

## INTERNATIONAL DAY OF YOGA 21st June 2022

## COUNTDOWN: 45 Days to go



## Do you know?

CIMR in association with the Department of Cardiology conducted a study which has shown that **Bhramari Pranayama** in patients with **Essential Hypertension** improves Heart Rate Variabilty, which is a marker of a healthy heart.

Ghati N, Killa AK, Sharma G, Karunakaran B, Agarwal A, Mohanty S, Nivethitha L, Siddharthan D, Pandey RM. A randomized trial of the immediate effect of Bee-Humming Breathing exercise on blood pressure and heart rate variability in patients with essential hypertension. Explore (NY). 2021 Jul-Aug;17(4):312-319. doi: 10.1016/j.explore.2020.03.009. Epub 2020 Apr 28. PMID: 32620379.