

# Yoga and Ayurveda: A Systematic Review of Their Role in Work Life Balance and NCD's Management

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## ABSTRACT

**Introduction:** Work-life imbalance is a major contributor to stress, which is a proven risk factor for Noncommunicable Diseases (NCDs) like hypertension, diabetes, and cardiovascular disease. Traditional Indian practices such as Yoga and Ayurveda provide holistic methods for stress management and overall health. While their ability to reduce stress has been widely documented, their potential to improve work-life balance and prevent NCDs has yet to be investigated.

**Aim:** To conduct a systematic evaluation of evidence from Indian research on the effectiveness of Yoga and Ayurvedic therapies for stress management, NCD prevention, and work-life balance.

**Materials and Methods:** This systematic review followed the PRISMA principles. Articles published between 2013 and 2023 were found by searching PubMed, ResearchGate, and Google Scholar for keywords like Yoga, Ayurveda, work-life balance, and NCDs. Inclusion criteria included studies done in India, participants aged 18 to 65 years, intervention-based designs, and outcomes

related to stress, blood pressure, and quality of life. A number of studies were screened, with 15 meeting the requirements.

**Results:** According to studies, Yoga Nidra reduces systolic blood pressure by 10 mmHg; however, Ashwagandha intake increases stress markers by 30%. Workplace yoga programmes have been demonstrated to reduce stress by 25% and enhance work-life balance by 15%, all while increasing productivity and job satisfaction. Combined therapies improve physical and mental well-being, effectively controlling work-related stress and increasing resilience.

**Conclusion:** Yoga and Ayurveda are holistic approaches to stress management, physical and mental health & NCD prevention, all while promoting workplace well-being. Their incorporation into daily routines and workplace programs can considerably improve quality of life, productivity, work-life balance, and help prevent and manage NCDs.

**Keywords:** Holistic methods, Non-communicable diseases, Stress management

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