

Effect of Practicing Yoga and Meditation on Cortisol Hormone, Immunoglobulin a and Metabolic Parameter Among Medical Students

NCT06661603

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Pecs
Enrollment	280 participants

Key Eligibility Criteria

Exclusion (1)

- Students with illnesses (such as recent injuries, chronic pain, or significant arthritis) that would make it unsafe for them to take part in a yoga intervention will be excluded from the study.

Locations (1 total)

University of Pécs, Pécs, Pécs, Hungary