## AYURLOG

## National Journal of Research in Ayurved Science

A peer-reviewed open access Indexed e-journal of Ayurveda

http://www.ayurlog.com

ISSN: 2320-7329



The board is hereby awarding this certificate in the name of author(s)

Syed Mehrukh Fatima, Sawai Rajesh

in recognition of published research Article entitled

A Review on Ayurvedic concept of significance of Nidra in Lifestyle Disorders.

in Ayurlog: NJ-RAS | Volume: 09<sup>th</sup> | Issue: 2<sup>nd</sup> | April- June: 2021.

Chief Editor