

STUDY ON SURVEY OF ROLE OF YOGASANA WITH PHYSICAL TRAINING EXERCISE FOR PREVENTION OF CONSTIPATION & APD (ACID PEPTIC DISEASE) IN YOUNG STUDENTS

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ABSTRACT

APD and Constipation are common life style disorders among young students. Improper habits, unhealthy life style practices, stress of study and sedentary habits are main etiological factors of the diseases. The survey conducted in randomly selected sample of 598 students among same cultural and social background from the area of Palampur and Baijnath Tehasil nearby R.G.G.P.G. Ayurvedic College, Paprola H.P. These students were selected from class 11 and 12. They are doing Yogasana of simple form and exercise during physical training classes in their school and some of them also doing it on their own interest. On analysis of the survey it has been found that APD is most common physical health problem in students followed by constipation. The tendency of students towards Yogasana with physical training exercise has also been assessed. Girls have a higher percentage prevalence of APD and Constipation but have lower aptitude towards *Yogasana* with Physical Training Exercise. The preventive role of habit of doing *Yogasana* with physical training exercise in daily routine for combating the problems of APD and Constipation has also been analyzed in this study.

Keywords: APD, Constipation, Yogasana, Physical Training Exercise, Survey

INTRODUCTION

Acid peptic disease and Constipation are common life style problem among young students (According to UN/W.H.O. young is the age group from 10 to 24 years)¹ and also increasing day by day. APD and constipation have almost same aetiological factors like stressful daily routine, fast and sedentary life style, irre-

gular meal or skipping meal, spicy and junk foods, eating and sleeping too late at night, insufficient sleep etc. Medicines are not potent enough to combat these problems. Life style interventions may play major role in management of these problems.

According to modern medicine the consensus definition of constipation is as having 2 or more of the following for at least 12 weeks:

- a. infrequent passage of stools (<3/week)
- b. straining >25% of time
- c. passage of hard stools
- d. incomplete evacuation and sensation of anorectal blockage.²

In this study only physiological constipation has been assessed on the basis of perception of the students not by clinical evaluation.

MATERIAL AND METHODS-

Present research work entitled “A Survey Study On Survey Of Role Of Yogasana With Physical Training Exercise For Prevention of Constipation & APD in Young Students ” was conducted under following aims and objectives: .

AIMS AND OBJECTIVES OF THE RESEARCH WORK:-

- To study the prevalence of constipation and acid peptic diseases among young students.
- To study the tendency of students towards Yogasana with Physical Training Exercises
- To study the preventive role of Yogasana with Physical Training Exercises in combating the problem of constipation and acid peptic diseases.

PLAN OF STUDY:-

The survey was conducted in randomly selected sample of 598 students from same cultural and social background from the area of Palampur and Baijnath Tehasil nearby R.G.G.P.G. Ayurvedic College, Paprola H.P. These students

were selected from class 11 and 12 from different government and private public schools whose details have been tabulated in the paper. Assessment of prevalence of Constipation, APD and habit of Yogasana with physical training exercise among young students has been made on the basis of this survey. The questionnaire was presented in both languages i.e. Hindi and English.

The questionnaire used in conducting survey was in the form of a proforma which is as follows-

PROFORMA TO ASSESS THE LIFE STYLE AMONG YOUNG STUDENTS

Name of Volunteer -
Father's name -
Father's Occupation -
Age -
Gender -
Address with mobile no. -
Class -
School Name -
Day Scholar/Hosteller -

Questionnaire

1. Do you have constipation problem? Daily / 3-4 days in a week/ 1-2 days in a week/Never
2. Do you have APD (Hyperacidity, Sour belching, Chest burn, Flatulence)? Daily / 3-4 days in a week/ 1-2 days in a week/Never
3. Do you do exercise/Yoga? Daily / 3-4 days in a week/ 1-2 days in a week/Never

OBSERVATIONS AND RESULTS:- PRESENTATION OF DATA:

The data collected and compiled from this survey was sorted out & tabulated to obtain results which are presented below-

Table 1: School wise No. of students -

Sr. no.	School name	No. Of Students
1.	Bhartiya Vidyapeeth, Baijnath	159
2.	Vishuddha Public School, Baijnath	123
3.	Kendriya Vidyalaya, Army Campus, Alhilal	20
4.	Govt. Sr. Sec. School, Averi	177
5.	Govt. Sr. Sec. School, Banuri	119
	Total	598

This table shows the number of students in different schools participated in this survey study.

The highest number of students participated (177) were from Govt. Sr. Sec. School, Averi.

Table 2: Sex wise distribution –

Sr. no.	Sex	No. of volunteers	% age
1.	Male	325	54.34
2.	Female	273	45.65

In this study highest no. of participants were male i.e. 54.34

Table 3: Distribution according to day scholar and hosteller-

Sr. no.		No. of volunteers	% age
1.	Day Scholar	598	100
2.	Hosteller	00	0

All the participants were day scholar in this survey due to absence of boarding facility in their school.

Table 4: Prevalence of constipation among young students-

Frequency of constipation	Boys		Girls		Total(Boys&Girls)	
	No.	%	No.	%	No.	%
Daily	0	0	0	0	0	0
3-4 days in a week	01	0.3	04	1.5	05	0.85
1-2 days in a week	25	7.88	33	12.41	58	9.95
Never	291	91.79	229	86.09	520	89.19
Questions Not Attempt	08		07		15	
Total	325		273		598	

This table of survey shows the highest prevalence of constipation in girls (12.41%) who were suffering from this symptom 1-2 days in a

week. Total 8 boys and 7 girls have not attempted the survey question. Those were not included in calculation.

