

LIST OF RESEARCH PUBLICATIONS ON YOGA (1985 – 2013)



| Sl. No. | Division | Number of Papers |
|--------------|--|------------------|
| 1. | Division of Yoga and Life Sciences | 188 |
| 2. | Division of Yoga and Physical Sciences | 21 |
| 3. | Division of Yoga and Management | 17 |
| 4. | Division of Yoga and Humanity | 14 |
| 5. | Division of Yoga and Spirituality | 10 |
| Total | | 250 |

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Division of Yoga and Life Sciences (188)
The Year 2013

1. Nagendra H. R. (2013). Integrated yoga therapy for mental illness. *Indian Journal of Psychiatry*, 55(7): 337-339.
2. Amritanshuram, R, 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*, 3:129.
3. Ram, A, Nagarathna, R., Rao, R. M., Bhargav, H., Koka, P. S., Tripathi, S., Raghuram, V., Gopinath, S. K., and Nagendra, H. R. (2012). Development and validation of a need-based integrated yoga program for cancer patients: A Retrospective Study. *Journal of Stem Cells*, 7(4):269-282.
4. Deshpande, C.S., Rakshani, A., Nagarathna, R., Ganpat, T.S., Kurpad, A., Maskar, R., and Nagendra, H. R. (2012). Yoga for high risk pregnancy: a randomized controlled trial. *Annals of Medical and Health Sciences Research*. [In Press]
5. Bhargav, H., Huilgol, V., Metri, K., Sundell, I. B., Tripathi, S., Ramagouda, N., Jadhav, M., Raghuram, N., Ramarao, N. H., and Koka, P. S. (2012). Evidence for extended age dependent maternal immunity in infected children: mother to child transmission of HIV infection and potential interventions including sulfatides of the human fetal adnexa and complementary or alternative medicines *Journal of Stem Cells*, 7(3):127-53.
6. 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.
7. Rajesh, S. K., Illavarasu, V. J., and Srinivasan, T. M. (2012). The relationship between dispositional mindfulness and well-being in a sample of college students. *Indian Journal of Positive Psychology*, 3(3): 299-301.
8. Tikhe, S. G. Nagarathna, R. and Nagendra, H. R. (2013). Clinical Roundup: Integrated Approach of Yoga Therapy for Chronic Musculoskeletal Pain. *Alternative and Complementary Therapies*, 19(1):54.
9. 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.

10. 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.
11. 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.
12. 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.
13. Raghavendra, B. R and Telles, S. (2013). Performance in attentional tasks following meditative focusing and focusing without meditation. *Anscient Science of Life*, 32(1): 49-53.

The Year 2012

14. Raghavendra, B. R., Telles, S., and Nagendra, H. R. (2012). Self-rated ability to follow instructions for four mental states described in yoga texts. *TANG International Journal of Genuine Traditional Medicine*, 2(3):e28.
15. 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.
16. Telles, S., Raghavendra, B. R., Naveen, K. V., Manjunath, N. K., and Subramanya, P. (2012). Mid-latency auditory evoked potentials in 2 meditative States. *Clinical EEG and Neuroscience*, 43(2):154-60.
17. Parag, J., and Manjunath N. K. (2012). Effect of Surya Namaskar on Sustained Attention in School Children. *Journal of Yoga and Physical Therapies*, 2:110.
18. Chaya, M. S., Nagendra, H., Selvam, S., Kurpad, A., and Srinivasan, K. (2012). Effect of yoga on cognitive abilities in schoolchildren from a socioeconomically disadvantaged background: a randomized controlled study. *Journal of Alternative and Complementary Medicine*, 18(12):1161-67.

