

PART I

CONCEPT OF HEALTH

PART II

EFFECT OF *KAPĀLBHATI* AND *PRAṆĀYĀMA* (*Yoga BREATHING*) ON
MUSCULAR ENDURANCE

Dissertation Submitted by

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ABSTRACT

This is common saying, emphasizing the importance of the body, even, throw the self and the knowledge of the self are the ultimate goals

शरीरमाद्यं खलु धर्मसाधनम् (5,33 Kumārsambhava)

This body is the instrument of *dharma*.

We have three types of body: physical body, subtle body and causal body. The physical body is only one instrument of *dharma*. Through this body we can do good or bad *karma*. It is our duty that we should keep this body healthy, so that we can perform our *dharma*, which will lead to the knowledge of *Ātma*

Among the concepts of health, most common and accepted concept all over the world is absence of disease.

ABSTRACT

The present study was conducted to assess the possible of influence immediate effect of *Kapālbhāti* and *Prāṇāyāma* on handgrip muscle endurance (HGE). A sample of 31 male subjects were selected (average age 22.81 ± 3.03 years), half of participants were assessed on HGE, Visual analog scale (VAS) and perceived exertion rate (PER) immediately before and after the practice two sessions (i.e., *Prāṇāyāma* and Breath awareness) on first day. Next day, order of session was reversed. The results showed a significant improvement in HGE ($p < 0.001$) after *Prāṇāyāma* by 10.11% compared to its baseline. Also, there was significant interaction between sessions (*Prāṇāyāma* and Breath awareness) and time (pre and post) in HGE.

Key words: *prāṇāyāma* Yoga handgrip endurance

Conclusion There was no significant difference in PER and VAS. The result suggested that *Prāṇāyāma* enhances the endurance without generation muscle fatigue.