

A REVIEW ON THE POTENTIALS OF YOGA NIDRA FOR PROMOTING MENTAL HEALTH AND WELLBEING

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ABSTRACT

Mental health is primarily shaped by the daily environments in which people live, with positive components of mental health emphasizing the importance of feeling good and functioning effectively. Promoting mental health relies on broad-based actions over multiple sectors, which can be challenging to measure. Yoga Nidra is a more efficient and effective form of psychic and physiological rest and rejuvenation than conventional sleep. The present paper attempts to explicate and assess the role of yoga nidra practices in achieving, preserving, and promoting mental health. The curative, preventive, and promotive role of yoga nidra in mental health and human functioning have been discussed and substantiated. In addition, the mechanisms through which the Yoga Nidra practices exert their influences on mental health and human functioning have also been given sufficient place based on scientific findings of psychological science. Because of its essential therapeutic contribution to psychological wellbeing and mental health, it is currently used as a therapy for treating mental, physical, and psychological problems and improving cognitive abilities. It will help connect with oneself. The conclusions of this paper demonstrate that Yoga Nidra can be an effective tool in reducing anxiety, perceived stress, worry, depression, and other different kinds of psycho-physiological abnormalities and also showed improvements in mindfulness-based skills. There were significant improvements in happiness, self-esteem, enthusiasm, quietude, being more inspired and alert, active, clarity of thought, control over anger, and self-confidence at the end of the Yoga Nidra intervention. This paper will review previous studies on the effect of yoga nidra on mental health and wellbeing.

Keywords: yoga nidra, mental health, wellbeing, stress, anxiety, depression, mindfulness, self-confidence

INTRODUCTION

Mental health is a state of mental wellbeing that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and wellbeing that underpins our individual and collective skills to make decisions, build relationships, and shape our world. Mental health is a fundamental human right. It is crucial to personal, community, and socio-economic development (World Health Organisation). Mental health helps us determine how to handle stress, relate to others, and make healthy choices. Mental health is fundamental to our overall wellbeing, profoundly influencing how we think, act, and interact in our daily lives. Good mental health enables us to face life's challenges with resilience, forge strong and meaningful

relationships, and make decisions that shape a positive future for ourselves and our communities. Recognizing the importance of mental health is key to fostering a healthier society, as it lays the foundation for individual resilience, effective communication, and collective wellbeing (Anwar B., 2021).

Among various non-pharmacological interventions to improve mental health, Yoga is emerging as an effective technique. Yoga is a way of life comprising mental, physical, and spiritual attributes to achieve holism, meaningfulness, excellence, and completeness in all human functioning. It entails energizing and fuelling processes that lead individuals to balance their personalities and incite them to achieve the most significant social, psychological, spiritual, and ethical values with the most creative and productive functioning at individual, family, community, societal, national, international, and cosmic levels. It has proven itself in achieving, preserving, and promoting mental health. Its curative, preventive, and promotive roles in mental health and human functioning have been well understood (Tiwari G., 2016).

The primary psychological benefits of Yoga are to calm the mind, to attune people to the environment, to enhance concentration and mental clarity, to reduce stress and anxiety, to encourage positive thoughts and self-acceptance, and to promote flexibility followed by the spiritual benefits in which the awakening the spirit, building of healthy spiritual awareness, promotion of interdependence between mind, body, and spirit, enhancing the concept of oneness of all things and connecting personal energy to divine energy are incorporated (Tiwari G., 2016).

According to Indian Philosophy, Sage Patanjali defined Yoga as '*Yogah Chitta Vritti Nirodhah*'- the restraint of the modification of the mind-stuff is Yoga (PYS-1/2). In Yoga Vasistha, Sage Vasistha defined Yoga as '*Manah Prashamanopayah Yoga Ityabhidhiyate*' that means 'Yoga is a skillful trick to calm down the mind' (YV-3.9.32).

