

## CHAPTER 4

### **AIMS AND OBJECTIVES**

### **3.3.1 Aim**

To study the effect of one week Integrated Approach of Yoga Therapy (IAYT) intervention on cardiovascular variables, psychopathologies and cognitive functions in hypertensive individuals

### **3.3.2 Objective**

1. To study the effect of one week Integrated Approach of Yoga Therapy (IAYT) intervention on blood pressure in hypertensive individuals.
2. To study the effect of one week yoga Integrated Approach of Yoga Therapy (IAYT) intervention on baroreflex sensitivity in hypertensive individuals.
3. To study the effect of one week yoga Integrated Approach of Yoga Therapy (IAYT) intervention on peripheral vascular resistance in hypertensive individuals.
4. To study the effect of one week Integrated Approach of Yoga Therapy (IAYT) intervention on depression and anxiety in hypertensive individuals.
5. To study the effect of one week Integrated Approach of Yoga Therapy (IAYT) intervention on cognitive function in hypertensive individuals.

### **3.3.3 Hypothesis**

One week of Integrated Approach of Yoga Therapy (IAYT) intervention will have influence on cardiovascular variables, psychopathologies and cognitive function in hypertensive individuals.

### **3.3.4 Alternate hypothesis**

One week of Integrated Approach of Yoga Therapy (IAYT) intervention will have Positive influence on cardiac vascular variables and psychopathologies and cognitive function in hypertensive individuals.

### **3.3.5 Null hypothesis**

One week Integrated Approach of Yoga Therapy (IAYT) intervention will not have positive influence impacts on cardiac vascular variables, mental health and cognitive variables in hypertensive patients.

### **3.3.6 Research question**

Does one week of Integrated Approach of Yoga Therapy (IAYT) intervention have an influence on cardiac vascular variables and psychopathologies and cognitive function in hypertensive individuals?