

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
--	--	Assessment of sports, yoga with mind training and sports, yoga training on students with cigarette addiction	2019	Indian Journal of Public Health Research and Development	10	5	339-343	3a. Intervention out of scope
--	--	Beating the Blues: Exercise Training and Depression	2007	Journal of Sport & Exercise Psychology	29	3	408-409	3a. Intervention out of scope
Abirami 2014	Abirami, P.; Judie, A.	Reduction of risk on newly detected gestational diabetes mellitus by multi model intervention - A hospital based study	2014	International Journal of Pharmaceutical and Clinical Research	6	4	370-374	3a. Intervention out of scope
Actrn 2005	Actrn,	A Controlled Breathing Course Promoting Social and Emotional Health for Vietnam Veterans with Chronic Posttraumatic Stress Disorder - A Randomized Controlled Trial	2005	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12605000203651	--	--	--	3a. Intervention out of scope
Actrn 2010	Actrn,	Nutrition and Enjoyable Activity for Teenage Girls	2010	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12610000330044	--	--	--	3a. Intervention out of scope
Actrn 2016	Actrn,	The Mindfulness App Trial for Weight, Weight related Behaviours, and Stress in University Students	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12616001349437	--	--	--	3a. Intervention out of scope
Actrn 2016	Actrn,	Effects of a stretching program on shoulder pain and flexibility	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12616001122448	--	--	--	3a. Intervention out of scope
Actrn 2016	Actrn,	Staged Treatment in Early Psychosis (STEP): a sequential multistage randomized clinical trial (SMART) of interventions for Ultra High Risk (UHR) of psychosis patients	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12616000098437	--	--	--	3a. Intervention out of scope
Actrn 2017	Actrn,	Effectiveness of a combination of Tai Chi plus Thera-bands on stress, depression, anxiety, pain, and well-being in older sedentary office workers: a pilot randomized controlled trial	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12617001628336	--	--	--	3a. Intervention out of scope
Actrn 2018	Actrn,	The role of mindfulness in promoting wellbeing in patients with Crohn's disease: an exploratory randomised control trial	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12618002009291	--	--	--	3a. Intervention out of scope

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Actrn 2018	Actrn,	Effect of involving a physical health nurse in the care of young people with a first episode of psychosis on the prevention of weight gain	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12618001222235	--	--	--	3a. Intervention out of scope
Actrn 2018	Actrn,	My Birth Course: an antenatal course of Complementary Medicine (CM) techniques for labour and birth for women having their first baby: a randomized controlled trial	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12618001353280	--	--	--	3a. Intervention out of scope
Actrn 2019	Actrn,	BirthCourse: an antenatal package of non-pharmacological pain-relief techniques for labour and birth to reduce the rates of caesarean section in labour and birth	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12619000830190	--	--	--	3a. Intervention out of scope
Actrn 2019	Actrn,	South Asian Mothers and Children Being Active (SAMBA)	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ACTRN12619000762156	--	--	--	3a. Intervention out of scope
Ades 2003	Ades, P. A.; Savage, P. D.; Cress, M. E.; Brochu, M.; Lee, N. M.; Pehlman, E. T.	Resistance training on physical performance in disabled older female cardiac patients. / Effet de la musculation sur la condition physique de femmes agees cardiaques et handicapees	2003	Medicine & Science in Sports & Exercise	35	8	1265-1270	3a. Intervention out of scope
Ades 2005	Ades, P. A.; Savage, P. D.; Brochu, M.; Tischler, M. D.; Lee, N. M.; Poehlman, E. T.	Resistance training increases total daily energy expenditure in disabled older women with coronary heart disease	2005	Journal of Applied Physiology	98	4	1280-5	3a. Intervention out of scope
AdithyaAcharya 2013	Adithya Acharya, K.; Sharma, A.	Evaluation of the efficacy of siravyadha and guduchi siddha yoga basti in the management of vatarakta with special reference to gout	2013	International Journal of Research in Ayurveda and Pharmacy	4	3	402-409	3a. Intervention out of scope
Agrawal 2003	Agrawal, R. P.; Aradhana,; Hussain, S.; Beniwal, R.; Sabir, M.; Kochar, D. K.; Kothari, R. P.	Influence of yogic treatment on quality of life outcomes, glycemic control and risk factors in diabetes mellitus	2003	International Journal of Diabetes in Developing Countries	23	4	130-134	3a. Intervention out of scope
Allen 2011	Allen, L. B.; Tsao, J. C.; Hayes, L. P.; Zeltzer, L. K.	Peer mentorship to promote effective pain management in adolescents: study protocol for a randomised controlled trial	2011	Trials [Electronic Resource]	12	--	132	3a. Intervention out of scope

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Andersen 2013	Andersen, S. R.; Wurtzen, H.; Steding-Jessen, M.; Christensen, J.; Andersen, K. K.; Flyger, H.; Mitchelmore, C.; Johansen, C.; Dalton, S. O.	Effect of mindfulness-based stress reduction on sleep quality: Results of a randomized trial among Danish breast cancer patients	2013	Acta Oncologica	52	2	336-344	3a. Intervention out of scope
Anonymous 2010	Anonymous,	Other complementary therapies	2010	Focus on Alternative and Complementary Therapies	15	2	175-179	3a. Intervention out of scope
Anto 2016	Anto, Sr Tresa; Kumar N, Rajeev	Effect of Yoga and Raw Diet on Physiological Variables and Quality of Life of Prediabetic Patients	2016	International journal of nursing education	8	2	175-179	3a. Intervention out of scope
Anupindi 2019	Anupindi, M.; Sailesh, K. S.; Manyam, R.; Penmatsa, G. S.; Ghosh, K.	Immediate effect of listening to 'OM' on spatial and verbal memory in young females	2019	Research Journal of Pharmaceutical, Biological and Chemical Sciences	10	1	2124-2128	3a. Intervention out of scope
Arabkhazaeli 2012	Arabkhazaeli, N.; Behzadfar, F.; Najafi, M.	Investigating the effectiveness of mindfulness based stress reduction intervention on the quality of life of students	2012	Iranian Journal of Psychiatry	1)	--	57-58	3a. Intervention out of scope
Arciero 2014	Arciero, P. J.; Baur, D.; Connelly, S.; Ormsbee, M. J.	Timed-daily ingestion of whey protein and exercise training reduces visceral adipose tissue mass and improves insulin resistance: the PRISE study	2014	Journal of applied physiology (Bethesda, Md : 1985).	117	1	1-Oct	3a. Intervention out of scope
Asuero 2014	Asuero, A. M.; Queralto, J. M.; Pujol-Ribera, E.; Berenguera, A.; Rodriguez-Blanco, T.; Epstein, R. M.	Effectiveness of a mindfulness education program in primary health care professionals: a pragmatic controlled trial	2014	The Journal of continuing education in the health professions	34	1	4-Dec	3a. Intervention out of scope
Aziz 2018	Aziz, Z.; Mathews, E.; Absetz, P.; Sathish, T.; Oldroyd, J.; Balachandran, S.; Shetty, S. S.; Thankappan, K. R.; Oldenburg, B.	A group-based lifestyle intervention for diabetes prevention in low- and middle-income country: implementation evaluation of the Kerala Diabetes Prevention Program	2018	Implementation science : IS	13	1	97	3a. Intervention out of scope
Bachani 2012	Bachani, S.; Malla, V. G.; Singh, P.	To study the efficacy of intervention strategies on features of metabolic syndrome in asian urban adolescent girls with pcso	2012	International Journal of Gynecology and Obstetrics	3)	--	S567	3a. Intervention out of scope

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Baker 2012	Baker, B.; Tobe, S.; Kiss, A.; Abramson, B.; Irvine, J.; Phil, D.; Blom, K.; Abbey, S.	The effect of mindfulness-based stress reduction on ambulatory blood pressure (The harmony study)	2012	Psychosomatic Medicine	74 (3)	--	A20	3a. Intervention out of scope
Baker 2013	Baker, B.; Irvine, J.; Abbey, S.; Myers, M.; Tobe, S. W.; Blom, K.; Dai, M.; How, M.; Perkins, N.	The effects of a mindfulness program on sustained blood pressure: The harmony study(hypertension analysis of stress reduction using mindfulness meditation and yoga)	2013	Psychosomatic Medicine	75 (3)	--	A-38	3a. Intervention out of scope
Baker 2014	Baker, J.; Costa, D.; Guarino, J. M.; Nygaard, I.	Comparison of mindfulness-based stress reduction versus yoga on urinary urge incontinence: A randomized pilot study. with 6-month and 1-year follow-up visits	2014	Female Pelvic Medicine and Reconstructive Surgery	20	3	141-146	3a. Intervention out of scope
Banerjee 2019	Banerjee, D.; Bhatt, S.; Chatterjee, S.; Sharma, R.	Yoga-enhanced cognitive behavioural therapy (Y-CBT) versus rifamixin-probiotic sequential treatment for irritable bowel syndrome (IBS): A randomised clinical trial	2019	Gut	68 (Supplement 1)	--	A100	3a. Intervention out of scope
Barnes 2013	Barnes, D.; Mehling, W.; Wu, E.; Yaffe, K.; Beristianos, M.; Chesney, M.	Preventing loss of independence through exercise (PLIE)	2013	Alzheimer's and Dementia	1)	--	P476	3a. Intervention out of scope
Beck 2017	Beck, A. R.; Verticchio, H.; Seeman, S.; Milliken, E.; Schaab, H.	A Mindfulness Practice for Communication Sciences and Disorders Undergraduate and Speech-Language Pathology Graduate Students: Effects on Stress, Self-Compassion, and Perfectionism	2017	American journal of speech-language pathology	26	3	893-907	3a. Intervention out of scope
Bhalla 2019	Bhalla, K.; Kamarthi, N.; Malik, S. S.; Goel, S.; Gupta, S.	Comparison of conventional pharmacological therapy and holistic approaches (Naturopathy and Yoga) in the management of chronic orofacial pain: A randomized controlled study	2019	Journal of Indian Academy of Oral Medicine and Radiology	31	1	29-35	3a. Intervention out of scope
Bhardwaj 2019	Bhardwaj, S.; Sharma, R. K.	Plasticity of cognitive functioning in occupational therapy students using holistic approach for immediate training gains: a randomized controlled trial...56th all india occupational therapists-™ association (AIOTA) conference (OTICON-™2019), february 8-10 2019, Chandigarh, India	2019	Indian journal of occupational therapy (wolters kluwer india pvt ltd)	51	2	58-58	3a. Intervention out of scope

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Blom 2011	Blom, K. C.; Baker, B.; Irvine, J.; Abbey, S.; Abramson, B.; Myers, M.; Perkins, N.; Tobe, S. W.	The harmony study: Hypertension analysis of stress reduction using mindfulness meditation and yoga	2011	Journal of Clinical Hypertension	1)	--	A141	3a. Intervention out of scope
Blom 2012	Blom, K.; How, M.; Dai, M.; Baker, B.; Irvine, J.; Abbey, S.; Abramson, B. L.; Myers, M.; Perkins, N.; Tobe, S. W.	Hypertension Analysis of stress Reduction using Mindfulness meditatiON and Yoga (The HARMONY Study): Study protocol of a randomised control trial	2012	BMJ Open	2 (2) (no pagination)	e000848	--	3a. Intervention out of scope
Blom 2014	Blom, K.; Baker, B.; How, M.; Dai, M.; Irvine, J.; Abbey, S.; Abramson, B. L.; Myers, M. G.; Kiss, A.; Perkins, N. J.; Tobe, S. W.	Hypertension analysis of stress reduction using mindfulness meditation and yoga: Results from the harmony randomized controlled trial	2014	American Journal of Hypertension	27	1	122-129	3a. Intervention out of scope
Bock 2017	Bock, B. C.; Thind, H.; Dunsiger, S.; Fava, J. L.; Jennings, E.; Becker, B. M.; Marcus, B. H.; Rosen, R. K.; Sillice, M. A.	Who Enrolls in a Quit Smoking Program with Yoga Therapy?	2017	American journal of health behavior	41	6	740-749	3a. Intervention out of scope
Boxer 2010	Boxer, R. S.; Kleppinger, A.; Brindisi, J.; Feinn, R.; Burleson, J. A.; Kenny, A. M.	Effects of dehydroepiandrosterone (DHEA) on cardiovascular risk factors in older women with frailty characteristics	2010	Age and Ageing	39	4	451-458	3a. Intervention out of scope
Braun 2020	Braun, S. E.; Dow, A.; Loughan, A.; Mladen, S.; Crawford, M.; Rybarczyk, B.; Kinser, P.	Mindfulness training for healthcare professional students: A waitlist controlled pilot study on psychological and work-relevant outcomes	2020	Complementary Therapies in Medicine	51 (no pagination)	102405	--	3a. Intervention out of scope
Brazier 2006	Brazier, A.; Mulkins, A.; Verhoef, M.	Evaluating a Yogic breathing and meditation intervention for individuals living with HIV/AIDS	2006	American Journal of Health Promotion	20	3	192-195	3a. Intervention out of scope
Broota 1994	Broota, Aruna; Sanghvi, Chitrangi	Efficacy of two relaxation techniques in examination anxiety	1994	Journal of Personality and Clinical Studies	10	1-Feb	29-35	3a. Intervention out of scope
Bryan 2014	Bryan, Stephanie; Zipp, Genevieve Pinto	The Effect of Mindfulness Meditation Techniques During Yoga and Cycling	2014	Alternative & Complementary Therapies	20	6	306-316	3a. Intervention out of scope
Butler 2008	Butler, L. D.; Waelde, L. C.; Hastings, T. A.; Chen, X. H.; Symons, B.; Marshall, J.; Kaufman, A.; Nagy, T. F.; Blasey, C. M.; Seibert, E. O.; Spiegel, D.	Meditation with yoga, group therapy with hypnosis, and psychoeducation for long-term depressed mood: A randomized pilot trial	2008	Journal of clinical psychology	64	7	806-820	3a. Intervention out of scope

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Carlson 2012	Carlson, L.; Doll, R.; Stephen, J.; Tamagawa, R.; Faris, P.; Specia, M.	Tailoring therapy to individual needs; applying results of the mindset trial comparing mindfulness-based stress reduction to supportive expressive therapy in breast cancer survivors	2012	Asia-Pacific Journal of Clinical Oncology	3)	--	116	3a. Intervention out of scope
Carlson 2013	Carlson, L.; Tamagawa, R.; Stephen, J.; Doll, R.; Specia, M.	Randomized-controlled multi-site trial of mindfulness-based cancer recovery (MBCR) versus supportive expressive group therapy (SET) among breast cancer survivors (mindset): Long-term follow-up results	2013	Psycho-Oncology	3)	--	103-104	3a. Intervention out of scope
Carlson 2013	Carlson, L. E.; Doll, R.; Stephen, J.; Faris, P.; Tamagawa, R.; Drysdale, E.; Specia, M.	Randomized controlled trial of Mindfulness-based cancer recovery versus supportive expressive group therapy for distressed survivors of breast cancer	2013	Journal of Clinical Oncology	31	25	3119-26	3a. Intervention out of scope
Carlson 2013	Carlson, L. E.; Tamagawa, R.; Specia, M.; Faris, P.; Doll, R.; Stephen, J.; Drysdale, E.	Randomized controlled trial of mindfulness-based cancer recovery versus supportive expressive group therapy for distressed survivors of breast cancer (MINDSET)	2013	Journal of Clinical Oncology	31	25	3119-3126	3a. Intervention out of scope
Carlson 2014	Carlson, L.; Beattie, T.; Giese-Davis, J.; Faris, P.; Tamagawa, R.; Fick, L.; Stebner, E.; Specia, M.	Mindfulness-based cancer recovery (MBCR) and supportive expressive therapy (SET) maintain telomere length (TL) and cortisol slopes relative to control in distressed breast cancer survivors	2014	Journal of Alternative and Complementary Medicine	20 (5)	--	A24-A25	3a. Intervention out of scope
Carlson 2015	Carlson, L. E.; Beattie, T. L.; Giese-Davis, J.; Faris, P.; Tamagawa, R.; Fick, L. J.; Degelman, E. S.; Specia, M.	Mindfulness-based cancer recovery and supportive-expressive therapy maintain telomere length relative to controls in distressed breast cancer survivors	2015	Cancer	121	3	476-484	3a. Intervention out of scope
Carney 2017	Carney, P. M.; Sorgnard, R.; Odell, R.	Electric cell signaling of nerves reduces the need for opioids	2017	Pain Medicine (United States)	18 (3)	--	569	3a. Intervention out of scope
Carter 2006	Carter, J. J.	Evaluation of a multi-component yoga intervention as adjunct to psychiatric treatment for Vietnam veterans with posttraumatic stress disorder (PTSD): a randomized controlled trial (RCT)	2006	Controlled-trials.com	--	--	--	3a. Intervention out of scope

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Chandler 2019	Chandler, M. J.; Locke, D. E.; Crook, J. E.; Fields, J. A.; Ball, C. T.; Phatak, V. S.; Dean, P. M.; Morris, M.; Smith, G. E.	Comparative effectiveness of behavioral interventions on quality of life for older adults with mild cognitive impairment a randomized Clinical Trial	2019	JAMA Network Open	2 (5) (no pagination)	e193016	--	3a. Intervention out of scope
Chandrasekaran 2014	Chandrasekeran, A.; Rajesh, S. K.; Srinivasan, T.	Effect of repetitive yogic squats with specific hand position (Thoppukaranam) on selective attention and psychological states	2014	International Journal of Yoga	7	1	76-9	3a. Intervention out of scope
Chang 2019	Chang, S.; Chien, N.; Yu, C.	Long-Term Lifestyle Intervention in Elderly With Metabolic Syndrome	2019	Clinical nursing research	28	6	658-675	3a. Intervention out of scope
Cherkin 2016	Cherkin, D. C.; Sherman, K. J.; Balderson, B. H.; Cook, A. J.; Anderson, M. L.; Hawkes, R. J.; Hansen, K. E.; Turner, J. A.	Effect of mindfulness-based stress reduction vs cognitive behavioral therapy or usual care on back pain and functional limitations in adults with chronic low back pain: A randomized clinical trial	2016	JAMA - Journal of the American Medical Association	315	12	1240-1249	3a. Intervention out of scope
Chi 2013	Chi, Ctr Trc	Promoting Mental Well-being of Pregnant Women with Mindfulness-Based Childbirth and Parenting (MBCP) in Hong Kong	2013	http://www.who.int/trialssearch/Trial2.aspx?TrialID=ChiCTR-TRC-13004070	--	--	--	3a. Intervention out of scope
Chi 2014	Chi, Ctr Trc	The effect of traditional exercise 'Baduanjin' for physical Functioning of Ankylosing spondylitis: a randomized, controlled, prospective study	2014	http://www.who.int/trialssearch/Trial2.aspx?TrialID=ChiCTR-TRC-14004650	--	--	--	3a. Intervention out of scope
ChiCtr 2018	ChiCtr,	A Central Mechanism study for Tai chi versus aerobic exercise for regulating intestinal function in patients with functional constipation	2018	http://www.who.int/trialssearch/Trial2.aspx?TrialID=ChiCTR1800019781	--	--	--	3a. Intervention out of scope
ChiCtr 2019	ChiCtr,	The Effects of Simulation-Based Childbirth Education on Fear of Childbirth of Chinese Primiparas	2019	http://www.who.int/trialssearch/Trial2.aspx?TrialID=ChiCTR1900025309	--	--	--	3a. Intervention out of scope
ChiCtr 2019	ChiCtr,	The effectiveness of dancing program on relieving the symptom cluster of fatigue-sleep disturbance-depression among breast cancer patients undergoing adjuvant chemotherapy: a randomized controlled trial	2019	http://www.who.int/trialssearch/Trial2.aspx?TrialID=ChiCTR1900021215	--	--	--	3a. Intervention out of scope
Chin 2019	Chin, M. S.; Kales, S. N.	Understanding mind-body disciplines: A pilot study of paced breathing and dynamic muscle contraction on autonomic nervous system reactivity	2019	Stress and Health	35	4	542-548	3a. Intervention out of scope

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Clance 1980	Clance, Pauline R.; Mitchell, Michael; Engelman, Suzanne R.	Body cathexis in children as a function of awareness training and yoga	1980	Journal of Clinical Child Psychology	9	1	82-85	3a. Intervention out of scope
Cohen 2014	Cohen, L. S.; Joffe, H.; Guthrie, K. A.; Ensrud, K. E.; Freeman, M.; Carpenter, J. S.; Learman, L. A.; Newton, K. M.; Reed, S. D.; Manson, J. E.; Sternfeld, B.; Caan, B.; Freeman, E. W.; Lacroix, A. Z.; Tinker, L. F.; Booth-Laforce, C.; Larson, J. C.; Anderson, G. L.	Efficacy of omega-3 for vasomotor symptoms treatment: A randomized controlled trial	2014	Menopause	21	4	347-354	3a. Intervention out of scope
Cooper 2002	Cooper, S.; Osborne, J.; Newton, S.; Harrison, V.; Coon, J. T.; Lewis, S.; Tattersfield, A.	Effect of two breathing exercises (Buteyko and pranayama) in asthma: A randomised controlled trial	2003	Thorax	58	8	674-679	3a. Intervention out of scope
Cooper 2002	Cooper, S.; Osborne, J.; Newton, S.; Harrison, V.; Thompson Coon, J.; Lewis, S.; Tattersfield, A. E.	Do breathing exercises (buteyko and pranayama) help to control asthma: a randomised controlled trial	2002	European respiratory society annual congress 2002	--	--	abstract P1929	3a. Intervention out of scope
Cooper 2002	Cooper, S. E.; Osborne, J.; Newton, S.; Harrison, V.; Thompson Coon, J.; Lewis, S.; Tattersfield, A. E.	The effect of two breathing exercises (Buteyko and Pranayama) on the ability to reduce inhaled corticosteroids in asthma: a randomised controlled trial	2003	American thoracic society 99th international conference	--	--	B023 Poster 924	3a. Intervention out of scope
Cramer 2015	Cramer, H.; Rabsilber, S.; Lauche, R.; Kummel, S.; Dobos, G.	Yoga and meditation for menopausal symptoms in breast cancer survivors - A randomized controlled trial	2015	Cancer	121	13	2175-2184	3a. Intervention out of scope
Ctri 2008	Ctri,	A clinical trial to study the existence of reduced nerve mobility in old age individuals, comparing diabetic and non-diabetic subjects and to study the effects of nerve mobilization (a physiotherapy treatment method)	2008	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2008/091/000010	--	--	--	3a. Intervention out of scope
Ctri 2010	Ctri,	study to evaluate effect of naturopathy and yoga in modification of coronary risk factors	2010	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2010/091/001171	--	--	--	3a. Intervention out of scope

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Ctri 2010	Ctri,	study of effect of glutathione rich diet in type-2 diabetes	2010	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2010/091/001170	--	--	--	3a. Intervention out of scope
Ctri 2010	Ctri,	Study to determine effect of naturopathy and yoga treatment in patients of osteoarthritis of knee	2010	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2010/091/001168	--	--	--	3a. Intervention out of scope
Ctri 2010	Ctri,	Effect of naturopathy interventions in bronchial asthma	2010	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2010/091/001169	--	--	--	3a. Intervention out of scope
Ctri 2011	Ctri,	A Clinical Study to evaluate the Efficacy and Safety of TLPL/AY/04/2008 as an adjuvant to Oral Hypoglycemic agents (OHAs) in Type 2 Diabetic Patients	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2009/091/000605	--	--	--	3a. Intervention out of scope
Ctri 2011	Ctri,	Management of lipid disorder with ayurveda	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2011/12/002281	--	--	--	3a. Intervention out of scope
Ctri 2011	Ctri,	Spastic Cerebral Palsy and its management by Ayurveda	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2011/11/002157	--	--	--	3a. Intervention out of scope
Ctri 2011	Ctri,	study to evaluate effect o raw tomato along with naturopathy and yoga treatments in patients of metabolic syndrome	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2011/03/001656	--	--	--	3a. Intervention out of scope
Ctri 2011	Ctri,	study on effect of naturopathy and yoga therapy on in improving psychological profile" in patients of metabolic syndrome	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2011/03/001654	--	--	--	3a. Intervention out of scope
Ctri 2011	Ctri,	Effect of Naturopathy and yoga Therapy on nervous control of heart in obese individuals	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2011/12/002286	--	--	--	3a. Intervention out of scope
Ctri 2011	Ctri,	Cerebral palsy and its management with ayurveda	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2011/12/002298	--	--	--	3a. Intervention out of scope
Ctri 2011	Ctri,	Effect of Naturopathy and yoga based lifestyle interventions on inflammation and utilization of insulin in patients with high risk of cardiovascular diseases	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2011/12/002285	--	--	--	3a. Intervention out of scope

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Ctri 2011	Ctri,	EFFECT OF AYURVEDIC CODED DRUG (AYUSH MANAS) IN THE MANAGEMENT OF MANASAMANDATA (MENTAL RETARDATION)	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2011/04/001701	--	--	--	3a. Intervention out of scope
Ctri 2012	Ctri,	use of nibadi yoga in the treatment of white discharge through vagina	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2012/08/002902	--	--	--	3a. Intervention out of scope
Ctri 2012	Ctri,	Impact of Health Promoting lifestyle intervention on Manipuri and Non-Manipuri University Graduate Students in a North Indian City	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2012/12/003164	--	--	--	3a. Intervention out of scope
Ctri 2012	Ctri,	INFERTILITY MANAGEMENT	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2012/10/003037	--	--	--	3a. Intervention out of scope
Ctri 2012	Ctri,	Effect of Apamarga Kshara Yoga on white patches of any part of body	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2012/11/003157	--	--	--	3a. Intervention out of scope
Ctri 2012	Ctri,	effect of Balachaturbhadrha yoga an ayurvedic compound formulation in managementof cough and enhancment of immunity in children	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2012/07/002800	--	--	--	3a. Intervention out of scope
Ctri 2013	Ctri,	EFFECT OF YOGA BASED LIFESTYLE INTERVENTION ON DIABETIC RISK FACTORS IN OBESITY	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2013/03/003443	--	--	--	3a. Intervention out of scope
Ctri 2013	Ctri,	This is A COMPARATIVE CLINICAL STUDY to see THE EFFECT OF GUDUCHI-BHADRAMUSTADI YOGA ADMINISTERED ORALLY AND AS BASTI(enema), IN THE MANAGEMENT OF OBESITY, for reducing weight	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2013/03/003484	--	--	--	3a. Intervention out of scope
Ctri 2013	Ctri,	Hypertension (high blood pressure) and its managament by Raktadushtihar Yoga	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2013/12/004224	--	--	--	3a. Intervention out of scope
Ctri 2013	Ctri,	management of physically handicapped children with ayurveda (ghritha and basti)	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2013/04/003530	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2013	Ctri,	Effect of Yoga on memory power	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2013/10/004100	--	--	--	3a. Intervention out of scope
Ctri 2013	Ctri,	Effect of Savarnakara yoga on Shvitra (a condition associated with depigmentation)	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2013/12/004232	--	--	--	3a. Intervention out of scope
Ctri 2013	Ctri,	A clinical trial to study the effects of traditional treatments in patients with pelvic organ prolapse	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2013/04/003563	--	--	--	3a. Intervention out of scope
Ctri 2014	Ctri,	comparative study between effect of relaxation techniques and an ayurvedic medicine in generalized anxiety disorder	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2014/06/004693	--	--	--	3a. Intervention out of scope
Ctri 2014	Ctri,	managemant of immature cataract (timira) with triphaladi compound and elaneer kuzhambu anjana	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2014/01/004357	--	--	--	3a. Intervention out of scope
Ctri 2014	Ctri,	Treatment of Asthma using holistic principles of Ayurveda	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2014/12/005322	--	--	--	3a. Intervention out of scope
Ctri 2014	Ctri,	A CLINICAL STUDY ON THALASSEMIA MAJOR AND ITS MANAGEMENT WITH GANDHAKADI YOGA (AYURVEDIC MEDICINE)	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2014/02/004383	--	--	--	3a. Intervention out of scope
Ctri 2014	Ctri,	A comparative study on effect of vomatting & clearing of bowels for treatment purpose in Bronchial Asthma	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2014/01/004330	--	--	--	3a. Intervention out of scope
Ctri 2014	Ctri,	Effect of zinc containing herbomineral compound prepared by two different methods in patients of Diabetes Mellitus	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2014/07/004761	--	--	--	3a. Intervention out of scope
Ctri 2014	Ctri,	A study to investigate the training effects of plyometrics, a specialized form of exercise, in Indian college students	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2014/01/004347	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	Effect of Yoga-based Lifestyle Intervention on Metabolic Syndrome	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/09/006151	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	Effects of Nursing Care on HIV infected Adolescents attending ART Clinic	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/02/005521	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2015	Ctri,	Clinical Study of the effect of Vidangadi Ghanavati in Prameha (Diabetes Mellitus Type II)	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/04/005719	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	Randomized Controlled Trial (RCT) on the effectiveness of a multicomponent intervention on migraine	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/10/006282	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	Tooth extraction by Jalandhara Bandha Yoga Technique	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/07/005972	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	Management of early changes in eye (retina) due to diabetic	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/10/006293	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	CEREBRAL PALSY IN CHILDREN	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/07/006038	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	A CLINICAL STUDY OF VAMANA (vomiting) KARMA IN PRAMEHA BY NIMBA {nimb} YASHTIMADHU{jeshtamadha} KASHAYA{ Kadha}	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/07/006063	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	Treatment of white patches (leucoderma) by herbo-mineral gel	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/07/005986	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	Ayurvedic supportive therapy for THALASSEMIA MAJOR	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/10/006306	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	Background Diabetic Retinopathy and its Ayurvedic Management	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/07/006051	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	To evaluate the effect of Kharjurapaka yoga in Karshya patient (Malnutritional deficiency)	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/07/006021	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	AYURVEDIC MANAGEMENT OF ABNORMAL VAGINAL DISCHARGE	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/07/006024	--	--	--	3a. Intervention out of scope
Ctri 2015	Ctri,	Effect of functional foods and lifestyle modifications on hypertensive women	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/05/005815	--	--	--	3a. Intervention out of scope

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Ctri 2015	Ctri,	Dry eye syndrome and Ayurveda management	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/08/006068	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	Efficacy of a family based yoga program for weight reduction among overweight children and adolescents	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/04/006876	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	Ayurvedic management of decreased mouth opening due to tobacco chewing	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/06/006987	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	Treatment of Ovarian Cyst by Ayurveda	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/04/006793	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	Treatment of Sthaulya in Ayurveda	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/02/006683	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	management of white patches through ayurvedic medicines Mitrapanchak yoga and Avalgubeejadi lepa	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/08/007171	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	A clinical study in management of Cerebral Palsy with Shashtika Shali Pinda Sweda and Yoga Basti	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/07/007080	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	Useful action of Ayurvedic formulation in Anidra	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/03/006740	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	Two Ayurvedic Protocol in the Management of Sthaulya w.s.r to Obesity??	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/05/006940	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	EFFECT OF CHANDRASHAKALADI VATAK AND CHANDAMARUTAM MALAHAR ON PSORIASIS	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/02/006613	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	Tarpana and Anjana kriya in Myopia	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/01/006539	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	TREATMENT OF THALASSEMIA MAJOR BY AYURVEDA	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/03/006750	--	--	--	3a. Intervention out of scope

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Ctri 2016	Ctri,	An ayurvedic formulation Āç??Chirbilwadi yogaĀç?? useful in Āç??SandhivataĀç??	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/03/006765	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	Effect of fresh coconut in a balanced diet - A randomised comparative study	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/07/007071	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	Ayurvedic Management of Decreased Mouth Opening due Tobacco Chewing	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/05/006973	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	Management of changes in eye due to diabetes mellitus	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/04/006803	--	--	--	3a. Intervention out of scope
Ctri 2016	Ctri,	Effect of Virechana Karma and Nishadi Vati in the management of Eczema	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/05/006901	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Clinical study to see the effect of Utkantaka moola lepa and dharana for painless labor	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/11/010709	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	To study the effect of Yoga and Meditation on Rheumatoid Arthritis	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/05/008589	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Enhancement of quality of life among menopausal women	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/07/009071	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Management of Shwasa Roga with Ayurveda	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/03/008038	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	To Study the Impact of Counseling with Yoga - Based Stress Management in Women Undergoing Assisted Reproduction	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/11/010514	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	A clinical trial in the management of female primary infertility	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/04/008387	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Management of Cerebral Palsy through Ayurved	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/12/010880	--	--	--	3a. Intervention out of scope

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Ctri 2017	Ctri,	Ayurvedic treatment for Cerebral Palsy	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/03/007974	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Effect of Dhatri nisha yoga in Prameha (Diabetes Mellitus Type II)	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/05/008461	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Å¿??Add on effect of Dhatri Nisha Yoga in Prameha (Diabetes Mellitus Type II).Å¿??	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/04/008420	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Role of Gandhakadi yoga in the management of Thalassemia major	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/12/010846	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Use of Amalaki and Achara Rasayan to prevent premature ageing	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/02/007933	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Effect of Panchkarma followed by Internal Ayurveda medicine in the Management of Hypothyroidism	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/07/009185	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Ayurvedic treatment for menorrhagia	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/04/008383	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	A Comparative Clinical Study on Shayyamutra Enuresis and its managment with Shayyamutrahara yoya and Medhya rasayana	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/04/008333	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	EARLY PREGNANCY CARE	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/02/007969	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Oral submucous fibrosis management through ayurveda	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/12/010863	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Effect of Vamana Virechana and Pippalikhanda in Amlapitta or Hyperacidity	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/12/010915	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Prevalence of sleep problems and role of sleep in sports	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/05/008676	--	--	--	3a. Intervention out of scope

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Ctri 2017	Ctri,	study of use of katak seeds powder for management of Diabetes Mellitus	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/09/009956	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Effect of some indigenous drugs on essential hypertension	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/09/009871	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	EFFECTIVENESS OF AN INTEGRATED INTERVENTION PROGRAM FOR ALCOHOLISM (IIPA)	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/08/009346	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Concept of Anxiety And Its Management With Sarasawat Churna And Diet And Life Style Modifications	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/06/008904	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	À¿??A study of Amrutadi Tablet and Arbudahara Tablet in treatment of cancer of mouth induced by gutkha chewing	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/03/008127	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	A Clinical Study on Arthritis	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/08/009423	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Effect of Vamana virechana and tiktashatpal ghrita in management of psoriasis	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/08/009539	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Ayurvedic management in preventing intra uterine growth retardation	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/03/008259	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Clinical trial to Study the efficacy of two drugs Trivrut Churna and fortified Trivrut Churna (herbal powder) as a purgative medicine in healthy individuals	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/08/009361	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	A Randomized parallel group clinical trial on effectiveness of Ayurvedic medicines in reducing adverse effects of radiotherapy, improving disease free survival, quality of life of oral cancer patients	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/01/007689	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	A clinical trial to assess the effectiveness of Ayurvedic drugs to reduce toxic effects of chemotherapy and improving Quality of Life of breast cancer patients	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/01/007687	--	--	--	3a. Intervention out of scope

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Ctri 2017	Ctri,	A clinical trial on effectiveness of Ayurvedic medicines in improving the disease free survival and/or controlling recurrence of disease of breast cancer patients, who are carriers of BRCA 1/2 genes using complimentary Ayurvedic treatment	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/01/007684	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	Effect of Panchkarma, Internal Ayurveda medicine and lifestyle modification in Prameha w.s.r. to Prediabetes	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/05/008645	--	--	--	3a. Intervention out of scope
Ctri 2017	Ctri,	A CLINICAL COMPARATIVE STUDY OF SHWET PARPATI AND GOKSHURPUNARNAVADI YOGA IN THE MANAGEMENT OF VRIKKASHMARI	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/03/008112	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Ayurvedic chikitsa of Badhirata with Basti and Karnapurana	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/05/014008	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Role of Triphaladi mouthwash in patients of dental caries	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/02/012165	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	To evaluate the effect of yoga and Naturopathy on obesity	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/12/016512	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Yoga and Naturopathy strategy for Diabetes Mellitus	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/12/016550	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A Comparative Study on Type 2 Diabetes Mellitus	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/06/014635	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Comparative Clinical Trial of Thetran Ilagam (Internal) and Yogam therapy in the Treatment of Aan maladu (Male Infertility)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/07/014832	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Role of Haridradi Vati and Life style Modification in the management of Prediabetes	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/03/012526	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A effect of classical Ayurvedic treatments in patients with Psoriatic Arthritis	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/09/015820	--	--	--	3a. Intervention out of scope

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Ctri 2018	Ctri,	Role Of Ayurveda Medication In the Treatment of Hypothyroidism	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/08/015509	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Effect of Lifestyle Modifications Pathya Ahara and selected Yogic Practices in obese person with other metabolic imbalance	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/05/013777	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Efficacy of yoga based life style intervention on acute phase insulin release in pre-diabetics	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/09/015753	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A study on Siddha trial drug Kodiveli chooranam(int) Sangam Ver Thylam(Ext) and pranayamam in patients having Karappan	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/04/013253	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A clinical trial to study the effect of Diet, Yoga And Ruksha Udavartana In The Management Of Obesity (Sthaulya)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/04/013222	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Study to know the effect of some herbal drugs in the management of Irritable Bowel Syndrome (Grahani roga)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/03/012541	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Comparative study of efficacy of Pathyadyam choorna and Draksha Abhayadi Yoga in Vidagdhajeerna	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/09/015789	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A clinical trial to study effect of Darvyadi yoga in patients of Madhumeha (Type 2 Diabetes Mellitus)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011123	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	role of yoga and relaxation for the treatment of uveitis	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/07/015034	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Role of Vedanasthapana Mahakashay (Decoction), Kati Basti & Yoga Modalities in the Management of Acute Lumbosacral sprain/strain /kati shool	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/02/012161	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Management of Jataja Prameha (JUvenile Diabetes) with Modified Nisha Amalaki Yoga	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/03/012270	--	--	--	3a. Intervention out of scope

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Ctri 2018	Ctri,	Ayurvedic management of skin disease	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/04/013090	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Effect of diet and yoga on obesity	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/07/015076	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Drakshadi yoga in the management of Kaphaja Kasa	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/02/012160	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	To Compare Effect Of Two Basti (Medicated Enema)With Some Herbal Drug In The Management Of Sciatica	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011098	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Abnormal vaginal discharge and its management thorough local application of 2 ayurveda drugs	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/10/016115	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	To see the effect of some herbal drugs in the management of Grivasandhigata Vata (Cervical Spondylosis)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/03/012362	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Panchakarma therapy along with herbal medication used in treatment of Psoriasis	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/03/012468	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	To study the effect of Salamusta yoga in Pre-Diabetic patients	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011213	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Effect of Nagaradi Yoga in children suffering from loose stool (Diarrhea)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/04/013348	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Clinical study of Pittantak Yoga and Amlapittantak Choorna in Hyperacidity	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/10/015905	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Effect of Yoga and Naturopathy on abnormally dilated veins of legs	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/10/015895	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Effect of Yoga in Irritable Bowel Syndrome	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/11/016284	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2018	Ctri,	A clinical trial to study the effect of Sauwarchaladi yoga in patients of Pandu roga(Anaemia)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/02/012153	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Management of heavy bleeding with Drakshadi Yoga and Kutajashtaka Ghana: a comparative clinical study	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/09/015728	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	study of the Drug Sagala vaaivu kutthaluku kiyazham in patients having Lumbar spondylosis	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/05/013638	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Randomized Trial to study the effect of lifestyle Management through Indian System of Medicine including Yoga in heart failure patients along with standard care in modern medicine	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/05/013605	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A clinical study over role of a herbal formulation and Ā...?irodhĀ,,?rĀ,,? (dribbling medicated liquid over forehead) therapy in the management of Depression	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/05/014300	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Ayurvedic treatment for Diabetes	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/04/013239	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A pharmaceutical standardization of Guduchyadi yoga as syrup and Ghanavati and their comparative study in the management of hyperacidity	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/06/014518	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	MANAGEMENT OF PSORIASIS WITH AYURVEDA FORMULATION	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/12/016594	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Study the effect of specific Ayurvedic therapy in the patients suffering from diabetic complication on kidney	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/09/015796	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A Study to understand the prognosis of Prameha(Diabetes Mellitus)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/02/012203	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Therepeutic Emesis And Therepeutic Purgation In The Managment Of Psoriasis	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/02/012093	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2018	Ctri,	Role of Apatyakara Ghee and Purgation in the treatment of Low Sperm Count	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011148	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Ayurvedic management of diabetic complication	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011317	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Effect of Shishukalyanaka Ghrita in CP Children	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/10/016092	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A clinical trial to study the effect of the drug lekhaneya mahakashaya on patients of obesity(hyperlipidemia)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/02/011874	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Can yoga reduce the need of medication after surgery?	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011355	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A Clinical trial to study the effect of Left Nostril Breathing Technique on Cognition, a higher mental function in healthy individuals	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/05/013764	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	medicated planned emesis treatment in hypothyroidism	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/02/011993	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A randomized controlled trial to assess the impact of relaxation technique on stress, anxiety and milk output among postpartum mothers of hospitalized neonate in NICU, AIIMS, Delhi	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/06/014471	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Effect of Ayurvedic interventions in Type II Diabetes mellitus	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/04/013415	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	The study regarding effectiveness of Khadiradi Ghanavati in Diabetic patients	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/03/012823	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Ayurvedic management of Ovarian cyst	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011289	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2018	Ctri,	Effect of Ayurveda Medication In Loss of Sleep disease	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/08/015260	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Myths about semen loss and effect of Veeryasthambha vati in Premature ejaculation	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/07/015102	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Management of Hyperactivity in children using an integrated Ayurveda treatment protocol	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/10/016114	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Painless Tooth Extraction Jalandhar Bandha : a clinical study	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/04/013494	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	Clinical study on the effect of treatment of Amvata (all joint pain) and effect of regular purgation ,oral intake of medicated Ghrita and Amritadi guggulu(oral medication) in the management of Amavata(RA)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/03/012511	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A Study of application of Jalauka(Medicinal Leech) with and without Vamana Karma(Therapeutic Emesis) in the Management of Mandal Kushtha(Psoriasis)	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/08/015534	--	--	--	3a. Intervention out of scope
Ctri 2018	Ctri,	A clinical trial on effectiveness of complimentary Ayurvedic treatment to increase cancer free life in healthy women carrying BRCA 1/2 gene, which is highly responsible for cancer of breast and ovary	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011644	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Effect of yoga and Naturopathy on Hypertension	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/01/016883	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Yoga As An Intervention For Caregivers Of In-Patients With Traumatic Injury: a Randomised Controlled Trial	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/03/018220	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Clinical study to see the effect of ayurvedic oil through topical and nasal route in the management of ringing sound in ears	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/07/020385	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2019	Ctri,	A clinical trial to study the effect of an Ayurvedic formulation in subjects with Type 2 Diabetes Mellitus	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/03/018223	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A study to understand the effect of Integrated Amrita Meditation (IAM) in people with Diabetes	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/04/018606	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	COMPARISON BETWEEN KESHARANJAK YOGA (HAIR DYEING AGENT) AND SHAMAN YOGA(ANTI-HAIR GREYING MEDICINE) IN PATIENTS OF PALITYA (GREYING OF HAIR)	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/09/021267	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A comparative study of Vidangadi yog and Nimbadi yog in the management of mrudbhakshan(Consumption of mud)(geophagia)in children	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/04/018610	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Effect of Yoga and Meditation on human brain	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/02/017581	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Madhupippalyadi yoga local application,nishadi taila gargling and Rasayana Roga orally in Mukhapaka	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/01/017207	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	clinical study of two oral drugs with yoni pichu locally in management of pelvic inflammatory disease	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/04/018682	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A clinical trial to study the Effects of Yoga and Nature cure treatments for Obese Patients	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021775	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	"A Clinical Trial to study the effect of Haritakyadi Yoga Rasayana and Palitnashaka Lepa in the management of Palitya(premature canities)	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/01/017306	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Management of hypertension through Ayurveda	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/07/020081	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Clinical Trial of Shoolharan Yoga in Abdominal Pain	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/09/021169	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2019	Ctri,	ASSESSMENT OF EFFECT OF NIMBA-AMALAKI YOGA IN COMPARISON WITH CAP GAMMA LINOLENIC ACID IN MANAGEMENT OF ECZEMA OPEN RANDOMIZED CONTROL STUDY	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021569	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Management of Cerebral Palsy through Ayurveda	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/01/017109	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	various methods of Ayurvedic management of non healing ulcers	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/05/018887	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Whether the oral herbal preparation when given along with the herbal oil gives better results in computer vision syndrome or not?	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/02/017711	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Ayurvedic Management of Paralysis in Children	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/06/019645	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Vaginal funigation with ayurvedic medicine in patient with white discharge	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/05/019376	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Role of Guduchi-Bhadramustadi in the Management of Abnormal Lipid Level	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/12/022345	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Study of Gudjeerak yoga And Gokshura choorna on Difficulty in Urination	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/07/020025	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Management of Dadru (Fungal Infection) by Kasamardamula Lepa-Gutika And Haritaki yoga	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/07/020376	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	PSORIASIS MANAGEMENT BY SIDDHARTHAK YOGA KWATH AND LEPA	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/08/020570	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Management of PCOS(Polycystic ovarian syndrome)	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/03/017982	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2019	Ctri,	Comparision of Panchashirish-agad and Hingu-Pippali yoga in Pranavaha strotas dushti due to air pollution in transport vehicle driver	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/12/022523	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Ayurvedic treatment for mild and moderate depression	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/08/020868	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Role of Gandhaka Kalpa and Gandhakadi Yoga in the management of Thalassemia Mjor	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/01/017338	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A CLINICAL STUDY FOR TREATMENT OF FEMALE INFERTILITY THROUGH ASHWAGANDHA GHRITA AND BALADI CHURNA AND DHATAKI PUSHPADI YOGA	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/06/019805	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A Clinical study to compare induced emesis(vomitting) effect of medicine like Madanaphala and Jimutaka in skin disease (psoriasis)	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/07/020266	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A Study to see effect of Ayurvedic drug Nimbadi Yoga on Non-Healing Wounds or delayed healing wounds as local application	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021606	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Ayurvedic management of cervical spondylosis	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/09/021091	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Management of Pratishyaya(Recurrent rhinitis) in children by Ayurve	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/03/018242	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Ayurvedic Management Of Fatty Liver	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/06/019499	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	An ayurvedic management of shwitra (vitiligo) through Vamana karma and Raktamokshana procedure	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/02/017463	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	To see the effect of Adityapaka guggulu, Shunthyadi Kwatha and Kati Basti in the Management of Katigatavata Roga (Lumber Spondylosis)	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/05/019048	--	--	--	3a. Intervention out of scope

