ABSTRACT

The study undertaken was entitled as “The Effect of Pranayama and Kapalbhati on Selected Psychological and Physiological variables of school going children in Jaipur. The objectives of the study were to (i) find out the effect of Kapalbhati on selected physiological variables of school going children of Jaipur. (ii) find out the effect of Kapalbhati on selected psychological variables of school going children of Jaipur. (iii) find out the effect of Pranayama on selected physiological variables of school going children of Jaipur. (iv) find out the effect of Pranayama on selected psychological variables of school going children of Jaipur. The study was delimited to the following Anulom vilom Pranayama and Kapalbhati. The study was further delimited to the student’s age ranging from 13 years to 17 years. The limitations of the study were socioeconomic status as they were interviewed during taking consent for experimentation on them and consideration of larger sample size (N=50) for each experimental and control group (matched) has overcome such limitation by randomization. It was hypothesized that (1) there will be positive effect of Anulom vilom Pranayama on the physiological variables of school going children age ranging from 13 years to 17 years. (2) there will be positive effect of Kapalbhati on physiological variables of school going children age ranging from 13 years to 17 years (3) there will be positive effect of Anulom viloma Pranayama on the psychological variables of school going children age ranging from 13 years to 17 years. (4) there will be positive effect of Kapalbhati on psychological variables of school going children age ranging from 13 years to 17 years.

Keeping in view the purpose of the study, a large number of school students (n=150) were randomly selected from JVP International School and JVP Public School, Pratap Nagar, Jaipur, Rajasthan, India. The age of the school students ranged from 13 years to 17 years. There were two experimental protocols namely Anulom vilom, Kapalbhati. For two experimental and one control group were assigned in this study. The number of samples at pre test in experimental groups were [Anulom vilom (n1)=50, Kapalbhati (n2)=50] consisting of 100 samples. The number of samples at pre test in control groups were n3=50. The number of samples at post test in experimental groups were [Anulom vilom (n1)=50, Kapalbhati (n2)=50] consisting of 100 samples. The number of samples
at post test in control groups were n3=50. The experimental groups were treated with selected yogic practices namely Anulom vilom, Kapalbhati, independently to independent group for 20 to 30 minutes, for six days per week, at least five days per week was the minimum eligibility attendance though each participants were motivated to have maximum number of attendance. The experimental treatments or training were administered for six weeks whereas the control groups were not given any treatment. Physiological and Psychological variables test were done at pre test and after twelve weeks of yogic training as the post test on the experimental groups. Simultaneously the control groups were tested.

1. The variables namely Anxiety (psychological variable) documented significant experimental effect of Anulom vilom Pranayama.
2. The variables namely Personality documented significant experimental effect of Kapalbhati kriya.
3. The variables namely Stress documented significant experimental effect of Anulom-vilom Pranayama.
4. The variables namely Concentration documented significant experimental effect of Anulom-vilom Pranayama.
5. The variables namely Resting Pulse Rate, Vital Capacity, Resting Respiratory rate, Breath Holding Time, Systolic Blood Pressure, Diastolic Blood Pressure, a total of six variable out of ten variables documented significant experimental effect of Kapalbhati.
6. In Anulom vilom Pranayama, among the four significant psychological variable three were activity variables and one were reactivity variables.
7. In Kapalbhati Kriya, among the four significant psychological variables one were activity variables and three were reactivity variables.
8. In Anulom vilom Pranayama, among the six significant physiological variables two were activity variables and four were reactivity variables.
9. In Kapalbhati Kriya, among the six significant physiological variables six were activity variables and no reactivity variables.
10. It is concluded that autonomic (sympathetic and parasympathetic) reactivity variables found to be superior variables to study the experimental or treatment effect of yogic Pranayamas and Kriyas.
11. From the above conclusions, it may be summarized that the Anulom-vilom Pranayama and Kapalbhati having significant experimental effect on
physiological and psychological, hence validated for experimentation in *Anulom-vilom Pranayama* and *Kapalbhati* specifically as well as in general.