In a groundbreaking collaborative effort, researchers from IIT Delhi, AIIMS Delhi, and Mahajan Imaging Delhi have conducted the first fMRI study exploring the neural mechanisms underlying Yoga Nidra. This study, published in the international journal Scientific Reports, titled "Functional mechanisms underlying Yoga Nidra," highlights the significant brain changes during the practice. The researchers, led by a team from IIT Delhi, have been working on this project for several years, with plans to expand their findings to other yogic practices.

In the context of the study, it was observed that Yoga Nidra had a profound impact on brain activity, with increased connectivity observed in several regions of the brain. This could explain why Yoga Nidra has been found effective in reducing stress and anxiety, as highlighted in the news article "Innovative research on Yoga Nidra reveals significant brain changes during practice." The researchers are now planning to conduct further studies to explore the long-term effects of Yoga Nidra on brain health.

The study was supported by a grant from the Department of Biotechnology, Government of India, and was conducted in collaboration with the National Brain Research Centre, NIRD, and the Indian Council of Medical Research.

For more information about the study and its implications, please visit the website of the research team or contact the corresponding author at iitdelhi@research.brainresearchcentre.org.