



Dr Kashinath Metri BAMS, MD, PhD (Yoga)

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Academic Qualifications

- **Bachelors:** BAMS from *Rajiv Gandhi University of Health Sciences*, Bengaluru
- **PG - MD (Yoga)** from *Swami Vivekananda Yoga Anusandhana Samsthan* (S-VYASA) University, Bengaluru
- **PhD (Yoga)** from *Swami Vivekananda Yoga Anusandhana Samsthan* (S-VYASA) University, Bengaluru

Thesis title: *Effects of Yoga based lifestyle intervention on Cardiovascular measures, Cognitive Functions and Mental health measures among patients with Hypertension*

Professional Experience

Expertise: Psycho-physiology of Yoga, Yoga Therapy in Cardiovascular Medicine, & Integrative Medicine.

Academic Experience:

12+ years of experience in teaching theory and practice of **Yoga Therapy** to UG, PG and PhD students in the premier institutions like S-VYASA University, Bengaluru and Central University of Rajasthan.

Also worked as an **Ayurveda and Yoga Therapy consultant** at S-VYASA University, Bengaluru and Central University of Rajasthan.

Carrier counselling and mental health promotion among students and faculties.

Contributed in developing course structure of Yoga therapy and Research Methodology

Clinical Experience:

Dr Metri is having unique blend of *Yoga and Ayurveda*. He has treated 1000+ patients with various chronic health conditions including diabetes, obesity, endocrine disorders, infertility etc. through Yoga and Ayurveda medicine.

He is also an expert of lifestyle medicine which includes Yoga and Ayurveda based lifestyle recommendations.

Research Experience:

Research Domain: Therapeutic applications of Yoga in chronic health conditions and Integrative Medicine.

Dr Metri has rich experience of research in the field of Yoga. He has published **80+** research papers in international peer reviewed Journals. Most of these studies are **randomized clinical trials** of yoga therapy among patients with various disease conditions including, diabetes, hypertension, heart disease, cancer, hypothyroidism, obesity etc.

His primary research work involved scientific validation of yoga techniques and their application in improving health conditions.

He has developed several yoga modules for diseases like, ankylosing spondylitis, Parkinson's disease, asthma, menstrual disorders etc.

Dr Metri contributed 8 chapters in international renowned books published by **Taylor Francis and Springer Nature**.

One of the books **Principles and Practice of Yoga Therapy in Cardiovascular Medicine** in which he contributed 2 chapters has got appreciation **P M Shri Narendra Modiji**

All his research contributions are relevant to the modern lifestyle health problems.

Research Metrics	
Citations	1300+
h-Index	21
i10 index	32

Research Guidance

Dr Kashinath has guided 4 PhD scholars and 80+ PG dissertation.

