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EFFECT OF PRANAYAMA ON GENERAL ENDURANCE OF URBAN AREAS GIRLS

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ABSTRACT

The aim of the present study was to study the Effect of Pranayama on general endurance. On regular practice of pranayama enables human being to have a control over his breathing pattern. Such practice certainly increases general endurance of boys being and helps to understand his or her breathing pattern which can be implemented on the ground. The pranayama practice is very essential for general being as well as sportsmen i.e., long distance runners and cyclists as it improves general endurance. For the study was conducted on 60 female girls age between 18 to 22 years of Government Girls Inter College, District Meerut, (U. P) data was analyzed with the help of Mean and Standard deviation and t-test to see the effect of Anulom Vilom Pranayam programme, the level of significant chosen to the test the hypothesis was at .05. The grouping of subjects into control and experimental were done with equaling their pre test performance the selected physical fitness variable (Endurance). It was observed that there was significant difference in relation experimental group and control group.

Keywords: Yoga, Pranayama, Anulom-Vilom, Physical Fitness, Endurance.

INTRODUCTION

The great Indian seer Patanjali (200 BC) has compiled and codified the knowledge regarding yoga. Yoga means the experience of oneness or unity with inner being. This unity comes after dissolving the quality of mind and matter into the supreme reality. It is a science by which the individual approaches truth, the aim of all yoga practice is to achieve truth where the individual soul identifies itself with the supreme soul of God.

PATANJALI DEFINED PRANAYAMA

Pranayama means control and regulation of breathe. "Prana" is a Sanskrit word which means 'Vital force'. It also signifies 'life' or breathe. Ayam means the control of the prana so pranayama means the control of the vital force (prana) by concentration and regulated breathing. The science of pranayama deals with the knowledge, control and enrichment of this vital force which results in rhythmic respiration, calm and alert state of mind. As a deep breathing technique, pranayama reduces dead space ventilation and decreases work of breathing. It also refreshes air throughout the lungs, in contrast with shallow breathing that refreshes air only at the base of the lungs. For fitness variable Endurance we can choose Anulom and Vilom Paranayam (Anulom Vilom Pranayam is an alternate breathing technique. Close your eyes. Breathe in from left nostril closing right nostril with thumb and breathe out from right nostril closing left nostril with ring finger and middle finger.)

TECHNIQUES ANULOM VILOM

Sit comfortably in any meditative posture. Sit erect keep the left hand on the left knee in gyan mudra. Fold the index and middle fingers of the right hand to touch the palm. Close the right nostril with the right thumb. Exhale through the left nostril and immediately inhale forcefully. Quickly open the right nostril by closing the left nostril and repeat the procedure. Keep repeating this pattern quickly gradually increasing the speed of inhalation and exhalation. Simultaneously contract and export the abdominal muscles and slowly return to the initial. Meaning of Endurance: Endurance is the ability of an organism to exert itself and remain active for a long period of time, as well as its ability to resist, withstand, recover from, and have immunity to trauma, wounds, or fatigue.

METHODOLOGY

The study was conducted on 60 female girls age between 18 to 22 years of Government Girls Inter College, District Meerut, (U. P) data was analyzed with the help of Mean and Standard deviation and t-test to see the effect of Anulom-vilom Pranayam programme, the level of significant chosen to the test the hypothesis was at .05. The grouping of subjects into control and experimental were done with equaling their pre test performance the selected physical variable (Endurance).

EXPERIMENTAL DESIGN

The subjects were selected for the studies were divided into experimental group and control group according to equaled group design. The experimental group was imparted thirty minutes of daily training of Anulom-Vilom Pranayama for six weeks under



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the proper supervision and guidance of the investigator while no training was imparted to control group. At the end of six weeks training, post test was conducted for the groups.

ANALYSIS AND INTERPRETATION OF DATA

Table 1.1: Significance Difference between Control and Experimental Group before (Anulom-VilomPranayama) Training Programme

Variable	Group	N	Mean	S.D	S.Ed.	t-ratio	Level of significance
Endurance	Control	30	11.60	5.40	1.61	0.51	Not sig.
	Experimental	30	11.20	9.30			

* Significant difference at .05 level of confidence.

Table 1.2: Significance Difference Between Control and Experimental Group after (Anulom-Vilom Pranayama) Two Weeks Training Programme

Variable	Groups	N	Mean	S.D	S.Ed.	t-ratio	Level of significance
Endurance	Control	30	57.47	7.25	2.12	0.09	Not Sig.
	Experimental	30	57.27	7.19			

* Significant at .05 level of confidence.

RESULTS AND DISCUSSION

t-test was used for finding the effect of Anulom-Vilom Pranayama on female students of college. It was observed that there was significant difference in relation experimental group and control group. More over the duration of training period was six weeks might be too short periods for bringing any significant change in Endurance capacity.

CONCLUSION

It was observed that there is significant difference in Endurance capacity relation to experimental group and control group.

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