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## AN EFFECT OF ASHTANG YOGA ACTIVITIES ON CARDIO- RESPIRATORY ENDURANCE

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### ABSTRACT

Yoga is getting more and more common as an add-on therapy to develop quality of life for countless persons. In a survey, groups were formed of 135 persons and they were given the task of six months for doing yoga, or for walking or for controlling a group. Those practicing yoga developed the quality of life significantly, apart from it, the mood and fatigue too became favorable, compared to the activates of the people of the other groups. Some other surveys have examined the way yoga may develop the worth of life and lessons signs in patients about cancer. Another survey examined some female members inflicted with breast cancer who were being given chemotherapy. They had such troubles as nausea and vomiting, but the yoga improved the overall quality of life. PMe related survey examined the way eight weeks of yoga influenced women with breast cancer. When the survey ended, the women were experiencing less pain as well as limited fatigue and there were improvements in stages of invigoration, acceptance and recreation. A few other studies discovered that yoga can assist in developing and improving the quality of sleep, improve spiritual well-being, develop social function and lessen symptoms of anxiety and depression in patients having cancer.

**KEYWORDS:**Ashtang Yoga Activities, Cardio-Respiratory Endurance, quality of life, anxiety and depression

### INTRODUCTION

The evidence that training of yoga for the duration of six weeks sweating reply diminish in response to the step test and procedure there is a raise in functioning of respiratory system pressure and survival in 40 mmHg tests in both the sexes. Additionally in some other research,

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they provide a conclusion that after having the yoga exercise for Twelve weeks has an increased effect on the inhale and exhale in terms of pressure, the for which a breath could be hold subsequent to expiration, and hand grip strength. Joshi et al have additionally confirmed that by doing pranayama for at least a time duration six weeks the process of taking breathe has better ventilator system in terms of lower rate of respiration, and increase in the compulsory imperative ability, obligatory expiratory quantity subsequent to first second, utmost intended airing, highest expiratory rate of flow, and persistence of time for that one can hold the breath. comparable advantageous effects found in experiment by Makwana et al following the ten weeks of doing exercise related to yoga these is a boost in inhale and exhale pressure which advise that by doing yoga one can have strengthened inspiratory and expiratory muscles. There is a resemblance between respiratory and muscles of skeletal. The technique of yoga includes isometric tightening also recognized to amplify the strength of muscles related to skeletal. How much time one can hold the Breath dependent on the volume of the lung initially. The lung having large volume reduce the occurrence and magnitude of spontaneous contraction of muscles related to respiratory, there by lessening the uneasiness of holding a breath. in yoga exercises, one constantly and deliberately over-rides the stimulus to the process of breathing centers, thus gaining power over the breathing process. Beside that enhanced cardiorespiratory outcome, it could be give details about the increased time in holding the breath in those who are trained in yoga. (Adhikari, 1999) carried out a survey about the aftermath of chosen exercises of yoga on breathing system stamina of students of school. The research indicates considerable progress in the wellbeing examination as outcome of exercises of yoga.

## **ASHTANG YOGA EIGHT LIMBS**

### **i.5 yamas that are connected with ethical limits and moral constraints**

**Asteya:** One must have non-stealing nature. Everyone must free itself from meanness and jealousy.

**Aparigraha:** One must have non-greed nature and must live very simple life by having in order to simplify life by embracing kindness and no hoarding.

**Ahimsa:** One must not believe in violence and harming nature and do not harm a living creature that indirectly improves sympathetic living and both mind and heart are relaxed state.

**Brahmacharya:** In this, self-discipline and self-denial are the practices.

**Satya:** One must always believe in honesty and uprightness of mind, their words and their actions. It is the topmost morality for

### **ii.5 niyamas that are connected to raise inner integrity**

**Tapas:** One must have spark for growth with lit of inner aim and proper life direction.

**Saucha:** This belongs to mind cleanliness and purity, also for heart, body as well as environment.

**Santosha:** One must know the ways of inner satisfaction so that one must not blame other for our own gladness.

**Svadyaya:** One must know intellect as well as having inner understanding. Isvara-pranidhana: One must be devoted to the supreme having dedication and devotion.

### **iii.Postures or Asanas**

It means postures that are connected with body that have been progressed from many years to centuries. These enhances physical beautifulness due to improvement in energy flow within the body, also lessen or abolish mind fickleness such that there will be enhancement in health of mind as well as physical health and vitality. This also helps to about our weakness, strength and actions of our life.

### **iv.Regulation for breath i.e. Pranayama**

The most allied energy associated with breath is Prana and it can also be termed as breath of lifel. The second half word, Ayamall leads to stretching and expansion of breath. The overall meaning is that expansion of life energy by properly controlling, regulating and manipulation of breath. Generally, it is stated that by listen to our breath, we can expand our mind limits and body constraints. This is also one of the blessing form.

### **v.Pratyahara is connected with the practice withdrawal of sensory**

This form tells us to withdraw our senses from the environment that is external such that we are more connected towards our inner self and that leads to happiness and satisfaction. The whole process stated that our human body has entire universe. The self-examination and pratyahara process enhances more self-understanding by doing some asanas like posture of tortoise.

