

Efficacy Of Yoga Therapy On Health Maladies Of Obese Women

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Abstract

The study was conducted to investigate to find the remedies of health maladies of middle aged obese women. An experimental group of twenty females those who are having health maladies were selected for yoga therapy. The mean age of 36.35 yrs., means height 158.79m and mean weight 72.33kg was recorded. The selected participants were fall into Obesity and also having varied health maladies as High Blood Pressure (systolic), Arthritis, Menses Disorder and Anthropometric parameters of Weight and girth of Shoulder, Arm, Wrist, Waist, Chest, Hips, Thigh and Calf were recorded. The subject had Yogilates exercises (Yoga with Pilates) individual based schedule practices of sixty minutes for 4 days in a week, for a period of Twelve weeks. To keep the track records of the changes, the measuring of blood pressure, pulse rate, weight, and other anthropometrics measurements were recorded for every two-month. But only the pre and the post data were incorporated in this study. To compare the means of pre and post-test data t-test analysis was performed and statistical significant were accepted at $p \geq 0.05$. Statistical analyses reveal that, significant difference in the Obesity and components of anthropometric variables such as Weight, girth of waist, chest, hips, thigh and calf. The significant changes found on high blood pressure for obese women. Signifying and normalization of health maladies.

Key Words: Yoga, Pilates, Yogilates, Obesity, Weight, High Blood Pressure, Anthropometric parameters, Arthritis, Menses Disorder.

INTRODUCTION

Yoga as we all knows it is aimed to unite the mind, the body, and the spirit. Yogis view that the mind and the body are one and that if it is given the right tools and taken to the right environment, it can find harmony and heal it. Yoga therefore is considered therapeutic. It helps one become more aware of body posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress stricken environment. This is one of the foremost reasons why people want to start practicing yoga to feel fitter, be more energetic, and be happier and peaceful.

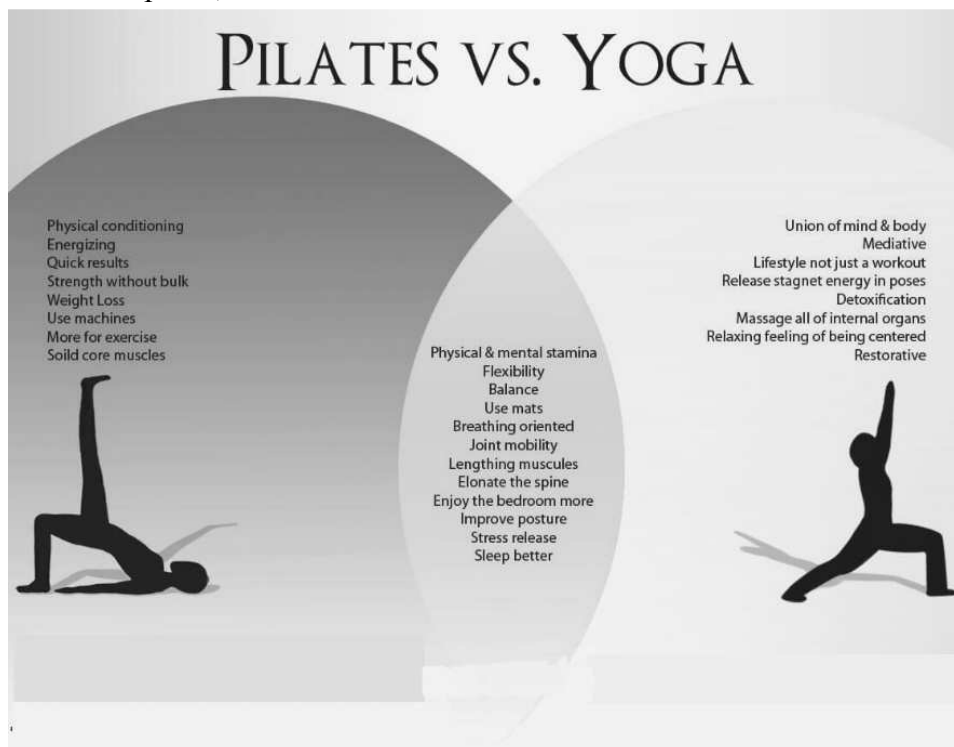
Every day more and more people who are burned out from their exercise programs turn to yoga and Pilates. Traditional yoga focuses on breathing, flexibility, and quieting the mind, while Pilates mat work concentrates on strength

