

ABSTRACT

Background

In order to practice yoga sadhana, a yoga mat is often recommended to provide some level the characteristics such as grip, balance and comfort (the mat must allow the user to practice without feeling the ground). And often biomechanical investigations are conducted to assess grip, balance and comfort. However, yoga mats have never researched upon from the perspective of its add-on effects.

Aim

The aim is to study the influence of various yoga mats made of Cotton, Rubber and Kuma grass on the outcomes of yoga practice.

Materials and Methods

Twenty-three self-declared healthy male volunteers, with six or more months of practice to undergo two experimental states i.e., nadi-shudhi pranayama and breath awareness on three different yoga mat types: Rubber, Kuça and cotton on consecutive six days. In this study GDV express(EPI) instrument were used to analyze parameters integral area (IA) (general health), and integral entropy (disorderliness in energy).

Results and Discussion

Repeated measures Analysis of variance was performed to assess changes between the two time points and across the six different experimental conditions as described earlier. The variables of interest were Integral Entropy, Integral Area on right and left side without filter. The results indicate that, there were not much different in EPI parameters across the six condition. Interestingly, we have noted that there were no statistical significant changes in any of the experimental conditions following the intervention or the mat type.

Conclusion

Though the result are not statistically significant, energy parameters appears to be more stable and consistent throughout in Kuça mat condition compared to Cotton and Rubber.

Keywords

yoga mat, cotton, kuça, pranayama, alternate nostril breathing, nadi-shuddhi pranayama, GDV, EPI, eco-friendly.