

## BIBLIOGRAPHY

### BOOKS

- American Diabetes Association ADA (2015), **“Diabetes Guidelines Summary Recommendations from NDEI, Diabetes Care”**, Standards of medical care in diabetes 2015;38: pp. S1-S93.
- Bakhru HK (2011), **“The Complete Hand Book of Nature Cure”**, Noida, Jaico Impression. pp.355.
- Iyengar B.K.S. (1988), **“Light on yoga”** Australia, Allen & Anwin Australia Pty.Ltd. pp.1-52.
- James A.Easterbrook (1978), **“The Determinants of Free Will”**, London, Academic Press Inc. pp. 177.
- Krishna Raman (2006), **“A Matter of Health”**, Chennai, East West Books Pvt.Ltd. pp.233, 394-401.
- NagendraHR, Nagaratna R. (2003), **“Yoga for Diabetes”**, Bangalore, Swami Vivekananda Yoga Prakashana. pp. 39-54.
- NagendraHR, Nagaratna R. (2006), **“Yoga for Hypertension and Heart Diseases”**, Bangalore, Swami Vivekananda Yoga Prakashana. pp. 10-12.
- Peter Kelder (1989), **“Ancient Secret of the Fountain of Youth”**, Gig Harbor, Harbor Press.Inc. pp.10-23.
- Phulgenda Sinha (1976), **“Yogic Cure for Common Diseases”**, Delhi, Oriental Paperbacks Publishers. pp.48-69.

- Shrii Prabhat Ranjan Sarkar (1993), **“Yogic Treatments and Natural Remedies”**, Calcutta, Ananda Marga Publications. pp. 40-43.
- Swamy Satyananda Saraswati (2001), **“Yoga and Cardiovascular Management”**, Munger, Bihar, Yoga Publications Trust. pp.6.
- Swami Satyananda Saraswathi (2009), **“Asana Pranayama Mudra Bandha”**, Bihar, Yoga Publications Trust. pp.197-362
- Swamy Shankardevananda (2005), **“Yogic Management of Asthma and Diabetes”**, Munger, Yoga Publication Trust. pp.63-68
- Terry Dixon, (2011), **“Understanding Anxiety Problems”**, British Psychological Society. pp.4-8.
- Yogacharya Sundaram (2004), **“Sundara Yoga Therapy”**, Coimbatore, The Yoga Publishing House. pp.254-255.
- ----- (2013), **“IDF Diabetes Atlas”**, Sixth edition. pp.12-46.
- ----- (2012), International Diabetes Federation, **“Clinical Guidelines Task Force Global Guideline for Type 2 Diabetes”**, Belgium. pp.38-72.
- ----- (2012), **“Yoga Asana Pranayama Mudras Kriyas”**, Chennai, Vivekananda Kendra Prakashans Trust. pp.67.

**JOURNALS**

- Allison A et.al., (2014), “Effects of Bikram yoga on psychological well-being”, **Journal of Behavioral Health**. 3:1, pp.71-76.
- Balaji PA et.al., (2011), “Effects of yoga - pranayama practices on metabolic parameters and anthropometry in type 2 diabetes”, **International Multidisciplinary Research Journal**. 1:10, pp.01-04.
- Benavides S et.al., (2009), “Ashtanga yoga for children and adolescents for weight management and psychological wellbeing: An uncontrolled open pilot study”, **Complementary Therapies in Clinical Practice**.15:2, pp.110–114.
- Beena RK et.al., (2013), “Yogic practice and diabetes mellitus in geriatric patients”, **International Journal of Yoga**. 6:1, PP.47–54.
- Bhavanani AB et.al., (2014), “Comparative immediate effect of different yoga asanas on heart rate and blood pressure in healthy young volunteers”, **International Journal of Yoga**. 7:2, pp. 89-95.
- Bijlani RL et.al., (2005), “A brief but comprehensive lifestyle education program based on yoga reduces risk factors for cardiovascular disease and diabetes mellitus”, **Journal of Alternative & Complementary Medicine**. 11:2, pp.267-74.
- Bijlani RL et.al., (2005), “A brief but comprehensive lifestyle education program based on yoga reduces risk factors for cardiovascular disease and diabetes mellitus”, **Journal of Alternative and Complementary Medicines**. 11:2, pp.267-74.

