

STANDARD INTERNATIONAL TRANSLITERATION CODE

Standard International Transliteration Code
(used to transliterate Sanskrit words in the text)

अ	=	a	ड	=	ḍa
आ	=	ā	ढ	=	ḍha
इ	=	i	ण	=	ṇa
ई	=	ī	त	=	ta
उ	=	u	थ	=	tha
ऊ	=	ū	द	=	da
ऋ	=	r	ध	=	dha
ए	=	e	न	=	na
ऐ	=	ai	प	=	pa
ओ	=	o	फ	=	pha
औ	=	au, ou	ब	=	ba
अं	=	m	भ	=	bha
अः	=	ḥ	म	=	ma
क	=	ka	य	=	ya
ख	=	kha	र	=	ra
ग	=	ga	ल	=	la
घ	=	gha	व	=	va
ङ	=	ṅa	श	=	śa
च	=	ca	ष	=	ṣa
छ	=	cha	स	=	sa
ज	=	ja	ह	=	ha
झ	=	jha	क्ष	=	kṣa
ञ	=	ña	त्र	=	tra
ट	=	ṭa	ज्ञ	=	jña
ठ	=	ṭha			

LIST OF ABBREVIATIONS

SCI: Spinal Cord Injury

TSCI: Traumatic Spinal Cord Injury

NTSCI: Non-traumatic Spinal Cord Injury

ASIA: American Spinal Injury Assessment

CSPGs: Chondroitin Sulfate Proteoglycans

RCT: Randomized Control Trial

IAYT: Integrated Approach of Yoga Therapy

WISCIII: Walking index for SCI II

MMAS: Modified Modified Ashworth Scale to measure spasticity

CRP: c- Reactive Protein

ESR: Erythrocyte sedimentation rate

SCIM: Spinal Cord Independence Measure

MPI-SCI: Multidimensional Pain Inventory (Spinal Cord Injury Version)

MEDS: Medical-Based Emotional Distress Scale

SCI-QoL Index: Quality of Life Index Spinal Cord Injury - Version III

BMI: Body Mass Index

HPA: Hypothalamic Pituitary Adrenal

ADL: Activities of Daily Living

ANS: Autonomic Nervous System

IYP: Integrated Yoga and Physiotherapy Group

PT: Physiotherapy Group

BDNF: Brain-derived neurotrophic factor

VEGF: Vascular endothelial growth factor

IGF-1: Insulin-like growth factor 1

ANOVA: Analysis of Variance