

## References

- J Allan, J. L., Johnston, D. W., Johnston, M., & Mant, D. (2007). Depression and perceived behavioral control are independent predictors of future activity and fitness after coronary syndrome events. *Journal of psychosomatic research*, 63(5), 501-508.
- J Alvarez-Erviti, L., Rodriguez-Oroz, M. C., Cooper, J. M., Caballero, C., Ferrer, I., Obeso, J. A., & Schapira, A. H. (2010). Chaperone-mediated autophagy markers in Parkinson disease brains. *Archives of neurology*, 67(12), 1464-1472.
- J Anderson, E. A., Balon, T. W., Hoffman, R. P., Sinkey, C. A., & Mark, A. L. (1992). Insulin increases sympathetic activity but not blood pressure in borderline hypertensive humans. *Hypertension*, 19(6 Pt 2), 621-627.
- J Anderson, E. A., Sinkey, C. A., Lawton, W. J., & Mark, A. L. (1989). Elevated sympathetic nerve activity in borderline hypertensive humans. Evidence from direct intraneural recordings. *Hypertension*, 14(2), 177-183.
- J Appleton, K. M., Woodside, J. V., Yarnell, J. W. G., Arveiler, D., Haas, B., Amouyel, P., ... & Bingham, A. (2007). Depressed mood and dietary fish intake: direct relationship or indirect relationship as a result of diet and lifestyle?. *Journal of affective disorders*, 104(1), 217-223.
- J Bagga, O. P., & Gandhi, A. (1983). A comparative study of the effect of Transcendental Meditation (TM) and Shavasana practice on cardiovascular system. *Indian heart journal*, 35(1), 39-45.
- J Banerjee, B., Vadiraj, H. S., Ram, A., Rao, R., Jayapal, M., Gopinath, K. S., ...& Hegde, S. (2007). Effects of an integrated yoga program in modulating psychological stress and radiation-induced genotoxic stress in breast cancer patients undergoing radiotherapy. *Integrative cancer therapies*, 6(3), 242-250.
- J Bansal, S. K., Goel, D., Saxena, V., Kandpal, S. D., Gray, W. K., & Walker, R. W. (2012). The prevalence of hypertension and hypertension risk factors in a rural Indian community: A prospective door-to-door study. *Journal of cardiovascular disease research*, 3(2), 117-123.
- J Bernardi, L., Sleight, P., Bandinelli, G., Cencetti, S., Fattorini, L., Wdowczyk-Szulc, J., & Lagi, A. (2001). Effect of rosary prayer and yoga mantras on autonomic cardiovascular rhythms: comparative study. *BMJ: British medical journal*, 323(7327), 1446.

- ) Bernardi, L., Sleight, P., Bandinelli, G., Cencetti, S., Fattorini, L., Wdowczyk-Szulc, J., & Lagi, A. (2001). Effect of rosary prayer and yoga mantras on autonomic cardiovascular rhythms: comparative study. *BMJ: British medical journal*, 323(7327), 1446.
- ) 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(1), 73-76.
- ) Birns, J., Morris, R., Donaldson, N., & Kalra, L. (2006). The effects of blood pressure reduction on cognitive function: a review of effects based on pooled data from clinical trials. *Journal of hypertension*, 24(10), 1907-1914.
- ) Bowman, A. J., Clayton, R. H., Murray, A., Reed, J. W., Subhan, M. M. F., & Ford, G. A. (1997). Effects of aerobic exercise training and yoga on the baroreflex in healthy elderly persons. *European journal of clinical investigation*, 27(5), 443-449.
- ) Bowman, A. J., Clayton, R. H., Murray, A., Reed, J. W., Subhan, M. M. F., & Ford, G. A. (1997). Effects of aerobic exercise training and yoga on the baroreflex in healthy elderly persons. *European journal of clinical investigation*, 27(5), 443-449.
- ) Broota, A., & Sanghvi, C. (1994). Efficacy of two relaxation techniques in examination anxiety. *Journal of Personality and Clinical Studies*.
- ) Broota, A., & Sanghvi, C. (1994). Efficacy of two relaxation techniques in examination anxiety. *Journal of Personality and Clinical Studies*.
- ) Carroll, D., Phillips, A. C., Gale, C. R., & Batty, G. D. (2010). Generalized anxiety and major depressive disorders, their comorbidity and hypertension in middle-aged men. *Psychosomatic Medicine*, 72(1), 16-19.
- ) Chacko N. Joseph, Cesare Porta, Gaia Casucci, Nadia Casiraghi, Mara Maffeis, Marco Rossi, Luciano Bernardi. Slow Breathing Improves Arterial Baroreflex Sensitivity and Decreases Blood Pressure in Essential Hypertension. *Hypertension*. 2005;46:714-718
- ) Chae CU, Lee RT, Rifai N, Ridker PM. Blood pressure and inflammation in apparently healthy men. *Hypertension* 2001;38:399–403
- ) Chockalingam, A., Campbell, N. R., & Fodor, J. G. (2006). Worldwide epidemic of hypertension. *Canadian journal of cardiology*, 22(7), 553-555.
- ) Chow, C. K., Teo, K. K., Rangarajan, S., Islam, S., Gupta, R., Avezum, A., ...& Kazmi, K. (2013). Prevalence, awareness, treatment, and control of hypertension in