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Ctri 2019	Ctri,	To see the effect & safety of ĀfĀ?? Edagajadi yoga & Gandhapashanadilepa ĀfĀ?? in the skin disease (ptyriasis versicolor) sidhma	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/05/019249	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Role of purgation therapy along with certain oral drug in the management of diabetic macular edema	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/07/020089	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Management Of Renal Stone	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021554	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Santarpana in Pandu (IDA) in Children	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021749	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Ayurvedic management of diabetes	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/03/017952	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Study on Abnormal functions of Digestive system	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/01/017041	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Homeopathic medicines for problems related to recurrent stool	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/11/021916	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A clinical study to evaluate the effect of two herbal drugs, bhunimba kshara and katuki churna in combination with restricted diet, exercise and yoga in patients of Non- alcoholic fatty liver disease	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/03/018039	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Thyroid disease	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/05/018905	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Comparison of energy expenditure in between hypertensive patient and normal population	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/05/019476	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Homeopathic medicines for problems related to incomplete and unsatisfactory bowel movement	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021632	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2019	Ctri,	To see the Comparative effect of Kulattha Guda with or without virechana (purgation)in the management of Bronchial Asthma (tamaka shwasa)	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/06/019489	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	a clinial study to evaluate the the effect of purgation with Trivritadi kwath and drug effect with avipattikar churna in the management of Heart Burning in Acidity	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/09/021295	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A clinical study to see the effect of Trivrttaashtaka Churna and Trivtt Churna as a therapeutic purgative in heathly individuals	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021614	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A study to see the purgation effect of Trivrut powder and fortified Trivrut powder in healthy persons	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021767	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Ayurvedic and Shatkarma management in Obesity	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/03/018284	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	management of Bijeeekosha Granthi	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/03/018288	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A study to evaluate the pain relieving effect of medicated enema and medicated purgation in the management of joint pain	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/02/017432	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A CLINICAL STUDY TO EVALUATE THE EFFICACY OF UTKLESHANA BASTI, DOSHAHARA BASTI AND LEKHANA BASTI IN THE MANAGEMENT OF SHAREERA ANUKRAMA ATISNEHA W.S.R. TO DYSLIPIDEMIA A MULTIDIMENSIONAL APPROACH	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/01/017138	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	Homeopathic medicines for sleep disturbance	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/11/021931	--	--	--	3a. Intervention out of scope
Ctri 2019	Ctri,	A clinical trial to study the effect of Trayushnadi guggulu and virechan karma in sthaulya	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/02/017517	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2020	Ctri,	A clinical trial to study the effect of Indravaruni Yoga & Mulaka Taila in the management of osteoarthritis of knee joint	2020	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2020/01/022622	--	--	--	3a. Intervention out of scope
Danucalov 2013	Danucalov, M. A.; Kozasa, E. H.; Ribas, K. T.; Galduroz, J. C.; Garcia, M. C.; Verreschi, I. T.; Oliveira, K. C.; Romani de Oliveira, L.; Leite, J. R.	A yoga and compassion meditation program reduces stress in familial caregivers of Alzheimer's disease patients	2013	Evidence-Based Complementary & Alternative Medicine: eCAM	2013	--	513149	3a. Intervention out of scope
Danucalov 2013	Danucalov, M. A. D.; Kozasa, E. H.; Afonso, R. F.; Galduroz, J. C. F.; Leite, J. R.	Yoga and compassion meditation program improve quality of life and self-compassion in family caregivers of Alzheimer's disease patients: A randomized controlled trial	2017	Geriatrics and Gerontology International	17	1	85-91	3a. Intervention out of scope
DeBar 2012	DeBar, L. L.; Stevens, V. J.; Perrin, N.; Wu, P.; Pearson, J.; Yarborough, B. J.; Dickerson, J.; Lynch, F.	A primary care-based, multicomponent lifestyle intervention for overweight adolescent females	2012	Pediatrics	129	3	e611-e620	3a. Intervention out of scope
DeBar 2018	DeBar, L.; Benes, L.; Bonifay, A.; Deyo, R. A.; Elder, C. R.; Keefe, F. J.; Leo, M. C.; McMullen, C.; Mayhew, M.; Owen-Smith, A.; Smith, D. H.; Trinacty, C. M.; Vollmer, W. M.	Interdisciplinary team-based care for patients with chronic pain on long-term opioid treatment in primary care (PPACT) - Protocol for a pragmatic cluster randomized trial	2018	Contemporary Clinical Trials	67	--	91-99	3a. Intervention out of scope
DiPietro 1998	DiPietro, L.; Seeman, T. E.; Stachenfeld, N. S.; Katz, L. D.; Nadel, E. R.	Moderate-intensity aerobic training improves glucose tolerance in aging independent of abdominal adiposity	1998	Journal of the American Geriatrics Society	46	7	875-879	3a. Intervention out of scope
Domnick 2016	Domnick, M.; Beer, A. M.; Wiebelitz, K. R.	A complementary care program for improving quality of life of cancer patients during adjuvant radiotherapy and/or chemotherapy or outpatient aftercare	2016	Journal of Clinical Oncology. Conference	34	Supplement 15	--	3a. Intervention out of scope
Drks 2012	Drks,	The effectiveness of a comprehensive lifestyle modification programme for asthma patients (ETHICO study): a randomized controlled trial	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=DRKS00003535	--	--	--	3a. Intervention out of scope
Drks 2014	Drks,	Improvement of Viniyoga compliance/ acceptance in cardiac in-patient rehabilitation with focus on patients with systolic blood pressure between 140-160 mmHg	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=DRKS00005428	--	--	--	3a. Intervention out of scope

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Drks 2014	Drks,	Mindfulness-Based Cognitive Therapy as an Intervention for Migraine	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=DRKS00007477	--	--	--	3a. Intervention out of scope
Drks 2015	Drks,	Physical exercise and internet-based cognitive behavioral therapy in the treatment of depression (Regassa): a multi-centre, single blind, randomized controlled trial	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=DRKS00008745	--	--	--	3a. Intervention out of scope
Drks 2017	Drks,	-žGesunder Schlaf durch Innere Ordnung-œ Development, implementation and evaluation of a 3-week secondary prevention program for people suffering from non-organic insomnia	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=DRKS00011673	--	--	--	3a. Intervention out of scope
Duchemin 2015	Duchemin, A. M.; Steinberg, B. A.; Marks, D. R.; Vanover, K.; Klatt, M.	A small randomized pilot study of a workplace mindfulness-based intervention for surgical intensive care unit personnel: Effects on salivary alpha-amylase levels	2015	Journal of Occupational and Environmental Medicine	57	4	393-399	3a. Intervention out of scope
Dunlop 2018	Dunlop, Katie; Tsantefski, Menka	A space of safety: Children's experience of equine-assisted group therapy	2018	Child & Family Social Work	23	1	16-24	3a. Intervention out of scope
Ekstrand 2020	Ekstrand, Maria L.; Heylen, Elsa; Pereira, Matilda; D'Souza, Jacob; Nair, Shoba; Mazur, Amanda; Shamsundar, Ranjani; Kumar, B. N. Ravi; Chandy, Sara	A Behavioral Adherence Intervention Improves Rates of Viral Suppression Among Adherence-Challenged People Living with HIV in South India	2020	AIDS & Behavior	24	7	2195-2205	3a. Intervention out of scope
Elavsky 2009	Elavsky, S.; McAuley, E.	Personality, Menopausal Symptoms, and Physical Activity Outcomes in Middle-Aged Women	2009	Personality & Individual Differences	46	2	123-128	3a. Intervention out of scope
Eraballi 2018	Eraballi, A.; Raghuram, N.; Ramarao, N. H.; Pradhan, B.; Rao, P. V.	Yoga based lifestyle program in improving quality of life after coronary artery bypass graft surgery: A randomised controlled trial	2018	Journal of Clinical and Diagnostic Research	12	3	YC05-YC09	3a. Intervention out of scope
Erlen 2019	Erlen, J. A.; Sereika, S. M.; Sun, R.; Tamres, L. K.; Tang, F.; Lingler, J. H.	Outcomes of a Problem-Solving Medication Management Intervention for Informal Caregivers	2019	Western journal of nursing research	41	11	1642-1657	3a. Intervention out of scope

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Euctr 2011	Euctr, G. B.	Study to examine whether single (100mg) or double (200 mg) doses of aspirin can reduce blood clotting in diabetic patients without heart disease and to determine whether the double dose is more effective when given as 100mg twice a day	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=EUCTR2011-003123-35-GB	--	--	--	3a. Intervention out of scope
Euctr 2013	Euctr, S. E.	Does Ticagrelor inhibit growth of small abdominal aortic aneurysms? A randomised controlled trial (TicAAA)	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=EUCTR2013-002736-24-SE	--	--	--	3a. Intervention out of scope
Ferguson 2019	Ferguson, K.; Bradley, J. M.; McAuley, D. F.; Blackwood, B.; O'Neill, B.	Patients' Perceptions of an Exercise Program Delivered Following Discharge From Hospital After Critical Illness (the Revive Trial)	2019	Journal of intensive care medicine (sage publications inc.)	34	11-12	978-984	3a. Intervention out of scope
Field 2013	Field, T.; Diego, M.; Delgado, J.; Medina, L.	Tai chi/yoga reduces prenatal depression, anxiety and sleep disturbances	2013	Complementary therapies in clinical practice	19	1	6-Oct	3a. Intervention out of scope
Flynn 2017	Flynn, D.; Doorenbos, A.; Theodore, B.; Head, P.; Alden, A.; Snow, T.; Rue, T.	Enhancing the success of functional restoration using complementary and integrative pain therapies: A comparative effectiveness analysis of active duty service members with chronic pain	2017	Pain Medicine (United States)	18 (3)	--	610-611	3a. Intervention out of scope
Flynn 2018	Flynn, D.; Eaton, L. H.; Langford, D. J.; Ieronimakis, N.; McQuinn, H.; Burney, R. O.; Holmes, S. L.; Doorenbos, A. Z.	A SMART design to determine the optimal treatment of chronic pain among military personnel	2018	Contemporary Clinical Trials	73	--	68-74	3a. Intervention out of scope
Freedenberg 2017	Freedenberg, V. A.; Hinds, P. S.; Friedmann, E.	Mindfulness-Based Stress Reduction and Group Support Decrease Stress in Adolescents with Cardiac Diagnoses: A Randomized Two-Group Study	2017	Pediatric Cardiology	38	7	1415-1425	3a. Intervention out of scope
Fu 2018	Fu, Y.; Burns, R. D.; Constantino, N.; Zhang, P.	Differences in Step Counts, Motor Competence, and Enjoyment Between an Exergaming Group and a Non-Exergaming Group	2018	Games for health journal	7	5	335-340	3a. Intervention out of scope
Galani 2009	Galani, K.; Vyas, S. N.; Dave, A. R.	A clinical study on role of 'Saptasamo yoga and darvyadi yamak malahara' In the management of ekakushtha (psoriasis)	2009	Ayu	30	4	415-420	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Gallegos 2018	Gallegos, A. M.; Moynihan, J.; Pigeon, W. R.	A Secondary Analysis of Sleep Quality Changes in Older Adults From a Randomized Trial of an MBSR Program	2018	Journal of Applied Gerontology	37	11	1327-1343	3a. Intervention out of scope
Gallo 2017	Gallo, R.; Chiorri, C.; Gasparini, G.; Signori, A.; Burroni, A.; Parodi, A.	Can mindfulness-based interventions improve the quality of life of patients with moderate/severe alopecia areata? A prospective pilot study	2017	Journal of the American Academy of Dermatology	76	4	757-759	3a. Intervention out of scope
Goldstein 2018	Goldstein, L. A.; Mehling, W. E.; Metzler, T. J.; Cohen, B. E.; Barnes, D. E.; Choucroun, G. J.; Silver, A.; Talbot, L. S.; Maguen, S.; Hlavin, J. A.; Chesney, M. A.; Neylan, T. C.	Veterans Group Exercise: A randomized pilot trial of an Integrative Exercise program for veterans with posttraumatic stress	2018	Journal of Affective Disorders	227	--	345-352	3a. Intervention out of scope
Goldstein 2019	Goldstein, M. R.	Improvements in sleep disturbance following yogic breathing-based stress-management intervention compared to cognitively based intervention in college students	2019	Sleep	42 (Supplement 1)	--	A394-A395	3a. Intervention out of scope
Goldstein 2020	Goldstein, M. R.; Lewin, R. K.; Allen, J. J. B.	Improvements in well-being and cardiac metrics of stress following a yogic breathing workshop: Randomized controlled trial with active comparison	2020	Journal of American college health : J of ACH	--	--	1-Nov	3a. Intervention out of scope
Goswami 2016	Goswami, A.; Rajagopala, S.; Patel, K. S.; Kori, V. K.; Prajapati, P.	Evaluation of Gandhakadi Yoga as an adjuvant therapy in the management of Beejadushtijanya Pandu (thalassemia major)	2016	Ayu	37	3-Apr	198-205	3a. Intervention out of scope
Gould 2012	Gould, L. F.; Dariotis, J. K.; Mendelson, T.; Greenberg, M. T.	A school-based mindfulness intervention for urban youth: Exploring moderators of intervention effects	2012	Journal of Community Psychology	40	8	968-982	3a. Intervention out of scope
Granmayeh 2012	Granmayeh, S. H.; Besharat, M.; Nabavi, S. M.; Sadeghi, S.; Imani, A.	The effects of Mindfulness-based Stress Reduction programme on physical symptoms, quality of life, and mental health in patients with multiple sclerosis	2012	Journal of Neurology	1)	--	S154	3a. Intervention out of scope
Gross 2016	Gross, C. R.; Reilly-Spong, M.; Park, T.; Zhao, R.; Gurvich, O.; Ibrahim, H. N.	Accessibility-enhanced mindfulness-based stress reduction to improve HRQOL in kidney disease patients	2016	Quality of Life Research	25 (1 Supplement 1)	--	144	3a. Intervention out of scope

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Gross 2017	Gross, C. R.; Reilly-Spong, M.; Park, T.; Zhao, R.; Gurvich, O. V.; Ibrahim, H. N.	Telephone-adapted Mindfulness-based Stress Reduction (tMBSR) for patients awaiting kidney transplantation	2017	Contemporary Clinical Trials	57	--	37-43	3a. Intervention out of scope
Grossman 2016	Grossman, J. A. C.; Payne, E. K.	A randomized comparison study regarding the impact of short-duration, high-intensity exercise and traditional exercise on anthropometric and body composition measurement changes in post-menopausal women - A pilot study	2016	Post Reproductive Health	22	1	14-19	3a. Intervention out of scope
Gudkovs 2011	Gudkovs, J.	Intentional teams in rural health care: A preliminary report	2011	Australasian Psychiatry	19	SUPPL. 1	S98-S101	3a. Intervention out of scope
Guszkowska 2013	Guszkowska, M.; Langwald, M.; Sempolska, K.	Influence of a relaxation session and an exercise class on emotional states in pregnant women	2013	Journal of Reproductive and Infant Psychology	31	2	121-133	3a. Intervention out of scope
Halperin 2019	Halperin, D. T.; Laux, J.; LeFranc-Garcia, C.; Araujo, C.; Palacios, C.	Findings From a Randomized Trial of Weight Gain Prevention Among Overweight Puerto Rican Young Adults	2019	Journal of nutrition education and behavior	51	2	205-216	3a. Intervention out of scope
Hamza 2013	Hamza, A. M. R.	EFFECTS OF CIRCULAR STRENGTH TRAINING SYSTEM ON BONE MINERAL DENSITY AND KICKS PERFORMANCE FOR YOUNG SOCCER PLAYERS	2013	Ovidius University Annals, Series Physical Education & Sport/Science, Movement & Health	13	--	137-143	3a. Intervention out of scope
HarrisAlexis 2016	Harris Alexis, R.; Jennings Patricia, A.; Katz Deirdre, A.; Abenavoli Rachel, M.; Greenberg Mark, T.	Promoting stress management and wellbeing in educators: feasibility and efficacy of a school-based yoga and mindfulness intervention	2016	Mindfulness	7	1	143-154	3a. Intervention out of scope
Harrison 2018	Harrison, E. G.; Keating, J. L.; Morgan, P.	Novel exercises for Restless Legs syndrome: A randomized, controlled trial	2018	Journal of the American Board of Family Medicine	31	5	783-794	3a. Intervention out of scope
Helgadottir 2016	Helgadottir, B.; Hallgren, M.; Ekblom, O.; Forsell, Y.	Training fast or slow? Exercise for depression: A randomized controlled trial	2016	Preventive Medicine	91	--	123-131	3a. Intervention out of scope
Helgadottir 2017	Helgadottir, B.; Forsell, Y.; Hallgren, M.; Moller, J.; Ekblom, O.	Long-term effects of exercise at different intensity levels on depression: A randomized controlled trial	2017	Preventive Medicine	105	--	37-46	3a. Intervention out of scope

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Hieda 2019	Hieda, M.; Howden, E. J.; Sarma, S.; Cornwell, W.; Lawley, J. S.; Tarumi, T.; Palmer, D.; Samels, M.; Everding, B.; Livingston, S.; Fu, Q.; Zhang, R.; Levine, B. D.	The impact of 2 years of high-intensity exercise training on a model of integrated cardiovascular regulation	2019	Journal of Physiology	597	2	419-429	3a. Intervention out of scope
Hoge 2013	Hoge, E. A.; Bui, E.; Marques, L.; Metcalf, C. A.; Morris, L. K.; Robinaugh, D. J.; Worthington, J. J.; Pollack, M. H.; Simon, N. M.	Randomized controlled trial of mindfulness meditation for generalized anxiety disorder: effects on anxiety and stress reactivity	2013	Journal of Clinical Psychiatry	74	8	786-92	3a. Intervention out of scope
Hou 2014	Hou, R. J.; Wong, S. Y. S.; Yip, B. H. K.; Hung, A. T. F.; Lo, H. H. M.; Chan, P. H. S.; Lo, C. S. L.; Kwok, T. C. Y.; Tang, W. K.; Mak, W. W. S.; Mercer, S. W.; Ma, S. H.	The effects of mindfulness-based stress reduction program on the mental health of family caregivers: A randomized controlled trial	2014	Psychotherapy and Psychosomatics	83	1	45-53	3a. Intervention out of scope
Hylander 2017	Hylander, F.; Johansson, M.; Daukantaite, D.; Ruggeri, K.	Yin yoga and mindfulness: a five week randomized controlled study evaluating the effects of the YOMI program on stress and worry	2017	Anxiety, stress, and coping	30	4	365-378	3a. Intervention out of scope
Im 2019	Im, J. Y.; Bang, H. S.; Seo, D. Y.	The effects of 12 weeks of a combined exercise program on physical function and hormonal status in elderly Korean women	2019	International Journal of Environmental Research and Public Health	16 (21) (no pagination)	4196	--	3a. Intervention out of scope
Innes 2011	Innes, K. E.; Selfe, T. K.; Vishnu, A.	Association of fructosamine to indices of dyslipidemia in older adults with type 2 diabetes	2011	Diabetes and Metabolic Syndrome: Clinical Research and Reviews	5	4	179-182	3a. Intervention out of scope
Irct20090522001930N, 2018	Irct20090522001930N,	A Survey on Mindfulness Training in women with Breast Cancer	2018	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT20090522001930N2	--	--	--	3a. Intervention out of scope
Irct20100130003227N, 2018	Irct20100130003227N,	The Effect of Holy Quran Listening on the Anxiety of OSC Examinationin of Medical Sciences students	2018	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT20100130003227N12	--	--	--	3a. Intervention out of scope
Irct201106084076N 2011	Irct201106084076N,	The effect of mindfulness based stress reduction on HIV patients	2011	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT201106084076N2	--	--	--	3a. Intervention out of scope

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Irct201208022812N 2012	Irct201208022812N,	The Effect of Teaching of Emotional Intelligence Component on Mental Health and Coping Styles of Nurses Working in Critical Care Units	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT201208022812N9	--	--	--	3a. Intervention out of scope
Irct2013112215484N 2014	Irct2013112215484N,	Effect of coping strategies training on the use of coping strategies and quality of life in adolescents with thalassemia major	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2013112215484N1	--	--	--	3a. Intervention out of scope
Irct2014021816625N 2014	Irct2014021816625N,	Effects of Green Tea on blood lipids	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2014021816625N1	--	--	--	3a. Intervention out of scope
Irct2014042217387N 2014	Irct2014042217387N,	Occupational stress and massage therapy	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2014042217387N1	--	--	--	3a. Intervention out of scope
Irct2014052615426N 2014	Irct2014052615426N,	The Effects of Spiritual and Religious Need-based Interventions on Spiritual Well-being and Anxiety in Elderly People Hospitalized in Cardiac Intensive Care Unit of Imam Reza hospital in Lar City	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2014052615426N2	--	--	--	3a. Intervention out of scope
Irct2014052715426N 2014	Irct2014052715426N,	Effect of implementing Orem-™s self care model on the depression in elderly referred to Shiraz Education and Training Retirees Association	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2014052715426N3	--	--	--	3a. Intervention out of scope
Irct2014061618106N 2014	Irct2014061618106N,	Efficacy of mindfulness based stress reduction on pain severity, mindful awareness, perceived stress and psychological health in patients with tension headache	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2014061618106N1	--	--	--	3a. Intervention out of scope
Irct201409148505N 2016	Irct201409148505N,	The effect of music on patient's anxiety in echocardiography	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT201409148505N9	--	--	--	3a. Intervention out of scope
Irct2015012720833N 2015	Irct2015012720833N,	The effect of cognitive behavioral therapy on stress, anxiety and depression	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2015012720833N1	--	--	--	3a. Intervention out of scope
Irct2015062420912N 2015	Irct2015062420912N,	Effects life style modification program on Knowledge, attitude, practice	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2015062420912N3	--	--	--	3a. Intervention out of scope

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Irct20160731029134N 2019	Irct20160731029134N,	The effect of auricular acupressure on the quality of life of postmenopausal women	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT20160731029134N2	--	--	--	3a. Intervention out of scope
Irct2016082129463N 2016	Irct2016082129463N,	The effect of treatment with vitamin E compared with relaxation in the treatment of restless legs syndrome (RLS) in HD patients	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2016082129463N1	--	--	--	3a. Intervention out of scope
Irct2016090429694N 2017	Irct2016090429694N,	Studying the effect of Sleep Hygiene Education on sleep quality of adult women with comparing two groups of control & intervention	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2016090429694N1	--	--	--	3a. Intervention out of scope
Irct2016110128378N 2016	Irct2016110128378N,	Effects of spirituality and yoga on happiness of elderly	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2016110128378N3	--	--	--	3a. Intervention out of scope
Irct201611092432N 2017	Irct201611092432N,	Effect of Educational Stress Management on Job Stress of Operating Room Nurses	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT201611092432N3	--	--	--	3a. Intervention out of scope
Irct2016111130830N 2017	Irct2016111130830N,	The counseling effect on mothers sexual satisfaction who have children with autism	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2016111130830N1	--	--	--	3a. Intervention out of scope
Irct2016121331387N 2017	Irct2016121331387N,	The training effect of coping strategies and relaxation on stress treatment	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2016121331387N1	--	--	--	3a. Intervention out of scope
Irct2017011631977N 2017	Irct2017011631977N,	Effect of Cognitive Behavioral Counseling on Lifestyle and Self-efficacy in Women With Gestational Diabetes	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2017011631977N1	--	--	--	3a. Intervention out of scope
Irct2017011931522N 2017	Irct2017011931522N,	The presence of family members in reducing anxiety of endoscopic procedure	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2017011931522N2	--	--	--	3a. Intervention out of scope
Irct2017030532900N 2017	Irct2017030532900N,	The effect of cognitive behavioral counseling on mental health and quality of life nulliparous pregnant women referred to health centers in Kamyaran	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT2017030532900N1	--	--	--	3a. Intervention out of scope
Irct201703127391N 2017	Irct201703127391N,	Telenursing And Pre-hypertension	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT201703127391N5	--	--	--	3a. Intervention out of scope

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Irct2017052019855N 2017	Irct2017052019855N,	The comparison of Transcranial direct current stimulation (tDCS) and Mindfulness-based cognitive therapy (MBCT) effectiveness in obese individuals	2017	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT2017052019855N2	--	--	--	3a. Intervention out of scope
Irct2017052319470N 2017	Irct2017052319470N,	To investigate the effect of music therapy on stress of operating room personnel working	2017	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT2017052319470N58	--	--	--	3a. Intervention out of scope
Irct2017070534906N 2017	Irct2017070534906N,	effectiveness of mindfulness-based pregnancy counseling on Prenatal Distress and marital satisfaction	2017	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT2017070534906N1	--	--	--	3a. Intervention out of scope
Irct20170812035635N 2018	Irct20170812035635N,	The effect of a family education on care burden and quality of life in carers of hemodialysis patients	2018	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT20170812035635N2	--	--	--	3a. Intervention out of scope
Irct2017082935980N 2017	Irct2017082935980N,	the effect of Emotion-Focused Therapy on premenstrual syndrome	2017	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT2017082935980N1	--	--	--	3a. Intervention out of scope
Irct20171129037676N 2018	Irct20171129037676N,	Effect of "Mindfulness-Based Stress Reduction" on the fear of childbirth	2018	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT20171129037676N2	--	--	--	3a. Intervention out of scope
Irct20171223038023N 2018	Irct20171223038023N,	Investigation the effect of Swedish massage on occupational stress	2018	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT20171223038023N1	--	--	--	3a. Intervention out of scope
Irct20180304038936N 2018	Irct20180304038936N,	The effect of Psychological education on diabetes, stress, anxiety and depression	2018	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT20180304038936N4	--	--	--	3a. Intervention out of scope
Irct20180331039163N 2018	Irct20180331039163N,	The effectiveness of Mindfulness based stress reduction in cancer patients	2018	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT20180331039163N1	--	--	--	3a. Intervention out of scope
Irct20181217042032N 2019	Irct20181217042032N,	The effect of acupuncture on osteoarthritis	2019	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT20181217042032N1	--	--	--	3a. Intervention out of scope
Irct20190123042471N 2019	Irct20190123042471N,	The effect of a Mindfulness-Based Stress Reduction (MBSR) Program on Coping Behaviors, and Attachment of Mothers of Neonates with Congenital Diseases in the selected hospitals affiliated to Shahid Beheshti University of Medical Sciences. 2018	2019	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT20190123042471N1	--	--	--	3a. Intervention out of scope

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Irct20190812044518N, 2019	Irct20190812044518N,	Comparison of the Effectiveness of Mindfulness and Body Psychotherapy on Hippocampus Modulation	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT20190812044518N1	--	--	--	3a. Intervention out of scope
Isrctn 2005	Isrctn,	The effect of complementary therapies on improvement of diabetic control through lifestyle modification and reduction of stress response	2005	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN42140374	--	--	--	3a. Intervention out of scope
Isrctn 2010	Isrctn,	Recovery through healthy living in acute psychiatric setting	2010	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN37185489	--	--	--	3a. Intervention out of scope
Isrctn 2011	Isrctn,	Mindfulness based task concentration training versus cognitive therapy for social anxiety disorder	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN56220277	--	--	--	3a. Intervention out of scope
Isrctn 2015	Isrctn,	The psychological health benefits of mindfulness-based stress reduction in family caregivers of patients with dementia	2015	http://isrctn.com/ISRCTN53169488	--	--	--	3a. Intervention out of scope
Isrctn 2016	Isrctn,	A comparison of short- and medium-term weight loss following a commercial intervention vs an online NHS intervention and free gym membership	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN31489026	--	--	--	3a. Intervention out of scope
Isrctn 2016	Isrctn,	Can we improve children's motor skills in preschool?	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN23701994	--	--	--	3a. Intervention out of scope
Isrctn 2016	Isrctn,	Two interventions to enhance functional athletic performance: design of a randomized controlled trial	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN11147748	--	--	--	3a. Intervention out of scope
Isrctn 2018	Isrctn,	The Icelandic depression vulnerability and mindfulness study: a randomized controlled trial	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN92714827	--	--	--	3a. Intervention out of scope
Isrctn 2019	Isrctn,	Effect of music in high blood pressure	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN13863348	--	--	--	3a. Intervention out of scope
Isrctn 2019	Isrctn,	Is it possible to deliver Pulmonary Rehabilitation to people in India living with chronic obstructive lung disease?	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN85689019	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Isuru 2015	Isuru, L. L. A.; Dahanayake, D. M. A.; de Alwis, A.; Weerasinghe, A.; Hewage, S. N.; Ranasinghe, C. K.	Impact of dance, drama, yoga and music therapy workshops on symptom reduction in patients with schizophrenia: a randomized controlled study	2015	South Asian Journal of Psychiatry 2015 Mar;3(2):1-7	--	--	--	3a. Intervention out of scope
Ito0 2020	Ito0, J. A.; Suman Kumar, A.; Vairavasundaram, C.	Effect of sattvic diet on systolic blood pressure and diastolic blood pressure which influence on yogic practices among college students	2020	International Journal of Psychosocial Rehabilitation	24	7	86-90	3a. Intervention out of scope
Jachacz-Lopata 2013	Jachacz-Lopata, M.; Milka, D.; Gazdzik, T.; Bajor, G.	Movement methods in dysmenorrhea	2013	1st world congress on abdominal & pelvic pain 30th may to 1st june 2013	--	--	Abstract no:18	3a. Intervention out of scope
Jalali 2019	Jalali, D.; Abdolazimi, M.; Alaei, Z.; Solati, K.	Effectiveness of mindfulness-based stress reduction program on quality of life in cardiovascular disease patients	2019	IJC Heart and Vasculature	23 (no pagination)	100356	--	3a. Intervention out of scope
JebarnaKirubaMary 2017	Jebarna Kiruba Mary, A.; Latheef, F.; Vijayaraghavan, R.	Effectiveness of selected mind body interventions on anxiety related to childbirth and labour outcomes	2017	Indian journal of traditional knowledge	16	--	S122-S128	3a. Intervention out of scope
Jellesma 2012	Jellesma, F. C.; Cornelis, J.	Mind magic: a pilot study of preventive mind-body-based stress reduction in behaviorally inhibited and activated children	2012	Journal of holistic nursing : official journal of the American Holistic Nurses' Association	30	1	55-62	3a. Intervention out of scope
Jicha 2019	Jicha, G. A.; Bardach, S. H.; Schmitt, F. A.; Fardo, D. W.; Kryscio, R. J.; Abner, E. L.; Richards, A. G.; Tietyen, A. C.	Visual Arts Education improves self-esteem for persons with dementia and reduces caregiver burden: a randomized controlled trial	2019	Dementia (14713012)	18	7-Aug	3130-3142	3a. Intervention out of scope
Johansson 2012	Johansson, B.; Bjuhr, H.; Ronnback, L.	Mindfulness-based stress reduction (MBSR) improves long-term mental fatigue after stroke or traumatic brain injury	2012	Brain Injury	26	13-14	1621-1628	3a. Intervention out of scope
Johns 2013	Johns, S. A.; Brown, L. F.; Beck-Coon, K.; Monahan, P. O.; Tong, Y.; Kroenke, K.	Mindfulness-based stress reduction for cancer survivors with persistent fatigue: Pilot study results and current trial methods	2013	Clinical and Translational Science	6 (2)	--	116	3a. Intervention out of scope
Johns 2014	Johns, S. A.; Brown, L. F.; Beck-Coon, K.; Monahan, P. O.; Tong, Y.; Schmidt, K.; Kroenke, K.	Mindfulness-based stress reduction for breast cancer survivors with fatigue and related symptoms: Outcomes from a randomized controlled trial	2014	Psycho-Oncology	1)	--	56	3a. Intervention out of scope

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Johns 2014	Johns, S. A.; Brown, L. F.; Beck-Coon, K.; Wilhelm, L. R.; Monahan, P. O.; Kroenke, K.	Randomized controlled trial of mindfulness-based stress reduction (MBSR) for persistently fatigued cancer survivors	2014	Clinical and Translational Science	7 (3)	--	256	3a. Intervention out of scope
Johns 2015	Johns, S. A.; Brown, L. F.; Beck-Coon, K.; Monahan, P. O.; Tong, Y.; Kroenke, K.	Randomized controlled pilot study of mindfulness-based stress reduction for persistently fatigued cancer survivors	2015	Psycho-Oncology	24	8	885-893	3a. Intervention out of scope
Jones 2011	Jones, Kim Dupree; Carson, James W.; Carson, Kimberly M.	Yoga and Tai Chi in fibromyalgia: multi-symptom effects	2011	Communicating Nursing Research	44	--	182-182	3a. Intervention out of scope
Joshi 2011	Joshi, A. Mehta C. S. Dave ARShukla V. D.	Clinical effect of Nirgundi Patra pinda sweda and Ashwagandhadi Guggulu Yoga in the management of Sandhigata Vata (Osteoarthritis)	2011	Ayu	32	2	207-212	3a. Intervention out of scope
Jprn 2011	Jprn, Umin	Spiritual care of cancer patients by integrated medicine in a forest park	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000005004	--	--	--	3a. Intervention out of scope
Jprn 2012	Jprn, Umin	Change of Stress Susceptibility and the Stress-related Biomarker by Yoga Training	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000007868	--	--	--	3a. Intervention out of scope
Jprn 2012	Jprn, Umin	Randomized controlled trial of integrative medicine program for self management on fibromyalgia	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000009260	--	--	--	3a. Intervention out of scope
Kalhor 2019	Kalhor, F.; Masoumi, S. Z.; Mohagheghi, H.; Parsa, P.; Mohammadi, Y.	Effect of mindfulness-based group counseling on anxiety in infertile women undergoing in vitro fertilization treatment in Hamadan, Iran	2019	Journal of Postgraduate Medical Institute	33	4	299-303	3a. Intervention out of scope
Kalhor 2020	Kalhor, F.; Masoumi, S. Z.; Shamsaei, F.; Mohammadi, Y.; Yavangi, M.	Effect of mindfulness-based group counseling on depression in infertile women: Randomized clinical trial study	2020	International Journal of Fertility and Sterility	14	1	Oct-16	3a. Intervention out of scope
Kandula 2013	Kandula, N. R.; Patel, Y.; Dave, S.; Seguil, P.; Kumar, S.; Baker, D. W.; Spring, B.; Siddique, J.	The South Asian Heart Lifestyle Intervention (SAHELI) study to improve cardiovascular risk factors in a community setting: Design and methods	2013	Contemporary Clinical Trials	36	2	479-487	3a. Intervention out of scope
Kannappan 2008	Kannappan, R.; Bai, R.	Efficacy of yoga: Cognitive and human relationship training for correcting maladjustment behaviour in deviant school boys	2008	Journal of the indian academy of applied psychology	34	Spec Issue	60-65	3a. Intervention out of scope

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Kanter 2016	Kanter, G.; Komesu, Y.; Qaedan, F.; Rogers, R.	Mindfulness-based stress reduction as a novel treatment for interstitial cystitis/bladder pain syndrome: A randomized controlled trial	2016	American Journal of Obstetrics and Gynecology	1)	--	S457-S458	3a. Intervention out of scope
Kao 2019	Kao, M.; Hsu, P.; Tien, S.; Chen, C.	Effects of Support Interventions in Women Hospitalized With Preterm Labor	2019	Clinical nursing research	28	6	726-743	3a. Intervention out of scope
Kartin 2017	Kartin, Pinar Tekinsoy; Bulut, Fatma; Ceyhan, Ozlem; Tasci, Sultan; Gursay, Sebnem; Karakas, Hasibe; Isik, Nevcihan	The Effect of Meditation and Music Listening on the Anxiety Level, Operation Tolerance and Pain Perception in People who Were Performed Colonoscopy	2017	International Journal of Caring Sciences	10	3	1587-1594	3a. Intervention out of scope
KenneSarenmalm 2013	Kenne Sarenmalm, E.; Mårtensson, L. B.; Holmberg, S. B.; Andersson, B. A.; Odén, A.; Bergh, I.	Mindfulness based stress reduction study design of a longitudinal randomized controlled complementary intervention in women with breast cancer	2013	BMC Complementary and Alternative Medicine	13	--	248	3a. Intervention out of scope
Kiran 2014	Kiran.; Girgla, K. K.; Chalana, H.; Singh, H.	Effect of rajyoga meditation on chronic tension headache	2014	Indian Journal of Physiology & Pharmacology	58	2	157-61	3a. Intervention out of scope
Klatt 2015	Klatt, M.; Steinberg, B.; Duchemin, A. M.	Mindfulness in Motion (MIM): An Onsite Mindfulness Based Intervention (MBI) for Chronically High Stress Work Environments to Increase Resiliency and Work Engagement	2015	Journal of visualized experiments : JoVE	--	101	e52359	3a. Intervention out of scope
Kligler 2011	Kligler, B.; Homel, P.; Blank, A. E.; Kenney, J.; Levenson, H.; Merrell, W.	Randomized trial of the effect of an integrative medicine approach to the management of asthma in adults on disease-related quality of life and pulmonary function	2011	Alternative therapies in health and medicine	17	1	Oct-15	3a. Intervention out of scope
Koch 2017	Koch, A. K.; Rabsilber, S.; Lauche, R.; Kummel, S.; Dobos, G.; Langhorst, J.; Cramer, H.	The effects of yoga and self-esteem on menopausal symptoms and quality of life in breast cancer survivors-A secondary analysis of a randomized controlled trial	2017	Maturitas	105	--	95-99	3a. Intervention out of scope
Koch 2017	Koch, A. K.; Rabsilber, S.; Lauche, R.; Kummel, S.; Dobos, G.; Langhorst, J.; Cramer, H.	The role of yoga and self-esteem for menopausal symptoms and quality of life in breast cancer survivors-a mediation analysis	2017	BMC Complementary and Alternative Medicine. Conference: World Congress Integrative Medicine and Health	17	Supplement 1	--	3a. Intervention out of scope

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Kori 2017	Kori, V. K.; Patel, K. S.	Efficacy of Shyayamutrahara yoga and Medhya Rasayana in the management of Shyayamutra (enuresis)-an open labelled, randomized, comparative clinical trial	2017	Http://www.ctri.nic.in/clinicaltrials/pmaindet2.php?Trialid=16914	--	--	--	3a. Intervention out of scope
Korn 2012	Korn, L.; Logsdon, R.; Polissar, N.; Gomez-Beloz, A.; Waters, T.; Ryser, R.	A randomized trial of Polarity therapy for stress and pain reduction in American Indian and Alaska Native family dementia caregivers	2012	BMC Complementary and Alternative Medicine. Conference: International Research Congress on Integrative Medicine and Health	12	SUPPL. 1	--	3a. Intervention out of scope
Kuhlthau 2020	Kuhlthau, K. A.; Luberto, C. M.; Traeger, L.; Millstein, R. A.; Perez, G. K.; Lindly, O. J.; Chad-Friedman, E.; Proszynski, J.; Park, E. R.	A Virtual Resiliency Intervention for Parents of Children with Autism: A Randomized Pilot Trial	2020	Journal of Autism and Developmental Disorders	50	7	2513-2526	3a. Intervention out of scope
Kulkarni 2013	Kulkarni, P. V.; Chandola, H.	Evaluation of Stambhanakaraka Yoga and counseling in the management of Shukragata Vata (premature ejaculation)	2013	Ayu	34	1	42-8	3a. Intervention out of scope
Kumar 2019	Kumar, R.; Kumar, K. J.; Benegal, V.; Roopesh, B. N.; Ravi, G. S.	Effectiveness of an Integrated Intervention Program for Alcoholism (IIPA) for enhancing self-regulation: Preliminary evidence	2019	Asian Journal of Psychiatry	43	--	37-44	3a. Intervention out of scope
Kuvacic 2018	Kuvacic, G.; Fratini, P.; Padulo, J.; Antonio, D. I.; De Giorgio, A.	Effectiveness of yoga and educational intervention on disability, anxiety, depression, and pain in people with CLBP: A randomized controlled trial	2018	Complementary therapies in clinical practice	31	--	262-267	3a. Intervention out of scope
Lacey 2017	Lacey, J.; Lomax, A.; Marthick, M.; Levy, D.; McNeil, C.; Kao, S.; Dhillon, H.	A supportive care intervention for people with metastatic melanoma treated with immunotherapy: A pilot study assessing feasibility and perceived benefit	2017	Asia-Pacific Journal of Clinical Oncology	13 (Supplement 4)	--	147-148	3a. Intervention out of scope
Latha 1991	Latha,.; Kaliappan, K. V.	Yoga, Pranayama, Thermal Biofeedback techniques in the management of stress and high blood pressure	1991	Journal of indian psychology	9	1 and 2	36-46	3a. Intervention out of scope
Lee 2019	Lee, S. H.; Hwang, S. M.; Kang, D. H.; Yang, H. J.	Brain education-based meditation for patients with hypertension and/or type 2 diabetes: A pilot randomized controlled trial	2019	Medicine	98	19	e15574	3a. Intervention out of scope

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Lehto 2014	Lehto, R.; Wyatt, G.; Sikorskii, A.; Tesnjak, I.	Home-based mindfulness therapy for lung cancer symptom management: A feasibility trial	2014	Psycho-Oncology	1)	--	61	3a. Intervention out of scope
Lengacher 2012	Lengacher, C. A.; Reich, R. R.; Post-White, J.; Moscoso, M.; Shelton, M. M.; Barta, M.; Le, N.; Budhrani, P.	Mindfulness based stress reduction in post-treatment breast cancer patients: an examination of symptoms and symptom clusters	2012	Journal of behavioral medicine	35	1	86-94	3a. Intervention out of scope
Levett 2014	Levett, K. M.; Smith, C. A.; Dahlen, H. G.; Bensoussan, A.	Complementary therapies for labour and birth: Results from a mixed methods study	2014	Journal of Paediatrics and Child Health	1)	--	19	3a. Intervention out of scope
Levett 2016	Levett, K. M.; Smith, C. A.; Bensoussan, A.; Dahlen, H. G.	Complementary therapies for labour and birth study: a randomised controlled trial of antenatal integrative medicine for pain management in labour	2016	BMJ Open	6	7	e010691	3a. Intervention out of scope
Lewin 2018	Lewin, D.; Goldberg, E.; Cifu, G.; Kogan, M.; Arem, H.	Protocol of a comparative effectiveness feasibility trial of a mindfulness-based intervention for insomnia among breast cancer survivors	2018	Global Advances In Health and Medicine	7	--	183	3a. Intervention out of scope
Liao 2015	Liao, Y. Y.; Yang, Y. R.; Wu, Y. R.; Wang, R. Y.	Virtual Reality-Based Wii Fit Training in Improving Muscle Strength, Sensory Integration Ability, and Walking Abilities in Patients with Parkinson's Disease: A Randomized Control Trial	2015	International Journal of Gerontology	9	4	190-195	3a. Intervention out of scope
Maglia 2019	Maglia, M.; Auditore, R.; Pipitone, S.; DiPasqua, R.; Inguscio, L.; Caponnetto, P.	Combining group psychotherapy and yoga exercises improves quality of life in mental health professionals: A controlled randomized clinical trial	2019	Russian Open Medical Journal	11	2	1-Jul	3a. Intervention out of scope
Mak 2016	Mak, C.; Whittingham, K.; Boyd, R.; Cunnington, R.	MiYoga, an embodied movement program for children with cerebral palsy: Experiences of children and parents	2016	Developmental Medicine and Child Neurology	58 (Supplement 3)	--	22	3a. Intervention out of scope
Mak 2017	Mak, C. K.; Whittingham, K.; Cunnington, R.; Boyd, R. N.	MiYoga: A randomized controlled trial of an embodied mindfulness yoga program to enhance attention for child-parent dyads with unilateral and bilateral cerebral palsy	2017	Developmental Medicine and Child Neurology	59 (Supplement 2)	--	26-27	3a. Intervention out of scope
Mak 2017	Mak, C.; Whittingham, K.; Boyd, R.; Cunnington, R.	Miyoga-a randomized controlled trial of a novel mindfulness yoga program to enhance attention for child-parent dyads with unilateral and bilateral cerebral palsy	2017	Developmental Medicine and Child Neurology	59 (Supplement 3)	--	20-21	3a. Intervention out of scope

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Mak 2017	Mak, C.; Whittingham, K.; Cunningham, R.; Boyd, R. N.	MiYoga: A randomised controlled trial of a mindfulness movement programme based on hatha yoga principles for children with cerebral palsy: A study protocol	2017	BMJ Open	7 (7) (no pagination)	e015191	--	3a. Intervention out of scope
Mak 2018	Mak, C.; Whittingham, K.; Cunningham, R.; Boyd, R.	MiYoga: cognitive effects of a Mindfulness Yoga program targeting attention for children with cerebral palsy: a randomised controlled trial	2018	Developmental Medicine and Child Neurology	60	--	14-15	3a. Intervention out of scope
Mak 2018	Mak, C.; Whittingham, K.; Cunningham, R.; Boyd, R. N.	Effect of mindfulness yoga programme MiYoga on attention, behaviour, and physical outcomes in cerebral palsy: a randomized controlled trial	2018	Developmental Medicine and Child Neurology	60	9	922-932	3a. Intervention out of scope
Mak 2018	Mak, C.; Whittingham, K.; Cunningham, R.; Boyd, R. N.	Effect of mindfulness yoga programme MiYoga on attention, behaviour, and physical outcomes in cerebral palsy: a randomized controlled trial [with consumer summary]	2018	Developmental Medicine and Child Neurology 2018 Sep;60(9):922-932	--	--	--	3a. Intervention out of scope
Mak 2020	Mak, C.; Whittingham, K.; Cunningham, R.; Chatfield, M.; Boyd, R. N.	Six-month follow-up of a mindfulness yoga program, MiYoga, on attention, executive function, behaviour and physical outcomes in cerebral palsy	2020	Disability & Rehabilitation	--	--	1-Jul	3a. Intervention out of scope
Makhabah 2015	Makhabah, D.; Suradi, S.; Doewes, M.	The role of interactive game-based system in pulmonary rehabilitation of patients with COPD	2015	European Respiratory Journal. Conference: European Respiratory Society Annual Congress	46	SUPPL. 59	--	3a. Intervention out of scope
Manchanda 2000	Manchanda, S. C.; Narang, R.; Reddy, K. S.; Sachdeva, U.; Prabhakaran, D.; Dharmanand, S.; Rajani, M.; Bijlani, R.	Retardation of coronary atherosclerosis with yoga lifestyle intervention	2000	The Journal of the Association of Physicians of India	48	7	687-694	3a. Intervention out of scope
Manchanda 2003	Manchanda, R.; Narang, R.; Reddy, K. S.; Sachdeva, U.; Prabhakaran, D.; Dharmanand, S.	Reversal of Coronary Atherosclerosis by Yoga Lifestyle Intervention	2003	Frontiers in cardiovascular health	--	--	535-547	3a. Intervention out of scope
Manikandan 2012	Manikandan, T. S.; Jithesh, M.	A study on the efficacy of Sidharthakadi Yoga in the management of mania without psychotic symptoms-an uncontrolled clinical trial	2012	International Journal of Research in Ayurveda and Pharmacy	3	6	859-861	3a. Intervention out of scope

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Mark 2015	Mark, V. W.; Taub, E.; Haddad, M.; Barghi, A.; Womble, B.; Cutter, G. R.; Morris, D.; Bowman, M. H.; McKay, S.; Adams, T.; et al.,	Neuroplastic cerebral grey and white matter changes following constraint-induced movement therapy for chronic hemiparetic MS: randomised controlled trial	2015	Mult Scler	23	11	213-	3a. Intervention out of scope
Mark 2016	Mark, V. W.; Taub, E.; Haddad, M. M.; Barghi, A.; Uswatte, G.; Cutter, G. R.; Rickards, T.; Sterling, C.; Womble, B.; Hicks, J. M.; Bowman, M. H.; McKay, S.; Morris, D. M.; Adams, T.; Szaflarski, J. P.; Allendorfer, J. B.	Profusely increased cortical grey, subcortical grey and white matter structural neuroplasticity with enduring real-world motor improvement following CI therapy for MS: Results from a randomised controlled trial	2016	Multiple Sclerosis	22 (Supplement 3)	--	73	3a. Intervention out of scope
Mark 2020	Mark, Victor W.; Womble, Brent M.; Uswatte, Gitendra; Morris, David M.; Bowman, Mary H.; McKay, Staci; Taub, Edward	(RH101) Significant Structural Neuroplasticity Changes Can Follow Physical Behavioral Change Therapy for Multiple Sclerosis...2020 Virtual Annual Meeting of the Consortium of Multiple Sclerosis Centers, May 26-29, 2020	2020	International Journal of Ms Care	22	S2	7-Aug	3a. Intervention out of scope
McGowan 2015	McGowan, D.	Mindfulness-based stress reduction (MBSR) for individuals diagnosed with breast cancer: Evaluation of an online MBSR (EMBSR) treatment program to relieve symptoms of psychological distress-a proposed randomised wait list control trial	2015	Psycho-Oncology	2)	--	193-194	3a. Intervention out of scope
Mehling 2016	Mehling, W.; Chesney, M.; Metzler, T. J.; Goldstein, L. A.; Maguen, S.; Geronimo, C.; Agcaoili, G.; Hlavin, J.; Neylan, T. C.	Integrative exercise reduces posttraumatic stress symptoms in war veterans: The VGX study	2016	Journal of Alternative and Complementary Medicine	22 (6)	--	A20	3a. Intervention out of scope
Mehling 2018	Mehling, W. E.; Chesney, M. A.; Metzler, T. J.; Goldstein, L. A.; Maguen, S.; Geronimo, C.; Agcaoili, G.; Barnes, D. E.; Hlavin, J. A.; Neylan, T. C.	A 12-week integrative exercise program improves self-reported mindfulness and interoceptive awareness in war veterans with posttraumatic stress symptoms	2018	Journal of clinical psychology	74	4	554-565	3a. Intervention out of scope
Mendelson 2010	Mendelson, T.; Greenberg, M. T.; Dariotis, J. K.; Gould, L. F.; Rhoades, B. L.; Leaf, P. J.	Feasibility and preliminary outcomes of a school-based mindfulness intervention for urban youth	2010	Journal of Abnormal Child Psychology	38	7	985-994	3a. Intervention out of scope

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Mills 2016	Mills, P. J.; Wilson, K.; Pung, M.; Weiss, L.; Patel, S.; Blackburn, E.; Doraiswamy, M.; Epel, E.; Lin, J.; Peterson, C. T.; et al.,	The self-directed biological transformation initiative (SBTI) and psychological wellbeing	2016	Journal of alternative and complementary medicine (New York, N.Y.)	22	6	A85-	3a. Intervention out of scope
Mills 2016	Mills, P. J.; Wilson, K. L.; Pung, M. A.; Weiss, L.; Patel, S.; Doraiswamy, P. M.; Peterson, C.; Porter, V.; Schadt, E.; Chopra, D.; Tanzi, R. E.	The Self-Directed Biological Transformation Initiative and Well-Being	2016	Journal of Alternative and Complementary Medicine	22	8	627-634	3a. Intervention out of scope
Morishima 2019	Morishima, T.; Miyashiro, I.; Inoue, N.; Kitasaka, M.; Akazawa, T.; Higeno, A.; Idota, A.; Sato, A.; Ohira, T.; Sakon, M.; et al.,	Effects of laughter therapy on quality of life in patients with cancer: an open-label, randomized controlled trial	2019	PLoS ONE	14	6	e0219065	3a. Intervention out of scope
Moss 2015	Moss, A. S.; Reibel, D. K.; Greeson, J. M.; Thapar, A.; Bubbs, R.; Salmon, J.; Newberg, A. B.	An adapted mindfulness-based stress reduction program for elders in a continuing care retirement community: Quantitative and qualitative results from a pilot randomized controlled trial	2015	Journal of Applied Gerontology	34	4	518-538	3a. Intervention out of scope
Nandakumar 2012	Nandakumar, B.; Kadam, A.; Srikanth, H.; Rao, R.	Naturopathy and yoga based life style intervention for cardiovascular risk reduction in patients with cardiovascular risk factors: A pilot study	2012	BMC Complementary and Alternative Medicine. Conference: International Research Congress on Integrative Medicine and Health	12	SUPPL. 1	--	3a. Intervention out of scope
Nct 2005	Nct,	Evaluation of a MCYI as Adjunct to Psychiatric Treatment for Vietnam Veterans With PTSD - RCT	2005	https://clinicaltrials.gov/show/NCT00256464	--	--	--	3a. Intervention out of scope
Nct 2005	Nct,	Effect of Tai Chi Vs. Structured Exercise on Physical Fitness and Stress in Cancer Survivors	2005	https://clinicaltrials.gov/show/NCT00246818	--	--	--	3a. Intervention out of scope
Nct 2005	Nct,	Mindfulness-Based Stress Reduction and Myocardial Ischemia	2005	https://clinicaltrials.gov/show/NCT00224835	--	--	--	3a. Intervention out of scope
Nct 2006	Nct,	Preventing Postpartum Relapse to Smoking Using Yoga and Cognitive Behavioral Therapy: a Randomized Pilot Study	2006	https://clinicaltrials.gov/show/NCT00360581	--	--	--	3a. Intervention out of scope

