Effect of Autogenic Relaxation in the Visual Reaction Time of Attention Deficit Hyperactivity Disorder

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Abstract

Introduction
Attention Deficit Hyperactivity Disorder is characterized by inattentiveness. Pharmacological intervention for Attention Deficit Hyperactivity Disorder, although effective, is far from satisfactory because of incomplete benefit, treatment failures and troublesome side effects. Therefore, alternative and complementary treatments are needed to optimize therapeutic effects. Rajyoga meditation of Brahmakumaris subsumes within itself the fundamentals of all methods of yoga and confers the achievement of all of them naturally and easily using one very simple method which anyone can learn.

Objective
This study was an attempt to evaluate the role of Rajyoga meditation on Visual Reaction Time of ADHD cases.

Material & methods
42 ADHD cases were recruited. Visual and Auditory reaction time were recorded before and after intervention i.e. Rajyoga for three months. Student t test was used to evaluate the recorded data.

Results
Mean visual mean reaction time (Red) decreased significantly from 371.85±115.26 milliseconds to 318.97±109.02 milliseconds, Mean visual mean reaction time (Green) decreased from 324.88± 104.24 milliseconds to 278.40±100.65 milliseconds, Mean visual mean reaction time (Yellow) decreased from 350.09±118.03 milliseconds to 339.45 ±116.19 milliseconds.

Conclusion
Rajyoga is a cheap and cost effective way to increase attention span in ADHD cases.