

Department of Intramural Research,
Office of Research & development,
National Institute of Naturopathy, Pune

NIN Publications

1. Arankalle DV, Wardle J, Nair PMK. (2016) **Alternate hot and cold application in the management of heel pain:a pilot study.** The Foot (In Press)
2. Nair PMK. (2016). **Clinical Roundup: Selected Treatment Options for Diabetes.** Alternative and Complementary Therapies. (In Press)
3. Jainraj R, Nair PMK, Khawale P. (2016) **Immediate effect of cool spinal bath on blood pressure of healthy volunteers- Results of a single arm study .** Advances in Integrative Medicine. (In Press)
4. Nair PMK, Khawale P. (2016) **Role of therapeutic fasting in women's health: An overview.** J Mid-life Health .7:61-4
5. Nair PMK. (2016) **Naturopathy and yoga in ameliorating multiple hormonal imbalance: a single case report.** Int J Reprod Contracept Obstet Gynecol.5:916-8.
6. Nair PMK, Sriloy M, Jainraj R. **Knowledge, attitude and practice of therapeutic fasting among naturopathy physicians: A cross sectional National survey.** Journal of Fasting and Health. 2015;3:146-50.
7. Nair PMK, Sriloy M, Salwa H, Sathyanath D. **Evidence for Naturopathic and yogic interventions to augment the effects of ART care as an adjuvant therapy- A parallel matched control study.**International Journal of Clinical and Biomedical Research.2016;2
8. Shathirapathiy G, Nair PMK, Hyndavi S. **Effect of starch-fortified turmeric bath on psoriasis: a parallel randomized controlled trial.** Focus on Alternative and Complementary Therapies.2015; 20: 125–129.
9. Pranav K, Sriloy M. Verma M. **A Short Term Naturopathic Intervention to Improve the Cognitive Functions and Quality of Sleep in University Students- A Preliminary Study.** International Journal of innovative research & development .2015;4:454-458.

Department of Intramural Research,
Office of Research & development,
National Institute of Naturopathy, Pune

10. Sriloy M, Nair PMK, Pranav K, Sathyanath D. **Immediate effect of manual acupuncture stimulation of four points versus slow breathing in declination of blood pressure in primary hypertension—A parallel randomized control trial.** *Acupuncture and Related Therapies.*2015;3: 15-18
11. Nair PMK, Arankalle DV, Sriloy M, Sathyanath D. **Effectiveness of Naturopathic Interventions on Reducing the Erythrocyte Sedimentation Rate in Patients with Chronic Inflammatory Disorders.** *International Journal of innovative research & development.* 2015;4: 183-186.
12. Joseph B, Nair PM, Nanda A. **Effects of naturopathy and yoga intervention on CD4 count of the individuals receiving antiretroviral therapy-report from a human immunodeficiency virus sanatorium, Pune.** *Int J Yoga* 2015; 8:122-7.
13. Nair PM, Nanda A. **Naturopathic medicine in India.** *Focus Altern Complement Ther* 2014; 19:140-7.
14. Arankalle DV, Nair PM. **Effect of electro-acupuncture on function and quality of life in Parkinson's disease: A Case Report.** *Acupuncture in Medicine* 2013; 31:235-38.
15. Arankalle DV. **Integrating naturopathy and yoga in management of musculoskeletal disorders.** *International Journal of Preventive Medicine* 2013; 4:120-1.
16. Arankalle DV, Joseph B. **Naturopathy lifestyle intervention: A new dimension in HIV care.** *J Altern Complement Med* 2013; 19:480-1.
17. Arankalle DV, Kumar M. **A Single-Group Pre-test Post-test Assessment of a 4-week Yoga Training Protocol on Obese Adults.** *International Scientific Yoga Journal SENSE* 2013; 3:22-29.
18. Arankalle DV, Nair PM. **Clinical Roundup: Selected Treatment Options for Chronic Musculoskeletal Pain.** *Alternative and Complementary Therapies* 2013; 19:49-58.
19. Arankalle DV, Sundaran J, Raghuraj P. **Critical view on trends in hydrotherapy research.** *International Journal of Naturopathic Medicine* 2013 4:693-5.
20. Nair PMK, Nanda A, Arankalle D. **Clinical Roundup: Selected Treatment Options for Peripheral Neuropathy.** *Alternative and Complementary Therapies* 2013; 19:162-171.
21. Arankalle DV. **Clinical Roundup: Selected Treatment Options for Attention-Deficit Hyperactivity Disorder.** *Alternative and Complementary Therapies* 2012;18:329-335.

Department of Intramural Research,
Office of Research & development,
National Institute of Naturopathy, Pune

Papers under review

1. Salwa H, Nair PMK. **Role of Naturopathy and Yoga in Addressing Health behaviour change at a primary care level** (review with Journal of Integrative medicine)
2. Arankalle DV, Wardle J, Nair PMK. **Alternate hot and cold application in the management of heel pain: a pilot study.** (review with The Foot journal)
3. Sriloy M, Nair PMK. **The effectiveness of asthma bath on lung functions of healthy volunteers: a randomized pilot study.** (review with Journal of Traditional and Complementary Medicine)

Ongoing Projects:

1. Nair PMK, Nema V, Salwa H, Satyalakshmi K. **Can yoga reverse the progression of T2DM. A gut microbiota analysis in Insulin resistant and obese individuals- A observational study**
2. Satyalakshmi K, Nair PMK, Salwa H. **Naturopathy and Yoga as a primary prevention model in addressing modifiable cancer risk factors. A pilot parallel Randomised control Trial.** (Awaiting AYUSH EMR)
3. Nair PMK, Sriloy M, Pranav K, Paul Y. **Effect of mud pack over eyes on anxiety. A randomized placebo controlled trial.**
4. Salwa H, Nair PMK, Sriloy M. **Perceptions about Naturopathy among the people visiting major Naturopathy centers in Pune. A cross sectional survey.**
5. Salwa H, Nair PMK, Pranav K, Sriloy M, Alam S. **A qualitative study on the impact of naturopathy and yoga interventions on PLWHA.**
6. Nair PMK. **Effect of Naturopathy and yoga interventions on the viral load of HIV Subject- A single case study.**