

UNS RESEARCH COUNCIL - Effects of Sound-based Meditative Healing Method on Stress, Tension, Cortisol's Level & Blood Pressure: A Randomised Controlled Trial.

Data Analysed during the trial was populated below based on the questionnaires given to the participants before and after the sound-based meditation. The data below is calculated based on scales like stress, tension and depression, calculated by the Hospital Anxiety and Depression Scale (HADS) & Profile of Mood States (POMS-SF).

The data were collected by the principal investigator Mr. Suresh Sathyanarayanan. Dr Hemachandran Ravikumar, MRSB. Rsci (UK) drafted the reports and generated the scientific findings. All the participants provided written concerns about volunteering in the study, and the study was approved by the Institutional Review Board (IRB) & Institutional Ethics Committee (IEC) of the UNS Research Council.

Participant_ID	Group	Pre_HADS_Anxiety	Post_HADS_Anxiety	Change_HADS_Anxiety	Pre_HADS_Depression	Post_HADS_Depression	Change_HADS_Depression	Pre_Cortisol_Level	Post_Cortisol_Level	Change_Cortisol_Level	Pre_Blood_Pressure	Post_Blood_Pressure	Change_Blood_Pressure	Age	Gender
Group: Control															
1	Control	12.09	6.15	-5.94	11.07	7.21	-3.86	13.39	16.12	2.73	133.78	126.39	-7.4	45	Female
2	Control	10.19	9.14	-1.05	11.68	8.02	-3.66	14.58	17.2	2.62	125.39	134.25	8.86	29	Female
3	Control	12.54	9.37	-3.17	13.25	11.94	-1.31	15.31	13.56	-1.74	134.35	125.48	-8.87	64	Female
4	Control	15.17	7.99	-7.18	13.16	11.53	-1.63	15.36	15.72	0.36	136.78	121.96	-14.82	30	Female

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5	Co ntr ol	9.9	9.92	0.02	5.87	9.64	3.77	14.76	14.38	-0.38	132. 07	121.22	-10.85	29	Fema le
6	Co ntr ol	9.9	11.61	1.71	7.19	10.05	2.87	16.05	14.56	-1.48	139. 38	132.03	-7.35	40	Male
7	Co ntr ol	15.34	16.06	0.72	11.55	13.53	1.99	14.02	14.45	0.43	126. 13	122.6	-3.53	60	Fema le
8	Co ntr ol	12.9	10.92	-1.98	11.54	7.93	-3.62	15.13	14.15	-0.98	123. 78	137.77	14	34	Fema le
9	Co ntr ol	9.19	11.17	1.98	11.55	11.34	-0.2	15.44	15.15	-0.29	121. 11	118.59	-2.52	62	Male
10	Co ntr ol	12.23	10.18	-2.05	21.56	9.09	-12.46	15.92	14.19	-1.73	137. 48	137.48	0	33	Male
11	Co ntr ol	9.21	4.64	-4.57	11.71	9.05	-2.67	16.15	15.4	-0.76	133. 27	130.06	-3.22	60	Fema le
12	Co ntr ol	9.2	10.32	1.12	13.41	13	-0.41	13.95	15.04	1.09	129. 72	128.52	-1.21	63	Male
13	Co ntr ol	11.33	10.58	-0.75	12.86	12.18	-0.69	13.46	14.84	1.38	131. 4	126.28	-5.12	63	Male

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14	Co ntr ol	4.86	17.79	12.93	11.95	12.14	0.19	16.83	14.1	-2.73	124. 37	131	6.62	26	Male
15	Co ntr ol	5.43	9.82	4.4	9.05	13.62	4.56	15.7	14.47	-1.23	142. 23	128.81	-13.42	63	Male
16	Co ntr ol	8.91	11.3	2.39	12.28	9.76	-2.51	14.4	15.93	1.53	130. 65	134.52	3.87	34	Male
17	Co ntr ol	7.56	10.3	2.73	7.68	11.75	4.06	17.16	15.65	-1.51	130. 55	129.57	-0.98	45	Male
18	Co ntr ol	11.54	6.89	-4.65	9.29	8.77	-0.52	15.44	14.02	-1.41	133. 63	129.75	-3.88	61	Male
19	Co ntr ol	7.88	13.83	5.95	8.54	10.67	2.13	16.72	15.21	-1.51	132. 41	127.18	-5.22	40	Fema le
20	Co ntr ol	6.36	12.66	6.29	10.25	9.31	-0.94	15.38	15.93	0.55	131. 12	128.72	-2.4	67	Fema le
21	Co ntr ol	15	12.77	-2.22	16.94	9.99	-6.95	17.77	13.26	-4.51	126. 05	130.54	4.49	51	Fema le
22	Co ntr ol	9.92	7.67	-2.25	4.4	11.49	7.09	17.41	15.7	-1.71	132. 36	120.45	-11.91	25	Male

