



Sri Ramachandra Faculty of Sports & Exercise Sciences

ARTIFICIAL HYPOXIA

VS

ENVIRONMENTAL HYPOXIA



Heavy exercise causes **Lactic Acid** accumulation in the muscles

Decreased Oxygen availability at high altitudes causes **physiological adaptations**

Body compensates by **hyperventilating** (increased O₂ consumption)

Hypoxia induced **Erythropoietin** – stimulates bone marrow production of RBCs

Oxygen reacts with Lactic acid → CO₂ + water. CO₂ is washed out normally. But in case of **artificial hypoxia** (elevation mask) **CO₂ is trapped**

More **hemoglobin**, therefore more **oxygen** delivery to **muscles**

Causing **hypercapnia** and **reduced cognitive function**

Better physical performance