rural and urban communities in high-, middle-, and low-income countries. *Jama*, 310(9), 959-968..

- J Chu, P., Gotink, R. A., Yeh, G. Y., Goldie, S. J., & Hunink, M. M. (2016). The effectiveness of yoga in modifying risk factors for cardiovascular disease and metabolic syndrome: A systematic review and meta-analysis of randomized controlled trials. *European journal of preventive cardiology*, 23(3), 291-307.
- J Chung, S. C., Brooks, M. M., Rai, M., Balk, J. L., & Rai, S. (2012). Effect of Sahaja yoga meditation on quality of life, anxiety, and blood pressure control. *The Journal of Alternative and Complementary Medicine*, 18(6), 589-596.
- J Colcombe, S. J., Erickson, K. I., Scalf, P. E., Kim, J. S., Prakash, R., McAuley, E., ... & Kramer, A. F. (2006). Aerobic exercise training increases brain volume in aging humans. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*, 61(11), 1166-1170.
- J Cutler, J. A. (1996). High blood pressure and end-organ damage. *Journal of hypertension. Supplement: official journal of the International Society of Hypertension*, 14(6), S3-6.
- J Damodaran, A., Malathi, A., Patil, N., Shah, N., & Marathe, S. (2002). Therapeutic potential of yoga practices in modifying cardiovascular risk profile in middle aged men and women. *The Journal of the Association of Physicians of India*, 50(5), 633-640.
- J Damodaran, A., Malathi, A., Patil, N., Shah, N., & Marathe, S. (2002). Therapeutic potential of yoga practices in modifying cardiovascular risk profile in middle aged men and women. *The Journal of the Association of Physicians of India*, 50(5), 633-640.
- J Datey, K. K., Deshmukh, S. N., Dalvi, C. P., Vinekar, S. L., & Datey, K. K. (1969). " Shavasan": A yogic exercise in the management of hypertension. *Angiology*, 20(6), 325-333.
- J De Moor, M. H., Boomsma, D. I., Stubbe, J. H., Willemsen, G., & de Geus, E. J. (2008). Testing causality in the association between regular exercise and symptoms of anxiety and depression. *Archives of General Psychiatry*, 65(8), 897-905.
- J Deepa, T., Sethu, G., & Thirrunavukkarasu, N. (2012). Effect of yoga and meditation on mild to moderate essential hypertensives. *Journal of Clinical and Diagnostic Research*, 6(1), 21-26.