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23	Co ntr ol	10.8	14.61	3.81	12.06	7.25	-4.81	15	14.37	-0.63	139. 41	122.26	-17.15	25	Male
24	Co ntr ol	6.33	6.19	-0.13	5.16	15.98	10.82	16.47	15.73	-0.74	136. 73	132.72	-4.01	63	Male
25	Co ntr ol	8.97	12.16	3.19	8.58	6.68	-1.9	16.07	14.26	-1.81	137. 97	129.85	-8.11	26	Fema le
26	Co ntr ol	10.93	16.97	6.04	13.27	6.06	-7.21	16.94	13.11	-3.83	127. 44	128.08	0.64	52	Male
27	Co ntr ol	7.15	7.43	0.28	10.19	13.17	2.98	14.14	13.31	-0.83	125. 05	129.09	4.04	36	Male
28	Co ntr ol	11.73	8.7	-3.03	6.77	12.07	5.31	16.12	15.15	-0.97	129. 37	130.74	1.37	61	Fema le
29	Co ntr ol	8.8	10.7	1.9	7.85	11.57	3.72	16.57	15.39	-1.18	130. 28	126.3	-3.98	34	Fema le
30	Co ntr ol	9.72	8.89	-0.84	12.04	11.59	-0.45	13.19	14.11	0.92	135. 47	125.11	-10.36	34	Male
31	Co ntr ol	8.79	5.75	-3.05	7.81	9.66	1.85	13.88	15.8	1.92	121. 54	129.98	8.44	57	Male

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32	Co ntr ol	16.16	10.61	-5.55	10.65	7.01	-3.64	12.85	13.27	0.42	137. 65	124.11	-13.54	38	Male
33	Co ntr ol	10.56	7.21	-3.35	10.14	9.93	-0.21	14.98	15.03	0.05	129. 21	131.04	1.83	39	Fema le
34	Co ntr ol	7.43	11.82	4.39	8.05	7.67	-0.38	16.16	13.77	-2.39	127. 87	120.49	-7.38	43	Fema le
35	Co ntr ol	13.07	7.64	-5.43	16.43	12.63	-3.81	17.1	14.38	-2.72	124. 94	134.15	9.21	30	Male
36	Co ntr ol	6.94	15.05	8.11	11.9	9.26	-2.64	15.39	15.15	-0.24	121. 73	131.36	9.64	47	Male
37	Co ntr ol	11.23	8.05	-3.18	3.92	7.22	3.3	17.25	14.15	-3.1	134. 12	130.28	-3.84	28	Fema le
38	Co ntr ol	4.72	9.43	4.71	10.56	8.74	-1.82	13.64	14.68	1.03	130. 37	133.91	3.55	65	Fema le
39	Co ntr ol	6.62	12.84	6.23	8.01	10.94	2.92	13.26	16.21	2.95	123. 55	137.33	13.78	55	Fema le
40	Co ntr ol	11.19	6.71	-4.48	12.56	8.01	-4.55	15.23	14.47	-0.77	123. 52	134.07	10.55	51	Fema le

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41	Co ntr ol	12.82	11.08	-1.73	7.62	7.23	-0.39	15.76	16.02	0.26	128. 32	119.8	-8.53	28	Male
42	Co ntr ol	11.11	14.32	3.21	9.66	10.43	0.78	15.26	13.86	-1.4	138. 35	122.6	-15.74	55	Fema le
43	Co ntr ol	10.25	5.58	-4.68	11.51	10.43	-1.08	12.82	15.68	2.86	128. 7	125.88	-2.83	66	Fema le
44	Co ntr ol	9.7	10.95	1.26	12.6	8.18	-4.42	15.19	16.69	1.49	122. 48	129.13	6.65	35	Fema le
45	Co ntr ol	6.16	11.18	5.02	6.4	8.29	1.89	13.73	12.38	-1.35	128. 77	131.59	2.82	24	Male
46	Co ntr ol	8.44	12.75	4.31	9	10.4	1.4	16.1	14.22	-1.88	128. 64	125.37	-3.27	64	Male
47	Co ntr ol	9.22	6.69	-2.53	8.58	5.36	-3.22	15.74	15.73	-0.01	116. 52	129.93	13.42	63	Fema le
48	Co ntr ol	13.77	6.44	-7.33	8.04	5.48	-2.56	14.17	14.88	0.7	129. 73	125.22	-4.51	65	Male
49	Co ntr ol	11.63	11.97	0.33	15.3	7.54	-7.75	14.68	15.51	0.82	128. 85	125.94	-2.9	43	Fema le

