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EFFECT OF ANULOMA-VILOMA PRANAYAMA ON THE SELECTED RESPIRATORY VARIABLES AMONG FOR MALE STUDENTS OF GUJARAT UNIVERSITY

The purpose of the study was to investigate the effect of Anuloma-Viloma Pranayama on the selected respiratory variables among male students studying in S.Y.B.A at Arts College, Fatepura Gujarat University. The Study was delimited to the male students studying in S.Y.B.A at Arts College, Fatepura, Gujarat University. The study was further confirmed to the selected physiological variables: Vital Capacity, Pulse Rate. For this study total 60 students were taken. For this study two groups were made 1) experimental group and 2) control group in each group there were 30 students and experimental group were given training of Anulom -viloma pranayam, group 2 was as control group. Study was also delimited to Anuloma-Viloma Pranayama only. The "t" ratio of the Experimental group in Vital capacity is 4.28 it is significant level at 0.05 and "t" ratio of Control group is 1.35 it is not significant. The "t" ratio of the experimental group in Pulse Rate is 3.58 it is significant level at 0.05 and "t" ratio of Control group is 1.98 it is not significant. Experimental group got benefit in Respiratory system after pranayam training program and it improved boys' immune system, so the researcher finds the benefit of pranayam in respiratory system of Gujarat university college boys.

INTRODUCTION

Today yoga being a subject of varied interest, has gained worldwide popularity. Recent research trends have shown that it can serve as an applied science in a number of fields such as education, physical education and sports, health and family welfare, psychology and medicines and also one of the means for increasing the performance and productivity. However, there exists controversy in accepting yoga as medicine and therapy because it has generally been believed that yoga is a spiritual science having emancipation as its goal and hence cannot be treated only as a therapy. Ayurveda considers emotions and all sorts of decay and degeneration including death and disease. There are some diseases which arise due to injudicious practices of yoga techniques. There is clear indication in the Ayurvedic literature that yoga techniques are applicable in the care of mental

disorders too. In yoga texts too, certain practices have not only been claimed to cure a number of ailments but also postpone decay degeneration and even to some extent to overcome death by prolonging the duration of life. Thus, it has been concluded in the end that yoga in its totality and a wide sense is medicine and useful therapeutic tool because it prescribes a number of phenomena and substances to tackle diseases in order to realise its long-term goal.

METHOD AND ANALYSIS

The male students studying in S.Y.B.A Arts College, Fatepura, Gujarat University were selected randomly for the purpose of the study. In this study two group were there 1) experimental group (30) and 2) control group (30) total (n=60) Experimental Group was taught Pranayams like Omkar, Anulom Vilom, Kapalbhathi. The study was confirmed to the

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