

## Yoga Asana for Memory Enhancement (A Literary Survey)

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**Abstract-** The practice of yoga includes static and dynamic postures (*Asana*), breathing manipulations (*Pranayama*) and meditation (*Dhyana*). Yoga is a tool which works in the gross body level to the shuttle mind level. Yoga is a simple and inexpensive health regimen that can be incorporated as an effective adjuvant therapy for the improvement of brain and mental activity. This study was aimed to review scientific literatures related to yoga practice for memory enhancement. The results were analysed using simple percentages. It is concluded that regular practice of yoga asana develops the physical and mental capabilities, which improves the memory power, grasping power and intelligence.

**Keywords:** Yoga asana, Memory, Cognition