Breath and Brain Function with Algorithm Technology

Miyake, Yusuke

Autonomic Nervous System, Breathing with Right Hemisphere, Mental Disorder, Artifitial Intelligence with Algorithm Technology, Endogeneous Growth Model with Elaborated RD Sector

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Yusuke Miyake[*]

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Abstract

This study introduces an innovative interdisciplinary framework linking neuroscience, psychiatry, and health economics to analyze how nasal breathing, particularly left nostril breathing (LNB), influences brain activity and psychiatric disorders, including attention deficit hyperactivity disorder (ADHD), autism spectrum disorder (ASD), bipolar disorder, and epilepsy. Traditional pharmacological treatments, while effective, often pose substantial side effects and economic burdens. In contrast, emerging evidence from neuroscientific studies using functional magnetic resonance imaging (fMRI) reveals that LNB selectively improves critical regions of the right hemisphere of the brain, specifically the prefrontal cortex, amygdala, hippocampus, and insular cortex, thus improving emotional stability, cognitive performance, and autonomic regulation without adverse effects. Integrating advanced artificial intelligence (AI) algorithms and personalized medical data (e.g., EEG, MRI, blood tests) optimizes therapeutic strategies, precisely aligning patient needs with targeted interventions. By modeling healthcare interactions through endogenous growth theory and R&D-driven market dynamics, this research highlights how AI-driven personalized medical solutions can improve productivity, reduce healthcare expenditures and significantly increase societal welfare and economic growth. This paper thus presents a pioneering contribution to medical economics, proposing a sustainable and effective healthcare model optimized by neuroscience and AI technologies.

Keywords: Left Nostril Breathing (LNB), Psychiatric Disorders, Brain Function, Artificial Intelligence (AI), Health Economics, Endogenous Growth Model, R&D, Algorithm Economy, Personalized Medicine.

JEL Classification Codes: I11, I18, O31, O33, D83

[*]Graduate School of Economics, Kobe University, Japan.

1 Introduction

Globally, healthcare systems are under increasing pressure due to demographic aging, increased medical expenditures, and critical shortages of medical personnel. Psychiatric and neurological disorders, such as attention deficit hyperactivity disorder (ADHD), autism spectrum disorder (ASD), bipolar disorder, and epilepsy, have become increasingly prevalent, substantially burdening healthcare infrastructure and demanding innovative, efficient, and cost-effective therapeutic solutions.

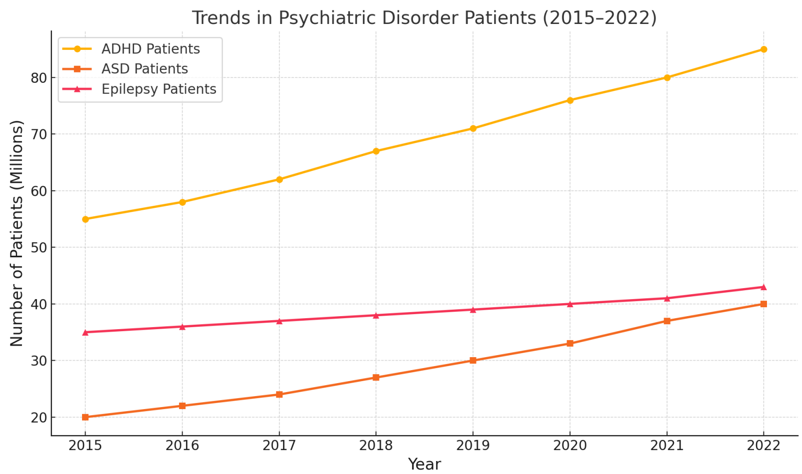

Figure 1: Trends in the number of psychiatric disorder patients (ADHD, ASD, Epilepsy) from 2015 to 2022.
Source: Adapted from World Health Organization (WHO) Global Health Estimates (2022).

Recently, noninvasive and cost-effective therapeutic practices, particularly left nostril breathing (LNB), have garnered considerable scientific interest due to their demonstrated neurological and psychological benefits. Neurological research indicates that LNB selectively activates key brain regions within the right cerebral hemisphere, including the prefrontal cortex, insular cortex, amygdala, and hippocampus. These areas are fundamentally involved in emotional regulation, cognitive functioning, and autonomic nervous system balance. Clinical studies further suggest that such neural activations can produce significant therapeutic outcomes, improving symptoms associated with emotional and attentional disorders such as ADHD, bipolar disorder, and epilepsy.

Integrating AI technologies with LNB further improves medical productivity by enabling personalized patient-centered health management. Wearable devices and mobile applications supported by AI facilitate continuous real-time monitoring of physiological parameters, thereby optimizing individualized therapies and significantly reducing the direct participation required from healthcare professionals. Such technological advances have the potential to mitigate healthcare workforce shortages and substantially improve overall efficiency and productivity of healthcare delivery.

