

LIST OF RESEARCH PUBLICATIONS ON YOGA (1985 – 2017)



Sl. No.	Division	Number of Papers
1.	<u>Division of Yoga and Life Sciences</u>	289
2.	<u>Division of Yoga and Physical Sciences</u>	057
3.	<u>Division of Yoga and Management</u>	043
4.	<u>Division of Yoga and Humanities</u>	042
5.	<u>Division of Yoga and Spirituality</u>	020
Total		451

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Division of Yoga and Life Sciences (289)

The Year 2017

1. Saoji, A., Mohanty, S., & Vinchurkar, S. A. (2017). Effect of a single session of a yogic meditation technique on cognitive performance in medical students: A randomized crossover trial. *Journal of Religion and Health*, 56(1), 141-148.
2. Angadi, P., Jagannathan, A., Thulasi, A., Kumar, V., Umamaheshwar, K., & Raghuram, N. (2017). Adherence to yoga and its resultant effects on blood glucose in Type 2 diabetes: A community-based follow-up study. *International Journal of Yoga*, 10(1), 29.
3. Shetty, B., Shetty, G. B., Manjunath, N. K., & Shantaram, M. (2017). Effect of Integrated Yoga Practices on Anthropometric Measures, Serum Lipid Profile and Oxidative Stress Status in Obese Adults. *Indian Journal of Applied Research*, 7(1).37-39
4. Nivethitha, L., Mooventhan, A., Manjunath, N. K., Bathala, L., & Sharma, V. K. (2017). Cerebrovascular hemodynamics during pranayama techniques. *Journal of Neurosciences in Rural Practice*, 8(1), 60.
5. Mooventhan, A., & Nivethitha, L. (2017). Evidence Based Effects of Yoga Practices on Various Health Related Problems of Elderly Peoples: A Review. *Journal of Bodywork and Movement Therapies*. [Epub ahead of print]
6. Nivethitha, L., Mooventhan, A., & Manjunath, N. K. (2017). A Pilot Study on Evaluating Cardiovascular Functions during the Practice of Bahir Kumbhaka (External Breath Retention). *Advances in Integrative Medicine*. [In Press]
7. Milbury, K., Kavanagh, A., Meng, Z., Chen, Z., Chandwani, K. D., Garcia, K., ... & Liao, Z. (2017). Depressive symptoms and positive affect in Chinese and United States breast cancer survivors: a cross-cultural comparison. *Supportive Care in Cancer*, [Epub ahead of print]

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8. Venugopal, V. and Ragavendrasamy, B. (2016). Increased Prevalence of Type 2 Diabetes in South Asian Population - A Genetic Perspective. *Journal of Diabetes, Metabolic Disorders & Control*, 3(3):68-69.
9. Nagashree R. Shakar, Manjunath, N. K., Mavathur, R., Venugopal, V., Sreedhar, P., Sood, A. and Nagendra, H. R. (2016) Impact of Fresh Coconut on Dietary Intake: A Randomized Comparative Trial. *International Journal of Education and Research in Health Sciences*, 2(4), 64-68.
10. Kumar, G., Jagannathan, A., & Sridhar, M. K. (2016). Importance of adherence to yoga in management of type 2 diabetes. *International Journal of Diabetes in Developing Countries*, 36(3), 376-377.
11. Saoji, A. A. (2016). Yoga: A strategy to cope up stress and enhance wellbeing among medical students. *North American journal of medical sciences*, 8(4): 200-202.
12. Chobe, S., Bhargav, H., Raghuram, N., & Garner, C. (2016). Effect of integrated Yoga and Physical therapy on audiovisual reaction time, anxiety and depression in patients with chronic multiple sclerosis: a pilot study. *Journal of Complementary and Integrative Medicine*, 13(3), 301-309.

