

Topic: [Yoga](#)



## What is Cumulative Knowledge, and Why Should it Interest Me?

**Cumulative Knowledge** is determined by ascribing a numerical value to all the articles indexed on our database. The [GreenMedInfo.com](http://GreenMedInfo.com) algorithm appraises a study's overall evidentiary power and quality by generating a numerical value. This "Cumulative Knowledge" score incorporates variables such as study type, with the following types listed in descending order by their power: Meta-Analysis, Human Study, Human: Case Study, Animal:Transgenic, Animal, In Vitro, Review, and Commentary. The cumulative total will provide you an idea about the depth and quality of information that this topic has accumulated on our site. For instance, if you downloaded a document on "**Cancers: All**", you might see "**Curcumin**" with a **Cumulative Knowledge** of **677** and **Resveratrol** with a **Cumulative Knowledge** of **175**. This does not mean that **Curcumin** is better, but just that we have gathered more quality research on the Substance **Curcumin**.

[Click here to read a more in depth explanation](#)

## How are Topics and Articles Sorted in this PDF?

Articles in this document are placed within their respective **Topic** category. If you download a document on the Disease "**Cancers: All**" and are interested in all articles pertaining to the Substance "**Curcumin**" with regard to "**Cancers: All**", you will find them under the "**Curcumin**" sub-section underneath the **Cumulative Knowledge** section. **Topics** are sorted based on their **Cumulative Knowledge** in relation to the main topic of the download. In the previous example, it would be in relation to "**Cancers: All**". Articles are then sorted based on the articles **Published Date**. **Articles** are sorted in a descending fashion, which means that the most recent articles are displayed first. **Articles** may appear more than once in this document. For each **Topic** that an **Article** contains, it will be displayed in that sub-section. For example, if an **Article** contains the **Substances "Pterostilbene"** and "**Resveratrol**", the article will be displayed under each **Topic**.

Quick Summary: 72 Diseases

Name	Cumulative Knowledge	Article Count
<a href="#">Diabetes Mellitus: Type 2</a>	52	6
<a href="#">Cortisol: High</a>	40	4
<a href="#">Anxiety Disorders</a>	30	3
<a href="#">Bronchial Asthma</a>	30	3
<a href="#">Fibromyalgia</a>	30	3
<a href="#">Stress</a>	30	3
<a href="#">Hypertension</a>	22	3
<a href="#">Asthma</a>	20	2
<a href="#">Athletic Performance</a>	20	2
<a href="#">Breast Cancer</a>	20	2
<a href="#">Cardiovascular Disease: Prevention</a>	20	2
<a href="#">Coronary Artery Disease</a>	20	2
<a href="#">Low Back Pain</a>	20	2
<a href="#">Memory Disorders</a>	20	2
<a href="#">Mood Disorders</a>	20	2
<a href="#">Obsessive-Compulsive Disorder</a>	20	2
<a href="#">Post-Traumatic Stress Disorders</a>	20	2
<a href="#">Alcoholism</a>	10	1
<a href="#">Angina Pectoris</a>	10	1
<a href="#">Arteriosclerosis</a>	10	1
<a href="#">Arthritis: Rheumatoid</a>	10	1
<a href="#">Autism Spectrum Disorders</a>	10	1

<a href="#">Binge Eating</a>	10	1
<a href="#">Brain Wave Dysfunction: Low Alpha Band Activity</a>	10	1
<a href="#">Bulimia</a>	10	1
<a href="#">Cardiovascular Diseases</a>	10	1
<a href="#">Carpal Tunnel Syndrome</a>	10	1
<a href="#">Chronic Obstructive Airway Disease</a>	10	1
<a href="#">Chronic Obstructive Pulmonary Disease</a>	10	1
<a href="#">Clotting</a>	10	1
<a href="#">Computer display light exposure</a>	10	1
<a href="#">Convulsive Seizures</a>	10	1
<a href="#">Depression: Unipolar</a>	10	1
<a href="#">Diabetes Mellitus: Type 2: Prevention</a>	10	1
<a href="#">Diabetes: Cardiovascular Illness</a>	10	1
<a href="#">Diabetes: Cognitive Dysfunction</a>	10	1
<a href="#">Diabetes: Glycation/A1C</a>	10	1
<a href="#">Diabetes: Oxidative Stress</a>	10	1
<a href="#">Dry Eye Syndromes</a>	10	1
<a href="#">Elderly: Age Specific Diseases</a>	10	1
<a href="#">Emotional Disorders</a>	10	1
<a href="#">Emotional Intelligence: Problems</a>	10	1
<a href="#">Epilepsy</a>	10	1
<a href="#">Epileptic Seizures</a>	10	1
<a href="#">HIV Infections</a>	10	1
<a href="#">Heart Attack: Recovery</a>	10	1
<a href="#">Heart Failure</a>	10	1
<a href="#">High Cholesterol</a>	10	1
<a href="#">High Cortisol</a>	10	1
<a href="#">Kyphosis</a>	10	1
<a href="#">Menopausal Syndrome</a>	10	1
<a href="#">Migraine Disorders</a>	10	1
<a href="#">Osteoarthritis</a>	10	1
<a href="#">Osteoporosis</a>	10	1
<a href="#">Pain: Lower Back</a>	10	1
<a href="#">Pleural Effusion</a>	10	1
<a href="#">Pregnancy: Psychological and Physical Distress.</a>	10	1
<a href="#">Premature Ejaculation</a>	10	1
<a href="#">Rheumatoid Arthritis</a>	10	1
<a href="#">Sexual Dysfunction</a>	10	1
<a href="#">Sleep Disorders</a>	10	1
<a href="#">Thrombosis</a>	10	1
<a href="#">Tobacco Addiction/Withdrawal</a>	10	1
<a href="#">Leptin: Elevated Levels</a>	2	1
<a href="#">Prehypertension</a>	2	1
<a href="#">Aging</a>	1	1
<a href="#">Cerebrospinal Fluid Stasis</a>	1	1
<a href="#">Childhood Trauma</a>	1	1
<a href="#">Epididymitis</a>	1	1
<a href="#">Interstitial Cystitis</a>	1	1
<a href="#">Vulvar Diseases</a>	1	1
<a href="#">Vulvodynia</a>	1	1

## Category: Diseases

## Topic: Diabetes Mellitus: Type 2

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### Pranayama (therapeutic breathing) and yoga postures have a therapeutic effect on cognitive brain functions in type 2 diabetes patients. - GMI Summary

**Pubmed Data** : Indian J Med Res. 2010 May;131:636-40. PMID: [20516534](#)

**Article Published Date** : May 01, 2010

**Authors** : Tenzin Kyizom, Savita Singh, K P Singh, O P Tandon, Rahul Kumar

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Diabetes: Cognitive Dysfunction : CK\(31\) : AC\(9\)](#), [Diabetes Mellitus: Type 2 : CK\(3056\) : AC\(315\)](#)

**Therapeutic Actions** : [Therapeutic Breathing : CK\(162\) : AC\(18\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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### The practice of Yoga-nidra improves treatment outcomes in type 2 diabetic patients on oral hypoglycemics. - GMI Summary

**Pubmed Data** : Indian J Physiol Pharmacol. 2009 Jan-Mar;53(1):97-101. PMID: [19810584](#)

**Article Published Date** : Jan 01, 2009

**Authors** : S Amita, S Prabhakar, I Manoj, S Harminder, T Pavan

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Diabetes Mellitus: Type 2 : CK\(3056\) : AC\(315\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions** : [Hypoglycemic Agents : CK\(537\) : AC\(151\)](#)

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### Yoga has a positive role in modifying certain cardiovascular functions in type 2 diabetic patients. - GMI Summary

**Pubmed Data** : Prog Neuropsychopharmacol Biol Psychiatry. 2002 Jun;26(5):855-60. PMID: [15636309](#)

**Article Published Date** : Jun 01, 2002

**Authors** : Savita Singh, V Malhotra, K P Singh, S V Madhu, O P Tandon

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Diabetes: Cardiovascular Illness : CK\(678\) : AC\(104\)](#), [Diabetes: Glycation/A1C : CK\(210\) : AC\(33\)](#), [Diabetes Mellitus: Type 2 : CK\(3056\) : AC\(315\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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### Yoga reduces oxidative stress in type 2 diabetics. - GMI Summary

**Pubmed Data** : Diabetes Care. 2011 Aug 11. Epub 2011 Aug 11. PMID: [21836105](#)

**Article Published Date** : Aug 11, 2011

**Authors** : Shreelaxmi V Hegde, Prabha Adhikari, Shashidhar Kotian, Veena J Pinto, Sydney D'Souza, Vivian D'Souza

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Diabetes: Oxidative Stress : CK\(65\) : AC\(17\)](#), [Diabetes Mellitus: Type 2 : CK\(3056\) : AC\(315\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions** : [Antioxidants : CK\(3471\) : AC\(1278\)](#)

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### Yoga therapy reduces hyperglycemia and the quantities of oral hypoglycemic drugs in patients with type 2 diabetes. - GMI Summary

