

This book draws on both contemplative traditions and contemporary research. The sources below include the published studies and documented references cited throughout the text. Classical and traditional sources are listed first, followed by the general cited references in alphabetical order; studies supporting the bridge therapy entries are also grouped separately by path. Claims drawn from the traditional frameworks (Ayurvedic, yogic, and other contemplative systems) are presented as those traditions describe them; where a modern study is cited, it's to show where independent research converges with what the tradition mapped, not to suggest the tradition required scientific validation.

CLASSICAL AND TRADITIONAL TEXTS

- Anattalakkhaṇa Sutta [Discourse on the Characteristic of Not-Self], Saṃyutta Nikāya 22.59. (Cited for the Buddhist doctrine of anatta, or not-self, in contrast with traditions that posit an enduring Atman.)
- Ashtanga Hridaya (Ashtanga Hridayam). (Classical Ayurvedic compendium; cited for the qualities of milk and the principles of nourishment—e.g., Sutrasthana 5.)
- The Bhagavad Gita. (Cited for the Word as AUM and the cosmology of creation.)
- Bhāgavata Purāṇa [Śrīmad Bhāgavatam]. (Cited for the Samudra Manthana, the churning of the cosmic ocean, and the emergence of amrita.)
- Bhāvaprakāśa, including the Bhāvaprakāśa Nighaṇṭu. (Classical/late Ayurvedic materia medica cited for medicinal foods, herbs, their qualities, actions, and later traditional therapeutic classifications.)
- Bhela Samhita. (Early Ayurvedic text; cited on the completeness of milk as nourishment—e.g., Sutrasthana 28.)
- Charaka Samhita. (Foundational Ayurvedic text; cited across the book for the dhatus, Ojas, Rasayana, the food-as-medicine principle, the mind-body cycle, and the qualities of milk and classical preparations—e.g., Sutrasthana 27, Sutrasthana 28.4, Chikitsasthana 15, Sharira Sthana 4.36, Vimana Sthana 1.21–22.2.)
- Dhammacakkappavattana Sutta [Setting the Dhamma Wheel in Motion], Saṃyutta Nikāya 56.11. (Cited for the Middle Way between sensual indulgence and self-mortification and for the Four Noble Truths.)
- Hippocratic medicine: the doctrine of the four humors governing health and temperament. (Classical Greek medical tradition.)
- Huangdi Neijing Ling Shu [The Yellow Emperor's Inner Classic: Spiritual Pivot]. Compiled c. 1st century BCE. (Foundational text of Chinese medicine; cited for Wei Qi, the meridian and qi system, and the San Jiao.)
- Ibn Sina (Avicenna). The Canon of Medicine (11th century CE). (Unani medicine and the integration of psychic factors with physical health.)
- The Kālāma Sutta [Kesamutti Sutta], Aṅguttara Nikāya 3.65. (Cited for the Buddha's teaching on testing teachings by experience, reason, consequence, and the counsel of the wise rather than accepting them solely by tradition, report, authority, or inference.)
- Katha Upanishad. (Cited for the distinction between shreyas, the beneficial or higher good, and preyas, the immediately pleasant—especially Katha Upanishad 1.2.1–2.)
- Patanjali. Yoga Sūtras. (The eight-limbed path; cited for the Yamas and Niyamas and for Pratyahara, the withdrawal of the senses.)
- Pūrṇāṇanda. Śaṭ-Cakra-Nirūpaṇa, translated in Arthur Avalon [Sir John Woodroffe], The Serpent Power. 1919.
- Sāyaṇa, commentary on the Rig Veda (14th century). (Cited for the calculation of the speed of the Sun's rays.)
- Sushruta Samhita. (Classical Ayurvedic surgical and medical text; cited on the formation of the dhatus and Ojas and on the mind-body relationship—e.g., Sutrasthana 14, Sutrasthana 15.48.)
- Svātmārāma. Haṭha Yoga Pradīpikā. (Classical Hatha Yoga text; cited for pranayama, breath regulation, purification practices, and the relationship between breath and mind.)
- Unschuld PU, Tessenow H, trans. Huang Di Nei Jing Su Wen: An Annotated Translation of Huang Di's Inner Classic – Basic Questions. 2 vols. Berkeley: University of California Press; 2011. (Foundational text of Chinese medicine; cited for the five-element correspondences of organ and emotion, the San Jiao and general pathology, and the transmission of the life-force concept into Chinese clinical medicine.)
- The Vedas (including the Rig Veda) and the Upanishads. (The oldest layer of the tradition; cited for the early account of prana, the teaching of the light and the king, and—in the chapter on the mind and space—the account of creation and the all-pervading substrate: Taittiriya Upanishad 2.1.1 on the emergence of the elements from space; Shvetashvatara Upanishad 6.11 on the Self hidden within all beings; Rig Veda 10.90, the Purusha Sukta, on the presence that pervades creation; Isha Upanishad 1 on the reality that envelops all; Chandogya Upanishad 3.14.1 on Brahman as the ground of all that exists.)
- Viṣṇu Purāṇa. (Cited for the Samudra Manthana account and the emergence of amrita from the cosmic ocean.)
- Zhang Zhongjing. Jin Gui Yao Lue [Essential Prescriptions from the Golden Cabinet]. c. 200 CE. (Cited for the phlegm-dampness pathology, Chapter 25.)

Zhang Zhongjing. Shang Han Lun [Treatise on Cold Damage]. c. 200 CE. (Cited for the six-stage liu jing progression, Chapter 16.)

CITED REFERENCES

- aan het Rot M, Moskowitz DS, de Jong PJ. “Intrapersonal and Interpersonal Concomitants of Facial Blushing during Everyday Social Encounters.” PLoS ONE. 2015;10(2):e0118243.
- Adams AJ, Brown B, Haegerstrom-Portnoy G, Flom MC, Jones RT (1976). Evidence for acute effects of alcohol and marijuana on color discrimination. Perception & Psychophysics, 20(2), 119–124.
- Adams KM, Kohlmeier M, Zeisel SH. Nutrition education in U.S. medical schools: latest update of a national survey. Acad Med. 2010;85(9):1537-1542.
- Adamsson V, Reumark A, Fredriksson I-B, Hammarström E, Vessby B, Johansson G, Risérus U. “Effects of a healthy Nordic diet on cardiovascular risk factors in hypercholesterolaemic subjects: a randomized controlled trial (NORDIET).” Journal of Internal Medicine. 2011 Feb;269(2):150–159.
- Amalraj A, Varma K, Jacob J, et al. A novel highly bioavailable curcumin formulation improves symptoms and diagnostic indicators in rheumatoid arthritis patients: a randomized, double-blind, placebo-controlled, two-dose, three-arm, and parallel-group study. J Med Food. 2017;20(10):1022-1030.
- Ambiye VR, Langade D, Dongre S, Aptikar P, Kulkarni M, Dongre A. Clinical evaluation of the spermatogenic activity of the root extract of Ashwagandha (Withania somnifera) in oligospermic males: a pilot study. Evid Based Complement Alternat Med. 2013;2013:571420.
- Baiguera C, Boschetti A, Raffetti E, Zanini B, Puoti M, Donato F. Phyllanthus niruri versus placebo for chronic hepatitis B virus infection: a randomized controlled trial. Complement Med Res. 2018;25(6):376-382.—cited in Path Two hepatitis entry to flag the negative HBV viral load finding.
- Ballesio A, et al. “Effects of Experimental Sleep Deprivation on Peripheral Inflammation: An Updated Meta-Analysis of Human Studies.” Journal of Sleep Research. 2025.
- Bashir S, Leviatan Ben Arye S, Reuven EM, Yu H, Costa C, Galiñanes M, Bottio T, Chen X, Padler-Karavani V. Presentation Mode of Glycans Affect Recognition of Human Serum anti-Neu5Gc IgG Antibodies. Bioconjug Chem. 2019;30(1):161–168. doi:10.1021/acs.bioconjchem.8b00817.
- “Basilica of the National Shrine of St. Thomas.” San Thome Church. santhomechurch.org.
- Bassett JHD, Williams GR. “Role of Thyroid Hormones in Skeletal Development and Bone Maintenance.” Endocrine Reviews. 2016;37(2):135–187.
- Bassoy EY, Walch M, Martinvalet D. “Reactive Oxygen Species: Do They Play a Role in Adaptive Immunity?” Frontiers in Immunology. 2021 Nov 22;12:755856.
- Bastide NM, Pierre FH, Corpet DE. “Heme iron from meat and risk of colorectal cancer: a meta-analysis and a review of the mechanisms involved.” Cancer Prevention Research (Phila). 2011;4(2):177–184.
- Baumeister RF, Stillwell AM, Heatherton TF. “Guilt: an interpersonal approach.” Psychological Bulletin. 1994;115(2):243–267.
- Berson DM, Dunn FA, Takao M. “Phototransduction by retinal ganglion cells that set the circadian clock.” Science, 2002;295(5557):1070–1073.
- Bhatta M, Patil SS, Yadav SS, Somanadhapi S, Thapa R. Effects of yoga and add-on Ayurvedic Kati Basti therapy for patients with chronic low back pain: a randomized controlled trial. J Ayurveda Integr Med. 2024;15(5):101030.
- Biesiekierski JR, Peters SL, Newnham ED, Rosella O, Muir JG, Gibson PR. “No effects of gluten in patients with self-reported non-celiac gluten sensitivity after dietary reduction of fermentable, poorly absorbed, short-chain carbohydrates.” Gastroenterology. 2013;145(2):320–328.
- Bijlsma N, Conduit R, Kennedy G, Cohen M. “Does radiofrequency radiation impact sleep? A double-blind, randomised, placebo-controlled, crossover pilot study.” Frontiers in Public Health. 2024 Oct 29;12:1481537.
- Björkhem I, Meaney S. “Brain Cholesterol: Long Secret Life Behind a Barrier.” Arteriosclerosis, Thrombosis, and Vascular Biology. 2004;24(5):806–815.
- “Bodhidharma.” Encyclopædia Britannica.
- Bonaz B, Bazin T, Pellissier S. “The vagus nerve at the interface of the microbiota-gut-brain axis.” Frontiers in Neuroscience. 2018 Feb 7;12:49.
- Boonmongkol T, Phokaewvarangkul O, Vimolmangkang S, et al. Comparative efficacy of Mucuna pruriens and conventional levodopa in Parkinson's disease. J Neural Transm. 2025.
- Born M, Wolf E. Principles of Optics: Electromagnetic Theory of Propagation, Interference and Diffraction of Light. 7th ed. Cambridge: Cambridge University Press; 1999.
- Boskabady MH, Alitaneh S, Alavinezhad A. “Carum copticum L.: A Herbal Medicine with Various Pharmacological Effects.” BioMed Research International. 2014;2014:569087.
- Boutouyrie P, Chowienczyk P, Humphrey JD, Mitchell GF. Arterial stiffness and cardiovascular risk in hypertension. Circ Res. 2021;128(7):864-886.