13. Bhargav, P., Bhargav, H., Raghuram, N., & Garner, C. (2016). Immediate effect of two yoga-based relaxation techniques on cognitive functions in patients suffering from relapsing remitting multiple sclerosis: A comparative study. *International Review of Psychiatry*, 28(3), 299-308.
14. Ranjita, R., Hankey, A., Nagendra, H. R., & Mohanty, S. (2016). Yoga-based pulmonary rehabilitation for the management of dyspnea in coal miners with chronic obstructive pulmonary disease: A randomized controlled trial. *Journal of Ayurveda and integrative medicine*, 7(3), 158-166.
15. Bapat, R. A., & Nagendra, H. R. (2016). The Effect of One Month Yoga Intervention on Perceived Stress and Anxiety in Pregnant Women. *Journal of Womens Health, Issues and Care*, 2016.
16. Raghavendra, P., Shetty, P., Shetty, S., Manjunath, N. K., & Saoji, A. A. (2016). Effect of high-frequency yoga breathing on pulmonary functions in patients with asthma. *Annals of Allergy, Asthma & Immunology*, 117(5): 550-551.
17. Mohanty, S., Mooventhan, A., & Manjunath, N. K. (2016). Effect of Needling at CV-12 (Zhongwan) on Blood Glucose Levels in Healthy Volunteers: A Pilot Randomized Placebo Controlled Trial. *Journal of Acupuncture and Meridian Studies*, 9(6), 307-310.
18. Mooventhan, A., & Nivethitha, L. (2016). Effects of ice massage of the head and spine on heart rate variability in healthy volunteers. *Journal of Integrative Medicine*, 14(4):306-310.
19. Amaranath B, Nagendra HR, Sudheer Deshpande. (2016). Effect of Integrated Yoga Module on Personality of Home Guards in Bangalore- A Randomized Control Trial, *Journal of Ayurveda and Integrative Medicine*,7(1):44-47
20. Nilakanthan S, Metri K, Raghuram N, Hongasandra N. (2016). Effect of 6 months intense Yoga practice on lipid profile, thyroxine medication and serum TSH level in women suffering from hypothyroidism: A pilot study. *Journal of Complementary and Integrative Medicine*,13(2):189-93
21. Ratcliff, C. G., Milbury, K., Chandwani, K. D., Chaoul, A., Perkins, G., Nagarathna, R., ... & Arun, B. (2016). Examining Mediators and Moderators of Yoga for Women With Breast Cancer Undergoing Radiotherapy. *Integrative Cancer Therapies*, 15(3):250-62
22. Naoroibam, R., Metri, K. G., Bhargav, H., Nagarathna, R., & Nagendra, H. R. (2016). Effect of Integrated Yoga (IY) on psychological states and CD4 counts of HIV-1 infected Patients: A Randomized controlled pilot study. *International Journal of Yoga*, 9(1): 57.
23. Lu, Q., You, J., Kavanagh, A., Warmoth, K., Meng, Z., Chen, Z., & Nagarathna, R. (2016). Differences in quality of life between American and Chinese breast cancer survivors. *Supportive Care in Cancer*, 24(9):3775-82.
24. Kumar, V., Jagannathan, A., Philip, M., Thulasi, A., Angadi, P., & Raghuram, N. (2016). Role of yoga for patients with type II diabetes mellitus: A systematic review and meta-analysis. *Complementary Therapies in Medicine*, 25, 104-112
25. Raghunath Sukanya, Raghuram Nagarathna, Ravi Sandhya, H. R. Nagendra, (2016). Integrated Yoga Therapy for Mastalgia: A Review. *International Journal of Medical Science and Public Health*,5(2): 162-170.

