CHAPTER -2

REVIEW OF LITERATURE
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A rundown of the compositions of perceived powers and of past exploration gives confirm that the scientist is acquainted with what is as of now known and what is still obscure and untested. Since compelling examination is based upon past information, this serves to take out the duplication of what has been done, and gives helpful theories and accommodating recommendations for huge examination. Benefiting from the surveys of master scientists can be productive in giving supportive thoughts and proposals. Remembering this the examination researcher made an endeavor to experience the related written works in libraries of Gujarat University, Ahmedabad, Degree College of Physical Education, Rajpipla, M.D. College of Physical Education, Sadra and the library at Gujarat Vidyapeeth Ahmedabad

Hardly any discovery is possible without having use of knowledge gained by others. Experience of others, by gone or contemporary decidedly acts as the milestone that properly guides those who dare to follow and step in their foot prints. The present experimenter is no exception to it. Like others he has learned much from the experience of others. When he scanned the literature and research work, published so for here and abroad, on the allied field and physical education and sports. Extensive studies regarding exercise science, different exercise programmer and their developmental, hygienic, therapeutic and other values use of bar muscle activities and sports culture is accessible in exploration diary; But relatively not very many studies are accounted for in regards to competitors wears, the relative studies found from different sources, which the researcher has run over, are refered to beneath.

This study is related with the effect Yogic practices on Physiological and Lipid Profile Variables of athletes. The intend of the learn to discover how is the physiological and lipid profile level of subjects. Various researchers have made their sincere endeavors to assemble the study and statistics through various inventions related with the present study.
All the observations made by the researcher are not directly related with the study but these observations furnish with new point of view and guidance to complete the study. An area of Physical Fitness and Intelligence is very wide. Various researchers studied on various elements of Physical fitness and various aspects of Intelligence in the area of Education and Physical Education. All these studies have been helpful to researcher and have provided guidance. The related literature has relations with articles, books, journal etc. written by the investigators in the past which gives guidance of certain direction to the Investigator. Sincere efforts have been made by the Researcher and scholar to locate the related literature. A brief account of related literature available is given in this chapter.

Bular and Ambre studied, “Research literature in sports and applied science revealed no information about the influence of pranayam on cardiovascular efficiency of Kho-Kho player age ranged from twenty to thirty years from Pravara College of Physical Education. The subject were randomly assigned keen on two equal cluster (which are experimental and control group) and their cardiovascular efficiency was assessed by administrating three tests viz., Harvard step test (r=0.63, p<0.01), 8 minute run test (r=0.73, p<0.01), and 1600 meter run test (r=0.60, p<0.01). Experimental group underwent training of pranayam in two sessions of 45 minutes for each session day and 6 days weeks for a total period of three month. The subjects of control group didn’t contribute in the above programme’s however they were kept with interesting activity separately during the experimental period, as pre-post test data showed a larger variability, the result of ANCOVA revealed = treatment effect of pranayam on three test of cardiovascular efficiency were not same. Harvard step test could measure cardiovascular efficiency with insufficient reliability whereas other two tests i.e. 8 minute run test and 1600 meter run test could measure this variable with acceptable reliability selected pranayams were found useful improving cardiovascular endurance of Kho-Kho players.”

Barman and Mondal studied, the intend of his learn was to investigate the effect of regular Yogic asana put into practice on health and performance
correlated physical condition. In this learn 15 volunteer male residential students were participated. Asanas were selected according to the physical condition & performance’s correlated physical fitness variables. Frequency, duration and repetitions of asanas were determined in a steady progressive manner from first day to last day of the training. The subjects were underwent selected Yogic asanas practice for 4 weeks. For health related physical fitness – quality, strong continuance, cardiovascular perseverance, body arrangement and adaptability were measured where as in performance related physical fitness-balance, speed, ability, coordination and power were measured before and after 4 weeks Yogic asana practices. Standard deviation, Mean, & p-value were utilized for analyzing the data through excel programme in computer. Mean body weight, body mass-index, body composition, force, muscular staying power, flexibility, balance, coordination and ability were improve but not significantly, where as cardiovascular endurance, speed and power did not improved. It may be concluded that due to sort duration of Yogic intervention programme fitness components were not increased significantly.

Madanmohan Studied of the impact of short term (three weeks) preparing in savitri (moderate breathing) and bhashrika (quick breathing) pranayams on respiratory weights and continuance, response time, pulse, heart rate, rate-weight item and twofold item. Thirty understudy volunteers were separated into two gatherings of fifteen each. Bunch I was given preparing in savitri pranayam that includes moderate, musical, and profound relaxing. Bunch II was given preparing in bhashrika pranayam, which is roars sort fast and profound relaxing. Parameters were measured prior and then afterward three week preparing period. Savitri pranayam created a huge increment in respiratory weights and respiratory continuance. In both the gatherings, there was an apparent yet factually immaterial shortening of response time. Heart rate, ratepressure item and twofold item diminished in savitri pranayam bunch yet expanded altogether in bhashrika bunch. It is inferred that distinctive sorts of pranayams produce diverse physiological reactions in typical youthful volunteers.
Bhutkar contemplated later times, therapeutic clique is pulled in towards yoga. Suryanamaskar is a piece of yogic practices and is accepted to be an inside and out activity. The present study tried viability of general routine of "suryanamaskar" in enhancing the cardiorespiratory fitness. The present study was directed on 78 subjects, (48 guys and 30 females). It was watched that 6 months of suryanamaskar practice declines resting heartbeat rate and blood pressure. In the meantime it increments cardio-respiratory productivity and respiratory limit as assessed by bike ergometry and different lung capacities tests, in both male and female subjects. From this study we presume that suryanamaskar practice can be upheld to enhance cardio-respiratory productivity for patients and sound people.

Ross5 concentrated on activity is viewed as a satisfactory technique for enhancing and keeping up physical and enthusiastic wellbeing. A developing assemblage of confirmation backings the conviction that yoga advantages physical and psychological wellness by means of downward guideline of the HPA pivot & the thoughtful sensory system (SNS). The reason for this article is to give an academic survey of the writing with respect to research studies looking at the impacts of yoga and practice on a mixture of wellbeing results and wellbeing conditions. Utilizing Pub Med and the magic word "yoga," an exhaustive hunt of the examination writing from center experimental and nursing diaries yielded 81 studies that met consideration criteria. These studies hence were named uncontrolled (n¼30), hold up rundown controlled (n¼16), or examination (n¼35). The most well-known examination intercession (n¼10) included activity. These studies were incorporated in this survey. In the studies evaluated, yoga mediations had all the earmarks of being equivalent or better than activity in about every result measured aside from those including physical wellness. The studies contrasting the impacts of yoga and activity appear to show that, in both sound and ailing populaces; yoga may be as powerful as or superior to anything activity at enhancing a mixed bag of wellbeing related result measures. Future clinical trials are expected to look at the refinements in the middle of activity and yoga, especially how the two modalities may vary in their consequences for the
SNS=HPA hub. Extra studies utilizing thorough strategies are expected to inspect the medical advantages of the different sorts.

Roopkala and Jaishri conducted a study to determine the effect of Pranic healing and Pranayama on blood pressure in normal healthy subjects. The subject were separated into three cluster’s of 20 each. Group -1 formed the control group. Group -2 and group -3 underwent pranic healing and pranayama respectively. The systolic B.P. and diastolic B.P. were measured before and immediately after 1 session and 6 sessions of pranic healing and pranayama respectively. There was an important decrease in the systolic B.P.following Pranic Healing group but no changes in pranayama group. A study was conducted by Bhogal R.S. and Khire Usha(2002) to determine the effect of 21 days integrated yoga programme on measures of anxiety and neuroticism in asthmatic (n-9) and hypertensive (n-5) and in healthy volunteers (n-19), all participating in the same programme. Within group comparison reveals healthy volunteers showing a significant reduction (P<0.05) in anxiety scores. Asthmatic was seen approaching significance (P<0.10), while hypertensive showed almost no changes (P>0.1).

Neurotism scores remained almost unchanged in healthy volunteers and in hypertensive (P>0.10), while in asthmatic they approach significance (P<0.10). A qualitative post test data analysis reveals the individual scores for neuroticism showing not much fluctuation between pre and post test. Individual scores in anxiety and medical indicator in neuroticism however had shown a remarkable fluctuation. Asthmatic and healthy volunteers had shown greater fluctuations in scores on all three tests with least fluctuations evident in hypertensive. A study conducted at the International Yoga Fellowship Movement Research Coordinating Center,27 Mungher to find out the effectiveness of meditation on high blood pressure. The usual average B.P. in society was 120/80 mm. Hg. They then used meditation on their hypertensive patients and found that prior to meditation their pressures were 150 (plus or minus 17)/ 94 (plus or minus 9) mm. Hg. After starting meditation their pressure fell to 141 (plus or minus 11)/ 88(plus or minus 7) mm.Hg., a healthy level, independent of whether the patient were
taking medication or not. This is a statistically significant decrease of blood pressure and is also significant in that the post meditation diastolic level is below the level arbitrarily designated as hypertensive, 90 mm Hg.

M.M.Gore, studied to observe the effect’s of yogic practice and aerobic exercises on lipid-profile & cardiovascular risk ratio. The lipid profile and cardiovascular risk ratio were derived on the subjects of both sexes followed by the intervention of yoga training to residential (male-9, female- 28), nonresidential (M- 9, F-19), groups as well as aerobic exercise group (m-37, female-44). The intervention of an hour a day, total of 30 days with six months follow-up. The overall trend of results in both groups showed no significant changes in lipid profile. However in aerobic group, lipid profile fluctuation with occasional significant change in both the direction was noticed, particularly in HDL and other lipoprotein. The cardiovascular risk ratio in males of both yoga groups remained moderate in pre, post, 1 and 3 follow-up tests.

Khodaskar considered the belongings of preferred Yogic exercise on the notability & cardio-vascular endurance in comparison to non Yogic exercises. It has developed age wise norms of notability, thereby trying to improve the notability of Kabaddi players. The sample comprised 150 subjects in the age group 8-25 years, who were randomly selected from the degree school of physical education, (HVPM.)Amaravati and divided into three groups. Before the division, they were administered tests, breath-holding and Harvard step test. The values of the initial and final tests of all the three groups were analyzed with ANCOVA and the significance of different between the values obtained from yogic and non Yogic training programmed was tested. Major findings are that yogic training programmes were more effect in the improvement of the contability and cardio –respiratory endurance in comparison to the non-yogic training programme. External group-A, undergoing yogic exercises, made significant improvement in all the variables except external breath holding group-B, undergoing non-yogic exercises, made significant improvement in vital capacity
external breath-holding and cardio-respiratory endurance. It did not show significant improvement in the selected”.

