

BNYS Research Contributions

(between year 2016 to 2025)

Total Publications: 576

Introduction

In India the field of Naturopathy and Yoga have seen a surge in academic and clinical interest over the past decade, with professionals holding a Bachelor of Naturopathy and Yogic Sciences (BNYS) degree driving significant advancements. In the Indian context, BNYS doctors are uniquely trained to integrate traditional naturopathic principles with modern biomedical sciences. This dual expertise has positioned them as key contributors to research in integrative and preventive healthcare, particularly within the country's unique health landscape.

This document is a collection of research contributions by BNYS doctors conducted in India from 2015 to 2025. Its purpose is to provide a comprehensive overview of the scope, scale, and thematic diversity of their research. By highlighting their scholarly work, this compilation showcases the pivotal role BNYS graduates play in generating evidence for naturopathic and yogic practices. This effort contributes to the ongoing work of strengthening scientific inquiry and integrating traditional Indian health systems into mainstream research.

Methods

The publications in this collection were gathered from various online sources, including ResearchGate, PubMed, and Google Scholar. Additional information was sourced directly from BNYS colleges and professional networks of practitioners. The studies included are those explicitly conducted within India, focusing on research led by or with significant contributions from BNYS doctors.

It is important to note that this is not a comprehensive or systematic review. The goal is to provide a representative overview, and ongoing efforts are in place to collect more data systematically. The publications included here are meant to illustrate the types of contributions BNYS doctors are making in India. While the number of publications is approximate, they offer valuable insights into the evolving research landscape shaped by these professionals.

This list will be updated periodically as we receive more publications to ensure the information becomes more comprehensive to include all the studies conducted in the Indian context.

1. Silwal, K., Kodali, D. P. B., Sharma, H., Ajit, N. D., Shankaregowda, A. M., Mohanan, R., ... & MK Nair, P (2025). Sleep hygiene and sleep quality among yoga and naturopathy medical students in India: a multi-site cross-sectional study. *Frontiers in Sleep*, 4, 1459750.
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11. Harihni, G., Mangaiarkarasi, N., & Mooventhana, A. (2025). Effect of Integrated Yoga and Naturopathy Therapies (IYNT) on Chronic Urticaria: A Case Report. *Journal of Bodywork and Movement Therapies*.
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