

**Research Papers, Articles, Monographs and Books
written by Dr. Mukund Vinayak Bhole**

22/03/2016

**BIO-DATA: Education, Employment Record, Areas and Topics in Yoga Research,
Government Assignments**

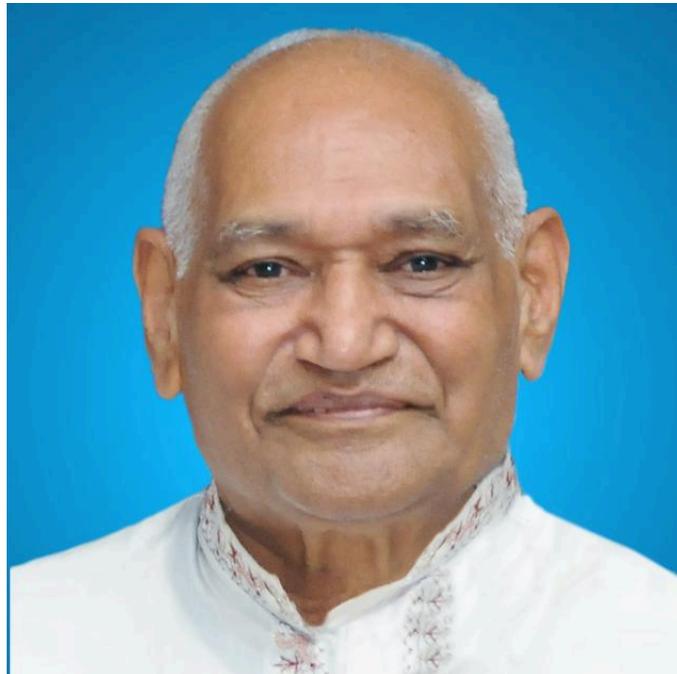
Part ONE: Research papers and articles based on EXPERIMENTAL WORK

Part TWO: Articles based on TEXTUAL and LITERARY research

Part THREE: Articles of EDUCATIONAL and POPULAR nature

Part FOUR: Books, Monographs and Brochures

Part FIVE : Articles published in various Journals and read in Conferences



BIO-DATA Dr. Mukund V. Bhole

(Dr) MUKUND VINAYAK BHOLE,

Date of Birth: 01 Jun 1935. Birth Place: Bhandara (M.S.)

Education:

- Jan. 1959: M.B.B.S. from Govt. Medical College, Nagpur, Nagpur University.
- May 1961: M.D. (Physiology) from A.I.I.M.S., New Delhi. (Worked on 'Kapalbhati' for Thesis).
- Jan. 2004: Honorary D.Sc. (Yoga). Awarded by SVYASA, Deemed Yoga University, Bangalore.

Employment Record:

- 1961 to 1995: Worked in Kaivalyadhama Yoga Research Institute, Lonavala, (India) in various capacities and retired as Joint Director of Research in May 1995.
- Worked as the Managing Editor of the Quarterly Research Journal, 'Yoga Mimansa', published from the Institution since 1924.
- 1987: Compiled and Edited 'Abstracts and Bibliography of articles published from Kaivalyadhama' during 1924 to 1984.

Areas and Topics in Yoga Research:

A) Literary Research:

- Participated in the preparation and publication of Critical Editions of two authentic yoga texts, (1) 'Hathapradipika' in Jul 1970 and (2) 'Gheranda Samhita' in 1978.
- Participated in the preparation and publication 'Yoga Kosha' in 1972.

B) Laboratory Research:

- Studied Pressure changes in internal cavities during various Yoga practices, viz. *Asanas*, *Kriyas* and *Bandhas*.
- EMG studies in '*asanas*' compared with isometric exercises of similar nature.
- Cardiac output in comparable breathing exercises and *pranayamic* breathing.
- Staying in airtight pits by a professional and control subjects.
- Influence of selected Yoga practices (Bandhas) on heart rate.

C) Therapeutical Research:

- Management of Bronchial asthma through yoga methods – A Clinical study.
- Management of Back pain through Yoga – A Research Project taken by LMRC, Pune, India during 1999 - 2003. A monograph, 'Helping Yourself Towards Zero Backache' was authored by Naredra Vaidya and myself (M.V.Bhole). Published by Lokmanya Medical Foundations, Pune, India (2004).

