



A Study of Literature Overview on Role of Pranayama in Physical Fitness

Dr. A.D. Tekale

Physical Instructors,

S. P. P. Mahavidhyalaya, Sirsala,

Dist. Beed.

Abstract

"Physical wellness is generally significant for person. It is fruitful and important piece of life. Customary exercise and physical activity are fundamental for sports. I present paper with following targets to clarify idea of Pranayama, to review writing on pranayama, to clarify job of Pranayama is significant in physical wellness. It incorporates M. M. Gore, Balakrishnan and Krishnaswamy, K.V.V. Prasad, Rajapurkar M.V., Lolage and Beras writing diagram on physical training."

Keywords: - Pranayama, Physical Fitness, Literature, Etc.

Introduction

Physical wellness is generally significant for person. It is fruitful and fundamental piece of life. Ordinary practice and physical action advances solid muscles and bones with this activity our body can likewise require yoga and pranayama. Pranayama has a few advantages which all prompts one thing ideal wellbeing pranayama center around the guideline of the prana of the existence power and plans to improve wellbeing and the manner in which you carry on with, your life that why an investigation of writing diagram on job of pranayama in physical wellness is significant. I pick this subject for look into paper.

Objectives of Research

- 1) To clarify idea of Pranayama
- 2) To diagram writing on pranayama
- 3) To clarify job of Pranayama.

is significant in physical wellness Research procedure with the end goal of this examination utilized sociology look into system to consider the no theme utilized. deductively examination in this strategy I utilized. optional information in this auxiliary information. utilized reference books, explore articles news papers, Journals, Published and unpublished materials and furthermore taken' Internate office use.

The scientist has taken resuscitated on the writing on the job of. pranayama in physical wellness as pursue.

1) M. M. Blood

He clarify job of Pranayama in physical wellness in his exploration auricle in yoga mimansa: demonstrate this he directed an examination on impact of escalated practice of suryabhedan Pranayama on chose cardiovascular capacities. This investigation was led on 10 including 5 male and 5 female solid youthful understudies of yoga. Circulatory strain and heartbeat rate were estimated before 181 and following 25th round of SP Maximum increment in RPP was 10 39 and least 1 38 following the pranayama practice. It is presumed that the concentrated act of suryabhedan pranayama is physiological sheltered and innocuous.

2) Balakrisnan and Krishnaswamy

They clarify the job of Pranayama in physical wellness in the worldwide Journal. My article, of Effect of joined activity of yogabanas and pranaymas practices reduselipid Profiles and upgrades cell reinforcements in youthful solid people for this purpose. They took. Sixty male understudies of age 25 28 years were selectedrandomly as subjects from B P Ed in the Department of Physical Education and Sports Science, Annamalai University Selected subjects were isolated in to four

gatherings with fifteen quantities of each Group 1 filled in as Control, Group 2 as Asana, Group 3 as Pranayama and Group 4 as Asana and Pranayama Experimental examination was done for a quarter of a year length. Selected yogasanas and Pranayama practices were given to the experimental bunches for (4days/week) for 12 weeks. Blood tests were gathered when the total course of treatment. Biochemical investigation was done on chosen lipid and cancer prevention agent factors by the concerned Biochemist, Department of Biochemistry, Annamalai University, Resulted Data were huge at pso.05 levels. Therefore this examination reasoned that consolidated activities of yogasanas and Pranayama rehearses lessens the lipid levels and holds the cancer prevention agent status. It likewise uncovered that consolidated activities delivered better impact than interchange practice gatherings .

3) K.V.V. Prasad led an examination on ordinary solid volunteers 41 men and 23 ladies to assess the effect of pranayama and yoga asana on blood lipid profiles and free unsaturated fats, in two phases. In organize I pranayama was snicker for 30 days and in arrange II, yogic practices were added to pranayama for an additional 60 days. A huge decrease was observed in triglycerides, free unsaturated fats and VLDL-cholesterol in men and free unsaturated fats alone were diminished in ladies toward the finish of stage I ! A huge height of HDL-cholesterol was seen distinctly in the men toward the finish of stage-I at the finish of stage-II, free unsaturated fats expanded in the two people, and ladies showed a noteworthy fall in serum cholesterol, triglycerides, LDL and VLDL-cholesterol. The outcomes showed that HDL cholesterol was raised in men with pranayama, while triglycerides and LDL cholesterol diminished in ladies after yoga asana.

4) Rajapurkar M.V.

Rajapurkar clarify the job of Pranayama in physical wellness in yoga Mimamsa. He has displayed his examination paper on pranayama as a modulator of cerebral capacities (A Hypothesis). It is speculated that during kumbhaka state, when breath is held and both the nostrils are shut for 30 seconds or more intranasal section builds the conchae help structure whorls. The intranasal temperature builds, the encased air assimilates more of moisture from the exceptionally vascular nasal mucosa. The limbic flap sustains into the nerve center and the in to cerebral cortex. It is seen under the above research that pranayama kumbhaka tweaks cerebral capacity

5) Lolage and Bera :

Lolage and Bera clarify Role of pranayama in physical wellness adothisstudyconducted an investigation o impact of pranayama oncardiovascular perseverance in Kho-Kho players. A sum of forty male subjectsage extended from 20 to 30 years doled out arbitrarily in to two similarly matchedgroups, for example, test gathering and control bunch on the premise ofcardiovascular capacity as evaluated by 12 minutes run and walk test subjectscardiovascular productivity was surveyed by managing three lesisviz. Harvard step tst, brief run test and 1600 mit Run test. The experimentalanulaoma-viloma Ujjayigroup experienced preparing of pranayama vizSuryabhedana and bhstrika in two sessions of 45 minutes. For 6 daysselected pranayamas were discovered helpful in improving CV continuance of Kho-Kho players.

Conclusion

- 1) The results indicate that the important role of pranayama in Physical fitness
- 2) The results indicate that the pranayama at affects our whole body parts as make healthy
- 3) The results indicators that pranayamaexercise make strong mental tendency
- 4) Pranayama is most useful for sportsperson.

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