

# PROFILE



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## **EXPERIENCE SUMMARY**

15 years of Teaching and Clinical experience

## **ACADEMIC PROFILE**

<b>Degree</b>	<b>Institution</b>	<b>Year of Completion</b>
<b>PhD (Yoga)</b>	Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA University), Bangalore	2019
<b>MD (Y &amp; R)</b>	Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA University), Bangalore	2011
<b>BAMS</b>	Rajiv Gandhi University of Health sciences Bangalore	2007

## **MEMBERSHIP**

- Life Member of **Indian Yoga Association**(IYA/LM/033)
- Life Member of **Vishwa Ayurveda Parishad** (MH- 7557)
- Honorary Membership of **Strategic Institute for Public Health Education and Research** (SIPHER)
- Member of **Babasaheb Bhimrao Ambedkar University**, Lucknow.

## **AWARDS**

**American Diabetes Association**

*For*

“Diabetes Prevention through Yoga-Based Life Style:  
A Pan-India Randomized Controlled Trial”

# RESEARCH PUBLICATION – 64

**Google Scholar:** <https://scholar.google.com/citations?user=VjyfE8IAAAAJ&hl=en&authuser=8>

**Scopus:** <https://www.scopus.com/authid/detail.uri?authorId=57202898270>

**Web of Science:** <https://www.webofscience.com/wos/author/record/GQQ-1939-2022>

**Orchid ID:** [000000028033681X](https://orcid.org/000000028033681X)

Sl. No	Title	Journal	If	Year
1	Textbook of allergy for the clinician	<i>Crc press</i>		2014
2	A holistic antenatal model based on yoga, ayurveda, and Vedic guidelines	<i>Health care for women international</i>	0.95	2015
3	Mindfulness and impulsivity in diabetes mellitus	<i>Diabetes technology &amp; therapeutics</i>	4.488	2015
4	Effect of integrated approach of yoga therapy on chronic constipation	<i>Voice of research</i>	3.522	2016
5	Can yoga-based diabetes management studies facilitate integrative medicine in India current status and future directions	<i>Integrative medicine international</i>	1.9	2017
6	Effect of integrated yoga therapy on arterial stiffness: a pilot study on young and older adults with obesity	<i>Integrative medicine international</i>	1.9	2017
7	Effect of 1-week yoga-based residential program on cardiovascular variables of hypertensive patients: a comparative study	<i>International journal of yoga</i>	1.2	2018
8	Impact of yoga on blood glucose level among patients with type 2 diabetes mellitus: a multicenter controlled trial	<i>Journal of stem cells</i>	1.55	2018
9	Yoga in type 2 diabetes mellitus	<i>Journal of stem cells</i>	1.55	2018
10	Partitioning of radiological, stress and biochemical changes in pre-diabetic women subjected to diabetic yoga protocol	<i>Diabetes &amp; metabolic syndrome: clinical research &amp; reviews</i>	1.94	2019
11	Niyantrita madhumeha bharata 2017, methodology for a nationwide diabetes prevalence estimate: part 1	<i>International journal of yoga</i>	1.2	2019
12	Methodology of Niyantrita Madhumeha Bharata Abhiyaan-2017, a Nationwide Multicentric Trial on the Effect of a Validated Culturally Acceptable Lifestyle Intervention for Primary Prevention of Diabetes: Part 2	<i>International journal of yoga</i>	1.2	2019
13	Efficacy of a validated yoga protocol on dyslipidemia in diabetes patients: nmb-2017 India trial	<i>Medicines</i>	2.13	2019
14	129-or: diabetes prevention through yoga-based lifestyle: a pan-India randomized controlled trial	<i>Diabetes</i>	7.273	2019
15	Effect of a Residential Integrated Yoga Program on Blood Glucose Levels, Physiological Variables, and Anti-Diabetic Medication Score of Patients with Type 2 Diabetes Mellitus: A Retrospective Study	<i>Integrative Medicine International</i>		2019
16	Knowledge, attitude, and practice of yoga in rural and urban India, kapy 2017: a nationwide cluster sample	<i>Medicines</i>	2.13	2020

