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Detection of oxidation preventive proteins in the practicners of Pranayama

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ABSTRACT

It is now established that oxidative stress is a major risk factor for the development of several disease including atheroscle-rosis, cardiovascular disease and cancer. Oxidative stress may contribute to the pathophysiology of many chronic dis-eases (Himani et al., 2002). Since modern food and environment increase the oxidative stress. The aim of our study is to investigate the effects of Swami Ramdev Yog in the reduction of oxidative stress. Deep breathing at six breaths per minute has been recently reported to be associate with a significant reduction in the frequency of premature ventricular complexes in certain subjects (Prakash E S et al.,

2004).Our aim for present study is to detect the activation in the proteins which play a key role for balancing the concentration of reactive oxygen species and physiological antioxidants. Blood samples of 12 practitioners of Swami Ramdev Yog and 12 non-practitioners were analyzed for the levels of oxidation preventive pro-teins. Differences between both the groups were analyzed by as their relative molecular masses and area of expression on 10% SDS PAGE. Results: The results revealed that sequence of seven modified breath in specific firm posture enhanced the levels of oxidation preventive proteins marked as migrated species of 100 kDa, 45 kDa and 30 kDa on SDS/PAGE gels in the experimental group as compared to the normal exercise group. Conclusion: The findings conclude that practice of modified breaths in specific firm posture maintains the balance between concentration of reactive oxygen species and physiological antioxidants which prevent the excess oxidation of vital bio molecules and resulting in the better antioxidant status.