

# Contents

## Part I Introduction

- 1 **Cardiology: A Primer for the Uninitiated.** . . . . . 3  
Indranill Basu-Ray and Dibbendhu Khanra
- 2 **Addressing the Common Risk Factors for Reducing  
the Burden of Cardiovascular Diseases: The Impact of Yoga.** . . . 39  
K. Srinath Reddy and Manu Raj Mathur
- 3 **The Nature, Meaning, and Practice of Yoga:  
Traditional Base Meets Scientific Rigor** . . . . . 45  
Paul Dallaghan and Indranill Basu-Ray
- 4 **Yoga in the Management of Cardiovascular Disease:  
A Brief Introduction** . . . . . 55  
Gregory Fricchione

## Part II Pathophysiology

- 5 **Mechanistic Model for Yoga as a Therapeutic Modality in  
Cardiovascular Disease.** . . . . . 69  
Indranill Basu-Ray
- 6 **The Anatomical, Physiological and Neurochemical Correlates  
of Yoga** . . . . . 81  
Mrithunjay Rathore
- 7 **Cardiovascular Influence of Yoga Assessed with  
Heart Rate Variability Measures** . . . . . 89  
Inbaraj Ganagarajan, Kaviraja Udupa, and T. N. Sathyaprabha
- 8 **Mechanisms and Biomarkers to Understand Impacts  
of Yoga in Cardiovascular Diseases** . . . . . 97  
Chainika Khatana, Neeraj K. Saini, Priyanka Thakur,  
Reena V. Saini, and Adesh K. Saini
- 9 **Stress and the Autonomic Nervous System:  
Implication of Yoga** . . . . . 105  
Kaviraja Udupa, Ananda Balayogi Bhavanani,  
and Meena Ramanathan

- 10 Neurobiological Effects of Yoga on Stress Reactivity** . . . . . 117  
Michaela C. Pascoe, David R. Thompson, and Chantal F. Ski
- 11 Mind and Cardiovascular Disease: Mechanism of Interrelationship** . . . . . 123  
Sanjay S. Phadke and Leena S. Phadke

### Part III Imaging and Laboratory Techniques

- 12 Next-Generation Techniques for Validating Yoga Effect on the Cardiovascular System** . . . . . 137  
Kochhar Kanwal Preet, Yadav Raj Kumar, Sunil, and Shweta Sharma
- 13 Yoga and Neuroimaging Current Status of Evidence** . . . . . 151  
Sumana Venugopal, Venkataram Shivakumar, Bharath Holla, Shivarama Varambally, and B. N. Gangadhar

### Part IV Yoga for Various Cardiovascular Diseases

- 14 Yoga: A Holistic Approach for Cardiac Arrhythmia** . . . . . 161  
Indranill Basu-Ray and Anindya Mukherjee
- 15 Cardiometabolic Syndrome and Effects of Yoga** . . . . . 167  
Sridip Chatterjee and Puneet Bhattacharya
- 16 Role of Yoga in Prevention and Management of Type 2 Diabetes Mellitus (T2DM) and Its Complications** . . . . . 197  
Kashinath Metri, R Nagaratna and Amit Singh
- 17 Yoga and Obesity** . . . . . 205  
Ravi Kant and Nisha Batra
- 18 Yoga for Dyslipidemia** . . . . . 223  
Jaideep Arya, Prashant Verma, Deepali Mathur, Rahul Tyagi, Virraaj Pannu, and Akshay Anand
- 19 Yoga for Primary and Secondary Prevention of Coronary Heart Disease** . . . . . 243  
Subhash Chander Manchanda and Kushal Madan
- 20 Role of Yoga in Stroke Management: Current Evidence and Future Directions** . . . . . 253  
Nishitha Jasti, Ashok Vardhan Reddy, Kishore Kumar Ramakrishna, Hemant Bhargav, and Girish Baburao Kulkarni
- 21 Meditation and Yoga in the Treatment of Addictive Disorders** . . . . . 267  
Debesh Mallik, Tyree Dingle, and Sarah Bowen

- 22 Yoga and Cardiovascular Disease Prevention in African Americans and Hispanics** . . . . . 277  
Keith C. Norris and Bettina M. Beech
- 23 Yoga in the Management of Arterial Hypertension** . . . . . 285  
Laura Tolbaños-Roche, Praseeda Menon, and Subodh Tiwari
- 24 Meditation in Prevention and Treatment of Cardiovascular Disease: An Evidence-Based Review** . . . . . 303  
Robert H. Schneider, Komal Marwaha, and John Salerno
- 25 Yoga for Heart Failure** . . . . . 327  
Paula R. Seffens (aka Pullen), Aneesha Thobani, William S. Seffens, Senait Asier, and Puja K. Mehta
- 26 Yoga for Mental Health and Comorbidities** . . . . . 335  
Praerna Hemant Bhargav, Hemant Bhargav, Rashmi Arsappa, and Shivarama Varambally
- 27 Role of Yoga and Meditation in Palliative Care** . . . . . 345  
Dibbendhu Khanra, Anindya Mukherjee, Shishir Soni, and Indranill Basu-Ray
- 28 Yoga-Based Cardiac Rehabilitation Program for Cardiovascular Health** . . . . . 351  
Ambalam M. Chandrasekaran, Dorairaj Prabhakaran, and Sanjay Kinra
- 29 Yoga as a Potential Intervention for Preventing Cardiac Complications in COVID-19: Augmenting Immuno-Modulation and Bolstering Mental Health** . . . . . 367  
Indranill Basu-Ray and Kashinath Metri
- Part V Appendix**
- 30 Dinacharya the Daily Routine and Ritucharya the Seasonal Routine for Yogic Lifestyle** . . . . . 383  
Dilip Sarkar
- 31 Yogic Diet and its Anti-inflammatory Effect in Relation to CVD** . . . . . 395  
Kanwal Preet Kochhar, Sunil, Tamoghna Ghosh, and Jyoti Arora
- 32 Principles of Diet for a Yogic Lifestyle** . . . . . 405  
Gauri Junnarkar