

## Dr. Shirley Telles

### Publications

Note: Author for correspondence underlined.

1. Telles, S., Naveen, K.V., and Balkrishna, A. (2010). Meditation and attention: a comment on a recent article. *Perceptual and Motor Skills*, 111(3): 1-3.
2. Telles, S. (2010). Responses to the comments made by David S. Shannahoff-Khalsa [IJPP 2009; 53(1): 102-104] on the short communication "Immediate effects of right and left nostril breathing on verbal and spatial memory scores" [IJPP 2008; 52: 197-200]. *Indian Journal of Physiology and Pharmacology*, [In Press].
3. Telles, S., Naveen, K.V., Kumar, N., and Balkrishna, A. (2010). The effect of yoga on neuroticism in an Indian population varies with sociodemographic factors. *Journal of Cultural Diversity*, [In Press].
4. Telles, S., and Balkrishna, A. (2010). Yoga and diet change influence renal functions in the obese. *Medical Science Monitor*, 16(10): LE15
5. Telles, S. (2010). A theory of disease from ancient yoga texts. [Comment to: Vithoulkas, G., and Carlino, S. The continuum of a unified theory of diseases. *Medical Science Monitor*, 16 (2): SR 7-15]. *Medical Science Monitor*, 16(6): LE9.
6. Kumar, S., Nagendra, H. R., Manjunath N. K., Naveen K. V., and Telles, S. (2010). Meditation on OM: relevance from ancient texts and contemporary science. *International Journal of Yoga*, 3(1): 2-5.
7. Telles, S., Singh, N., Joshi, M, Balkrishna, A. (2010). Post traumatic stress symptoms and heart rate variability in Bihar flood survivors following yoga: a randomized controlled study. *Biomed Central Psychiatry*, 10(1):18.
8. Telles, S., Naveen, V. K., Balkrishna, A. (2010). Serum leptin, cholesterol and blood glucose levels in diabetics following a yoga and diet change program Comment to: Statins and beta-cell function Lei Qian, Lihong Xu, Yi Lin, Yongde Peng. *Medical Science Monitor*, 16(3):LE4-5.
9. Telles, S., Naveen, K.V., Balkrishna, A., and Kumar, S. (2010). Short term health impact of a yoga and diet change program on obesity. *Medical Science Monitor*, 16(1):CR35-40.

