Chapter - V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of the study was to find out the effect of yogic practices on selected physical fitness, physiological and biochemical variables. Only women diabetes patients who were aged between 35 and 40 years were contacted and around fifty one subjects gave their voluntary consent to work as subjects for the study. From the fifty one, only thirty who were residing at various places around Annamalainagar, Chidambaram, Cuddalore district and Tamilnadu in India were randomly were selected as subjects and they were divided into two equal groups. Each group consisted of fifteen subjects. Group I underwent yogic practices for six days (Monday to Saturday) per week for twelve weeks and Group II acted as control group who did not participate in any special training programme. The subjects were tested on selected criterion variables, such as, flexibility, muscular endurance, blood pressure (both systolic and diastolic), resting pulse rate, breath holding time, total cholesterol, triglycerides, high density lipoproteins, blood glucose and uric acids
prior to and immediately after the training period. The selected criterion variables, such as, flexibility was assessed by administering sit and reach test, muscular endurance was assessed by administering sit-ups test, systolic and diastolic blood pressure was measured by using the sphygmomanometer, resting pulse rate was assessed by counting the pulse at resting condition for one minute, breath holding time was measured by holding the breath after a deep inhalation for a maximum duration in seconds by the subject, total cholesterol, triglycerides, high-density lipoprotein, blood glucose and uric acid were measured by Boeinger Mannheim kit method and Uricase method. The analysis of covariance (ANCOVA) was used to find out the significant difference, if any, between groups on each selected criterion variables separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as an appropriate.

**Conclusions**

Based on the results of the study, the following conclusions were drawn:
1. Physical fitness variables, such as, flexibility and muscular endurance, were significantly increased in the yogic practice group.

2. Physiological variables such as, blood pressure both systolic and diastolic) and resting pulse rate, significantly decreased and breath holding time was improved due to yogic practice.

3. The yogic practice group reduced the total cholesterol, triglycerides, blood glucose and uric acid and significantly increased the level of high density lipoproteins.

4. As for limitations of the study it was concluded that yogic practice is a better tool on physical fitness variables, such as, flexibility and muscular endurance, physiological variables, such as, systolic and diastolic blood pressure, resting pulse rate and breath holding time, and biochemical variables, such as, total cholesterol, triglycerides, high density lipoproteins, blood glucose and uric acid.
Recommendations

Based on the results of the study, the following recommendations were suggested:

1. Further studies may be conducted to explore the effect of yogic practices on the physiological and biochemical variables, after considering the diet as one of the control variable.

2. Modern industrialization has resulted in a more inflating metabolic disorder, like, obesity. Hence, the effect of yogic practices can be assessed among obese people and overweight people.

3. Similar studies may be conducted for working diabetes patients, in both male and female.

4. The effect of yoga practice can be assessed on body composition and health related fitness variables, also.