

## EFFECT OF SHAVASANA TRAINING ON CARDIOVASCULAR RESPONSE TO EXERCISE IN YOUNG HEALTHY VOLUNTEERS.

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### ABSTRACT

Effect of shavasana training on cardiovascular response to exercise in young healthy volunteers.

Background and objective: The effect of physical training on cardiovascular response to exercise is a well known concept. But there are limited studies done on the effect of yoga training on cardiovascular response to exercise. Yogic techniques in general and shavasana in particular are known to combat stressful situations. Therefore in the present study, the effect of shavasana on cardiovascular response to exercise was performed on young healthy volunteers.

Methods: A total of 40 young healthy male volunteers aged between 17–20 years of first year MBBS were selected from Mysore Medical College and Research Institute, Mysore. Basal HR, Basal BP and Basal RPP was recorded before Shavasana training and after Shavasana training. Shavasana training was given for 30 minutes daily for 3 months duration by a yoga teacher. Cardiovascular response to exercise (Heart rate, blood pressure, rate pressure product) using Harvard step test are recorded before shavasana training and after shavasana training.

Results: Results were analysed and statistically treated paired 't' test was applied between pre shavasana, and post shavasana values. It was found that there was reduction in basal HR, BP and RPP after shavasana training. And also after three months of shavasana training, exercise induced changes in these parameters were significantly reduced except DBP. Overall, the study suggested that there was probable increase in parasympathetic activity and decrease in sympathetic activity.

Interpretation and conclusion: The findings of the present study shows that practice of shavasana may probably shift autonomic equilibrium towards

parasympathetic dominance leading to milder cardiovascular work to exercise. This physiological change could be a suitable clinical application for individuals with coronary artery disease.

Keywords: Shavasana; Sympathetic activity, Parasympathetic activity, Rate pressure product.

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