

LIST OF TABLES

Tables	Page No.
I Causative Factors, Symptoms and Management of Arthritis	3
II Affected group, age and clinical diagnosis	8
III Criterion Measures	39
IV Hatha yoga practices of a study group I To V Week	41
V Hatha yoga practices of study group VI To X Week	42
VI Hatha yoga practices of study group XI To XVI Week	43
VII Calculation of Variance Analysis on Flexibility (Scores in cms)	67
VIII Computation of Scheffe's post hoc test ordered adjusted final mean difference of flexibility	68
IX Computation of analysis of covariance on strength(Scores in ht/wt²)	71
X Computation of scheffe's post hoc test ordered adjusted final mean difference of strength (grip- right hand)	72
XI Computation of analysis of covariance on range of motion(Scores in ht/wt²)	68
XII Computation of scheffe's post hoc test ordered adjusted final mean difference of range of motion	69
XIII Computation of Variance Analysis (ANCOVA) on Body Mass INDEX (BMI) (Scores in beats/min)	72
XIV Computation of scheffe's post-hoc test ordered adjusted final mean difference on body mass index (bmi)	73
XV Computation of analysis of covariance on systolic blood pressure (Scores in mm/hg)	76
XVI Computation of scheffe's post-hoc test ordered adjusted final mean difference on systolic blood pressure	77
XVII Computation of analysis of covariance of pain (Scores in marks)	80

XVIII	Computation of scheffe's post-hoc test ordered adjusted final mean difference on pain	81
XIX	Computation of analysis of covariance of cadence(Scores in marks)	84
XX	Computation of scheffe's post-hoc test ordered adjusted final mean difference on cadence	85
XXII	Computation of analysis of covariance of anger (scores in marks)	88
XXIII	Computation of scheffe's post-hoc test ordered adjusted final mean difference on anger	88
XXIV	Computation of analysis of covariance of depression(scores in marks)	90