

A Multidimensional perspective of yoga nidra as a neuropsychological and therapeutic tool on consciousness, mental health, and psychophysiological healing

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Abstract

Yoga Nidra, commonly referred to as “Yogic Sleep”, has emerged as a meditative practice deeply rooted in ancient yogic traditions and now increasingly validated by scientific research. It facilitates profound physiological and psychological transformation through conscious relaxation. This article explores Yoga Nidra’s neuropsychological mechanisms and clinical implications in stress, anxiety, depression, insomnia, menstrual irregularities, endocrine dysfunction, cardiovascular disease, and cognitive performance. While significant therapeutic potential exists, standardization and further high-quality studies are essential for its global clinical integration.

Keywords: Yoga nidra, yogic sleep, non-pharmacological therapy, mental health

Introduction

Mental health disorders, particularly anxiety and depression, have emerged as leading contributors to the global burden of disease. According to the World Health Organization (WHO), approximately one in four people will be affected by a mental or neurological disorder at some point in their lives, and approximately 450 million people worldwide currently suffer from such conditions (WHO, 2001; Steele *et al.*, 2014) [29]. Traditional biomedical treatments, particularly pharmacological interventions, remain the mainstay for the management of anxiety and depression. However, these therapies are often accompanied by limitations like Side effects (e.g., weight gain, insomnia, gastrointestinal issues), Risk of dependency and withdrawal symptoms, Cognitive blunting, and High economic costs, making them inaccessible to large sections of the population, particularly in low and middle income countries (Cipriani *et al.*, 2018; Baldwin *et al.*, 2011) [2, 3].

In light of these challenges, there is a growing interest in complementary and integrative therapies that offer holistic, non-pharmacological approaches to mental health care. Among these, Yoga Nidra—a guided deep relaxation practice rooted in yogic tradition—has gained considerable attention for its multidimensional healing potential, addressing mental, emotional, physiological, and neuroendocrine aspects of wellbeing. Yoga Nidra, often referred to as “Yogic Sleep”, is a state between wakefulness and sleep where the practitioner experiences deep relaxation while maintaining inner awareness. Studies suggest that Yoga Nidra can induce a hypnagogic state, reduce sympathetic nervous system dominance, promote alpha brainwave activity, and restore balance to the hypothalamic-pituitary-adrenal (HPA) axis. (Datta *et al.*, 2021) [5]. Further, the Yoga Nidra is Non-invasive, Economically accessible, Easy to learn and practice, and Can be self-administered once learned, enhancing patient autonomy and long-term

compliance. This integrative approach has made Yoga Nidra a subject of growing interest in clinical psychology, neuroscience, and psychoneuroendocrinology, prompting the need for deeper investigation into its mechanisms and efficacy.

Philosophical and Traditional Roots of Yoga Nidra

Yoga Nidra, or “Yogic Sleep”, has its conceptual and experiential origins in the ancient tantric and yogic traditions of India, where altered states of consciousness were explored as pathways to self-realization and healing. Although widely popularized in the 20th century, the roots of Yoga Nidra are embedded in classical Indian scriptures, especially those concerning the nature of consciousness, sleep, and meditative absorption. One of the earliest and most profound scriptural references to the philosophy underlying Yoga Nidra is found in the Mandukya Upanishad, which outlines the four states of consciousness viz. Jagrat (waking state), Swapna (dream state), Sushupti (deep sleep), and Turiya (pure consciousness or transcendental awareness).

The goal of Yoga Nidra, as interpreted through this lens, is to allow the practitioner to consciously access the Sushupti state while maintaining awareness, ultimately progressing towards the experience of Turiya—a state beyond waking, dreaming, and sleeping (Easwaran, 2007) [6]. This conscious detachment from the external world facilitates psychophysiological healing, emotional release, and spiritual awakening. Similarly, the Vijnana Bhairava Tantra, a key text of Kashmir Shaivism, presents several meditative techniques (Dharanas) that closely resemble modern Yoga Nidra components. These practices emphasize inner awareness through body scanning, breath observation, and the dissolution of the ego in pure consciousness (Joo, 2002) [9]. Such instructions demonstrate that the foundations of Yoga Nidra were practiced as early as 6th century CE

within the tantric tradition. The Yoga Taravali, attributed to AdiShankaracharya, also speaks of practices involving deep inner absorption and awareness, supporting the theoretical basis for modern Yoga Nidra as a meditative discipline that bridges sleep and wakefulness (Feuerstein, 1998) [7]. Furthermore, in the Bhagavad Gita (Chapter 6, Verse 19), Lord Krishna describes the ideal yogi's mind as steady as a lamp in a windless place—a metaphor that captures the calm, unwavering awareness cultivated during Yoga Nidra (Easwaran, 2007) [6].

