

Central Council for Research in Yoga & Naturopathy
Completed Research Projects

S. No.	Name of the Institute	Title of the project	Year of Completion
1.	Deptt. of Nephrology, Institute of Medical Sciences, Banaras Hindu University, Varanasi	Evaluation of effect of some Hatha Yogic exercises on primary and secondary hypertension with special references to Body Immunity	1995
2.	Deptt. of Nephrology, Institute of Medical Sciences, Banaras Hindu University, Varanasi	To evaluate the efficacy of Dhouti Kriya (Gastro-intestinal Dialysis) in comparison to other yogic/traditional methods of dialysis/purification with special reference to cellular and humoral immunity	1995
3.	Centre of Psychosomatic and Biofeed-back Medicine, Faculty of Ayurveda, Instt. of Medical Sciences, Banaras Hindu University, Varanasi	Role of Vipassana Meditation on attention, memory span and learning abilities among the student population	1998
4.	Deptt. of Cardiology, All India Institute of Medical Sciences, New Delhi	Coronary Atherosclerosis reversal potential of Yoga Life Style Intervention	1996
5.	Vivekananda Kendra Yoga Research Foundation, Bangalore	An integrated approach of Yoga therapy for stress related ailments	1996
6.	Deptt. of Psychopharmacology, National Institute of Mental Health & Neuro Sciences, Bangalore	Understanding of Neurodynamical complexities of meditative process from the EEG signals	1998
7.	Jeevan Rekha Parishad, Bhubaneswar, Orissa.	A comparative study on Yoga, Perfect Health and Fertility behavior among Yogic & Non-Yogic couples	
8.	Atma Darshan Sadhna Kendra, New Delhi	Yoga for memory development among school children	2000
9.	Defence Institute of Physiology & Allied Sciences (DIPAS), Delhi	Coronary artery disease regression through life style changes – vegetarianism, moderate exercise, stress management through Raj yoga meditation	2004
10.	Defence Institute of Physiology & Allied Sciences(DIPAS), Delhi	Effect of Yogic practices on the physiological & anti-oxidant systems in man	2001
11.	Kaivalyadhama, Lonavla, Pune	To evaluate the efficacy of Yoga treatment with or without Biofeed back procedures in the management of three disorders	2001
12.	Kaivalyadhama, Lonavla, Pune	Randomized Controlled trial to determine the efficacy of the Yoga therapy on the patients of obesity as compared to the conventional treatment	2002
13.	Department of Physiology, All India Institute of Medical Sciences, New Delhi	Yoga & Biofeed back for the treatment of Irritable Bowel Syndrome	2002

14.	Department of Respiratory Critical Care and Sleep Medicine, Safdarjung Hospital, New Delhi	To study the effect of Yogic practices on symptomatology and Physiological Parameters in Bronchial Asthma	2002
15.	Swami Vivekananda Yoga Research Foundation, Bangalore	Integrated Approach of Yoga Therapy in the Management of Cancer	2002
16.	Swami Vivekananda Yoga Research Foundation, Bangalore	Uni-nostril Yoga breathing & Obesity : A study of efficacy and mechanisms	2002
17.	Navjyoti- Delhi Police Foundation, Sarai Rohilla, Delhi	To Study the efficacy of Yoga & Naturopathy in the management of withdrawal of drug dependence	2002
18.	Deptt. of Clinical Immunology, M.S. Ramaiah Medical Teaching Hospital, Bangalore	Influence of Yoga in immune modulation & outcome of Rheumatoid Arthritis	2004
19.	Deptt. of Physiology, Jawaharlal Institute of Post Graduate Medical Education & Research, Pondicherry	The effect of Asanas and Pranayamas on Neurological, Neuromuscular & Cardio-respiratory functions in Healthy Human Volunteers	2004
20.	Swami Vivekananda Yoga Research Foundation, Bangalore	Yoga for computer related health problems	2005
21.	Instt. Rotary Cancer Hospital, AIIMS, New Delhi	Effect of breathing techniques & meditation on normal individuals & those with cancer in remission	2007
22.	Deptt. of Pharmacology, Jawaharlal Institute of Post Graduate Medical Education & Research, Pondicherry	Effect of Yoga based therapy in insomnia	2007
23.	Department of Physiology, All India Institute of Medical Sciences, New Delhi	A randomized controlled trial on the efficacy of Yoga in the Management of Bronchial Asthma	2007
24.	Deptt. of Neurophysiology, NIMHANS, Bangalore	Autonomic function tests in epilepsy –Effect of Hatha Yoga	2007
25.	ALN Rao Memorial Ayurvedic Medical College, KOPPA, Karnataka	A study of efficacy of Yogic & Naturopathic measures in Psoriasis and Eczema	2007
26.	Krishnamacharya Yoga Mandiram, No. 16, Fourth Cross Street, Ramakrishna Nagar, Chennai	The therapeutic effect of Yoga on patients with generalized epileptic seizures	2007
27.	Holistic Medicine and Stress Research Unit, Deptt. of Medicine, Govt. Medical College, Thiruvananthapuram, Kerala	Therapeutic effects of Yoga on stress disorders	2007

