



Effect of Yogic Practices With and Without Mantra Chanting on Body Mass Index among University Men Students

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Abstract

The purpose of the present study was to find out the effect of Yogic practices with and without mantra chanting on body mass index among university men students. The study was conducted on 45 university men students. Totally three groups, namely, control & experimental group II, consisting of 30 Body mass index university men students & I underwent six weeks practice in Yogic practices with and without mantra chanting whereas the control group did not undergo any type of training. The Body mass index was measured before and after the experimentation using the standardized test to measure the Body mass index. The data were analyzed by Analysis of Co-variance (ANCOVA) and it was concluded that the Yogic practices with and without mantra chanting had significant ($P < 0.05$) effect on the Body mass index level.

Keywords: Yogic practices with and without mantra chanting, Body mass index .

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Introduction

A healthy life is the most important for a happy life. The modern pace of life hardly gives time to take care of health. But ancient Indian wisdom says that the true fulfillment of life begins with good health. Good health is the key to a happy life for both men and women but in a fast and demanding life of men, health unfortunately takes a backseat whereas it should be of prime concern. In these competitive times, health is put on the back-burner until it becomes too serious to ignore. For a healthy life, numerous things have to be set in order. Watching the calories, good exercises and healthy food is absolutely essential. (Dr. Maoshing Ni, 2008)

Health is defined by the World Health Organization of the United Nations as the "State of complete physical, mental and social well being and not merely the absence of disease and infirmity." The essential requisites (or dimensions) of "health" would include the following:

- Achievement of optimal growth and development, reflecting the full expression of one's genetic potential.
- Maintenance of the structural integrity and functional efficiency of body tissues necessary for an active and productive life.
- Mental well-being.
- Ability to withstand the inevitable process of ageing with minimal disability and functional impairment, and

- Ability to combat disease, such as
 - Resisting infections (immunocompetence)
 - Preventing the onset (and retarding the process) of degenerative diseases such as cancer and
 - Resisting the effect of environmental toxins and pollutants. (Srilakshmi.B, 2011).

Yoga means the experience of oneness or unity with inner being. This unity comes after dissolving the duality of mind and matter into supreme reality. It is a science by which the individual approaches truth. The aim of all yoga practice is to achieve truth where the individual soul identifies itself with the supreme soul or God. Yoga has the surest remedies for man's physical as well as psychological ailments. It makes the organs of the body active in their functioning and has good effect on internal functioning of the human body. Yoga is a re-education of one's mental process, along with the physical. A mantra is a sacred word charged with spiritual energy. The word mantra is made up of two Sanskrit roots : 'man' means 'to think' and 'tra' means 'to protect or to free or to release' from the bondage of the phenomenal world or from negative thought patterns. Mantra mediation is an exact science. A mantra is something that safeguards our mind. "Mananat trayate iti mantraha" (that which protects mind is mantra).

Mantra is just a sound, but a conducive sound. It can create the right mood and ambience within us. Mantras get us single pointed. The vibrations emanate from mantras bring blissfulness to the mind .They work very positively and trigger love and purity in our expression. The sound of a mantra integrates us. It brings focus and concentration on us. It makes us balanced and help us attain clarity. One of the most important aspects of meditation through the mantras is to chant aloud and

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after the loud chanting, to remain in calmness without doing anything at the end. Mantras help the mind in its quest to transcend its normal limitations. Chanting Mantras develop detachment and wisdom in life, removing anger and greed and other failings that obscure our innate purity. Just as a mirror can reflect only when clean, the mind can reflect higher spiritual truth only when negative thoughts have been removed. Even a small amount of recitation with feeling and one-pointed concentration on the meaning of a mantra destroys negativities. Revealing the supreme essence to the meditator's consciousness, it confers illumination and supreme joy.

Statement of the Problem

The purpose of the study was to find out the effect of Yogic practices with and without mantra chanting on body mass index among university men students .

Hypothesis

It was hypothesized that there would be a significant differences on body mass index among male Body mass index university men students due to Yogic practices with and without mantra chanting than the control group.

Review of Related Literature

Adler & Roberts (2006) reported that For many practitioners the focus in doing them is not, first and foremost, martial, but as a meditative exercise for the body. For others the combat aspects of Tai Chi are of considerable interest. In Chinese philosophy and

Training Schedule

Experimental Group I : Yogic practices with mantra chanting Practices

Attention is to be brought to them when performing Surya Namaskara.

The following mantras are pronounced in each asana:

medicine there exists the concept of 'chi', a vital force that animates the body. One of the avowed aims of Tai Chi is to foster the circulation of this 'chi' within the body, the belief being that by doing so the health and vitality of the person are enhanced. This 'chi' circulates in patterns that are close related to the nervous and vascular system and thus the notion is closely connected with that of the practice of acupuncture and other oriental healing arts.

Methodology

The purpose of the study was to find out the effect of Yogic practices with and without mantra chanting on body mass index among university men students . For the purpose of this study, forty five Body mass index university men students were chosen on random basis from Chennai only. Their age group ranges from 21 to 24.

