



## A COMPARATIVE EFFECT OF YOGIC PRACTICES AND BRISK WALKING ON TOTAL CHOLESTEROL OF MIDDLE AGED MEN

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Mr. **Bhartendu Sharma**, Research Scholar,  
Dr. **Sanjib Kumar Bhowmik**, Assistant Professor,  
Dept. of Phy. Edu. Tripura University, Tripura



### Abstract

The objective of this study was to determine the comparative effect of yogic practices and brisk walking on total cholesterol of middle aged men. The subjects for this study were sedentary male from Gwalior. A total of ninety male subjects were selected and used as two experimental groups (30 subjects each) and control group (30 subjects). Yogic practices and brisk walking was considered the independent variable and total cholesterol was considered as the dependent variable. 2 ml of blood in plain vial was taken as the criterion measures and Total Cholesterol CHOD-PAP method (modified Roeschlau's method) was used. Training was given for three month, five days a week with each session of 45 minutes. The Pre Test- Post Test randomized group design was used for this study. Tests were administered before the training program and after the completion of the treatment again test was administered. ANCOVA was used to locate significant effects of yogic practices and brisk walking on total cholesterol at 0.05 level of significance. In relation to total cholesterol, effect of yogic practices and brisk walking was found significant.

**Keywords:** Yogic Practices, Brisk Walking and Total Cholesterol

### Introduction

Yogic practices and brisk walking to reduce cholesterol are in large amount. It is basic to comprehend the capacity of cholesterol. Some studies highlighted that yogic practices and brisk walking plays an important role in risk modification for various systemic diseases. The experience of unity or oneness with inward contemplations and sentiments are all around decided in Yoga. The dissolving idea of duality of mind and matter into the supremo is considered as unity. As an enlightening way, it was resolved that it is investigation of truth. Many physical, physiological and mental cures are archived and gentle to detectable changes are noted while doing different asanas, pranayamas and meditation. There is a progression of different asanas, which is done in a successive way. It includes distinctive kinds of asana which can perform effortlessly. Walking is for the most part recognized from running in that just a single foot at any given moment leaves contact with the ground. In the present quick paced life, individuals are driving an exceptionally unfortunate way of life. The expanding rates of wellbeing sicknesses, feelings of anxiety, need or deficient rest are caused because of the quick paced way of life. So the research angle in the study was to find out whether there will be any difference in the effect of yogic practices and brisk walking on Cholesterol.



### Methodology

Total ninety sedentary male individuals with their age ranging between 40-50 years were selected from Gwalior, M.P randomly. The subjects divided into three groups of thirty subjects in each group. All subjects were almost from the same socio- economic group and were found to be physically fit for the type of programme they were selected. The total cholesterol measured by 2 ml of blood in plain vial and it was measured based on CHOD-PAP method (modified Roeschlau's method). Pre-test and post-test randomized group design was employed where the subjects were divided into two experimental groups and a control group. The experimental group was imparted training of five days a week and each session scheduled for 45 minutes yogic practices and brisk walking training for three month. The training of experimental group was given in the Yoga hall of IPS College, Gwalior. The subject practiced yogic practices and brisk walking for a period of 45 minutes in the morning for five days in a week. The training continued for a period of three month. To find out the effect of yogic practices and brisk walking on the variable of total cholesterol among middle aged men descriptive and comparative statistics was used and tested at 0.05.

### Results

TABLE 1  
DESCRIPTIVE STATISTICS OF GROUPS IN THE  
VARIABLE OF TOTAL CHOLESTEROL

Groups	Test	Mean	Std. Deviation
Yogic Practices	Pre Test	192.61	37.16
	Post Test	172.61	33.67
Brisk Walking	Pre Test	204.50	26.29
	Post Test	171.69	22.39
Control Group	Pre Test	201.12	28.68
	Post Test	204.24	27.11

Table 1 revealed that there were thirty subjects in each group. The mean and standard deviation of yogic practices experimental showed that in pre test and post test the scores were  $192.61 \pm 37.16$  and  $172.61 \pm 33.67$  respectively. The mean and standard deviation of brisk walking in pre test and post test were  $204.50 \pm 26.29$  and  $171.69 \pm 22.39$  respectively. The mean and standard deviation of control group in pre test and post test were  $201.12 \pm 28.68$  and  $204.24 \pm 27.11$  respectively in the variable of total cholesterol.

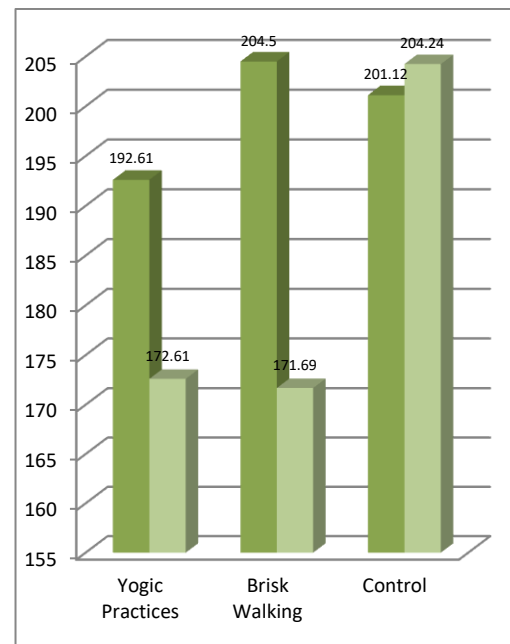


Figure 1: Means Scores of Groups in the Variances of Total Cholesterol



TABLE 2  
UNIVARIATE ANALYSIS OF VARIOUS GROUPS IN THE  
FACTOR OF TOTAL CHOLESTEROL

Sources		SS	df	MSS	F
Pre Test	Between Groups	2252.642	2	1126.321	1.16
	Within Groups	83967.700	87	965.146	
Post Test	Between Groups	20607.483	2	10303.742	13.03*
	Within Groups	68764.986	87	790.402	

\*Significant at 0.05 level of significance  $f(0.05)(2, 86) = 3.09$

In relation to pre test, table - 2 revealed that the obtained 'F' value of 1.16 was found to be insignificant at 0.05 level, in the total cholesterol since this value was lower than the tabulated value 3.09 at 2,87 df.

In relation to post test, significant differences was found among experimental groups and control group pertaining to total cholesterol, since 'F' value of 13.03 was found significant at 0.05 level.

TABLE 3  
COMPARISON OF VARIOUS GROUPS IN THE VARIANCE OF  
TOTAL CHOLESTEROL

	SS	df	MSS	F
Contrast	19709	2	9854.88	103.27*
Error	8206.71	86	95.42	

\*Significant at 0.05 level of significance  $f(0.05)(2, 86) = 3.09$

Table 3 revealed analysis of co-variance which was calculated to find out the impact of three month training on total cholesterol. The obtained 'F' value 103.27 was found significant at 0.05 level of significance as calculated value was found higher than the tabulated value 3.09.

## Discussion

The present study evaluated effect of three month training on total cholesterol on sedentary male. The findings of this study demonstrated that three month yogic practices and brisk walking training have significant effect on total cholesterol. The result of the study on total cholesterol indicated that both the experimental groups (yogic practices & brisk walking) significantly improved after the training. The results of the study also indicated that there was a significant difference on total cholesterol between the yogic practices and control and brisk walking and control group after three month training. However brisk walking group was found to be better in decreasing the total cholesterol level in blood than yogic practices group.

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