28.	Department of Physiology, AIIMS, New Delhi	Yogic relaxation in the management of ulcerative colitis	2007
29.	Shri Nath Naturopathy & Yoga Centre, Kanpur, U.P.	Efficacy of Naturopathy and Yoga modalities in the management of Rh. Arthritis, Osteo-arthritis and Gout	2008
30.	Vivekananda Yoga Anusandhan Sansthan, Gavipuram Circle, KG Nagar, Bangalore	Effect of integrated approach of Yoga therapy for metastatic breast cancer patients and study of DNA repair mechanisms relevant to cancer	2008
31.	Deptt. of Biophysics, All India Institute of Medical Sciences, New Delhi	Randomized Control trail (RCT) of reflexology therapy and usual drug treatment in the management of intractable epilepsy	2009
32.	Indian Research Institute for Integrated Medicine, IRIIM Bhavan, Mourigram, Station Para, P. O. Unsani, Distt. Howrah – 711302	Development of Traditional Tongue Diagnosis aided by Information Technology for Standardization of Nature Cure Diagnostic Methods	2009
33.	Deptt. of Neurophysiology, National Institute of Mental Health and Neurosciences, Bangalore	Assessment of the efficacy of Vipassana Meditation on different age groups: A polysomnographic and endocrine function evaluation	2009
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37.	Department of Neurology, Sir Ganga Ram Hospital, New Delhi	A Randomized Controlled Trail of Yoga to manage the adverse stress reactions at work in health professionals	2010
38.	Bharath Charitable Cancer Hospital & Institute, #18-19, Hebbal Industrial Area, Metagally Post, Mysore-570016	Comparison of effects of yoga vs. relaxation on CINV outcomes following adjuvant chemotherapy	2013
39.	Department of Laboratory Medicine, All India Institute of Medical Sciences, New Delhi-110029	Effect of Yoga on Serum Interleukin levels in Adolescents with Depression	2013