D) Educational Research:

- Around 1965-67, developed the subject of, '*Anatomical and Physiological consideration of Yoga practices*' for non-medical yoga students undergoing training in Yoga College at Kaivalyadhama.
- Later on, around 1970-75, the subject of, '*Principles of Yoga Therapy*' was also developed.
- Around 1985, theme of, '*Concept based, Experiencing oriented training and treatment in Yoga*' was developed and introduced in Yoga teaching and Yoga treatment.
- Presently working on '*Experiential Yoga*' presented in modern medical language.

Government Assignments:

- **Sept.1973:** Deputed by Govt. of India as Medical expert in Yoga to visit former Czechoslovakia through Cultural Exchange Program for five months. Based on my lecture-demonstrations, Czech Govt. officially recognized Yoga under medical rehabilitation and also for physical culture. Crash training courses were organized for rehabilitation workers and Yoga classes for common people.

- **Jan. 1975:** Visited Iran through Indian Council for Cultural Relations for 3 months. Delivered lectures on Yoga Therapy in three important medical colleges/universities.
- **1983-1984:** Was deputed by ICMR to work on Yoga Research Project in the Central Cardiology Institute in Moscow, Russia under Indo-Russian co-operation program.
- **2014-15:** Was actively involved in the preparation of documents submitted to UNESCO and WHO.
- From time to time, I was invited to work for CCRYN and MDNIY as a Resource person in conferences and for Project Evaluation. I was invited as VIP Guest (No.054) in International Yoga Fest, 1st I.D.Y.-2015.

Other Yoga Assignments and Involvements:

- **1976 to 1985:** I was invited by Czechoslovak Science Academy every two years to work with the medical scientists and to teach Yoga to different groups of people. Worked with well-known neuro-physiologist, Dr.Ctibor Dostalek during these visits.
- Visited Schengen States and U.K. twice a year to conduct workshops on 'Experiential Yoga' conceived and popularised by me through www.yoganubhva.com.
- Was invited by Yoga Departments in Physical Education Universities in Brazil and Argentina.
- Was invited by Japan Yoga Teachers Association and Israel Yoga Teachers Association and South Korea to conduct seminars and workshops on 'Experiential Yoga' in important towns and cities.
- Was invited by Teva Pharmaceuticals to conduct workshop on Experiential Yoga in Moscow, Russia
- Contributed a chapter on 'Yoga' in a Text book for medical students, "Understanding Medical Physiology", Editor: Dr.R.K.Bijlani. Publisher: Jaypee Brothers, Delhi-2, 1995, (Section 14, pp.889-902).
- Co-Author with Dr. Narendra Vaidya of the book, 'Helping Yourself to Zero Backache' based on the research project taken by LMRC. Published by LMRC, Chinchwad, Pune, Maharashtra, 2004.
- Brochures published in Czech language: (1) Tradicini Joga, and (2) Dekh and Dekhani.
- Brochures published in French language: (1) Yoga et Sante, and (2) Experiential Yoga (two parts).
- **Around 150 Yoga related research and general articles published from 1965 to 1996.**
- Participated in National Yoga Weeks organized by MDNIY as Resource person.

Social work:

Trustee, SAMPARC , and Founding Member, HELPO Foundation, Pune.

PART ONE:
RESEARCH PAPERS AND ARTICLES BASED ON EXPERIMENTAL WORK

(A) ĀSANA:

1. Karambelker, P.V., **Bhole, M.V.** & Gharote, M.L. (1969): Effect of Yogic Asanas on Uropepsin excretion. *Ind.Jour.Med.Res.*, 57:5; 944-947.
2. Karambelkar, P.V., **Bhole, M.V.** & Gharote, M.L. (1969): Muscle activity in some Asanas - A pilot study. *Yoga Mimamsa*, XII:1; 1-13.
3. **Bhole, M.V.**, Karambelkar P.V. (1971): Intra-gastric Pressure Changes in Asanas. *Yoga Mimamsa*, XIII:4; 67-73.
4. **Bhole, M.V.** (1978): Intra-gastric Pressure Changes in Bhujangasana with different modes of breathing. *Yoga Mimamsa*, XIX-2&3; 1-7.
5. Paranjape S.D., Sahu R.J. & **Bhole M.V.** (1979): 'Shavasana' as a contributing factor to 'Pratyahara' - Some preliminary findings. *Yoga Mimamsa*, XIX:2&3, 25-33.
6. Bhole, M.V. & Lobo, R. (1981): Physiological investigations of Head and Shoulder Stand. (Physiologische untersuchungen von Kopf und Schulter stand). *Jahrbuch fur Yoga – Prana*, pp. 111-136 (Munich, West Germany).
7. **Bhole, M.V.** (1982): Intra-vaginal pressure changes during some Yoga practices. *IV National Conference of Sexology and Parenthood, Jabalpur, India*.
8. Gore, M.M. & **Bhole, M.V.** (1982): Influence of Paschimottana and similar type of muscular activity on pulse rate. *Yoga Mimamsa*, XXI:1&2; 2 1-30.
9. Gore, M.M. & **Bhole, M.V.** (1982): Heart rate during Paschimatan and similar types of Isometric and Isotonic exercises – A Comparison. *Yoga Mimamsa*, XXI:1&2, 31-34.
10. Oak, J.P. & **Bhole, M.V.** (1987): Feelings and Experiences during the practice of Asanas of Easy Course as recommended by Swami Kunalayananda. *Yoga Mimamsa*, XVI:1; 14-39.
11. Bhagawat, J.M. & Bhole, M.V. (1988): Cardio-vascular responses to asanas of easy course recommended by Swami Kunalayananda in different types of practitioners. *Abstract.no.3, 2nd Intl. Conf. on Yoga Edn. & Res., Kaivalyadhama, Lonavala*.

(B) PRĀNĀYĀMA:

1. **Bhole, M.V.** & Karambelkar, P.V. (1968): Significance of Nostrils in Breathing. *Yoga Mimamsa*, X:4; 1-12.
2. **Bhole, M.V.** (1976): Breath-holding time and different conditions of the abdominal wall.

Yoga Mimamsa, XVIII:3&4;27-32.

3. **Bhole, M.V.** (1976): Comparison of Breath-holding time in isolated and series of attempts. *Yoga Mimamsa, XVIII:3&4; 33-39.*
4. **Bhole, M.V.** (1977): Immediate effect of Pranayama and Kapalbhathi on Urinary output. *Yoga Mimamsa, XIX:1; 38-46.*
5. **Bhole, M.V.** (1978): A Comparative study of Minute Ventilation and Tidal Volume in Deep and Pranayamic breathing. *Yoga Mimamsa, XIX:2&3; 8-16.*
6. **Bhole, M.V.** (1979): Inspiratory volume and Breath-holding time in Pranayamic breathing with different conditions of the abdominal wall. *Yoga Mimamsa, XIX:4; 6-10.*
7. Mestan Jan & **Bhole M.V.** (1979): Cardiac output in Normal, Deep and Ujjayi (Pranayamic) Breathing – A Preliminary study. *Yoga Mimamsa, XIX:4;.11-17.*
8. **Bhole, M.V.** (1982): Breath-holding time after complete expiration and different condition of the abdominal wall. *Yoga Mimamsa, XXI:1&2; 47-53.*
9. Karambelkar, P.V., Deshpande R.R. & **Bhole, M.V.** (1983): Composition of expired air in pranayamic breathing – an exploratory study. *Yoga Mimamsa, XXI:3&4;.1-6.*
10. Karambelkar, P.V., Deshpande, R.R. & **Bhole, M.V.** (1983): Oxygen consumption during Ujjayi Pranayama. *Yoga Mimamsa, XXI:3&4;.7-12.*
11. Karambelkar, P.V., Deshpande, R.R. & **Bhole, M.V.** (1983): Some respiratory studies on Bhastrika Pranayama with internal and external retention of breath. *Y.M., XXI:3&4; 14-20.*
12. Karambelkar, P.V., Deshpande, R.R. & **Bhole, M.V.** (1984): Some respiratory studies in Ujjayi and Bhastrika pranayama with bahya kumbhaka. *Yoga Mimamsa, XXII:3&4; 7-12.*
13. Oak, J.P. & **Bhole, M.V.** (1984): Pulse rate during and after ‘Bahya Kumbhaka’ with different conditions of the abdominal wall. *Yoga Mimamsa, XXII:3&4; 71-76,.*
14. Oak, J.P. & **Bhole, M.V.** (1984): Feelings during ‘Bahya Kumbhaka’ with different conditions of the abdominal wall. *Yoga Mimamsa, XXII:3&4; 77-86,.*
15. Oak, J.P. & **Bhole, M.V.** (1984): Training and Education in Ujjayi Pranayama – a study. *Yoga Mimamsa, XXIII:1&2; 9-19.*
16. Oak, J.P. & **Bhole, M.V.** (1985): Feelings and Sensations while learning and practicing Ujjayi Breathing. *Yoga Mimamsa, XXIV:1; 8-16.*
17. **Bhole, M.V.** (1991): Experiential aspects of of one’s breathing movements – An experimental study. *Yoga Mimamsa, XXX:2&3; 38-47.*
18. **Bhole, M.V.** (2002): Varieties of alternate nostril breathing and Loma-Viloma Pranayama. *Abstract no. 149. 4th Intl. Conf. on Yoga Research and Value Education, Kaivalyadhama, Lonavala; pp.122-123.*