Research Publications

1. Baishya, A., Sharma, S., Hazarika, D., Saini, S., Sharma, H., & **Metri, K.** (2025). Yoga in autoimmune disorders: A systematic review of randomized controlled trials. *Annals of Behavioral Medicine*, 59(1), kaaf049. **Impact Factor: ~4.1**
2. Chobe, S., Chobe, M., **Metri, K.**, Patra, S. K., & Nagaratna, R. (2020). Impact of Yoga on cognition and mental health among elderly: A systematic review. *Complementary Therapies in Medicine*, 52, 102421. **Impact Factor: ~3.7**
3. Vijayakumar, V., Balakundi, M., & **Metri, K. G.** (2019). Challenges faced in diabetes risk prediction among an indigenous South Asian population in India using the Indian Diabetes Risk Score. *Public Health*, 176, 114–117. **Impact Factor: ~4.5**
4. Rani, S., Maharana, S., **Metri, K. G.**, Bhargav, H., & Nagaratna, R. (2021). Effect of yoga on depression in hypothyroidism: A pilot study. *Journal of Traditional and Complementary Medicine*, 11(4), 375–380. **Impact Factor: ~4.0**
5. Kumawat, J., & **Metri, K. G.** (2025). Effects of an eight-week yoga intervention on cognitive, mental, and autonomic function in female students with elevated stress: A randomized controlled trial protocol. *Mental Health and Physical Activity*, 100709. **Impact Factor: ~3.2**
6. **Metri, K. G.**, Raghuram, N., Narayan, M., Sravan, K., Sekar, S., Bhargav, H., Babu, N., Mohanty, S., & Revankar, R. (2023). Impact of workplace yoga on pain measures, mental health, sleep quality, and quality of life in female teachers with chronic musculoskeletal pain: A randomized controlled study. *Work*, 76(2), 521–531. **Impact Factor: ~2.3**
7. **Metri, K.**, Patra, S., Ramakrishna, K. K., Salvi, K., Naik, J., & Nagaratna, R. (2021). Management of acute calculus cholecystitis with integrated Ayurveda and Yoga intervention: A case report. *Journal of Ayurveda and Integrative Medicine*, 12(1), 187–190. **Impact Factor: ~2.4**
8. Mishra, E., Sharma, S., & **Metri, K. G.** (2025). Effect of yoga therapy as an add-on to conventional medicine in improving cognitive functions and depressive symptoms in major depressive disorder: A case report. *Journal of Ayurveda and Integrative Medicine*, 16(6), 101219. **Impact Factor: ~2.4**

9. Baishya, A., & **Metri, K.** (2024). Effects of yoga on hypothyroidism: A systematic review. *Journal of Ayurveda and Integrative Medicine*, 15(2), 100891. **Impact Factor: ~2.4**
10. Baishya, A., Hazarika, D., & **Metri, K.** (2025). Yoga for archers: Development, validation, and feasibility testing of a yoga module. *International Journal of Yoga*, 18(2), 199–208. **Impact Factor: ~1.3**
11. Singh, J., **Metri, K.**, Tekur, P., Mohanty, S., Singh, A., & Raghuram, N. (2023). Tele-yoga in the management of ankylosing spondylitis amidst COVID pandemic: A prospective randomized controlled trial. *Complementary Therapies in Clinical Practice*, 50, 101672. **Impact Factor: ~2.8**
12. Baishya, A., Hazarika, D., & **Metri, K.** (2025). Yoga for archers: Development, validation, and feasibility testing of a yoga module. *International Journal of Yoga*, 18(2), 199–208. **Impact Factor: ~1.3**
13. Baishya, A., Hazarika, D., & **Metri, K.** (2026). Effects of Yoga on the efficiency of the attentional networks in competitive archers: A randomized controlled trial. *International Journal of Yoga*, 19(1), 85–93. **Impact Factor: ~1.3**
14. Basu-Ray, I., & **Metri, K.** (2022). Complications in COVID-19: Augmenting immuno-modulation and bolstering mental health. *The Principles and Practice of Yoga in Cardiovascular Medicine*, 24, 367. **Impact Factor: Not Applicable (Book Chapter)**
15. Basu-Ray, I., & **Metri, K.** (2022). Yoga as a potential intervention for preventing cardiac complications in COVID-19: Augmenting immuno-modulation and bolstering mental health. In *The Principles and Practice of Yoga in Cardiovascular Medicine* (pp. 367–380). Springer Nature. **Impact Factor: Not Applicable (Book Chapter)**
16. Basu-Ray, I., **Metri, K.**, Khanra, D., Revankar, R., Chinnaiyan, K. M., Raghuram, N., Mishra, M. C., Patwardhan, B., Sharma, M., & Basavaraddi, I. V. (2022). A narrative review on yoga: A potential intervention for augmenting immunomodulation and mental health in COVID-19. *BMC Complementary Medicine and Therapies*, 22(1), 191. **Impact Factor: ~2.8**
17. Bhargav, H., Huilgol, V., **Metri, K.**, Sundell, I. B., Tripathi, S., Ramagouda, N., Jadhav, M., Raghuram, N., Ramarao, N. H., & Koka, P. S. (2012). Evidence for extended age dependent maternal immunity in infected children: Mother to child transmission of HIV infection and potential interventions including sulfatides of the human fetal adnexa and complementary or alternative medicines. *Journal of Stem Cells*, 127–135. **Impact Factor: Not Available**