Table 5: Prevalence of APD among young students-

Frequency of APD	Boys		Girls		Total (Boys & Girls)	
	No.	%	No.	%	No.	%
Daily	0	0	03	1.11	03	0.5
3-4 days in a week	04	1.23	08	2.97	12	2.02
1-2 days in a week	59	18.21	55	20.44	114	19.22
Never	261	80.55	203	75.46	464	78.24
Questions Not Attempt	01		04		05	
Total	325		273		598	

In this table it has been shown that girls have highest prevalence of APD among which maximum no. of girls i.e.20.44% have this symptom

for 1-2 days in a week.5 Students have not attempted the question and therefore not included in calculation.

Table 6: Students' tendency towards Yogasana with Physical Training Exercise-

Students' tendency towards Yoga & exercise	Boys		Girls		Total (Boys & Girls)	
	No.	%	No.	%	No.	%
Daily	79	24.68	41	15.47	120	20.51
3-4 days in a week	66	20.62	39	14.71	105	17.94
1-2 days in a week	98	30.62	78	29.43	176	30.08
Never	77	24.06	107	40.37	184	31.45
Questions Not Attempt	05		08		13	
Total	325		273		598	

The tendency of students towards Yogasana with physical training exercise means practices other than the compulsory periods of physical training.

ANALYSIS OF THE DATA:-

Table No. A- Students' tendency towards Yogasana with physical training exercise Vs Prevalence of Constipation among them-

Students' tend. For Yoga	% Prev. of Consti.	² value	P	Result
Daily/3-4 days in a wk.	5.7	10.82	P<0.005	Significant
1-2 days in a week	10.79			
Never	15.76			

The students who practice Yogasana with physical training exercise for daily or at least 3-4 days in a week have minimum percentage prevalence of constipation i.e. 5.7, who practice it for 1-2 days in a week have 10.79 whereas who never practice it have maximum prevalence

i.e.15.76. All the differences are significant at 5% level.

Table No. B- Students' tendency towards Yogasana with physical training exercise Vs Prevalence of APD-

Students' tend. For Yoga	% Prev. of APD	² value	P	Result
Daily	15.83	2.75	p>0.005	Not significant
4 or <4 days in a wk./ never	22.79			

The students who practice daily Yogasana with physical training exercise have 15.83% prevalence of APD whereas who do it for less than 4 days in a week or never have 22.79% prevalence but the difference is not significant at 5% level.

DISCUSSION

- a) **Prevalence of constipation (table no.4):-** More than 10% students have reported the symptoms of constipation. Again girls have higher prevalence of the disease than that of boys. Girls have a prevalence of 13.91% whereas boys have 8.18%. 15 Students have not answered the question those have not been included in calculation.
- b) **Prevalence of APD (table no.5):-** In this present study it has been found that APD is most common physical health problem in young students in this area. More than 21% students have complained of APD. The percentage prevalence of disease in girls is 24.52 whereas in boys it is 19.44. Girls have slightly higher prevalence of the disease than boys. 05 Students have not answered the question those have not been included in calculation.
- c) **Students' tendency towards yogasana/physical training exercise (table no.6):-** The study reveals that only 20.51% students do daily Yogasana with physical training exercise whereas more than 31% students never do Yogasana/Physical Training Exercise. Girls have a lower aptitude towards Yogasana with physical training exercise than those of boys. More than 40% girls never do Yogasana/Physical Training Exercise. 13 Students have not answered the

question. Those have not been included in calculation.

- d) **Preventive role of YOGASANA WITH PHYSICAL TRAINING EXERCISE in constipation (table no. a):-** In this study there has been found a very sequential and inverse relation between Yogasana with physical training exercise activity and prevalence of constipation. The students who have no Yoga activity has a prevalence of 15.76%, the students who have at least 1-2 days of Yoga activity in a week have a prevalence of 10.79% and the students who have at least 3 days or more in a week have a prevalence of 5.7%. The χ^2 value for all these differences is 10.82 which is greater than the χ^2 value 5.99 for $p < 0.05$ at degree of freedom 2. Therefore the difference is significant for 5% standard level of significance. The practices of Yogasana with physical training exercise increase body activity which increase the gastric and intestinal motility and hence relieve constipation as in this age group the constipation occur mostly physiological.
- e) **preventive role of YOGASANA WITH PHYSICAL TRAINING EXERCISE in APD (table no. b):-** This study shows that the students who do daily Yogasana with physical training exercise have 6.96% (22.79-15.83) lower prevalence of APD than those who do it for less than 4 days in a week or never. The χ^2 value for this difference is 2.75 which is less than the χ^2 value 3.84 for $p < 0.05$ at degree of freedom 1. Therefore the difference is not significant at 5% level of significance. The probable reason for this may be that without removing

the aetiological factors of APD we could not get significant impact. Therefore the role of Yoga may be adjuvant with dietary intervention in combating the problem of APD.

CONCLUSION

This study concludes that Yoga has a significant role in prevention of constipation whereas its role in prevention of APD is limited. In this study it has also been found that girls have a higher prevalence of constipation and APD whereas they have shown lower interest towards Yoga than those of boys.

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