Thakur considered a near investigation of Yogasanas and Gymnastic Activities on Flexibilities of school young men. Reason for the study was to discover the impacts of Yogasanas and Gymnastics exercises on adaptability. One hundred and fifty school young men of District Howrah, West Bengal State were haphazardly chosen as subjects for the present study. The age furthest reaches of the subjects was 10-12 years. All the subjects were partitioned into three equivalent gatherings, for example, Gr. Y (n=50), Gr. G (n=50) and Gr. C (n=50). Gr. Y and Gr. G were trial gatherings. Gr. C was control bunch. At first all the adaptability measures of distinctive parts of the body, for example, wrist flexion, wrist expansion, elbow flexion, spine flexion, trunk flexion, knee flexion, lower leg dorsi flexion and lower leg grower flexion were utilized to all the subjects of every gathering and from that point particular yogic treatment and gymnastic exercises were given to Gr. Y and Gr. G separately for four days in a week and proceeded with the time of one year lastly the subjects were laid on foundation measures. The information were broke down by t-proportion to discover the impacts of the treatment. The agent has additionally made an endeavor to evaluate the prevalence among test gatherings. The aftereffects of the present study demonstrated that all the adaptability measures among trial gatherings. The consequences of the present study demonstrated that all the adaptability measures, for example, wrist flexion, wrist expansion, elbow flexion, spine flexion, trunk flexion, knee flexion, lower leg dorsi flexion and lower leg grower flexion were enhanced fundamentally among the subjects of Gr. Y and Gr. G following one year treatment. In examination among test gatherings, yogasana was better than gymnastic exercises for development of wrist augmentation. Spine flexion, trunk flexion and lower leg dorsi flexion where as gymnastic exercises were better than Yogasans for development of wrist flexion. No prevalence was seen among yogasanas and gymnastic exercises for development of elbow flexion, knee flexion and lower leg grower flexion.
Patel considered the impact of Yogasana on Cholesterol in College Women. The motivation behind the study was to discover the force of chose yogic asana on cholesterol among school ladies. So as to discover the impact of yogasana on cholesterol, twenty women students’ age among 18 & 22 years were preferred as subjects arbitrarily. They were partitioned into two equivalent gatherings of which one is trial gathering and the other control bunch. Yogasana preparing was given for exploratory gathering and the control gathering was not permitted to take part in preparing program. The subjects were tested on cholesterol at the start & finally of the training period of six weeks. The information collected was analyzed by means of analyses of covariances. The outcome shows to there were major changes in the cholesterol as a result of yogic asana training.

Patel studied Effectiveness of Yoga Training Programme on the Mental Health of the Trainees. The plan of the present study was to identify the viability of yoga’s preparing program on the psychological well-being of the learners. The example comprised of 100 students of year 2012-2013 from T. N. Rao College of educator instruction, Rajkot area. The subjects were chosen through purposively examining technique. 50 subjects were allotted to a trial gathering and 50 subjects were doled out to control bunch. There would be speculated that, there is no noteworthy distinction in the score of psychological well-being of both the gatherings. The exploratory gathering was regulated yoga preparing program for a time of 8 weeks. There was no useful preparing given to control bunch. Previously, then after the fact preparing of yoga, emotional well-being was measured by psychological wellness poll. Results demonstrate that there was critical contrast between trial gathering and control bunch.

Ellena studied the relation of physiological factors to football performance. Minutes played during the 1958 football season was used as the criterion. Players were measured in the 50 yard dash, right grip, left grip, and arm push and pull strength. Speed correlated .60 and total strength .40 with the criterion. Both correlations were significant but the predictive value for minutes played was slight.
Bowman investigated the relationship between twenty nine biographical, psychological reasons and achievement in wrestling. One hundred thirty six Idaho High School Wrestlers were tested during the 1969-70 wrestling season. The data from the factor tests and the season’s won-loss records were examined by several correlation and regression analysis. The findings of this study were: - 1) all twenty-nine independent variables, the biographic variables & the physiological variables were significantly related to wrestling success at the .05 level. 2) Seven factors - age, years of wrestling experience, hand grip strength, upper body strength, cardio-vascular endurance, desire to achieve and desire to experiment were significantly related to the wrestling success at the .05 level.

Lamba compared the selected physical fitness components such as agility, speed and physiological variables such as pulse rate, blood pressure, breath holding capacity & cardio-vascular endurance of offensive and defensive hockey players at college level. The subjects were 60 male students of four colleges of Gwalior who participated in 1978-79 intercollegiate tournaments. Data was obtained by administering the tests and was statistically analyzed using’ t’ ratio. It was concluded that: 1) the offensive players are faster and have less resting pulse rate and thus have more cardiovascular endurance than defensive players, 2) the defensive players have more arm and leg strength than offensive players, and 3) there’s no dissimilarity among unpleasant and suspicious hockey players in agility, blood pressure and breath holding capacity.

Mishra studied the association of chosen physical & physiological variable’s to presentation in fifty meter front crawl’s swim. The subjects were 25 professional male students of physical education studying in Lakshmibai College of Physical Education, Gwalior. Data was collected on arm strength (Roger's Physical Fitness Index), ankle flexibility (Goneometer), vasital capacity (Spirometer) and body surface area (Du Blos). Performance was recorded in seconds. Product Moment Correlation was computed to assess the association of chosen physical & physiological variable’s to presentation in fifty meter
front crawl’s swim. It was concluded that: 1) there was a significant positive relationship between arm strength, ankle flexibility and vital capacity to swimming speed and 2) there was no significant relationship between body surface area and swimming speed.

Silva et.al; assessed psycho-physiological variables that impact wrestling achievement. The subjects were 15 male partaking in 1979 U.S. Junior World Wrestling Camp. Athletic execution in the camp figured out if a wrestler qualified or did not meet all requirements for the visiting U.S. Group. Subjects were evaluated on anthropometric physiological and psychological variables over a three day interval. Descriptive data examination demonstrate that physiologically the typical qualifier was: hardly lower in hold quality, lower in relative element anaerobic strong continuance, all the more vigorously fit and somewhat higher in rate of muscle to fat quotients when contrasted with the normal non-qualifier. Mentally, was higher in state nervousness and pressure however less discouraged, furious, vivacious, exhausted, and befuddled than the non-qualifier. Multivariate investigation of change showed that the gathering centroids contrasted fundamentally on the chose psycho-physiological variables considered in this study. Segregate capacity examination of the information bolstered the psycho physiological group membership.

Grewal made an attempt to study the physique and body composition, of Indian sports women in different games. The subjects were 492 sports women and 81 controls ranging in age from 17 to 25 years. The result of his study regarding volleyball game, he stated that the volleyball players are very tall and heavy, though less than the throwers. They possess short trunk, long upper extremities, broad shoulders, big knees and big bodily circumferences including well developed calves. They have longest lower extremities as compared with the other categories of players at different level of competition. The amount of subcutaneous tissue in upper extremities and trunks is more than all other players except throwers. Their mean somatotype is 3.71 – 3.15 – 2.97. They possess muscular arms, fore-arms and calves.
Puhl et al. conducted a study to examine the absolute and relative physiological and physical distinctiveness of elite men and women volleyball players. They tested eight members of the U.S. Men’s National Team and 14 members of women’s University World Games Volleyball Team. The parameters precise incorporated proportion body heavy, Vo2 max, post exercise blood lactic acid, measures of vertical jumping ability and peak isokinetic torque for knee flexion and extension, shoulder extension and planter flexion at 80, 180, 240 and 300 degrees per second. And they established the following findings that the men were taller, heavier, had a higher body density and lean body weight and lower body fat. For gross measures of jumping ability, the men achieved greater absolute height for the jump and reach, and greater jump distance above the standing reach.

Malhotra studied comparison of 10 top Indian athlete and 10 non athlete Indian Soldiers was made on their lung functions, maximum oxygen uptake, and highest work out ventilation & maximum heart rate. In the conclusion of his study, no significant difference has been found between the lung volumes of athletes and non-athletes. The athletes, however, have significantly higher Vo2 max (P4 < 0.001) and show a trend for higher Vo2 max. The maximum heart rate is significantly lower in the athletes (P < 0.05). Comparison of Indian athletes with the world class athletes show that the Indian have lower Vo2max and VE max. In maximum heart rate and maximum lactic acid build-up, there is no difference.

Ozkan conducted a study of 77 male high school soccer players between the age of 15 and 18 years old. The idea of this learns was to observe the bodily, physiological’s & motor skill characteristics of the players. A secondary purpose was to compare the experimental variables between playing position, age, groups and playing qualities Test items consisted of age, height, weight, percentage of body fat, resting heart rate, 1.5 mile run, 50 yard sprint, vertical jump, agility, trunk extension and flexion, ball control, wall volley and obstacle dribble
skill tests. The statistical analysis revealed an average height and weight of 174.92 cm and 60.7 kg for entire group. Average resting heart rate, and body fat were 70.07 bpm and 10.58%. The other results were excellent in 1.5 mile, fair on the 50 yard and vertical jump, in agility similar level as college, below average in trunk extension and flexion and in three soccer skill tests, the players scored 85th-100th percentile.

Amusa selected on the connection among soccer playing capability & preferred measures of arrangement & physical-physiological act in school students. 36 players who were well conditioned soccer players with at least two years playing experience on the college level were selected as subject. They were tested for running speed, power agility, max, VO2, strength, anaerobic capacity and flexibility. In addition, 11 anthropometric measurements consisting of skin folds and body diameters were taken; Soccer playing ability served as the criterion and was measured by the ratings of three experienced soccer coaches based on selected soccer skills and strategies. Analysis of data was by zero order correlations and Multiple R analysis resulting in the following conclusion: age (experience) is the best single predictor of playing ability, weight, L B w and height are considered good predictors of playing ability, max VO2 and running speed are considered important factors in soccer performance, Flexibility, agility, lactate concentration and leg power are not considered as valid indicators of playing ability.

Senthil & Venkatesan studied on impact of distinctive intensities of center preparing bundle on chose physical and physiological variables among club cricket players. Center quality, touchy force, serum creatinine, serum inorganic phosphate, high power center preparing, low power center preparing was the variables of the study. The study was figured as a genuine arbitrary gathering configuration comprising of a preand post test the subjects (n=45) were arbitrarily allocated to three equivalent gatherings of 15 subjects. The gathering was doled out as test gathering I, II and control amass individually. Pre-test was directed for every the subject on chosen variables. Post-test was directed on the chose variable’s following a time of six weeks in the individual medications. The preparation
project was booked at 6.00 a.m. to 6.45 a.m. on six weeks separately. It was inferred that the center quality was essentially expanded because of the impact of six weeks practices of high power center preparing and low force center preparing to look at the control bunch. Yet, especially the high force center preparing gathering has fundamentally expanded in center quality when contrasted with the low power center preparing gathering. It was inferred that the dangerous force was altogether expanded because of the impact of six weeks practices of high power center preparing and low power center preparing to looking at the control bunch.

