Table 1

Authors (Year)	Sample	Mean age	Experimental group intervention (period)	Control group intervention	Outcome variables	Results
Streeter et al.[16]	18-45 years old Yoga subjects (n=19) & walking group (n=15)	NG	Iyengar Yoga Poses (4 weeks)	Walking around gym perimeter at 2.5mph for 60 minutes	Spectroscopy scan of GABA levels, Mood and anxiety (STAI)	Greater effect for mood change (p=.005), Revitalization (p<.001), Tranquillity (p<.001)
Kolk et al.[41]	64 women with chronic treatment resistant PTSD	NR	Typical yoga class included breathing, postures, meditation	-------	PTSD symptoms (CAPS)	Significant decrease in PTSD symptoms (Cohen's d= 1.07)
Rawat et al.[25]	120 school students	NR	Self Knowledge (Atmabodh) & Real Knowledge (Tatva Bodh)- 5 minutes Nadishadhan pranayama-5 minutes, Bhramari pranayama (5 minutes), Om chanting (3 minutes), Savitadhyan (10 minutes)	Wait list control group	Eating Disorder (EDEQ)	Significant reduction in eating disorder (p<.01), shape concern (p<.01), restraint (p<.01),
Manjunath et al.[56]	69 residents of aged home randomly	NR	Physical postures, relaxation techniques, breathing techniques and lectures on yoga philosophy Three months	Two types: Ayurveda (herbal preparation) Waitlist control group	Time taken to fall asleep, Total number of sleep hours, feeling being rested	Significant reduction in time taken to fall asleep (p<.05), significant increase in total number of sleep hours (p<.05) Significant increase in feeling being rested in the morning (p<.05)
Halpern et al.[51]	74 older men and women	NR	Typical yoga class included standing, sitting, prone and supine yoga postures, meditation: breath awareness, sensory awareness, concentration and relaxation (yoga nidra), 2 classes/week for 12 weeks	Wait list control group	Sleep Quality (KSS, ESS, PSQI), Mood States (DASS-42, POMS-SF)	Significant increase in sleep quality (p=.045), sleep efficiency (p=.045), sleep quality (p= .002), DASS-42 Depression (p=.019), DASS-42 Stress (p=.020), POMS fatigue (p=.010), SF-36 vitality (p= .053)

Study	Sample	Mean Age	Intervention	Control	Outcome Measures	Results
Kadachha et al.[53]	60 healthy elderly volunteers aged 60 years and above	NR	Slow dynamic muscle movements (10 min.): shoulder/arm circling, neck rolling; Postures (30 min.): pavanmuktasana (wind elimination pose), Supt matsyendrasana (Supine lord of the fishes pose), SetubandhSarvangasana (Bridge pose), Bhujangasana (Cobra pose), Ardhpashchimottasana (semi-posterior stretch pose), Pashchimottasana (Full anterior stretch pose), parvatasana (sitting mountain pose), Marajari Asana (Cat pose), Trikonanasana (Triangle pose), Virbhadrasana (Warrior pose), Utkatasana (powerful pose), Tadasana (Palm Tree pose), Shavasana for 10 min. (relaxation)	Waitlist Control group	Balance (BBS)	Significant increase in balance (p<.0001)
Chen et al.[50]	139 older adults aged 60 years and above with no previous yoga experience	69.2	Warm up (20 min.): eight postures to loosen the body, (2) Hathyoga (20 min.): seven gentle stretching postures to increase range of motions and progressive muscle relaxation, (3) relaxation (10 min.) (4) guided imagery meditation (15 min.) with 5 minute break between warm up and Hath yoga poses For 70 minutes three times a week for 6 months	Waitlist contro group participated in regular activity programmes in senior centre (arts, craft etc.)	Sleep Quality (PSQI), Depression (TDQ), mental health perception by using SF-36	Significant improvement in sleep quality (p=.000), daytime dysfunction (p=.000), mental health perception (p=.000), depression state (p=.000)
Sharma et al.[17]	19 Male and 11 Females aged 18-45	NR	Practice of Sahaj Yoga for 8 weeks	Waitlist control group	Depression (HAM-D), Anxiety (HAM-	Significant reduction in depression (p<.003), anxiety (p<.003)