**Pubmed Data** : Vopr Kurortol Fizioter Lech Fiz Kult. 1993 Jul-Aug(4):7-9. PMID: [8236936](#)

**Article Published Date** : Jul 01, 1993

**Authors** : V V Bulavin, V M Kliuzhev, L M Kliachkin, Lakshman Kumar, N D Zuikhin, T N Vlasova

**Study Type** : Human Study

#### **Additional Links**

**Diseases** : [Diabetes Mellitus: Type 2 : CK\(3056\) : AC\(315\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Additional Keywords** : [Drug Sparing : CK\(431\) : AC\(48\)](#)

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### **[Subjects with type 2 diabetes in yoga practice reduced body mass index, improved well-being, and reduced anxiety.](#) - GMI Summary**

**Pubmed Data** : Metab Syndr Relat Disord. 2009 Dec;7(6):515-7. PMID: [19900155](#)

**Article Published Date** : Dec 01, 2009

**Authors** : Madhu Kosuri, Gumpeny R Sridhar

**Study Type** : Animal Study

#### **Additional Links**

**Diseases** : [Diabetes Mellitus: Type 2 : CK\(3056\) : AC\(315\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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### **[Topic: Cortisol: High](#)**

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### **[Decrease in serum cortisol during yoga exercise is correlated with alpha wave activation.](#) - GMI Summary**

**Pubmed Data** : Percept Mot Skills. 2000 Jun;90(3 Pt 1):1027-32. PMID: [10883793](#)

**Article Published Date** : Jun 01, 2000

**Authors** : T Kamei, Y Toriumi, H Kimura, S Ohno, H Kumano, K Kimura

**Study Type** : Human Study

#### **Additional Links**

**Diseases** : [Brain Wave Dysfunction: Low Alpha Band Activity : CK\(30\) : AC\(3\)](#), [Cortisol: High : CK\(831\) : AC\(60\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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### **[Hatha yoga and African dance reduce perceived stress and negative affect, whereas Hatha yoga reduced salivary cortisol and African dance raised it.](#) - GMI Summary**

**Pubmed Data** : J Vasc Surg. 2001 Sep;34(3):474-81. PMID: [15454358](#)

**Article Published Date** : Sep 01, 2001

**Authors** : Jeremy West, Christian Otte, Kathleen Geher, Joe Johnson, David C Mohr

**Study Type** : Human Study

#### **Additional Links**

**Diseases** : [Cortisol: High : CK\(831\) : AC\(60\)](#), [High Cortisol : CK\(436\) : AC\(60\)](#), [Stress : CK\(425\) : AC\(61\)](#)

**Therapeutic Actions** : [Dancing : CK\(220\) : AC\(22\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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### **[Women suffering from mental distress show significant improvements on measures of stress and psychological outcomes following a 3-month intensive yoga program.](#) - GMI Summary**

**Pubmed Data** : Med Sci Monit. 2005 Dec;11(12):CR555-561. Epub 2005 Nov 24. PMID: [16319785](#)

**Article Published Date** : Dec 01, 2005

**Authors** : Andreas Michalsen, Paul Grossman, Ayhan Acil, Jost Langhorst, Rainer Lütke, Tobias Esch, George B Stefano, Gustav J Dobos

**Study Type** : Human Study

#### **Additional Links**

**Diseases** : [Anxiety Disorders : CK\(601\) : AC\(81\)](#), [Cortisol: High : CK\(831\) : AC\(60\)](#), [Stress : CK\(425\) : AC\(61\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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### **[Yoga reduces anxiety, depression, perceived stress, cortisol levels in breast cancer outpatients undergoing adjuvant radiotherapy.](#) - GMI Summary**

**Pubmed Data** : Integr Cancer Ther. 2009 Mar;8(1):37-46. Epub 2009 Feb 3. PMID: [19190034](#)

**Article Published Date** : Mar 01, 2009

**Authors** : H S Vadiraja, Rao M Raghavendra, Raghuram Nagarathna, H R Nagendra, M Rekha, N Vanitha, K S Gopinath, B S Srinath, M S Vishweshwara, Y S Madhavi, B S Ajaikumar, Bilimagga S Ramesh, Rao Nalini, Vinod Kumar

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Breast Cancer : CK\(1934\) : AC\(551\)](#), [Cortisol: High : CK\(831\) : AC\(60\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Anxiety Disorders](#)

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### [Women suffering from mental distress show significant improvements on measures of stress and psychological outcomes following a 3-month intensive yoga program. - GMI Summary](#)

**Pubmed Data** : Med Sci Monit. 2005 Dec;11(12):CR555-561. Epub 2005 Nov 24. PMID: [16319785](#)

**Article Published Date** : Dec 01, 2005

**Authors** : Andreas Michalsen, Paul Grossman, Ayhan Acil, Jost Langhorst, Rainer Lütke, Tobias Esch, George B Stefano, Gustav J Dobos

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Anxiety Disorders : CK\(601\) : AC\(81\)](#), [Cortisol: High : CK\(831\) : AC\(60\)](#), [Stress : CK\(425\) : AC\(61\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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### [Yoga and meditation reduces anxiety and mood disturbances in young professional musicians. - GMI Summary](#)

**Pubmed Data** : Appl Psychophysiol Biofeedback. 2009 Aug 6. PMID: [19657730](#)

**Article Published Date** : Aug 06, 2009

**Authors** : Sat Bir S Khalsa, Stephanie M Shorter, Stephen Cope, Grace Wyshak, Elyse Sklar

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Anxiety Disorders : CK\(601\) : AC\(81\)](#), [Stress : CK\(425\) : AC\(61\)](#)

**Therapeutic Actions** : [Meditation : CK\(141\) : AC\(15\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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### [Yoga-based relaxation techniques improve memory and state of anxiety. - GMI Summary](#)

**Pubmed Data** : Biopsychosoc Med. 2009;3:8. Epub 2009 Aug 13. PMID: [19674483](#)

**Article Published Date** : Jan 01, 2009

**Authors** : Pailoor Subramanya, Shirley Telles

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Anxiety Disorders : CK\(601\) : AC\(81\)](#), [Memory Disorders : CK\(207\) : AC\(63\)](#)

**Therapeutic Actions** : [Relaxation Therapy : CK\(70\) : AC\(7\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Bronchial Asthma](#)

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### [The practice of yoga significantly improves the condition of those with bronchial asthma. - GMI Summary](#)

**Pubmed Data** : Br Med J (Clin Res Ed). 1985 Oct 19;291(6502):1077-9. PMID: [3931802](#)

**Article Published Date** : Oct 19, 1985

**Authors** : R Nagarathna, H R Nagendra

**Study Type** : Human Study

**Additional Links**

Diseases : [Bronchial Asthma : CK\(974\) : AC\(131\)](#)  
Therapeutic Actions : [Yoga : CK\(671\) : AC\(74\)](#)

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### [The yogic practice known as Kunjal improves the condition of patients with bronchial asthma. - GMI Summary](#)

Pubmed Data : Horm Behav. 1978 Feb;10(1):54-60. PMID: [350747](#)

Article Published Date : Feb 01, 1978

Authors : R Jevning, A F Wilson, J M Davidson

Study Type : Human Study

Additional Links

Diseases : [Bronchial Asthma : CK\(974\) : AC\(131\)](#)

Therapeutic Actions : [Yoga : CK\(671\) : AC\(74\)](#)

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### [Yoga therapy significantly improves the condition and medication dependency in patients with bronchial asthma. - GMI Summary](#)

Pubmed Data : J Asthma. 1986;23(3):123-37. PMID: [3745111](#)

Article Published Date : Jan 01, 1986

Authors : H R Nagendra, R Nagarathna

Study Type : Human Study

Additional Links

Diseases : [Bronchial Asthma : CK\(974\) : AC\(131\)](#)

Therapeutic Actions : [Yoga : CK\(671\) : AC\(74\)](#)

Additional Keywords : [Drug Sparing : CK\(431\) : AC\(48\)](#)

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## Topic: [Fibromyalgia](#)

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### [A yoga program has potential benefits for women with fibromyalgia. - GMI Summary](#)

Pubmed Data : Pain. 2010 Nov;151(2):530-9. PMID: [20946990](#)

Article Published Date : Nov 01, 2010

Authors : James W Carson, Kimberly M Carson, Kim D Jones, Robert M Bennett, Cheryl L Wright, Scott D Mist

Study Type : Human Study

Additional Links

Diseases : [Fibromyalgia : CK\(496\) : AC\(53\)](#)

Therapeutic Actions : [Yoga : CK\(671\) : AC\(74\)](#)

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### [An eight-week yoga intervention is associated with improvements in pain, psychological functioning and mindfulness, and changes in cortisol levels in women with fibromyalgia. - GMI Summary](#)

Pubmed Data : J Pain Res. 2011 ;4:189-201. Epub 2011 Jul 26. PMID: [21887116](#)

Article Published Date : Jan 01, 2011

Authors : Kathryn Curtis, Anna Osadchuk, Joel Katz

Study Type : Human Study

Additional Links

Diseases : [Fibromyalgia : CK\(496\) : AC\(53\)](#)

Therapeutic Actions : [Yoga : CK\(671\) : AC\(74\)](#)

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### [The practice of yoga has a therapeutic effect in fibromyalgia patients. - GMI Summary](#)