- J Ebnezar, J., & Ebnezar, Y. J. (2015). Effect of yoga therapy on quality of life and anxiety in osteoarthritis of the knee joint-a randomized control study. *International Journal of Ayurveda and Pharma Research*, 2(8).
- J Ebnezar, J., Bali, M. Y., John, R., & Gupta, O. (2014). Role of integrated approach of yoga therapy in a failed post-total knee replacement of bilateral knees. *International journal of yoga*, 7(2), 160.
- J Ebnezar, J., Nagarathna, R., Bali, Y., & Nagendra, H. R. (2011). Effect of an integrated approach of yoga therapy on quality of life in osteoarthritis of the knee joint: A randomized control study. *International journal of yoga*, 4(2), 55.
- J Elias, P. K., Elias, M. F., Robbins, M. A., & Budge, M. M. (2004). Blood pressure-related cognitive decline. *Hypertension*, 44(5), 631-636.
- J Elliott, p. (1988). Sodium, potassium, body-mass, alcohol and blood-pressure the intersalt study. *Journal of hypertension*, 6, S584-S586.
- J Friedman DB, Jensen FB, Matzen S & Secher NH. Non-invasive blood pressure monitoring during head-up tilt using the Penfa  $\alpha$ -zprinciple. *Acta Anaesthesiologica Scandinavica* 1990 34:519
- J Galantino, M. L., Cannon, N., Hoelker, T., Quinn, L., & Greene, L. (2008). Effects of Iyengar yoga on measures of cognition, fatigue, quality of life, flexibility, and balance in breast cancer survivors: a case series. *Rehabilitation Oncology*, 26(1), 18.
- J Gangadhar, B. N., Naveen, G. H., Rao, M. G., Thirthalli, J., & Varambally, S. (2013). Positive antidepressant effects of generic yoga in depressive out-patients: A comparative study. *Indian journal of psychiatry*, 55(Suppl 3), S369.
- J Gothe, N., Pontifex, M. B., Hillman, C., & McAuley, E. (2013). The acute effects of yoga on executive function. *Journal of physical activity and health*, 10(4), 488-495.
- J Gothe, N., Pontifex, M. B., Hillman, C., & McAuley, E. (2013). The acute effects of yoga on executive function. *Journal of physical activity and health*, 10(4), 488-495.
- J Greg Arnold, D. C. High Blood Pressure Affects Mental Health.
- J Gupta, R., & Gupta, V. P. (2009). Hypertension epidemiology in India: lessons from Jaipur heart watch. *Current science*, 349-355.
- J Guralnik, O., Giesbrecht, T., Knutelska, M., Sirroff, B., & Simeon, D. (2007). Cognitive functioning in depersonalization disorder. *The Journal of nervous and mental disease*, 195(12), 983-988.

- J Hamlyn, J. M., Ringel, R., Schaeffer, J., Levinson, P. D., Hamilton, B. P., Kowarski, A. A., & Blaustein, M. P. (1982). A circulating inhibitor of (Na<sup>++</sup> K<sup>+</sup>) ATPase associated with essential hypertension. *Nature*, 300(5893), 650-652.
- J Harms PM, Wesseling KH, Pott F, Jenstrup M, Van Goudoever J, Secher NH, et al. Continuous stroke volume monitoring by modelling flow from non-invasive measurement of arterial pressure in humans under orthostatic stress. *Clinical Science* 1999 97 291±301.
- J Herbert Benson, M. D., & Klipper, M. Z. (1992). *The relaxation response*. Harper Collins, New York.
- J Heusser, K., Tank, J., Engeli, S., Diedrich, A., Menne, J., Eckert, S., ...& Luft, F. C. (2010). Carotid baroreceptor stimulation, sympathetic activity, baroreflex function, and blood pressure in hypertensive patients. *Hypertension*, 55(3), 619-626.
- J Imholz, B. P., Montfrans, G. A. V., Settels, J. J., Hoeven, G. M. V. D., Karemaker, J. M., & Wieling, W. (1988). Continuous non-invasive blood pressure monitoring: reliability of Finapres device during the Valsalva manoeuvre. *Cardiovascular research*, 22(6), 390-397.
- J Imholz, B. P., Montfrans, G. A. V., Settels, J. J., Hoeven, G. M. V. D., Karemaker, J. M., & Wieling, W. (1988). Continuous non-invasive blood pressure monitoring: reliability of Finapres device during the Valsalva manoeuvre. *Cardiovascular research*, 22(6), 390-397.
- J Imholz, B. P., Wieling, W., van Montfrans, G. A., & Wesseling, K. H. (1998). Fifteen years experience with finger arterial pressure monitoring: assessment of the technology. *Cardiovascular research*, 38(3), 605-616.
- J 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. *British journal of anaesthesia*, 87(2), 212-222.
- J Johannessen, L., Strudsholm, U., Foldager, L., & Munk-Jørgensen, P. (2006). Increased risk of hypertension in patients with bipolar disorder and patients with anxiety compared to background population and patients with schizophrenia. *Journal of affective disorders*, 95(1), 13-17.

