

ABSTRACT

Background: Reliable and valid evaluation of hand strength can provide an objective index of general upper body strength. The power grip is the result of forceful flexion of all finger joints with the maximum voluntary force that the subject is able to exert under normal bio-kinetic conditions. Certain group of yogic practices helps in improving the hand strength extensively. Among them the yogic asana gives excellent results in improving the hand strength.

Methods: A total of sixty subjects, mean aged 18 years were randomly assigned into two groups after satisfying the inclusion and exclusion criteria. Experimental group (EG, n=28, dropouts 2) and control group (CG, n=26, dropouts 4). Both groups were assessed at baseline and after 8 weeks with hand grip dynamometer. 28 subjects of experimental group and 26 subjects of control group completed the study successfully.

Results: The experimental group showed significant improvement in the hand grip strength as compared to the control group.

Interpretation and Conclusion: Selective sukshma vyayam practices administered for continuous 2 weeks showed good improvement in the hand strength.

Key Words: Hand Grip Strength, Sukshma Vyayam, Hand Strength