Reviewer's report

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

Version: 1 Date: 13 June 2006

Reviewer: Andrew Vickers

Reviewer's report:

General

As a general point there is never a problem with any control group, but you have to draw conclusions appropriate to the control group you chose. This is a non-randomized study and so you don't really know whether the changes in BMR were caused by the yoga or by a confounder associated with both yoga practice and BMR. I think that the authors rather overstated their conclusions from this observational study.