- J Johannsen, A., Åsberg, M., Söder, P. Ö., & Söder, B. (2005). Anxiety, gingival inflammation and periodontal disease in non-smokers and smokers—an epidemiological study. *Journal of clinical periodontology*, 32(5), 488-491.
- J Jonas, B. S., Franks, P., & Ingram, D. D. (1997). Are symptoms of anxiety and depression risk factors for hypertension? Longitudinal evidence from the National Health and Nutrition Examination Survey I Epidemiologic Follow-up Study. *Archives of family medicine*, 6(1), 43.
- J Jonas, B. S., Franks, P., & Ingram, D. D. (1997). Are symptoms of anxiety and depression risk factors for hypertension? Longitudinal evidence from the National Health and Nutrition Examination Survey I Epidemiologic Follow-up Study. *Archives of family medicine*, 6(1), 43.
- J 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.
- J Julius, S., & Esler, M. (1975). Autonomic nervous cardiovascular regulation in borderline hypertension. *The American journal of cardiology*, 36(5), 685-696.
- J Kearney, P. M., Whelton, M., Reynolds, K., Muntner, P., Whelton, P. K., & He, J. (2005). Global burden of hypertension: analysis of worldwide data. *The lancet*, 365(9455), 217-223.
- J Kearney, P. M., Whelton, M., Reynolds, K., Whelton, P. K., & He, J. (2004). Worldwide prevalence of hypertension: a systematic review. *Journal of hypertension*, 22(1), 11-19.
- J Khalsa, S. B. S., Shorter, S. M., Cope, S., Wyshak, G., & Sklar, E. (2009). Yoga ameliorates performance anxiety and mood disturbance in young professional musicians. *Applied psychophysiology and biofeedback*, 34(4), 279.
- J King, J. C., & Reimers, K. J. (2014). Beyond blood pressure: new paradigms in sodium intake reduction and health outcomes. *Advances in Nutrition: An International Review Journal*, 5(5), 550-552.
- J Kirkwood, G., Rampes, H., Tuffrey, V., Richardson, J., & Pilkington, K. (2005). Yoga for anxiety: a systematic review of the research evidence. *British Journal of Sports Medicine*, 39(12), 884-891.

- J Knaepen, K., Goekint, M., Heyman, E. M., & Meeusen, R. (2010). Neuroplasticity—exercise-induced response of peripheral brain-derived neurotrophic factor. *Sports medicine*, *40*(9), 765-801.
- J Knopman, D. S., Mosley, T. H., Catellier, D. J., & Coker, L. H. (2009). Fourteen-year longitudinal study of vascular risk factors, APOE genotype, and cognition: the ARIC MRI Study. *Alzheimer's & Dementia*, *5*(3), 207-214.
- J Kuo, H. K., Jones, R. N., Milberg, W. P., Tennstedt, S., Talbot, L., Morris, J. N., & Lipsitz, L. A. (2005). Effect of blood pressure and diabetes mellitus on cognitive and physical functions in older adults: a longitudinal analysis of the advanced cognitive training for independent and vital elderly cohort. *Journal of the American Geriatrics Society*, *53*(7), 1154-1161.
- J Lakshmikanthan, C., Alagesan, R., Thanikachalam, S., Ramamurthi, B., Elangovan, D., Viswanathan, T. R., & Kumar, S. (1979). Long term effects of yoga on hypertension and/or coronary artery disease. *The Journal of the Association of Physicians of India*, *27*(12), 1055-1058.
- J Lavoie, K. L., Pelletier, R., Arsenault, A., Dupuis, J., & Bacon, S. L. (2010). Association between clinical depression and endothelial function measured by forearm hyperemic reactivity. *Psychosomatic medicine*, *72*(1), 20-26.
- J Lawes, C. M., Vander Hoorn, S., & Rodgers, A. (2008). Global burden of blood-pressure-related disease, 2001. *The Lancet*, *371*(9623), 1513-1518.
- J Lazar, S. W., Kerr, C. E., Wasserman, R. H., Gray, J. R., Greve, D. N., Treadway, M. T., ... & Rauch, S. L. (2005). Meditation experience is associated with increased cortical thickness. *Neuroreport*, *16*(17), 1893.
- J Lepine, J. P., Godchau, M., Brun, P., & Lemperiere, T. (1985, February). Evaluation of anxiety and depression among patients hospitalized on an internal medicine service. In *Annales médico-psychologiques* (Vol. 143, No. 2, p. 175).
- J Lim, S. S., Vos, T., Flaxman, A. D., Danaei, G., Shibuya, K., Adair-Rohani, H., ...& Aryee, M. (2012). A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990–2010: a systematic analysis for the Global Burden of Disease Study 2010. *The lancet*, *380*(9859), 2224-2260..

