

Effect of yoga on Free radical and Antioxidant status in Healthy Adults

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Abstract

Background: Yoga is an ancient Indian philosophy, Yoga has shown to improve various physiological and biochemical parameters when practiced regularly. However whether yoga improves the free radical and antioxidant status in individuals is largely unknown. The aim of present study was to assess the free radical and antioxidant status in healthy adult males. **Methods:** This study was conducted in KMC Warangal on 30 healthy adult male volunteers denoted as Group I they received 12 weeks of yoga training under guidance of certified Yoga teacher. Another 30 adult males were taken as control and designated as Group II they did not receive any training they followed their regular routine work. Samples were obtained from both groups for comparison. **Results:** the mean values for Malodialdehyde (MDA) nmol% in Group I prior to undergoing training were 253.12 ± 21.74 and Group II were 252.8 ± 26.5 the Post training values for MDA levels in Group I recorded were 314.16 ± 36.84 and Group II were 271.70 ± 25.08 the p values for MDA were found to be significant. whereas the uric acid mg% mean values in Group I pre yoga readings were 4.60 ± 1.52 and post yoga training were 6.76 ± 2.66 and Group II pre were 4.34 ± 0.85 and post were 4.55 ± 1.06 the p value was not significant. **Conclusion:** Regular yoga training can decrease free radical formation and increase antioxidant system and yoga should be considered one of the therapeutic methods for relieving stress and over all well being of the individual.