(C) **KRIYĀS**¹:

1. Karambelkar, P.V., **Bhole, M.V.** & Gharote, M.L. (1968): Uropepsin excretion as influenced by some yogic practices – Part I. *Yoga Mimamsa, XI:1*; 1-8.
2. Karambelkar, P.V., **Bhole, M.V.** & Gharote, M.L. (1969): Uropepsin excretion as influenced by some yogic practices (Danda and Vastra Dhautis) – Part II. *Yoga Mimamsa, XXI:3*; 9-14.
3. **Bhole, M.V.** & Karambelkar, P.V. (1971): Pressure changes in internal cavities during Uddiyana and Nauli. *Yoga Mimamsa, XIII:4*; 19-25.
4. **Bhole, M.V.** & Karambelkar, P.V. (1971): Water suction in internal cavities during Uddiyana and Nauli – A preliminary communication. *Yoga Mimamsa, XIII:4*; 26-32.
5. **Bhole, M.V.** (1972): Breathing pattern in different variations of Uddiyana. *Y.M.*, *XV:2*; 47-56,.
6. **Bhole, M.V.** (1976): Effect of Kapalbhāti on Breath-holding time. *Y.M.*, *XVIII:3&4*; 21-26.
7. Deshpande, R.R. & **Bhole, M.V.** (1982): Effect of Kapalbhāti on some constituents of blood – A preliminary study. *Yoga Mimamsa, XXI:1&2*; 13-20.
8. **Bhole, M.V.** (1982): Comparison of two Yoga techniques – Uddiyana Bandha and Uddiyanaka with Muellers and Valsalva maneuvers on the basis of breathing patterns and intragastric pressure changes. *Yoga Mimamsa, XXI:1&2*; 35-46.
9. Karambelkar, P.V., Deshpande, R.R. & **Bhole, M.V.** (1982): Some Respiratory studies in respect of Kapalbhāti and Hyperventilation. *Yoga Mimamsa, XXI:1&2*; 54-58.
10. Oak, J.P. & **Bhole, M.V.** (1983): Learning of Vaman dhauti: some observations. *Yoga Mimamsa, XXI:3&4*; 21-28.
11. Oak, J.P. & **Bhole, M.V.** (1983): Feelings and Reactions while learning Vaman Dhauti by healthy subjects. *Yoga Mimamsa, XXI:3&4*; 30-36.
12. Oak, J.P. & **Bhole, M.V.** (1983): Learning of Vastra Dhauti by healthy individuals. *Yoga Mimamsa, XXII:1&2*; 17-25.
13. Oak J.P. & **Bhole, M.V.** (1983): Feelings and reactions of healthy individuals while doing Vastra Dhauti. *Yoga Mimamsa, XXII:1&2*; 26-32.
14. Desai, B.P. & **Bhole, M.V.** (1983): Influence of Vastra Dhauti on gastric secretions in normal subjects. *Yoga Mimamsa, XXII:1&2*; 63-72.
15. Oak, J.P. & **Bhole, M.V.** (1983): Learning of Danda Dhauti by healthy individuals. *Yoga Mimamsa, XXII:1&2*; 1-10.

¹ Internal cleansing processes of Hatha Yoga: *Neti, Dhauti, Kapālbhāti, Nauli, Basti* and *Uddiyāna*.