- J Lisspers, J., Nygren, A., & Söderman, E. (1997). Hospital Anxiety and Depression Scale (HAD): some psychometric data for a Swedish sample. *Acta Psychiatrica Scandinavica*, 96(4), 281-286.
- J Meng, L., Chen, D., Yang, Y., Zheng, Y., & Hui, R. (2012). Depression increases the risk of hypertension incidence: a meta-analysis of prospective cohort studies. *Journal of hypertension*, 30(5), 842-851.
- J Meyer, T., Hussein, S., Lange, H. W., & Herrmann-Lingen, C. (2015). Anxiety is associated with a reduction in both mortality and major adverse cardiovascular events five years after coronary stenting. *European journal of preventive cardiology*, 22(1), 75-82.
- J Mezzacappa, E. S., Kelsey, R. M., Katkin, E. S., & Sloan, R. P. (2001). Vagal rebound and recovery from psychological stress. *Psychosomatic medicine*, 63(4), 650-657.
- J Miniño AM, Heron MP, Smith BL. Deaths: preliminary data for 2004. *Natl Vital Stat Rep*. 2006;54(19):1-49
- J Modesti, P. A., Ferrari, A., Bazzini, C., Costanzo, G., Simonetti, I., Taddei, S., ...&Sirigatti, S. (2010). Psychological predictors of the antihypertensive effects of music-guided slow breathing. *Journal of hypertension*, 28(5), 1097-1103.
- J Monk, M. (1981). Blood pressure awareness and psychological well-being in the health and nutrition examination survey. *Clinical and investigative medicine. Médecinecliniquetexperimentale*, 4(3-4), 183.
- J Mulvany, M. J., & Halpern, W. I. L. L. I. A. M. (1977). Contractile properties of small arterial resistance vessels in spontaneously hypertensive and normotensive rats. *Circ Res*, 41(1), 19-26.
- J Murthy, S. N., Rao, N. S. N., Nandkumar, B., & Kadam, A. (2011). Role of naturopathy and yoga treatment in the management of hypertension. *Complementary therapies in clinical practice*, 17(1), 9-12.
- J Naish Jeannette. Court, Denise Syndercombe. *Medical sciences*. 2 ed. 2014. p. 562.
- J Naveen, K. V., Nagendra, R. N. H., & Telles, S. (1997). Yoga breathing through a particular nostril increases spatial memory scores without lateralized effects. *Psychological reports*, 81(2), 555-561.
- J Niranjana, M., Bhagyalakshmi, K., Ganaraja, B., Adhikari, P., & Bhat, R. (2009). Effects of yoga and supervised integrated exercise on heart rate variability and blood pressure in hypertensive patients. *Journal of chinese clinical medicine*, 4(3).

- J Norton, G. R., & Johnson, W. E. (1983). A comparison of two relaxation procedures for reducing cognitive and somatic anxiety. *Journal of behavior therapy and experimental psychiatry*, 14(3), 209-214.
- J Oken, B. S., Kishiyama, S., Zajdel, D., Bourdette, D., Carlsen, J., Haas, M., ...& Mass, M. (2004). Randomized controlled trial of yoga and exercise in multiple sclerosis. *Neurology*, 62(11), 2058-2064.
- J Oken, B. S., Zajdel, D., Kishiyama, S., Flegal, K., Dehen, C., Haas, M., ...& Leyva, J. (2006). Randomized, controlled, six-month trial of yoga in healthy seniors: effects on cognition and quality of life. *Alternative therapies in health and medicine*, 12(1), 40.
- J Parshad, O., Richards, A., & Asnani, M. (2011). Impact of yoga on haemodynamic function in healthy medical students. *West Indian Medical Journal*, 60(2), 148-152.
- J Parshad, O., Richards, A., & Asnani, M. (2011). Impact of yoga on haemodynamic function in healthy medical students. *West Indian Medical Journal*, 60(2), 148-152.
- J Paterniti, S., Zureik, M., Ducimetière, P., Touboul, P. J., Fève, J. M., & Alperovitch, A. (2001). Sustained anxiety and 4-year progression of carotid atherosclerosis. *Arteriosclerosis, Thrombosis, and Vascular Biology*, 21(1), 136-141.
- J Pradhan, B., & Nagendra, H. R. (2009). Normative data for the digit–letter substitution task in school children. *International journal of yoga*, 2(2), 69.
- J Punita, P., Trakroo, M., Palamalai, S. R., Subramanian, S. K., Bhavanani, A. B., & Madhavan, C. (2016). Randomized controlled trial of 12-week yoga therapy as lifestyle intervention in patients of essential hypertension and cardiac autonomic function tests. *Natl J Physiol Pharm Pharmacol*, 6(1), 19-26.
- J Raghuraj P, Telles S. Immediate effect of specific, nostril manipulating yoga breathing practices on autonomic and respiratory variables. *Appl Psychophysiol Biofeedback*. 008;33(2):65–75
- J Rao, J., Metri, K. G., Singh, A., & Nagaratna, R. (2016). *Effect Of Integrated Approach Of Yoga Therapy On Chronic Constipation* (No. 2016-06-07).
- J Rocha, K. K. F., Ribeiro, A. M., Rocha, K. C. F., Sousa, M. B. C., Albuquerque, F. S., Ribeiro, S., & Silva, R. H. (2012). Improvement in physiological and psychological parameters after 6 months of yoga practice. *Consciousness and cognition*, 21(2), 843-850.

