**Original article:**

**Effect of Pranayama training on Audio-Visual Reaction Time.**

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**Abstract:**

**Introduction:** Yoga is philosophy & discipline applied to development of mind, body & spirit. Maharshi Patanjali, the father of yoga & great physician himself defines Yoga as “Complete mastery on mind & emotions.

**Methodology:** Present study was conducted to observe effect of short duration pranayama on audio-visual reaction time. One sixty healthy 1st year M.B.B.S. students were participated in the study. Readings of height (meter), weight (kg.), auditory & visual reaction time taken just before starting & immediately after pranayama training. Pranayama training was given daily for 45 minutes duration 6 days/week for 12 weeks. Analysis was done by applying paired students t-test.

**Observations & Results:** After Pranayama training there was statistically significant decline in auditory & visual reaction time. Thus pranayama practice done for short duration also can improve concentration power & sensorymotor performance.

**Keywords :** Pranayama , audiovisual reaction time