**Table S1.   
Search strategy in Cochrane library**

|  |  |  |
| --- | --- | --- |
| NO. | Search strategy | Item |
| #1 | MeSH discriptor: [Yoga] explode all trees | 979 |
| #2 | (yogasana or asana or yoga or kriya or mudra):ti,ab,kw | 4,820 |
| #3 | #1 OR #2 | 4,820 |
| #4 | MeSH discriptor: [Respiration] explode all trees | 7,351 |
| #5 | (Breathing\* or Ventilation\*):ti,ab,kw | 51,202 |
| #6 | #4 OR #5 | 55,169 |
| #7 | (“Alternative nostril breathing” or “Nadi Shodhana Pranayama”):ti,ab,kw | 10 |
| #8 | MeSH descriptor: [Blood pressure] explode all trees | 30,730 |
| #9 | (“Diastolic pressure” or “Pulse pressure” or “Systolic pressure”):ti,ab,kw | 5,007 |
| #10 | (Pressure or Diastolic or Pulse or Systolic or BP):ti,ab,kw | 194,419 |
| #11 | #9 or #10 | 194,419 |
| #12 | #3 AND #6 AND #11 | 183 |
| #13 | #7 AND #11 | 4 |
| #14 | #12 OR #13 | 187 |
| #15 | ("Randomized Controlled Trial"):pt OR (“Controlled Clinical Trial”):pt OR (randomized):ti,ab,kw OR (placebo):ti,ab,kw OR (randomly):ti,ab,kw OR (trial):ti,ab,kw | 1,373,655 |
| #16 | #14 AND #15 | 129 |

**Search strategy in Pubmed**

|  |  |  |
| --- | --- | --- |
| NO. | Search strategy | Item |
| #1 | Search "Yoga”[MeSH Terms] | 3,686 |
| #2 | (yogasana[Title/Abstract]) OR (asana[Title/Abstract])) OR (Yoga[Title/Abstract])) OR (kriya[Title/Abstract]) OR (mudra[Title/Abstract]) | 6,504 |
| #3 | #1 OR #2 | 6,985 |
| #4 | Search Respiration[MeSH Terms] | 156,336 |
| #5 | Search (breathing\*[Title/Abstract]) OR (Ventilation[Title/Abstract]) | 214,688 |
| #6 | #4 OR #5 | 331,530 |
| #7 | #3 AND #6 | 867 |
| #8 | Search (Alternative nostril breathing[Title/Abstract]) OR (Nadi Shodhana Pranayama[Title/Abstract]) | 54 |
| #9 | #7 OR #8 | 890 |
| #10 | Search “Blood pressure”[MeSH Terms] | 326,057 |
| #11 | Search (Diastolic pressure[Title/Abstract]) OR (Systolic pressure[Title/Abstract]) OR (Pulse pressure[Title/Abstract]) OR (Pressure[Title/Abstract]) OR (Diastolic[Title/Abstract]) OR (Pulse[Title/Abstract]) OR (Systolic[Title/Abstract]) OR (BP[Title/Abstract]) | 1,311,260 |
| #12 | #10 OR #11 | 1,410,729 |
| #13 | #9 AND #12 | 154 |
| #14 | Search “Randomized Controlled Trial”[PT] OR “Controlled Clinical Trial”[PT] OR randomized[TIAB] OR placebo[TIAB] OR randomly[TIAB] OR trial[TI] | 792,325 |
| #15 | #13 AND #14 | 22 |

**Search strategy in Embase**

|  |  |  |
| --- | --- | --- |
| NO. | Search strategy | Item |
| #1 | 'yoga'/exp | 13,927 |
| #2 | yogasana:ti,ab,kw OR asana:ti,ab,kw OR kriya:ti,ab,kw OR mudra:ti,ab,kw OR yoga:ti,ab,kw | 9,637 |
| #3 | #1 OR #2 | 14,144 |
| #4 | ‘Respiration’/exp | 251,068 |
| #5 | 'breathing':ti,ab,kw OR 'ventilation':ti,ab,kw | 323,277 |
| #6 | #4 OR #5 | 494,712 |
| #7 | #3 AND #6 | 2,161 |
| #8 | 'alternative nostril breathing':ti,ab,kw OR 'nadi shodhana pranayama':ti,ab,kw | 8 |
| #9 | #7 OR #8 | 2,164 |
| #10 | 'blood pressure'/exp | 703,086 |
| #11 | 'diastolic pressure':ti,ab,kw OR 'systolic pressure':ti,ab,kw OR 'pulse pressure':ti,ab,kw OR 'pressure':ti,ab,kw OR 'pulse':ti,ab,kw OR 'bp':ti,ab,kw | 1,592,146 |
| #12 | #10 OR #11 | 1,822,301 |
| #13 | #9 AND #12 | 382 |
| #14 | 'randomized controlled trial'/exp | 754,581 |
| #15 | 'randomized controlled trial':it OR 'controlled clinical trial':it OR randomized:ti,ab,kw OR placebo:ti,ab,kw OR randomly:ti,ab,kw OR trial:ab,ti OR 'clinical trials':ti,ab,kw | 2,359,438 |
| #16 | #14 OR #15 | 2,471,119 |
| #17 | #13 AND #16 | 128 |

