

1: [https://en.wikipedia.org/wiki/Timeline\\_of\\_Hindu\\_texts](https://en.wikipedia.org/wiki/Timeline_of_Hindu_texts)

2: [https://en.wikipedia.org/wiki/Parasympathetic\\_nervous\\_system](https://en.wikipedia.org/wiki/Parasympathetic_nervous_system)

3: <https://en.wikipedia.org/wiki/Sa%E1%B9%83s%C4%81ra>

4: <https://en.wikipedia.org/wiki/Bioelectronics>

5: [https://en.wikipedia.org/wiki/Artificial\\_cardiac\\_pacemaker](https://en.wikipedia.org/wiki/Artificial_cardiac_pacemaker)

6: Rosas-Ballina, M.; Ochani, M.; Parrish, W. R.; Ochani, K.; Harris, Y. T.; Huston, J. M.; Chavan, S.; Tracey, K. J. (2008). "Splenic nerve is required for cholinergic antiinflammatory pathway control of TNF in endotoxemia". *Proceedings of the National Academy of Sciences* 105 (31): 11008–13. doi:10.1073/pnas.0803237105. PMC 2504833. PMID 18669662.

7: Tracey, Kevin J. (2009). "Reflex control of immunity". *Nature Reviews Immunology* 9 (6): 418–28. doi:10.1038/nri2566. PMID 19461672.

8: Herremans SC, Baeken C (September 2012). "The current perspective of neuromodulation techniques in the treatment of alcohol addiction: a systematic review" (PDF). *Psychiatria Danubina* 24 (Suppl 1): S14–20. PMID 22945180.

9: Sjögren MJ, Hellström PT, Jonsson MA, Runnerstam M, Silander HC, Benmenachem E. Cognition-enhancing effect of vagus nerve stimulation in patients with Alzheimer's disease: a pilot study. *J Clin Psychiatry*. 2002;63(11):972-80. PMID: 12444809

10: Shen MJ, Shinohara T, Park HW, et al. (May 2011). "Continuous low-level vagus nerve stimulation reduces stellate ganglion nerve activity and paroxysmal atrial tachyarrhythmias in ambulatory canines". *Circulation* 123 (20): 2204–12. doi:10.1161/CIRCULATIONAHA.111.018028. PMC 3101282. PMID 21555706.

11: Sha Y, Scherlag BJ, Yu L, et al. (October 2011). "Low-level right vagal stimulation: anticholinergic and antiadrenergic effects". *Journal of Cardiovascular*

Electrophysiology 22 (10): 1147–53. doi:10.1111/j.1540-8167.2011.02070.x. PMID 21489033.

12: Miner JR, Lewis LM, Mosnaim GS, Varon J, Theodoro D, Hoffmann TJ. Feasibility of percutaneous vagus nerve stimulation for the treatment of acute asthma exacerbations. *Acad Emerg Med*. 2012;19(4):421-9. PMID 22506946

13: George MS, Ward HE, Ninan PT, et al. A pilot study of vagus nerve stimulation (VNS) for treatment-resistant anxiety disorders. *Brain Stimul*. 2008;1(2):112-21.

14: Levy ML, Levy KM, Hoff D, et al. (June 2010). "Vagus nerve stimulation therapy in patients with autism spectrum disorder and intractable epilepsy: results from the vagus nerve stimulation therapy patient outcome registry". *Journal of Neurosurgery. Pediatrics* 5 (6): 595–602. doi:10.3171/2010.3.PEDS09153. PMID 20515333.

15: Faris PL, Eckert ED, Kim SW, et al. (May 2006). "Evidence for a vagal pathophysiology for bulimia nervosa and the accompanying depressive symptoms". *Journal of Affective Disorders* 92 (1): 79–90. doi:10.1016/j.jad.2005.12.047. PMID 16516303.

16: Niederbichler AD, Papst S, Claassen L, et al. (September 2009). "Burn-induced organ dysfunction: vagus nerve stimulation attenuates organ and serum cytokine levels". *Burns* 35 (6): 783–9. doi:10.1016/j.burns.2008.08.023. PMID 19482432.

17: Abraham WT, Smith SA (February 2013). "Devices in the management of advanced, chronic heart failure". *Nature Reviews. Cardiology* 10 (2): 98–110. doi:10.1038/nrcardio.2012.178. PMC 3753073. PMID 23229137.