The subjects were divided into three group of thirty each. The experimental group I would undergo Yogic practices with mantra chanting and the experimental group II undergo Yogic practices without mantra chanting and third group consider as control group not attend any practices, and the pre test and post tests would be conducted before and after the training. Training would be given for six weeks It would be found out finally the effect of Yogic practices with and without mantra chanting on body mass index among Body mass index college men in scientific method. Body mass index was measured by the weighing machine and stadiometer. The collected data were statistically analysed by using analysis of covariance (ANCOVA).

| | Mantra | | Chakra | Asana |
|---|--------------------|---|--------------|----------------------|
| | Seed | Salutation | | |
| 1 | om hrām (ॐ ह्रां) | om mitrāya nama (ॐ मित्राय नमः) | Anahata | Pranamasana |
| 2 | om hrīm (ॐ ह्रीं) | om ravaye nama (ॐ रवये नमः) | Vishuddhi | Hasta Uttanasana |
| 3 | om hrūm (ॐ ह्रूं) | om sūryāya nama (ॐ सूर्याय नमः) | Swadhisthana | Hastapaadasana |
| 4 | om hrāim (ॐ ह्रैं) | om bhānave nama (ॐ भानवे नमः) | Ajna | Aekpaadprasarnaasana |
| 5 | om hraum (ॐ ह्रौं) | om khagāya nama (ॐ खगाय नमः) | Vishuddhi | Dandasana |
| 6 | om hraḥ (ॐ ह्रः) | om puṣṇe nama (ॐ पूष्णे नमः) | Manipura | Ashtanga Namaskara |
| 7 | om hrām (ॐ ह्रां) | om hiraya garbhāya namaḥ (ॐ हिरण्यगर्भाय नमः) | Swadhisthana | Bhujangasana |
| 8 | om hrīm (ॐ ह्रीं) | om marīcaye nama (ॐ मरीचये नमः) | Vishuddhi | Adho Mukha Svanasana |
| 9 | om hrūm (ॐ ह्रूं) | om ādityāya nama (ॐ आदित्याय नमः) | Ajna | Ashwa Sanchalanasana |

| | | | | |
|----|--------------------|-------------------------------------|--------------|------------------|
| 10 | om hraum (ॐ ह्रैः) | om savitre nama (ॐ सवित्रे नमः) | Swadhisthana | Uttanasana |
| 11 | om hraum (ॐ ह्रौः) | om arkāya nama (ॐ अर्काय नमः) | Vishuddhi | Hasta Uttanasana |
| 12 | om hraḥ (ॐ ह्रः) | om bhāskarāya nama (ॐ भास्कराय नमः) | Anahata | Pranamasana |

Experimental Group II : Yogic practices without mantra chanting

Group III : Control Group (No Training).

Computation of Analysis of Covariance and Post Hoc Test on Body Mass Index

The statistical analysis comparing initial and

final means of Body mass index due to Yogic practices with and without mantra chanting among Body mass index university men students is presented in Table 1.

Table 1

Analysis of covariance of the means of two experimental groups and the control group in body mass index

| Tests/ Groups | EX.GR-I | EX.GR-II | CG | S O V | Sum of Squares | df | Mean Squares | "F" Ratio |
|--------------------|---------|----------|-------|-------------|----------------|----|--------------|-----------|
| Pre Test | 24.08 | 24.50 | 24.76 | betw een | 3.53 | 2 | 1.766 | 0.34 |
| | | | | withi n | 217.32 | 42 | 5.17 | |
| Post Test | 19.22 | 22.31 | 24.64 | betw een | 221.79 | 2 | 110.90 | 26.65* |
| | | | | withi n | 174.76 | 42 | 4.16 | |
| Adjusted Post Test | 19.20 | 22.32 | 24.66 | betw een | 221.58 | 2 | 110.79 | 26.11* |
| | | | | withi n | 173.970 | 41 | 4.24 | |
| Mean Gain | 4.86 | 2.19 | 0.12 | | | | | |

* $F_{(0.05)}(2,42 \text{ and } 2, 41) = 3.23$. *Significant at 0.05 level of confidence.

Since significant improvements were recorded, the results were subjected to post hoc analysis using

Scheffe's Confidence Interval test. The results were presented in Table 2.

Table 2

Scheffe's post-hoc test for body mass index

| Mean Values | | | MD | Required C.I |
|-------------|----------|-------|-------|--------------|
| EX.GR-I | EX.GR-II | CG | | |
| 19.20 | 22.32 | - | 3.12* | 1.87 |
| 19.20 | - | 24.66 | 5.46* | |
| - | 22.32 | 24.66 | 2.34* | |

