

Chapter 9

References

REFERENCES

- Adhana, R., Gupta, R., Dvivedi, J., Ahmad, S., Dvivedii, J., & Ahmad, S. (2013). The influence of the 2:1 yogic breathing technique on essential hypertension. *Indian Journal of Physiology and Pharmacology*, *57*(1), 38–44.
- Altman, D. G., Gore, S. M., Gardner, M. J., & Pocock, S. J. (1983). Statistical guidelines for contributors to medical journals. *British Medical Journal (Clinical Research Ed.)*, *286*(6376), 1489–1493.
- Ashley, E., & Niebauer, J. (2004). Conquering the ECG. In *Cardiology Explained*. London: Remedica. Retrieved from <http://www.ncbi.nlm.nih.gov/books/NBK2214/>
- Backon, J., Matamoros, N., Ramirez, M., Sanchez, R. M., Ferrer, J., Brown, A., & Ticho, U. (1990). A functional vagotomy induced by unilateral forced right nostril breathing decreases intraocular pressure in open and closed angle glaucoma. *The British Journal of Ophthalmology*, *74*(10), 607–609.
- Balasubramanian, S., Janech, M. G., & Warren, G. W. (2015). Alterations in Salivary Proteome following Single Twenty-Minute Session of Yogic Breathing. *Evidence-Based Complementary and Alternative Medicine : eCAM*, *2015*, 376029.
- Band, G. P. H., van der Molen, M. W., & Logan, G. D. (2003). Horse-race model simulations of the stop-signal procedure. *Acta Psychologica*, *112*(2), 105–142.
- Bernardi, L., Gabutti, A., Porta, C., & Spicuzza, L. (2001). Slow breathing reduces chemoreflex response to hypoxia and hypercapnia, and increases baroreflex sensitivity. *Journal of Hypertension*, *19*(12), 2221–2229.

- Bernardi, L., Porta, C., Spicuzza, L., Bellwon, J., Spadacini, G., Frey, A. W., ... Sanderson, John E. Pedretti, Roberto Tramarin, R. (2002). Slow Breathing Increases Arterial Baroreflex Sensitivity in Patients With Chronic Heart Failure. *Circulation*, *105*(2), 143–145.
- Bernardi, L., Wdowczyk-Szulc, J., Valenti, C., Castoldi, S., Passino, C., Spadacini, G., & Sleight, P. (2000). Effects of controlled breathing, mental activity and mental stress with or without verbalization on heart rate variability. *Journal of the American College of Cardiology*, *35*(6), 1462-1469.
- Berntson, G. G., Bigger, J. T., Eckberg, D. L., Grossman, P., Kaufmann, P. G., Malik, M., ... van der Molen, M. W. (1997). Heart rate variability: origins, methods, and interpretive caveats. *Psychophysiology*, *34*(6), 623–648.
- Bhagat, O. L., Kharya, C., Jaryal, A., & Deepak, K. K. (2017). Acute effects on cardiovascular oscillations during controlled slow yogic breathing. *The Indian journal of medical research*, *145*(4), 503-512.
- Bhargava, R., Gogate, M. G., & Mascarenhas, J. F. (1988). Autonomic responses to breath holding and its variations following pranayama. *Indian Journal of Physiology and Pharmacology*, *32*(4), 257–264.
- Bhattacharya, S., Pandey, U. S., & Verma, N. S. (2002). Improvement in oxidative status with yogic breathing in young healthy males. *Indian Journal of Physiology and Pharmacology*, *46*(3), 349–354.
- Bhavanani, A. B., Madanmohan, Sanjay, Z., & Basavaraddi, I. V. (2012). Immediate cardiovascular effects of pranava pranayama in hypertensive patients. *Indian Journal of Physiology and Pharmacology*, *56*(3), 273–278.

- Bhavanani, A. B., Madanmohan, Sanjay, Z., & Madanmohan. (2012). Immediate effect of chandra nadi pranayama (left unilateral forced nostril breathing) on cardiovascular parameters in hypertensive patients. *International Journal of Yoga*, 5(2), 108-111.
- Bhavanani, A. B., Madanmohan, & Udupa, K. (2003). Acute effect of mukh bhastrika (a yogic bellows type breathing) on reaction time. *Indian Journal of Physiology and Pharmacology*, 47(3), 297–300.
- Bhavanani, A. B., Ramanathan, M., Balaji, R., & Pushpa, D. (2014). Differential effects of uninostril and alternate nostril pranayamas on cardiovascular parameters and reaction time. *International Journal of Yoga*, 7(1), 60–65.
- Bhavanani, A. B., Ramanathan, M., & Harichandrakumar, K. T. (2012). Immediate effect of mukha bhastrika (A bellows type pranayama) on reaction time in mentally challenged adolescents. *Indian Journal of Physiology and Pharmacology*, 56(2), 174–180.
- Bhavanani, A. B., Sanjay, Z., & Madanmohan. (2011). Immediate effect of sukha pranayama on cardiovascular variables in patients of hypertension. *International Journal of Yoga Therapy*, (21), 73–76.
- Bilderbeck, A. C., Farias, M., Brazil, I. A., Jakobowitz, S., & Wikholm, C. (2013). Participation in a 10-week course of yoga improves behavioural control and decreases psychological distress in a prison population. *Journal of Psychiatric Research*, 47(10), 1438–1445.