Pubmed Data : J Altern Complement Med. 2007 Dec;13(10):1107-13. PMID: [18166122](#)

Article Published Date : Dec 01, 2007

**Authors :** Gerson D da Silva, Geraldo Lorenzi-Filho, Lais V Lage

**Study Type :** Human Study

**Additional Links**

**Diseases :** [Fibromyalgia : CK\(496\) : AC\(53\)](#)

**Therapeutic Actions :** [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Stress](#)

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### [Hatha yoga and African dance reduce perceived stress and negative affect, whereas Hatha yoga reduced salivary cortisol and African dance raised it.](#) - GMI Summary

**Pubmed Data :** J Vasc Surg. 2001 Sep;34(3):474-81. PMID: [15454358](#)

**Article Published Date :** Sep 01, 2001

**Authors :** Jeremy West, Christian Otte, Kathleen Geher, Joe Johnson, David C Mohr

**Study Type :** Human Study

**Additional Links**

**Diseases :** [Cortisol: High : CK\(831\) : AC\(60\)](#), [High Cortisol : CK\(436\) : AC\(60\)](#), [Stress : CK\(425\) : AC\(61\)](#)

**Therapeutic Actions :** [Dancing : CK\(220\) : AC\(22\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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### [Women suffering from mental distress show significant improvements on measures of stress and psychological outcomes following a 3-month intensive yoga program.](#) - GMI Summary

**Pubmed Data :** Med Sci Monit. 2005 Dec;11(12):CR555-561. Epub 2005 Nov 24. PMID: [16319785](#)

**Article Published Date :** Dec 01, 2005

**Authors :** Andreas Michalsen, Paul Grossman, Ayhan Acil, Jost Langhorst, Rainer Lüdtkke, Tobias Esch, George B Stefano, Gustav J Dobos

**Study Type :** Human Study

**Additional Links**

**Diseases :** [Anxiety Disorders : CK\(601\) : AC\(81\)](#), [Cortisol: High : CK\(831\) : AC\(60\)](#), [Stress : CK\(425\) : AC\(61\)](#)

**Therapeutic Actions :** [Yoga : CK\(671\) : AC\(74\)](#)

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### [Yoga and meditation reduces anxiety and mood disturbances in young professional musicians.](#) - GMI Summary

**Pubmed Data :** Appl Psychophysiol Biofeedback. 2009 Aug 6. PMID: [19657730](#)

**Article Published Date :** Aug 06, 2009

**Authors :** Sat Bir S Khalsa, Stephanie M Shorter, Stephen Cope, Grace Wyshak, Elyse Sklar

**Study Type :** Human Study

**Additional Links**

**Diseases :** [Anxiety Disorders : CK\(601\) : AC\(81\)](#), [Stress : CK\(425\) : AC\(61\)](#)

**Therapeutic Actions :** [Meditation : CK\(141\) : AC\(15\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Hypertension](#)

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### [Slow- and fast-breathing exercises benefit patients with hypertension.](#) - GMI Summary

**Pubmed Data :** J Altern Complement Med. 2009 Jul;15(7):711-7. PMID: [19534616](#)

**Article Published Date :** Jul 01, 2009

**Authors :** Monika Mourya, Aarti Sood Mahajan, Narinder Pal Singh, Ajay K Jain

**Study Type :** Human Study

**Additional Links**

**Diseases :** [Hypertension : CK\(1749\) : AC\(259\)](#)

**Therapeutic Actions :** [Yoga : CK\(671\) : AC\(74\)](#)

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## [Yoga lifestyle intervention reduces blood pressure in HIV-infected adults with cardiovascular disease risk factors.](#) - GMI Summary

**Pubmed Data** : HIV Med. 2010 Jan 5. Epub 2010 Jan 5. PMID: [20059570](#)

**Article Published Date** : Jan 05, 2010

**Authors** : W T Cade, D N Reeds, K E Mondy, E T Overton, J Grassino, S Tucker, C Bopp, E Laciny, S Hubert, S Lassa-Claxton, K E Yarasheski

**Study Type** : Human Study

**Additional Links**

**Diseases** : [HIV Infections : CK\(551\) : AC\(183\)](#), [Hypertension : CK\(1749\) : AC\(259\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions** : [Hypotensive : CK\(329\) : AC\(47\)](#)

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## [Iyengar Yoga results in clinically meaningful reductions in systolic and diastolic blood pressure in patients with Prehypertension to Stage I Hypertension.](#) - GMI Summary

**Pubmed Data** : Evid Based Complement Alternat Med. 2009 Sep 4. Epub 2009 Sep 4. PMID: [19734256](#)

**Article Published Date** : Sep 04, 2009

**Authors** : Debbie L Cohen, Leanne T Bloedon, Rand L Rothman, John T Farrar, Mary Lou Galantino, Sheri Volger, Christine Mayor, Phillippe O Szapary, Raymond R Townsend

**Study Type** : Animal Study

**Additional Links**

**Diseases** : [Hypertension : CK\(1749\) : AC\(259\)](#), [Prehypertension : CK\(1729\) : AC\(3\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions** : [Hypotensive : CK\(329\) : AC\(47\)](#)

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## **Topic: [Asthma](#)**

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## [Yoga techniques appear beneficial as an adjunct to the medical management of asthma.](#) - GMI Summary

**Pubmed Data** : Allergy Asthma Proc. 1998 Jan-Feb;19(1):3-9. PMID: [9532318](#)

**Article Published Date** : Jan 01, 1998

**Authors** : P K Vedanthan, L N Kesavalu, K C Murthy, K Duvall, M J Hall, S Baker, S Nagarathna

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Asthma : CK\(865\) : AC\(121\)](#)

**Therapeutic Actions** : [Therapeutic Breathing : CK\(162\) : AC\(18\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

**Additional Keywords** : [Drug Sparing : CK\(431\) : AC\(48\)](#)

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## [Yoga training results in rapid and significant benefits for patients with bronchial asthma.](#) - GMI Summary

**Pubmed Data** : Indian J Physiol Pharmacol. 1996 Oct;40(4):318-24. PMID: [9055100](#)

**Article Published Date** : Oct 01, 1996

**Authors** : A A Khanam, U Sachdeva, R Guleria, K K Deepak

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Asthma : CK\(865\) : AC\(121\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Athletic Performance](#)**

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## [Yoga is superior to amphetamine on muscle control for the performance of balance on balance](#)

## **board. - GMI Summary**

**Pubmed Data** : Indian J Physiol Pharmacol. 1991 Jul;35(3):191-4. PMID: [1791060](#)

**Article Published Date** : Jul 01, 1991

**Authors** : R R Dhume, R A Dhume

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Athletic Performance : CK\(489\) : AC\(63\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Additional Keywords** : [Therapeutic Action Superior to Drug Therapy : CK\(240\) : AC\(25\)](#)

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## **Yoga practice results in significant reduction in visual and auditory reaction times and significant increase in respiratory pressures, breath holding times and hand grip strength. - GMI Summary**

**Pubmed Data** : J Agric Food Chem. 2009 May 13;57(9):3765-70. PMID: [1291472](#)

**Article Published Date** : May 13, 2009

**Authors** : Madanmohan, D P Thombre, B Balakumar, T K Nambinarayanan, S Thakur, N Krishnamurthy, A Chandrabose

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Athletic Performance : CK\(489\) : AC\(63\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: Breast Cancer**

### **Yoga improves quality of life and affect in breast cancer outpatients. - GMI Summary**

**Pubmed Data** : Cutis. 2003 May;71(5):414-6. PMID: [19942107](#)

**Article Published Date** : May 01, 2003

**Authors** : H S Vadiraja, M Raghavendra Rao, Raghuram Nagarathna, H R Nagendra, M Rekha, N Vanitha, K S Gopinath, B S Srinath, M S Vishweshwara, Y S Madhavi, B S Ajaikumar, S Ramesh Bilimagga, Nalini Rao

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Breast Cancer : CK\(1934\) : AC\(551\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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### **Yoga reduces anxiety, depression, perceived stress, cortisol levels in breast cancer outpatients undergoing adjuvant radiotherapy. - GMI Summary**

**Pubmed Data** : Integr Cancer Ther. 2009 Mar;8(1):37-46. Epub 2009 Feb 3. PMID: [19190034](#)

**Article Published Date** : Mar 01, 2009

**Authors** : H S Vadiraja, Rao M Raghavendra, Raghuram Nagarathna, H R Nagendra, M Rekha, N Vanitha, K S Gopinath, B S Srinath, M S Vishweshwara, Y S Madhavi, B S Ajaikumar, Bilimagga S Ramesh, Rao Nalini, Vinod Kumar

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Breast Cancer : CK\(1934\) : AC\(551\)](#), [Cortisol: High : CK\(831\) : AC\(60\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: Cardiovascular Disease: Prevention**

### **The yogic lifestyle confers preventive and therapeutic effects in coronary artery disease. - GMI Summary**

**Pubmed Data** : Indian Heart J. 1999 Jan-Feb;51(1):37-40. PMID: [10327777](#)

**Article Published Date** : Jan 01, 1999

**Authors** : A S Mahajan, K S Reddy, U Sachdeva

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Cardiovascular Disease: Prevention : CK\(50\) : AC\(4\)](#), [Coronary Artery Disease : CK\(1283\) : AC\(134\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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### [Yoga lifestyle intervention retards progression and increases regression of coronary atherosclerosis in patients with severe coronary artery disease.](#) - GMI Summary

