

Yoga and Naturopathy for Stress Reduction and Cardiovascular Health among Corporate Employees: A Review

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Abstract: *The modern corporate environment is often associated with high levels of stress, which can have detrimental effects on employees' cardiovascular health. This paper reviews the efficacy of yoga and naturopathy interventions in reducing stress and promoting cardiovascular wellness among corporate employees. Drawing upon existing literature from medical, psychological, and workplace health domains, this review explores the physiological and psychological mechanisms through which yoga and naturopathy practices influence stress and cardiovascular outcomes. Additionally, it examines the implementation strategies and outcomes of yoga and naturopathy programs in corporate settings, considering factors such as program design, duration, and adherence. The paper concludes with implications for workplace health promotion, including recommendations for integrating yoga and naturopathy into corporate wellness initiatives to enhance employee well-being and productivity.*

Keywords: efficacy of yoga

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