	survey			
17	Prevalence of diabetes and its determinants in the young adult's Indian population-call for yoga intervention	<i>Frontiers in endocrinology</i>	5.1	2020
18	Higher perceived stress and poor glycemic changes in prediabetics and diabetics among Indian population	<i>Journal of medicine and life</i>	1.47	2020
19	A composite of BMI and waist circumference may be a better obesity metric in Indians with high risk for type 2 diabetes: an analysis of nmb-2017, a nationwide cross-sectional study	<i>Diabetes research and clinical practice</i>	3.23	2020
20	Potential benefits of yoga in pregnancy-related complications during the covid-19 pandemic and implications for working women	<i>Work</i>	1.009	2020
21	Immediate effect of mind sound resonance technique (MSRT – a yoga-based relaxation technique) on blood pressure, heart rate, and state anxiety in individuals with hypertension: a pilot study	<i>Journal of complementary and integrative medicine</i>	0.66	2020
22	Assessment of risk of diabetes by using Indian diabetic risk score (IDRS) in Indian population	<i>Diabetes research and clinical practice</i>	3.239	2020
23	Perceived stress and depression in prediabetes and diabetes in an Indian population-a call for a mindfulness-based intervention	<i>General hospital psychiatry</i>	3.22	2020
24	Perceptions of benefits and barriers to yoga practice across rural and urban India: implications for workplace yoga	<i>Work</i>	1.132	2020
25	Distribution of glycated hemoglobin and its determinants in Indian young adults	<i>Diabetes research and clinical practice</i>	3.239	2020
26	Depression in high-risk type 2 diabetes adults	<i>Annals of neurosciences</i>	2.01	2020
27	Integrative medicine as a panpharmacon for covid-19 pandemic: a call for global advocacy	<i>Annals of neurosciences</i>	2.01	2020
28	Integrated approach of yoga therapy towards morbid obesity: a case report	<i>Integrative medicine case reports</i>		2020
29	Conservative and non-surgical management of lumbar disc herniation	<i>Integrative medicine case report</i>		2020
30	Non-surgical approach towards uterine fibroid and ovarian cyst with yoga practice	<i>Integrative medicine case report</i>		2020
31	Yoga practice is beneficial for maintaining healthy lifestyle and endurance under restrictions and stress imposed by lockdown during covid-19 pandemic	<i>Frontiers in psychiatry</i>	3.53	2021
32	Physical activity patterns in India stratified by zones, age, region, BMI and implications for covid-19: a nationwide study	<i>Annals of neuroscience</i>	2.01	2021
33	Cost of management of diabetes mellitus: a pan India study	<i>Annals of neurosciences</i>	2.01	2021
34	Effectiveness of a yoga-based lifestyle protocol (YLP) in preventing diabetes in a high-risk Indian cohort: a multicenter cluster-randomized controlled trial (NMB-trial)	<i>Frontiers in endocrinology</i>	5.1	2021
35	Ayurveda body–mind constitutional types and role of yoga intervention among type 2 diabetes mellitus population of	<i>Annals of neurosciences</i>	2.01	2021

	Chandigarh and Panchkula regions			
36	Potential role of yoga in the management of ankylosing spondylitis: a retrospective study	<i>Annals of neurosciences</i>	2.01	2021
37	Is the Indian dietary pattern associated with type 2 diabetes? A pan-India randomized cluster sample study	<i>Annals of neurosciences</i>	2.01	2021
38	Content validity of an integrated yoga module for practice during remission in relapsing–remitting multiple sclerosis patients	<i>Annals of neurosciences</i>	2.01	2021
39	A recipe for policy research in Aayush educational and research programs.	<i>Integrative medicine case reports</i>		2021
40	Study protocol for yoga-based lifestyle intervention for healthy ageing phenotype in the older adults (yhap): a two-armed, waitlist randomized controlled trial with multiple primary outcomes	<i>Bmj open</i>		2021
41	Integrative approach to covid-19: an Indian Facebook recipe for mental health	<i>Annals of neurosciences</i>	2.01	2021
42	Prospective study of different staple diets of diabetic Indian population	<i>Annals of neurosciences</i>	2.01	2021
43	Development and validation of vikrti measuring scale—a pilot study	<i>Indian journal of ayurveda &amp; integrative medicine kleu</i>		2021
44	Trends of hypertension and neurological diseases in India: a nationwide survey reporting the distribution across geographical areas	<i>Annals of neurosciences</i>	2.01	2021
45	Role of mind–body intervention on lipid profile: a cross-sectional study	<i>International journal of yoga</i>	1.2	2021
46	Sleep disorders in individuals with high risk for diabetes in Indian population	<i>Annals of neurosciences</i>	2.01	2021
47	Ayurveda and yoga therapy for allergy and asthma	<i>Textbook of allergy for the clinician</i>		2021
48	A prospective study on type-2 diabetic complications and efficacy of integrated yoga: a pan India 2017	<i>Annals of neurosciences</i>	2.01	2021
49	Good laboratory practices: lab orientations, meetings, and value of communication	<i>Quality assurance implementation in research labs</i>		2021
50	Integrated approach of yoga therapy towards chronic low back pain: a case report	<i>Integrative medicine case reports</i>		2021
51	Role of integrative medicine in oncology for longevity and quality of life: a case report	<i>Integrative medicine case reports</i>		2021
52	International conference in integrative medicine ICIM – 2020	<i>Integrative medicine case reports</i>		2021
53	Designing, validation, and the feasibility of a yoga module for patients with ankylosing spondylitis	<i>Journal of ayurveda and integrative medicine</i>		2022
54	A study protocol for a randomized controlled trial on the	<i>Advances in</i>		2022