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Nct 2006	Nct,	Neuroendocrine Mechanisms in Behavioral Treatment of Insomnia	2006	https://clinicaltrials.gov/show/NCT00303342	--	--	--	3a. Intervention out of scope
Nct 2006	Nct,	Moderate Physical Activity in Helping Patients Recover Physically and Emotionally From Stage II Or Stage III Colorectal Cancer	2006	https://clinicaltrials.gov/show/NCT00373022	--	--	--	3a. Intervention out of scope
Nct 2007	Nct,	Mindfulness Versus Pharmacotherapy for Chronic Insomnia: a Pilot Study	2007	https://clinicaltrials.gov/show/NCT00515177	--	--	--	3a. Intervention out of scope
Nct 2007	Nct,	Evaluating the Benefits and Affordability of a Program to Improve the Care of Common Mental Disorders in Primary Care	2007	https://clinicaltrials.gov/show/NCT00446407	--	--	--	3a. Intervention out of scope
Nct 2008	Nct,	The Effects of MBSR in Improving Immune Response to Human Papillomavirus in Patients With Cervical Dysplasia	2008	https://clinicaltrials.gov/show/NCT00653146	--	--	--	3a. Intervention out of scope
Nct 2008	Nct,	Asthma and Mindfulness-Based Stress Reduction (MBSR)	2008	https://clinicaltrials.gov/show/NCT00682669	--	--	--	3a. Intervention out of scope
Nct 2008	Nct,	HARMONY Study (Hypertension Analysis of Stress Reduction Using Mindfulness Meditation and Yoga)	2008	Clinicaltrials.gov [http://clinicaltrials.gov]	--	--	--	3a. Intervention out of scope
Nct 2009	Nct,	Usefulness of Integrative Medicine Tools As Adjunctive Care for Women After Coronary Artery Bypass Grafting	2009	https://clinicaltrials.gov/show/NCT01020227	--	--	--	3a. Intervention out of scope
Nct 2009	Nct,	Stress Reduction Techniques and Anxiety: therapeutic and Neuroendocrine Effects	2009	https://clinicaltrials.gov/show/NCT01033851	--	--	--	3a. Intervention out of scope
Nct 2009	Nct,	Integrative Medicine Approach to the Management of Asthma in Adults	2009	https://clinicaltrials.gov/show/NCT00843544	--	--	--	3a. Intervention out of scope
Nct 2009	Nct,	Randomized Trial to Evaluate the Effectiveness of a Mindfulness Based Intervention (MBSR) for Patients Suffering From Migraine	2009	https://clinicaltrials.gov/show/NCT00826475	--	--	--	3a. Intervention out of scope
Nct 2009	Nct,	The Effect of Exercise and Alagebrium on the Diastolic Function of the Heart	2009	https://clinicaltrials.gov/show/NCT01014572	--	--	--	3a. Intervention out of scope
Nct 2010	Nct,	Journeys to Wellness: a Transplant Candidate Study	2010	https://clinicaltrials.gov/show/NCT01254214	--	--	--	3a. Intervention out of scope
Nct 2010	Nct,	Understanding Changes in Heart Function After Exercise in People With Stroke	2010	https://clinicaltrials.gov/show/NCT01189045	--	--	--	3a. Intervention out of scope
Nct 2010	Nct,	Mindfulness-Based Cognitive Behavior Therapy for Bipolar Disorder	2010	https://clinicaltrials.gov/show/NCT01126827	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2010	Nct,	Tai Chi Training for Treating Depressed Chinese Americans	2010	https://clinicaltrials.gov/show/NCT01263730	--	--	--	3a. Intervention out of scope
Nct 2010	Nct,	A Pilot Study of Amygdala Retraining Program in Patients With Chronic Fatigue Syndrome, Chronic Fatigue and Fibromyalgia	2010	https://clinicaltrials.gov/show/NCT01046370	--	--	--	3a. Intervention out of scope
Nct 2010	Nct,	Mindfulness-Based Stress Reduction (MBSR) Symptom Cluster Trial for Breast Cancer Survivors	2010	https://clinicaltrials.gov/show/NCT01177124	--	--	--	3a. Intervention out of scope
Nct 2010	Nct,	Peer Mentorship: an Intervention To Promote Effective Pain Self-Management In Adolescents	2010	https://clinicaltrials.gov/show/NCT01118988	--	--	--	3a. Intervention out of scope
Nct 2011	Nct,	The Effects of Aerobics Training on Balance in Patients With Multiple Sclerosis	2011	https://clinicaltrials.gov/show/NCT01453868	--	--	--	3a. Intervention out of scope
Nct 2011	Nct,	A Comparison of MBSR and CBT for the Treatment of Insomnia in Cancer	2011	https://clinicaltrials.gov/show/NCT01335776	--	--	--	3a. Intervention out of scope
Nct 2012	Nct,	Yoga Based Psychotherapy Group Feasibility and Efficacy Study	2012	https://clinicaltrials.gov/show/NCT01524172	--	--	--	3a. Intervention out of scope
Nct 2012	Nct,	Yoga and Bolus Lukewarm Saline as Rapid Colonoscopy Preparation	2012	https://clinicaltrials.gov/show/NCT01547130	--	--	--	3a. Intervention out of scope
Nct 2012	Nct,	The Effects of Mindfulness Based Stress Reduction on Patients With Traumatic Brain Injury	2012	https://clinicaltrials.gov/show/NCT01613872	--	--	--	3a. Intervention out of scope
Nct 2012	Nct,	South Asian Yoga and Exercise Trial	2012	https://clinicaltrials.gov/show/NCT01766453	--	--	--	3a. Intervention out of scope
Nct 2012	Nct,	A Pilot RCT to Investigate the Use of a Home-based Nintendo Wii Program for Rehabilitation in Older Adults With Lower Limb Amputation	2012	https://clinicaltrials.gov/show/NCT01715662	--	--	--	3a. Intervention out of scope
Nct 2012	Nct,	A Home Exercise Program for Women With Infants & Young Children	2012	https://clinicaltrials.gov/show/NCT01738984	--	--	--	3a. Intervention out of scope
Nct 2013	Nct,	Integrative Coping Group for Children	2013	https://clinicaltrials.gov/show/NCT01813669	--	--	--	3a. Intervention out of scope
Nct 2013	Nct,	Group-Based Lifestyle Intervention in Measuring Biomarker Levels in Participants at High Risk for Breast Cancer	2013	https://clinicaltrials.gov/show/NCT01874184	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2013	Nct,	Effect of a Wii Fit Intervention on Components of Fall Risk in Middle-aged Women	2013	https://clinicaltrials.gov/show/NCT01897467	--	--	--	3a. Intervention out of scope
Nct 2013	Nct,	TF (SENSIMED Triggerfish) in Intraocular Anti-VEGF (Vascular Endothelial Growth Factor) Injection	2013	https://clinicaltrials.gov/show/NCT01983579	--	--	--	3a. Intervention out of scope
Nct 2013	Nct,	Prehabilitation to Enhance Postoperative Functional Capacity Following Radical Cystectomy	2013	https://clinicaltrials.gov/show/NCT01836978	--	--	--	3a. Intervention out of scope
Nct 2014	Nct,	Self-Directed Biological Transformation Initiative	2014	https://clinicaltrials.gov/show/NCT02241226	--	--	--	3a. Intervention out of scope
Nct 2014	Nct,	Respiratory Rehabilitation Exercises in Older Adults With Acute Exacerbations of Chronic Obstructive Pulmonary Disease	2014	https://clinicaltrials.gov/show/NCT02329873	--	--	--	3a. Intervention out of scope
Nct 2014	Nct,	Gentle Yoga and Dietary Counseling in Improving Physical Function and Quality of Life in Stage I-II Endometrial Cancer Survivors	2014	https://clinicaltrials.gov/show/NCT02465541	--	--	--	3a. Intervention out of scope
Nct 2014	Nct,	Study to Measure Relaxation From Different Types of Focused Breathing Exercises	2014	https://clinicaltrials.gov/show/NCT02226744	--	--	--	3a. Intervention out of scope
Nct 2014	Nct,	CAM in Veterans With Gulf War Illnesses	2014	https://clinicaltrials.gov/show/NCT02180243	--	--	--	3a. Intervention out of scope
Nct 2014	Nct,	Haut-Tief Patient Education on Psoriasis and Eczema	2014	https://clinicaltrials.gov/show/NCT02205593	--	--	--	3a. Intervention out of scope
Nct 2014	Nct,	The Effect of Long Duration Exercise on the Diastolic Function of the Heart	2014	https://clinicaltrials.gov/show/NCT02039154	--	--	--	3a. Intervention out of scope
Nct 2014	Nct,	Auricular Acupuncture in the Treatment of Obesity	2014	https://clinicaltrials.gov/show/NCT02269371	--	--	--	3a. Intervention out of scope
Nct 2014	Nct,	Automatic Self Transcending Meditation Versus Treatment as Usual	2014	https://clinicaltrials.gov/show/NCT02149810	--	--	--	3a. Intervention out of scope
Nct 2014	Nct,	Probiotics and the Microbiome: clinical Intervention Trial for Anxiety and Depression	2014	https://clinicaltrials.gov/show/NCT02035878	--	--	--	3a. Intervention out of scope
Nct 2015	Nct,	Yoga Intervention for Substance Use and ART Adherence in Community Reentry	2015	https://clinicaltrials.gov/show/NCT02492893	--	--	--	3a. Intervention out of scope
Nct 2015	Nct,	Mindfulness Training for Smoking Cessation in Women in Workplaces	2015	https://clinicaltrials.gov/show/NCT02497339	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2015	Nct,	Mindfulness-Based Yoga Intervention for Women With Depression	2015	https://clinicaltrials.gov/show/NCT02630758	--	--	--	3a. Intervention out of scope
Nct 2015	Nct,	Motor Learning and Brain Changes in Autism	2015	https://clinicaltrials.gov/show/NCT02358317	--	--	--	3a. Intervention out of scope
Nct 2015	Nct,	Mindfulness, Burnout, Physical and Psychological Well-being of Primary Health Care Professionals	2015	https://clinicaltrials.gov/show/NCT02387528	--	--	--	3a. Intervention out of scope
Nct 2015	Nct,	Effects of Mindfulness on Atrial Fibrillation	2015	https://clinicaltrials.gov/show/NCT02564302	--	--	--	3a. Intervention out of scope
Nct 2015	Nct,	Chronic Lumbosacral Radiculopathy: impact of an Analgesic Dietary Intervention on Pain & Function	2015	https://clinicaltrials.gov/show/NCT02531711	--	--	--	3a. Intervention out of scope
Nct 2015	Nct,	Mindfulness Intervention in Reducing Anxiety in Patients Who Have Been Treated for Gynecologic Cancer	2015	https://clinicaltrials.gov/show/NCT02518308	--	--	--	3a. Intervention out of scope
Nct 2015	Nct,	UCSF TARA Study: training for Awareness, Resilience and Action	2015	https://clinicaltrials.gov/show/NCT02480257	--	--	--	3a. Intervention out of scope
Nct 2015	Nct,	Assessing the Impact of Self-directed Care, Within a Medicaid-funded Environment, on Participation and Community Living	2015	https://clinicaltrials.gov/show/NCT02520024	--	--	--	3a. Intervention out of scope
Nct 2016	Nct,	The MATCH Study: mindfulness And Tai Chi for Cancer Health	2016	https://clinicaltrials.gov/show/NCT02801123	--	--	--	3a. Intervention out of scope
Nct 2016	Nct,	Just in TIME - Intervention With Dance and Yoga for Girls With Recurrent Abdominal Pain	2016	https://clinicaltrials.gov/show/NCT02920268	--	--	--	3a. Intervention out of scope
Nct 2016	Nct,	Merging Yoga and Group OT (MY-OT) to Improve Balance and Decrease Fall Risk After Stroke	2016	https://clinicaltrials.gov/show/NCT02933515	--	--	--	3a. Intervention out of scope
Nct 2016	Nct,	Psychobiological Effects of Meditation on Offenders With Psychopathy	2016	https://clinicaltrials.gov/show/NCT02894203	--	--	--	3a. Intervention out of scope
Nct 2016	Nct,	Mind-Body Medicine Day Care Clinic in Breast Cancer Patients Undergoing Endocrine Therapy	2016	https://clinicaltrials.gov/show/NCT02669576	--	--	--	3a. Intervention out of scope
Nct 2016	Nct,	Engaging Women With the Gabby System to Deliver Multiple Health-Related Behavioral Changes: a Feasibility Study	2016	https://clinicaltrials.gov/show/NCT02965651	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2016	Nct,	Healthy Families: transforming Care for Obese Children at NYU Lutheran Family Health Centers	2016	https://clinicaltrials.gov/show/NCT02817009	--	--	--	3a. Intervention out of scope
Nct 2016	Nct,	Reducing Stress in Adolescents and Young Adults With Type 1 Diabetes to Improve Diabetes Care	2016	https://clinicaltrials.gov/show/NCT02760303	--	--	--	3a. Intervention out of scope
Nct 2016	Nct,	Mindfulness Attitude to Deliver Dietary Approach to Stop Hypertension	2016	https://clinicaltrials.gov/show/NCT02830529	--	--	--	3a. Intervention out of scope
Nct 2016	Nct,	REST: restoring Effective Sleep Tranquility in College Veterans With Service-Related Injuries	2016	https://clinicaltrials.gov/show/NCT02871414	--	--	--	3a. Intervention out of scope
Nct 2017	Nct,	Efficacy of Eat Breathe Thrive, a Yoga-Based Program	2017	https://clinicaltrials.gov/show/NCT03348345	--	--	--	3a. Intervention out of scope
Nct 2017	Nct,	Impact of Breathing Exercises and Meditation on Quality of Life in Dry Eye Disease Patients	2017	https://clinicaltrials.gov/show/NCT03345381	--	--	--	3a. Intervention out of scope
Nct 2017	Nct,	Diabetes Prevention Program in Youth	2017	https://clinicaltrials.gov/show/NCT03042936	--	--	--	3a. Intervention out of scope
Nct 2017	Nct,	Evaluation of the Benefit Provided by Sessions of Sophrology on the Per Operative Management of Parkinsonian Patients Planned for a Deep Brain Stimulation Surgery	2017	https://clinicaltrials.gov/show/NCT03273816	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Inspiratory Muscle Training X CardioBreath App Effects On Vagal Modulation And Pulse Wave Velocity	2018	https://clinicaltrials.gov/show/NCT03672760	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Merging Yoga and Self-Management to Develop Skills	2018	https://clinicaltrials.gov/show/NCT03440320	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Mindfulness Practices for Healthcare Professional Trainees	2018	https://clinicaltrials.gov/show/NCT03403335	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	The Impact of Blood Flow Restriction (BFR) on Exercise and Hemodynamic Responses	2018	https://clinicaltrials.gov/show/NCT03540147	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Body-Mind-Spirit Intervention for Women With Early Psychosis	2018	https://clinicaltrials.gov/show/NCT03751852	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Effects of Kalaripayattu on Psychological Wellbeing and Behavior in Children	2018	https://clinicaltrials.gov/show/NCT03610594	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2018	Nct,	Meditation Based Lifestyle Modification in Depression	2018	https://clinicaltrials.gov/show/NCT03652220	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Effectiveness of a Multimodal Mindfulness Program to Alleviate Graduate Student Stress	2018	https://clinicaltrials.gov/show/NCT03704779	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Integrative Approaches to Cancer Survivorship: project 3	2018	https://clinicaltrials.gov/show/NCT03479385	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Alternative Therapies for High Stress and Trauma-Exposed Refugees	2018	https://clinicaltrials.gov/show/NCT03515564	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	SMART Program for Paroxysmal Atrial Fibrillation	2018	https://clinicaltrials.gov/show/NCT03450993	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Contemplative Well-being Apps for the Workplace	2018	https://clinicaltrials.gov/show/NCT03452670	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Mindfulness-Based Stress Reduction in Helping Participants With Metastatic Breast Cancer	2018	https://clinicaltrials.gov/show/NCT03683147	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	A Stress Management and Resiliency Program for Adolescent and Young Adult Survivors	2018	https://clinicaltrials.gov/show/NCT03768336	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	American Ginseng for the Prevention of Moderate-severe Fatigue in Breast Cancer Patients	2018	https://clinicaltrials.gov/show/NCT03730298	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Effects of Muscle Relaxation on Cognitive Function in Patients With Mild Cognitive Impairment and Early Stage Dementia	2018	https://clinicaltrials.gov/show/NCT03507192	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Mindfulness for Parents of Children With Autism Spectrum Disorder Autism Spectrum Disorder	2018	https://clinicaltrials.gov/show/NCT03459625	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Videogame Assisted Pulmonary Rehabilitation in Patients With Chronic Obstructive Pulmonary Disease	2018	https://clinicaltrials.gov/show/NCT03567772	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Lateral Branch Cooled Radiofrequency Denervation vs. Conservative Therapy for Sacroiliac Joint Pain	2018	https://clinicaltrials.gov/show/NCT03601949	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Mindfulness Based Cognitive Therapy for Bipolar Disorder	2018	https://clinicaltrials.gov/show/NCT03507647	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2018	Nct,	Testing the Efficacy of Mindfulness-based Stress Reduction in the Prevention of Perimenopausal Depression	2018	https://clinicaltrials.gov/show/NCT03526523	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Online Mindfulness Program for Stress Management	2018	https://clinicaltrials.gov/show/NCT03753360	--	--	--	3a. Intervention out of scope
Nct 2018	Nct,	Developing an Online Therapeutic Intervention for Chronic Pain in Veterans	2018	https://clinicaltrials.gov/show/NCT03655132	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Effects of Complementary Therapy on Cardiopulmonary Parameters in Patients With Pulmonary Hypertension	2019	https://clinicaltrials.gov/show/NCT04076241	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Student Wellness Workshop Study	2019	https://clinicaltrials.gov/show/NCT04023968	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Yoga and Mantram for Chronic Pain and PTSD	2019	https://clinicaltrials.gov/show/NCT03816007	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Feasibility of Online Yoga With Facebook After Stillbirth	2019	https://clinicaltrials.gov/show/NCT04077476	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	MYND&CO: studio Pilota Dell'Evoluzione Della Salute Psico-fisica Della Donna in Gravidanza	2019	https://clinicaltrials.gov/show/NCT03839004	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	LoveYourBrain Yoga for Multiple Sclerosis	2019	https://clinicaltrials.gov/show/NCT03827928	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Meditation Based Lifestyle Modification in Chronic Pain	2019	https://clinicaltrials.gov/show/NCT04089618	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Internal Cues Versus External Cues for Eating and Activity	2019	https://clinicaltrials.gov/show/NCT04025099	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Inner Engineering Online (IEO) Intervention for a Specific Company Employee Program	2019	https://clinicaltrials.gov/show/NCT04126564	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Evaluation of the Benefit of Traditional Karate in Heart Failure for Cardiac Rehabilitation	2019	https://clinicaltrials.gov/show/NCT03884855	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Impact of Meditation and Reiki on Assisted Reproduction Techniques Outcomes	2019	https://clinicaltrials.gov/show/NCT04058262	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Use of Motivational Interviewing for Promotion of Physical Activity During Pregnancy	2019	https://clinicaltrials.gov/show/NCT04033016	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Mind-Body Therapies in Primary Health Care	2019	https://clinicaltrials.gov/show/NCT04058119	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2019	Nct,	Evaluation of the Effectiveness of Hypnosis Support on Patient Perception of Outpatient Surgery Under Local Anaesthesia	2019	https://clinicaltrials.gov/show/NCT03926403	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Connected Health to Decrease Opioid Use in Patients With Chronic Pain	2019	https://clinicaltrials.gov/show/NCT04013529	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Effectiveness of Neural Therapy in Patients With Fibromyalgia	2019	https://clinicaltrials.gov/show/NCT04007172	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Mindfulness-Based Stress Reduction to Improve Neuropsychological Functioning in Acquired Brain Injury	2019	https://clinicaltrials.gov/show/NCT03969563	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	A Problem Solving Intervention for Post-ICU Cognitive Impairment in Older Adults	2019	https://clinicaltrials.gov/show/NCT03972384	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	The Comparison of Efficacy of Manual Acupuncture and Laser Acupuncture on Autonomic Nervous Activity and Quality of Life in Women With Dysmenorrhea	2019	https://clinicaltrials.gov/show/NCT04178226	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Mindfulness Meditation in Treating Insomnia in Multiple Sclerosis	2019	https://clinicaltrials.gov/show/NCT03949296	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	The Effectiveness of Exercise on Reducing the Angle of Kyphosis	2019	https://clinicaltrials.gov/show/NCT04143464	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Deep Diaphragmatic Breathing: neurobiological and Anti-inflammatory Effects	2019	https://clinicaltrials.gov/show/NCT04102813	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	The Evaluation of the Efficacy of a Fasting Mimicking Diet Added to Functional Therapy for Depression	2019	https://clinicaltrials.gov/show/NCT04050475	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Effects of the Nintendo Wii Fit Game Training on Balance	2019	https://clinicaltrials.gov/show/NCT03983642	--	--	--	3a. Intervention out of scope
Nct 2019	Nct,	Yoga Nasal Irrigation in the Treatment of Chronic Tension Type Headache	2019	https://clinicaltrials.gov/show/NCT04113512	--	--	--	3a. Intervention out of scope
Nct 2020	Nct,	My Baby My Move A Community Wellness Intervention	2020	https://clinicaltrials.gov/show/NCT04294095	--	--	--	3a. Intervention out of scope
Nct 2020	Nct,	The Effect of Acupressure and Yoga on Premenstrual Symptoms and Quality of Life	2020	https://clinicaltrials.gov/show/NCT04320641	--	--	--	3a. Intervention out of scope
Nct 2020	Nct,	Getting Into Light Exercise for Patients With Heart Failure	2020	https://clinicaltrials.gov/show/NCT04248088	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2020	Nct,	Effects of an Intervention on Improving Midlife Women's Menopause-related Symptoms	2020	https://clinicaltrials.gov/show/NCT04277871	--	--	--	3a. Intervention out of scope
Nct 2020	Nct,	Pilot Study of the Vermont Family Based Approach in Primary Care Pediatrics	2020	https://clinicaltrials.gov/show/NCT04412590	--	--	--	3a. Intervention out of scope
Nct 2020	Nct,	The Effects of Mindfulness-based Training in Undergraduate Students of Translation and Interpreting	2020	https://clinicaltrials.gov/show/NCT04392869	--	--	--	3a. Intervention out of scope
Nct 2020	Nct,	Mindfulness Based Stress Reduction and Post-Stroke Cognition	2020	https://clinicaltrials.gov/show/NCT04302493	--	--	--	3a. Intervention out of scope
Nct 2020	Nct,	Comparison of (Balance,Resistance,Aerobic,and CognitiveExercises) & (Balance Resistance Exercise)	2020	https://clinicaltrials.gov/show/NCT04293952	--	--	--	3a. Intervention out of scope
Nct 2020	Nct,	Transcendental Meditation for Oncology Anxiety	2020	https://clinicaltrials.gov/show/NCT04312191	--	--	--	3a. Intervention out of scope
Nct 2020	Nct,	Home-based Exercise Rehabilitation With a Novel Digital Biofeedback System for Chronic Low Back Pain	2020	https://clinicaltrials.gov/show/NCT04401683	--	--	--	3a. Intervention out of scope
Nct 2020	Nct,	Comparison Between the Segmental Mobilization and Entire Segmental Spine Mobilization in Cervical Spondylosis	2020	https://clinicaltrials.gov/show/NCT04287634	--	--	--	3a. Intervention out of scope
Nct 2020	Nct,	The Effectiveness of Nintendo Wii Fit and Inspiratory Muscle Training in Older Patients With Heart Failure	2020	https://clinicaltrials.gov/show/NCT04254328	--	--	--	3a. Intervention out of scope
Nejati 2016	Nejati, S.; Rajezi Esfahani, S.; Rahmani, S.; Afrookhteh, G.; Hoveida, S.	The Effect of Group Mindfulness-based Stress Reduction and Consciousness Yoga Program on Quality of Life and Fatigue Severity in Patients with MS	2016	Journal of Caring Sciences	5	4	325-335	3a. Intervention out of scope
Niemi 2016	Niemi, M.; Kiel, S.; Allebeck, P.; Hoan, L. T.	Community-based intervention for depression management at the primary care level in Ha Nam Province, Vietnam: A cluster-randomised controlled trial	2016	Tropical Medicine and International Health	21	5	654-661	3a. Intervention out of scope
Ntr 2010	Ntr,	Mindful Body Trial: mindfulness training for medically unexplained symptoms	2010	http://www.who.int/trialssearch/Trial2.aspx?TrialID=NTR222	--	--	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ntr 2011	Ntr,	Mindfulness and attention	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=NTR3044	--	--	--	3a. Intervention out of scope
Ntr 2011	Ntr,	Interns InSight Study: the effect of mindfulness training on the wellbeing and functioning of medical interns	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=NTR2745	--	--	--	3a. Intervention out of scope
Ntr 2013	Ntr,	"I have changed my mind"	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=NTR4302	--	--	--	3a. Intervention out of scope
Odynets 2018	Odynets, T.; Briskin, Y.; Sydorko, O.; Tyshchenko, V.; Putrov, S.	Effectiveness of individualized physical rehabilitation programs on post-mastectomy pain in breast cancer survivors	2018	Physiotherapy Quarterly	26	3	1-May	3a. Intervention out of scope
Odynets 2018	Odynets, Tetiana; Briskin, Yuriy; Putrov, Sergiy	Effectiveness of individualised intervention on pulmonary function in women with post-mastectomy syndrome	2018	Physiotherapy Practice & Research	39	2	147-154	3a. Intervention out of scope
Odynets 2019	Odynets, T.; Briskin, Y.	Effect of individualised physical rehabilitation programmes on the functional state of the cardiovascular system in women with post-mastectomy syndrome	2019	International journal of therapy & rehabilitation	26	2	1-10	3a. Intervention out of scope
Okamoto 2019	Okamoto, R.; Adachi, K.; Mizukami, K.	The effectiveness of facial exercises on the facial expression and the mood in persons with Parkinson's disease	2019	Journal of Parkinson's Disease	9 (1)	--	144	3a. Intervention out of scope
Ong 2016	Ong, J. C.; Hedeker, D.; Wyatt, J. K.; Manber, R.	Examining the variability of sleep patterns during treatment for chronic insomnia: Application of a location-scale mixed model	2016	Journal of Clinical Sleep Medicine	12	6	797-804	3a. Intervention out of scope
Pactr 2018	Pactr,	effect of different squatting exercises on primary dysmenorrhea	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=PACTR201901684344569	--	--	--	3a. Intervention out of scope
Padala 2017	Padala, K. P.; Padala, P. R.; Lensing, S. Y.; Dennis, R. A.; Bopp, M. M.; Parkes, C. M.; Garrison, M. K.; Dubbert, P. M.; Roberson, P. K.; Sullivan, D. H.	Efficacy of Wii-Fit on Static and Dynamic Balance in Community Dwelling Older Veterans: A Randomized Controlled Pilot Trial	2017	Journal of Aging Research	2017 (no pagination)	4653635	--	3a. Intervention out of scope
Padala 2017	Padala, K. P.; Padala, P. R.; Lensing, S. Y.; Dennis, R. A.; Bopp, M. M.; Roberson, P. K.; Sullivan, D. H.	Home-Based Exercise Program Improves Balance and Fear of Falling in Community-Dwelling Older Adults with Mild Alzheimer's Disease: A Pilot Study	2017	Journal of Alzheimer's Disease	59	2	565-574	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Pal 2018	Pal, P. K.; Saini, N.; Mishra, V. N.; Awasthi, H. H.	Evaluation of the effect of yogic practices on raktagata vata (Essential hypertension)	2018	Asian Journal of Pharmaceutical and Clinical Research	11	9	425-430	3a. Intervention out of scope
Pandic 2008	Pandic, S.; Ekman, I.; Nord, L.; Kjellgren, K. I.	Device-guided breathing exercises in the treatment of hypertension - perceptions and effects	2008	CVD Prevention and Control	3	3	163-169	3a. Intervention out of scope
Park 2010	Park, J.; Nakamura, Y.; Kwon, Y.; Park, H.; Kim, E.; Park, S.	The effect of combined exercise training on carotid artery structure and function and vascular endothelial growth factor VEGF in obese older women	2010	Tairyoku Kagaku [Japanese Journal of Physical Fitness and Sports Medicine] 2010;59(5):495-503	--	--	--	3a. Intervention out of scope
Park 2019	Park, J. E.; Hong, J. Y.; Lee, S. Y.	Transcranial direct current stimulation and yoga for functional movement disorders	2019	Journal of Parkinson's Disease	9 (1)	--	242	3a. Intervention out of scope
ParswaniMjS harmaMpiye ngar 2013	Parswani Mj Sharma Mpiyengar, S.	Mindfulness-based stress reduction program in coronary heart disease: a randomized control trial	2013	International Journal of Yoga	6	2	111-117	3a. Intervention out of scope
Patel 1973	Patel, C. H.	Yoga and bio-feedback in the management of hypertension	1973	Lancet	2	7837	1053-5	3a. Intervention out of scope
Patel 1975	Patel, C.; North, W. R.	Randomised controlled trial of yoga and bio-feedback in management of hypertension	1975	Lancet	2	7925	93-5	3a. Intervention out of scope
Platania-Solazzo 1992	Platania-Solazzo, A.; Field, T. M.; Blank, J.; Seligman, F.; Kuhn, C.; Schanberg, S.; Saab, P.	Relaxation therapy reduces anxiety in child and adolescent psychiatric patients	1992	Acta paedopsychiatrica	--	--	115-120	3a. Intervention out of scope
Pokladnikov a 2013	Pokladnikova, Jitka; Selke-Krulichova, Iva	Effectiveness of a comprehensive lifestyle modification program for asthma patients: A randomized controlled pilot trial	2013	Journal of Asthma	50	3	318-326	3a. Intervention out of scope
Polak 2012	Polak, E. L.; Privitera, M. D.; Lipton, R. B.; Haut, S. R.	Behavioral intervention as an add-on therapy in epilepsy: Designing a clinical trial	2012	Epilepsy and Behavior	25	4	505-510	3a. Intervention out of scope
Polusny 2015	Polusny, M. A.; Erbes, C. R.; Thuras, P.; Moran, A.; Lamberty, G. J.; Collins, R. C.; Rodman, J. L.; Lim, K. O.	Mindfulness-based stress reduction for posttraumatic stress disorder among veterans a randomized clinical trial	2015	JAMA - Journal of the American Medical Association	314	5	456-465	3a. Intervention out of scope
Portz 2018	Portz, Jennifer Dickman; Waddington, Emily; Atler, Karen E.; Van Puymbroeck, Marieke; Schmid, Arlene A.	Self-Management and Yoga for Older Adults with Chronic Stroke: A Mixed-Methods Study of Physical Fitness and Physical Activity	2018	Clinical Gerontologist	41	4	374-381	3a. Intervention out of scope

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Powell 2008	Powell, L.; Gilchrist, M.; Stapley, J.	A journey of self-discovery: an intervention involving massage, yoga and relaxation for children with emotional and behavioural difficulties attending primary schools	2008	European journal of special needs education	23	4	403-412	3a. Intervention out of scope
Pradhan 2015	Pradhan, Basant; Gray, Richard; Parikh, Tapan; Akkireddi, Padmalatha; Pumariega, Andres	Trauma interventions using mindfulness based extinction and reconsolidation (TIMBERÂ©) as monotherapy for chronic PTSD: A pilot study	2015	Adolescent Psychiatry	5	2	125-131	3a. Intervention out of scope
R 2015	R. B. R. hp2gq	Use of games in the treatment of postural deviations of schoolchildren aged 10 to 15 years	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-6hp2gq	--	--	--	3a. Intervention out of scope
R 2015	R. B. R. sc9zc	Impact of training with video games in a population of children and adolescents with motor disabilities	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-3sc9zc	--	--	--	3a. Intervention out of scope
R 2016	R. B. R. kf8zv	Benefit of physical therapy, yoga and music therapy for patients with Parkinson's disease	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-4kf8zv	--	--	--	3a. Intervention out of scope
R 2018	R. B. R. fsg	Effects of integrative therapies in health, quality of life and wellness of breast cancer women and prostate cancer men	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-5fsg97	--	--	--	3a. Intervention out of scope
R 2019	R. B. R. jdbrm	The Neurological and Clinical Effects of Game Therapy in Fibromyalgia Patients	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=RBR-8jdbrm	--	--	--	3a. Intervention out of scope
Rahmani 2015	Rahmani, S.; Talepasand, S.	The effect of group mindfulness - based stress reduction program and conscious yoga on the fatigue severity and global and specific life quality in women with breast cancer	2015	Medical Journal of the Islamic Republic of Iran	29	--	175	3a. Intervention out of scope
Rawal 2019	Rawal, P.; Vyas, M.; Baghel, A. S.; Kamble, S.	Efficacy of Sattvavajaya Chikitsa in the form of relaxation techniques and Guda Pippalimula Churna in the management of Anidra (insomnia) - An open labelled, randomized comparative clinical trial	2019	Ayu	40	2	89-96	3a. Intervention out of scope

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Reed 2016	Reed, S. D.; Newton, K. M.; Larson, J. C.; Booth-Laforce, C.; Woods, N. F.; Landis, C. A.; Tolentino, E.; Carpenter, J. S.; Freeman, E. W.; Joffe, H.; Anawalt, B. D.; Guthrie, K. A.	Daily salivary cortisol patterns in midlife women with hot flashes	2016	Clinical Endocrinology	84	5	672-679	3a. Intervention out of scope
Renjith 2017	Renjith, V.; Pai, A.; George, A.	Effectiveness of a multicomponent intervention on quality of life of patients with migraine-a pilot study	2017	Cephalalgia	37 (1 Supplem ent 1)	--	49-50	3a. Intervention out of scope
Renjith 2018	Renjith, V.; Pai, A.; Radhakrishnan, K.; Nayak, B. S.; Devi, E. S.; Ladd, E.; George, A.	Randomized controlled trial on the effectiveness of a multicomponent intervention on migraine: A study protocol	2018	Journal of advanced nursing	74	3	734-742	3a. Intervention out of scope
RobertMcComb 2004	Robert McComb, J. J.; Tacon, A.; Randolph, P.; Caldera, Y.	A pilot study to examine the effects of a mindfulness-based stress-reduction and relaxation program on levels of stress hormones, physical functioning, and submaximal exercise responses	2004	Journal of Alternative & Complementary Medicine	10	5	819-27	3a. Intervention out of scope
Rodriguez-Romero 2020	Rodriguez-Romero, R.; Herranz-Rodriguez, C.; Kostov, B.; Gene-Badia, J.; Siso-Almirall, A.	Intervention to reduce perceived loneliness in community-dwelling older people	2020	Scandinavian journal of caring sciences.	13	--	--	3a. Intervention out of scope
Roy 2015	Roy, M. J.; Highland, K. B.; Costanzo, M. A.	GETSmart: Guided education and training via smart phones to promote resilience	2015	Annual Review of CyberTherapy and Telemedicine	13	--	123-128	3a. Intervention out of scope
Ruby 2016	Ruby, M.; Repka, C. P.; Arciero, P. J.	Comparison of Protein-Pacing Alone or With Yoga/Stretching and Resistance Training on Glycemia, Total and Regional Body Composition, and Aerobic Fitness in Overweight Women	2016	Journal of physical activity & health	13	7	754-764	3a. Intervention out of scope
SadeghiBahmani 2018	Sadeghi Bahmani, D.; Razazian, N.; Alikhani, M.; Farnia, V.; Gerber, M.; Lang, U. E.; Holsboer-Trachsler, E.; Brand, S.	Work out training, coordination training and an active control condition improved subjective sleep, fatigue and symptoms of depression and anxiety among female patients with multiple sclerosis (MS)	2018	Multiple Sclerosis Journal	24 (2 Supplem ent)	--	955-956	3a. Intervention out of scope

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Sanaie 2019	Sanaie, N.; Vasli, P.; Sedighi, L.; Sadeghi, B.	Comparing the effect of lecture and Jigsaw teaching strategies on the nursing students' self-regulated learning and academic motivation: a quasi-experimental study	2019	Nurse education today	79	--	35-40	3a. Intervention out of scope
Sarkar 2013	Sarkar, B. K.; Shahab, L.; Arora, M.; Ahluwalia, J. S.; Reddy, K. S.; West, R.	Cluster randomised trial of a brief tobacco cessation intervention for low income communities, India	2013	Respiratory Medicine	1)	--	S5	3a. Intervention out of scope
Sarkar 2014	Sarkar, B. K.; Shahab, L.; Arora, M.; Lorencatto, F.; Reddy, K. S.; West, R.	A cluster randomized controlled trial of a brief tobacco cessation intervention for low-income communities in India: study protocol	2014	Addiction (Abingdon, England)	109	3	371-378	3a. Intervention out of scope
Sarkar 2017	Sarkar, B. K.; West, R.; Arora, M.; Ahluwalia, J. S.; Reddy, K. S.; Shahab, L.	Effectiveness of a brief community outreach tobacco cessation intervention in India: A cluster-randomised controlled trial (the BABEX Trial)	2017	Thorax	72	2	167-173	3a. Intervention out of scope
Sarma 2016	Sarma, S.; Howden, E. J.; Samels, M.; Everding, B.; Livingston, S.; Palmer, M. D.; Levine, B. D.	High intensity aerobic training stimulus over two years improves left ventricular stiffness	2016	Circulation. Conference: American Heart Association's	134	Supplement 1	--	3a. Intervention out of scope
Sasanoor 2012	Sasanoor, M. T.; Geetha, L.; Kumar, B.	A comparative clinical study in the management of Madatyaya	2012	International Journal of Research in Ayurveda and Pharmacy	3	1	117-119	3a. Intervention out of scope
Sathyaprabha 2001	Sathyaprabha, T. Murthy HMurthy B.	Efficacy of naturopathy and yoga in bronchial asthma--a self controlled matched scientific study	2001	Indian Journal of Physiology and Pharmacology	45	1	80-86	3a. Intervention out of scope
Schmid 2016	Schmid, Arlene; Van Puymbroeck, Marieke; Schmid, Christine; Atler, Karen E.; Portz, Jennifer D.; Tracy, Brian L.; Bolster, Ruby; Willis, Leslie; Hinsey, Katie	Merging Yoga and Occupational Therapy (MY-OT), A Pilot Study to Improve Balance and Fall Risk Factor Management...2016 ACRM / American Congress of Rehabilitation Medicine Annual Conference 30 October - 4 November 2016, Chicago, IL	2016	Archives of Physical Medicine & Rehabilitation	97	10	e59-e59	3a. Intervention out of scope
Schmidt 2011	Schmidt, S.; Grossman, P.; Schwarzer, B.; Jena, S.; Naumann, J.; Walach, H.	Treating fibromyalgia with mindfulness-based stress reduction: Results from a 3-armed randomized controlled trial	2011	Pain	152	2	361-369	3a. Intervention out of scope
Schuver 2016	Schuver, K. J.; Lewis, B. A.	Mindfulness-based yoga intervention for women with depression	2016	Complementary Therapies in Medicine	26	--	85-91	3a. Intervention out of scope

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Scime 2008	Scime, M.; Cook-Cottone, C.	Primary prevention of eating disorders: a constructivist integration of mind and body strategies	2008	International Journal of Eating Disorders	41	2	134-142	3a. Intervention out of scope
Selfridge 2011	Selfridge, Nancy	Meditation for Fibromyalgia: Yea or Nay?	2011	Alternative Medicine Alert	14	3	34-36	3a. Intervention out of scope
Shahar 2019	Shahar, B.; Kalman-Halevi, M.; Roth, G.	Emotion regulation and intimacy quality: the consequences of emotional integration, emotional distancing, and suppression	2019	Journal of social and personal relationships	36	11-12	3343-3361	3a. Intervention out of scope
Shahtaheri 2016	Shahtaheri, E.; Hosseinian, S.; Ebrahimi, M.; Jalilabadi, Z.; Mirderikvand, F.	The impact of stress reduction program based on mindfulness and conscious yoga on depression, perceived stress and quality of life in pregnant women	2016	Acta Medica Mediterranea	32	Special issue 5	2047-2050	3a. Intervention out of scope
Shapiro 2003	Shapiro, S. L.; Bootzin, R. R.; Figueredo, A. J.; Lopez, A. M.; Schwartz, G. E.	The efficacy of mindfulness-based stress reduction in the treatment of sleep disturbance in women with breast cancer. An exploratory study	2003	Journal of Psychosomatic Research	54	1	85-91	3a. Intervention out of scope
Simpson 2011	Simpson, J.; Mapel, T.	An investigation into the health benefits of mindfulness-based stress reduction (MBSR) for people living with a range of chronic physical illnesses in New Zealand	2011	New Zealand Medical Journal	124	1338	68-75	3a. Intervention out of scope
Sing 2019	Sing, C. Y.; Lee, P. H. T.; Leung, A. B. K.; Chung, K. S. M.; Kwok, J. K. L.; Ho, R. T. H.; Fong, T. C. T.	Managing behavioral and psychological symptoms in Chinese elderly with dementia via group-based music intervention: a cluster randomized controlled trial	2019	Dementia (14713012)	18	7-Aug	2785-2798	3a. Intervention out of scope
Singh 2012	Singh, S.; Yadav, A.; Singh, K. P.; Pai, P.	Effect of yoga regimen on lung functions including diffusing capacity in coronary artery disease patients	2012	Indian Journal of Physiology and Pharmacology	1)	--	116-117	3a. Intervention out of scope
Singh 2012	Singh, S.; Soni, R.; Singh, K. P.; Tandon, O. P.	Effect of yoga practices on pulmonary function tests including transfer factor of lung for carbon monoxide (TLCO) in asthma patients	2012	Indian Journal of Physiology and Pharmacology	56	1	63-68	3a. Intervention out of scope
Slctr 2013	Slctr,	Developing social skills, communication skills and self confidence through dance, drama and yoga in patients with long term mental illness at NIMH, Angoda	2013	http://www.who.int/trialssearch/Trial2.aspx?TrialID=SLCTR/2013/008	--	--	--	3a. Intervention out of scope

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Smith 1978	Smith, J. C.	Personality correlates of continuation and outcome in meditation and erect sitting control treatments	1978	Journal of Consulting & Clinical Psychology	46	2	272-9	3a. Intervention out of scope
Smith 2017	Smith, G.; Chandler, M.; Locke, D. E.; Fields, J.; Phatak, V.; Crook, J.; Hanna, S.; Lunde, A.; Morris, M.; Graff-Radford, M.; Hughes, C. A.; Lepore, S.; Cuc, A.; Caselli, M.; Hurst, D.; Wethe, J.; Francone, A.; Eilertsen, J.; Lucas, P.; Hoffman Snyder, C.; Kuang, L.; Becker, M.; Dean, P.; Diehl, N.; Lofquist, M.; Vanderhook, S.; Myles, D.; Cochran, D.	Behavioral Interventions to Prevent or Delay Dementia: Protocol for a Randomized Comparative Effectiveness Study	2017	JMIR Research Protocols	6	11	e223	3a. Intervention out of scope
Smith 2019	Smith, G.	Comparative effectiveness of behavioral interventions in mild cognitive impairment: 12-month outcomes of a randomized clinical trial	2019	Journal of Prevention of Alzheimer's Disease	6 (Supplement 1)	--	S7	3a. Intervention out of scope
Solati 2017	Solati, K.; Mousavi, M.; Kheiri, S.; Hasanpour-Dehkordi, A.	The effectiveness of mindfulness-based cognitive therapy on psychological symptoms and quality of life in systemic lupus erythematosus patients: A randomized controlled trial	2017	Oman Medical Journal	32	5	378-385	3a. Intervention out of scope
Soucy 2019	Soucy, I.; Provencher, M. D.; Fortier, M.; McFadden, T.	Secondary outcomes of the guided self-help behavioral activation and physical activity for depression trial	2019	Journal of mental health (Abingdon, England)	28	4	410-418	3a. Intervention out of scope
Sreerenjini 2019	Sreerenjini, B.; Muthulakshmi, M.	Effect of training programme on quality of life among postmenopausal women: An intervention study	2019	Indian Journal of Public Health Research and Development	10	11	2362-2366	3a. Intervention out of scope
Stachenfeld 1998	Stachenfeld, N. S.; Mack, C. W.; DiPietro, L.; Morocco, T. S.; Jozsi, A. C.; Nadel, E. R.	Regulation of blood volume during training in post-menopausal women	1998	Medicine and science in sports and exercise	30	1	92-98	3a. Intervention out of scope
Strijk 2012	Strijk, J. E.; Proper, K. I.; Van der Beek, A. J.; van Mechelen, W.	A worksite vitality intervention to improve older workers' lifestyle and vitality-related outcomes: Results of a randomised controlled trial	2012	Journal of Epidemiology and Community Health	66	11	1071-1078	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Surabhi 2018	Surabhi, G.; Uma, K.; Uma, K.; Manoj, K.; Rima, D.	Impact of yoga and meditaton based lifestyle interventon on quality of life and disease actvity in rheumatoid arthritys	2018	Indian Journal of Rheumatology	13	6	S93-	3a. Intervention out of scope
Taylor 2020	Taylor, J.; McLean, L.; Richards, B.; Glozier, N.	Personalised yoga for burnout and traumatic stress in junior doctors	2020	Postgraduate Medical Journal	96	1136	349-357	3a. Intervention out of scope
Tctr 2019	Tctr,	PHYSIOLOGICAL CHANGE IN LUNG FUNCTION AND RESPIRATORY MUSCLE STRENGTH IN CHRONIC OBSTRUCTIVE PULMONARY DISEASE PATIENTS; CAUSE BY PURSED-LIP BREATHING EXERCISE USING WINDMILL TOY MODEL	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=TCTR20191009004	--	--	--	3a. Intervention out of scope
Telles 2012a	Telles, S., N. Singh, and A. Balkrishna,	Finger dexterity and visual discrimination following two yoga breathing practices.	2012	International Journal of Yoga,	5	1	37-41	3a. Intervention out of scope
Tellhed 2019	Tellhed, Una; Daukantaite, Daiva; Maddux, Rachel E.; Svensson, Thomas; Melander, Olle	Yogic breathing and mindfulness as stress coping mediate positive health outcomes of yoga	2019	Mindfulness	--	--	No Paginati on Specified	3a. Intervention out of scope
Thirugnana m 2019	Thirugnanam, S.	Effect of aerobic exercise and yogasana program on restless leg syndrome	2019	Sleep Medicine	64 (Supple ment 1)	--	S383	3a. Intervention out of scope
Torelly 2019	Torelly, G.; Schuch, F.; Cardoso, C.; Konig, A.; Fleck, M.	Acute effect of body-mind practices and circuit training on instantaneous wellbeing in inpatients with major depressive episode	2019	Psychotherapy and Psychosomatics	88 (Supple ment 1)	--	130	3a. Intervention out of scope
Turpomanov a 2015	Turpomanova, Tsvetelina; Filkova, Silvyia; Mincheva-Bolgurova, Penka	INNOVATIVE SPORTS ACTIVITIES TO OVERCOME THE AGGRESSIVE BEHAVIOUR IN THE SCHOOL - AGED CHILDREN	2015	Research in Kinesiology	43	2	189-192	3a. Intervention out of scope
Udani 2012	Udani, J.; Vaghela, D. B.; Rajagopala, M.; Matalia, P. D.	A comparative study of Bilvadi Yoga Ashchyotana and eye drops in Vataja Abhishyanda (Simple Allergic Conjunctivitis)	2012	Ayu	33	1	97-101	3a. Intervention out of scope
Vaidya 2017	Vaidya, S.; Marathe, V.	Integrative treatment of Vascular Blockages-CAD, CVA, DVT with SHARP-(Sanjeevan Heart Attack Rehabilitation Program)	2017	BMC Complementary and Alternative Medicine. Conference: World Congress Integrative Medicine and Health	17	Supplem ent 1	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Valley 2016	Valley, Morgan Anne	Feasibility of a Mindfulness-Based Stress Reduction intervention on health care safety	2016	Feasibility of a Mindfulness-Based Stress Reduction Intervention on Health Care Safety	--	--	1-Jan	3a. Intervention out of scope
Vandana 2011	Vandana, B. Saraswathy L. Pillai G. K. S. Sunadaram KRKumar H.	Meditation induces a positive response during stress events in young Indian adults	2011	International Journal of Yoga	4	2	64-70	3a. Intervention out of scope
VanMontfrans 1990	Van Montfrans, G. A.; Karemaker, J. M.; Wieling, W.; Dunning, A. J.	Relaxation therapy and continuous ambulatory blood pressure in mild hypertension: a controlled study	1990	British Medical Journal	300	6736	1368-1372	3a. Intervention out of scope
Vempati 2009	Vempati, R.; Bijlani, R. L.; Deepak, K. K.	The efficacy of a comprehensive lifestyle modification programme based on yoga in the management of bronchial asthma: a randomized controlled trial	2009	BMC Pulmonary Medicine	9	--	37	3a. Intervention out of scope
Vidrine 2016	Vidrine, J. I.; Spears, C. A.; Heppner, W. L.; Reitzel, L. R.; Marcus, M. T.; Cinciripini, P. M.; Waters, A. J.; Li, Y.; Nguyen, N. T. T.; Cao, Y.; Tindle, H. A.; Fine, M.; Safranek, L. V.; Wetter, D. W.	Efficacy of mindfulness-based addiction treatment (MBAT) for smoking cessation and lapse recovery: A randomized clinical trial	2016	Journal of Consulting and Clinical Psychology	84	9	824-838	3a. Intervention out of scope
WÃ¼rtzen 2013	WÃ¼rtzen, H.; Dalton, S. O.; Andersen, K. K.; Flyger, H.; Karlsen, R. V.; Johansen, C.	The effect of mindfulness based stress reduction (MBSR) on somatic symptoms among women 3-18 months post diagnosis of breast cancer: results from a randomized controlled trial (mica, nct00990977)	2013	Psycho-Oncology	22	--	104-105	3a. Intervention out of scope
Wells 2013	Wells, R.; Yeh, G.; Kerr, C.; Wolkin, J.; Davis, R.; Dossett, M.; Tan, Y.; Wall, R.; Walsh, J.; Kaptchuk, T.; Press, D.; Phillips, R.; Kong, J.	Impact of meditation on default mode network & hippocampus in mild cognitive impairment: A randomized trial	2013	Neurology. Conference: 65th American Academy of Neurology Annual Meeting. San Diego, CA United States. Conference Publication:	80	1 Meeting Abstracts	--	3a. Intervention out of scope
Wells 2013	Wells, R. E.; Burch, R.; Paulsen, R.; Wayne, P.; Aschenbrenner, C.; Houle, T. T.; El Senach, J. C.; Loder, E.	Meditation for migraines: A pilot randomized controlled trial	2013	Cephalalgia	1)	--	96-97	3a. Intervention out of scope