16. Oak, J.P. & **Bhole, M.V.** (1983): Feelings and reactions of healthy individuals during the practice of Danda Dhauti. *Yoga Mimamsa, XXII:1&2*; 11-16.
17. Bhagwat, J.M. & **Bhole, M.V.** (1984): Bladder pressure during Uddiyana in different asanas. *Yoga Mimamsa, XXII:3&4*; 51-56.
18. Karambelkar, P.V., Deshpande, R.R. & **Bhole, M.V.** (1984): Composition of air before and after Kapalbhathi. *Yoga Mimamsa, XXII:3&4*; 13-20.
19. Karambelkar, P.V. & **Bhole, M.V.** (1988): Respiratory studies during Kapalbhathi for 1, 2, 3 and 5 minutes. *Yoga Mimamsa, XXVII:1&2*; 69-74.

(D) MUDRĀ and BANDHA:

1. **Bhole, M.V.** (1972): Effect of head turning (Brahma Mudra) on lung transparency of lung fields under fluoroscopy. *Ind.Jour.Chest Diseases, XIV:II*; 1-6.
2. **Bhole, M.V.** (1979): Some studies on 'Jalandhara Bandha' during breath-holding in beginners – A preliminary communication. *Yoga Mimamsa, XIX:4*; 27-35.

(E) OMKĀR (AUM), PRĀNADHĀRANĀ and MEDITATION:

1. Sahu, R.J. & **Bhole, M.V.** (1981): Effect of Om recitation and physical activity on Psycho-motor performance – A comparative study. *Yoga Mimamsa, XX:1&2*; 33-37.
2. **Bhole, M.V.** (1983): Gastric tone as influenced by mental states and meditation.
Yoga Mimamsa, XXII:1&2; 54-58.
3. Sahu, R.J. & **Bhole, M.V.** (1984): Duration of Low and High pitched Omkar after Rest, Shavasana and Kapalbhathi. *Yoga Mimamsa, XXII:3&4*; 19-22.
4. Sahu, R.J. & **Bhole, M.V.** (1984): Effect of two types of Pranava (Om) recitations on Psycho-motor performance. *Yoga Mimamsa, XXII:3&4*; 23-29.
5. Sahu, R.J. & **Bhole, M.V.** (1984): Pranadharana and Nadanusandhana as contributing factors to inner experience of yogic nature. *Yoga Mimamsa, XXII:3&4*; 30-35.
6. Sahu, R.J. & **Bhole, M.V.** (1984): Psycho-motor performance as influenced by techniques similar to Pranadharana and Nadanusandhana in Shavasana – A Preliminary Study.
Yoga Mimamsa, XXII:3&4; 36-41.
7. Sahu, R.J. & **Bhole, M.V.** (1984): Experiences during listening to high and low pitched Omkars. *Yoga Mimamsa, XXII:3&4*; 98-103.

8. Sahu, R.J. & **Bhole, M.V.** (1984): Feelings and Sensations during recitation of high and low pitched Omkars. *Yoga Mimamsa, XXII:3&4*; 104-109.
9. Dave, M. & **Bhole, M.V.** (1989): Effects of Pranava Japa (Om Recitation) – an experimental study. *Yoga Mimamsa, XXVII:3&4*; 19-28.

(F) SHORT TERM AND LONG TERM YOGA TRAINING PROGRAM

1. **Bhole, M.V.**, Karambelkar, P.V. & Gharote, M.L. (1970): Effect of Yoga practices on Vital capacity. *Ind.Jour Chest Diseases, XII:1&2*; 1-4.
2. Paranjape, S.D. & **Bhole, M.V.** (1979): Resting Neuro-muscular activity as influenced by long-term yoga training – a study based on finger ergography. *Yoga Mimamsa, XIX:4*; 18-26.
3. **Bhole, M.V.** (1982): Fibrinolytic activity in blood and three weeks intensive training programme in Yogic physical culture. *Yoga Mimamsa, XXI:1&2*; 7-12.
4. Sahu, R.J. & **Bhole, M.V.** (1983): Effect of three weeks Yogic training programme on psycho-motor performance. *Yoga Mimamsa, XXII:1&2*; 59-62.
5. Ganguli, S.K. & **Bhole, M.V.** (1985): Influence of breathing on flexibility. *Y.M., XXIV:1*; 1-7.

