

**EFFECT OF YOGIC PRACTICES WITH AND WITHOUT DIET
MODIFICATIONS ON SELECTED RISK FACTORS AMONG
MEN WITH ANDROPAUSE**

*Abstract submitted to Tamil Nadu Physical Education and
Sports University, Chennai in partial fulfillment of the
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**DOCTOR OF PHILOSOPHY
IN
YOGA**

Submitted by

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TITLE:

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(Dr. V. DURAISAMI)

Testosterone is the hormone responsible for deep voices, muscle mass, and facial and body hair patterns found in males. As men get older, the level of testosterone in the body and production of sperm gradually becomes lower, and they experience physical and psychological symptoms as a result of these low levels. This is part of the natural aging process and it is estimated that testosterone decreases about 10% every decade after men reach the age of 30.

Andropause is a condition that is associated with the decrease in the male hormone testosterone. It is unlike menopause in that the decrease in testosterone and the development of symptoms is more gradual than what occurs in women. Approximately 30% of men in their 50s will experience symptoms of andropause caused by low testosterone levels. A person experiencing andropause may have a

number of symptoms related to the condition and could be at risk of other serious health conditions such as osteoporosis without proper treatment.

Adopting a regular yoga practice can improve the quality of sperm if one has issues with sperm count or motility. Practicing yoga is also proven to be excellent for prostate health, warding off prostate disorders, and reducing the size of prostate if it has got enlarged. Adopting a regular yoga practice can reduce stress and anxiety levels also, which can improve the overall health of reproductive organs, as it has proven that having less stress in life can improve sex-life and helps to treat mild erectile dysfunction (ED). Yoga basically acts as mind-body complementary medicine of male reproductive health by improving health in various ways It not only acts on endocrine axes to improve reproductive functions in male, but also, helps to improve reproductive health by improving reproductive behavior, mood, and also by reducing anxiety and stress. Yoga is a physical, mental, and spiritual practice or discipline that denotes a variety of schools, practices and goals in Hinduism, Buddhism (including Vajrayana and Tibetan Buddhism and Jainism, the best-known being Hatha yoga and Raja yoga. The origins of Yoga have been speculated to date back to pre-Vedic Indian traditions, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic circles, which are also credited with the early movements.

The purpose of the study was to determine the effect of yogic practices with and without diet modifications on selected risk factors among men with andropause.

SIGNIFICANCE OF THE STUDY

1. This study would give an exact idea, about Flexibility, Systolic blood pressure, Body mass index, Respiratory Rate is the most important factor in the development of men with andropause.

2. This study would pave the way and explore the level of their physical, physiological and psychological and give additional knowledge to manage this problem.

3. This study will give more attention towards the yogic training with diet and without diet modification for men with andropause.

4. This study useful for the future research and hospitals of men with andropause.

METHODOLOGY

The purpose of this research study was to find out the effect of yogic practices (with and without diet) on selected risk factors among Men with andropause (Physical, Physiological and psychological variables) were dependent variables and a. yogic practices b. with and without diet were taken as independent variables.

In this research Forty five Men with andropause from Chennai were randomly selected as subjects. They were divided into three groups. Which were as follows:

- a. **Experimental Group – I** - (Yogic training with diet)
- b. **Experimental Group - II** – (Yogic training not with diet)
- c. **Group ‘C’** - (Control group, No training was provided).

The significance of the difference between the experimental groups I, II, and Group - III were found out by the pre test and post test. They were determined through

analysis of covariance (ANCOVA). The adjusted post test means were also computed by scheff's post hoc test. Thus the following results were obtained after the statistical analysis.

CONCLUSIONS

Within the above mentioned scope of this study, the following conclusions are arrived as:

Even two Experimental Group I (Yogic Training with diet) and Experimental Group II (Yogic training not with diet) showed significant improvement in the physical variable flexibility (Increased), physiological variables such as Body Mass Index (decreased), Systolic blood pressure (decreased), respiratory rate (decreased) and psychological variables such as stress and anxiety (reduced) and self confidence (Increased) among Men with andropause . These results are observed to be better than the control group.

Between the Experimental Group I (Yogic Training with diet) and Experimental Group II, Experimental Group I (Yogic Training with diet) given a better results on all the dependent variables like physical, physiological and psychological variables than the Experimental Group II yogic training without diet.

RECOMMENDATIONS

The following recommendations have been derived on the basis of the study for practitioners.

1. It was found that yogic training and diet schedule should be useful for the subjects (Men with andropause) .
2. It was found that the yogic practices not included diet regulations also should be useful for subjects (Men with andropause).
3. It was found that the both practices yoga and diet are more suitable for the subjects (Men with andropause).

4. The government may be encouraged Yoga as a therapy of health centers.
5. yogic training with diet may be included in all menopause and andropause hospitals.
6. The state and central Govt may promote yoga and diet by introducing by various schemes for the betterment of the society.
7. Yoga and diet may be done by all countries people in their daily routine to prevent diseases.

SUGESTIONS FOR FURTHER RESEARCH

1. The other study study can be undertaken on other age groups of yogic training with diet
2. The other study study can be undertaken for menopause women also.
3. The other study study can be undertaken for (rural & urban) menopause women.
4. The other study study can be done for other diseases also.

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