				A)		
	years diagnosed of major depression,					
Radhakrishna, et al.[24]	6 autistic children	NR	Warm up exercise: jogging, forward and backward bending, lossening practices: Neck exercises, Waist-back bending exercise, Waist forward bending, Strengthening postures: Trikonanasana (Triangle pose), Veerabhadrasana (Warrior pose), Parvathasana (Mountain pose), Sasankasana (Moon pose) , Calming postures: Sukhasana (cross-legged pose), Shavasana (Corpse pose), Makrasana (crocodile pose) Yogic breathing: preparatory blowing exercise, Sasha Swasa (rabbit), Vyaghraswasa (Tiger breath), Simh Mudra (Lion pose), Hasta PrasaritaSwasa (Hand in and out breathing), Chanting: AAAA, UUUU, MMMM, OMM, short mantras to improve cognitive social and communication skills	------	Autism (ARIF E-2), Imitation (ITB), Repetitive Stereotype (RSBTB)	Consistent improvement in autistic symptoms including focus on objects, communication, language, play, attention and vocal imitation skills
Yoshihara et al.[45]	99 healthy women	NR	Cyclic meditation Yoga : relaxation in supine position (Shavasana), standing at ease and balancing weight on both feet (centering), bending to the right and left (ArdhakatiCakrasana), Forward bending (padaHastasana), Backward bending (Ardhcakrasana),	Wait lit	Psychological symptoms (POMS), Somatization (SCL-90-R)	Significant decrease in depression (p=.01), anger-hostility (p=.020), tension-anxiety (p=.022), fatigue (p=.001), confusion (p=.004), somatization (p= .006), hostility (p= .007),

			supine posture for rest (Shavasana), Rabbit pose (Shasankasana), Half camel pose (ArdhUshtrasana), relaxation in supine position (Shavasana)			
Noggle et al.[44]	51 grade 11 & 12 students registered for physical education	NR	Kripalu Yoga: 5 minute centring including breathing technique, 15 min. warm up, 15 min postures, 5 minute relaxation30 minutes class for 3times/week over 10 weeks	Control group students continued 40 minutes PE classes for 2-3 times per week	Moods (POMS-SF), Affect (PANAS-C), Perceived Stress (PSS), Positive Psychological Attitude (IPPA), Resilience (RS), Anger (STAXI-2), Mindfulness (CAMM),	Significant improvement in total mood disturbance (Cohen's d= 0.689), Tension-Anxiety (Cohen's d = .870)
Tripathi et al.[43]	100 male aged 20-25 years	NR	Warming-up (5 minute), Suryanamaskar (15 minute), ASanas (20 minute) Pranayama (15 minutes), OM chanting (5 minutes), Shavasana (20 minute)	Waitlist control group	Psychology well-being	Significant improvement in well-being
Model et al.[57]	164 first and third stage cancer patients	54.81	Postures, deep breathing techniques, meditation(90 minutes in a week for 12weeks)	Waitlist control group	Health related Quality of Life (FACT-G, FACIT-Sp)	Significant short term effect on social well-being
Bock et al.[31]	55 women exposed to CBT	NR	Vinyas style Yoga beginning with breathing and seated meditation for five minutes and 45 minutes for practice of postures and seated meditation	General health and wellness programme	7-day point prevalence of abstinence from smoking validated through Saliva Cotinine Testing, confidence in quitting, self-efficacy, depressive symptoms	Significant abstinence rate And reduction in anxiety (p=.00), well-being (p = .00), Negative mood (p= .01),

					(CSED-10), Anxiety (STAI)	
Khalsaet al.[38]	Unreported number of rural secondary students	NR	Yoga Ed programme including postures, breathing exercise, visualization and yoga, discussions on yoga philosophy including non-violence, awareness, values and principles etc.	--	Self-Report of Personality (SRP), Mood (POMS-SF), Resilience (RS), Perceived Stress Scale (PSS), Positive Psychological Attitude (IPPA)	Significant improvement in Anger-control (p=.03), Fatigue (p= .02)
Pant et al.[36]	60 10th standard male students	NR	Two levels of practices: Bhujangasana, Ardhshalabhasana, Ardhhalasana, Vakrasana, Chakrasana, Pashchimottsana, yogmudra, Omkar chanting, Ujjaayee pranayama Sarvangasana, Halasana, Bhujangasana, Shalabhasana, Dhanurasana, Ardhmatsyendrasana, Paschimottsana, , Maurasana, Shavasana, Yogmudra, Ujjayi, Bhastrika, Kapalbhati, Om chanting, (2 hrs daily for 6 days in a week for 30 days	Waitlist	Examination Anxiety, Academic stress, and depression	Significant reduction in examination anxiety, depression and academic stress at p<.01
Jindani et al.[40]	88 individuals with PTSD symptoms (9 males & 71 females)	NR	Kundalini Yoga including warm-up postures, loosening exercise, breathing techniques, meditation, cultivation of mid-body awareness, deep supine relaxation, discussions on physical and philosophical aspects of Yoga	Waitlist control group	Post-traumatic stress (PCL-17), Resilience (RS), Affect (PANAS, Mindfulness (FFMQ) , Insomnia (ISI), Perceived Stress (PSS), Depression Anxiety and	Significant improvement in PTSD symptoms (p<.05), Insomnia (p<.05), Affect (p<.05), Stress (p<.05), Resilience (p<.05), Anxiety (p<.05),

