

TRANSLITERATION CODE USED (FOR SANSKRIT WORDS)

Standard international transliteration code used to transliterate sanskrit words

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

ABBREVIATIONS

LBP:	Low Back Pain
CLBP:	Chronic Low Back Pain
CAM:	Complementary and Alternative Medicine
YG:	Yoga Group
CG:	Control Group
IYTM:	Integrated Yoga Therapy Module
NRS:	Numerical Rating Scale for Pain
RMDQ:	Roland Morris Disability Questionnaire
FABQ:	Fear-Avoidance Beliefs Questionnaire
FABQpa:	Fear-Avoidance Beliefs Questionnaire - Physical activity subscale
FABQw:	Fear-Avoidance Beliefs Questionnaire - work subscale
BDI:	Beck's depression inventory (BDI),
PSS:	Perceived Stress Scale (PSS),
STAI:	State-Trait Anxiety Inventory
HRV:	Heart rate variability (HRV)
LF:	Low frequency
HF:	High frequency
LF/HF:	low frequency divided by High frequency
WHOQOL-BREF:	World Health Organization Quality of Life Instruments – Brief version
QOL /QoL:	Quality of Life
Phy. :	Physical
Psy. :	Psychological
Soc. :	Social
Env. :	Environmental
ANM:	Auxiliary Nurse Midwifery
GNM:	General Nursing and Midwifery
IEC:	Institutional Ethical Committee