

Chapter 4

Aims and Objectives

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4.0. AIM AND OBJECTIVES

4.1. AIM:

The present study was proposed to understand the psychophysiological changes associated with *Trāṭaka* (Yogic Visual Concentration) in healthy volunteers.

4.2. OBJECTIVES:

- To understand the impact of the *Trāṭaka* on Autonomic functions viz. Heart rate variability, Heart rate, Respiratory rate, and Skin Conductance
- To assess the impact of *Trāṭaka* on the visual reaction time and its association with the autonomic function
- To assess the visuospatial short-term working memory following *Trāṭaka*
- To understand the effects of *Trāṭaka* on psychological well-being
- To assess the effect of *Trāṭaka* on the visual strain

4.3. JUSTIFICATION OF THE STUDY:

The *Trāṭaka* is an essential yogic procedure, but not much is known about its effects on psychophysiology

4.4. OPERATIONAL DEFINITIONS:

a. *Trāṭaka*: It is one of the six cleansing procedures from *Hathayoga*. The process includes eye exercise for 10 minutes and gazing at a candle flame with periodic rests for 10 minutes.

b. Psychophysiology: Psychophysiology is the study of the interrelationships between mind and body. It is the study of relations between psychological manipulation/states and

resulting physiological response, to understand the relationship between mental and bodily processes. In this context, in our study, the impact of *trāṭaka* on autonomic functions, visual reaction time, visuospatial working memory, visual strain, and psychological well-being are explored.

4.5. HYPOTHESIS:

Trāṭaka will change autonomic function, enhance cognitive and psychological functions and reduce visual strain

4.6. NULL HYPOTHESIS:

Trāṭaka will not influence autonomic regulation, cognitive and psychological functions and will not affect the visual strain