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Therapeutic role of yoga on neuropsychological disorders

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Yoga has been used to treat a variety of body ailments including **neurological** and **psychiatric disorders**. Multiple studies have documented the beneficial effects of **yoga** suggesting numerous mechanisms of its action. The asanas are the aerobic component and may stimulate the central nervous system release of **endorphins**, monoamines, and brain-derived neurotrophic factor (BDNF) in the hippocampus. The pranayama and dhyana components may regulate the emotional responses by reducing the sympathetic and increasing the parasympathetic tone and improve the cognitive functioning by increasing the EEG synchrony and coherence. An increase in melatonin and decrease in cortisol have been associated with the meditative component of yoga. A rise in melatonin promotes sleep, stimulates immune system and reduces blood pressure. Numerous studies have found a positive correlation between levels of cortisol, negative effects, and depression.

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Therapeutic role of yoga on neuropsychological disorders



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Is there any research on yoga as therapy? ▾

How is yoga used to treat type 2 diabetes? ▾

Are there any health benefits to doing yoga? ▾

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