18: Payne BR, Tiel RL, Payne MS, Fisch B (May 2005). "Vagus nerve stimulation for chronic intractable hiccups. Case report". *Journal of Neurosurgery* 102 (5): 935–7. doi:10.3171/jns.2005.102.5.0935. PMID 15926725.

19: Ji H, Rabbi MF, Labis B, Pavlov VA, Tracey KJ, Ghia JE. Central cholinergic activation of a vagus nerve-to-spleen circuit alleviates experimental colitis. *Mucosal Immunol*. 2014;7(2):335-47.

20: <https://clinicaltrials.gov/show/NCT01119053>

21: Zamotrinsky, A. V.; Kondratiev, B.; de Jong, J. W. (2001). "Vagal neurostimulation in patients with coronary artery disease". *Auton. Neurosci.* 88 (1-2): 109–116. doi:10.1016/S1566-0702(01)00227-2.

22: Li M, Zheng C, Sato T, Kawada T, Sugimachi M, Sunagawa K. Vagal nerve stimulation markedly improves long-term survival after chronic heart failure in rats. *Circulation.* 2004;109(1):120-4. doi: 10.1161/01.CIR.0000105721.71640.DA

23: Greenway F, Zheng J. Electrical stimulation as treatment for obesity and diabetes. *J Diabetes Sci Technol.* 2007;1(2):251-9. PMC2771473

24: Spatola M, Jeannet PY, Pollo C, Wider C, Labrum R, Rossetti AO (2013). "Effect of vagus nerve stimulation in an adult patient with Dravet syndrome: contribution to sudden unexpected death in epilepsy risk reduction?". *European Neurology* 69 (2): 119–21. doi:10.1159/000345132. PMID 23207687.

25: Zamponi N, Passamonti C, Cesaroni E, Trignani R, Rychlicki F (July 2011). "Effectiveness of vagal nerve stimulation (VNS) in patients with drop-attacks and different epileptic syndromes". *Seizure* 20 (6): 468–74. doi:10.1016/j.seizure.2011.02.011. PMID 21396833.

26: Smyth MD, Tubbs RS, Bebin EM, Grabb PA, Blount JP. Complications of chronic vagus nerve stimulation for epilepsy in children. *J Neurosurg.* 2003;99(3):500-3. PMID: 12959437

27: Lange G, Janal MN, Maniker A, et al. Safety and efficacy of vagus nerve stimulation in fibromyalgia: a phase I/II proof of concept trial. *Pain Med.* 2011;12(9):1406-13. PMID: 21812908

28: Yamakawa K, Matsumoto N, Imamura Y, et al. (2013). "Electrical vagus nerve stimulation attenuates systemic inflammation and improves survival in a rat heatstroke model". *PLOS ONE* 8 (2): e56728. doi:10.1371/journal.pone.0056728. PMC 3570456. PMID 23424673.

29: Liu H, Liu Y, Yu J, et al. (April 2011). "Vagus nerve stimulation inhibits heroin-seeking behavior induced by heroin priming or heroin-associated cues in rats". *Neuroscience Letters* 494 (1): 70–4. doi:10.1016/j.neulet.2011.02.059. PMID

21362452.

30: Ghia JE, Blennerhassett P, Kumar-ondiveeran H, Verdu EF, Collins SM. The vagus nerve: a tonic inhibitory influence associated with inflammatory bowel disease in a murine model. *Gastroenterology*. 2006;131(4):1122-30. doi:10.1053/j.gastro.2006.08.016

31: Krzyzaniak M, Peterson C, Loomis W, et al. (May 2011). "Postinjury vagal nerve stimulation protects against intestinal epithelial barrier breakdown". *The Journal of Trauma* 70 (5): 1168–75; discussion 1175–6. doi:10.1097/TA.0b013e318216f754. PMID 21610431.

32: Hosain S, Nikalov B, Harden C, Li M, Fraser R, Labar D. Vagus nerve stimulation treatment for Lennox-Gastaut syndrome. *J Child Neurol*. 2000;15(8):509-12.

33: Ghacibeh GA, Shenker JI, Shenal B, Uthman BM, Heilman KM (September 2006). "The influence of vagus nerve stimulation on memory". *Cognitive and Behavioral Neurology* 19 (3): 119–22. doi:10.1097/01.wnn.0000213908.34278.7d. PMID 16957488.