Yoga Nidra is often referred to as psychic sleep or deep relaxation with inner awareness. Yoga Nidra is a powerful technique in which we learn to relax consciously. In yoga nidra, the state of relaxation is reached by turning inwards, away from outer experiences. In yoga nidra, the consciousness is in a state between waking and sleep, but it is subject to neither. In modern psychology, this has been termed 'the hypnagogic state,' but yogics prefer to call it 'the hypnagogic state.' In this state, the mind is exceptionally receptive (Saraswati, S. S., 2013)

Yoga Nidra positively reduces stress, anxiety, and depression levels. However, there was a tendency toward a greater effectiveness of the Yoga Nidra intervention regarding anxiety, which might represent an effective tool in reducing both cognitive and physiological symptoms of anxiety. Yoga Nidra positively increases general wellbeing. (Kumar, K., 2004, 2008; Rani, R., et. al., 2013; Ferguson, K. L., 2016; Ferreira-Vorkapic, C., et. al., 2018; Dhamodhini, K. S., 2019). Yoga Nidra intervention significantly improved the feelings of happiness, enthusiasm, quietude, being more inspired and alert, active, clarity of thought, control over anger, and self-confidence at the end of the study period. Yoga Nidra is beneficial in improving multiple dimensions of adolescent wellbeing (Vaishnav, B. S., et. al. 2018). In a study, there was a 95.2% reduction in the stress level of the students who practiced Yoga Nidra wisely. On the other hand, their concentration level also improved by 95%, so they can now concentrate more on their studies and score very good marks. Students

showed 100% improvement in their behaviour patterns. Then they can control their emotions, and there is a dynamic change in their personality, making them wiser. The last one, which is of the utmost importance in every student's life, is the level of Happiness, where the students showed 100% improvement (Sachdeva, S., & Gurena, A., 2017). Yoga Nidra practice showed increased recognition scores in happy, fear, and anger stimuli (95% CI: 0.07, 0.24; $p=0.004$) but reduced scores with neutral stimuli (95% CI: -0.3, -0.05; $p=0.04$) after two weeks of yoga nidra practice. Yoga Nidra practice improves cognitive processing and helps improve night-time sleep in healthy novices (Datta K. et al., 2023). Compared to pre-yoga nidra, there was an increase in delta power in the central area (1.953; $P = 0.033$) and a decrease in the prefrontal area (2.713; $P = 0.041$) during yoga nidra. Sleep diary showed improvement in sleep duration ($P = 0.0001$), efficiency ($P = 0.0005$), quality ($P = 0.0005$), and total wake duration ($P = 0.00005$) after 2 weeks of practice (Datta, K. et al. et al., 2022). Anxiety decreased significantly ($P<0.003$), and depression decreased significantly ($P<0.01$) in the Yoga group. Positive wellbeing and general health improved significantly ($P<0.02$), and vitality improved significantly ($P<0.01$) after six months of Yoga therapy (Yoga Nidra) in the Yoga group compared with the control group. Yoga Nidra can be a successful therapy to overcome the psychiatric morbidity associated with menstrual irregularities (Rani, K. et al., 2011, 2012 & 2016). There was an improvement in sleep quality, insomnia severity, depression anxiety, and stress scores after yoga nidra. Yoga Nidra can be used as an important adjunct in the management of chronic insomnia patients (Datta, K., et al., 2017). Yoga Nidra practice has a good effect in reducing withdrawal symptoms like vomiting, tremors, paroxysmal sweats, anxiety, tactile disturbances, auditory disturbances, visual disturbances, orientation and clouding of sensorium headache, and agitation in alcohol-dependent individuals (Sandeep C. et al., 2016). Those students who practice Yoga Nidra and Nadi-Shuddhi Pranayama get together, there is a significant improvement in the level at which they can learn and recall the material. The academic marks of the group that was given treatment have seen a considerable improvement (Rathi G. et al., 2022). Despite difficulties with mental focus and intrusive recollections, individuals who participated in the study and completed it reported improvements in their levels of relaxation, serenity, self-awareness, and self-efficacy, as well as a reduction in anger, anxiety, and emotional reactivity (Stankovic L., 2011).

MATERIALS AND METHODS

The present review employed a literature search to identify relevant to the connection with yoga nidra, mental health, and wellbeing. The search undertaken in this paper encompassed the utilization of well-established databases like PubMed and Google Scholar. The aim was to ascertain scholarly articles published in databases from 2004 to 2023. Search terms relating to yoga nidra, mental health, and wellbeing. This present review will exclusively consider journal articles written in the English language that directly focus on yoga nidra as an intervention. These selected articles were synthesized to generate the content for the review. This review encompasses a comprehensive compilation of 22 studies. All studies were thoroughly examined, regardless of their methodological variations, as this present review aims to explore the significance of yoga-nidra in addressing mental health and wellbeing concerns.