- J Rocha, K. K. F., Ribeiro, A. M., Rocha, K. C. F., Sousa, M. B. C., Albuquerque, F. S., Ribeiro, S., & Silva, R. H. (2012). Improvement in physiological and psychological parameters after 6months of yoga practice. *Consciousness and cognition*, 21(2), 843-850.
- J Rocha, K. K. F., Ribeiro, A. M., Rocha, K. C. F., Sousa, M. B. C., Albuquerque, F. S., Ribeiro, S., & Silva, R. H. (2012). Improvement in physiological and psychological parameters after 6months of yoga practice. *Consciousness and cognition*, 21(2), 843-850.
- J Routledge, F., & McFetridge-Durdle, J. (2007). Nondipping blood pressure patterns among individuals with essential hypertension: a review of the literature. *European Journal of Cardiovascular Nursing*, 6(1), 9-26.
- J Russo, C., Olivieri, O., Girelli, D., Faccini, G., Zenari, M. L., Lombardi, S. & Corrocher, R. (1998) *J. Hypertens.* 16 , 1267-1271
- J Rutledge, T., & Hogan, B. E. (2002). A quantitative review of prospective evidence linking psychological factors with hypertension development. *Psychosomatic medicine*, 64(5), 758-766.
- J Rutledge, T., & Hogan, B. E. (2002). A quantitative review of prospective evidence linking psychological factors with hypertension development. *Psychosomatic medicine*, 64(5), 758-766.
- J Sacks, F. M., Svetkey, L. P., Vollmer, W. M., Appel, L. J., Bray, G. A., Harsha, D., ... & Karanja, N. (2001). Effects on blood pressure of reduced dietary sodium and the Dietary Approaches to Stop Hypertension (DASH) diet. *New England journal of medicine*, 344(1), 3-10.
- J Sacks, F. M., Svetkey, L. P., Vollmer, W. M., Appel, L. J., Bray, G. A., Harsha, D., ... &Karanja, N. (2001). Effects on blood pressure of reduced dietary sodium and the Dietary Approaches to Stop Hypertension (DASH) diet. *New England journal of medicine*, 344(1), 3-10.
- J Sahasi, G., Mohan, D., & Kacker, C. (1989). Effectiveness of yogic techniques in the management of anxiety. *Journal of Personality and Clinical Studies*.
- J Santulli, G. (2013). Epidemiology of cardiovascular disease in the 21st century: updated numbers and updated facts. *J Cardiovasc Dis*, 1(1), 1-2.
- J Saptharishi, L. G., Soudarssanane, M. B., Thiruselvakumar, D., Navasakthi, D., Mathanraj, S., Karthigeyan, M., &Sahai, A. (2009). Community-based randomized

- controlled trial of non-pharmacological interventions in prevention and control of hypertension among young adults. *Indian journal of community medicine: official publication of Indian Association of Preventive & Social Medicine*, 34(4), 329.
- J Sarang, S. P., & Telles, S. (2007). Immediate effect of two yoga-based relaxation techniques on performance in a letter-cancellation task. *Perceptual and Motor Skills*, 105(2), 379-385.
- J Schmidt, H., Müller-Werdan, U., Hoffmann, T., Francis, D. P., Piepoli, M. F., Rauchhaus, M., ... & Werdan, K. (2005). Autonomic dysfunction predicts mortality in patients with multiple organ dysfunction syndromes of different age groups. *Critical care medicine*, 33(9), 1994-2002.
- J SelvaJové, L. (2012). Real-time PCR per a la vigilància epidemiològica de la malaltia pneumocòccica invasiva (MPI) en pacients pediàtrics.
- J Sever, P. S., & Poulter, N. R. (1989). A hypothesis for the pathogenesis of essential hypertension: the initiating factors. *Journal of hypertension*, 7, S9-S12.
- J Shannahoff-Khalsa, D. S. (2003). Kundalini Yoga Meditation Techniques for the Treatment of Obsessive-Compulsive and OC Spectrum Disorders. *Brief Treatment & Crisis Intervention*, 3(3).
- J Sharma, I., Azmi, S. A., & Settiwar, R. M. (1991). Evaluation of the effect of pranayama in anxiety state. *Alternative Medicine*, 3(4), 227-235.
- J Sharma, J. & Sharma, K. K. (Dec. 2007). *Indian philosophy and human development*. Paper presented at National Seminar on Indian Psychology Theories and Models, SVYASA, Bangalore.
- J Sharma, P. (98). (Translator). *Charaka Samhita*. (-4). Delhi: Chaukhambha Orientalia.
- \*\*
- J Sharma, P. (Reprint, 2004). (Translator). *Susruta Samhita*. -3. Varanasi: Chaukhambha Visvabharati.
- J Sharma, R. (999). Self-concept and job satisfaction in *Sattva*, *Rajas* and *Tamas* personalities. *Journal of Indian Psychology*. 7 (2), 9-7.
- J Sharma, V. K., Das, S., Mondal, S., Goswami, U., & Gandhi, A. (2006). Effect of Sahaj Yoga on neuro-cognitive functions in patients suffering from major depression. *Indian journal of physiology and pharmacology*, 50(4), 375.
- J Skoog I. Hypertension and cognition. *International Psychogeriatrics*. 2003 Jul ;5(S):39-46.