34: Bavelloni A, Piazzini M, Raffini M, Faenza I, Blalock WL. Prohibitin 2: At a communications crossroads. *IUBMB Life*. 2015;67(4):239-54. Doi:10.1016/j.jpain.2003.08.001

35: Rosenberg O, Shoenfeld N, Kotler M, Dannon PN (June 2009). "Mood disorders in elderly population: neurostimulative treatment possibilities". *Recent Patents on CNS Drug Discovery* 4 (2): 149–59. doi:10.2174/157488909788453013. PMID 19519563.

36: Polak T, Zeller D, Fallgatter AJ, Metzger FG (March 2013). "Vagus somatosensory-evoked potentials are prolonged in patients with multiple sclerosis with brainstem involvement". *NeuroReport* 24 (5): 251–3. doi:10.1097/WNR.0b013e32835f00a3. PMID 23407276.

37: Li H, Yang TD (November 2009). "Vagus nerve stimulation may be used in the therapy of myocarditis". *Medical Hypotheses* 73 (5): 725–7. doi:10.1016/j.mehy.2009.04.036. PMID 19481875.

38: Pardo JV, Sheikh SA, Kuskowski MA, et al. Weight loss during chronic, cervical vagus nerve stimulation in depressed patients with obesity: an observation. *Int J Obes (Lond)*. 2007;31(11):1756-9.

39: Roslin M, Marina K. "The Use of Electrical Stimulation of the Vagus Nerve to Treat Morbid Obesity". *Epilepsy Behav*. 2001;2(3):S11-S16.

40: Ressler KJ, Mayberg HS. Targeting abnormal neural circuits in mood and anxiety disorders: from the laboratory to the clinic. *Nat Neurosci*. 2007;10(9):1116-24. doi:10.1038/nn1944

41: Payrits T, Ernst A, Ladits E, Pokorny H, Viragos I, Längle F (October 2011). "Vagale Stimulation—eine neue Möglichkeit zur konservativen Therapie der peripheren arteriellen Verschlusskrankheit" [Vagal stimulation - a new possibility for conservative treatment of peripheral arterial occlusion disease]. *Zentralblatt für Chirurgie (in German)* 136 (5): 431–5. doi:10.1055/s-0031-1283739. PMID 22009541.

42: Xiong J, Xue FS, Liu JH, et al. (December 2009). "Transcutaneous vagus nerve stimulation may attenuate postoperative cognitive dysfunction in elderly patients". *Medical Hypotheses* 73 (6): 938–41. doi:10.1016/j.mehy.2009.06.033. PMID 19631475.

43: Grujic J, Bien CG, Pollo C, Rossetti AO (January 2011). "Vagus nerve stimulator treatment in adult-onset Rasmussen's encephalitis". *Epilepsy & Behavior* 20 (1): 123–5. doi:10.1016/j.yebeh.2010.10.024. PMID 21130042.

44: Andersson U, Tracey KJ. A new approach to rheumatoid arthritis: treating inflammation with computerized nerve stimulation. *Cerebrum*. 2012;2012:3. PMC3574800

45: Steinberg H (July 2013). "A pioneer work on electric brain stimulation in psychotic patients. Rudolph Gottfried Arndt and his 1870s studies". *Brain Stimulation* 6 (4): 477–81. doi:10.1016/j.brs.2012.11.004. PMID 23266132.

46: Kumar V, Sharma A (January 2010). "Is neuroimmunomodulation a future therapeutic approach for sepsis?". *International Immunopharmacology* 10 (1): 9–17. doi:10.1016/j.intimp.2009.10.003. PMID 19840870.

47: Lyubashina OA, Sokolov AY, Pantelev SS (October 2012). "Vagal afferent modulation of spinal trigeminal neuronal responses to dural electrical stimulation in rats". *Neuroscience* 222: 29–37. doi:10.1016/j.neuroscience.2012.07.011. PMID 22800563.

48: De ridder D, Kilgard M, Engineer N, Vanneste S. Placebo-controlled vagus nerve stimulation paired with tones in a patient with refractory tinnitus: a case report. *Otol Neurotol*. 2015;36(4):575-80. PMID: 25689839

49: Hiraki T, Baker W, Greenberg JH (April 2012). "Effect of vagus nerve stimulation during transient focal cerebral ischemia on chronic outcome in rats". *Journal of Neuroscience Research* 90 (4): 887–94. doi:10.1002/jnr.22812. PMC 3306061. PMID 22420043.

50: Levy G, Fishman JE, Xu D, et al. (January 2013). "Parasympathetic stimulation via the vagus nerve prevents systemic organ dysfunction by abrogating gut injury and lymph toxicity in trauma and hemorrhagic shock". *Shock* 39 (1): 39–44. doi:10.1097/SHK.0b013e31827b450. PMC 3547655. PMID 23247120.

