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To Compare The Effect of Specific Yoga and Aerobic Exercise Program on Vital Parameters in Young Adult Females

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ABSTRACT

Background & Purpose: Aerobics is an effective physical exercise which is often done to music. Yoga” is practiced in India and all over world for over thousands of years. Due to its increased awareness in health and natural remedies, yogic techniques (including “asanas” and “pranayama”) are gaining importance and receiving worldwide acceptance. Pranayama, meaning ‘breath control’, is an ancient technique involving slow and rhythmic breathing. Asana means a steady and pleasant posture of the body.

Intervention and Method: The subjects selected randomly will be allocated into two groups. **Group-A** (Yoga Group) and **Group-B** (Aerobic Group) consisting 50 participants in each group according to the availability. Treatment duration: 3 sessions per week for 6 weeks, follow up after 3 weeks. Initial evaluation of participants vital parameters like BP, HR, RR & Temperature will be done prior and after intervention of each group. Group A: Yoga group -Total duration: 45 minute 3 asana include:- Padmasana, Nadi-shodana, Sukhasana, Kpalbhathi, Vajrasana, Ujjayi Group B: Aerobic exercises:- Intensity: moderate exercise intensity 1st week and 2nd week: Warm up for 5 minutes Aerobic Exercise-jogging for 5 minutes Walking & aerobics dance for 30 minutes Cool down phase for 5 minutes.

Results: For within group comparison paired t test was used and between group comparison unpaired t test was used. Results presented as mean \pm sd. Yoga shows significant improvement in heart rate, respiratory rate, systolic blood pressure better than aerobics. While diastolic blood pressure and temperature shows statistically equal improvement.

Conclusion: In this study, both groups showed clinical improvement in all Vital Parameters but Specific Yoga program group was statically more significant in vitals like Heart rate, respiratory rate, systolic blood pressure when compared to Aerobics program.

Key Words: Yoga, Aerobics, Heart rate, Respiratory rate, Systolic blood pressure, Diastolic blood pressure, Temperature