- Carter, K. S., & III, R. C. (2016). Breath-based meditation: A mechanism to restore the physiological and cognitive reserves for optimal human performance. *World Journal of Clinical Cases*, 4(4), 99–102.
- Chakrabarty, J., Vidyasagar, M. S., Fernandes, D., Bhat, V., Nagalakshmi, Joisa, G., & Mayya, S. S. (2013). Effectiveness of pranayama on the levels of serum protein thiols and glutathione in breast cancer patients undergoing radiation therapy: A randomized controlled trial. *Indian Journal of Physiology and Pharmacology*, 57(3), 225–232.
- Chakrabarty, J., Vidyasagar, M. S., Fernandes, D., Joisa, G., Varghese, P., & Mayya, S. (2015). Effectiveness of pranayama on cancer-related fatigue in breast cancer patients undergoing radiation therapy: A randomized controlled trial. *International Journal of Yoga*, 8(1), 47–53.
- Chakrabarty, J., Vidyasagar, M. S., Fernandes, D., & Mayya, S. (2016). Emotional Aspects and Pranayama in Breast Cancer Patients Undergoing Radiation Therapy: A Randomized Controlled Trial. *Asia-Pacific Journal of Oncology Nursing*, 3(2), 199–204.
- Chamberlain, S. R., Hampshire, A., Müller, U., Rubia, K., Del Campo, N., Craig, K., ... Sahakian, B. J. (2009). Atomoxetine modulates right inferior frontal activation during inhibitory control: a pharmacological functional magnetic resonance imaging study. *Biological Psychiatry*, 65(7), 550–555.
- Chen, X., Chen, T., Yun, F., Huang, Y., & Li, J. (2014). Effect of repetitive end-inspiration breath holding on very short-term heart rate variability in healthy humans. *Physiological measurement*, 35(12), 2429-2445.

- Colzato, L. S., Hertsig, G., van den Wildenberg, W. P. M., & Hommel, B. (2010). Estrogen modulates inhibitory control in healthy human females: evidence from the stop-signal paradigm. *Neuroscience*, *167*(3), 709–715.
- Cooper, S., Osborne, J., Newton, S., Harrison, V., Thompson Coon, J., Lewis, S., & Tattersfield, A. (2003). *Effect of two breathing exercises (Buteyko and pranayama) in asthma: a randomised controlled trial*. *Thorax*, *58*(8), 674–679.
- Costalat, G., Coquart, J., Castres, I., Tourny, C., & Lemaitre, F. (2013). Hemodynamic adjustments during breath-holding in trained divers. *European Journal of Applied Physiology*, *113*(10), 2523–2529.
- Cramer, H., Krucoff, C., & Dobos, G. (2013). Adverse events associated with yoga: a systematic review of published case reports and case series. *PloS One*, *8*(10), e75515.
- Cross, T. J., Kavanagh, J. J., Breskovic, T., Johnson, B. D., & Dujic, Z. (2014). Dynamic cerebral autoregulation is acutely impaired during maximal apnoea in trained divers. *PloS One*, *9*(2), e87598.
- Dabhade, A. M., Pawar, B. H., Ghunage, M. S., & Ghunage, V. M. (2012). Effect of pranayama (breathing exercise) on arrhythmias in the human heart. *Explore: The Journal of Science and Healing*, *8*(1), 12–15.
- Desai, B. P., & Gharote, M. L. (1990). Effect of Kapalabhati on blood urea, creatinine and tyrosine. *Activitas Nervosa Superior*, *32*(2), 95–98.

- Dhruva, A., Miaskowski, C., Abrams, D., Acree, M., Cooper, B., Goodman, S., & Hecht, F. M. (2012). Yoga Breathing for Cancer Chemotherapy–Associated Symptoms and Quality of Life: Results of a Pilot Randomized Controlled Trial. *The Journal of Alternative and Complementary Medicine*, 18(5):473–479
- Dick, T. E., Mims, J. R., Hsieh, Y.-H., Morris, K. F., & Wehrwein, E. A. (2014). Increased cardio-respiratory coupling evoked by slow deep breathing can persist in normal humans. *Respiratory Physiology & Neurobiology*, 204, 99–111.
- Dinesh, T., Gaur, G., Sharma, V., Madanmohan, T., Harichandra Kumar, K., & Bhavanani, A. (2015). Comparative effect of 12 weeks of slow and fast pranayama training on pulmonary function in young, healthy volunteers: A randomized controlled trial. *International Journal of Yoga*, 8(1), 22–26.
- Duschek, S., Muckenthaler, M., Werner, N., & del Paso, G. A. R. (2009). Relationships between features of autonomic cardiovascular control and cognitive performance. *Biological Psychology*, 81(2), 110–117.
- Faul, F., Erdfelder, E., Lang, A.-G. G., & Buchner, A. (2007). G*Power 3: a flexible statistical power analysis program for the social, behavioral, and biomedical sciences. *Behavior Research Methods*, 39(2), 175–191.