- Chaya MS et.al., (2008), "Insulin sensitivity and cardiac autonomic function in young male practitioners of yoga, **The National Medical Journal of India.** 21:5, pp. 217 -221.
- Chimkode SM et.al., (2015), "Effect of yoga on blood glucose levels in patients with type 2 diabetes mellitus", **Journal of Clinical and Diagnostic Research.** 9:4, pp.1-3.
- Ebnezar J et.al., (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, pp.28-36.
- Gupta N et.al., (2006), "Effect of yoga based lifestyle intervention on state and trait anxiety", **International Journal of Pharmacol.** 50:1, pp.41–47.
- Gordon LA et.al., (2008), "Effect of exercise therapy on lipid profile and oxidative stress indicators in patients with type 2 diabetes", **BMC Complementary & Alternative Medicine.** 13, pp.8-21.
- Hagins M et.al., (2014), "A randomized controlled trial comparing the effects of yoga to an active control on ambulatory blood pressure in individuals with Prehypertension and Stage 1 hypertension", **HHS Public Access.** 16:1, pp.54–62.
- Hegde SV et.al., (2011), "Effect of 3-month yoga on oxidative stress in type 2 diabetes with or without complications a controlled clinical trial", **Diabetes Care.** 34:10, pp.2208-2210.

- Himmat J. Narke et.al., (2015), “Yoga practices for adolescents' adjustment in relation to their gender and inhabitanace difference”, **Indian Journal of Positive Psychology**. 6:1, pp.69-74.
- Hoge EA et.al., (2013), “Randomized controlled trial of mindfulness meditation for generalized anxiety disorder: effects on anxiety and stress reactivity”, **The Journal of Clinical Psychiatry**. 74:8, pp.78692.
- Innes KE et.al., (2011), “Association of Fructosamine to Indices of Dyslipidemia in Older Adults with Type 2 Diabetes”, **Diabetes and Metabolism Syndrome**. 5:4, pp.179–182.
- Innes KE et.al., (2007), “The influence of yoga-based programs on risk profiles in adults with type 2 diabetes mellitus: a systematic review”, **Evidence-Based Complementary &Alternative Medicine**. 4:4, pp.469–86.
- Johnsona P et.al., (2014), “Effects of practicing yogasanas and physical training on selected physiological variables”, **International Journal of Physical Education, Fitness and Sports**. 3:1, pp.94.
- Jyotsana R et.al., (2003), “Effect of yoga on cardiovascular system in subjects above 40 years”, **Indian Journal of Physiology and Pharmacology**. 47:2, pp.202-206.
- Kanaya AM et.al., (2013) ,“Restorative yoga and metabolic risk factors: the Practicing Restorative Yoga vs. Stretching for the Metabolic Syndrome (PRYSMS) randomized trial”, **Journal**. 28:3, pp.406-12.

- Kanojia S et.al., (2013), “Effect of yoga on autonomic functions and psychological status during both phases of menstrual cycle in young healthy females”, **Journal of Clinical and Diagnostic Research.** 7:10, pp.2133-9.
- Kim E. Innes et.al., (2006), “The Influence of Yoga-Based Programs on Risk Profiles in Adults with Type 2 Diabetes Mellitus”, **Evidence-Based Complementary & Alternative Medicine.** 4:4, pp.469–486.
- Krishna BH et.al., (2014), “Effect of Yoga Therapy on Heart Rate, Blood Pressure and Cardiac Autonomic Function in Heart Failure”, **Journal of Clinical & Diagnostic Research.** 8:1, pp.14–16.
- Kosuri M et.al., (2009), "Yoga practice in diabetes improves physical and psychological outcomes", **Metabolic syndrome and related disorders.** 7:6, pp.515-518.
- Lakkireddy D et.al., (2013), “Effect of yoga on arrhythmia burden, anxiety, depression, and quality of life in paroxysmal atrial fibrillation: the YOGA My Heart Study”, **Journal of the American College of Cardiology.** 61:11, pp.1177-82.
- Lorenzo Cohen et.al., (2004), "Psychological adjustment and sleep quality in a randomized trial of the effects of a Tibetan yoga intervention in patients with lymphoma", **Cancer.** 100:10, pp.2253-2260.
- McDermott KA et.al., (2014), “A yoga intervention for type 2 diabetes risk reduction: a pilot randomized controlled trial”, **BMC Complementary & Alternative Medicine.** 14, pp.212.

- Madanmohan et.al., (2012), “Effect of yoga therapy on reaction time, biochemical parameters and wellness score of pre and post-menopausal diabetic patients”, **International Journal of Yoga**. 5:1, pp. 10-15.
- Mahadzirah Mohamad et.al., (2012), " A Model of Quality of Work Life, Life Satisfaction and Service Quality“, **Asian journal of Business Research**. 2:2, pp.38- 51.
- Mahapure HH et.al., (2008), “Effect of yogic exercise on super oxide dismutase levels in diabetics”, **International Journal of Yoga**. 1:1, pp.21-6.
- Mahvash Shahidi1 et.al., (2010) , ”Laughter yoga versus group exercise program in elderly depressed women: a randomized controlled trial”, **International Journal of Geriatric Psychiatry**. 26:3, pp.322-327.
- Maninder Bindra et.al., (2013), “Influence of pranayama and yoga-asanas on blood glucose, lipid profile and HbA1c in type 2 diabetes”, **International Journal of Pharma and Bio Sciences**. 4:1, pp.169 - 172.
- Manjit K. Khalsa, et.al., (2014), “Yoga-Enhanced Cognitive Behavioral Therapy (Y-CBT) for Anxiety Management: A Pilot Study”, **Clinical Psychology Psychotherapy**. 22:4, pp.364-371.
- Manjunatha S et.al., (2005), “An investigation into the acute and long-term effects of selected yogic postures on fasting and postprandial glycemia and insulinemia in healthy young subjects”, **Indian Journal of Physiology and Pharmacology**. 49:3, pp. 319-24.
- Mamtani R et.al., (2005), “Ayurveda and yoga in cardiovascular diseases”, **Cardiology in Review**. 13:3, pp.155-162.

