

LETTER TO EDITOR

K Dear Editor;

I am writing this letter as a response to the recently published article titled "The Effect of Yoga on Stress Reduction among Medical Students" in the International Journal of Integrated Medical Research. Firstly, I would like to commend the authors for conducting such an important study and for sharing their findings with the medical community.

As a medical student myself, I found the results of the study to be particularly relevant and insightful. Stress is a significant issue among medical students, and the study's findings on the effectiveness of yoga in reducing stress levels can be beneficial for both medical students and healthcare professionals.

However, I would like to address some concerns regarding the methodology of the study. While the study used a randomized controlled trial design, the sample size was relatively small, with only 50 participants. Additionally, the study was conducted in a single institution, which limits the generalizability of the findings.

Previous studies have also reported the effectiveness of yoga in reducing stress levels among medical students, as demonstrated in the studies by Satyapriya et al.(1), Michalsen et al. (2), and Li et al. (3). However, these studies also had limitations, such as small sample sizes and lack of long-term follow-up.

I suggest that future studies should aim to replicate these findings with a larger and more diverse sample size, possibly involving multiple institutions. Moreover, it would be beneficial to include a long-term follow-up to determine whether the effects of yoga on stress reduction are sustainable over time. Studies by Kjos et al. (4) and Ross and Thomas (5) have shown that regular yoga practice can lead to lasting improvements in stress levels and overall well-being.

In conclusion, I appreciate the efforts of the authors in conducting this study and presenting their findings. However, I believe that further research is necessary to confirm the effectiveness of yoga in reducing stress levels among medical students.

Sincerely,

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