Anyway, especially the high force center preparing gathering has altogether expanded in touchy force when contrasted with the low power center preparing gathering. It was inferred that the serum creatinine was fundamentally expanded because of the impact of six weeks practices of high power center preparing and low force center preparing to looking at the control bunch. At the same time, especially the high force center preparing gathering has altogether expanded in serum creatinine when contrasted with the low power center preparing gathering. It was presumed that the serum inorganic was altogether expanded because of the impact of six weeks practices of high force center preparing and low power center preparing to looking at the control bunch. Yet, especially the high force center preparing gathering has altogether expanded in serum inorganic when contrasted with the low power center preparing gathering. It was reasoned that contrasting the high force center preparing and low power center preparing, high power center preparing has huge change on center quality, unstable force, serum creatinine and serum inorganic phosphate. So look into theory was acknowledged and invalid speculation was rejected.

Mahendrian & Balamurugan studied on Alteration in temporal patterns of lipid per oxidation products and antioxidants during disturbed sleep in sprinters. Twenty male sprinters volunteers to be subjects who are all practicing sprinting events regularly from the dept. of physical education, Anamalai Univ. were preferred for this study. Their grow old vary among 18 to 25 years. Ten sprinters were kept at control group (group-I) and 10 sprinters were allowed for a one night
disturbed sleep (group-II) at the end of experimental period of one night. Minimal amount of blood were collected at 6 h time intervals. The selected Biochemical variables adopted to assay of test. The biochemical parameters chosen for this study showed marked fluctuations over a 24 h period. The circadian patterns of the TBARS depend on the nature of diurnal rhythms of – lipid peroxidaion enzymes – sod and catalyses in serum. In our study, peak time of TBARS was found to be at 17.92 h in normal individuals corroborating our previous results and malondialdehyde, the main end product of lipid peroxidation was found to be maximum at 21:00 h. The acrophase of TBRAs rhythm were shown at 16:70 h in group II sprinters. Temporal variation of plasma SOD and malondialdehyde in healthy subjects have been investigated. However further research is needed to know the precise mechanisms by which night shift work alters biochemical circadian function by talking a large population studies and different shift workers.

Mishra & Singh studied on effect of exercise on glycolic control & lipid peroxidation in nature-2 diabetes. The studied has been carried out in Dept. of Biochemistry, G.R.M.C, Gwallior, M.P. India. The patients were clinically diagnosed NIDDM patients controlling their glycolic from more than five years. Patients has been divided into two groups, Group-II, who controlled their glycemia by exercise and diet control and Group-III, who controlled their glycemia by ant diabetic therapy, and Healthy control group is categorized as Group-I. The blood samples were analyzed for the estimation of blood sugars, EMDA for lipid peroxidation. Patients group were compared statistically with Group-I. The level of fasting blood sugar, Glycosylated hemoglobin and Erythrocyte was good controlled in Group-II patients as compared to Group-II. So we have concluded that Exercise that relaxation therapy have a beneficial effect on the metabolic control of diabetes management. Various extensive accomplice studies, give solid proof to the estimation of physical action in decreasing the rate of sort 2 diabetes. Most clinical trials on the impacts of physical action mediations in sort 2 diabetes have had little specimen sizes and consequently insufficient measurable energy to focus the impacts of activity on glycemic control. These outcomes would give backing to empowering sort 2 diabetic people who are now practicing at moderate force to
consider expanding the power of their activity to acquire extra advantages in both oxygen consuming wellness and glycemic control.

Jain et al. studied on correlation between intra abdominal fat and menopausal women using ultrasonography and lipid profile. Forty seven randomly selected normal healthy middle aged women between 33 to 63 years were included in the study to measure BMI, subcutaneous fat using skin fold measurement, intra abdominal fat using ultrasonography and lipid profile. Intra abdominal fat increased with BMI for non vegetarian middle aged women of central India. Higher abdominal fat, as measured by ultrasound, was independently associated with metabolic risk factors. The correlation coefficients between intra abdominal fat measured by ultrasound and weight and BMI for both vegetarian 0.32, 0.47 and non vegetarian 0.47, 0.63 middle aged women (p<0.01). Negative coefficient was observed between intra abdominal fat and HDL-C in both vegetarian (r=0.25) and non vegetarian (r=0.05). From the findings of the learn was to there exist a strong correlation among lipid profile & body fat distribution which is an important predictor of risk factors in both vegetarian and non vegetarian middle aged women.

Hoffmann studied on blood pressure control in combined exercise and apnea stress. The experiments consisted of three variations f 20 s stress intervals with breath-hold/high power (200 to 250 W; BH-hip), free-breathing/high power (200 to 250 W; BH-hip), breath-hold/30 (BH-lop) and free-breathing/30W (lop). Breath hold was performed after a deep inspiration. In a standardized protocol these variations were on a cycle ergometer in upright, semi-recumbent, supine position, and during parabolic flight with changing g-farces. Continuous blood pressure measurements were performed by plynthsmography. From this signal beat-to-beat mean arterial pressure (MAP) was derived. Other instruments such as ECG, IECG and spirometry were applied in some of the studies. The time courses of MAP showed typically an increase which is was accompanied by bradycardia. Even more pronounced this MAP increase was observed during intensive. From a study with rebreathing it was excluded that this effect is significantly related to chemical changes in the arterial blood. Even if the venous return was changed with
significant effects onto stroke volume, MAP regulation was found unaffected. Obviously, regulation of heart rate and peripheral resistance compensate this influence. In consequence this might lead to undesired reduced perfusion in exercising muscles.

Bagheri and Shahbazi studied on effect of the morning training program on LDL, HDL, VLD, TG, and cholesterol of middle aged females. In the present study researcher studied on 45 middle age women and compared cardio-respiratory risk factors before and after a 14 week period of morning training to show how this training affects them. Forty five volunteer aged 30-45 years divided into two groups for the study. The training group consisted of 25 active subjects, who were participated in the morning training. The control group consisted 20 sedentary of 20 sedentary subjects. Before and after 14 weeks LDL, HDL, VLD, TG, and cholesterol was measured from both groups of subject’s blood. Student’s t-test for paired data and self-determining t-test were applied for data study. The training protocol that took 3 times a week consisted of 4 parts as is mentioned below. It was started by warming up for 10 minutes and followed by running 30 minutes resistant training for 10 minutes in the next part and at the end, by cooling down and relaxation for 10 minutes. Overload principle in rate of running was used. For achieving to more uniformity the Beak questionnaire had been used before starting of the protocol. This study showed that obviously this aerobic training could decrease LDL, TG, CHO and increases HDL. Thus this training protocol can be useful for prevention of cardiovascular diseases and improves health-related and hygienic factors.

Sharma, Kumar and Sandhu studied on effects of aerobic and strength training on heart rate, blood pressure, and pulse pressure response and augmentation index in sedentary women. A widespread concern exists about the low levels of fiery physical action and high rates of inactive conduct in women. This sedentary behavior may compound the exercise intolerance and reduces quality of life. This leads to decline I arterial compliance which is an significant therapeutic target for physical action in the prevention of cardiovascular disease.
To examine the impacts of four weeks of high-impact and quality preparing on heart rate, systolic circulatory strain, diastolic pulse, heartbeat weight reaction and enlargement file in sedentary women. 16 sedentary women (40-60 days) were randomly assigned to two experimental groups with 8 women each in aerobic and strength training groups. The aerobic training group showed a significant change in HR (t=4.213), SBP (t=5.602), DBP (t=6.808) and AI (t=10.392). The strength training group showed significant mean improvement in HR (t=4.432), SBP (t=4.710), DBP (t=2.00) and AI (t=5.141) at p<0.05.

Patel examined on A Study of Effectiveness of Yoga Training Program on the Mental Health of the Trainees of the learners. The point of the present learn was to be familiar with the adequacy of yoga preparing program on the psychological wellness of the learners. The specimen comprised of 100 learners of year 2012-2013 from T. N. Rao College of educator training, Rajkot locale. The subjects were chosen through purposively testing system. 50 subjects were allotted to a test gathering and 50 subjects were relegated to control bunch. There would be guessed that, there is no critical distinction in the score of emotional wellness of both the groups. The test gathering was regulated yoga preparing program (6-days in the week) for a time of 8 weeks. There was no down to earth preparing given to control bunch. Prior and then afterward preparing of yoga, to test the idea of study, psychological well-being was tried through Mental Health Questionnaire by Dr. D.J.Bhatt and Gita R. Gida was utilized for information gathering. Prior and then afterward preparing above test was taken via scientist on subjects. After taken test whether the information get is noted via scientist. To figure out the impact of yoga preparing program on psychological well-being and mean scores acquired on emotional wellness poll by exploratory and control gathering was analyze through t test. Results demonstrate that there was critical distinction between test gathering and control bunch.

Teraiya contemplated on a near investigation of impact of Yoga preparing on anxiety of physical instruction educator & other instructor. The motivation behind the present studies was to discover the impact of chose Yogasana on
anxiety of Physical-Education Teacher & Other Teacher. For the present study 60 male instructors were chosen from Rajkot City through purposive inspecting system. Subject was separated into two groups; Physical Education Teacher group & other subject Teacher group. Each groups consisting of 30 subjects. The Physical Education Teacher group was exposed to practical training. The other subject teacher group was not exposed to any type of experimental treatment. In present study researcher was used ‘Stressful Life Events Questionnaire’ (Latha, Satish, 1997) as research tool. It consists of 52 items which measure stress level and the control index shows the level control in stressful situation. Stress Control Index (0 to 51=complete control, 52 to 105 = moderate control, 106 to 156 = no control. Stressful Life Event Questionnaire test was conducted on both the groups prior and then afterward six weeks of preparing project. The information were examined by ‘t’- test. The discoveries of the present study have firmly demonstrates that yoga preparing project have noteworthy impact in the level of stress of physical education teacher.