In the modern era, it was Swami SatyanandaSaraswati, founder of the Bihar School of Yoga, who revived and restructured Yoga Nidra into a systematic and accessible practice in 1976. Drawing upon his deep knowledge of tantric and yogic scriptures, he formulated a technique that integrates several ancient practices into a modern therapeutic model. His version of Yoga Nidra includes the seven systematic & consecutive approaches of entire practice viz. Preparation & Relaxation (Shithalakaran), Resolve (Sankalp), Consciousness Rotation (Chetna ko Ghumana), Practice Mindful Breathing (Shwashkisajagta), Contrasting Emotions and Sensations (Viparit Bhava), Presentation of data in a visual format (ManasDarashan) and Resolve (Sankalp). Breath awareness and visualization techniques are designed to induce pratyahara (withdrawal of the senses), calm the autonomic nervous system, and release repressed mental patterns (Saraswati, 2009). By merging scriptural wisdom with scientific insight, Swami Satyananda created a form of Yoga Nidra that is not only spiritually grounded but also psychotherapeutically effective; making it one of the most widely used meditative relaxation techniques in the world today.

Mechanisms of Yoga Nidra

Yoga Nidra functions as a multidimensional psychophysiological practice that targets various layers of human consciousness and stress. It systematically works to alleviate three primary types of tension as originally outlined by Swami Satyananda Saraswati, viz. Muscular (Physical) tension resulting from the overuse and contraction of skeletal muscles due to work, fatigue, or physical stress, Emotional tension caused by repressed feelings like anger, fear, and frustration alongwith Mental tension originating from excessive mental activity, unresolved conflicts, and overthinking (Saraswati, 2009). By gradually guiding the practitioner into a deeply relaxed state while maintaining inner awareness, Yoga Nidra facilitates the release of these tensions, allowing for restoration of homeostasis and psychophysical healing.

1. Physiological Mechanisms: Autonomic and Neuroendocrine Regulation

Yoga Nidra activates the parasympathetic system which leads to reduced heart rate, lowered respiration, decreased blood pressure, and a shift from sympathetic (stress) dominance to parasympathetic (relaxation) dominance. These physiological changes support deep relaxation and restoration, particularly in individuals suffering from chronic stress or psychosomatic conditions. Electroencephalographic (EEG) studies have consistently shown that during Yoga Nidra, the brain exhibits increased alpha wave activity, especially in the occipital and parietal regions. Alpha waves are associated with states of calm

awareness, relaxed alertness, and enhanced internal focus (Ragavee, *et al.*, 2024) [21]. Additionally, some practitioners enter into theta wave states, which are correlated with creativity, memory consolidation, and emotional processing. Yoga Nidra has also been shown to influence neuroendocrine functions. A landmark study using positron emission tomography (PET) found that during deep meditative states similar to Yoga Nidra, there is increased dopamine release, particularly in the ventral striatum, a region associated with reward processing and positive mood regulation (Kjaer *et al.*, 2002) [11]. This neurochemical response may partially explain the antidepressant and anxiolytic effects observed in regular Yoga Nidra practitioners.

2. Cognitive and Emotional Mechanisms: Awareness and Integration

The systematic sequence of body rotation, breath awareness, emotional visualization, and guided imagery in Yoga Nidra engages various cognitive processes that support emotional regulation, cognitive restructuring, and trauma integration. Through non-judgmental awareness of physical sensations and inner experiences, practitioners cultivate interoceptive awareness and decentralize emotional reactivity, which is akin to mindfulness-based cognitive therapy (MBCT). This helps release repressed emotional patterns and promotes a state of witness consciousness, allowing individuals to observe their emotions without being overwhelmed by them. Furthermore, the Sankalpa (affirmation or intention) introduced during the hypnagogic state of Yoga Nidra accesses the subconscious mind, where it is believed to create new neural patterns and positive behavioural changes through autosuggestion (Saraswati, 2009). This element makes Yoga Nidra not only a relaxation technique but also a form of cognitive-behavioural reprogramming.