10. Patra S., and Telles S. (2010). Heart rate variability during sleep following the practice of cyclic meditation and supine rest. *Applied Psychophysiology and Biofeedback*, 35(2): 135-40
11. Telles, S., Gaur, V., and Balkrishna, A. (2009). Effect of a yoga practice session and a yoga theory session on state anxiety. *Psychological Reports*, 109(3): 924-30.
12. Kumar, S., and Telles, S. (2009). Meditative states based on yoga texts and their effects on performance of a cancellation task. *Perceptual and Motor Skills*, 109(3): 679-89.
13. Subramanya, P., and Telles, S. (2009). Performance in psychomotor tasks following two yoga based relaxation techniques. *Perceptual and Motor Skills*, 109(2): 563-76.
14. Telles, S. (2009). Practicing yoga postures possibly increases relaxation and reduces anxiety comment to: Formulations of dietary supplements and herbal extracts for relaxation and anxiolytic action: Relarian, Benjamin S. Weeks, *Medical Science Monitor*, 15(11): RA256-262.
15. Telles, S., Singh, N., and Joshi, M (2009). Risk of posttraumatic stress disorder and depression in survivors of the Bihar floods. *Indian Journal of Medical Sciences*, 63(8): 330-34.
16. Subramanya, P., and Telles, S. (2009). Effect of two yoga-based relaxation techniques on memory scores and state anxiety. *Biopsychosocial Medicine*, 3(1): 8-12.
17. Subramanya, P., and Telles, S. (2009). Changes in middle latency auditory evoked potentials following two yoga based relaxation techniques. *Clinical EEG and Neuroscience*, 40(3): 190-195.
18. Subramanya, P., Manjunath, N. K., and Telles, S. (2009). Effect of yoga on tasks for manual and tweezer dexterity. *Journal of Indian Psychology*, 27(1&2): 9-12
19. Singh, N., and Telles, S. (2009). Heart rate variability and state anxiety in hypertensives and diabetes after one week of yoga. *Journal of Indian Psychology*, 27(1&2): 13-20
20. Patra, S. and Telles, S. (2009). Positive impact of cyclic meditation on subsequent sleep. *Medical Science Monitor*, 15(7): CR375-81.
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24. Telles, S., Dash, M. and Naveen, K.V. (2009). Effect of yoga on musculoskeletal discomfort and motor functions in professional computer users. *Work*, 33: 1-10.
25. Naveen K. Visweswaraiyah and Telles, S. (2009). Indian medicine in the management of GERD. *Alternative and Complimentary Therapies*, 15(1): 32-33.
26. Telles, S., Raghuraj, P., Arankalle, D. and Naveen, K.V. (2008). Immediate effect of high-frequency yoga breathing on attention. *Indian Journal of Medical Sciences*, 62(1): 20-22.
27. Telles, S., Patra, S., Montesoo, S., and Naveen, K.V. (2008). Effect of yoga on somatic indicators of stress in healthy volunteers. *Journal of Indian Psychology*, 26(1&2): 52-57.
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33. Telles, S. Nagesh Shreevidya and Naveen K.V. (2007). A comparison of the bilateral elbow joint position in yoga and non-yoga practitioners. *Journal of Indian Psychology*, 25: 1-5.
34. Padmasri, G. and Telles, S. (2007). Frontalis EMG amplitude during relaxation changes during yoga relaxation based on initial levels. *Journal of Indian Psychology*, 25: 16-23.
35. Telles S. Puttige, R. and Kalkuni Visweswaraiyah, N. (2007).An Ayurvedic basis for using honey to treat herpes Comment to: Topical honey application vs. acyclovir for the treatment of the recurrent herpes simplex lesions. *Medical Science Monitor*. 13(11): LE17-17.
36. Telles, S., Naveen, K.V. and Dash, M. (2007). Yoga reduces symptoms of distress in tsunami survivors in the Andaman Islands. *Evidence-based Complementary and Alternative Medicine*, 4(4): 503-509.
37. Telles, S., Raghuraj, P., Maharana, S. and Nagendra H.R. (2007). Immediate effect of three breathing techniques on performance in a letter cancellation task. *Perceptual and Motor Skills*, 104(3 Pt2):1289-1296.
38. Krishnamurthy, M.N. and Telles, S. (2007). Assessing depression following two ancient Indian interventions: effects of yoga and ayurveda on older adults in a residential home. *Journal of Gerontological Nursing*, 33(2): 17-23.
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48. Telles, S. Naveen, K.V., Dash, M., Deginal, R. and Manjunath N.K. (2006). Effect of yoga on self-rated visual discomfort in computer users. *Head and face Medicine* 3 (2): 46.
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52. Telles, S., Raghuraj, P., Ghosh, A. and Nagendra, H.R. (2006). Effect of yoga on performance in a mirror tracing task. *Indian Journal of Physiology and Pharmacology*, 50 (2): 187-190.
53. Telles, S. (2005). Oriental approaches to masculine and feminine subtle energy principles. *Perceptual and Motor Skills*, 100(2): 292-294.
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#### **Chapters in books/ conference proceedings**

1. Telles, S. (2008). Yoga research in India. Monograph: A Status Report of Research in India. Published by C.S.I.R., Government of India.
2. Telles, S. (2006). Yoga and rehabilitation: an overview. In: A.B. Taly, A. Srivastava, T. Murali, K.P.S. Nair, and B.M. Maheswarappa. (eds.) *Regeneration, repair and*

*rehabilitation: redefined*. Bangalore; National Institute of Mental Health and Neurosciences, pp. 107-110.

3. Telles, S., and Raghuraj, P. (2004). Changes in perception following yoga practice. In: N. Bhattacharya, and B.H. Paudel. (eds.) *Emerging concepts in yoga and lifestyle*. Dharan, Nepal; B.P. Koirala Institute of Health Sciences, pp. 21-24.
4. Telles, S., and Naveen, K.V. (2003). Therapeutic application of yoga. In: P.K. Bhattacharya. (ed.) *Medicine Update*-Vol. VII. Dibrugarh; The Association of Physicians of India-Assam State Chapter, pp.745-748.
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### **Books Published**

1. Telles, S. (1994). *A Glimpse of the Human Body: Its' structure and functions*. Vivekananda Kendra Prakashan: Bangalore. ISBN No.81-87313-05-6.
2. Nagendra, H.R. & Telles, S. (1994). *Research Methods*. Vivekananda Kendra Prakashan: Bangalore. ISBN No.81-8733-11-0.