

PART I

SCRIPTURAL REFERENCES ON BHRAMARI PRANAYAMA

PART II

**THE IMMEDIATE EFFECT OF BHRAMARI PRANAYAMA ON
HEART RATE VARIABILITY**

Dissertation Submitted by

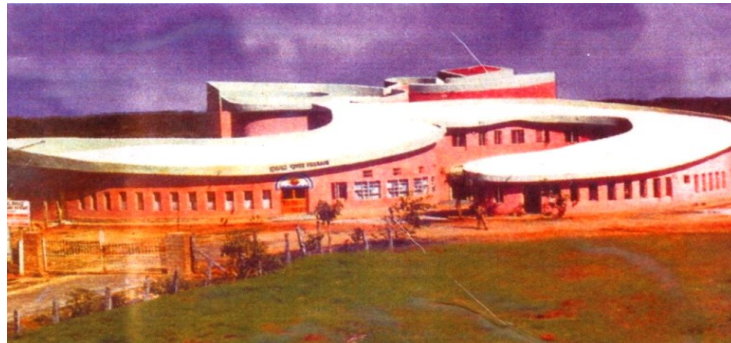
NIDHISH J NIDHIRI

Under the guidance of

Dr. SARASVATI MOHAN

Dr. R. NAGARATHNA

Dr. BALARAM PRADHAN



Towards the

In partial fulfillment of Master of Science in *Yoga* [M.Sc. (*Yoga*)]

To

**Swami Vivekananda *Yoga* Anusandhana Samsthana(SVYASA)
(Declared as Deemed University Under Section of the UGC Act, 1956)
#19, Eknath Bhavan, Gavipuram Circle, K. G. Nagar,
Bangalore-560019, India**