Effect of Rajyoga Meditation on Intelligence Quotient of Attention Deficit Hyperactivity Disorder

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Background:
Attention Deficit Hyperactivity Disorder is a reason for children to underperform at school. Previous studies reported that ADHD is associated with Decrement in IQ. Rajyoga meditation is a behavioral intervention, which is simple to practice. It was hypothesized that Rajyoga meditation will improve IQ in ADHD child, improve concentration, and bring about a lasting change in brain and cognitive function.

Objective:
To study the effect of Rajyoga meditation on Intelligence Quotient of ADHD cases.

Methods:
42 ADHD cases were recruited. I.Q. test was performed by “Draw a Man test” before and after intervention i.e. Rajyoga for three months. Student t test was used to evaluate the recorded data.

Results:
Mean I.Q increased significantly from 72.50 ± 18.16 to 83.50 ± 17.98 (t=10.74, p <0.001) after 12 weeks of Rajyoga Meditation.

Conclusion:
Rajyoga is a cheap and cost effective way to increase I.Q. in ADHD cases.