

2022 M.V.Publication

1. Association of Fetuin-A with Thr256Ser exon polymorphism of $\alpha 2$ -Heremans Schmid Glycoprotein (AHSG) gene in type 2 diabetic patients with overt nephropathy.Dhamodharan Umapathy, Paridhy Vanniya Subramanyam, Ezhilarashi Krishnamoorthy, Vijay Viswanathan, Kunka Mohanram Ramkumar.Journal of Diabetes its Complications, Volume 36, Issue 1, January 2022, 108074,https://doi.org/10.1016/j.jdiacomp.2021.108074. PMID: 34774416
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9. Baseline IL-6 is a biomarker for unfavourable tuberculosis treatment outcomes: a multisite discovery and validation study Akshay

N. Gupte, Pavan Kumar, Mariana Araújo-Pereira, Vandana Kulkarni, Mandar Paradkar, Neeta Pradhan, Pradeep Menon, Chandrasekaran Padmapriyadarsini, Luke-Elizabeth Hanna, Shri Vijay Bala Yogendra Shivakumar, Neesha Rockwood, Elsa Du Bruyn, Rajesh Karyakarte, Sanjay Gaikwad, Robert Bollinger, Jonathan Golub, Nikhil Gupte, Vijay Viswanathan, Robert J. Wilkinson, Vidya Mave, Subash Babu, Hardy Kornfeld, Bruno B. Andrade, Amita Gupta European Respiratory Journal 2022 59: 2100905; DOI: 10.1183/13993003.00905-2021

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- 11.**Cardiovascular Risk Stratification in Diabetic Retinopathy via Atherosclerotic Pathway in COVID-19/Non-COVID-19 Frameworks Using Artificial Intelligence Paradigm: A Narrative Review Smiksha Munjral , Mahesh Maindarkar, Puneet Ahluwalia, Anudeep Puvvula, Ankush Jamthikar , Tanay Jujaray , Neha Suri , Sudip Paul , Rajesh Pathak , Luca Saba , Renoh Johnson Chalakkal , Suneet Gupta, Gavino Faa , Inder M. Singh , Paramjit S. Chadha , Monika Turk, Amer M. Johri , Narendra N. Khanna, Klaudija Viskovic , Sophie Mavrogeni , John R. Laird, Gyan Pareek , Martin Miner, David W. Sobel , Antonella Balestrieri , Petros P. Sfikakis , George Tsoulfas , Athanasios Protogerou , Durga Prasanna Misra , Vikas Agarwal , George D. Kitas, Raghu Kolluri, Jagjit Teji, Mustafa Al-Maini , Surinder K. Dhanjil, Meyypan Sockalingam, Ajit Saxena , Aditya Sharma, Vijay Rathore , Mostafa Fatemi , Azra Alizad , Vijay Viswanathan, Padukode R. Krishnan , Tomaz Omerzu , Subbaram Naidu, Andrew Nicolaides, Mostafa M. Fouda and Jasjit S. Suri. Diagnostics 2022, 12, 1234. <https://doi.org/10.3390/diagnostics12051234>
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Sanagala; Suneet K. Gupta; Vijaya K. Koppula; John R. Laird; **Vijay Viswanathan**; IEEE Transactions on Instrumentation and Measurement (Volume: 70), 18 January 2021, DOI: [10.1109/TIM.2021.3052577](https://doi.org/10.1109/TIM.2021.3052577)

