

Effects of Roasted Garlic with and without Moringa on Mean Atrial Pressure, Thyroid Stimulating Hormone and Testosterone among Sedentary Men

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Abstract

The purpose of the study was to investigate “Effects Of Roasted Garlic With And Without Moringa On Mean Atrial Pressure, Thyroid Stimulating Hormone And Testosterone Among Sedentary Men”. Selection Of Variables: The following variables were selected for this study. I. Dependent Variables: Mean Atrial Pressure, Thyroid Stimulating Hormone And Testosterone. II. Independent Variables: 1. **Roasted Garlic With Moringa Oleifera** 2. Roasted Garlic 3. Control Group. Experimental Design: forty five The subject were selected for this study through the random group design consisting of pre and post test, forty five men randomly divided into three groups, the group was assigned as an Experimental Group I Experimental Group II and control group. The groups are 1. **Roasted Garlic with Moringa Oleifera** 2. Roasted Garlic 3. Control Group. Training Schedules: During the training period, the experimental group underwent their training program period of eight weeks for all days. The experimental groups underwent training for forty five minutes of duration in evening hours between 4:30 to 5:30 p.m for seven days per week. Statistical Technique: Analysis of Covariance statistical technique was used, to test the significant difference among the treatment groups. If the adjusted post-test results were significant, the scheffe’s post hoc test was used to determine the paired mean significant difference. Thirumalaisamy R. (2004). **Result:** After Incorporate Statistical Technique, It Was Found That A Significant Decrease Mean Atrial Pressure And Thyroid Stimulating Hormone And Testosterone In Experimental Group I (**Roasted Garlic With Moringa Oleifera**), when compared with experimental II and This Change Due To Eight Weeks Of training Among sedentary Men.

Keywords: Roasted Garlic Moringa Atrial Pressure Thyroid Stimulating.

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Health Benefits of Garlic

1. Roasting garlic concentrates the sugars, transforming it into a caramelized, spreadable, buttery texture, with sweet, deep complex flavors, removing all the sharpness, pungency and bite. 2. It’s easier to digest for many people. 3. It gives sweetness and depth to the dishes you are already making- soups stews, mashes, dressings, marinades, sauces. 4. It is a great way to preserve garlic. 5. Because it smells amazing and will make you and your family feel cozy and happy. I’m not kidding.

Health Benefits of Moringa

Moringa has many important vitamins and minerals. The leaves have 7 times more vitamin C than oranges and 15 times more potassium than bananas. It also has calcium, protein, iron, and amino acids, which help your body heal and build muscle. It’s also packed with antioxidants, substances that can protect cells from

damage and may boost your immune system. There’s some evidence that some of these antioxidants can also lower blood pressure and reduce fat in the blood and body.

It’s traditionally been used as a remedy for such conditions as: 1. Diabetes 2. Long-lasting inflammation 3. Bacterial, 4. viral, and 5. fungal infections 6. Joint pain 7. Heart health

Experimental desingn

Forty five men were selected as subject for this study and The subject were selected for this study through the random group design consisting of pre and post-test, forty five men randomly divided into three groups, the group was assigned as an experimental group I experimental group II and control group. The groups are 1. Roasted Garlic, 2. Roasted Garlic with Anuloma Viloma Practice, 3. Control Group.

Training schedules and supplementation

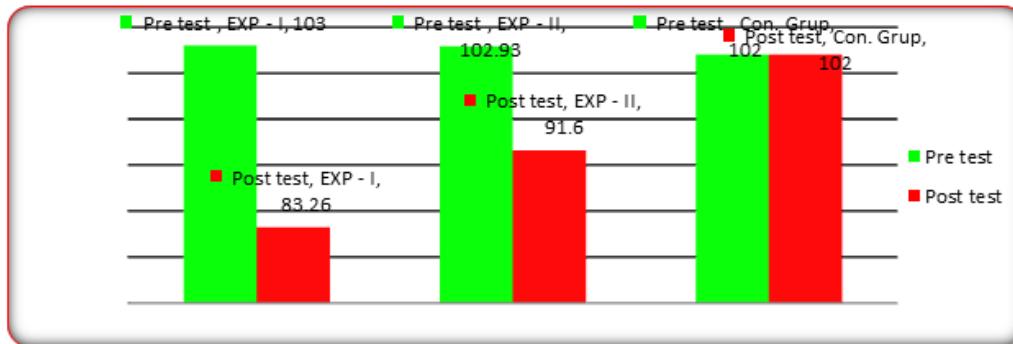
During the training period, the experimental group underwent their training program period of eight weeks for all days with Roasted Garlic with Moringa. Statistical Technique: Analysis of Covariance statistical technique was used, to test the significant difference among the treatment groups. Thirumalaisamy R.