Furthermore, the reference lists of all eligible studies and relevant review articles were reviewed manually for additional relevant studies.

Inclusion and Exclusion Criteria

The literature review includes all quantitative, qualitative studies and case studies that use a specific framework or model to evaluate the impact of yoga nidra on mental health or wellbeing. Inclusion and exclusion details are outlined in Table 1.

Table 1. Inclusion and exclusion criteria.

Study Focus	Included	Excluded
All population groups (i.e., all ages)	✓	
English language	✓	
Impact of Yoga Nidra on mental health, wellbeing	✓	
Reviews, meta-analyses		✓
Editorials, opinion papers		✓

TABLE 2 | Intervention characteristics, assessment tools, and main findings of the included studies

SL. NO.	AUTHORS	REFERENCES	RESULTS
1.	Kumar, K. (2004)	Yoga Nidra and its impact on student's well being	The result shows a significant change as yoga nidra positively decrease the stress level of the subjects whereas no significant change seen in anxiety level. As well as yoga nidra positively increase the general well being of the subjects.
2.	Kumar, K. (2008)	A study on the impact on stress and anxiety through Yoga nidra	Yoga nidra positively decreases the stress level of the male and female subjects.
3.	Stankovic, L. (2011)	Transforming trauma: a qualitative feasibility study of integrative restoration (iRest) yoga Nidra on combat-related post-traumatic stress disorder	Despite difficulties with mental focus and intrusive recollections, individuals who participated in the study and completed it reported improvements in their levels of relaxation, serenity, self-awareness, and self-efficacy, as well as a reduction in anger, anxiety, and emotional reactivity.
4.	Rani, K. et al. (2011)	Impact of Yoga Nidra on psychological general wellbeing in patients with menstrual irregularities: A randomized controlled trial	Anxiety decreased significantly ($P < 0.003$) and depression decreased significantly ($P < 0.01$) in the Yoga group. Positive wellbeing and general health improved significantly ($P < 0.02$), and vitality improved significantly ($P < 0.01$) after six months of Yoga therapy (Yoga Nidra) in the Yoga group compared with the control group.
5.	Rani, K. et al. (2012)	Yoga Nidra as a complementary treatment of anxiety and depressive	The mean age with S.D of the intervention group was 27.67 ± 7.85 years, and for control group was 26.58 ± 6.87 years (among completed intervention group $n = 65$ and control group $n = 61$). There was significant

		symptoms in patients with menstrual disorder	reduction of scores in HAM-A ($P<0.003$) and HAM-D ($P<0.02$) respectively in subjects with mild to moderate anxiety and depressive symptoms after six months of yoga therapy (Yoga Nidra) in intervention group in comparison to control group. The patients with mild to moderate anxiety and depressive symptoms improve significantly with 'Yoga Nidra' intervention. There is no significant improvement in the patients with severe anxiety and depressive symptoms.
6.	Rani, R. et al. (2013)	Effect Of Yoga Nidra On Stress Level Among B.Sc Nursing First Year Students	The findings of the study reveals that mean stress score after Yoga Nidra (17.8) was lesser than the mean stress score before Yoga Nidra (28.82). The indicates decrease in stress scores of B.Sc nursing first year students. There was no significant association of stress level and selected personal variables of age, gender, and type of family, order of birth, religion, family income and place of living.
7.	Eastman-Mueller, H. et al. (2013)	iRest Yoga-Nidra on the College Campus: Changes in Stress, Depression, Worry, and Mindfulness	Statistically significant pre- to post test improvements in perceived stress, worry, and depression we're found. Pre existing depression accounted for most of the change in worry and perceived stress scores. Pre- to posttest improvements in mindfulness-based skills were also detected.
8.	Ferguson, K.L. (2016)	The effects of a Yoga nidra practice on mental health clinicians' perceived stress	Participants reported significantly lowered perceived stress at the end of the study, indicating that yoga nidra may be a useful intervention in managing and preventing workplace stress.
9.	Sachdeva, S. et al. (2016)	To Study the Effects of Yoga Nidra on Reduction of Stress, Increase in Concentration, Changes in Behaviour and Increase in Happiness among School Going Students	In this study there was 95.2% reduction in the stress level of the students who practiced Yoga Nidra wisely. On the other hand, their concentration level also improved by 95% due to which they are now able to concentrate more on their studies and scored very good marks. Students showed 100% improvement in their behaviour patterns. Then they are able to control their emotions and there is a dynamic change in their personality which makes them wiser than before. And the last one which is of the utmost importance in every student's life is the level of Happiness, where the students showed 100% improvement.
10.	Chunchu, S. et al. (2016)	Effects Of Yoga Nidra (Psychic Sleep) On Alcohol Dependent Individuals - A	Yoga Nidra practice has a good effect in reducing withdrawal symptoms like vomiting, tremors, paroxysmal sweats, anxiety, tactile disturbances, auditory disturbances, visual disturbances, orientation and clouding of sensorium headache, agitation in