**Pubmed Data** : J Assoc Physicians India. 2000 Jul;48(7):687-94. PMID: [11273502](#)

**Article Published Date** : Jul 01, 2000

**Authors** : S C Manchanda, R Narang, K S Reddy, U Sachdeva, D Prabhakaran, S Dharmanand, M Rajani, R Bijlani

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Angina Pectoris : CK\(93\) : AC\(11\)](#), [Arteriosclerosis : CK\(2105\) : AC\(137\)](#), [Cardiovascular Disease: Prevention : CK\(50\) : AC\(4\)](#), [Coronary Artery Disease : CK\(1283\) : AC\(134\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions** : [Cardioprotective : CK\(623\) : AC\(185\)](#)

**Additional Keywords** : [Disease Regression : CK\(138\) : AC\(21\)](#)

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## Topic: [Coronary Artery Disease](#)

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### [The yogic lifestyle confers preventive and therapeutic effects in coronary artery disease.](#) - GMI Summary

**Pubmed Data** : Indian Heart J. 1999 Jan-Feb;51(1):37-40. PMID: [10327777](#)

**Article Published Date** : Jan 01, 1999

**Authors** : A S Mahajan, K S Reddy, U Sachdeva

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Cardiovascular Disease: Prevention : CK\(50\) : AC\(4\)](#), [Coronary Artery Disease : CK\(1283\) : AC\(134\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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### [Yoga lifestyle intervention retards progression and increases regression of coronary atherosclerosis in patients with severe coronary artery disease.](#) - GMI Summary

**Pubmed Data** : J Assoc Physicians India. 2000 Jul;48(7):687-94. PMID: [11273502](#)

**Article Published Date** : Jul 01, 2000

**Authors** : S C Manchanda, R Narang, K S Reddy, U Sachdeva, D Prabhakaran, S Dharmanand, M Rajani, R Bijlani

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Angina Pectoris : CK\(93\) : AC\(11\)](#), [Arteriosclerosis : CK\(2105\) : AC\(137\)](#), [Cardiovascular Disease: Prevention : CK\(50\) : AC\(4\)](#), [Coronary Artery Disease : CK\(1283\) : AC\(134\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions** : [Cardioprotective : CK\(623\) : AC\(185\)](#)

**Additional Keywords** : [Disease Regression : CK\(138\) : AC\(21\)](#)

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## Topic: [Low Back Pain](#)

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### [Iyengar yoga improves functional disability, pain intensity and depression in adults with chronic low back pain.](#) - GMI Summary

**Pubmed Data** : Spine (Phila Pa 1976). 2009 Sep 1;34(19):2066-76. PMID: [19701112](#)

**Article Published Date** : Sep 01, 2009

**Authors** : Kimberly Williams, Christiaan Abildso, Lois Steinberg, Edward Doyle, Beverly Epstein, David Smith, Gerry Hobbs, Richard Gross, George Kelley, Linda Cooper

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Low Back Pain : CK\(234\) : AC\(21\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Additional Keywords** : [lyengar : CK\(10\) : AC\(1\)](#)

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## **[Yoga increases quality of life and spinal flexibility better than physical therapy exercises.](#) - GMI Summary**

**Pubmed Data** : Int J Yoga. 2010 Jan;3(1):10-7. PMID: [20948896](#)

**Article Published Date** : Jan 01, 2010

**Authors** : Padmini Tekur, Singphow Chametcha, Ramarao Nagendra Hongasandra, Nagarathna Raghuram

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Low Back Pain : CK\(234\) : AC\(21\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Memory Disorders](#)**

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### **[Yoga breathing through a particular nostril increases spatial memory scores.](#) - GMI Summary**

**Pubmed Data** : Psychol Rep. 1997 Oct;81(2):555-61. PMID: [9354111](#)

**Article Published Date** : Oct 01, 1997

**Authors** : K V Naveen, R Nagarathna, H R Nagendra, S Telles

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Memory Disorders : CK\(207\) : AC\(63\)](#)

**Therapeutic Actions** : [Therapeutic Breathing : CK\(162\) : AC\(18\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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### **[Yoga-based relaxation techniques improve memory and state of anxiety.](#) - GMI Summary**

**Pubmed Data** : Biopsychosoc Med. 2009;3:8. Epub 2009 Aug 13. PMID: [19674483](#)

**Article Published Date** : Jan 01, 2009

**Authors** : Pailoor Subramanya, Shirley Telles

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Anxiety Disorders : CK\(601\) : AC\(81\)](#), [Memory Disorders : CK\(207\) : AC\(63\)](#)

**Therapeutic Actions** : [Relaxation Therapy : CK\(70\) : AC\(7\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Mood Disorders](#)**

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### **[Regular practice of yoga has a beneficial effect on subjective well being.](#) - GMI Summary**

**Pubmed Data** : Indian J Physiol Pharmacol. 2000 Apr;44(2):202-6. PMID: [10846636](#)

**Article Published Date** : Apr 01, 2000

**Authors** : A Malathi, A Damodaran, N Shah, N Patil, S Maratha

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Mood Disorders : CK\(123\) : AC\(13\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## [Yoga is superior to aerobic exercise in improving mood in college students.](#) - GMI Summary

**Pubmed Data** : Percept Mot Skills. 1992 Dec;75(3 Pt 2):1331-43. PMID: [1484805](#)

**Article Published Date** : Dec 01, 1992

**Authors** : B G Berger, D R Owen

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Mood Disorders](#) : CK(123) : AC(13)

**Therapeutic Actions** : [Yoga](#) : CK(671) : AC(74)

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## [Topic: Obsessive-Compulsive Disorder](#)

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### [Kundalini yoga techniques are effective in the treatment of obsessive-compulsive disorder.](#) - GMI Summary

**Pubmed Data** : CNS Spectr. 1999 Dec;4(12):34-47. PMID: [18311106](#)

**Article Published Date** : Dec 01, 1999

**Authors** : D S Shannahoff-Khalsa, L E Ray, S Levine, C C Gallen, B J Schwartz, J J Sidorowich

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Obsessive-Compulsive Disorder](#) : CK(754) : AC(20)

**Therapeutic Actions** : [Yoga](#) : CK(671) : AC(74)

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### [Yoga may improve treatment outcomes in patients with obsessive compulsive disorder.](#) - GMI Summary

**Pubmed Data** : Int J Neurosci. 1996 Mar;85(1-2):1-17. PMID: [8727678](#)

**Article Published Date** : Mar 01, 1996

**Authors** : D S Shannahoff-Khalsa, L R Beckett

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Obsessive-Compulsive Disorder](#) : CK(754) : AC(20)

**Therapeutic Actions** : [Yoga](#) : CK(671) : AC(74)

**Additional Keywords** : [Drug Sparing](#) : CK(431) : AC(48)

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## [Topic: Post-Traumatic Stress Disorders](#)

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### [Yoga breath-based interventions may help relieve psychological distress associated with post-traumatic stress disorder and depression.](#) - GMI Summary

**Pubmed Data** : Acta Psychiatr Scand. 2009 Aug 19. Epub 2009 Aug 19. PMID: [19694633](#)

**Article Published Date** : Aug 19, 2009

**Authors** : T Descilo, A Vedamurtachar, P L Gerbarg, D Nagaraja, B N Gangadhar, B Damodaran, B Adelson, L H Braslow, S Marcus, R P Brown

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Post-Traumatic Stress Disorders](#) : CK(122) : AC(12)

**Therapeutic Actions** : [Yoga](#) : CK(671) : AC(74)

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### [Yoga reduces feelings of sadness and may prevent anxiety in subjects with post-traumatic stress disorder.](#) - GMI Summary

**Pubmed Data** : BMC Psychiatry. 2010;10:18. Epub 2010 Mar 2. PMID: [20193089](#)

**Article Published Date** : Jan 01, 2010

**Authors :** Shirley Telles, Nilkamal Singh, Meesha Joshi, Acharya Balkrishna

**Study Type :** Human Study

**Additional Links**

**Diseases :** [Post-Traumatic Stress Disorders : CK\(122\) : AC\(12\)](#)

**Therapeutic Actions :** [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Alcoholism](#)**

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### **[Sudarshana Kriya Yoga reduces stress hormones and depression in alcohol dependent individuals.](#) - GMI Summary**

**Pubmed Data :** J Affect Disord. 2006 Aug;94(1-3):249-53. Epub 2006 Jun 5. PMID: [16740317](#)

**Article Published Date :** Aug 01, 2006

**Authors :** A Vedamurthachar, Nimmagadda Janakiramaiah, Jayaram M Hegde, Taranath K Shetty, D K Subbakrishna, S V Sureshbabu, B N Gangadhar

**Study Type :** Human Study

**Additional Links**

**Diseases :** [Alcoholism : CK\(33\) : AC\(6\)](#)

**Therapeutic Actions :** [Therapeutic Breathing : CK\(162\) : AC\(18\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Angina Pectoris](#)**

