

**“CRITICAL STUDY ON BICEPS MUSCLES OF *EKA*
DOSHAJ PRADHAN DAIHIK PRAKRITI INDIVIDUALS
W.S.R. TO EXERCISE”**



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ABSTRACT

Title: “CRITICAL STUDY ON BICEPS MUSCLES OF EKA DOSHAJ PRADHAN DAIHIK PRAKRITI INDIVIDUALS W.S.R. TO EXERCISE”

Introduction: *Ayurveda* explains importance and benefits of *Vyayamaa* (exercise) that should to be performed daily to be healthy as a Part of *Dincharya*. The Biceps are usually attributed as representative of masculinity within cultures. The present study had been based upon the effect of exercise on biceps muscle. There were 3 biceps exercise adopted for the present study which is 1) Alternate hammer curl using dumbbell, 2) Dumbbell alternate biceps curl, 3) Alternate Concentration curls.

Aim & Objectives:

To see the effect of exercise on circumference, strength and endurance of Biceps muscle. To study *Ek Dosha Pradhanaj Daihika Prakriti*. To study about structural changes of Biceps muscle after specific exercise. To study the interrelation between muscle exercise and different *Daihik Prakriti*.

Materials-Methods: After grouping all 90 individuals were advised to do same kind of exercise and same weight for the same time period which was 20 minutes daily once for 3 months. Every month follow ups were taken. Total 3 parameters of biceps muscles had been compared for these 3 ek dosha pradhanaj daihik prakriti. Those were, MUAC - (Mid Upper Arm Circumference), Strength - (in the term of 1 RM), Endurance - (ability of muscles to do repetitive movements for an extended period of time).

Duration of study: 3 Months

Results & Conclusion: Results were calculated and statistically analysed using paired type of t-test. The test showed significant Relation between biceps Muscles exercise and different ek dosh pradhanaj daihik prakriti individuals.

Conclusion: MUAC is more increasing parameter in *Pitta Prakriti* individuals in comparison of *Vata* and *Kapha Prakriti* individual and Strength and endurance are more increasing parameters in *Kapha Prakriti* individuals in comparison of *Vata* and *Pitta Prakriti* individual. *Vyayama* and Exercise are two different things.

Key words: Biceps brachii, Exercise, *vyayama*, MUAC, Strength.