

### Research Papers published

S. No.	Title of the Paper/Abstract	Author	Name of Journal	Year of Publication
1.	Retardation of Coronary Atherosclerosis with Yoga Lifestyle Intervention	Manchanda SC, R Narang, KS Reddy et al.	Journal of Association of Physicians of India	2000
2.	Modulation of cold pressure – induced stress by shavasan in normal adult volunteers	Madan Mohan, Kaviraja Udupa, Ananda Balayogi Bhavanani et al.	Indian Journal of Physiology and Pharmacology	2002
3.	Sudarshan Kriya practitioners exhibit better antioxidant status and lower blood lactate levels.	Sharma H, Sen S, Singh A, Bhardwaj NK, Kochupillai V, Singh N.	Journal of Biological Psychology	2003
4.	Electrophysiological Evaluation of Sudarshan Kriya: an EEG, BAER, P300 study	M.Bhatia, A. Kumar, N. Kumar et al.	Indian Journal of Physiology and Pharmacology	2003
5.	Effect of Yoga Training on Handgrip, Respiratory Pressures and Pulmonary Function	Madanmohan, Lakshmi Jatiya, Kaviraja Udupa, and Ananda Balayogi Bhavanani	Indian Journal of Physiology and Pharmacology	2003
6.	Effect of Pranayam Training on Cardiac Function in normal Young Volunteers	Kaviraja Udupa, MadanMohan, Ananda Balayogi Bhavanani et al.	Indian Journal of Physiology and Pharmacology	2003
7.	Acute Effect of Mukh Bhastrika (A Yogic Bellows Type Breathing) on Reaction time	Ananda Balayogi Bhavanani, Madan Mohan, and Kaviraja Udupa	Indian Journal of Physiology and Pharmacology	2003
8.	Tilt Table Testing in the Diagnostic Evaluation of Presyncope and Syncope: A case-Series Report	E. S. Prakash, Madan Mohan, Sunil K. Narayan et al.	Indian Journal of Physiology and Pharmacology	2004
9.	Modulation of Cardiovascular response to exercise by Yoga Training	Madan Mohan, Kaviraja Udupa, Ananda Balayogi Bhavanani et al	Indian Journal of Physiology and Pharmacology	2004
10.	Modulation of stress induced by Isometric Handgrip Test in Hypertensive patients following Yogic Relaxation Training	Vijayalakshmi P., Madan Mohan, Bhavanani A. B. et al.	Indian Journal of Physiology and Pharmacology	2004
11.	Awareness of computer use Related health risks In software companies in Bangalore	Shirley Telles, Rajendra Deginal & Lokesh Hutchappa.	Indian Journal Of Medical Sciences	2004
12.	Cardiovascular autonomic regulation in subjects with	E Sankaranarayanan Prakash,	Clinical and Experimental	2005

	normal Blood Pressure, high-Normal Blood Pressure and Recent-Onset Hypertension	Madan Mohan, K Raman Sethuraman et al.	Pharmacology and Physiology	
13.	Influence of Yoga & Ayurveda on self-rated sleep in a geriatric population	N. K. Manjunath and Shirley Telles	Indian Journal of Medical Research	2005
14.	Effect of yoga on self-rated visual discomfort in computer users	Shirley Telles, K.V.Naveen, Manoj Dash et al.	Head & Face Medicine	2006
15.	Effects of an integrated yoga programme on chemotherapy induced nausea and emesis in breast cancer patients	Raghavendra R. M., Nagarathna R, Nagendra H. R. et al.	European Journal of Cancer Care	2006
16.	Cardiac autonomic dysfunctions in chronic refractory epilepsy	T.N. Sathyaprabha, P. Satishchandra, K. Netravathi et al.	Epilepsy Research	2006
17.	Modulation of cardiac autonomic balance with adjuvant yoga therapy in patients with refractory epilepsy	T.N. Sathyaprabha, P Satishchandra, B.T.C. Murthy, et al.	Epilepsy & Behavior	2008
18.	Anxiolytic effects of a yoga program in early breast cancer patients undergoing conventional treatment: A randomized controlled trial	M. Raghavendra Rao, Nagarathna Raghuram, H. R. Nagendra et al.	Complementary Therapies in Medicine	2008
19.	Influence of yoga on mood states, distress, quality of life and immune outcomes in early stage breast cancer patients undergoing surgery	Raghavendra M Rao, Nagendra H R, Nagarathna Raghuram et al.	International Journal of Yoga	2008
20.	Influence of yoga on postoperative outcomes and wound healing in early operable breast cancer patients undergoing surgery	Raghavendra M Rao, Nagendra H R, Nagarathna Raghuram et al.	International Journal of Yoga	2008
21.	Insulin Sensitivity and Cardiac autonomic function in young male practitioners of Yoga	M.S. Chaya, G. Ramakrishnan, S. Shastry et al.	The National Medical Journal of India	2008
22.	Immediate effects of right and left nostril breathing on verbal and spatial scores	Shirley Telles and Meesha Joshi	Indian Journal of Physiology and Pharmacology	2008

