

225 EFFECT OF YOGA TRAINING ON HANDGRIP, RESPIRATORY PRESSURES AND PULMONARY FUNCTION

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Although there are a number of reports on the effect of yoga training on pulmonary functions, very few studies have been undertaken on the effect of yoga training on respiratory pressures and handgrip endurance. Hence the present work was planned to study the effect of yoga training on hand grip strength (HGS), hand grip endurance, forced expiratory volume (FEV), forced expiratory volume in 1 s (FEV₁) and peak expiratory flow rate (PEFR), 20 school children in the age group of 12–15 years were given yoga training (asanas and pranayama) for 6 months, 20 age and gender matched students formed the control group. Yoga training produced statistically significant ($p < 0.05$) increase in HGS and HE, MEP, MIP, FEV, FEV₁, PEFR also increased significantly ($p < 0.01$) after the yoga training. In contrast, the increase in these parameters in the control group was statistically insignificant. One study shows that yoga training for 6 months improves lung function, strength of inspiratory and expiratory muscles as well as skeletal muscle strength and endurance. It is suggested that yoga be introduced at school level in order to improve physiological functions, overall health and performance of students.