26. Singh K., Bhargav, H., & Srinivasan, T. M. (2016). Effect of uninostril yoga breathing on brain hemodynamics: A functional near-infrared spectroscopy study. *International Journal of Yoga*, 9(1), 12-19.
27. Govindaraj, R., Karmani, S., Varambally, S., & Gangadhar, B. N. (2016). Yoga and physical exercise—a review and comparison. *International Review of Psychiatry*, 1-12.
28. Das, M., Deepeshwar, S., Subramanya, P., & Manjunath, N. K. (2016). Influence of Yoga-Based Personality Development Program on Psychomotor Performance and Self-efficacy in School Children. *Frontiers in Pediatrics*, 4(62):1-8.
29. Shetty, P., Mooventhan, A., & Nagendra, H. R. (2016). Does short-term lemon honey juice fasting have effect on lipid profile and body composition in healthy individuals?. *Journal of Ayurveda and Integrative Medicine*, 7(1):11-3.
30. Bhargav, H., Varambally, S., Mooventhan, A., Bista, S., Singh, D., Chhabra, H., & Venkatasubramanian, G. (2016). Acute effects of 3G mobile phone radiations on frontal haemodynamics during a cognitive task in teenagers and possible protective value of Om chanting. *International Review of Psychiatry*, 28(3):288-98.
31. Raghunath, S., Raghuram, N., Ravi, S., Ram, N. C., & Ram, A. (2016). Effect of yoga therapy on quality of life and depression in premenopausal nursing students with mastalgia: A randomized controlled trial with 6-month follow-up. *Journal of Health Research and Reviews*, 3(2), 48.
32. Rshikesan, P. B., & Subramanya, P. (2016). Effect of Integrated Approach of Yoga Therapy on Male Obesity and Psychological Parameters-A Randomised Controlled Trial. *Journal of Clinical and Diagnostic Research*, 10(10), KC01.
33. Rshikesan, P. B., & Pailoor Subramanya, R. N. (2016). Yoga Practice for Reducing the Male Obesity and Weight Related Psychological Difficulties-A Randomized Controlled Trial. *Journal of Clinical and Diagnostic Research*, 10(11):OC22.
34. Sharma MK, Bhargav H. (2016). Yoga as an adjunct modality for promotion of healthy use of information technology. *International Journal of Yoga*, 9(2):176-7
35. Amaranath, B., Nagendra, H. R., & Deshpande, S. (2016). Effect of integrated Yoga module on positive and negative emotions in Home Guards in Bengaluru: A wait list randomized control trial. *International Journal of Yoga*, 9(1): 35.
36. Ranjita R, Badhai S, Hankey A, Nagendra HR. (2016). A randomized controlled study on assessment of health status, depression, and anxiety in coal miners with chronic obstructive pulmonary disease following yoga training. *International Journal of Yoga*, 9(2):137-44.

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37. Tikhe AS, Pailoor S, Metri K, Ganpat TS, Ramarao NH. Yoga: Managing overweight in mid-life T2DM. *J Mid-life Health* 2015;6:81-4
38. Telles, S., Singh, N., Naveen, K. V., Deepeshwar, S., Pailoor, S., Manjunath, N. K., & Balkrishna, A. (2015). A fMRI Study of Stages of Yoga Meditation Described in Traditional Texts. *Journal of Psychology & Psychotherapy*, 5(3), 185.
39. Prashanth Shetty, Nagendra H. R., Gangadhara Varma B. R., Subramanya, P. (2015). Effect of naturopathy and yoga intervention on patients with type II diabetes mellitus. *Online International Interdisciplinary Research Journal*, 5(1):320-329.

40. Rao, R. M., Raghuram, N., Nagendra, H. R., Usharani, M. R., Gopinath, K. S., Diwakar, R. B., ... & Rao, N. (2015). Effects of an integrated yoga program on self-reported depression scores in breast cancer patients undergoing conventional treatment: A randomized controlled trial. *Indian Journal of Palliative Care*, 21(2), 174.
41. Amaranath B., Nagendra, H. R. and Deshpande S.(2015). Effect of Integrated Yoga Module on Perceived Stress, Verbal Aggression and Satisfaction with Life in Home Guards in Bangalore—A Wait List Randomized Control Trial. *Journal of Ayurveda and Holistic Medicine (JAHM)*, 3(5), 21-38.
42. Rakhshani, A., Nagarathna, R., Sharma, A., Singh, A., & Nagendra, H. R. (2015). A Holistic Antenatal Model Based on Yoga, Ayurveda, and Vedic Guidelines. *Health care for Women International*, 36(3), 256-275.
43. Bhargav, H., Nagarathna, R., & Nagendra, H. R. (2015). Yoga Based Lifestyle for Prevention of Medical Emergencies. *International Journal of Emergency Mental Health and Human Resilience*, 17(3): 661-666
44. Kavuri, V., Raghuram, N., Malamud, A., & Selvan, S. R. (2015). Irritable Bowel Syndrome: Yoga as Remedial Therapy. *Evidence-Based Complementary and Alternative Medicine*, 2015:398156
45. Rakhshani, A., Nagarathna, R., Mhaskar, R., Mhaskar, A., Thomas, A., & Gunasheela, S. (2015). Effects of yoga on utero-fetal-placental circulation in high-risk pregnancy: a randomized controlled trial. *Advances in Preventive Medicine*, 2015:373041.
46. Kavuri, V., Selvan, P., Malamud, A., Raghuram, N., & Selvan, S. R. (2015). Remedial yoga module remarkably improves symptoms in irritable bowel syndrome patients: A 12-week randomized controlled trial. *European Journal of Integrative Medicine*, 7(6), 595-608.
47. Bhargav, H., Jagannathan, A., Raghuram, N., Srinivasan, T. M., & Gangadhar, B. N. (2015). Schizophrenia Patient Or Spiritually Advanced Personality? A Qualitative Case Analysis. *Journal of Religion and Health*, 54(5), 1901-1918.
48. Mondal, J., Balakrishnan, R., & Krishnamurthy, M. N. (2015). Regulation of autonomic functions following two high frequency yogic breathing techniques. *TANG*, 5(1), 19-22.
49. Subramanya, P., & Telles, S. (2015). Performance in the Stroop Task and Simultaneously Recorded Heart Rate Variability before and after Meditation, Supine Rest and No-Intervention. *International Journal of Brain and Cognitive Sciences*, 4(1), 8-14.
50. Nagarathna Raghuram, Raghavendra M. Rao, H. R. Nagendra (2015). Integrating Yoga in Oncology: Is the wait over? *Indian Journal of Surgical Oncology*, 6(4):325-6.
51. Deepeshwar S, Suhas A Vinchurkar, Naveen KV, and Nagendra HR (2015). Hemodynamic responses on prefrontal cortex related to meditation and attentional task. *Frontiers in System Neuroscience*, 8(252):1-13.
52. Ramakrishna, B. R. (2015). Standardization of sushrutha prakriti inventory-spi an ayurveda based personality assessment tool with scientific methods. *Journal of Ayurveda and Holistic Medicine* ,2(9):1-8.
53. Patil, N. J., Nagarathna, R., Tekur, P., Patil, D. N., Nagendra, H. R., & Subramanya, P. (2015). Designing, validation, and feasibility of integrated yoga therapy module for chronic low back pain. *International Journal of Yoga*, 8(2), 103.

