# Chapter 4.0

## Aim and Objectives

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4.0 AIMS AND OBJECTIVES OF THE STUDY

4.1 AIMS

To investigate the effect of Integrated Yoga Practices in healthy people using EPI.

4.2 OBJECTIVES

1. To establish normative data of electro photonic imaging (EPI) parameters for healthy Indian population, to aid in the accuracy of EPI measurements and interpretations.

2. To find out whether EPI norms differ based on gender.

3. To examine the effect of Cyclic Meditation on stress and health indices in managers as measured by EPI technique.

4. To study the stress, general health index and disorderliness in the human energy system through Integrated Yoga Module (IYM) using EPI technique.

4.3 RESEARCH QUESTION

1. Are EPI norms of healthy European population different from healthy Indian EPI norms?

2. Do EPI norms differ between males and females?

3. Can Cyclic Meditation practice improve EPI parameters?
4. Can Integrated Yoga Practices help in sustaining the energy levels in healthy people?

5. Can Integrated Yoga Practices improve EPI parameters in healthy people?

4.4 HYPOTHESES

**Hₐ₁**: The Indian norms for EPI parameters Activation Coefficient, Integral Area and Integral Entropy will be different from European population.

**Hₐ₂**: There will be significant difference in activation coefficient, integral area, left and right and integral entropy, left and right parameters between males and females.

**Hₐ₃**: There will be significant change in activation coefficient, integral area, left and right and integral entropy, left and right parameters after Cyclic Meditation practice in managers.

**Hₐ₄**: EPI parameters activation coefficient, integral area, left and right and integral entropy, will be different after Cyclic Meditation from after supine rest practice in managers.

**Hₐ₅**: There will be significant improvement in activation coefficient, integral area on left and right sides and integral entropy, left and right parameters after four weeks of IYM in healthy volunteers.

4.5 NULL HYPOTHESES

**H₀₁a**: The Indian norms for EPI parameters Activation Coefficient, Integral Area and Integral Entropy are similar to European population.
\textbf{H_02a:} There will be no significant difference in activation coefficient, integral area, left and right and integral entropy, left and right parameters between males and females.

\textbf{H_03a:} There is no change in activation coefficient, integral area, left and right and integral entropy, left and right parameters after Cyclic Meditation practice in managers.

\textbf{H_04a:} EPI parameters activation coefficient, integral area, left and right and integral entropy, left and right are equal after Cyclic Meditation and Supine rest in both the groups in managers.

\textbf{H_05a:} There will be no change in activation coefficient, integral area, left and right and integral entropy, left and right parameters after four weeks of IYM in healthy volunteers.

\textbf{4.6 NEED AND SCOPE OF THE STUDIES}

\textbf{NORMATIVE STUDY}

In the present scenario, all the research work and practices through EPI are utilizing the norms developed for European (EU) and Russian populations; however, the EPI norms for healthy Indian population are not available. From our practical observation, we anticipate that the norms for healthy Indian people may be different from the existing EPI norms for healthy EU population. Therefore, the present study focuses on the development of EPI normative data for healthy Indian population. This will enable and facilitate research work in India in various fields such as conventional practices, alternative medicine, and psycho-physiologic practice, psychology and consciousness.
Therefore, the current research work is undertaken to develop EPI norms for healthy Indian population.

**YOGA BASED TECHNIQUE**

Prevalence of stress in business executives is high. It is well establishing that CM based on stimulations followed by relaxation principle reduces sympathetic activity (Vempati & Telles, 2000) increases parasympathetic activity (Sarang & Telles, 2006) which is an indication of stress reduction. There are many methods to measure stress level both subjective and objective. EPI method has also been used to measure stress levels (Korotkov et al., 2012). Because of its multiple advantages, as non-invasive, objective, cost effective, time saving and easy method for quick health assessment, its clinical use could be profound.

**INTEGRATED YOGA MODULE (IYM)**

Yoga practice is recommended for prevention of diseases. IYM developed at SVYASA University has the components for aligning energies at all Pañcakośa levels. According to yoga philosophy, stress is a primary cause of diseases. Stress in Manomaya Kośa level leads to imbalances in Prāṇamaya Kośa level and over a period of time, it percolates to physical level manifesting in the form of diseases in energy imbalanced organs (Nagarathna & Nagendra, 2009). EPI method used to asses both psychophysiological conditions and physiological conditions of a person at the time of investigation, gives us information of energy congestion in various organ (Korotkov et al., 2012). Such EPI technology which is non-invasive for quick health assessment of all physiological systems in couple of minutes is an ideal technique and no requirement
of any other materials and laboratories costs. Thus the EPI technique could play an important role in prevention of diseases.

(In the next chapter, we present the methods of conducting the experiments).