- Malhotra V et.al., (2005), “The beneficial effect of yoga in diabetes”, **Nepal Medical College Journal**. 7:2, pp.145-147.
- Malhotra V et.al., (2002), “Study of yoga asanas in assessment of pulmonary function in NIDDM patients”, **Indian Journal of Physiology and Pharmacology**. 46:3, pp.313-20.
- Maria Rosario (Happy) Araneta, (2015), “ Restorative Yoga, Fat Distribution and Metabolic Risk Factors: Practicing Restorative Yoga vs. Stretching for the Metabolic Syndrome (PRYSMS)”, **National Conference for Clinical Research**. ---- 9<sup>th</sup> Conference.
- Mody BS et.al., (2010), “Acute effects of Surya Namaskar on the cardiovascular & metabolic system”, **Journal of Body work and Movement Therapies**. 15:3, pp. 343-7.
- Mommersteeg PM et.al., (2012), “Higher levels of psychological distress are associated with a higher risk of incident diabetes during 18 year follow-up: results from the British household panel survey”, **BMC Public Health**. 12:1, pp.1109.
- Nagarathna R et.al., (2012), “Efficacy of yoga based life style modification program on medication score and lipid profile in type 2 diabetes”, **International Journal of Diabetes in Developing Countries**. 32:3, pp.122-130.
- Netam R et.al., (2015), “Interleukin-6, vitamin D & diabetes risk-factors modified by a short-term yoga-based lifestyle intervention in overweight/obese individuals”, **Indian Journal of Medical Research**. 141:6, pp.775-82.



- Pal GK et.al., (2012), “Body mass index contributes to sympathovagal imbalance in prehypertensives”, **BMC Cardiovascular Disorder, Published online** 12:54, **pp.1-9**.
- Prithviraj Karak et.al., (2014), “Holistic approach of Yoga on Blood Pressure Management”, **Indian Journal of Medical Research and Pharmaceutical Sciences**. 1:5, **pp.17-20**.
- Rajesh P et.al., (2013), “Effect of yoga therapy on anthropometry, metabolic parameters and cardiac autonomic function tests in type 2 diabetes mellitus patients”, **International Journal of Biomedical Research**. 04:07, **pp.330-338**.
- Ratna Sharma, et.al., (2008), “Effect of yoga based lifestyle intervention on subjective well-being”, **Indian Journal of Physiology and Pharmacology**. 52:2, **pp.123–131**.
- Ray US et.al., (2001), “Effect of yogic exercises on physical and mental health of young fellowship course trainees”, **Indian Journal of Physiology and Pharmacology**. 45:1, **pp.37-53**.
- Sahay BK et.al., (2002), "Lifestyle modification in management of diabetes mellitus", **Journal of the Indian Medical Association**. 100.3, **pp.178-180**.
- Sahay BK et.al., (2007), “Role of yoga in diabetes”, **Journal of the Association of Physicians of India**. 55, **pp.121-126**.
- Satyanarayana P et.al., (2013), “Effect of yoga on heart rate, blood pressure, body mass index”, **IOSR Journal of Dental and Medical Sciences (IOSR-JDMS)**. 8:2, **pp.36-39**.

- Schell FJ et.al., (1994), “Physiological and psychological effects of Hatha-Yoga exercise in healthy women”, **International Journal of Psychosomatics**. 41(1-4), pp.46-52.
- Sh Dide Rast et.al., (2013), “The effect of yoga training on lipid profile and blood glucose in type II diabetic females”, **Annals of Biological Research**. 4:8, pp.128-133.
- Shantakumari et.al., (2012), “Effect of a yoga intervention on hypertensive diabetic patients”, **Journal of Advances in Internal Medicine**. 01:02, pp.60-3.
- Shantakumari N et.al., (2013), “Effects of a yoga intervention on lipid profiles of diabetes patients with dyslipidemia”, **Indian Heart Journal**. 65, pp.127 -131.
- Shapiro D et.al., (2007), “Yoga as a Complementary Treatment of Depression: Effects of Traits and Moods on Treatment Outcome”, **Evidence - Based Complementary and Alternative Medicine**. 4:4, pp.493–502.
- Shepal Amod V et.al., (2013), “Effect of yoga on bio- markers linked with development of diabetes complications in type 2 diabetes patients: a preliminary study”, **International Journal of Recent Scientific Research**. 4:4, pp.401-404.
- Singh S et.al., (2001), “A preliminary report on the role of yoga asanas on oxidative stress in non-insulin dependent diabetes mellitus”, **Indian Journal of Clinical Biochemistry**. 16:2, pp.216-220.