- Bujalska IJ, Kumar S, Stewart PM. "Does central obesity reflect 'Cushing's disease of the omentum'?" *Lancet*. 1997;349(9060):1210–1213.
- Buzzetti R, Zampetti S, Maddaloni E. Adult-onset autoimmune diabetes: current knowledge and implications for management. *Nat Rev Endocrinol*. 2017;13(11):674–686.
- Calamassi D, Pomponi GP. Music tuned to 440 Hz versus 432 Hz and the health effects: a double-blind cross-over pilot study. *Explore (NY)*. 2019;15(4):283–290.
- Catholic Bishops' Conference of India (CBCI). Official Directory of National Shrines and Ecclesiastical Hierarchy. New Delhi: CBCI Secretariat, 2006.
- Centers for Disease Control and Prevention (CDC). Chronic Diseases in America. Accessed 2026. <https://www.cdc.gov/chronic-disease/about/index.html>
- Centers for Disease Control and Prevention, National Center for Health Statistics, 2023.
- CERN. "The Higgs boson." home.cern (European Organization for Nuclear Research). (Cited in Chapter 28 for the Higgs field as a universe-filling field with a nonzero vacuum value that gives elementary particles their mass, confirmed by the 2012 discovery of the Higgs boson at the Large Hadron Collider.)
- Chao, M.-W., et al. (2018). Study of chlorophyll-related compounds from dietary spinach in human blood. *Nutrition Research and Practice*.
- Chaudhary M, Sharma P. "Abdominal obesity in India: analysis of the National Family Health Survey-5 (2019–2021) data." *Lancet Regional Health – Southeast Asia*. 2023;14:100208.
- Cheah KL, Norhayati MN, Husniati Yaacob L, Abdul Rahman R. Effect of Ashwagandha extract on sleep: a systematic review and meta-analysis. *PLoS One*. 2021;16(9):e0257843.
- Chua LS. The Extent of Hydroxymethylfurfural Formation in Honey by Heating Temperature and Duration. *Lett Org Chem*. 2018;15(3):233–240.
- Cilia R, Cham M, Obese V, et al. Mucuna pruriens in untreated Parkinson's disease in sub-Saharan Africa: a 12-month, multicenter, randomized, controlled trial. *J Parkinsons Dis*. 2026.
- Cilia R, Laguna J, Cassani E, et al. Mucuna pruriens in Parkinson disease: a double-blind, randomized, controlled, crossover study. *Neurology*. 2017;89(5):432–438.
- Ciranna L. "Serotonin as a Modulator of Glutamate- and GABA-Mediated Neurotransmission: Implications in Physiological Functions and in Pathology." *Current Neuropharmacology*. 2006;4(2):101–114.
- Cleveland Clinic, "Blood Tests," Cleveland Clinic Health Library, last updated December 6, 2022, <https://my.clevelandclinic.org/health/diagnostics/24508-blood-tests>.
- CNN-News18 / Moneycontrol. "India's Urban Obesity Crisis: 70% Adults Overweight —What's Fueling This Epidemic?" July 2025.
- Crespi BJ. "Autism As a Disorder of High Intelligence." *Frontiers in Neuroscience*. 2016;10:300.
- Crittenden AN, Schnorr SL. "Current views on hunter-gatherer nutrition and the evolution of the human diet." *American Journal of Physical Anthropology*. 2017;162(Suppl 63):84–109.
- Cross AJ, Ferrucci LM, Risch A, Graubard BI, Ward MH, Park Y, Hollenbeck AR, Schatzkin A, Sinha R. "A large prospective study of meat consumption and colorectal cancer risk: an investigation of potential mechanisms underlying this association." *Cancer Research*. 2010;70(6):2406–2414.
- Cruz-Correa M, Hyland LM, Marrero JH, et al. Efficacy and safety of curcumin in treatment of intestinal adenomas in patients with familial adenomatous polyposis. *Gastroenterology*. 2018;155(3):668–673.
- Cutlip WD, Leary MR. "Anatomic and physiological bases of social blushing: Speculations from neurology and psychology." *Behavioral Neurology*. 1993;6:181–185.
- Das SL, Singh PP, Phillips AR, Murphy R, Windsor JA, Petrov MS. Newly diagnosed diabetes mellitus after acute pancreatitis: a systematic review and meta-analysis. *Gut*. 2014;63(5):818–831.
- Davies AM, Eccles R. Reciprocal changes in nasal resistance to airflow caused by pressure applied to the axilla. *Acta Otolaryngol*. 1985;99(1-2):154–159.
- Degen LP, Phillips SF. "Variability of gastrointestinal transit in healthy women and men." *Gut*. 1996;39(2):299–305.
- Deng X, Huang H, Huang S, et al. "Insight into the incredible effects of microwave heating: Driving changes in the structure, properties and functions of macromolecular nutrients in novel food." *Frontiers in Nutrition*. 2022;9:941527.
- Depoortere I. Taste receptors of the gut: emerging roles in health and disease. *Gut*. 2014;63(1):179–190.
- Drummond PD, Back K, Harrison J, et al. "Blushing during social interaction in people with a fear of blushing." *Behaviour Research and Therapy*. 2007;45(7):1601–1608.
- Dwivedi S. Terminalia arjuna Wight & Arn—a useful drug for cardiovascular disorders. *J Ethnopharmacol*. 2007;114(2):114–129.
- Dyson FW, Eddington AS, Davidson C. "A determination of the deflection of light by the Sun's gravitational field, from observations made at the total eclipse of May 29, 1919." *Philosophical Transactions of the Royal Society A*. 1920;220:291–333.
- Ecochard R, Stanford JB, Fehring RJ, et al. "Evidence that the woman's ovarian cycle is driven by an internal circamonthly timing system." *Science Advances*. 2024;10(15):eadg9646.
- Engner, P. A., Stansbury, K. H., Snyder, E. P., Rogers, M. E., Hintz, P. A., & Kensler, T. W. (2000). Identification and characterization of chlorin e4 ethyl ester in sera of individuals participating in the chlorophyllin chemoprevention trial. *Chemical Research in Toxicology*, 13(9), 900–906.
- Einstein A. "Die Feldgleichungen der Gravitation" [The Field Equations of Gravitation]. *Königlich Preussische Akademie der Wissenschaften*. 1915:844–847.
- Einstein A. "Lens-Like Action of a Star by the Deviation of Light in the Gravitational Field." *Science*. 1936;84(2188):506–507.
- Eisenhofer G, Aneman A, Friberg P, Hooper D, Fändriks L, Lonroth H, Hunyady B, Mezey E. "Substantial production of dopamine in the human gastrointestinal tract." *Journal of Clinical Endocrinology & Metabolism*. 1997;82(11):3864–3871.
- Emoto M. Water crystal observations and photographic experiments, 1990s. Early observational work examining frozen-water crystal formation after exposure to words, music, prayer, and other environmental or intentional conditions. Cited historically for Emoto's original observations; these observations preceded the later controlled study.
- Evans DGR, Shenton A, Woodward E, Laloo F, Howell A, Maher ER. Penetrance Estimates for BRCA1 and BRCA2 Based on Genetic Testing in a Clinical Cancer Genetics Service Setting: Risks of Breast/Ovarian Cancer Quoted Should Reflect the Cancer Burden in the Family. *BMC Cancer*. 2008;8:155.
- Felton SJ, Kendall AC, Almaedani AFM, Urquhart P, Webb AR, Kift R, Vail A, Nicolaou A, Rhodes LE (2017). Serum endocannabinoids and N-acyl ethanolamines and the influence of simulated solar UVR exposure in humans in vivo. *Photochemical & Photobiological Sciences*, 16(4), 564–574.
- Feng J, Le Feunteun S, et al. "Effect of consumption temperature of whole milk on in vitro gastric digestion using a biomimetic digestion simulator." *Food Research International*. 2025;223:117869.
- Firstpost. "India: 81% obese in Delhi-NCR, Says Report." April 2026.
- Ganz T. "Systemic iron homeostasis." *Physiological Reviews*. 2013;93(4):1721–1741.
- Garaulet M, Gómez-Abellán P, Albuquerque-Béjar JJ, Lee YC, Ordovás JM, Scheer FAJL. "Timing of food intake predicts weight loss effectiveness." *International Journal of Obesity*. 2013;37(4):604–611.
- GCatholic Org. "Basilicas: India (31)." Official Registry of Minor Basilicas. <http://www.gcatholic.org/churches/basilicas-in.htm>
- Geliebter, A., & Hashim, S.A. (2001). Gastric capacity in normal, obese, and bulimic women. *Physiology & Behavior*, 74(4–5), 743–746.
- Ghosh I, Mukhopadhyay P, Das K, et al. Incretins in fibrocalculous pancreatic diabetes: A unique subtype of pancreatogenic diabetes. *J Diabetes*. 2021;13(6):506–511.
- Goswami S, Saoji A, Kumar N, et al. Effect of Bacopa monnieri on cognitive functions in Alzheimer's disease patients. *Int J Collab Res Internal Medicine Public Health*. 2011;3(4):285–293.
- Goyal S, Gupta N, Chatterjee S. "Investigating Therapeutic Potential of Trigonella foenum-graecum L. as Our Defense Mechanism against Several Human Diseases." *Journal of Toxicology*. 2016;2016:1250387.
- Grassi G, Drager LF. "Sympathetic overactivity, hypertension and cardiovascular disease: state of the art." *Current Medical Research and Opinion*. 2024;40(sup1):5–13.
- Gu C, Brereton N, Schweitzer A, Cotter M, Duan D, Børshiem E, et al. "Metabolic Effects of Late Dinner in Healthy Volunteers—A Randomized Crossover Clinical Trial." *The Journal of Clinical Endocrinology & Metabolism*. 2020;105(8):2789–2802.
- Gupta A, Madan A, Yadav B, Mundada P, Singhal R, Tripathi A, et al. "A Randomized Controlled Trial to Evaluate the Prophylactic Efficacy of Chyawanprash in Healthcare Workers during the COVID-19 Pandemic." *Journal of Research in Ayurvedic Sciences*. 2021;5(1):13–25. Trial registration: Clinical Trials Registry of India, CTRI/2020/05/025275.
- Gupta SPK. In Quest of Panacea: Successes and Failures of Yellapragada Subbarow. New Delhi: Evelyn Publishers, 1999.
- Gutas D. "Ibn Sina [Avicenna]." *Stanford Encyclopedia of Philosophy*. 2016.
- Gyawali D, Vohra R, Orme-Johnson D, Ramaratnam S, Schneider RH. A Systematic Review and Meta-Analysis of Ayurvedic Herbal Preparations for Hypercholesterolemia. *Medicina (Kaunas)*. 2021;57(6):546.
- Hajiaghahmohammadi AA, Zargar A, Oveisi S, et al. To evaluate of the effect of adding licorice to the standard treatment regimen of Helicobacter pylori. *Braz J Infect Dis*. 2016;20(6):534–538.
- Hall JE, do Carmo JM, da Silva AA, Wang Z, Hall ME. Obesity, kidney dysfunction and hypertension: mechanistic links. *Nat Rev Nephrol*. 2019;15(6):367–385.

