



## **EFFECT OF YOGIC PRACTICES WITH AND WITHOUT SATTVIC DIET ON VITAL CAPACITY AMONG YOGIC MEN COMPETITORS**

**D. Chochalingam\* & Dr. P. Kaleeswaran\*\***

\* Ph.D Research Scholar, Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamilnadu

\*\* Assistant Professor, Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamilnadu

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### **Abstract:**

The purpose of the study was to find out the effect of yogic practices with and without sattvic diet on vital capacity among yogic men competitors. To achieve the purpose of the present study, forty five yogic men competitors from Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into three equal groups of fifteen men competitor each. Group I acted as Experimental Group I (Yogic Practices with Sattvic Diet), Group II acted as Experimental Group II (Yogic Practices without Sattvic Diet) Group III acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. Pre test was conducted for all the subjects on vital capacity. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group I, Experimental Group II and Control Group in an equivalent manner. Experimental Group I was exposed to yogic practices with sattvic diet, Experimental Group II was exposed to yogic practices without sattvic diet and Control Group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. After the experimental treatment, all the forty five subjects were tested on vital capacity. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses. The yogic practices with sattvic diet group had shown significant improvement on vital capacity than the yogic practices without sattvic diet and control group.

**Key Words:** Yogic Practices, Sattvic Diet, Vital Capacity & Men Competitors

### **Introduction:**

Yoga stances are the physical positions that arrange breath with development and with holding the position to extend and fortify distinctive parts of the body. Asana is the perfect supplement to different types of activity, particularly running, cycling and quality preparing, as the stances methodically work all the real muscle gatherings, including the back, neck, and shoulders, profound stomach, hip and rear end muscles and even lower legs, feet, wrists and hands. By their exceptionally nature, asanas influence major and minor muscle gatherings and organs as they at the same time import quality, increment Trunk Flexibility and bring sustenance to inside organs, they do in reality send oxygen to the phones in the body by method for cognizant profound breathing and maintained extending and compression of various muscle gatherings. The type of food one eats has an immense effect on our health and well being. As per yoga all food items can be classified into three types of yoga diet namely sattvik, rajasik or tamasik. Some foods create more internal commotion than others, with bloating and other digestive disturbances. However, it can also be interesting to notice how some foods have more subtle effects on the mind and your mood. Ayurveda, the sister science of yoga, offers us an intricate understanding of how different foods affect our physical health, mental well-being and even our spiritual strength. According to Ayurveda, Sattva is the pure quality of spiritual goodness and equanimity, manifested as intelligence, awareness, virtue, and joy. Sattvic foods promote purity of both body and mind. In particular, a sattvic diet is intended to cultivate a calm, clear and compassionate mind. Sattvic foods are soothing, nourishing and promote and maintain a quiet, steady mind as well as help to sharpen your intellect and give you a greater sense of empathy. Sattvic foods are vegetarian and do not include foods derived from animals that have been harmed in any way. It is important that foods are grown naturally and do not contain preservatives, artificial flavors, or additives (Balaji, 2014).

### **Methodology:**

The purpose of the study was to find out the effect of yogic practices with and without sattvic diet on vital capacity among yogic men competitors. To achieve the purpose of the present study, forty five yogic men

competitors from Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into three equal groups of fifteen men competitor each. Group I acted as Experimental Group I (Yogic Practices with Sattvic Diet), Group II acted as Experimental Group II (Yogic Practices without Sattvic Diet) Group III acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. Pre test was conducted for all the subjects on vital capacity. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group I, Experimental Group II and Control Group in an equivalent manner. Experimental Group I was exposed to yogic practices with sattvic diet, Experimental Group II was exposed to yogic practices without sattvic diet and Control Group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 12 weeks. After the experimental treatment, all the forty five subjects were tested on vital capacity. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses.

**Results:**

Table 1: Computation of Analysis of Covariance of Mean of Yogic Practices Yogic Practices with Sattvic Diet and Control Groups on Vital Capacity

|                           | YPSDG | YPWSDG | CG   | Source of Variance | Sum of Squares | df | Mean Square | 'F' ratio |
|---------------------------|-------|--------|------|--------------------|----------------|----|-------------|-----------|
| Pre - Test Mean           | 3.87  | 3.89   | 3.84 | B                  | 0.02           | 2  | 0.01        | 1.44      |
| S.D ±                     | 0.06  | 0.11   | 0.09 | W                  | 0.36           | 42 | 0.009       |           |
| Post - Test Mean          | 4.64  | 4.28   | 3.86 | B                  | 4.60           | 2  | 2.30        | 245.41*   |
| S.D ±                     | 0.12  | 0.08   | 0.07 | W                  | 0.39           | 42 | 0.009       |           |
| Adjusted Post - Test Mean | 4.64  | 4.29   | 3.85 | B                  | 4.56           | 2  | 2.28        | 246.58*   |
|                           |       |        |      | W                  | 0.37           | 41 | 0.009       |           |

