

A Comprehensive Study on Psychoneurotic Research

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Abstract – Research on Psychoneurotic has recently expanded giant observable quality and is the most bolstered subfield of heart and mind examine. Regardless, like the following confused, complex helpful intercessions, Psychoneurotic symbolizes an innovation of express and not too unequivocal sections of treatment. On the other hand, Psychoneurotic is to some degree specific that it is extremely questionable to homogenize measure and endorse for the given research information from the subjects. Accordingly, it is a ton asking for to perceive its right effects to fulfill the particular every day routine with regards to significant impedances that rouses treatment subject to facts. There are clusters of troubles drawn in with intercession look into fusing the better than average assortment in Psychoneurotic systems, issues concerning the execution of a Psychoneurotic strategy, singular varieties over the Meditators, and perceiving the difference between these Psychoneurotic procedures and deluding sway. Scientists are recording the activities of brain, heart and other common structures to ponder the impact of the diverse sorts of mediation on the psychological and physiological status of the human component and getting in contact at various beneficial finishes to help the humankind. In this paper, an entire review on Psychoneurotic, various types of Psychoneurotic, Psychoneurotic information securing by specialists, the philosophy, and employments of Psychoneurotic investigate is shown for the welfare of the human substance.

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INTRODUCTION

Psychoneurotic has turned out to be a fundamental instrument that helps with lessening worry all things considered. A great deal of research has just been done into intercession the whole way across the world and current, refined types of gear are utilized in account the electrical exercises of the cerebrum and heart of beginner, moderate and master Mediators to help recognizing the results of Psychoneurotic. There are bunches of different sorts of pressure decrease procedures being drilled in various parts of the world yet not every one of these methods are similarly and reliably viable. . A great deal of valuable changes has been accounted for to occur in the cerebrum and alternate parts of the human body for those rehearsing Psychoneurotic. Rehearsing Psychoneurotic is no bothering errand that helps acquiring basic and utilitarian alterations in the human organs including the heart and mind with intermittent practice over a drawn out period. Psychoneurotic is polished the whole way across the world and assorted nations have given diverse names for the Psychoneurotic that they practice. A contextual investigation has uncovered an impressive, helpful conduct change of the human element that training Psychoneurotic, along these lines lessening the quantity of visits to the doctors by an extraordinary degree and the individual concerned is found to spare \$200 on the clinician's visit with

successful rehearsing of Psychoneurotic. Likewise, another investigation has finished up the diminished utilization of therapeutic consideration by Meditators in contrast with the individuals who don't rehearse Psychoneurotic. Care based Psychoneurotic programs are common in nature and many individuals from over the world practice care based Psychoneurotic for its abundant advantages. There are various sorts of cPsychoneurotic strategies that shift in unpredictability including stringent, synchronized practices to basic proposals. On customary practice, Psychoneurotic is accepted to help develop steady, apathetic practices of smaller scale measurements that can make recognized valuable consequences for physiological and mental execution of the human element. Individuals rehearsing Psychoneurotic for only a couple of minutes, two times every day have indicated valuable impacts. Psychoneurotic includes an entangled type of unwinding called the parasympathetic reaction wherein Psychoneurotic methods and different sorts of unwinding methodology help decreasing the exercises of the thoughtful segment of the Autonomous Nervous System and advancing the exercises of the parasympathetic segment by lessening the arrival of stress hormones like cortisol. The procedure backs off the rate of heart and builds the blood stream to the viscera. There is a ton of other cardio and