		Randomized Control Trial	alcohol dependent individuals and there was no significant results seen in balance and gait.
11.	Rani, K. et al. (2016)	Psycho-Biological Changes with Add on Yoga Nidra in Patients with Menstrual Disorders: a Randomized Clinical Trial	The mean score of anxiety, depression, positive wellbeing, general health, and vitality scores, as well as hormonal levels, in posttest were significantly different in intervention group as compared with pretest. But there was no significant difference in control group. Yoga Nidra can be a successful therapy to overcome the psychiatric morbidity associated with menstrual irregularities.
12.	Datta, K. et al. (2017)	Yoga Nidra: An innovative approach for management of chronic insomnia- A case report	There was an improvement in sleep quality, insomnia severity, depression anxiety and stress scores after yoga nidra. Yoga nidra can be used as an important adjunct in management of chronic insomnia patients.
13.	Vaishnav, B.S. et al. (2018)	Effect of Yoga-nidra on Adolescents Wellbeing: A Mixed Method Study	Yoga-nidra intervention resulted in significant improvement in all primary outcome measures. Participants reported significant improvement in the feelings of happiness, enthusiasm, quietude, being more inspired and alert, active, having clarity of thought, control over anger, and self-confidence at the end of the study period. Yoga-nidra is beneficial in improving multiple dimensions of adolescent wellbeing.
14.	Wheeler, M. S. et al. (2018)	The Effect of Mindfulness and Acupuncture on Psychological Health in Veterans: an Exploratory Study	The combined treatment was equally beneficial to independent of factors such as age, gender, or race. findings lend preliminary support for the extension of complementary and integrative health offerings including iRest and acupuncture to more Veterans Administration hospitals across the country to improve military mental health.
15.	Livingston, E. et al. (2018)	Effectiveness of Integrative Restoration (iRest) Yoga Nidra on Mindfulness, Sleep, and Pain in Health Care Workers	The results of the investigation demonstrated that participants' levels of mindfulness significantly increased after participating in a directed iRest Yoga Nidra program for 8 weeks.
16.	Ferreira-Vorkapic, C. et al. (2018)	The Impact of Yoga Nidra and Seated Meditation on the Mental Health of College Professors	Data analysis showed that the relaxation group presented better intragroup results in the anxiety levels. Meditation group presented better intragroup results only in the anxiety variable (physical component). Intergroup analysis showed that, except for the depression levels, both intervention groups presented better results than the control group in all other variables. Prepost results indicate that

			both interventions represent an effective therapeutic approach in reducing anxiety and stress levels. However, there was a tendency toward a greater effectiveness of the Yoga Nidra intervention regarding anxiety, which might represent an effective tool in reducing both cognitive and physiological symptoms of anxiety.
17.	Dhamodhini, K.S. (2019)	Impact Of Yoga Nidra On Cognitive Impairment: An Interventional Study	The study showed a significant improvement in the cognition and decrease in the level of Depression, Anxiety and Stress in affected individuals affected by cognitive impairment. MMSE score and DASS score of the study participants are significantly improved by the practice of yoga nidra on alternate days for 2 months
18.	Dwivedi, M.K. (2021)	Mitigation of stress through yoga nidra (meditation) intervention	After the Yoga Nidra treatment was carried out, it was found that the participants experienced less stress than before the intervention. According to the findings, Yoga Nidra is an excellent method for reducing the negative effects of stress.
19.	Datta, K. et al. (2022)	Electrophysiological Evidence of Local Sleep During Yoga Nidra Practice	After 2 weeks of yoga nidra practice, awake was scored throughout the session (n = 26). PSD results (mean difference in dB between different time bins; P value) showed significant changes. When compared to pre-yoga nidra, there was an increase in delta power in the central area (1.953; P = 0.033) and a decrease in the prefrontal area (2.713; P = 0.041) during yoga nidra. Sleep diary showed improvement in sleep duration (P = 0.0001), efficiency (P = 0.0005), quality (P = 0.0005), and total wake duration (P = 0.00005) after 2 weeks of practice.
20.	Rathi, G. et al. (2022)	Detecting Stress Level of Students Using Brain Waves Reducing It Using Yoga Therapy	When students of the Treatment Group Practice Yoga Nidra and Nadi-Shuddhi Pranayama get together, there is a significant improvement in the level at which they can learn and recall the material. The academic marks of the group that was given treatment have seen a considerable improvement.
21.	Gunjiganvi, M. et al. (2023)	Efficacy of Yoga Nidra on Depression, Anxiety, and Insomnia in Frontline COVID-19 Healthcare Workers: A Pilot Randomized Controlled Trial	For frontline COVID-19 medical professionals, practicing yoga nidra while at work was shown to be more useful than relaxing to music in terms of lowering symptoms of sadness, anxiety, and insomnia while they were on the job.
22.	Datta, K. et al. (2023)	Improved Sleep, Cognitive Processing	Polysomnography (PSG) revealed significant difference in post intervention as compared to