19. Kumaran, V. S., Raghavendra, B. R., and Manjunath, N. K. (2012). Influence of early rising on performance in tasks requiring attention and memory. *Indian Journal of Physiology and Pharmacology*, 56(4):43-50.
20. Yogitha, B., John, E., Nagarathna, R., and Rangaji, R. (2012). Role of integrated approach of yoga therapy in the management of osteoporosis. *International Journal of Ayurvedic and Herbal Medicine*, 2(1):149-152.
21. Patil N. J., Nagarathna R., Garner C., Raghuram N.V., and Crisan R. (2012). Effect of integrated Yoga on neurogenic bladder dysfunction in patients with multiple sclerosis—A prospective observational case series. *Complementary Therapies in Medicine*, 20(6): 424-430.
22. Tripathi, S., Nagarathna, R., and Nagendra H. R. (2012). Validation of an integrated ayurveda-yoga module for residential treatment of patients with type 2 diabetes mellitus - a compilation from traditional literature. *International Journal of Ayurvedic and Herbal Medicine*, 2(5):921:934.
23. Nagarathna, R., Usharani, M. R., A. Raghavendra Rao, Chaku, R., Kulkarni, R., and Nagendra, H. R. (2012). Efficacy of yoga based life style modification program on medication score and lipid profile in type 2 diabetes-a randomized control study. *International Journal of Diabetes in Developing Countries*, 32(3):122-130.
24. Rakhshani A. (2012). Yoga and the Quality of Life. In A.C. Michalos (Ed.), *Encyclopedia of Quality of Life Research*. Dordrecht, Springer. [In press].
25. Rakhshani, A., Nagarathna, R., Mhaskar, R., Mhaskar, A., Thomas, A., Gunasheela, S. (2012). The Effects of Yoga in Prevention of Pregnancy Complications in High-Risk Pregnancies: A Randomized Controlled Trial. *Journal of Preventive Medicine*, 55(4):333-40.
26. Rakhshani, A., and Nagarathna, R. (2011). Yoga II. In: Clinical roundup: How do you treat premenstrual syndrome in your practice. *Alternative and Complementary Therapies*, 17(6):239-240.
27. Gundu H R Rao, and Nagendra, H. R. (2012). Holistic approach for prevention of heart disease and diabetes. *Journal of Preventive Cardiology*, 2(1):231-238.
28. Patil, N. J., Nagarathna, R., Christoph, G., Raghuram, N. V., and Radu, C. (2012). Effect of integrated Yoga on neurogenic bladder dysfunction in patients with Multiple Sclerosis -a

- prospective observational case series. *Complementary Therapies in Medicine*, 20(6):424-30.
29. Varambally, S., Gangadhar B. N., Thirthalli, J., Jagannathan, A., Kumar, S., Venkatasubramanian, G., Muralidhar, D., Subbakrishna, D. K., and Nagendra, H. R. (2012). Therapeutic efficacy of add-on yogasana intervention in stabilized outpatient schizophrenia: Randomized controlled comparison with exercise and waitlist. *Indian Journal of Psychiatry*, 54 (3): 227-232.
 30. Baspure, S., Jagannathan, A., Kumar, S., Varambally, S., Thirthalli, J., Venkatasubramanian, G., Nagendra, H. R., and Gangadhar, B. N. (2012). Barriers to yoga therapy as an add-on treatment for schizophrenia in India. *International Journal of Yoga*, 5(1):70-73.
 31. Sendhilkumar, R., Gupta, A., Nagarathna, R., and Taly, AB. (2013). Effect of pranayama and meditation as an add-on therapy in rehabilitation of patients with Guillain-Barré syndrome-a randomized control pilot study. *Disability and Rehabilitation*, 35(1):57-62.
 32. Tekur, P., Nagarathna, R., Chametcha, S., Hankey, A., and Nagendra, H. R. (2012). A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: An RCT. *Complementary Therapies in Medicine*, 20(3):107-118.
 33. Ebnezar, J., Nagarathna, R., Yogitha, B., and Nagendra, H. R. (2012). Effect of integrated yoga therapy on pain, morning stiffness and anxiety in osteoarthritis of the knee joint: A randomized control study. *International Journal of Yoga*, 5(1):28-36.
 34. Nidhi, R., Padmalatha, V., Nagarathna, R., and Ram, A. (2012). Effect of holistic yoga program on anxiety symptoms in adolescent girls with polycystic ovarian syndrome: A randomized control trial. *International Journal of Yoga*, 5(2):112-117.
 35. Nidhi, R., Padmalatha, V., Nagarathna, R., and Ram, A. (2012). Effect of a yoga program on glucose metabolism and blood lipid levels in adolescent girls with polycystic ovary syndrome. *International Journal of Gynaecology and Obstetrics*, 118(1):37-41.
 36. Nidhi, R., Padmalatha, V., Nagarathna, R., and Amritanshu, R. (2012). Effects of a Holistic Yoga Program on Endocrine Parameters in Adolescents with Polycystic Ovarian Syndrome: A Randomized Controlled Trial. *Journal of Alternative and Complementary Medicine*, 19(2):153-60.