- Hall, K. D., Ayuketah, A., Brychta, R., Cai, H., Cassimatis, T., Chen, K. Y., Chung, S. T., Costa, E., Courville, A., Darcey, V., Fletcher, L. A., Forde, C. G., Gharib, A. M., Guo, J., Howard, R., Joseph, P. V., McGehee, S., Ouwerkerk, R., Raisinger, K., ... Zhou, M. (2019). Ultra-processed diets cause excess calorie intake and weight gain: An inpatient randomized controlled trial of ad libitum food intake. *Cell Metabolism*, 30(1), 67–77.e3.
- Hardison WGM, Grundy SM. Effect of bile acid conjugation pattern on bile acid metabolism in normal humans. *Gastroenterology*. 1983;84(3):617-620.
- Harmen JF, Habets I, Biancolin AD, et al. "Natural daylight during office hours improves glucose control and whole-body substrate metabolism." *Cell Metabolism*. 2026;38(1):65–81.e10. doi:10.1016/j.cmet.2025.11.006
- Hart PA, Bellin MD, Andersen DK, et al. "Type 3c (pancreatogenic) diabetes mellitus secondary to chronic pancreatitis and pancreatic cancer." *Lancet Gastroenterology & Hepatology*. 2016;1(3):226-237.
- Hausenblas HA, Saha D, Dubyak PJ, Anton SD. Saffron (*Crocus sativus* L.) and major depressive disorder: a meta-analysis of randomized clinical trials. *J Integr Med*. 2013;11(6):377-383.
- Hawkins M, Thomas N, et al. The Vellore Declaration: Formal recognition of malnutrition-related diabetes mellitus as Type 5 diabetes. International Diabetes Federation World Diabetes Congress 2025, Bangkok, Thailand.
- Helfrich-Förster C, Monecke S, Spiouas I, Hovestadt T, Mitesser O, Wehr TA. "Women temporarily synchronize their menstrual cycles with the luminance and gravimetric cycles of the Moon." *Science Advances*. 2021;7(5):eabe1358.
- Helfrich-Förster C, et al. "Synchronization of women's menstruation with the Moon has decreased but remains detectable when gravitational pull is strong." *Science Advances*. 2025;11(39):eadw4096.
- Hu C, Xuan Y, Zhang X, Liu Y, Yang S, Yang K. "Immune cell metabolism and metabolic reprogramming." *Molecular Biology Reports*. 2022 Jun 13;49(10): 9783–9795.
- Hu YH, Lin CL, Huang YW, Liu PE, Hwang DF. Dietary Amino Acid Taurine Ameliorates Liver Injury in Chronic Hepatitis Patients. *Amino Acids*. 2008;35(2): 469–473.
- International Agency for Research on Cancer (IARC) Working Group. Red Meat and Processed Meat. IARC Monographs on the Evaluation of Carcinogenic Risks to Humans, Volume 114. Lyon: International Agency for Research on Cancer; 2018.
- International Diabetes Federation. IDF Diabetes Atlas. 11th edition. Brussels: International Diabetes Federation; 2025.
- "Interview." Office of His Holiness the 14th Dalai Lama. dalailama.com.
- Iyer P. The Open Road: The Global Journey of the Fourteenth Dalai Lama. Knopf; 2008.
- Jakubowicz D, Barnea M, Wainstein J, Froy O. "High caloric intake at breakfast vs. dinner differentially influences weight loss of overweight and obese women." *Obesity (Silver Spring)*. 2013;21(12):2504–2512.
- Jarocka-Karpowicz I, Dobrzyńska I, Stasiewicz A, Skrzydlewska E (2024). 3-O-Ethyl Ascorbic Acid and Cannabigerol in Modulating the Phospholipid Metabolism of Keratinocytes. *Antioxidants (Basel)*, 13(11), 1285.
- Jessen NA, Munk AS, Lundgaard I, Nedergaard M. "The Glymphatic System: A Beginner's Guide." *Neurochemical Research*. 2015;40(12):2583–2599.
- Jiang H, Liu Z, Wang S. "Microwave processing: Effects and impacts on food components." *Critical Reviews in Food Science and Nutrition*. 2018;58(14):2476–2489.
- Jirakittayakorn N, Wongsawat Y. Brain responses to a 6-Hz binaural beat: effects on general theta rhythm and frontal midline theta activity. *Front Neurosci*. 2017;11:365.
- Kak S. "The Speed of Light and Puranic Cosmology." *Annals of the Bhandarkar Oriental Research Institute*, 1999 (widely cited from the 1998 preprint, arXiv physics/9804020).
- Kalra S, Kapoor N, Verma M, Shaikh S, Das S, Jacob J, Sahay R. "Defining and Diagnosing Obesity in India: A Call for Advocacy and Action." *Journal of Obesity*. 2023;2023:4178121.
- Kalyani BG, Venkatasubramanian G, Arasappa R, Rao NP, Kalmady SV, Behere RV, et al. Neurohemodynamic correlates of "OM" chanting: a pilot functional magnetic resonance imaging study. *Int J Yoga*. 2011;4(1):3-6.
- Kanakhara B, Chaudhari V. A pilot study on clinical efficacy of Agnikarma and Pathyadi decoction in the management of Ardhavabhedaka (migraine). *Ayu*. 2018;39(1):56-61.
- Karmisholt J, Andersen S, Laurberg P. "Weight Loss After Therapy of Hypothyroidism Is Mainly Caused by Excretion of Excess Body Water Associated with Myxoedema." *Journal of Clinical Endocrinology & Metabolism*. 2011;96(1):E99–E103.
- Katzenschlager R, Evans A, Manson A, et al. Mucuna pruriens in Parkinson's disease: a double-blind clinical and pharmacological study. *J Neurol Neurosurg Psychiatry*. 2004;75(12):1672-1677.
- Kershaw EE, Flier JS. "Adipose tissue as an endocrine organ." *Journal of Clinical Endocrinology and Metabolism*. 2004;89(6):2548–2556.
- Knip M. Natural course of preclinical type 1 diabetes. *Horm Res*. 2002;57(Suppl 1): 6-11.
- Koch M, Habazettl I, Dehghani F, Korf HW (2008). The rat pineal gland comprises an endocannabinoid system. *Journal of Pineal Research*, 45(4), 351–360.
- Köhler C, Bartschke A, Fürstenau D, Schaaf T, Salgado-Baez E. "The Value of Smartwatches in the Health Care Sector for Monitoring, Nudging, and Predicting: Viewpoint on 25 Years of Research." *Journal of Medical Internet Research*. 2024 Oct 25;26:e58936.
- Kou H, Huang L, Jin M, et al. Effect of curcumin on rheumatoid arthritis: a systematic review and meta-analysis. *Front Immunol*. 2023;14:1121655.
- Kozłowska K, Walker P, McLean L, Carrive P. "Fear and the Defense Cascade: Clinical Implications and Management." *Harvard Review of Psychiatry*. 2015;23(4):263-287.
- Kutikuppala LVS, Sharma S, Madhav Rao C, Rangari G, Misra AK, Katiboina SR, Saggurthi P, Varshitha G. "Exploring the history of an unsung hero in pioneering biomedical research: Dr Yellapragada Subbarow." *Annals of Medicine and Surgery*. 2025;87(9):6242-6244.
- Landino, L. M., et al. (2022). Pheophorbide-A photoreduction of quinones. *Chemical Research in Toxicology*.
- Lane MM, Gamage E, Du S, Ashtree DN, McGuinness AJ, Gauci S, Baker P, Lawrence M, Rebholz CM, Sroub B, Touvier M, Jacka FN, O'Neil A, Segasby T, Marx W. "Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses." *BMJ*. 2024;384:e077310.
- Langade D, Kanchi S, Salve J, et al. Efficacy and safety of Ashwagandha root extract in insomnia and anxiety: a double-blind, randomized, placebo-controlled study. *Cureus*. 2019;11(9):e5797.
- Langmead L, Feakins RM, Goldthorpe S, et al. Randomized, double-blind, placebo-controlled trial of oral aloe vera gel for active ulcerative colitis. *Aliment Pharmacol Ther*. 2004;19(7):739-747.
- Leadbeater CW. The Chakras. Theosophical Publishing House; 1927.
- Lean ME, Leslie WS, Barnes AC, et al. Primary care-led weight management for remission of type 2 diabetes (DiRECT): an open-label, cluster-randomised trial. *Lancet*. 2018;391(10120):541-551.
- Lee RB. "What Hunters Do for a Living, or, How to Make Out on Scarce Resources." In: Lee RB, DeVore I, eds. *Man the Hunter*. Chicago: Aldine; 1968.
- Leland K. Rainbow Body: A History of the Western Chakra System from Blavatsky to Brennan. Ibis Press; 2016.
- Levine P. Somatic Experiencing model. *Waking the Tiger* (1997); In an Unspoken Voice (2010).
- Li D, Misialek JR, Jing M, et al. "Plasma phospholipid very-long-chain SFAs in midlife and 20-year cognitive change in the Atherosclerosis Risk in Communities (ARIC): a cohort study." *American Journal of Clinical Nutrition*. 2020;111(6): 1252–1258.
- Li D, Zhu Z, Sun D-W. "Effects of freezing on cell structure of fresh cellular food materials: A review." **Trends in Food Science & Technology**. 2018;75:46–55.
- Li, Y., Li, Y., Gu, X., et al. (2025). Long-term intake of red meat in relation to dementia risk and cognitive function in US adults. *Neurology*, 104(3), e210286.
- Lieberman DE, Worthington S, Schell LD, Parkent CM, Devinsky O, Carmody RN. "Comparing measured dietary variation within and between tropical hunter-gatherer groups to the Paleo Diet." *American Journal of Clinical Nutrition*. 2023;118(3):549-560.
- Lonn E, Yusuf S, Arnold MJ, et al.; Heart Outcomes Prevention Evaluation (HOPE) 2 Investigators. "Homocysteine Lowering with Folic Acid and B Vitamins in Vascular Disease." *New England Journal of Medicine*. 2006;354(15):1567–1577.
- Lopresti AL, Smith SJ, Malvi H, Kodgule R. An investigation into the stress-relieving and pharmacological actions of an Ashwagandha extract. *Medicine (Baltimore)*. 2019;98(37):e17186.
- Loughran SP, Wood AW, Barton JM, Croft RJ, Thompson B, Stough C. "The effect of electromagnetic fields emitted by mobile phones on human sleep." *NeuroReport*. 2005;16(17):1973–1976.
- Lowden A, Åkerstedt T, Ingre M, Wiholm C, Hillert L, Kuster N, Nilsson JP, Arnetz B. "Sleep after mobile phone exposure in subjects with mobile phone-related symptoms." *Bioelectromagnetics*. 2011;32(1):4–14.
- Luke J. "Fluoride Deposition in the Aged Human Pineal Gland." *Caries Research*, 2001;35(2):125–128.
- Maccarrone M, Di Rienzo M, Battista N, et al. (2003). The endocannabinoid system in human keratinocytes. *Journal of Biological Chemistry*, 278, 33896–33903.
- Madison, A.A., Belury, M.A., Andridge, R., et al. (2020). Afternoon distraction: a high-saturated-fat meal and endotoxemia impact postmeal attention in a randomized crossover trial. *American Journal of Clinical Nutrition*, 111(6), 1150–1158.
- Madjd A, Taylor MA, Delavari A, Malekzadeh R, Macdonald IA, Farshchi HR. "Beneficial effect of high energy intake at lunch rather than dinner on weight loss