- J Smith, P. J., Blumenthal, J. A., Hoffman, B. M., Cooper, H., Strauman, T. A., Welsh-Bohmer, K., ...& Sherwood, A. (2010). Aerobic exercise and neurocognitive performance: a meta-analytic review of randomized controlled trials. *Psychosomatic medicine*, 72(3), 239.
- J Snaith, R. P. (2003). The hospital anxiety and depression scale. Health and quality of life outcomes, 1(1), 29.
- J Stamler, J. S., Loh, E., Roddy, M. A., Currie, K. E., & Creager, M. A. (1994). Nitric oxide regulates basal systemic and pulmonary vascular resistance in healthy humans. *Circulation*, 89(5), 2035-2040.
- J Streeter, C. C., Gerbarg, P. L., Saper, R. B., Ciraulo, D. A., & Brown, R. P. (2012). Effects of yoga on the autonomic nervous system, gamma-aminobutyric-acid, and allostasis in epilepsy, depression, and post-traumatic stress disorder. *Medical hypotheses*, 78(5), 571-579.
- J Strine, T. W., Mokdad, A. H., Dube, S. R., Balluz, L. S., Gonzalez, O., Berry, J. T., ... & Kroenke, K. (2008). The association of depression and anxiety with obesity and unhealthy behaviors among community-dwelling US adults. *General hospital psychiatry*, 30(2), 127-137.
- J Subramanya, P., & Telles, S. (2009). Effect of two yoga-based relaxation techniques on memory scores and state anxiety. *BioPsychoSocial Medicine*, 13, 3–8. Telles, S., Naveen, V. K., Balkrishna, A., & Kumar, S. (2010). Short term health impact of a yoga and diet change program on obesity. *Medical Science Monitor*, 16, 35–40.
- J Sundar, S., Agrawal, S. K., Singh, V. P., Bhattacharya, S. K., Udupa, K. N., & Vaish, S. K. (1984). Role of yoga in management of essential hypertension. *Actacardiologica*, 39(3), 203-208.
- J Swan, G. E., Carmelli, D., & Larue, A. (1998). Systolic blood pressure tracking over 25 to 30 years and cognitive performance in older adults. *Stroke*, 29(11), 2334-2340.
- J Taddei, S., Viridis, A., Ghiadoni, L., Salvetti, G. & Salvetti, A. (2000) *J. Nephrol.* 13 , 205-210.
- J Talukdar, B., Verma, S., Jain, S. C., & Majumdar, M. (1996). Effect of yoga training on plasma lipid profile, RBC membrane lipid peroxidation and Na<sup>+</sup> K<sup>+</sup> ATPase activity in patients of essential hypertension. *Indian Journal of Clinical Biochemistry*, 11(2), 129-133.

