

“Importance of Diet in Yogic Practices” - A Review Study

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Abstract: - *Diet has been given a very significant role in Yoga sadhana. Healthy living has a direct correlation with the diet consumed. Dietary habits also influence the risk of diseases in an individual. Suboptimal eating habits and micro-nutrient deficiency has been a fundamental reason behind the deaths due to cardio metabolic diseases. A balanced diet could be a very useful tool in order to manage the deaths caused by these disorders.*

Keywords: Diet, Yoga, Lifestyle.

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