



ORIGINAL RESEARCH PAPER

Yoga

INFLUENCE OF MANAVALAKALAI AND ASANAS ON BREATH HOLDINGS AMONG COLLEGE STUDENTS

KEY WORDS: Breath holding, Manavalakalai, Asanas.

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ABSTRACT

PURPOSE: This study was conducted to view the influence of Manavalakalai and Asanas for the college students who are having the respiratory problems.
METHODOLOGY: For the study, 45 college boys and girls of the ratio 2:1 from in and around Coimbatore were selected as subjects. Their age ranged between 18 to 23 years. The subjects have been divided into three groups each consisting of 15 members. Experimental Group I went on Manavalakalai training only; Experimental Group II went on only different types of asanas for 8 weeks. Controlled Group were not given any practices or asanas.
RESULTS: The study showed a significant improvement in the breath holding capacity of the Experimental Groups I, II subjects than the Controlled group. Through the Manavalakalai and asana practices their breathing has improved a lot.
CONCLUSION: It has been concluded that Manavalakalai helps in improving the breath holding capacity and reduce the respiratory problems.

INTRODUCTION:

The art of yoga commences to function on the physical body, it is the most peopleréal-world and acquaintedbeginning point. Yoga implies a virtuous way of life. When discrepancy is occurred at this stage, the parts of body, nerves and muscles no longer function in harmony, quite they act in opposition to each other. Simplified physical exercise is essential for harmony between the outsidebody and the life-force energy. It develops the potential attributes to its fullness and makes the mind fresh and peaceful. Through this we can know about ourselves. Yoga helps to strengthen the different body parts and make it in perfect condition so that they function for the health of the entire body. Physical body and mental health are natural consequences of yoga. Many people agonize from phobias and neuroses as result of he stresses and interactions in day to day life. Yoga cannot provide a cure for life but it does present a proven method for coping with it.

OBJECTIVES OF THE STUDY

This study was conducted to view the influence of Manavalakalai and asanas for breath holdings among college students of boys and girls which intently improves their health.

STATEMENT OF THE PROBLEM

In humans the biological features of the respirational system consist of lungs, airways, and the respiratory muscles. Recent times, the youngers are more commonly getting affect by respiratory problems like asthma, wheezing and etc., Yoga provides positive manner of physical exercise which correct them and guides throughout their lifetime.

HYPOTHESIS

There was a significant difference in breath holding variable in-between Manavalakalai and asanas than the Control group.

LIMITATIONS

- Economic and cultural status were not considered for the study.
- Each exercise has a count limits.
- Time limits were considered for each exercise.
- The genetic problems were not taken into consideration.
- The food habits, working period, life style, sleep etc., were not controlled.
- Daily routine works were not taken in to the count.

SIGNIFICANCE OF THE STUDY

1. The exercise doesn't harm any part of the body.
2. This study would create awareness about the efficiency of Manavalakalai on maintaining our physical health.
3. This study would create awareness about breathing problems

among general public.

SELECTION OF THE SUBJECTS

For the study 45 college students of boy and girls were taken in the ratio of 2:1 from in and around Coimbatore were selected as subjects. Their age range between 18 to 23 years. The students were divided into three groups each consisting of equal members. Experimental Group I went on Manavalakalai training; Experimental Group II went on Asanas for 8 weeks for all 7 days in a week. Control Group were not given any kind of trainings.

SELECTION OF VARIABLES:

INDEPENDENT VARIABLES

- Yoga practices of
- i. Manavalakalaixercises
 - ii. Asanas

TRAINING SCHEDULE:

Manavalakalai contains	Meditation
Hand Exercise	Agna Meditation
Leg Exercise	Shanthi Meditation
Neuro muscular Breathing Exercises	Thuriyam Meditation
Eye Exercise	
Kapalabathi	
Makarasana	
Massage	
Acupressure	
Relaxation	

Asanas

Standing Postures	Sitting Postures	Prone Postures	Supine Postures
Tadasana	Bhadrasana	Makarasana	Setubandhasana
Vrksasana	Vajrasana	Bhujangasana	Uttanapadasana
Pada-Hastasana	Ustrasana	Salabhasana	Savasana

BREATH HOLDING RATE:

Purpose:

To assess the breath holding capacity of the subject

Equipment:

Nose clip and a stop watch

Procedure:

The subject was asked to sit comfortably on the chair, while assessing the breath holding time. The left arm was to be kept on the right side of the chest and then the subject was asked to take a deep breath (Inhale) and the nose clip was applied tightly on the

nose and lips were tightly closed and there should not be any leakage of air from the mouth as well as from the nose (inhale or exhale). The subject was told to maintain the breath holding as long as he could. If he felt it difficult to maintain the breath holding, immediately he was asked to take the hand from the chest. The time in seconds up to which the subjects breathe holding time was taken for consideration.