51: Lopez NE, Krzyzaniak MJ, Costantini TW, et al. (June 2012). "Vagal nerve stimulation decreases blood-brain barrier disruption after traumatic brain injury". *The Journal of Trauma and Acute Care Surgery* 72 (6): 1562–6. doi:10.1097/TA.0b013e3182569875. PMID 22695423.

52: Kumaria A, Tolia CM (June 2012). "Is there a role for vagus nerve stimulation therapy as a treatment of traumatic brain injury?". *British Journal of Neurosurgery* 26 (3): 316–20. doi:10.3109/02688697.2012.663517. PMID 22404761.

53: Goodnick PJ, Rush AJ, George MS, Marangell LB, Sackeim HA. Vagus nerve stimulation in depression. *Expert Opin Pharmacother*. 2001;2(7):1061-3. doi: 10.1517/14656566.2.7.1061

54: Sackeim HA, Rush AJ, George MS, et al. Vagus nerve stimulation (VNS) for treatment-resistant depression: efficacy, side effects, and predictors of outcome. *Neuropsychopharmacology*. 2001;25(5):713-28. PMID: 11682255

55: Bajbouj M, Merkl A, Schlaepfer TE, et al. Two-year outcome of vagus nerve stimulation in treatment-resistant depression. *J Clin Psychopharmacol*.

2010;30(3):273-81. PMID: 20473062

56: O'reardon JP, Cristancho P, Peshek AD. Vagus Nerve Stimulation (VNS) and Treatment of Depression: To the Brainstem and Beyond. *Psychiatry (Edgmont)*. 2006;3(5):54-63. PMC 2990624

57: Komisaruk BR, Whipple B, Crawford A, Liu WC, Kalnin A, Mosier K (October 2004). "Brain activation during vaginocervical self-stimulation and orgasm in women with complete spinal cord injury: fMRI evidence of mediation by the vagus nerves". *Brain Research* 1024 (1-2): 77–88. doi:10.1016/j.brainres.2004.07.029. PMID 15451368.

58: Whipple B, Komisaruk BR (2002). "Brain (PET) responses to vaginal-cervical self-stimulation in women with complete spinal cord injury: preliminary findings". *Journal of Sex & Marital Therapy* 28 (1): 79–86. doi:10.1080/009262302317251043. PMID 11928182.

59: Zhang X, Cao B, Yan N, et al. (January 2013). "Vagus nerve stimulation modulates visceral pain-related affective memory". *Behavioural Brain Research* 236 (1): 8–15. doi:10.1016/j.bbr.2012.08.027. PMID 22940455.

60: Field T, Diego M. Vagal activity, early growth and emotional development. *Infant Behav Dev*. 2008;31(3):361-73. PMC2556849

61: Kalyani BG, Venkatasubramanian G, Arasappa R, Rao NP, Kalmady SV, Behere RV, Rao H, Vasudev MK, Gangadhar BN. Neurohemodynamic correlates of 'OM' chanting: A pilot functional magnetic resonance imaging study. *Int J Yoga* 2011;4:3-6

62: Kok BE, Coffey KA, Cohn MA, et al. How positive emotions build physical health: perceived positive social connections account for the upward spiral between positive emotions and vagal tone. *Psychol Sci*. 2013;24(7):1123-32.

63: Wang Y, Kondo T, Suzukamo Y, Oouchida Y, Izumi S. Vagal nerve regulation is essential for the increase in gastric motility in response to mild exercise. *Tohoku J Exp Med*. 2010;222(2):155-63. PMID: 20948179

64: A. C. Hafenbrack, Z. Kinias, S. G. Barsade. Debiasing the Mind Through Meditation: Mindfulness and the Sunk-Cost Bias. *Psychological Science*, 2013; 25 :

65: Rebecca Erwin Wells, Gloria Y. Yeh, Catherine E. Kerr, Jennifer Wolkin, Roger B. Davis, Ying Tan, Rosa Spaeth, Robert B. Wall, Jacquelyn Walsh, Ted J. Kaptchuk, Daniel Press, Russell S. Phillips, Jian Kong. Meditation's impact on default mode network and hippocampus in mild cognitive impairment: A pilot study. *Neuroscience Letters*, 2013; 556: 15 DOI: 10.1016/j.neulet.2013.10.001

66: Lorenza S. Colzato, Ayca Ozturk, Bernhard Hommel. Meditate to Create: The Impact of Focused-Attention and Open-Monitoring Training on Convergent and Divergent Thinking. *Frontiers in Psychology*, 2012; 3 DOI:10.3389/fpsyg.2012.00116

67: Jared T. Ramsburg, Robert J. Youmans. Meditation in the Higher-Education Classroom: Meditation Training Improves Student Knowledge Retention during Lectures. *Mindfulness*, 2013; DOI: 10.1007/s12671-013-0199-5

68: Katherine MacLean, Clifford Saron, B. Alan Wallace et al. Intensive Meditation Training Improves Perceptual Discrimination and Sustained Attention. *Psychological Science*.