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### **[Yoga lifestyle intervention retards progression and increases regression of coronary atherosclerosis in patients with severe coronary artery disease.](#) - GMI Summary**

**Pubmed Data :** J Assoc Physicians India. 2000 Jul;48(7):687-94. PMID: [11273502](#)

**Article Published Date :** Jul 01, 2000

**Authors :** S C Manchanda, R Narang, K S Reddy, U Sachdeva, D Prabhakaran, S Dharmanand, M Rajani, R Bijlani

**Study Type :** Human Study

**Additional Links**

**Diseases :** [Angina Pectoris : CK\(93\) : AC\(11\)](#), [Arteriosclerosis : CK\(2105\) : AC\(137\)](#), [Cardiovascular Disease: Prevention : CK\(50\) : AC\(4\)](#), [Coronary Artery Disease : CK\(1283\) : AC\(134\)](#)

**Therapeutic Actions :** [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions :** [Cardioprotective : CK\(623\) : AC\(185\)](#)

**Additional Keywords :** [Disease Regression : CK\(138\) : AC\(21\)](#)

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## **Topic: [Arteriosclerosis](#)**

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### **[Yoga lifestyle intervention retards progression and increases regression of coronary atherosclerosis in patients with severe coronary artery disease.](#) - GMI Summary**

**Pubmed Data :** J Assoc Physicians India. 2000 Jul;48(7):687-94. PMID: [11273502](#)

**Article Published Date :** Jul 01, 2000

**Authors :** S C Manchanda, R Narang, K S Reddy, U Sachdeva, D Prabhakaran, S Dharmanand, M Rajani, R Bijlani

**Study Type :** Human Study

**Additional Links**

**Diseases :** [Angina Pectoris : CK\(93\) : AC\(11\)](#), [Arteriosclerosis : CK\(2105\) : AC\(137\)](#), [Cardiovascular Disease: Prevention : CK\(50\) : AC\(4\)](#), [Coronary Artery Disease : CK\(1283\) : AC\(134\)](#)

**Therapeutic Actions :** [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions :** [Cardioprotective : CK\(623\) : AC\(185\)](#)

**Additional Keywords :** [Disease Regression : CK\(138\) : AC\(21\)](#)

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## **Topic: [Arthritis: Rheumatoid](#)**

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## [Yoga improves hand grip strength in rheumatoid arthritis patients.](#) - GMI Summary

**Pubmed Data** : Indian J Physiol Pharmacol. 2001 Jul;45(3):355-60. PMID: [11881576](#)

**Article Published Date** : Jul 01, 2001

**Authors** : M Dash, S Telles

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Arthritis: Rheumatoid : CK\(289\) : AC\(55\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## [Topic: Autism Spectrum Disorders](#)

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### [Application of integrated yoga therapy increases imitation skills, cognitive skills and social-communicative behaviors in children with autism spectrum disorder.](#) - GMI Summary

**Pubmed Data** : Int J Yoga. 2010 Jan;3(1):26-30. PMID: [20948898](#)

**Article Published Date** : Jan 01, 2010

**Authors** : Shantha Radhakrishna

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Autism Spectrum Disorders : CK\(1159\) : AC\(106\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## [Topic: Binge Eating](#)

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### [Yoga has therapeutic value in the treatment of binge eating disorder.](#) - GMI Summary

**Pubmed Data** : Complement Ther Med. 2009 Aug;17(4):196-202. Epub 2009 Jun 13. PMID: [19632546](#)

**Article Published Date** : Aug 01, 2009

**Authors** : Shane McIver, Paul O'Halloran, Michael McGartland

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Binge Eating : CK\(20\) : AC\(2\)](#), [Bulimia : CK\(10\) : AC\(1\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## [Topic: Brain Wave Dysfunction: Low Alpha Band Activity](#)

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### [Decrease in serum cortisol during yoga exercise is correlated with alpha wave activation.](#) - GMI Summary

**Pubmed Data** : Percept Mot Skills. 2000 Jun;90(3 Pt 1):1027-32. PMID: [10883793](#)

**Article Published Date** : Jun 01, 2000

**Authors** : T Kamei, Y Toriumi, H Kimura, S Ohno, H Kumano, K Kimura

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Brain Wave Dysfunction: Low Alpha Band Activity : CK\(30\) : AC\(3\)](#), [Cortisol: High : CK\(831\) : AC\(60\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## [Topic: Bulimia](#)

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## **[Yoga has therapeutic value in the treatment of binge eating disorder.](#) - GMI Summary**

**Pubmed Data** : Complement Ther Med. 2009 Aug;17(4):196-202. Epub 2009 Jun 13. PMID: [19632546](#)

**Article Published Date** : Aug 01, 2009

**Authors** : Shane McIver, Paul O'Halloran, Michael McGartland

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Binge Eating](#) : CK(20) : AC(2), [Bulimia](#) : CK(10) : AC(1)

**Therapeutic Actions** : [Yoga](#) : CK(671) : AC(74)

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## **Topic: [Cardiovascular Diseases](#)**

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### **[Raja yoga meditation lowered serum cholesterol and low-density lipoprotein-cholesterol in post-menopausal women thus reducing the risk of coronary artery disease in them.](#) - GMI Summary**

**Pubmed Data** : Indian J Physiol Pharmacol. 2008 Oct-Dec;52(4):420-4. PMID: [19585761](#)

**Article Published Date** : Oct 01, 2008

**Authors** : Rashmi Vyas, Kanti V Raval, Nirupama Dikshit

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Cardiovascular Diseases](#) : CK(5033) : AC(630), [High Cholesterol](#) : CK(1191) : AC(195)

**Therapeutic Actions** : [Meditation](#) : CK(141) : AC(15), [Yoga](#) : CK(671) : AC(74)

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## **Topic: [Carpal Tunnel Syndrome](#)**

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### **[A yoga-based regimen was more effective than wrist splinting or no treatment in relieving some symptoms and signs of carpal tunnel syndrome.](#) - GMI Summary**

**Pubmed Data** : JAMA. 1998 Nov 11;280(18):1601-3. PMID: [9820263](#)

**Article Published Date** : Nov 11, 1998

**Authors** : M S Garfinkel, A Singhal, W A Katz, D A Allan, R Reshetar, H R Schumacher

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Carpal Tunnel Syndrome](#) : CK(80) : AC(8)

**Therapeutic Actions** : [Yoga](#) : CK(671) : AC(74)

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## **Topic: [Chronic Obstructive Airway Disease](#)**

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### **[Yoga has significant therapeutic effects in chronic severe airways obstruction.](#) - GMI Summary**

**Pubmed Data** : Thorax. 1978 Aug;33(4):514-7. PMID: [694807](#)

**Article Published Date** : Aug 01, 1978

**Authors** : M K Tandon

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Chronic Obstructive Airway Disease](#) : CK(30) : AC(3)

**Therapeutic Actions** : [Yoga](#) : CK(671) : AC(74)

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## **Topic: [Chronic Obstructive Pulmonary Disease](#)**

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## [Yoga improves symptoms in patients with chronic obstructive pulmonary disease. - GMI](#)

### Summary

**Pubmed Data** : J Altern Complement Med. 2009 Mar;15(3):225-34. PMID: [19249998](#)

**Article Published Date** : Mar 01, 2009

**Authors** : DorAnne Donesky-Cuenca, Huong Q Nguyen, Steven Paul, Virginia Carrieri-Kohlman

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Chronic Obstructive Pulmonary Disease : CK\(270\) : AC\(43\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Clotting](#)

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## [Yoga significantly improves blood coagulation potentials. - GMI Summary](#)

**Pubmed Data** : Thromb Haemost. 1984 Apr 30;51(2):196-7. PMID: [6740553](#)

**Article Published Date** : Apr 30, 1984

**Authors** : I S Chohan, H S Nayar, P Thomas, N S Geetha

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Clotting : CK\(177\) : AC\(35\)](#), [Thrombosis : CK\(710\) : AC\(73\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions** : [Fibrinolytic Agents : CK\(28\) : AC\(7\)](#), [Platelet Aggregation Inhibitors : CK\(160\) : AC\(35\)](#)

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## Topic: [Computer display light exposure](#)

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## [Yoga practice appears to reduce visual discomfort in computer users. - GMI Summary](#)

**Pubmed Data** : Head Face Med. 2006;2:46. Epub 2006 Dec 3. PMID: [17140457](#)

**Article Published Date** : Jan 01, 2006

**Authors** : Shirley Telles, K V Naveen, Manoj Dash, Rajendra Deginal, N K Manjunath

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Computer display light exposure : CK\(28\) : AC\(6\)](#), [Dry Eye Syndromes : CK\(165\) : AC\(25\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Convulsive Seizures](#)

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## [Sahaja Yoga practice improves seizure control & EEG changes in patients of epilepsy. - GMI](#)

### Summary

**Pubmed Data** : Indian J Med Res. 1996 Mar;103:165-72. PMID: [9062044](#)

**Article Published Date** : Mar 01, 1996

**Authors** : U Panjwani, W Selvamurthy, S H Singh, H L Gupta, L Thakur, U C Rai

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Convulsive Seizures : CK\(114\) : AC\(2\)](#), [Epilepsy : CK\(107\) : AC\(26\)](#), [Epileptic Seizures : CK\(154\) : AC\(5\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Depression: Unipolar](#)