					Stress (DASS21)	
Banerjee et al.[10]	68 II & III stage breast cancer patients undergoing radiotherapy	44	Stretching and loosening practices, deep relaxation, breathing meditation, guided imagery of cancer cells, group awareness, chanting of sounds according to respective religious beliefs, yoga nidra (90 minutes during a day for 6 weeks)	Supportive counselling, advice to take light exercise	Anxiety, Depression,	Significant effect on anxiety (p<.001), depression (p<.001) & Perceived Stress (p<.001) Perceived Stress
Bower et al.[49]	31 Normal & II Stage Breast Cancer patients	53.9	Typical class included SuptbadhKonasana(10 minutes), Setubandhsarvangasana on bolster (5 min), Adhomukhashvanasana (5 Min), SalambaSirsasana (5 min), ViparitDandasana (5 min), Setubandhsarvangasana on wooden bench (5 min), ViparitKarni (10 min), Shvasana (10 min) Breathing techniques (90 minutes twice weekly in 4-6 women groups for 12 weeks)	Health education for 120 minutes once in a week for 12 weeks	Perceived Stress (PSS), Depression (BDI)	Significant effect on depression (p<.026) and clinical effect on vitality
Carson et al.[18]	37 I & II stage breast cancer patients	54.4	A typical class consisted of 40 min. of stretching poses (seating forward folds, supine lateral twists), 10 min. of breathing technique (extended exhalation, breathing into sensation), 20 minute of study of pertinent topics (Swadhyay e.g. themes such as watching oneself with the intention to understand rather than judge) and 25 minute of group discussions (satsanga,	Waitlist	Diary reporting for negative mood, symptom related distress	Significant effect on perceived stress (p<.0001)

			discussions of experiences of practising at home) (120 minutes in a week for 8 weeks)			
Raghvendra et al.[46]	98 II & III stage breast cancer patients undergoing chemotherapy	NG	Postures, breathing techniques, relaxation with imagery, chanting (30 minutes for 4 times in a day for 10 days)	Brief supportive therapy(30 minutes for Days)	Health-related QOL (FLIC), Anxiety (STAI), Depression (BDI), Symptom Distress (Subjective Symptom checklist)	Significant effect on Depression (p<.001), Symptom Distress (p<.001), Health-related QOL (p<.001),
Vadiraja et al.[59]	88 II & III stage breast cancer patients undergoing radiotherapy	47.23	Postures, deep-breathing, relaxation with imagery, meditation(60 minutes for 3 times in a week for 6 weeks)	Brief supportive therapy(15 minutes every 10 days for 6 weeks)	Health-related QOL (EORTC QLQ-C30), Anxiety (HADS), Positive and Negative Affect (PANAS)	Significant effect on anxiety (p<.001), positive affect (p=.007), perceived stress (p<.001), Psychological distress (p<.001)
Johna	52 females high in emotional eating in response to stress	NG	26 Hathayoga postures of Bikram Yoga style, 2 breathing practices & 2 relaxing postures (90 minutes twice a week during 9 weeks)	Waitlist (9 weeks)	Distress tolerance (PSQ), Emotional eating (DEES)	Greater reduction in distress tolerance (Cohen's d= 0.82), Reduction in emotional eating (Cohen's d = 0.92)
Telles et al.[58]	290 professional computer users (Yoga group=146, control =145)	NG	Typical class included posture (Asana, 15 minutes), joint exercise(Shithilikaranvyayama, 10 minutes), breathing practice (Pranayama, 10 minutes), visual cleansing (Trataka, 10 minutes) & guided relaxation (15 minutes), (60 minutes yoga daily for 5 days in a week during 60 days)	Recreational actives for same duration as experimental group	Visual discomfort	Significant reduction in visual discomfort (p<.001)
Jadhav et al.[52]	50 first year Naturopathy	NR	Yoga (details not given)	Waitlist control group	Anxiety (STAI)	Significant reduction in state anxiety (p<.001), trait anxiety (p<.001)

and Science
course
students