

**CHAPTER 4**  
**AIM OF THE RESEARCH**

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## 4. AIM OF THE RESEARCH

### 4.1 AIM

The aim of the research was to measure the arterial stiffness from *Tridoṣa* locations of radial artery and investigate the significance of arterial stiffness in *Tridoṣa* analysis.

### 4.2 OBJECTIVES

- To acquire radial pulse from *Tridoṣa* locations and study the pulse wave in an objective manner in the context of *Āyurveda*.
- To measure arterial stiffness from radial artery and study the variations of arterial stiffness across *Tridoṣa* locations with a view to explore the association of arterial stiffness with traditional pulse parameter *kāṭhinya*.

### 4.3 RESEARCH QUESTIONS

Is *Āyurveda* defined *Tridoṣa* analysis restricted to individual's ability or can it be analyzed using instruments.

### 4.4 NULL HYPOTHESIS AND ALTERNATE HYPOTHESIS

#### 4.4.1 *Tridoṣa* Study

The aim of the study was to measure arterial stiffness from radial artery using *Nāḍī Tarangīni*, a pulse acquisition system, and investigate the significant variations of stiffness across *Tridoṣa* locations.

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H<sub>0</sub>: There will not be any change in the arterial stiffness across *Tridoṣa* locations.

H<sub>a</sub>: There will be a significant change in the arterial stiffness across *Tridoṣa* locations.

#### **4.4.2 Diabetes Study**

This is a cross sectional study. The aim of the study was to investigate the association of arterial stiffness measured at *Tridoṣa* locations with Type 2 diabetes.

H<sub>0</sub>: There will not be any difference in the arterial stiffness between diabetes and non diabetes groups.

H<sub>a</sub>: There will be a significant difference in the arterial stiffness between diabetes and non-diabetes groups.

#### **4.4.3 Obesity Study**

This is a pre post study and aim of this study was to investigate the effect of one week Integrated Approach of Yoga Therapy (IAYT) on arterial stiffness across young and older adults with obesity.

H<sub>0</sub>: There will not be any change in the arterial stiffness after one week IAYT

H<sub>a</sub>: There will be a significant change in the arterial stiffness after one week IAYT