37. Rathi, A., Tripathi, S., and Nagarathna, R. (2012). Clinical round up: Selected treatment option for Chronic Prostatitis. *Journal of Alternative & Complementary Medicine*, 18(1):51-55.
38. Jagannathan, A., Hamza, A., Thirthalli, J., Nagendra, H., Nagarathna, R., and Gangadhar, B.N.(2012)Development and feasibility of need based yoga program forfamily caregivers of in-patients with schizophrenia in India. *International Journal of Yoga*, 5(1):42-7.
39. Mallick, T., and Kulkarni, R. (2010). The effect of trataka, a yogic visual concentration practice, on critical flicker fusion. *Journal of Alternative and Complementary Medicine*, 16(12):1265-7.
40. Nagarathna, R. (2012). Response to Yoga is not an intervention but may be yogopathy is. *LE* 5(2):158-159.

The Year 2011

41. Srinivasan, T. M. (2011). Models in complimentary medicine. *International Journal of Yoga*, 4(1):1-2.
42. Srinivasan, T. M. (2011). Genetics, epigenetics, and pregenetics. *International Journal of Yoga*, 4(2):47-48.
43. Telles, S., and Raghavendra, B. R. (2011) Neurophysiological Changes in Meditation Correlated with Descriptions from the Ancient Texts. *Biofeedback*, 39(2):56-59.
44. Arpitha, J., Crystal, D. D., Sumithra, S. A., Chaya, M. S., and Krishnamachari S. (2011). Aerobic Fitness and Cognitive Functions in Economically Underprivileged Children Aged 7-9 Years: A preliminary Study from South India. *International Journal of Biomedical Science*, 7(1) 51-54.
45. Tripathi, S., and Nagarathna, R. (2011). Clinical round up: Selected treatment option for Bronchitis. *Journal of Alternative & Complementary Medicine*, 17 (6):349-353.
46. Ebnezar, J., Nagarathna, R., Bali, Y., and Nagendra, H. R. (2011). Effect of an integrated approach of yoga therapy on quality of life in osteoarthritis of the knee joint: A randomized control study. *International Journal of Yoga*, 4(2): 55-63.
47. Jagannathan, A., Hamza, A., Thirthalli, J., Nagendra, H. R., and Gangadhar, B. N. (2011). Development and feasibility of need-based psychosocial training programme for family

caregivers of in-patients with schizophrenia in India. *Asian Journal of Psychiatry*, 4(2):113-118.

48. Nidhi, R., Padmalatha, V., Nagarathna, R., and Amritanshu, R. (2011). Prevalence of polycystic ovarian syndrome in Indian adolescents. *Journal of Pediatric and Adolescent Gynecology*, 24(4):223-227.
49. Oswal, P., Nagarathna, R., Ebnezar, J., and Nagendra, H. R. (2011). The effect of add-on yogic prana energization technique (YPET) on healing of fresh fractures: a randomized control study. *Journal of Alternative and Complementary Medicine*, 17(3):253-258.
50. Jagannathan, A., Thirthalli, J., Hamza, A., Hariprasad V. R., Nagendra H. R., and Gangadhar, B. N. (2011). A qualitative study on the needs of caregivers of inpatients with schizophrenia in India. *International Journal Social Psychiatry*, 57(2): 180-94.
51. Behere, R. V., Arasappa, R., Jagannathan, A., Varambally, S., Venkatasubramanian, G., Thirthalli, J., Subbakrishna, D. K., Nagendra, H. R., and Gangadhar, B. N. (2011). Effect of yoga therapy on facial emotion recognition deficits, symptoms and functioning in patients with schizophrenia. *Acta Psychiatrica Scandinavica*, 123(2):147-53.