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## [Laughter Yoga is at least as effective as group exercise program in improvement of depression and life satisfaction of elderly depressed women. - GMI Summary](#)

**Pubmed Data** : Int J Geriatr Psychiatry. 2010 Sep 16. Epub 2010 Sep 16. PMID: [20848578](#)

**Article Published Date** : Sep 16, 2010

**Authors** : Mahvash Shahidi, Ali Mojtahed, Amirhossein Modabbernia, Mohammad Mojtahed, Abdollah Shafiabady, Ali Delavar, Habib Honari

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Depression: Unipolar : CK\(601\) : AC\(80\)](#), [Elderly: Age Specific Diseases : CK\(423\) : AC\(37\)](#)

**Therapeutic Actions** : [Laughter/Humor : CK\(118\) : AC\(17\)](#), [Therapeutic Breathing : CK\(162\) : AC\(18\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## [Topic: Diabetes Mellitus: Type 2: Prevention](#)

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### [Yoga practice appears to be a risk reduction option for adults at high risk for type 2 diabetes. - GMI Summary](#)

**Pubmed Data** : Evid Based Complement Alternat Med. 2009 Aug 18. Epub 2009 Aug 18. PMID: [19690044](#)

**Article Published Date** : Aug 18, 2009

**Authors** : Kyeongra Yang, Lisa M Bernardo, Susan M Sereika, Molly B Conroy, Judy Balk, Lora E Burke

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Diabetes Mellitus: Type 2: Prevention : CK\(82\) : AC\(7\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## [Topic: Diabetes: Cardiovascular Illness](#)

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### [Yoga has a positive role in modifying certain cardiovascular functions in type 2 diabetic patients. - GMI Summary](#)

**Pubmed Data** : Prog Neuropsychopharmacol Biol Psychiatry. 2002 Jun;26(5):855-60. PMID: [15636309](#)

**Article Published Date** : Jun 01, 2002

**Authors** : Savita Singh, V Malhotra, K P Singh, S V Madhu, O P Tandon

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Diabetes: Cardiovascular Illness : CK\(678\) : AC\(104\)](#), [Diabetes: Glycation/A1C : CK\(210\) : AC\(33\)](#), [Diabetes Mellitus: Type 2 : CK\(3056\) : AC\(315\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## [Topic: Diabetes: Cognitive Dysfunction](#)

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### [Pranayama \(therapeutic breathing\) and yoga postures have a therapeutic effect on cognitive brain functions in type 2 diabetes patients. - GMI Summary](#)

**Pubmed Data** : Indian J Med Res. 2010 May;131:636-40. PMID: [20516534](#)

**Article Published Date** : May 01, 2010

**Authors** : Tenzin Kyizom, Savita Singh, K P Singh, O P Tandon, Rahul Kumar

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Diabetes: Cognitive Dysfunction : CK\(31\) : AC\(9\)](#), [Diabetes Mellitus: Type 2 : CK\(3056\) : AC\(315\)](#)

**Therapeutic Actions** : [Therapeutic Breathing : CK\(162\) : AC\(18\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: Diabetes: Glycation/A1C

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### Yoga has a positive role in modifying certain cardiovascular functions in type 2 diabetic patients. - GMI Summary

**Pubmed Data** : Prog Neuropsychopharmacol Biol Psychiatry. 2002 Jun;26(5):855-60. PMID: [15636309](#)

**Article Published Date** : Jun 01, 2002

**Authors** : Savita Singh, V Malhotra, K P Singh, S V Madhu, O P Tandon

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Diabetes: Cardiovascular Illness : CK\(678\) : AC\(104\)](#), [Diabetes: Glycation/A1C : CK\(210\) : AC\(33\)](#), [Diabetes Mellitus: Type 2 : CK\(3056\) : AC\(315\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: Diabetes: Oxidative Stress

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### Yoga reduces oxidative stress in type 2 diabetics. - GMI Summary

**Pubmed Data** : Diabetes Care. 2011 Aug 11. Epub 2011 Aug 11. PMID: [21836105](#)

**Article Published Date** : Aug 11, 2011

**Authors** : Shreelaxmi V Hegde, Prabha Adhikari, Shashidhar Kotian, Veena J Pinto, Sydney D'Souza, Vivian D'Souza

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Diabetes: Oxidative Stress : CK\(65\) : AC\(17\)](#), [Diabetes Mellitus: Type 2 : CK\(3056\) : AC\(315\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions** : [Antioxidants : CK\(3471\) : AC\(1278\)](#)

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## Topic: Dry Eye Syndromes

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### Yoga practice appears to reduce visual discomfort in computer users. - GMI Summary

**Pubmed Data** : Head Face Med. 2006;2:46. Epub 2006 Dec 3. PMID: [17140457](#)

**Article Published Date** : Jan 01, 2006

**Authors** : Shirley Telles, K V Naveen, Manoj Dash, Rajendra Deginal, N K Manjunath

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Computer display light exposure : CK\(28\) : AC\(6\)](#), [Dry Eye Syndromes : CK\(165\) : AC\(25\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: Elderly: Age Specific Diseases

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### Laughter Yoga is at least as effective as group exercise program in improvement of depression and life satisfaction of elderly depressed women. - GMI Summary

**Pubmed Data** : Int J Geriatr Psychiatry. 2010 Sep 16. Epub 2010 Sep 16. PMID: [20848578](#)

**Article Published Date** : Sep 16, 2010

**Authors** : Mahvash Shahidi, Ali Mojtahed, Amirhossein Modabbernia, Mohammad Mojtahed, Abdollah Shafiabady, Ali Delavar, Habib Honari

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Depression: Unipolar : CK\(601\) : AC\(80\)](#), [Elderly: Age Specific Diseases : CK\(423\) : AC\(37\)](#)

**Therapeutic Actions** : [Laughter/Humor : CK\(118\) : AC\(17\)](#), [Therapeutic Breathing : CK\(162\) : AC\(18\)](#), [Yoga : CK\(671\) :](#)

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## Topic: [Emotional Disorders](#)

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### [Yoga therapy enhances the development of emotional intelligence in mid-life managers.](#) - GMI Summary

**Pubmed Data** : J Midlife Health. 2011 Jan ;2(1):28-30. PMID: [21897736](#)

**Article Published Date** : Jan 01, 2011

**Authors** : Tikhe Sham Ganpat, H R Nagendra

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Emotional Disorders : CK\(71\) : AC\(5\)](#), [Emotional Intelligence: Problems : CK\(10\) : AC\(1\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Emotional Intelligence: Problems](#)

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### [Yoga therapy enhances the development of emotional intelligence in mid-life managers.](#) - GMI Summary

**Pubmed Data** : J Midlife Health. 2011 Jan ;2(1):28-30. PMID: [21897736](#)

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**Diseases** : [Emotional Disorders : CK\(71\) : AC\(5\)](#), [Emotional Intelligence: Problems : CK\(10\) : AC\(1\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Epilepsy](#)

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### [Sahaja Yoga practice improves seizure control & EEG changes in patients of epilepsy.](#) - GMI Summary

**Pubmed Data** : Indian J Med Res. 1996 Mar;103:165-72. PMID: [9062044](#)

**Article Published Date** : Mar 01, 1996

**Authors** : U Panjwani, W Selvamurthy, S H Singh, H L Gupta, L Thakur, U C Rai

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Convulsive Seizures : CK\(114\) : AC\(2\)](#), [Epilepsy : CK\(107\) : AC\(26\)](#), [Epileptic Seizures : CK\(154\) : AC\(5\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Epileptic Seizures](#)

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### [Sahaja Yoga practice improves seizure control & EEG changes in patients of epilepsy.](#) - GMI Summary

**Pubmed Data** : Indian J Med Res. 1996 Mar;103:165-72. PMID: [9062044](#)

**Article Published Date** : Mar 01, 1996

**Authors** : U Panjwani, W Selvamurthy, S H Singh, H L Gupta, L Thakur, U C Rai

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Convulsive Seizures : CK\(114\) : AC\(2\)](#), [Epilepsy : CK\(107\) : AC\(26\)](#), [Epileptic Seizures : CK\(154\) : AC\(5\)](#)  
**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [HIV Infections](#)

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### [Yoga lifestyle intervention reduces blood pressure in HIV-infected adults with cardiovascular disease risk factors.](#) - GMI Summary

**Pubmed Data** : HIV Med. 2010 Jan 5. Epub 2010 Jan 5. PMID: [20059570](#)

**Article Published Date** : Jan 05, 2010

**Authors** : W T Cade, D N Reeds, K E Mondy, E T Overton, J Grassino, S Tucker, C Bopp, E Laciny, S Hubert, S Lassa-Claxton, K E Yarasheski

**Study Type** : Human Study

**Additional Links**

**Diseases** : [HIV Infections : CK\(551\) : AC\(183\)](#), [Hypertension : CK\(1749\) : AC\(259\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions** : [Hypotensive : CK\(329\) : AC\(47\)](#)

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## Topic: [Heart Attack: Recovery](#)

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### [Yoga therapy accelerates recovery in patients who have suffered a heart attack.](#) - GMI Summary

