

Chapter 4

Aim and Objectives

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4.0 AIM AND OBJECTIVES

4.1 AIM

The present study is proposed to understand the immediate changes in the neuro-cognitive abilities and cardiac autonomic regulation following yogic breath holding (YBH) in healthy volunteers.

4.2 OBJECTIVES

The objectives of the study were to investigate the effects following the practice of YBH on

- i) Cardiovascular Responses,
- ii) Baroreceptor Sensitivity,
- iii) Heart Rate Variability,
- iv) Performance in Stop Signal Task.

4.3 HYPOTHESIS

YBH enhances neuro-cognitive abilities and plays a role in cardiac autonomic regulation through modulation of baroreflex sensitivity.

4.4 NULL HYPOTHESIS

YBH does not influence neuro-cognitive abilities or cardiac autonomic regulation.