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52. Srinivasan, T. M. (2010). Energy medicine. *International Journal of Yoga*, 3(1):1
53. Srinivasan, T. M. (2010). Psychiatric disorders and holistic therapies. *International Journal of Yoga*, 3(2):35-36.
54. Bhargav, H., Raghuram, N., Rao, N. H., Tekur, P., and Koka, P. S. (2010). Potential yoga modules for treatment of hematopoietic inhibition in HIV-1 infection. *Journal of Stem Cells*, 5(3):129-48.
55. Hyorim An, Ravi Kulkarni, R Nagarathna and H. R. Nagendra (2010). Measures of heart rate variability in women following a meditation technique. *International Journal of Yoga*, 3(1): 6-9.
56. Kumar, S., Nagendra, H. R., Naveen, K. V., Manjunath, N. K. and Telles, S. (2010). Brainstem auditory-evoked potentials in two meditative mental states. *International Journal of Yoga*, 3(2): 37-41.
57. Rakhshani, A., Maharana, S., Raghuram, N., Nagendra, H. R., and Venkatram, P. (2010). Effects of integrated yoga on quality of life and interpersonal relationship of pregnant

women. *Quality of Life Research : An International Journal of Quality of Life Aspects of Treatment, Care and Rehabilitation*, 19(10): 1447-55.

58. Suchitra, S. P., Devika, H. S., Gangadhar, B. N., Nagarathna, R., Nagendra, H. R., and Kulkarni, R. (2010). Measuring the tridosha symptoms of unmāda (psychosis): a preliminary study. *Journal of Alternative and Complementary Medicine*, 16(4): 457-62.
59. Chandwani, K. D., Thornton, B., Perkins, G. H., Arun, B., Raghuram, N. V., Nagendra, H. R., Wei, Q., and Cohen, L. (2010). Yoga improves quality of life and benefit finding in women undergoing radiotherapy for breast cancer. *Journal of the Society for Integrative Oncology*, 8(2): 43-55.
60. Bali Yogitha, Nagarathna, R., Ebnezar John., and Nagendra, H. R. (2010). Complimentary effect of yogic sound resonance relaxation technique in patients with common neck pain. *International Journal of Yoga*, 3(1): 18-25.
61. Tekur, P., Chametcha, S., Nagendra, H. R., and Nagarathna, R. (2010). Effect of Yoga on Quality of Life in Chronic Low Back Pain - A randomized control study. *International Journal of Yoga*, 3(1):10-17.
62. Patra, S., and Telles, S. (2010). Heart rate variability during sleep following the practice of cyclic meditation and supine rest. *Applied Psychophysiology and Biofeedback*, 35(2):135-40.
63. Kumar, G.R., and Rajesh, S.K. (2010). Vaidyamadham Cheriya Narayanan Namboodiri. *Journal of Ayurveda and Integrative Medicine*, 1(2):136-8.
64. Radhakrishna, S. (2010). Application of integrated yoga therapy to increase imitation skills in children with autism spectrum disorder. *International Journal of Yoga*, 3(1): 26-30.
65. Radhakrishna, S., Nagarathna, R., and Nagendra, H. R. (2010). Integrated approach to yoga therapy and autism spectrum disorders. *Journal of Ayurveda and Integrative Medicine*, 1(2): 120-124.

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66. Subramanya, P., and Telles, S. (2009). A review of the scientific studies on cyclic meditation. *International Journal of Yoga*, 2(2): 46-48.
67. Subramanya, P., and Telles, S. (2009). Performance on psychomotor tasks following two yoga-based relaxation techniques. *Perceptual and Motor Skills*, 109(2): 563-76.