Ghildyal and Singh studied on comparison of selected physiological parameter among active women and sedentary women. The reason of the learn was to evaluate the selected physiological parameter among active women and sedentary women. There were two groups of 30 women, i.e., 15 sedentary women and 15 active women. Age of the subject was ranging from 20-30 year. All the selected physiological variables such as heart beat vitl capacity, fat percentage, blood pressure, were measured for both groups. The dependent t – test was used for computing the data. For testing the hypothesis the level of importance was situated at 0.05 level of certainty. There was difference in vital capacity between active and sedentary women. Mean of active women (M=2.1) was better than sedentary women (M=1.3). Heart Rate of active women (M=71.4) was better than sedentary women (M=80). In systolic blood-pressure there was not much dissimilarity in mean of active women (M=127.6) and sedentary women (M=129.7) in diastolic blood pressure there was not much difference in mean of active women. (M=73.8) and sedentary women (77.6). Fat percentage of active women (M=18.26) was less than sedentary women (M=24.9).
Shilavat, Savaliya and Patel studied on the relative investigation of effect of age on physiological variables, body arrangement and blood cholesterol in chosen physical instruction experts. The reason for the study was to discover the effect of age on physiological variables, body organization and blood cholesterol in chosen physical training experts. The study was directed on 45 physical training experts who reached go to a national level workshop on examination system and measurable procedures and sorted out by Mahadev Desai Sharirik Shikshan Mahavidyalay, Gujarat. The age of the subject's run between 21 to 50 years. The subjects were chosen haphazardly and isolated into three ten yearly age bunches. Measured physiological variables included heartbeat rate, diastolic weight and systolic pulse. Body structure was measured by Tonica body arrangement analyzer and bio-science auto analyzer was utilized for the estimation of blood cholesterol. Measurably noteworthy contrasts were seen in the body arrangement profiles between the three age bunches. Albeit no huge effect of maturing has been seen on some chosen physiological and biochemical parameters in the present study on physical training instructors yet there is a warming sign as a noteworthy negative effect of maturing on the body structure of these subjects. These adjustments in general adiposity and fat have all the earmarks of being critical consider numerous regular "age-related" issues, for example, hypertension, glucose prejudice and diabetes, dyslipidemia and atherosclerotic cardiovascular sickness. However no significant difference in pulse rate, diastolic pressure, systolic blood pressure and blood cholesterol were observed.

Yadav and Yadav studied on the comparison of physiological fitness level between undergraduate and post-graduate student’s of physical education. The reason of the learn was to compare the preferred physiological variables including vital capacity, blood pressure, cardiovascular endurance, heart rate and oral body temperature of under graduate and post graduate students of the department of physical education. Thirty male students of Banaras Hindu University were chosen. The age of the students was in between 19 to 28 years. Some students were residing in the hostel with a fixed daily routine whereas some were day scholars.
All the tests of selected physiological variables were administered at basketball court of Banaras Hindu University, Varanasi to collect data. The vital capacity was recorded in inters by dry spirometer, blood pressure by auscultator method, cardiovascular endurance through Harvard Step Test, heart rate from carotid artery and oral body temperature in F test. The weather conditions were same in all the days. The data collected on the test were statistically analyzed by t ratio at (0.05) stage of confidence. Examination of data reveals that post-graduate students were better in respect to vital capacity than under graduate students and under graduate were slightly better in cardiovascular endurance. But in rest of three variables i.e. Blood Pressure, Heart Rate and Oral Body temperature, no significance difference was found at 0.05 level of confidence.

Durge and Lamkhede studied on effect of break in training on selected physiological parameters and physical fitness components of trained athletes. The function of the study was be examine the result of six weeks break in training on selected physiological parameters and physical fitness components of trained athletes. Fifty male athletes (10 from each match practice group of Basketball, Kabaddi, Volleyball and Track and Field) were selected randomly as subjects for the reason of the study. The physiological variables chosen for the study were Resting Pulse Rate, Vital Capacity, Chest Expansion and Cardio-Vascular Endurance. The physical variables selected for the study were speed, agility, flexibility and strength. Data pertaining to each of the selected physiological and physical fitness was examined by t ratio to discover the huge contrast in the middle of preand post test. It was reasoned that there was critical distinction among pre-test and post-test scores as a result of break in training in selected physiological parameters i.e. vital capacity and cardiovascular endurance. Findings of study also showed no significant difference in the mean value of resting pulse rate and chest expansion but showed major dissimilarity in pre-test and post-test as a result of break in training in selected physical fitness component i.e. agility, flexibility and strength. There is no major dissimilarity in the performance of pre-test and post-test scores as a result of break in trading.
Hasan and etc. studied on the study of the effect of night time journey on volleyball basic skills and physiological selected variables. About of effect night time journey in physiological variable has did a little investigation but about of effect on basic skills of different field did not see similar investigation. Investigator is going to study this subject. Statistical number of people in this investigation is 16 that they are young volleyball players who all at least have 2 years antecedent playing and their average of age 16.75 years, weight 76.62 kg and length were 185.68 cm, that in 2 control and experimental groups have did three basic skills of volleyball and three physical variables in before examination and after examination. In this study to assess of variables has used form collection of AAHPER tests. At first stage, after 8 hours of night sleep, subjects tested performed the tests as pre test. 7 days later, to determine the validity of tests and effect of learning on test results of subjects tested for the second time performed mentioned tests as post test after 8 hours of night sleep. In second stage a night time journey did from Kermanshah to Tehran as an independent variable on subjects tested, and tests performed again and the results recorded as experimental post test and used for hypothesis testing.

Statistical analysis shown that night time journey has could significant effect put on skills is arrangement according to percent decrease 16.6, 9.69 and 7.02. Heart bear, Systolic blood pressure and \( \text{v}_{O_2} \text{ max} \) hat is arrangement according to difference between percents 12.07, 7.39, 7.50 and 5.89. The result of this investigation have similarly with the result of investing that has did by chen, mogin to indicate sleeplessness has destructive influence on exercise operation and the result of Hefsollesan that is about sleeplessness effect on football basic skills operation and they have difference with the result of investigations’ Forooghipoor that is about different recorders in running race.

Sajwan studied on the effect on psycho-motor abilities and physiological variables as a function of growth from sixth to tenth standard school children. This study addresses the effect of psycho-motor abilities and physiological variables as a function of growth in school children. Fifteen hundred boys of sixth to tenth
standard were randomly selected. The following psychomotor abilities such as reaction time, depth perception anticipating ability and physiological such as resting heart rate, vital capacity and breath holding capacity, were chosen for the study. The statistical technique one way analysis of variance be functional A post hoc test was applied where the result were important. Due to obtained results, the subsequent conclusion was drawn. On psychomotor abilities-growth had significant effect on reaction time between all classes VII & VIII classes. Growth had no significant effect on depth perception, but had a significant effect on anticipating ability among all the classes accept IX & X classes. On psychological variables growth had significant effect on resting heart rate of VI to all classes; however there were no significant effects among the classes. Growth had significant effect on vital capacity and breath holding (+ive & -ive) capacity in all classes accept VII & VIII classes were no significant effect was found in negative breath holding time.

Dehkordi and Noorbakssh examined on the impact of eight weeks high-impact and yoga preparing on the level of wretchedness in non-competitor females matured more than 40 years in Ahvaz oil industry. The motivation behind this exploration was to study the impact of eight weeks oxygen consuming and yoga preparing on the level of wretchedness in non-competitor females matured more than 40 years in Ahvaz oil industry. The strategy f this examination is Field-Quasi-test. The Beck Depression Inventory, in which its dependability promotion legitimacy was affirmed, was utilized. The important poll was circulated among 317 females whom enlisted in Sharakh Naft club and koye Fadaian Eslam as exploration populace. 75 of subjects as demonstrating high gloom level as indicated by BDI were haphazardly isolated into three gatherings of yoga, high-impact and control. High-impact and yoga gatherings participated in preparing convention consting of 8 weeks, 3 days a week and 60 minutes a day. Expressive measurement and t-test, one way ANOVA, Spearmen relationship and take after u Dunco test a=0.05 were utilized to dissect information. The outcomes demonstrated that high-impact and yoga preparing fundamentally diminished that level of sorrow, however heart stimulating exercise preparing was more viable than
yoga. The discoveries additionally demonstrated a critical negative relationship in the middle of sadness and the level of training in females. Critical relationship was seen between the quantity of kids and the level of sadness. No critical relationship was seen between age, weight and the level of dejection yet oxygen consuming preparing was more successful in diminishing their weight. The consequences of the present study showed that various types of physical movement have a beneficial outcome on gloom indications. Accordingly, it can propose that physical action can be utilized as shabby and suitable systems to diminish sorrow indications of non-competitor females.

Shafikhani et.al; Studied on the effect on night time journey on volleyball basic skill performance and physiological variables. The purpose of this study is to realize that sleep loss which may exist because of long travelling or physiological and mental factors has any effect on performance of volleyball basic skill and physiological variables? To take into consideration 16 athletes of volleyball team in Kermanshah (14-17 year) in two group of control and experimental have performed three volleyball basic skills. (Windmill service, Volley and Setting and three physical variables (Heart beat, Bleed Pressure and o2max) as pretest and posttest. In this study the (AAHPER, 1969) has used to evaluate basic skills of volleyball and physical variables. In this study, after 8 hours of night sleep, subject performed three volleyball basic skill test and physical variables as pretest. 7 days later, to determine the validity of tests and effect of learning on test result the athletes for the second time, performed the same three skills and three physical variables as posttest. In third stage, subjects sustained night time journey an independent variable, and tests performed again and the results recorded as experimental posttest and used for hypothesis testing. The obtained results compared in couple by T test and for compute used SPSS program, and finally the following results gained:-Night time journey has a negative effect (p<0.001) on point of windmill service, volley and setting (volley set) skill in volleyball. Night time journey has a negative effect (p<0.001) on rest heart beat vo2max and rest systolic blood pressure, and a negative effect (p<0.05) on rest diastolic blood pressure.
Balamurugan and Senthilkumar studied on influence of statistical stretching and selected yogasanas on obese men. An adjusted physical training system furnishes every understudy with a chance to form into a physically-instructed individual and one who learns aptitudes important to perform a mixture of physical exercises to get complete physical wellness. The investment in normal physical movement creates renaissance and confidence more over neuromuscular coordination. The exercise always starts extending gradually and delicately. The muscles need to be adequately warm with a specific end goal to strained and extend securely and without harm. The brain and body are not separate substances albeit there is an intense propensity to think and act. The act of asana coordinates and fits the body and psyche. Both the body and the psyche pressures or bunches.

