## LIST OF RESEARCH PUBLICATIONS ON YOGA

(1985 – 2023)

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Division</th>
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<tbody>
<tr>
<td>1.</td>
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<td>532</td>
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<td>2.</td>
<td>Division of Yoga and Physical Sciences</td>
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Swami Vivekananda Yoga AnusandhanaSamsthana, (A Yoga University)

# 19, Eknath Bhavan, Gavipuram Circle, K G Nagar,

Bangalore – 560019  Ph: 26612669

E-mail: research@svyasa.edu.in Website: www.svyasa.edu.in
Division of Yoga and Life Sciences (532)

The Year 2023


The Year 2022


The Year 2021


**The Year 2020**


77. Arumugam, G., Nagarathna, R., Majumdar, V. *et al.* (2020). Yoga-based lifestyle treatment and composite treatment goals in Type 2 Diabetes in a rural South Indian setup-retrospectivity. *Scientific Reports* 10, 6402 https://doi.org/10.1038/s41598-020-63133-1


80. Mishra, Amit; Chawathey, Shreyas A.; Mehra, Priya; Nagarathna, R.; Anand, Akshay; Rajesh, S.K.; Singh, Amit; Patil, Suchitra; Sai Sivapuram, Madhava; Nagendra,


a multicentre feasibility randomised controlled trial protocol. British Medical Journal open, 10(9): e036277.


The Year 2019


146. Deepeshwar, S., Nagendra, H.R., Rana, B. B. 2019. Evolution from four mental states to the highest state of consciousness: A neurophysiologic basis of meditation as defined in yoga texts. *Progress in Brain Research, 244:*31-83.


**The Year 2018**


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Chronic Medical Illnesses: Prevalence and Impact of IAYT. *Open Journal of Endocrine and Metabolic Diseases*, 7(10), 191–201.


**The Year 2016**


Randomized Comparative Trial. *International Journal of Education and Research in
Health Sciences*, 2(4): 64-68.

244. 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

245. Saoji, A. A. (2016). Yoga: A strategy to cope up stress and enhance well being among

and Physical therapy on audiovisual reaction time, anxiety and depression in patients with
chronic multiple sclerosis: a pilot study. *Journal of Complementary and Integrative

yoga-based relaxation techniques on cognitive functions in patients suffering from
relapsing remitting multiple sclerosis: A comparative study. *International Review of

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.

intervention on perceived stress and anxiety in pregnant women. *Journal Women’s Health,

high-frequency yoga breathing on pulmonary functions in patients with asthma: A

(Zhongwan) on Blood Glucose Levels in Healthy Volunteers: A Pilot Randomized Placebo


The Year 2015


**The Year 2014**


The Year 2013


**The Year 2012**


364. Metri, K., Bhargav, H., Nagendra H. R., Carlos, C. V., & Ramakrishna, B. R. (2012). The first direct experimental evidence correlating ayurveda based tridosha prakriti, with


**The Year 2011**


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