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50	Control	5.31	11.29	5.98	11.21	9.06	-2.16	14.03	14.44	0.41	133.48	121.97	-11.51	45	Male
Group: Experimental															
51	Experimental	11.57	8.13	-3.45	6.22	7.68	1.46	15.22	12.29	-2.94	139.24	116.31	-22.94	26	Male
52	Experimental	9.44	8.37	-1.08	12.75	10.59	-2.17	16.45	12.04	-4.4	135.63	114.59	-21.04	59	Female
53	Experimental	8.57	5.8	-2.77	16.37	9.04	-7.32	14.12	13.37	-0.75	128.66	116.1	-12.56	55	Female
54	Experimental	12.44	8.08	-4.35	13.1	6.5	-6.6	15.9	12.45	-3.45	124.47	124.21	-0.25	67	Female
55	Experimental	13.69	8.23	-5.46	5.44	6.85	1.41	14.66	12.54	-2.13	142.87	116.2	-26.66	35	Male
56	Experimental	13.39	5.71	-7.68	8.55	4.39	-4.15	14.35	11.79	-2.56	130.3	130.53	0.23	39	Male

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	ime ntal														
57	Ex per ime ntal	8.08	12.16	4.08	13.8	6.85	-6.95	15.17	11.71	-3.46	130. 07	121.97	-8.1	42	Male
58	Ex per ime ntal	9.67	8.68	-0.99	7.88	6.18	-1.7	14.06	11.77	-2.29	129. 88	120.74	-9.14	33	Fema le
59	Ex per ime ntal	11.59	4.52	-7.07	11.33	7.71	-3.62	14.64	12.59	-2.04	130. 99	116.57	-14.42	50	Male
60	Ex per ime ntal	13.53	9.14	-4.39	12.32	4.83	-7.49	13.86	11.78	-2.08	129. 28	122.8	-6.48	52	Male
61	Ex per ime ntal	9.16	5.06	-4.1	7.22	8.2	0.98	17.66	12.49	-5.17	127. 13	117.7	-9.43	25	Male
62	Ex per ime ntal	10.04	9.47	-0.58	9.82	10.73	0.91	15.34	14.28	-1.07	127. 27	120.49	-6.78	48	Fema le
63	Ex per ime ntal	7.28	10.4	3.12	0.28	6.63	6.35	14.46	13.07	-1.39	129. 84	130.24	0.4	63	Male

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64	Ex per ime ntal	7.01	5.45	-1.56	6.93	7.9	0.98	15.56	11.87	-3.68	127. 28	119.62	-7.67	55	Male
65	Ex per ime ntal	13.04	9.91	-3.13	9.24	8.63	-0.62	15.17	13.4	-1.76	126. 44	124.6	-1.84	55	Fema le
66	Ex per ime ntal	14.67	8.53	-6.14	6.26	5.9	-0.36	15.03	11.79	-3.24	130. 53	117.19	-13.34	44	Male
67	Ex per ime ntal	10.38	9.56	-0.83	14.9	7.46	-7.44	16.04	10.16	-5.88	128. 73	119.86	-8.87	48	Male
68	Ex per ime ntal	13.61	12.24	-1.37	5.71	6.93	1.22	16.21	11.19	-5.02	137. 52	127.08	-10.44	23	Male
69	Ex per ime ntal	11.68	6.89	-4.8	8.68	7.14	-1.54	14.66	10.33	-4.33	116. 75	117.49	0.75	66	Fema le
70	Ex per ime ntal	8.66	5.62	-3.05	10.39	4.97	-5.42	14.61	11.85	-2.76	135. 46	127.25	-8.21	52	Fema le
71	Ex per	11.68	5.28	-6.41	14.32	6.96	-7.36	14.97	12.22	-2.75	136. 23	122.83	-13.4	53	Male

