

## Publications

**Note: 1. All publications in journals are indexed in an international bibliographic databases, e.g. PubMed, PsycLit.**

**2. Author for correspondence is underlined.**

1. Singh, N., and Telles, S. (2015). Neurophysiological effects of meditation based on evoked potential recordings. *BioMed Research International* [In Press].
2. Telles, S., Singh, N., and Balkrishna, A. (2015). Augmenting brain function with meditation: can detachment coincide with empathy? *Frontiers in Systems Neuroscience* [In Press]
3. Sharma, S. K., Telles, S., Prabhu, G., Kumar, A., and Kumar, P. (2015). Silence in a spiritual master increases vagal tone during two meditative states: A single case study. *Indian Journal of Physiology and Pharmacology*, 59(1).
4. Telles, S., Pathak, S., Kumar, A., Mishra, P., and Balkrishna, A. (2014). Intensity and duration of yoga practice predict anxiety and depression scores associated with chronic illness. *Annals of Medical and Health Sciences Research*, [In Press].
5. Tyagi A, Cohen M, Reece J, Telles S. (2014). An explorative study of metabolic responses to mental stress and yoga practices in yoga practitioners, non-yoga practitioners and individuals with metabolic syndrome. *BMC complementary and alternative medicine*, 15;14(1):445.
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7. Telles, S., Sharma, S. K., and Balkrishna, A. (2014). Blood pressure and heart rate variability during a yoga based alternate nostril breathing practice and breath awareness. *Medical Science Monitor*, [In Press].
8. Monro, R., Bhardwaj, A. K., Gupta, R. K., Telles, S., Allen, B., and Little, P. (2014). Disc extrusions and bulges in nonspecific low back pain and sciatica: Exploratory randomised controlled trial comparing yoga therapy and normal medical treatment. *Journal of Back and Musculoskeletal Rehabilitation*, [In Press].

9. Telles, S., Singh, D., Naveen, K.V., and Subramanya, P. (2014). Long Latency Auditory Evoked Potentials during Meditation. *Clinical EEG and neuroscience*, pii:1550059414544737.
10. Saini, R., Telles, S. (2014). Yoga: A Natural Approach to Oral Health. *International Journal of Experimental Dental Science*. 2 pages.
11. Telles, S., Pathak, S., Singh, N., and Balkrishna, A. (2014). Research on Traditional Medicine: What Has Been Done, the Difficulties, and Possible Solutions. *Evidence-Based Complementary and Alternative Medicine*. Article ID 495635, 5 pages.
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13. Telles, S., Sharma, S. K., Yadav, A., Singh, N., and Balkrishna, A. (2014). Immediate changes in muscle strength and motor speed following yoga breathing. *Indian Journal of Physiology and Pharmacology*, 58(1):22-29.
14. Telles, S. and Singh, N. (2013). Science of the mind: ancient yoga texts and modern texts. In: P.R. Muskin, P.L. Gerbarg and R.P. Brown (eds) *Complementary and Integrative Therapies for Psychiatric Disorders. Psychiatric Clinics of North America, U.S.A.: Elsevier*.
15. Telles, S., Kozasa, E., Bernardi, L., and Cohen. M. (2013). Yoga and Rehabilitation: Physical, Psychological, and Social. *Evidence-Based Complementary and Alternative Medicine*. Article ID 624758, 2 pages.
16. Delgado-Pastor, L. C., Perakakis, P., Subramanya. P., Telles. S., and Vila. J. (2013). Mindfulness (Vipassana) meditation: Effects on P3b event-related potential and heart rate variability. *International Journal of Psychophysiology*, 90:207-214.
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18. Telles, S., Yadav, A., Bhardwaj, A. K., and Singh, N. (2013). A review of the effect of yoga, ayurveda and tai chi on depression in older adults, *India Journal of Ancient Medicine and Yoga*, 6(4):41-48.

19. Telles, S., Yadav, A., Gupta, R. K., and Balkrishna, A. (2013). Reaction time following yoga bellows type breathing and breath awareness, *Perceptual and Motor Skills*, 117(4):1-10.
20. Telles, S., Yadav, A., Sharma, S., and Balkrishna, A. (2013). Body fat, cholesterol, triglycerides, and adipokines as predictors of waist circumference in overweight and obese adults. *Medical Science Monitor*, 19:571-578.
21. Telles, S., Yadav, A., Bhardwaj, A. K., Sharma, S., and Singh, N. (2013). Patanjali Yogpeeth, Haridwar: An Ayurveda center which includes treatment, research and education, *Journal of Ayurveda and Integrative Medicine*, 4(2):120-122.
22. Telles, S., Yadav, A., Kumar, N., Sharma, S., Naveen, K. V., and Balkrishna, A. (2013). Blood pressure and Purdue pegboard scores in hypertensives after alternate nostril breathing, breath awareness, and no intervention. *Medical Science Monitor*, 19(1):61-66.
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