

YOGIC ASANAS AND PRANAYAM FOR STRESS, TENSION AND MIGRAINE

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Yoga is very good for stress. It offers gentle *asanas*, relaxation, *pranayama*, and *meditation*. The complete breathing exercise and Yogic exercise helps the sports person to control the stress and hypertension, Meditation helps calm your mind, teaching you to relax at will and giving you a quick mental vacation. daily practice of three or four yoga poses will help ease knotted muscles. Try varying the poses daily to keep your interest high and to strengthen different parts of your body. Yoga is especially beneficial to sportsmen who are having the problem of Stress and Tension, Frustration, Migraine, Loss of Confidence and Concentration etc is a comparatively new discovery. This is because our sportsmen are being trained on the western lines, by vigorous physical exercises to limber up, toughen, the muscles and build up stamina. Perhaps the general tendency of belittling any thing ancient and Indian made Indian sportsmen and coaches to look at yoga as an oriental religious ritual, rather than a set of physical exercises. It has been found that yoga stretching has great advantage in refreshing and relaxing the, muscles and sportsmen use this tremendous physiological advantage as in antidote to recoup and relax the stiff and tired muscles after vigorous physical activity. Nowadays in international competitions or in major tournaments, teams have to play tough matches morning and evening of after a gap of only a few hours. In many countries, water-jet massage and Sauna bath are used to recoup the fatigued sportsmen for another immediate competition soon after a vigorous, physical activity. Instead, a few yoga stretching exercises coupled with a few full deep breathing exercises can relax the individual to the maximum and make him physically and mentally ready for another competition immediately. And this is a very natural way for sportsmen for getting into the relaxed condition.

Collection of Data-To collect the data, all the subjects who are having the problem of Stress and Tension, Frustration, Migraine, Loss of Confidence and Concentration etc selected for this study were divided randomly in to two groups. The first group named as "Asanas" The other group was named as a

"Control Group". The total number of subjects was 100. Each group had 50 subjects. The group which was named as Asanas was chosen to perform asanas exercises like Paschimotanasan, Sarvangasan, Uttanpadasan, Bhujangasan, Salbhasan, Bhastrika Anuloma-Viloma Kapalbhathi, Bramri, Udgar and savasana. The other group which was named as control group did not perform any particular exercises they do their daily routine work. Measurements of physiological variables taken at the beginning and after the experimental period of six months training.

ANALYSIS OF DATA AND RESULTS OF THE STUDY-The statistical analysis of the data gathered on 100 swimmers who are having the problem of Stress and Tension, Frustration, Migraine, Loss of Confidence and Concentration etc who attended 6 months training. Physiological variables i.e. Pulse Rate, Respiratory Rate, Breath Holding Time, Blood pressure and lungs capacity, Reaction Time were carried out by following standardized procedures. In order to determine the effect of asana on different variables. All the Swimmers under study were randomly divided in to two groups. The first group was named as; Control group second was named as Asanas group. The first group was not given any sort of training where as other groups were exposed to asanas. For six months, Asanas exercises Paschimotanasan, Sarvangasan, Uttanpadasan, Bhujangasan, Salbhasan, Bhastrika Anuloma-Viloma Kapalbhathi, Bramri and, Udgar were practiced. One-way analysis of variance technique was used and post hoc test was applied to check the significant differences between the pair of groups. The level of significance was fixed at 0.05, which was considered to be the most appropriate. In fact the researcher tried his best to use 'highly sophisticated equipments available in the country to find out the best results.

The results obtained for each of the variables and the findings have been given below in the table.

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary- There is no positive type of plan to perfect economic and efficient type of plan of exercises

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to Improve and removal of stress The purpose of this study was to see the effect of asanas and pranayam on swimmers who are having the problem of Stress and Tension , Frustration , Migraine , Loss of Confidence and Concentration etc The available literature indicated that other different exercises have positive effect on removal of stress but Shr.Kabalyananda and other experts of yoga have given more emphasis on asanas and pranayam for stress removal. In order to study the effect, 100 swimmers were chosen and were divided into two groups Subjects of asanas groups were assigned to perform yogic exercises and pranayam while subjects of control group did not perform any particular activity during the assigned time for practice. The practice sessions were held for 1 hour daily for six months under the trained leadership. The obtained data from pre and post tests were, analyzed by one way analysis of variance, which was further subjected to Scheffe's of Post Hoc test when 'F' values, of the groups was found significant The measurements were taken by most sophisticated equipment available In the country. The positive effects and changes were found in pulse rate, respiratory rate, Blood pressure, reaction time, etc after doing the yoga and pranayama exercise and

the changes were found in the behavior of the individual too.

Conclusions and Recommendation- The results of the study have indicated that · Asanas exercises have proved significantly effective in Improving. Lungs capacity, Reaction time. Pulse rate blood pressure · Savasana sarvangasana pranayama have proved to be the best for removal of Stress and Tension , · Deep breathing have proved to be the best for removal of Frustration, · Savasana sarvangasana pranayama have proved to be the best for removal of Migraine , · Bhujangasana sarvangasanas meditation have proved to be the best for removal of Loss of Confidence and Concentration etc · The subjects of asnas group perform better flexibility exercise then the control group ·

The changes were found in the behavior of asnas group. As they behave very calm at the time of competition · Mean difference between asanas and control groups have proved that yogic exercises are better than normal life style and asnas help to gain improvement in Lungs capacity, Reaction time. Pulse rate blood pressure · Improvement in these variables shows that asanas exercises can increase the efficiency of the subjects.

Variables	Initial Means		Final Mean		Mean Difference	
	Control Group	Asanas	Control Group	Asanas	Control Group	Asanas
Lung Capacity	0.18	2.63	0.29	2.98	0.11	0.35
Pulse Rate	-2.48	1.2	3.21	1.41	0.73	0.39
Respiratory Rate	0	0.21	0.04	0.28	0.04	0.07
Blood pressure systolic	0.03	1.12	0.48	1.57	0.45	0.44
Blood pressure diastolic	0.51	2.14	0.77	2.69	0.26	0.55
Reaction Time	0.05	0.009	0.14	0	0.009	0

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