### **vi.Practice of concentration called Dharana**

There exists many forms of concentration practice. This practice leads to increase the flow of energy in mind as well as body such that our mind and body can have more strength and there will be collection of positive energies that helps in achieving a meditative state.

#### **vii. Another form is Meditation called Dhyana**

When there is proper practice of ekatanata, one-way flow or concentration of mind then it is called meditation. This practice is totally absolute and helps to go beyond your limitations of mind and body such that you can connect with supreme powers of the universe and many of the ones 'have told that it is a yoking process with nature.

#### **viii. Happiness, bliss and enlighten state of ones' called Samadhi**

The topmost form of yoga and is the result of all the previous mentioned seven limbs. It is basically exceeding meditation. Basically, it is totally absolute and it leads to happiness state when you will not need anything as you have better known to yourself.

#### **Health linked with Fitness of physical body**

The strength of the human being is used identically in context with Health related strength of human being; it is defined as —the ability to perform occupational, recreational and daily activities without undue fatigue and possesses physical attribute to minimize risk of hypo – kinetic disease and enhance the degree wellness.

The production of the traits within the human body which act as a protection shield which protect us from various disease are commonly described as the health of human being with the finesse of the physical body which could be attained by some physical exercises. The wellbeing related it is importance to all humans and it should be enforced by the instructors of the physical education. Strengthening wellbeing concern cost and there are various colleges, schools institutions/organization have realized the advantages that can be achieved by taking part in these health activities which makes human body fit for that purpose some initiative should be takes for the students. Such institution /organization have realized that such kind of initiative programmers encourage vibrant health and also contribute in economy in terms of less money would be spent on health issues; primal death makes economic sense since poor health is cost by in terms of illness, primitive death, progress efficiency and nonattendance.

#### **Body Composition**

Effect of the performing of yoga on human body comprises consequences on weight of the body, index of the mass in the body, and fat accumulated in the body and percentage of incline mass.

(Ray, 2001) discovered a similar diminishing of the percentage of the fat that is gathered in the body. (resolute by skin fold width) within the amplification of in lean mass in the body of male military officers that participated in a yoga session of one hour long, daily for a time of half year. (Tran, 2001) had 10 un-trained persons (1gentleman, 9 feminine), having age between18-27 years involved in yoga known as hatha yoga for a duration of 2 months. Respondents participated in a 21.5 sessions on average (nearly 2.7 sessions per week) over the duration of two months, with an obligatory that respondents should participate in at least 2 sessions/per week, a total of 16 sessions in two months. even though development was there in the power of muscles and elasticity no changes in the weight of the body or composition as calculated with hydrostatic weighing? Same sort of outcomes was examined by (Cowen, 2005) who measured the effects of yoga types such as hatha yoga and Asthana yoga in the one month and two-week period. There were 17 respondents (9ashtanga, 8 hatha) both masculine and feminine, having age from 20-58 years, (SD=10.6, mean 31.8) attended two times in a week. yoga sessions of Hatha/Asthana for a duration of 90 minutes. The respondents attended 9.15 on average of the 12 sessions.

The variable which was only measured was body composition during intended period was weight of the body, which showed no noticeable alterations. It is probable, as shown in the researches carried out by Tran et al. and cowmen and Adams, that in a time duration of 6-8 weeks of yoga and the below three sessions of yoga is not sufficient of a human stimulus to change body composition. (Gruber K. , 2008)

### **Abdominal Strength**

Berat.T.K., (1976) research on effect of three year yogic exercise programme on motor function in school boys study found that active lifestyle tend to maintain considerably higher level of performance on the variables (viz cardio vascular endurance, abdominal muscle strength/endurance,bodyfat%,flexibilityandbalance)than do sedentary ones. (Gharote, 1970) conducted yogic training of three weeks duration and brought about a significant improvement in the strength and endurance of the abdominal muscles of 12 females as judged through sit up test.

### **Flexibility**

Yoga practices are found to develop generally the working caliber and their performance. The wellbeing of the body is not only includes cardio respiratory health and strength of the muscles , but as well synchronization and elasticity of the various organs i.e. the variety of the bodily and mental health which may be sought as an incorporated capacity of whole system and

arrangement used in context with performance. That stretching enhances flexibility is a fact generally regarded true, and it is possibly the majorly recognized bodily yield of yoga. In accord with this fact, it appears most researches carried out to gauge the physiological consequences of yoga exercises, not incorporated measurement of lighthness. Even though suppleness advantages are being recognized, while evaluated, there were limited dimensions to fit and test, which chiefly assess suppleness of the hamstring, trunk and hip. The earlier stated research by (Cowen, 2005) was being utilized to assemble and reach test for the assessment of suppleness, and registered momentous boost after the training of yoga for the duration of one month and two weeks. (Walls, 2007) also discovered noteworthy increase in trunk suppleness after doing yoga session once in week for the time period of two months, however discovered no noteworthy boost in flexibility of the shoulder. (Tran, 2001) utilized suppleness assessments further than that of the sit in addition to reach test . Researcher gauged suppleness in four levels: flexibility in ankle, elevation in the shoulder, trunk expansion and flexion of trunk. Researchers establish noteworthy boost in every dimensions after training of yoga for the duration of two months. The prominent and notable enhancements found in altitude of the shoulder and trunk expansion, rising 155 percent and 188 percent correspondingly.

