

# Platelets Enhancement in Regular Practice of Yoga in Old People

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## Abstract:-

**Background:-** The first priority of human being has always been a healthy living. Yoga has been used as a therapeutic system since ancient times. Which has been effective in improving human health. It is said that yoga is really beneficial in low blood pressure, obesity, anxiety, Insomnia, psychosomatic disorders, increased strength and flexibility, muscle mass, improved sense of well being. As well as it is helpful in control breathing, reducing signs of oxidative stress & improving spiritual growth.

**Goal:-** The aim of current study was to increase the amount of platelets in aged people through systematic practice of yoga for six weeks.

**Methods:-** The experimental study, take in 23 senior persons aged between 40 to 60 years. They were trained with various yoga exercises and examined for six weeks. They were assessed by various tests during this study period.

**Result:-** Because of the regular practice of variety of yoga parts not only platelets but also the amount of RBC and WBC increased.

**Judgement:-** I have come to the conclusion that by practicing yoga daily, a person can lead a healthy life by increasing his platelet count.

**Keywords:-** Yoga, Platelets Enhancement.

## I. INTRODUCTION

Yoga is a system of exercises for the body that involves breath control and helps relax both your mind and body. Because of its comprehensive nature, it is able to improve the Practitioners physically, mentally, socially, spiritually. Yoga is considered the basis of healthy life. It is seen since ancient times that people who practiced yoga were physically, mentally and spiritually strong and their thinking, understanding and learning power was more than other people. Yoga is universally accepted and widely practiced.

The practice of yoga has been thought to date back to pre-vedic Indian traditions, possibly in the Indus valley civilization around 3000 BCE. Yoga is mentioned in the Rigveda, and also referenced in the Upanishads, though it most likely developed as a systematic study around the 5th and 6th centuries BCE, in ancient India's ascetic and ramaṇa movements. The chronology of earliest texts describing yoga practices is unclear, varyingly credited to the Upanishads. The Yoga Sutras of Patanjali date from the 2nd century BCE

and gained prominence in the West in the 20th century after being first introduced by Swami Vivekananda. Hatha yoga texts began to emerge sometime between the 9th and 11th century with origins in tantra.

Yoga Training of various exercises of the mind and body : Which aims at providing a healthy life to human being. So far, there is no adequate assessment of yoga in relation to the increase of platelets. That is why the purpose of this study is to find out whether yoga can bring about any change in the body.

## II. METHODS

This study was done on 23 old people living in my village. Whose age was 40 to 60 years old and in that group both men and women were included. The study was conducted between April 2021 and May 2021 for a period of six weeks. Inexperienced old people were included. The study was undergone certified yoga teacher. A school site was chosen for the study which was very safe. At this time the era of covid 19 was going on, in view of which the number of people in the group was determined instead of the study so that there was no danger or fear of any kind.

An ISO certified weighing machine was used to measure weight; an inch tape and a scale (stadiometer) to determine height. Body mass index (BMI) was calculated by weight (kilograms) divided by height (meters) squared by Quetelet index. Before recording the parameters, the subject was asked to relax physically and mentally for 15 minutes. The pulse rate (PR) and blood pressure (BP) were recorded by LED BP monitor (Omron HEM-7130) in supine position in the right upper limb. Platelets were measured by using Sysmex xp-300 automated hematology analyzer after drawing 2 ml of blood in ethylenediaminetetraacetic acid (EDTA) vial after aseptic precautions.

The classes were conducted at 6am to 7am. Asanas, pranayama and meditation were fixed in the subject of study. All this was done under the supervision of a yoga expert. Principles based in this study:- safe and simple, ideal stretch to the muscles, some postures: standing, sitting, and prone.

Standing position asanas were Tadasana, Trikonasana and Ardhaakachakrasana. Sitting position asanas were Paschimottanasana, Vajrasana, Gomukhasana and prone

position includes Bhujangasana, Shalabhasana. Shavasana for 5 min. Then asanas, pranayama was practised Kapalabhati 4 rounds each of 20 to 40 strokes Nadishodana pranayama 3 rounds Bhramari 2 rounds, Brastrika 3 rounds each of 30 to 40 strokes, meditated for 15 minutes with chanting the OM word Which relation with Lord Shiva is said to be.

The results that came up to the expectation came true, due to which Yoga once again expressed its importance.

### III. RESULTS

In the current study, out of 23 participants 8 were male and 15 were female in the age group of 40 to 60 years. (Table No. 1), shows the results of increased platelets, hemoglobin and wbc were modulated after six weeks of yoga practice. The value of platelets was increased after performing the yoga practice, it was statistically non-significant. Furthermore, RBC and WBC were also improved.

Hemoglobin WBC and Platelets Count before and After Yoga Practice (Mean ± SD)

Variable	Pre-test	Post-test	P value
Hemoglobin	11.74±1.91	12.62±1.46	0.05
WBC	5,771.43±1251.29	5785.24±1248.24	0.93
Platelets	3.11±0.40	3.22±0.382	0.06

### IV. CONCLUSION

Through this study, we get an estimate that yoga not only makes us physically fit but also keeps diseases away by making internal changes in the body. Economic consideration should be included in future research. Yoga results should be compared with or without medicine.

Methods like yogic asanas, pranayama, and meditation helps to increase our platelets. The results would justify that Yoga as a part of our life style and essence of the life. Is cheap and cost-effective discipline.

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