

A comparative study on recovery pulse rate between Yoganidra and Savasana

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Abstract

The effectiveness of using the heart rate (HR) as an indicator of exercise intensity to monitor of all games and sports and any physical activity. However, recently new regulations and a trend towards more conditional games have prompted a need to revise field study procedures and demand the increased specialization of games' concerned. Yoga has been become increasingly popular in the world as a method to reduce stress and as a means of exercise and fitness training also for recovery purpose as well. The purpose of the study was to compare the differences on recovery pulse rate between, Yoga Nidra group and Savasana group For the purpose of the study 54 male B.P.Ed students from Mugberia Gangadhar Mahavidyalaya, Purba Medinipur, West Bengal were selected as the subjects for this study. The age of the subjects was between 22-25 years. Recovery Pulse Rate was only the variable of the study. 't' test was applied to calculate the collected data at 0.05 level of significance The result showed that there was significance difference were observed between Yoga Nidra group and Savasana group.

Keywords: Recovery pulse rate, Yoga Nidra group, Savasana group.

Introduction

The world of games and sports has crossed many milestones, as a result of different achievements in general and their application in the field of sports in particular. Scientific investigation for performance of sportsman has been playing an increasingly importance role to attain excellence of performance in different sports. Now the sportsman has been able to give outstanding performance because of involvement of new scientifically substantiated training methods and means of execution of sports exercise such as Sports technique and tactics.

In recent times the nature of sports has become very competitive and challenging. Causing stress to the sports persons. Sports demand high level of physical, mental, physiological and emotional stability, and at the same time, they require a sharp mental focus. Sound technique, good levels of specific conditioning and positive mental approach are prerequisites of a successful competitive performance. For betterment in performance sports men requires very scientific, systematic and high intensity training programme to meet the goal. For that they may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, and they find it hard to concentrate on the task in hand. Considering the above facts modern coaches give very much importance in relaxation. For this purpose coaches' now days try different relaxation techniques.

Whilst exercising the body uses lots of energy. The muscles work hard and have to be provided with a constant supply of oxygen. Oxygen converts the food individuals eat into useable energy through the process of respiration. The extra oxygen needed during exercise is provided by breathing faster, hence feeling 'out of breath'. The extra oxygen that is breathed in is sent to the muscles in the bloodstream, so the heart has to beat faster to meet the extra oxygen demand.

Recovery heart rate helps individuals to find out if they are getting fitter through exercising. It is a measure of how quickly an individual returns to their resting heart rate after exercise.

Yoga Nidra means Yogic Sleep. It is a state of conscious Deep Sleep. In Meditation, you remain in the Waking state of consciousness, and gently focus the mind, while allowing thought patterns, emotions, sensations, and images to arise and go on. However, in Yoga Nidra, you *leave* the Waking state, go past the Dreaming state, and go to Deep Sleep, yet remain awake. While Yoga Nidra is a state that is very relaxing. : It is sleep with a trace of deep awareness. In normal sleep we lose track of our self but in yoga nidra, while consciousness of the world is dim and relaxation is deep, there remains an inward lucidity and experiences may be absorbed to be recalled later. Since yoga nidra involves an aimless and effortless relaxation Yoga Nidra is performed in the posture of Savasana, with the eyes closed or it is a systematic method of inducing complete physical, mental and emotional relaxation. The state of relaxation is reached by turning inwards, away from outer experiences if the consciousness can be separated from external awareness and from sleep it becomes very powerful and can be applied in many ways. The characteristic feature of Yoga Nidra was the systematic rotation of consciousness in the body, which originated from the tantric practice of NYASA (meaning to place or to take the mind to that point) NYASA, was practiced in a sitting posture and involved the use of specific mantras which were placed, felt or experienced at different parts of the body. First, the name of the part was recited, then it was visualize or touched, and the mantra was placed there. NYASA was a means of consecrating the physical body by instilling higher awareness or divine consciousness into the various parts during tantric ritual practices. For example, the Angushtadi Shadanga-nayasa was used to place mantras in the hand as follows.