- França da Silva, A. K., Penachini da Costa de Rezende Barbosa, M., Marques Vanderlei, F., Destro Christofaro, D. G., & Marques Vanderlei, L. C. (2016). Application of Heart Rate Variability in Diagnosis and Prognosis of Individuals with Diabetes Mellitus: Systematic Review. *Annals of Noninvasive Electrocardiology: The Official Journal of the International Society for Holter and Noninvasive Electrocardiology, Inc*, 21(3), 223–35.
- Frattola, A., Parati, G., Gamba, P., Paleari, F., Mauri, G., Di Rienzo, M., ... Mancia, G. (1997). Time and frequency domain estimates of spontaneous baroreflex sensitivity provide early detection of autonomic dysfunction in diabetes mellitus. *Diabetologia*, 40(12), 1470–1475.
- Gosewade, N. B., Shende, V. S., & Kashalikar, S. J. (2013). Effect of Various Eye Exercise Techniques along with Pranayama on Visual Reaction Time: A Case Control Study. *Journal of Clinical and Diagnostic Research : JCDR*, 7(9), 1870–1873.
- Goyal, R., Lata, H., Walia, L., & Narula, M. K. (2014). Effect of pranayama on rate pressure product in mild hypertensives. *International Journal of Applied & Basic Medical Research*, 4(2), 67–71.
- Guelen, I., Westerhof, B. E., Van Der Sar, G. L., Van Montfrans, G. A., Kiemeneij, F., Wesseling, K. H., & Bos, W. J. (2003). Finometer, finger pressure measurements with the possibility to reconstruct brachial pressure. *Blood Pressure Monitoring*, 8(1), 27–30.

- Hakked, C. S., Balakrishnan, R., & Krishnamurthy, M. N. (2017). Yogic breathing practices improve lung functions of competitive young swimmers. *Journal of Ayurveda and Integrative Medicine*, 8(2):99-104.
- Hill, L. K., Sollers Iii, J. J., & Thayer, J. F. (2013). Resistance reconstructed estimation of total peripheral resistance from computationally derived cardiac output. *Biomedical Sciences Instrumentation*, 49, 216–223.
- Hill, L., Sollers Iii, J., & Thayer, J. (2012). Evaluation of a simple estimation method for the derivation of cardiac output from arterial blood pressure and heart rate. *Biomedical Sciences Instrumentation*, 48, 165–170.
- Hirshoren, N., Tzoran, I., Makrienko, I., Edoute, Y., Plawner, M. M., Itskovitz-Eldor, J., & Jacob, G. (2002). Menstrual cycle effects on the neurohumoral and autonomic nervous systems regulating the cardiovascular system. *The Journal of Clinical Endocrinology and Metabolism*, 87(4), 1569–1575.
- Imholz, B. P., Wieling, W., Langewouters, G. J., & van Montfrans, G. A. (1991). Continuous finger arterial pressure: utility in the cardiovascular laboratory. *Clinical Autonomic Research : Official Journal of the Clinical Autonomic Research Society*, 1(1), 43–53.
- Jansen, J. R. C., Schreuder, J. J., Mulier, J. P., Smith, N. T., Settels, J. J., & Wesseling, K. H. (2001). A comparison of cardiac output derived from the arterial pressure wave against thermodilution in cardiac surgery patients. *BJA: British Journal of Anaesthesia*, 87(2), 212–222.

- Jella, S. A., & Shannahoff-Khalsa, D. S. (1993). The effects of unilateral forced nostril breathing on cognitive performance. *The International Journal of Neuroscience*, 73(1–2), 61–68.
- Jerath, R., Edry, J. W., Barnes, V. A., & Jerath, V. (2006). Physiology of long pranayamic breathing: neural respiratory elements may provide a mechanism that explains how slow deep breathing shifts the autonomic nervous system. *Medical Hypotheses*, 67(3), 566–571.
- Johnson, D. B., Tierney, M. J., & Sadighi, P. J. (2004). Kapalabhati pranayama: Breath of fire or cause of pneumothorax? A case report. *Chest*, 125(5), 1951–1952.
- Joseph, C. N., Porta, C., Casucci, G., Casiraghi, N., Maffei, M., Rossi, M., & Bernardi, L. (2005). Slow Breathing Improves Arterial Baroreflex Sensitivity and Decreases Blood Pressure in Essential Hypertension. *Hypertension*, 46(4), 714–718.
- Joula, F., Lemaitre, F., Fontanari, P., Mille, M. L., & Barthelemy, P. (2009). Circulatory effects of apnoea in elite breath-hold divers. *Acta Physiologica (Oxford, England)*, 197(1), 75–82.
- Jovanov, E. (2005). On spectral analysis of heart rate variability during very slow yogic breathing. *IEEE Eng Med Biol Soc*, 3, 2467–2470.
- Jyotsna, V. P., Ambekar, S., Singla, R., Joshi, A., Dhawan, A., Kumar, N., ... Sreenivas, V. (2013). Cardiac autonomic function in patients with diabetes improves with practice of comprehensive yogic breathing program. *Indian Journal of Endocrinology and Metabolism*, 17(3), 480–485.

