Research on the Psychophysiological Effects of Yoga
and other Mind/Body Disciplines


Sudsuang, R., V. Chentanez, and K. Veluvan. Effect of Buddhist meditation on serum cortisol and total protein levels, blood pressure, pulse rate, lung volume and reaction time. *Physiology and Behavior*, Sep 1991, 50(3); 543-548. PMID:1801007.


Research on the Effects of Yoga and Meditation on Addiction