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Wells 2013	Wells, R. E.; Yeh, G. Y.; Kerr, C. E.; Wolkin, J.; Davis, R. B.; Tan, Y.; Spaeth, R.; Wall, R. B.; Walsh, J.; Kaptchuk, T. J.; Press, D.; Phillips, R. S.; Kong, J.	Meditation's impact on default mode network and hippocampus in mild cognitive impairment: Pilot study	2013	Neuroscience Letters	556	--	15-19	3a. Intervention out of scope
Wells 2019	Wells, R. E.; Kerr, C.; Dossett, M. L.; Danhauer, S. C.; Sohl, S. J.; Sachs, B. C.; Feeley, J. W.; Wolkin, J.; Wall, R.; Kaptchuk, T.; et al.,	Can Adults with Mild Cognitive Impairment Build Cognitive Reserve and Learn Mindfulness Meditation? Qualitative Theme Analyses from a Small Pilot Study	2019	Journal of Alzheimer's Disease	--	--	--	3a. Intervention out of scope
Witt 2013	Witt, C. M.; Michalsen, A.; Roll, S.; Morandi, A.; Gupta, S.; Rosenberg, M.; Kronpass, L.; Stapelfeldt, E.; Hissar, S.; Muller, M.; Kessler, C.	Comparative effectiveness of a complex Ayurvedic treatment and conventional standard care in osteoarthritis of the knee - study protocol for a randomized controlled trial	2013	Trials	14 (1) (no pagination)	149	--	3a. Intervention out of scope
Wright 2012	Wright, C.; Carson, J.; Carson, K.; Bennett, R.; Mist, S.; Jones, K.	P02.193. Yoga of awareness: a randomized trial in fibromyalgia: post intervention and 3 month follow up results	2012	BMC Complementary & Alternative Medicine	12	Suppl 1	1-Jan	3a. Intervention out of scope
Wurtzen 2013	Wurtzen, H.; Dalton, S. O.; Elsass, P.; Sumbundu, A. D.; Steding-Jensen, M.; Karlsen, R. V.; Andersen, K. K.; Flyger, H. L.; Pedersen, A. E.; Johansen, C.	Mindfulness significantly reduces self-reported levels of anxiety and depression: results of a randomised controlled trial among 336 Danish women treated for stage I-III breast cancer	2013	European Journal of Cancer	49	6	1365-73	3a. Intervention out of scope
Xiang 2019	Xiang, M. Q.; Liao, J. W.; Huang, J. H.; Deng, H. L.; Wang, D.; Xu, Z.; Hu, M.	Effect of a Combined Exercise and Dietary Intervention on Self-Control in Obese Adolescents	2019	Frontiers in Psychology	10	--	1385	3a. Intervention out of scope
Yadav 2015	Yadav, A.; Singh, S.; Singh, K.; Pai, P.	Effect of yoga regimen on lung functions including diffusion capacity in coronary artery disease patients: A randomized controlled study	2015	International Journal of Yoga	8	1	62-7	3a. Intervention out of scope
Yadav 2019	Yadav, R.; Yadav, R. K.; Pandey, R. M.; Upadhyay, A. D.	Predictors of Health-Related Quality of Life in Indians with Metabolic Syndrome Undergoing Randomized Controlled Trial of Yoga-Based Lifestyle Intervention vs Dietary Intervention	2019	Behavioral Medicine.	--	--	--	3a. Intervention out of scope

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Yadav 2020	Yadav, R.; Yadav, R. K.; Khadgawat, R.; Pandey, R. M.; Upadhyay, A. D.; Mehta, N.	Randomized Controlled Trial of A 12-Week Yoga-Based (Including Diet) Lifestyle vs. Dietary Intervention on Cardio-Metabolic Risk Factors and Continuous Risk Score in Indian Adults with Metabolic Syndrome	2020	Behavioral Medicine	46	1	Sep-20	3a. Intervention out of scope
Yip 2018	Yip, B. H. K.; Li, X.; Leung, C. H. Y.; Gao, T.; Chung, V. C. H.; Yu, F. W. P.; Lam, T. P.; Cheng, J. C. Y.; Wong, S. Y. S.	Trial Protocol: The use of mindfulness-based intervention for improving bracing compliance for adolescent idiopathic scoliosis patients: protocol for a randomised, controlled trial	2018	Journal of physiotherapy	64	3	193	3a. Intervention out of scope
Youngwanichsetha 2014	Youngwanichsetha, S.; Phumdoung, S.; Ingkathawornwong, T.	The effects of mindfulness eating and yoga exercise on blood sugar levels of pregnant women with gestational diabetes mellitus	2014	Applied nursing research : ANR	27	4	227-230	3a. Intervention out of scope
Zargar 2013	Zargar, F.; Farid, A. A. A.; Atef-Vahid, M. K.; Afshar, H.; Omid, A.	Comparing the effectiveness of acceptance-based behavior therapy and applied relaxation on acceptance of internal experiences, engagement in valued actions and quality of life in generalized anxiety disorder	2013	Journal of Research in Medical Sciences	18	2	118-122	3a. Intervention out of scope
Zernicke 2011	Zernicke, K. A.; Campbell, T. S.; Blustein, P. K.; Fung, T. S.; Evans, J. A.; Carlson, L. E.	Mindfulness-based stress reduction for the treatment of irritable bowel syndrome symptoms: A randomized wait-list controlled trial	2011	Psychosomatic Medicine	73 (3)	--	A19	3a. Intervention out of scope
Zernicke 2013	Zernicke, K. A.; Campbell, T. S.; Blustein, P. K.; Fung, T. S.; Johnson, J. A.; Bacon, S. L.; Carlson, L. E.	Mindfulness-based stress reduction for the treatment of irritable bowel syndrome symptoms: a randomized wait-list controlled trial	2013	International journal of behavioral medicine	20	3	385-396	3a. Intervention out of scope
Zernicke 2013	Zernicke, K. A.; Campbell, T. S.; Specia, M.; McCabe-Ruff, K.; Flowers, S.; Dirkse, D. A.; Carlson, L. E.	The eCALM Trial-eTherapy for cancer appLYing mindfulness: Online mindfulness-based cancer recovery program for underserved individuals living with cancer in Alberta: Protocol development for a randomized wait-list controlled clinical trial	2013	BMC Complementary and Alternative Medicine	13 (no pagination)	34	--	3a. Intervention out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Zhang 2014	Zhang, L.; Bao, Y.	Effect of acclimation training on physiological changes in a randomized controlled trial in hot-humid environment	2014	Zhongguo ying yong sheng li xue za zhi = Zhongguo yingyong shenglixue zazhi = Chinese journal of applied physiology	30	6	544-548	3a. Intervention out of scope
Zhang 2019	Zhang, Y.; Fu, R.; Sun, L.; Gong, Y.; Tang, D.	How Does Exercise Improve Implicit Emotion Regulation Ability: Preliminary Evidence of Mind-Body Exercise Intervention Combined With Aerobic Jogging and Mindfulness-Based Yoga	2019	Frontiers in Psychology	10	--	1888	3a. Intervention out of scope
Zimmaro 2020	Zimmaro, L. A.; Carson, J. W.; Olsen, M. K.; Sanders, L. L.; Keefe, F. J.; Porter, L. S.	Greater mindfulness associated with lower pain, fatigue, and psychological distress in women with metastatic breast cancer	2020	Psycho-Oncology	29	2	263-270	3a. Intervention out of scope
Actrn 2019	Actrn,	Preventing falls in older age with yoga-based exercise: effectiveness, cost-effectiveness and implementation	2019	http://www.who.int/trialssearch/Trial2.aspx?TrialID=ACTRN12619001183178	--	--	--	3b. Comparator out of scope
Actrn 2019	Actrn,	Study of yoga interventions for reducing depression and anxiety	2019	http://www.who.int/trialssearch/Trial2.aspx?TrialID=ACTRN12619001073190	--	--	--	3b. Comparator out of scope
Albracht-Schulte 2018	Albracht-Schulte, K.; Robert-McComb, J.	The effects of yoga and quiet rest on subjective levels of anxiety and physiological correlates: A 2-way crossover randomized trial 11 Medical and Health Sciences 1117 Public Health and Health Services	2018	BMC Complementary and Alternative Medicine	18 (1) (no pagination)	280	--	3b. Comparator out of scope
Cowen 2005	Cowen, V.; Adams, T.	Physical and perceptual benefits of yoga asana practice: results of a pilot study	2005	Journal of Bodywork and Movement Therapies	9	--	211-219	3b. Comparator out of scope
Ctri 2015	Ctri,	TO STUDY THE EFFECTS OF YOGA BASED LIFESTYLE PRACTICE ON PSYCHOLOGICAL STRESS AND AGING USING GENETIC AND BIOCHEMICAL MARKERS	2015	http://www.who.int/trialssearch/Trial2.aspx?TrialID=CTRI/2015/12/006417	--	--	--	3b. Comparator out of scope
Ctri 2017	Ctri,	A study to analyze the effects of yoga exercise on patients suffering from chronic stress related problems	2017	http://www.who.int/trialssearch/Trial2.aspx?TrialID=CTRI/2017/06/008775	--	--	--	3b. Comparator out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2019	Ctri,	Nadishodhana Pranayama And Bhramari Pranayama On High Blood Pressure patients	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/12/022263	--	--	--	3b. Comparator out of scope
Frayeh 2018	Frayeh, A. L.; Lewis, B. A.	The effect of mirrors on women's state body image responses to yoga	2018	Psychology of sport and exercise	35	--	47-54	3b. Comparator out of scope
Joshi 2008	Joshi, M.; Telles, S.	Immediate effects of right and left nostril breathing on verbal and spatial scores	2008	Indian Journal of Physiology and Pharmacology	52	2	197-200	3b. Comparator out of scope
Jprn 2016	Jprn, Umin	Research for maintenance of intestinal tract function, sarcopenia prevention by abdominal pressure training	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000022679	--	--	--	3b. Comparator out of scope
Nct 2012	Nct,	Strength and Awareness in Action	2012	https://clinicaltrials.gov/show/NCT01717547	--	--	--	3b. Comparator out of scope
Nct 2013	Nct,	Yoga Dosing Study for Chronic Low Back Pain	2013	https://clinicaltrials.gov/show/NCT01761617	--	--	--	3b. Comparator out of scope
Nct 2014	Nct,	Yoga Practice for Breast or Ovarian Cancer Patients	2014	https://clinicaltrials.gov/show/NCT02305498	--	--	--	3b. Comparator out of scope
Nct 2014	Nct,	Yoga in Adult Cancer: a Feasibility Trial	2014	https://clinicaltrials.gov/show/NCT02309112	--	--	--	3b. Comparator out of scope
Nct 2015	Nct,	Yoga During Chemotherapy Study	2015	https://clinicaltrials.gov/show/NCT02442635	--	--	--	3b. Comparator out of scope
Nct 2016	Nct,	Yoga as a Supportive Therapy for Patients With Hypertension	2016	https://clinicaltrials.gov/show/NCT02727140	--	--	--	3b. Comparator out of scope
Nct 2018	Nct,	Integration of Yoga for the Treatment of Obesity in Adults	2018	https://clinicaltrials.gov/show/NCT03459937	--	--	--	3b. Comparator out of scope
Nct 2018	Nct,	Overcoming Pain Through Yoga in the Military	2018	https://clinicaltrials.gov/show/NCT03504085	--	--	--	3b. Comparator out of scope
Nct 2019	Nct,	Feasibility of At-Home Telehealth Yoga for Treating Chronic Pain	2019	https://clinicaltrials.gov/show/NCT04074109	--	--	--	3b. Comparator out of scope
Nct 2020	Nct,	Meditation and Yoga for Irritable Bowel Syndrome	2020	https://clinicaltrials.gov/show/NCT04302623	--	--	--	3b. Comparator out of scope
Pal 2004	Pal, G. K.; Velkumary, S.; Madanmohan, A.	Effect of short-term practice of breathing exercises on autonomic functions in normal human volunteers	2004	Indian Journal of Medical Research	120	2	115-121	3b. Comparator out of scope
Patra 2010	Patra, S.; Telles, S.	Heart rate variability during sleep following the practice of cyclic meditation and supine rest	2010	Applied Psychophysiology Biofeedback	35	2	135-140	3b. Comparator out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Rohini 2000	Rohini, V.; Pandey, R. S.; Janakiramaiah, N.; Gangadhar, B. N.; Vedamurthachar, A.	A comparative study of full and partial Sudarshan Kriya Yoga (SKY) in major depressive disorder	2000	Nimhans journal	18	1-2	53-57	3b. Comparator out of scope
Saoji 2018	Saoji, A. A.; Raghavendra, B. R.; Rajesh, S. K.; Manjunath, N. K.	Immediate effects of yoga breathing with intermittent breath holding on response inhibition among healthy volunteers	2018	International Journal of Yoga	11	2	99-104	3b. Comparator out of scope
Singh 1987	Singh, V.	Effect of respiratory exercises on asthma. The Pink City lung exerciser	1987	Journal of Asthma	24	6	355-359	3b. Comparator out of scope
Singh 1990	Singh, V.; Wisniewski, A.; Britton, J.; Tattersfield, A.	Effect of yoga breathing exercises (pranayama) on airway reactivity in subjects with asthma	1990	Lancet	335	8702	1381-1383	3b. Comparator out of scope
Sivakumar 2011	Sivakumar, G.; Krishnamoorthi Prabhu, K.; Baliga, R.; Kirtana Pai, M.; Manjunatha, S.	Acute effects of deep breathing for a short duration (2-10 minutes) on pulmonary functions in healthy young volunteers	2011	Indian Journal of Physiology and Pharmacology	55	2	154-159	3b. Comparator out of scope
TaibiBuchanan 2017	Taibi Buchanan, D.; Vitiello, M. V.; Bennett, K.	Feasibility and Efficacy of a Shared Yoga Intervention for Sleep Disturbance in Older Adults With Osteoarthritis	2017	Journal of gerontological nursing	43	8	42-57	3b. Comparator out of scope
Telles 2012	Telles, S.; Singh, N.; Balkrishna, A.	Finger dexterity and visual discrimination following two yoga breathing practices	2012	International Journal of Yoga	5	1	37-41	3b. Comparator out of scope
Verma 1990	Verma, K. K.; Varstala, V.; Kytokorpi, L.; Telama, R.	The effects of a three-week hatha yoga programme on the reduction of anxiety level and neck and shoulder pain	1990	Liikunnan ja kansanterveyden julkaisu	--	67	229	3b. Comparator out of scope
Actrn 2011	Actrn,	Effect of an office worksite-based yoga program on heart rate variability: a randomised controlled trial	2011	http://www.who.int/trialssearch/Trial2.aspx?TrialID=ACTRN12611000536965	--	--	--	4. Population out of scope
Akhani 2019	Akhani, P.; Banode, S.; Shah, N.	Effect of 4 weeks' yoga practice on respiratory function tests in young adults	2019	National Journal of Physiology, Pharmacy and Pharmacology	9	6	493-497	4. Population out of scope
Akhani 2019	Akhani, P.; Banode, S.; Shah, N.	A study of cardiorespiratory efficiency following yoga in healthy Indian medical students	2019	National Journal of Physiology, Pharmacy and Pharmacology	9	5	411-417	4. Population out of scope
Alexander 2015	Alexander, G. K.; Rollins, K.; Walker, D.; Wong, L.; Pennings, J.	Yoga for Self-Care and Burnout Prevention Among Nurses	2015	Workplace health & safety	63	10	462-471	4. Population out of scope
Amaranath 2016	Amaranath, B.; Nagendra, H. R.; Deshpande, S.	Effect of integrated yoga module on personality of home guards in Bengaluru: A randomized control trial	2016	Journal of Ayurveda and Integrative Medicine	7	1	44-47	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Amaranath 2016	Amaranath, B.; Nagendra, H. R.; Deshpande, S.	Effect of integrated Yoga module on positive and negative emotions in Home Guards in Bengaluru: A wait list randomized control trial	2016	International Journal of Yoga	9	1	35-43	4. Population out of scope
AnconaMatthew 2014	Ancona Matthew, R.; Mendelson, Tamar	Feasibility and preliminary outcomes of a yoga and mindfulness intervention for school teachers	2014	Advances in School Mental Health Promotion	7	3	156-170	4. Population out of scope
Anita 2014	Anita, V.; Shete Sanjay, U.; Ghanshyam Singh, T.; Kulkarni Dattatraya, D.; Bhogal, R. S.	Effect of yoga practices on micronutrient absorption and physical fitness in rural residential school children: A randomized controlled trial	2014	International Journal of Research in Ayurveda and Pharmacy	5	2	179-184	4. Population out of scope
Ariel-Donges 2019	Ariel-Donges, Aviva H.; Gordon, Eliza L.; Bauman, Viviana; Perri, Michael G.	Does yoga help college-aged women with body-image dissatisfaction feel better about their bodies?	2019	Sex Roles: A Journal of Research	80	1-Feb	41-51	4. Population out of scope
Armstrong 2003	Armstrong, W. J.; Smedley, J. M. S.	Effects of a home-based yoga exercise program on flexibility in older women	2003	Clinical kinesiology: journal of the american kinesiotherapy association	57	1	1-6	4. Population out of scope
Armstrong 2003	Armstrong, W. J.; Smedley, J. M. S.	Effects of a home-based yoga exercise program on flexibility in older women	2003	Clinical kinesiology: journal of the american kinesiotherapy association	57	1	1-6	4. Population out of scope
Ashok 2010	Ashok, C.	Impact of asanas and pranayama on blood oxygen saturation level	2010	British journal of sports medicine	44	S1	i69-i69	4. Population out of scope
AzimRezaei 2019	Azim Rezaei, D.; Kucuk, F.; Atici, E.; Ozkeskin, M.; Cuneit Akgol, A.; Okudan, B.	Examination of the effects of yin yoga program on physical parameters in adult women	2019	Turkish Journal of Physiotherapy and Rehabilitation	30 (2)	--	S30	4. Population out of scope
Balasubramanian 2015	Balasubramanian, S; Janech, Mg; Warren, Gw; Selvan, Sr	Alterations in salivary proteome following single twenty-minute session of yogic breathing	2015	Evidence-Based Complementary and Alternative Medicine	2015	--	376029	4. Population out of scope
Balasubramanian 2015	Balasubramanian, S.; Janech, M. G.; Warren, G. W.	Identification of potential salivary response biomarkers in subjects practicing yogic breathing	2015	Cancer Research. Conference: 106th Annual Meeting of the American Association for Cancer Research, AACR	75	15 SUPPL. 1	--	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Balasubramanian 2015	Balasubramanian, S.; Mintzer, J. E.; Wahlquist, A. E.	Induction of salivary nerve growth factor by Yogic breathing: a randomized controlled trial	2015	International Psychogeriatrics	27	1	168-170	4. Population out of scope
Beck 2014	Beck, Ann R.; Verticchio, Heidi	Facilitating Speech-Language Pathology Graduate Students-™ Ability To Manage Stress: A Pilot Study	2014	Contemporary Issues in Communication Science & Disorders	41	--	24-38	4. Population out of scope
Beck 2015	Beck, Ann R.; Seeman, Scott; Verticchio, Heidi; Rice, Jessica	Yoga as a Technique to Reduce Stress Experienced by CSD Graduate Students	2015	Contemporary Issues in Communication Science & Disorders	42	--	Jan-15	4. Population out of scope
Benvenuti 2017	Benvenuti, M. J.; Alves, E. D. S.; Michael, S.; Ding, D.; Stamatakis, E.; Edwards, K. M.	A single session of hatha yoga improves stress reactivity and recovery after an acute psychological stress task-A counterbalanced, randomized-crossover trial in healthy individuals	2017	Complementary Therapies in Medicine	35	--	120-126	4. Population out of scope
Benvenuti 2019	Benvenuti, M. J.; Alves, E. D.; Tomfohr-Madsen, L. M.; Michael, S.; Stamatakis, E.; Ding, D.; Edwards, K. M.	The interaction between trait mindfulness and the effect of a single yoga session on the response to an acute psychological stress	2019	Brain, Behavior, and Immunity	76 (Supplement)	--	e16	4. Population out of scope
Bernardi 2020	Bernardi, M. L. D.; Amorim, M. H. C.; Salaroli, L. B.; Zandonade, E.	Effects of hatha yoga on caregivers of children and adolescents with cancer: A randomized controlled trial	2020	Escola Anna Nery Revista de Enfermagem	24 (1) (no pagination)	e20190133		4. Population out of scope
Bhagirathi 2007	Bhagirathi, Sameer E.	Effect of Kapal Bhati on the Vital Capacity of Junior Cricket Players	2007	Sport Science & Physical Education Bulletin	--	49	--	4. Population out of scope
Bhandari 2017	Bhandari, R. B.	Yogic intervention for coping with distress	2017	Journal of Clinical and Diagnostic Research	11	12	OC06-OC11	4. Population out of scope
Bhardwaj 2011	Bhardwaj, A. K.; Telles, S.; Singh, N.; Balkrishna, A.	Effect of yoga on self-esteem and cognitive functions in school children	2011	Indian Journal of Physiology and Pharmacology	1)	--	60-61	4. Population out of scope
Bilderbeck 2013	Bilderbeck, A. C.; Farias, M.; Brazil, I. A.; Jakobowitz, S.; Wikholm, C.	Participation in a 10-week course of yoga improves behavioural control and decreases psychological distress in a prison population	2013	Journal of Psychiatric Research	47	10	1438-1445	4. Population out of scope
Black 2013	Black, D. S.; Cole, S. W.; Irwin, M. R.; Breen, E.; StCyr, N. M.; Nazarian, N.	Yogic meditation reverses NF-B and IRF-related transcriptome dynamics in leukocytes of family dementia caregivers in a randomized controlled trial	2013	Psychoneuroendocrinology	38	3	348-355	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Bowden 2012	Bowden, Deborah; Gaudry, Claire; Seung Chan, An; Gruzelier, John	A Comparative Randomised Controlled Trial of the Effects of BrainWave Vibration Training, Iyengar Yoga, and Mindfulness on Mood, Well-Being, and Salivary Cortisol	2012	Evidence-based complementary & alternative medicine (ecam)	2012	--	Jan-13	4. Population out of scope
Bryan 2012	Bryan, S.; Pinto Zipp, G.; Parasher, R.	The effects of yoga on psychosocial variables and exercise adherence: a randomized, controlled pilot study	2012	Alternative therapies in health and medicine	18	5	50-59	4. Population out of scope
Butwin 2017	Butwin, Angela N.; Evans, Kevin D.; Klatt, Maryanna; Sommerich, Carolyn M.	Teaching a Series of Mind-Body Techniques to Address the Risk of Work-Related Musculoskeletal Disorders Among Sonography Students: A Pilot Study	2017	Journal of Diagnostic Medical Sonography	33	5	392-403	4. Population out of scope
Butzer 2015	Butzer, B.; van Over, M.; Noggle Taylor, J. J.; Khalsa, S. B.	Yoga May Mitigate Decreases in High School Grades	2015	Evidence-Based Complementary & Alternative Medicine: eCAM	2015	--	259814	4. Population out of scope
Chan 2016	Chan, N. Y.; Libermann, T. A.; Bhasin, M.; Sauve, A. A.; Denninger, J. W.; Lazar, S. W.	Potential use of mind-body interventions to modulate nicotinamide adenine dinucleotide (NAD+) concentrations in human blood to promote health	2016	Journal of Alternative and Complementary Medicine	22 (6)	--	A23	4. Population out of scope
Chandra 2017	Chandra, S.; Sharma, G.; Sharma, M.; Jha, D.; Mittal, A. P.	Workload regulation by Sudarshan Kriya: an EEG and ECG perspective	2017	Brain Informatics	4	1	13-25	4. Population out of scope
Chang 2014	Chang, T. C.	The effect of short term yoga and Tai-Chi education exercise on antioxidant capacity and oxidative stress measures	2014	Studies on Ethno-Medicine	8	1	Jul-13	4. Population out of scope
Chaya 2012	Chaya, M. S.; Nagendra, H.; Selvam, S.; Kurpad, A.; Srinivasan, K.	Effect of yoga on cognitive abilities in schoolchildren from a socioeconomically disadvantaged background: A randomized controlled study	2012	Journal of Alternative and Complementary Medicine	18	12	1161-1167	4. Population out of scope
Cheema 2013	Cheema, B. S.; Houridis, A.; Busch, L.; Raschke-Cheema, V.; Melville, G. W.; Marshall, P. W.; Chang, D.; Machliss, B.; Lonsdale, C.; Bowman, J.; et al.,	Effect of an office worksite-based yoga program on heart rate variability: outcomes of a randomized controlled trial	2013	BMC Complementary and Alternative Medicine	13	--	82	4. Population out of scope
Chen 2016	Chen, N.; Xia, X.; Qin, L.; Luo, L.; Han, S.; Wang, G.; Zhang, R.; Wan, Z.	Effects of 8-Week Hatha Yoga training on metabolic and inflammatory markers in healthy, female Chinese subjects: A randomized clinical trial	2016	BioMed Research International	2016 (no pagination)	5387258	--	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Chi 2014	Chi, Ctr lor	A randomized controlled trial of 8week yoga training on circulating metabolic and inflammatory markers in healthy, Chinese female subjects	2014	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-IOR-14005747	--	--	--	4. Population out of scope
Chu 2015	Chu, I. H.; Lin, Y. J.; Wu, W. L.; Chang, Y. K.; Lin, I. M.	Effects of yoga on heart rate variability and mood in women: A randomized controlled trial	2015	Journal of Alternative and Complementary Medicine	21	12	789-795	4. Population out of scope
Ctri 2010	Ctri,	A clinical trial to study the effects of psychosocial training and yoga in caregivers of persons with schizophrenia	2010	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2010/091/003040	--	--	--	4. Population out of scope
Ctri 2012	Ctri,	BENEFITS OF YOGA IN THE FORM OF PRANAYAMA BREATHING ON HEART FUNCTIONS	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2012/03/002512	--	--	--	4. Population out of scope
Ctri 2012	Ctri,	a comparative study between slow ,fast pranayams and control groups on pulmonary function and hand grip strength and endurance in normal individulas	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2012/09/002977	--	--	--	4. Population out of scope
Ctri 2012	Ctri,	Effect of slow breathing type of Pranayama on Autonomic Nervous System	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2012/05/002652	--	--	--	4. Population out of scope
Ctri 2013	Ctri,	To compare the effect of structured intensive physical exercise on cognitive, autonomic and anthropometric parameters in adolescents	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2013/08/003897	--	--	--	4. Population out of scope
Ctri 2013	Ctri,	EFFECTIVENESS OF YOGA NIDRA ON STRESS AMONG 10th STANDARD STUDENTS	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2013/08/003914	--	--	--	4. Population out of scope
Ctri 2013	Ctri,	Yoga and Fenugreek in the prevention of type 2 diabetes mellitus	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2013/01/003316	--	--	--	4. Population out of scope
Ctri 2013	Ctri,	Evaluation of adolescent health education programme for general health in schools of Bangalore	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2013/01/003297	--	--	--	4. Population out of scope
Ctri 2015	Ctri,	Study to understand the effects of Kriya Yoga Breathing Exercises and Meditation on working of heart and nervous system	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2015/04/005700	--	--	--	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2017	Ctri,	A study to know benefits of yoga on nursing students	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/01/007707	--	--	--	4. Population out of scope
Ctri 2017	Ctri,	Yoga for Industrial workers	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/05/008602	--	--	--	4. Population out of scope
Ctri 2017	Ctri,	Effect of Yoga in Indian Adolescents	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/08/009203	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Efficacy of Integral yogic protocol on selected emotive(Emotional Intelligence and Self-Esteem), cognitive (Creativity and Decision making) and behavioral (Life-style and behavior) performances of corporate personnel	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/12/016507	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	A Randomized control trial to study the effect of mindfulness through yoga on emotion regulation techniques using implicit and explicit tools	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/09/015601	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Homeopathy and Yoga for stress management	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/08/015313	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Breathing and cognitive health	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/03/012279	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Yoga effect on cognitive performance in male and female	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011382	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Shavasana and Meditation Project	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/04/013166	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Analysis of Intestinal Microorganisms in Assessing Quality of Life among Yoga and Non-Yoga Practicing Subjects	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/07/014955	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Meditation and attention	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011457	--	--	--	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ctri 2018	Ctri,	Yoga and Healthy Brain	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011209	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Effect of yoga on stress among nursing staff in a tertiary care hospital	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/02/012206	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	using Yoga as a technique for reducing stress in ICU Nursing Professionals	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/04/013403	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Indian dance and yoga for Caregivers	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/08/015256	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Smartphone Addiction in College students	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/02/012129	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Yoga For Children	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011241	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Effect of SKY on Working Memory	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011384	--	--	--	4. Population out of scope
Ctri 2018	Ctri,	Meditation Training on Memory	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/02/012108	--	--	--	4. Population out of scope
Ctri 2019	Ctri,	Application of Yoga technique Pranayama in reducing anxiety during dental extraction	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021581	--	--	--	4. Population out of scope
Ctri 2019	Ctri,	Effect of Yoga on Cognition in College Level Athletes	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/02/017678	--	--	--	4. Population out of scope
Ctri 2019	Ctri,	EFFECT OF YOGA THERAPY ON THE BURDENS FACED BY THE CAREGIVERS OF SPECIAL CHILDREN	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/12/022508	--	--	--	4. Population out of scope
Daly 2015	Daly, La; Haden, Sc; Hagins, M; Papouchis, N; Ramirez, Pm; Qidwai, W	Yoga and emotion regulation in high school students: a randomized controlled trial	2015	Evidence-Based Complementary and Alternative Medicine	2015	--	794928	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Danielly 2017	Danielly, Y.; Silverthorne, C.	Psychological Benefits of Yoga for Female Inmates	2017	International journal of yoga therapy	27	1	41883	4. Population out of scope
Deshpande 2008	Deshpande, S.; Nagendra, H. R.; Raghuram, N.	A randomized control trial of the effect of yoga on verbal aggressiveness in normal healthy volunteers	2008	International Journal of Yoga	1	2	76-82	4. Population out of scope
Deshpande 2009	Deshpande, S.; Nagendra, H. R.; Nagarathna, R.	A randomized control trial of the effect of yoga on Gunas (personality) and Self esteem in normal healthy volunteers	2009	International Journal of Yoga	2	1	13-21	4. Population out of scope
Dinesh 2013	Dinesh, T.; Gaur, G. S.; Sharma, V. K.; Bhavanani, A. B.; Harichandra Kumar, K. T.	Effect of 12 weeks of Pranayama training on tested basal physiological parameters in young, healthy volunteers	2013	Indian Journal of Physiology and Pharmacology	1)	--	122-123	4. Population out of scope
Dinesh 2015	Dinesh, T.; Gaur, G.; Sharma, V.; Madanmohan, T.; Harichandra Kumar, K.; Bhavanani, A.	Comparative effect of 12 weeks of slow and fast pranayama training on pulmonary function in young, healthy volunteers: A randomized controlled trial	2015	International Journal of Yoga	8	1	22-Jun	4. Population out of scope
Donohue 2006	Donohue, B.; Miller, A.; Beisecker, M.; Houser, D.; Valdez, R.; Tiller, S.; Taymar, T.	Effects of brief yoga exercises and motivational preparatory interventions in distance runners: Results of a controlled trial	2006	British journal of sports medicine	40	1	60-63	4. Population out of scope
Drks 2019	Drks,	EFFICIENCY AND MENTAL HEALTH BENEFITS OF AN ONLINE YOGA INTERVENTION IN UNIVERSITY STUDENTS EXPERIENCING CHRONIC STRESS: a RANDOMIZED CONTROLLED TRIAL	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=DRKS00017578	--	--	--	4. Population out of scope
D'Souza 2014	D'Souza, C.; Avadhany, S. T.	Effects of yoga training and detraining on physical performance measures in prepubertal children - A randomized trial	2014	Indian Journal of Physiology and Pharmacology	58	1	61-68	4. Population out of scope
D'Souza 2014	D'Souza, C. D.; Avadhany, S. T.	Effect of yoga training and detraining on respiratory muscle strength in pre-pubertal children: A randomized trial	2014	International Journal of Yoga	7	1	41-7	4. Population out of scope
Elavarasi 2012	Elavarasi, V.; Gopinath, R.	EFFECT OF YOGIC PRACTICES AND PHYSICAL EXERCISE ON MUSCULAR ENDURANCE AND VITAL CAPACITY AMONG WORKING WOMEN	2012	International journal of sports sciences & fitness	2	1	50-56	4. Population out of scope
Fang 2015	Fang, R.; Li, X.	A regular yoga intervention for staff nurse sleep quality and work stress: a randomised controlled trial	2015	Journal of clinical nursing	24	23-24	3374-9	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Ferreira-Vorkapic 2018	Ferreira-Vorkapic, C.; Borba-Pinheiro, C. J.; Marchioro, M.; Santana, D.	The Impact of Yoga Nidra and Seated Meditation on the Mental Health of College Professors	2018	International Journal of Yoga	11	3	215-223	4. Population out of scope
Fishbein 2016	Fishbein, D.; Miller, S.; Herman-Stahl, M.; Williams, J.; Lavery, B.; Markovitz, L.; Kluckman, M.; Mosoriak, G.; Johnson, M.	Behavioral and Psychophysiological Effects of a Yoga Intervention on High-Risk Adolescents: a Randomized Control Trial	2016	Journal of child and family studies	25	2	518-529	4. Population out of scope
Francis 2019	Francis, T.; Gayatri Devi, R.; Jyothipriya, A.	Comparative study on the effect of intense exercise and yoga on memory	2019	Drug Invention Today	12	4	735-737	4. Population out of scope
Frank 2017	Frank, Jennifer L.; Kohler, Kimberly; Peal, Adam; Bose, Bidyut	Effectiveness of a school-based yoga program on adolescent mental health and school performance: Findings from a randomized controlled trial	2017	Mindfulness	8	3	544-553	4. Population out of scope
Fujisawa 2018	Fujisawa, A.; Ota, A.; Matsunaga, M.; Li, Y.; Kakizaki, M.; Naito, H.; Yatsuya, H.	Effect of laughter yoga on salivary cortisol and dehydroepiandrosterone among healthy university students: A randomized controlled trial	2018	Complementary therapies in clinical practice	32	--	6-Nov	4. Population out of scope
Gamboa 2018	Gamboa, A.; Paranjape, S.; Diedrich, A.; Nelson, K.; Coppola, A.; Abraham, R.; Nian, H.; Wallston, K.; Birdee, G.	Psychological and physiological effects of 12 weeks of slow breathing exercise on healthy subjects	2018	Clinical Autonomic Research	28 (5)	--	480	4. Population out of scope
Gamboa 2019	Gamboa, A.; Smith, E. C.; Paranjape, S.; Nelson, K. M.; Diedrich, A.; Birdee, G.	Slow breathing training reduces blood pressure in healthy normotensive subjects	2019	Hypertension. Conference: American Heart Association's Hypertension	74	Supplement 1	--	4. Population out of scope
Gandhi 2019	Gandhi, S.; Palled, V. K.; Sahu, M.; Jagannathan, A.; Khanna, M.; Jose, A.	Effectiveness of caregivers' yoga module on psychological distress and mental well-being among caregivers of patients admitted to neurological rehabilitation wards of a tertiary care institute, bengaluru, karnataka, india	2019	Journal of Neurosciences in Rural Practice	10	4	657-665	4. Population out of scope
Ghoncheh 2004	Ghoncheh, S.; Smith, J. C.	Progressive Muscle Relaxation, Yoga Stretching, and ABC Relaxation Theory	2004	Journal of clinical psychology	60	1	131-136	4. Population out of scope
Ghosh 2011	Ghosh, P.; Hackett, L.; Eugea, R.; Gonzales, A.; Barciszewski, A.	Effects of yoga breathing and meditation on the cardiopulmonary response to sympathetic stimulation in college-aged students: A pilot study	2011	Physiotherapy (United Kingdom)	1)	--	eS404	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Gilbert 2014	Gilbert, A.; Epel, E.; Tanzi, R.; Rearden, R.; Schilf, S.; Puterman, E.	A randomized trial comparing a brief meditation retreat to a vacation: Effects on daily well-being	2014	Journal of Alternative and Complementary Medicine	20 (5)	--	A92	4. Population out of scope
Gopal 2011	Gopal, A.; Mondal, S.; Gandhi, A.; Arora, S.; Bhattacharjee, J.	Effect of integrated yoga practices on immune responses in examination stress - A preliminary study	2011	International Journal of Yoga	4	1	26-32	4. Population out of scope
Goring 2013	Goring, A.; Mollenbeck, D.; Schwarz, G.	The influence of dynamic yoga styles on spinal flexibility	2013	Deutsche Zeitschrift fur Sportmedizin	64	9	280-283	4. Population out of scope
Guerra 2020	Guerra, P. C.; Santaella, D. F.; D'Almeida, V.; Santos-Silva, R.; Tufik, S.; Len, C. A.	Yogic meditation improves objective and subjective sleep quality of healthcare professionals	2020	Complementary therapies in clinical practice	40 (no pagination)	101204		4. Population out of scope
Gulati 2017	Gulati, K.; Sharma, S. K.; Kala, N.; Telles, S.; Balkrishna, A.	A pilot study to assess the effect of bhrumari pranayama on heart rate variability	2017	Indian Journal of Physiology and Pharmacology	61 (5 Supplement 1)	--	234-235	4. Population out of scope
Gupta 2010	Gupta, Benu; Agarwal, Mukesh; Arora, Sunita	Study on relevant effects of aeroyoga on physiological parameters of youth	2010	British journal of sports medicine	44	S1	i69-i70	4. Population out of scope
Gupta 2012	Gupta, S. S.; Sawane, M. V.	A comparative study of the effects of yoga and swimming on pulmonary functions in sedentary subjects	2012	International Journal of Yoga	5	2	128-33	4. Population out of scope
Gupta 2016	Gupta, S. S.; Sawane, M. V.	Effects of yoga and endurance exercise on some neurologic functions, a comparative study	2016	Indian Journal of Physiology and Pharmacology	60 (5 Supplement 1)	--	46-47	4. Population out of scope
Hagins 2013	Hagins, M.; Haden, S. C.; Daly, L. A.	A randomized controlled trial on the effects of yoga on stress reactivity in 6th grade students	2013	Evidence-based Complementary and Alternative Medicine	2013 (no pagination)	607134	--	4. Population out of scope
Halliwell 2018	Halliwell, E.; Jarman, H.; Tylka, T. L.; Slater, A.	Evaluating the impact of a brief yoga intervention on preadolescents' body image and mood	2018	Body image	27	--	196-201	4. Population out of scope
Halliwell 2019	Halliwell, E.; Dawson, K.; Burkey, S.	A randomized experimental evaluation of a yoga-based body image intervention	2019	Body image	28	--	119-127	4. Population out of scope
Hamza 2020	Hamza, A.; Jagannathan, A.; Hegde, S.; Katla, N.; Bhide, S. R. U.; Thirthalli, J.; Varambally, S.; Nagendra, H. R.	Development and Testing of an Audio-Visual Self-Help Yoga Manual for Indian Caregivers of Persons with Schizophrenia Living in the Community: A Single-Blind Randomized Controlled Trial	2020	International Journal of Yoga	13	1	62-69	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Harinath 2004	Harinath, K.; Malhotra, A. S.; Pal, K.; Prasad, R.; Kumar, R.; Kain, T. C.; Rai, L.; Sawhney, R. C.	Effects of Hatha Yoga and Omkar Meditation on Cardiorespiratory Performance, Psychologic Profile, and Melatonin Secretion	2004	Journal of Alternative and Complementary Medicine	10	2	261-268	4. Population out of scope
Hartfiel 2011	Hartfiel, N.; Havenhand, J.; Khalsa, S. B.; Clarke, G.; Krayner, A.	The effectiveness of yoga for the improvement of well-being and resilience to stress in the workplace	2011	Scandinavian Journal of Work, Environment and Health, Supplement	37	1	70-76	4. Population out of scope
Hassan 2013	Hassan, K.; Ghosh, M.	Isolated and combined effects of yogic practices and walking on selected physiological variables among school boys	2013	International journal of sports sciences & fitness	3	1	152-166	4. Population out of scope
Hilcove 2020	Hilcove, K.; Marceau, C.; Thekdi, P.; Larkey, L.; Brewer, M. A.; Jones, K.	Holistic Nursing in Practice: Mindfulness-Based Yoga as an Intervention to Manage Stress and Burnout	2020	Journal of holistic nursing : official journal of the American Holistic Nurses' Association			9E+14	4. Population out of scope
Himashree 2016	Himashree, G.; Mohan, L.; Singh, Y.	Yoga Practice Improves Physiological and Biochemical Status at High Altitudes: A Prospective Case-control Study	2016	Alternative therapies in health and medicine	22	5	53-59	4. Population out of scope
Hovsepian 2013	Hovsepian, V.; Marandi, S. M.; Kelishadi, R.; Zahed, A.	A comparison between yoga and aerobic training effects on pulmonary function tests and physical fitness parameters	2013	Pakistan Journal of Medical Sciences	29	1 SUPPL.	317-320	4. Population out of scope
Huang 2013	Huang, F. J.; Chien, D. K.; Chung, U. L.	Effects of Hatha yoga on stress in middle-aged women	2013	The journal of nursing research : JNR	21	1	59-66	4. Population out of scope
Hunt 2018	Hunt, Melissa; Al-Braiki, Farah; Dailey, Shannon; Russell, Rachel; Simon, Krystyna	Mindfulness training, yoga, or both? Dismantling the active components of a mindfulness-based stress reduction intervention	2018	Mindfulness	9	2	512-520	4. Population out of scope
Irct2013012012202N 2013	Irct2013012012202N,	The effect of Yoga on Mental Health in students staying in Islamic Azad University dormitory	2013	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT2013012012202N1	--	--	--	4. Population out of scope
Irct2014063018285N 2014	Irct2014063018285N,	The Effect Of a Regular Hatha Yoga Training Course On the Cortisol Level Of Blood Serum in Employed Women	2014	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT2014063018285N1	--	--	--	4. Population out of scope
Irct2016062425361N 2017	Irct2016062425361N,	The effect of Shavasana sport movement on nurses happiness	2017	http://www.who.int/trialssearch/Trial2.aspx?TrialID=IRCT2016062425361N4	--	--	--	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Irct20181224042087N 2019	Irct20181224042087N,	Effect of Yoga and Aerobic on burnout	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT20181224042087N1	--	--	--	4. Population out of scope
Irct20191106045353N 2019	Irct20191106045353N,	The effect of yoga exercises on life satisfaction	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT20191106045353N1	--	--	--	4. Population out of scope
Isrctn 2016	Isrctn,	Meditation for school children	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN29529048	--	--	--	4. Population out of scope
Isrctn 2018	Isrctn,	The effect of ASE model based self-management program on work ability and life quality applied to nurses aged 45 and over	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ISRCTN31461071	--	--	--	4. Population out of scope
Javnbakht 2009	Javnbakht, M.; Hejazi Kenari, R.; Ghasemi, M.	Effects of yoga on depression and anxiety of women	2009	Complementary therapies in clinical practice	15	2	102-104	4. Population out of scope
Joseph 1981	Joseph, S.; Sridharan, K.; Patil, S. K.; Kumaria, M. L.; Selvamurthy, W.; Joseph, N. T.; Nayar, H. S.	Study of some physiological and biochemical parameters in subjects undergoing yogic training	1981	Indian Journal of Medical Research	74	--	120-4	4. Population out of scope
Joshi 2020	Joshi, A.; Kiran, R.	Gauging the effectiveness of music and yoga for reducing stress among engineering students: An investigation based on Galvanic Skin Response	2020	Work (Reading, Mass.)	65	3	671-678	4. Population out of scope
Jprn 2013	Jprn, Umin	EFFECTS OF THE COMPREHENSIVE ART OF LIVING YOGIC BREATHING PROGRAMME ON THE PHYSIOLOGICAL AND PSYCHOLOGICAL WELL-BEING	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000011070	--	--	--	4. Population out of scope
Jprn 2013	Jprn, Umin	Effect on the comprehensive Art of Living yogic breathing programme on brain function in correlation with physiological and psychological well-being	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000011299	--	--	--	4. Population out of scope
Jprn 2015	Jprn, Umin	Relationship of laughter with mood/emotion and cortisol and dehydroepiandrosterone (DHEA) secretion: intervention study	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000019409	--	--	--	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Jprn 2017	Jprn, Umin	Effects of yoga on immune suppression after intense exercise	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000030153	--	--	--	4. Population out of scope
Jprn 2017	Jprn, Umin	The effect of light exercise by Yoga on self-efficacy and stress in the health science students	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000029778	--	--	--	4. Population out of scope
Jprn 2018	Jprn, Umin	Effect of occupational stressmanagement using Yoga Therapy : pilot study	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000022677	--	--	--	4. Population out of scope
Jprn 2018	Jprn, Umin	Efficacy of exercise on physical and mental health and beauty	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000034412	--	--	--	4. Population out of scope
Jprn 2019	Jprn, Umin	Effect of yoga on the autonomic nervous system in a healthy person	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000036071	--	--	--	4. Population out of scope
Kala 2017	Kala, N.; Sharma, S. K.; Telles, S.; Balkrishna, A.	A pilot study to assess the effects of kapalabhati pranayama on attention and arousal	2017	Indian Journal of Physiology and Pharmacology	61 (5 Supplement 1)	--	190-191	4. Population out of scope
Kamath 2017	Kamath, A.; Urval, R. P.; Shenoy, A. K.	Effect of alternate nostril breathing exercise on experimentally induced anxiety in healthy volunteers using the simulated public speaking model: A randomized controlled pilot study	2017	BioMed Research International	2017 (no pagination)	2450670	--	4. Population out of scope
Kanojia 2013	Kanojia, S.; Gandhi, A.; Kukreja, A.; Sharma, V. K.; Kapoor, R.	Effect of yoga on autonomic functions and psychological status during menstrual cycle in healthy volunteers	2013	Indian Journal of Physiology and Pharmacology	1)	--	229	4. Population out of scope
Kanojia 2013	Kanojia, S.; Kumar Sharma, V.; Gandhi, A.; Kapoor, R.; Kukreja, A.; Kumar Subramanian, S.	Effect of yoga on autonomic functions and psychological status during both phases of menstrual cycle in young healthy females	2013	Journal of Clinical and Diagnostic Research	7	10	2133-2139	4. Population out of scope
Kerekes 2017	Kerekes, N.; Brändström, S.; Nilsson, T.	Imprisoning Yoga: Yoga Practice May Increase the Character Maturity of Male Prison Inmates	2019	Front Psychiatry	10		406	4. Population out of scope
Kerekes 2017	Kerekes, N.; Fielding, C.; Apelqvist, S.	Yoga in correctional settings: A randomized controlled study	2017	Frontiers in Psychiatry	8 (OCT) (no pagination)	204		4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Kerekes 2017	Sfendla, A.; Malmström, P.; Torstensson, S.; Kerekes, N.	Yoga Practice Reduces the Psychological Distress Levels of Prison Inmates	2018	Front Psychiatry	9		407	4. Population out of scope
Khalsa 2012	Khalsa, S. B.; Hickey-Schultz, L.; Cohen, D.; Steiner, N.; Cope, S.	Evaluation of the mental health benefits of yoga in a secondary school: a preliminary randomized controlled trial	2012	The journal of behavioral health services & research	39	1	80-90	4. Population out of scope
Kiecolt-Glaser 2010	Kiecolt-Glaser, J. K.; Christian, L.; Preston, H.; Houts, C. R.; Malarkey, W. B.; Emery, C. F.; Glaser, R.	Stress, inflammation, and yoga practice	2010	Psychosomatic Medicine	72	2	113-21	4. Population out of scope
Kim 2014	Kim, S. D.	Effects of yogic exercises on life stress and blood glucose levels in nursing students	2014	Journal of Physical Therapy Science	26	12	2003-6	4. Population out of scope
Kondam 2017	Kondam, A. G.; Nagadeepa, W.; Jagan, N.; Jyothinath, K.; Suresh, M.; Chandrasekhar, M.	The effect of yoga in improved cognitive functions in medical students: A comparative study	2017	National Journal of Physiology, Pharmacy and Pharmacology	7	1	38-42	4. Population out of scope
Koshti 2019	Koshti, V.; MacNamara, J. P.; Dias, K.; Hearon, C.; Howden, E.; Lawley, J.; Opondo, M. A.; Cornwell, W. K.; Stoller, D.; Urey, M. A.; Levine, B.; Sarma, S.	High intensity interval training does not improve longitudinal cardiac motion during systole or early diastole	2019	Circulation. Conference: American Heart Association Scientific Sessions, AHA	140	Supplement 1	--	4. Population out of scope
Kumar 2009	Kumar, C. Suresh	COMPARATIVE EFFECT OF SPECIFIC YOGIC EXERCISES AND COMBINATION OF SPECIFIC YOGIC EXERCISES WITH AUTOGENIC TRAINING ON VITAL CAPACITY OF THE MIDDLE AGED MEN	2009	Journal of Physical Education & Sport / Citius Altius Fortius	25	4	45-47	4. Population out of scope
Kumar 2010	Kumar, Y. Kalyan; Reddy, V. Jagannatha	Effect of cardio-respiratory endurance, anaerobic and yogasana on HDL and LDL cholesterol levels among young men	2010	British journal of sports medicine	44	S1	i68-i68	4. Population out of scope
Kumar 2011	Kumar, S. H.; Kumar, V. S.; Kumar, S. S.	Impact of pranakarshan pranayam on anxiety: an empirical query	2011	Journal of the indian academy of applied psychology	37	1	78-85	4. Population out of scope
Kupersmidt 2019	Kupersmidt, S.; Barnable, T.	Definition of a Yoga Breathing (Pranayama) Protocol That Improves Lung Function	2019	Holistic nursing practice	33	4	197-203	4. Population out of scope
Kuppusamy 2016	Kuppusamy, M.; Kamaldeen, D.; Pitani, R.; Amaldas, J.	Immediate effects of Bhramari pranayama on resting cardiovascular parameters in healthy adolescents	2016	Journal of Clinical and Diagnostic Research	10	5	CC17-CC19	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Kuppusamy 2017	Kuppusamy, M.; Dilara, K.; Ravishankar, P.; Julius, A.	Effect of Bhramari Pranayama Practice on Pulmonary Function in Healthy Adolescents: A Randomized Control Study	2017	Ancient Science of Life	36	4	196-199	4. Population out of scope
Kuppusamy 2020	Kuppusamy, M.; Kamaldeen, D.; Pitani, R.; Amaldas, J.; Ramasamy, P.; Shanmugam, P.; Thirupathy, V. S.	Effect of Bhramari pranayama practice on simple reaction time in healthy adolescents - A randomized control trial	2020	International Journal of Adolescent Medicine and Health	(no pagination)	2E+07	--	4. Population out of scope
Kuppusamy 2020	Kuppusamy, M.; Kamaldeen, D.; Pitani, R.; Amaldas, J.; Ramasamy, P.; Shanmugam, P.; Vijayakumar, V.	Effects of yoga breathing practice on heart rate variability in healthy adolescents: a randomized controlled trial	2020	Integrative Medicine Research	9	1	28-32	4. Population out of scope
Lalitha 2020	Lalitha, S.; Maheshkumar, K.; Shobana, R.; Deepika, C.	Immediate effect of Kapalbhathi pranayama on short term heart rate variability (HRV) in healthy volunteers	2020	Journal of Complementary and Integrative Medicine.	--	--	--	4. Population out of scope
Lavretsky 2011	Lavretsky, H.	Meditation improves depressive symptoms, coping, cognition, and inflammation in family dementia caregivers in a randomized 8-week pilot study	2011	Alzheimer's and Dementia	1)		S436	4. Population out of scope
Lavretsky 2011	Lavretsky, H.; Epel, E. S.; Siddarth, P.; Nazarian, N.; Cyr, N. St; Khalsa, D. S.; Lin, J.; Blackburn, E.; Irwin, M. R.	A pilot study of yogic meditation for family dementia caregivers with depressive symptoms: Effects on mental health, cognition, and telomerase activity	2013	International Journal of Geriatric Psychiatry	28	1	57-65	4. Population out of scope
Lefebvre 2014	Lefebvre, Kristin M.; Adel, Alexandra; Himelright, Adrienne; Jensen, Daniel; Pevar, Michael; Ribsam, Noelle	CARDIORESPIRATORY BENEFITS OF A HOME YOGA DVD PROGRAM IN HEALTHY SUBJECTS: A PILOT STUDY	2014	Cardiopulmonary Physical Therapy Journal (American Physical Therapy Association, Cardiopulmonary Section)	25	4	136-136	4. Population out of scope
Lim 2015	Lim, S. A.; Cheong, K. J.	Regular Yoga Practice Improves Antioxidant Status, Immune Function, and Stress Hormone Releases in Young Healthy People: A Randomized, Double-Blind, Controlled Pilot Study	2015	Journal of Alternative and Complementary Medicine	21	9	530-538	4. Population out of scope
Lim 2019	Lim, E. J.; Park, J. E.	The effects of Pilates and yoga participant's on engagement in functional movement and individual health level	2019	Journal of Exercise Rehabilitation	15	4	553-559	4. Population out of scope