Each mental bunch has a relating physical, strong bunch and the other way around. The point of asana is to discharge these bunches. Asanas discharge mental pressures by managing them on the physical level through the body and psyche. This is still completely genuine. Numerous individuals will realize that husky individuals just eat a lot of and practice too little which is to a great degree straightforward. Corpulence and overweight is by all accounts brought about by a mind boggling exchange of elements, including way of life quality (i.e. sustenance substance) and separating (i.e. timeframe between) of dinners, activity, hereditary qualities, hormones, digestion system, eating less history, and maybe even concoction contaminations. Which (if any) of those variables is most vital, and how they shift between people, is still under extensive civil argument. There is no confirmation that overweight individuals who get in shape will turn out to be as solid as ordinary weight individuals, if without a doubt they are effective in keeping weight off (95% of individuals who shed pounds will recapture it inside of two years and not a falling flat in determination). Above all, there is motivation to accept that consuming less calories is amazingly destructive to numerous imperative frameworks in the body.
The reason for this study was to survey the static extending, and chose yogasanas on adaptability and response time on weight men. The point was to evaluate the subject's adaptability and response time by static extending and chose yogasanas. Thirty obesity men were selected from Annamalai University, TamilNadu and their average age was 30 years. The experimental cluster were subjected a training programme for 12 weeks. The preferred variables were static draw out and selected Yoga asanas. Before and after training period the data was collected. The t ratio was applied and showed that there was a major difference on elasticity and response time between yoga. Asanas group(YAG)and static stretching group (SSG).the study concluded that the significant variation were noticed .The study would help to create awareness among the middle aged people on yogic practices.

Praveen studied on effect of sleep deprivation of different duration on selected motor ability components, physiological variables and gross motor skills of college and university men football players in Chennai district. Thirty Two (32) college and university level football (M) players from Chennai district of 19yrs to 22yrs were randomly selected as the subjects. Pulse rate, speed, leg endurance, agility and soccer shooting test were selected to test the effect of sleep deprivation at different levels and performance of college football and university football players. ANCOVA was adopted to find out the significant differences of the adjusted mean differences among the treatment groups. Schefe’s post hoc test was used to observe the significant differences between the paired means. The outcome showed that thirty six hours of sleep deprivation showed greater significant reduction in the performances of speed, pulse rate and soccer shooting abilities of college football and university football players than the twenty four hours of sleep deprivation and also thirty six hours of sleep deprivation showed no significant reduction in leg endurance and agility of college football and university football players than the twenty four hours. Therefore, it is highly recommended to consider the "SLEEP" as one of the factor for the better performance in sports and games.
Bisht studied on Comparative study on body composition, Physical and physiological characteristics of hockey players at different field hockey. In sports body characteristic and physiological characteristic played a vital role mainly in speed endurance category type games. These three dimensions of any body may be varying from each other. In measuring the body composition, the total body weight is divided into two component; lean body weight and fat body weight. Lean body weight includes muscles, bone and vital organs. The underlying assumption is that total body weight equals lean body weight plus fat body weight. Participants (N-30) were selected from M.P.State Women's Hockey Academy out of thirty they were divided into 10 half, 10 full backs and 10 forward players.

All participants were informed of the procedure and purpose of the experiment and were required to sign an knowledgeable permission to participate in the learn. To measure the percentage of Body Fat each subject's skin fold measurement were taken at four selected sites in body namely Biceps, Triceps, Sub scapula and Supraliminal. To measure the thigh length and leg length steel measuring tape were used. Sindiometer and weighing machine were used to measure the height and weight respectively. The selected physiological characteristics i.e. cardiovascular endurance, anaerobic power, speed, flexibility, and reaction time were measured by different means and method. Cardiovascular Endurance was measured by Harvard step test, anaerobic power was measured by Sargent jump, speed by 50 meter Dash, flexibility by Sit and Reach Test and Reaction time was measured by Electronic Visual Hand Reaction Time Test. A one way ANOVA was used to compare the selected Physical, Physiological and Body Composition variables among the different field position. Level of impact was set at (0.05).

The result from this study indicated similar ability level at different field position. The F-ratio with ANOVA revealed that no significant difference of Body Composition, Physical Characteristics and Physiological characteristics at different field position i.e. forward, half and backline players. Fat percentage was analyzed with a one way “ANOVA” and revealed no major difference of fat percentage.
between forward, half and backward players because of the obtained F-ratio value (0.1796) was lesser than tabulated F-ratio (3.3 5) at 0.05 level of significance. With respect to the Body Composition selected physical and physiological variables. Therefore, no significant difference were found among forward, half and backline players in selected variables were justified. With respect to the Body composition various physical and physiological variables, different physical activities make different demand upon the human being. Therefore, no significant differences were found among forward, half and back line players in selected variables were justified. The result of the study demonstrated that there was no noteworthy distinction of fat rate between all three different field position (i.e. forward, half, back line player) in Hockey. We know that excess amount of fat percentage decrease flexibility and mobility of joint and reduce the physical work capacity of an individual in general percentage of fat in females is comparatively higher than that of males. In Hockey cardiovascular endurance, flexibility and agility are the prime factors to perform best if there were having higher percentage of fat that would adversely affect the performance of hockey player. Today Hockey is a team game comprising of offence and defense in totality not rather separately. If s a game of total offence and defence.

Bhowmick studied on biomechanical analysis of selected yogic exercise. From biomechanics point of view yogic postures are postures of static equilibrium. Some of these postures involve stretching of joints of very high degree. Similar postures as physical exercises have been analyzed in terms of involved risks of ligament injury, joint separation and dislocation. A number of investigations have been attempted to analyze the biomechanical features of the posture of Hurdler's stretch (Anderson 1980; Cornelius 1984; Cailliet and Gross 1987; Reid 1992). Deep knee bent has been analyzed by Alter (1983), Fowler and Messieh (1987), Miller and Major (1994). Standing straight leg toe touch has been analyzed by Tessman (1980), Zacharkow (1984), Falls and Humphrey (1989). Arch and Bridge has been biomechanically analyzed by Fairbank et al. (1984), Peterson (1990) and Goldstein et al. (1991). Gravity inversion postures have been analyzed by Kobet (1985), Ballantyne at al. (1986), and Heng et. Al; (1992). The purpose of the
The current study was to analyze the risk factors involved in joints structure, ligaments and muscles for forward bending poses like Halasana, Kurmasana; Backward bending poses like Dhanurasana, Chakrasana; Topsy Turvy poses like Shiirsana, Biparitakami in light of the scientific facts and principles available from the literature. On the basis of the results of appropriate methods for risk reduction have been suggested for practice of different yogic postures. It is understood that the results will be of great help for teaching and practicing yogic postures.

Chatterjee and Mondal studied on effect of selected yogic practices on some endocrine-immunological and biochemical parameters in a middle aged Bengali Group. All the endocrine-immunological function improves rapidly in the childhood and reaches the peak, somewhere between late teens and thirty years of age, then decline with the advancement of age. In the present study an effort has been completed to observe, the outcomes of preferred yogic practices on some endocrine-immunological & biochemical parameters in a middle aged Bengali Group. Ten untrained volunteers (8 Male and 2 Female, age group of 35-55 years) separated into two groups (Experimental & Control) of five (4 Male and 1 Female) each. The study group (Experimental) was underwent yogic practices (Surya Namaskara, Asana, Pranayama and kriyas) daily for one hour for 6 weeks in the morning (6.30 am to 7.30 am).

Endocrine-immunological (Growth Hormone, Total and Differential count of White Blood Cell) and Biochemical (Fasting Blood Sugar and Lipid Profile) parameters were calculated before & after 6 weeks of preparation period. Mean, SD and P value have been calculated for analyzing the data. The yoga intervention produced improvement in Growth Hormone (Pretest-Posttest, P = 0.37). In the immunological parameters Total count of WBC (P = 0.19), Neutrophil (P=0.16), Lymphocyte (P = 0.44) were higher, where as Monocytes (P = 0.06) and Eosinophil (P = 0.07) were lower after yogic practices. In the biochemical parameters Fasting Blood Sugar (P= 0.88), Total Cholesterol “P= 0.05”, LDL (P= 0.03), & VLDL (P= 0.47) were decreased where as HDL (P= 0.51) was increased after yoga intervention programmed. Results indicated that regular practice of yoga
for a period of 6 weeks may alter selected endocrine-immunological and biochemical parameters, which are very much responsible for aging.

Dehkordi and Noorbakhash studied on the impact of eight weeks high-impact and yoga preparing on the level of sadness in non-competitor females matured more than 40 years in Ahvaz Oil Industry. The technique for this examination is Field-Quasi-exploratory. The Beck Depression Inventory in which its dependability and legitimacy was affirmed, was utilized. The significant survey was circulated among 317 females whom selected in shahrak Naft club and koye Fadaian Eslam as examination populace. 75 of subjects demonstrating high despondency level as indicated by BDI were haphazardly isolated into three gatherings of yoga, oxygen consuming and control. Vigorous and Yoga gatherings joined in preparing convention comprising of 8 weeks, 3 days a week and 60 minutes a day. Distinct measurement and t-test, one way ANOVA, Spearman relationship and catch up Duncon test at a = 0.05 were utilized to dissect the information. The outcomes demonstrated that vigorous and yoga preparing essentially diminished that level of sorrow, yet oxygen consuming preparing was more successful than yoga. The discoveries likewise demonstrated a critical negative relationship in the middle of sadness and the level of instruction in females. Critical relationship was seen between the quantity of kids and the level of gloom. No noteworthy relationship was seen between age, weight and the level of sorrow however vigorous preparing was more viable in diminishing their weight. The consequences of the present study showed that various types of physical action have a beneficial outcome on despondency manifestations. Along these lines, it can be recommended that physical movement can be utilized as a modest and suitable strategy to decrease dejection side effects of non-competitor females.

VidhyaSree studied on yoga for pregnant women. Fear and apprehensions often cloud the mind, the moment pregnancy is confirmed. Child birth is the greatest act with great emotional experience for women. The physical and psychological aspects can't be separated. Due to lack of mental ability to withstand the fear of pain and agony, most of the women of present generation opt for
caesarean. But with a proper antenatal preparation with yoga the majority of women can have and labour that is easy and painless. Because, the yoga helps to build immunity, inner strength, improve control over body and emotions. An extensive literature survey was performed in this study, collected from the papers published in Internet by various authors. In methodologies, there are so many modified yoga postures to suit the pregnant women to practice yoga easily and conveniently. Some of the modified postures are Navasana, Baddhakonasana, virabhadrásana, etc....Review of the papers show that the pregnant women have much benefited by practicing yoga during the antenatal period by gaining complete control over the mind and thus making the body to follow willingly. The following statements show the benefits of yoga during pregnancy.