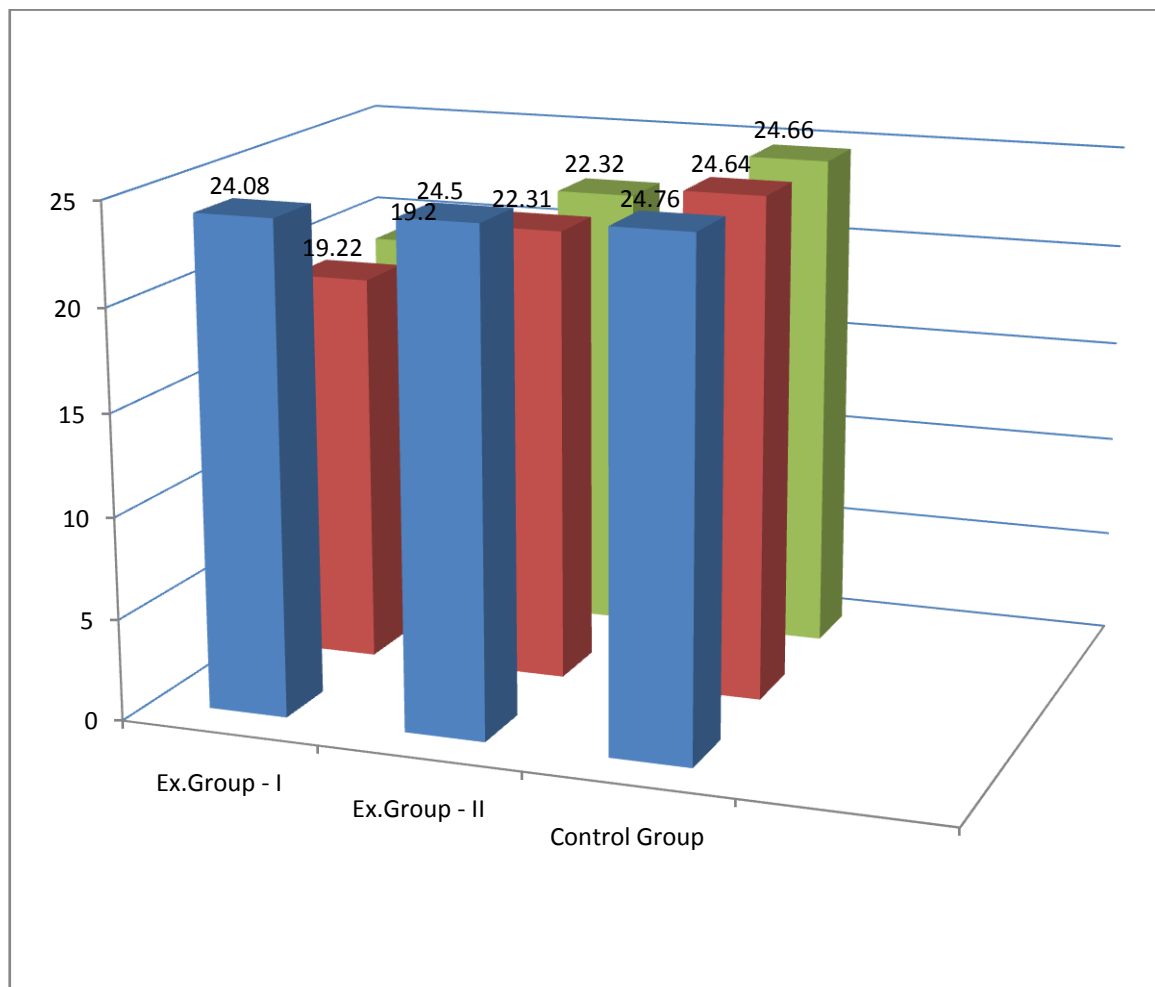
* Significant at 0.05 level.

The ordered adjusted means were presented through bar diagram for better understanding of the

results of this study in Figure I.

Figure 1

Bar diagram showing the mean difference among Experimental Group I, experimental group II and control group of body mass index



Results and Discussions of Body Mass Index

Taking into consideration of the pre test means and post test means adjusted post test means were determined and Analysis of Covariance was done and the obtained F value 33.78 was greater than the required value of 3.23 and hence it was accepted that the Yogic practices with and without mantra chanting significantly improved the Body mass index among male Body mass index university men students at 0.05 level.

The post hoc analysis of obtained ordered adjusted means proved that there was significant differences existed between Yogic practices with mantra chanting group and control group and Yogic practices without mantra chanting group and control group on Body mass index. This proved that due to six weeks Yogic practices with mantra chanting practices and Yogic practices without mantra chanting Body mass index was significantly improved among Body mass index college men.

Discussion on the Findings of Body Mass Index

The Analysis of Co-variance of Body mass index indicated that experimental group I (Yogic practices without mantra chanting), experimental group II (Yogic practices with mantra chanting Practices), were significantly improved than the control group on Body mass index. It may be due to the effect of Yogic practices with mantra chanting and Yogic practices without mantra chanting.

The findings of the study showed that the experimental group II (Yogic practices with mantra chanting) had improvement Body mass index more than the experimental group I (Yogic practices without mantra chanting). Nearly everything in life requires balance. Yogic practices with and without mantra chanting on its own is a good step toward a healthy life style.

Conclusion

There was a significant improvement in Body mass index of experimental groups when compared to the control group. Yogic practices with mantra chanting

group has shown mild improvement than the Yogic practices without mantra chanting .

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