68. Subramanya, P., and Telles, S. (2009). Effect of two yoga-based relaxation techniques on memory scores and state anxiety. *Biopsychosocial Medicine*, 3(1): 8-12.
69. Subramanya, P., and Telles, S. (2009). Changes in midlatency auditory evoked potentials following two yoga based relaxation techniques. *Clinical EEG and Neuroscience*, 40(3): 190-195.
70. Subramanya, P., Manjunath, N. K., and Telles, S. (2009). Effect of yoga on tasks for manual and tweezer dexterity. *Journal of Indian Psychology*, 27(1&2): 9-12.
71. Patra, S., and Telles, S. (2009). Positive impact of cyclic meditation on subsequent sleep. *Medical Science Monitor*, 15(7): CR 375-381.
72. Vadiraja, H. S., Rao, M. R., Nagarathna, R., Nagendra, H. R., Rekha, M., Vanitha, N., Gopinath, K. S., Srinath, B. S., Vishweshwara, M. S., Madhavi, Y. S., Ajaikumar, B. S., Bilimagga, S. R., and Rao, N. (2009). Effects of yoga program on quality of life and affect in early breast cancer patients undergoing adjuvant radiotherapy: a randomized controlled trial. *Complementary Therapies in Medicine*, 17(5-6): 274-280.
73. Vadiraja, H. S., Raghavendra, R. M., Nagarathna, R., Nagendra, H. R., Rekha, M., Vanitha, N., Gopinath, K. S., Srinath, B. S., Vishweshwara, M. S., Madhavi, Y. S., Ajaikumar, B. S., Ramesh, B. S., Nalini, R., and Kumar, V. (2009). Effects of a yoga program on cortisol rhythm and mood states in early breast cancer patients undergoing adjuvant radiotherapy: a randomized controlled trial. *Integrative Cancer Therapies*, 8(1): 37-46.
74. Vadiraja, S., Raghavendra, R. M., Nagendra, H. R., Nagarathna, R., Rekha, M. V., Vanitha, N., Gopinath, K. S., Srinath, B. S., Vishweshwara, M. S., Madhavi, Y. S., Ajaikumar, B. S., Ramesh, B. S., and Nalini, R. (2009). Effects of yoga on symptom management in breast cancer patients: A randomized controlled trial. *International Journal of Yoga*, 2(2): 73-79.
75. Rao, M. R., Raghuram, N., Nagendra, H. R., Gopinath, K. S., Srinath, B. S., Diwakar, R. B., Patil, S., Bilimagga, S. R., Rao, N., and Varambally, S. (2009). Anxiolytic effects of a yoga program in early breast cancer patients undergoing conventional treatment: a randomized controlled trial. *Complementary Therapies in Medicine*, 17(1): 1-8.
76. Telles, S., Dash, M., and Naveen, K. V. (2009). Effect of yoga on musculoskeletal discomfort and motor functions in professional computer users. *Work*, 33: 1-10.

77. Kumar, S., and Telles, S. (2009). Meditative states based on yoga texts and their effects on performance of a cancellation task. *Perceptual and Motor Skills*, 109(3): 679-689.
78. Joshi, M., and Telles, S. (2009). Effect of four voluntary regulated yoga breathing techniques on grip strength. *Perceptual & Motor Skills*, 108(3): 775-781.
79. Maharana, S., Nagendra, H. R., Nagarathna, R., and Padmalatha, V. (2009). Effect of integrated yoga on stress and heart rate variability in pregnant women. *International Journal of Gynecology & Obstetrics*, 104(3): 218-222.
80. Joshi, M., and Telles, S. (2009). A nonrandomized non-naïve, comparative study of the effects of kapalabhati and breath awareness on event-related potentials in trained yoga practitioners. *Journal of Alternative and Complementary Medicine*, 15(3): 281-285.
81. Khemka, S. S., Rao, N. H., and Nagarathna, R. (2009). Immediate effects of two relaxation techniques on healthy volunteers. *Indian Journal of Physiology and Pharmacology*, 53(1): 67-72.

