

## Yoga Research Landscapes. The Mapping Study

The ancient practice of yoga has expanded beyond its traditional realms, becoming a significant focus of interdisciplinary research worldwide. To understand this vast research landscape, we analysed data from academic journals and conference proceedings using dictionary-based content analysis and text mining analysis. These methodologies empowered us to examine research topics, revealing patterns and tracking their evolution over time. Consequently, we discerned changing trends and emerging themes within yoga research. Since 2000 we have noted a substantial upsurge in empirical studies, most notably in medicine, psychology, and sociology. The scope of contemporary research isn't restricted to the physiological benefits of yoga; it also explores its cognitive, emotional, and societal ramifications. A standout trend is the exploration of the neuroscientific foundations of yoga and its therapeutic applications. While research does extend into areas like history and philology, the volume of studies in these fields pales in comparison to those in the medical and social sciences. Our study paves the way for future investigations, underscoring yoga's multifaceted impacts and the value of interdisciplinary collaboration.

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