

Nandi Krishnamurthy Manjunath Publications

1. Manjuladevi, T., Mooventhan, A., and **Manjunath, N.K.** (2018) Immediate effect of hot chest pack on cardio-respiratory functions in healthy volunteers: A randomized cross-over study. *Advances in Integrative Medicine*.
2. Vasudha, M.S., **Manjunath, N.K.**, and Nagendra, H.R. (2018). Changes in MIDAS, Perceived Stress, Frontalis Muscle activity, and Non-steroidal anti-inflammatory drugs usage in patients with migraine headache without aura following Ayurveda and Yoga compared to controls: An Open labelled non-randomized study. *Annals of Neurosciences*, 25: 250-260.
3. Nandini, B., Mooventhan, A., and **Manjunath, N.K.** (2018) Add-on effect of hot sand fomentation to yoga on pain, disability, and quality of life in chronic neck pain patients. *Explore: The Journal of Science and Healing*, 28: S1550-8307(17)30363-4.
4. Balakrishnan, R., Nanjundaiah, R.M., **Manjunath, N.K.** (2018). Voluntarily induced vomiting - A yoga technique to enhance pulmonary functions in healthy humans. *Journal of Ayurveda and Integrative Medicine*, 9(3):213-216.
5. Ramajayam, G., Naik, S., **Manjunath, N.K.**, Mehta, U.M., Gangadhar, B.N., and Varambally, S. (2018) Add-on Yoga therapy for Social Cognition in Schizophrenia-a Pilot Study. *International Journal of Yoga*, 11: 242-244.
6. Vhavle, S., Rao, R.M., **Manjunath, N.K.**, and Amritanshram, R. (2018) Effects of a Yoga Program on Health, Behaviour and Learning Ability in School Children: A Single Arm Observational Study. *International Journal of Complementary & Alternative Medicine* 5(1):00138.
7. Sharma, V.M., **Manjunath, N.K.**, Nagendra, H.R., and Ertsey, C. (2018). Combination of Ayurveda and Yoga therapy reduces pain intensity and improves quality of life in patients with migraine headache. *Complementary Therapies in Clinical Practice*, 32: 85-91.
8. Vijayakumar V, Shankar NR, Mavathur R, Mooventhan A, Anju S, **Manjunath NK.** (2018). Diet enriched with fresh coconut decreases blood glucose levels and body weight in normal adults. *Journal of Complementary and Integrative Medicine*, 20:15(3).
9. Jogdand, R., Mooventhan, A., and **Manjunath, N.K.** (2018) Effect of Mud Pack to Eyes on Psychological Variables in Healthy Volunteers: A Pilot Randomized Controlled Trial. *Journal of Complementary and Integrative Medicine*. doi: 10.1515/jcim-2016-0085.
10. Satish, V., Rao, R.M., **Manjunath, N.K.**, Amritanshu, R., Vivek, U., Shreeganes, H.R., and Deepashree, S. (2018). Yoga versus physical exercise for cardio-respiratory fitness in adolescent school children: a randomized controlled trial. *International Journal of Adolescent Medicine and Health*. doi: 10.1515/ijamh-2017-0154.
11. Das S.V., Mooventhan, A., and **Manjunath, N.K.** (2018) A Study on Immediate Effect of Cold Abdominal Pack on Blood Glucose Level and Cardiovascular Functions in Patients with Type 2 Diabetes Mellitus. *Journal of Clinical and Diagnostic Research*. 12(3): 1-4.

12. Saoji, A., Raghavendra, B.R., Madle, K., and **Manjunath, N.K.** (2018). Additional Practice of Yoga Breathing with Intermittent Breath Holding Enhances Psychological Functions in Yoga Practitioners: A Randomized Controlled Trial. *Explore: The journal of Science and Wellbeing*, doi: 10.1016/j.explore.2018.02.005
13. Saoji, A., Raghavendra, B.R., and **Manjunath, N.K.** (2018). Immediate Effect of Yoga Breathing with Intermittent Breath Retention on the Autonomic and Cardiovascular Variables Amongst Healthy Volunteers. *Indian Journal Physiol Pharmacol*, 62(1): 41-50.
14. Saoji, A., Raghavendra, B.R., and **Manjunath, N.K.** (2018). Effects of Yogic Breath Regulation: A Narrative Review of Scientific Evidence. *Journal of Ayurveda and Integrative Medicine*. doi: 10.1016/j.jaim.2017.07.008.
15. Saoji, A., Raghavendra, B.R., and **Manjunath, N.K.** (2018). Immediate Effects of Yoga Breathing with Intermittent Breath Holding on Response Inhibition Amongst Healthy Volunteers. *International Journal of Yoga*, 11: 99-104.
16. Nivethitha, L., Mooventhan, A., **Manjunath, N.K.**, Bathala, L., and Sharma, V.K. (2018). Cerebrovascular Hemodynamics During the Practice of Bhramari Pranayama, Kapalhati and Bahir-Kumbhaka: An Exploratory Study. *Applied psychophysiology and biofeedback*, 43(1), 87-92.
17. Nagasukeerthi, P., Mooventhan, A., and **Manjunath, N.K.** (2017). Short-term effect of add on bell pepper (*Capsicum annum* var. *grossum*) juice with integrated approach of yoga therapy on blood glucose levels and cardiovascular functions in patients with type 2 diabetes mellitus: A randomized controlled study. *Complementary Therapies in Medicine*, 34, 42-45.
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19. Nivethitha, L., Mooventhan, A., **Manjunath, N.K.**, Bathala, L., and Sharma, V.K. (2017). Cerebrovascular hemodynamics during pranayama techniques. *Journal of Neurosciences in Rural Practice*, 8(1), 60-63.
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23. Ragavendrasamy, B., Chirag, S.H., and **Manjunath, N.K.** (2017). Yogic Breathing Practices Improve Lung Functions of Competitive Young Swimmers. *Journal of Ayurveda and Integrative Medicine*, 8(2), 99-104.
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25. Ragavendrasamy, B., Ramesh, M.N., and **Manjunath, N.K.** (2017). Voluntarily Induced Vomiting – Kunjal Kriya: A tool to enhance pulmonary functions. *Journal of Ayurveda and Integrative Medicine*. 9(3): 213–216.
26. Ragavendrasamy B., Ramesh M.N., **Manjunath, N.K.**, and Saini, S. (2016). Yoga: A New Strategy to facilitate Human Adaptation in Antarctica. *The Proceedings of the COMNAP* ISBN: 978-0-473-38699-3.
27. Shankar, N.R., **Manjunath, N.K.**, Mavathur, R., Venugopal, V., Sreedhar, P., Sood, A. and Nagendra, H.R. (2016) Impact of Fresh Coconut on Dietary Intake: A Randomized Comparative Trial. *International Journal of Education and Research in Health Sciences*, 2(4), 64-68.
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32. Das, M., Deepeshwar, S., Subramanya, P., and **Manjunath, N.K.** (2016). Influence of Yoga-Based Personality Development Program on Psychomotor Performance and Self-efficacy in School Children. *Frontiers in Pediatrics*, 15;4:62.
33. Bhargav, H., **Manjunath, N.K.**, Varambally, S., Mooventhan, A., Bista, S., Singh, D., Chhabra, H., Venkatasubramanian, G., Srinivasan, T.M. and Nagendra, H.R. (2016). Acute effects of 3G mobile phone radiations on frontal haemodynamics during a cognitive task in teenagers and possible protective value of Om chanting. *International Review of Psychiatry*. 28(3):288-9.
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