and power from the center. *Yogilates* is perfect for those looking to improve their health and well-being with the latest, most effective mind/body exercise program.

Yogilates is the future of fitness. It is the unifying essence of yoga and the powerful, therapeutic value of Pilates fused together into one system. Yogilates gives a more balanced and complete workout than when either discipline is done separately. With regular practice readers will progress safely and quickly to a stronger, more flexible body and a more relaxed state of being. Yoga and Pilates instructor, has created original exercises that stimulate and enrich the mind, body, and spirit and is appropriate for people of all ages. Representing a new paradigm in holistic fitness, Yogilates is perfect for anyone looking to improve their health and well-being. (Jonathan Urla)

Yogilates includes no less than 40 poses, including leg lifts, back lifts, Sun Salutation, Downward Facing Dog, and meditation poses. Yogilates may feel like yoga in the beginning since it includes lots of pause with the poses, but toward the

end-especially with the abdominal work will notice the Pilates because of the intensity. Yogilates focuses on being present, breathing, moving, and enjoying the beauty of practice.



METHODOLOGY

Selection of Subject

For this study twenty females were selected who opted for yoga therapy aged between 30 to 48 years (age mean 36.35), mean height 158.79 and mean weight 72.33 with varied health maladies. All subjects were selected from the health club in O2 health center Pondicherry, India. All subjects were taken part in this study as an experimental group. During the training period no, one dropout from this experimentation.

Selection of Variables

The selected participants were fall into Obesity and also having varied health maladies as High Blood Pressure (systolic), Arthritis, Menses Disorder and Anthropometric parameters of Weight and

girth of Shoulder, Arm, Wrist, Waist, Chest, Hips, Thigh and Calf were recorded.

