

Effect of *Yoga nidra* on hypertension & other psychological co-relates

[By Dr. Kamakhya Kumar]

Lecturer, Department of Human Consciousness & Yogic Science, DSVV

(Published in *Yoga the Science Journal* Vol. 3 Issue 7)

The present study aims at finding out the effect of **yoga nidra** on **hypertension** and other psychological co-relates. The study conducted at Patliputra Seva Sansthan Patna City, Patna. Practice time was 30 minutes and the duration was fifteen days. Forty people suffering with mild hypertension (30 males and 10 females) were taken for the study. Where the males were businessman and females were house wives. The result shows a significant change as yoga nidra positively decrease the blood pressure (both systolic and diastolic) as well as pulse rate, respiration rate, stress, anger and fear. Whereas no significant change shown at the depression level