

Manjunath Nk

List of Publications by Year in descending order

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Version: 2024-02-01

35
papers

517
citations

840776

11
h-index

677142

22
g-index

36
all docs

36
docs citations

36
times ranked

563
citing authors

#	ARTICLE	IF	CITATIONS
1	Effect of hot arm and foot bath on heart rate variability and blood pressure in healthy volunteers. <i>Journal of Complementary and Integrative Medicine</i> , 2020, 17, .	0.9	7
2	Yoga versus physical exercise for cardio-respiratory fitness in adolescent school children: a randomized controlled trial. <i>International Journal of Adolescent Medicine and Health</i> , 2020, 32, .	1.3	1
3	Effect of mud pack to eyes on psychological variables in healthy volunteers: a pilot randomized controlled trial. <i>Journal of Complementary and Integrative Medicine</i> , 2019, 16, .	0.9	3
4	Effects of yoga for cardiovascular and respiratory functions: a pilot study. <i>Integrative Medicine Research</i> , 2019, 8, 180.	1.8	2
5	Comparative study on effect of neutral spinal bath and neutral spinal spray on blood pressure, heart rate and heart rate variability in healthy volunteers. <i>Journal of Complementary and Integrative Medicine</i> , 2019, 16, .	0.9	2
6	Effects of yogic breath regulation: A narrative review of scientific evidence. <i>Journal of Ayurveda and Integrative Medicine</i> , 2019, 10, 50-58.	1.7	99
7	Yoga as a safer form of physical activity in type 2 diabetes mellitus: The bidirectional property of yoga in establishing glucose homeostasis. <i>International Journal of Yoga</i> , 2019, 12, 174.	1.0	3
8	Lifestyle - A common denominator for the onset and management of migraine headache: Complementing traditional approaches with scientific evidence. <i>International Journal of Yoga</i> , 2019, 12, 146.	1.0	2
9	Diet enriched with fresh coconut decreases blood glucose levels and body weight in normal adults. <i>Journal of Complementary and Integrative Medicine</i> , 2018, 15, .	0.9	8
10	Moving beyond HbA1c and plasma glucose levels to understand glycemic status in type 2 diabetes mellitus. <i>Journal of Diabetes</i> , 2018, 10, 609-610.	1.8	0
11	Immediate effect of hot chest pack on cardio-respiratory functions in healthy volunteers: A randomized cross-over study. <i>Advances in Integrative Medicine</i> , 2018, 5, 63-68.	0.9	3
12	Voluntarily induced vomiting "A yoga technique to enhance pulmonary functions in healthy humans. <i>Journal of Ayurveda and Integrative Medicine</i> , 2018, 9, 213-216.	1.7	2
13	Cerebrovascular Hemodynamics During the Practice of Bhramari Pranayama, Kapalbhathi and Bahir-Kumbhaka: An Exploratory Study. <i>Applied Psychophysiology Biofeedback</i> , 2018, 43, 87-92.	1.7	8
14	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 Labeled Non-Randomized Study. <i>Annals of Neurosciences</i> , 2018, 25, 250-260.	1.7	8
15	Combination of Ayurveda and Yoga therapy reduces pain intensity and improves quality of life in patients with migraine headache. <i>Complementary Therapies in Clinical Practice</i> , 2018, 32, 85-91.	1.7	8
16	Add-on Effect Of Hot Sand Fomentation To Yoga On Pain, Disability, And Quality Of Life In Chronic Neck Pain Patients. <i>Explore: the Journal of Science and Healing</i> , 2018, 14, 373-378.	1.0	1
17	Additional Practice of Yoga Breathing With Intermittent Breath Holding Enhances Psychological Functions in Yoga Practitioners: A Randomized Controlled Trial. <i>Explore: the Journal of Science and Healing</i> , 2018, 14, 379-384.	1.0	13
18	A pilot study on evaluating cardiovascular functions during the practice of Bahir Kumbhaka (external) Tj ETQq0 0 0 rgBT /Overlock 10 Tf	0.9	6