Figure 3 illustrates the projected market growth for EEG devices worldwide, reflecting the rapid increase in demand and highlighting the economic importance of BrainTech integration into healthcare systems. From an economic perspective, the implications of AI-enhanced LNB therapies are profound. Improved healthcare efficiency translates into reduced utilization of medical resources, decreased healthcare costs, and reduced financial pressure on governments constrained by limited social insurance revenues and public healthcare budgets. In addition, the rapid development and commercialization of AI-integrated therapeutic tools is poised to stimulate significant economic growth through innovation in medical devices and expansion into global markets.

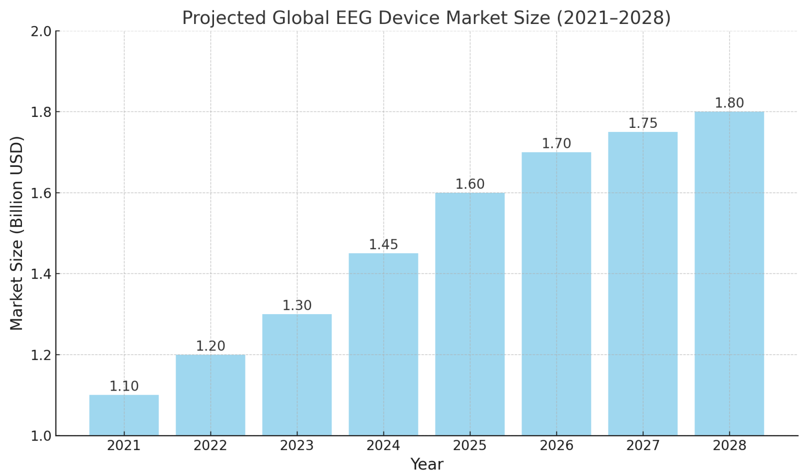

Figure 2: Detailed Projected Global EEG Device Market Size (2021–2028), Y-axis starting at 1 Billion USD. (Hypothetical data)

In this integrative review, we systematically examine the neuroscientific foundations, clinical implications, and economic impacts of AI-enhanced LNB therapies and BrainTech innovations, focusing particularly on EEG technology. By synthesizing comprehensive evidence from neuroscience, clinical medicine, and health economics, this study provides clear policy implications and practical recommendations for effectively integrating these emerging therapeutic approaches into routine healthcare practices. Through this interdisciplinary approach, our review not only contributes significantly to medical and neuroscientific knowledge, but also provides valuable information essential for healthcare economic planning and policy formulation in the context of global health challenges.

2 Neurological Foundations of Psychiatric Disorders and Therapeutic Interventions

The prevalence and societal burden of psychiatric disorders, including attention deficit hyperactivity disorder (ADHD), autism spectrum disorder (ASD), bipolar disorder, and epilepsy, have drawn increasing scientific attention to the underlying neurological mechanisms.

Modern neuroscience strongly supports the view that these psychiatric conditions fundamentally arise from specific neurological dysfunctions within discrete brain regions, rather

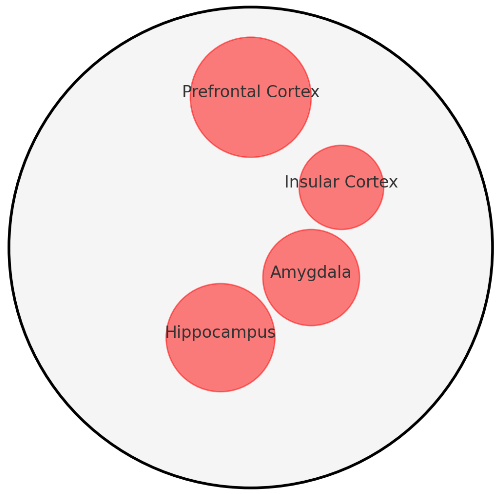

Figure 3: fMRI Activation by Left Nostril Breathing (LNB). Key activated regions: Prefrontal Cortex, Amygdala, and Hippocampus.

than purely psychological or emotional origins. Recent neuroscientific evidence obtained by advanced neuroimaging techniques such as functional magnetic resonance imaging (fMRI), positron emission tomography (PET), and electroencephalography (EEG) has clearly demonstrated that psychiatric disorders frequently involve abnormal activation and connectivity within specific neural circuits. For example, ADHD and ASD are consistently associated with dysfunction in the frontal cortical regions, particularly the prefrontal cortex, which plays a crucial role in executive functioning, attention modulation, decision-making, and emotional regulation. Similarly, bipolar disorder has been strongly linked to functional abnormalities in limbic structures such as the amygdala and hippocampus, regions crucial for emotional processing and mood regulation. Epilepsy involves episodic dysregulation and abnormal electrical activity originating primarily within the temporal lobes and extending through various cortical and subcortical regions.