(2004). Computation Of Analysis of Covariance: The following tables illustrate the statistical results of Effects Of Roasted Garlic with Anuloma Viloma Practice On Mean Atrial Pressure Among Men and ordered adjusted means and the difference between the means of the groups under study.

Analysis of covariance of mean atrial pressure

Means	EXP - I	EXP - II	Con.Grup	S.V	S.S	D.F	M.S	O. F
Pre test Mean	103	102.93	102	B	9.37	2	4.68	0.40
				W	492.93	42	11.736	
Post test	83.26	91.6	102	B	2642.71	2	1321.35	77.02
				W	720.53	42	17.15	
Adj.Post test	83.18	91.53	102.14	B	2666.93	2	1333.46	78.74
				W	694.35	41	16.93	

Final mean difference of mean atrial pressure



DISCUSSION ON FINDINGS OF MEAN ATRIAL PRESSURE

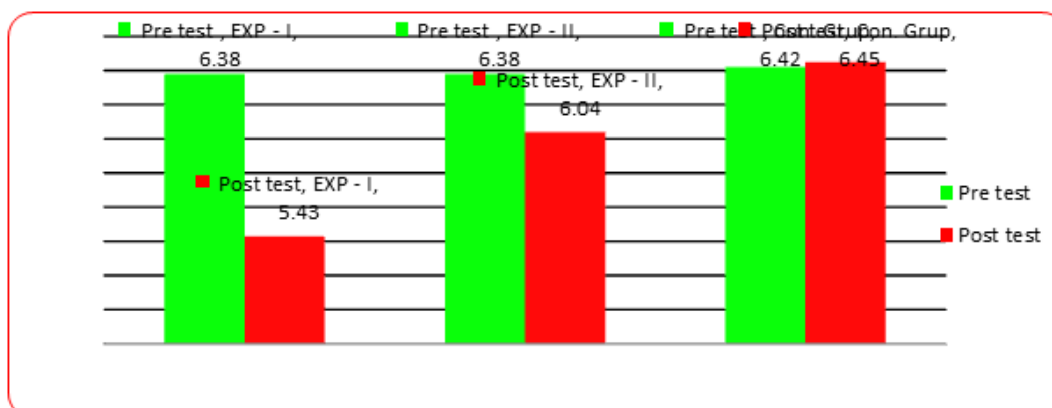
From these analyses, it is found that the results obtained from the experimental groups had significant reduction in the Mean Atrial Pressure level when compared with the one from the control group. This is due to the inclusion of Roasted Garlic With Moringa and roasted garlic in the analyses on Experimental Groups.

It is interesting to note that the results obtained from Experimental Group I had more effect than Experimental Group II on the reduction of Mean Atrial Pressure level. This is due to the implementation of Roasted Garlic With Moringa in Experimental Group II. It is concluded that the Mean Atrial Pressure were reduced after the implementation of Roasted Garlic With Moringa supplementation and the blood capillaries were more positively relaxed and the pressure was greater reduction. so that the pressure level was reduced from its high level to moderate level when compared to the pre test.