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	ime ntal														
72	Ex per ime ntal	15.21	5.46	-9.75	5.69	8.14	2.45	12.54	13.88	1.34	119. 63	117.75	-1.88	63	Fema le
73	Ex per ime ntal	10.49	7.31	-3.19	13.49	10.53	-2.96	13.48	12.53	-0.95	128. 29	122.53	-5.76	54	Fema le
74	Ex per ime ntal	15.29	8.35	-6.94	10.03	9.3	-0.73	16.94	11.98	-4.96	128. 14	123.89	-4.25	38	Fema le
75	Ex per ime ntal	2.74	8.19	5.45	7.06	12.28	5.23	17.27	13.03	-4.24	122. 96	122.49	-0.48	38	Fema le
76	Ex per ime ntal	13.07	9.57	-3.5	11.39	4.98	-6.4	15	9.99	-5.01	126. 11	113.72	-12.39	24	Fema le
77	Ex per ime ntal	10.86	7.53	-3.33	10.6	9.08	-1.52	15.99	12.44	-3.56	124. 45	117.09	-7.36	57	Male
78	Ex per ime ntal	9.7	11.13	1.43	8.2	7.36	-0.84	15.67	12.97	-2.7	138. 76	119.01	-19.75	37	Male

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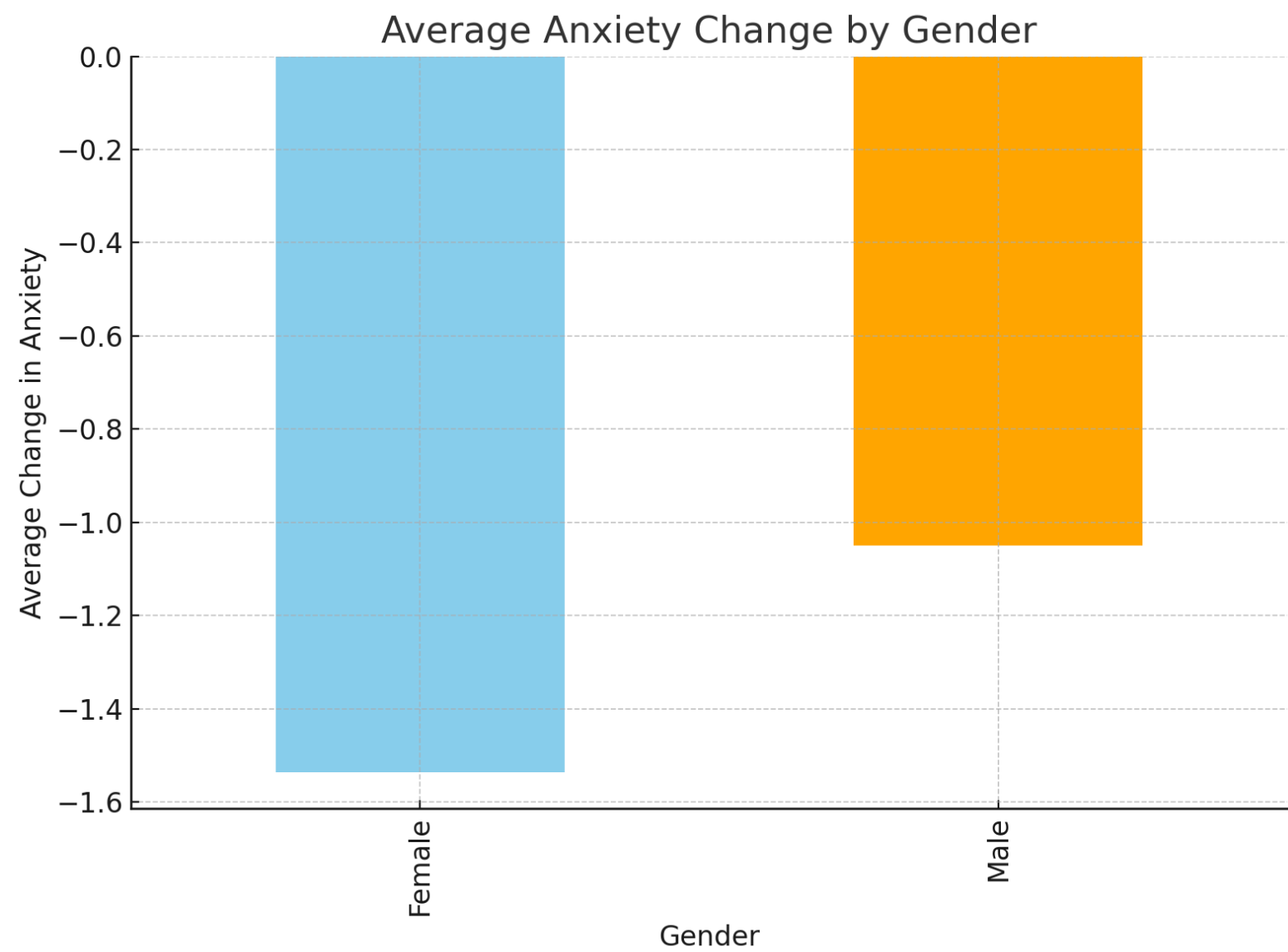
79	Ex per ime ntal	10.88	6.84	-4.04	10.21	12.37	2.17	18.99	10.72	-8.27	134. 68	119.7	-14.98	66	Fema le
80	Ex per ime ntal	4.64	14.3	9.66	8.84	4.88	-3.96	16.64	13.34	-3.3	136. 36	122.48	-13.88	41	Fema le
81	Ex per ime ntal	9.94	9.06	-0.88	10.34	4.8	-5.54	15.15	12.54	-2.61	133. 61	120.71	-12.9	50	Male
82	Ex per ime ntal	11.67	5.36	-6.31	11.99	5.4	-6.58	14.15	11.78	-2.37	124. 35	114.66	-9.7	50	Fema le
83	Ex per ime ntal	15.03	4.82	-10.21	14.76	1.59	-13.17	13.37	12.83	-0.54	127. 38	121.52	-5.86	42	Fema le
84	Ex per ime ntal	9.05	8.71	-0.34	6.29	5.59	-0.7	15.54	14.47	-1.07	132. 45	122.44	-10	36	Fema le
85	Ex per ime ntal	8.17	6.94	-1.23	16.4	5	-11.4	14.39	12.38	-2.01	123. 89	122.24	-1.65	58	Male
86	Ex per	9.09	9.29	0.19	4.14	7.28	3.13	13.59	12.45	-1.15	133. 56	124.32	-9.24	25	Male

