Chapter V

SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

SUMMARY

The knowledge of yoga through the history and it was fruitful bless. It was origin subject to human for wellbeing. It was quite full experimented from our ancient. According to Astanga Yoga (Pathanjali Yoga Suthra) covered the yoga ideology and technology.

Yoga was integrated study of human psychological, biological, and physiological co-relationship of action. In the part of Astanga Yoga ‘asanas’ gives posture of the body, strength, flexibility and endurance. ‘Pranayama’ for improving respiratory resistance, develop the Vo2 max and to avoid asthmatic problems. ‘Dharanas’ was concentration of the brain on one object or chakras in the body. Seven chakras are located an axial part of the body and it was closely with endocrine system. Which are astral centers in the form of the lotus, which store pranic energy. As nerve plexus centers are composed of interconnecting spinal nerves. The chakras are located at the convergence of the nadis (veins) or pranic currents.

Most endocrine glands are located in the centre of the body and lymph systems to regulate in other parts of the body to maintain physical movements. With effect of pranic energy, there were changes in endocrine product (hormone secretions). The secretion of hormone’s regulated the metabolic process and improves the bio-motor efficiency.
Purpose of this study to find out effect of yogic practice on selected hormones secretion range and bio-motor ability’s variations among the control group and experimental group of hockey players (women). There was equal coaching given to them in particular game (hockey). The experimental group went to additional practice in yogasanas and pranayama daily half hour in the morning, up to 12 weeks.

The data of selected variables collected with application of related tests. Hormones were tested by RIA (Radio immuno assay) and bio-motor variables; Speed tested by 50 mts. run, Cardio respiratory endurance tested by Harward step test, Muscular endurance tested by Bent knee sit-up and Flexibility tested by sit and reach test.

The data collected from the two groups, before and after the experimental period were statistically examined for significant improvement by dependent ‘t’ test and significant difference among the groups by applying analysis of covariance (ANCOVA) hence to make means and to test the adjusted post test may be applicable.
CONCLUSIONS

From the analysis of the data in this study, the following conclusions were drawn.

1. The practice of selected yoga asanas and pranayama for twelve weeks by experimental group, the secretion of ACTH level was improved significantly. There was no improvement ACTH secretion in the control group because; they would not go additional practice of yoga asanas and pranayama.

2. The practice of selected yoga asanas and pranayama for twelve weeks by experimental group, the secretion of Aldosterone hormone level was improved significantly. There was no improvement Aldosterone secretion in the control group.

3. The practice of selected yoga asanas and pranayama for twelve weeks by experimental group, the secretion of Vasopressin hormone level was significant and decreased compared to pre-test. There was no improvement Vasopressin secretion in the control group.

4. The practice of selected yoga asanas and pranayama for twelve weeks by experimental group, the Speed was improved significantly. The test was conducted one day before to participation of hockey match. There was no improvement on speed in control group.

5. The practice of selected yoga asanas and pranayama for twelve weeks after by experimental group, the Cardio respiratory endurance was
improved significantly. There was no improvement on cardio respiratory endurance in control group.

6. The practice of selected yoga asanas and pranayama for twelve weeks after by experimental group, the Muscular strength was improved significantly. There was no improvement on muscular strength in control group.

7. The practice of selected yoga asanas and pranayama for twelve weeks after by experimental group, the Flexibility was improved significantly. There was no improvement on flexibility in control group.

RECOMMENDATIONS

1. The results of the study are helpful to coaches and Physical Directors to include the yoga in their training schedule to gain optimal advantage.

2. The present study was directed towards Hockey players (women).

   A similarly study may be conducted on players from others games, Sprinters, Middle distance and endurance runners.

3. A similar study may be conducted by increasing the numbers of weeks for practicing asanas.

4. A similar study may be conducted on Male as subjects.

5. A similar study may be conducted with a group of asanas for particular bio-motor developments.
6. A similar study may be conducted with a group of asanas and meditation for psychological developments.

7. A similar study may be conducted yoga asanas and meditation effect on psychological changes are influence on hormones secretions levels.

8. A similar study may be conducted effect of yoga asana, co-relation between hormones secretions and bio-motor ability.
BIBLIOGRAPHY

BOOKS