40.	Patanjali Yogpeeth , Haridwar, Uttarakhand.	Effect of a Yoga Program on Anthropometric and Biochemical Measures in Obese Persons	2015
41.	Add Life-PRAKRUTI, Indo American Cancer Institute & Research Centre, Hyderabad.	Efficacy of Naturopathy & Yoga therapy as an adjuvant in the management of Non-Hodgkin's Lymphoma [NHL]	2015
42.	CSM Medical University, Lucknow.	Effect of Yogic Practices on Serum Lipid Profile & Insulin Resistance in Obese subjects	2016
43.	Nisarga Nature Cure, Yoga, Physiotherapy and Acupuncture Hospital, Nadiggalli, Sirsi, Karnataka	Randomized Control Trial to evaluate the effectiveness of cold and hot Immersion baths on impaired glucose tolerance in pre-diabetes	2016
44.	Yoga and Nature Cure Home, Khundrakpam, Awang Leikai, Imphal Saikul Road, Imphal East –Manipur-795114	Naturopathy and Yoga Intervention for post-stroke Rehabilitation & Quality of Life Improvement-a controlled study	2016
45.	Vardhman Mahavir Medical College and Safdurjung Hospital, New Delhi	Comparison of cardiovascular autonomic functions in two groups of post myocardial infarction patients (age 30-55 yrs): A randomized trail involving 2 groups of patients.(1) On pharmacotherapy alone (2) On Yoga & pharmacotherapy life style intervention therapy & Pharmacotherapy.	2016
46.	National Institute of Mental Health and Neurosciences, Bangalore	Effect of Yoga & Hydriatic application on migraine– A Clinical, Electrophysiological and Immunological study.	2016
47.	INYS Medical Research Society, Bangalore	Efficacy of Mustard pack on knees in Osteoarthritis	2016
48.	U.C.M.S., G.T.B. Hospital, Dilshad Garden, Delhi	The effect of Yoga Therapy on Coagulation Profile, Lipid profiles, Lung Diffusion capacity and Quality of Life in Patients with Coronary Artery Disease	2016
49.	Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru	The effect of Yoga in prevention of pregnancy Complications in High Risk Pregnancies	2016
50.	Vivekananada Aroghya Dhama, Kasarkod, Karnataka	Comparison of effects of two Yoga interventions versus Exercise therapy in the management of mechanical Low Back pain	2016
51.	Yoga Research Department, Patanjali Yogpeeth , Haridwar, Uttarakhand.	Effect of Yoga on Physical, Cognitive and Emotional Development in Children.	2016
52.	ALN Rao Memorial Ayurvedic Medical College, Koppa, Karnataka	A Study of efficacy of Yogic and Naturopathy measures in Varicose Veins	2017

Ongoing Research Projects

S. No.	Name of the Institute	Title of the project
1.	ALN Rao Memorial Ayurvedic Medical College, Koppa, Karnataka	A study of efficacy of Yogic and Naturopathy measures in Varicose Veins

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2.	Dep't. of Nephrology, Institute of Medical Sciences, Banaras Hindu University, Varanasi	To evaluate the efficacy of Dhouti Kriya (Gastro-intestinal Dialysis) in comparison to other yogic/traditional methods of dialysis/purification with special reference to cellular and humoral immunity	Dhouti Kriya
3.	Centre of Psychosomatic and Biofeed-back Medicine, Faculty of Ayurveda, Instt. of Medical Sciences, Banaras Hindu University, Varanasi	Role of Vipassana Meditation on attention, memory span and learning abilities among the student population	Vipassana Meditation
4.	Dep't. of Cardiology, All India Institute of Medical Sciences, New Delhi	Coronary Atherosclerosis reversal potential of Yoga Life Style Intervention	Coronary Artery Disease
5.	Vivekananda Kendra Yoga Research Foundation, Bangalore	An integrated approach of Yoga therapy for stress related ailments	Yoga & Stress
6.	Dep't. of Psychopharmacology, National Institute of Mental Health & Neuro Sciences, Bangalore	Understanding of Neurodynamical complexities of meditative process from the EEG signals	Meditation
7.	Jeevan Rekha Parishad, Bhubaneswar, Orissa.	A comparative study on Yoga, Perfect Health and Fertility behavior among Yogic & Non-Yogic couples	Normal Physiology
8.	Atma Darshan Sadhna Kendra, New Delhi	Yoga for memory development among school children	Memory
9.	Defense Institute of Physiology & Allied Sciences (DIPAS), Delhi	Coronary artery disease regression through life style changes – vegetarianism, moderate exercise, stress management through Raj yoga meditation	Coronary Artery Disease
10.	Defense Institute of Physiology & Allied Sciences(DIPAS), Delhi	Effect of Yogic practices on the physiological & anti-oxidant systems in man	Yoga & Physiology
11.	Kaivalyadhama, Lonavla, Pune	To evaluate the efficacy of Yoga treatment with or without Biofeed back procedures in the management of three disorders	Yoga & Biofeedback