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	ime ntal														
87	Ex per ime ntal	13.35	8.68	-4.66	9.54	7.75	-1.79	14.52	11.74	-2.78	128. 8	123.34	-5.46	52	Fema le
88	Ex per ime ntal	11.59	7.32	-4.27	11.76	11.59	-0.17	14	11.35	-2.65	128. 13	121.84	-6.29	51	Male
89	Ex per ime ntal	9.01	5.38	-3.63	10.84	9.28	-1.57	17.32	13.03	-4.29	133. 55	119.72	-13.84	67	Fema le
90	Ex per ime ntal	12.14	3.71	-8.43	8.13	5.46	-2.67	16.36	11.34	-5.01	132. 22	113.36	-18.87	53	Male
91	Ex per ime ntal	10.89	6.38	-4.51	9.38	4.65	-4.72	15.29	12.27	-3.02	128. 2	121.72	-6.48	66	Fema le
92	Ex per ime ntal	13.51	9.64	-3.86	8.52	8.13	-0.39	17.08	11.72	-5.35	135. 8	120.83	-14.97	34	Male
93	Ex per ime ntal	8.49	8.04	-0.46	8.23	3.6	-4.63	15.39	12.68	-2.71	124. 59	121.09	-3.51	42	Fema le

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94	Ex per ime ntal	9.62	4.39	-5.23	12.55	11.48	-1.07	14.27	12.53	-1.73	133. 08	114.89	-18.19	65	Male
95	Ex per ime ntal	9.42	7.93	-1.49	11.07	9.85	-1.22	17.13	13.24	-3.89	132. 97	115.68	-17.29	31	Fema le
96	Ex per ime ntal	6.21	8.46	2.25	7.92	5.73	-2.19	15.95	11.69	-4.26	128. 45	124.21	-4.24	38	Fema le
97	Ex per ime ntal	11.49	5.29	-6.2	12.7	2.62	-10.08	14.06	11.93	-2.13	131. 63	119.84	-11.79	32	Male
98	Ex per ime ntal	11.38	7.88	-3.5	10.92	10.28	-0.64	15.07	11.22	-3.85	123. 74	122.73	-1.02	44	Male
99	Ex per ime ntal	10.62	7.65	-2.97	12.44	6.61	-5.82	14.25	11.76	-2.49	134. 62	120.11	-14.51	57	Male
100	Ex per ime ntal	9.9	4.64	-5.25	11.89	9.99	-1.89	13.64	12.58	-1.06	129. 08	120.12	-8.96	40	Fema le



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