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**Emerging Trends in Yoga-Based Interventions for Cardiovascular Disease Prevention: A
Literature Review**

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Abstract

Introduction:

Yoga, rooted in the Sanskrit term for "union," encompasses physical postures, breathing techniques, and meditation, aimed at harmonizing body, mind, and spirit. The aim of this study is to highlight the increasing recognition of Yoga's benefits within the medical community, particularly concerning cardiovascular health.

Materials and Methodology:

This review consolidates findings, focusing on the profound benefits of Yoga on preventing and managing cardiovascular disease and emphasizing the integration of physical, mental, and emotional health for improved quality of life. Methodology included a review of studies from various modern literature, and research journals available from database PubMed and Google Scholar.

Results and Discussions:

Stress, anxiety, and depression are significant contributors to cardiovascular disease (CVD), and yoga emerges as a promising intervention for prevention and management. Evidence suggests that regular practice of Yoga and pranayama leads to favorable neuro-humoral effects, such as reduced cortisol and catecholamine levels, improved endothelial function, and enhanced vagal tone. These physiological changes contribute to lowered blood pressure, increased heart rate variability, and reduced inflammatory markers.

Conclusion:

Benefits span all age groups, from children to the elderly, improving physical strength, metabolic function, and psychological well-being. Overall, Yoga is positioned as a valuable adjunct to conventional therapies, promoting holistic health and reducing the risk of CVD.

Keywords: CVD, Preventive cardiology, Yoga therapy, Stress, Mind-body medicine, Pranayama.

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