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Lin 2015	Lin, Shu-Ling; Huang, Ching-Ya; Shiu, Shau-Ping; Yeh, Shu-Hui	Effects of Yoga on Stress, Stress Adaption, and Heart Rate Variability Among Mental Health Professionals-A Randomized Controlled Trial	2015	Worldviews on Evidence-Based Nursing	12	4	236-245	4. Population out of scope
Lipman 2012	Lipman, Terri H.	Reducing Stress in School-Age Girls Through Mindful Yoga	2012	MCN: The American Journal of Maternal Child Nursing	37	3	206-206	4. Population out of scope
Maheshkumar 2013	Maheshkumar, K.; Dilara, K.	Effects of Sheetal Pranayama on cardiac autonomic function	2013	Indian Journal of Physiology and Pharmacology	1)	--	168-169	4. Population out of scope
Malar 2020	Malar, S.; Maniazhagu, D.	Effects of integrative neuromuscular training combined with yoga and stretching exercises on abdominal strength endurance of primary school children	2020	Indian Journal of Public Health Research and Development	11	3	910-914	4. Population out of scope
Malathi 1998	Malathi, A.; Damodaran, A.; Shah, N.; Krishnamurthy, G.; Namjoshi, P.; Ghodke, S.	Psychophysiological changes at the time of examination in medical students before and after the practice of yoga and relaxation	1998	Indian Journal of Psychiatry	40	1	35-40	4. Population out of scope
Manjunath 2001	Manjunath, N. K.; Telles, S.	Improved performance in the Tower of London test following yoga	2001	Indian Journal of Physiology and Pharmacology	45	3	351-354	4. Population out of scope
Manna 2018	Manna, I.	Effects of Yoga Training on Body Composition and Oxidant-Antioxidant Status among Healthy Male	2018	International Journal of Yoga	11	2	105-110	4. Population out of scope
Manocha 2011	Manocha, R.	A randomised trial of mental silence orientated meditation for work-related stress, anxiety and depressive feelings	2011	Asian Journal of Psychiatry	1)		S31	4. Population out of scope
Manocha 2011	Manocha, R.; Black, D.; Sarris, J.; Stough, C.	A randomized, controlled trial of meditation for work stress, anxiety and depressed mood in full-time workers	2011	Evidence-based Complementary and Alternative Medicine	2011 (no pagination)	960583		4. Population out of scope
Martin 2019	Martin, A. C.; Candow, D.	Effects of Online Yoga and Tai Chi on Physical Health Outcome Measures of Adult Informal Caregivers	2019	International Journal of Yoga	12	1	37-44	4. Population out of scope
Mathad 2017	Mathad, M. D.; Pradhan, B.; Sasidharan, R. K.	Effect of yoga on psychological functioning of nursing students: A randomized wait list control trial	2017	Journal of Clinical and Diagnostic Research	11	5	KC01-KC05	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Matsumoto 2001	Matsumoto, M.; Smith, J. C.	Progressive Muscle Relaxation, breathing exercises, and ABC relaxation theory	2001	Journal of clinical psychology	57	12	1551-1557	4. Population out of scope
McCarthy 2011	McCarthy, H.; Rohr, L. E.	The effects of the yoga component of Wii fit on flexibility, heart rate, and rate of perceived exertion on moderately active university students	2011	Clinical Journal of Sport Medicine	21 (4)	--	377	4. Population out of scope
McCarthy 2013	McCarthy, H.; Brazil, S. T.; Greene, J. C.; Rendell, S. T.; Rohr, L. E.	The impact of Wii Fit [®] yoga training on flexibility and heart rate	2013	International sportmed journal	14	2	67-76	4. Population out of scope
Meera 2019	Meera, R.; Mohanakrishnan, R.; Arun Prasanna, T.	Effect of core training with and without yogic practices on selected psychological variables among college women athletes	2019	Indian Journal of Public Health Research and Development	10	4	208-212	4. Population out of scope
Meier 2020	Meier, M.; Wirz, L.; Dickinson, P.; Pruessner, J. C.	Laughter yoga reduces the cortisol response to acute stress in healthy individuals	2020	Stress.	--	--	--	4. Population out of scope
MiSung 2014	Mi Sung, Park; Keum Soon, Kim	Effects of Yoga Exercise Program on Response of Stress, Physical Fitness and Self-esteem in the Middle-aged Women	2014	Korean Journal of Adult Nursing	26	1	22-33	4. Population out of scope
Miyoshi 2019	Miyoshi, Y.	Restorative yoga for occupational stress among Japanese female nurses working night shift: Randomized crossover trial	2019	Journal of Occupational Health	61	6	508-516	4. Population out of scope
Mooventhan 2014	Mooventhan, A.; Khode, V.	Effect of Bhramari pranayama and OM chanting on pulmonary function in healthy individuals: A prospective randomized control trial	2014	International Journal of Yoga	7	2	104-10	4. Population out of scope
Mudrievskaya 2007	Mudrievskaya, E. V.; Grechko, A. S.	HEALTH-IMPROVING "HATHA-YOGA" GYMNASTICS IN PRACTICE OF 17-18 YEAR-OLD FEMALE STUDENTS' PHYSICAL EDUCATION	2007	Teoria i Praktika Fiziceskoj Kul'tury	--	3	82-84	4. Population out of scope
Naik 2018	Naik, G. S.; Gaur, G. S.; Pal, G. K.	Effect of Modified Slow Breathing Exercise on Perceived Stress and Basal Cardiovascular Parameters	2018	International Journal of Yoga	11	1	53-58	4. Population out of scope
Narayana 2008	Narayana, Nvvs; Gopal, D. V. V.	Effect of yoga on women's psychological well-being	2008	Journal of indian psychology	26	1-2	39-46	4. Population out of scope
Nct 2006	Nct,	Yoga, Immune Function, and Health	2006	https://clinicaltrials.gov/show/NCT00371397	--	--	--	4. Population out of scope
Nct 2010	Nct,	Yoga for Stress Management in Health Care Personnel	2010	https://clinicaltrials.gov/show/NCT01168648	--	--	--	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2011	Nct,	Effects of Yoga on Objective and Self-reported Health Indicators Among Female and Male Individuals	2011	https://clinicaltrials.gov/show/NCT01305096	--	--	--	4. Population out of scope
Nct 2011	Nct,	Evaluation of a Yoga Program in Schools	2011	https://clinicaltrials.gov/show/NCT01348893	--	--	--	4. Population out of scope
Nct 2013	Nct,	Yoga Effects on Heart Rate Variability and Electroencephalography	2013	https://clinicaltrials.gov/show/NCT01866683	--	--	--	4. Population out of scope
Nct 2014	Nct,	Yogic Breathing Changes Salivary Components	2014	https://clinicaltrials.gov/show/NCT02108769	--	--	--	4. Population out of scope
Nct 2014	Nct,	Effects of Yoga on Heart Rate Variability and Mood in Women	2014	https://clinicaltrials.gov/show/NCT02153385	--	--	--	4. Population out of scope
Nct 2014	Nct,	The Effects of Yoga in Mental Health Professional Helpers	2014	https://clinicaltrials.gov/show/NCT02228161	--	--	--	4. Population out of scope
Nct 2014	Nct,	Curriculum Evaluation of a Novel Health and Wellness Program Within New York City Schools	2014	https://clinicaltrials.gov/show/NCT02329015	--	--	--	4. Population out of scope
Nct 2016	Nct,	Electromyography and Yoga	2016	https://clinicaltrials.gov/show/NCT02818881	--	--	--	4. Population out of scope
Nct 2017	Nct,	Pranayama Practice on the Autonomic Nervous System	2017	https://clinicaltrials.gov/show/NCT03280589	--	--	--	4. Population out of scope
Nct 2017	Nct,	The Effects of Yoga on Body Image in College Women	2017	https://clinicaltrials.gov/show/NCT03262350	--	--	--	4. Population out of scope
Nct 2018	Nct,	An Evaluation of Changes in Psychological Health to a Yoga Program for Medical Residents	2018	https://clinicaltrials.gov/show/NCT03687450	--	--	--	4. Population out of scope
Nct 2018	Nct,	The Effects of Emotional Exposure on State Anxiety	2018	https://clinicaltrials.gov/show/NCT03458702	--	--	--	4. Population out of scope
Nct 2018	Nct,	Endocannabinoid and Psychological Responses to Yoga in Healthy Adults	2018	https://clinicaltrials.gov/show/NCT03710577	--	--	--	4. Population out of scope
Nct 2019	Nct,	An Experimental Study of Psychological Effect of School Based-Yoga on Low-Income School Children	2019	https://clinicaltrials.gov/show/NCT03960944	--	--	--	4. Population out of scope
Nct 2019	Nct,	Effect of Laughter Yoga on Mental Symptoms Frequency and Level of Saliva Cortisol	2019	https://clinicaltrials.gov/show/NCT03814265	--	--	--	4. Population out of scope
Nct 2020	Nct,	Tools for Wellbeing COVID-19 National Study of Undergraduate Students	2020	https://clinicaltrials.gov/show/NCT04414371	--	--	--	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Nct 2020	Nct,	Breath Regulation and Yogic Exercise An Online Therapy for Calm and Happiness	2020	https://clinicaltrials.gov/show/NCT04368676	--	--	--	4. Population out of scope
Nct 2020	Nct,	The Effects of Yoga on Student Mental Health	2020	https://clinicaltrials.gov/show/NCT04258540	--	--	--	4. Population out of scope
Nct 2020	Nct,	Meditation Based Lifestyle Modification in Healthy Individuals	2020	https://clinicaltrials.gov/show/NCT04252976	--	--	--	4. Population out of scope
Nct 2020	Nct,	The COVID-19 Pandemic and Exercise Study	2020	https://clinicaltrials.gov/show/NCT04400279	--	--	--	4. Population out of scope
Nct 2020	Nct,	Wii Fit as Balance Assessment and Training	2020	https://clinicaltrials.gov/show/NCT04302155	--	--	--	4. Population out of scope
Ncto 2013	Ncto,	Effects of Yoga on Objective and Self-reported Health indicators Among Female and male Office and Manual Workers	2013	Http://clinicaltrials.gov/show/nct01305096	--	--	--	4. Population out of scope
Nemati 2013	Nemati, A.	The effect of pranayama on test anxiety and test performance	2013	International Journal of Yoga	6	1	55-60	4. Population out of scope
Nityananthan 2014	Nityananthan, V.; Kalpana, B.	Impact of yoga on stress and self confidence among the middle aged men	2014	Management in Health	18	4	36-39	4. Population out of scope
Noggle 2012	Noggle, J. J.; Steiner, N. J.; Minami, T.; Khalsa, S. B. S.	Benefits of yoga for psychosocial well-being in a us high school curriculum: A preliminary randomized controlled trial	2012	Journal of Developmental and Behavioral Pediatrics	33	3	193-201	4. Population out of scope
Norton 1983	Norton, G. R.; Johnson, W. E.	A comparison of two relaxation procedures for reducing cognitive and somatic anxiety	1983	Journal of Behavior Therapy & Experimental Psychiatry	14	3	209-14	4. Population out of scope
Novaes 2020	Novaes, M. M.; Palhano-Fontes, F.; Onias, H.; Andrade, K. C.; LobÃ£o-Soares, B.; Arruda-Sanchez, T.; Kozasa, E. H.; Santaella, D. F.; de Araujo, D. B.	Effects of Yoga Respiratory Practice (Bhastrika pranayama) on Anxiety, Affect, and Brain Functional Connectivity and Activity: A Randomized Controlled Trial	2020	Front Psychiatry	11	--	467	4. Population out of scope
Omar 2009	Omar, H. A.; Merrick, J.	Bridging the gaps: Biomedicine, complementary and alternative medicine in a holistic approach	2009	International Journal on Disability and Human Development	8	2	81-106	4. Population out of scope
Opondo 2014	Opondo, M. A.; Tarumi, T.; Sarma, S.; Howden, E.; Cornwell, W.; Palmer, D.; Boyd, K.; Samels, M.; Livingston, S.; Levine, B. D.	Does high intensity endurance training increase the risk of atrial fibrillation? A longitudinal study of left atrial structure and function	2014	Circulation. Conference: American Heart Association's	130	SUPPL. 2	--	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Opondo 2018	Opondo, M. A.; Aiad, N.; Cain, M. A.; Sarma, S.; Howden, E.; Stoller, D. A.; Ng, J.; van Rijckevorsel, P.; Hieda, M.; Tarumi, T.; Palmer, M. D.; Levine, B. D.	Does High-Intensity Endurance Training Increase the Risk of Atrial Fibrillation? A Longitudinal Study of Left Atrial Structure and Function	2018	Circulation	Arrhythmia and electrophysiology. 11	5	e005598	4. Population out of scope
Otto 2018	Otto, Stephanie M.; Viner, Riley; Otto, Nathanael R.; Feske, Mitchell	Comparing the Effects of Yoga and Meditative Relaxation on Blood Pressure Among College Age Students: 172 Board #13 May 30 9:30 AM - 11:00 AM...American College of Sports Medicine Annual Meeting, May 29-June 2, 2018, Minneapolis, Minnesota	2018	Medicine & Science in Sports & Exercise	50	--	21-21	4. Population out of scope
Pal 2015	Pal, R.; Singh, S. N.; Halder, K.; Tomer, O. S.; Mishra, A. B.; Saha, M.	Effects of Yogic Practice on Metabolism and Antioxidant-Redox Status of Physically Active Males	2015	Journal of physical activity & health	12	4	579-587	4. Population out of scope
Pal 2017	Pal, S.; Kala, N.; Sharma, S. K.; Telles, S.; Balkrishna, A.	A pilot study to assess the effects of yoga bellows type breathing on attention	2017	Indian Journal of Physiology and Pharmacology	61 (5 Supplement 1)	--	190	4. Population out of scope
Pandit 2014	Pandit, Shilpa Ashok; Satish, Latha	When does yoga work? Long term and short term effects of yoga intervention among pre-adolescent children	2014	Psychological Studies	59	2	153-165	4. Population out of scope
Papp 2016	Anonymous,	Erratum: Effects of high-intensity hatha yoga on cardiovascular fitness, adipocytokines, and apolipoproteins in healthy students: A randomized controlled study (The Journal of Alternative and Complementary Medicine 22:1 (81-87) DOI: 10.1089/acm.2015.0082)	2017	Journal of Alternative and Complementary Medicine	23	5	396	4. Population out of scope
Papp 2016	Papp, M. E.; Lindfors, P.; Nygren-Bonnier, M.; Gullstrand, L.; Wandell, P. E.	Effects of High-Intensity Hatha Yoga on Cardiovascular Fitness, Adipocytokines, and Apolipoproteins in Healthy Students: A Randomized Controlled Study	2016	Journal of Alternative and Complementary Medicine	22	1	81-87	4. Population out of scope
Papp 2019	Papp, M. E.; Nygren-Bonnier, M.; Gullstrand, L.; Wandell, P. E.; Lindfors, P.	A randomized controlled pilot study of the effects of 6-week high intensity hatha yoga protocol on health-related outcomes among students	2019	Journal of Bodywork and Movement Therapies	23	4	766-772	4. Population out of scope

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Pasalis 2018	Pasalis, E.; Dusek, J. A.; Trent, N. L.; Miraglia, M.; Khalsa, S. B. S.	Improvements in psychological well-being following a residential yoga-based program for professionals: A pragmatic clinical trial	2018	Global Advances In Health and Medicine	7	--	167	4. Population out of scope
Pelka 2017	Pelka, M.; Kolling, S.; Ferrauti, A.; Meyer, T.; Pfeiffer, M.; Kellmann, M.	Acute effects of psychological relaxation techniques between two physical tasks	2017	Journal of sports sciences	35	3	216-223	4. Population out of scope
Pomykala 2012	Pomykala, K. L.; Silverman, D. H.; Geist, C. L.; Voegel, P.; Siddarth, P.; Nazarian, N.; Cyr, N. M. S.; Khalsa, D. S.; Lavretsky, H.	A pilot study of the effects of meditation on regional brain metabolism in distressed dementia caregivers	2012	Aging Health	8	5	509-516	4. Population out of scope
PurohitSatya 2016	Purohit Satya, Prakash; Pradhan, Balaram; Nagendra Hongasandra, Ramarao	Effect of yoga on EUROFIT physical fitness parameters on adolescents dwelling in an orphan home: a randomized control study	2016	Vulnerab child youth stud	11	1	33-46	4. Population out of scope
PurohitSatya 2016	Purohit, S. P.; Pradhan, B.	Effect of yoga program on executive functions of adolescents dwelling in an orphan home: A randomized controlled study	2017	Journal of Traditional & Complementary Medicine	7	1	99-105	4. Population out of scope
Quach 2016	Quach, Dianna; Gibler, Robert C.; Mano, Kristen E.	Does home practice compliance make a difference in the effectiveness of mindfulness interventions for adolescents?	2017	Mindfulness	8	2	495-504	4. Population out of scope
Quach 2016	Quach, D.; Jastrowski Mano, K. E.; Alexander, K.	A Randomized Controlled Trial Examining the Effect of Mindfulness Meditation on Working Memory Capacity in Adolescents	2016	Journal of Adolescent Health	58	5	489-496	4. Population out of scope
R 2019	R. B. R. gv5c	Effects of yoga on different health markers	2019	http://www.who.int/trialssearch/Trial2.aspx?TrialID=RBR-2gv5c2	--	--	--	4. Population out of scope
Raghuraj 2008	Raghuraj, P.; Telles, S.	Immediate effect of specific nostril manipulating yoga breathing practices on autonomic and respiratory variables	2008	Applied Psychophysiology Biofeedback	33	2	65-75	4. Population out of scope
Rahimi 2010	Rahimi, Eskandar; Bavaqar, Sosa	Effects of yoga on anxiety and depression in women	2010	British journal of sports medicine	44	S1	i68-i69	4. Population out of scope
Rajajeyakumar 2014	Rajajeyakumar, M.; Bhattacharjee, M.; Amudharaj, D.; Madanmohan; Balachander, J.	Short term practice of Kapalabhati pranayam on measurement of human cognitive processing ability in healthy young volunteers	2014	Biomedicine (India)	34	1	76-81	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Rajbhoj 2015	Rajbhoj, P. H.; Shete, S. U.; Verma, A.; Bhogal, R. S.	Effect of yoga module on pro-inflammatory and anti-inflammatory cytokines in industrial workers of Lonavla: A randomized controlled trial	2015	Journal of Clinical and Diagnostic Research	9	2	CC01-CC05	4. Population out of scope
Rajbhoj 2015	Shete, S. U.; Verma, A.; Kulkarni, D. D.; Bhogal, R. S.	Effect of yoga training on inflammatory cytokines and C-reactive protein in employees of small-scale industries	2017	Journal of Education & Health Promotion	6	--	76	4. Population out of scope
Rajesh 2014	Rajesh, S. K.; Ilavarasu, J. V.; Srinivasan, T. M.	Effect of Bhramari Pranayama on response inhibition: Evidence from the stop signal task	2014	International Journal of Yoga	7	2	138-41	4. Population out of scope
Rao 2017	Rao, M.; Metri, K. G.; Raghuram, N.; Hongasandra, N. R.	Effects of Mind Sound Resonance Technique (Yogic Relaxation) on Psychological States, Sleep Quality, and Cognitive Functions in Female Teachers: A Randomized, Controlled Trial	2017	Advances in mind-body medicine	31	1	4-Sep	4. Population out of scope
Rawal 1994	Rawal, S. B.; Singh, M. V.; Tyagi, A. K.; Selvamurthy, W.; Chaudhuri, B. N.	Effect of yogic exercises on thyroid function in subjects resident at sea level upon exposure to high altitude	1994	Int.J.Biometeorol	38	1	44-47	4. Population out of scope
Ray 1986	Ray, U. S.; Hegde, K. S.; Selvamurthy, W.	Improvement in muscular efficiency as related to a standard task after yogic exercises in middle aged men	1986	The Indian journal of medical research	83	--	343-348	4. Population out of scope
Ray 2001	Ray, U. S.; Mukhopadhyaya, S.; Purkayastha, S. S.; Asnani, V.; Tomer, O. S.; Prashad, R.; Thakur, L.; Selvamurthy, W.	Effect of yogic exercises on physical and mental health of young fellowship course trainees	2001	Indian Journal of Physiology and Pharmacology	45	1	37-53	4. Population out of scope
Ray 2001	Ray, U. S.; Sinha, B.; Tomer, O. S.; Pathak, A.; Dasgupta, T.; Selvamurthy, W.	Aerobic capacity & perceived exertion after practice of Hatha yogic exercises	2001	Indian Journal of Medical Research	114	DEC.	215-221	4. Population out of scope
Razza 2020	Razza, R. A.; Linsner, R. U.; Bergen-Cico, D.; Carlson, E.; Reid, S.	The Feasibility and Effectiveness of Mindful Yoga for Preschoolers Exposed to High Levels of Trauma	2020	Journal of child and family studies	29	1	82-93	4. Population out of scope
Reddy 2002	Reddy, P. R.; Kumar, P. R.	A comparative study of yogasanas and aerobic dance and their effects on selected motor fitness components in girl students	2002	Research Bi-Annual for Movement	19	1	30-37	4. Population out of scope
Rostami 2019	Rostami, K.; Ghodsbin, F.	Effect of Yoga on the Quality of Life of Nurses Working in Intensive Care Units. Randomized Controlled Clinical Trial	2019	Investigacion y educacion en enfermeria	37	3		4. Population out of scope

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Rudolph 2016	Rudolph, S.; Kruft, S.; GÄrling, A.; Jetzke, M.	Eine empirische Vergleichsstudie zu den Wirkungsweisen von Yoga auf die WirbelsÄulenbeweglichkeit. / An Empirical Study on the Effects of Yoga on Spine Mobility	2016	German Journal of Sports Medicine / Deutsche Zeitschrift fur Sportmedizin	67	5	117-120	4. Population out of scope
Ruhal 2010	Ruhal, Ajay Singh; Bhandari, Rakesh; Chakravarti, Ranjan	Effect of kapalbhati on selected body composition variables	2010	British journal of sports medicine	44	S1	i70-i70	4. Population out of scope
Sakuma 2012	Sakuma, Y.; Sasaki-Otomaru, A.; Ishida, S.; Kanoya, Y.; Arakawa, C.; Mochizuki, Y.; Seiishi, Y.; Sato, C.	Effect of a home-based simple yoga program in child-care workers: A randomized controlled trial	2012	Journal of Alternative and Complementary Medicine	18	8	769-776	4. Population out of scope
SanthanamKumar 2020	Santhanam Kumar, S. S.; Kamath, A.; Poojary, S.	Effect of Unilateral Left Nostril Breathing (Chandra Anga Pranayama) on Cognitive Function in Healthy Yoga-Naïve Individuals: A Randomized, Controlled, Pilot Study	2020	Complementary Medical Research	--	--	1-Sep	4. Population out of scope
Saoji 2018	Saoji, A. A.; Raghavendra, B. R.; Madle, K.; Manjunath, N. K.	Additional Practice of Yoga Breathing With Intermittent Breath Holding Enhances Psychological Functions in Yoga Practitioners: A Randomized Controlled Trial	2018	Explore	14	5	379-384	4. Population out of scope
Saoji 2018	Saoji, A. A.; Raghavendra, B. R.; Manjunath, N. K.	Immediate effects of Yoga breathing with intermittent breath retention on the autonomic and cardiovascular variables amongst healthy volunteers	2018	Indian Journal of Physiology and Pharmacology	62	1	41-50	4. Population out of scope
Sarma 2015	Sarma, S.; Dinsfriend, W.; Howden, E.; Cornwell, W.; Boyd, K.; Samels, M.; Livingston, S.; Palmer, D.; Levine, B.	Cardiac structural and functional changes after sustained high aerobic exercise training stimulus	2015	Journal of the American College of Cardiology	1)	--	A1508	4. Population out of scope
Sarokte 2013	Sarokte, A. S.; Rao, M. V.	Effects of Medhya Rasayana and Yogic practices in improvement of short-term memory among school-going children	2013	Ayu	34	4	383-9	4. Population out of scope
Satish 2018	Satish, V.; Rao, R. M.; Manjunath, N. K.; Amritanshu, R.; Vivek, U.; Shreeganesh, H. R.; Deepashree, S.	Yoga versus physical exercise for cardio-respiratory fitness in adolescent school children: A randomized controlled trial	2018	International Journal of Adolescent Medicine and Health	(no pagination)	2E+07	--	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Satpal 2010	Satpal, Yadav; Sajwan, A. S.; Bal, Baljinder Singh	EFFECT OF KAPALBHATI ON BODY FAT PERCENTAGE AND WATER CONTENT AMONG UNIVERSITY YOGINIS	2010	Journal of Physical Education & Sport / Citius Altius Fortius	26	1	95-101	4. Population out of scope
Schell 1994	Schell, E. J.; Allolio, B.; Schonecke, O. W.	Physiological and psychological effects of Hatha-yoga exercise in health women	1994	International Journal of Psychosomatics	41	1-4	46-52	4. Population out of scope
Shankarapillai 2012	Shankarapillai, R.; Nair, M. A.; George, R.	The effect of yoga in stress reduction for dental students performing their first periodontal surgery: A randomized controlled study	2012	International Journal of Yoga	5	1	48-51	4. Population out of scope
Sharma 2012	Sharma, V. K.	Effect of fast and slow pranayama on cognitive functions and reaction time in young subjects	2012	Indian Journal of Physiology and Pharmacology	1)	--	49-50	4. Population out of scope
Sharma 2013	Sharma, V. K.; Trakroo, M.; Subramaniam, V.; Rajajeyakumar, M.; Bhavanani, A. B.; Sahai, A.	Effect of fast and slow pranayama on perceived stress and cardiovascular parameters in young health-care students	2013	International Journal of Yoga	6	2	104-10	4. Population out of scope
Sharma 2014	Sharma, V. K.; Rajajeyakumar, M.; Velkumary, S.; Subramanian, S. K.; Bhavanani, A. B.; Madanmohan,; Sahai, A.; Thangavel, D.	Effect of fast and slow pranayama practice on cognitive functions in healthy volunteers	2014	Journal of Clinical and Diagnostic Research	8	1	Oct-13	4. Population out of scope
Sharma 2017	Sharma, S. K.; Kala, N.; Telles, S.; Balkrishna, A.	A pilot study to assess the effects of alternate nostril yoga breathing on attention and arousal	2017	Indian Journal of Physiology and Pharmacology	61 (5 Supplement 1)	--	92	4. Population out of scope
Shenoy 2013	Shenoy, U.; Kutty, K.; Shankar, V.; Sumitra,	Effect of exercise on cardio respiratory changes in school children	2013	Indian journal of physiology and pharmacology.	57	5 SUPPL. 1	267	4. Population out of scope
Sherlee 2020	Sherlee, J. I.; David, A.	Effectiveness of yogic visual concentration (Trataka) on cognitive performance and anxiety among adolescents	2020	Journal of Complementary and Integrative Medicine	(no pagination)	2E+07	--	4. Population out of scope
Shiraishi 2016	Shiraishi, J. C.; Bezerra, L. M.	Effects of yoga practice on muscular endurance in young women	2016	Complementary therapies in clinical practice	22	--	69-73	4. Population out of scope
Siahkalroodi 2014	Siahkalroodi, L. S.; Saeedi, A.; Pourkazemi, L. A.; Saeedi, R.; Hakemi, L.; Golshanraz, A.; Alipour, P. N.	Study of the effect of yoga exercises on sport anxiety in athlete women	2014	Clinical Journal of Sport Medicine	24 (3)	--	e45	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Singh 2016	Singh, K.; Bhargav, H.; Srinivasan, T. M.	Effect of uninostiril yoga breathing on brain hemodynamics: A functional near-infrared spectroscopy study	2016	International Journal of Yoga	9	1	12-Sep	4. Population out of scope
Slctr 2018	Slctr,	Student behavior intervention study	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=SLCTR/2018/002	--	--	--	4. Population out of scope
Stoller 2012	Stoller, C. C.; Greuel, J. H.; Cimini, L. S.; Fowler, M. S.; Koomar, J. A.	Effects of sensory-enhanced yoga on symptoms of combat stress in deployed military personnel	2012	American Journal of Occupational Therapy	66	1	59-68	4. Population out of scope
Streeter 2010	Streeter, C. C.; Theodore, H. Whitfield; Owen, L.; Rein, T.; Karri, S. K.; Yakhkind, A.; Perlmutter, R.; Prescott, A.; Renshaw, P. F.; Ciraulo, D. A.; Jensen, J. E.	Effects of yoga versus walking on mood, anxiety, and brain GABA levels: A randomized controlled MRS study	2010	Journal of Alternative and Complementary Medicine	16	11	1145-1152	4. Population out of scope
Streeter 2010	Streeter, C. C.; Whitfield, T. H.; Rein, T.; Ciraulo, D. A.; Renshaw, P. F.; Jensen, E.	Correlations between mood and brain gaba levels after yoga and walking	2010	163rd annual meeting of the american psychiatric association; 2010 may 22-26; new orleans, LA	--	--	--	4. Population out of scope
Strijk 2013	Strijk, J. E.; Proper, K. I.; Van Mechelen, W.; van der Beek, A. J.	Effectiveness of a worksite lifestyle intervention on vitality, work engagement, productivity, and sick leave: Results of a randomized controlled trial	2013	Scandinavian Journal of Work, Environment and Health	39	1	66-75	4. Population out of scope
Subramanian 2012	Subramanian, S.; Elango, T.; Malligarjunan, H.; Kochupillai, V.; Dayalan, H.	Role of sudarshan kriya and pranayam on lipid profile and blood cell parameters during exam stress: A randomized controlled trial	2012	International Journal of Yoga	5	1	21-Jul	4. Population out of scope
Subramanya 2009	Subramanya, P.; Telles, S.	Changes in midlatency auditory evoked potentials following two yoga-based relaxation techniques	2009	Clinical EEG and Neuroscience	40	3	190-195	4. Population out of scope
Suchitra 2014	Suchitra, S. P.; Nagendra, H. R.	Effect of yoga on prakrti of the children-a randomized control study	2014	Journal of Alternative and Complementary Medicine	20 (5)	--	A147	4. Population out of scope
Taspinar 2014	Taspinar, B.; Aslan, U. B.; Agbuga, B.; Taspinar, F.	A comparison of the effects of hatha yoga and resistance exercise on mental health and well-being in sedentary adults: A pilot study	2014	Complementary Therapies in Medicine	22	3	433-440	4. Population out of scope

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Telles 2006	Telles, S.; Naveen, K. V.	Effect of yoga on somatic indicators of distress in professional computer users	2006	Medical science monitor : international medical journal of experimental and clinical research	12	10	LE21-22	4. Population out of scope
Telles 2012	Telles, S.; Bhardwaj, A. K.; Kumar, S.; Kumar, N.; Balkrishna, A.	Performance in a substitution task and state anxiety following yoga in army recruits	2012	Psychological Reports	110	3	963-976	4. Population out of scope
Telles 2012	Telles, S.; Singh, N.; Balkrishna, A.	Finger dexterity and visual discrimination following two yoga breathing practices	2012	International Journal of Yoga	5	1	37-41	4. Population out of scope
Telles 2012b	Telles, S., Bhardwaj A. K., Kumar S., Kumar N. and Balkrishna A.	Performance in a substitution task and state anxiety following yoga in army recruits.	2012	Psychological Reports	110	3	963-976	4. Population out of scope
Telles 2013	Telles, S.; Singh, N.; Bhardwaj, A. K.; Kumar, A.; Balkrishna, A.	Effect of yoga or physical exercise on physical, cognitive and emotional measures in children: A randomized controlled trial	2013	Child and Adolescent Psychiatry and Mental Health	7 (1) (no pagination)	37	--	4. Population out of scope
Telles 2019	Telles, S.; Vishwakarma, B.; Gupta, R. K.; Balkrishna, A.	Changes in Shape and Size Discrimination and State Anxiety After Alternate-Nostril Yoga Breathing and Breath Awareness in One Session Each	2019	Medical science monitor basic research	25	--	121-127	4. Population out of scope
Thomas 2017	Thomas, J. I.; Venkatesh, D.	A comparative study of the effects of superbrain yoga and aerobic exercise on cognitive functions	2017	National Journal of Physiology, Pharmacy and Pharmacology	7	9	895-900	4. Population out of scope
Thompson 2018	Thompson, Isabel A.; Wolf, Cheryl Pence; Mott, Elisa; Baggs, Adrienne S.; Thompson, Eric S.; Callueng, Carmelo; Puig, Ana	Luna Yoga: A Wellness Program for Female Counselors and Counselors-in-Training to Foster Self-Awareness and Connection	2018	Journal of Creativity in Mental Health	13	2	169-184	4. Population out of scope
Tomar 2011	Tomar, Rakesh; Singh, Neelima	EFFECT OF UJJAYI PRANAYAMA ON SELECTED PHYSIOLOGICAL VARIABLES	2011	Ovidius University Annals, Series Physical Education & Sport/Science, Movement & Health	11	1	140-146	4. Population out of scope

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Torkamani 2018	Torkamani, F.; Aghayousefi, A.; Alipour, A.; Nami, M.	Effects of Single-Session Group Mantra-meditation on Salivary Immunoglobulin A and Affective State: A Psychoneuroimmunology Viewpoint	2018	Explore	14	2	114-121	4. Population out of scope
Tracy 2013	Tracy, B. L.; Hart, C. E. F.	Bikram yoga training and physical fitness in healthy young adults	2013	Journal of strength and conditioning research	27	3	822-830	4. Population out of scope
Trakroo 2013	Trakroo, M.; Bhavanani, A. B.; Pal, G. K.; Udupa, K.; Krishnamurthy, N.	A comparative study of the effects of asan, pranayama and asan-pranayama training on neurological and neuromuscular functions of Pondicherry police trainees	2013	International Journal of Yoga	6	2	96-103	4. Population out of scope
Turankar 2013	Turankar, A. V.; Jain, S.; Patel, S. B.; Sinha, S. R.; Joshi, A. D.; Vallish, B. N.; Mane, P. R.; Turankar, S. A.	Effects of slow breathing exercise on cardiovascular functions, pulmonary functions & galvanic skin resistance in healthy human volunteers - a pilot study	2013	The Indian journal of medical research	137	5	916-921	4. Population out of scope
Twal 2016	Twal, W. O.; Wahlquist, A. E.; Balasubramanian, S.	Yogic breathing when compared to attention control reduces the levels of pro-inflammatory biomarkers in saliva: A pilot randomized controlled trial	2016	BMC Complementary and Alternative Medicine	16 (1) (no pagination)	294	--	4. Population out of scope
Tyagi 2017	Tyagi, D.; Kala, N.; Sharma, S. K.; Telles, S.; Balkrishna, A.	A pilot study to assess the effects of bhramari pranayama on attention	2017	Indian Journal of Physiology and Pharmacology	61 (5 Supplement 1)	--	191	4. Population out of scope
Udupa 2003	Udupa, K.; Madanmohan,; Bhavanani, A. B.; Vijayalakshmi, P.; Krishnamurthy, N.	Effect of pranayam training on cardiac function in normal young volunteers	2003	Indian Journal of Physiology and Pharmacology	47	1	27-33	4. Population out of scope
Umadevi 2013	Umadevi, P.; Ramachandra, S.; Varambally, S.; Philip, M.; Gangadhar, B. N.	Effect of yoga therapy on anxiety and depressive symptoms and quality-of-life among caregivers of in-patients with neurological disorders at a tertiary care center in India: A randomized controlled trial	2013	Indian Journal of Psychiatry	55	7	S385-S389	4. Population out of scope
VanPuymbroeck 2007	Van Puymbroeck, M.; Payne, L. L.; Hsieh, P. C.	A phase I feasibility study of yoga on the physical health and coping of informal caregivers	2007	Evidence-based Complementary and Alternative Medicine	4	4	519-529	4. Population out of scope
Varambally 2013	Varambally, S.; Vidyendran, S.; Sajjanar, M.; Thirhalli, J.; Hamza, A.; Nagendra, H. R.; Gangadhar, B. N.	Yoga-based intervention for caregivers of outpatients with psychosis: A randomized controlled pilot study	2013	Asian Journal of Psychiatry	6	2	141-145	4. Population out of scope

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Vasanthan 2017	Vasanthan, S.; Madanmohan,.; Bhavanani, A. B.; Hanifah, M.; Jaiganesh, K.	Effect of yogic relaxing asans and pranayams on heart rate variability and perceived stress in healthy young volunteers - a comparative study	2017	International Journal of Pharma and Bio Sciences	8	2	P71-P76	4. Population out of scope
Vasanthan 2017	Vasanthan, S.; Madanmohan, T.; Bhavanani, A. B.; Hanifah, M.; Jaiganesh, K.	Comparative study on the effect of yogic relaxing asanas and pranayamas on cardiovascular response in healthy young volunteers	2017	National Journal of Physiology, Pharmacy and Pharmacology	7	1	127-130	4. Population out of scope
VelasquezAna 2015	Velasquez Ana, Maria; Lopez Maria, Adelaida; Quinonez, Natalia; Paba Diana, Patricia	Yoga for the prevention of depression, anxiety, and aggression and the promotion of socio-emotional competencies in school-aged children	2015	Educat res eval	21	5-6	407-421	4. Population out of scope
Verma 2017	Verma, S.; Sharma, S. K.; Kala, N.; Telles, S.; Balkrishna, A.	A pilot study to assess the effects of bhastrika pranayama on heart rate variability	2017	Indian Journal of Physiology and Pharmacology	61 (5 Supplement 1)	--	192	4. Population out of scope
Verma 2017	Verma, A.; Shete, S.; Kulkarni, D.; Bhogal, R. S.	Effect of yoga practices on micronutrient absorption in urban residential school children	2017	Journal of Physical Therapy Science	29	7	1254-1258	4. Population out of scope
Verma 2020	Verma, A.; Shete, S. U.	Effect of yoga practices on general mental ability in urban residential school children	2020	Journal of Complementary and Integrative Medicine	(no pagination)	2E+07	--	4. Population out of scope
Vhavle 2019	Vhavle, S. P.; Rao, R. M.; Manjunath, N. K.	Comparison of Yoga versus Physical Exercise on Executive Function, Attention, and Working Memory in Adolescent Schoolchildren: A Randomized Controlled Trial	2019	International Journal of Yoga	12	2	172-173	4. Population out of scope
Wagh 2017	Wagh, R.; Bhattacharya, S.; Kartikeyan, S.	Comparative effect of treadmill and yoga on malondialdehyde level in normal young adults	2017	National Journal of Physiology, Pharmacy and Pharmacology	7	11	1149-1154	4. Population out of scope
Wan 2014	Wan, Z. X.; Chen, N.; Zhou, L. M.; Wang, G. P.; Qin, L. Q.	A randomized, clinical trial of yoga training on immune function in healthy female Chinese subjects	2014	Diabetes Research and Clinical Practice	1)	--	S238	4. Population out of scope
Wilson 2013	Wilson, T.; Baker, S. E.; Freeman, M. R.; Garbrecht, M. R.; Ragsdale, F. R.; Wilson, D. A.; Malone, C.	Relaxation breathing improves human glycemic response	2013	Journal of Alternative & Complementary Medicine	19	7	633-6	4. Population out of scope

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Wolever 2012	Wolever, R. Q.; Bobinet, K. J.; McCabe, K.; Mackenzie, E. R.; Fekete, E.; Kusnick, C. A.; Baime, M.	Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial	2012	Journal of Occupational Health Psychology	17	2	246-258	4. Population out of scope
Wooten 2020	Wooten, S. V.; Cherup, N.; Mazzei, N.; Patel, S.; Mooney, K.; Rafiq, A.; Signorile, J. F.	Yoga Breathing Techniques Have No Impact on Isokinetic and Isoinertial Power	2020	Journal of strength and conditioning research	34	2	430-439	4. Population out of scope
Yuille 1980	Yuille, John C.; Sereda, Lynn	Positive effects of meditation: A limited generalization?	1980	Journal of Applied Psychology	65	3	333-340	4. Population out of scope
Zavorsky 2019	Zavorsky, G. S.; Vouyoukas, E.; Pfaus, J. G.	Sexual Activity the Night Before Exercise Does Not Affect Various Measures of Physical Exercise Performance	2019	Sexual Medicine	7	2	235-240	4. Population out of scope
Zhang 2018	Zhang, X. C.	Effects of yoga exercise on body shape and cardiovascular function of female college students	2018	Basic and Clinical Pharmacology and Toxicology	122 (Supplement 2)	--	20-21	4. Population out of scope
Zorofi 2014	Zorofi, F.; Hojjati, Z.; Elmiyeh, A. R.	Effect of Yoga Training on BMI and Physiological Variables in Women with Fasting	2014	Journal of guilan university of medical sciences	22	--	73-82	4. Population out of scope
--	--	New Twist on Back Pain Treatment-Yoga	2006	Tufts University Health & Nutrition Letter	23	12	3-Mar	6a. Opinion piece/editorial/commentary
--	--	Yoga improves quality of life in women with breast cancer	2007	Contemporary OB/GYN	52	10	19-19	6a. Opinion piece/editorial/commentary
--	--	Yoga is better than other forms of exercise	2008	Contemporary OB/GYN	53	12	17-17	6a. Opinion piece/editorial/commentary
--	--	Yoga Poses Can Prevent Falls	2008	O&P Business News	17	11	50-50	6a. Opinion piece/editorial/commentary
--	--	Yoga for anxiety and depression: studies suggest that this practice modulates the stress response	2009	Harvard Mental Health Letter	25	10	4-May	6a. Opinion piece/editorial/commentary
--	--	Yoga better for chronic back pain and associated depression	2009	BackCare Journal	--	--	4-Apr	6a. Opinion piece/editorial/commentary

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--	--	Yoga and perimenopause	2009	ACOG Clinical Review	14	1	12-Dec	6a. Opinion piece/editorial/commentary
--	--	Yoga may help improve women's sexual function	2010	Harvard Women's Health Watch	17	8	7-Jul	6a. Opinion piece/editorial/commentary
--	--	Yoga Practice May Help People With Hypertension	2013	IDEA Fitness Journal	10	9	82-82	6a. Opinion piece/editorial/commentary
--	--	MBSR PROGRAM, ESPECIALLY YOGA AND SITTING MEDITATION, HELPS OLDER ADULTS	2013	IDEA Fitness Journal	10	10	75-75	6a. Opinion piece/editorial/commentary
--	--	Yoga for asthma harmless but not helpful	2014	Clinical Advisor	17	8	16-16	6a. Opinion piece/editorial/commentary
--	--	Yoga May Lower Cardiovascular Disease Risks	2015	AACN Bold Voices	7	4	15-15	6a. Opinion piece/editorial/commentary
--	--	Study shows yoga improves arthritis symptoms - and mood	2015	Canadian Nursing Home	26	3	18-18	6a. Opinion piece/editorial/commentary
--	--	Yoga helps residents sleep easy	2015	Nursing Standard	29	20	11-Nov	6a. Opinion piece/editorial/commentary
--	--	Yoga: Another way to prevent osteoporosis?	2016	Harvard Women's Health Watch	23	9	4-May	6a. Opinion piece/editorial/commentary
--	--	Benefit of yoga for side effects of prostate cancer treatment	2017	GM: Midlife & Beyond	47	4	11-Nov	6a. Opinion piece/editorial/commentary
--	--	Meditation or Yoga	2019	Chiropractic Economics	65	16	76-76	6a. Opinion piece/editorial/commentary

