

Effect of Yoga Practice on Resting Pulse Rate and Blood Pressure

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Yoga is the science of right living and, as such, is intended to be incorporated in daily life. It works on all aspects of the person to the physical, vital, mental, emotional, psychic and spiritual. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body. The purpose of the study was to find out the effect of yoga practice on bloodpressure, and resting pulse rate. To achieve this purpose of the study thirty male residence in Jaffna and Nallur Divisional secretariat (Working various Government sector) in the age between 25 – 35years randomly selected as subjects and they were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent yogic practices for six days (Monday to Saturday) per week for twelve weeks and Group II acted as control group who do not participate in any special training apart from their regular curricular activities. The subjects were tested on selected physiological variables such as blood pressure (both systolic and diastolic) and resting pulse rate at prior to and after the training period. The selected variables such as systolic and diastolic were measured by sphygmomanometer and resting pulse rate was measured by counting the pulse at resting condition for one minute. The analysis of covariance (ANCOVA) was used to find out the significant difference if any, between groups on each selected variables separately. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate. Based on the results of the study, in the physiological variables such as systolic, diastolic blood pressure and resting pulse rates were significantly decreased. With the limitation of the study it was concluded that the yogic practice was a better tool to a positive alteration in selected variables such as systolic, diastolic blood pressure and resting pulse rate.

Key Words : Yoga, blood pressure, resting pulse rate