“IMPACT OF YOGA NIDRA ON COGNITIVE IMPAIRMENT: AN INTERVENTIONAL STUDY”

ABSTRACT

Objective: The intended research work aims at assessing the impact of yoga nidra on cognitive impairment and document the improvement in depression/ anxiety/ stress level in impaired subjects. Many studies reported that the practice of yoga, especially relaxation techniques, influences Cognition. The current study was conducted to determine the positive effect of practicing ‘Yoga nidra’ to reduce/cure the severity of cognitive impairment by systematic reviewing, followed by monitoring MMSE score and also DASS score.

Study Design: The current research work employed prospective intervention study.

Method: 40 healthy volunteers belonging within the age group of 30 - 55 participated in the study. The study participants were given two months training on Yoga nidra. The study participants were instructed to practice Yoga nidra for 30 minutes on alternated days for 2 months. The MMSE scale score and DASS scores of participants were monitored before and after giving the intervention.
Result: 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.

Conclusion: The practice of Yoga nidra facilitates in improving the cognition in individuals who has cognitive impairment by reducing depression, anxiety and stress levels of the individuals.

Keywords: Cognitive impairment, Depression, Anxiety, Stress, MMSE, DASS.