	efficacy of yoga as an adjuvant therapy for patients with ankylosing spondylitis amidst covid-19 pandemic	<i>integrative medicine</i>		
55	Prevalence of non-communicable diseases and its associated factors among urban elderly of six Indian states	<i>Cureus</i>	1.15	2022
56	The deadly duo of hypertension and diabetes in India: further affirmation from a new epidemiological study.	<i>The journal of the association of physicians of India</i>	0.44	2022
57	Yoga-based stress and quality of life management during pregnancy	<i>Psychosomatic medicine</i>		2022
58	Role of yoga in prevention and management of type 2 diabetes mellitus (t2dm) and its complications	<i>The principles and practice of yoga in cardiovascular medicine</i>		2022
59	The burden of 'high-risk 'of diabetes in the Indian population-findings from a nationwide survey	<i>SSRN 4242249</i>		2022
60	Integrative treatment on Crohn's disease: a case report	<i>Integrative medicine case report</i>		2022
61	Tele-yoga in the management of ankylosing spondylitis amidst covid pandemic: a prospective randomized controlled trial	<i>Complementary therapies in clinical practice</i>	3.7	2023
62	Evaluating the Effectiveness of Yoga as An Adjunct Therapy In Type 1 Diabetes Care: Study Protocol of A Prospective Randomised	<i>Advances in integrative medicine</i>		2023
63	A review of vata dosha with respect to Low back pain and its management according to Yoga, Ayurveda, and Traditional Thai Medicine	<i>Paniniya Journal</i>		2023
64	Exploring the Bioenergy Pathways Affecting the Low Back Pain – A Review	<i>JACS Journal</i>		2023
65	Yoga and Diet Management for Back pain- Narrative Review	<i>IOS -YHH 2023 (KKSU)</i>		2023
66	Props in Yoga and Traditional Thai Massage for Back Pain- A Narrative Review	<i>Panniniya Journal</i>		2023
67	Review study to explore the deeper insights into the pose Bhujangasana and its role in healing back pain.	<i>Pracya Journal</i>		2023
68	Mind -body practice as a primer to maintain the psychological health among pregnant women -YOGESTA -Randomized Controlled Trial	<i>Frontiers in Public Health</i>		2023
69	Impact of Mind Sound Resonance Technique (MSRT) as an add on to Integrated Approach of Yoga Therapy (IAYT) in stress-induced insomnia: A single case report	<i>Integrative medicine case reports</i>		2023

## BOOKS AND CHAPTERS

Sl. No	Title	ISBN NO	Publisher	Year of published
1	Textbook of Allergy for the Clinician	9780367854706	Taylor & Francis Group	2020
2	Ayurveda Therapy and It's	978-93-5493-777-	Swami Paramhansa	2021

	Integration with improvised modern methods	4	<i>Samsthana Publication</i>	
3	Yoga, A Journey Within	978-93-5437-986-4	<i>Swami Paramhansa Samsthana Publication</i>	2021
4	Therapeutic guidelines of Yoga therapy and Integrative Medicine	978-93-5473-045-0	<i>Swami Paramhansa Samsthana Publication</i>	2021
5	Textbook of Allergy for the Clinician	9780367854706	<i>Taylor &amp; Francis Group</i>	2021
6	Good Laboratory Practices: Lab Orientations, Meetings, and Value of Communication	78-981-16-3073-6	<i>Springer, Singapore</i>	2021
7	Meditation: A safe, Feasible and Effective Adjunct Therapy	978-93-82297-64-2	<i>Crossbill Publishing Co. New Delhi</i>	2021
8	The principles and practice of yoga in cardiovascular medicine	978-981-16-6912-5	<i>Springer</i>	2022

## PROJECTS – 6

<b>Sl. No</b>	<b>Study Title</b>	<b>Designation</b>	<b>Year</b>
1	Changes in prefrontal oxygenation, cardiac activity and executive functions following Mind sound resonance technique	<b>PI</b>	2021
2	Immediate effect of Kunjal kriya on cardiorespiratory function among asthmatic patients: a pilot study	<b>PI</b>	2021
3	Effect of three months Yoga Intervention on the management of Type 1 Diabetes – A Randomized Controlled Trail	<b>PI</b>	2020
4	Effect of yogic practices on phenotypic and molecular bio markers of aging	<b>Co-PI</b>	2020
5	Efficacy of yoga on frequency of Multiple sclerosis relapse and quality of life	<b>Co-PI</b>	2020
6	Management of Type 2 Diabetes through Ayurveda	<b>Co-PI</b>	2019