

# EFFECT OF YOGA & PRANAYAMA ON HEALTH & PERSONALITY DEVELOPMENT : A COMPARATIVE STUDY

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## ABSTRACT-

India is a country with a large number of populations. As per statistics revealed by censuses 2001, 532 million constituting 52 percent are males & 497 million constituting remaining 48 percent are females in the population. Now a day's obesity & overweight both have become an epidemic globally. According to WHO there is about 2.3 billion of people are overweight with age group 15 or above & over 700 million obese people worldwide in 2015. In India there are more than 30 million obese people, & the number is increasing rapidly. It is a alarming sign to the society as well as to the whole world. In urban India more than 23 percent of women are either overweight or obese. The obesity is more common in females rather than males. It is also observed that the obesity is more common in large age group 35+ years. Different types of diseases burden are attributed to overweight & obesity such as Diabetes 44%, Ischemic heart diseases 23%, certain types of cancer 7-14%. Excessive intake of junk food, indoor & sedentary life style, lack of physical activity & exercise are the most important factors leading to obesity.

Yoga is a classical primitive of promoting the health science. This science of life helps to strengthen the physical, mental, social & spiritual states of body and mind. Yoga has become emergent science because of Asana, Pranayama & Shatkarma and Meditation also. This study is design to observed the effect of Yoga on the beauty of a females age group 30-40 years. There are total two groups in the study one is yoga group i.e cases and other one is non yoga group i.e. control group. In this study only females are included with BMI (Body mass index) 25-30 kg/meter square and excluding all severe abnormalities. There is a significant changes are showed in before and after values of assessment parameters. It is to state that the Yoga has a tremendous effect on obese females and also a significant change in their personality development which improves the social life of the individual. This study is aimed to elaborate the impact of Yoga and Pranayama & Shatkarma on beauty as well as personality.

**Key Words-**Body mass index, shatkarma, Obesity, Ischemic heart diseases.

## INTRODUCTION-

Now a day's obesity & overweight both have become an epidemic globally. According to WHO there is about 2.3 billion of people are overweight with age group

15 or above & over 700 million obese people worldwide in 2015. In India there is more than 30 million obese people, & the number is increasing rapidly<sup>1</sup>. It is a dangerous signal to the society as well as to the whole world. In urban India more than 23

percent of women are either overweight or obese<sup>ii</sup>. The obesity is more common in females rather than males. It is also observed that the obesity is more common in large age group 35+ years. Different types of diseases burden are attributed to overweight & obesity such as Diabetes 44%, Ischemic heart diseases 23%, certain types of cancer 7-14%<sup>iii</sup>. Excessive intake of junk food, indoor & sedentary life style, lack of physical activity & exercise are the most important factors leading to obesity.

**“Yoga karmashu kaushalam” ( Bhagwat Geeta 2/50)**

It reveals the treasure of Life for humanity.

योगे मोक्षे च सर्वासं वेदना नामवर्तनम्  
मोक्षे निवृत्तिर्निःशेषा योगो मोक्षप्रवर्तकः॥ Ch.Sh.1/137

Yoga is a ancient science which clearly subjected on the Physical as well as Mental health. Yoga has his own melaficient pillars like *Asana, Pranayama and Shatkarma and none other then Meditation*. Asana has providing the strength to the body and makes a conflict of confidence. Pranayama is basically breathing practices which gives the oxidation to the each and every cell of the body. Shatkarma is a type of cleanging and detoxification process which clears all the channels of the body. Meditation is a simple and huge word to explain. In present sinario medidation is a mendatory requirement. 21<sup>st</sup> century is running so fast that we could not give a minute to your self and feel the inner joy and happiness. Meditation is a process which runns to the body from physical to spiritual era that's why it is called *Yoganidra*.

## AIMS & OBJECTIVES

### Objective

- To study the effect of Yoga on Health and Personality Development in the individuals.