In parallel, advanced neurophysiological studies have provided strong evidence that psychiatric conditions are frequently accompanied by imbalances in hemispheric activation and neural synchrony between the left and right hemispheres. Typically, the left hemisphere is associated with analytical processing, logical reasoning, language comprehension, and focused attention, whereas the right hemisphere predominantly governs emotional perception, spatial processing, attentional shifting, regulation of the autonomic nervous system, and integrative emotional experiences. Studies consistently demonstrate hemispheric asymmetry disruptions in psychiatric disorders, characterized by excessive left-hemispheric dominance or impaired right-hemispheric function. Critically, emerging research has begun to explore how controlled nasal breathing techniques, particularly alternating or unilateral nostril breathing, influence these hemispheric activations and potentially restore neural equilibrium. Nasal breathing uniquely stimulates the olfactory bulb and associated neural pathways, directly

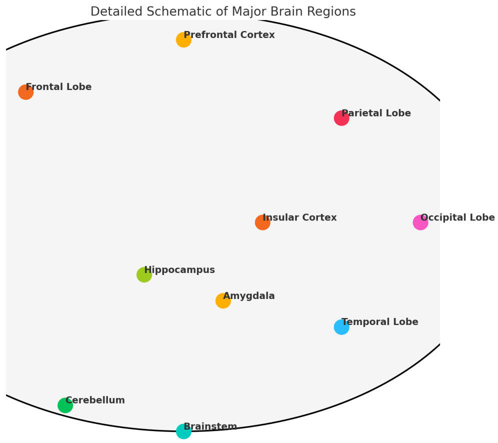

Figure 4: Schematic representation of fMRI activation in brain regions associated with emotional dysregulation.Adapted from neuroscientific literature.

affecting neural oscillations within the brain. Neuroanatomically, olfactory input through nasal breathing projects directly to limbic structures, including the amygdala and hippocampus, through the olfactory bulb, significantly affecting emotional and cognitive regulation. Clinical experiments employing unilateral nasal breathing (particularly left nostril breathing, LNB) have shown promising results. Studies using EEG and fMRI techniques reveal that LNB significantly enhances activity within critical right hemispheric regions, notably the prefrontal cortex, anterior insular cortex, amygdala and hippocampus, areas crucially involved in emotional regulation, autonomic stability and attentional control.

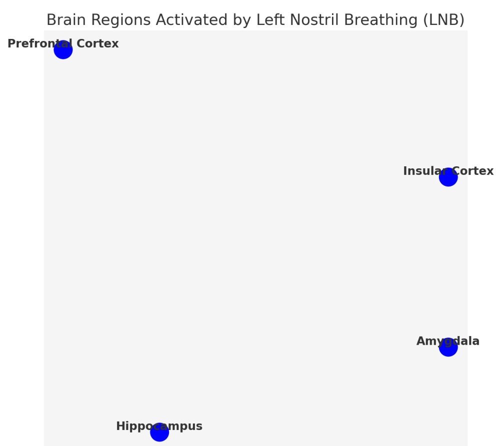

Figure 5: Brain Regions Activated by Left Nostril Breathing (LNB)
Adapted from neuroscientific literature (Zelano et al., 2016).

Thus, targeted nasal breathing therapies offer novel, noninvasive, and cost-effective approaches to rebalance hemispheric activity and alleviate psychiatric symptoms. From a neurological perspective, it is evident that psychiatric disorders are not the result of abstract emotional disturbances, but specific localized disruptions within the neural architecture of the brain. Consequently, emerging therapeutic strategies, including nasal breathing interventions, are increasingly targeting these neurological substrates directly. In addition, the integration of artificial intelligence (AI) and advanced algorithms into healthcare platforms has opened new avenues in psychiatric treatment. Using sophisticated AI-driven algorithms, it is now feasible to precisely match therapeutic interventions, including breathing exercises, pharmacological treatments, and psychological therapies, to individualized patient profiles characterized by precise data on personality traits, blood pressure, height, weight, and other physiological parameters. AI platforms enable highly personalized and effective treatments by accurately aligning healthcare demand with therapeutic supply at an individual level, optimizing therapeutic results, and healthcare resource utilization. In summary, this chapter has reviewed the contemporary neuroscientific understanding of psychiatric disorders, underscoring their basis in neurological dysfunctions and hemispheric imbalances. Emerging evidence strongly supports the efficacy of nasal breathing interventions, particularly left nostril breathing, in modulating right hemisphere activation and improving clinical outcomes. In addition, the integration of advanced AI technologies represents a critical advance toward precise, personalized medicine, further improving therapeutic effectiveness and economic efficiency in healthcare. Future research must continue to rigorously explore these innovative interdisciplinary approaches, ultimately translating neuroscientific insights into meaningful improvements in psychiatric treatment and patient care.

3 Neuroscientific Mechanisms of Left Nostril Breathing (LNB) and Clinical Implications for Psychiatric Disorders

In contemporary clinical practice, pharmacological treatments dominate psychiatric care despite the presence of side effects, variable efficacy, and significant economic costs. This chapter proposes a remarkably simple yet effective therapeutic alternative, left nostril breathing (LNB), and provides a detailed neuroscientific explanation for its efficacy in the treatment of psychiatric disorders, including attention deficit hyperactivity disorder (ADHD), autism spectrum disorder (ASD), bipolar disorder, and epilepsy.

3.1 Neuroanatomical Role of the Nasal Cavity and Olfactory Bulb

The olfactory bulb (OB) is the critical neural structure through which nasal breathing influences brain activity. As the initial region of the central nervous system that processes olfactory input, the OB transmits neural signals directly to limbic areas, notably the amygdala, the hippocampus, and related cortical structures. Furthermore, OB modulates the autonomic nervous system through direct and indirect projections to the brainstem, specifically the medulla oblongata, thus influencing the parasympathetic tone and the response to stress.