- in healthy obese women in a weight-loss program: a randomized clinical trial." *American Journal of Clinical Nutrition*. 2016;104(4):982–989.
- Magina S, Esteves-Pinto C, Moura E, et al. (2011). Inhibition of basal and ultraviolet B-induced melanogenesis by cannabinoid CB1 receptors: a keratinocyte-dependent effect. *Archives of Dermatological Research*, 303(3), 201–210.
- Mähler A, Klammer S, Maifeld A, Bartolomeaus H, Markó L, Chen C-Y, Forslund SK, Boschmann M, Müller DN, Wilck N. "Increased salt intake decreases diet-induced thermogenesis in healthy volunteers: a randomized placebo-controlled study." *Nutrients*. 2022;14(2):253.
- Maisel P, Baum E, Donner-Banzhoff N. "Fatigue as the Chief Complaint: Epidemiology, Causes, Diagnosis, and Treatment." *Deutsches Ärzteblatt International*. 2021;118(33–34):566–576.
- Maléth J, Balázs A, Pallagi P, et al. Alcohol disrupts levels and function of the cystic fibrosis transmembrane conductance regulator to promote development of pancreatitis. *Gastroenterology*. 2015;148(2):427–439.
- Mallinson J, Singleton M. *Roots of Yoga*. Penguin Classics; 2017.
- Mancia G, Grassi G. The autonomic nervous system and hypertension. *Circ Res*. 2014;114(11):1804–1814.
- Manhiani MM, Brands MW. "Role of Insulin-Mediated Antinatriuresis in Sodium Homeostasis and Hypertension." *Hypertension*. 2019;74(2):222–228.
- Marcoff L, Thompson PD. "The Role of Coenzyme Q10 in Statin-Associated Myopathy: A Systematic Review." *Journal of the American College of Cardiology*. 2007;49(23):2231–2237.
- Mariotti F, Gardner CD. "Dietary Protein and Amino Acids in Vegetarian Diets—A Review." *Nutrients*. 2019;11(11):2661.
- Marmot MG, Syme SL, Kagan A, Kato H, Cohen JB, Belsky J. "Epidemiologic studies of coronary heart disease and stroke in Japanese men living in Japan, Hawaii and California: prevalence of coronary and hypertensive heart disease and associated risk factors." *American Journal of Epidemiology*. 1975;102(6):514–525.
- "Martial Arts along the Silk Road: from Bodhidharma to Bruce Lee." *Smithsonian Folklife Festival*, 2002.
- Martin CR, Osadchiv V, Kalani A, Mayer EA. "The Brain-Gut-Microbiome Axis." *Cellular and Molecular Gastroenterology and Hepatology*. 2018;6(2):133–148.
- Masuzaki H, Paterson J, Shinyama H, et al. "A transgenic model of visceral obesity and the metabolic syndrome." *Science*. 2001;294(5549):2166–2170.
- Maulik SK, Talwar KK. Therapeutic potential of Terminalia arjuna in cardiovascular disorders. *Am J Cardiovasc Drugs*. 2012;12(3):157–163.
- McEwen BS. "Protective and Damaging Effects of Stress Mediators." *New England Journal of Medicine*. 1998;338(3):171–179.
- McMillan C, Dower J, Ikeda I, Marhoffer E. "Chronic Pancreatitis Pain Associated With Energy Drink Consumption: A Case Report." *Journal of Investigative Medicine High Impact Case Reports*. 2024;12:23247096241255806.
- Meerman R, Brown AJ. "When somebody loses weight, where does the fat go?" *BMJ*. 2014;349:g7257.
- Menziletoğlu D, Guler AY, Cayır T, Isik BK. Binaural beats or 432 Hz music? Which method is more effective for reducing preoperative dental anxiety? *Med Oral Patol Oral Cir Bucal*. 2021;26(1):e97–e101.
- Michalak J, Czarnowska-Kujawska M, Klepacka J, Gujska E. "Effect of Microwave Heating on the Acrylamide Formation in Foods." *Molecules*. 2020;25(18):4140.
- Miller GE, Cohen S, Ritchey AK. "Chronic psychological stress and the regulation of pro-inflammatory cytokines: A glucocorticoid-resistance model." *Health Psychology*. 2002;21(6):531–541.
- Mills DA. *Chronic Disease: The Epidemic of the Twentieth Century*. Maine Policy Review. 2000;9(1):50–65.
- Ministry of Health, Labour and Welfare of Japan (MHLW). *National Health and Nutrition Survey (Japan)*. Accessed 2026.
- Mitchell GF, Hwang SJ, Vasan RS, et al. Arterial stiffness and cardiovascular events: the Framingham Heart Study. *Circulation*. 2010;121(4):505–511.
- Mohan V, Farooq S, Deepa M. Prevalence of fibro-calculeous pancreatic diabetes in Chennai in South India. *JOP*. 2003;4(2):88–93.
- Mohan V, Premalatha G. Fibrocalculeous pancreatic diabetes. *Int J Diab Dev Countries*. 1995;15:97–104.
- Mohsin AZ, Asyila A, Muhialdin BJ, et al. "Physicochemical characteristics, GABA content, antimicrobial and antioxidant capacities of yogurt from Murrah buffalo milk with different fat contents." *Food Bioscience*. 2022;49:101949.
- Moradi Kor N, Didarshetaban MB, Saeid Pour HR. "Fenugreek (*Trigonella foenum-graecum* L.) As a Valuable Medicinal Plant." *International Journal of Advanced Biological and Biomedical Research*. 2013;1(8):922–931.
- Morris CJ, Yang JN, Garcia JJ, et al. "Endogenous circadian system and circadian misalignment impact glucose tolerance via separate mechanisms in humans." *Proc Natl Acad Sci U S A*. 2015;112(17):E2225–E2234.
