

Article	Trauma Event	Sample	Study Design	Limitations	Outcomes
Telles, Naveen, & ManojDash	Natural disaster (tsunami) Andaman Islands	20-50 yrs Both genders 47 people	-Single group -Longitudinal design with before, after. (7 day yoga program)	-Absence of control group -Short duration for intervention	Self-rated fear, anxiety, sadness & disturbed sleep were significantly less
Descilo et al.	Natural disaster (tsunami) SE coast of India	18-65 yrs Both genders 183 people	Longitudinal assessments before, after and intermittently 3 groups: -Yogic breath -Yogic breath followed by exposure technique -Wait list control	Allocation to the 3 groups was not random	Those who were in the yogic breath and yogic breath + ER technique had significantly reduced scores on PTSD checklist
Waelde et al.	Natural disaster (Hurricane Katrina) New Orleans	31-67 yrs Both genders 20 people	-Single group -Longitudinal assessments before & after (8 week program)	-Small sample size -Absence of control group	Meditation program proved to be feasible, acceptable, effective intervention for PTSD
Telles, Singh, Joshi, Balkrishna	Natural disaster (floods) Bihar, India	20-40 yrs Males 22 people	-Randomized controlled study -Longitudinal before & after	-Small sample size -rating scales were not valid for physiological responses	1 week of yoga reduced sadness in yoga group
Gordon, Staples, Blyta, Bytyqi	Exposure to combat Kosovo	12-19 yrs Both genders 139 people	-Single group -Longitudinal before & after	-NIL	Participation in mind-body skills group significantly reduced PTSD symptoms
An, Avshalom,	Exposure to combat	8-12 yrs Both genders	-Single group -Longitudinal	-Absence of control group	Finding in accordance

Ehud	Israel	122 people	before & after	-Inconsistent assessments between self-assessments and external-observers assessments	with previous evidence on benefit of yoga on PTSD
Stankovic	Exposure to combat	42-68 yrs Both genders 11 people	-Single group -Longitudinal before & during (8 week program)	-Absence of control group -No after assessment	Yoga Nidra technique has contributed to PTSD relief
Cantani et al.	Natural disaster (tsunami) and exposure to combat Sri Lanka	8-14 yrs Both genders 71 people	-Randomized to 2 interventions before & after	-Absence of control group	Recovery rates exceeded expected rates of natural recovery for treatment of PTSD