		<p>and Enhanced Learning and Memory Task Accuracy with Yoga Nidra Practice in Novices</p>	<p>baseline. Data in change (95%CI; p-value) showed change in sleep efficiency, wake after sleep onset and delta μV_2 in deep sleep : +3.62% (0.3, 5.15; p-value=0.03) , -20min (-35.78, -5.02; p=0.003) and +4.19 (0.5, 9.5; p=0.04) respectively. Accuracy was found to be significantly increased for VOLT (95% CI: 0.08, 0.17; p=0.002), AIM (95% CI: 0.03, 0.12; p= 0.02) after two weeks of practice and NBACK (95% CI: 0.02, 0.13; p=0.04) with one week of yoga nidra practice. ERT accuracy scores with yoga nidra practice showed increased recognition scores in happy, fear and anger stimuli (95% CI: 0.07, 0.24; p=0.004) but reduced scores with neutral stimuli (95% CI: -0.3, -0.05; p=0.04) after two weeks of yoga nidra practice.</p> <p>Yoga nidra practice improves cognitive processing and helps improve night-time sleep in healthy novices</p>
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DISCUSSION

This review aims to identify studies investigating the practice of yoga nidra, which is useful for positive mental health and wellbeing. Sachdeva S. et al. (2017) revealed that there was a 95.2% reduction in the stress level of the students who practiced Yoga Nidra wisely. On the other hand, their concentration level also improved by 95%, so they can now concentrate more on their studies and score very good marks. Students showed 100% improvement in their behaviour patterns. Then they can control their emotions, and there is a dynamic change in their personality, making them wiser. Moreover, the last one, of the utmost importance in every student's life, is the level of Happiness, where the students showed 100% improvement. After doing Yoga Nidra, students started remaining calm and happy in all situations and facing all the problems of their lives without being scared. Then, they can deal effectively with all new situations. Vaishnav B. S. et al. (2018) showed that Yoga-nidra improved psychological general wellbeing as measured by PGWBI (Psychological General Wellbeing Index), a short scale that assessed dimensions of anxiety, vitality, depressed mood, self-control, and positive wellbeing. This effect was observed in every component of the scale and total six-item score (Cronbach's alpha, 0.73).

The results of the assessment tool "Experiential effects of Yoga-Nidra" were intended to reflect the deepest cognitive and behavioral phenomena that underlie the outward effects measured conventionally corroborated with other parameters. Participants felt immensely enthusiastic, alert, inspired, and quiet during the study period and experienced self-confidence and clarity of thinking (Vaishnav B. S. et al., 2018). Ferreira-Vorkapic, C. et al. (2018) investigation data analysis showed that the relaxation group presented better intragroup results in the following variables: BAI(Beck Anxiety Inventory), BSQ(Body Sensations Questionnaire), and HAM-A (Hamilton Anxiety Rating Scale-anxiety). The meditation group presented better intragroup results only in the BSQ variable. Intergroup analysis showed that, except for the BDI variable, both intervention groups presented better

results than the control group. However, no significant difference was found between the meditation and the relaxation groups. Pre-post results indicate that the relaxation group might represent a better intervention in reducing anxiety levels, although both interventions were effective when compared to the control group. However, there was a tendency toward greater effectiveness in the *Yoga Nidra* intervention.

