

## **ELECTROENCEPHALOGRAPH SIGNAL ANALYSIS DURING UJJAYI PRANAYAMA**

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### **Abstract**

Ujjai pranayama is one part of the Pranayama, as traditionally conceived, involves much more than merely breathing for relaxation. Ujjai pranayama is a term with a wide range of meanings. "The regulation of the incoming and outgoing flow of breath with retention." Ujjai pranayama also denotes cosmic power. Because of this connection between breath and consciousness. Pranayama has devised ujjai pranayama to stabilize energy and consciousness.

A wavelet transformation is applied to electroencephalograph (EEG) records from persons under ujjai pranayama. Correlation dimension, largest lyapunov exponent, approximate entropy and coherence values are analyzed. This model & software is used to keep track on the improvement of the persons mind, aging, balance, flexibility, personnel values, mental values, social values, love, sex, knowledge, weight reduction and body fitness.

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**Keywords :** Ujjai pranayama, approximate entropy, EEG, coherence, largest lyapunov exponent, correlation dimension, wavelets.