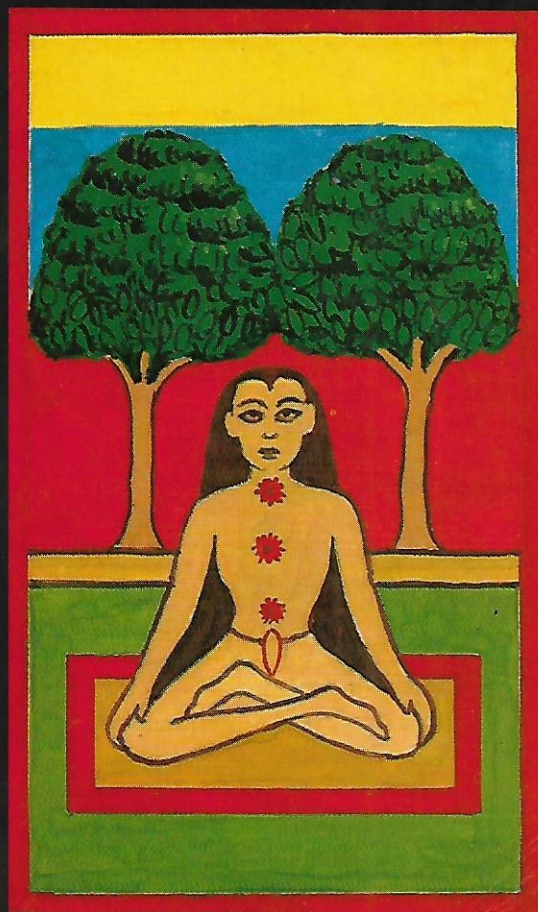


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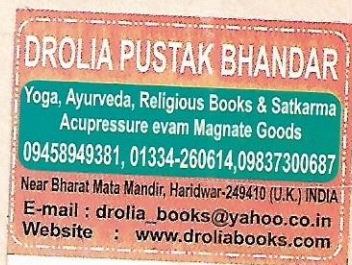
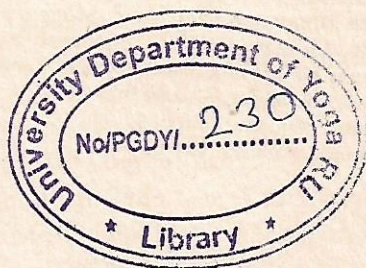


K.N.Udupa

Stress and its Management by Yoga

K.N. UDUPA

Edited by
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MOTILAL BANARSIDASS PUBLISHERS
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Contents

<i>Preface to the Second Edition</i>	page v
<i>Preface to the First Edition</i>	vii
<i>Acknowledgements</i>	xi
Introduction	1
1. Historical Background	9
2. The Brain and its Subcortical Centres	19
3. Neurohumors	34
4. Neurohumoral Response to Stress	60
5. Stress and Neuroendocrinal Changes	72
6. Psychological Factors and Stress Diseases	84
7. Other Etiological Factors of Stress Disorders	93
8. Pathophysiology and Clinical Aspects of Stress Diseases	109
9. Principles of Therapy of Stress Disorders	120
10. Role of Yoga in Stress	131
11. Studies on Physiological Aspects of Yoga	143
12. Meditation	162
13. Biofeedback Methods in Stress	171
14. Kundalini Yoga	186
15. Hypertension	217
16. Stress and the Disorders of Heart	230
17. Bronchial Asthma	243
18. Chronic Peptic Ulcer	254
19. Ulcerative Colitis	266
20. Thyrotoxicosis	278

21.	Stress and Diabetes Mellitus	305
22.	Stress and Arthritis	321
23.	Anxiety Neurosis	326
24.	Stress and Headache	337
25.	Stress and Cancer	340
26.	Other Diseases	351
27.	Conclusion	356
28.	Epilogue	362
	<i>Appendix</i>	367
	<i>Selected References</i>	370
	<i>Index</i>	379

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Adyar Library Bulletin,
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The Vedic Path, Vol. XLVIII, No. 384,
March 1986, *Qua. Jour.: Indo. & Sci.*
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.... the book is a great achievement for the author and the publisher both of whom deserve our warmest congratulations.

Review Projector (India)
Vol. 6, Nos. 1-3

V.N.V. DESIKAN

**MOTILAL BANARSIDASS
PUBLISHERS PVT. LTD.**

Delhi (INDIA)

E-mail: mlbd@vsnl.com
Website: www.mlbd.com

ISBN: 81-208-0000-1 (Cloth)

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