Psychological Disorders and Mental Health Applications

Yoga Nidra is a promising non-pharmacological intervention for various psychological disorders, particularly those rooted in stress dysregulation, anxiety, depression, and trauma. Its capacity to induce deep relaxation and emotional processing allows it to access subconscious emotional patterns and offer psychotherapeutic healing without intense cognitive effort or verbal disclosure.

1. Effectiveness in Anxiety and Depression Related to Menstrual Disorders

A study conducted on women suffering from menstrual irregularities and psychological disturbances revealed that the regular practice of Yoga Nidra significantly reduced anxiety as statistically significant improvements in Hamilton Anxiety Rating Scale (HAM-A) and depressive symptoms as decreased Beck Depression Inventory (BDI) scores over a 6-month intervention in women exhibiting and, suggesting a neuroendocrine and psychological balancing effect (Rani *et al.*, 2012) [24, 27]. This makes Yoga Nidra a particularly effective mind-body tool for reproductive-age women suffering from mood fluctuations linked to hormonal imbalances.

2. Impact on Academic Stress in Postgraduate Students

Yoga Nidra has also demonstrated measurable benefits in reducing academic stress and performance anxiety,

especially among male postgraduate students practicing Yoga Nidra for 45 minutes daily over 6 weeks showed a significant decrease in perceived stress levels and improvements in emotional stability compared to a non-intervention group. The gender-specific analysis further revealed that males benefited more significantly, possibly due to the externalized coping mechanisms that Yoga Nidra helps reframe through introspective practices.

3. Healing Psychological Trauma in Adolescents

Emotional abuse in children and adolescents is a significant public health concern, often leading several mental disorders, low self-esteem, and distorted self-perception. Addressing these challenges, yogic interventions like Yoga Nidra have gained attention for their therapeutic potential involving 40 emotionally abused adolescents (aged 13 to 19) demonstrated that Yoga Nidra practice significantly improved mental health outcomes in this vulnerable group using standardized tools (Rajpoot, P. L., & Singh, S. (2014) [22].

4. The Relaxation Response and Neuropsychological Safety

The psychological benefits of Yoga Nidra can be attributed to the induction of what Dr. Herbert Benson termed the “relaxation response”, a physiological state that directly counteracts the stress response by reducing sympathetic arousal and promoting parasympathetic dominance. (Saraswati, 2009). Furthermore, Yoga Nidra works by maintaining awareness in a deeply relaxed state, providing non-verbal access to repressed psychological material, promoting healing without retraumatization.

Physiological and Endocrine Benefits of Yoga Nidra

Yoga Nidra, a guided meditative technique, has shown considerable efficacy in promoting physiological balance and regulating endocrine functions. Its impact is particularly significant in Hypothalamic-Pituitary-Adrenal (HPA) axis, thyroid function, reproductive hormones, and glucose metabolism, which are often dysregulated in modern lifestyle disorders.

1. Regulation of Reproductive and Thyroid Hormones

One of the most profound physiological effects of Yoga Nidra is observed in the regulation of hormonal imbalances in women. A study conducted by (Rani *et al.*, 2013) [26] on women suffering from menstrual irregularities demonstrated that regular Yoga Nidra practice over six months significantly reduced elevated levels of: Prolactin - often linked with stress-induced amenorrhea, Follicle Stimulating Hormone (FSH) and Luteinizing Hormone (LH) - associated with ovulatory dysfunction and Thyroid Stimulating Hormone (TSH) - involved in menstrual cycle regulation. These changes suggest that Yoga Nidra helps restore the delicate hormonal feedback loop between the hypothalamus, pituitary gland, and endocrine organs by reducing stress and modulating neuroendocrine activity (Rani *et al.*, 2013) [26]. This makes it a promising adjunctive therapy for conditions like PCOS, hypothyroidism, and other reproductive endocrine disorders.

2. Glycemic Control in Type-2 Diabetes

Yoga Nidra has also demonstrated significant benefits for individuals with type-2 diabetes mellitus, a chronic

metabolic disorder characterized by insulin resistance and elevated stress markers like cortisol and catecholamines. A study by Rani *et al.* (2012) [24, 27] reported that diabetic patients practicing Yoga Nidra for 30-40 minutes daily over 90 days showed a notable reduction in fasting blood glucose (FBG) and a significant decrease in postprandial blood glucose (PPBG) levels. These findings suggest that Yoga Nidra may improve insulin sensitivity by calming the sympathetic nervous system and lowering circulating stress hormones, thereby reducing hepatic glucose output and peripheral insulin resistance (Rani *et al.*, 2011) [25].