- Singh S et.al., (2004), “patients”, **The Journal of Association of Physicians of India.** 52, pp. 203-6.
- Singh S et.al., (2008),”Influence of pranayamas and yoga-asanas on serum insulin, blood glucose and lipid profile in type 2 diabetes”, **Indian Journal of Clinical Biochemistry.** 23:4, pp.365-368.
- Skoro-Kondza L et.al., (2009), “Community based yoga classes for type 2 diabetes: an exploratory randomised controlled trial”, **BMC Health Service Research.** 19, pp.9:33.
- Sreedevi Aswathy et.al., (2013), “Effective management of type 2 DM in India: Looking at low-cost adjunctive therapy”, **Indian Journal of Endocrinology and Metabolism.**17:1, pp.149–152.
- Sreevani R et.al., (2013), “Effectiveness of integrated body–mind–spirit group intervention on the well-being of indian patients with depression: a pilot study”, **Journal of Nursing Research.** 21:3, pp.179-186.
- Subbakrishna DK et.al., (2012), “Quality of life in anxiety disorders: Its relation to work and social functioning and dysfunctional cognitions: An exploratory study from India”, **Asian journal of psychiatry.** 5:4, pp.309-14.
- Tamilselvi B et.al., (2013), “A study on effects of yoga on adjustment problems of school teachers”, **Journal on Education Psychology.** 7:1, pp.43-50.
- Telles S et.al., (2010), “Post traumatic stress symptoms and heart rate variability in Bihar flood survivors following yoga: a randomized controlled study”, **BMC Psychiatry.** 10, pp.18.

- Telles S et.al., (2010), “Short term health impact of a yoga and diet change program on obesity”, **International medical journal of experimental and clinical research.43**), 1:1, pp.35-40.
- Telles S et.al., (2014), “Blood pressure and heart rate variability during yoga-based alternate nostril breathing practice and breath awareness”, **Medical Science Monitor Basic Research. 19:20**, pp. 184-93.
- Thiagarajan R et.al., (2014), “Additional benefit of yoga to standard lifestyle modification on blood pressure in prehypertensive subjects: a randomized controlled study”, **Hypertension Research.38**, pp.48-55.
- Tikhe AS et.al., (2015), “Yoga: managing overweight in mid-life T2DM”, **Journal of Mid-life Health. 6:2**, pp.81-94.
- Vallath N (2010), “Perspectives on yoga inputs in the management of chronic pain”, **Indian Journal of Palliative Care. 16:1**, pp.1–7.
- Vizcaino M (2013), “Hatha yoga practice for type 2 diabetes mellitus patients: a pilot study”, **International Journal of Yoga Therapy. 23**. pp.59-65.
- Yang K et.al., (2011), “Utilization of 3-month yoga program for adults at high risk for type 2 diabetes: a pilot study. Weight, blood pressure, insulin, triglycerides and exercise self-efficacy”, **Evidence Based Complementary & Alternative Medicine. 2011**, pp.6.

- Yeung A et.al., (2014), “Randomized controlled trial of a 12 week yoga intervention on negative affective states, cardiovascular and cognitive function in post-cardiac rehabilitation patients”, **BMC Complementary & Alternative Medicine**. 14, pp.411.
- Youngwanichsetha S et.al., et al. (2014), “ The effects of mindfulness eating and yoga exercise on blood sugar levels of pregnant women with gestational diabetes mellitus”, **Applied Nursing Research**. 27:4, pp.227–230.

**WEB SITES**

- [www.pubmed.com](http://www.pubmed.com)
- [www.wikiepedia.org](http://www.wikiepedia.org)
- [www.yoga.com](http://www.yoga.com)
- [www.yogafinder.com](http://www.yogafinder.com)
- [www.google.com](http://www.google.com)
- [www.businessdirectory.com](http://www.businessdirectory.com)
- [www.scholar.google.co.in](http://www.scholar.google.co.in)
- [www.webmed.com](http://www.webmed.com)
- [www.healthline.com](http://www.healthline.com)
- [www.medicinenet.com](http://www.medicinenet.com)
- [www.heart.org](http://www.heart.org)