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--	--	SELF-CARE METHODS MAY PROVIDE BETTER PAIN RELIEF THAN OTHER THERAPIES FOR MYOFASCIAL TEMPOROMANDIBULAR DISORDER, STUDY FINDS	2019	Journal of the American Dental Association (JADA)	150	5	330-330	6a. Opinion piece/editorial/commentary
--	--	watch your BACK	2007	Yoga Journal	--	207	88-150	6a. Opinion piece/editorial/commentary
--	--	Trial Finds Yoga Effective for Chronic Neck Pain	2013	PT in Motion	5	2	11-Nov	6a. Opinion piece/editorial/commentary
A 2014	A, Loudon; T, Barnett; N, Piller; M. A, Immink; A. D, Williams	Integrative medicine	2014	Journal of the Australian Traditional-Medicine Society	20	3	215-216	6a. Opinion piece/editorial/commentary
Abbot 1999	Abbot, N. C.	Yoga-based intervention for carpal tunnel syndrome	1999	Focus on Alternative & Complementary Therapies	4	2	81-82	6a. Opinion piece/editorial/commentary
Ahc 2019	Ahc, Media	Mindfulness Yoga for Managing Psychological Symptoms of Parkinson's Disease	2019	Integrative medicine alert	22	10	N.PAG-N.PAG	6a. Opinion piece/editorial/commentary
Andrade 2002	Andrade, C.	Yoga: better treatment or better placebo?	2002	Indian Journal of Psychiatry	44	1	83	6a. Opinion piece/editorial/commentary
Andrade 2006	Andrade, C.	Transcendental meditation and components of the metabolic syndrome: methodological issues	2006	Archives of Internal Medicine	166	22	2553-	6a. Opinion piece/editorial/commentary
Anonymous 2006	Anonymous,	Yoga effective for back pain	2006	Journal of Family Practice	55	3	186	6a. Opinion piece/editorial/commentary
Anonymous 2016	Anonymous,	Yoga and atrial fibrillation	2016	European Heart Journal	37	38	2855	6a. Opinion piece/editorial/commentary
Archer 2006	Archer, Shirley	Yoga Provides Mind-Body Benefits to Breast Cancer Survivors	2006	IDEA Fitness Journal	3	9	103-103	6a. Opinion piece/editorial/commentary

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Archer 2007	Archer, Shirley	Yoga Aids Computer Users	2007	IDEA Fitness Journal	4	4	88-88	6a. Opinion piece/editorial/commentary
Archer 2007	Archer, Shirley	Yoga May Benefit Patients With Epilepsy	2007	IDEA Fitness Journal	4	1	98-98	6a. Opinion piece/editorial/commentary
Archer 2010	Archer, Shirley	Workplace Yoga and Meditation Program Lowers Stress	2010	IDEA Fitness Journal	7	2	77-77	6a. Opinion piece/editorial/commentary
Archer 2012	Archer, Shirley	Yoga Has Potential to Relieve Pain	2012	IDEA Fitness Journal	9	2	75-75	6a. Opinion piece/editorial/commentary
Archer 2015	Archer, Shirley	Help for Pregnant Women With Depression	2015	IDEA Fitness Journal	12	6	75-75	6a. Opinion piece/editorial/commentary
Archer 2017	Archer, Shirley	Menopause Symptoms: Can Yoga Help?	2017	IDEA Fitness Journal	14	1	71-75	6a. Opinion piece/editorial/commentary
Astin 2006	Astin, J. A.	No effect of yoga on cognitive function in healthy seniors	2006	Focus on Alternative & Complementary Therapies	11	4	317-318	6a. Opinion piece/editorial/commentary
Avery 2018	Avery, Timothy J.	Yoga and PTSD: A Primer on Symptoms and Potential Mechanisms of Change	2018	Yoga Therapy Today	--	--	14-16	6a. Opinion piece/editorial/commentary
Balk 2009	Balk, J. L.	Does yoga untie the pretzel of anxiety and depression?	2009	Alternative Medicine Alert	12	9	100-102	6a. Opinion piece/editorial/commentary
Balk 2010	Balk, Judith	Yoga for Quality of Life and Balance in Postmenopausal Osteoporosis	2010	Alternative Medicine Alert	13	10	113-115	6a. Opinion piece/editorial/commentary
Bedah 2011	Bedah, A. A.	Silver yoga versus physical exercise for physical fitness	2011	Focus on Alternative and Complementary Therapies	16	4	309-310	6a. Opinion piece/editorial/commentary
Bell 2009	Bell, L.	Yoga for nurses	2009	Critical Care Nurse	29	3	98-98	6a. Opinion piece/editorial/commentary

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Bennett 2007	Bennett, G.	The benefits of yoga for older adults	2007	Nursing & Residential Care	9	12	575-578	6a. Opinion piece/editorial/commentary
Berardi 2015	Berardi, Gigi	Yoga for Runners	2015	Journal of Dance Medicine & Science	19	4	175-175	6a. Opinion piece/editorial/commentary
Berardi 2019	Berardi, Gigi	Yoga for Athletes	2019	Journal of Dance Medicine & Science	23	1	46-46	6a. Opinion piece/editorial/commentary
Borr�s-Boneu 2006	Borr�s-Boneu, Maria Gl�ria	loga per a la salut maternoinfantil	2006	Pediatr. catalan	66	1	27-31	6a. Opinion piece/editorial/commentary
Canter 2006	Canter, P. H.; Brazier, A.	Inconclusive study of yoga and meditation in HIV/AIDS	2006	Focus on Alternative & Complementary Therapies	11	3	227-228	6a. Opinion piece/editorial/commentary
Canter 2006	Canter, P. H.; Gangadhar, B. N.	Possible antidepressant effects of yogic breathing during early stage alcohol detoxification	2006	Focus on Alternative & Complementary Therapies	11	4	318-319	6a. Opinion piece/editorial/commentary
Chismak 2015	Chismak, Aubre� M.	Prevent Pain With Yoga	2015	Dimensions of Dental Hygiene	13	11	30-34	6a. Opinion piece/editorial/commentary
Clapham 2010	Clapham, J.	Dru Yoga for Wellbeing and Resilience to Stress	2010	Positive health	--	173	1-Jan	6a. Opinion piece/editorial/commentary
Clark 2010	Clark, P. G.	Integrating yoga, meditation or Reiki with conventional approaches to health	2010	Virginia Nurses Today	18	1	11-Nov	6a. Opinion piece/editorial/commentary
Clayton 2005	Clayton, A. H.	Complementary and alternative medicine	2005	Primary Psychiatry	12	8	20-21	6a. Opinion piece/editorial/commentary
Coll 1994	Coll, R.; Tello, A.	Yoga in bronchial asthma	1994	Archivos de bronconeumologia	30	7	369	6a. Opinion piece/editorial/commentary

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Cooper 2015	Cooper, W. M.	Kisan R, Sujan M, Adoor M, Rao R, Nalini A, Kutty BM, Chindanda Murthy B, Raju T, Sathyaprabha T. Effect of yoga on migraine: A comprehensive study using clinical profile and cardiac autonomic functions. Int J Yoga. 2014; 7:126-132	2015	Headache	55	6	877	6a. Opinion piece/editorial/commentary
Cope 2002	Cope, D.	Yoga may offer benefits to patients with cancer	2002	Clinical journal of oncology nursing	6	5	253-253	6a. Opinion piece/editorial/commentary
Desai 2020	Desai, Kamini	International Yoga Nidra Conference	2020	Yoga Therapy Today	--	--	10-Dec	6a. Opinion piece/editorial/commentary
Diamond 2012	Diamond, Lisa	THE BENEFITS OF YOGA IN IMPROVING HEALTH	2012	Primary Health Care	22	2	16-19	6a. Opinion piece/editorial/commentary
DiMarco 2013	DiMarco, John P.	Value of Yoga Training in Paroxysmal Atrial Fibrillation	2013	Clinical Cardiology Alert	32	5	39-40	6a. Opinion piece/editorial/commentary
Earls 2017	Earls, Gabrielle	How Prenatal Yoga Can Help Keep Expectant Mothers Relaxed and Reduce Stress	2017	Australian Midwifery News	17	4	39-39	6a. Opinion piece/editorial/commentary
Erb 2017	Erb, Matt; Sullivan, Marlysa	I Shall Please--Placebo & Yoga Therapy	2017	Yoga Therapy Today	13	2	32-35	6a. Opinion piece/editorial/commentary
Ernst 2001	Ernst, E.	Yoga beats heart disease	2001	Focus on Alternative & Complementary Therapies	6	4	278-279	6a. Opinion piece/editorial/commentary
Ernst 2006	Ernst, E.; Sherman, K. J.	Yoga is effective for chronic back pain	2006	Focus on Alternative & Complementary Therapies	11	2	140-141	6a. Opinion piece/editorial/commentary
Evans 2006	Evans, A. T.; Hadler, N. M.	Yoga improved function and reduced symptoms of chronic low-back pain more than a self-care book	2006	ACP Journal Club	145	1	16-16	6a. Opinion piece/editorial/commentary
Falkai 2012	Falkai, P. G.; Honer, W. G.	Aerobic exercise in schizophrenia: Clinical consequences and neurobiological effects of a novel treatment strategy	2012	Schizophrenia Research	1)	--	S56	6a. Opinion piece/editorial/commentary

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Ford 2017	Ford, Steve	Yoga 'may' aid patients with chronic non-specific lower back pain	2017	Nursing Times	113	1	1-Mar	6a. Opinion piece/editorial/commentary
Fry 1975	Fry, J.	Randomised controlled trial of yoga and bio feedback in management of hypertension	1975	Update	11	7	685	6a. Opinion piece/editorial/commentary
GalianoLeis 2018	Galiano Leis, M. A.	El yoga como alternativa al sedentarismo	2018	SEMERGEN, Soc. Esp. Med. Rural Gen. (Ed. Impr.)	44	3	e91-e92	6a. Opinion piece/editorial/commentary
Gilbey 2016	Gilbey, A.	Does Kundalini yoga affect post-traumatic stress disorder symptomology and overall well-being?	2016	Focus on Alternative and Complementary Therapies	21	2	112-113	6a. Opinion piece/editorial/commentary
Gill 2010	Gill, A.; Womack, R.; Safranek, S.	Does exercise alleviate symptoms of depression?	2010	Journal of Family Practice	59	9	530-531	6a. Opinion piece/editorial/commentary
Greenfield 2010	Greenfield, Russell H.	"Qigong Show" -- MQ for Cancer Patients	2010	Alternative Medicine Alert	13	1	11-Dec	6a. Opinion piece/editorial/commentary
Greenfield 2013	Greenfield, Russell H.	Positively Old: MBSR and the Elderly	2013	Integrative medicine alert	16	8	90-92	6a. Opinion piece/editorial/commentary
Griebling 2020	Griebling, T. L.	Re: A Group-Based Yoga Program for Urinary Incontinence in Ambulatory Women: Feasibility, Tolerability, and Change in Incontinence Frequency over 3 Months in a Single-Center Randomized Trial	2020	Journal of Urology	--	--	101097JU 0000000 0000012 0702	6a. Opinion piece/editorial/commentary
Halvorson 2017	Halvorson, Ryan	Mindful Movement, Meditation and High Blood Pressure	2017	IDEA Fitness Journal	14	9	9-Sep	6a. Opinion piece/editorial/commentary
Henry 2003	Henry, N. I.	The health benefits of yoga	2003	Journal of Consumer Health on the Internet	7	2	75-80	6a. Opinion piece/editorial/commentary
Herr 2003	Herr, Laurie	THIS JUST IN	2003	Health (Time Inc. Health)	17	7	102-102	6a. Opinion piece/editorial/commentary

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Herrick 2000	Herrick, C. M.; Ainsworth, A. D.	Invest in yourself. Yoga as a self-care strategy	2000	Nursing Forum	35	2	32-36	6a. Opinion piece/editorial/commentary
Hillinger 2017	Hillinger, M. G.; Wolever, R. Q.; McKernan, L. C.; Elam, R.	Integrative Medicine for the Treatment of Persistent Pain	2017	Primary Care - Clinics in Office Practice	44	2	247-264	6a. Opinion piece/editorial/commentary
Horng 2006	Horng, M. S.	Yoga improves function in patients with chronic low back pain	2006	Journal of Clinical Outcomes Management	13	3	140-141	6a. Opinion piece/editorial/commentary
Huntley 2002	Huntley, A. L.; Marks, G. B.	Sahaja yoga has limited effects in the management of asthma	2002	Focus on Alternative & Complementary Therapies	7	3	275-276	6a. Opinion piece/editorial/commentary
Jakhar 2019	Jakhar, Jitender; Mehta, Urvakhsh Meherwan; Ektare, Aboli; Vidyasagar, Pilli Devi; Varambally, Shivarama; Thirthalli, Jagadisha; Gangadhar, Bangalore N.	Cortical inhibition in major depression: Investigating the acute effect of single-session yoga versus walking	2019	Brain Stimulation	12	6	1597-1599	6a. Opinion piece/editorial/commentary
Kanmanthar eddy 2015	Kanmanthareddy, Arun; Reddy, Madhu; Ponnaganti, Gopi; Sanjani, Hari Priya; Koripalli, Sandeep; Adabala, Nivedita; Buddam, Avanija; Janga, Pramod; Lakkireddy, Thanmay; Bommana, Sudharani; Vallakati, Ajay; Atkins, Donita; Lakkireddy, Dhanunjaya	Alternative medicine in atrial fibrillation treatment- -Yoga, acupuncture, biofeedback and more	2015	Journal of Thoracic Disease	7	2	185-192	6a. Opinion piece/editorial/commentary
Kaplan 2014	Kaplan, Bette Weinstein	Yoga has a positive impact on breast cancer survivorship	2014	Oncology Nurse Advisor	5	2	41-42	6a. Opinion piece/editorial/commentary
Khalsa 2009	Khalsa, S. B.	Research on yoga as a therapeutic intervention...North American Research Conference on Complementary and Integrative Medicine	2009	Integrative medicine: a clinician's journal	8	2	49-50	6a. Opinion piece/editorial/commentary

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Kiefer 2015	Kiefer, David	Ten Weeks of Yoga Improves Symptomatology in Women with PTSD	2015	Integrative medicine alert	18	11	123-125	6a. Opinion piece/editorial/commentary
Kofman 2017	Kofman, Yana	Integrated Yoga Therapy for Children with Special Needs	2017	Yoga Therapy Today	13	2	22-24	6a. Opinion piece/editorial/commentary
Kraft 2010	Kraft, K.; Telles, S.	Yoga practice may be useful after post-traumatic stress	2010	Focus on Alternative and Complementary Therapies	15	3	255-256	6a. Opinion piece/editorial/commentary
Krishnamurthy 2007	Krishnamurthy, M.; Telles, S.	Effects of Yoga and an Ayurveda preparation on gait, balance and mobility in older persons	2007	Medical Science Monitor	13	12	LE19-20	6a. Opinion piece/editorial/commentary
Kuehn 2019	Kuehn, B. M.	Large Trial Finds Yoga Boosts Quality of Life and Return to Activity and Adds to Emerging Evidence for Rehabilitation Alternatives	2019	Circulation	139	11	1451-1453	6a. Opinion piece/editorial/commentary
Kumar 2016	Kumar, Gaurav; Jagannathan, Aarti; Sridhar, M.	Importance of adherence to yoga in management of type 2 diabetes	2016	International Journal of Diabetes in Developing Countries	36	3	376-377	6a. Opinion piece/editorial/commentary
Kuruvilla 2019	Kuruvilla, D.; Wells, R. E.	Evidence-Based Integrative Treatments for Headache	2019	Headache	59	6	971-972	6a. Opinion piece/editorial/commentary
LaCroix 2013	LaCroix, A. Z.; Joffe, H.; Cohen, L. S.; Newton, K. M.; Reed, S. D.; Guthrie, K. A.; Ensrud, K. E.	The MsFLASH research network: Latest findings	2013	Menopause	20 (12)	--	1315	6a. Opinion piece/editorial/commentary
Laird 2019	Laird, K. T.; Lavretsky, H.	Comparative efficacy of multicomponent behavioral interventions for mild cognitive impairment effects on patient-selected outcomes	2019	JAMA Network Open	2 (5) (no pagination)	e193047	--	6a. Opinion piece/editorial/commentary
Lavretsky 2012	Lavretsky, H.; Merrill, D. A.; Wetherell, J.; Qiu, W.	Update on integrative geriatric psychiatry: Is it complementary or alternative?	2012	American Journal of Geriatric Psychiatry	1)	--	S40-S41	6a. Opinion piece/editorial/commentary
Lee 2011	Lee, M. S.	Yoga may help reduce blood pressure in HIV-infected adults with cardiovascular disease risk factors	2011	Focus on Alternative and Complementary Therapies	16	2	157-158	6a. Opinion piece/editorial/commentary

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Lee 2013	Lee, H.	Yoga improves perceived stress and psychological outcomes in distressed women	2013	Focus on Alternative and Complementary Therapies	18	4	217-218	6a. Opinion piece/editorial/commentary
Lee 2016	Lee, H.	Yoga for regulating emotion in high school adolescents	2016	Focus on Alternative and Complementary Therapies	21	1	52-53	6a. Opinion piece/editorial/commentary
Lehmann 2019	Lehmann, Christine	Mindfulness Yoga Offers Relief from Depressive Symptoms in Parkinson's Disease, Study Finds	2019	Neurology Today	19	10	11-Dec	6a. Opinion piece/editorial/commentary
Lin 2017	Lin, J.; Geng, X.; Lee, E. H.; Chan, S. K.; Chang, W. C.; Hui, C. L.; Tse, M.; Chan, C. L.; Khong, P. L.; Honer, W. G.; et al.,	Yoga reduces the brain's amplitude of low-frequency fluctuations in patients with early psychosis results of a randomized controlled trial	2017	Schizophrenia Research	184	--	141-142	6a. Opinion piece/editorial/commentary
London 2014	London, Wm; Song, S. W.	Weak evidence of effects of yoga on sexual function in women with metabolic syndrome	2014	Focus on Alternative & Complementary Therapies	19	2	107-108	6a. Opinion piece/editorial/commentary
Lucht 2017	Lucht, Alane	Medical Therapeutic Yoga: Biopsychosocial Rehabilitation and Wellness Care	2017	Medicine & Science in Sports & Exercise	49	8	1754-1754	6a. Opinion piece/editorial/commentary
Marraffa 2015	Marraffa, Stephanie	What is the effect of yoga compared to a physical education class on stress reactivity for sixth-grade students?	2015	JOPERD: The Journal of Physical Education, Recreation & Dance	86	2	54-54	6a. Opinion piece/editorial/commentary
McCall 2003	McCall, Timothy B.	Western Science vs. Eastern Wisdom	2003	Yoga Journal	--	172	88	6a. Opinion piece/editorial/commentary
McGonigal 2009	McGonigal, Kelly	Yoga of Awareness Program for Menopausal Symptoms in Breast Cancer Survivors: Results from a Randomized Trial	2009	Yoga Therapy Today	5	3	33-34	6a. Opinion piece/editorial/commentary
McGuire 2019	McGuire, A.; Anderson, D.	Yoga and acupuncture versus "sham" treatments for menopausal hot flashes: How do they compare?	2019	Menopause	26	4	337	6a. Opinion piece/editorial/commentary
Mclver 2010	Mclver, S.	Yoga may help manage binge eating disorder	2010	Focus on Alternative and Complementary Therapies	15	1	43-44	6a. Opinion piece/editorial/commentary
Mehta 2017	Mehta, D.	Breast Cancer Survivorship: What Are We Waiting For?	2017	Journal of Alternative and Complementary Medicine	23	1	6	6a. Opinion piece/editorial/commentary

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Morrow 2002	Morrow, Shelly	Joint Benefits	2002	Yoga Journal	--	165	84	6a. Opinion piece/editorial/commentary
Naik 2015	Naik, D.; Thomas, N.	Yoga- a potential solution for diabetes & metabolic syndrome	2015	Indian Journal of Medical Research	142	June	753-756	6a. Opinion piece/editorial/commentary
Oestreicher 2008	Oestreicher, P.	Help patients integrate yoga into cancer care	2008	ONS Connect	23	4	20-21	6a. Opinion piece/editorial/commentary
Ostrovsky 2017	Ostrovsky, D. A.	Yoga may be noninferior to physical therapy for disability and pain at 12 weeks and both might improve function more than education in low resource adults with chronic nonspecific low back pain	2017	Explore	13	6	424-426	6a. Opinion piece/editorial/commentary
Ostrovsky 2018	Ostrovsky, D. A.	Yoga in the Third Trimester May Reduce Labor Pain, Duration of Labor, and Risk of Cesarean Section	2018	Explore	14	2	163-164	6a. Opinion piece/editorial/commentary
Owen 2017	Owen, Liz	SYR 2016 Reports	2017	Yoga Therapy Today	13	1	24-26	6a. Opinion piece/editorial/commentary
Panizon 2002	Panizon, F.	A look from the bridge	2002	Medico e bambino	21	1	7-	6a. Opinion piece/editorial/commentary
Piehl 2003	Piehl, J. H.	Which nonsurgical treatments for carpal tunnel syndrome are beneficial?	2003	American Family Physician	68	4	649-650	6a. Opinion piece/editorial/commentary
Posadzki 2011	Posadzki, P.; Streeter, C.	Yoga improves mood and anxiety in healthy subjects	2011	Focus on Alternative & Complementary Therapies	16	2	165-166	6a. Opinion piece/editorial/commentary
Posadzki 2014	Posadzki, P.	The addition of low frequency and low intensity hatha yoga into standard antidepressants does not further down-regulate the hypothalamic-pituitary- adrenal-axis activity	2014	Focus on Alternative and Complementary Therapies	19	4	221-222	6a. Opinion piece/editorial/commentary
Quick 2014	Quick, M. Kiefer David	The Effect of Yoga, Exercise, and Omega-3s on Menopausal Symptoms	2014	Integrative medicine alert	17	2	20-23	6a. Opinion piece/editorial/commentary

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Rao 2008	Rao, R. M.; Telles, S.; Nagendra, H. R.; Nagarathna, R.; Gopinath, K.; Srinath, S.; Chandrashekara, C.	Effects of yoga on natural killer cell counts in early breast cancer patients undergoing conventional treatment. Comment to: recreational music-making modulates natural killer cell activity, cytokines, and mood states in corporate employees Masatada Wachi, Masahiro Koyama, Masanori Utsuyama, Barry B. Bittman, Masanobu Kitagawa, Katsuiku Hirokawa Med Sci Monit, 2007; 13(2): cR57-70	2008	Medical Science Monitor	14	2	LE3-4	6a. Opinion piece/editorial/commentary
Remer 2007	Remer, M.	Incorporating prenatal yoga into childbirth education classes	2007	Midwifery Today	--	84	23-66	6a. Opinion piece/editorial/commentary
Robertshawe 2007	Robertshawe, P.	A comparative trial of yoga and relaxation to reduce stress and anxiety	2007	Journal of the Australian Traditional-Medicine Society	13	4	225-225	6a. Opinion piece/editorial/commentary
Robertshawe 2009	Robertshawe, P.	Effects of yoga on maternal comfort, labour pain and birth outcomes	2009	Journal of the Australian Traditional-Medicine Society	15	2	81-81	6a. Opinion piece/editorial/commentary
Roland 2012	Roland, N. J.; Rogers, S. N.	Exercise interventions on health-related quality of life for cancer survivors	2012	Clinical Otolaryngology	37	5	393-394	6a. Opinion piece/editorial/commentary
Rosen 1992	Rosen, Richard	Golden Yoga: Breathing, Stretching, Meditation and Movement for Seniors	1992	Yoga Journal	--	106	86	6a. Opinion piece/editorial/commentary
Sagar 2006	Sagar, S. M.	Yoga can contribute to the psychosocial rehabilitation of some cancer survivors	2006	Focus on Alternative & Complementary Therapies	11	2	137-138	6a. Opinion piece/editorial/commentary
Schepker 2019	Schepker, Kristen	Heat Rises, BP Drops in New Hot Yoga Study	2019	Holistic Primary Care	20	4	18-18	6a. Opinion piece/editorial/commentary
Selfridge 2010	Selfridge, Nancy	From Padasana to Pain Relief: Iyengar Yoga for Chronic Low Back Pain	2010	Alternative Medicine Alert	13	1	9-Nov	6a. Opinion piece/editorial/commentary
Selfridge 2012	Selfridge, Nancy J.	Rehabilitation for Chronic Stroke: Better Balance Through Yoga?	2012	Integrative medicine alert	15	10	117-118	6a. Opinion piece/editorial/commentary

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Sequeira 1999	Sequeira, W.	Yoga in treatment of carpal-tunnel syndrome	1999	Lancet	353	9154	689-690	6a. Opinion piece/editorial/commentary
Shannahoff-Khalsa 2003	Shannahoff-Khalsa, D. S.	Kundalini yoga meditation techniques for the treatment of obsessive-compulsive and OC spectrum disorders	2003	Brief treatment and crisis intervention	3	3	369-382	6a. Opinion piece/editorial/commentary
Shannahoff-Khalsa 2004	Shannahoff-Khalsa, D. S.	An introduction to Kundalini yoga meditation techniques that are specific for the treatment of psychiatric disorders	2004	Journal of Alternative & Complementary Medicine	10	1	91-101	6a. Opinion piece/editorial/commentary
Sherman 2004	Sherman, K. J.	Yoga and exercise may reduce fatigue in multiple sclerosis patients	2004	Focus on Alternative & Complementary Therapies	9	4	312-313	6a. Opinion piece/editorial/commentary
Sherman 2006	Sherman, K. J.; Michalsen, A.	Yoga improves effect and well-being among distressed women	2006	Focus on Alternative & Complementary Therapies	11	2	139-140	6a. Opinion piece/editorial/commentary
Sherman 2007	Sherman, K. J.	Small study finds benefits of yoga therapy for migraineurs	2007	Focus on Alternative & Complementary Therapies	12	4	283-284	6a. Opinion piece/editorial/commentary
Shorter 2015	Shorter, Stephanie M.	A Review of SYR 2014	2015	Yoga Therapy Today	11	1	22-24	6a. Opinion piece/editorial/commentary
Silveira 2019	Silveira, Anderson Donelli da; Stein, Ricardo	Evidence-Based Alternative Therapies that "Touch the Heart"	2019	Arq. bras. cardiol	113	6	1059-1061	6a. Opinion piece/editorial/commentary
Singh 2016	Singh, Umesh Pal	The Physiological Essentials of Yogic Relaxation: Body Mind Breath & Stress	2016	Somatics	17	4	52-64	6a. Opinion piece/editorial/commentary
Slawson 1999	Slawson, D.	Is yoga effective for relieving the symptoms of carpal tunnel syndrome (CTS)?	1999	Evidence-Based Practice	2	2	7-insert 2p	6a. Opinion piece/editorial/commentary
Smith 2007	Smith, W.	Cancer Research and the OCCAM	2007	Explore: The Journal of Science and Healing	3	4	396-403	6a. Opinion piece/editorial/commentary
Standaert 2007	Standaert, C. J.	Is yoga an effective therapy for chronic low back pain?	2007	Clinical Journal of Sport Medicine	17	1	83-84	6a. Opinion piece/editorial/commentary

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Stevinson 2001	Stevinson, C	Preliminary results suggest that yoga can alleviate depression	2001	Focus on Alternative and Complementary Therapies	6	1	27-8.	6a. Opinion piece/editorial/commentary
Stevinson 2008	Stevinson, C.	Yoga associated with improved social well-being for multi-ethnic women with breast cancer	2008	Focus on Alternative and Complementary Therapies	13	1	46-47	6a. Opinion piece/editorial/commentary
Stevinson 2011	Stevinson, C.	Can yoga and climbing improve symptoms of multiple sclerosis?	2011	Focus on Alternative and Complementary Therapies	16	2	159-160	6a. Opinion piece/editorial/commentary
Stevinson 2013	Stevinson, C.	Promising evidence for yoga in preventing pregnancy complications	2013	Focus on Alternative and Complementary Therapies	18	3	162-163	6a. Opinion piece/editorial/commentary
Stevinson 2014	Stevinson, C.	Promising results for yoga on asthma outcomes	2014	Focus on Alternative & Complementary Therapies	19	2	109-110	6a. Opinion piece/editorial/commentary
Taylor 1995	Taylor, E.	Yoga and meditation	1995	Alternative Therapies in Health & Medicine	1	3	77-78	6a. Opinion piece/editorial/commentary
Telles 2006	Telles, S.; Naveen, K. V.	Effect of yoga on somatic indicators of distress in professional computer users	2006	Medical science monitor : international medical journal of experimental and clinical research	12	10	LE21-22	6a. Opinion piece/editorial/commentary
Tucker 2019	Tucker, Lindsay	CONQUERING cancer	2019	Yoga Journal	--	310	58-65	6a. Opinion piece/editorial/commentary
Tummers 2004	Tummers, Nanette; Hendrick, Frank	OLDER ADULTS SAY YES TO YOGA	2004	Parks & Recreation	39	3	54-60	6a. Opinion piece/editorial/commentary
Vadiraja 2010	Vadiraja, H. S.; Rao, M. R.; Nagarathna, R.; Nagendra, H. R.; Rekha, M.; Vanitha, N.; Gopinath, K. S.; Srinath, B. S.; Vishweshwara, M. S.; Madhavi, Y. S.; Ajaikumar, B. S.; Bilimagga, S. R.; Rao, N.	Yoga leads to improved QoL in breast cancer patients receiving radiotherapy	2010	Focus on Alternative and Complementary Therapies	15	2	149-150	6a. Opinion piece/editorial/commentary

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Vandenplas 2016	Vandenplas, Y.	Placebo effect or not: Yoga therapy in children with functional abdominal pain	2016	Journal of Pediatric Gastroenterology and Nutrition	63	5	451	6a. Opinion piece/editorial/commentary
VanPelt 2014	Van Pelt, Jennifer	FOCUS ON FITNESS. YOGA UPDATE	2014	Today's Dietitian	16	1	20-21	6a. Opinion piece/editorial/commentary
VanPelt 2016	Van Pelt, Jennifer	FOCUS ON FITNESS. YOGA FOR HEART HEALTH	2016	Today's Dietitian	18	3	60-61	6a. Opinion piece/editorial/commentary
VanPelt 2017	Van Pelt, Jennifer	Yoga in Dietetics Practice	2017	Today's Dietitian	19	4	36-39	6a. Opinion piece/editorial/commentary
Vickers 2004	Vickers, A.; Cassileth, B.	Yoga reduces sleep disturbance in cancer patients	2004	Focus on Alternative & Complementary Therapies	9	4	310-311	6a. Opinion piece/editorial/commentary
Wein 2015	Wein, A. J.	Re: A group-based yoga therapy intervention for urinary incontinence in women: A pilot randomized trial	2015	Journal of Urology	193	4	1313	6a. Opinion piece/editorial/commentary
West 2011	West, August	Once Considered 'Fringe,' Yoga Enters Mainstream Cancer Care	2011	Holistic Primary Care	12	1	11-Nov	6a. Opinion piece/editorial/commentary
Wigley 1976	Wigley, I.	Community psychiatric nursing. Yoga as therapy... part 5	1976	Nursing Times	72	--	1716-1717	6a. Opinion piece/editorial/commentary
Wiley 1978	Wiley, R.	Body-wise with yoga	1978	Nursing Times	74	--	1504-1505	6a. Opinion piece/editorial/commentary
Woods 2014	Woods, N. F.	Randomised controlled trial: Trial suggests yoga and exercise lead to modest improvements in menopause-related quality of life: Longer term studies are needed	2014	Evidence-Based Medicine	19	5	173	6a. Opinion piece/editorial/commentary
Woods 2014	Woods, Nancy Fugate	Trial suggests yoga and exercise lead to modest improvements in menopause-related quality of life: longer term studies are needed	2014	Evidence Based Medicine	19	5	173-173	6a. Opinion piece/editorial/commentary

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Yardi 2018	Yardi, N. B.; Lundgren, T.; Dahl, J. A.	Yoga and epilepsy : Methodological issues and review of existing studies	2018	Neurorehabilitation and Neural Repair	32 (4-5)	--	342	6a. Opinion piece/editorial/commentary
Young 2019	Young, Caroline L.	Yoga & Mindfulness Therapies for Eating Disorders	2019	Today's Dietitian	21	5	40-43	6a. Opinion piece/editorial/commentary
--	--	Functional ability is associated with higher adherence to behavioral interventions in mild cognitive impairment	2019	Clinical neuropsychologist	--	--	1-19	6b. Not an intervention study examining effectiveness
--	--	ACMHN's 42nd International Mental Health Nursing Conference Nurses striving to tackle disparity in health care 25 - 27 October 2016 Adelaide Convention Centre...ACMHN-~s 42nd International Mental Health Nursing Conference Nurses striving to tackle disparity in health care 25 -" 27 October 2016 Adelaide Convention Centre	2016	International Journal of Mental Health Nursing	25	--	Mar-53	6b. Not an intervention study examining effectiveness
Ambalam 2018	Ambalam, C.; Soni, D.; Kinra, S.; Dorairaj, P. H.; Singh, K.; Praveen, P. A.; Devarajan, R.; Mohan, B.; Chadha, D. S.; Negi, P. C.; Prabhavathi, Kumar, S.; Sadananda, K. S.; Madan, K.; Raghava Sarma, P. V.; Chandra, S.; Prasad, M. R.; Vamadevan, A.	Health-related quality of life and blood pressure at discharge among acute myocardial infarction patients: Results from the Yoga-CaRe trial	2018	Journal of Hypertension	36 (Supplement 3)	--	e241	6b. Not an intervention study examining effectiveness
Baspure 2012	Baspure, S.; Jagannathan, A.; Kumar, S.; Varambally, S.; Thirthalli, J.; Venkatasubramanain, G.; Nagendra, H.; Gangadhar, B. N.	Barriers to yoga therapy as an add-on treatment for schizophrenia in India	2012	International Journal of Yoga	5	1	70-3	6b. Not an intervention study examining effectiveness
Beddoe 2006	Beddoe, A. E.	Fostering the heart of caring through mindfulness, hatha yoga, and poetry: an experiential workshop	2006	International Journal for Human Caring	10	2	81-81	6b. Not an intervention study examining effectiveness

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Bravo 2001	Bravo, Alma Ortega; Rodr��gues, Beatriz Torres	Yoga: psiquismo y sexualidad	2001	Ter. sex	4	1	23-29	6b. Not an intervention study examining effectiveness
Flegal 2007	Flegal, K. E.; Kishiyama, S.; Zajdel, D.; Haas, M.; Oken, B. S.	Adherence to yoga and exercise interventions in a 6-month clinical trial	2007	BMC Complementary and Alternative Medicine	7 (no pagination)	37	--	6b. Not an intervention study examining effectiveness
Haaz 2009	Haaz, S.; Bingham, C. O.; Bartlett, S. J.	Adherence to an 8-week yoga program for RA and OA: Who drops out and why?	2009	Arthritis and Rheumatism	10)	--	1978	6b. Not an intervention study examining effectiveness
HanShiJocelynChew 2019	Han Shi Jocelyn Chew, H. S. J.; Sim, K. L. D.; Cao, X.; Chair, S. Y.	Self-motivation, self-regulation and self-care in patients with heart failure: A sequential mixed-method study	2019	European Journal of Heart Failure	21 (Supplement 1)	--	234	6b. Not an intervention study examining effectiveness
HungriaFilho 1986	Hungria Filho, Jos�� Soares	Postura: a primazia da p��lvvis no seu condicionamento e na corre����o de seus desvios	1986	Rev. bras. ortop	21	6	236-42	6b. Not an intervention study examining effectiveness
Keosaian 2016	Keosaian, J. E.; Lemaster, C. M.; Dresner, D.; Godersky, M. E.; Paris, R.; Sherman, K. J.; Saper, R. B.	"We're all in this together": A qualitative study of predominantly low income minority participants in a yoga trial for chronic low back pain	2016	Complementary Therapies in Medicine	24	--	34-39	6b. Not an intervention study examining effectiveness
Kiecolt-Glaser 2013	Kiecolt-Glaser, J.	Stress, trauma, and inflammation in non-psychiatric subjects	2013	Neuropsychopharmacology	2)	--	S15	6b. Not an intervention study examining effectiveness
McGinnis 2018	McGinnis, E. W.; Guth, S.; Hudziak, T.; Marsh, J.; Meyer, M.; Hall, A.; Ivanova, M. Y.; Hudziak, J. J.	A Randomized Controlled Trial With Over-Selection of Peripartum Wellness: Program Engagement in Women Across a Range of Risk	2018	Journal of the American Academy of Child and Adolescent Psychiatry	57 (10 Supplement)	--	S146	6b. Not an intervention study examining effectiveness
Mill 2013	Mill, C.; Neville, C.; Pineau, C.; Clarke, A.; Da Costa, D.; Nashi, E.; Neville, A.; Lao, W. S.; Singer, W.; Lazer, H.; Lee, J.; Bernatsky, S.	Yoga in systemic lupus erythematosus: Qualitative results of a pragmatic pilot trial	2013	Journal of Rheumatology	40 (6)	--	963	6b. Not an intervention study examining effectiveness

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Miller 2014	Miller, Shari; Herman-Stahl, Mindy; Fishbein, Diana; Lavery, Bud; Johnson, Michelle; Markovits, Lara	Use of formative research to develop a yoga curriculum for high-risk youth: Implementation considerations	2014	Advances in School Mental Health Promotion	7	3	171-183	6b. Not an intervention study examining effectiveness
Nct 2011	Nct,	Development of a Translational Tool to Study Yoga Therapy	2011	https://clinicaltrials.gov/show/NCT01336309	--	--	--	6b. Not an intervention study examining effectiveness
Porter 2016	Porter, L.; Carson, J.; Carson, K.; Keefe, F.; Olsen, M.; Sanders, L.	Mindful yoga for women with metastatic breast cancer	2016	Psycho-Oncology	2)	--	38-39	6b. Not an intervention study examining effectiveness
Siegel 2010	Siegel, Pamela; Barros, Nelson Filice de	Estudos sobre o yoga	2010	Ciência e Saúde Coletiva	15	supl.2	3295-3296	6b. Not an intervention study examining effectiveness
Stein 2014	Stein, K. M.; Weinberg, J.; Sherman, K. J.; Lemaster, C. M.; Saper, R.	Participant Characteristics Associated with Symptomatic Improvement from Yoga for Chronic Low Back Pain	2014	Journal of Yoga & Physical Therapy	4	1	151	6b. Not an intervention study examining effectiveness
Tilbrook 2014	Tilbrook, H. E.; Hewitt, C. E.; Aplin, J. D.; Semlyen, A.; Trehwala, A.; Watt, I.; Torgerson, D. J.	Compliance effects in a randomised controlled trial of yoga for chronic low back pain: A methodological study	2014	Physiotherapy (United Kingdom)	100	3	256-262	6b. Not an intervention study examining effectiveness
Wimberly 2020	Wimberly, A. S.; Ware, O. D.; Bazell, A.; Sibinga, E. M. S.	Stress Among a Sample of Returning Citizens Living with HIV and Substance Use Disorder: A Mixed Methods Analysis	2020	Community mental health journal.	8	--	--	6b. Not an intervention study examining effectiveness
Alexander 2009	Alexander, Gina Kay	Maintaining yoga practice for diabetes control and prevention	2009	--	Ph.D.	--	197 p-197 p	6c. Grey literature
Andrews 2017	Andrews, Naomi; Bacon, Catherine J.; Scollay, Freya; Hart, M. J. Alexandra; Moran, Robert W.	THE EFFECTS OF YOGA AS AN ADJUNCT TO HOME-BASED EXERCISES ON CHRONIC NON-SPECIFIC NECK PAIN AND DISABILITY	2017	New Zealand Journal of Sports Medicine	44	1	41-41	6c. Grey literature
Boccia 2015	Boccia, Anthony	Reducing individual stress in the workplace through yoga and the strength deployment inventory: an experimental study	2015	Diss abstr int humanit soc sci	76	5-A(E)	No-Specific	6c. Grey literature

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Ctri 2016	Ctri,	Effect of short term Yoga based Lifestyle Intervention on Glaucoma(a disease of eye): a Randomized Controlled Trial	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/03/006703	--	--	--	6c. Grey literature
Ctri 2016	Ctri,	A clinical trial to study the effect of yoga intervention as well as standard treatment at genomic level in obese patients	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/08/007136	--	--	--	6c. Grey literature
Ctri 2017	Ctri,	An Evaluation of Yoga Along With Multimodal Pain Management Approach And Role Of Gene Expression On Chronic Pain In Patients Undergoing Surgery For Carcinoma Breast	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/11/010454	--	--	--	6c. Grey literature
Ctri 2017	Ctri,	EFFECT OF YOGA BASED INTERVENTIONS ON CLINICAL PARAMETERS OF GLAUCOMA PATIENTS	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/11/010534	--	--	--	6c. Grey literature
Ctri 2017	Ctri,	A clinical trial to study the effects of slow breathing on heart functions in pregnant women with depressive symptoms	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/08/009307	--	--	--	6c. Grey literature
Ctri 2017	Ctri,	Effect Of Mantra In The Management Of Anidra	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2017/12/010867	--	--	--	6c. Grey literature
Ctri 2018	Ctri,	A clinical trial to study the effects of slow pranayama in pregnant women with high blood pressure	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011205	--	--	--	6c. Grey literature
Ctri 2018	Ctri,	Effect of Structured Physiotherapy Exercises Vs Yoga Therapy in Type 2 Diabetes	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2018/01/011193	--	--	--	6c. Grey literature
Ctri 2019	Ctri,	A randomized controlled trial to study the effects of one year Yoga intervention in patients with Type 2 Diabetes	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/02/017750	--	--	--	6c. Grey literature
Ctri 2019	Ctri,	Effect of Complimentary Yoga therapy on chronic indigestion	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021773	--	--	--	6c. Grey literature
Ctri 2019	Ctri,	Added effect of pranayama & respiratory muscle training on patients undergoing coronary artery bypass surgery-A randomized control trial	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/09/021281	--	--	--	6c. Grey literature

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Ctri 2019	Ctri,	Effect of yoga and brisk walking to prevent cardiovascular disease in post menopausal women	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/07/020135	--	--	--	6c. Grey literature
Ctri 2019	Ctri,	A study of effects of Yoga Therapy on immune system functions in schizophrenia	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/12/022264	--	--	--	6c. Grey literature
Ctri 2019	Ctri,	A study to evaluate the efficacy of Pranayama on sleep quality in mild to moderate obstructive sleep apnea	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021822	--	--	--	6c. Grey literature
Ctri 2019	Ctri,	Benefits and uses of yogasan & pranayama in pregnancy and birth outcome	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/03/018254	--	--	--	6c. Grey literature
Ctri 2019	Ctri,	A clinical trial to study the role of Yoga in patients living with with a heart disease called atrial fibrillation which causes palpitations and decreases the quality of life	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/09/021438	--	--	--	6c. Grey literature
Ctri 2019	Ctri,	Clinical Study On Symptoms Which Occur After Permanent Cessation Of Menstrual Cycle And Effect Of Yoga And Shatavaryadi Churna	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/10/021755	--	--	--	6c. Grey literature
Garfinkel 1993	Garfinkel, M. S.	The effect of yoga and relaxation techniques on outcome variables associated with osteoarthritis of the hands and finger joints	1993	--	--	--	--	6c. Grey literature
Jindani 2015	Jindani, Farah	Explorations of wellness and resilience: a yoga intervention for post-traumatic stress	2015	Diss abstr int sci eng	76	4-B(E)	No-Specificied	6c. Grey literature
Lyra 2013	Lyra, Cassandra Santantonio de	Aromaterapia e yogaterapia no climat�rio: Os efeitos de aromaterapia e yogaterapia na qualidade de vida, nos n�veis de stress e na intensidade e frequ�ncia de fogacho em mulheres na fase do climat�rio	2013	--	--	--	345-345	6c. Grey literature
Morris 2008	Morris, D. M.	An evaluation of yoga for the reduction of fall risk factors in older adults	2008	--	--	--	--	6c. Grey literature
SchepensWimberly 2018	Schepens Wimberly, A.	A yoga intervention for substance use and stress for returning citizens	2018	--	79	--	--	6c. Grey literature

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Souza 1999	Souza, Eliana Dias Pereira de	O uso do yoga como procedimento terapêutico complementar na assistência ao cliente neurótico	1999	--	--	--	117-117	6c. Grey literature
--	--	Physical activity improves quality of life during menopause	2007	Research Review (International Council on Active Aging)	7	15	3-Apr	7a. Non-systematic review, Guideline, HTA assessment
Avis 2017	Avis, N. E.; Levine, B.; Coeytaux, R. R.	A pooled analysis of 5 treatments for menopausal hot flashes	2017	Menopause	24 (12)	--	1455	7a. Non-systematic review, Guideline, HTA assessment
Babbar 2016	Babbar, S.; Shyken, J.	Yoga in pregnancy	2016	Clinical Obstetrics and Gynecology	59	3	600-612	7a. Non-systematic review, Guideline, HTA assessment
Busch 2011	Busch, A. J.; Webber, S. C.; Brachaniec, M.; Bidonde, J.; Bello-Haas, V. D.; Danyliw, A. D.; Overend, T. J.; Richards, R. S.; Sawant, A.; Schachter, C. L.	Exercise therapy for fibromyalgia	2011	Current Pain and Headache Reports	15	5	358-367	7a. Non-systematic review, Guideline, HTA assessment
Byrne 2018	Byrne, R.; Dennard, E.	Effects of prenatal yoga on labor pain	2018	American Family Physician	98	1	49	7a. Non-systematic review, Guideline, HTA assessment
Danhauer 2015	Danhauer, S. C.; Addington, E. L.; Sohl, S. J.; Chaoul, A.; Cohen, L.	Evidence supports incorporating yoga alongside conventional cancer treatment for women with breast cancer	2015	Breast Diseases	26	3	189-193	7a. Non-systematic review, Guideline, HTA assessment
Fogleman 2016	Fogleman, C. D.	Pilates for the treatment of low back pain	2016	American Family Physician	93	7	556-557	7a. Non-systematic review, Guideline, HTA assessment
Glickman-Simon 2013	Glickman-Simon, R.; Ehrlich, A.	Omega-3 supplementation and cardiovascular disease, acupuncture and chronic obstructive pulmonary disease (COPD), myofascial physical therapy and interstitial cystitis, and yoga and chronic pain	2013	Explore (New York, N.Y.)	9	1	54-57	7a. Non-systematic review, Guideline, HTA assessment
Graves 2004	Graves, N.; Krepcho, M.; Mayo, H. G.	Does yoga speed healing for patients with low back pain?	2004	Journal of Family Practice	53	8	661-662	7a. Non-systematic review, Guideline, HTA assessment
Grell 1985	Grell, Gerald A. C.	Non-drug therapy: diet and hypertension	1985	Cajanus	18	3	140-51	7a. Non-systematic review, Guideline, HTA assessment

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Hart 2007	Hart, J.	Clinical applications of CAM for coronary artery disease	2007	Alternative and Complementary Therapies	13	2	59-63	7a. Non-systematic review, Guideline, HTA assessment
Hollander 2007	Hollander, E.	August and the central nervous system	2007	CNS Spectrums	12	8	577-	7a. Non-systematic review, Guideline, HTA assessment
Horrigan 2007	Horrigan, B. J.	New Studies Support the Therapeutic Value of Meditation	2007	Explore: The Journal of Science and Healing	3	5	449-452	7a. Non-systematic review, Guideline, HTA assessment
Jones 2016	Jones, R. C. W.; Lawson, E.; Backonja, M.	Managing Neuropathic Pain	2016	Medical Clinics of North America	100	1	151-167	7a. Non-systematic review, Guideline, HTA assessment
Lavretsky 2010	Lavretsky, H.	Complementary and alternative medicine use for treatment and prevention of late-life mood disorders	2010	Clinical Geriatrics	18	6	32-37	7a. Non-systematic review, Guideline, HTA assessment
MÃndezRial 2015	MÃndez Rial, Belia	YOGA THERAPY AND DISABILITY	2015	E-balonmano.com: Journal of Sports Science / Revista de Ciencias del Deporte	11	--	191-192	7a. Non-systematic review, Guideline, HTA assessment
Mayor 2014	Mayor, S.	Yoga reduces cardiovascular risk as much as walking or cycling, study shows	2014	BMJ	349	--	g7713	7a. Non-systematic review, Guideline, HTA assessment
Patel 1975	Patel, C.	Yoga and biofeedback in the management of hypertension	1975	Journal of Psychosomatic Research	19	5-Jun	355-360	7a. Non-systematic review, Guideline, HTA assessment
Redmer 2013	Redmer, J.; Longmier, E.; Wedel, P.	Targeting diabetes: The benefits of an integrative approach	2013	Journal of Family Practice	62	7	337-344	7a. Non-systematic review, Guideline, HTA assessment
Scotte 2012	Scotte, F.	The importance of supportive care in optimizing treatment outcomes of patients with advanced prostate cancer	2012	The oncologist	17 Suppl 1	--	23-30	7a. Non-systematic review, Guideline, HTA assessment
Shannahoff-Khalsa 1993	Shannahoff-Khalsa, D. S.; Kennedy, B.	The effects of unilateral forced nostril breathing on the heart	1993	International Journal of Neuroscience	73	1-Feb	47-60	7a. Non-systematic review, Guideline, HTA assessment

