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# Examining the Impact of Combined Yoga and Naturopathy on Triglyceride Levels in Stressed Individuals in Tamil Nadu

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## Abstract

The purpose of this study was to investigate the effect of combined yoga and naturopathy on triglycerides among stressed individuals. To achieve this objective, thirty stressed individuals were selected from Karaikudi, Tamil Nadu, India, during the year 2019. The participants' ages ranged from 25 to 35 years. The subjects were divided into two equal groups of 15 participants each: an experimental group and a control group. The experimental group underwent a combined yoga and naturopathy program for six weeks, while the control group did not participate in any specific training during the study. Triglyceride levels were measured using the triglycerides analyzer method (blood test in a lab). A pre-test was conducted before the training period, and a post-test was conducted immediately after the six-week training period. A statistical 't' ratio was used to analyze the pre-test and post-test data of both groups. The results revealed a significant difference in triglyceride levels due to the combined yoga and naturopathy intervention in the experimental group compared to the control group.

**Keywords:** Yogic practice, Triglycerides, 't' ratio

## Introduction

Yoga is an ancient discipline based on a subtle science that focuses on harmonizing the mind and body. It is both an art and a science of healthy living. Today, sports have become an integral part of our culture, influencing and being influenced by various social institutions, including education, economics, arts, politics, law, mass communication, and international diplomacy (Alaguraja, K. et

al., 2019). Yoga benefits individuals of all ages and is particularly fascinating for those with a philosophical mindset. It is often defined as the silencing of the mind's activities, leading to the realization of the Supreme Being (Alaguraja, K. et al., 2017).

Yoga consists of a system of exercises that assist the mind and body in achieving tranquility and spiritual insight (Alaguraja, K. et al., 2019). Proper practice of yoga requires not only physical movement but also mental engagement. It can be initiated at any time, starting with meditation or pranayama, even without performing asanas (postures) (Alaguraja, K. et al., 2019). In modern times, there is an increasing emphasis on appearing smarter, feeling better, and living longer. Scientific evidence suggests that high fitness levels and regular exercise contribute significantly to achieving these ideals (Alaguraja, K. et al., 2019). Yoga is a practical discipline rather than a religion and can be practiced by individuals from all religious backgrounds, including Buddhists, Jews, Christians, Muslims, Hindus, and atheists alike (Selvakumar, K. et al., 2019).

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## Research Methodology

### *Selection of Subjects*

This study aimed to determine the effect of combined yoga and naturopathy on triglyceride levels among stressed individuals. Thirty stressed individuals were selected randomly for the study. Their ages ranged from 25 to 35 years.

### *Selection of Variables*

- **Independent Variable:** Combined yoga and naturopathy
- **Dependent Variable:** Triglycerides

### *Experimental Design and Implementation*

The selected subjects were divided into two equal groups:

1. **Experimental Group:** Underwent combined yoga and naturopathy training for six days per week over six weeks.
2. **Control Group:** Did not undergo any specialized training apart from their regular physical activities.

Triglyceride levels were measured using the triglycerides analyzer method (blood test in a lab) before and after the training period.

### *Statistical Technique*

The 't' test was used to analyze the significance of differences, if any, between the two groups.

*Level of Significance*

A 0.05 level of confidence was set as the threshold for statistical significance.

## Analysis of Data

The significance of differences in triglyceride levels among the experimental and control groups was assessed using pre-test and post-test data. The dependent 't' test was employed with a confidence level of 0.05.

*Table 1: Analysis of t-ratio for Pre-Test and Post-Test of Experimental and Control Groups on Triglycerides*

| Variables | Group | Mean (Pre) | Mean (Post) | SD (Pre) | SD (Post) | df | 't' Ratio |
|---|---|---|---|---|---|---|---|
| **Triglycerides** | Control | 152.6 | 152.93 | 3.75 | 3.43 | 14 | 1.32 |
| **Triglycerides** | Experimental | 152.46 | 149.26 | 3.15 | 2.86 | 14 | 16.00* |

*Significant at 0.05 level of confidence.

The table shows that the pre-test and post-test mean values of the control group for triglycerides were 152.6 and 152.93, respectively. The obtained 't' ratio of 1.32 was less than the required table value of 2.14 for significance at the 0.05 level with 14 degrees of freedom, making it statistically insignificant. However, in the experimental group, the pre-test and post-test mean values were 152.46 and 149.26, respectively. The obtained 't' ratio of 16.00 was greater than the required table value, indicating statistical significance. The study results suggest that there was a significant reduction in triglycerides in the experimental group due to six weeks of combined yoga and naturopathy.

*Figure 1: Bar Diagram Showing the Pre and Post Mean Values of Experimental and Control Groups on Triglycerides*

## Discussion on Findings

The study results indicate that the experimental group, which underwent combined yoga and naturopathy, showed a significant reduction in triglyceride levels compared to the control group. This improvement can be attributed to the intervention of combined yoga and naturopathy.

## Conclusion

Based on the results, the following conclusions were drawn:

1. There was a significant difference between the experimental and control groups in triglyceride levels after the training period.
2. The experimental group showed significant improvement in triglyceride levels due to six weeks of combined yoga and naturopathy.

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