Studies have found that the *Yoga Nidra* practice (or “state”) appears to reflect an integrated response by the hypothalamus, resulting in decreased sympathetic (excitation) nervous activity and increased parasympathetic (relaxation) function (Markil, N. et al., 2012). Results showed a significant improvement in positive wellbeing, general health, and vitality in the *Yoga Nidra* group. The association of *Yoga Nidra* with a shift toward parasympathetic dominance (Markil N. et al., 2012) is also related to high cardiac vagal control, which, in turn, is related to reduced anxiety and better subjective and objective sleep quality (Werner, G. G., et al., 2015). In a study on the effects of *Yoga Nidra* oversleeping, the morning practice has been found to increase parasympathetic drive at night, causing sleep to be more restorative, which may explain significant improvement in sleep-quality ratings (Patra, S. et al., 2010; Deepak, K. K., 2002). Eastman-Mueller H. et al. (2013) results study support the hypothesis that for a sample of college students, participation in an 8-week iRest *Yoga Nidra* program would result in decreased ratings of stress, worry, and depression and increased mindfulness skills. Their findings are consistent with those reported in much of the literature that yoga and mindfulness meditation may promote wellbeing (Jain et al., 2007; Smith et al., 2007). Results suggest an iRest *yoga-nidra* practice is effective for helping college students manage stress and may be a valuable adjunctive to mental health services. Datta, K. et al. (2022) post-*yoga nidra* practice showed a significant reduction in power in the delta band as compared to the practice of *yoga nidra* in all the regions, i.e., frontal, parietal, temporal, central, and occipital except the prefrontal where both theta-1 and delta significantly increased. This can also probably explain the reduction in alpha power during *yoga nidra* practice, which significantly increases after *yoga nidra*-like alpha block phenomena during *yoga nidra* practice. For the first time, they have shown induction of local sleep by the practice of *Yoga Nidra* along with its electrophysiological characterization, which will add a new dimension to mental relaxation practice. The local increase in slow waves following *yoga nidra* practice may be important to help learning, as shown by Huber et al., 2004. Rani, K. et al. (2016), during anxiety, there is an increased response of the hypothalamus and heightened sympathetic activity. *Yoga Nidra* appears to regulate the hypothalamus in a way that results in decreased sympathetic (excitatory) nervous activity and increased parasympathetic (inhibitory) function (Saraswati, S. S., 2013). In the intervention group, which practiced *Yoga Nidra* for six months, there was a significant decrease in their degree of depressive symptoms (according to the psycho-biological general wellbeing Index). The results showed a significant improvement in positive wellbeing, general health, and vitality in the intervention group. *Yoga Nidra* is believed to balance psychic and vital energies within the psychic channels (Nadis) of the energy framework underlying the physical body.

CONCLUSION

The previous studies revealed that *Yoga Nidra* can be an effective tool in reducing anxiety, perceived stress, worry, and depression and also showed improvements in mindfulness-based skills. *Yoga Nidra* practice improves cognitive processing and helps improve night-time sleep in healthy novices (Datta, 2023). There was an increase in delta power in the central brain

area and a decrease in the prefrontal area during yoga nidra. There were significant improvements in happiness, self-esteem, enthusiasm, quietude, being more inspired and alert, active, clarity of thought, control over anger, and self-confidence at the end of the Yoga Nidra intervention (Vaishnav, 2018). Yoga Nidra practice gives benefits and has better academic performance among adolescents (Dadhore, 2018). There were significant improvements in attention and concentration, working memory, visual information processing, working memory, and complex cognitive speed and flexibility, and it also improved the brain's functioning capacity after practicing yoga and meditation (Uthaman, 2017). Yoga Nidra reduces the level of stress, increases concentration level, changes behavioral patterns, and increases happiness levels among school-going students (Sachdeva, 2016). Yoga nidra significantly improved positive wellbeing and general health, which helped to overcome the psychiatric morbidity associated with menstrual irregularities (Rani, K., 2011, 2012 & 2016). The students who practiced yoga lowered stress and performed better academically (Kauts, 2009). Therefore, yoga nidra is a boon for humanity's good mental health and wellbeing. In the future, research on yoga nidra will be required to expand the importance of yoga nidra as a holistic approach.

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