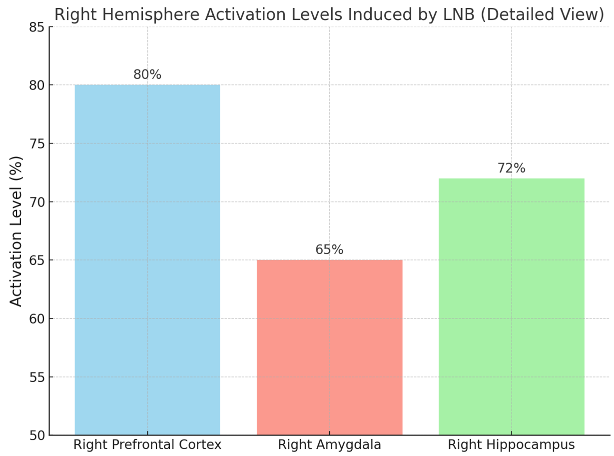

Figure 6: Pathway and effects of left nostril breathing on the right hemisphere via olfactory bulb and brainstem, including activation data.Source: Schematic adapted from neuroscientific literature (Zelano et al., 2016).

3.2 Neurophysiological Basis of Right Hemisphere Activation via LNB

Recent neuroscientific research highlights the nasal cycle, an innate physiological phenomenon in which nasal airflow dominance alternates periodically between the nostrils. Conscious activation of the left nostril breathing preferentially activates the regions of the right hemispheric brain, particularly the prefrontal cortex, insular cortex, amygdala, and hippocampus. These activations have been reliably demonstrated using neuroimaging techniques such as functional magnetic resonance imaging (fMRI) and electroencephalography (EEG), confirming their therapeutic relevance. These right hemispheric regions are intricately involved in emotional regulation, autonomic stability, attentional modulation, and cognitive processing. Consequently, targeted activation through LNB has direct and beneficial implications for clinical psychiatry.

3.3 Clinical Efficacy of LNB in Psychiatric Disorders

Emerging clinical evidence suggests that structured daily LNB sessions (approximately 10–20 minutes) produce substantial symptom relief in psychiatric disorders traditionally treated with pharmacotherapy. Clinical studies document significant improvements in emotional stability, cognitive function, and the reduced frequency of seizures among patients with ADHD, ASD, bipolar disorder, and epilepsy following regular practice of LNB. These therapeutic effects are mainly attributed to increased parasympathetic nervous system activation, improved right hemispheric function, and restoration of neural equilibrium.

4 Comparing Left Nostril Breathing (LNB) and Pharmacological Treatments in ADHD

Left Nostril Breathing (LNB) functions as a therapeutic intervention for Attention Deficit Hyperactivity Disorder (ADHD) by activating specific regions of the brain associated with symptom management. In particular, LNB selectively stimulates areas within the right hemisphere that are crucial for emotional control and attentional regulation. This gentle activation can be conceptualized as the encouragement of cerebral balance, which can enhance concentration, and reduce impulsive behaviors.

Aspect	LNB	Pharmacological Treatment
Mechanism	Activates brain regions via controlled breathing	Alters neurotransmitter levels
Side Effects	Minimal to none	Appetite loss, sleep issues, mood swings
Cost	Low	High
Effectiveness speed	Gradual	Immediate
Medical supervision	Minimal	Continuous
Accessibility	High	Medium
Personalization	High (AI integration possible)	Limited

Figure 7: Comparison of LNB and pharmacological treatments for ADHD.

An important impact of LNB in the treatment of ADHD is its influence on the prefrontal cortex, a key brain region responsible for attention modulation, decision making, and impulse control. Enhanced prefrontal cortex function through regular LNB practice can facilitate sustained attention during tasks, which is particularly beneficial for individuals diagnosed with ADHD.

In addition, LNB appears to be effective in stabilizing emotional fluctuations commonly observed in ADHD. By increasing activity in regions such as the amygdala and insular cortex within the right hemisphere, LNB supports improvements in emotional regulation. Consequently, individuals may experience fewer sudden mood swings and achieve a more stable emotional state throughout the day, complementing improvements in attention.

In addition, regular practice of LNB is recommended to improve the parasympathetic nervous system, the bodily system responsible for rest and digestion functions. By increasing parasympathetic activity, people can attain a more relaxed state, which can potentially reduce hyperactivity and impulsivity, two hallmark symptoms of ADHD.

In everyday terms, practicing simple breathing exercises through the left nostril acts as a ”reset button” for the brain, promoting more balanced neurological functioning. Just as a short walk can clear the mind, LNB can help calm the brain and improve concentration, suggesting that regular practice could alleviate hyperactivity and attention deficits characteristic of ADHD.

Crucially, LNB provides a non-invasive and cost-effective approach that complements other ADHD treatments. As an alternative or adjunct to pharmacological interventions, which can have adverse side effects, LNB presents a simpler, more natural method of managing attentional and emotional difficulties. This expands therapeutic options to people who are cautious about traditional pharmacological treatments.