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82. Telles, S., Raghuraj, P., Arankalle, D., and Naveen, K. V. (2008). Immediate effect of high-frequency yoga breathing on attention. *Indian Journal of Medical Sciences*, 62(1): 20-22.
83. Tekur, P., Singphow, C., Nagendra, H. R., and Nagarathna, R. (2008). Effect of short-term intensive yoga program on pain, functional disability and spinal flexibility in chronic low back pain: a randomized control study. *Journal of Alternative and Complimentary Medicine*, 14(6): 637-644.
84. Samantaray, S., and Telles, S. (2008). Nostril dominance at rest associated with performance of a left hemisphere-specific cancellation task. *International Journal of Yoga*, 1(2): 51-55.
85. Joshi, M., and Telles, S. (2008). Immediate effects of right and left nostril breathing on verbal and spatial scores. *Indian Journal of Physiology and Pharmacology*, 52(2): 197-200.
86. Raghuraj, P., and Telles, S. (2008). Immediate effect of specific nostril manipulating yoga breathing practices on autonomic and respiratory variables. *Applied Psychophysiology and Biofeedback*, 33(2): 65-75.
87. Chatterjee, S., Chowdhary, N., Pednekar, S., Cohen, A., Andrew, G., Araya, R., Simon, G., King, M., Kerkwood, B., Weiss, H., Verdelli, H., Clougherty, K., Telles, S., and Patel,

- V. (2008). Integrating evidence based treatments for common mental disorders in routine primary care: feasibility and acceptability of the MANAS intervention in Goa, India. *World Psychiatry*, 7(1): 39-46.
88. Raghavendra, R., Nagendra H. R., Nagarathna, R., Vinay C., Chandrashekara, S., Gopinath, K. S., and Srinath, B. S. (2008). Influence of yoga on mood states, distress, quality of life and immune outcomes in early stage breast cancer patients undergoing surgery. *International Journal of Yoga*, 1(1): 6-6.
89. Chaya, M. S., Ramakrishnan, G., Shastry, S., Kishore, R. P., Nagendra, H., Nagarathna, R., Raj, T., Thomas, T., Vaz, M., and Kurpad, A. V. (2008). Insulin sensitivity and cardiac autonomic function in young male practitioners of yoga. *The National Medical Journal of India*, 21(5): 217-221.
90. Chaya, M. S., and Nagendra, H. R. (2008). Long-term effect of yogic practices on diurnal metabolic rates of healthy subjects. *International Journal of Yoga*, 1(1): 4 -4.
91. Raghavendra, R., Nagendra, H. R., Nagarathna, R., Vinay, C., Chandrashekara, S., Gopinath, K. S., and Srinath, B. S. (2008). Influence of yoga on postoperative outcomes and wound healing in early operable breast cancer patients undergoing surgery. *International Journal of Yoga*, 1(1): 2-2.
92. Banerjee, B., and Hegde, S. (2008). Analysis of Telomere Damage by Fluorescence in situ Hybridisation on Micronuclei in Lymphocytes of Breast Carcinoma Patients after Radiotherapy. *Breast Cancer Research and Treatment*, 107(1): 25-31.
93. Chattha, R., Raghuram, N., Venkatram, P., and Hongasandra, N. R. (2008). Treating the climacteric symptoms in Indian women with an integrated approach to yoga therapy: a randomized control study. *Menopause*, 15(5): 862-870.
94. Chattha, R., Kulkarni, R., Nagarathna, R., and Nagendra, H. R. (2008). Factor analysis of Greene's Climacteric Scale for Indian women. *Maturitas*, 59(1): 22-27.
95. Chattha, R., Nagarathna, R., Padmalatha, V., and Nagendra, H. R. (2008). Effect of yoga on cognitive functions in climacteric syndrome: a randomised control study. *International Journal of Obstetrics and Gynaecology*, 115(8): 991-1000.
96. Venkatasubramanian, G., Jayakumar, P. N., Nagendra, H. R., Nagaraja, D., Deeptha, R., and Gangadhar, B. N. (2008). Investigating paranormal phenomena: Functional brain imaging of telepathy. *International Journal of Yoga*, 1(2): 66-71.

