



EFFECT OF SELECTED YOGIC EXERCISE ON BLOOD PRESSURE OF FEMALE PERSON

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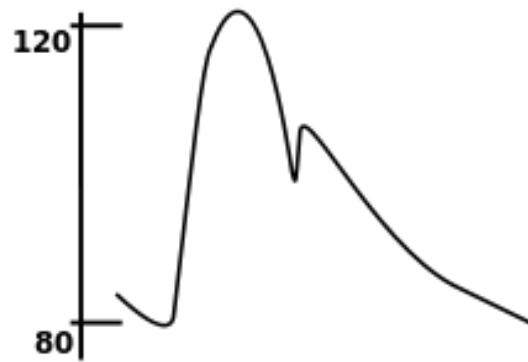
ABSTRACT

The purpose of the present study was to find out the effect of selected yogic exercise on Blood Pressure (Diastolic & Systolic) in the Female sportsperson Chaudhary Devi Lal University Sirsa district. The sample of the present study was 25 Female sportsperson. The age ranged between 30 to 40 years. These People undergo Three months of the yogic practice training program. Daily practice of yogic Asanas of Padmasana, Vajrasana, Makrasana, Savasana, Shidhasana, Yognidrasana and Kapalbhathi Pranayama, Shitkari Pranayama, Shitali Pranayama practice of one hour. Further, the data of Pre Test and Post Test were collected through standardized tools the Sphygmomanometer & Stethoscope (Blood Pressure), and data were analyzed by "t: test. After comparing the present data it was found that the Blood Pressure (Diastolic & Systolic) of the Female sportsperson Sirsa District was Normal than at the beginning.

INTRODUCTION

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join. Yoga works on the level of one's body, mind, emotion, and energy. Yoga plays most important role in our life. Blood pressure is an important indicator of health. It is determined by evaluating the force per unit area that blood exerts against blood vessel walls. Its unit of measurement is millimeters of mercury (mm Hg). Blood pressure is essential for the proper functioning of the determined by reading the systolic pressure over the diastolic pressure. Normal values fall in the range of 120/80 mm Hg (Systolic/Diastolic). The systolic pressure is the force that blood exerts on the artery walls as the heart contracts to pump out the blood. High systolic pressure is now known to be a greater risk factor than diastolic pressure for brain, heart, kidney, and circulatory complications and for death, particularly in middle-aged and elderly adults. The diastolic pressure is the measurement of force as the heart relaxes to allow the blood to flow into the heart. High diastolic pressure is a strong predictor of heart attack and stroke in young adults.

Key words: Yogic Exercise, Sphygmomanometer & Stethoscope.



PURPOSE OF THE STUDY

The Present study was found out the effect of selected yogic exercise on Blood Pressure of Female sportsperson Chaudhary Devi Lal University Sirsa District

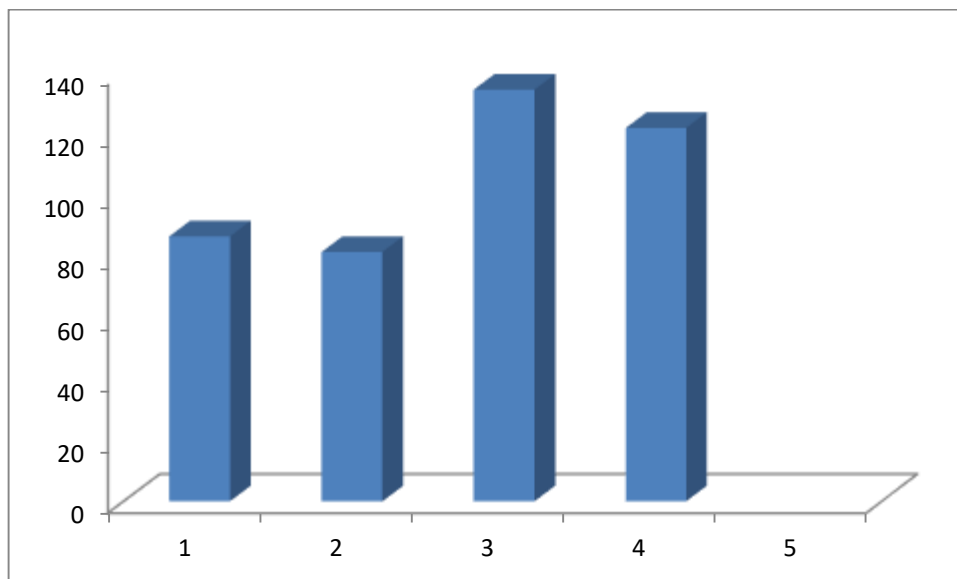
METHODOLOGY

The sample of the study was 25 Female sportsperson Chaudhary Devi Lal University Sirsa District. The age ranged between of 30 to 40 constituted the subjects of the study. The data was collected by standardized tools the Sphygmomanometer & Stethoscope (Blood Pressure) and using statistically analyzed by “t” Test method.

Table

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Variables	Mean		Mean Differences	“t” Ratio
	Pre Test	Post Test		
Blood Pressure(Diastolic)	86.60	81.48	05.12	16.11
Blood Pressure(Systolic)	134.56	122.08	12.48	14.60

Figure**EFFECT OF YOGIC EXERCISE ON BLOOD PRESSURE OF FEMALE PERSON****Conclusion**

The effect of selected yogic practice was found Normal Blood Pressure (Diastolic & Systolic) of Female sportsperson Chaudhary Devi Lal University Sirsa District (Haryana). In the end of the study we can say that yogic exercises effects more on Blood Pressure (Diastolic & Systolic) of Female sportsperson.

Reference

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