- Jyotsna, V. P., Joshi, A., Ambekar, S., Kumar, N., Dhawan, A., Sreenivas, V., ... Sreenivas, V. (2012). Comprehensive yogic breathing program improves quality of life in patients with diabetes. *Indian Journal of Endocrinology and Metabolism*, *16*(3), 423-428.
- Kaminsky, D. A., Guntupalli, K. K., Lippmann, J., Burns, S. M., Brock, M. A., Skelly, J., ... Hanania, N. A. (2017). Effect of Yoga Breathing (Pranayama) on Exercise Tolerance in Patients with Chronic Obstructive Pulmonary Disease: A Randomized, Controlled Trial. *Journal of Alternative and Complementary Medicine (New York, N.Y.)*, *23*(9), 696–704.
- Karam, M., Kaur, B. P., & Baptist, A. P. (2017). A modified breathing exercise program for asthma is easy to perform and effective. *The Journal of Asthma : Official Journal of the Association for the Care of Asthma*, *54*(2), 217–222.
- Kiehl, K. A., Smith, A. M., Hare, R. D., & Liddle, P. F. (2000). An event-related potential investigation of response inhibition in schizophrenia and psychopathy. *Biological Psychiatry*, *48*(3), 210–221.
- Kuppusamy, M., Kamaldeen, D., Pitani, R., & Amaldas, J. (2016). Immediate Effects of Bhramari Pranayama on Resting Cardiovascular Parameters in Healthy Adolescents. *Journal of Clinical and Diagnostic Research : JCDR*, *10*(5), CC17-CC19.
- Kuvalyananda, S. (1983). *Pranayama*. Lonavala: Kaivalyadhama.

- Laurino, M., Menicucci, D., Mastorci, F., Allegrini, P., Piarulli, A., Scilingo, E. P., ... Gemignani, A. (2012). Mind-body relationships in elite apnea divers during breath holding: a study of autonomic responses to acute hypoxemia. *Frontiers in Neuroengineering*, 5, 4.
- Lee, Cm., & Ghiya, S. (2012). Influence of alternate nostril breathing on heart rate variability in non-practitioners of yogic breathing. *International Journal of Yoga*, 5(1):66-69.
- Lehrer, P. M., Vaschillo, E., & Vaschillo, B. (2000). Resonant frequency biofeedback training to increase cardiac variability: rationale and manual for training. *Applied Psychophysiology and Biofeedback*, 25(3), 177–191.
- Lehrer, P., Woolfolk, R., & Sime, W. (2007). *Principles and Practice of Stress Management*. New York: Guilford Press.
- Lemaître, F., Bernier, F., Petit, I., Renard, N., Gardette, B., & Joulia, F. (2005). Heart rate responses during a breath-holding competition in well-trained divers. *International Journal of Sports Medicine*, 26(6), 409–413.
- Li, C.-S. R., Yan, P., Sinha, R., & Lee, T.-W. (2008). Subcortical processes of motor response inhibition during a stop signal task. *NeuroImage*, 41(4), 1352–1363.
- Logan, G. D., Cowan, W. B., & Davis, K. A. (1984). On the ability to inhibit simple and choice reaction time responses: a model and a method. *Journal of Experimental Psychology. Human Perception and Performance*, 10(2), 276–291.

- Madsen, K. S., Baaré, W. F. C., Vestergaard, M., Skimminge, A., Ejersbo, L. R., Ramsøy, T. Z., ... Jernigan, T. L. (2010). Response inhibition is associated with white matter microstructure in children. *Neuropsychologia*, *48*(4), 854–862.
- Mahendra, J., Mahendra, L., Ananthalakshmi, R., Parthiban, P. S., Cherukuri, S., & Junaid, M. (2017). Effect of Pranayama on Ppar- γ , Nf- κ B Expressions and Red Complex Microorganisms in Patients with Chronic Periodontitis - A Clinical Trial. *Journal of Clinical and Diagnostic Research : JCDR*, *11*(6), ZC82-ZC86.
- Malshe, P. C. (2011). Nisshesha rechaka pranayama offers benefits through brief intermittent hypoxia. *Ayu*, *32*(4), 451–457.
- Marshall, R. S., Basilakos, A., Williams, T., & Love-Myers, K. (2014). Exploring the benefits of unilateral nostril breathing practice post-stroke: attention, language, spatial abilities, depression, and anxiety. *Journal of Alternative and Complementary Medicine (New York, N.Y.)*, *20*(3), 185–194.
- Marshall, R. S., Laures-Gore, J., DuBay, M., Williams, T., & Bryant, D. (2015). Unilateral forced nostril breathing and aphasia--exploring unilateral forced nostril breathing as an adjunct to aphasia treatment: a case series. *Journal of Alternative and Complementary Medicine (New York, N.Y.)*, *21*(2), 91–99.
- Martarelli, D., Cocchioni, M., Scuri, S., & Pompei, P. (2011). Diaphragmatic breathing reduces exercise-induced oxidative stress. *Evidence-Based Complementary and Alternative Medicine : eCAM*, *2011*, 932430.