neurophysiologic impacts required with rehearsing Psychoneurotic anyway these are yet to be demonstrated. The greater part of Psychoneurotic methods to be had in the present time are not reliably giving the major understanding of mental quietness and thus these Psychoneurotic systems are called as semi Psychoneurotic procedures. These semi Psychoneurotic strategies will incorporate procedures like reliable emphasis of mantras and different syllables, representations, or different sorts. These semi Psychoneurotic strategies help unwinding process by diminishing pressure and advancing consideration. Then again, clinical tests have demonstrated just a little divergence between the semi Psychoneurotic systems and normal physical rest. Of the accessible part of Psychoneurotic systems, there are three prominent strategies to be worked on including the Transcendental Psychoneurotic (TM), Mindfulness Psychoneurotic and Sahaja yoga Psychoneurotic (SYM). Of the three, the TM is the standard sort of mantra intercession that is planned to put off irritating contemplations by reciting mantra. Meditators rehearsing TM are told to be agreeable and, are told to recite the mantra all the more overwhelmingly on getting any aggravating contemplations. TM can be drilled for at least 15 minutes two times every day, morning and night. A human element rehearsing TM is found to have a controlled pulse and diminished blood cortisol levels, along these lines easing worry minus all potential limitations. There are likewise a couple of antagonistic reports depicting the rare, horrible mental and physiological impacts of rehearsing TM. Care Psychoneurotic is another sort of Psychoneurotic that fills in as the building obstruct for other Psychoneurotic strategies including the Vipassana Psychoneurotic. Care Psychoneurotic procedures are proposed to make utilization of centered consideration by utilizing a physical breath sensation to advance mental tranquility. A Meditator rehearsing care Psychoneurotic all the time can fair-mindedly watch considerations and thus enhance self comprehension. Care Psychoneurotic systems are to a great degree useful in mitigating unending agony. Vipassana is an extraordinary sort of Mindfulness Psychoneurotic and unsavory occasions connected with Vipassana have been investigated despite the fact that it is vague concerning which Psychoneurotic shape these examinations depend on.

There are likewise different sorts of Psychoneurotic like the SYM that is entirely expected to help the act of „thoughtless awareness“. This Psychoneurotic system is suited for the human populace all in all with no limitation dependent on age and race and bringing examination into tally, the SYM is to a great degree easy to consider and break down. The Psychoneurotic system can be drilled for 15 minutes two times every day and no antagonistic impacts are found with the SYM procedure. Aside from these strategies, there are other Psychoneurotic methods accessible including the Buddhist Psychoneurotic

procedures like Zen Psychoneurotic that incorporate a far reaching determination of Psychoneurotic systems, meant to expand fixation, consideration, understanding, agreement, and too ordinary powers. Apart from these Psychoneurotic systems, the Christians practice a type of Psychoneurotic called the Christian Psychoneurotic in which a prearranged endeavor is made to remain associated with the all-powerful Psychoneurotic has ended up being a basic apparatus that helps with diminishing worry, as it were, (Hassed, 1996). A great deal of research has just been done into intercession all over the world and present day, complex supplies are utilized in chronicle the electrical exercises of the cerebrum and heart of fledgling, moderate and master Meditators to help recognizing the outcomes of Psychoneurotic. There are bunches of different sorts of pressure decrease methods being polished in various parts of the world however not all these methods are similarly and reliably successful (Hassed, 1996). A great deal of productive changes has been accounted for to occur in the cerebrum and alternate parts of the human body for those rehearsing Psychoneurotic. Rehearsing Psychoneurotic is no bothering errand that helps acquiring basic and useful adjustments in the human organs including the heart and cerebrum with intermittent practice over a drawn out period. Psychoneurotic is drilled all over the world and various nations have given diverse names for the Psychoneurotic that they practice. A contextual analysis has uncovered an impressive, useful social change of the human element that training Psychoneurotic, consequently lessening the quantity of visits to the doctors by an incredible degree and the individual concerned is found to spare \$200 on the clinician's visit with viable rehearsing of Psychoneurotic. Additionally, another investigation has finished up the decreased utilization of medicinal consideration by Meditators in contrast with the individuals who don't rehearse Psychoneurotic. Care based Psychoneurotic programs are mainstream in nature and many individuals from over the world practice care based Psychoneurotic for its ample advantages. There are assorted sorts of Psychoneurotic procedures that differ in multifaceted nature including stringent, synchronized practices to regular recommendations. On standard practice, Psychoneurotic is accepted to help develop reliable, numb practices of small scale measurements that can make recognized useful impacts on physiological and mental execution of the human substance. Individuals rehearsing Psychoneurotic for only a couple of minutes, two times every day have indicated gainful impacts. Psychoneurotic includes a confused type of unwinding called the parasympathetic reaction wherein Psychoneurotic strategies and different sorts of unwinding methodology help lessening the exercises of the thoughtful segment of the Autonomous Nervous System and advancing the exercises of the parasympathetic segment by