- Mudie, D.M., Murray, K., Hoad, C.L., Pritchard, S.E., Garnett, M.C., Amidon, G.L., Gowland, P.A., Spiller, R.C., Amidon, G.E., & Marciani, L. (2014). Quantification of gastrointestinal liquid volumes and distribution following a 240 mL dose of water in the fasted state. *Molecular Pharmaceutics*, 11(9), 3039–3047.
- Mukherjee PK, Rai S, Bhattacharya S, et al. Clinical study of 'Triphala'. *Iran J Pharmacol Ther*. 2006;5(1):51–54.
- Muller R, Liu YY, Brent GA. "Thyroid Hormone Regulation of Metabolism." *Physiological Reviews*. 2014;94(2):355–382.
- Myers MG, Cowley MA, Münzberg H. "Mechanisms of leptin action and leptin resistance." *Annual Review of Physiology*. 2008;70:537–556.
- National Family Health Survey (NFHS-5), 2019–2021. International Institute for Population Sciences (IIPS) and Ministry of Health and Family Welfare, Government of India. Mumbai: IIPS.
- NCD Risk Factor Collaboration (NCD-RisC). "Worldwide trends in hypertension prevalence and progress in treatment and control from 1990 to 2019: a pooled analysis of 1201 population-representative studies with 104 million participants." *The Lancet*. 2021;398(10304):957–980.
- O'Brien JS, Sampson EL. "Lipid Composition of the Normal Human Brain: Gray Matter, White Matter, and Myelin." *Journal of Lipid Research*. 1965;6(4):537–544.
- Olsen A, Egeberg R, Halkjær J, Christensen J, Overvad K, Tjønneland A. "Healthy aspects of the Nordic diet are related to lower total mortality." *Journal of Nutrition*. 2011 Apr 1;141(4):639–644.
- Ondrusova K, et al. "Subcutaneous white adipocytes express a light sensitive signaling pathway mediated via a melanopsin/TRPC channel axis." *Scientific Reports*, 2017.
- Organisation for Economic Co-operation and Development (OECD). *Life Expectancy at Birth*. OECD Data. Accessed 2026. <https://www.oecd.org/en/data/indicators/life-expectancy-at-birth.html>
- Our World in Data. "Meat and Dairy Production," 2023.
- Parthasarathy R. "Discoverer of miracle medicines: Y. Subba Row (1895–1948)." *The Hindu, Science and Technology*, 13 March 2003.
- Perlis, R.H., Ramachandiran, A.K., Verhaak, P.F., Santillana, M., Baum, M.A., Druckman, J.N., Ognyanova, K., & Lazer, D. (2026). Antidepressant use among American adults in a 50-state survey. *BMJ Mental Health*, 29(1), e302287.
- Phelps N. "An Open Letter to the Dalai Lama." June 15, 2007.
- Platel K, Srinivasan K. "Influence of dietary spices and their active principles on pancreatic digestive enzymes in albino rats." *Nahrung/Food*. 2000;44(1):42–46.
- Plini ERG, Melnychuk MC, Dockree PM (2025). Meditation Linked to Enhanced MRI Signal Intensity in the Pineal Gland and Reduced Predicted Brain Age. *Journal of Pineal Research*, 77(1), e70033.
- Pontzer H, Wood BM. "Effects of Evolution, Ecology, and Economy on Human Diet: Insights from Hunter-Gatherers and Other Small-Scale Societies." *Annual Review of Nutrition*. 2021 Oct 11;41:363–385.
- Pope Pius XII. *Apostolic Brief* (March 16, 1956). Registered in the Vatican Apostolic Archive. Published in: *Acta Apostolicae Sedis (AAS)*, Typis Polyglottis Vaticanis, Volume 48 (1956).
- Porter, Roy. *The Greatest Benefit to Mankind: A Medical History of Humanity*. W. W. Norton & Company, 1997.
- Poulsen SK, Due A, Jordy AB, Kiens B, Stark KD, Stender S, Holst C, Astrup A, Larsen TM. "Health effect of the New Nordic Diet in adults with increased waist circumference: a 6-mo randomized controlled trial." *American Journal of Clinical Nutrition*. 2014 Jan;99(1):35–45.
- Prabhakar S, Vishnu VY, Modi M, et al. Efficacy of Bacopa monnieri (Brahmi) and donepezil in Alzheimer's disease and mild cognitive impairment: a randomized double-blind parallel phase 2b study. *Ann Indian Acad Neurol*. 2020;23(6):767–773.
- Proscenc Zmrzljak U, Rozman D. "Circadian Regulation of the Hepatic Endobiotic and Xenobiotic Detoxification Pathways: The Time Matters." *Chemical Research in Toxicology*. 2012;25(4):811–824.
- Provencio I, et al. "Melanopsin: An opsin in melanophores, brain, and eye." *Proceedings of the National Academy of Sciences*, 1998;95(1):340–345.
- "Psychosomatic Disorder." *Cleveland Clinic*, 2024. <https://my.clevelandclinic.org/health/diseases/21521-psychosomatic-disorder>
- Quan Q-L, Kim EJ, Kim S, et al. "UV Irradiation Increases Appetite and Prevents Body Weight Gain through the Upregulation of Norepinephrine in Mice." *Journal of Investigative Dermatology*, 144(10), 2024, 2273–2284.e5.
- Radin D, Hayssen G, Emoto M, Kizu T. "Double-blind test of the effects of distant intention on water crystal formation." *Explore (NY)*, 2(5), 2006, pp. 408–411.
- Rahmani S, Asgari S, Askari G, et al. Treatment of non-alcoholic fatty liver disease with curcumin: a randomized placebo-controlled trial. *Phytother Res*. 2016;30(9):1540–1548.
- Raveendra KR, Jayachandra, Srinivasa V, et al. An extract of *Glycyrrhiza glabra* (GutGard) alleviates symptoms of functional dyspepsia: a randomized, double-blind, placebo-controlled study. *Evid Based Complement Alternat Med*. 2012;2012:216970.—cited in Path Two GERD entry for the licorice/DGL 75 mg twice daily dosing recommendation.

