BIBLIOGRAPHY

BOOKS

- Clarke, Harrison.H, and Clarke, H.David, (1972), *Advanced Statistics with Application to Physical Education*, New Jersey: Englewood Cliffs, Prentice Hall, Inc.
- Howard, Ruth (Nov, 2010), "Effects of Yoga Practice on Metabolic Factors Associated with Aging", Stevens, B; *From Lee to Li*, HarperCollins 2009 **ISBN 9780007347414**

Luijendijk, D.H. Kalarippayat: The Essence and Structure of an Indian Martial Art, Oprat, 2008

- Miller, Benjamine F. (1965), *The modern Medical Encyclopedia*, New York: Golden Press.
- Raj Persaud, (2005), *The Motivated Mind*, (London: Bantam Press), p. 295.
- Sri Swami Sivananda (2000), Yoga in Daily Life, Himalayas: Divine life society, pp.2-3.
- Tuckman.B.W.,(1999), *Conducting Educational Research*, (5thED), Orlanto, Harcout Brace Publishers.
- Wilmore, Jack H. and Costill, David C., (1994), *Physiology of Sport and Exercise*, (2ndED), Champaign Illinois: Human Kinetics Publishers Inc.

JOURNALS

- Aljasir B, et al., (2008), "Yoga practice for the 8. management of Type II Diabetes Mellitus in adults: A systematic review", *Evid Based Complement Alternat Med.*, May 7.
- Alexander GK, et al., (2008), "Contextualizing The Effects Of Yoga Therapy On Diabetes Management: A Review Of The Social Determinants Of Physical Activity", *Fam Community Health*, 31(3), pp.228-39.
- Attele AS, et al., (2002), "Antidiabetic effects of Panax ginseng berry extract and the identification of an effective component", *Diabetes*, 51, p.1851.
- Bijlani RL, et al., (2005), "A Brief but Comprehensive Lifestyle Education Program Based on Yoga Reduces Risk Factors for Cardiovascular Disease and Diabetes Mellitus", J Altern Complement Med. 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 Medicine, 11:2, PP.267-74.
- Brown RP and Gerbarg PL., (2005), "Sudarshan Kriya Yogic breathing in the treatment of stress, anxiety, and depression. Part II--clinical applications and guidelines", *J Altern Complement Med.*, 11(4), pp.711-7.
- Bushell WC., (2009), "Longevity: potential life span and health span enhancement through practice of the basic yoga meditation regimen", *Ann NY ACad Sci.*, 72, pp20-7.
- Butler C. (2008), "twisting without shouting. a gentle introduction to the joys of yoga", *Diabetes Forecast*, 61(3), pp.30-4.
- Danucalov M.A. et al. (2008), "Cardiorespiratory and Metabolic Changes during Yoga Sessions: The Effects of Respiratory Exercises and Meditation Practices". *Journal of Applied Psychophysiology and Biofeedback*, 33:2, PP.77-81.
- Dey L, et al.,(2002), "Alternative therapies for type 2 diabetes", *Alternative Medicine Review*, 7, p.45.
- Dhananjai S. et al., (2011), "Effect of Yoga practice in the management of risk factors associated with obesity: A pilot study", *Indian streams of research journal*, 1(6).
- 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.
- Elder C. (2004), "Ayurveda for Diabetes Mellitus: A Review of the Biomedical

- Fall CHD, (2001), "Non-industrialised countries and affluence", *British Medical Bulletin*, 60, *pp.33-50*.
- Garrow D and Egede LE. (2006), "National Patterns and Correlates of Complementary and Alternative Medicine use in Adults With Diabetes", *J Altern Complement Med.* 12(9), pp.895-902.
- Go VL and Champaneria MC, (2002), "The New World of Medicine: Prospecting for Health", *Nippon Naika Gakkai Zasshi*., 20(91) Suppl.159-63.
- Gordon, LA. et al., (2012), "Effect of exercise therapy on lipid profile and oxidative stress indicators in patients with type 2 diabetes", *BMC Complement Altern Med.*, 8(21).
- Gupta N, et al., (2006), "Effect of Yoga Based Lifestyle Intervention on State and Trait Anxiety", *Indian J Physiol Pharmacol*, 50, pp.41-7.
- Harinath K, et al., (2004), "Effects of Hatha yoga and Omkar meditation on cardiorespiratory performance, psychologic profile, and melatonin secretion", *J Altern Complement Med.*, 10(2), pp.261-8.
- Harshika, (Nov,2010), "Advantages of Yoga Why Yoga Exercise is Best For You",.
- Hayes M and Chase S, (2010), "Prescribing yoga", Prim Care., 37(1), pp.31-47.
- Head KA. (2006), "Peripheral Neuropathy: Pathogenic Mechanisms and Alternative Therapies", *Altern Med Rev.* 11(4), pp.294-329.
- 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.
- 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.
- Independent of Maintaining Optimized Levels of LDL-Cholesterol", Vali-Asr Hospital, Tehran Endocrinology and Metabolism Research Center (EMRCUniversity of Medical Sciences, P.O. Box 13145-784, Tehran, Iran,
- Innes KE, and Vincent HK, (2007), "The Influence of Yogabased Programs on Risk Profiles in Adults with Type 2 Diabetes Mellitus: A Systematic Review", *Evid Based Complement Alternat Med.*, 4(4), pp.469-86.
- Jaim SC, et al., (1993), "A Study of Response Pattern of Non-Insulin Dependent Diabetics to Yoga Therapy", Diabetes Res Clin Pract., 19(1), pp.69-74.