54. Mohanty, S., Metri, K., Nagarathna, R., & Nagendra, H. R. (2015). Immediate Effect of Mind Sound Resonance Technique (MSRT-A Yogic Relaxation Technique) On Cognitive Function In Type 2 Diabetes. *Voice of Research*, 4(1):44-45.
55. Isha, S., Deshpande, S., Ganpat, T. S., & Nagendra, H. R. (2015). Yoga module for heart disease. *Journal of Mahatma Gandhi Institute of Medical Sciences*, 20(2), 153-156.
56. Jagannathan, A., Narayanan, V. V., Kulkarni, I., Jogdand, S. P., Pailoor, S., & Nagarathna, R. (2015). Prevalence of type 2 diabetes among Yoga practitioners: A pilot cross-sectional study in two districts in India. *International Journal of Yoga*, 8(2), 148-153.
57. Singh, Dhansoia, V., Bhargav, H., & Metri, K. (2015). Immediate effect of mind sound resonance technique on state anxiety and cognitive functions in patients suffering from generalized anxiety disorder: A self-controlled pilot study. *International Journal of Yoga*, 8(1), 70-73.
58. More, P., & Jagannathan, A. (2015). Pathways to care in type 2 diabetes mellitus-Where does yoga find a place?. *International journal of yoga*, 8(2), 164-165.
59. Talwadkar, S., Jagannathan, A., & Nagarathna, R. (2015). Response to" trataka and cognitive function". *International journal of yoga*, 8, 83.