(G) YOGA THERAPY:

1. **Bhole, M.V.** (1967): Treatment of Bronchial asthma by Yoga methods – A report. *Yoga Mimamsa, IX:3*; 33-41.
2. **Bhole, M.V.** & Karambelkar, P.V. (1971): Effect of Yogic treatment on blood picture in asthma patients. *Yoga Mimamsa, XIV:1&2*; 1-6.
3. Deshpande, R.R. & **Bhole, M.V.** (1982): Effect of Yogic treatment on Total and Differential Leukocyte counts in asthmatics. *Yoga Mimamsa, XX:4*; 1-8.
4. Deshpande, R.R. & **Bhole, M.V.** (1982): Effect of Yogic treatment on Eosinophil count in asthma patients. *Yoga Mimamsa, XX:4*; 9-16.
5. Oak, J.P. & **Bhole, M.V.** (1981): Learning of Vastra Dhauti by asthmatics – a preliminary study. *Yoga Mimamsa, XX:1&2*; 19-28
6. Oak, J.P. & **Bhole, M.V.** (1981): Subjective feelings and reactions of asthmatics while learning Vastra Dhauti. *Yoga Mimamsa, XX:3*; 51-58.
7. Desai, B.P. & **Bhole, M.V.** (1981): Gastric responses to vastra dhauti and standard alcohol test meal in asthmatics – a comparative study. *Yoga Mimamsa, XX:3*; 13-22.

8. Desai, B.P. & **Bhole, M.V.** (1981): Gastric responses to vastra dhauti as influenced by four weeks yogic treatment in asthmatics – a week wise study. *Yoga Mimamsa, XX:3*; 41-50.
9. Gore, M.M. & **Bhole, M.V.** (1983): Respiratory responses to vastra dhauti in asthmatics. *Yoga Mimamsa, XXII:1&2*; 47-53.
10. **Bhole, M.V.** (1982): Effect of Yogic Treatment on various lung functions of asthma patients – a pilot study. *Yoga Mimamsa, XX:4*; 43-50.
11. **Bhole, M.V.** & Gharote, M.L. (1975): Effect of Yogic treatment o breath-holding time in asthmatics. *Jour.Res.Ind.Med.Yoga & Homeopathy, XIII:2*.
12. Desai, B.P. & **Bhole, M.V.** (1983): Study of Yoga treatment in relation to Serum Proteis in asthmatics – A preliminary study. *Yoga Mimamsa, XXII:1&2*; 40-46.
13. Pratap, V. & **Bhole, M.V.** (1992): Effect of Yoga treatment on hand steadiness in asthma patients. *Yoga Mimamsa, XXX:4*; 27-31.
14. Oak, J.P. & **Bhole, M.V.** (1982A): ASQ and NSQ studies in asthmatics undergoing yogic treatment. *Yoga Mimamsa, XX:4*; 17-24.
15. Oak, J.P. & **Bhole, M.V.** (1982): Direction of change in the order of values of asthmatics by yogic treatment. *Yoga Mimamsa, XX:4*; 25-34.
16. Bhagwat, J.M., Soman, A.M. & **Bhole, M.V.** (1981): Yogic treatment of bronchial asthma – A medical report. *Yoga Mimamsa, XX:4*; 1-12.
17. **Bhole, M.V.** (1987): Yoga for physically handicapped – A project report. *Yoga Mimamsa, XXIV:1*; 1-13.
18. Oak, J.P. & **Bhole, M.V.** (1987): Rehabilitation of patients with acute myocardial infarction and mild hypertension – two case studies. *Yoga Mimamsa, XXVI:2*; 7-15.
19. Oak, J.P. & **Bhole, M.V.** (1988): Therapy based on Yogic principles and techniques – Neurotic depression and inguinal hernia in a young adult. *Yoga Mimamsa, XXVI:2*; 75-80.
20. Valeri, A. & **Bhole, M.V.** (1990): Yoga therapy of depressive syndromes – some reflections, *Yoga Mimamsa, XXIX:3*; 43-49.
21. Milani, R., Valli, G. & **Bhole, M.V.** (1992): Yoga-Eutonia in genuine stress incontinence – an exploratory study. *Yoga Mimamsa, XXX:4*; 10-20.

(H) SPECIAL TOPICS:

1. **Bhole, M.V.**, Karambelkar, P.V. & Vinekar, S.L (1967): Underground Burial or Bhoogarbhya Samadhi – Part I & II. *Yoga Mimamsa, X:2*; 2-16.
2. **Bhole, M.V.** & Karambelkar, P.V. (1967): Heart control and Yoga practices. *Yoga Mimamsa, XIII:4*; 53-65.

