

EFFECT OF SIMPLIFIED KUNDALINI YOGA PRACTICES ON CARDIOPULMONARY VARIABLES AMONG MEN SUFFERING WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE

REFERENCES

1. DeLuca, N. D., Vajta Gomez, J. P., Vital, I., Cahalin, L. P., & Campos, M. A. (2021). The impact of yoga on inspiratory muscle performance in veterans with COPD: a pilot study. *International journal of yoga therapy*, 31(1).Desveaux, L., Lee, A., Goldstein, R., & Brooks, D. (2015). Yoga in the management of chronic disease. *Medical care*, 53(7), 653-661.
2. Kaminsky, D. A., Guntupalli, K. K., Lippmann, J., Burns, S. M., Brock, M. A., Skelly, J., & Hanania, N. A. (2017). Effect of yoga breathing (pranayama) on exercise tolerance in patients with chronic obstructive pulmonary disease: a randomized, controlled trial. *The Journal of Alternative and Complementary Medicine*, 23(9), 696-704.
3. Kumar, A. R., & Valliamma, G. R. (2015). A study on improving physiological and psychological personalities of the students by Vethathiri Maharishi's nine-center meditation using electroencephalography. *International Journal of Educational and Psychological Researches*, 1(2), 166.
4. Lee, S. C., Son, K. J., Han, C. H., Park, S. C., & Jung, J. Y. (2021). Impact of COPD on COVID-19 prognosis: A nationwide population-based study in South Korea. *Scientific reports*, 11(1), 1-8.
5. Persello, C., Wegner, J. D., Hänsch, R., Tuia, D., Ghamisi, P., Koeva, M., & Camps-Valls, G. (2022). Deep learning and earth observation to support the sustainable development goals: Current approaches, open challenges, and future opportunities. *IEEE Geoscience and Remote Sensing Magazine*, 10(2), 172-200.
6. Sharpe, E., Lacombe, A., Sadowski, A., Phipps, J., Heer, R., Rajurkar, S., ... & Bradley, R. (2021). Investigating components of pranayama for effects on heart rate variability. *Journal of Psychosomatic Research*, 148, 110569.
7. Singh, S., & Tripathi, J. S. (2017). Effect of 6 weeks of pranayama on force vital capacity of person with chronic obstructive pulmonary disease. *Int. J. Phy. Edu. Spo*, 2(3), 04-10.
8. Dr.K.Nagarasan, Dr.M.Saradha (2018) Effect of Simplified Kundalini Yoga on Selected Psychological (DASS) variables of College Women Students, *International Journal of Science and Research*, 9(1), 461-463.Doi: 10.21275/ART20204025
9. Dr. Deepa H S, Dr. Basavaraj R (2020) Impact of 12 weeks of yoga training on breath holding time in healthy individuals: A controlled prospective study, *European Journal of Molecular and Clinical Medicine*, 7(11), 9213-9219.
10. L.N Joshi, V.D.Joshi, L.V Gokhale (1992) Effect of Short term Pranayam practice on Breathing rate and ventilatory functions of lung, *Indian J Physiol Pharmacol*, 36(2), 105-108.

11. RK Yadav, S Das (2001) Effect of yogic practice on pulmonary functions in young females. Indian J Physiol Pharmacol. 45(4), 493-496.
12. Shobha Rani Vedala, Abhay B Mane, C. Nliranjan Paul (2014) Pulmonary Functions in yogic and sedentary population, Int J Yoga, 7(2), 155-159, Doi:10.4103/0973-6131.133904
13. Madanmohan, Kaviraja Udupa, A B Bhavanani, P Vijayalakshmi, A Surendiran (2005) Effect of Slow and Fast pranayamas on reaction time and cardiorespiratory variables, Indian J PhysiolPharmacol, 49(3), 313-318
14. A. Suresh, K. Ramachandran, Malar Jayachander (2013) Effect of Kundalini yoga on psychological health in young adults, Indian Association on Health, Research and Welfare. 4(1), 7-13
15. Michael E Hyland, David MG Halpin, Sue Blake, Clare Seemark, Margaret Pinnuck, David Ward, Ben Whalley, Colin J Greaves, Adam L Hawkins and Dave Seemark (2016) Preference for different relaxation techniques by COPD patients: comparison between six techniques. 11, 2315-2319. Doi:10.2147/COPD.S113108
16. MaddegodaGedaraWasantha Ramya Kumari, Herath Kumara BandarageMinrupaSuramraji Karunaratne (2021) A Review on Therapeutic Effect of Kirtan Kriya Yoga, International Journal of Health Science and Research. 11(1), 240-247
17. Holger Cramer, Heidemarie Haller, Petra Klose, Lesley Ward, Vincent CH Chung, Romy Lauche (2019) The risks and benefits of yoga for patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis. 33(12). <https://doi.org/10.1177/0269215519860551>
18. Fulambarker, Ashok MD, Farooki, Basheeruddin MD, Kheir, Fazey, Copur, Ahmet Sinan MD, Srinivasan, Lavanya, Schultz, Stephen (2012) Effect of yoga in chronic obstructive pulmonary disease, American Journal of Therapeutics. 19(2), Doi: 10.1097/Mjt.0b013e3181f2ab86
19. Jocelyn N Garcia-Sesnich, Mauricio Garrido Flores, Marcela Hernandez Rios and Jorge GamonalAravena (2017) Longitudinal and Immediate effect of kundalini yoga on salivary levels of cortisol and activity of alpha-amylase and its effect on perceived stress, International Journal of Yoga, 10(2), 73-80. Doi: 10.4103/ijoy.IJOY_45_16
20. K.K.Indulekha, R.Elangovan (2020) Effect of simplified kundalini yoga on systolic blood pressure and blood sugar among middle aged sedentary women, European Journal of Molecular and Clinical Medicine, 7(9), 1096-1102
21. Prasath S, K. Nagarasan and S. Kalavathi (2017) Kundalini Yoga practices enhances values – an experimental study, International Journal of Science and Consciousness, 3(1), 15-23
22. Katiyar, SK (2006) Role of Pranayama in rehabilitation of COPD patients- a Randomized controlled study, Indian J Allergy Asthma Immunol, 20(2), 98-104