- Marzatico, F., Pansarasa, O., Bertorelli, L., Somenzini, L., & Della Valle, G. (1997). Blood free radical antioxidant enzymes and lipid peroxides following long-distance and lactacidemic performances in highly trained aerobic and sprint athletes. *Journal of Sports Medicine and Physical Fitness*, 37(4), 235–239.
- Mason, H., Vandoni, M., Debarbieri, G., Codrons, E., Ugargol, V., & Bernardi, L. (2013). Cardiovascular and respiratory effect of yogic slow breathing in the yoga beginner: what is the best approach? *Evidence-Based Complementary and Alternative Medicine : eCAM*, 2013, 743504.
- McDonald, C. R., Delis, D. C., Norman, M. A., Wetter, S. R., Tecoma, E. S., & Iragui, V. J. (2005). Response inhibition and set shifting in patients with frontal lobe epilepsy or temporal lobe epilepsy. *Epilepsy & Behavior*, 7(3), 438–446.
- McKay, L. C., Adams, L., Frackowiak, R., & Corfield, D. (2008). A bilateral cortico-bulbar network associated with breath holding in humans, determined by functional magnetic resonance imaging. *Neuroimage*, 40(4), 1824–1832.
- McLaughlin, N. C. R., Kirschner, J., Foster, H., O’Connell, C., Rasmussen, S. A., & Greenberg, B. D. (2016). Stop Signal Reaction Time Deficits in a Lifetime Obsessive-Compulsive Disorder Sample. *Journal of the International Neuropsychological Society : JINS*, 22(7), 785–789.
- Mehta, R. (1990). *Yoga: the art of integration*. Madras: The Theosophical Publishing House.

- Mobini Bidgoli, M., Taghadosi, M., Gilasi, H., & Farokhian, A. (2016). The effect of sukha pranayama on anxiety in patients undergoing coronary angiography: a single-blind randomized controlled trial. *Journal of Cardiovascular and Thoracic Research*, 8(4), 170–175.
- Mohanty, S., & Saoji, A. A. (2016). Comments on “Alternate Nostril Breathing at Different Rates and Its Influence on Heart Rate Variability in Non Practitioners of Yoga”. *Journal of Clinical and Diagnostic Research : JCDR*, 10(7), CM1-2.
- Molinari, F., Liboni, W., Grippi, G., & Negri, E. (2006). Relationship between oxygen supply and cerebral blood flow assessed by transcranial Doppler and near-infrared spectroscopy in healthy subjects during breath-holding. *Journal of Neuroengineering and Rehabilitation*, 19(3), 16.
- Mooventhan, A., & Khode, V. (2014). Effect of Bhramari pranayama and OM chanting on pulmonary function in healthy individuals: A prospective randomized control trial. *International Journal of Yoga*, 7(2), 104–110.
- Muktibodhananda, S. (1999). *Swara yoga*. Munger: Bihar Yoga Bharati.
- Muktibodhananda, S. (2002). *Hatha Yoga Pradipika: Light on Hatha Yoga* (2nd ed.). Bihar: Yoga Publication Trust.
- Nagendra, H. R. (2007). *Pranayama-The Art and Science*. Bangalore: Swami Vivekananda Yoga Prakashana.

- Nandam, L. S., Hester, R., Wagner, J., Cummins, T. D. R., Garner, K., Dean, A. J., ... Bellgrove, M. A. (2011). Methylphenidate but not atomoxetine or citalopram modulates inhibitory control and response time variability. *Biological Psychiatry, 69*(9), 902–904.
- Nemati, A. (2013). The effect of pranayama on test anxiety and test performance. *International Journal of Yoga, 6*, 55–60.
- Nivethitha, L., Manjunath, N. K., & Mooventhan, A. (2017). Heart Rate Variability Changes During and after the Practice of Bhramari Pranayama. *International Journal of Yoga, 10*(2), 99–102.
- Nivethitha, L., Mooventhan, A., Manjunath, N. K., Bathala, L., & Sharma, V. K. (2017). Cerebrovascular hemodynamics during pranayama techniques. *Journal of Neurosciences in Rural Practice, 8*(1), 60–63.
- Pal, G. K., Agarwal, A., Karthik, S., Pal, P., & Nanda, N. (2014). Slow yogic breathing through right and left nostril influences sympathovagal balance, heart rate variability, and cardiovascular risks in young adults. *North American Journal of Medical Sciences, 6*(3), 145–151.
- Pal, G. K., Velkumary, S., & Madanmohan. (2004). Effect of short-term practice of breathing exercises on autonomic functions in normal human volunteers. *The Indian Journal of Medical Research, 120*(2), 115–121.
- Peng, C. K., Mietus, J. E., Liu, Y., Khalsa, G., Douglas, P. S., Benson, H., & Goldberger, A. L. (1999). Exaggerated heart rate oscillations during two meditation techniques. *International Journal of Cardiology, 70*(2), 101–107.

