

YOGA AND ITS INFLUENCE ON HUMAN BRAIN – A NEURO IMAGE AND SIGNAL POINT OF VIEW

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Brain is an important part of human body which controls and coordinates internal and external functions of human. Brain consists of millions of neurons where groups of neurons will hold the responsibility for various functionalities of human. Modalities such as Computed Tomography (CT), Defuse Optical Imaging (DOI) and Magnetic Resonance Imaging (MRI) are widely used imaging techniques used for scanning brain images. Functional Magnetic Resonance Imaging (fMRI) is an interesting and advanced imaging technology used to scan human brain with respect to internal or external stimulus. Functional MRI is one of the best methods to understand brain behavior and its correlation based on functionalities of human body. Magnetoencephalography (MEG) is an alternate method to acquire brain signals based on neural activity.

Health diseases are becoming major challenge all over the world including India. Reports are exploring that some deaths are happening due to the Non Communicable Diseases (NCD). Available treatment methods are not sufficient even for detectable diseases, since most of the treatment methods are having its own side effects. Hence, finding proper treatment method without any side effect for solving atleast few disease will greatly support the society. Treatment methods which are generally in use include Allopathy, Homeopathy, Acupuncture, Ayurveda and Naturopathy.

Yoga is one of the best touch based healing method which is having higher influence in curing the source of diseases. Literature reports are also an evident for the importance of yoga and its major role in maintaining disease free and long human life. Pranayama is an excellent breathing exercise which is part of yoga used as the best solution for lung, asthma and breathes related abnormalities. From the literatures, it is observed that stimulation of neurons in brain will address various health issues. Continuous practices of yoga will have remarkable changes in brain pattern. Electroencephalography is one of the simple and economically feasible methods used to acquire brain signals with respect to the functions of human body. Development of Yoga based treatment methodologies will help the people to come out from various health and mental issues especially stress, tension, blood pressure, breath issues etc. EEG based brain mapping and support system will greatly help to understand the features and brain patterns of for yoga and yogic practitioner.