



Aiming for Healthier Lifestyle

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Great Moments,

Further to our efforts in the last issue (issue 3) where we introduced the Hypertension guidelines, 2023, we are pleased to bring this issue 4 with the aim of lifestyle upliftment in terms of good health and hence, most of the articles here provide evidence-based recommendations and expect our readers to build upon more research for better and healthier future.

The articles range from Incidence of resuscitation in patients presenting with myocardial infarction, Role of Lifestyle in the co-occurrence of Depression and Hypertension, and also role of Asana, Pranayama, and Meditation as an add-on therapy in Regulating Hypertension and at the last an interesting study on thyroid and cardiovascular hemodynamics during menopause.

We hope a healthier coming year 2024.

Happy Researching!

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