18. Bhargav, H., **Metri, K.**, Raghuram, N., Ramarao, N. H., & Koka, P. S. (2012). Enhancement of cancer stem cell susceptibility to conventional treatments through complementary yoga therapy: Possible cellular and molecular mechanisms. *Journal of Stem Cells*, 7(4), 261–267. **Impact Factor: Not Available**
19. Biman, S., Maharana, S., **Metri, K. G.**, & Nagaratna, R. (2021). Effects of yoga on stress, fatigue, musculoskeletal pain, and the quality of life among employees of diamond industry: A new approach in employee wellness. *Work*, 70(2), 521–529. **Impact Factor: ~2.3**
20. Bista, S., Bhargav, P., **Metri, K.**, & Bhargav, H. (2017). Insomnia in patients suffering from chronic medical illnesses: Prevalence and impact of IAYT. *Open Journal of Endocrine and Metabolic Diseases*, 7(10), 191–201. **Impact Factor: Not Available**
21. Chhugani, K. J., **Metri, K.**, Babu, N., & Nagendra, H. (2018). Effects of integrated yoga intervention on psychopathologies and sleep quality among professional caregivers of older adults with Alzheimer's disease: A controlled pilot study. *Advances in Mind-Body Medicine*, 32(3), 18–22. **Impact Factor: Not Available**
22. Chobe, M., Chobe, S., Dayama, S., Singh, A., **Metri, K.**, Basa, J. R., Raghuram, N., Singh Sr., A., & Raghuram, N. (2022). Prevalence of non-communicable diseases and its associated factors among urban elderly of six Indian states. *Cureus*, 14(10). **Impact Factor: ~1.2**
23. Chobe, S. V., Chobe, M., **Metri, K.**, & Raghuram, N. (2022). Yoga and Rasayana for mental health in age-related cognitive decline: A controlled trial. *Indian Journal of Science and Technology*, 15(9), 364–370. **Impact Factor: ~0.6**
24. Chopra, R., Tripathi, S. S., Sanal, R., & **Metri, K. G.** (2025). Well-being and quality of life through Yoga: Rethinking our notions of happiness. In *Yoga and Meditation* (pp. 31–59). Apple Academic Press. **Impact Factor: Not Applicable (Book Chapter)**
25. Dhansoia, V., Bhargav, H., & **Metri, K.** (2015). Immediate effect of mind sound resonance technique on state anxiety and cognitive functions in patients suffering from generalized anxiety disorder: A self-controlled pilot study. *International Journal of Yoga*, 8(1), 70–73. **Impact Factor: ~1.3**
26. Hema, B. N., **Kashinath, G. M.**, & Nagendra, H. R. (2015). Effect of a ten-day yoga-based vacation program on short-term and working memory in schoolchildren. *Ayurveda Journal of Health*, 13(1), 37–39. **Impact Factor: Not Available**

