

ABSTRACT

Background

Cognitive functions are important for daily life at any age. The purpose of this study is to investigate how ujjayi pranayama improve cognitive functions (attention, memory) in female adults. Scientific literature showed that ujjayi pranayama was beneficial in physiological and cardiovascular variables.

Methods and materials

35 female adults were participated with age range of 17 to 30 years. They were in one group. Pre and post data were taken from MSc and BSc by (MWCT) Mack worth clock test for attention and (SMT) Sternberg memory task for memory.

RESULT

After five minutes intervention of ujjayi pranayama, Mack worth clock test (HIT- $p=0.05$ there is a trend of improvement was found in the score of Hit. But (MISSED- $p=0.18$), (FALSE- $p=0.07$) Sternberg memory task (PROP- $p=0.07$) which show there is no any significant change.

CONCLUSION

The present study indicates the potential use of ujjayi pranayama intervention didn't enhance cognitive functions (Attention, Memory) in female adults.

KEYWORD

Cognitive functions, Attention, Memory, Mack worth clock test, Sternberg