- Razavi F, Raminfard S, Kalantar H, Sisakhti M, Batouli SAH (2021). A probabilistic atlas of the pineal gland in the standard space. *Frontiers in Neuroinformatics*, 15, 554229.
- Reinke H, Asher G. "Circadian Clock Control of Liver Metabolic Functions." *Gastroenterology*. 2016;150(3):574–580.
- Reytor-González C, Simancas-Racines D, Román-Galeano NM, et al. "Chrononutrition and Energy Balance: How Meal Timing and Circadian Rhythms Shape Weight Regulation and Metabolic Health." *Nutrients*. 2025;17(13):2135.
- Ridker PM, Danielson E, Fonseca FA, et al. Rosuvastatin to prevent vascular events in men and women with elevated C-reactive protein. *N Engl J Med*. 2008;359(21):2195–2207.
- Roman L, Belorio M, Gómez M. "Gluten-Free Breads: The Gap Between Research and Commercial Reality." *Comprehensive Reviews in Food Science and Food Safety*. 2019;18(3):690–702.
- Ross R. Atherosclerosis—an inflammatory disease. *N Engl J Med*. 1999;340(2):115–126.
- Sacks FM, Bray GA, Carey VJ, et al. "Comparison of weight-loss diets with different compositions of fat, protein, and carbohydrates." *New England Journal of Medicine*. 2009 Feb 26;360(9):859–873.
- Safer JD. "Thyroid Hormone Action on Skin." *Dermato-Endocrinology*. 2011;3(3):211–215.
- Sagan C. *Broca's Brain: Reflections on the Romance of Science*. Random House; 1979.
- Salve J, Pate S, Debnath K, Langade D. Adaptogenic and anxiolytic effects of Ashwagandha root extract in healthy adults: a double-blind, randomized, placebo-controlled clinical study. *Cureus*. 2019;11(12):e6466.
- Samraj AN, Pearce OMT, Läubli H, et al. "A red meat-derived glycan promotes inflammation and cancer progression." *Proc Natl Acad Sci USA*. 2015;112(2):542–547.
- "San Thome Basilica, Chennai." *Incredible India*. incredibleindia.gov.in.
- Sanders LM, Zhu Y, Wilcox ML, Koehler K, Maki KC. "Effects of Whole Grain Intake, Compared with Refined Grain, on Appetite and Energy Intake: A Systematic Review and Meta-Analysis." *Advances in Nutrition*. 2021;12(4):1177–1195.
- Schiffrin EL. Antioxidants in hypertension and cardiovascular disease. *Mol Interv*. 2010;10(6):354–362.
- Schwarz N, Clore GL. "Mood, misattribution, and judgments of well-being: Informative and directive functions of affective states." *Journal of Personality and Social Psychology*. 1983;45(3):513–523.
- Sepa A, Frodi A, Ludvigsson J. Psychological stress may induce diabetes-related autoimmunity in infancy. *Diabetes Care*. 2005;28(10):2394–2399.
- Sepa A, Ludvigsson J. Psychological stress and the risk of diabetes-related autoimmunity: a review article. *Neuroimmunomodulation*. 2006;13(5-6):301–308.
- Shaik FA, Singh N, Arakawa M, Duan K, Bhullar RP, Chelikani P. Bitter taste receptors: extraoral roles in pathophysiology. *Int J Biochem Cell Biol*. 2016;77(Pt B):197–204.
- Shapla UM, Solayman M, Alam N, Khalil MI, Gan SH. 5-Hydroxymethylfurfural (HMF) Levels in Honey and Other Food Products: Effects on Bees and Human Health. *Chem Cent J*. 2018;12:35.
- Sharma M, Choudhari SG, Ingole A. "Yellapragada Subbarow: A Pioneer in Biomedical Research and the Unsung Hero of Modern Medicine." *Cureus*, 16(8), 2024, e67442.
- Sheldon WH. *The Varieties of Human Physique: An Introduction to Constitutional Psychology*. New York: Harper & Brothers; 1940.
- Shimbo D, Cohen MT, McGoldrick M, Ensari I, Diaz KM, Fu J, Duran AT, Zhao S, Suls JM, Burg MM, Chaplin WF. "Translational Research of the Acute Effects of Negative Emotions on Vascular Endothelial Health: Findings From a Randomized Controlled Study." *Journal of the American Heart Association*. 2024 May 1;13(9):e032698.
- Shukla KK, Mahdi AA, Ahmad MK, et al. Mucuna pruriens improves male fertility by its action on the hypothalamus-pituitary-gonadal axis. *Fertil Steril*. 2009;92(6):1934–1940.
- Sierra S, Ramos MC, Molina P, et al. "Statins as Neuroprotectants: A Comparative In Vitro Study of Lipophilicity, Blood-Brain-Barrier Penetration, Lowering of Brain Cholesterol, and Decrease of Neuron Cell Death." *Journal of Alzheimer's Disease*. 2011;23(2):307–318.
- Sindhuja S, Prakruthi M, Manasa R, Shekhara Naik R, Shivananjappa M. "Health benefits of ghee (clarified butter): a review from Ayurvedic perspective." *IP Journal of Nutrition, Metabolism and Health Science*, 3(3), 2020, 64–72.
- Singh SK, Rajoria K, Kumar A, Sharma S. A Double-Blind Controlled Clinical Trial to Evaluate the Effects of Nasal Therapy with Vrihatajivakadya Oil on Different Viscosities in Patients with Migraine. *J Ayurveda Integr Med*. 2023;14(2):100662.
- Sipetic S, Vlainjac H, Marinkovic J, et al. Stressful life events and psychological dysfunctions before the onset of type 1 diabetes mellitus. *J Pediatr Endocrinol Metab*. 2007;20(4):527–534.
- Sisakhti M, Batouli SAH (2024). Possible Role of the Pineal Gland in the Human Memory System. *Frontiers in Biomedical Technologies*, 11(4), 530–547.
- Sjövall J. Dietary glycine and taurine on bile acid conjugation in man; bile acids and steroids 75. *Proc Soc Exp Biol Med*. 1959;100(4):676–678.
- Skobowiat C, Dowdy JC, Sayre RM, Tuckey RC, Slominski A. "Cutaneous hypothalamic-pituitary-adrenal axis homolog: regulation by ultraviolet radiation." *American Journal of Physiology-Endocrinology and Metabolism*. 2011;301(3):E484–E493.
- Skodje GI, Sama VK, Minelle IH, et al. "Fructan, Rather Than Gluten, Induces Symptoms in Patients With Self-Reported Non-Celiac Gluten Sensitivity." *Gastroenterology*. 2018;154(3):529–539.
- Sladek CD, Johnson AK. "Integration of Thermal and Osmotic Regulation of Water Homeostasis: The Role of TRPV Channels." *American Journal of Physiology—Regulatory, Integrative and Comparative Physiology*. 2013;305(7):R669–R678.
- Slominski A, Wortsman J. "Neuroendocrinology of the skin." *Endocrine Reviews*, 2000;21(5):457–487.
- Song RH, Wang B, Yao QM, et al. "The Impact of Obesity on Thyroid Autoimmunity and Dysfunction: A Systematic Review and Meta-Analysis." *Frontiers in Immunology*. 2019;10:2349.
- Sousouri G, Eicher C, D'Angelo RM, et al. "5G radio-frequency-electromagnetic-field effects on the human sleep electroencephalogram: A randomized controlled study in CACNA1C genotyped volunteers." *NeuroImage*. 2025;317:121340.
- Sowjanya K, Girish C, Bammigatti C, Prasanna Lakshmi NC. Efficacy of Phyllanthus niruri on improving liver functions in patients with alcoholic hepatitis: a double-blind randomized controlled trial. *Indian J Pharmacol*. 2021;53(6):448–456.—cited in Path Two hepatitis entry for the 4-week alcoholic hepatitis RCT showing antioxidant but not liver function improvement.
- Suls J, Wan CK, Costa PT. "Relationship of Trait Anger to Resting Blood Pressure: A Meta-Analysis." *Health Psychology*. 1995;14(5):444–456.
- Sun WM, Houghton LA, Read NW, et al. "Effect of meal temperature on gastric emptying of liquids in man." *Gut*. 1988;29(3):302–305.
- Szapary PO, Wolfe ML, Bloedon LT, et al. Guggulipid for the treatment of hypercholesterolemia: a randomized controlled trial. *JAMA*. 2003;290(6):765–772.
- Tangvoranuntakul P, Gagneux P, Diaz S, et al. "Human uptake and incorporation of an immunogenic nonhuman dietary sialic acid." *Proc Natl Acad Sci USA*. 2003;100(21):12045–12050.
- Terry N, Margolis KG. "Serotonergic Mechanisms Regulating the GI Tract: Experimental Evidence and Therapeutic Relevance." *Handbook of Experimental Pharmacology*. 2017;239:319–342.
- "The Water in You: Water and the Human Body." *USGS Water Science School*, 2019.
- Tomiyama AJ, Mann T, Vinas D, Hunger JM, DeJager J, Taylor SE. "Low Calorie Dieting Increases Cortisol." *Psychosomatic Medicine*. 2010;72(4):357–364.
- Trivedi G, Sharma K, Saboo B, Kathirvel S, Konat A, Zapadia V, et al. Humming (simple Bhramari Pranayama) as a stress buster: a Holter-based study to analyze heart rate variability (HRV) parameters during Bhramari, physical activity, emotional stress, and sleep. *Cureus*. 2023b;15(4):e37527.
- Trivedi GY, Kathirvel S, Sharma K, Saboo B. Effect of various lengths of respiration on heart rate variability during simple Bhramari (humming). *Int J Yoga*. 2023a;16(2):123–131.
- Ulvik A, Vollset SE, Hoff G, Ueland PM. Coffee consumption and circulating B-vitamins in healthy middle-aged men and women. *Clin Chem*. 2008;54(9):1489–1496.
- US Food and Drug Administration. *Food Labeling: Revision of the Nutrition and Supplement Facts Labels*. Final Rule. 81 FR 33742. 2016.
- Vaccarino V, Bremner JD. "Stress and cardiovascular disease: an update." *Nature Reviews Cardiology*. 2024;21(9):603–616.
- van Hattem T, Verkaar L, Krugliakova E, et al. "Targeting Sleep Physiology to Modulate Glymphatic Brain Clearance." *Physiology*. 2025;40(3).
- Vanhoutte PM, Shimokawa H, Tang EH, Feletou M. Endothelial dysfunction and vascular disease. *Acta Physiol*. 2009;196(2):193–222.
- Vigna SR, Shahid RA, Liddle RA. "Ethanol contributes to neurogenic pancreatitis by activation of TRPV1." *FASEB Journal*. 2014;28(2):891–896.
- Vlachopoulos C, Aznaouridis K, Stefanadis C. Prediction of cardiovascular events and all-cause mortality with arterial stiffness: a systematic review and meta-analysis. *J Am Coll Cardiol*. 2010;55(13):1318–1327.
- Vujović N, Piron MJ, Qian J, Chellappa SL, Nedeltcheva A, Barr D, et al. "Late isocaloric eating increases hunger, decreases energy expenditure, and modifies metabolic pathways in adults with overweight and obesity." *Cell Metabolism*. 2022 Oct 4;34(10):1486–1498.e7.
- Wallis CD. "The Real Story on the Chakras." *Tantrik Studies*, 2016. hareesh.org

