

Role of Yoga in Reducing Stress of Students

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Abstract: *Yoga is being utilised more frequently in professional settings for a variety of mental and physical health difficulties, notably stress-related illnesses and concerns, and has shown to be effective. However, the mechanisms by which yoga decreases stress remain a mystery. We did a systematic assessment of the literature, encompassing any yoga intervention that measured stress as a primary dependent variable and tested a mechanism of the association with mediation, to examine the empirical data about the mechanisms via which yoga reduces stress. Yoga has been demonstrated to influence the link between stress and positive affect, self-compassion, inhibition of the posterior hypothalamus, and salivary cortisol. Although the literature explaining probable pathways is quickly expanding, only seven mechanisms have been empirically investigated; further research is needed. Future research should also include more rigorous technique, such as enough power, study randomization, and appropriate control groups.*

Keywords: Yoga; Stress Reduction; Mindfulness; Clinical Interventions; Methodology

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