Scoring:

Breath holding capacity was recorded with the help of a stop watch three times for each subject. The values were taken from the best for three similar readings.

RESULT AND ANALYSIS:

For statistical analysis the data gathered from the pre-test and the post test on breath holding rate of experimental groups and control group have been existed in Table I

Table I Analysis of Covariance for the pre-test and post test data on breath holding capacity

TEST	GROUP 1	GROUP 2	GROUP 3	df	SS	MOS	F value
Pre	29.53	28.733	27.13	2	44.8	22.4	1.11*
				42	1052.4	25.05	
Post	50.8	37.733	29.93	2	3334.978	1667.48	45.41*
				42	1542.267	36.72	
Adjusted	51.09	37.80	29.56	2	3407.92	1703.96	47.72*
				41	1463.817	35.70	

***Significance at 0.05 level**

Table value required for significant at 0.05 level with df 2 and 42 and 2 and 41 are 3.22 and 3.23 respectively. Table I indicates that the adjusted post-test means values of Breath holding rate for Manavalakalai Group, Asanas Group and Control Group are 51.09, 37.80 and 29.56 respectively. The attained F-ratio of 47.72 for adjusted posttest mean is much higher than the table value of 3.23 for df 2 and 41 required for significant at 0.05 level of confidence.

The outcomes of the study point out that there are substantial differences among the adjusted post-test means of Manavalakalai Group, Asanas practice Group and Control Group on the Breath holding rate.

To conclude which of the paired means had a substantial difference, the Scheffe's test was applied as Post hoc test and the results are presented in Table II.

Table II Scheffe's test for the variances between the adjusted post-test paired means on Breath holding

Groups			Mean	CD
ExpGroup1	ExpGroup2	Control		
51.09	37.80		-13.28*	6.38*
51.09		29.56	-21.52*	
	37.80	29.56	-8.23*	

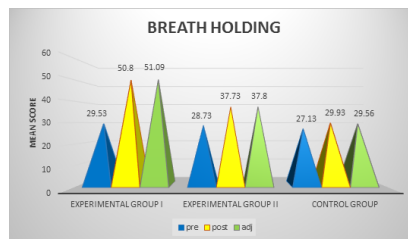
*** Significant at .05 level of confidence**

Table II shows that the adjusted post-test means differences on Manavalakalai Group and Asanas Group, Manavalakalai Group and Control Group, Asanas Group and Control Group are 13.28, 21.52 and 8.23 respectively. The value 6.38 which shows major differences at 0.05 level of confidence.

It could be determined from the results of the study that there is a significant difference in Breath holding capacity between the adjusted post-test means of Manavalakalai Group and Asanas Group, Manavalakalai Group and Control Group, Asanas Group and Control Group. However, the improvements in the Breath holding were significantly higher for Manavalakalai Group than Asanas Group and Control Group. It could be also seen that Manavalakalai Group and Asanas had improvement in breath holding than Control Group.

The mean and adjusted values of pre and posttest of Manavalakalai Group, Asanas Group and Control Group on breath holding capacity are graphically represented in the Figure -I.

Figure-I



CONCLUSIONS:

Based on the final result of the study the following conclusions were drawn.

1. There was a major difference between Manavalakalai group and Asanas group when compared to the control group on physiological variables of breath holding.
2. Manavalakalai was found to be better than the Asanas group and control group in physiological variables of breath holding.

RECOMMENDATIONS:

1. A similar study may be conducted by selecting other Physiological variables as principle variables.
2. A similar study may be conducted by selecting Performance related variables as criterion variables.
3. A related study may be endeavored by selecting other psychological variable for the subjects.

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