In summary, LNB helps people with ADHD by rebalancing brain activity, improving critical neurological functions associated with attention and decision making, and restoring the equilibrium of the nervous system. Thus, regular practice of this straightforward breathing technique could serve as an effective adjunct to comprehensive ADHD management strategies.

5 Comparative Analysis of Left Nostril Breathing (LNB) and Conventional ADHD Treatments

Conventional treatments for Attention Deficit Hyperactivity Disorder (ADHD), such as pharmacological interventions, are widely used to treat symptoms of inattention, hyperactivity, and impulsivity. These medications typically act by modulating neurotransmitter activity in the brain, enhancing concentration, and facilitating behavioral control. Such treatments have a long history supported by extensive clinical research. However, these medications often have associated adverse effects, ranging from appetite suppression to sleep disturbances, which can present significant challenges for some patients.

In contrast, Left Nostril Breathing (LNB) offers a non-invasive, natural, and cost-effective alternative that aims to modulate brain function through specific respiratory techniques. LNB exerts its therapeutic effects by activating key brain regions such as the prefrontal cortex, amygdala, insular cortex, and hippocampus, all critically involved in attention modulation and emotional regulation. This method exploits the neurological effects of nasal breathing, particularly influencing the right hemisphere, thus enhancing mood stability and cognitive functions.

Traditional ADHD medications are known for their rapid onset of action, often significantly alleviating symptoms in a short period of time. In contrast, LNB typically manifests its therapeutic effects gradually over an extended practice period, requiring consistent daily sessions of approximately 10–15 minutes. The regular practice of LNB may not yield immediate symptom relief; however, it steadily restores neural equilibrium over time, effectively reducing the severity of symptoms.

A distinct advantage of LNB compared to conventional pharmacological treatments is the substantial reduction in side effects. Although traditional medications can induce unwanted consequences such as weight loss, mood fluctuations, and sleep disturbances, LNB represents a low-risk intervention that primarily requires controlled breathing, without additional pharmacological substances. This makes LNB particularly attractive for people who are reluctant to use medications or those who experience discomforting side effects from pharmacotherapy.

In addition, conventional treatments typically involve ongoing medical supervision, incurring recurrent costs associated with prescriptions and medical consultations. In contrast, LNB is easily accessible, cost-effective and can be practiced independently, reducing dependency on healthcare infrastructure and potentially lowering overall treatment costs. The integration of artificial intelligence (AI) further enhances LNB's efficacy by enabling personalized monitoring and optimization of breathing practices, thus offering a promising, customized therapeutic option.

Finally, although both conventional pharmacological treatments and LNB aim to improve the quality of life of ADHD patients, their underlying principles differ substantially. Traditional treatments typically alter chemical balances within the brain, whereas LNB emphasizes physiological breathing practices aimed at recalibrating neural activity without medication. Consequently, LNB serves as a promising complementary strategy that can potentially be integrated with conventional treatments in a holistic approach to the treatment of ADHD.

5.1 Integration of Artificial Intelligence for Personalized Medicine

In addition, this chapter highlights the revolutionary potential of the integration of artificial intelligence (AI) into therapeutic strategies. Modern AI algorithms can take advantage of individual details, such as personality traits, height, weight, blood pressure, and neurophysiological markers, to precisely tailor breathing exercises and other therapeutic interventions to individual needs. By aligning healthcare demand and supply with remarkable precision, AI-driven personalized medicine significantly improves clinical outcomes, reduces the consumption of healthcare resources, and achieves substantial economic efficiencies.

5.2 Summary and Future Directions

This chapter elucidates the neuroscientific mechanisms underlying the clinical efficacy of left nostril breathing. Specifically, we demonstrated that LNB activates the right hemisphere via olfactory bulb-mediated pathways, providing a compelling, noninvasive alternative or complement to traditional pharmacological approaches. The integration of advanced AI technology further expands the potential of personalized therapeutic interventions, which highlights significant economic and clinical implications. Future research should emphasize robust randomized controlled trials (RCTs), longitudinal clinical evaluations, and refinement of AI-driven personalization methodologies, ultimately establishing LNB as a fundamental component of psychiatric treatment in healthcare practice.

5.3 Optimizing Healthcare through AI-driven Personalized Treatments

The integration of artificial intelligence (AI) into healthcare has transformed traditional methods by personalizing treatments based on comprehensive medical and physiological data. This chapter elucidates how advanced AI algorithms leverage various diagnostic metrics - such as blood pressure, pulse rate, electrocardiograms (ECG), heart rate, body weight, height, gender, age, bone density, urinalysis, blood tests, radiographs (X-rays), CT, MRI, and functional MRI (fMRI) - to optimize healthcare delivery. This approach ensures a precise equilibrium between patient demand and healthcare supply, ultimately offering the most effective therapeutic interventions, including optimal respiratory methods such as left nostril breathing (LNB).

