

**Table 1)** Inter-group and intra-group changes of blood parameters in both groups before and after intervention

Variables	Pretest Stage	Posttest Stage	Within Group Changes		Between Group Changes	
			t Value	Significance Level	t Value	Significance Level
<b>Superoxide dismutase (ng/ml)</b>						
Control Group	2313.74±303.60	229.00±301.30	33.21	0.0123		
Experimental Group	2264.05±192.30	2328.50±175.20	51.30	0.001	-5.587	0.001
<b>Glutathione Peroxidase (ng/ml)</b>						
Control Group	8.73±0.66	8.65±0.59	57.43	0.435		
Experimental Group	8.45±0.14	9.45±0.18	63.09	0.0001	-7.215	0.001
<b>Malondialdehyde (Nmol/ml)</b>						
Control Group	33.07±2.01	33.91±2.59	71.61	0.335		
Experimental Group	33.47±3.36	29.90±4.09	43.30	0.0012	6.74	0.0001