**Supplementary Material**

**1. Protocol for Yogic Breathing**

1) Chanting Om

The participants chant Om as follows:

a) Slow deep inhalation through nostrils

b) Slow exhalation through mouth while chanting Om. At this step the participants perform a slow and complete exhalation.

These two steps are repeated continuously for 10 min. During the whole period of chanting, the participants keep their eyes closed gently.

2) Thirumoolar Pranayamam (TP)

The participants perform TP as follows, based on Thirumanthiram (Verse 568):

a) Check which of the two nostrils exhibit free flow of air. For the explanation purpose the nostril with free flow of air is treated as Nostril 1 and the other one as Nostril 2.

b) Close Nostril 2 and inhale a deep breath through Nostril 1 and then close both the nostrils so no inhaled air escapes. Air should not escape through mouth either. The timing for inhalation is counted as time taken for two chants of a small phrase (such as I’m beautiful; Om Namasivaya; Alleluia; Allah Akbar etc. Typically inhalation lasts for about 4 seconds). Counting is done with fingers while chanting within one’s mind.

c) Hold breath in this position for 8 chants as above while counting with fingers (This step typically takes about 16 seconds).

d) Open Nostril 2 and exhale for 4 chants as above (Exhalation takes about 8 seconds). Complete exhalation is required. Abdomen will slowly curve-in as the participant exhales. This is normal and encouraged. No air should leak through the Nostril 1 or mouth.

e) Go to inhalation as in Step a).

The participants perform TP for 10 min. During the whole period of chanting, the participants keep their eyes closed gently.

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| **ID** | **Group** | **Age** | **Sex** |
| 101 | CONTROL | 27 | M |
| 102 | CONTROL | 52 | M |
| 103 | YB | 26 | M |
| 104 | YB | 47 | M |
| 105 | CONTROL | 41 | M |
| 106 | YB | 25 | M |
| 107 | YB | 29 | M |
| 109 | YB | 35 | M |
| 110 | CONTROL | 33 | M |
| 112 | CONTROL | 28 | M |
| 113 | YB | 23 | F |
| 115 | YB | 26 | F |
| 116 | CONTROL | 27 | F |
| 117 | YB | 31 | F |
| 118 | CONTROL | 38 | F |
| 119 | CONTROL | 27 | F |
| 120 | YB | 33 | F |
| 122 | YB | 30 | F |
| 123 | CONTROL | 57 | F |
| 124 | CONTROL | 24 | F |

**Supplementary Table S1. Demographic details of the trial participants**