12.	Kaivalyadhama, Lonavla, Pune	Randomized Controlled trial to determine the efficacy of the Yoga therapy on the patients of obesity as compared to the conventional treatment	Obesity
13.	Department of Physiology, All India Institute of Medical Sciences, New Delhi	Yoga & Biofeed back for the treatment of Irritable Bowel Syndrome	Irritable Bowel Syndrome
14.	Department of Respiratory Critical Care and Sleep Medicine, Safdarjung Hospital, New Delhi	To study the effect of Yogic practices on symptomatology and Physiological Parameters in Bronchial Asthma	Bronchial Asthma
15.	Swami Vivekananda Yoga Research Foundation, Bangalore	Integrated Approach of Yoga Therapy in the Management of Cancer	Cancer
16.	Swami Vivekananda Yoga Research Foundation, Bangalore	Uni-nostril Yoga breathing & Obesity : A study of efficacy and mechanisms	Obesity
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19.	Deptt. of Physiology, Jawaharlal Institute of Post Graduate Medical Education & Research, Pondicherry	The effect of Asanas and Pranayamas on Neurological, Neuromuscular & Cardio-respiratory functions in Healthy Human Volunteers	Yoga & Physiology
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26.	Krishnamacharya Yoga Mandiram,	The therapeutic effect of Yoga on patients with generalised epileptic	Epilepsy

	No. 16, Fourth Cross Street, Ramakrishna Nagar, Chennai	seizures	
27.	Holistic Medicine and Stress Research Unit, Dep't. of Medicine, Govt. Medical College, Thiruvananthapuram, Kerala	Therapeutic effects of Yoga on stress disorders	Psychological stress disorders
28.	Department of Physiology, AIIMS, New Delhi	Yogic relaxation in the management of ulcerative colitis	Ulcerative Colitis
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52.	Yog Research Department, Patanjali Yogpeeth , Haridwar, Uttarakhand.	Effect of Yoga on Physical, Cognitive and Emotional Development in Children.	Child Development

List of Research Papers published

S. No.	Title of the Paper/Abstract	Author	Name of Journal	Year of Publication
1.	Retardation of Coronary Atherosclerosis with Yoga Lifestyle Intervention	Manchanda SC, R Narang, KS Reddy et al.	Journal of Association of Physicians of India	2000
2.	Modulation of cold pressure – induced stress by shavasana in normal adult volunteers	Madan Mohan, Kaviraja Udupa, Ananda Balayogi Bhavanani et al.	Indian Journal of Physiology and Pharmacology	2002
3.	Sudarshan Kriya practitioners exhibit better antioxidant status and lower blood lactate levels.	Sharma H, Sen S, Singh A, Bhardwaj NK, Kochupillai V, Singh N.	Journal of Biological Psychology	2003
4.	Electrophysiological Evaluation of Sudarshan Kriya: an EEG, BAER, P300 study	M.Bhatia, A. Kumar, N. Kumar et al.	Indian Journal of Physiology and Pharmacology	2003
5.	Effect of Yoga Training on Handgrip, Respiratory Pressures and Pulmonary Function	Madanmohan, Lakshmi Jatiya, Kaviraja Udupa, and Ananda Balayogi Bhavanani	Indian Journal of Physiology and Pharmacology	2003
6.	Effect of Pranayam Training on Cardiac Function in normal Young Volunteers	Kaviraja Udupa, MadanMohan, Ananda Balayogi Bhavanani et al.	Indian Journal of Physiology and Pharmacology	2003
7.	Acute Effect of Mukh Bhastrika (A Yogic Bellows Type Breathing) on Reaction time	Ananda Balayogi Bhavanani, Madan Mohan, and Kaviraja Udupa	Indian Journal of Physiology and Pharmacology	2003
8.	Tilt Table Testing in the Diagnostic Evaluation of Presyncope and Syncope: A case-Series Report	E. S. Prakash, Madan Mohan, Sunil K. Narayan et al.	Indian Journal of Physiology and Pharmacology	2004
9.	Modulation of Cardiovascular	Madan Mohan, Kaviraja Udupa,	Indian Journal of Physiology and	2004

	response to exercise by Yoga Training	Ananda Balayogi Bhavanani et al	Pharmacology	
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