Wang S, Li C, Copeland L, Niu Q, Wang S. "Starch retrogradation: A comprehensive review." *Comprehensive Reviews in Food Science and Food Safety*. 2015;14(5): 568–585.

Wannamethee, S. G., Shaper, A. G., & Walker, M. (2000). Physical activity and mortality in older men with diagnosed coronary heart disease. *Circulation*, 102(12), 1358–1363.

Watson KB, Wiltz JL, Nhim K, Kaufmann RB, Thomas CW, Greenlund KJ, et al. Trends in Multiple Chronic Conditions Among US Adults, By Life Stage, Behavioral Risk Factor Surveillance System, 2013–2023. *Prev Chronic Dis*. 2025;22:E15.

Watzl B, Kulling SE, Möseneder J, Barth SW, Bub A. "A 4-wk intervention with high intake of carotenoid-rich vegetables and fruit reduces plasma C-reactive protein in healthy, nonsmoking men." *American Journal of Clinical Nutrition*. 2005 Nov; 82(5):1052–1058.

Weitzberg E, Lundberg JON. Humming greatly increases nasal nitric oxide. *Am J Respir Crit Care Med*. 2002;166(2):144–145.

Wells, A.S., Read, N.W., Uvnäs-Moberg, K., & Alster, P. (1997). Influences of fat and carbohydrate on postprandial sleepiness, mood, and hormones. *Physiology & Behavior*, 61(5), 679–686.

Weyn S, Greven CU, Schmidt SJ, et al. "Sensory processing sensitivity and overstimulation in daily life: an experience sampling method study." *Scientific Reports*. 2026;16:2015.

Wilde AD, Jones AS. The nasal response to axillary pressure. *Clin Otolaryngol Allied Sci*. 1996;21(5):442–444.

World Cancer Research Fund/American Institute for Cancer Research. (2018). Meat, fish and dairy products and the risk of cancer (Continuous Update Project Expert Report). WCRF International.

World Obesity Federation. Global Obesity Observatory—India country profile. 2023.

Worth RM, Kato H, Rhoads GG, Kagan A, Syme SL. "Epidemiologic studies of coronary heart disease and stroke in Japanese men living in Japan, Hawaii and California: mortality." *American Journal of Epidemiology*. 1975;102(6):481–490.

Wortsman J, Matsuoka LY, Chen TC, Lu Z, Holick MF. "Decreased bioavailability of vitamin D in obesity." *American Journal of Clinical Nutrition*. 2000;72(3):690–693.

Wu T, Wang X-Y. A comparative study on marma and acupoints. *J Ayurveda Integr Med*. 2023;14(4):100769.

Xie L, Kang H, Xu Q, et al. "Sleep Drives Metabolite Clearance from the Adult Brain." *Science*. 2013;342(6156):373–377.

Yan LL, Liu K, Matthews KA, Daviglius ML, Ferguson TF, Kiefe CI. "Psychosocial factors and risk of hypertension: the Coronary Artery Risk Development in Young Adults (CARDIA) study." *Journal of the American Medical Association*. 2003;290(16):2138–2148.

Yarosz EL, Chang C-H. "The Role of Reactive Oxygen Species in Regulating T Cell-mediated Immunity and Disease." *Immune Network*. 2018 Feb 22;18(1):e14.

"Yoga." Oxford Bibliographies in Hinduism. Oxford University Press.

Yuan S, Li W, Ling Y, et al. Associations of screen-based sedentary activities with all cause dementia, Alzheimer's disease, vascular dementia: a longitudinal study based on 462,524 participants from the UK Biobank. *BMC Public Health*. 2023;23:2141.

Zambrano AD, Bhandari B, Ho B, Prakash S. "Retrogradation–digestibility relationship of selected glutinous and non-glutinous fresh and stale cooked rice." *International Journal of Food Properties*. 2016;19(11):2608–2622.

Zareba MR, Bielski K, Costumero V, Visser M. "Graph analysis of guilt processing network highlights links with subclinical anxiety and self-blame." *Social Cognitive and Affective Neuroscience*. 2024;19(1):nsae092.

Zhang, D., Robinson, K., Mihai, D. M., & Washington, I. (2016). Sequestration of ubiquitous dietary derived pigments enables mitochondrial light sensing. *Scientific Reports*, 6, 34320.

Zhang H, Ye A, Singh H, et al. "Impacts of heat-induced changes on milk protein digestibility: A review." *Trends in Food Science & Technology*. 2021;118:169–180.