27. Jeevitaa, S., Krishna, R., **Kashinath, G. M.**, Nagaratna, R., & Nagendra, H. R. (2014). Mindfulness and impulsivity in diabetes mellitus. *The International Journal of Indian Psychology*, 2(1), 95–101. **Impact Factor: Not Available**
28. Kakde, N., **Metri, K. G.**, Varambally, S., Nagaratna, R., & Nagendra, H. R. (2017). Development and validation of a yoga module for Parkinson disease. *Journal of Complementary and Integrative Medicine*, 14(3), 20150112. **Impact Factor: ~1.5**
29. Kuloor, A., Kumari, S., & **Metri, K.** (2019). Impact of yoga on psychopathologies and quality of life in persons with HIV: A randomized controlled study. *Journal of Bodywork and Movement Therapies*, 23(2), 278–283. **Impact Factor: ~1.8**
30. Kumawat, J., & **Metri, K. G.** (2025). Research on Yoga for stress management: Bibliometric trends from 2000 to 2024. *Journal of Ayurveda and Integrative Medicine*, 16(4), 101163. **Impact Factor: ~2.4**
31. Kumawat, J., **Metri, K. G.**, Roy, S., & Patel, M. (2025). Effect of Yoga on planning, visuospatial memory, and perceived stress among female university students with elevated stress: A pilot randomized controlled trial. *Journal of Applied Consciousness Studies*, 13(2), 79–86. **Impact Factor: Not Available**
32. Leibel, L. L., **Metri, K. G.**, Prasad, R., & Mears, J. G. (2019). The effect of sukshma vyayama joint loosening yoga on aromatase inhibitor-induced arthralgia (AI) in breast cancer patients: A feasibility study conducted on Facebook. *Journal of Clinical Oncology*. **Impact Factor: ~45.3**
33. Madhusmita, M., Ebnezar, J., Srinivasan, T. M., **Metri, K. G.**, & Mohanty, P. P. (2018). Integrating Yoga in rehabilitation of spinal cord injury to improve benefits of stem cell therapies. *Journal of Stem Cells*, 13(4), 203–212. **Impact Factor: Not Available**
34. **Metri, K.** (2016). Yoga for movement disorders. *Journal of Alternative and Complementary Therapies*, 22(3), 3–4. **Impact Factor: Not Available**
35. **Metri, K.** (2016). Yoga for rheumatoid arthritis. *Alternative and Complementary Therapies*, 22(4), 175–179. **Impact Factor: Not Available**
36. **Metri, K.** (2018). School-based yoga program improves mental health and cognitive function in school children: A pilot, cross-sectional study. *Ayurveda Journal of Health*, 16(1), 21–28. **Impact Factor: Not Available**

37. **METRI, K. G.** (2025). Well-being and quality of life through Yoga: Rethinking our notions of happiness. *Yoga and Meditation: Past and Present Evidence*, 31. **Impact Factor: Not Applicable (Book/Edited Volume)**
38. **Metri, K. G.**, & Vedanthan, P. K. (2024). Role of Yoga and Ayurveda in the management of allergic disorders. In *Textbook of Diagnostic and Therapeutic Procedures in Allergy* (pp. 328–341). CRC Press. **Impact Factor: Not Applicable (Book Chapter)**
39. **Metri, K. G.**, Bhargav, H., Ramarao, N. H., & Basavakatti, R. R. (2012). OA01.25. The first direct experimental evidence correlating Ayurveda based tridosha prakriti with western constitutional psychology somatotypes. *Ancient Science of Life*, 32(Suppl. 1), S25. **Impact Factor: ~0.3**
40. **Metri, K. G.**, Pradhan, B., & Nagendra, H. R. (2017). Effects of Integrated Approach of Yoga Therapy (IAYT) on cardiac variables and mental health in hypertensive patients with elevated anxiety and depression. *Journal of Stem Cells*, 12(3). **Impact Factor: Not Available**
41. **Metri, K. G.**, Pradhan, B., & Nagendra, H. R. (2017). Impact of short-term residential yoga-based lifestyle intervention on cognitive function in hypertensive patients. *Journal of Stem Cells*, 12(1), 33–39. **Impact Factor: Not Available**
42. **Metri, K. G.**, Pradhan, B., Singh, A., & Nagendra, H. R. (2018). Effect of 1-week yoga-based residential program on cardiovascular variables of hypertensive patients: A comparative study. *International Journal of Yoga*, 11(2), 170–174. **Impact Factor: ~1.3**
43. **Metri, K.**, Bhargav, H., Chowdhury, P., & Koka, P. S. (2013). Ayurveda for chemo-radiotherapy induced side effects in cancer patients. *Journal of Stem Cells*, 8(2), 115–122. **Impact Factor: Not Available**
44. **Metri, K.**, Nagaratna, R., & Singh, A. (2022). Role of Yoga in prevention and management of Type 2 Diabetes Mellitus (T2DM) and its complications. In *The Principles and Practice of Yoga in Cardiovascular Medicine* (pp. 197–203). Springer Nature. **Impact Factor: Not Applicable (Book Chapter)**
45. Mohanty, S., **Metri, K.**, Nagaratna, R., & Nagendra, H. R. (2015). Immediate effect of mind sound resonance technique (MSRT-A yogic relaxation technique) on cognitive functions in type 2 diabetes. *Voice Research*, 4(4), 44–45. **Impact Factor: Not Available**
46. Mohanty, S., Nagarathna, R., **Metri, K.**, Patil, S., Kumar, S., Singh, A., & Nagendra, H. R. (2020). Trends of hypertension and neurological diseases in India: A nationwide survey