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31. **Nutrition, atherosclerosis, arterial imaging, cardiovascular risk stratification, and manifestations in COVID-19 framework: a narrative**

review Smiksha Munjral,Puneet Ahluwalia,Ankush D. Jamthikar,Anudeep Puvvula,Luca Saba,Gavino Faa,Inder M Singh,Paramjit S. Chadha,Monika Turk,Amer M. Johri⁸,Narendra N Khanna,Klaudija Viskovic,Sophie Mavrogeni, John R Laird,Gyan Pareek,Martin Miner,David W. Sobel,Antonella Balestrieri,Petros P Sfikakis,George Tsoulfas,Athanasios Protogerou,Prasanna Misra,Vikas Agarwal,George D. Kitas,Raghu Kolluri,Jagjit Teji,Mustafa Al-Maini,Surinder K. Dhanjil,Meyypan Sockalingam,Ajit Saxena,Aditya Sharma,Vijay Rathore,Mostafa Fatemi,Azra Alizad,**Vijay Viswanathan**, P K Krishnan,Tomaz Omerzu,Subbaram Naidu,Andrew Nicolaides,Jasjit S. Suri

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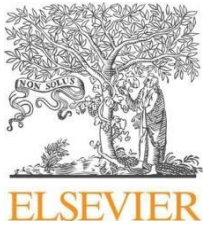
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Effect of yoga intervention on biochemical, oxidative stress markers, inflammatory markers and sleep quality among subjects with type 2 diabetes in South India: Results from the SATYAM project

Vijay Viswanathan^{a,*}, Sumathi Sivakumar^b, A. Sai Prathiba^c, Arutselvi Devarajan^d, Leema George^e, Satyavani Kumpatla^f

^a Department of Diabetology, M.V. Hospital for Diabetes and Prof. M. Viswanathan Diabetes Research Centre (WHO Collaborating Centre for Research Education and Training in Diabetes) (IDF Centre for Excellence in Diabetes Care), Royapuram, Chennai, Tamil Nadu, India

^b Department of Yoga, M.V. Hospital for Diabetes and Prof. M. Viswanathan Diabetes Research Centre (WHO Collaborating Centre for Research Education and Training in Diabetes) (IDF Centre for Excellence in Diabetes Care), Royapuram, Chennai, Tamil Nadu, India

^c Department of Primary Prevention of Diabetes, M.V. Hospital for Diabetes and Prof. M. Viswanathan Diabetes Research Centre (WHO Collaborating Centre for Research Education and Training in Diabetes) (IDF Centre for Excellence in Diabetes Care), Royapuram, Chennai, Tamil Nadu, India

^d Department of Epidemiology, M.V. Hospital for Diabetes and Prof. M. Viswanathan Diabetes Research Centre (WHO Collaborating Centre for Research Education and Training in Diabetes) (IDF Centre for Excellence in Diabetes Care), Royapuram, Chennai, Tamil Nadu, India

^e Department of Molecular Genetics, M.V. Hospital for Diabetes and Prof. M. Viswanathan Diabetes Research Centre (WHO Collaborating Centre for Research Education and Training in Diabetes) (IDF Centre for Excellence in Diabetes Care), Royapuram, Chennai, Tamil Nadu, India

^f Department of Biochemistry, M.V. Hospital for Diabetes and Prof. M. Viswanathan Diabetes Research Centre (WHO Collaborating Centre for Research Education and Training in Diabetes) (IDF Centre for Excellence in Diabetes Care), Royapuram, Chennai, Tamil Nadu, India

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ABSTRACT

Aims: The aim of this study was to investigate the effect of yoga intervention on the biochemical, oxidative stress markers and inflammatory markers and sleep quality among subjects with type 2 diabetes.

Methods: Subjects with type 2 diabetes attending a tertiary care centre for diabetes during Feb 2017 to Oct 2019 in Chennai, India were randomly assigned to two different groups. Group1(non-Yoga) (n = 150) was advised on simple physical exercises whereas group2(Yoga) (n = 150) was trained and advised to do yogasanas with static loosening exercises for 50 min for 5 days in a week. Both the groups were followed up for a period of 3 months. Anthropometric, biochemical, oxidative stress markers, inflammatory markers and sleep quality were assessed at baseline and after follow up.

Results: There was a significant reduction in BMI, blood glucose levels, HbA1c, lipid levels, IL6, TNFα and TBARS in Yoga group as compared to non-Yoga group. There was marked improvement in the levels of Adiponectin, PTGIS and sleep quality among subjects practising yogasanas.

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