Zhu, Y., Chen, Z., Chen, S., Fu, G., & Wang, Y. (2022). Combined effects of physical activity and sedentary behavior on all-cause mortality in heart failure patients: a cohort study of NHANES. *Frontiers in Cardiovascular Medicine*, 9, 1027995.

BRIDGE THERAPY REFERENCES

The studies cited in the bridge therapy entries and marked by superscript on the at-a-glance sheets. Classical sources are listed in the Classical and Traditional Texts section and are not numbered here. Where no number appears against an entry, the basis is classical authority and documented traditional use rather than a controlled trial.

NEUROACTIVE PATH

- Singh SK, Rajoria K, Kumar A, Sharma S. A Double-Blind Controlled Clinical Trial to Evaluate the Effects of Nasal Therapy with Vrihatajivakadya Oil on Different Viscosities in Patients with Migraine. *J Ayurveda Integr Med*. 2023;14(2):100662.
- Ambiye VR, Langade D, Dongre S, Aptikar P, Kulkarni M, Dongre A. Clinical evaluation of the spermatogenic activity of the root extract of *Ashwagandha* (*Withania somnifera*) in oligospermic males: a pilot study. *Evid Based Complement Alternat Med*. 2013;2013:571420.
- Bhatta M, Patil SS, Yadav SS, Somanadhapai S, Thapa R. Effects of yoga and add-on Ayurvedic Kati Basti therapy for patients with chronic low back pain: a randomized controlled trial. *J Ayurveda Integr Med*. 2024;15(5):101030.
- Boonmongkol T, Phokaewvarangkul O, Vimolmangkang S, et al. Comparative efficacy of *Mucuna pruriens* and conventional levodopa in Parkinson's disease. *J Neural Transm*. 2025.
- Cheah KL, Norhayati MN, Husniati Yaacob L, Abdul Rahman R. Effect of *Ashwagandha* extract on sleep: a systematic review and meta-analysis. *PLoS One*. 2021;16(9):e0257843.
- Cilia R, Cham M, Obese V, et al. *Mucuna pruriens* in untreated Parkinson's disease in sub-Saharan Africa: a 12-month, multicenter, randomized, controlled trial. *J Parkinsons Dis*. 2026.
- Cilia R, Laguna J, Cassani E, et al. *Mucuna pruriens* in Parkinson disease: a double-blind, randomized, controlled, crossover study. *Neurology*. 2017;89(5):432–438.
- Dwivedi S. *Terminalia arjuna* Wight & Arn—a useful drug for cardiovascular disorders. *J Ethnopharmacol*. 2007;114(2):114–129.
- Goswami S, Saoji A, Kumar N, et al. Effect of *Bacopa monnieri* on cognitive functions in Alzheimer's disease patients. *Int J Collab Res Internal Medicine Public Health*. 2011;3(4):285–293.
- Kanakhara B, Chaudhari V. A pilot study on clinical efficacy of *Agnikarma* and *Pathyadi* decoction in the management of *Ardhavabhedaka* (migraine). *Ayu*. 2018;39(1):56–61.
- Katzenschlager R, Evans A, Manson A, et al. *Mucuna pruriens* in Parkinson's disease: a double-blind clinical and pharmacological study. *J Neurol Neurosurg Psychiatry*. 2004;75(12):1672–1677.
- Langade D, Kanchi S, Salve J, et al. Efficacy and safety of *Ashwagandha* root extract in insomnia and anxiety: a double-blind, randomized, placebo-controlled study. *Cureus*. 2019;11(9):e5797.
- Lopresti AL, Smith SJ, Malvi H, Kodgule R. An investigation into the stress-relieving and pharmacological actions of an *Ashwagandha* extract. *Medicine (Baltimore)*. 2019;98(37):e17186.
- Maulik SK, Talwar KK. Therapeutic potential of *Terminalia arjuna* in cardiovascular disorders. *Am J Cardiovasc Drugs*. 2012;12(3):157–163.
- Mukherjee PK, Rai S, Bhattacharyya S, et al. Clinical study of 'Triphala'. *Iran J Pharmacol Ther*. 2006;5(1):51–54.
- Prabhakar S, Vishnu VY, Modi M, et al. Efficacy of *Bacopa monnieri* (Brahmi) and *donepezil* in Alzheimer's disease and mild cognitive impairment: a randomized double-blind parallel phase 2b study. *Ann Indian Acad Neurol*. 2020;23(6):767–773.
- Salve J, Pate S, Debnath K, Langade D. Adaptogenic and anxiolytic effects of *Ashwagandha* root extract in healthy adults: a double-blind, randomized, placebo-controlled clinical study. *Cureus*. 2019;11(12):e6466.
- Shukla KK, Mahdi AA, Ahmad MK, et al. *Mucuna pruriens* improves male fertility by its action on the hypothalamus-pituitary-gonadal axis. *Fertil Steril*. 2009;92(6):1934–1940.

THERMOACTIVE PATH

- Amalraj A, Varma K, Jacob J, et al. A novel highly bioavailable curcumin formulation improves symptoms and diagnostic indicators in rheumatoid arthritis patients: a randomized, double-blind, placebo-controlled, two-dose, three-arm, and parallel-group study. *J Med Food*. 2017;20(10):1022–1030.
- Bhat SS, Ahmed S, Reji R, Mehta P, Paul A, Mohanan M, et al. Efficacy and Safety of Curcumin in Maintaining Remission During Disease-Modifying Antirheumatic Drug Withdrawal in Rheumatoid Arthritis at 52 Weeks: A Phase III Double-Blind, Randomized Placebo-Controlled Trial. *Rheumatol Int*. 2023;43(12):2193–2200.
- Boskabady MH, Alitaneh S, Alavinezhad A. "Carum copticum L.: A Herbal Medicine with Various Pharmacological Effects." *BioMed Research International*. 2014;2014:569087.
- Goyal S, Gupta N, Chatterjee S. "Investigating Therapeutic Potential of *Trigonella foenum-graecum* L. as Our Defense Mechanism against Several Human Diseases." *Journal of Toxicology*. 2016;2016:1250387.
- Hajiaghahmohammadi AA, Zargar A, Oveis S, et al. To evaluate the effect of adding licorice to the standard treatment regimen of *Helicobacter pylori*. *Braz J Infect Dis*. 2016;20(6):534–538.

24. Kou H, Huang L, Jin M, et al. Effect of curcumin on rheumatoid arthritis: a systematic review and meta-analysis. *Front Immunol.* 2023;14:1121655.
25. Langmead L, Feakins RM, Goldthorpe S, et al. Randomized, double-blind, placebo-controlled trial of oral aloe vera gel for active ulcerative colitis. *Aliment Pharmacol Ther.* 2004;19(7):739-747.
26. Raveendra KR, Jayachandra, Srinivasa V, et al. An extract of *Glycyrrhiza glabra* (GutGard) alleviates symptoms of functional dyspepsia: a randomized, double-blind, placebo-controlled study. *Evid Based Complement Alternat Med.* 2012;2012:216970.—cited in Path Two GERD entry for the licorice/DGL 75 mg twice daily dosing recommendation.

TROPHOACTIVE PATH

27. Cruz-Correa M, Hyland LM, Marrero JH, et al. Efficacy and safety of curcumin in treatment of intestinal adenomas in patients with familial adenomatous polyposis. *Gastroenterology.* 2018;155(3):668-673.
 28. Gyawali D, Vohra R, Orme-Johnson D, Ramaratnam S, Schneider RH. A Systematic Review and Meta-Analysis of Ayurvedic Herbal Preparations for Hypercholesterolemia. *Medicina (Kaunas).* 2021;57(6):546.
 29. Hausenblas HA, Saha D, Dubyak PJ, Anton SD. Saffron (*Crocus sativus* L.) and major depressive disorder: a meta-analysis of randomized clinical trials. *J Integr Med.* 2013;11(6):377-383.
 30. Rahmani S, Asgary S, Askari G, et al. Treatment of non-alcoholic fatty liver disease with curcumin: a randomized placebo-controlled trial. *Phytother Res.* 2016;30(9):1540-1548.
 31. Szapary PO, Wolfe ML, Bloedon LT, et al. Guggulipid for the treatment of hypercholesterolemia: a randomized controlled trial. *JAMA.* 2003;290(6):765-772.
 32. Trishul Dev TA, Shivakumar. A Review on Apakwa Bilva Phala (Unripe Bael Fruit): The Magical Medicinal Fruit of Ayurveda. *J Ayurveda Integr Med Sci.* 2025;10(8):30-35. doi:10.21760/jaims.10.8.6
- Cited in more than one path: reference 10 (Kanakhara 2018) in the Neuroactive and Thermoactive paths; references 8 (Dwivedi 2007) and 14 (Maulik 2012) in the Neuroactive and Trophoactive paths.