

**"EFFECT OF SELECTED YOGIC EXERCISE ON VITAL CAPACITY OF PLAYERS"**

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ABSTRACT

The study consisted of twenty (20) male subjects were selected from K.D SINGH BABU STADIUM,LUCKNOW. Ages of the subjects were ranging 24-30years. The selected subjected were asked to practice five selected pranayamas (viz Nadisudhan,Kapalbahati, Bhastrika type-1 ,Ujjai, and Bhramori) of six days in a week for the period of eight weeks with direct supervision of the experimenter. The treatment program was conducted in K.D.SINGH BABU STADIUM, LUCKNOW, before and after the Yogic Exercise Practice their Vital Capacity were tested as per standard procedure with the help of dry spirometer; the data obtained were statistically analyzed. The Finding of the result concluded that pranayama may significantly improve Vital capacity of players.

KEYWORDS :**INTRODUCTION**

Every one has to follow good health practices in his/her routine. Yoga is important tool for pepole of all ages to improve their quality of life. Yoga is a systematic and methodical process to control and develop the mind and body to attain good health. Yogic Exercise is a yogic breathing Exercise. Pranayama is the only eercise which affects the inmost parts of the body. The health of our body and mind depends on the soundness of the health of our internal organs the heart, lungs, digestive systems, glands and the nervous systems etc.

Today Yogic Practice has become popular throughout the world. But there are many misconceptions about these practices due to lack of scientific information about them. Yogic practice are generally looked upon as exercise physiology, The Physiology of Yogic Practices differs greatly from that of exercise Physiology.

The purpose of the study was to find out the effect of selected pranayamas on Vital Capacity of players.

METHODOLOGY:

For this study twenty (20) male subjects were selected from K.D SINGH BABU STADIUM ,LUCKNOW, The subjects those who are willing to take part in scheduled practices of pranayamas and residing nearest to the place of practice were selected for this experimental study .The selected subjected were asked to practice five selected pranayams (viz ,Nadisudan Kapalbhati, Bhastrika type-1, Ujjai, and Bharmori) Six days in a week for the period of eight weeks with a direct supervision of the experimenter. The pranayama program was conducted in K.D SINGH BABU STADIUM, LUCKNOW Common weekly off day; Sunday was allowed them for rest. The Pranayama was administered on the basis of the following practice schedule (Table- 1) and the practice was given in the morning between 6.00 to 7.00am.

Before and after the eight weeks of pranayama practice their Vital Capcity were tested as per standard procedure with the help of 'dry spirometer' The obtained data were statistically analyzed by using paired 't' test to see wheather any significant differences between the mean scores of pre and post Vital Capcity of players.

Table 1: Schedule for practices of pranayamas for Players.

S. No	Name of Prnayams	Week 1-2	Week 3-4	Week5-6	Week7-8
1	Nadisudhan	3 Repetitions	4 Repetitions	5 Repetitions	6 Repetitions
2	Kapalbhati	3 Repetitions	4 Repetitions	5 Repetitions	6 Repetitions

3	Bhastria type 1	3 Repetitions	4 Repetitions	5 Repetitions	6 Repetitions
4	Ujjai	3 Repetitions	4 Repetitions	5 Repetitions	6 Repetitions
5	Bharmori	3 Repetitions	4 Repetitions	5 Repetitions	6 Repetitions

N.B Two(2) basis of collected data on Vital capacity before and the eight weeks of pranayamas practice presented in the Table no. 2.

Table-2: The mean, S.D. and t- Value of pre and post test score of Vital capacity

Parameter	Test	N	Mean (Liter)	SD	t' value
Vital capacity	Pre test	20	3.76	0.75	4.07*
	Post test	20	3.86	0.79	

*Significant at 0.05 level of confidence.

The mean Vital Capacity score of pre and post test were 3.76 lit + - .755 and 3.86 lit + - .79 the calculated 't' value is 4.07 which is higher than the tabulated value 't' 2.09 at0.05 (19dot) level of confidence. The reason for the finding might be attributed to lungs. This was positively effect on the Vital Capacity of players.

Adminstration of the prescribed pranayamas was limited to eight weeks only. This period seemed very limited for such experiment. For good and satisfactory results experiment for longer period would be necessary. In spite of the limitations it could be said that the selected pranayamas havesignificant good effect on vital capacity of Players It is also evident that prescribed pranayamas has significant influence on functional capacity of lungs among players. Thus, If practice correctly and scientifically, pranayama may improve the functional capacity of lungs in the Players of rapid declining ages also.

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