

# Impact of Yoga and Naturopathy on Cardiovascular Health in Corporate Employees: A Literature Review

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**Abstract:** *This literature review aims to investigate the impact of yoga and naturopathy interventions on cardiovascular health among corporate employees. In recent years, there has been a growing interest in holistic approaches to health promotion in corporate settings, with yoga and naturopathy emerging as popular modalities. This paper synthesizes existing research to evaluate the effectiveness of yoga and naturopathy in reducing cardiovascular risk factors, managing stress, and improving overall heart health in the context of the corporate workplace. By analyzing studies from various disciplines, including medicine, psychology, and occupational health, this review provides insights into the mechanisms through which yoga and naturopathy contribute to cardiovascular wellness among working professionals.*

**Keywords:** Wellness programs, Stress management, Blood pressure.

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