5.4 Integrating AI Algorithms and Medical Economics for Optimizing Psychiatric Treatment

Recent decades have witnessed significant advances in psychiatric care, mainly based on pharmacological interventions developed through extensive research by pharmaceutical companies. Conditions such as attention deficit hyperactivity disorder (ADHD), autism spectrum disorder (ASD), and epilepsy have traditionally been managed by medications that aim to modulate neurotransmitters and alleviate symptoms. However, these treatments are not without substantial drawbacks. Long-term pharmacological interventions can lead to various adverse effects, including increased dependence, dose increase, hypertension, obesity, significant weight fluctuations, impulsivity, and sleep disturbances. Consequently, a growing number of medical professionals and patients alike have turned to integrative and complementary approaches such as eastern medicine, yoga practices, breathing techniques, and aerobic exercise, driven by their lower risk profiles and accessibility.

Physiologically, these holistic methods rely on improved cerebral oxygenation and blood flow facilitated by controlled respiratory practices. Specifically, breathing through the nasal cavity is recognized for its beneficial effects on neuronal activities, influencing regions of the brain directly implicated in psychiatric disorders [**?**]. Recent neuroscientific studies suggest that left nostril breathing (LNB), in particular, activates neural pathways predominantly associated with the right cerebral hemisphere. This hemisphere oversees emotional regulation, spatial awareness, creativity, and parasympathetic nervous system dominance, attributes that are often diminished in modern, highly structured, and analytical societies.

Contemporary lifestyles, heavily dominated by digital technology, internet use, computer programming, and extensive participation in analytical tasks, predominantly stimulate the left cerebral hemisphere. This hemisphere specializes in linguistic abilities, logical thinking, and analytical computations, directly associated with the activation of the sympathetic nervous system. In contrast, the right hemisphere regulates imagination, artistic expression, emotional control, and stress management, processes governed mainly by parasympathetic activity.

Demographic and biological evidence reveals a significant asymmetry in cerebral dominance and bodily preferences, with approximately 90% of individuals favoring right-sided dominance in hand, eye, ear and nostril preferences, correlated with left-hemispheric dominance. As a result, contemporary society's overwhelming reliance on analytical tasks accentuates left-hemisphere dominance, reducing opportunities for relaxation, emotional balance, and parasympathetic (rest-and-digest) nervous system engagement. In addition to being compounded by modern urban lifestyles that feature prolonged artificial illumination, disrupted circadian rhythms, and pervasive regulatory and compliance demands, the collective psychological stressors of modern life contribute significantly to an increased prevalence of psychiatric disorders.

In addressing these social challenges, this research emphasizes a return to fundamental medical principles, specifically analyzing the relationship between respiratory techniques and cerebral functionality. Empirical evidence shows that controlled breathing in the left nostril activates neural pathways beginning in the olfactory bulb, progressing through the brainstem, and ultimately stimulating the regions of the right hemisphere, such as the prefrontal cortex, amygdala, hippocampus, and insular cortex. This activation promotes emotional regulation, reduces impulsivity, and supports overall mental equilibrium.

Furthermore, this integrative review introduces the novel interdisciplinary field of medical economics, a synthesis of advanced economic theory, healthcare policy, and medical practice. Using artificial intelligence (AI) technologies and sophisticated machine learning algorithms, it becomes feasible to incorporate extensive patient-specific data, such as blood pressure, height, weight, type of blood, heart rate, ECG, fMRI results, blood and urine tests, ophthalmological evaluations, auditory and color vision tests, IQ measurements, cognitive and psychological assessments, bone density analyzes, and genetic markers, as independent variables within an optimization framework. Through these AI-driven analytical methodologies, it is possible to derive highly precise and personalized therapeutic interventions as dependent outcomes.

The implications of integrating AI-based algorithms into healthcare extend significantly beyond individual patient care. Advanced algorithms facilitate real-time precision medicine, allowing healthcare providers to instantly identify optimal combinations of therapeutic approaches, encompassing pharmaceutical treatments protected by international patents, innovative medical technologies, and complementary holistic practices. This sophisticated and personalized treatment paradigm not only improves patient outcomes, but also significantly enhances medical productivity, alleviates healthcare workforce shortages, and optimizes healthcare expenditures.

Economic analyses clearly illustrate that widespread adoption of AI-supported medical decision making contributes to substantial efficiency gains within the healthcare sector, positively influencing overall economic growth and maximization of social welfare. Integrative AI-driven healthcare represents a significant advancement in medical economics, providing essential insights for policy formulation, medical practice enhancement, and healthcare sustainability.

In conclusion, this chapter highlights the revolutionary potential of integrating advanced AI algorithms into psychiatric care and healthcare economics. The proposed interdisciplinary framework not only addresses the prevailing challenges associated with psychiatric disorders and their traditional treatments, but also establishes a foundation for sustainable, innovative and economically beneficial healthcare solutions in contemporary society. Continued interdisciplinary research and targeted policy support are critical to fully realizing this promising healthcare innovation.

