

Special Issue

Yoga and Health

Message from the Guest Editor

IJERPH is planning a Special Issue focusing on the effects of yoga on health. The practice of yoga brings together the mind and body. It incorporates yoga poses (asanas), breathing exercises, and meditation, and has received considerable attention for its beneficial effects on both mental and physical health. Practicing yoga is suitable for people of all ages and can be an integral part of treatment and recovery for individuals with chronic conditions.

In this Special Issue, we encourage the submission of manuscripts (original articles, systematic reviews or meta-analyses) that examine the effects of acute or chronic yoga practice in populations across all age groups and with varying health conditions (e.g., anxiety, depression, chronic pain, migraines, hypertension, heart disease, lung disease). Interventional studies, as well as epidemiological research that investigates the effects of yoga on physical fitness (e.g., flexibility, balance, strength) and physiological parameters (e.g., heart rate variability, arterial stiffness), are also welcomed. The objective of this Special Issue is to bring together up-to-date evidence of the beneficial effects of yoga on health.

Guest Editor

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Deadline for manuscript submissions

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About the Journal

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

Editor-in-Chief

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