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60. Prashanth Shetty, Achyuthan Eswar, Rajkumari Roshni Raj Lakshmi, Nagendra H. R., Balakrishna, S., Nithin, & Suhas, V. (2014). Effect of juice fasting on urine pH: a controlled study. *Indian Journal of Health and Wellbeing*, 6(1):41-44.
61. Lalitha Nandini P. K., Raghavendra Rao M., Amritanshu, R., Nagarathna, R., Radheshyam Naik., & Shubha V Hegde. (2014). Ayurveda perspective of management of cancer chemotherapy induced nausea and vomiting. *Online International Interdisciplinary Research Journal*, 4:22-27.
62. Lalitha Nandini, P. K., Raghavendra Rao M., Malur R Usharani., Naik Radheshyam., Nagarathna, R., Shubha H., Mariyamma Philip, Shekhar G Patil, Diwakar B Ravi, H.P. Shashidhara, C. T. Satheesh, & Basavalinga S Ajaikumar. (2014). Development and standardization of jataragni impairment checklist. *International Journal of Multidisciplinary Educational Research*, 3, 8(4).
63. Lalitha Nandini P.K., Raghavendra Rao M, Malur R Usharani, Radheshyam Naik, Nagarathna R., Shubha, V. H., Shekhar G Patil, Diwakar B Ravi, & Basavalinga S Ajaikumar. (2014). Role of yoga intervention and its effect on jataragni in ayurveda and CCINV-A RCT. *International Journal of Multidisciplinary Educational Research*, 3, 11(1): 242-256
64. Ramakrishna B. R., Kishore K. R., Vaidya V., Nagarathna R., & Nagendra H. R. (2014). A Survey on the need for developing an Ayurveda based personality (Tridoshaprakrti) inventory, *Journal. Of Ayurveda & Holistic Medicine*, 2(7):8-13.
65. Ramakrishna B. R., Kishore K. R., Vaidya V., Nagarathna R., & Nagendra H. R. (2014). Development of sushrutha prakriti inventory, an Ayurveda based personality assessment tool. *Journal Of Ayurveda & Holistic Medicine*, 2(8):6-14.
66. Ramakrishna B. R., Kishore K. R., Vaidya V., & Nagendra H. R. (2014). Healthy life-style prescriptions for different personality types (Trodosha Prakriti). *Journal of Ayurveda & Holistic Medicine*, 1(2):17-23.
67. Suchitra, S. P., Jagannathan, A., & Nagendra H. R. (2014). Development and initial standardization of Ayurveda child personality inventory. *Journal of Ayurveda & Integrative Medicine*. 5(4): 205-208.

68. Suhas, A. V., Deepeshwar, S., Naveen, K. V., Nagendra, H. R., & Bhat, R. G. (2014). Concept and mechanism of cognition according to ancient Indian texts. *International Journal of Literary Studies*, 4(3): 55-58.
69. Suhas, A. V., Deepeshwar, S., Naveen, K. V., & Nagendra, H. R. (2014). Immediate effects of cyclic meditation on state mindfulness in normal healthy volunteers: A controlled study. *Indian Journal of Positive Psychology*, 5(4): 400-403.
70. Arun, K., Prithvi, A., Ganpat, T. S., Deshpande, S., Pailoor, S., and Nagendra, H. R. (2014). Suryanamaskara exercise enhances sustained attention. *Saudi Journal of Sports Medicine*, 14(1):31-34.
71. Bhargav, H., Nagendra, H. R., Gangadhar, B. N., and Nagarathna, R. (2014). Frontal Hemodynamic responses to high frequency yoga breathing in schizophrenia: a functional near-infrared spectroscopy study. *Frontiers in Psychiatry*, 5(29): 1-6.
72. Carlos V. R., Deepeshwar, S., Sanjay, K., Bhargav, H., Manjunath, N. K., and Nagendra, H. R. (2014). Resting state functional near infrared spectroscopy. *Health Care Exchanges (PAHCE)*, 2013 Pan American, pp. 1-1. IEEE, 2013:1-1.
73. Chandwani, K. D., Perkins, G., Nagendra, H. R., Raghuram, N. V., Spelman, A., Nagarathna, R., and Cohen, L. (2014). Randomized, controlled trial of yoga in women with breast cancer undergoing radiotherapy. *Journal of Clinical Oncology*, 32(10):1058-65.
74. Deepeshwar, S., Suhas, A. V., Naveen, K. V., and Nagendra, H. R., (2014). Measures of mindfulness and anxiety in OM meditators and non-meditators: A cross-sectional study. *International Journal of Medicine and Public Health*, 4(1):110-114.
75. Dhargave, P., Nalini, A., Abhishekh, H. A., Meghana, A., Nagarathna, R., Raju, T. R., and Sathyaprabha, T. N. (2014). Assessment of cardiac autonomic function in patients with Duchenne muscular dystrophy using short term heart rate variability measures. *European Journal of Paediatric Neurology*, Volume 18, Issue 3, 317–320
76. Jagannathan A., and Bishenchandra Y. (2014). Decoding the integrated approach to Yoga therapy. *International Journal of Yoga*, 7 (2): 166-7.
77. Jagannathan, A., Thirthalli, J., Hamza, A., Nagendra, H. R., and Gangadhar, B. N. (2014). Predictors of family caregiver burden in schizophrenia: Study from an in-patient tertiary care hospital in India. *Asian Journal of Psychiatry*, 8:94-8.
78. Maria, D. C. V., Jagannathan, A., (2014). Decoding the integrated approach to yoga therapy: Qualitative evidence based conceptual framework. *International Journal of Yoga*, 7: 22-31.
79. Nagarathna, R., Rao, P. V., Swarnagowri, M. V., Babu, S., Chaku, R., Kulkarni, R., Bhagavan, B., Bhargav, H., and Nagendra, H.R., (2014). Yoga based Cardiac rehabilitation after coronary artery bypass surgery: one-year results on LVEF, lipid profile, psychological states-a randomized controlled study. *Indian Heart Journal*. 66(5) :490-502.
80. Rajesh, S. K., Illavarasu, V. J., and Srinivasan, T. M. (2014). Effect of Bhramari Pranayama on Response Inhibition: Evidence from the Stop Signal Task. *International Journal of Yoga*, 7(2):138-41.
81. Rajesh, S. K., Illavarasu, V. J., and Srinivasan, T. M., and Nagendra, H. R. (2014). Stress and its Expression According to Contemporary Science and Ancient Indian Wisdom: Perseverative Cognition and the Pancha Kosha. *Mens Sana Monographs*, 12(1):139-152.

