

Effect of 8 Weeks of Yoga Training on the Somatization, and Various Psychological Symptoms on Men of Above 48 Years

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Abstract: *Yoga is an ancient Physio-Cultural practice of India and was used for improving physical and mental health through asanas, meditation and breathing exercises, various studies have shown that the practice of yoga reduces perceived stress and negative feelings and it improves psychological symptoms by lowering the levels of anxiety and anger. Researcher had made an attempt to show, that long-term yoga training improves stress-related psychological symptoms, such as somatization, tension-anxiety, depression, anger-hostility, vigor, fatigue, and confusion.*

Keywords: Yoga

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