- Piepoli, M., Sleight, P., Leuzzi, S., Valle, F., Spadacini, G., Passino, C., ... Bernardi, L. (1997). Origin of Respiratory Sinus Arrhythmia in Conscious Humans : An Important Role for Arterial Carotid Baroreceptors. *Circulation*, 95(7), 1813–1821.
- Porter, K. B., O'Brien, W. F., Kiefert, V., & Knuppel, R. A. (1991). Finapres: a noninvasive device to monitor blood pressure. *Obstetrics and Gynecology*, 78(3.1), 430–433.
- Pöyhönen, M., Syväoja, S., Hartikainen, J., Ruukonen, E., & Takala, J. (2004). The effect of carbon dioxide, respiratory rate and tidal volume on human heart rate variability. *Acta Anaesthesiologica Scandinavica*, 48(1), 93–101.
- Pradhan, B. (2013). Effect of kapalabhati on performance of six-letter cancellation and digit letter substitution task in adults. *International Journal of Yoga*, 6(2), 128–130.
- Pramanik, T., Sharma, H. O., Mishra, S., Mishra, A., Prajapati, R., & Singh, S. (2009). Immediate effect of slow pace bhastrika pranayama on blood pressure and heart rate. *Journal of alternative and complementary medicine (New York, N.Y.)*, 15(3):293-295
- Pratap, V., Berrettini, W. H., & Smith, C. (1978). Arterial blood gases in Pranayama practice. *Perceptual and Motor Skills*, 46(1), 171–174.
- Prem, V., Sahoo, R. C., & Adhikari, P. (2012). Comparison of the effects of Buteyko and pranayama breathing techniques on quality of life in patients with asthma - a randomized controlled trial. *Clinical Rehabilitation*, 27(2), 133–141.

- Qi, M., Gao, H., & Liu, G. (2017). Effect of acute psychological stress on response inhibition: An event-related potential study. *Behavioural Brain Research*, *323*, 32–37.
- Raghavendra, P., Shetty, P., Shetty, S., Manjunath, N. K., & Saoji, A. A. (2016). Effect of high-frequency yoga breathing on pulmonary functions in patients with asthma: A randomized clinical trial. *Annals of Allergy, Asthma & Immunology: Official Publication of the American College of Allergy, Asthma, & Immunology*, *117*(5), 550–551.
- Raghuraj, P., Nagarathna, R., Nagendra, H. R., & Telles, S. (1997). Pranayama increases grip strength without lateralized effects. *Indian Journal of Physiology and Pharmacology*, *41*(2), 129–133.
- Raghuraj, P., Ramakrishnan, A. G., Nagendra, H. R., & Telles, S. (1998). Effect of two selected yogic breathing techniques on heart rate variability. *Indian Journal of Physiology and Pharmacology*, *42*(4), 467–472.
- Raghuraj, P., & Telles, S. (2008). Immediate effect of specific nostril manipulating yoga breathing practices on autonomic and respiratory variables. *Applied Psychophysiology and Biofeedback*, *33*(2), 65–75.
- Rajesh, S. K., Ilavarasu, J. V., & Srinivasan, T. M. (2014). Effect of Bhramari Pranayama on response inhibition: Evidence from the stop signal task. *International Journal of Yoga*, *7*(2), 138–141.

- Reyes del Paso, G. A., Langewitz, W., Mulder, L. J. M., van Roon, A., & Duschek, S. (2013). The utility of low frequency heart rate variability as an index of sympathetic cardiac tone: A review with emphasis on a reanalysis of previous studies. *Psychophysiology*, *50*(5), 477–487.
- Rovere, M. T. La, Bigger, J. T., Marcus, F. I., Mortara, A., & Schwartz, P. J. (1998). Baroreflex sensitivity and heart-rate variability in prediction of total cardiac mortality after myocardial infarction. *The Lancet*, *351*(9101), 478–484.
- Saraswati, S. N. (2002). *Prana Pranayama Prana Vidya* (2nd ed.). Munger: Yoga Publications Trust.
- Saraswati, S. S. (2011). *Four Chapters on Freedom* (2nd ed.). Bihar: Yoga Publication Trust.
- Saxena, T., & Saxena, M. (2009). The effect of various breathing exercises (pranayama) in patients with bronchial asthma of mild to moderate severity. *International Journal of Yoga*, *2*(1), 22–25.
- Schevernels, H., van Bochove, M. E., De Taeye, L., Bombeke, K., Vonck, K., Van Roost, D., ... Boehler, C. N. (2016). The effect of vagus nerve stimulation on response inhibition. *Epilepsy & Behavior : E&B*, *64*(Pt A), 171–179.
- Schutte, A. E., Huisman, H. W., van Rooyen, J. M., Malan, N. T., & Schutte, R. (2004). Validation of the Finometer device for measurement of blood pressure in black women. *Journal of Human Hypertension*, *18*(2), 79–84.