6 Theoretical Model

This section develops a dynamic theoretical model based on endogenous economic growth theories proposed by Romer (1990) and Jones (1995). The model explicitly integrates households (including people with psychiatric disorders), healthcare providers (e.g., hospitals), and the research and development (R&D) sector. In this framework, artificial intelligence (AI) technologies enhance the precision of supply-demand matching in healthcare markets, optimizing resource allocation and market efficiency. Furthermore, we analyze how government interventions such as R&D subsidies and healthcare subsidies affect technological progress and equilibrium conditions.

6.1 Households

Representative households maximize the utility derived from consumption ($C(t)$) and health capital ($H(t)$), where health capital represents the accumulated physical and mental health status of individuals, including psychiatric conditions:

$$U = \int_0^\infty e^{-\rho t}[u(C(t)) + v(H(t))]\,dt, \tag{1}$$

where $\rho > 0$ is the subjective discount rate, $u'(C) > 0, u''(C) < 0$, $v'(H) > 0, v''(H) < 0$. Health capital evolves according to medical investments $m(t)$ and depreciates at a rate $\delta_H > 0$, enhanced by AI technology $A(t)$:

$$\dot{H}(t) = A(t)m(t) - \delta_H H(t). \tag{2}$$

Households face budget constraints involving wage income, interest earnings from financial assets $W(t)$, medical expenditures at the price $P_H(t)$, and consumption $C(t)$:

$$\dot{W}(t) = r(t)W(t) + w(t)L(t) + \Pi(t) - C(t) - P_H(t)m(t), \tag{3}$$

where $r(t)$ is the interest rate, $w(t)$ is the wage rate and $\Pi(t)$ represents the dividends of the companies.

The first-order conditions for optimal consumption and medical investment are as follows:

$$u'(C(t)) = \lambda_W(t), \tag{4}$$

$$\lambda_H(t)A(t) = \lambda_W(t)P_H(t). \tag{5}$$

These conditions determine the equilibrium allocation between consumption and medical services, balancing marginal benefits against costs.

6.2 Healthcare Providers

Healthcare providers maximize profits by providing medical services $Q_H(t)$, produced by labor $L_H(t)$ enhanced through AI technology $A(t)$:

$$Q_H(t) = A(t)L_H(t). \tag{6}$$

Profit maximization implies an equilibrium condition between healthcare care price, productivity, and wages.

$$P_H(t)A(t) = w(t) \quad \Rightarrow \quad P_H(t) = \frac{w(t)}{A(t)}, \tag{7}$$

indicating that increased AI productivity reduces healthcare care costs and prices.

6.3 R&D Sector and Technological Progress

AI technology evolves through R&D activities. Knowledge production follows Romer (1990) and Jones (1995):

$$\dot{A}(t) = \eta L_A(t) A(t)^{\phi}, \tag{8}$$

where $\eta > 0$, $L_A(t)$ is R&D labor, and $\phi \leq 1$ represents knowledge spillovers. Higher AI technology improves productivity in healthcare services and improves matching precision in medical treatment.

6.4 Labor Market Equilibrium

The total labor is allocated among general production ($L_Y(t)$), healthcare services ($L_H(t)$), and R&D ($L_A(t)$):

$$L_Y(t) + L_H(t) + L_A(t) = 1. \tag{9}$$

6.5 Market Equilibrium and Impact of AI-Driven Matching

The precision of AI-driven matching shifts the equilibrium of the healthcare market, enhancing both demand and supply efficiency (Figure 8). AI technology reduces the prices of healthcare services and increases market transactions, thus improving household health and social welfare.

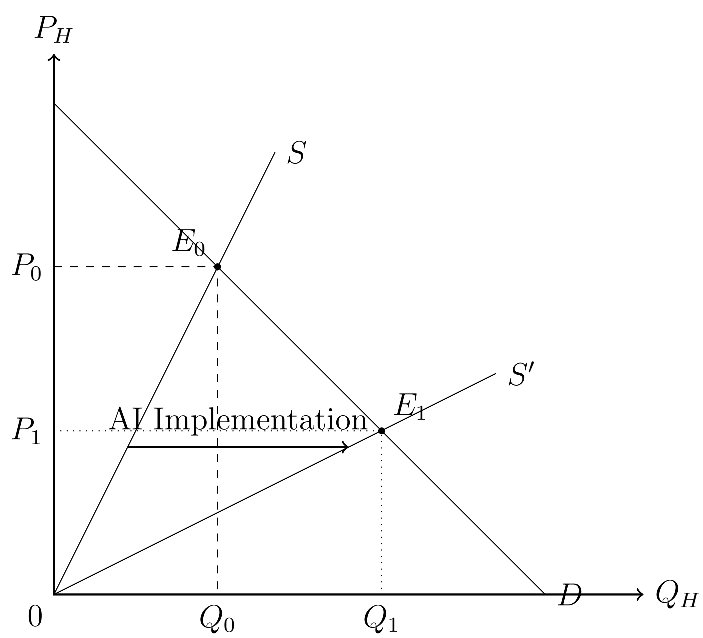

Figure 8: Shift in healthcare market equilibrium due to AI implementation.

6.6 Policy Interventions

Government interventions include:

(1) R&D Subsidies: Reduce effective research labor costs, increasing L_A and accelerating technological progress $A(t)$. Long-term equilibrium growth and welfare increase.