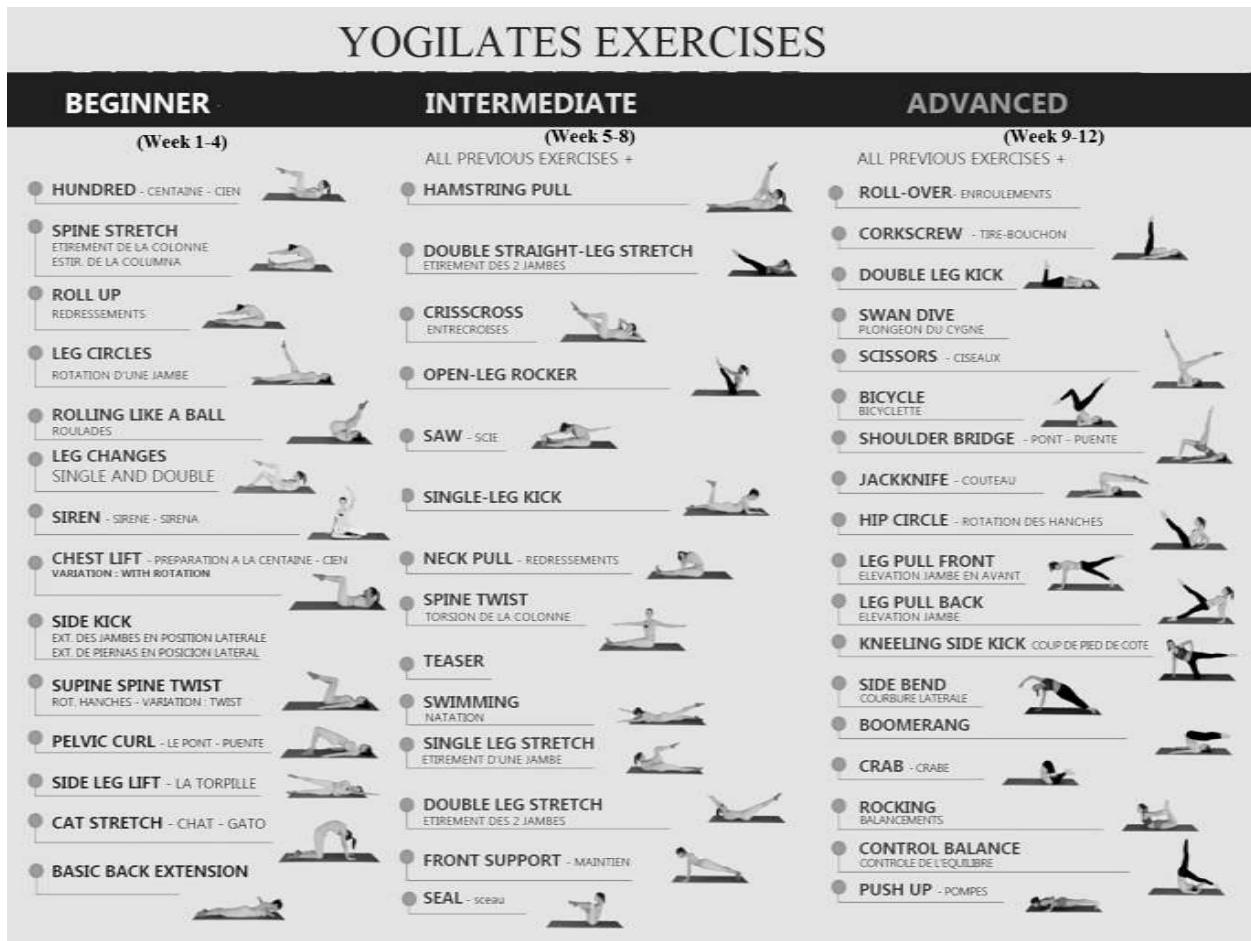
Training Modules

Procedure

- **Length:** 40 - 60 minutes Yogilates exercises
- **Equipment:** Mat
- **Type of Workout:** Yoga and Pilates exercises
- **Fitness Level:** Beginner to Advanced
- **Impact:** Low-Impact

Safety Precautions:

Perform this routine only after the muscles are warm, such as after warm up or after workout. Always stretch through own range of motion, never to the point of pain. Avoid bouncing.



Yogilates is the integrating of yoga and Pilates for complete fitness, strength and flexibility. The subject practiced yoga of perfect mixed with yoga and Pilates. All subjects went through individual based yoga schedules. The members (subjects) were given well scheduled and superintend practices under the supervision of trained and qualified instructor. The subjects were given forty to sixty minutes training scheduled for 4 days a week. To keep the track records of the changes, the measuring of blood pressure, pulse rate, weight, and other anthropometric measurements were recorded for every two-month. But only the pre and the post data were incorporated in this study. To compare the means of pre and post-test data t-test analysis was performed and statistical significant were accepted at $p \geq 0.05$.

Maladies

1. **To determine obesity:** body weight, shoulder girth, arm circumference,

wrist circumference, waist circumference, chest circumference, hips girth, thigh circumference, and calf circumference were considered.

2. **To determine blood pressure:** systolic blood pressure was considered.
3. **To perceive arthritis:** personal interviews revealing was considered.
4. **To perceive menses disorder:** personal interviews revealing was considered.