82. Rao, Y. C., Kadam A, Jagannathan A, Babina N, Rao R and Nagendra HR. (2014). Efficacy of Naturopathy And Yoga In Bronchial Asthma. *Indian Journal of Physiology and Pharmacology*. 58 (3): 232-238.
83. Talwadkar S, Jagannathan A and Nagarathna R., (2014). Effect of Trataka on cognitive functions in the elderly. *International Journal of Yoga*, 7 (2):96-103.
84. Suhas, A. V., Deepeshwar, S., and Naveen, K. V. (2014). Self-reported measures of mindfulness in meditators and non-meditators - a cross sectional study. *International Journal of Yoga*, 7(2):142-6.
85. Telles, S., Deepeshwar S., Naveen, K. V., and Subramanya, P, (2014). Long Latency Auditory Evoked Potentials During Meditation. *Clinical EEG and Neuroscience*, 46(4):299-309
86. Chandrasekeran A, Rajesh SK, Srinivasan, T. M. (2014). Effect of repetitive yogic squats with specific hand position (Thoppukaranam) on selective attention and psychological states. *International Journal of Yoga*. 2014 7(1):76-9.
87. Madhura, S., Subramanya, P., & Balaram, P. (2014). Job satisfaction, job stress and psychosomatic health problems in software professionals in India. *Indian Journal of Occupational and Environmental Medicine*, 18(3), 153.
88. Suchitra, S. P., & Nagendra H. R. (2014). A self-rating scale to measure tridosas in children. *Ancient Science of Life*, 33(2):85-91.
89. Kashinath, M., Bhargav, H., Praerna, C., and Prasad, S. K. (2014). Ayurveda for Chemo-radiotherapy Induced Side Effects in Cancer Patients. *Journal of Stem Cells*, 8(2):1-15
90. Mashyal, P., Bhargav, H., and Nagarathna R. (2014). Safety and usefulness of Laghu shankha prakshalana (Yogic bowel cleansing) in patients with essential hypertension: A self-controlled clinical study. *Journal of Ayurveda & Integrative Medicine*, 5(4):227-35
91. Raghavendra, B. R., and Ramamurthy, V. (2014). Changes in heart rate variability following yogic visual concentration (Trataka), *Heart India*, 2(1):15-18.

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92. Barve Vaibhavi, Tripathi Satyam, Sanjibkumar, P., Nagarathna, R., and Nagendra., H.R. (2013). Effect of holistic module of yoga and ayurvedic panchakarma in type 2 diabetes mellitus- a pilot study. *Open journal of endocrine and metabolic diseases*, 3: 90-98.
93. Deepeshwar, S., Telles, S. (2013). Auditory Information Processing During Meditation Based on Evoked Potential Studies. *Journal of Neurology and Psychology*, 1(2):7.
94. Delgado-Pastor, L. C., Perakakis, P, Subramanya, P, Telles, S, and Vila, J. (2013). Mindfulness (Vipassana) meditation: Effects on P3b event-related potential and heart rate variability. *International Journal of Psychophysiology*, S0167-8760(13):00214-6.
95. Deshpande, C.S., Rakshani, A., Nagarathna, R., Ganpat, T.S., Kurpad, A., Maskar, R., and Nagendra, H. R. (2013). Yoga for high risk pregnancy: a randomized controlled trial. *Annals of Medical and Health Sciences Research*. 3(3), 341-4.
96. Jagannathan, A., Sekar, K., and Janardhan, R. (2013). A casework report of social anxiety disorder with anankastic personality disorder: a cognitive behavior therapy approach. *Dysphrenia*, 4(2):159-164.
97. Jayashree, R., Malini, A., Rakhshani, A., Nagendra, H. R., Gunasheela, S., and Nagarathna, R. (2013). Effect of the integrated approach of yoga therapy on platelet count and uric acid in

