Reviewer's report

Title: The effect of long term combined yoga practice on the basal metabolic rate of healthy Adults

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Reviewer: selvamurthy william

Reviewer's report:

1. Study deals with an interesting field evaluating the physiological effects of integrated yoga practice of a combination of asanas, pranayam and meditation.

2. It will be of interest to the readers of BMC Compl. Alt. Med.

3. Review of literature is adequate to define the objectives of the study.

4. Experimental design, sample size and methods employed to record different respiratory and metabolic parameters are appropriate and standard.

5. Statistical treatment of data through t-test is appropriate.

6. Results clearly indicate lowering of BMR in Yga group.

7. Only limitations of the study are:

Body composition measurement would have provided the basis for the gender difference.

Menstrual phase of monitoring could have influenced the BMR, which has not been considered.

These limitations have been discussed by the authors.

8. Title can be abbreviated.

9. BMR changes could be presented as histogram.

10. Paper is recommended for publication.