reporting the distribution across geographical areas. *Annals of Neurosciences*, 27(3–4), 162–168. **Impact Factor: ~0.9**

47. Nagendra, H. R., Hankey, A., & **Metri, K.** (2013). Yoga and Ayurveda complementary systems of healing for use in integrative medicine. *Light on Ayurveda Journal*, 12(1), 37–44. **Impact Factor: Not Available**
48. Naoroibam, R., **Metri, K. G.**, Bhargav, H., Nagaratna, R., & Nagendra, H. R. (2016). Effect of Integrated Yoga (IY) on psychological states and CD4 counts of HIV-1 infected patients: A randomized controlled pilot study. *International Journal of Yoga*, 9(1), 57–61. **Impact Factor: ~1.3**
49. Nilakantham, S., Singh, A., **Metri, K. G.**, & Nagaratna, R. (2024). Effects of residential Yoga therapy on blood pressure and body mass index in women with hypothyroidism and obesity: A retrospective study. *AYU (An International Quarterly Journal of Research in Ayurveda)*, 45(1), 12–16. **Impact Factor: ~0.7**
50. Nilakanthan, S., **Metri, K.**, Raghuram, N., & Hongasandra, N. (2016). Effect of 6 months intense Yoga practice on lipid profile, thyroxine medication and serum TSH level in women suffering from hypothyroidism: A pilot study. *Journal of Complementary and Integrative Medicine*, 13(2), 189–193. **Impact Factor: ~1.5**
51. Poojari, S., Dhiman, D., Ghai, B., Mathur, D., **Metri, K.**, Kataria, K., & Anand, A. (2024). Effectiveness of integrated approach of yoga therapy versus usual care in management on chronic low back pain patients: A randomized controlled pilot study. *Pain Practice*, 24(2), 248–260. **Impact Factor: ~2.9**
52. Rao, J., **Metri, K. G.**, Singh, A., & Nagaratna, R. (2016). Effect of integrated approach of Yoga therapy on chronic constipation. *Voice of Research*, 5(1), 23–26. **Impact Factor: Not Available**
53. Rao, M., **Metri, K. G.**, Raghuram, N., & Hongasandra, N. R. (2017). Effects of Mind Sound Resonance Technique (Yogic Relaxation) on psychological states, sleep quality, and cognitive functions in female teachers: A randomized controlled trial. *Advances in Mind-Body Medicine*, 31(1), 4–9. **Impact Factor: Not Available**
54. Rao, V. S., Cheema, B. S., Armour, M., Smith, C. A., **Metri, K. G.**, & Ee, C. (2025). Yoga for weight management in women with polycystic ovary syndrome: A focus group study among yoga therapists. *European Journal of Integrative Medicine*, 102569. **Impact Factor: ~2.0**