23.	Effects of Yoga on natural killer cell counts in early breast cancer patients undergoing conventional treatment	Raghavendra M Rao, Shirley Telles, Hongasandra R Nagendra et al	Medical Science Monitor	2008
24.	A Nonrandomized Non-Naive Comparative Study of the Effects of Kapalabhati and Breath Awareness on Event-Related Potentials in Trained Yoga Practitioners	Meesha Joshi and Shirley Telles	The Journal of Alternative and Complementary Medicine	2009
25.	Non-pharmacological management of nasal polyp : A case report	Rajiv Rastogi, B.T.C. Murthy and Vinudha	Indian Journal of Physiology and Pharmacology	2009
26.	Autonomic Dysfunctions in Patients with Inflammatory Bowel Disease in Clinical Remission	Purnima Sharama, Govind K. Makharia, Vineet Ahuja et al.	Digestive Diseases and Sciences	2009
27.	Practitioners of vipassana meditation exhibit enhanced slow wave sleep and REM sleep states across different age groups	Ravindra Pattanshetty, Sulekha Sathiamma, Sathyaprabaha Talakkad et al.	Sleep and Biological Rhythms	2009
28.	Effects of yoga program on quality of life and affect in early breast cancer patients undergoing adjuvant radiotherapy: A randomized controlled trial	H. S. Vadiraja, M. Raghavendra Rao, Raghuram Nagarathna et al.	Complementary Therapies in Medicine	2009
29.	Effects of yoga on symptom management in breast cancer patients: A randomized controlled trial	S. Hosakote Vadiraja, M Raghavendra Rao , R Hongasandra Nagendra et al.	International Journal of Yoga	2009
30.	The efficacy of a comprehensive lifestyle modification programme based on yoga in the management of bronchial asthma: a randomized controlled trial	Ramaprabhu Vempati, Ramesh Lal Bijlani and Kishore Kumar Deepak	BMC Pulmonary Medicine	2009
31.	Effects of a Yoga Program on Cortisol Rhythm and Mood States in Early Breast Cancer Patients Undergoing Adjuvant Radiotherapy: A Randomized Controlled Trial	H.S. Vadiraja, Rao M. Raghavendra , Raghuram Nagarathna et al.	Integrative Cancer Therapies	2009

32.	Effect of four voluntary regulated yoga breathing techniques on grip strength	Meesha Joshi and Shirley Telles	Perceptual and Motor Skills	2009
33.	Effect of yoga therapy on facial emotion recognition deficits, symptoms and functioning in patients with schizophrenia.	Behere RV, Arasappa R, Jagannathan A et al.	Acta Psychiatr Scand.	2011
34.	Impact of Yoga Nidra on psychological general wellbeing in patients with menstrual irregularities: A randomized controlled trial.	Rani K, Tiwari S, Singh U, Srivastava N et al.	Int J Yoga.	2011
35.	Effect of yogic practices on lipid profile and body fat composition in patients of coronary artery disease.	Pal A, Srivastava N, Tiwari S et al.	Complement Ther Med.	2011
36.	Aerobic fitness and cognitive functions in economically underprivileged children aged 7-9 years: A preliminary study from South India	Jacob A, D'Desouza CD, Sumithra S, Avadhani S, Subramanya CM, Srinivasan K.	Int J Biomed Sci.	2011
37.	Effect of Yoga practice in the management of risk factors associated with obesity: A pilot study	Sunita Tiwari, Dhananjai S.	Indian Streams Research Journal	2011
38.	Adjunctive Cognitive remediation for schizophrenia using Yoga: an open, non-randomized trial	Bhatia T, Agarwal A, Deshpande SN et al.	Acta Neuropsychiatrica	2011
39.	Clinical and genetic correlates of severity in schizophrenia in India: an ordinal logistic regression approach	Thomas P, Chandra A, Deshpande SN et al.	Psychiatry Research	2011
40.	Differences among Major Mental Disorder in Disability quality of Life and family burden-a short term study	Chakraborty S, Mehar H, Bhatia, T, Deshpande SN	Indian Journal of social psychiatry	2011
41.	Cost of Major Mental Disorder in Delhi, India	Thakral S, Mishra NN, Bhatia T, Deshpande SN	Asian Journal of Psychiatry	2011
42.	A study on quality of life in patients following Myocardial infarction	Gupta S, Das S, Sahewalla R, Gupta D, Gupta I et al.	Indian J Physiol Pharmacol	2012
43.	Yoga-based intervention for	Shivarama varambally,	Asian Journal of	2012