decreasing the arrival of stress hormones like cortisol. The procedure backs off the rate of heart and builds the blood stream to the viscera. There is a great deal of other cardio and neurophysiologic impacts required with rehearsing Psychoneurobic anyway these are yet to be demonstrated. The lion's share of Psychoneurobic methods to be had in the present time are not reliably giving the central experience of mental quietness and consequently these Psychoneurobic strategies are called as semi Psychoneurobic procedures. These semi Psychoneurobic systems will incorporate strategies like predictable emphasis of mantras and different syllables, perceptions, or different sorts. These semi Psychoneurobic methods help unwinding process by reducing pressure and advancing consideration. Then again, clinical tests have indicated just a little divergence between the semi Psychoneurobic systems and common physical rest. Of the accessible part of Psychoneurobic procedures, there are three outstanding systems to be worked on including the Transcendental Psychoneurobic (TM), Mindfulness Psychoneurobic and Sahara yoga Psychoneurobic (SYM). Of the three, the TM is the standard sort of mantra intervention that is proposed to put off exasperating considerations by reciting mantra. Meditators rehearsing TM are told to be agreeable and, are told to recite the mantra all the more energetically on getting any irritating musings. TM can be polished for at least 15 minutes two times per day, morning and night. A human substance rehearsing TM is found to have a controlled pulse and diminished blood cortisol levels, in this manner reducing worry without bounds. There are likewise a couple of antagonistic reports depicting the inconsistent, negative mental and physiological impacts of rehearsing TM.

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degree easy to consider and dissect. The Psychoneurobic procedure can be rehearsed for 15 minutes two times every day and no antagonistic impacts are found with the SYM strategy. Aside from these procedures, there are other Psychoneurobic strategies accessible including the Buddhist Psychoneurobic systems like Zen Psychoneurobic that incorporate a far reaching choice of Psychoneurobic methods, expected to expand fixation, consideration, understanding, congruity, and excessively typical powers. A part from these Psychoneurobic strategies, the Christians practice a type of Psychoneurobic called the Christian Psychoneurobic in which a prearranged endeavor is made to remain associated with the god-like Psychoneurobic has ended up being a fundamental instrument that helps with diminishing worry as it were. A great deal of research has just been done into intervention the whole way across the world and present day, modern types of gear are utilized in chronicle the electrical exercises of the cerebrum and heart of fledgling, moderate and master Meditators to help distinguishing the outcomes of Psychoneurobic. There are bunches of different sorts of pressure decrease procedures being drilled in various parts of the world however not every one of these methods are similarly and reliably successful. A great deal of productive changes has been accounted for to occur in the mind and alternate parts of the human body for those rehearsing Psychoneurobic. Rehearsing Psychoneurobic is no bothering errand that helps getting auxiliary and useful changes in the human organs including the heart and cerebrum with intermittent practice over a drawn out period. Psychoneurobic is drilled the whole way across the world and assorted nations have given distinctive names for the Psychoneurobic that they practice. A contextual analysis has uncovered a significant, productive conduct alteration of the human element that training Psychoneurobic, accordingly diminishing the quantity of visits to the doctors by an extraordinary degree and the individual concerned is found to spare \$200 on the clinician's visit with compelling rehearsing of Psychoneurobic. Likewise, another examination has finished up the decreased utilization of restorative consideration by Mediators in contrast with the individuals who don't rehearse Psychoneurobic. Care based Psychoneurobic programs are common in nature and many individuals from over the world practice care based Psychoneurobic for its copious advantages. There are different sorts of cPsychoneurobic strategies that shift in unpredictability including stringent, synchronized practices to normal recommendations. On normal practice, Psychoneurobic is accepted to help develop reliable, unaware practices of miniaturized scale measurements that can make recognized productive consequences for physiological and mental execution of the human substance.