Computation of analysis of covariance of TSH

Means	EXP - I	EXP - II	Con.Grup	S.V	S.S	D.F	M.S	O. F
Pre test Mean	6.38	6.38	6.42	B	460.18	2	230.09	0.34
				W	10.89	57	0.19	
Post test	5.43	6.04	6.45	B	409.91	2	204.95	71.94
				W	6.58	57	0.11	
Adj. Post test Mean	5.43	6.04	6.44	B	13.01	2	6.50	71.13
				W	6.13	56	0.10	

FINAL MEAN DIFFERENCE OF TSH



DISCUSSION ON FINDINGS OF TSH

From these analyses, it is found that the results obtained from the experimental groups had significant reduction in the TSH and greater increase moderately when compared with the one from the control group. This is due to the inclusion of **Roasted Garlic With Moringa** in the analyses on Experimental Groups.

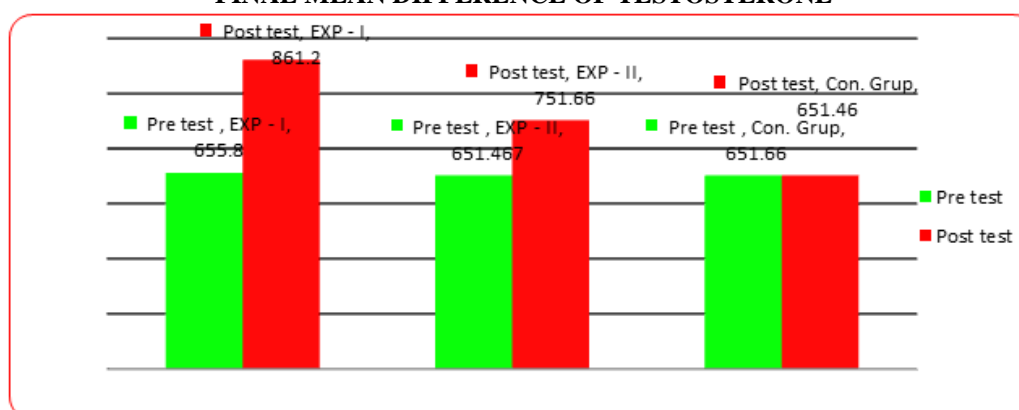
It is interesting to note that the results obtained from Experimental Group I had more effect than Experimental Group II on the greater maintenance of TSH

level. This is due to the implementation of **Roasted Garlic With Moringa** in Experimental Group I. It also plays an important role in regulating your weight, body temperature, muscle strength, and even your mood. TSH is made in all the gland in the brain. When thyroid levels in your body are low, the pituitary gland makes more TSH. When thyroid levels are high, the pituitary gland makes less TSH. So it is concluded that when the **Roasted Garlic With Moringa** is having the potential effect to produce right level of pituitary gland secretion so it will be full control on TSH.

COMPUTATION OF ANALYSIS OF COVARIANCE OF TESTOSTERONE

Means	EXP - I	EXP - II	Con. Grup	S.V	S.S	D.F	M.S	O. F
Pre test	655.8	651.467	651.66	B	179.51	2	89.75	0.21
				W	18175.46	42	432.74	
Post test	861.2	751.667	651.46	B	330128.31	2	165064.15	154.85
				W	44771.46	42	1065.98	
Adj.Post test	860.9416	751.805	651.58	B	326552.97	2	163276.48	150.03
				W	44619.07	41	1088.27	

FINAL MEAN DIFFERENCE OF TESTOSTERONE



DISCUSSION ON FINDINGS OF TESTOSTERONE

From these analyses, it is found that the results obtained from the Experimental Groups had significantly in Testosterone level when compared with the one from the control group. This is due to the

inclusion of **Roasted Garlic with Moringa** in the analyses on Experimental Groups. It is interesting to note that the results obtained the value of testosterone from Experimental Group I had greater increase from its lower level to maximal level than the Experimental Group II on the improvement of Testosterone.

This is due to prescription of the natural supplemented to boost the volume of testosterone in the Experimental Groups I. It is concluded that the experimental groups had greater improvement in volume of Testosterone in men, due to influence of Roasted Garlic with anulom viloma Practice .

RESULTS

Within the limitations of the study, the following conclusions were drawn: After incorporate statistical technique, it was found that a significant decrease **Mean Atrial Pressure** and increase **Iron TSH And Testosterone** in experimental group I (**Roasted Garlic With Moringa**), this change due to eight weeks of **Roasted Garlic With Moringa** among sedentry Men.

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