- Senderecka, M., Grabowska, A., Szewczyk, J., Gerc, K., & Chmylak, R. (2012). Response inhibition of children with ADHD in the stop-signal task: an event-related potential study. *International Journal of Psychophysiology: Official Journal of the International Organization of Psychophysiology*, 85(1), 93–105.
- Shahab, L., Sarkar, B. K., & West, R. (2013). The acute effects of yogic breathing exercises on craving and withdrawal symptoms in abstaining smokers. *Psychopharmacology*, 225(4), 875–882.
- Shannahoff-Khalsa, D. S., & Kennedy, B. (1993). The effects of unilateral forced nostril breathing on the heart. *International Journal of Neuroscience*, 73(1–2), 47–60.
- Shannahoff-Khalsa, D. S., Sramek, B. B., Kennel, M. B., & Jamieson, S. W. (2004). Hemodynamic observations on a yogic breathing technique claimed to help eliminate and prevent heart attacks: a pilot study. *Journal of Alternative and Complementary Medicine (New York, N.Y.)*, 10(5), 757–766.
- Sharma, V. K., M, R., S, V., Subramanian, S. K., Bhavanani, A. B., Madanmohan, ... Thangavel, D. (2014). Effect of fast and slow pranayama practice on cognitive functions in healthy volunteers. *Journal of Clinical and Diagnostic Research*, 8(1), 10–13.
- Sharma, V. K., Trakroo, M., Subramaniam, V., Rajajeyakumar, M., Bhavanani, A. B., & Sahai, A. (2013). Effect of fast and slow pranayama on perceived stress and cardiovascular parameters in young health-care students. *International Journal of Yoga*, 6(2), 104–110.

- Singh, V., Wisniewski, A., Britton, J., & Tattersfield, A. (1990). Effect of yoga breathing exercises (pranayama) on airway reactivity in subjects with asthma. *Lancet*, 335(8702), 1381–1383.
- Sinha, A. N., Deepak, D., & Gusain, V. S. (2013). Assessment of the effects of pranayama/alternate nostril breathing on the parasympathetic nervous system in young adults. *Journal of Clinical and Diagnostic Research*, 7(5), 821–823.
- Sivakumar, G., Prabhu, K., Baliga, R., Pai, M. K., Manjunatha, S., Krishnamoorthi Prabhu, K., ... Manjunatha, S. (2011). Acute effects of deep breathing for a short duration (2-10 minutes) on pulmonary functions in healthy young volunteers. *Indian Journal of Physiology and Pharmacology*, 55(2), 154–159.
- Somers, V., Mark, A., & Abboud, F. (1991). Interaction of baroreceptor and chemoreceptor reflex control of sympathetic nerve activity in normal humans. *Journal of Clinical Investigations*, 87, 1953–1975.
- Spicuzza, L., Gabutti, A., Porta, C., Montano, N., & Bernardi, L. (2000). Yoga and chemoreflex response to hypoxia and hypercapnia. *Lancet (London, England)*, 356(9240), 1495–1496.
- Spicuzza, L., Porta, C., Bramanti, A., Maffeis, M., Casucci, G., Casiraghi, N., & Bernardi, L. (2005). Interaction between central-peripheral chemoreflexes and cerebro-cardiovascular control. *Clinical Autonomic Research*, 15(6), 373–381.
- Srinivasan, T. M. (1991). Pranayama and brain correlates. *Ancient Science of Life*, 11, 2–6.

- Stancák, A., Kuna, M., Srinivasan, Dostálek, C., & Vishnudevananda, S. (1991). Kapalabhati--yogic cleansing exercise. II. EEG topography analysis. *Homeostasis in Health and Disease*, 33(4), 182–189.
- Stancák, A., Kuna, M., Srinivasan, Vishnudevananda, S., & Dostálek, C. (1991). Kapalabhati--yogic cleansing exercise. I. Cardiovascular and respiratory changes. *Homeostasis in Health and Disease : International Journal Devoted to Integrative Brain Functions and Homeostatic Systems*, 33(3), 126–134.
- Stuckey, M. I., Tulppo, M. P., Kiviniemi, A. M., & Petrella, R. J. (2014). Heart rate variability and the metabolic syndrome: a systematic review of the literature. *Diabetes/metabolism Research and Reviews*, 30(8), 784–793.
- Swenne, C. A. (2013). Baroreflex sensitivity: mechanisms and measurement. *Netherlands Heart Journal*, 21(2), 58–60.
- Task Force of The European Society of Cardiology and The North American Electrophysiology, S. of P. and. (1996). Heart rate variability: standards of measurement, physiological interpretation and clinical use. Task Force of the European Society of Cardiology and the North American Society of Pacing and Electrophysiology. *Circulation*, 93(5), 1043–1065.
- Telles, S., & Desiraju, T. (1991). Oxygen consumption during pranayamic type of very slow-rate breathing. *The Indian Journal of Medical Research*, 94(i), 357–363.

- Telles, S., Joseph, C., Venkatesh, S., & Desiraju, T. (1993). Alterations of auditory middle latency evoked potentials during yogic consciously regulated breathing and attentive state of mind. *International Journal of Psychophysiology*, *14*(3), 189–198.
- Telles, S., Nagarathna, R., & Nagendra, H. R. (1994). Breathing through a particular nostril can alter metabolism and autonomic activities. *Indian Journal of Physiology and Pharmacology*, *38*(2), 133–137.
- Telles, S., Nagarathna, R., & Nagendra, H. R. (1996). Physiological measures of right nostril breathing. *Journal of Alternative and Complementary Medicine (New York, N.Y.)*, *2*(4), 479–484.
- Telles, S., Sharma, S. K., & Balkrishna, A. (2014). Blood Pressure and Heart Rate Variability during Yoga-Based Alternate Nostril Breathing Practice and Breath Awareness. *Medical Science Monitor Basic Research*, *20*, 184-93.
- Telles, S., Singh, N., & Puthige, R. (2013). Changes in P300 following alternate nostril yoga breathing and breath awareness. *BioPsychoSocial Medicine*, *7*(1), 11.
- Telles, S., Yadav, A., Gupta, R. K., & Balkrishna, A. (2013). Reaction time following yoga bellows-type breathing and breath awareness. *Perceptual and Motor Skills*, *117*(1), 1131–1140.