3. Support in Menopausal Transition during COVID-19

This longitudinal case study examined the effects of a 24-week Yoga Nidra and walking protocol on a post-menopausal woman during the COVID-19 lockdown. The intervention led to significant improvements in sleep quality, mood, and overall well-being. Specifically, the subject experienced reduced sleep latency, increased total sleep time, and a decrease in body mass index (BMI). The study highlights the potential of Yoga Nidra as a non-pharmacological approach to enhance the quality of life in post-menopausal women, especially during periods of heightened stress such as a pandemic (Gulia&Sreedharan, 2021) [8]. Additionally, Kumari, Pandey, and Tripathi (2020) [14, 15, 17,] emphasized the utility of yogic techniques, including Yoga Nidra, in mitigating psychological distress during the global health emergencies like COVID-19 crisis.

Cognitive Enhancement and Brain Functioning through Yoga Nidra

Yoga Nidra has demonstrated substantial benefits for cognitive performance and neurophysiological regulation, making it a valuable psychotherapeutic and cognitive-enhancement practice. By inducing a deeply relaxed yet conscious state, Yoga Nidra facilitates the integration of sensory, cognitive, and emotional processing. Recent research highlights the efficacy of Yoga Nidra in enhancing both cognitive performance and sleep quality through objective assessments involving 41 participants after consistent practice of Yoga Nidra over four weeks. Significant improvements in sleep efficiency, reduced wake time after sleep onset, and increased delta wave activity during deep sleep was measured by polysomnography. Additionally, cognitive testing revealed faster reaction times and improved accuracy in memory, attention, and emotional recognition tasks. These findings suggest that Yoga Nidra not only supports psychological relaxation but also positively influences neurocognitive functioning and restorative sleep, making it a valuable tool in holistic health interventions (Datta *et al.*, 2023) [4].

Moreover, Yoga Nidra has been shown to induce positive electrophysiological changes in students. In a study measuring EEG activity and galvanic skin resistance (GSR)-both markers of cognitive and autonomic functioning-participants exhibited increased alpha wave activity, especially in parietal and occipital regions, post-practice. Elevated alpha waves are associated with calm alertness, focused attention, and enhanced memory consolidation. Simultaneously, an increase in GSR indicated reduced sympathetic arousal and improved nervous system balance, reflecting the state of wakeful restfulness and deep cognitive integration achieved through Yoga Nidra. Neuroimaging

studies further corroborate these findings, revealing that Yoga Nidra activates brain regions associated with focused attention, visual imagery, interoceptive awareness, and self-referential processing. Functional magnetic resonance imaging (fMRI) and electroencephalographic studies have identified increased activation in the prefrontal cortex, insular cortex, and the default mode network (DMN)-areas involved in metacognitive functions, emotional regulation, and self-awareness. These patterns are indicative of a neuroplastic response to consistent meditative practice and reflect the brain’s adaptive shift towards cognitive stability and emotional regulation (Kjaer *et al.*, 2019; Lou *et al.*, 2005).

Cardiovascular and Immunological Impact of Yoga Nidra

Hypertension (HTN) is a prevalent public health issue and a major risk factor for cardiovascular morbidity and mortality. A randomized controlled trial involving 80 hypertensive patients investigated the combined effects of OM chanting and Yoga Nidra practiced five days a week over two months. The intervention group showed significant reductions in both systolic and diastolic blood pressure compared to controls continuing conventional treatment alone. Additionally, improvements in lipid profiles were observed, with a notable decrease in LDL cholesterol and an increase in HDL levels in the intervention group, supporting their integration alongside standard medical care (Anjana, Archana, & Mukkadan, 2022) [1].

Sleep, Insomnia, and Chronic Conditions

Yoga Nidra has emerged as a promising intervention for addressing sleep disorders, particularly chronic insomnia, which is often linked with heightened sympathetic activity and reduced parasympathetic tone. In a randomized controlled trial comparing Yoga Nidra with Cognitive Behavioral Therapy. Participants in the Yoga Nidra group showed significant improvements in both objective and subjective sleep parameters, including polysomnography (PSG) outcomes and sleep diaries. Moreover, a marked reduction in serum cortisol levels was observed post-intervention, indicating a decrease in hypothalamic-pituitary-adrenal (HPA) axis hyperactivity (Datta *et al.*, 2021) [5]. Furthermore, a single 30-minute session of Yoga Nidra was found to enhance heart rate variability (HRV), suggesting a shift towards parasympathetic dominance. Studies have reported a significant increase in high-

frequency (HF) HRV components and a reduction in low-frequency (LF/HF) ratio post-session, reflecting improved vagal tone and reduced sympathetic arousal (Ragavee *et al.* 2024) [21].