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Sigal 2013	Sigal, R. J.; Armstrong, M. J.; Colby, P.; Kenny, G. P.; Plotnikoff, R. C.; Reichert, S. M.; Riddell, M. C.	Physical Activity and Diabetes	2013	Canadian Journal of Diabetes	37	SUPPL1	S40-S44	7a. Non-systematic review, Guideline, HTA assessment
Skowronek 2014	Skowronek, I. B.; Mounsey, A.; Handler, L.	Can yoga reduce symptoms of anxiety and depression?	2014	Journal of Family Practice	63	7	398-399+407	7a. Non-systematic review, Guideline, HTA assessment
Sliwinski 2014	Sliwinski, J. R.; Johnson, A. K.; Elkins, G. R.	Memory decline in peri- and post-menopausal women: The potential of mind-body medicine to improve cognitive performance	2014	Integrative Medicine Insights	--	9	17-23	7a. Non-systematic review, Guideline, HTA assessment
Verrastro 2014	Verrastro, G.	Yoga as therapy: When is it helpful?	2014	Journal of Family Practice	63	9	E1-E6	7a. Non-systematic review, Guideline, HTA assessment
Weber 2015	Weber, Victoria J.	Yoga: An Adjunct Therapy For Hypertension Control	2015	AAACN Viewpoint	37	6	4-Jul	7a. Non-systematic review, Guideline, HTA assessment
Yancey 2014	Yancey, J. R.; Chaffee, D.	The role of breathing exercises in the treatment of COPD	2014	American Family Physician	89	1	15-16	7a. Non-systematic review, Guideline, HTA assessment
Bayley-Veloso 2016	Bayley-Veloso, Rene; Salmon Paul, G.	Yoga in clinical practice	2016	Mindfulness	7	2	308-319	7b. SR of RCTs or SR of NRSIs
Broderick 2016	Broderick, J.; Knowles, A.; Chadwick, J.; Vancampfort, D.	Yoga vs Standard Care for Schizophrenia	2016	Schizophrenia Bulletin	42	1	15-Jul	7b. SR of RCTs or SR of NRSIs
Carbelo 2015	Carbelo, Silvia Pacheco	La pr�ctica del yoga y sus beneficio en las personas mayores	2015	Metas de Enfermer�a	18	7	24-32	7b. SR of RCTs or SR of NRSIs
Chee 2015	Chee, J. K.; Yeat, C. L.; Abdulkareem, Z. A.; Barton-Burke, M.	Non-pharmacological interventions for the treatment of sleep-wake disturbances in patients with cancer	2015	Cochrane Database of Systematic Reviews	2015 (3) (no pagination)	CD011576	--	7b. SR of RCTs or SR of NRSIs
Dennis 2016	Dennis, C. L.; Brown, H. K.; Morrell, J.	Interventions (other than psychosocial, psychological and pharmacological) for preventing postpartum depression	2016	Cochrane Database of Systematic Reviews	2016 (5) (no pagination)	CD012201	--	7b. SR of RCTs or SR of NRSIs
DiNardo 2009	DiNardo, M. M.	Mind-body therapies in diabetes management	2009	Diabetes Spectrum	22	1	30-34	7b. SR of RCTs or SR of NRSIs

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Khianman 2008	Khianman, B.; Pattanittum, P.; Thinkhamrop, J.; Lumbiganon, P.	Relaxation therapy for preventing and treating preterm labour	2008	Cochrane Database of Systematic Reviews	(4) (no pagination)	CD007426	--	7b. SR of RCTs or SR of NRSIs
Knowles 2013	Knowles, A.; Chadwick, J.; Vancampfort, D.	Yoga for schizophrenia	2013	Cochrane Database of Systematic Reviews	2013 (6) (no pagination)	CD010554	--	7b. SR of RCTs or SR of NRSIs
Lee 2014	Lee, M. S.; Kim, T. H.; Shin, B. C.; Ernst, E.	Mind-body movement therapies for Parkinson's disease	2014	Cochrane Database of Systematic Reviews	2014 (8) (no pagination)	CD011266	--	7b. SR of RCTs or SR of NRSIs
Michaelis 2016	Michaelis, R.; Tang, V.; Wagner, J. L.; Modi, A. C.; Lafrance, W.; Goldstein, L. H.; Lundgren, T.; Reuber, M.	Psychological treatments for people with epilepsy	2016	Cochrane Database of Systematic Reviews	2016 (2) (no pagination)	CD012081	--	7b. SR of RCTs or SR of NRSIs
Rees 2019	Rees, K.; Court, R.; Takeda, A.; Ernst, E.	Meditation for the primary and secondary prevention of cardiovascular disease	2019	Cochrane Database of Systematic Reviews	2019 (6) (no pagination)	CD013358	--	7b. SR of RCTs or SR of NRSIs
VázquezMonteagudo 2018	VázquezMonteagudo, Laura	Beneficios de la práctica de yoga durante la menopausia. Revisión bibliográfica	2018	ENE Revista de Enfermería	12	1	Jan-14	7b. SR of RCTs or SR of NRSIs
Vagg 2015	Vagg, M.; Crow, Em	Iyengar yoga may be suitable for inclusion in interdisciplinary chronic pain interventions, but evidence is limited	2015	Focus on Alternative & Complementary Therapies	20	2	112-113	7b. SR of RCTs or SR of NRSIs
Whitehead 2018	Whitehead, P. B.	Yoga Treatment for Chronic Nonspecific Low Back Pain	2018	Clinical nurse specialist CNS	32	6	294-295	7b. SR of RCTs or SR of NRSIs
Wyrick 2009	Wyrick, K.; Davis, A.	Exercise for the management of cancer-related fatigue	2009	American Family Physician	80	7	689-690	7b. SR of RCTs or SR of NRSIs
Zhu 2018	Zhu, X.; Moylan, E. J.; Xu, Y.; Yang, Y.; Porter, D. P.; Fahey, P.	Chinese medicine for immunological functions in women with breast cancer or a history of breast cancer	2018	Cochrane Database of Systematic Reviews	2018 (10) (no pagination)	CD013144	--	7b. SR of RCTs or SR of NRSIs
--	--	Effect of KIDNET, karma yoga teaching and nostalgic street games on the self knowledge of orphan girls	2019	Indian Journal of Public Health Research and Development	10	2	1025-1028	7c. NSRI or non-randomised comparative study

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Aftanas 2001	Aftanas, L. I.; Golocheikine, S. A.	Human anterior and frontal midline theta and lower alpha reflect emotionally positive state and internalized attention: high-resolution EEG investigation of meditation	2001	Neuroscience Letters	310	1	57-60	7c. NSRI or non-randomised comparative study
Aftanas 2005	Aftanas, L.; Golosheykin, S.	Impact of regular meditation practice on EEG activity at rest and during evoked negative emotions	2005	International Journal of Neuroscience	115	6	893-909	7c. NSRI or non-randomised comparative study
Aggarwal 2012	Aggarwal, T.	Pranayama has additive beneficial effects along with medication in bronchial asthma patients	2012	Indian journal of physiology and pharmacology.	56	5 SUPPL. 1	201-202	7c. NSRI or non-randomised comparative study
Agte 2004	Agte, V. V.; Tarwadi, K.	Sudarshan kriya yoga for treating type 2 diabetes: A preliminary study	2004	Alternative and Complementary Therapies	10	4	220-222	7c. NSRI or non-randomised comparative study
Ahmed 2019	Ahmed, S.; Chalchal, H. I.; Dwernychuk, L.; Iqbal, N.; Salim, M.; Gowan-Moody, D.; Asif, T.; Khan, M.; Lim, J.; Bulych, D.; Ahmed, O.; Sami, A.; Kontulainen, S.; Leis, A.	Role of individualized intervention(s) on quality of life (QoL) and adherence to adjuvant endocrine therapy in premenopausal women with early-stage breast cancer (bc): MyChoice study	2019	Annals of Oncology	30 (Supplement 5)	--	v98	7c. NSRI or non-randomised comparative study
Alexander 2012	Alexander, Gina; Innes, Kim E.; Bourguignon, Cheryl; Bovbjerg, Viktor E.; Kulbok, Pamela; Taylor, Ann Gill	Patterns of Yoga Practice and Physical Activity Following a Yoga Intervention for Adults With or at Risk for Type 2 Diabetes	2012	Journal of physical activity & health	9	1	53-61	7c. NSRI or non-randomised comparative study
Alloway 2015	Alloway, Ross G.; Packiam Alloway, Tracy	THE WORKING MEMORY BENEFITS OF PROPRIOCEPTIVELY DEMANDING TRAINING: A PILOT STUDY	2015	Perceptual & Motor Skills	120	3	766-775	7c. NSRI or non-randomised comparative study
Ambhore 2009	Ambhore, S.; Joshi, P.	Effect of yogic practices performed on deviants aggression, anxiety and impulsiveness in prison: a study	2009	Journal of psychosocial research	4	2	387-399	7c. NSRI or non-randomised comparative study
Arya 2015	Arya, Vijay; Agarwal, Shashank; Valluri, Ashok; Singh, Shikha	Su1543 Long Term Effects of Yoga Based Colon Cleanse on Renal Function	2015	Gastrointestinal Endoscopy	81	--	AB321-AB322	7c. NSRI or non-randomised comparative study
Åšleboda 2006	Åšleboda, Renata	FULL SPINAL MOBILITY IN 8-YEAR OLD CHILDREN PRACTICING HATHA YOGA	2006	Studies in Physical Culture & Tourism	13	--	169-171	7c. NSRI or non-randomised comparative study

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Badsha 2009	Badsha, H.; Chhabra, V.; Leibman, C.; Mofti, A.; Kong, K. O.	The benefits of yoga for rheumatoid arthritis: results of a preliminary, structured 8-week program	2009	Rheumatology International	29	12	1417-21	7c. NSRI or non-randomised comparative study
Bagga 1983	Bagga, O. P.; Gandhi, A.	A comparative study of the effect of Transcendental Meditation (T.M.) and Shavasana practice on cardiovascular system	1983	Indian Heart Journal	35	1	39-45	7c. NSRI or non-randomised comparative study
Balaji 2017	Balaji, P. A.; Varne, S. R.	Physiological effects of yoga asanas and pranayama on metabolic parameters, maternal, and fetal outcome in gestational diabetes	2017	National Journal of Physiology, Pharmacy and Pharmacology	7	7	724-728	7c. NSRI or non-randomised comparative study
Bansal 2014	Bansal, C.	Comparative study on the effect of Saptamrita Lauha and Yoga therapy in myopia	2014	Ayu	35	1	22-Jul	7c. NSRI or non-randomised comparative study
Bhardwaj 2017	Bhardwaj, A. K.; Telles, S.	Yoga practice in a school setting positively impacts self-esteem: A 13 month follow-up study	2017	Indian Journal of Physiology and Pharmacology	61	1	76-79	7c. NSRI or non-randomised comparative study
Bhatia 2007	Bhatia, R.; Dureja, G. P.; Tripathi, M.; Bhattacharjee, M.; Bijlani, R. L.; Mathur, R.	Role of temporalis muscle over activity in chronic tension type headache: Effect of yoga based management	2007	Indian Journal of Physiology and Pharmacology	51	4	333-344	7c. NSRI or non-randomised comparative study
Bhatia 2012	Bhatia, T.; Agarwal, A.; Shah, G.; Wood, J.; Richard, J.; Gur, R. E.; Gur, R. C.; Nimgaonkar, V. L.; Mazumdar, S.; Deshpande, S. N.	Adjunctive cognitive remediation for schizophrenia using yoga: An open, non-randomised trial	2012	Acta Neuropsychiatrica	24	2	91-100	7c. NSRI or non-randomised comparative study
Bosch 2009	Bosch, P. R.; Traustadottir, T.; Howard, P.; Matt, K. S.	Functional and physiological effects of yoga in women with rheumatoid arthritis: a pilot study	2009	Alternative therapies in health and medicine	15	4	24-31	7c. NSRI or non-randomised comparative study
Braboszcz 2017	Braboszcz, C.; Cahn, B. R.; Levy, J.; Fernandez, M.; Delorme, A.	Increased Gamma Brainwave Amplitude Compared to Control in Three Different Meditation Traditions	2017	PLoS ONE [Electronic Resource]	12	1	e0170647	7c. NSRI or non-randomised comparative study
Bragard 2014	Bragard, I.; Etienne, A. M.; Faymonville, M. E.; Coucke, P.; Devos, M.; Lifrange, E.; Schroeder, H.; Wagener, A.; Jerusalem, G.	Self-hypnosis, yoga or CBT group to face breast cancer: Feasibility study and first results in Belgium	2014	Psycho-Oncology	3)	--	174	7c. NSRI or non-randomised comparative study
Bridges 2007	Bridges, K. A.; Madlem, M. S.	Yoga, physical education, and self-esteem: off the court and onto the mat for mental health	2007	Californian journal of health promotion	5	2	13-17	7c. NSRI or non-randomised comparative study

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Bute 2011	Bute, S. S.; Dhule, S. S.; Handergulle, S. M.; Surdi, A. D.	A comparative study of antioxidant status in yoga and normal adult males	2011	Indian Journal of Physiology and Pharmacology	1)	--	54-55	7c. NSRI or non-randomised comparative study
Campbell 1985	Campbell, J. F.; Stenstrom, R. J.; Bertrand, D.	Systematic changes in perceptual reactance induced by physical fitness training. / Modifications systematiques de l' ampleur de la perception apres un entrainement physique	1985	Perceptual & Motor Skills	61	1	279-284	7c. NSRI or non-randomised comparative study
Chatterjee 2014	Chatterjee, S.; Mondal, S.	Effect of regular yogic training on growth hormone and dehydroepiandrosterone sulfate as an endocrine marker of aging	2014	Evidence-based Complementary and Alternative Medicine	--	--	--	7c. NSRI or non-randomised comparative study
Chauhan 2017	Chauhan, A.; Semwal, D. K.; Mishra, S. P.; Semwal, R. B.	Yoga Practice Improves the Body Mass Index and Blood Pressure: A Randomized Controlled Trial	2017	International Journal of Yoga	10	2	103-106	7c. NSRI or non-randomised comparative study
Chi 2013	Chi, Ctr Tnrc	Effects of regular yoga practice	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-TNRC-13003937	--	--	--	7c. NSRI or non-randomised comparative study
Chi 2016	Chi, Ctr Oon	Effects of an 8-week yoga program on sustained attention and discrimination function in children with attention deficit hyperactivity disorder	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-OON-16009017	--	--	--	7c. NSRI or non-randomised comparative study
Chi 2017	Chi, Ctr Oon	Effects of yoga on exercise performance and quality of life in the participants with lymphangioleiomyomatosis	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=ChiCTR-OON-17012748	--	--	--	7c. NSRI or non-randomised comparative study
Chien 2013	Chien, L. W.; Chang, H. C.; Liu, C. F.	Effect of yoga on serum homocysteine and nitric oxide levels in adolescent women with and without dysmenorrhea	2013	Journal of Alternative and Complementary Medicine	19	1	20-23	7c. NSRI or non-randomised comparative study
Cho 2004	Cho, H. S.	The Effects of Yoga Exercise on Stress and Health status in Clinical Nurses	2004	Korean j rehabil nurs	7	1	15-23	7c. NSRI or non-randomised comparative study
Chou 2017	Chou, C. C.; Huang, C. J.	Effects of an 8-week yoga program on sustained attention and discrimination function in children with attention deficit hyperactivity disorder	2017	Peerj	2017	1) (no pagination)	--	7c. NSRI or non-randomised comparative study
Cook-Cottone 2017	Cook-Cottone, C.; Talebkhah, K.; Guyker, W.; Keddle, E.	A controlled trial of a yoga-based prevention program targeting eating disorder risk factors among middle school females	2017	Brunner-Mazel Eating Disorders Monograph Series	25	5	392-405	7c. NSRI or non-randomised comparative study

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Ctri 2011	Ctri,	A clinical trial to study the effect of lifestyle interventions-yoga, diaphragmatic breathing and diet rich in antioxidants on oxidative stress and inflammation in type 2 diabetes mellitus	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2011/05/001739	--	--	--	7c. NSRI or non-randomised comparative study
Ctri 2016	Ctri,	Benefits of Yoga Program in the Management of Diabetes	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2016/08/007172	--	--	--	7c. NSRI or non-randomised comparative study
Ctri 2019	Ctri,	CLINICAL TRIAL ON NEERIZHIVU[DIABETES MELLITUS] WITH YOGA	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=CTRI/2019/06/019749	--	--	--	7c. NSRI or non-randomised comparative study
Dai 2019	Dai, F.; Chen, B.	Effects of body-mind exercise on college students' stress and psychological endurance	2019	Basic and Clinical Pharmacology and Toxicology	124 (Supplement 3)	--	209-210	7c. NSRI or non-randomised comparative study
Dash 2001	Dash, M.; Telles, S.	Improvement in hand grip strength in normal volunteers and rheumatoid arthritis patients following yoga training	2001	Indian Journal of Physiology & Pharmacology	45	3	355-60	7c. NSRI or non-randomised comparative study
Dash 2011	Dash, S.	Effect of yoga on NIDDM patients	2011	Indian Journal of Physiology and Pharmacology	1)	--	62-63	7c. NSRI or non-randomised comparative study
Datey 1969	Datey, K. K.; Deshmukh, S. N.; Dalvi, C. P.; Vinekar, S. L.	"Shavasan": A yogic exercise in the management of hypertension	1969	Angiology	20	6	325-333	7c. NSRI or non-randomised comparative study
Datey 2018	Datey, P.; Hankey, A.; Nagendra, H. R.	Combined Ayurveda and Yoga Practices for Newly Diagnosed Type 2 Diabetes Mellitus: A Controlled Trial	2018	Complementary medicine research	25	1	16-23	7c. NSRI or non-randomised comparative study
Daubenmier 2012	Daubenmier, J.; Mehling, W.; Price, C.; Bartmess-Levasseur, E.; Acree, M.; Stewart, A.	OA14.02. Exploration of body awareness and pain and emotion regulation among yoga and meditation practitioners: does type of mind-body practice matter?	2012	BMC Complementary & Alternative Medicine	12	Suppl 1	1-Jan	7c. NSRI or non-randomised comparative study
DeChino 2011	DeChino, Brittanie F.; Visek, Amanda; Bryant, Cory; DiPietro, Loretta	Differences In Psychological Well-being In Yogis Vs. Exercisers	2011	Medicine & Science in Sports & Exercise	43	--	817-817	7c. NSRI or non-randomised comparative study

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deGodoy 2006	de Godoy, D. V.; Brighenti, R. L.; Severa, A.; de Gasperi, R.; Poli, L. V.	Yoga versus aerobic activity: effects on spirometry results and maximal inspiratory pressure	2006	Jornal Brasileiro De Pneumologia: Publicacao Oficial Da Sociedade Brasileira De Pneumologia E Tisiologia	32	2	130-5	7c. NSRI or non-randomised comparative study
Dhameja 2013	Dhameja, K.; Singh, S.; Mustafa, M. D.; Singh, K. P.; Banerjee, B. D.; Agarwal, M.; Ahmed, R. S.	Therapeutic effect of yoga in patients with hypertension with reference to GST gene polymorphism	2013	Journal of Alternative and Complementary Medicine	19	3	243-249	7c. NSRI or non-randomised comparative study
Dhananjai 2013	Dhananjai, S. Sadashiv n Tiwari S. Dutt KKumar R.	Reducing psychological distress and obesity through Yoga practice	2013	International Journal of Yoga	6	1	66-70	7c. NSRI or non-randomised comparative study
Dhume 1991	Dhume, R. R.; Dhume, R. A.	A comparative study of the driving effects of dextroamphetamine and yogic meditation on muscle control for the performance of balance on balance board	1991	Indian Journal of Physiology and Pharmacology	35	3	191-194	7c. NSRI or non-randomised comparative study
Diem 2020	Diem, S. J.; LaCroix, A. Z.; Reed, S. D.; Larson, J. C.; Newton, K. M.; Ensrud, K. E.; Woods, N. F.; Guthrie, K. A.	Effects of pharmacologic and nonpharmacologic interventions on menopause-related quality of life: a pooled analysis of individual participant data from four MsFLASH trials	2020	Menopause	20	--	20	7c. NSRI or non-randomised comparative study
Dighe 2017	Dighe, Neha; Sagar, Javid H.	Effect of Relaxation Technique in Combination with Yoga on Quality of Life in Women after Radical Mastectomy	2017	Indian journal of physiotherapy & occupational therapy	11	3	127-131	7c. NSRI or non-randomised comparative study
Dimitrova 2017	Dimitrova, G.; Trencova, A.	The short-term effect of yoga ocular exercise on intra-ocular pressure	2017	Acta ophthalmologica	95	1	e81-e82	7c. NSRI or non-randomised comparative study
Dittmann 2009	Dittmann, K. A.; Freedman, M. R.	Body awareness, eating attitudes, and spiritual beliefs of women practicing yoga	2009	Eating Disorders	17	4	273-292	7c. NSRI or non-randomised comparative study

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Doina 2013	Doina, MĂcrza-DĂfnilĂf	COMPARATIVE STUDY BETWEEN THE EFFECTIVENESS OF YOGA EXERCISES AND STRETCHING EXERCISES IN IMPROVING MUSCLE ELASTICITY. / STUDIU COMPARATIV ĂŽNTRE EFICIENĂŢA UNOR EXERCII DIN YOGA ĂZI A UNOR EXERCII DE STRETCHING ĂŽN AMELIORAREA ELASTICITĂŢII MUSCULARE	2013	Gymnasium: Scientific Journal of Education, Sports & Health	14	2	73-85	7c. NSRI or non-randomised comparative study
Dol 2019	Dol, K. S.	Effects of a yoga nidra on the life stress and self-esteem in university students	2019	Complementary therapies in clinical practice	35	--	232-236	7c. NSRI or non-randomised comparative study
Dolgoff-Kaspar 2012	Dolgoff-Kaspar, R.; Baldwin, A.; Johnson, M. S.; Edling, N.; Sethi, G. K.	Effect of laughter yoga on mood and heart rate variability in patients awaiting organ transplantation: a pilot study	2012	Alternative Therapies in Health & Medicine	18	5	61-66	7c. NSRI or non-randomised comparative study
Donahoe-Fillmore 2008	Donahoe-Fillmore, B.; Brahler, C. J.	The effect of yoga postures on balance, flexibility and strength in adolescent females	2008	Journal of Women's Health Physical Therapy	32	1	28-28	7c. NSRI or non-randomised comparative study
Donnelly 2017	Donnelly, K. Z.; Linnea, K.; Grant, D. A.; Lichtenstein, J.	The feasibility and impact of a yoga pilot programme on the quality-of-life of adults with acquired brain injury	2017	Brain Injury	31	2	208-214	7c. NSRI or non-randomised comparative study
DoRosario 2013	Do Rosario, J. L. P.; Orcesi, L. S.; Kobayashi, F. N.; Aun, A. N.; Diolindo Assumpcao, I. T.; Blasioli, G. J.; Hanada, T. S.	The immediate effects of modified Yoga positions on musculoskeletal pain relief	2013	Journal of Bodywork and Movement Therapies	17	4	469-474	7c. NSRI or non-randomised comparative study
Drks 2017	Drks,	The effect of trauma informed Hatha Yoga on psychopathological symptoms and quality of life in patients with a borderline personality disorder and a xomorbid substance use disorder	2017	http://www.who.int/trialsearch/Trial2.aspx?TrialID=DRKS00011609	--	--	--	7c. NSRI or non-randomised comparative study
Dunleavy 2016	Dunleavy, K.; Kava, K.; Goldberg, A.; Malek, M. H.; Talley, S. A.; Tutag-Lehr, V.; Hildreth, J.	Comparative effectiveness of Pilates and yoga group exercise interventions for chronic mechanical neck pain: quasi-randomised parallel controlled study	2016	Physiotherapy (United Kingdom)	102	3	236-242	7c. NSRI or non-randomised comparative study

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Dyer 2020	Dyer, N. L.; Borden, S.; Dusek, J. A.; Khalsa, S. B. S.	A Pragmatic Controlled Trial of a Brief Yoga and Mindfulness-Based Program for Psychological and Occupational Health in Education Professionals	2020	Complementary Therapies in Medicine	52 (no pagination)	102470	--	7c. NSRI or non-randomised comparative study
Faucher 2013	Faucher, Mary Ann	MINDFULNESS YOGA IMPROVES SCORES ON DEPRESSION SCALES AND FOSTERS MATERNAL-FETAL ATTACHMENT	2013	Journal of Midwifery & Women's Health	58	1	111-112	7c. NSRI or non-randomised comparative study
Felver 2020	Felver, Joshua C.; Razza, Rachel; Morton, Melissa L.; Clawson, Adam J.; Mannion, Rebecca Shaffer	School-based yoga intervention increases adolescent resilience: a pilot trial	2020	Journal of Child & Adolescent Mental Health	32	1	1-Oct	7c. NSRI or non-randomised comparative study
Fishman 2011	Fishman, Loren M.; Wilkins, Allen N.; Ovadia, Tova; Konnoth, Caroline; Rosner, Bernard; Schmidhofer, Sarah	Yoga-Based Maneuver Effectively Treats Rotator Cuff Syndrome	2011	Topics in Geriatric Rehabilitation	27	2	151-161	7c. NSRI or non-randomised comparative study
Forseth 2018	Forseth, Bethany M.; Boyer, William R.; Fitzhugh, Eugene C.; Miller, Amy	Demographic, Health Behavior, And Cardiometabolic Risk Factor Profiles In Yoga And Non-yoga Participants: Nhanes 1999-2006: 356 Board #197 May 30 9:30 AM - 11:00 AM...American College of Sports Medicine Annual Meeting, May 29-June 2, 2018, Minneapolis, MN	2018	Medicine & Science in Sports & Exercise	50	--	77-77	7c. NSRI or non-randomised comparative study
Friis 2013	Friis, Anna M.; Sollers, John J.	Yoga Improves Autonomic Control in Males: A Preliminary Study Into the Heart of an Ancient Practice	2013	Journal of evidence-based complementary & alternative medicine	18	3	176-182	7c. NSRI or non-randomised comparative study
Furtado 2016	Furtado, G. E.; Uba-Chupel, M.; Carvalho, H. M.; Souza, N. R.; Ferreira, J. P.; Teixeira, A. M.	Effects of a chair-yoga exercises on stress hormone levels, daily life activities, falls and physical fitness in institutionalized older adults	2016	Complementary therapies in clinical practice	24	--	123-129	7c. NSRI or non-randomised comparative study
Gammage 2016	Gammage, K. L.; Drouin, B.; Lamarche, L.	Comparing a Yoga Class with a Resistance Exercise Class: Effects on Body Satisfaction and Social Physique Anxiety in University Women	2016	Journal of physical activity & health	13	11	1202-1209	7c. NSRI or non-randomised comparative study
Gangadhar 2013	Gangadhar, B. N.; Naveen, G. H.; Rao, M. G.; Thirthalli, J.; Varambally, S.	Positive antidepressant effects of generic yoga in depressive out-patients: A comparative study	2013	Indian Journal of Psychiatry	55	7	S369-S373	7c. NSRI or non-randomised comparative study

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Geetha 2014	Geetha, H.; Chitra, H.; Kubera, N. S.; Pranathi, M.	Quality of life after menopause: Effects of hormone replacement therapy, vitamin E and sudarhana kriya yoga practice: A comparative study	2014	Biomedical Research (India)	25	2	240-242	7c. NSRI or non-randomised comparative study
Gibbs 2002	Gibbs, J.; Kattapong, K.; St. John, J.; Kushner, R. F.	Assessing hospital-based wellness services using an outcome measurement system	2002	Health Promotion Practice	3	1	60-75	7c. NSRI or non-randomised comparative study
Goncalves 2011	Goncalves, L. C.; Vale, R. G.; Barata, N. J.; Varejao, R. V.; Dantas, E. H.	Flexibility, functional autonomy and quality of life (QoL) in elderly yoga practitioners	2011	Archives of Gerontology & Geriatrics	53	2	158-62	7c. NSRI or non-randomised comparative study
Gordon 1999	Gordon, Lloyd S.; Martinez, E. Cancio; Alonso Rodriquez, C. A.	Yoga exercise versus traditional exercise in the control of non-insulin diabetes mellitus - Poster presentation	1999	--	8	--	1-Jan	7c. NSRI or non-randomised comparative study
Goth 2013	Goth, N.; Pontifex, M. B.; Hillman, C.; McAuley, E.	The acute effects of yoga on executive function	2013	Journal of physical activity & health	10	4	488-95	7c. NSRI or non-randomised comparative study
Graves 2010	Graves, L. E. F.; Ridgers, N. D.; Williams, K.; Stratton, G.; Atkinson, G.; Cable, N. T.	The physiological cost and enjoyment of Wii fit in adolescents, young adults, and older adults	2010	Journal of Physical Activity and Health	7	3	393-401	7c. NSRI or non-randomised comparative study
Greendale 2002	Greendale, G. A.; McDivit, A.; Carpenter, A.; Seeger, L.; Huang, M.	Yoga for women with hyperkyphosis: results of a pilot study	2002	American Journal of Public Health	92	10	1611-1614	7c. NSRI or non-randomised comparative study
Gunda 2015	Gunda, S.; Kanmanthareddy, A.; Atkins, D.; Bommana, S.; Pimentel, R.; Drisko, J.; Dibiasi, L.; Beheiry, S.; Hao, S.; Natale, A.; Lakkireddy, D.	Role of yoga as an adjunctive therapy in patients with neurocardiogenic syncope: a pilot study	2015	Journal of Interventional Cardiac Electrophysiology	43	2	105-110	7c. NSRI or non-randomised comparative study
Gupta 2019	Gupta, Satish Kumar; S, Aparna; Phil, M.	Effect of Yoga Ocular Exercises on Binocular Vision Functions	2019	Optometry & Visual Performance	7	4	229-237	7c. NSRI or non-randomised comparative study
Halappa 2018	Halappa, N.; Thirthalli, J.; Varambally, S.; Rao, M.; Christopher, R.; Nanjundaiah, G.	Improvement in neurocognitive functions and serum brain-derived neurotrophic factor levels in patients with depression treated with antidepressants and yoga	2018	Indian Journal of Psychiatry	60	1	32-37	7c. NSRI or non-randomised comparative study
Halpern 2014	Halpern, J.; Cohen, M.; Kennedy, G.; Reece, J.; Cahan, C.; Baharav, A.	Yoga for improving sleep quality and quality of life for older adults	2014	Alternative therapies in health and medicine	20	3	37-46	7c. NSRI or non-randomised comparative study

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Haslock 1994	Haslock, I.; Monro, R.; Nagarathna, R.; Nagendra, H. R.; Raghuram, N. V.	Measuring the effects of yoga in rheumatoid arthritis	1994	British journal of rheumatology	33	8	787-788	7c. NSRI or non-randomised comparative study
He 2018	He, Zhonghui; Qi, Xin; Tong, Jiajin; Chen, Senlin; He, Shuchang	The Acute Effect of a Single Yoga Lesson on Mood and Stress among College Students: 279 Board #120 May 30 9:30 AM - 11:00 AM...American College of Sports Medicine Annual Meeting, May 29-June 2, 2018, Minneapolis, Minnesota	2018	Medicine & Science in Sports & Exercise	50	--	54-54	7c. NSRI or non-randomised comparative study
Hegde 2011	Hegde, S. V.; Adhikari, P.; Kotian, S.; Pinto, V. J.; D'Souza, S.; D'Souza, V.	Effect of 3-month yoga on oxidative stress in type 2 diabetes with or without complications: A controlled clinical trial	2011	Diabetes Care	34	10	2208-2210	7c. NSRI or non-randomised comparative study
Hipp 1998	Hipp, A.; Heitkamp, H. C.; Rocker, K.; Schuller, H.; Dickhuth, H. H.	Effects of yoga on lipid metabolism in patients with coronary artery disease	1998	International journal of sports medicine	19	--	S	7c. NSRI or non-randomised comparative study
Hopkins 1979	Hopkins, J. T.; Hopkins, L. J.	A study of yoga and concentration	1979	Academic therapy	14	3	341-345	7c. NSRI or non-randomised comparative study
Hsu 2010	Hsu, C.; Bluespruce, J.; Sherman, K.; Cherkin, D.	Unanticipated benefits of CAM therapies for back pain: An exploration of patient experiences	2010	Journal of Alternative and Complementary Medicine	16	2	157-163	7c. NSRI or non-randomised comparative study
Irct20150531022498N 2018	Irct20150531022498N,	Comparison of two methods of yoga and pilates exercise training in women with chronic mechanical low back pain	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT20150531022498N27	--	--	--	7c. NSRI or non-randomised comparative study
Irct20170510033909N 2019	Irct20170510033909N,	The effect of yoga workout and zinc supplementation on type 2 diabetes	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT20170510033909N2	--	--	--	7c. NSRI or non-randomised comparative study
Irct20180501039489N 2018	Irct20180501039489N,	The effect of yoga on asthma in children	2018	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT20180501039489N1	--	--	--	7c. NSRI or non-randomised comparative study
Irct20181219042051N 2019	Irct20181219042051N,	Investigating the effect of yoga in pregnancy on delivery outcome	2019	http://www.who.int/trialsearch/Trial2.aspx?TrialID=IRCT20181219042051N1	--	--	--	7c. NSRI or non-randomised comparative study
Jacob 2017	Jacob, Athula Mary; Kathyayani, B. V.	A Study to Assess the Effectiveness of Yogic Postures on Back Pain among Beedi Rolling Women in a Selected Rural Area at Mangalore	2017	International journal of nursing education	9	2	1-May	7c. NSRI or non-randomised comparative study

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JeliÄiÄ 2013	JeliÄiÄ, Martina Mavrin	Transformational Effects of the MBS Yoga Program on Treated Motor Status	2013	Homo Sporticus	15	1	36-41	7c. NSRI or non-randomised comparative study
Ji 2009	Ji, E. S.; Cho, K. J.; Kwon, H. J.	Effects of yoga during pregnancy on weight gain, delivery experience and infant's birth weight	2009	Korean Journal of Women Health Nursing	15	2	121-129	7c. NSRI or non-randomised comparative study
Joshi 2017	Joshi, A.; Kiran, R.; Sah, A. N.	Stress monitoring through non-invasive instrumental analysis of skin conductivity	2017	Work (Reading, Mass.)	57	2	233-243	7c. NSRI or non-randomised comparative study
Jprn 2011	Jprn, Umin	Operability assessment of integrative medicine for posttraumatic residual disability	2011	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000006246	--	--	--	7c. NSRI or non-randomised comparative study
Jprn 2012	Jprn, Umin	Effectiveness of yoga on healthy pregnant women in Japan : quasi-experimental study	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000008607	--	--	--	7c. NSRI or non-randomised comparative study
Jprn 2013	Jprn, Umin	Operability assessment of integrative medicine for posttraumatic residual disability 2	2013	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000011601	--	--	--	7c. NSRI or non-randomised comparative study
Jprn 2016	Jprn, Umin	Preliminary study of yoga therapy foy psychiatric patients	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000022790	--	--	--	7c. NSRI or non-randomised comparative study
Jprn 2016	Jprn, Umin	Exercise programs for improvement of cognitive, physical, and mental health of elderly people	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000022337	--	--	--	7c. NSRI or non-randomised comparative study
Kanniyan 2014	Kanniyan, Abdussalam	AGILITY, SPEED, ENDURANCE AND POWER: IMPACT OF PRANAYAMA PRACTICES ON SEDENTARY MALES	2014	Ovidius University Annals, Series Physical Education & Sport/Science, Movement & Health	--	--	349-353	7c. NSRI or non-randomised comparative study
Kauts 2009	Kauts, A.; Sharma, N.	Effect of yoga on academic performance in relation to stress	2009	International Journal of Yoga	2	1	39-43	7c. NSRI or non-randomised comparative study
Kavak 2016	Kavak, F.; Ekinci, M.	The Effect of Yoga on Functional Recovery Level in Schizophrenic Patients	2016	Archives of psychiatric nursing	30	6	761-767	7c. NSRI or non-randomised comparative study

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Kertapati 2018	Kertapati, Y.; Sahar, J.; Nursasi, A. Y.	The effects of chair yoga with spiritual intervention on the functional status of older adults	2018	Enfermeria clinica	28	Supplement 1	70-73	7c. NSRI or non-randomised comparative study
Khalsa 2009	Khalsa, S. B. S.; Shorter, S. M.; Cope, S.; Wyshak, G.; Sklar, E.	Yoga ameliorates performance anxiety and mood disturbance in young professional musicians	2009	Applied Psychophysiology Biofeedback	34	4	279-289	7c. NSRI or non-randomised comparative study
Khalsa 2013	Khalsa, S. B. S.; Butzer, B.; Shorter, S. M.; Reinhardt, K. M.; Cope, S.	Yoga reduces performance anxiety in adolescent musicians	2013	Alternative therapies in health and medicine	19	2	34-45	7c. NSRI or non-randomised comparative study
Khare 1991	Khare, K. C.; Sanghvi, V. C.; Bhatnagar, A. D.; Khare, R.	Effect of Yoga in treatment of bronchial asthma	1991	Indian practitioner	44	1	23-27	7c. NSRI or non-randomised comparative study
Khemka 2009	Khemka, S. S.; Rama Rao, N. H.; Nagarathna, R.	Immediate effects of two relaxation techniques on healthy volunteers	2009	Indian Journal of Physiology and Pharmacology	53	1	67-72	7c. NSRI or non-randomised comparative study
Kjellgren 2007	Kjellgren, A.; Bood, S. A.; Axelsson, K.; Norlander, T.; Saatcioglu, F.	Wellness through a comprehensive yogic breathing program - a controlled pilot trial	2007	BMC Complementary & Alternative Medicine	7	--	43	7c. NSRI or non-randomised comparative study
Kmiecik 2020	Kmiecik, Agnieszka; Bakota, Daniel; Păomiński, Arkadiusz	The level of mood regulation in practicing hatha yoga in the background of people who do not practice this physical activity	2020	Physical Activity Review	8	1	95-103	7c. NSRI or non-randomised comparative study
Kondam 2015	Kondam, A.; Chandrasekhar, M.; Punita, P.; Varadharaju, B.; Suresh, M.; Karthik, S.	Combined effects of pranayama and suryanamaskar on dynamic spirometric values in normal young subjects	2015	National Journal of Physiology, Pharmacy and Pharmacology	5	2	79-84	7c. NSRI or non-randomised comparative study
Kozasa 2008	Kozasa, E. H.; Santos, R. F.; Rueda, A. D.; Benedito-Silva, A. A.; De Ornellas, F. L.; Leite, J. R.	Evaluation of Siddha Samadhi Yoga for anxiety and depression symptoms: a preliminary study	2008	Psychological Reports	103	1	271-274	7c. NSRI or non-randomised comparative study
Krejci 2011	Krejci, Milada	Yoga training application in overweight control of seniors with arthritis/osteoarthritis	2011	Physiotherapy / Fizioterapia	19	2	3-Aug	7c. NSRI or non-randomised comparative study
Kulkarni 2010	Kulkarni, R.; Nagarathna, R.; Nagendra, H. R.; An, H.	Measures of heart rate variability in women following a meditation technique	2010	International Journal of Yoga	3	1	6-9	7c. NSRI or non-randomised comparative study
Kumari 2015	Kumari, Sandeep; Kaur, Maninder; Kaur, Lakhwinder	Effect of Alternate Nostril Breathing Exercise on Cardiovascular Functions among Hypertensive Patients	2015	International journal of nursing education	7	3	131-134	7c. NSRI or non-randomised comparative study

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Kunal 2015	Kunal,; Krishnadasa, S. N.; Pai Sheila, R.; Shiva, R. K.; Arunkumar, N.; Anantharaya, V. N.; Chatterjee, P. K.	Impact of regularly supervised training of pranayama and omkar meditation on the cardio-respiratory parameters and short-term memory of persons with special needs	2018	Pharmacognosy Journal	10	2	366-370	7c. NSRI or non-randomised comparative study
Kunal 2015	Kunal,; Kumar, S.; Thapa, B.	Can the regularly supervised training of pranayama and omkar meditation affect the cardio-respiratory parameters and short-term memory of mentally challenged people	2015	Indian Journal of Physiology and Pharmacology	1)	--	122-123	7c. NSRI or non-randomised comparative study
Lathadevi 2012	Lathadevi, G. V.; Uma Maheswari, T.; Nagashree, R.	Modulation of cardioavascular response after ujjayi pranayama and shavasana training in normal human volunteers	2012	Journal of Clinical and Diagnostic Research	6	4 SUPPL. 2	571-573	7c. NSRI or non-randomised comparative study
Lau 2015	Lau, C.; Yu, R.; Woo, J.	Effects of a 12-Week hatha yoga intervention on cardiorespiratory endurance, muscular strength and endurance, and flexibility in Hong Kong Chinese Adults: A controlled clinical trial	2015	Evidence-based Complementary and Alternative Medicine	2015 (no paginati on)	958727	--	7c. NSRI or non-randomised comparative study
Lau 2015	Lau, C.; Yu, R.; Woo, J.	Effects of a 12-week hatha yoga intervention on metabolic risk and quality of life in Hong Kong Chinese adults with and without metabolic syndrome	2015	PLoS ONE	10 (6) (no paginati on)	e0130731	--	7c. NSRI or non-randomised comparative study
Madden 1989	Madden, D. J.; Blumenthal, J. A.; Allen, P. A.; Emery, C. F.	Improving aerobic capacity in healthy older adults does not necessarily lead to improved cognitive performance	1989	Psychology and aging	4	3	307-320	7c. NSRI or non-randomised comparative study
Maghbooli 2016	Maghbooli, Z.; Bakhshizadeh, A.; Machawe, M.; Hossein-Nezhad, A.; Yarjoo, B.; Ahmadi, S.; Azarbayjani, M. A.; Shirazi, S.; Eshaghi, S. M.	Effects of cyclic yoga on bone health in postmenopausal women	2016	Osteoporosis International	1)	--	S280-S281	7c. NSRI or non-randomised comparative study
Mahapure 2008	Mahapure, H. H.; Shete, S. U.; Bera, T. K.	Effect of yogic exercise on super oxide dismutase levels in diabetics	2008	International Journal of Yoga	1	1	21-26	7c. NSRI or non-randomised comparative study
Malhotra 2002	Malhotra, V.; Singh, S.; Tandon, O. P.; Madhu, S. V.; Prasad, A.; Sharma, S. B.	Effect of Yoga asanas on nerve conduction in type 2 diabetes	2002	Indian Journal of Physiology & Pharmacology	46	3	298-306	7c. NSRI or non-randomised comparative study

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Mallik 2019	Mallik, D.; Bowen, S.; Yang, Y.; Perkins, R.; Sandoz, E. K.	Raja yoga meditation and medication-assisted treatment for relapse prevention: A pilot study	2019	Journal of Substance Abuse Treatment	96	--	58-64	7c. NSRI or non-randomised comparative study
Matsuba 2020	Matsuba, M. Kyle; Williams, Lenny	Mindfulness and yoga self-care workshop for Northern Ugandan teachers: A pilot study	2020	School Psychology International	41	4	351-367	7c. NSRI or non-randomised comparative study
Mazumdar 2010	Mazumdar, Indu; Suryavanshi, Avinash	Effect of Ujjayi and Bhastrika Pranayama on selected physiological variables of physically challenged students	2010	British journal of sports medicine	44	S1	i69-i69	7c. NSRI or non-randomised comparative study
McDonald 2006	McDonald, A.; Burjan, E.; Martin, S.	Yoga for patients and carers in a palliative day care setting	2006	International Journal of Palliative Nursing	12	11	519-523	7c. NSRI or non-randomised comparative study
Meera 2020	Meera, R.; Mohanakrishnan, R.; Arun Prasanna, T.	Effect of core training with and without yogic practices on elasticity among college female athletes	2020	Indian Journal of Public Health Research and Development	11	1	511-515	7c. NSRI or non-randomised comparative study
Messina 2011	Messina, G. Anania S. Bonomo C. Veneroni L. Andreoli A. Mameli F. Ortolina C. De Fabritiis P. Gaffuri M. Imbesi F. Moja E.	The importance of spirituality in supportive care	2011	International Journal of Yoga	4	1	33-38	7c. NSRI or non-randomised comparative study
Michalsen 2005	Michalsen, A.; Grossman, P.; Acil, A.; LÃ¼dtke, R.; Langhorst, J.; Dobos, G. J.	Effects of 3 months intensified Iyengar yoga on emotional and physical well-being in women with mental distress...12th Annual Symposium on Complementary Health Care -- Abstracts: 19th-21st September 2005, Exeter, UK	2005	Focus on Alternative & Complementary Therapies	10	--	37-37	7c. NSRI or non-randomised comparative study
Mohanty 2016	Mohanty, S.; Pradhan, B.; Hankey, A.	Upper extremity strength and motor speed in children with visual impairment following a 16-week yoga training program	2016	Isokinetics and Exercise Science	24	2	107-114	7c. NSRI or non-randomised comparative study
Mohanty 2019	Mohanty, S.; Pradhan, B.; Hankey, A.	Yoga Practices as an Alternative Training for Physical Fitness in Children With Visual Impairment	2019	Adapted physical activity quarterly : APAQ	36	4	431-446	7c. NSRI or non-randomised comparative study
Monroe 2018	Monroe, Dc; Yin, J; McCully, Kk; Dishman, Rk	Yoga aids blood pressure recovery after exposure of forehead to cold: A pilot study	2018	Alternative therapies in health and medicine	24	5	12-7.	7c. NSRI or non-randomised comparative study

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NambiGsshah 2013	Nambi Gsshah, A. A. K.	Additional effect of iyengar yoga and EMG biofeedback on pain and functional disability in chronic unilateral knee osteoarthritis	2013	International Journal of Yoga	6	2	123-127	7c. NSRI or non-randomised comparative study
Nand 2014	Nand, N.; Malhotra, P.; Bala, R.	Evaluation of upper gastrointestinal symptoms and effect of different modalities of treatment in patients of chronic kidney disease	2014	Journal, Indian Academy of Clinical Medicine	15	3-Apr	182-187	7c. NSRI or non-randomised comparative study
Narendran 2005	Narendran, S.; Nagarathna, R.; Narendran, V.; Gunasheela, S.; Nagendra, H. R.	Efficacy of yoga on pregnancy outcome	2005	Journal of Alternative & Complementary Medicine	11	2	237-44	7c. NSRI or non-randomised comparative study
Narendran 2005	Narendran, S.; Nagarathna, R.; Gunasheela, S.; Nagendra, H. R.	Efficacy of yoga in pregnant women with abnormal Doppler study of umbilical and uterine arteries	2005	Journal of the Indian Medical Association	103	1	12-4, 16-7	7c. NSRI or non-randomised comparative study
Naveen 2013	Naveen, G. H.; Thirthalli, J.; Rao, M. G.; Varambally, S.; Christopher, R.; Gangadhar, B. N.	Positive therapeutic and neurotropic effects of yoga in depression: A comparative study	2013	Indian Journal of Psychiatry	55	7	S400-S404	7c. NSRI or non-randomised comparative study
Naveen 2016	Naveen, G. H.; Varambally, S.; Thirthalli, J.; Rao, M.; Christopher, R.; Gangadhar, B. N.	Serum cortisol and BDNF in patients with major depression-effect of yoga	2016	International Review of Psychiatry	28	3	273-278	7c. NSRI or non-randomised comparative study
Nct 2006	Nct,	Yoga Breath Program and Client-Centered Exposure for Relief of PTSD in Tsunami Victims	2006	https://clinicaltrials.gov/show/NCT00290225	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2008	Nct,	Effects of Qigong, Tai Chi and Yoga Practice in Older Adults	2008	https://clinicaltrials.gov/show/NCT00710853	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2008	Nct,	A Study of Yoga for Treating Geriatric Insomnia	2008	https://clinicaltrials.gov/show/NCT00661843	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2008	Nct,	Yoga Program in Respiratory Function	2008	https://clinicaltrials.gov/show/NCT00768235	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2011	Nct,	Yoga Empowers Seniors Study	2011	https://clinicaltrials.gov/show/NCT01411059	--	--	--	7c. NSRI or non-randomised comparative study