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Giuseppe Pagnoni et al. contemplated the impacts of age on the volume of dim issue and execution of consideration amid the season of Zen Psychoneurobic. The investigation was directed on thirteen normal Zen Meditators and proportionally coordinated control gatherings to distinguish the divergence in the typical age related decline in dark issue volume and consideration. Srinivasa et al. led an investigation on the HRV now and again of breathing profound for typical and hypertensive patients. Around eighty eight normotensive and seventy seven hypertensive patients were chosen for the exploratory preliminary and the subjects were approached to breathe multiple times profound for consistently. The

ECG for lead II is recorded and pulse changes were at the same time determined.

Ramesh Manocha et al. contemplated the physiological changes related with the act of SYM. A perception was made under controlled research center conditions on the adjustments in skin temperature between the go between and non-Meditators. A temperature controlled room was used for accounts and the palmar skin temperature and pulse is processed. Gloria Y. Yehetal. studied the impacts of Tai Chi treatment on the working of human body for patients with intense and constant heart complexities. The trial examined the impact of a kendo program drilled by the general population for term of twelve weeks and the enhancement in the heart working of the general population rehearsing Tai Chi. Thirty Chronic Heart Failure (CHF) patients were made to partake in the investigation and the adjustments in the personal satisfaction is considered. Maura Paul et al. considered the randomized controlled preliminaries impacts of TM of metabolic disorder in CHF patients. A fake treatment controlled preliminary for about four months of TM with immaculate time and recurrence coordinating was led with 103 subjects with Coronary Heart Disease (CHD). Circulatory strain (BP), lipo-protein level, insulin opposition and HRV parameters are estimated.

Paul Grossman et al. considered the therapeutic focal points of MBSR methods. A meta-examination was done on twenty reports that met the standard of tasteful quality and tremendousness to be joined into the examination. Yvonne Greene played out a connection of consideration based examination strategies and self observation and used twenty four students with capacity in reflection or self recognition process for the examination. Sudheesh, et al., investigated the impact of music and consideration on the Galvanic Skin Response (GSR). Music and reflection was given as an enhancements making use of GSR to learn the subject's energetic response. Nikitas Papisimakis et al. inquired about the breakdown of long Range connections once in a while of progress of the beat in the midst of a consideration session. The work used ordinary wavelet coefficient system to consider the scaling features of HRV in the midst of an examination session. Frederick Travis inspected the Electroencephalogram (EEG) structures in the midst of a TM session and contemplated the EEG and autonomic precedents sometimes of transcending in the midst of a TM session.

RESULTS AND DISCUSSIONS

The Psychoneurobic methods in presence have demonstrated to give productive advantages to the mankind in numerous perspectives. In the work completed by Peng et al. on the pulse elements amid three Psychoneurobic sorts, the pulse and the

respiratory elements were observed to be amazingly indistinguishable amid the procedures of portioned breathing and unwinding reaction. Additionally, the creator saw lifted abundance and lessened recurrence motions of the request of 0.05 to 0.1 Hz attributable to Respiratory Sinus Arrhythmia (RSA) at the season of divided breathing and unwinding reaction. Intelligence was found to increment fundamentally between the breathing and hear rate cycles in contrast with the benchmark esteem.

Gerhard Litscher et al. recognized a noteworthy variety in the HRV reaction to Tai Chi and Jogging. The Poincare plots of beat to beat changeability indicated circles of assorted shape and size and Tai Chi and running were found to give an unmistakable image of the HRV observing even under the most mind boggling conditions. Investigations did by Damodar Prasad Goswami et al. on the HRV flag examination amid Psychoneurobic utilizing a second request contrast plot uncovered an alternate shape for various bunches and the investigation uncovered noticeable changes in the HRV of subjects at the season of Psychoneurobic. The device was referenced to be of monstrous use in clinical settings and the board of pressure.