Its non-invasive nature and minimal requirement for physical exertion make it especially suitable for patients with chronic fatigue, pain syndromes, and mobility limitations.

Comparison with Other Techniques

Yoga Nidra, while often grouped with other yogic and meditative techniques, has shown distinct and sometimes superior benefits in terms of psychophysiological regulation. A comparative clinical study by Rani *et al.* (2011) [25] assessed the efficacy of Yoga Nidra versus NadiShodhan Pranayama on various physiological and psychological parameters. After three months of regular practice, the results indicated that participants in the Yoga Nidra group experienced significantly greater reduction in state anxiety levels (measured using the State-Trait Anxiety Inventory), larger drops in systolic and diastolic blood pressure, decreased respiratory rate, reflecting enhanced parasympathetic tone, and noticeable reductions in Body Mass Index (BMI), suggesting improved metabolic regulation. (Rani *et al.*, 2011) [25].

1. Unique Advantages of Yoga Nidra

The superiority of Yoga Nidra lies in its effortless nature. Unlike many yogic techniques that require physical discipline, flexibility, or active breath control, Yoga Nidra can be practiced by individuals with limited mobility, elderly patients, people with chronic fatigue, pain, or severe anxiety, and even bedridden individuals or those recovering from surgery. As the practice involves lying down in Shavasana (corpse pose) and following verbal instructions, it requires no physical exertion, making it one of the most accessible and inclusive mind-body therapies available. Furthermore, Yoga Nidra can be practiced without prior experience in yoga or meditation, and its structure-a blend of rotation of consciousness, breath awareness, visualization, and sankalpa (intention setting) makes it especially effective for inducing a deep relaxation response and restructuring the subconscious mind, which is rarely achieved through physical techniques alone.

Certain important clinical, experimental and review studies on yoga Nidra can be summarized as follows-

Table 1: Research-Based Insights into the Multidimensional Benefits of Yoga Nidra

S. No.	Content Area	Key Finding	Article Name	Reference
1	Psychological & Psychosomatic Disorders	Yoga Nidra promotes deep relaxation, improving mood, quality of life, and preventing diseases caused by mental stress.	Scientific Basis of Therapeutic Effectiveness of Yoga Nidra in Psychological and Psychosomatic Diseases	Kumari, P., & Tripathi, J. S. (2023) [16]
2	Menstrual Health & Hematological Response	Yoga Nidra led to significant improvements in hematological variables (e.g., hemoglobin, RBCs) in women with menstrual disturbances.	Effect of Yoga Nidra on Hematological Variables in Women of Reproductive Age Group Suffering from Menstrual Disturbances	Rani, M., Singh, U., Kala, S., & Pal, A. (2012) [24, 27]
3	Multidimensional Effects	Yoga Nidra induces beneficial physiological and psychological changes, serving as a psycho-spiritual healing technique and aiding in self-realization.	Scientific Overview of Yoga Nidra& Its Multidimensional Effects	Kumari, P., & Tripathi, J. S. (2023). [16]
4	Mental Health Disorders	Global burden of mental illness; pharmacological limitations	WHO Report on Mental Health; Steel <i>et al.</i> , 2014 [29]; Cipriani <i>et al.</i> , 2018; Baldwin <i>et al.</i> , 2011 [2, 3]	WHO Report on Mental Health, 2001; Steel <i>et al.</i> , 2014; Cipriani <i>et al.</i> , 2018;