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Nct 2012	Nct,	Non-drug Interventions for Migraines	2012	https://clinicaltrials.gov/show/NCT01545466	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2012	Nct,	Yoga as Self-Care for Arthritis in Minority Communities	2012	https://clinicaltrials.gov/show/NCT01617421	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2013	Nct,	Yoga for Breast Cancer	2013	https://clinicaltrials.gov/show/NCT01985945	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2013	Nct,	Effect of Group Pilates and Yoga Exercise Classes for Chronic Cervical Pain	2013	https://clinicaltrials.gov/show/NCT01999283	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2014	Nct,	A Feasibility Study Followed By A Randomized Phase II Study Of Yoga For Radiation Therapy Side Effects In Prostate Cancer	2014	https://clinicaltrials.gov/show/NCT02135653	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2014	Nct,	Yoga as an Intervention for Women With Knee Osteoarthritis	2014	https://clinicaltrials.gov/show/NCT02146105	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2014	Nct,	Tele-yoga Program in COPD and Heart Failure	2014	https://clinicaltrials.gov/show/NCT02078739	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2014	Nct,	Effects of Mediyoga in Patients With Paroxysmal Atrial Fibrillation-MYPAF	2014	https://clinicaltrials.gov/show/NCT02223156	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2015	Nct,	Feasibility and Impact of Group Interventions on Breast Cancer Patients Well-being	2015	https://clinicaltrials.gov/show/NCT02569294	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2016	Nct,	A Pilot Study on Effect of SKY on Psychosocial Parameters of Type 2 Diabetic Patients After a 6 Days Intervention	2016	https://clinicaltrials.gov/show/NCT02661906	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2016	Nct,	Modified Dantien Salee Yoga Training Program in Chronic Obstructive Pulmonary Disease Rehabilitation	2016	https://clinicaltrials.gov/show/NCT02770677	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2016	Nct,	Effects of a Single Session of Integrated Yoga Therapy Compared With Other Relaxation Techniques	2016	https://clinicaltrials.gov/show/NCT02837133	--	--	--	7c. NSRI or non-randomised comparative study

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Nct 2016	Nct,	Sudarshan Kriya Yoga and Cardiac Autonomic Control in Patients With Anxiety-Depression Disorders	2016	https://clinicaltrials.gov/show/NCT02828072	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2016	Nct,	Exercise, Mood and Stress Study	2016	https://clinicaltrials.gov/show/NCT02887027	--	--	--	7c. NSRI or non-randomised comparative study
Nct 2017	Nct,	Stress and Fertility: how to Lower Stress When Trying to Conceive	2017	https://clinicaltrials.gov/show/NCT03031990	--	--	--	7c. NSRI or non-randomised comparative study
Nelson 2014	Nelson, Debra; Reed, Justy; Buck, Sarah M.	Effect of a 16-Week Yoga Program on Blood Pressure in Healthy College Students	2014	Physical Educator	71	3	533-544	7c. NSRI or non-randomised comparative study
NiedziaÅek 2019	NiedziaÅek, I.; Raj-Koziak, D.; Milner, R.; Wolak, T.; Ganc, M.; WÅ³jcik, J.; Gos, E.; SkarÅ¼yÅ„ski, H.; SkarÅ¼yÅ„ski, P. H.	Effect of yoga training on the tinnitus induced distress	2019	Complementary therapies in clinical practice	36	--	7-Nov	7c. NSRI or non-randomised comparative study
Novelia 2018	Novelia, S.; Sitanggang, T. W.; Yulianti, A.	Effects of Yoga Relaxation on Anxiety Levels among Pregnant Women	2018	Nurse media journal of nursing	8	2	86-95	7c. NSRI or non-randomised comparative study
Orme-Johnson 1988	Orme-Johnson, D. W.; Gelderloos, P.	Topographic EEG brain mapping during Yogic Flying	1988	The International journal of neuroscience	38	3-Apr	427-434	7c. NSRI or non-randomised comparative study
Pal 2017	Pal, P. K.; Saini, N.; Mishra, V. N.; Awasthi, H. H.	Scientific evaluation of effect of yogic practices over ardhavabhedaka (migraine)	2017	International Journal of Research in Ayurveda and Pharmacy	8	1	62-66	7c. NSRI or non-randomised comparative study
PattenKoenig 2012	Patten Koenig, Kristie; Buckley-Reen, Anne; Garg, Satvika	Efficacy of the Get Ready to Learn Yoga Program Among Children With Autism Spectrum Disorders: A Pretest-Posttest Control Group Design	2012	American Journal of Occupational Therapy	66	5	538-546	7c. NSRI or non-randomised comparative study
Peck 2005	Peck, H. L.; Kehle, T. J.; Bray, M. A.; Theodore, L. A.	Yoga as an intervention for children with attention problems	2005	School psychology review	34	3	415-424	7c. NSRI or non-randomised comparative study
Ponte 2019	Ponte, S. B.; Lino, C.; Tavares, B.; Amaral, B.; Bettencourt, A. L.; Nunes, T.; Silva, C.; Mota-Vieira, L.	Yoga in primary health care: A quasi-experimental study to access the effects on quality of life and psychological distress	2019	Complementary therapies in clinical practice	34	--	1-Jul	7c. NSRI or non-randomised comparative study

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Prasanna 2015	Prasanna, Balaji; Alin, Larion; Johnson, Premkumar; Dan Iulian, Alexe	TRAINING SIGNIFICANCE OF VARIED YOGIC PRACTICES ON ANXIETY AMONG HYPERTHYROID AFFECTED WOMEN	2015	Gymnasium: Scientific Journal of Education, Sports & Health	16	1	307-310	7c. NSRI or non-randomised comparative study
Praveena 2018	Praveena, S. M.; Asha, G.; Sunita, M.; Anju, J.; Ratna, B.	Yoga offers cardiovascular protection in early postmenopausal women	2018	International Journal of Yoga	11	1	37-43	7c. NSRI or non-randomised comparative study
Price 2014	Price, Cynthia J.; Daubenmier, Jennifer; Mike, Acree; Bartmess, Elizabeth; Stewart, Anita	Body Awareness and the Practice of Yoga or Meditation in 435 Primary Care Patients with Past or Current Low Back Pain	2014	Journal of Alternative & Complementary Medicine	20	5	A63-4	7c. NSRI or non-randomised comparative study
Qu 2013	Qu, S.; Olafsrud, S. M.; Meza-Zepeda, L. A.; Saatcioglu, F.	Rapid gene expression changes in peripheral blood lymphocytes upon practice of a comprehensive yoga program	2013	PLoS ONE [Electronic Resource]	8	4	e61910	7c. NSRI or non-randomised comparative study
Raghuraj 2004	Raghuraj, P.; Telles, S.	Right uninostriil yoga breathing influences ipsilateral components of middle latency auditory evoked potentials	2004	Neurological Sciences	25	5	274-80	7c. NSRI or non-randomised comparative study
Rajalaxmi 2018	Rajalaxmi, V.; Paul, J.; Nithya, M.; Chandra Lekha, S.; Likitha, B.	Effectiveness of three dimensional approach of schroth method and yoga on pulmonary function test and posture in upper crossed syndrome with neck pain-a double blinded study	2018	Research Journal of Pharmacy and Technology	11	5	1835-1839	7c. NSRI or non-randomised comparative study
Rana 2011	Rana, Budhi Bal; Pant, Puskar Raj; Pant, Kapil Dev; Balkrishna, Acharya; Paygan, Sandeep	Effect of Bhastrika Pranayama and Exercise on Lung Function Capacity of Athlete: A Pilot Study	2011	Medicine & Science in Sports & Exercise	43	--	577-578	7c. NSRI or non-randomised comparative study
Ratnakumari 2018	Ratnakumari, M. E.; Manavalan, N.; Sathyanath, D.; Ayda, Y. R.; Reka, K.	Study to Evaluate the Changes in Polycystic Ovarian Morphology after Naturopathic and Yogic Interventions	2018	International Journal of Yoga	11	2	139-147	7c. NSRI or non-randomised comparative study
Rautela 2012	Rautela, Astha; Singh, Awadhesh Pratap	COMPARATIVE EFFECT OF YOGA -MENTAL REHEARSAL AND ADAPTED PHYSICAL EDUCATION PROGRAMME ON SELF-CONCEPT OF DIFFERENTLY ABLED CHILDREN	2012	International journal of sports sciences & fitness	2	2	269-276	7c. NSRI or non-randomised comparative study
Rawat 2011	Rawat, H.; Anuradha;; Vedamurthachar;; Rawat, L.; Rawat, R.	How sudharshan kriya helps to reduce the habit of smoking and motivate to quit smoking	2011	International Journal of Pharmaceutical Sciences Review and Research	6	2	27-29	7c. NSRI or non-randomised comparative study

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Rezaei 2017	Rezaei, K.; Asadizaker, M.; Hoseini, S. M.; Jahani, S.; Latifi, S. M.	Effects of yoga on post-chemotherapy nausea and vomiting	2017	Biomedical and Pharmacology Journal	10	2	773-780	7c. NSRI or non-randomised comparative study
Rezaei 2018	Rezaei, K.; Asadizaker, M.; Hoseini, S. M.; Jahani, S.; Latifi, S. M.	An investigation into the impacts of yoga on the post-chemotherapy nausea and vomiting	2018	Journal of international pharmaceutical research	45	--	324-328	7c. NSRI or non-randomised comparative study
Rosenbaum 2016	Rosenbaum, Mark S.; Van de Velde, Jane	The Effects of Yoga, Massage, and Reiki on Patient Well-Being at a Cancer Resource Center	2016	Clinical journal of oncology nursing	20	3	E77-E81	7c. NSRI or non-randomised comparative study
Sandhu 2019	Sandhu, D.; Kumar, A.; Agarwal, M.	Patanjali yoga practice and its effect on mental health and moral judgment amongst juvenile delinquents	2019	Indian Journal of Public Health Research and Development	10	11	65-69	7c. NSRI or non-randomised comparative study
Sanghani 2008	Sanghani, S.; Deavenport, A.; Herring, P.; Anderson, S. E.; Medina, E.	A pilot study: can a short-term complementary and alternative medicine intervention combat stress?	2008	Californian journal of health promotion	6	2	73-78	7c. NSRI or non-randomised comparative study
Sarang 2006	Sarang, P. S.; Telles, S.	Oxygen consumption and respiration during and after two yoga relaxation techniques	2006	Applied Psychophysiology & Biofeedback	31	2	143-53	7c. NSRI or non-randomised comparative study
Sarang 2007	Sarang, S. P.; Telles, S.	Immediate effect of two yoga-based relaxation techniques on performance in a letter-cancellation task	2007	Perceptual and Motor Skills	105	2	379-385	7c. NSRI or non-randomised comparative study
Sathyaprabha 2008	Sathyaprabha, T. N.; Satishchandra, P.; Pradhan, C.; Sinha, S.; Kaveri, B.; Thennarasu, K.; Murthy, B. T.; Raju, T. R.	Modulation of cardiac autonomic balance with adjuvant yoga therapy in patients with refractory epilepsy	2008	Epilepsy & Behavior	12	2	245-52	7c. NSRI or non-randomised comparative study
Scherwitz 2006	Scherwitz, L.; Pullman, M.; McHenry, P.; Gao, B.; Ostaseski, F.	A Contemplative Care Approach to Training and Supporting Hospice Volunteers: A Prospective Study of Spiritual Practice, Well-Being, and Fear of Death	2006	Explore: The Journal of Science and Healing	2	4	304-313	7c. NSRI or non-randomised comparative study
Schmid 2019	Schmid, Arlene; Stephens, Jaclyn	Yoga Improves Functional Mobility in a Pilot Sample of Adults with Chronic Brain Injury...American Congress of Rehabilitation Medicine Annual Conference, 3-8 November 2019, Chicago, Illinois	2019	Archives of Physical Medicine & Rehabilitation	100	10	e145-e145	7c. NSRI or non-randomised comparative study

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Selvamurthy 1998	Selvamurthy, W.; Sridharan, K.; Ray, U. S.; Tiwary, R. S.; Hegde, K. S.; Radhakrishnan, U.; Sinha, K. C.	A new physiological approach to control essential hypertension	1998	Indian Journal of Physiology & Pharmacology	42	2	205-13	7c. NSRI or non-randomised comparative study
Sen 2018	Sen, N.; Jain, A.; Tanwar, S.; Gokhroo, R. K.	Five Years Mortality Comparison Between Yoga Versus Non Yoga Group After ST Elevation Myocardial Infarction Managed With PCI According to LV Ejection Fraction	2018	Global Heart	13 (4)	--	419	7c. NSRI or non-randomised comparative study
Sen 2019	Sen, N.; Tanwar, S.; Jain, A.; Mehta, A.; Shah, N.; Gokhroo, R. K.; Dhall, A.	Role of Indian yoga with pranayam prevent ventricular remodeling and reduce mortality rate according to LV ejection fraction in post PCI patients of STEMI	2019	European Heart Journal	40 (Supplement 1)	--	240	7c. NSRI or non-randomised comparative study
Senthilnathan 2019	Senthilnathan, Sengottuvel; Patel, Rajesh; Narayanan, Mariyappa; Katholil, Gireesan; Janawadkar, Madhukar Pandurang Rao; Radhakrishnan, Thimmakudy Sambasiva; Sharma, Krishna K.	An investigation on the influence of yogic methods on heart rate variability	2019	Annals of Noninvasive Electrocardiology	24	1	N.PAG-N.PAG	7c. NSRI or non-randomised comparative study
Shah 2017	Shah, P.; Sharma, N.; Gandharve, S.	Fundamental and clinical study of hrasa-hetur visheshashcha with special reference to amlapitta	2017	International Journal of Research in Ayurveda and Pharmacy	8	6	65-68	7c. NSRI or non-randomised comparative study
ShariatPanahi 2013	ShariatPanahi, S. S.; Hajikazemi, E.; Nikpour, S.; Fghanipour, S.; Hosseini, A. F.	Effect of yoga exercises on quality of life of postmenopausal women	2013	Health & medicine	7	4	1266-1273	7c. NSRI or non-randomised comparative study
Sharma 2008	Sharma, R.; Gupta, N.; Bijlani, R. L.	Effect of yoga based lifestyle intervention on subjective well-being	2008	Indian Journal of Physiology and Pharmacology	52	2	123-131	7c. NSRI or non-randomised comparative study
Sharma 2013	Sharma, B.; Misra, R.; Singh, K.; Sharma, R.; Archana,	Comparative study of effect of anuloma-viloma (pranayam) and yogic asanas in premenstrual syndrome	2013	Indian Journal of Physiology and Pharmacology	57	4	384-389	7c. NSRI or non-randomised comparative study
Sharmila 2019	Sharmila, P.; Sreelekha, B.	Effectiveness of Pranayama on Bio-physiological Parameters Among Patients with Bronchial Asthma...76th TNAI Biennial Conference, December 11-16, 2018, Goa, India	2019	Nursing Journal of India	110	4	153-155	7c. NSRI or non-randomised comparative study

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Siddarth 2014	Siddarth, D.; Siddarth, P.; Lavretsky, H.	An observational study of the health benefits of yoga or tai chi compared with aerobic exercise in community-dwelling middle-aged and older adults	2014	American Journal of Geriatric Psychiatry	22	3	272-3	7c. NSRI or non-randomised comparative study
Singh 2008	Singh, S.; Kyizom, T.; Singh, K. P.; Tandon, O. P.; Madhu, S. V.	Influence of pranayamas and yoga-asanas on serum insulin, blood glucose and lipid profile in type 2 diabetes	2008	Indian Journal of Clinical Biochemistry	23	4	365-368	7c. NSRI or non-randomised comparative study
Sinha 2007	Sinha, S.; Singh, S. N.; Monga, Y. P.; Ray, U. S.	Improvement of glutathione and total antioxidant status with yoga	2007	Journal of Alternative & Complementary Medicine	13	10	1085-90	7c. NSRI or non-randomised comparative study
Smith 2011	Smith, J. A.; Greer, T.; Sheets, T.; Watson, S.	Is there more to yoga than exercise?	2011	Alternative therapies in health and medicine	17	3	22-29	7c. NSRI or non-randomised comparative study
Smyrnova 2018	Smyrnova, Ganna S.; Babkina, Tetiana M.; Taradin, Gennadii G.; Vatutin, Mykola T.	Influence of pulmonary rehabilitation on clinical characteristics in patients with chronic heart failure and chronic obstructive pulmonary disease	2018	Int. j. cardiovasc. sci. (Impr.)	31	5	--	7c. NSRI or non-randomised comparative study
Spicuzza 2000	Spicuzza, L.; Gabutti, A.; Porta, C.; Montano, N.; Bernardi, L.	Yoga and chemoreflex response to hypoxia and hypercapnia	2000	Lancet (london, england)	356	9240	1495-1496	7c. NSRI or non-randomised comparative study
Srivastava 2011	Srivastava, M.; Talukdar, U.; Lahan, V.	Meditation for the management of adjustment disorder anxiety and depression	2011	Complementary therapies in clinical practice	17	4	241-245	7c. NSRI or non-randomised comparative study
Struhár 2019	Struhár, Ivan; Vaculák, Pavlína; Gimunová, Marta; Minster, David; Kármán, Veronika	Effects of whole-body electrostimulation and acroyoga based exercise programme on blood pressure in a group of young women	2019	Journal of Physical Education & Sport	19	--	49-57	7c. NSRI or non-randomised comparative study
Suraj-Narayan 2011	Suraj-Narayan, Gourie; Surajnarayan, Sheroma	Biopsychosocial impacts of laughter yoga and therapy on stroke survivors	2011	Journal of Critical Care	26	5	e37-8	7c. NSRI or non-randomised comparative study
Sureshkumar 2017	Sureshkumar, T.; Senthilvelan, S.; Patil, Rajesh	Effect of Aerobic Exercise and Yogasana Programme on Peripheral Neuropathy Patients with Restless Leg Syndrome	2017	Indian journal of physiotherapy & occupational therapy	11	3	216-220	7c. NSRI or non-randomised comparative study
Sushil 2010	Sushil, S. K.; Nagendra, H. R.; Nagarathna, R.	Immediate effect of stimulation in comparison to relaxation in healthy volunteers	2010	Indian journal of traditional knowledge	9	3	606-610	7c. NSRI or non-randomised comparative study

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Tatum 2011	Tatum, Nancy Glenmore; Bradley, Rodney Clarke; Igel, Charles	Therapeutic Yoga to Improve Balance and Floor Transfer in Older Adults	2011	Topics in Geriatric Rehabilitation	27	2	134-141	7c. NSRI or non-randomised comparative study
Tayyebi 2011	Tayyebi, Ali; Babahaji, Malihe; Sherme, Mahdi Sadeghi; Ebadi, Abbas; Eynollahi, Behzad	Study of the effect of Hatha Yoga exercises on stress, anxiety and depression among hemodialysis patients	2011	Iranian Journal of Critical Care Nursing	4	2	67-72	7c. NSRI or non-randomised comparative study
Tayyebi 2012	Tayyebi, Ali; Babahaji, Malihe; Sherme, Mahdi Sadeghi; Ebadi, Abbas; Eynollahi, Behzad	Study of the effect of Hatha Yoga exercises on dialysis adequacy	2012	Iranian Journal of Critical Care Nursing	4	4	1-Aug	7c. NSRI or non-randomised comparative study
Telles 1993	Telles, S.; Hanumanthaiah, B. H.; Nagarathna, R.; Nagendra, H. R.	Improvement in static motor performance following yogic training of school children	1993	Perceptual and Motor Skills	76	3 Pt 2	1264-1266	7c. NSRI or non-randomised comparative study
Telles 1997	Telles, S.; Nagarathna, R.; Vani, P. R.; Nagendra, H. R.	A combination of focusing and defocusing through yoga reduces optical illusion more than focusing alone	1997	Indian Journal of Physiology & Pharmacology	41	2	179-82	7c. NSRI or non-randomised comparative study
Telles 2004	Telles, S.; Joshi, M.; Dash, M.; Raghuraj, P.; Naveen, K. V.; Nagendra, H. R.	An evaluation of the ability to voluntarily reduce the heart rate after a month of yoga practice	2004	Integrative Physiological and Behavioral Science	39	2	119-125	7c. NSRI or non-randomised comparative study
Telles 2014	Telles, S.; Sharma, S. K.; Balkrishna, A.	Blood pressure and heart rate variability during yoga-based alternate nostril breathing practice and breath awareness	2014	Medical science monitor basic research	20	--	184-193	7c. NSRI or non-randomised comparative study
Telles 2018	Telles, S.; Sharma, S. K.; Kala, N.; Pal, S.; Gupta, R. K.; Balkrishna, A.	Twelve weeks of yoga or nutritional advice for centrally obese adult females	2018	Frontiers in Endocrinology	9 (AUG) (no pagination)	466	--	7c. NSRI or non-randomised comparative study
Thirthalli 2013	Thirthalli, J. Naveen G. H. Rao M. G. Varambally S. Christopher RGangadhar B. N.	Cortisol and antidepressant effects of yoga	2013	Indian Journal of Psychiatry	55	Suppl 3	S405-408	7c. NSRI or non-randomised comparative study
Thompson 2002	Thompson, Coon J	Complementary therapies for treating hypercholesterolaemia	2002	Focus on Alternative and Complementary Therapies	7	3	233-6.	7c. NSRI or non-randomised comparative study
Tolba-Roche 2016	Tolba-Roche, L.; Mir-Barrachina, M. T.; Fernandez, I.	Effect of "Exercise Without Movement"™ yoga method on mindfulness, anxiety and depression	2016	Complementary therapies in clinical practice	25	--	136-141	7c. NSRI or non-randomised comparative study

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Toschi-Dias 2017	Toschi-Dias, Edgar; Tobaldini, Eleonora; Solbiati, Monica; Costantino, Giorgio; Sanlorenzo, Roberto; Doria, Stefania; Irtelli, Floriana; Mencacci, Claudio; Montano, Nicola	Sudarshan Kriya Yoga improves cardiac autonomic control in patients with anxiety-depression disorders	2017	Journal of Affective Disorders	214	--	74-80	7c. NSRI or non-randomised comparative study
Tothau 2007	Tothau, R.; Hatthakit, U.; Kritpracha, C.	Effects of yoga healing camp on self-care practice and blood sugar in persons with diabetes mellitus...The International Association for Human Caring Annual Meeting: The Power of Caring: Gateway to Healing, May 16 to May 19, 2007, Millenium Hotel, St. Louis, MO, USA	2007	International Journal for Human Caring	11	3	64-64	7c. NSRI or non-randomised comparative study
Travis 1990	Travis, F. T.; Orme-Johnson, D. W.	EEG coherence and power during Yogic Flying	1990	The International journal of neuroscience	54	1-Feb	1-Dec	7c. NSRI or non-randomised comparative study
Trent 2019	Trent, N. L.; Borden, S.; Miraglia, M.; Pasalis, E.; Dusek, J. A.; Khalsa, S. B. S.	Improvements in Psychological and Occupational Well-Being in a Pragmatic Controlled Trial of a Yoga-Based Program for Professionals	2019	Journal of Alternative and Complementary Medicine	25	6	593-605	7c. NSRI or non-randomised comparative study
Tuzun 2010	Tuzun, S.; Aktas, I.; Akarirmak, U.; Sipahi, S.; Tuzun, F.	Yoga might be an alternative training for the quality of life and balance in postmenopausal osteoporosis	2010	European journal of physical and rehabilitation medicine	46	1	69-72	7c. NSRI or non-randomised comparative study
Vani 1997	Vani, P. R.; Nagarathna, R.; Nagendra, H. R.; Telles, S.	Progressive increase in critical flicker fusion frequency following yoga training	1997	Indian Journal of Physiology and Pharmacology	41	1	71-74	7c. NSRI or non-randomised comparative study
Vasanthapriya 2017	Vasanthapriya, J.; Kanniammal, C.; Mahendra, J.; Valli, G.	Impact of yoga on blood pressure and quality of life in patients with hypertension	2017	International Journal of Pharmaceutical and Clinical Research	9	5	413-416	7c. NSRI or non-randomised comparative study
VedalaSrManeAbpaul 2014	Vedala Sr Mane Abpaul, C. N.	Pulmonary functions in yogic and sedentary population	2014	International Journal of Yoga	7	2	155-159	7c. NSRI or non-randomised comparative study

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Vedamurthachar 2013	Vedamurthachar, A.; Damodaran, B.; Lakshmanan, S.; Kochupillai, Vinod	Comparative efficacy Study of Standard Group Therapy alone Versus Standard Group Therapy in Conjunction with Sudarshan Kriya (SK) and Pranayama (P) in Reducing Stress and Anxiety among Executives	2013	Indian journal of physiotherapy & occupational therapy	7	4	253-256	7c. NSRI or non-randomised comparative study
West 2004	West, J.; Otte, C.; Geher, K.; Johnson, J.; Mohr, D. C.	Effects of Hatha yoga and African dance on perceived stress, affect, and salivary cortisol	2004	Annals of Behavioral Medicine	28	2	114-8	7c. NSRI or non-randomised comparative study
Wolff 2013	Wolff, M.; Sundquist, K.; Larsson Lonn, S.; Midlov, P.	Impact of yoga on blood pressure and quality of life in patients with hypertension - a controlled trial in primary care, matched for systolic blood pressure	2013	BMC Cardiovascular Disorders	13	--	1-Sep	7c. NSRI or non-randomised comparative study
Wolff 2015	Wolff, M.; Memon, A. A.; Chalmers, J. P.; Sundquist, K.; Midlöv, P.	Yoga's effect on inflammatory biomarkers and metabolic risk factors in a high risk population - a controlled trial in primary care	2015	BMC Cardiovascular Disorders	15	--	91	7c. NSRI or non-randomised comparative study
YadavRkMag an 2012	Yadav Rk Magan, D. Mehta M. Mehta NMahapatra S. C.	A short-term, comprehensive, yoga-based lifestyle intervention is efficacious in reducing anxiety, improving subjective well-being and personality	2012	International Journal of Yoga	5	2	134-139	7c. NSRI or non-randomised comparative study
Yagli 2015	Yagli, N. V.; Ulger, O.	The effects of yoga on the quality of life and depression in elderly breast cancer patients	2015	Complementary therapies in clinical practice	21	1	7-Oct	7c. NSRI or non-randomised comparative study
Yogendra 2004	Yogendra, J.; Yogendra, H. J.; Ambardekar, S.; Lele, R. D.; Shetty, S.; Dave, M.; Husein, N.	Beneficial effects of yoga lifestyle on reversibility of ischaemic heart disease: caring heart project of International Board of Yoga	2004	The Journal of the Association of Physicians of India	52	--	283-289	7c. NSRI or non-randomised comparative study
Yogendra 2015	Yogendra, H. J.; Shetty, S.; Dave, M.	Stress Management in Mothers of Students Appearing for Competitive Examinations through Yoga - A Comparative Study	2015	The Journal of the Association of Physicians of India	63	10	94	7c. NSRI or non-randomised comparative study
Yuliya 2018	Yuliya, Kalmykova; Sergey, Kalmykov	Physical exercise application for the correction of carbohydrate metabolism in diabetes mellitus	2018	Journal of Physical Education & Sport	18	2	641-647	7c. NSRI or non-randomised comparative study
--	--	Yoga for People Living with Dementia in Residential Care Settings	2016	Foundation of Nursing Studies: Project Reports	--	--	Jan-25	7d. Case series or other
--	--	Effects of yoga on the quality of life and mobility in geriatric patients with osteoporosis	2012	Turkish journal of physiotherapy rehabilitation	23	1	S52-S52	7d. Case series or other

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Anderzen-Carlsson 2014	Anderzen-Carlsson, A.; Persson Lundholm, U.; Kohn, M.; Westerdahl, E.	Medical yoga: another way of being in the world-a phenomenological study from the perspective of persons suffering from stress-related symptoms	2014	International journal of qualitative studies on health and well-being	9	--	23033	7d. Case series or other
Bansal 2013	Bansal, Rahul; Gupta, Monika; Agarwal, Bhaskar; Sharma, Sachin	Impact of Short Term Yoga Intervention on Mental Well Being of Medical Students Posted in Community Medicine: A Pilot Study	2013	Indian Journal of Community Medicine	38	2	105-108	7d. Case series or other
Beheshtipoor 2015	Beheshtipoor, Noushin; Bagheri, Shahapar; Hashemi, Fatemeh; Zare, Najaf; Karimi, Mehran	The Effect of Yoga on the Quality of Life in the Children and Adolescents with Haemophilia	2015	International Journal of Community Based Nursing & Midwifery	3	2	150-155	7d. Case series or other
Bilderbeck 2015	Bilderbeck, Ac; Brazil, Ia; Farias, M; Hestbaek, L	Preliminary evidence that yoga practice progressively improves mood and decreases stress in a sample of uk prisoners	2015	Evidence-Based Complementary and Alternative Medicine	2015	--	819183	7d. Case series or other
Birkel 2000	Birkel, D. A.; Edgren, L.	Hatha yoga: improved vital capacity of college students	2000	Alternative Therapies in Health & Medicine	6	6	55-63	7d. Case series or other
Bowden 2014	Bowden, D. E.; McLennan, D.; Gruzelier, J.	A randomised controlled trial of the effects of Brain Wave Vibration training on mood and well-being	2014	Journal of Complementary and Integrative Medicine	11	3	223-232	7d. Case series or other
Cadmus-Bertram 2013	Cadmus-Bertram, L.; Littman, A. J.; Ulrich, C. M.; Stovall, R.; Ceballos, R. M.; McGregor, B. A.; Wang, C. Y.; Ramaprasad, J.; McTiernan, A.	Predictors of adherence to a 26-week Viniyoga intervention among post-treatment breast cancer survivors	2013	Journal of Alternative and Complementary Medicine	19	9	751-758	7d. Case series or other
Chen 2007	Chen, K. M.; Tsen, W. S.; Ting, L. F.; Huang, G. F.	Development and evaluation of a yoga exercise programme for older adults	2007	Journal of advanced nursing	57	4	432-441	7d. Case series or other
Conboy 2013	Conboy, L. A.; Noggle, J. J.; Frey, J. L.; Kudesia, R. S.; Khalsa, S. B. S.	Qualitative evaluation of a high school yoga program: Feasibility and perceived benefits	2013	Explore: The Journal of Science and Healing	9	3	171-180	7d. Case series or other
Cramer 2013	Cramer, H.; Lauche, R.; Haller, H.; Langhorst, J.; Dobos, G.; Berger, B.	"I'm more in balance": A qualitative study of yoga for patients with chronic neck pain	2013	Journal of Alternative and Complementary Medicine	19	6	536-542	7d. Case series or other
Dale 2009	Dale, L. P.; Mattison, A. M.; Greening, K.; Galen, G.; Neace, W. P.; Matacin, M. L.	Yoga workshop impacts psychological functioning and mood of women with self-reported history of eating disorders	2009	Eating Disorders	17	5	422-434	7d. Case series or other

Study ID	Authors	Title	Published Year	Journal	Volume	Issue	Pages	Exclusion reason
Danucalov 2008	Danucalov, Marcello Árias Dias; Simões, Roberto Serafim; Kozasa, Elisa Harumi; Leite, Josã© Roberto	Cardiorespiratory and Metabolic Changes during Yoga Sessions: The Effects of Respiratory Exercises and Meditation Practices	2008	Applied Psychophysiology & Biofeedback	33	2	77-81	7d. Case series or other
DeGiorgio 2018	De Giorgio, A.; Padulo, J.; Kuvařić, G.	Effectiveness of yoga combined with back school program on anxiety, kinesiophobia and pain in people with non-specific chronic low back pain: a prospective randomized trial	2018	Muscles, ligaments & tendons journal (MLTJ)	8	1	104-112	7d. Case series or other
DeMayo 2004	DeMayo, W.; Singh, B.; Duryea, B.; Riley, D.	Hatha yoga and meditation in patients with post-polio syndrome	2004	Alternative Therapies in Health & Medicine	10	2	24-25	7d. Case series or other
Ensari 2019	Ensari, I.; Petruzzello, S. J.; Motl, R. W.	The effects of acute yoga on anxiety symptoms in response to a carbon dioxide inhalation task in women	2019	Complementary Therapies in Medicine	47 (no pagination)	102230	--	7d. Case series or other
Galantino 2019	Galantino, Mary Lou	Impact of Somatic Yoga and Meditation for Chemotherapy-Induced Peripheral Neuropathy Syndrome in Cancer Survivors	2019	Archives of Physical Medicine & Rehabilitation	100	10	e88-e89	7d. Case series or other
Hainsworth 2014	Hainsworth, K. R.; Salamon, K. S.; Khan, K. A.; Mascarenhas, B.; Davies, W. H.; Weisman, S. J.	A pilot study of yoga for chronic headaches in youth: promise amidst challenges	2014	Pain management nursing : official journal of the American Society of Pain Management Nurses	15	2	490-498	7d. Case series or other
Hewett 2011	Hewett, Zoe L.; Ransdell, Lynda B.; Yong, Gao; Petlichkoff, Linda M.; Lucas, Shelley	AN EXAMINATION OF THE EFFECTIVENESS OF AN 8-WEEK BIKRAM YOGA PROGRAM ON MINDFULNESS, PERCEIVED STRESS, AND PHYSICAL FITNESS	2011	Journal of Exercise Science & Fitness	9	2	87-92	7d. Case series or other
Hunley 2016	Hunley, Julie	Yoga for Promoting Health and Engagement After Breast Cancer Among African- American Women	2016	American Journal of Occupational Therapy	70	--	1-Jan	7d. Case series or other
Jain 1991	Jain, S. C.; Rai, L.; Valecha, A.; Jha, U. K.; Bhatnagar, S. O. D.; Ram, K.	Effect of yoga training on exercise tolerance in adolescents with childhood asthma	1991	Journal of Asthma	--	--	437-442	7d. Case series or other
Jayasheela 2018	Jayasheela, H.	Impact of pranayama on quality of life of chronic obstructive pulmonary disease patients admitted at pravara rural hospital, loni (bk)	2018	International journal of nursing education	10	2	103-105	7d. Case series or other

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Jprn 2012	Jprn, Umin	A pilot study of 12 week yoga intervention for Japanese breast cancer survivors. -exploring the effectiveness and mechanisms	2012	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000007420	--	--	--	7d. Case series or other
Jprn 2015	Jprn, Umin	Yoga for Women with Breast Cancer during Chemotherapy: a Feasibility Study	2015	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000017202	--	--	--	7d. Case series or other
Jprn 2016	Jprn, Umin	An interventional study for activation of human brown adipose tissue	2016	http://www.who.int/trialsearch/Trial2.aspx?TrialID=JPRN-UMIN000022053	--	--	--	7d. Case series or other
Kasturi 2018	Kasturi, B. K.; Deo, G.	Efficacy of forced right nostril breathing and selected yogasanas on female obese college students	2018	Journal of complementary & integrative medicine	15	3	9	7d. Case series or other
Kavuri 2015	Kavuri, V.; Selvan, P.; Tabesh, A.; Raghuram, N.; Selvan, S. R.	Remedial Yoga module improves symptoms of irritable bowel syndrome: Replication in the Wait-list group and sustained improvements at 6 months	2015	European Journal of Integrative Medicine	7	6	609-616	7d. Case series or other
Khalsa 2014	Khalsa, D. S.	How medical yoga meditation may modulate MCI progression	2014	Alzheimer's and Dementia	4)	--	P769-P770	7d. Case series or other
Kumar 2013	Kumar, K.	Significance of Nadi Sodhan and Kapalbhathi on forced ventilation capacity (FVC), maximum voluntary ventilation (MVV) and peak expiratory flow rate (PEFR)	2013	Indian journal of traditional knowledge	12	2	342-345	7d. Case series or other
Lee 2006	Lee, L. W.	Poster board S33: enhancing balance, lower extremity function, and gait in people with Parkinson's disease through yoga exercise	2006	American journal of physical medicine & rehabilitation	85	3	284-284	7d. Case series or other
Lundt 2019	Lundt, A.; Jentschke, E.	Long-Term Changes of Symptoms of Anxiety, Depression, and Fatigue in Cancer Patients 6 Months After the End of Yoga Therapy	2019	Integrative Cancer Therapies	18	no pagination	--	7d. Case series or other
Manik 2017	Manik, R. K.; Mahapatra, A. K.; Gartia, R.; Bansal, S.; Patnaik, A.	Effect of Selected Yogic Practices on Pain and Disability in Patients with Lumbar Spondylitis	2017	International Journal of Yoga	10	2	81-87	7d. Case series or other
Mascaro 2019	Mascaro, Jennifer S.; Waller, Alessia V.; Wright, Laurie; Leonard, Terri; Haack, Carla; Waller, Edmund K.	Individualized, Single Session Yoga Therapy to Reduce Physical and Emotional Symptoms in Hospitalized Hematological Cancer Patients	2019	Integrative Cancer Therapies	18	--	1-Aug	7d. Case series or other

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Meiners 2018	Meiners, Yaffa; Johnson, Nadine	Hands Free Flow Yoga for Persons with Upper Extremity Injuries and Weight Bearing Precautions	2018	Journal of Hand Therapy	31	1	166-166	7d. Case series or other
Melville 2012	Melville, G.; Chang, D.; Colagiuri, B.; Marshall, P.; Cheema, B.	Fifteen minutes of yoga postures or guided meditation in the office can elicit psychological and physiological relaxation	2012	BMC Complementary and Alternative Medicine. Conference: International Research Congress on Integrative Medicine and Health	12	SUPPL. 1	--	7d. Case series or other
Miller 2011	Miller, K.; Dierks, T.; Puymbroeck, M.; Schalk, N.; Williams, L.; Damush, T.	Therapeutic-yoga: impact on pain and physical impairments after stroke	2011	Archives of Physical Medicine and Rehabilitation	92	10	1713	7d. Case series or other
Nagli 2011	Nagli, Naciye Vardar; Äoelger, Ä-zlem	The effect of yoga on sleep quality and depression levels in patients with breast cancer	2011	Turkish journal of physiotherapy rehabilitation	22	2	174-174	7d. Case series or other
Nct 2005	Nct,	Yoga for Patients With Epilepsy	2005	https://clinicaltrials.gov/show/NCT00179452	--	--	--	7d. Case series or other
Nct 2005	Nct,	A Controlled Breathing Course for Social & Emotional Health for Vietnam Veterans With Chronic PTSD-RCT	2005	https://clinicaltrials.gov/show/NCT00256477	--	--	--	7d. Case series or other
Nct 2010	Nct,	Development of a yoga intervention for symptoms related to severe visual impairment	2010	Clinicaltrials.gov [www.clinicaltrials.gov]	--	--	--	7d. Case series or other
Nct 2011	Nct,	Study of Yoga as a Therapy for Cystic Fibrosis (CF) Patients	2011	https://clinicaltrials.gov/show/NCT01325766	--	--	--	7d. Case series or other
Nct 2013	Nct,	Yoga for Aromatase Inhibitor-associated Joint Pain	2013	https://clinicaltrials.gov/show/NCT01951976	--	--	--	7d. Case series or other
Nct 2013	Nct,	Mindful Yoga Therapy for Veterans With PTSD and Pain	2013	https://clinicaltrials.gov/show/NCT01957371	--	--	--	7d. Case series or other
Nct 2014	Nct,	Program to Overcome Pelvic Pain With Yoga	2014	https://clinicaltrials.gov/show/NCT02261740	--	--	--	7d. Case series or other
Nct 2018	Nct,	Somatic Yoga and Meditation for Cancer Survivors With Pain From Neuropathy	2018	https://clinicaltrials.gov/show/NCT03786055	--	--	--	7d. Case series or other
Nct 2020	Nct,	Telerehabilitation-based Yoga and Mindfulness Home Program in Postmenopausal Women Having Social Isolation	2020	https://clinicaltrials.gov/show/NCT04346979	--	--	--	7d. Case series or other

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Pal 2014	Pal, R.; Singh, S. N.; Chatterjee, A.; Saha, M.	Age-related changes in cardiovascular system, autonomic functions, and levels of BDNF of healthy active males: Role of yogic practice	2014	Age	36 (4) (no pagination)	9683	--	7d. Case series or other
Pandit 2014	Pandit, Unnati; Palkar, Anagha; Thakur, Anuprita; Dabholkar, Twinkle; Karajgi, Asmita	Effect of Pranayama on Diaphragmatic Excursion in Healthy Young Individuals	2014	Indian journal of physiotherapy & occupational therapy	8	3	124-129	7d. Case series or other
Patra 2009	Patra, S.; Telles, S.	Positive impact of cyclic meditation on subsequent sleep	2009	Medical Science Monitor	15	7	CR375-CR381	7d. Case series or other
Pearce 2019	Pearce, Kyla	The Feasibility, Acceptability, and Effectiveness of Loveyourbrain Yoga For The Traumatic Brain Injury Community...American Congress of Rehabilitation Medicine Annual Conference, 3-8 November 2019, Chicago, Illinois	2019	Archives of Physical Medicine & Rehabilitation	100	10	e129-e130	7d. Case series or other
Pritchard 2010	Pritchard, Mary; Elison-Bowers, Patt; Birdsall, Bobbie	Impact of integrative restoration (iRest) meditation on perceived stress levels in multiple sclerosis and cancer outpatients	2010	Stress & Health: Journal of the International Society for the Investigation of Stress	26	3	233-237	7d. Case series or other
Reed 2014	Reed, Justy	Effect of placebo-induced changes in expectancies on self-reported affect associated with yoga practice	2014	Journal of sport behavior	37	3	268-285	7d. Case series or other
Rosen 2016	Rosen, R. K.; Thind, H.; Jennings, E.; Guthrie, K. M.; Williams, D. M.; Bock, B. C.	"Smoking Does Not Go With Yoga:" A Qualitative Study of Women's Phenomenological Perceptions During Yoga and Smoking Cessation	2016	International journal of yoga therapy	26	1	33-41	7d. Case series or other
Sandroff 2015	Sandroff, B. M.; Hillman, C. H.; Benedict, R. H.; Motl, R. W.	Acute effects of walking, cycling, and yoga exercise on cognition in persons with relapsing-remitting multiple sclerosis without impaired cognitive processing speed	2015	Journal of clinical and experimental neuropsychology	37	2	209-219	7d. Case series or other
Santaella 2006	Santaella, D. F.; Araujo, E. A.; Ortega, K. C.; Tinucci, T.; Mion, D., Jr.; Negrao, C. E.; de Moraes Forjaz, C. L.	Aftereffects of exercise and relaxation on blood pressure	2006	Clinical Journal of Sport Medicine	16	4	341-7	7d. Case series or other

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Sarah 2019	Sarah, S.; Wolfgang, M. B.; Claudia, P.	Effect of telerehabilitation on long-term adherence to yoga as an antihypertensive lifestyle intervention: Results of a randomized controlled trial	2019	Complementary therapies in clinical practice	35	--	148-153	7d. Case series or other
Sathyaprabha 2005	Sathyaprabha, T. N.; Satishchandra, P.; Netravati, K.; Kaveri Bhat, S.; Sinha, S.; Thennarasu, K.; Raju, T. R.	Effect of yoga on autonomic dysfunction associated with refractory epilepsy	2005	Epilepsia	46 Suppl 6	--	353	7d. Case series or other
Sharma 2003	Sharma, R. S.	A new method for performing yogic respiratory exercise- pranayam using oxygen in place of atmospheric air	2003	Journal of the Association of Physicians of India	51	--	1187, Abstract no:131	7d. Case series or other
Streeter 2012	Streeter, C.; Gerbarg, P.; Saper, R.	P01.31. Yoga therapy associated with increased brain GABA levels and decreased depressive symptoms in subjects with major depressive disorder: a pilot study	2012	BMC Complementary & Alternative Medicine	12	Suppl 1	1-Jan	7d. Case series or other
Tctr 2019	Tctr,	A Modified Thai Yoga exercise program improves walking ability and balance in obese older women	2019	http://www.who.int/trialssearch/Trial2.aspx?TrialID=TCTR20191201001	--	--	--	7d. Case series or other
Terry 2017	Terry, Sarah; Cox, Molly; Linley, Alexandra; Dreer, Laura	Adaptive Yoga for Patients With Vision Impairment	2017	Archives of Physical Medicine & Rehabilitation	98	10	e29-e30	7d. Case series or other
Thygeson 2010	Thygeson, Megan V.; Hooke, Mary C.; Clapsaddle, Jeanine; Robbins, Angela; Moquist, Kristin	Peaceful Play Yoga: Serenity and Balance for Children With Cancer and Their Parents	2010	Journal of Pediatric Oncology Nursing	27	5	276-284	7d. Case series or other
Tooley 2000	Tooley, G. A.; Armstrong, S. M.; Norman, T. R.; Sali, A.	Acute increases in night-time plasma melatonin levels following a period of meditation	2000	Biological Psychology	53	1	69-78	7d. Case series or other
Tran 2015	Tran, H. H.; Weinberg, J.; Sherman, K. J.; Saper, R. B.	Preference and expectation for treatment assignment in a randomized controlled trial of once- vs twice-weekly yoga for chronic low back pain	2015	Global Advances In Health and Medicine	4	1	34-39	7d. Case series or other
Tse 2014	Tse, M. M.; Lee, P. H.; Ng, S. M.; Tsien-Wong, B. K.; Yeung, S. S.	Peer volunteers in an integrative pain management program for frail older adults with chronic pain: study protocol for a randomized controlled trial	2014	Trials [Electronic Resource]	15	--	205	7d. Case series or other

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Valenza 2014	Valenza, Gaetano; Barbieri, Riccardo	Measuring Complexity of Heart Rate Variability in Na ⁺ ve Yoga Practitioners with Insomnia and PTSD	2014	Journal of Alternative & Complementary Medicine	20	5	A132-A132	7d. Case series or other
VanPuymbroeck 2016	Van Puymbroeck, Marieke; Adler, Karen; Portz, Jennifer; Willis, Leslie; Phillips, Chloe; Schmid, Arlene A.	Less Neuropathy After Yoga: Qualitative Perspectives on Improvements Following an 8-week Trial...2016 ACRM / American Congress of Rehabilitation Medicine Annual Conference 30 October - 4 November 2016, Chicago, IL	2016	Archives of Physical Medicine & Rehabilitation	97	10	e39-e40	7d. Case series or other
Wang 2016	Wang, Donna; Hagins, Marshall	Perceived Benefits of Yoga among Urban School Students: A Qualitative Analysis	2016	Evidence-based complementary & alternative medicine (eCAM)	2016	--	1-Jul	7d. Case series or other
Yu 2011	Yu, Shin-Yuan; Wang, Man-Ying; Haines, Michelle; Mulwitz, Lauren; Hashish, Rami; Samarawickrame, Sachithra; Kazadi, Leslie; Greendale, Gail; Salem, George	Lower-extremity Joint Kinematics in Older Adults Performing the Warrior I Pose of Hatha Yoga	2011	Medicine & Science in Sports & Exercise	43	--	936-937	7d. Case series or other
Zacharia 2018	Zacharia, Susan; Taylor, E. Laurette; Branscum, Paul W.; Cheney, Marshall K.; Hofford, Craig W.; Crowson, Michael	EFFECTS OF A YOGA INTERVENTION ON ADULTS WITH LOWER LIMB OSTEOARTHRITIS: A RANDOMIZED CONTROLLED TRIAL	2018	American Journal of Health Studies	33	2	89-98	7d. Case series or other
Nct 2007	Nct,	A Study to Evaluate the Role of Alternative Medicine in Difficult to Treat GERD Patients	2007	https://clinicaltrials.gov/show/NCT00591877	--	--	--	10c. Withdrawn
Nct 2008	Nct,	Evaluation of Yoga for the Treatment of Pediatric Headaches	2008	https://clinicaltrials.gov/show/NCT00726843	--	--	--	10c. Withdrawn
Nct 2009	Nct,	Yoga in Relieving Fatigue in Patients Undergoing Chemotherapy for Ovarian Cancer	2009	https://clinicaltrials.gov/show/NCT00856453	--	--	--	10c. Withdrawn
Nct 2012	Nct,	Evaluation of Nutrition and Metabolism in Breast Cancer Patients	2012	https://clinicaltrials.gov/show/NCT01542216	--	--	--	10c. Withdrawn
Nct 2012	Nct,	Complementary and Alternative Interventions for Veterans With Posttraumatic Stress Disorder	2012	https://clinicaltrials.gov/show/NCT01512303	--	--	--	10c. Withdrawn

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Nct 2012	Nct,	Mindful Yoga Therapy as an Adjunctive Treatment for PTSD Among OEF/OIF Veterans	2012	https://clinicaltrials.gov/show/NCT01521442	--	--	--	10c. Withdrawn
Nct 2012	Nct,	Iyengar Yoga for Chemotherapy-induced Fatigue in Breast Cancer Patients	2012	https://clinicaltrials.gov/show/NCT01686737	--	--	--	10c. Withdrawn
Nct 2013	Nct,	Yoga to Improve Physical Function and Maximal Walking Distance Among Patients With Peripheral Arterial Disease	2013	https://clinicaltrials.gov/show/NCT02007525	--	--	--	10c. Withdrawn
Nct 2015	Nct,	SKY Versus WLC in PTSD	2015	https://clinicaltrials.gov/show/NCT02553252	--	--	--	10c. Withdrawn
Nct 2016	Nct,	Group Yoga Therapy at a College Counseling Center	2016	https://clinicaltrials.gov/show/NCT02662205	--	--	--	10c. Withdrawn
Nct 2016	Nct,	The Impact of Three Distinct Exercise Types on Fatigue, Anxiety, and Depression in Parkinson's Disease	2016	https://clinicaltrials.gov/show/NCT02885285	--	--	--	10c. Withdrawn
Nct 2019	Nct,	Yoga Intervention in Head and Neck Cancer Patients Undergoing Concurrent Chemo-Radiation	2019	https://clinicaltrials.gov/show/NCT04146779	--	--	--	10c. Withdrawn
Nct 2019	Nct,	The Utilization of Yoga as a Therapeutic Tool to Promote Physical Activity Behavior Change and Improved Postural Control in Individuals With Multiple Sclerosis	2019	https://clinicaltrials.gov/show/NCT04113135	--	--	--	10c. Withdrawn