



Original Research Article

Does Bodybuilding Affect the Pulmonary Function Tests?

Shaktiprasad Hiremath¹, Chaitra Bidare^{2*}, Sadashiv Laxman Karne³, Nagaraja Puranik⁴

¹Assistant Professor, ⁴Associate Professor, Department of Physiology, Karnataka Institute of Medical Sciences, Hubli, Karnataka, India.

²Assistant Professor, Department of Physiology, J.J.M. Medical College, Davangere, Karnataka, India

³Professor, Department of Physiology, S.D.M. Medical College & Hospital, Dharwad, Karnataka, India.

*Correspondence Email: chaitravijay28@gmail.com

Received: 23/11/2012

Revised: 26/12/2012

Accepted: 27/12/2012

ABSTRACT

Increasing evidence suggests that body building may have powerful implications for health; however, very few studies have focused on the association between body building and pulmonary functions. This study was aimed at examining the association between body building and pulmonary functions. We recruited thirty young male body builders aged 20 to 30 years. They were mainly undergoing resistance training since 2 to 3 years. Another thirty age matched, sedentary men served as controls. The body builders had been regularly attending the gyms for 1 to 3 years. Pulmonary function tests were recorded in all the participants. The data were analyzed by unpaired 't' test. $P < 0.05$ was considered significant. All the PFT values except MEF_{25} showed no significant ($P > 0.05$) difference between the two groups. In conclusion, the current study has shown that, the body building has no significant effect on pulmonary function in Indian men.

Keywords: Body Building, Strength Training, Resistance Training, Pulmonary Function Tests