- Joshi M and Telles S., (2009), "A Nonrandomized Non-Naive Comparative Study of the Effects of Kapalabhati and Breath Awareness on Event-Related Potentials in Trained Yoga Practitioners", *J Altern Complement Med.* 15(3), pp.281-5.
- Khalsa SS. (2004), "Yoga as Therapeutic Intervention", *Indian J Physiol Pharmacol* 48, pp. 259-68.
- Kosuri M and Sridhar GR., (2009), "Yoga Practice in Diabetes Improves Physical and Psychological Outcomes", *Metab Syndr Relat Disord.* 7(6), pp.515-7.
- Koubova, J. and Guarente, L., (2003), "How Does Calorie Restriction Work?", *Genes Dev.*, 17, pp.313-321.
- Krisanaprakornkit T., et al., (2006), "Meditation Therapy for Anxiety Disorders", Cochrane Database Syst Rev., 25(1).
- Lavey R, et al., (2005), "The Effects of Yoga on Mood in Psychiatric Inpatients", *Psychiatr Rehabil J.* 2005; 28(4): 399–402.
- Lillioja, L. et al., (1993), "Insulin Resistance and Insulin Secretory Dysfunction as Precursors of Non-Insulin-Dependent Diabetes Mellitus: Prospective Studies of Pima Indians", N Engl J Med., 329, pp.1988-1992.
- Lim JG, et al., (2004), "Type 2 Diabetes in Singapore: The Role of Exercise Training for its Prevention and Management", *Singapore Med J.*, 45(2), pp.62-68.
- LITERATURE", Altern Ther Health Med. 10(1), pp.44-50.
- Malhotra V, et al., (2005), "The Beneficial Effect of Yoga in Diabetes", *Nepal Med Coll J*. 2005; 7(2): 145–147.
- Malhotra V. et. al (2002), "Effect of Yoga Asanas on Nerve Conduction in Type 2 Diabetes". *Indian Journal of Physiology Pharmacology*, 46:3, PP.298-306.
- Melander A, et al., (1989), "Sulphonylurea Antidiabetic Drugs, an Update on Their Clinical Pharmacology And Rational Therapeutic Use, Drugs", 37, p.58.
- Michalsen A, et al., (2005), "Rapid Stress Reduction and Anxiolysis among Distressed Women as a Consequence of A Three-Month Intensive Yoga Program", *Med Sci Monit*. 11(12): CR555–CR561.
- Mujika I, et al., (2004), "Physiological Changes Associated with the Pre-Event Taper in Athletes", *Sports Med.*, 34(13), pp.891-927.

Nakhjavani M, et al. (2008), "Serum Oxidized-LDL is Associated with Diabetes Duration"

