



Effect of Asanas on Selected Physical Fitness Components

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Abstract

The determination of the study was to find the asanas effect on selected health physical fitness variables of the dada patil rajale college student. The subjects for this study were fifty male students randomly selected from dada patilrajle arts and science college adinathnager. The study purpose select the subjects ranged between age of 18-21 years. The subjects were evenly divided into two groups one experimental and one control group. The treatments to the experimental groups were allotted randomly; A group for Asanas and another B group as control group. The treatment schedule was prepared for sixteen weeks. The experimental treatments were employed for 45 minutes a day in six days a week for sixteen weeks duration. Were collected before and after the experimental treatment period of 16 weeks Pre and post-test data of all the subjects from two groups. The selected variables were Cardio-respiratory Endurance, Flexibility, Muscular Strength and Endurance. The data was analyzed by employing analysis of covariance at the 0.05 level of significance. The data was analyzed of covariance at the 0.05 level of significance. The result of the study shows that practice of asanas had substantial effect on Cardio-respiratory Endurance, Flexibility, Muscular Strength and Endurance of the subjects.

Kyeword: Asanas, Cardio-Respiratory Endurance, Flexibility, Muscular Strength And Endurance.

1. Introduction:

The word yoga originates from the Sanskrit word 'yuj' which intends to join together or consolidate. To unite the individual soul, with the general soul for example God. Yoga is an immortal tradition, originating from Rig Veda, with a past filled with over 5000 years. The dad of yoga, Maharishi Patanjali, characterizes yoga as "YogaschittaVrittiNirodah" signifying "control of the fluctuations of the brain."

Yoga is an internal voyage that makes an attention to yourself and leads you to self-change. It is an old study of self-improvement and framework that cleanses your brain and body and keeps up impeccable equalization and agreement between them. In another it is a specialty of controlling your brain, body and breath and opening the concealed potential energies. Yoga is preventive consideration and comprehensive arrangement of recuperating that secures and mends with no prescription and normal excellence treatment that keeps you youthful and shining from inside. Yoga has additionally been depicted as insight in work or skilful living among exercises, concordance and balance. In Hath Yoga, Yoga strategies are utilized for helpful reason. Practice of Yogasana makes the body fit and strengthen it, Satkarma is a way to decontamination of body,

Mudra realizes dauntlessness, practice of Pranayama brings about daintiness of body, Partyahara prompts serenity, practice of Dhayana encounters oneself and Samadhi brings about consolidating cognizance with the object of reflection; along these lines, there is no uncertainty of freedom. Yoga secures religion and instruction. One can accomplish information by yoga as it were. There is no strength as yoga and without yoga moksha (salvation) is incomprehensible. Yoga is a way of thinking that makes you to acknowledge with an equalization of brain everything that comes in the method for your life.

Yoga that focuses on physical wellbeing and mental prosperity. Through rehearsing different body stances (asana), breathing strategies (pranayama), and reflection, it is accepted that one can acquire a sound physical body aswell as a quiet and serene personality. Customary act of an assortment of yoga methods have been appeared to bring down pulse and circulatory strain in different populaces. As of late, it has become increasingly clear that individuals need methods to assist them with adapting to the regular stressors of present day life. With stress related

hypertension and cardiovascular sickness on the ascent, these hatha yoga strategies may give a stage to wellbeing and prosperity. This form of yoga may give truly necessary physical and mental treatment.

Asanas are the static stance certify with benefits of advancing physical wellness. Component of effort with qualities other physical activities is killed in the arrangement of asanas. Asanas have been characterized into reflective and social postures. The point of social stances is to deliver a condition of physiological equalization in the human body so it can groups the best natural life. Yogic Asanas help in the aversion and fix of numerous physical sicknesses, particularly those of the stomach related tract by directing the discharge of different conduit and ductless gland. Aside from all these yoga is a very financial practice.

The word asana is gotten from the Sanskrit word 'Aas' which signifies 'presence', in this manner, reality is Asana or Position. Patanjali characterizes Asana as a Steady and Comfortable position so the first and third step that is taking the asana and discharging the asana ought to likewise be supporting to the definition. "Practice of Asanas might be called as an Exercise of an ideal logical strategy". Asana is a particular position which opens the vitality channels and mystic focuses. Asanas help to improve the physical wellness of a person. Asanas are polished to build up the capacity to sit comfortably in one situation for an all-inclusive timeframe; it is a capacity vital for reflection. It is fundamental for an individual to keep up the compelling practical limit of the inner organs. Practice of Asanas evacuates fretfulness, shakiness, lethargy and stoutness from the body and gives satvikglow and grandeur. On the planet, no other movement than the asana have been discovered which would so minutely impact each muscle, nerve and gland in the body. Asanas are distinctive to the extent taking the position (slow and controlled developments), keeping up the position (consistent quality, comfort and unwinding) and discharging the position are concerned. The asanas (physical positions) can be dynamically accomplished or ached in 4 levels in movement.

