

A Study Of The Impact Of Yog Nidra On Blood Chemistry

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The Present study aim at finding out the effect of Yoga nidra on the blood chemistry, especially on ESR (Erythrocyte Sedimentation Rate), Hemoglobin and TLC (Total Leukocty Count) of College going students. The study conducted at the yoga clinic of Dev Sanskriti Vishwavidyalaya in collaboration with Brahmavarchasva Research Institute, Haridwar. Practice time was 30 minutes for 6 months and 80 students were taken from. P.G. Yoga Classes for observing the effect as well as 30 was in control group. Yoga nidra positively decrease the ESR of the male and female subjects. Practice of Yoga nidra also increases the hemoglobin level and LTC level of male and female subject.