Yoga helps make pregnancy more agreeable and can even help make conveyance and resulting recuperation snappier and less demanding. Nellie, a pre-birth yoga understudy in Santa Barbara raves about yoga:-"Once I got pregnant, I had consistent low back torment. It was so awful I could barely walk. Yet, when I do yoga, the agony goes away. An extraordinary part of yoga is the way that it reinforces both body and brain. "When I was pregnant, I did yoga throught,"says Shantell Herndon. "I credit my normal conception to yoga, to my feeling of empowerment...my capacity to get again into my breath amid work, to inhale and feel myself not fixing, but rather opening." The test of yoga's advantage can come in the conveyance room. Strengthening and acknowledgement accept yoga's advantages. Numerous ladies effectively work on amid their work, including Golden Bridge educator Anna Getty. "The initial four hours of my work, for every constriction, I went into simple posture (sitting with folded legs), put my hands in jnana mudra, looked at my third eye point, and inhaled [the chant] sat nam amid every withdrawal... .

The following four, I strolled, as yet contemplating, and after that the most recent couple of hours honed [common pre-birth poses] feline/bovine, squat and spinal flexes." Breath activities rehearsed in pre-birth classes can even be lifesaving. Shelle Noble's joyful homebirth turned into a crisis healing center visit
when she discharged. Yet, she tried to avoid panicking all through:-"it was about
the breath," Noble says. "My breath kept me associated and kept me cognizant."
Mrs. Mollie watches "I am content to say that I now have a glad, solid child.
Because of staying in shape and rehearsing the yoga program all through my
pregnancy, I had a short, simple work. I have prescribed the system to a few
companions. Presently I am prepared to start getting over into repair to shape.
Much obliged for the heavenly program!" The link between the physical and
psychological aspects of pregnant women is well established. With the rising trend
of caesarean deliveries in the present generation, the practice of yoga will clear
fear and apprehensions from the mind and to lead the way for normal delivery and
also help the mother in adding to a positive impact on the developing cognizance
of the kid, and in addition guaranteeing that the experience of pregnancy and
conception are wholesome and huge ones for both herself and the kid. To achieve
the above, the practice of yoga should have to be envisaged among young ladies
and pregnant women.

Gupta, Agrawal and Arora studied on pertinent impacts of aeroyoga on
physiological parameters of the young. Aeroyaoga is that tailor made program
which is focused on present day scenario need, considering all demerits of concrete
exercise regimes usually formed everywhere in world specially developing area.
The example subjects were restricted to the adolescent understudies maturing 16-
21 years of Delhi and NCR. A sum of 60 subjects were picked arbitrarily for the
study. They were isolated into three gatherings of 20 each. One gathering was
treated with the administration of Aerobics; the second was with Yogasanas and
the third with air yoga for wellness. The Aero yoga- a complete new wellness
administration was created and actualized on exploratory gathering in correlation
with Yogasana and Aerobic battery for the importance.

The physiological parameters were measured at three stages i.e. at resting,
preoperational and post operational. Likewise, the subjective appraisal was done
once in the middle of the operation and after the finish of battery . Physiological
measures considered were:- Wt., Ht., BMI, Far%, hip-waist proportion, HR, MHR,
BMR, V02 max, heartbeat rate; On both Experimental and Controlled Groups.
Accessible examination aftereffects of different wellness administrations were looked into. Examination of difference measurable procedure was utilized to study the applicable impact of air yoga in correlation with heart stimulating exercise and yogasana. The entire measurable work manages investigation of free and communication impacts and additionally mean contrast in Wt., Ht., BMI, Fat%, hip-waist proportion, HR, MHR, BMR, VO, max, heartbeat rate and subjective evaluation of air yoga, heart stimulating exercise and yogasana battery on dynamic and latent youth.

The result revealed the significant difference in Wt., BMI, Fat%, hip-waist ratio, HR, BMR, VO, max, pulse rate in youth going through aero yoga, aerobics and yogasana. V02 max was found maximum in yogasana optimum in Aero yoga and slightly different in Aerobics. Weight was reduced more and fit%, Hip Waist Ratio and BMI was found improved in comparison of other regimes. HR and BMR was found least in Yogasana, whereas PR was found least in yogasana, high in Aerobics and optimum in Aero yoga. There was no huge distinction found in Ht. also, MHR. The critical contrast was found in subjective evaluation. Air yoga subjective evaluation was discovered most in correlation with different administrations. The wellness battery of air yoga was found to postpone the onset of weakness in correlation to different wellness battery. Air yoga was discovered to be more suitable work out schedule for the individuals regardless of their physical and mental condition. Air yoga was found to deliver most extreme workout in least time span when contrasted and other two wellness administrations utilized.

Inchulkar studied on effect on physical education program on heart rate, peak flow rate, and coordinative ability of challenged. Mental abilities of retarded children are below the normal children, but they maintain average growth ratio. In MR children lack of physical activities causes retarded growth. Similarly physical fitness and motor development are not affected by mental retardation but the limited opportunity, instruction and participation in physical activity are the culprit for inadequate physical fitness and motor development of MR children. Play is an instinct for normal as well as differently challenged children. And it is the responsibility of the society to provide proper opportunity to play, to participate in
physical activity to MR children. 31 MR Children were selected for the study. Heart Rate, Peak flow Rate, Reaction time of mentally retarded children was monitored before and after six week Physical education training program. Descriptive statistics and t test was computed to analyzed the data. Post data is significantly higher in all the studied parameters {SBP (P< 0.001)}, {DBP (P< 0.05)}, {HR (P<0.05)} and {PFR (P< 0.05)} the result of the present study point out that the physical education program is helpful to improve physiological status of the mentally retarded children. It is concluded that the planned Physical education program can bring greater changes in motor & intellectual development of MR children along with classroom instructions; it leads Improved Physiological efficiency, improved Physical fitness and improved coordinative ability.

Sharma and etc. studied on Pranayam :-The Power of Health."Pranayama is manage of breathing". "Prana" is Breath or very important energy in the body, and "ayama" way control. So Pranayama is "Control of Breath" and directing of the breath in order to restore and maintain health and to promote evolution. We have studied types of prnayama and its effect on different diseases. Bharamafi Pranayama for amplifies the Autoimmune system respiratory illnesses such as Asthma and Emphysema to overcome the fear of shortness of breath by increases Oxygen capacity of the lung. It has been concluded that Pranayam appears to be a feasible, safe, effective and acceptable non pharmacological option for treatment of many diseases and also serve as a prevention of diseases, involving beyond patients could be agitated out to authorize its utility as well as healthy.

Thakur studied on effect of yogic put into practice on selected physiological variables of school children. Today Yogic practices have become popular throughout the world. But there are great many misconceptions about these practices due to the lack of scientific information about them. Yogic practices are generally looked upon as exercise physiology. The physiology of Yogic practices differs greatly from that of exercise physiology. The scientific nature of the Yogic practices was first revealed when Late Swami Kuvalyananda started his scientific research in the field of Yoga in 1924. These research findings could remove
several misconceptions about Yoga and removed the mystical sheath over it. He showed that a logical and scientific explanation could be possible for traditionally described techniques of various Yoga practices. The subjects selected for this study were divided into experimental and control group according to equated group design.

The experimental group was imported thirty minutes of daily training of selected asana for 6 weeks under the proper supervision and guidance of the scholar while no training was imported to control group. At the end of six weeks post test was conducted for both groups. The data were obtained from each group on selected physiological variables. The initial and final test scores of each group were statistically treated adopting standard statistical procedure. The dissimilarity among the initial means of the groups at the pre-test had to be taken into account during the analysis of the post test difference between the means by the process of the post test difference between the means by the process of application of paired 't' test. The statistical analysis was tested for implication at (0.05) level. In vital capacity the calculated ‘t’ was 4.18 and the tabulated t was 1.761 so the difference is 2.419. In systolic blood pressure the calculated ‘t’ was 0.939 and the tabulated ‘t’ was 1.761 so the difference is 0.822.

In diastolic blood pressure the calculated ‘t’ was 3.055 and the tabulated ‘t’ was 1.761 so the difference is 1.294 In positive breath holding time the calculated ‘t’ was 4.33 and the tabulated ‘t’ was 1.761 so the difference is 2.569. In negative breath holding time the calculated T was 3.79 and the tabulated ‘t’ was 1.761 so the difference is 2.029. In Resting Pulse Rate the calculated ‘t’ was 0.576 and the tabulated ‘t’ was 1.761 so the difference is 1.185. In Peak Flow Rate the calculated ‘t’ was 1.27 and the tabulated ‘t’ was 1.761 so the difference is 0.491. It was experimental that there was no major difference in peak flow rate, resting pulse rate and systolic blood pressure & there was major difference in vital capacity.

Tomar studied on Effect of Bhastrika Pranayam on selected hematological variables. To unify the diverse aspects of the human organism and to make possible
and integration of the body, brain & spirit, the earliest age of India devised the system which is known as yoga. The intention of study was to see the outcome of Bhashrika Pranayam on selected Bio-chemical variable of master degree students of L.N.I.P.E Gwallior. The variable selected for this study was RBC, WC and Hemoglobin. 20 male subjects were equally assigned randomly to two groups (one experimental and one control) the experimented group participated in the training programmed for a period of 8 weeks. Qualitative measurements with standard equipments, of the selected variable for each of were taken at beginning and after 8 weeks. The T test was accustomed to observe the effect of Bhashrika Pranayama on hematological variable's-test was major at (0.05) level. RBC-The t-ratio for the investigational group was (0.0004) and for control group was (0.07), which was not significant. WBC-the t-ratio for the investigational collection was (0.494) and for control group was (0.811), which was not significant. Hemoglobin- the t-ratio for the experimental group was (0.045) and for control group was 0.002, which was not significant. From the above result it was clear that the mean difference for both groups differs insignificantly and the random assignment of all subjects to two groups was successful. In this study we find insignificant dissimilarity among pre & post mean of experimental and control group with regard to certain hematological variables namely RBC count, WBC count and hemoglobin concentration in the blood.

Sharma studied on Relationship of Nutritional Status and Selected Postural/Deformities among School Going Children. The connection between good posture and nutritional status has for many years been an establish part of physical education and health education, nutrition on the other hand, signifies a dynamic process in which the consumed food is utilized for nourishing the body (park et al., 1989). So in our daily life habits of sitting, lounging, leaning etc. In our clothing's itself especially in shoes, lie influences upon bodily posture which are no less andesine.

