

**Enclosure- 3.4.9**  
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1	Phytochemical Profile, Pharmacological Attributes and Medicinal Properties of Convolvulus prostratus – A Cognitive Enhancer Herb for the Management of Neurodegenerative Etiologies	A Balkrishna, P Thakur, A Varshney	Frontiers in Pharmacology	2020	Scopus, PubMed	10
2	Super critical fluid extracted fatty acids from Withania somnifera seeds repair psoriasis-like skin lesions and attenuate pro-inflammatory cytokines (TNF- $\alpha$ and IL-6) release	A Balkrishna, P Nain, A Chauhan, N Sharma, A Gupta, R Ranjan, A Varshney	Biomolecules	2020	Scopus, PubMed	39
3	Application of humanized zebrafish model in the suppression of SARS-CoV-2 spike protein induced pathology by tri-herbal medicine coronil via cytokine modulation	A Balkrishna, SK Solleti, S Verma, A Varshney	Molecules	2020	Scopus, PubMed	32
4	Body Temperature and Energy Expenditure During and After Yoga Breathing Practices Traditionally Described as Cooling	S Telles, K Gandharva, SK Sharma, RK Gupta, A Balkrishna	Medical science monitor basic research	2020	Scopus, PubMed	11
5	Herbo-mineral formulation 'Ashwashila'attenuates rheumatoid arthritis symptoms in collagen-antibody-induced arthritis (CAIA) mice model	A Balkrishna, SS Sakat, K Joshi, S Paudel, D Joshi, K Joshi, R Ranjan, A Gupta, K Bhattacharya, A Varshney	Scientific reports	2019	Scopus, PubMed	17
6	Anti-Acetylcholinesterase activities of mono-herbal extracts and exhibited synergistic effects of the phytoconstituents: a biochemical and computational study	A Balkrishna, S Pokhrel, M Tomer, S Verma, A Kumar, P Nain, A Gupta, A Varshney	Molecules	2019	Scopus, PubMed	37
7	Mental wellbeing, quality of life, and perception of chronic illness in yoga-experienced compared with yoga-naïve patients	S Telles, RK Gupta, A Kumar, DK Pal, D Tyagi, A Balkrishna	Medical science monitor basic research	2019	Scopus, PubMed	11
8	Changes in Shape and Size Discrimination and State Anxiety After Alternate-Nostril Yoga Breathing and Breath Awareness in One Session Each	S Telles, B Vishwakarma, RK Gupta, A Balkrishna	Medical science monitor basic research	2019	Scopus, PubMed	11

9	Colchicine: Isolation, LC–MS QTOF screening, and anticancer activity study of <i>Gloriosa superba</i> seeds	A Balkrishna, SK Das, S Pokhrel, A Joshi, S Verma, VK Sharma, V Sharma, N Sharma, CS Joshi	Molecules	2019	Scopus, PubMed	24
10	Increased mental well-being and reduced state anxiety in teachers after participation in a residential yoga program	Shirley Telles, Ram Kumar Gupta, Abhishek Kumar Bhardwaj, Nilkamal Singh, Prabhat Mishra, Deepak Kumar Pal, Acharya Balkrishna	Medical science monitor basic research	2018	Scopus, PubMed	11
11	Hemisphere specific EEG related to alternate nostril yoga breathing	S Telles, RK Gupta, A Yadav, S Pathak, A Balkrishna	BMC research notes	2017	Scopus, PubMed	14
12	Characteristics of yoga practitioners, motivators, and yoga techniques of choice: A cross-sectional study	S Telles, SK Sharma, N Singh, A Balkrishna	Frontiers in public health	2017	Scopus, PubMed	11
13	Alternate-nostril yoga breathing reduced blood pressure while increasing performance in a vigilance test	S Telles, S Verma, SK Sharma, RK Gupta, A Balkrishna	Medical science monitor basic research	2017	Scopus, PubMed	11
14	Heart rate variability in chronic low back pain patients randomized to yoga or standard care	S Telles, SK Sharma, RK Gupta, AK Bhardwaj, A Balkrishna	BMC complementary and alternative medicine	2016	Scopus	40
15	A functional near-infrared spectroscopy study of high-frequency yoga breathing compared to breath awareness	S Telles, RK Gupta, N Singh, A Balkrishna	Medical science monitor basic research	2016	Scopus, PubMed	11