Savasana is perhaps the most important part of yoga practice. Lying on the back, the arms and legs are spread at about 45 degrees, the eyes are closed and the breath deep, using deergha (long) pranayama. The whole body is relaxed onto the floor with an awareness of the chest and abdomen rising and falling with each breath. All parts of the body are scanned for muscular tension of any kind, which is consciously released as it is found, optionally with a small repetitive movement of the area.

There are quite a number of relaxation techniques which are useful in a sporting context. These have to be learned and once learned, they must be practiced on a regular basis. To compare which relaxation technique is better on recovery pulse rate out of Yoga nidra and Savasana, researcher took up this study.

Statement of the problem

The purpose of the study was to compare the differences on recovery pulse rate between Savasana and Yoga Nidra.

Methodology

For the purpose of the study 54 male Physical Education students (27 Yoga nidra and 27 male Savasana,) were selected randomly from Mugberia Gangadhar Mahavidyalaya, Purba Medinipur, West Bengal.

To compare the recovery pulse rate between the groups 12 minute run and walk was induced to the subjects. After 12 minute run and walk test all the subjects were divided in to two equal groups. One group was given 15 minutes Savasana and the another group was given Yoga nidra for 15 minutes. After 15 minutes again the pulse rate were counted.

Group	Test	Pulse rate after exercise for 15 minutes (mean)	Treatment	Recovery pulse rate (mean)
Yoganidra group	12 minute run& walk test	175.33(Beats/min)	Yoganidra for 15 minutes	100.44(Beats/min)
Savasana group	12 minute run & walk test	173.48(Beats/min)	Savasana for 15 minutes	116.66(Beats/min)

To compute all the results Students 'T' test was employed at 0.05 level of significance.

Finding

Table 1. Mean Standard deviation and 't' test in recovery pulse rate between Yoga Nidra group and Savasana group.

Variable	Mean		Std- Deviation		t-Ratio
	Yoganidra group	Savasana group	Yoganidra group	Savasana group	
Recovery pulse rate	100.44	116.66	18.51	21.20	2.77*

Tab_{0.05}-(52) = 2.00, *=Significant, NS= not significant.

Table 1 shows that the mean and standard deviation of Yoganidra group on Recovery pulse rate has been found 100.44±18.51 and the mean and standard deviation of Savasana

group on Recovery pulse has been found 116.66±21.20. The 't' value of Recovery pulse rate 2.77 is significant at 0.05 level of significance.



Fig 1

Discussion of Finding

From the findings of Table-1 It was found that there is a significant difference in Recovery pulse rate of Yoga Nidra group and Savasana group. The Recovery pulse of Yoga Nidra group students is much higher in comparison to Recovery pulse rate of Savasana group students.

The fact may be describe due to that Savasana is perhaps the most important part of Yoga practice lying on the back, the arms and legs are spread at about degree and eyes are closed and the breath due all parts of the body are scanned for muscular tension of any kind, which is consciously relaxed that's why the recovery pulse rate reduced on the other hand. In Recovery

pulse rate yoga nidra was more effective than the savasana group. Because Yoga Nidra play a vital role in ensuring psychological health and well being of children. Yoga Nidra helps in regaining the point of balance and harmony in every sphere of existence. Yoga Nidra is a systematic method of inducing complete physical, mental and emotional relaxation. Yoga Nidra is often referred to as psychic sleep or deep relaxation with inner awareness in this threshold state between sleep and wakefulness. In Yoga Nidra, the state of relaxation is reached by turning inwards, away from outer experiences. It not only concern about different muscles but also concern about breathing and mental relaxation. It considers the human being as a whole. It gives relaxation effect to the muscular system and nervous system and also develop strengthens muscles and Neuro- pathway. Therefore it is and recovery pulse rate reduced significantly than that of savasana.

Conclusion

Significant difference found in Recovery pulse rate of Savasana group and Yoga Nidra group.

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