69: J. David Creswell, Michael R. Irwin, Lisa J. Burklund, Matthew D. Lieberman, Jesusa M.G. Arevalo, Jeffrey Ma, Elizabeth Crabb Breen, Steven W. Cole. Mindfulness-Based Stress Reduction Training Reduces Loneliness and Pro-Inflammatory Gene Expression in Older Adults: A Small Randomized Controlled Trial. *Brain, Behavior, and Immunity*, 2012; DOI:10.1016/j.bbi.2012.07.006

70: Y.-Y. Tang, R. Tang, M. I. Posner. Brief meditation training induces smoking reduction. *Proceedings of the National Academy of Sciences*, 2013; DOI:10.1073/pnas.1311887110

71: Grant, Joshua A., Rainville, Pierre. Pain Sensitivity and Analgesic Effects of Mindful States in Zen Meditators: A Cross-Sectional Study. *Psychosom Med*, 2009 71: 106-114

72: Anthony P. King, Thane M. Erickson, Nicholas D. Giardino, Todd Favorite, Sheila A.M. Rauch, Elizabeth Robinson, Madhur Kulkarni, Israel Liberzon. A Pilot Study of Group Mindfulness-Based Cognitive Therapy (MBCT) for Combat Veterans with Posttraumatic Stress Disorder (PTSD). *Depression and Anxiety*,



2013; DOI:10.1002/da.22104

73: Kozhevnikov et al. The Enhancement of Visuospatial Processing Efficiency Through Buddhist Deity Meditation. *Psychological Science*, 2009; DOI:10.1111/j.1467-9280.2009.02345.x

74: Catherine E. Kerr, Stephanie R. Jones, Qian Wan, Dominique L. Pritchett, Rachel H. Wasserman, Anna Wexler, Joel J. Villanueva, Jessica R. Shaw, Sara W. Lazar, Ted J. Kaptchuk, Ronnie Littenberg, Matti S. Hämäläinen, Christopher I. Moore. Effects of mindfulness meditation training on anticipatory alpha modulation in primary somatosensory cortex. *Brain Research Bulletin*, 2011; DOI:10.1016/j.brainresbull.2011.03.026

75: Venkatesh S, Raju TR, Shivani Y, Tompkins G, Meti BL. A study of structure of phenomenology of consciousness in meditative and non-meditative states. *Indian J Physiol Pharmacol*. 1997;41(2):149-53. PMID: 9142560

76: Davidson RJ, Kabat-zinn J, Schumacher J, et al. Alterations in brain and immune function produced by mindfulness meditation. *Psychosom Med*. 2003;65(4):564-70. PMID: 12883106

77: Kabat-zinn J, Massion AO, Kristeller J, et al. Effectiveness of a meditation-based stress reduction program in the treatment of anxiety disorders. *Am J Psychiatry*. 1992;149(7):936-43. doi: 10.1176/ajp.149.7.936

78: Nagendra RP, Maruthai N, Kutty BM. Meditation and its regulatory role on sleep. *Front Neurol*. 2012;3:54.

79: Kabat-Zinn, J, Wheeler, E, Light, T, et al. Influence of a Mindfulness Meditation-Based Stress Reduction Intervention on Rates of Skin Clearing in Patients With Moderate to Severe Psoriasis Undergoing Photo Therapy (UVB) and Photochemotherapy (PUVA). *Psychosomatic Medicine*. 1998;60(5):625-632

80: University of Oregon. (2013, January 30). Mindfulness meditation heightens a listener's musical engagement. *ScienceDaily*. Retrieved February 26, 2016 from [www.sciencedaily.com/releases/2013/01/130130132415.htm](http://www.sciencedaily.com/releases/2013/01/130130132415.htm)

81: Research. (Various Authors). Retrieved February 26, 2016, from <https://www.davidlynchfoundation.org/research.html#education>