97. Telles, S., Patra, S., Montesoo, S., and Naveen, K. V. (2008). Effect of yoga on somatic indicators of stress in healthy volunteers. *Journal of Indian Psychology*, 26(1&2): 52-57.
98. Telles, S., and Naveen, K. V. (2006). Effect of yoga on somatic indicators of distress in professional computer users. *Medical Science Monitor*, 12(10): LE 21-22.

The Year 2007

99. Padmasri, G., and Telles, S. (2007). Frontalis EMG amplitude during relaxation changes during yoga relaxation based on initial levels. *Journal of Indian Psychology*, 25: 16-23.
100. Sarang, S. P., and Telles, S. (2007). Immediate effect of two yoga-based relaxation techniques on performance in a letter cancellation task. *Perceptual and Motor Skills*, 105(2): 379-385.
101. Telles, S., Naveen, K. V., and Dash, M. (2007). Yoga reduces symptoms of distress in tsunami survivors in the Andaman Islands. *Evidence-based Complementary and Alternative Medicine*, 4(4): 503-509.
102. Banerjee, B., Vadiraj, H. S., Ram, A., Rao, R., Jayapal, M., Gopinath K. S., Ramesh, B. S., Rao, N., Kumar, A., Raghuram, N., Hegde, S., Nagendra, H. R., and Prakash, H. M. (2007). Effects of an integrated yoga program in modulating psychological stress and radiation-induced genotoxic stress in breast cancer patients undergoing radiotherapy. *Integrative Cancer Therapies*, 6(3): 242-250.
103. Doraiswamy, G., Thirthalli, J., Nagendra, H. R., and Gangadhar, B. N. (2007). Yoga therapy as an add-on treatment in the management of patients with schizophrenia-a randomized controlled trial. *Acta Psychiatrica Scandinavica*, 116(3): 226-232.
104. Krishnamurthy, M., and Telles, S. (2007). Effect of yoga and an ayurveda preparation on gait, balance and mobility in older persons. *Medical Science Monitor*, 13(12): LE 19-20.
105. Telles, S., Nagesh, S., and Naveen, K. V. (2007). A comparison of the bilateral elbow joint position in yoga and non-yoga practitioners. *Journal of Indian Psychology*, 25: 1-5.
106. Telles, S., Puthige, R., and Kalkuni, V. N. (2007). An Ayurvedic basis for using honey to treat herpes Comment to: Topical honey application vs. acyclovir for the treatment of the recurrent herpes simplex lesions. *Medical Science Monitor*, 13(11): LE17-17.
107. Raghvendra, R., Nagarathna, R., Nagendra, H. R., Gopinath, K. S., Srinath, B. S., Diwakar, R. B., Patil, S., Bilimagga, S. R., and Rao, N. (2007). Effects of an integrated yoga program

on chemotherapy induced nausea and emesis in breast cancer patients. *European Journal of Cancer Care*, 16(6): 462–474.

108. Rao, R. M., Telles, S., Nagendra, H. R., Nagarathna, R., Gopinath, K., Srinath, S., and Chandrashekara, C. (2007). Effects of yoga on natural killer cell counts in early breast cancer patients undergoing conventional treatment. *Medical Science Monitor*, 14(2): LE3-4.
109. Telles, S., Raghuraj, P., Maharana, S., and Nagendra, H. R. (2007). Immediate effect of three breathing techniques on performance in a letter cancellation task. *Perceptual and Motor Skills*, 104(3 Pt2): 1289-1296.
110. Krishnamurthy, M. N., and Telles, S. (2007). Assessing depression following two ancient Indian interventions: effects of yoga and ayurveda on older adults in a residential home. *Journal of Gerontological Nursing*, 33(2): 17-23.
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