



Impact of Suryanamaskar Training on Cardiovascular, Respiratory, and Cognitive Functions among Medical Students

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Abstract

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Received: 17 September 2024

Accepted: 02 February 2025

ePublished: 24 February 2024



Dear to Editor

I am writing to express my thoughts on the basis of departmental presentation and reviews by faculty on a recent article published in Avicenna Journal of Neuro Psycho Physiology volume 9(1) 1-4, titled "Impact of Suryanamaskar Training on Cardiovascular, Respiratory, and Cognitive Functions among Medical Students." While the study provides valuable insights into the benefits of Suryanamaskar, I believe it is crucial to address several limitations that could impact the interpretation and generalizability of the findings.

1. **Sample Size and Demographics:** The sample size of the study appears to be relatively small and homogenous, primarily consisting of young adults. This limits the ability to generalize the findings to a broader population, including older adults, children, and individuals with varying levels of physical fitness and health conditions.
2. **Control Group and Randomization:** The article does not provide detailed information about the control group and the randomization

process. Without a properly randomized control group, it is challenging to attribute the observed effects solely to Suryanamaskar training, as other confounding factors could have influenced the outcomes.

3. **Duration and Intensity of Training:** The study does not adequately address the duration and intensity of the Suryanamaskar training. Variations in these parameters could significantly affect the results, and a more detailed description would help replicate the study and understand the optimal conditions for achieving the reported benefits. Reference to the Standard protocol of bicycle ergometry test was not mentioned, and PEFR should be calculated separately. Reference was not mentioned in the methodology.
4. **Long-Term Effects:** The study appears to focus on the short-term effects of Suryanamaskar training. It would be beneficial to include follow-up assessments to determine

whether the observed improvements in cardio-respiratory parameters and cognitive function are sustained over the long term.

Despite these limitations, the article contributes to the growing body of evidence supporting the benefits of yoga and Suryanamaskar. Addressing these limitations in future research would

strengthen the conclusions and provide a more comprehensive understanding of the impact of Suryanamaskar training.

5. **Thank you** for considering my feedback. I look forward to seeing further advancements in this important area of research.