	caregivers of outpatients with psychosis: A randomized controlled pilot study	Sumathi vidyendran, Mangala Sajjanar, Jagdish Tdirthalli, Ameer Hamza, H.R. Nagendra, B.N. Gangadhar.	Psychiatry	
44.	Reducing psychological distress and obesity through Yoga practice.	Dhananjai S, Sadashiv, Sunita Tiwari, Krishna Dutt and Rajjan Kumar	Int J Yoga	2013
45.	Yoga for high-risk pregnancy: a randomized controlled trial.	Deshpande C, Rakshani A, Nagarathna R et al.	Ann Med Health Sci Res.	2013
46.	Effect of yoga or physical exercise on physical, cognitive and emotional measures in children: a randomized controlled trial	Telles S, Singh N, Bhardwaj AK, Kumar A, Balkrishna A.	Child Adolesc Psychiatry Ment Health	2013
47.	Effect of the integrated approach of yoga therapy on platelet count and uric acid in pregnancy: A multicenter stratified randomized single-blind study.	Jayashree R, Malini A, Rakhshani A, Nagendra H, Gunasheela S, Nagarathna R.	Int J Yoga. 2013 Jan;6(1):39-46	2013
48.	A comparative controlled trial comparing the effects of yoga and walking for overweight and obese adults	Telles S, Sharma SK, Yadav A, Singh N, Balkrishna A.	Med Sci Monit	2014
49.	Effect of Yoga on migraine: A comprehensive study using clinical profile and cardiac autonomic functions.	Kisan R, Sujan M, Adoor M, Rao R, Nalini A, Kutty BM, Chindanda Murthy B, Raju T, Sathyaprabha T.	Int J Yoga. 2014 Jul;7(2):126-32.	2014
50.	Effects of yoga on utero-fetal-placental circulation in high-risk pregnancy: a randomized controlled trial.	Rakhshani A, Nagarathna R, Mhaskar R, Mhaskar A, Thomas A, Gunasheela S	Adv Prev Med. 2015;2015:373041	2015
51.	Effects of an integrated Yoga Program on Self-reported Depression Scores in Breast Cancer Patients Undergoing Conventional Treatment: A Randomized Controlled Trial.	Rao RM, Raghuram N, Nagendra HR, Usharani MR, Gopinath KS, Diwakar RB, Patil S, Bilimagga RS, Rao N.	Indian J Palliat Care. 2015 May-Aug;21(2):174-81.	2015
52.	Effectiveness of yogic breathing intervention on quality of life of opioid dependent users.	Dhawan A, Chopra A, Jain R, Yadav D, Vedamurthachar	Int J Yoga. 2015 Jul-Dec;8(2):144-7.	2015

53.	Effect of yoga regimen on lung functions including diffusion capacity in coronary artery disease patients: A randomized controlled study	Yadav A, Singh S, Singh K, Pai P	Int J Yoga. 2015 Jan;8(1):62-7	2015
54.	Influence of hydrotherapy on clinical and cardiac autonomic function in migraine patients	Sujan MU, Rao MR, Kisan R, Abhishekh HA, Nalini A, Raju TR, Sathyaprabha TN.	J Neurosci Rural Pract. 2016 Jan-Mar;7(1):109-113	2016
55.	Effect of Yoga on Sleep Quality and Neuroendocrine Immune Response in Metastatic Breast Cancer Patients	Rao RM, Vadiraja HS, Nagarathna R, Gopinath KS, Patil S, Diwakar RB, Shashidhara HP, Ajaikumar BS, Nagendra HR	Indian Journal of Palliative Care	2017
56.	Effects of Yoga in Managing Fatigue in Breast Cancer Patients: A Randomized Controlled Trial	Vadiraja HS, Rao RM, Nagarathna R, Nagendra HR, Patil S, Diwakar RB, Shashidhara HP, Gopinath KS, Ajaikumar BS,	Indian Journal of Palliative Care	2017
57.	Cardiovascular Risk Factors Assessment in Individuals Performing Yoga and Residing in State of Delhi	Siew M, Goel MK, Rastogi R, Binita	IOSR Journal of Dental and Medical Sciences (IOSR-JDMS)	2018