Table of Contents

1. Section I — Introduction 1-2
2. Section II — Aims and objectives of the study 3-4
3. Section III — Review of literature 5-18
   3.1 Health and exercise 5-5
      3.1.1 Isometric and isotonic exercise 5-5
      3.1.2 Different forms of exercise 5-6
      3.1.3 Exercise training and its effect on muscular strength 6-6
      3.1.4 Objectives of exercise 6-7
   3.2 Yogic exercise 7-7
   3.3 Yoga and cardiovascular system 7-10
   3.4 Cardiorespiratory and metabolic aspects of Yoga 10-13
   3.5 Yoga and lipids status of the body 13-13
   3.6 Neurophysiological aspects of Yoga 13-16
   3.7 Yoga and body fat percentage 16-16
   3.8 Yoga and altitude accelimitation 16-16
   3.9 Yoga and psychological aspects 16-16
   3.10 Yoga and endocrinological aspects 17-17
   3.11 Yoga and therapeutic aspects 17-18
4. Section IV — General Methodology

4.1 Subjects

4.2 Practice of Surya Namaskar

4.2.1 1st Posture 'Prayer pose' or 'Pranamasana'

4.2.2 2nd Posture 'Raised arms pose' or 'Hasta Uttanasana'.

4.2.3 3rd Posture 'Hand to foot pose' or 'Padahastasana'

4.2.4 4th Posture 'Equestrian pose' or 'Ashwasanchalanasana'

4.2.5 5th Posture 'Equestrian pose' or 'Ashwasanchalanasana'

4.2.6 6th Posture 'Mountain Pose' or 'Parvatasana'

4.2.7 7th Posture 'Salutation with eight limbs' or 'Ashtanganamaskara'

4.2.8 8th Posture 'Serpent Pose' or 'Bhujangasana'

4.2.9 9th Posture 'Salutation with eight limbs' or 'Ashtanganamaskara'

4.2.10 10th Posture

4.2.11 11th Posture

4.2.12 12th Posture

4.3 Control group

4.4 Different phases of the study

4.5 Parameters studied

4.6 Equipment Used

4.6.1 Oxygen consumption measurement system

4.6.2 Bicycle Ergometer
4.6.3 Heart rate measurement system 26-26
4.6.4 Blood pressure measurement system 27-27
4.6.5 Recording of Oral temperature 27-27
4.6.6 Blood lactic acid measurement system 27-27
4.7 Statistical analysis 27-27

5. Section V 41-70

Sub section 5.1 — A study on time taken and intensity of exercise in different postures of Surya Namaskar by the Yoga Practitioners 41-60

5.1.1 Introduction 41-42
5.1.2 Aim 42-42
5.1.3 Material and methods 42-43
5.1.4 Results 43-46
5.1.5 Discussion 47-48

Sub section 5.2 — Energy cost and cardiorespiratory demands of Surya Namaskar in Yoga Proficient subjects 61-70

5.2.1 Introduction 61-61
5.2.2 Aim 61-61
5.2.3 Material and methods 61-61
5.2.4 Results 61-62
5.2.5 Discussion 62-63

Summary 69-70
6. **Section VI** — Energy cost and cardiorespiratory changes during the practice of Surya Namaskar

6.1 Introduction

6.2 Aim

6.3 Material and methods

6.4 Results

   6.4.1 Effects on VO₂

   6.4.2 Effects on HR

   6.4.3 Effects on O₂P

   6.4.4 Effects on Vₑ, fᵣ, Vₜ

   6.4.5 Effects on VCO₂, EQO₂, EQCO₂

6.5 Discussion

Summary

7. **Section VII** — Comparative cardiorespiratory aspects of Surya Namaskar with respect to bi-cycle exercise at three different levels of work intensities

7.1 Introduction

7.2 Aim

7.3 Material and methods

7.4 Result

   7.4.1 Heart rate

   7.4.2 Oxygen Pulse
7.4.3 Ventilation

7.4.4 Breathing Frequency

7.4.5 Tidal Volume

7.4.6 Ventilatory Equivalent for Oxygen

7.4.7 Ventilatory Equivalent for Carbon dioxide

7.4.8 Carbon dioxide Output

7.5 Discussion

Summary

8. **Section VIII** — Effect of eleven months training on physiological responses in Surya Namaskar

8.1 Introduction

8.2 Aim

8.3 Material and methods

8.4 Result

8.4.1 Training effects on $VO_2$

8.4.2 Training effects on HR

8.4.3 Training effects on $O_2P$

8.4.4 Training effects on $V_E$

8.4.5 Training effects on $f_R$

8.4.6 Training effects on $V_T$

8.4.7 Training effects on $EQO_2$

8.4.8 Training effects on $EQCO_2$
8.4.9 Training effects on $\text{VCO}_2$ 100-101

8.4.10 Training effects on $\text{VO}_2$/kg 101-101

8.5 Discussion 101-102

Summary 103-103

9. Section IX — Cardiorespiratory parameters in Surya Namaskar: a comparison between Yoga trainees and Yoga Proficient 114-130

9.1 Introduction 114-114

9.2 Aim 114-114

9.3 Material and methods 114-115

9.4 Result 115-117

9.4.1 Changes in $\text{VO}_2$ 115-115

9.4.2 Changes in HR 116-116

9.4.3 Changes in $\text{O}_2\text{P}$ 116-116

9.4.4 Changes in $f_R$ 116-116

9.4.5 Changes in $V_T$ 116-116

9.4.6 Changes in $V_E$ 116-116

9.4.7 Changes in $\text{VCO}_2$ 116-117

9.4.8 Changes in $\text{VO}_2$/kg 117-117

9.4.9 Changes in $\text{EQO}_2$ 117-117

9.4.10 Changes in $\text{EQCO}_2$ 117-117

9.4.11 Degree of achievement 117-117
10. Section X — Blood pressure changes in Surya Namaskar—a longitudinal perspective and its comparison with yoga Proficients

10.1 Introduction
10.2 Aim
10.3 Material and methods
10.4 Result
  10.4.1 Responses in systolic BP
  10.4.2 Responses in diastolic BP
  10.4.3 Responses in Mean BP
10.5 Discussion
Summary

11. Section XI — General summary
12. Section XII — Bibliography
13. Section XIII — Published Paper as per section 6.0