### Methodology

In this study there are two groups first one is Group A which practices the combination of specially designed pacage of Asana, pranayam, shatkarma and meditation. Secand one is Group B in which the individual who are not practising any kind of yoga and physical activity. Some questions based on the

stress and personality development are stated from the validated Questionnaire of State-Trait Anxiety Intventory which make the information of that time of period. This Questionnaire is helps to elaborate the information of a perticular situation of the individual and also spread the lights on the difference between the mind set and feelings of a woman before and after practitiong Yoga. In this study only females are included with BMI (Body mass index) 25-35 kg/meter square. Subjects are randomly allocate to these two groups. The Yoga Group is joined for two months for specially designed combination of Yoga therapy in All India Institute of Ayurveda, New Delhi.

### Combination of Yoga Therapy-

- Jalaneti- 3min
- Kunjali(Vaman Dhauti) - 5min  
Vatakrama kamalpathi
- Shavasana- 5min
- Kapolshaktivikas kriya- 2min
- Suryanamasker- 3 rounds
- Nadishodhana Pranayama- 3 min
- Bhramari- 3 min
- Sheetali- 3 min
- Om uccharana- 3 min

### Inclusion Criteria

- Age – 20-40 year
- Only females.
- Obese females with BMI 25-35/m2
- Willing to follow the all the instruction.
- Willing to answer of the Questionnaire.

### Exclusion Criteria

- Age above 40 year and below 20 years
- Those who are not regular practicing any kind of Yoga asana and exercise.
- Any kind of Severe abnormality or illness.
- Cessarian operation or any kind of operated Surgery.
- Not willing to answer the Questionnaire.

**Required Instruments-** In this study the following physiological and psychological tools were used-

1. Sphygmomanometer- Blood pressure was recorded for all the subjects.
2. Weighing Machine- Body weight of all the subjected was recorded using the standard weighing machine.
3. The pulse rate was recorded of the subjects by palpatory method.
4. Some Questions stated from the validated Questionnaire of State-Trait Anxiety Inventory.

## RESULTS

In Group A 10 Subjects are enrolled for the study for Yoga and combination package. The Second Group is control group which have no intervention of any kind of Yoga asana and Exercise. The data obtained on Yoga practitioners for physiological parameter before and after training in Yoga. The data was analysed to find out whether there is any significant difference in the value of before and after practicing Yoga. For all the physiological variables the body weight reduced significantly after Yoga practice where the remaining variable like Systolic Blood Pressure, Diastolic Blood Pressure, and Pulse rate did not show any significant difference.

The impact of Yoga training on Psychological variables of the individual has state a significant different from the Yoga group before and after values. It is also to state that there is more effect on Yoga group comparative to the non Yoga group. The individuals feels more confident and happy after doing the Yoga practice day by day.

## CONCLUSION

Results observed from the present study has clearly indicated that Yoga group has a significant difference in before and after intervention. Vaman Dauti karma gives the best possible wash to the digestive system. Kunjal kriya has remove all the impurities of stomach region. It also eradicate the bad breath, phlegm in the throat and Kaphaj disorders. In both categories beauty that is may be defined as health and also in Personality Development which may indicate the Mental Health of the individual in many aspects of life. These aspects are definitely define a malificent person who acts more better physical task and duties

as well as social responsibility with joy and happiness.

As we see in these days so much of hectic shedule of a person tends to ignorence of our own body and mind needs. Yoga has a boon for all of us who has needed all the peace of our body as well as mind.

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<sup>i</sup> International Institute for Population Sciences . National Family Health Survey (NFHS-2), 1998-99: India. Mumbai: International Institute for Population Sciences; 2000. p. 438 p. [[Google Scholar](#)]

<sup>ii</sup> International Institute for Population Sciences . National Family Health Survey (NFHS-3), 2005-06: India. V. I. Mumbai: International Institute for Population Sciences; 2007. p. 540 p. [[Google Scholar](#)]

<sup>iii</sup> World Health Organization . Fact sheet N°311. Washington DC: World Health Organization; 2013. Obesity and overweight. (<http://www.who.int/mediacentre/factsheets/fs311/en>, accessed on 3 December 2013) [[Google Scholar](#)]