Hoshiyama et al. on his investigation of HRV connected with Zen Psychoneurobic by specialists uncovered that the power unearthly examination demonstrated an unmistakable change in the recurrence segments and the Low Frequency (LF) and High Frequency (HF) segments were found to increment for master Meditators. The Detrended Fluctuation examination (DFA) of HRV was observed to be around 0.5 for specialists and 0.78 for fledglings. This decline in DFA esteem in specialists is ascribed to the productive control of brain and contemplations amid the procedure of Psychoneurobic. Dirk Cysarz et al. performed examination on the synchronization of the cardiovascular and respiratory exercises amid Zen Psychoneurobic system and found that the low breathing frequencies prepared to diminish the HF part of HRV anyway the LF and the degree of RSA was found to increment. A high level of cardio respiratory synchronization was watched even in learners that recommended that there is no requirement for earlier ability in Psychoneurobic that interest for physiological ramifications. Leonaite, A. Vainoras found huge changes initiated by the PMR and MBSM methods on the HRV parameters. The MBSR program was observed to be exceedingly successful in treating patients with stress issue. The examination of slacked Poincare plots amid Psychoneurobic by Atefeh Goshvarpour et al. uncovered that the width of the Poincare plot expanded with slack amid Psychoneurobic. The simplicity of figuring of the width of Poincare plot and its adjustment to the scattered idea of the physiological signs was observed to be amazingly useful in examining the pulse signals at the season of Psychoneurobic. Research on the leg

crossing stances impact on the PTT led by Kang – Ming Chang et al. revealed that the PTT is found to fluctuate contingent upon the separation between the heart and the appendages and the leg crossing stances that postpone the rate of stream of blood. Masaki Hoshiyama et. al. exhibited a decline in the Very Low Frequency (VLF) part of the HRV for master Zen Meditators in his examination on the investigation of repeatability esteem in pulse amid Zen Psychoneurobic. This decline in the VLF parts of HRV was ascribed to the slightest diverted Psychoneurobic from the accomplished Meditators and a resulting increment in the repeatability esteem that grants fruitful, determined control of brain of body.

Research on impact of age on the dim issue volume and attentional execution in Zen Meditators led by Giuseppe Pagnoni et. al. uncovered a foreseen negative connection of dark issue volume and attentional execution with age in controlled subjects while the Zen Meditators were not found to show any vital relationship of these measures with age. The exploration uncovered the way that intermittent routine with regards to Psychoneurobic offers neuro-defensive advantages and decreases the social decay connected with the maturing methodology. Srinivasa et al. recognized no noticeable changes in the HRV among people amid his examination on the progressions in HRV parameters at the season of profound taking in normotensive and hypertensive classes.

A remarkable finding was shown by Ramesh Manocha et al. in their exploration on the skin temperature changes related with Psychoneurobic in contrast with the rest and the investigation uncovered a noticeable change in the pulse and palmar skin temperature in the Sahaja Yoga Meditators in contrast with those at typical rest condition. Gloria et al. exhibited the beneficial outcomes of TM on CHD patients that helped livening up the BP and insulin opposition parts of the metabolic disorder. The cardiovascular Autonomous Nervous System tone was altogether enhanced in contrast with the controlled subjects for those experiencing a TM session for about four months that empowers viable pressure the executives in CHD patients. Research on the internal consideration Psychoneurobic by Shr-Da Wu et al. exhibited normal and diverse impacts of HRV similarly between the conditions of ordinary and internal consideration Psychoneurobic. Antonino Raffone et al. performed fMRI consider on the Buddhist priests and uncovered particular actuation and deactivation designs connected to the Buddhist Psychoneurobic that uncovered further the interest of left frontoparietal territories in Psychoneurobic methods dependent on care. Dilwar Hussain et al. exhibited a constructive outcome of Psychoneurobic on the human

physiological parameters including heart beat, enhanced cortical action, and decreased BP, expanded metabolic rate, adequate breath, enhanced observation and insight. Research on HRV by Kachouri et al. uncovered a conspicuous change in the HRV parameters amid the two Psychoneurotic strategies.

CONCLUSION

The feasibility of reflection systems for stress the board has been shown to be valuable in a huge amount of afflictions, as it livens up the psychological and physical flourishing of the human substance and lifestyle understanding. Consideration changes the body and mind together and investigate on the impact of different sorts of reflection is the most bolstered example among the present day authorities. Coordinating with Meditators, researchers help understanding the idea of reflection and its impact on the physiological and mental flourishing of the human system. A lot of research should be done in exploring the essential comparability among the diverse sorts of thought and their supportive ramifications for the psychological and physiological changes in the humanity that gets ready for a strong nearness.

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