- J Taneja, I., Deepak, K. K., Poojary, G., Acharya, I. N., Pandey, R. M., & Sharma, M. P. (2004). Yogic versus conventional treatment in diarrhea-predominant irritable bowel syndrome: a randomized control study. *Applied psychophysiology and biofeedback*, 29(1), 19-33.
- J Tchistiakova, E. (2016). *Identifying Associations between Vascular Risk Factors and measures of Brain Health Using Multimodal Magnetic Resonance Imaging* (Doctoral dissertation, University of Toronto (Canada)).
- J Tekur, P., Singphow, C., Nagendra, H. R., & Raghuram, N. (2008). Effect of short-term intensive yoga program on pain, functional disability and spinal flexibility in chronic low back pain: a randomized control study. *The journal of alternative and complementary medicine*, 14(6), 637-644.
- J Telles, S., Raghuraj, P., Maharana, S., & Nagendra, H. R. (2007). Immediate effect of three yoga breathing techniques on performance on a letter-cancellation task. *Perceptual and motor skills*, 104(3\_suppl), 1289-1296.
- J Thombre, M. K., Talge, N. M., & Holzman, C. (2015). Association between pre-pregnancy depression/anxiety symptoms and hypertensive disorders of pregnancy. *Journal of Women's Health*, 24(3), 228-236.
- J Vaccarino, V., Johnson, B. D., Sheps, D. S., Reis, S. E., Kelsey, S. F., Bittner, V., ...& Merz, C. N. B. (2007). Depression, inflammation, and incident cardiovascular disease in women with suspected coronary ischemia: the National Heart, Lung, and Blood Institute-sponsored WISE study. *Journal of the American College of Cardiology*, 50(21), 2044-2050.
- J Vahia, N. S., Doongaji, D. R., Jeste, D. V., Kapoor, S. N., Ardhapurkar, I., & Nath, S. R. (1972). Further experience with the therapy based upon concepts of Patanjali in the treatment of psychiatric disorders. *Meditation: Classic and contemporary perspectives*, 137-151.
- J Vahia, N. S., Doongaji, D. R., Jeste, D. V., Ravindranath, S., Kapoor, S. N., & Ardhapurkar, I. (1973). Psychophysiologic therapy based on the concepts of Patanjali: A new approach to the treatment of neurotic and psychosomatic disorders. *American journal of psychotherapy*.
- J Van der Kooy, K., van Hout, H., Marwijk, H., Marten, H., Stehouwer, C., & Beekman, A. (2007). Depression and the risk for cardiovascular diseases: systematic review and meta analysis. *International journal of geriatric psychiatry*, 22(7), 613-626.

- J Van Melle, J. P., De Jonge, P., Spijkerman, T. A., Tijssen, J. G., Ormel, J., Van Veldhuisen, D. J., ... & Van Den Berg, M. P. (2004). Prognostic association of depression following myocardial infarction with mortality and cardiovascular events: a meta-analysis. *Psychosomatic medicine*, 66(6), 814-822.
- J Velikonja, O., uri , K., Ožura, A., & Jazbec, S. Š. (2010). Influence of sports climbing and yoga on spasticity, cognitive function, mood and fatigue in patients with multiple sclerosis. *Clinical neurology and neurosurgery*, 112(7), 597-601.
- J Vijayalakshmi, P., Madanmohan, B. A., Patil, A., & Babu, K. (2004). Modulation of stress induced by isometric handgrip test in hypertensive patients following yogic relaxation training. *Indian J PhysiolPharmacol*, 48(1), 59-64.
- J Wahlstrom, M., Rydell Karlsson, M., Medin, J., & Frykman, V. (2017). Effects of yoga in patients with paroxysmal atrial fibrillation—a randomized controlled study. *European Journal of Cardiovascular Nursing*, 16(1), 57-63.
- J Warburton, D. E., Nicol, C. W., & Bredin, S. S. (2006). Health benefits of physical activity: the evidence. *Canadian medical association journal*, 174(6), 801-809.
- J Wei TM, Wang L. Anxiety symptoms in patients with hypertension: A community based study. *International Journal of Psychiatry in Medicine* 2006;36(3):35-322
- J WHO. Prevention of Cardiovascular Diseases. World Health Organization,
- J WHO. The World Health Organization Report 2002: reducing risks, promoting healthy life. World Health Organization, Geneva. 2002.
- J Winkel, S., Einsle, F., Pieper, L., Höfler, M., Wittchen, H. U., & Martini, J. (2015). Associations of anxiety disorders, depressive disorders and body weight with hypertension during pregnancy. *Archives of women's mental health*, 18(3), 473-483.
- J Woolery, A., Myers, H., Sternlieb, B., & Zeltzer, L. (2004). A yoga intervention for young adults with elevated symptoms of depression. *Alternative therapies in health and medicine*, 10(2), 60.
- J Zigmond, A. S., & Snaith, R. P. (1983). The hospital anxiety and depression scale. *Actapsychiatricascandinavica*, 67(6), 361-370.