PART TWO:
ARTICLES BASED ON TEXTUAL AND LITERARY RESEARCH

(A) ĀSANA:

1. Sharma, B.R., Shrikumaran, T.P. & **Bhole M.V.** (1987): **Understanding Patanjala Yoga Sutra on ‘Asana’ from Sanskrit Commentaries.** *Yoga Mimamsa, XXVI:1*; 40-58.
2. Jha, V.K. & **Bhole M.V.**(1987-88): **Technique of Siddhasana as found in selected Sanskrit texts on Yoga.** *Yoga Mimamsa, XXVI:1* & ; 111-123.
3. Sharma, B.R., Shrikumaran, T.P. & **Bhole M.V.** (1988): **Concept of Asana according to Patanjala Yoga Sutra** (In Hindi). *Archanarchana, 5th Khanda*; pp. 318-323. *Muni Sri Hazarimal Smriti Prakashana, Rajasthan.*

(B) PRĀNĀYĀMA:

1. **Bhole, M.V.** (1965-66): **Pranayama and Its Rationale.** *Yoga Mimamsa, VIII:2, 3*; 1-13 & 19-28.
2. **Bhole, M.V.** (1982): **Concept of ‘Svasa-Prasvas’, ‘Puraka-Rechaka’ and ‘Prana-Apana’ in Yogic Literature.** *Yoga Mimamsa, XXI-1&2*; 71-76.
3. **Bhole, M.V.** Oak, J.P. & Sharma B.R. (1986-87): **Understanding ‘Ujjayi’ from books – Is it adequate for Research, Training and Treatment?.** *Yoga Mimamsa, XXV-3&4*; 24-44.
4. **Bhole, M.V. (1992):** Integrating the concept of Five ‘Vayus’ in the preparatory training program in Pranayama for beginners. *Yoga Mimamsa, XXXI:1*; 85-99.

(C) KRIYĀS³:

1. **Bhole, M.V.** (1971): **Technique of Neti Kriya.** *Yoga Mimamsa, XIV:1&2*; 15-26.
2. Desai, B.P. & **Bhole, M.V.** (1989): Understanding of Kapalbhāti and other related terms according to Yogic Sanskrit Texts with some comments. *Yoga Mimamsa, XXVII:3&4*; 48-58.
3. Oak, J.P., Sharma, B.R. & **Bhole, M.V.** (1989): Understanding the technique and effect of Kapalbhāti as found in books in Indian languages other than Sanskrit. *Y.M.⁴, XXVIII:3*; 41-74.
4. Oak, J.P., Sharma, B.R. & **Bhole, M.V.** (1990): Understanding the technique and effect of Kapalbhāti as found in books in English and other European languages. *Y.M., XXVIII:4*; 38-72.
5. Sharma, B.R., Bodhe, R.K., Sahay, G.S. & **Bhole, M.V.** (1991): Uddiyana as found in Sanskrit texts on Hatha Yoga. *Yoga Mimamsa, XXX:1*; 69-74.

³ Internal cleansing processes of Hatha Yoga: *Neti, Dhauti, Kapālbhāti, Nauli, Basti* and *Uddiyāna*.

⁴ *Yoga Mimamsa*.

(D) MUDRĀ, BANDHA:

1. **Bhole, M.V. (1972):** Five variations of Uddiyana (*Uddiyana Panchaka*). *Y.M.*, XV:2; 25-35.

(E) OMKĀR, PRĀNADHĀRANĀ, MEDITATION AND OTHER YOGIC CONCEPTS:

1. Dave, M. & **Bhole, M.V.** (1989): Understanding Patanjala Yoga Sutra – I:29, “*Tatah pratyak-cetana-adhigamopyantarayasca*” in the light of personal experience. *Y.M.*, XXVIII:1; 8-17.
2. Dave, M. & **Bhole, M.V.** (1987): Understanding the concepts of ‘Ha’, ‘Sa’, ‘Tha’ and ‘Hatha’ in Yoga. *Yoga Mimamsa*, XXVI:2;.
3. Dave, M. & **Bhole, M.V.** (1989): *Sandhi, Samadhi and Vyadhi* – some considerations. *Yoga Mimamsa*, XXVIII:2; 44-53.
4. Dave, M. & **Bhole, M.V.** (1989): *Adhi, Vyadhi and Pranagati* – some reflections. *Yoga Mimamsa*, XXVIII-3, 33-40.
5. **Bhole, M.V.** (1989): Anatomical and Physiological considerations of Kundalini concept. *Yoga Mimamsa*, XXVIII:1; 31-35.
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