- Penk C.K. et al. (2004), "Heart Rate Dynamics during Three Forms of Meditation", *International Journal of cardiology*, 95:1, PP.19-27.
- Pramanik T. et al., (2009), "Immediate Effect of Slow Pace Bhastrika Pranayama on Blood Pressure and Heart Rate", *J Altern Complement Med.*, 15(3), pp.293-5.
- Prasad K.V. et al. (1997), "Influence of Intensive Yoga Training on Physiological Changes in 6 Adult Women: A Case Report". Journal of Alternative and Complementary Medicine, 3:3, PP.291-5.
- Parshad O. (2005), "Role of Yoga in Stress Management", West Indian Med J, 11, pp. 711-7.
- Pratima M. et al. (2008), "Effect of Suryanamaskar Practice on Cardio-respiratory Fitness Parameters: A Pilot Study". *Journal of Medical Science*, 1:2, PP. 126-129.
- Raghuraj P, et al., (1998), "Effect of Two Selected Yogic Breathing Techniques of Heart Rate Variability", Indian J Physiol Pharmacol., 42(4), pp.467-72.
- Rajakumar J, (2010), "The Impact of Yogic Practices and Physical Exercises on Selected Physiological Variables among the Inter-Collegiate Soccer Players". *Journal of Bloomers Research*, 2:2, PP.160-165.
- Ramos Jimenez A. et al. (2009), "Cardiovascular and Metabolic Effects of Intensive Hatha Yoga Training in Middle-Aged and Older Women from Northern Mexico". *International Journal of Yoga*, 2:2, PP. 49-54.
- Rani K. et al., (2012), "Yoga Nidra as a Complementary Treatment of Anxiety and Depressive Symptoms in Patients with Menstrual Disorder", *International Journal of Yoga*, 5(1), pp.52-3.
- Ray US., et al., (2001), "Effect of Yogic Exercises on Physical and Mental Health of Young Fellowship Course Trainees", *Indian J Physiol Pharmacol.* 45(1), pp.37-53.
- Sabeeha Shafi, et al. (2012), "Diabetic Nephropathy and Herbal Medicines", International Journal of Phytopharmacology. 3(1), pp.10-17.
- Sahay BK and Sahay RK, (2002), "Lifestyle Modification in Management of Diabetes Mellitus", 100(3), pp.178-80.
- Sharma M. and Knowlden AP., (2012), "Role of Yoga in Preventing and Controlling Type 2 Diabetes Mellitus", *Journal of Evidence-Based Complementary & Alternative Medicine*, 17, pp. 2 88-95.
- Sinha B., et al., (2004), "Energy cost and cardiorespiratory changes during the practice of Surya Namaskar", *Indian J Physiol Pharmacol.*, 48(2), pp.184-90.

- Skoro K. et al., (2009), "Community Based Yoga Classes for Type 2 Diabetes: An Exploratory Randomised Controlled Trial", *BMC Health Serv Res.*, 19(9), pp.33.
- Sugumar C. and Raghavan G., (2010), "Effect of Pranayama Practice on Selected Variables", *Yoga Mimamsa*, XLII:2, pp.103-108.
- Telles S, et al., (2011), "Heart Rate Variability Changes During High Frequency Yoga Breathing And Breath Awareness", *Biopsychosoc Med.*, 13(5), p.4.
- Thangapandiyan,GS. et al.,(2012), "Brisk Walking and Yoga as Adjuvant Therapy in Management of Type 2 Diabetes Mellitus", *International Journal of Students Research*, 2(1), The Pharma Research, 3, pp.27-50.
- Tran MD, et al., (2001), "Effects of Hatha Yoga Practice on the Health-Related Aspects of Physical Fitness", *Prev Cardiol.*, 4(4), pp.165-170.
- Turk HM, et al., (2002), "Plasma Lipid Peroxidation Products and Antioxidant Enzyme Activities In Patients with Type 2 Diabetes Mellitus", ACta Diabetol., 39(3), pp.117-22.
- Vedamurthachar A. et al., (2011), "Short Term Effect of Sudarshan Kriya Yoga on Lipid and Hormone Profile of Type 2 Diabetic Patients", *Research Journal of Chemical Sciences*, 1(9),pp. 83-86.
- Verma N. et al., (2010), "Different Approaches For Treatment Of Type 2 Diabetes Mellitus With Special Reference To Traditional Medicines: A Review", *The Pharma Research*, 3, pp.27-50.
- Yadav R.K. et al. (2005), "Effect of a Comprehensive Yoga-Based Lifestyle Modification Program on Lipid Peroxidation". *Indian Journal of Physiology and Pharmacology*, 49(3), pp.358-62.
- Yang K, et al., (2009), "Utilization of 3month Yoga Program for Adults at High Risk for Type 2 Diabetes: A Pilot Study", *Evid Based Complement Alternat Med.*, 18.
- Yang K. (2007), "A Review of Yoga Programs for Four Leading Risk Factors of Chronic Diseases", Journal of Evidence Based Complementary and Alternative Medicine, 4(4), pp.487-91.
- Zimmet PZ, et al., (1997), "The Global Epidemiology of Non-Insulin-Dependent Diabetes Mellitus and the Metabolic Syndrome", *Journal of Diabetes and its Complications*, 11(2), pp.60-68.

WEBSITE

Maran (2003), Illustrated Yoga, pg 4-6 & 11, www.maran.com

Jim, Cheek (2006), "Yoga Therapy", south sea yoga therapy, *www.blogspot.com*, February 12.(Aug, 2012, http://www.varmam.org/).