

Venue:	Doody's Review Service
Title:	Book Review: Handbook of research on evidence-based perspectives on the psychophysiology of yoga and its applications, Shirley Telles, et al.
Date:	2021
Type:	Book Review
Author(s)/ Presenter(s):	Alane Lucht
Abstract (or Book Review):	<p>Description: This book is a compilation of research pertaining to yoga and its application to multiple aspects of the human condition. The book is broken into larger categories with subsets that explore specific topics. The categories encompass pertinent material that is by no means exhaustive. There are a few tables, graphs, and examples of assessments that may be used for application of protocols, safety, and baseline information.</p> <p>Purpose: According to the authors, the purpose of the book is to use research to help understand the effectiveness and safety of various yoga interventions for the management of conditions or disease states. The objective is met. However, due to the very nature of research, a book such as this can be time consuming in its compilation and therefore runs the risk of being out of date as soon as it is published. What I do appreciate is that in no way do the authors state this text is the end-all and be-all. They have taken data and studies from over the decades and acknowledge the recent increase in studies and awareness of the art of yoga and its philosophy in the preface.</p> <p>Audience: This book is written for anyone seeking understanding and support for the use of yoga as a safe intervention for various physical and mental health conditions. The target audience is those who are at least familiar with many of the aspects of yoga - from breathwork and meditation to postures and philosophy. This book is a compilation of multiple studies with multiple authors that appear to be experts in their field of study. The book opens with a list of contributors with various degrees and certifications working at higher learning institutions and pertinent organizations throughout the world.</p> <p>Features: The book is divided into three sections: the physiological effects of yoga practice, yoga as a therapeutic intervention, and applications and mechanisms of yoga. Within each</p>

section there are chapters that cover topics including breath practice or pranayama, the neurobiology of meditation, yoga and weight management, and special yoga for children and young people with special needs, just to name a few. All together there are 25 chapters that contain compiled research in the specific area of study. This is such a burgeoning field with many future opportunities for study and research. There are no noteworthy shortcomings as the need for boundaries is imperative - it could go on forever and thus never be published.

Assessment: This book is informative and will be useful to those who wish to read research-based information about various applications of yoga interventions. Doing a quick Google search for evidence-based textbooks of yoga yields information for specific techniques or health conditions. There is also a plethora of individual research articles on yoga for various mental and physical health issues. One advantage of a text of this nature is the ease at which information is accessed - as many know, literature searches can be time consuming and yield scant results. One book that is similar in nature is *The Principles and Practice of Yoga in Health Care*, Khalsa et al. (Handspring Publishing, 2016). Like the book under review, this book also uses research and studies to support the use and understanding of yoga interventions for conditions such as mental health, musculoskeletal and neurologic conditions, as well as the special populations that include pediatric and geriatric persons. One of the authors of this latter book is also an author of the book under review.