				Baldwin <i>et al.</i> , 2011 ^[2, 3]
5	Stress Management	Yoga Nidra significantly reduced stress and anxiety levels in patients with stress syndrome, outperforming herbal medication in short-term intervention.	A Pilot Study on Effect of Yoga Nidra in the Management of Stress	Kumari, P., & Tripathi, J. S. (2020) ^[14, 15, 17]
6	Philosophical Roots	Scriptural basis from Upanishads, Tantra; systematized by Swami Satyananda	Yoga Nidra, Saraswati; The Upanishads, Easwaran; Tantra: The Path of Ecstasy	Yoga Nidra, Saraswati, 2009; The Upanishads, Easwaran, 2007 ^[6] ; Tantra: The Path of Ecstasy, Feuerstein, 1998 ^[7]
7	Psychological Impact	Yoga Nidra has preventive and therapeutic capabilities to improve psychological dysfunctions, reducing anxiety and potentially aiding depressive disorders and PTSD.	Therapeutic Practices of Yoga Nidra & Its Psychological Impact	Kumari, P., & Tripathi, J. S. (2022) ^[18]
8	Depression Treatment	Yoga Nidra interventions led to significant reductions in depression scores among patients, indicating its efficacy as complementary therapy for depressive disorders.	Evaluation of Yoga Nidra in the Treatment of Depressive Disorder	Kumari, P., & Tripathi, J. S. (2020) ^[14, 15, 17]
9	Neurophysiological Effects	Parasympathetic activation, alpha wave enhancement	Influence of Yoga Nidra on EEG and ANS; Meditation and Dopamine Tone	Kjaer <i>et al.</i> , 2002 ^[11]
10	Emotional & Cognitive Integration	Enhances interoception, subconscious restructuring via Sankalpa	Yoga Nidra for Mental Health; Yoga Nidra, Saraswati	Saraswati, 2009
11	Menstrual & Hormonal Disorders	Reduces FSH, LH, Prolactin, TSH; relieves anxiety	Effect of Yoga Nidra on Psychological Wellbeing in Menstrual Disorders; Efficacy of Yoga Nidra on Menstrual Irregularities	Rani <i>et al.</i> , 2012 ^[24, 27]
12	Academic Stress	Reduces stress and enhances emotional stability	Effects of a yoga nidra on the life stress and self-esteem in university students	Kim, S. D. (2019) ^[10]
13	Adolescent Trauma	Improves psychological wellbeing in abused adolescents	A study of the effect of yoga nidra on mental health of emotionally abused adolescents	Rajpoot, P. L., & Singh, S. (2014) ^[22]
14	Cognitive Performance	cognitive functions among novices	Improved sleep, cognitive processing and enhanced learning and memory task accuracy with Yoga nidra practice in novices	Datta <i>et al.</i> , 2023 ^[4]
15	Management of Hypertension	Significant reduction in systolic and diastolic BP	Effect of om chanting and yoga nidra on blood pressure and lipid profile in hypertension - A randomized controlled trial	Anjana <i>et al.</i> , 2022 ^[1]
16	Immunity Enhancement	significant enhancement of immunity by reducing stress	Role of Yoga-nidra in Immunity Development	Kumar, K. (2016)
17	Insomnia & Sleep	Improves sleep quality and cortisol regulation	Qualitative Impressions of a Yoga Nidra Practice for Insomnia: An Exploratory Mixed-Methods Design	Sharpe <i>et al.</i> , 2022 ^[28]
18	Improvement in Concentration	Therapeutic use of yogic practices in student mental health	Yoga nidra and its Impact on Students' well being	Kumar, K. (2004) ^[12]

Conclusion

Yoga Nidra, is a powerful yet gentle meditative technique that serves as a vital bridge between ancient yogic science and contemporary clinical practice. Rooted in the tantric and Upanishadic traditions, this guided relaxation method has been systematized for modern use, especially through the work of Swami Satyananda Saraswati. Scientific research over the past two decades has highlighted Yoga Nidra's profound impact on mental and physical well-being. It induces a hypnagogic state-between wakefulness and sleep-wherein the parasympathetic nervous system is activated, stress hormones like cortisol are reduced, and brain waves transition into alpha and theta states. These physiological changes support deep relaxation, emotional balance, and cognitive restoration. Clinical studies have demonstrated its effectiveness in alleviating anxiety, depression, PTSD, insomnia, and psychosomatic conditions. Furthermore,

Yoga Nidra positively influences the neuroendocrine system by regulating hormones such as prolactin, FSH, LH, TSH, and blood glucose levels.

The practice also enhances cognitive functions, including attention, memory, and reaction time, and builds psychological resilience by fostering inner awareness and emotional stability. Yoga Nidra offers a cost-effective, non-invasive, and scientifically grounded intervention. Yoga Nidra holds immense potential to become a mainstream complementary therapy in the evolving global wellness landscape.

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