(2) Healthcare Subsidies: Reduce households' effective price for medical services, boosting healthcare demand and health capital. Enhancing demand expands market scale, indirectly stimulating R&D and innovation incentives.

Both policies work complementarily to maximize social welfare and promote sustainable healthcare innovation.

This model demonstrates how AI-driven optimization significantly improves healthcare efficiency, health outcomes, and social welfare. Strategic integration of AI in medical treatment, supported by optimal policy interventions, provides substantial benefits through increased productivity, reduced medical costs, and improved market precision, establishing a promising foundation for long-term economic growth and healthcare development.

7 Conclusions and Future Research Directions

This integrative review has provided a comprehensive synthesis of the neurological, clinical, and economic implications of nasal breathing, particularly left nostril breathing (LNB), highlighting its potential as a noninvasive, cost-effective, and highly accessible therapeutic intervention for psychiatric and neurological disorders such as attention deficit hyperactivity disorder (ADHD), autism spectrum disorder (ASD), bipolar disorder, and epilepsy. Based on robust neuroscientific evidence, we established that targeted LNB significantly enhances neural activation in the right cerebral hemisphere, notably within critical brain regions including the prefrontal cortex, amygdala, hippocampus and insular cortex, thus improving emotional regulation, cognitive control, attentional modulation, and autonomic stability.

Clinically, the systematic analysis presented confirms that LNB can effectively complement conventional pharmacological treatments by reducing symptoms commonly observed in psychiatric disorders, such as impulsivity, hyperactivity, emotional instability, and attentional deficits. Unlike traditional pharmacological interventions, which often have significant side effects and potential for dependency, LNB offers a low-risk therapeutic alternative, particularly suitable for patients sensitive to medication side effects or those seeking more holistic and integrative therapeutic approaches. Through structured breathing exercises that are practiced regularly, patients experience meaningful improvements in quality of life, improved mood stability, attention control, and a balanced autonomic nervous response.

Furthermore, integrating artificial intelligence (AI) technologies into healthcare practices represents an innovative and economically transformative strategy. Using AI-driven algorithms that incorporate extensive medical data, including EEG, fMRI, PET scans, blood tests, heart rate variability, and various psychometric assessments, healthcare providers can deliver highly personalized, real-time therapeutic interventions precisely tailored to individual patient needs. This precision medicine approach, using AI-driven predictive analytics and deep learning techniques, significantly improves healthcare productivity, reduces unnecessary medical interventions, optimizes resource allocation, and alleviates burdens on healthcare professionals, patients, and governmental healthcare budgets. The market growth projections for neurotechnologies, particularly EEG devices that are expected to reach approximately 1.8 billion USD by 2028, underscore the substantial economic potential and global impact of integrating neuroscience and AI into clinical practice.

This study also introduced a rigorous theoretical economic framework, employing a fundamental macroeconomic model that explicitly accounts for both patient (demand-side) and healthcare provider (supply-side) behaviors. By articulating clear assumptions about the maximization of utility between patients - balancing health outcomes against treatment costs - and profit maximization behaviors of healthcare providers, we demonstrated the theoretical conditions under which AI-enhanced therapeutic interventions like LNB could achieve socially optimal outcomes. This approach not only improves individual health and welfare, but also maximizes social welfare through increased productivity, reduced medical costs, and improved overall economic efficiency.

Despite the significant contributions made by this research, several critical areas remain open for future research. First, while current evidence strongly supports LNB as a therapeutic modality, rigorous randomized controlled trials (RCTs) involving larger sample sizes and diverse patient populations are necessary to definitively validate clinical efficacy and establish standardized practice protocols. In addition, further neuroscientific investigations that use advanced neuroimaging technologies and longitudinal data collection will be crucial to defining precise neural mechanisms and long-term therapeutic impacts.

In addition, continued advances in AI technologies, particularly machine learning algorithms tailored to individual patient profiles, promise further improvements in precision, personalization, and effectiveness of healthcare care delivery. Future studies should prioritize developing sophisticated predictive analytics models, incorporating comprehensive patient data to accurately predict individual response to therapies, optimizing treatment protocols, and improving health outcomes.

Finally, future economic analyses should explore detailed cost-effectiveness and cost-benefit frameworks to rigorously quantify the economic impacts of integrating AI-driven precision medicine and breathing interventions into healthcare systems. These analyses will provide critical evidence to inform healthcare policy, justify public investment, facilitate regulatory approvals, and ultimately guide clinical integration and widespread adoption of innovative therapeutic interventions.

In conclusion, this integrative research significantly advances the emerging interdisciplinary field of health economics by explicitly connecting neuroscientific insights, clinical interventions, and economic optimization through innovative AI-driven strategies. As this approach gains empirical support and practical validation, it offers an unprecedented opportunity to fundamentally reshape healthcare practices, improve patient outcomes, optimize resource utilization, and promote economic and social welfare. The promising trajectory outlined in this study serves not only as a critical benchmark in current scholarship, but also as a compelling foundation for continued interdisciplinary research and meaningful reform of healthcare policy.

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