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Abstract: For the random group experimental investigation, 30 sinusitis adult males aged 35 to 45 were randomly recruited from Chennai and allocated into two groups of 15 each. Yogic activities were anticipated to reduce sinusitis patients' pulse rate and anxiety compared to the control group. Before the training programme, Groups A and B were pre-tested on the dependent variables. Group A practised Yogic techniques and Group B (Control) rested actively. After eight weeks, A and B were retested on the same dependent variables. ANCOVA was used to compare experimental and control groups. Yogic techniques lowered adult men's pulse rate and anxiety with 0.05 confidence. Yoga helps older males manage pulse rate and anxiety.

Keywords: Yoga, Anxiety, Adult Men, Sinusitis, Pulse rate

Introduction

There are a few different varieties of sinuses. They suffer from a condition known as para nasal sinusitis. The nasal cavities are located toward the back of the face. The lining of the nose can also be found in the paranasal sinuses. Headaches are often brought on by thin secretions. Sinusitis causes inflammation and swelling of the tissue in the sinuses. Sinuses that are healthy are filled with air (Edy, 2006), when the airway is blocked by mucus. The nose is notorious for harbouring filth and bacteria. Stress, physical or mental fatigue, fatigue, melancholy, worry, extreme heat or cold, dizziness, suppressed natural desire, insufficient or too much sleep, and infections are all potential causes of headaches (Heately et al., 2001). Headaches can also be caused by fatigue, which can be caused by too much sleep. Some of the potential causes include a cold, allergic rhinitis, a nasal polyp, and a deviated septum.

This study was conducted: (i) to determine whether Yogic Practices affect some physiological characteristics in sinusitis-affected males, and
Table 1: Computation of analysis of covariance of training groups and control group on pulse rate (in numbers)

<table>
<thead>
<tr>
<th>TEST</th>
<th>Experimental Group</th>
<th>Control Group</th>
<th>Source of Variance</th>
<th>Degree of freedom</th>
<th>Sum of Squares</th>
<th>Mean Sum</th>
<th>F Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre</td>
<td>80.22</td>
<td>80.72</td>
<td>Between</td>
<td>1</td>
<td>5.47</td>
<td>4.37</td>
<td>1.84</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>With in</td>
<td>28</td>
<td>79.84</td>
<td></td>
<td>2.87</td>
</tr>
<tr>
<td>Post</td>
<td>73.86</td>
<td>76.84</td>
<td>Between</td>
<td>1</td>
<td>242.28</td>
<td>118.76</td>
<td>34.28*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>With in</td>
<td>28</td>
<td>162.7</td>
<td></td>
<td>12.09</td>
</tr>
<tr>
<td>Adjusted</td>
<td>73.57</td>
<td>75.33</td>
<td>Between</td>
<td>1</td>
<td>282.09</td>
<td>139.28</td>
<td>47.78*</td>
</tr>
<tr>
<td>Post</td>
<td></td>
<td></td>
<td>With in</td>
<td>27</td>
<td>123.90</td>
<td></td>
<td>4.78</td>
</tr>
<tr>
<td>Mean Gain</td>
<td>-6.36</td>
<td>-3.88</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 level of confidence. (Table F ratio at 0.05 level of confidence for 1 and 28(df) = 4.2, 1 and 27(df) = 4.21)

(ii) to determine whether Yogic Practices affect some psychological characteristics in sinusitis-affected males. It is expected that yoga will have a considerable effect on physiological factors like pulse rate and psychological variables like anxiety. The research included only 35-45-year-old men with sinusitis. The research solely included Tirunelveli sinusitis patients. Yoga practises were the only independent factors. Only the dependent factors, BP and anxiety were studied. This research doesn’t address lifestyle, physical shape, or social activities. Environment, climate, economic background, and daily job are not considered. Medication and personal behaviours are disregarded.

