre-test	31.1900	26.7501	19.2102	B/G	1465.63	2	732.82	2.92	0.06
					W/G	14311.9	57	251.09		
	Post-test	31.6500	27.4300	21.2002	B/G	1106.23	2	553.12	1.73	0.19
					W/G	18268.14	57	320.49		
	A/post test	27.1700	26.5901	26.5302	B/G	4.72	2	2.36	0.02	0.00
					W/G	8660.	56	154.65		

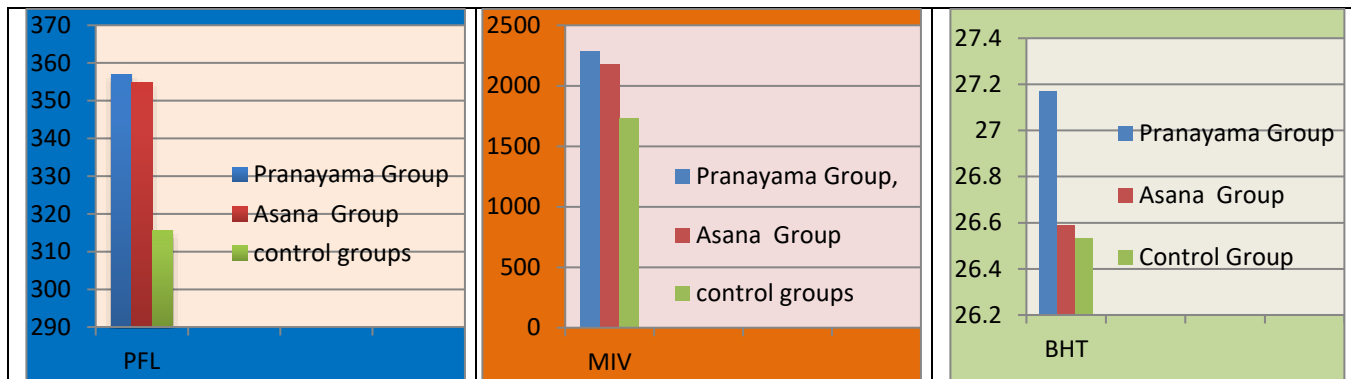
Didn't run quite ( $P > 0.05$ ). in any case, the submit-test technique for top take the path of least resistance rate greatest inspiratory volume and breath holding time of the 3 gatherings were remarkable ( $P < 0.001$ ). The balanced post-test for recommend estimations of stature accept the way things are charge, most inspiratory amount and breath keeping up time of the three organizations performed with the guide of ANCOVA affirmed that the mean of pinnacle take the path of least resistance charge, most inspiratory amount and breath holding time changed radically huge numbers of the 3 gathering ( $P < \text{zero}.001$ ) and the impacts of distribute hoc test uncovered that yogic exercise association (gathering – A) become the high-caliber some of the 3 in light of the fact that the estimations of pinnacle stream charge, greatest inspiratory volume and breath ensuring time, individually ,357.3500 (liter as indicated by minute ), 2290.0000 (CC/Sec) and 27.1700 (with regards to minute), have been factually large.

From table 2, The factual significance recognized on yogic practice – Pranayama (357.3500, 2290.0000 and 27.1700) over the yogic practice – Asana (354.7100, 2180.0000 and 26.5901) and

Control (315.4900, 1730.0000 and 26.5302) uncovered sizeable contrasts between the rankings of when cure.

**Figure I**

**Bar Diagram Representing the Adjusted Value of Peak Flow Meter, Maximum Inspiratory Volume and Breath Holding Time**



The I suggest the enormous distinction of group I over group II and group III became due to the particular capsule education gone through through them for a period of three months. The received statistical significance of yogic practices Pranayama over the asana exercising and the manage corporations illustrates that the designed yogic exercise – Pranayama institution package has made a massive impact on the maximum inspiratory extent in comparison to the 2 groups

**Conclusion:**

The structured yogic practice – Pranayama and Asana physical games had effects on stature take the path of least resistance value, most extreme inspiratory degree and breath holding time during post preparing assessment a portion of the private world class sports men's. Factually, the yogic exercise – Pranayama establishment has demonstrated superior to different gatherings. Based absolutely at the discovering, it's miles presumed that the planned yogic exercise – Pranayama pack might be an extraordinary tablet training to hold and widen an excellent pinnacle accept circumstances for what they are cost, most inspiratory volume and breath holding time for execution orientated obligations because of lung potential

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