55. Sharma, S., Kaushik, D., Saini, S., Sharma, H., & **Metri, K.** (2025). Effect of Yoga-based interventions on heart rate variability and anxiety among students: A systematic review and meta-analysis. *Annals of Neurosciences*. **Impact Factor: ~0.9**
56. Shrimal, P. J., Maharana, S., Dave, A., **Metri, K. G.**, Raghuram, N., & Shrimal, S. (2024). Impact of Yoga on anxiety, stress and sleep quality among health care professionals during a public health crisis. *Work*, 79(1), 73–82. **Impact Factor: ~2.3**
57. Singh, A. K., Kaur, N., Kaushal, S., Tyagi, R., Mathur, D., Sivapuram, M. S., **Metri, K.**, Bammidi, S., Podder, V., & Modgil, S. (2019). Partitioning of radiological, stress and biochemical changes in pre-diabetic women subjected to Diabetic Yoga Protocol. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 13(4), 2705–2713. **Impact Factor: ~2.9**
58. Singh, A., Tekur, P., **Metri, K.**, Raghuram, N., & Nagendra, H. R. (2018). Yoga in Type 2 Diabetes Mellitus. *Journal of Stem Cells*, 13(3). **Impact Factor: Not Available**
59. Singh, A., Tekur, P., **Metri, K.**, Raghuram, N., & Nagendra, H. R. (2018). Yoga in Type 2 Diabetes Mellitus. *Journal of Stem Cells*, 13(3). **Impact Factor: Not Available**
60. Singh, J., Jha, M., **Metri, K.**, Mohanty, S., Singh, A., & Tekur, P. (2022). A study protocol for a randomised controlled trial on the efficacy of yoga as an adjuvant therapy for patients with Ankylosing spondylitis amidst COVID-19 pandemic. *Advances in Integrative Medicine*, 9(1), 75–79. **Impact Factor: ~1.0**
61. Singh, J., **Metri, K.**, Tekur, P., Mohanty, S., Jha, M., Singh, A., & Raghuram, N. (2022). Designing, validation, and feasibility of a yoga module for patients with ankylosing spondylitis. *Journal of Ayurveda and Integrative Medicine*, 13(1), 100479. **Impact Factor: ~2.4**
62. Singh, J., Tekur, P., **Metri, K. G.**, Mohanty, S., Singh, A., & Nagaratna, R. (2021). Potential role of Yoga in the management of ankylosing spondylitis: A retrospective study. *Annals of Neurosciences*, 28(1–2), 74–78. **Impact Factor: ~0.9**
63. Tejvani, R., **Metri, K. G.**, Agrawal, J., & Nagendra, H. R. (2016). Effect of Yoga on anxiety, depression and self-esteem in orphanage residents: A pilot study. *AYU (An International Quarterly Journal of Research in Ayurveda)*, 37(1), 22–25. **Impact Factor: ~0.7**
64. Tripathi, S., **Metri, K. G.**, Sharma, P., Singh, A., & Sharma, A. (2021). Ayurveda and yoga therapy for allergy and asthma. In *Textbook of Allergy for the Clinician* (pp. 376–380). CRC Press. **Impact Factor: Not Applicable (Book Chapter)**

65. Wang, Y., **Metri, K. G.**, Singh, A., & Raghuram, N. (2020). Immediate effect of mind sound resonance technique (MSRT—a yoga-based relaxation technique) on blood pressure, heart rate, and state anxiety in individuals with hypertension: A pilot study. *Journal of Complementary and Integrative Medicine*, 17(2), 20170177. **Impact Factor: ~1.5**
66. Wen, X., Saoji, A. A., **Metri, K.**, Mohanty, S., & Vijayakumar, V. (2023). Immediate effect of a meditation technique on blood glucose, state anxiety and relaxation in patients with type 2 diabetes: A pilot randomized crossover study. *Journal of Complementary and Integrative Medicine*, 20(3), 650–655. **Impact Factor: ~1.5**