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Effect of yogic practices on triglycerides

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Abstract
The present study was undertaken primarily to assess the effectiveness of yogic practices on Triglycerides, For the purpose of the study, 30 middle aged men aged between 35 and 40 years (mean ± S.D. 37.5 ± 1.5 years) were randomly selected. The selected subjects for the present study were divided into two groups, namely yogic practice group and control group. The control group was not given any training. The experimental group practiced yoga, weekly six days i.e. Monday to Saturday, between 6.00 A.M. to 8.00 A.M., for a period of twelve week., The results of this study showed that there was a significant difference between yogic practice group and control group on triglycerides. Moreover, the result of the study also shown that there was a significant decrease in triglycerides after the yogic practice when compared with the control group.

Keywords: yogic practices, triglycerides

Introduction
Yoga has also been described as wisdom in work or skillful living amongst activities, harmony and moderation. “Yoga is not for him who gorges too much, nor for him who starves himself. It is not for him who steps too much, nor for him who stays awake. By moderation in eating and resting, by regulation in working and by concordance in sleeping and waking, yoga destroys all pain and sorrows”.
Yoga is an ancient philosophical and religious tradition which is thought to have originated in India in at least 1000 B.C. It refers to a large body of values, attitudes and techniques whose primary objective is the pursuit of enlighten or self-knowledge. The word yoga is probably derived from the Sanskrit word “Yuj” which means to “unite” or “connect” and, in the higher levels of yoga, this is often said to mean the experience of union of the individual self with the universal sel

Methodology
The present study was undertaken primarily to assess the effectiveness of yogic practices on controlling Triglycerides. For the study, 30 middle aged men aged between 35 and 40 years (mean ± S.D. 37.5 ± 1.5 years) were randomly selected. The selected subjects for the present study were divided into two groups, namely yogic practice group and control group. The control group was not given any training. The experimental group practiced yoga, weekly six days i.e. Monday to Saturday, between 6.00 A.M. to 8.00 A.M., for a period of twelve week. Test administration one day prior to the commencement of training and one day after the completion of training.

Estimation of Triglycerides
Triglycerides were estimated by using GOP – PAP method recommended by Searcy [1] contains two sample bottles
Bottle 1: Buffer
Bottle 1a: 6 Reagent strips

Preparation and stability of solution
Do not touch the reagent patches or the surrounding area. Immerse one reagent strip in one bottle of buffer solution and use to stir the bottle contents for Ca – 10 seconds. Leave to stand in buffer solution for 5 minutes stir once again for Ca – 10 seconds and then discard reagent strip with 2 ^{0}c.

Procedure

Wavelength : Hg546 mm
Spectrophotometer: 500 nm
Cuvette: 1cm light path
Incubation temperature: 20 – 25 ^{0}c or 37 ^{0}c
Measure against reagent solution: One time is sufficient for each series (increase in absorbance).

Triglycerides

The data collected prior to and after the experimental period on triglycerides for yogic practice group and control group were analysed and presented in Table -I.

Table I: Analysis of Covariance on Triglycerides of Yogic Practice Group and Control Group

	Yogic Practice Group	Control Group	Source of Variance	Sum of Square	df	Mean Square	'F' ratio
Pre- test Mean	139.20	143.60	Between	145.20	1	145.20	0.517
S.D.	17.749	15.720	Within	7870.0	28	281.071	
Post-test Mean	135.87	149.53	Between	1400.83	1	1400.83	6.319*
S.D.	17.691	11.42	Within	6207.47	28	221.695	
Adjusted Post-test Mean	137.731	147.669	Between	727.280	1	727.280	35.37*
			Within	555.171	27	50.562	

* Significant at, 05 level of confidence.
(The table values required for significance at, 05 level of confidence with df 1 and 28 and 1 and 27 were 4.20 and 4.21 respectively).

Table – I showed that the pre-test mean values of triglycerides for yogic practice group and control group were 139.20 ± 17.749 and 143.60 ± 15.720 respectively. The obtained 'F' ratio value of 0.517 for pre-test scores of yogic practice group and control group on triglycerides was less than the required table value of 4.20 for significance with df 1 and 28 at, 05 level of confidence.

The post-test mean values for triglycerides for yogic practice group and control group were 135.87 ± 17.691 and 149.53 ± 11.42 respectively. The obtained 'F' ratio value of 6.319 for post-test scores of yogic practice group and control group was greater than the required table value of 4.20 for significance with df 1 and 28 at, 05 level of confidence.

The adjusted post-test mean values of triglycerides for yogic practice group and control group were 137.731 and 147.669 respectively. The obtained 'F' ratio value of 35.37 for adjusted post-test scores of yogic practice group and control group were greater than the required table value of 4.21 for significance with df 1 and 27 at, 05 level of confidence.

The mean values of yogic practice group and control group on triglycerides were graphically represented in Figure - I.

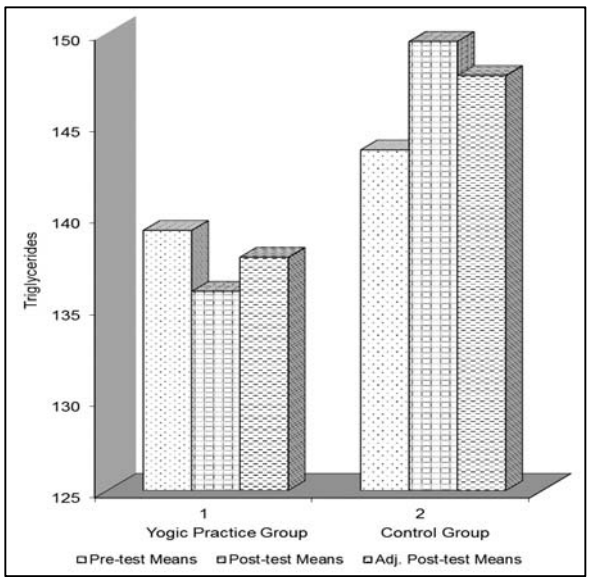

Fig I: Bar Diagram Showing the Mean Values of Yogic Practice Group and Control Group on Triglycerides

Conclusion

The results of this study showed that there was a significant difference between yogic practice group and control group on triglycerides. Moreover, the result of the study also shown that there was a significant decrease in triglycerides after the yogic practice when compared with the control group.

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