#	ARTICLE	IF	CITATIONS
19	Effect of a Diet Enriched with Fresh Coconut Saturated Fats on Plasma Lipids and Erythrocyte Fatty Acid Composition in Normal Adults. <i>Journal of the American College of Nutrition</i> , 2017, 36, 330-334.	1.8	10
20	Immediate Effect of Needling at CV-12 (Zhongwan) Acupuncture Point on Blood Glucose Level in Patients with Type 2 Diabetes Mellitus: A Pilot Randomized Placebo-Controlled Trial. <i>JAMS Journal of Acupuncture and Meridian Studies</i> , 2017, 10, 240-244.	0.7	22
21	Yogic breathing practices improve lung functions of competitive young swimmers. <i>Journal of Ayurveda and Integrative Medicine</i> , 2017, 8, 99-104.	1.7	30
22	Short-term effect of add on bell pepper (<i>Capsicum annuum</i> var. <i>grossum</i>) 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. <i>Complementary Therapies in Medicine</i> , 2017, 34, 42-45.	2.7	10
23	Cerebrovascular hemodynamics during pranayama techniques. <i>Journal of Neurosciences in Rural Practice</i> , 2017, 08, 060-063.	0.8	7
24	Influence of Yoga-Based Personality Development Program on Psychomotor Performance and Self-efficacy in School Children. <i>Frontiers in Pediatrics</i> , 2016, 4, 62.	1.9	14
25	Effect of high-frequency yoga breathing on pulmonary functions in patients with asthma. <i>Annals of Allergy, Asthma and Immunology</i> , 2016, 117, 550-551.	1.0	16
26	Effect of Needling at CV-12 (Zhongwan) on Blood Glucose Levels in Healthy Volunteers: A Pilot Randomized Placebo Controlled Trial. <i>JAMS Journal of Acupuncture and Meridian Studies</i> , 2016, 9, 307-310.	0.7	7
27	Acute effects of 3G mobile phone radiations on frontal haemodynamics during a cognitive task in teenagers and possible protective value of Om chanting. <i>International Review of Psychiatry</i> , 2016, 28, 288-298.	2.8	8
28	Effect of integrated approach of yoga therapy on autonomic functions in patients with type 2 diabetes. <i>Indian Journal of Endocrinology and Metabolism</i> , 2015, 19, 653.	0.4	15
29	Changes in Autonomic Variables Following Two Meditative States Described in Yoga Texts. <i>Journal of Alternative and Complementary Medicine</i> , 2013, 19, 35-42.	2.1	61
30	Mid-Latency Auditory Evoked Potentials in 2 Meditative States. <i>Clinical EEG and Neuroscience</i> , 2012, 43, 154-160.	1.7	11
31	Effect of yoga on visual perception and visual strain. <i>Journal of Modern Optics</i> , 2007, 54, 1379-1383.	1.3	3
32	Assessing Depression Following Two Ancient Indian Interventions: Effects of Yoga and Ayurveda on Older Adults in a Residential Home. <i>Journal of Gerontological Nursing</i> , 2007, 33, 17-23.	0.6	88
33	Effect of yoga on self-rated visual discomfort in computer users. <i>Head & Face Medicine</i> , 2006, 2, 46.	2.1	25
34	Shorter Latencies of Components of Middle Latency Auditory Evoked Potentials in Congenitally Blind Compared to Normal Sighted Subjects. <i>International Journal of Neuroscience</i> , 1998, 95, 173-181.	1.6	9
35	A Study on Immediate Effect of Cold Abdominal Pack on Blood Glucose Level and Cardiovascular Functions in Patients with Type 2 Diabetes Mellitus. <i>Journal of Clinical and Diagnostic Research JCDR</i> , 0, , .	0.8	4