- Telles, S., Yadav, A., Kumar, N., Sharma, S., Visweshwaraiah, N. K., & Balkrishna, A. (2013). Blood pressure and Purdue pegboard scores in individuals with hypertension after alternate nostril breathing, breath awareness, and no intervention. *Medical Science Monitor: International Medical Journal of Experimental and Clinical Research*, *19*, 61–66.
- Thangavel, D., Gaur, G. S., Sharma, V. K., Bhavanani, A. B., Rajajeyakumar, M., & Syam, S. A. (2014). Effect of slow and fast pranayama training on handgrip strength and endurance in healthy volunteers. *Journal of Clinical and Diagnostic Research: JCDR*, *8*(5), BC01-3.
- Thayer, J. F., Yamamoto, S. S., & Brosschot, J. F. (2010). The relationship of autonomic imbalance, heart rate variability and cardiovascular disease risk factors. *International Journal of Cardiology*, *141*(2), 122–131.
- Turankar, A. V., Jain, S., Patel, S. B., Sinha, S. R., Joshi, A. D., Vallish, B. N., ... Turankar, S. A. (2013). Effects of slow breathing exercise on cardiovascular functions, pulmonary functions & galvanic skin resistance in healthy human volunteers - a pilot study. *The Indian Journal of Medical Research*, *137*(5), 916–921.
- Twal, W. O., Wahlquist, A. E., & Balasubramanian, S. (2016). Yogic breathing when compared to attention control reduces the levels of pro-inflammatory biomarkers in saliva: a pilot randomized controlled trial. *BMC Complementary and Alternative Medicine*, *16*, 294.

- Tyagi, A., & Cohen, M. (2016). Yoga and heart rate variability: A comprehensive review of the literature. *International Journal of Yoga, 9*(2), 97–113.
- Upadhyay Dhungel, K., Malhotra, V., Sarkar, D., & Prajapati, R. (2008). Effect of alternate nostril breathing exercise on cardiorespiratory functions. *Nepal Medical College Journal : NMCJ, 10*(1), 25–27.
- Veerabhadrappe, S. G., Baljoshi, V. S., Khanapure, S., Herur, A., Patil, S., Ankad, R. B., ... Ankad, R. B. (2011). Effect of yogic bellows on cardiovascular autonomic reactivity. *Journal of Cardiovascular Disease Research, 2*(4), 223-227.
- Verbruggen, F., & Logan, G. D. (2008). Response inhibition in the stop-signal paradigm. *Trends in Cognitive Sciences, 12*(11), 418–24.
- Verbruggen, F., & Logan, G. D. (2009). Proactive adjustments of response strategies in the stop-signal paradigm. *Journal of Experimental Psychology. Human Perception and Performance, 35*(3), 835–854.
- Verbruggen, F., Logan, G. D., & Stevens, M. A. (2008). STOP-IT: Windows executable software for the stop-signal paradigm. *Behavior Research Methods, 40*(2), 479–483.
- Vialatte, F. B., Bakardjian, H., Prasad, R., & Cichocki, A. (2009). EEG paroxysmal gamma waves during Bhramari Pranayama: A yoga breathing technique. *Consciousness and Cognition, 18*(4), 977–988.
- Villien, F., Yu, M., Barthélémy, P., & Jammes, Y. (2005). Training to yoga respiration selectively increases respiratory sensation in healthy man. *Respiratory Physiology & Neurobiology, 146*(1), 85–96.

- Walker, J., & Pacik, D. (2017). Controlled Rhythmic Yogic Breathing as Complementary Treatment for Post-Traumatic Stress Disorder in Military Veterans: A Case Series. *Medical Acupuncture, 29*(4), 232–238.
- Wang, S.-Z., Li, S., Xu, X.-Y., Lin, G.-P., Shao, L., Zhao, Y., & Wang, T. H. (2010). Effect of slow abdominal breathing combined with biofeedback on blood pressure and heart rate variability in prehypertension. *Journal of Alternative and Complementary Medicine (New York, N.Y.), 16*(10), 1039–1045.
- Whitsett, T. L., Manion, C. V., & Christensen, H. D. (1984). Cardiovascular effects of coffee and caffeine. *The American Journal of Cardiology, 53*(7), 918–922.
- Zahn, T. P., & Rapoport, J. L. (1987). Autonomic nervous system effects of acute doses of caffeine in caffeine users and abstainers. *International Journal of Psychophysiology, 5*(1), 33–41.
- Zautra, A. J., Fasman, R., Davis, M. C., & Craig, A. D. (Bud). (2010). The effects of slow breathing on affective responses to pain stimuli: An experimental study. *Pain, 149*(1), 12–18.