**Serach strategy in Koreamed**

|  |  |  |
| --- | --- | --- |
| NO. | Search strategy | Item |
| #1 | Search (Yoga[MH]) | 28 |
| #2 | Search ("yogasana"[TIAB]) OR ("asana"[TIAB]) OR ("Yoga"[TIAB]) OR ("Kriya"[TIAB]) OR ("mudra"[TIAB]) | 35 |
| #3 | #1 OR #2 | 35 |
| #4 | Search (Respiration[MH]) | 2,030 |
| #5 | Search ("Breathing"[TIAB]) OR ("Ventilation"[TIAB]) | 3,329 |
| #6 | #4 OR #5 | 3,773 |
| #7 | #3 AND #6 | 4 |
| #8 | Search ("Randomized[ALL] AND Trials”[TIAB]) OR (”Controlled[ALL] AND trials”[TIAB]) OR (”Randomized[ALL] AND Clinical[ALL] AND Trials”[TIAB]) OR ("placebo"[TIAB]) OR ("Randomized"[TIAB]) | 6,255 |
| #9 | #7 AND #8 | 0 |

**Search strategy in RISS**

|  |  |  |
| --- | --- | --- |
| NO. | Search strategy | Item |
| #1 | 전체: 요가 | 8,537 |
| #2 | 전체: Yoga|yogasana|asana|kriya|mudra | 10,761 |
| #3 | #1 OR #2 | 2,953 |
| #4 | 전체: 호흡|숨 | 88,814 |
| #5 | 전체: Respiration|breathing | 82,501 |
| #6 | #4 OR #5 | 176,408 |
| #7 | #3 AND #6 | 1,792 |
| #8 | 전체: Randomized Trials|무작위 임상|무작위 시험|Randomized Clinical Trials | 40,243 |
| #9 | #7 AND #8 | 0 |

**Search strategy in KISS**

|  |  |  |
| --- | --- | --- |
| NO. | Search strategy | Item |
| #1 | 전체= “요가” |Yoga|yogasana|asana|kriya|mudra | 39,420 |
| #2 | 전체=”호흡”|”숨”| Respiration|breathing | 29,917 |
| #3 | 전체=”Randomized Trials”|”Controlled trials”|”Randomized Clinical Trials”|무작위 임상|무작위 시험|placebo|Randomized | 9,661 |
| #4 | #1 AND #2 AND #3 | 0 |

**Search strategy in ScienceOn**

|  |  |  |
| --- | --- | --- |
| NO. | Search strategy | Item |
| #1 | 전체= “요가” |Yoga|yogasana|asana|kriya|mudra | 23,508 |
| #2 | 전체=”호흡”|”숨”| Respiration|breathing | 301,813 |
| #3 | 전체=”Randomized Trials”|”Controlled trials”|”Randomized Clinical Trials”|무작위 임상|무작위 시험|placebo|Randomized | 321,564 |
| #4 | #1 AND #2 AND #3 | 66 |
| #5 | 전체= "혈압"|”수축기 혈압”|”이완기 혈압”|"Blood pressure"|"Diastolic pressure"|"Systolic pressure"|BP | 722,960 |
| #6 | #3 AND #5 | 10 |

**Search strategy in OASIS**

|  |  |  |
| --- | --- | --- |
| NO. | Search strategy | Item |
| #1 | “요가” |Yoga|yogasana|asana|kriya|mudra | 26 |
| #2 | ”호흡”|”숨”| Respiration|breathing | 160 |
| #3 | ”Randomized Trials”|”Controlled trials”|”Randomized Clinical Trials”|무작위 임상|무작위 시험|placebo|Randomized | 445 |
| #4 | (“요가” |Yoga|yogasana|asana|kriya|mudra) AND (”호흡”|”숨”| Respiration|breathing) AND (”Randomized Trials”|”Controlled trials”|”Randomized Clinical Trials”|무작위 임상|무작위 시험|placebo|Randomized) | 0 |

**Search strategy in CNKI**

|  |  |  |
| --- | --- | --- |
| NO. | Search strategy | Item |
| #1 | 交替鼻孔呼吸 OR 鼻孔交替呼吸法 OR Alternative nostril breathing | 5 |
| #2 | 血压 OR blood pressure | 2,167 |
| #3 | 随机对照研究 | 19,227 |
| #4 | #1 AND #2 AND #3 | 0 |