RESULTS

Statistical analysis of t-test was performed on the means of pre and post-test of variables and the different at $p \geq 0.05$ were accepted as statistically significant. The result of the t-test reveals statistical significance of weight ($t= 8.12$), waist ($t= 11.43$), chest ($t= 9.28$), hip ($t= 14.66$), thigh ($t= 4.81$), and calf ($t= 2.49$) and insignificant difference in shoulder ($t= 1.87$), arm ($t= 1.95$) and wrist ($t= 2.05$) are presented in table-1.

Table-1
Mean Differences and ‘t’ values of selected Variables

Variables	Pre test (Mean)	Post test (Mean)	Mean difference	t-test
Weight	82.33Kg	66.25Kg	16.08Kg	8.12*
Shoulder	42.85 cm	39.18 cm	3.68 cm	1.87
Arm	31.10 cm	28.25 cm	2.85 cm	1.95
Wrist	15.87 cm	14.65 cm	1.22 cm	2.05
Waist	91.66 cm	80.49 cm	11.17 cm	11.43*
Chest	96.29 cm	86.25 cm	10.04 cm	9.28*
Hips	109.25 cm	90.49 cm	18.76 cm	14.66*
Thigh	67.34 cm	60.13 cm	7.21 cm	4.81*
Calf	38.21 cm	35.25 cm	2.96 cm	2.49*

*Significant at 05 level of confidence, Table t (df.19) is 2.09

Among the twenty subjects, **eight** had previous maladies with high blood pressure and were considered for the pre and post-test analysis. The statistical analyses reveal that significant difference in blood pressure with t value of 9.31 and weight with t-value of 6.29 and are presented in table-2.

Table-2
Mean Difference and ‘t’ values of Selected Maladies

Variables	Pre-test (Mean)	Post-test (Mean)	Mean Difference	t-test
Weight	89.68Kg	75.96Kg	13.72	6.29*
Blood Pressure	168.5	139.38	29.12	9.31*

*Significant at 05 level of confidence, Table value t (df.7) is 2.37

DISCUSSION

Arthritis :

(Revealing of Personal Interview)

The records of the personal information diary reveal that at the time of joining the health club, **eight** subjects had pains in the joints, mild swelling, lower joint flexion and joint stiffness (which are the symptoms of Arthritis). At the end of the long-term practice of Yoga with Pilates, all eight subjects (by **100%**) have enunciated that they have relieved from pain, swelling in the joints and had improved flexibility.

Menses disorder :

(Revealing of Personal Interview)

The records of the personal information diary reveal that at the time of joining the health club, out of the twenty subjects **eleven** had irregular menses period, having varied problems like pre and delayed flow of menses, less flow (spot) of menses, dark brown and

clotted type flow of blood, pain in lower abdomen, etc.

1. During the periodical recordings of personal information, it was comprehended that **four** subjects had reported having normal period in three-month time and **other** had fluctuation in menses and limping towards normal after the training period.

2. At the end of the twelve weeks of Yoga with Pilates exercises, it was revealed from the record that most all subject had normal menses except two who had not stabilized normal flow. But none had any such mentionable problem like abdominal pain, back pain, clotted type flow of blood, etc that are associated with menses.

CONCLUSIONS

1. The research results have clearly advocated that all the dimensions of one's body proportion have been significantly downsized due to yoga and Pilates exercises,leaping towards proportionate segment of body weight.

2. The result also signifies that the maladies like high blood pressure, menses disorder and arthritis have also been controlled and normalized.
3. From the results, it was concluded that, Anthropometric variables such as Chest, Waist, Hip, Thigh and Calf had significantly reduced its circumference after twelve weeks of Yoga and Pilates exercises, but there were insignificant changes in shoulder, arm and wrist girth of all subjects.

RECOMMENDATIONS

1. This study highly recommends that, practicing of Yoga and Pilates exercises would to control the maladies of women problems such as arthritis, menses disorder and high blood pressure. This Yoga therapy is the best therapy programme for women who are overweight or obese.
2. This study educates us that, Yoga and Pilates exercises are the best exercises programmes for reduce obesity of the women.

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