**Pubmed Data** : Vopr Kurortol Fizioter Lech Fiz Kult. 1993 Jul-Aug(4):7-9. PMID: [8236936](#)

**Article Published Date** : Jul 01, 1993

**Authors** : V V Bulavin, V M Kliuzhev, L M Kliachkin, Lakshman Kumar, N D Zuikhin, T N Vlasova

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Heart Attack: Recovery : CK\(20\) : AC\(2\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Heart Failure](#)

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### [Yoga therapy offered additional benefits to the standard medical care of predominantly African American Heart Failure Patients patients by improving cardiovascular endurance, Quality of Life, inflammatory markers and flexibility.](#) - GMI Summary

**Pubmed Data** : Med Sci Sports Exerc. 2009 Nov 27. Epub 2009 Nov 27. PMID: [19952833](#)

**Article Published Date** : Nov 27, 2009

**Authors** : Paula R Pullen, Walter R Thompson, Dan Benardot, L Jerome Brandon, Puja K Mehta, Luay Rifai, David S Vadnais, Janice M Parrott, Bobby V Khan

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Heart Failure : CK\(658\) : AC\(95\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [High Cholesterol](#)

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### [Raja yoga meditation lowered serum cholesterol and low-density lipoprotein-cholesterol in post-menopausal women thus reducing the risk of coronary artery disease in them.](#) - GMI Summary

**Pubmed Data** : Indian J Physiol Pharmacol. 2008 Oct-Dec;52(4):420-4. PMID: [19585761](#)

**Article Published Date** : Oct 01, 2008

**Authors** : Rashmi Vyas, Kanti V Raval, Nirupama Dikshit

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Cardiovascular Diseases : CK\(5033\) : AC\(630\)](#), [High Cholesterol : CK\(1191\) : AC\(195\)](#)

**Therapeutic Actions** : [Meditation : CK\(141\) : AC\(15\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [High Cortisol](#)**

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### **[Hatha yoga and African dance reduce perceived stress and negative affect, whereas Hatha yoga reduced salivary cortisol and African dance raised it.](#) - GMI Summary**

**Pubmed Data** : J Vasc Surg. 2001 Sep;34(3):474-81. PMID: [15454358](#)

**Article Published Date** : Sep 01, 2001

**Authors** : Jeremy West, Christian Otte, Kathleen Geher, Joe Johnson, David C Mohr

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Cortisol: High : CK\(831\) : AC\(60\)](#), [High Cortisol : CK\(436\) : AC\(60\)](#), [Stress : CK\(425\) : AC\(61\)](#)

**Therapeutic Actions** : [Dancing : CK\(220\) : AC\(22\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Kyphosis](#)**

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### **[Yoga decreases kyphosis \(hunchback\) in senior women and men with adult-onset hyperkyphosis.](#) - GMI Summary**

**Pubmed Data** : Zhong Yao Cai. 2008 Oct;31(10):1514-8. PMID: [19682114](#)

**Article Published Date** : Oct 01, 2008

**Authors** : Gail A Greendale, Mei-Hua Huang, Arun S Karlamangla, Leanne Seeger, Sybil Crawford

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Kyphosis : CK\(20\) : AC\(2\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Menopausal Syndrome](#)**

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### **[Yoga is effective in reducing menopausal symptoms.](#) - GMI Summary**

**Pubmed Data** : Menopause Int. 2011 Sep ;17(3):78-81. PMID: [21903710](#)

**Article Published Date** : Sep 01, 2011

**Authors** : Sulabha Joshi, Rambhau Khandwe, Dinesh Bapat, Ujwala Deshmukh

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Menopausal Syndrome : CK\(146\) : AC\(23\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Migraine Disorders](#)**

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### **[Patients treated with yoga over a period of 3 months saw a significant reduction in migraine headache frequency and associated clinical features.](#) - GMI Summary**

**Pubmed Data** : Headache. 2007 May;47(5):654-61. PMID: [17501846](#)

**Article Published Date** : May 01, 2007

**Authors** : P J John, Neha Sharma, Chandra M Sharma, Arvind Kankane

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Migraine Disorders](#) : CK(472) : AC(53)

**Therapeutic Actions** : [Yoga](#) : CK(671) : AC(74)

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## **Topic: [Osteoarthritis](#)**

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### **[A Yoga based regimen is effective in providing relief in osteoarthritis of the hands.](#) - GMI Summary**

**Pubmed Data** : J Rheumatol. 1994 Dec;21(12):2341-3. PMID: [7699639](#)

**Article Published Date** : Dec 01, 1994

**Authors** : M S Garfinkel, H R Schumacher, A Husain, M Levy, R A Reshetar

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Osteoarthritis](#) : CK(615) : AC(91)

**Therapeutic Actions** : [Yoga](#) : CK(671) : AC(74)

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## **Topic: [Osteoporosis](#)**

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### **[Yoga may be an alternative physical activity for the rehabilitation of osteoporotic subjects.](#) - GMI Summary**

**Pubmed Data** : Eur J Phys Rehabil Med. 2010 Feb 18. Epub 2010 Feb 18. PMID: [20332729](#)

**Article Published Date** : Feb 18, 2010

**Authors** : S Tüzün, I Aktas, U Akarirmak, S Sipahi, F Tüzün

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Osteoporosis](#) : CK(1133) : AC(212)

**Therapeutic Actions** : [Yoga](#) : CK(671) : AC(74)

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## **Topic: [Pain: Lower Back](#)**

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### **[Hatha Yoga reduces reduces pain drug requirements in subjects with chronic low back pain.](#) - GMI Summary**

**Pubmed Data** : Altern Ther Health Med. 2009 Nov-Dec;15(6):18-27. PMID: [19943573](#)

**Article Published Date** : Nov 01, 2009

**Authors** : Robert B Saper, Karen J Sherman, Diana Cullum-Dugan, Roger B Davis, Russell S Phillips, Larry Culpepper

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Pain: Lower Back](#) : CK(10) : AC(1)

**Therapeutic Actions** : [Yoga](#) : CK(671) : AC(74)

**Additional Keywords** : [Drug Sparing](#) : CK(431) : AC(48), [Therapeutic Action not Inferior to Drug Therapy](#) : CK(51) : AC(6)

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## **Topic: [Pleural Effusion](#)**

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### **[Yoga has a beneficial effect in patients with pleural effusion.](#) - GMI Summary**

**Pubmed Data** : Fitoterapia. 2006 Sep;77(6):446-8. Epub 2006 May 24. PMID: [6562134](#)

**Article Published Date** : Sep 01, 2006

**Authors** : M Prakasamma, A Bhaduri

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Pleural Effusion : CK\(10\) : AC\(1\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Pregnancy: Psychological and Physical Distress.](#)**

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### **[Pregnant women practicing mindful yoga experience significant reductions in physical pain and anxiety in their 2nd and 3rd trimesters.](#) - GMI Summary**

**Pubmed Data** : J Obstet Gynecol Neonatal Nurs. 2009 May-Jun;38(3):310-9. PMID: [19538619](#)

**Article Published Date** : May 01, 2009

**Authors** : Amy E Beddoe, Chin-Po Paul Yang, Holly Powell Kennedy, Sandra J Weiss, Kathryn A Lee

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Pregnancy: Psychological and Physical Distress. : CK\(36\) : AC\(6\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Premature Ejaculation](#)**

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### **[Yoga is more effective than fluoxetine \(Prozac\) for improving premature ejaculation.](#) - GMI Summary**

**Pubmed Data** : J Sex Med. 2007 Nov;4(6):1726-32. Epub 2007 Sep 21. PMID: [17888067](#)

**Article Published Date** : Nov 01, 2007

**Authors** : Vikas Dhikav, Girish Karmarkar, Mallika Gupta, Kuljeet Singh Anand

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Premature Ejaculation : CK\(246\) : AC\(3\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Additional Keywords** : [Superiority of Natural Substances versus Drugs : CK\(895\) : AC\(172\)](#)

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## **Topic: [Rheumatoid Arthritis](#)**

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### **[Yoga decreases symptoms of rheumatoid arthritis in women.](#) - GMI Summary**

**Pubmed Data** : Altern Ther Health Med. 2009 Jul-Aug;15(4):24-31. PMID: [19623830](#)

**Article Published Date** : Jul 01, 2009

**Authors** : Pamela R Bosch, Tinna Traustadóttir, Paul Howard, Kathleen S Matt

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Rheumatoid Arthritis : CK\(401\) : AC\(61\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Sexual Dysfunction](#)**

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### **[Yoga appears to be an effective method of improving all domains of sexual functions in women.](#) - GMI Summary**



**Pubmed Data** : J Sex Med. 2009 Nov 12. Epub 2009 Nov 12. PMID: [19912493](#)

**Article Published Date** : Nov 12, 2009

**Authors** : Vikas Dhikav, Girish Karmarkar, Richa Gupta, Myank Verma, Ruchi Gupta, Supriya Gupta, Kuljeet S Anand

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Sexual Dysfunction : CK\(74\) : AC\(13\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Sleep Disorders](#)**

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### **[Cyclic meditation \(CM\) which combines yoga postures interspersed with supine rest improves the objective and subjective quality of sleep.](#) - GMI Summary**