But one of the main and major causes of bad posture is the nutritional status of the person, that is how much calorie intake is there in the diet of the person. So
for this today all of the emphasis placed upon them by our schools, periodicals, physician and life insurance companies. so this point seems to be clear, postural deformities may cause due to many factors, but the main factor which we are looking for is the nutritional status of the being that if the person is obese then what type of deformities he can be acquired and if the is under nutrition then what type of deformities he can be acquired of. so the main principle of the study is to discover the relationship between the nutritional status & common postural deformities among the school going children's. An extensive literature survey was performed; articles were limited to those published after 1975 that involved direct and indirect measurement of postural deformities and nutritional status. Methodologies include direct measurement of flat foot (foot print angle), knock knee (Indian army doctors method), scoliosis (scoliometer modified by dark and shay), weight-machine and stadiometer used for the purpose of nutritional status (for the add-on of elides formula). as well statistical technique to compare the relationship between the postural deformities and nutritional status and it is done by the means of chi-square at the (0.5) level of significance. Before proceeding towards the same we have to divide the nutritional group into groups - High nutritional group - Low nutritional group.

There are 30 school going students had taken by the researcher, among of the 30 students 25 students are reported under nutrition and remaining 5 are normal students who are normal are being categories as under high nutritional group. In matter of 30, 8 are having flat foot, 20 have knock-knee, and remaining 2 have scoliosis, so by the means of chi-square the correlation is to calculated, since calculated chi-square is greater than tabulated chi-square so there is association between nutritional status and deformities so reference may be accepted at (0.5) level of importance. So there is association among nutritional status & preference towards deformity. In other words it could be inferred that the flat foot, scoliosis and knock-knee, towards preference of nutritional status is different among school going children. A large number of students are having low nutritional status. And there are fair numbers of students that are suffering from postural deformities malnutrition which is a serious cause for poor health in proper growth the reason
for high incidence for the postural deformities among school going students. So it is duty of teacher to spread the awareness among students regarding the nutrition, so that they can better deal with the problems by having low and high nutrition.

Singh and Ghildyal\textsuperscript{52} studied on comparison of selected physiological parameter among active women and sedentary women. Advance in modern technology have enabled our present day society to exist in a world where the concept of hard or even moderate physical work is an absolute and unfashionable as outhouses and running boards on automobiles. Hand or push lawn movers which in turns have been replaced by artificial turf. Elevators and escalators have replaced stairs just try to find an open stairway in a modern high rise! The walk to the corner market has been replaced by a short drive to the supermarket in the neighborhood shopping center. Frequently, the time spent driving to the shopping center is less then the time spent circling the parking lot in hopes of getting one of the prime parking spaces directly in the front of the store, that is, from the viewpoint of conserving effort and human energy.

There is a growing area of the knowledge that is beginning to demonstrate without question that physical inertia and stationary nature of our every day living propensities are a genuine danger to the body, creating real disintegration in ordinary body capacity. Such common and serious medical problems as coronary heart disease, hypertension, obesity, anxiety and depression and lower back problems have been either directly or indirectly associated with our lack of physical activity. The reason of the study was to compare the preferred physiological constraints of active women and sedentary women. There were two groups of 30 women, i.e., 15 sedentary women and 15 active women. Age of the subject was ranging from 20-30 year. All the selected physiological variables such as heart beat, blood pressure, vital capacity, fat percentage were measured for both groups. The dependent 't' test was used for computing the data.

For testing the hypothesis the level of importance was put at (0.05) level of assurance. There was difference in vital capacity between active and sedentary
women. Mean of active women (M=2.1) was better than sedentary women (M=1.3). Heart Rate of active women (M=71.4) was better than sedentary women (M=80). In systolic blood pressure there was not much difference in mean of active women (M=127.6) and sedentary women (M=129.7) in diastolic blood pressure there was not much difference in mean of active women (M=73.8) and sedentary women (M=77.6) Fat percentage of active women (M=18.26) was less than sedentary women (M=24.9). It is inferred that there was significant difference in physiological parameter i.e. vital capacity, Heart Rate and fat percentage, but there was no significant difference in blood pressure. In Vital Capacity significant difference found between active and sedentary women. The vital capacity of active women was better than sedentary women because active women were involved in other physical activities such as jogging, walking, swimming, aerobic exercises, yoga and they had joined fitness Gyms along with their household work probably due to this reason their vital capacity was found better than sedentary women. In heart rate significant difference were found between active and sedentary women. The finding of this study reveals that active women have better heart rate than sedentary women.

This might be attributed to the involvement of active women in physical activities which increased efficiency of their heart. Significant difference was also found in fat percentage between active and sedentary women. The findings of the study reveal that active women had less fat than sedentary because active women might have taken care of their fat intake in diet and also the deposition of less adipose tissue as compared to the sedentary women. No significant difference found in blood pressure between active and sedentary women the findings of the study reveals that the blood pressure of active and sedentary women was more or less similar. This might be due to the age factor of both the group. The changes in blood pressure are usually seen in women after the age of 45 years.

Patel studied on Rhythm Pattern in various physiological variables of sports persons. Heart rate and energy expenditure is very important physiological
parameters for performing physical activity. Heart rate is good indicator of fitness level of sports person. Coaches and athletes use resting heart rate to assess their training level. Circadian rhythms in sleep-wake cycle produce profound effects on the performance of sport persons. 12 sports persons who represented their school, in SGFI Nationals, in Volley Ball, have voluntarily participated in this study. Out of 12 students, 8 were from class 11th and 4 were from class 12th. The class 11th students were regular participants of physical education schedule of their school but students of class 12th were not allowed for the same; because of their board exams. The plan of the study was to learn the circadian rhythm in various physiological variables namely Heart Rate (HR), Energy Expenditure (EE), Physical Activity (PA) and Activity Intensity (AI). Data was monitored by Aciiheart 2.0, Minimitter USA in 1 minute epoch length and transfer into Personal Computer (PC) with the help of Heart Reader and analyzed by various statistical tools. The results of cosine analysis revealed that all subjects exhibited statistically significant circadian rhythm in all parameters (p<0.001). Interestingly five subjects exhibited bimodal periodicity in physical activity. The acre phases of HR, PA, AI and EE were located in the afternoon, between 14:00 and 15:00. Further, the autocorrelation coefficient (r24) was statistically significant for all variables in all subjects (p<0.001).

Simple correlation analysis revealed high degree of correlation between the pairs of variables under investigation. The dichotomy index of players of class XII was significantly lower as compared to that of players of class XI. It could be attributed to the higher study load in case of players of class XII. In conclusion, a tight internal synchronization was revealed between all studied variables; in addition, it seems that dichotomy index could be used as a relevant marker to assess the quality of circadian rhythm in activity in human subjects including sports persons.

Lolage and JadHAV\textsuperscript{54} studied on effect of pranayam on percentage of hemoglobin of training college hirla. The present work is aimed to study the effect
of Pranayama i.e. Anulom-Viloma, Kapalabhati, Bhramari, Ujjayi, and OM recitation on training college girls. They belonged to Govt. B.Ed College and practice Pranayama daily for one hour in the evening. In which I included Anulom-Viloma, Kapalabhati, Bhramari, Ujjayi, and OM recitation for one month. The Hemoglobin tests were conducted by Dr. Dinesh Rajput, and p.m. Pawar. By statistical analysis it has been observed that there is a significant relationship between the practice of Pranayama and Hemoglobin. Today's life in fact is very fast and full of competition. Training college girls is always under pressure of training programme. They will pay attention towards to complete all activity i.e. practice lesson, workshops, co-curricular activity, exams etc.

This is the root cause of the state of ill-health, weakness, decreasing percentage of Hemoglobin, fatigue, diseases and suffering. Pranayama training results in the change of working of different organs and frameworks of the human body. This preparation thus enhances the capacity to recoup rapidly from the heap of preparing. Moreover, such pranayama training enables the girls to resist on the set of fatigue / or to delay the fatigue. Today different techniques of Pranayama are used to cure several physical and mental diseases, also improve the physical fitness of player and are proved practical. I observe effect on percentage of Hemoglobin. Date of the pre test 22 / 09 / 07 Date of the post test 22*/10/07 Total subjects 20 Age group 21 to 25 years Education Above Graduate Name of the college Govt. B.Ed College Aurangabad Design pre and post test Group Experimental group only.

I made him to perform these practices. - OM stawan prayer everyday 5 min - Breathing exercise, physical exercise 5 min – Anulom Viloma — Introduction and practice 5 min - Kapalabhati — Introduction and practice 5 min - Bhramari — Introduction and practice 5 min - Ujjayi – Introduction and practice 5 times only – OM Recitation — Introduction and practice 5 min. In between two Pranayama practice I will explain the need and importance of pranayama and some relaxation exercise. For measuring percentage of Hemoglobin three tests are available (1) Cyanameth method 2) Sahils method 3) coulter method Doctor use second method
to count percentage of Hemoglobin. The value of t test in 1% level of confidence is 2.86 and t test in 5% level of confidence is 2.09 and calculated value of t are 12.51 Therefore it had significant effect on percentage of Hemoglobin of training college girls. Pranayama is a great gift that is its origin in Indian civilization. It is a process of total health. Data those were collected by me through statistical analysis are significant and very surprising. Pranayama can be an accurate solution for improving percentage of Hemoglobin and total health. I would like to conclude myself that we should include Pranayama practice as a compulsory part of training.

Tomar and etc.\textsuperscript{55} studied on comparative effect of selected variations of Bhashrika pranayama on cardio respiratory variables. The word pranayama comprise of two sections:-prana & ayama. Ayama means stretch expansion, extension length, broadness, regulation, prolongation, restriction and control and portrays the activity of pranayama. Prana is vitality, when the self empowering power grasps when this self invigorating power grasps the body with augmentation, extension and control, its pranayama.

The point of this study, therefore was to investigative the comparative effect of selected variations of Bhashrika pranayama on cardio-respiratory variables. Sixty male student of L.N.I.P.E. were randomly selected, 20 students in each group (two experimental & one control) for this purpose selected cardio respiratory variable were Heart rate, fundamental capacity, peak flowrate, maximum breathing holdingtime (positive &negative). To find out the comparative result of selected variations of Bhashrika pranayama on students of L.N.I.P.E., analysis of covariance’s was in use significance at (0.05) level. The analysis of covariance revealed that practice of Bhashrika III and Bhashrika IV pranayama significance difference were found in male students of L.N.I.P.E. in relation to vital capacity (F= 13.521, against required value of 3.17), Peak flow rate F010.769 against require of 3.117. Resting heart rate (F=15.208, against required value of 3.17), Positive Breath holding time (F=3.940 against require value 3.17), Negative Breath holding time F=26.108 against require of (3.17). The result of the study
reveals that both the Bhashrika III and Bhashrika IV pranayama had significant effect on the certain selected cardio-respiratory variables.

