NIN Publications


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)
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.