- pregnancy: A multicenter stratified randomized single-blind study. *International Journal of Yoga*, 6(1):39-46.
98. Maharana, S., Nagarathna, R., Padmalatha, V., Nagendra, H R., and Hankey, A. (2013). The Effect of Integrated Yoga on Labor Outcome: A Randomized Controlled Study *International Journal of Childbirth*, 3(3):165-177.
 99. Maharana, S., Nagarathna, R., Padmalatha, V., and Nagendra, H. R., (2013). Effect of integrated yoga on anxiety, depression & well being in normal pregnancy. *Complementary Therapies on Clinical Practice*, 19(4): 230-236.
 100. Nagaraj, C., Manjunath, N. K., and Nataraj, H. R. (2013). Effect of integrated yoga therapy on nerve conduction velocity in type -2 diabetics a cross sectional clinical study. *International Ayurveda Medical Journal*, 1(6):119-125.
 101. Nagendra H. R. (2013). Integrated yoga therapy for mental illness. *Indian Journal of Psychiatry*, 55(7): 337-339.
 102. Nagendra, H. R., Hankey, A., and Metri, K. (2013). Yoga and Ayurveda Complementary Systems of Healing for Use in Integrative Medicine. *Light on Ayurveda Journal*, 12(1):37-44.
 103. Raghavendra, B. R., Telles, S., Manjunath, N. K., Deepak, K. K., Naveen, K. V., and Subramanya P. (2013). Voluntary heart rate reduction following yoga using different strategies. *International Journal of Yoga*, 6 (1):26-30.
 104. Rajesh, S. K., Illavarasu, V. J., and Srinivasan, T. M. (2013). Dispositional Mindfulness and its Relation to Impulsivity in College Students. *International Journal of Yoga- Philosophy, Psychology and Parapsychology*, 1(1):49-52.
 105. Ram, A., Banerjee, B., Hosakote, V. S., Rao, R. M., and Nagarathna, R. (2013). Comparison of lymphocyte apoptotic index and qualitative DNA damage in yoga practitioners and breast cancer patients: A pilot study. *International Journal of Yoga*, 6(1): 20-5.
 106. Ram, A., Nagendra, H. R., Shastry, A. S. N., Raghuram, N. V. and Nagarathna, R. (2013). A psycho-oncological model of cancer according to ancient texts of yoga. *Journal of Yoga and Physical Therapies*, 3(1):1-6.
 107. Telles, S., Raghavendra, B. R., Naveen, K. V., Manjunath, N. K., Kumar, S., and Subramanya P. (2013). Changes in autonomic variables following two meditative states described in yoga texts. *Journal of Alternative and Complimentary Medicine*, 19(1):35-42.
 108. Varambally, S., Vidyendaran, S., Sajjanar, M., Thirthalli, J., Hamza, A., Nagendra, H. R., Gangadhar, and B. N. (2013). Yoga-based intervention for caregivers of outpatients with psychosis: a randomized controlled pilot study. *Asian Journal of Psychiatry*, 36(2):141-5.
 109. Vidyashree H.M., Parwati P Patil, Vinay Moodnur, and Deepeshwar S. (2013). Evaluation and Comparison of Sleep Quality among Medical and Yogic Students – A Questionnaire Based Study. *National Journal of Physiology, Pharmacy & Pharmacology*, 3(1): 71-74.
 110. Bhargav, H., Kashinath, M., Nagraathna, R., Nagendra, H. R., and Prasad, S. K. (2013). Enhancement of cancer stem cell susceptibility to conventional treatments through complementary yoga therapy: possible cellular and molecular mechanisms. *Journal of Stem Cells*. 7(4):261-267.
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