

9.	398	Woolery A, 2004, ALTERN THER HEALTH M, V10, P60	126	149
10.	421	Carlson LE, 2004, PSYCHONEUROENDOCRINO, V29, P448	51	300
11.	423	Cohen L, 2004, CANCER, V100, P2253	112	205
12.	427	Oken BS, 2004, NEUROLOGY, V62, P2058	97	292
13.	475	Tindle HA, 2005, ALTERN THER HEALTH M, V11, P42	36	532
14.	479	Brown RP, 2005, J ALTERN COMPLEM MED, V11, P189	89	156
15.	541	Kirkwood G, 2005, BRIT J SPORT MED, V39, P884	125	154
16.	545	Pilkington K, 2005, J AFFECT DISORDERS, V89, P13	122	170
17.	552	Sherman KJ, 2005, ANN INTERN MED, V143, P849	140	225
18.	561	Oken BS, 2006, ALTERN THER HEALTH M, V12, P40	113	198
19.	626	Culos-Reed SN, 2006, PSYCHO-ONCOL, V15, P891	0	144
20.	728	Moadel AB, 2007, J CLIN ONCOL, V25, P4387	107	178
21.	729	Chou R, 2007, ANN INTERN MED, V147, P478	40	1134
22.	730	Chou R, 2007, ANN INTERN MED, V147, P492	29	385
23.	735	Carlson LE, 2007, BRAIN BEHAV IMMUN, V21, P1038	42	259
24.	781	Carmody J, 2008, J BEHAV MED, V31, P23	43	498
25.	1033	O'Donovan G, 2010, J SPORT SCI, V28, P573	0	253
26.	1042	Ross A, 2010, J ALTERN COMPLEM MED, V16, P3	135	168
27.	1353	Diamond A, 2011, SCIENCE, V333, P959	12	656
28.	1843	Brook RD, 2013, HYPERTENSION, V61, P1360	6	171
29.	1892	Bushnell MC, 2013, NAT REV NEUROSCI, V14, P502	4	297
30.	2259	Rosenbaum S, 2014, J CLIN PSYCHIAT, V75, P964	8	140

Highly Cited paper is identified through papers are arranged in descending order according to Citations in table IX.

TABLE IX SHOWS HIGHLY CITED PAPERS

S. No	Date / Author / Journal	LCS	GCS	LCR	CR
1	729Chou R, Qaseem A, Snow V, Casey D, Cross JT, et al. Diagnosis and treatment of lowbackpain: A jointclinicalpracticeguideline from the Americancollege of physicians and the Americanpainsociety, ANNALS OF INTERNAL MEDICINE. 2007 OCT 2; 147 (7): 478-491	<u>40</u>	1134	<u>2</u>	131
2	1353Diamond A, Lee K, Interventions Shown to AidExecutiveFunctionDevelopment in Children 4 to 12 YearsOld, SCIENCE. 2011 AUG 19; 333 (6045): 959-964	<u>12</u>	656	0	48
3	475Tindle HA, Davis RB, Phillips RS, Eisenberg DM Trends in use of complementary and alternativemedicine by us adults: 1997-2002 ALTERNATIVE THERAPIES IN HEALTH AND MEDICINE. 2005 JAN-FEB; 11 (1): 42-49	<u>36</u>	532	<u>1</u>	27
4	781Carmody J, Baer RA Relationships between mindfulnesspractice and levels of mindfulness, medical and psychologicalsymptoms and well-being in a mindfulness-basedstressreductionprogram JOURNAL OF BEHAVIORAL MEDICINE. 2008 FEB; 31 (1): 23-33	<u>43</u>	498	0	44
5	730Chou R, Huffman LH Non-pharmacologictherapies for acute and chroniclowbackpain: A review of the evidence for an AmericanpainSociety/Americancollege of physiciansclinicalpracticeguideline ANNALS OF INTERNAL MEDICINE. 2007 OCT 2; 147 (7): 492-504	<u>29</u>	385	<u>3</u>	185
6	354Carlson LE, Specia M, Patel KD, Goodey E Mindfulness-basedstressreduction in relation to quality of life, mood, symptoms of stress, and immuneparameters in breast and prostatecanceroutpatients PSYCHOSOMATIC MEDICINE. 2003 JUL-AUG; 65 (4): 571-581	<u>49</u>	330	0	73
7	313Kronenberg F, Fugh-Berman A Complementary and alternativemedicine for menopausalsymptoms: A review of randomized, controlledtrials, ANNALS OF INTERNAL MEDICINE. 2002 NOV 19; 137 (10): 805-813	<u>18</u>	322	0	58
8	421Carlson LE, Specia M, Patel KD, Goodey E Mindfulness-basedstressreduction in relation to quality of life, mood, symptoms of stress and levels of cortisol, dehydroepiandrosteronesulfate (DHEAS) and melatonin in breast and prostatecanceroutpatients, PSYCHONEUROENDOCRINOLOGY. 2004 MAY; 29 (4): 448-474	<u>51</u>	300	<u>1</u>	88
9	1892Bushnell MC, Ceko M, Low LA, Cognitive and emotionalcontrol of pain and its disruption in chronicpain, NATURE REVIEWS NEUROSCIENCE. 2013 JUL; 14 (7): 502-511	<u>4</u>	297	0	183
10	427Oken BS, Kishiyama S, Zajdel D, Bourdette D, Carlsen J, et al., Randomizedcontrolledtrial of yoga and exercise in multiplesclerosis NEUROLOGY. 2004 JUN 8; 62 (11): 2058-2064	<u>97</u>	292	<u>2</u>	56

VI. FINDINGS AND CONCLUSION

1. This study has highlighted quantitatively the contributions made by the researchers during 1989-2018 as reflected in Web of Science database. Around 30 years 4090 articles were published. In the year 2017, 603 articles (14.76%) were published. Followed by 2016, around 529 articles were published and every year the number of articles is increasing.
2. The study found that 73 papers are received 100 and above citations. The range of Citation is 1-1134.
3. The study also found that the overall h-index 90 and Citations are 46383.
4. Top 10 countries India secured second rank in terms of GCS with 4719 but with only 583 publications and also collaboration with more than 80 countries.
5. The study also identified that an average citation per paper is 11.32.
6. The study found that 1181 papers are published in open access journals.
7. Author contributions have to be encouraged and this certainly will help more publications. Global level Universities and technical Institution researchers should be encouraged.

Practice of yoga can attain good health and not only provide relief from diseases but also provide health, happiness and contentment which are the ultimate goals of man's life (Amarjeet, Y. & Sohan, R. T. (2011). Yoga gets scientific justification as a useful practice for maintaining health. Yoga has come full circle by providing the techniques for living a meaningful and purposeful life, which are improved both from a medical and spiritual point of view. There are other areas in Yoga that are important in terms of research interest. These results imputation that this research field is growing hastily and will exciting more research in the future.

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