**Pubmed Data** : Med Sci Monit. 2009 Jul;15(7):CR375-81. PMID: [19564829](#)

**Article Published Date** : Jul 01, 2009

**Authors** : Sanjib Patra, Shirley Telles

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Sleep Disorders : CK\(148\) : AC\(15\)](#)

**Therapeutic Actions** : [Meditation : CK\(141\) : AC\(15\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Thrombosis](#)**

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### **[Yoga significantly improves blood coagulation potentials.](#) - GMI Summary**

**Pubmed Data** : Thromb Haemost. 1984 Apr 30;51(2):196-7. PMID: [6740553](#)

**Article Published Date** : Apr 30, 1984

**Authors** : I S Chohan, H S Nayar, P Thomas, N S Geetha

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Clotting : CK\(177\) : AC\(35\)](#), [Thrombosis : CK\(710\) : AC\(73\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions** : [Fibrinolytic Agents : CK\(28\) : AC\(7\)](#), [Platelet Aggregation Inhibitors : CK\(160\) : AC\(35\)](#)

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## **Topic: [Tobacco Addiction/Withdrawal](#)**

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### **[Aerobic exercise and Hatha yoga reduce cravings for tobacco smoking.](#) - GMI Summary**

**Pubmed Data** : Nicotine Tob Res. 2011 Aug 17. Epub 2011 Aug 17. PMID: [21849414](#)

**Article Published Date** : Aug 17, 2011

**Authors** : Andrea Elibero, Kate Janse Van Rensburg, David J Drobes

**Study Type** : Human Study

**Additional Links**

**Diseases** : [Tobacco Addiction/Withdrawal : CK\(53\) : AC\(7\)](#)

**Therapeutic Actions** : [Exercise : CK\(451\) : AC\(61\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: [Leptin: Elevated Levels](#)**

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### **[A 6-day yoga and diet change program decreased leptin levels, body mass index and the fat-free mass \(and lowers HDL\).](#) - GMI Summary**

**Pubmed Data** : Med Sci Monit. 2010 Jan;16(1):CR35-40. PMID: [20037492](#)

**Article Published Date** : Jan 01, 2010

**Authors** : Shirley Telles, Visweswaraiah K Naveen, Acharya Balkrishna, Sanjay Kumar

**Study Type** : Animal Study

**Additional Links**

**Diseases** : [Leptin: Elevated Levels : CK\(15\) : AC\(9\)](#)

**Therapeutic Actions** : [Dietary Modification: High-fiber/high-fruit/high-vegetable/low-fat : CK\(12\) : AC\(2\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Prehypertension](#)

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### [Iyengar Yoga results in clinically meaningful reductions in systolic and diastolic blood pressure in patients with Prehypertension to Stage I Hypertension.](#) - GMI Summary

**Pubmed Data** : Evid Based Complement Alternat Med. 2009 Sep 4. Epub 2009 Sep 4. PMID: [19734256](#)

**Article Published Date** : Sep 04, 2009

**Authors** : Debbie L Cohen, Leanne T Bloedon, Rand L Rothman, John T Farrar, Mary Lou Galantino, Sheri Volger, Christine Mayor, Phillippe O Szapary, Raymond R Townsend

**Study Type** : Animal Study

**Additional Links**

**Diseases** : [Hypertension : CK\(1749\) : AC\(259\)](#), [Prehypertension : CK\(1729\) : AC\(3\)](#)

**Therapeutic Actions** : [Yoga : CK\(671\) : AC\(74\)](#)

**Pharmacological Actions** : [Hypotensive : CK\(329\) : AC\(47\)](#)

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## Topic: [Aging](#)

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### [Indo-Tibetan meditative and yogic practices may exert their beneficial effects on aging by enhancing the production of endogenous substances that possess general longevity-enhancing, regenerative properties.](#) - GMI Summary

**Pubmed Data** : Ann N Y Acad Sci. 2009 Aug;1172:163-71. PMID: [19735248](#)

**Article Published Date** : Aug 01, 2009

**Authors** : Erin L Olivo

**Study Type** : Commentary

**Additional Links**

**Diseases** : [Aging : CK\(1302\) : AC\(360\)](#)

**Therapeutic Actions** : [Meditation : CK\(141\) : AC\(15\)](#), [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Cerebrospinal Fluid Stasis](#)

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### [Various modalities may have therapeutic utility due to their corrective influence on cerebrospinal fluid stasis.](#) - GMI Summary

**Pubmed Data** : Altern Ther Health Med. 2009 May-Jun;15(3):54-60. PMID: [19472865](#)

**Article Published Date** : May 01, 2009

**Authors** :

James M Whedon, Donald Glassey

**Study Type** : Review

**Additional Links**

**Diseases** : [Cerebrospinal Fluid Stasis : CK\(1\) : AC\(1\)](#)

**Therapeutic Actions** : [Chiropractic treatment : CK\(299\) : AC\(37\)](#), [Craniosacral Therapy : CK\(32\) : AC\(5\)](#), [Massage: Lymphatic : CK\(21\) : AC\(3\)](#), [Network Chiropractic \(Network Care\) : CK\(1\) : AC\(1\)](#), [Therapeutic Breathing : CK\(162\) : AC\(18\)](#),

[Yoga : CK\(671\) : AC\(74\)](#)

**Additional Keywords :** [Chiropractic Mechanism Of Action : CK\(11\) : AC\(2\)](#)

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## Topic: [Childhood Trauma](#)

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### [Yoga may have therapeutic value in the treatment of traumatized youth.](#) - GMI Summary

**Pubmed Data :** J Am Psychiatr Nurses Assoc. 2011 Aug 25. Epub 2011 Aug 25. PMID: [21868714](#)

**Article Published Date :** Aug 25, 2011

**Authors :** Joseph Spinazzola, Alison M Rhodes, David Emerson, Ellen Earle, Kathryn Monroe

**Study Type :** Review

**Additional Links**

**Diseases :** [Childhood Trauma : CK\(11\) : AC\(1\)](#)

**Therapeutic Actions :** [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Epididymitis](#)

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### [Hatha Yoga therapy management of urologic disorders.](#) - GMI Summary

**Pubmed Data :** World J Urol. 2002 Nov;20(5):306-9. Epub 2002 Oct 24. PMID: [12522587](#)

**Article Published Date :** Nov 01, 2002

**Authors :** Emmey Ripoll, Dawn Mahowald

**Study Type :** Review

**Additional Links**

**Diseases :** [Epididymitis : CK\(1\) : AC\(1\)](#), [Interstitial Cystitis : CK\(136\) : AC\(17\)](#), [Vulvar Diseases : CK\(1\) : AC\(1\)](#), [Vulvodinia : CK\(11\) : AC\(2\)](#)

**Therapeutic Actions :** [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Interstitial Cystitis](#)

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### [Hatha Yoga therapy management of urologic disorders.](#) - GMI Summary

**Pubmed Data :** World J Urol. 2002 Nov;20(5):306-9. Epub 2002 Oct 24. PMID: [12522587](#)

**Article Published Date :** Nov 01, 2002

**Authors :** Emmey Ripoll, Dawn Mahowald

**Study Type :** Review

**Additional Links**

**Diseases :** [Epididymitis : CK\(1\) : AC\(1\)](#), [Interstitial Cystitis : CK\(136\) : AC\(17\)](#), [Vulvar Diseases : CK\(1\) : AC\(1\)](#), [Vulvodinia : CK\(11\) : AC\(2\)](#)

**Therapeutic Actions :** [Yoga : CK\(671\) : AC\(74\)](#)

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## Topic: [Vulvar Diseases](#)

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### [Hatha Yoga therapy management of urologic disorders.](#) - GMI Summary

**Pubmed Data :** World J Urol. 2002 Nov;20(5):306-9. Epub 2002 Oct 24. PMID: [12522587](#)

**Article Published Date :** Nov 01, 2002

**Authors :** Emmey Ripoll, Dawn Mahowald

**Study Type :** Review

**Additional Links**

**Diseases :** [Epididymitis : CK\(1\) : AC\(1\)](#), [Interstitial Cystitis : CK\(136\) : AC\(17\)](#), [Vulvar Diseases : CK\(1\) : AC\(1\)](#), [Vulvodinia : CK\(11\) : AC\(2\)](#)

**Therapeutic Actions :** [Yoga : CK\(671\) : AC\(74\)](#)

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## **Topic: Vulvodynia**

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### **Hatha Yoga therapy management of urologic disorders. - GMI Summary**

**Pubmed Data :** World J Urol. 2002 Nov;20(5):306-9. Epub 2002 Oct 24. PMID: [12522587](#)

**Article Published Date :** Nov 01, 2002

**Authors :** Emmey Ripoll, Dawn Mahowald

**Study Type :** Review

**Additional Links**

**Diseases :** [Epididymitis : CK\(1\) : AC\(1\)](#), [Interstitial Cystitis : CK\(136\) : AC\(17\)](#), [Vulvar Diseases : CK\(1\) : AC\(1\)](#), [Vulvodynia : CK\(11\) : AC\(2\)](#)

**Therapeutic Actions :** [Yoga : CK\(671\) : AC\(74\)](#)

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