Effect of Yogic Asana on Postural Deformities

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Abstract

The purpose of this study was to find out the effect of yogic asana on postural deformities of school boys. A sample of 20 boy student's age group of 9-12 years were purposely selected and given the treatment of yogic asana.

For assessing effect of yoga asana on postural deformities of school going boys, asana training was given for four months. The data of pre test and post test were obtained through the spondylometer, measuring scales and pedograph, and statistically analysed. Significant difference was found in kyphosis, and flat of school boys. It is concluded that there was significance improvement in the postural deformities of school boys.

Keywords: yoga, asana, kyphosis, knock knee and flat foot

INTRODUCTION

Human body has an upright posture which supports his body on his two legs, whereas most mammals carry themselves on four legs. This condition has challenges significant changes in mans mechanism of sitting, standing, sleeping, lying, running, blood circulation, respiration, muscular growth and development of body coordination etc.Today's children are witnessed as digital natives moving with 3rd generation & latest virtual reality technology to cope with the need of the hour finding e learning system, smart phones, laptops and computers as their best devices for acquiring knowledge but apart from it, if a child is not physically fit he cannot fight with critical circumstances of the situation.

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Several research works indicate that postural deformities have negative effect on physical fitness and may result in high physical strain during the study period of the child. Keeping in view the fact the student's physical fitness has important health consequences during their study; a large number of studies on effect of postural deformities on physical fitness have been reported from different countries.

A good posture helps the body to perform activities (action) with ease and of its best for the body to function properly. It can be defined as the position in which the centre of gravity of each body segment is centered over its supporting base. It is chiefly dependent on maintaining the centre of gravity in a correct way, an upright body, an alert whole with right balance and poise.

The physical education teacher, the coach and the trainer should be aware of acceptable structural differences and deviation among human bodies. It is also important that the students learn to detect deformities and abnormalities in body alignment that reflect poor posture and have a through understanding of those differences.

Methods and procedure

In the present study a purposive sampling plan were used for the selection of sample. 20 subjects were selected for training from different Schools of Jind. The age of subject was 9-12 year recorded from the school record. The postural deformities Kyphosis, Knock knee and flat foot measured by using of Spondylometer, measuring scales and pedograph.

The selected sample went through the training of yogic asana for four month months and four day in a week. The training programme of all three different postural deformities are given below.

S. No.	Yogic exercises for Kyphosis	1 - 8 Weeks		9 - 16 Weeks	
		Duration	Rest	Duration	Rest
1	Loosing	10 Mins			
2	Ustrasana	03 Rep	20 Sec	06 Rep	15 Sec
3	Balasana	03 Rep	20 Sec	06 Rep	15 Sec
4	Upavistha Konasana	03 Rep	20 Sec	06 Rep	15 Sec
5	Ardha Chandrasana	03 Rep	20 Sec	06 Rep	15 Sec
6	Purrottanasana	03 Rep	20 Sec	06 Rep	15 Sec
7	Setu Ban dha Sarvangasana	03 Rep	20 Sec	06 Rep	15 Sec

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8	Makara Adho Mukha Svannasana	03 Rep	20 Sec	06 Rep	15 Sec
9	Adho Mukh Sarvanasana	03 Rep	20 Sec	06 Rep	15 Sec
10	Salabhasana	03 Rep	20 Sec	06 Rep	15 Sec
11	Bhujangasana	03 Rep	20 Sec	06 Rep	15 Sec
12	Dhanu rasana	03 Rep	20 Sec	06 Rep	15 Sec
13	Matsyasana	03 Rep	20 Sec	06 Rep	15 Sec
14	Sarpasana	03 Rep	20 Sec	06 Rep	15 Sec
15	Relaxation	05 Mins			

Yogic Practice Schedule for Knock Knees

S. No.	Yogic exercises for Knock Knees	1-8 Weeks		9-16 Weeks	
		Duration	Rest	Duration	Rest
1	Loosing	10 Mins			
2	Tadasana	03 Rep	20 Sec	06 Rep	15 Sec
3	Utkatasana	03 Rep	20 Sec	06 Rep	15 Sec
4	Utthita Trikonasana	03 Rep	20 Sec	06 Rep	15 Sec
5	Ardha Padmasana	03 Rep	20 Sec	06 Rep	15 Sec
6	Supta padangusthasana	03 Rep	20 Sec	06 Rep	15 Sec
7	Virabhadrasana	03 Rep	20 Sec	06 Rep	15 Sec
8	Ardha Chandra	03 Rep	20 Sec	06 Rep	15 Sec
9	Trikonasana	03 Rep	20 Sec	06 Rep	15 Sec
10	Relaxation	05 Mins			

Yogic Practice Schedule for Flat Foot

S. No.	Yogic exercises for Flat Foot	1-8 Weeks		9-16 Weeks	
		Duration	Rest	Duration	Rest
1	Loosing	10 Mins			
2	Tadasana	03 Rep	20 Sec	06 Rep	15 Sec
3	Adho Mukha Svanasana	03 Rep	20 Sec	06 Rep	15 Sec
4	Baddha Konasana	03 Rep	20 Sec	06 Rep	15 Sec
5	Vrksasana	03 Rep	20 Sec	06 Rep	15 Sec
6	Utthita Trikonasana	03 Rep	20 Sec	06 Rep	15 Sec
7	Virbhadrasana	03 Rep	20 Sec	06 Rep	15 Sec
8	Relaxation	05 Mins			

The selected sample went through training of yogic asana for four months. After the four month training again data was collected to see the improvement. After the statistical analysis, the results were presented in the

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table. The means difference were calculated to find out the significant difference of the pre- test and post- test of postural deformities with the help of't' test at. 05 level of significance.

Table 1 : Score of pre test and post test

Variable	Pre test	Post test	M D	SED	t-value
Kyphosis (6)	41.17	38.17	3	1.150	2.61*
Knock Knees(8)	21.13	19.88	1.25	0.863	1.45
Flat Foot(6)	18.50	17.17	1.33	0.380	3.50*

*.05level of significance

The analysis of data reveals that Kyphosis and Flat foot were observed as significant difference in between pre and post test but in case of knock knee it is not significant level.

Conclusion:

After obtaining the result of pre- test and post- test, it was found that the Kyphosis, Knock knee and Flat foot improved in a significant manner after the yogic asana. The mean differences of between pre test and post test have proved that Yogic asana are better than normal life style. Asana are helped in improving the postural deformities like Kyphosis, Knock knee and Flat foot. Improve these variables shows that yogic asana can increase the efficiency of the students.

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