An examination of table 1 indicated that the pretest means of yogic practices with sattvic diet, yogic practices without sattvic diet and control groups were 3.87, 3.89 and 3.84 respectively. The obtained F-ratio for the pre-test was 1.44 and the table F-ratio was 3.22. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 2 and 42. This proved that there were no significant difference between the experimental and control groups indicating that the process of randomization of the groups was perfect while assigning the subjects to groups. The post-test means of the yogic practices with sattvic diet, yogic practices without sattvic diet and control groups were 4.64, 4.28 and 3.86 respectively. The obtained F-ratio for the post-test was 245.41 and the table F-ratio was 3.22. Hence the post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 2 and 42. This proved that the differences between the post test means of the subjects were significant. The adjusted post-test means of the yogic practices with sattvic diet, yogic practices without sattvic diet and control groups were 4.64, 4.29 and 3.85 respectively. The obtained F-ratio for the adjusted post-test means was 246.58 and the table F-ratio was 3.23. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 2 and 41. This proved that there was a significant difference among the means due to the experimental trainings on vital capacity. Since significant differences were recorded, the results were subjected to post hoc analysis using Scheffe's post hoc test. The results were presented in Table 2.

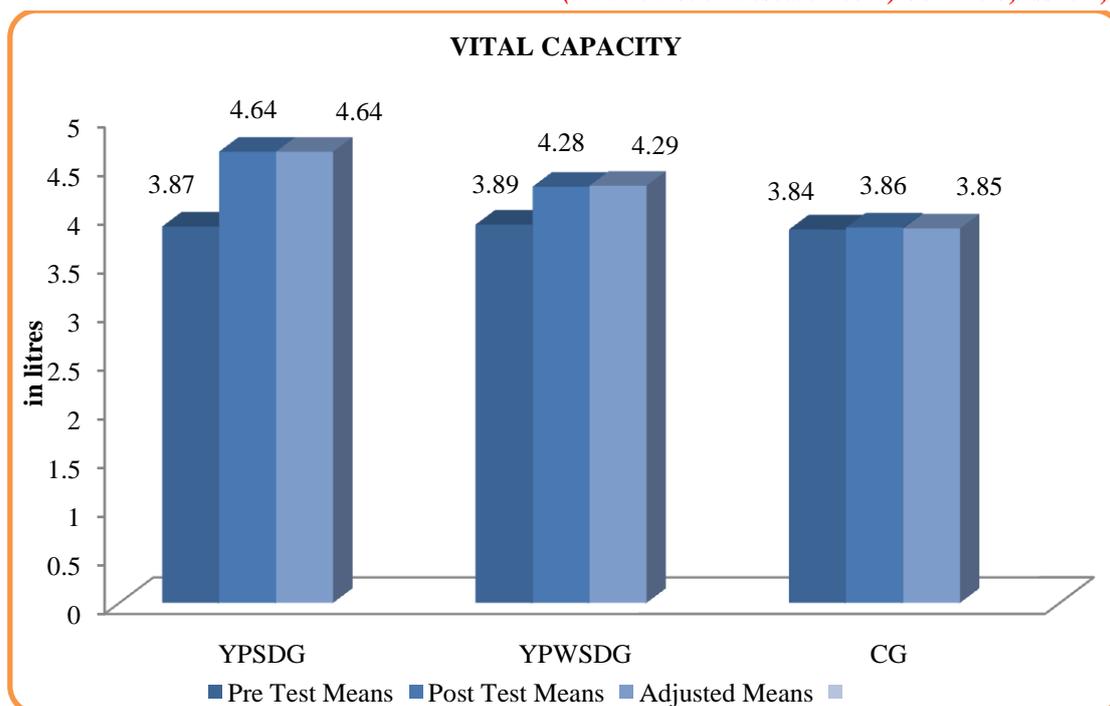
Table 2: The Scheffe's Test for the Differences between the Adjusted Post Tests Paired Means on Vital Capacity

| Adjusted Post-Test Means |        |               | Mean Difference | Required CI |
|--------------------------|--------|---------------|-----------------|-------------|
| YPSDG                    | YPWSDG | Control Group |                 |             |
| 4.64                     | 4.29   | ---           | 0.35*           | 0.08        |
| 4.64                     | ---    | 3.85          | 0.79*           |             |
| ---                      | 4.29   | 3.85          | 0.44*           |             |

\* Significant at 0.05 level of confidence

The multiple comparisons showed in table II proved that there existed significant differences between the adjusted means of yogic practices with sattvic diet and yogic practices without sattvic diet (0.35), yogic practices with sattvic diet and control group (0.79), yogic practices without sattvic diet and control group (0.44) at 0.05 level of confidence with the confidence interval value of 0.08. The pre, post and adjusted means on vital capacity were presented through bar diagram for better understanding of the results of this study in Figure 1.

Figure 1: Pre Post and Adjusted Post Test Differences of the Yogic Practices Yogic Practices with Sattvic Diet and Control Groups on Vital Capacity



**Conclusions:**

From the analysis of the data, the following conclusions were drawn:

- ✓ The yogic practices with sattvic diet group had shown significant improvement on vital capacity among yogic men competitors after undergoing yogic practices with sattvic diet group for a period of twelve weeks.
- ✓ The yogic practices without sattvic diet group had shown significant improvement on vital capacity among yogic men competitors after undergoing yogic practices without sattvic diet group for a period of twelve weeks.
- ✓ The yogic practices with sattvic diet group had shown significant improvement on vital capacity than the yogic practices without sattvic diet and control group.

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