The suppleness enhances represented by et al. additionally sustain preceding documents of augmented trunk suppleness, and authenticate understood suppleness increases all through the whole body, which is an outcome of the exercises of the yoga. (Gruber K. , 2008).

### **Ashtang Yoga Psychology**

The study of human behavior exactly implies —the study of the psychell. In the culture related to west, nearly all populace would think themselves resonance and strong mind unless they are found not to be. The different level of medicine from the culture of west psychoanalysis and psychology found to be beneficial for them who are mentally upset—if not \_common‘ people for any cause or other circumstance the are not able to work as easily as an average human function daily basis. The function of the basics of yoga is not restricted, then, the perceptive of the human being, acquisitive, experiences based on the emotions of human being. since its basis and scope is dependent upon the widespread principles and observations and, the underlying truths beneath the common perceptions, it observe humanity not just as brief, possible form, however have cosmic, worldwide nature. It appreciate human in the larger schemata regarding the natural order and tries to perceive and understand his position in the limitless universe, and

therefore offer the essential instrument using which to complement one's matter, earthly self(microcosm), by means of one's unending, widespread natural world (macrocosm).merely the organization of yoga (oneness, accord) inside the person psyche-a fair and mindful cerebral equilibrium will make known physical condition, contentment, prosperity and peace. It is the objective of yoga, and the profoundness as well as the influence of the psychology of the yoga.

### **Quality of Life**

Life of the conditions been regularly utilized as scientific idea in writings which denotes various indented groups and whole populace. The concept may vary, but there is the basis regarding domains that can be encompassed within the phrase. Spectators are likewise evident that together target life-situations and emotional individual examinations ought to be get as the contemplations and the way that what is essential to every individual fluctuates. A multifaceted point of view gives a model of personal satisfaction which coordinates objective and abstract markers and personal qualities over a wide scope of life areas. Life space issues might be ordered inside six zones: mental, gainful,physical,social, enthusiastic, and urban prosperity. anything be its exact detail, the model is advanced as a system for sorting out estimation pertinent to the personal satisfaction idea instead of as a blue print for inferring a definitive single instrument. There is as yet a requirement for methodological adaptability. The changeless point is to relate the fine grain of the experience of people with incapacity to that of the more extensive world.To assess the impact of long haul yoga practices on rest quality and nature of life(QOL) in the elderly. Research consider demonstrates that routine yoga practices in the day by day propensity for old people may help with achieving rest quality and build up the QOL.

Researches give an extensive audit of advantages of standard yoga exercises.The helpful consequences of yoga being examined in different populace interfacing with a large number of unique afflictions and situations.the yoga which is used in therapy is clarified as the use of yoga stance and practice to the fix of wellbeing conditions and draws in guidance in yoga exercises and instructing to stop, decrease, or ease physiological,structural,emotional and suffering,profound ache or restrictions. The result of this examination demonstrates that yoga exercises increments solid power and body elasticity, enhance and improves the breathe process and cardiovascular working,promotes recuperation from and mending of addiction, decreases the stress, depression,anxiety, and constant pain, develops rest patterns, and upgrades by and large prosperity and personal satisfaction.

## CONCLUSION

The research outcomes result of this study indicates positively significant effect between PrT and PoT on CRE in group experimental. It means and conclude that better ashtanga yoga training enhance cardio-respiratory endurance. In case of CRE, subject showed in a significant difference between groups experimental and control in ashtanga yoga training group. It means if ashtanga yoga performs regularly in specific time durations it have positively effect on human cardio-respiratory systems. The result of this study indicates positively significant effect between ashtanga yoga training in body composition (sub scapula & triceps). It means and concludes that better ashtanga yoga training reduces body fats and decrease health risk factors e.g. blood pressure and diabetes. In case of body composition, subject showed in a significant difference between groups control and experimental in ashtanga yoga training group. It means and conclude that better ashtanga yoga training enhance body composition. There was significant difference among ashtanga yoga training group on abdominal strength in experimental group. In case of abdominal strength, subject showed in no significant difference between experimental and control group in ashtanga yoga training group. It concludes that experimental and control group have shown difference but not significantly effect of training. The result of this study indicates positively significant effect between PrT and PoT performance on flexibility. It means and conclude that better ashtanga yoga training enhance flexibility. Regarding flexibility, subject showed in no significant difference between groups control and experimental of ashtanga yoga training on flexibility. Results shows that the effects of training on pre and post data of experimental group but some improvement also seen on control groups. The result of this study indicates positively significant effect between ashtanga yoga training on quality of life. It means and conclude that better ashtanga yoga training enhance quality of life.

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