1. Asana/Position which include dependability, the body is kept up in a specific Asana or longer term while accomplishing the solidness of the every one of the muscles, regardless of whether extended or loose. The exertion in this is to settle the body and its procedures. This is the first level in Quite a while according to the old style definition.

2. When the strength is accomplished for certain timeframe in any asana, the following level is to feel the solace in this position. One ought to have the option to keep up the asana easily and feel the straightforwardness.

3. After dauntlessness and solace, one should attempt to continuously loosen up the muscles, with training of unwinding, one can encounter more noteworthy steadiness and solace in the position. When the body is loose, the brain likewise gets without a care in the world, which can be contemplative or effectively engaged.

4. And at last this psyche can be effectively centered around object of contemplation and higher phases of experience can be understood, this degree of asana is identified with higher personality, the physical experience is risen above.

It is referred to for different impacts, for example, expanded productivity, stamina, expanded invulnerable limit, calm and quiet personality, simple power over feelings, and improvement in frame of mind. Numerous examinations have been done to feature the constructive outcome yoga; this investigation was an endeavor to discover the impact of certain yogic asanas on Cardio respiratory Endurance, Flexibility, Muscular Strength and Endurance of the subjects.

1.1. Objective of the Study

The purpose of the study was to find out the effect of yoga asanas on effect of asanas on selected health related physical fitness components youths studying in college.

1.2. Hypothesis

It was hypothesized that there would be significant changes in the selected health related physical fitness components of the subject who were sedentary in nature, after the training of twelve weeks.

2. Methodology

Effect of Asanas on Selected Physical Fitness Components

The purpose of the study was to investigate the effect of asanas on selected health related physical fitness components. The investigator was more interested to find the effect of asanas particularly on the youths who had not been taking part in any other physical activity.

2.1. Subjects

Thirty male student selected from dadapatilrajale arts and Science College. The age of the subjects ranged between 18 –21 years. The only purpose of selecting subjects over 18-21 years was to insure that the selected subjects had attained puberty. The subjects were divided into two equal groups and the distribution was done randomly. one experimental groups were (N=25 each) namely Asanas (G1) and the second group served as control group.(N=25 each) (C).

2.2. Treatment

The training schedule was prepared for twelve weeks. The practice schedule included 12 asanas for asanas group initiated and ended with Surya Namaskar asanas only those asanas were selected who plays direct role on the cardio respiratory system. The experimental treatments were employed for 45 minutes a day in five days a week for the period of twelve weeks. The second group served as control groups (C).

2.3. Collection of Data

Cardio-respiratory Endurance, Flexibility, Muscular Strength and Endurance variables chosen for the study. Standard test and measurement procedures were adopted to collect data for the study. The Cardio-respiratory Endurance was measured with the help of 12 mint run and walk. The Flexibility was measured with the help of sit and rich and Muscular Strength and Endurance was measured with the help of sit up test. The Pre and post test data of all the subjects from two groups were collected before and after the experimental period of twelve weeks. The data was analyzed by employing analysis of covariance at the 0.05 level of significance.

3.RESULTS**TABLE**

Effect of Asanas on Selected Physical Fitness Components**ANCOVA AND SCHEFFE'S POST HOC TEST ON SELECTED HEALTH RELATED PHYSICAL FITNESS COMPONENTS**

Variables	AGMean	CGMean	AG Vs CG Mean Difference	'F'	CI
CRE	1860	1715.5	144.5*	6.774*	107.19
Flexibility	9.88	7.13	2.75*	6.86*	1.46
Muscular Strength & endurance	21.10	16.95	1.25	9.02*	1.542

*Significant at 0.05 level of confidence, Tabulated value F (0.05) (2, 72) = 3.168

(AG – Asana Group, CG – Control group, CI - Confidence interval)

3.2 DISCUSSION OF FINDING

The study of comparative effect of selected asana practices on health related physical fitness among the age of the subjects ranged between 18 – 21 years. Finding of the study indicated that, the significance between 12min run /walk, sit and reach and sit-ups are significantly at 0.05 level of confidence with 72 degree of freedom.

3.3 CONCLUSION

Asana practices fast improved the Health Related Physical Fitness Components.

Asana practice shows significant improvement in flexibility.

4. Reference

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