**Materials and Methods**

For the random group experimental investigation, 30 sinusitis adult males aged 35 to 45 were randomly recruited from Tirunelveli and allocated into two groups of 15 each. Yogic activities were anticipated to reduce sinusitis patients’ pulse rate and anxiety compared to the control group. Before the training programme, Groups A and B were pre-tested on the dependent variables. Group A practised Yogic techniques (Stretching, Suryanamaskar, Halasana, Adhomugasuvangasana Paschimottanasana, Janusirasana, Kapalabhati, Basthirika Nadishodana, Meditation) and Group B (Control) rested actively. After eight weeks, A and B were re-tested on the same dependent variables. ANCOVA was used to compare experimental and control groups. Changes in lifestyle stress and strain human systems, causing organ malfunction. Some asanas help sinusitis. Yoga helps sinusitis in two ways. The paranasal sinus is the nose’s lining. They secrete sling. It cleans and protects nasal passages.

The data from the three groups before and after training were statistically evaluated using Analysis of Co-variance (ANCOVA) to find significant differences at 0.05 level of significance.

**Results**

Table 1 and Figure 1 present ANCOVA analysis of pulse rate via yoga practises with and without mud treatment and control group. As demonstrated in Table 1, the F value on post-test means was 47.78, which was more than the necessary table value of 4.27. Using pre-test and post-test means, adjusted post-test means were established, and analysis of covariance was performed. The F value of 32.28 was more than the needed table value of 4.2. Therefore, substantial differences between treatment groups were acknowledged.

As demonstrated in Table 2, the F value on post-test means was 54.24, which was more than the necessary table value of 4.2. Adjusted post-test means were established and an analysis of covariance was performed. The F value of 128.90 was more than the necessary table value of 4.21 Therefore, substantial differences between treatment groups were acknowledged.

Yogic practises would reduce Pulse Rate and
Anxiety in adult males with sinusitis compared to the Control group (Fig. 2). At a 0.05 level of confidence, yoga practices lowered Pulse Rate and Anxiety in Obese Middle-Aged Men.

**Discussion**

Each chronic rhinosinusitis therapy includes adverse effects and compliance concerns. Bhramari pranayama, a yoga breathing technique, is affordable and side-effect-free (Abishek et al., 2019). This research evaluated Bhramari pranayama’s effectiveness in alleviating chronic sinusitis symptoms. 60 patients with chronic sinusitis were randomly assigned into two groups; one got conventional therapy and the other learned Bhramari pranayama. Patients were told to do this breathing exercise twice a day and were tracked at 1, 4, and 12 weeks using the Sino-Nasal Outcome Test (SNOT-22 score). The mean SNOT-22 score in the Bhramari pranayama breathing exercise group improved from 39.13 9.10 to 24.79 8.31 (P = 0.0002) after 4 weeks and persisted until the 12th week of evaluation. They have concluded that Bhramari pranayama is more beneficial than conventional treatment alone for chronic rhinosinusitis.
Psychosomatic disorders are aberrant expressions of biological, mental, and social health and sickness criteria, while Yogic techniques bind these natural interrelationships. Yoga, a mystic way of life that started 2,800 years ago in India and was codified by Patanjali in the fourth century, is energetic, distinctive, and effective in managing psychosomatic ailments (Kosugi et al., 2016). Yoga denotes integration of individual self (jiva-atman) with Self-realization (parama-atman). Patanjali defined yoga as "limitation of awareness and path of blissful self-transcendence". Yoga therapy promotes self-regulation and somatopsychic functioning. Yoga's spiritual journey is examined, and its therapeutic usefulness in psychosomatic disorders is emphasised (Rudmik et al., 2013). We evaluated new studies on yoga therapy and compare it to other psychosomatic treatments. Yogic techniques have been utilised to treat bronchial asthma, essential hypertension, mucous colitis, peptic ulcer, cervical spondylosis, chronic sinusitis, intractable pain, personality disorder, anxiety, depression, gastritis, and rheumatism.

**Conclusion**

In adults, chronic sinusitis is an illness that is often recognised. Patients with chronic sinusitis generally have advanced stages of the disease and persistent changes to the sinus mucosa. It is essential to have a solid knowledge of the natural background of chronic sinusitis when formulating treatments that are intended to stop or slow the progression of the disease. Patients suffering from sinusitis who participated in either Group I or Group II of yogic practises had a reduction in their pulse rate and anxiety.

**References**


Eby GA. (2006) Strong humming for one hour daily to terminate chronic rhinosinusitis in four days: a case