Bhashrika III and Bhashrika IV pranayama practices improved vital capacity & peak flow rate. This may be due to the reason that Bhashrika Pranayama related to the breathing exercise. Heart rate was improved by Bhashrika III and Bhashrika IV practices because heart rate related to endurance which is improved thought regular training, proper technique and physical fitness. The term positive & negative breath holding time generally represent to one extent the aerobic and anaerobic potentially of an individual. Bhashrika III & Bhashrika IV pranayama resulted into significant improvement in positive & negative breath holding time.

Bajpai and Tomar studied on effect of Kapalbhati on hypertension. Pranayama is a yogic exercise in respiration. It is therefore, desirable that a student of pranayama is acquainted with some important detail of the respiratory system. Hence, we propose to determine in the chapter a few broad features of the anatomy and physiology of respiration. The point of this study was to examine the outcome of Kapalbhati on the hypertension among male, Gwalior. Twenty male patients of Gwalior were randomly selected, 10 in each group (one experimental and one control) for this purpose selected systolic blood pressure was used. To determine the effect of Kapalbhati on hypertension on male patients of Gwalior, investigation of covariance’s been in use significance at (0.05) level. The analysis of covariance revealed that practice of Kapalbhati on hypertension patients. It was observed so as to there was no significance dissimilarity in systolic blood-pressure. The result of the study reveals that the Kapalbhati had not significant effect on the systolic blood pressure.

Tomar studied on Yoga for Asthma. Asthma is exceptionally basic respiratory dissention which includes an extreme narrowing of the bronchial tubes (bronchi). These tube lead from the windpipe called the trachea into the lungs and they convey the oxygen we inhale into all parts of the lungs and give a way to the carbon dioxide to escape up the trachea when we inhale out. This is narrowing of
the bronchi trouble in breathing strength when breathing out. An extensive literature survey was performed in this study, collected from the papers published in Internet by various authors. In methodologies, there are so many yogasanas to suit the asthma patient to practice easily and conveniently. Some of the modified posters are Sukhasana, Ardha Matsyendrasana, Pavanamuktasana, Savasana, anuloma-viloma etc. Review of the papers show that the asthma patient has much benefit by practicing yoga during the antenatal period by gaining complete control over the mind. Yoga is a framework comprehensive of physical and mental preparing that can advantage individuals of all ages. It includes asthma (body stances) and pranayama (craft of breath of control), among which of its physical uses are to decrease anxiety related conditions help with circulatory and respiratory issue, for example, Asthma and Bronchitis, and enhance general wellbeing.

Singh & Mishra\textsuperscript{58} examined on yoga for uneasiness the yogic method for managing tension. We all experience the ill effects of uneasiness every once in a while It's a condition of stressing of apprehension where the season is frequently obscure. While gentle uneasiness is basically ordinary, it can be destructive in its larger amounts. Extreme tension can prompt conditions like sickness, trouble in breathing, palpitations, exhaustion, fretfulness and even head and chest pains. It will also put your body and mind in an extreme state of stress.

An extensive literature survey was performed in this study collected from the papers published in Internet by various authors. There are many yoga practices to reduce, the anxiety easily and conveniently. According to Iyengar following are yoga sequence to manage anxiety. Tadasana, Uttanasana, Padottanasana, Adhomukha Svanasana, Salamba Sirsasana etc. Yoga and breathing activities are great approach to control tension and anxiety. Yoga's interesting blend of tender physical developments, breathing practices, unwinding and reflections are intended to fit the working of the sensory system and to unwind the physical body.

Tripathi et.al,\textsuperscript{59} concentrated on chose yogic practices for headache. The word headache in French in beginning and originates from the Greek hemicrania, as does the Old English term megrim. Actually, hemicrania signifies "just a large
portion of the head." Migraine is a baffling constant ailment that is far reaching in the populace (10% analyzed, 5% undiscovered), with reality changing from an uncommon inconvenience to an existence undermining day by day experience. Treatment is normally lavish. Occasional or flighty incapacity can bring about impoverishment because of tolerant's failure to work enough or to hold ajob by any stretch of the imagination. Headache influences more than 28 million Americans and around 75% are ladies. Headache is a vascular migraine brought on by the aggravation and bothering of the nerve closure coming about because of the extension of the veins of the surface of the mind.

It is regularly joined via queasiness, spewing, disposition changes, affectability to light and/or sound, burrow vision or seeing games, or dazedness. Torment may be felt on one or both sides of the head, at the back of the neck, around the eyes, on the face, or in the sinuses. Treatment incorporates torment relievers, stress diminishment, activity, and evasion of the elements that trigger the assault, for example, liquor, oral preventative, and smoking. Anxiety decreasing stances can likewise help in averting Migraine. Another point in Yoga Lifestyle which is getting a lot of rest will likewise help diminishing your danger variables for Migraine. Yoga Therapy for headache for the most part spotlights on the avoidance of the event which incorporates stress diminishment and evasion of the different reasons for the assaults. Yoga can likewise mitigate the migraine torment by giving alleviation to tangible over-burden and unwinding your brain. The accompanying are the yoga Poses that help anticipate Migraine assaults. You might likewise hone the yoga session for Tension-Type Headaches at the first indication of Migraine assault or amid mellow assault.

Singh, R. et.al, 60 It conducted a study on 30 male students of Kiddy’s Corner School, Gwalior with a purpose to determine the effect of Suryabhedan Pranayama, on selected physiological variables. In order to study the effect of Suryabhedan Pranayama on selected physiological variables, the analysis of covariance statistical technique was employed to analyse the raw data and 0.05 level of significance was chosen to test the hypothesis.
It was concluded that among selected physiological variables only maximum breath holding capacity exhibited significance. Physiological variables such as resting pulse rate, vital capacity, resting respiratory rate and cardiovascular efficiency did not show the significant changes. And that conducted a pulmonary study on 14 Yoga trained and untrained persons and found a significance increase in tidal volume and vital capacity in trained subjects. Maximum breath holding capacity, Breath holding time and forced expiratory volume did not show any significant differences.

Sisodia, Anurodh singh et.al;\(^{61}\) conducted a study on 60 Judokas studying at LNUPE, Gwalior with a purpose to find out effect of Transcendental meditation on selected physiological variables and coordinative abilities in judo. To determine whether the experimental treatment was effective in bringing out a significant change in various coordinative abilities and physiological variables of the experimental group in contrast to the control group, an analysis of covariance technique was employed. To determine whether some significant difference between the initial and final scores of the experimental and control group existed paired ‘t’ test was administered. In case of anaerobic power performance, transcendental meditation did not improve performance significantly in comparison to the non-meditators. In case of vital capacity transcendental meditation has not shown significant improvement among experimental group as compared to the control group. With regard to resting respiratory rate, transcendental meditation was found to be ineffective in improving performance as compared to the control group. The transcendental meditation was found much effective in improving resting heart rate performance among experimental group as compared to the control group. In case of total body fat percentage, transcendental meditation had shown insignificant change in comparison to non-meditators. With regards to lean body weight, transcendental meditation was found to be ineffective for experimental group as compared to control group. In case of reaction ability transcendental meditation has shown significant change in comparison to control group. In case of orientation ability performance, transcendental meditation did not improve performance significantly in comparison to the control group. The transcendental meditation was found effective in enhancing differentiation ability
performance as compared to non-meditators. The balance ability improved significantly as compared to control group. In case of rhythmic ability performance, transcendental meditation had improved performance significantly in comparison to the non-meditators.

Sahay, B. K. et.al; 62 Science of yoga is an ancient science. It is our rich treasure. The usefulness of yoga is vividly described in ancient books. It is useful in certain diseases and prevention of health. The impact of yogic exercise on diabetes is not studied well. The role of yoga in diabetes, on glycaemia control, insulin, exercise tolerance, hyper-tension has been studied. Through long term and short term studies it is known that yoga plays useful role in the control of diabetes. Fasting and postprandial blood sugar level came down. For long time good glycaemia status was maintained. Drug requirement was reduced. Infection was markedly reduced. Change in insulin and hormones were found. Free fatty acid was decreased. Body fat was decreased. Insulin sensitivity was improved. Insulin resistance was declined. From all these result it can be said that yogic practices play vital role in preventing diabetes.

Manimaklai and Chitra 63 labored to study the effect of yogasanas on the flexibility among university women. They selected 30 healthy untrained females as subjects. The subjects selected were from Annamalai University, in various departments. The age ranged from 18 to 25 years. They divided the subjects into two group’s one experimental group that underwent selected asansa for five days a week for eight weeks. Another was the control group that did only routine work and didn’t perform any asana or pranayama. Flexibility was measured by using sit and reach box. All subjects were tasted before and after the end of the training program me. Both the tests were compared through analysis. Significant improvement was observed in the outcome of experimental group. The improvement was due to the yogic practice.

The control group could not gain anything. The experimental group could gain flexibility due to pranayama and asanas. It suggests that yoga is helpful in keeping good health. It keeps you healthy.
Rajkumar et al. found out the positive effect of yogic exercises for weight control for obese male students. He selected 32 male obese students from Pavendhar Bharathidasan institute of information technology, Tiruchira palli. The age of the subjects ranged from 17 to 21 years. He divided 32 students into 2 groups. One was experimental and the other was a control group which didn’t perform any asanas or pranayama. The experimental group performed asana and pranayama for 8 weeks. These two groups were selected on the criterion based on body weight, fore arm and thigh circumference measured respectively by weighing machine and steel measuring tape. Body composition was measured by skin fold caliper of biceps and triceps. All of them were tested before and after the end of training program. The results of pre and post tests were compared through analysis of co-variance. It was observed that the yogic practices group was markedly improved in body weight, fore arm and thigh circumference.

The above experiment indicates improvement in results. Gap between two thighs is an important factor, now a day’s yogasana and pranayanas influence on human health. Yoga plays important role in keeping good health. Yogic exercise and pranayama help a lot. Regular practice of yoga alters human health. The control group didn’t gain any advantage.

Selvakumar. and T.Pushparaj et.al conducted the experiment of yogic practices on cardiovascular endurance of college students. He selected 60 male students from Thiagarajar Collage, Madurai. The subjects were divided into two groups. One the experimental group who practiced yogasanas and pranayama five days a week for 12 weeks. Control group did not practice any yogasana or pranayama or any training. They just did their routine work. Cardio vascular endurance was measured through field test. It was consisted of one mile run and walk. All subjects were test before and after the training period. The result of both the group was compared through analysis. The results shows good improvement was observed among the experimental group compared to the control group.

Today many cardiac physicians recommend yogasanas and pranayama for cardiac vascular endurance of course. It is a slow but cure process that leads to healthy heart. Yoga has tremendous power to heal. It strengthens your heart and
mind power. This is stated by Deepak Chopra an eminent author of “Ageless body and Timeless Mind”.