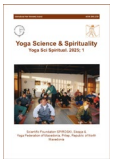
Scientific Foundation SPIROSKI, Skopje, Republic of North Macedonia
Yoga Science & Spirituality. 2025 Dec 24; 1:31-33.
https://doi.org/10.3889/yss.2025.6614
eISSN: 2955-2729
Category: *Yoga and Education*
Section: *Review Article*



Yoga Mīmāṃsā: Journal of Science and Culture in Yoga (YMJSCY) – A Review of the First Scientific Yoga Journal

Elena Petrushevska[1,2*]

[1]General Hospital, Kavadarci, Republic of North Macedonia; [2]Yoga Federation of Macedonia Prilep, Krume Volnaroski 26, Prilep, Republic of North Macedonia

Citation: Petrushevska E. Yoga Mīmāṃsā: Journal of Science and Culture in Yoga (YMJSCY) – A Review of the First Scientific Yoga Journal. Yoga Sci Spiritual. 2025 Dec 24; 1:31-33. https://doi.org/10.3889/yss.2025.6614
Keywords: Yoga Mīmāṃsā; scientific yoga; Kaivalyadhama; peer-reviewed journal; yoga research; yoga therapy
***Correspondence:** Elena Petrushevska. General Hospital, Kavadarci, Republic of North Macedonia. E-mail: elenadimovska7@yahoo.com
Received: 12-Nov-2025
Revised: 02-Dec-2025
Accepted: 20-Dec-2025
Copyright: © 2025 Elena Petrushevska.
License: This is an open-access article distributed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (CC BY-NC 4.0)
Funding: This research did not receive any financial support
Competing Interests: The authors have declared that no competing interests exist

Abstract

BACKGROUND: Scientific journals play a central role in validating and disseminating research through peer review. For much of history, yoga was viewed primarily as a spiritual discipline, with limited scientific investigation. The establishment of Yoga Mīmāṃsā: Journal of Science and Culture in Yoga (YMJSCY) in 1924 marked a turning point by introducing systematic scientific inquiry into yogic practices.

AIM: To review the historical origins, scientific scope, editorial development, and continuing significance of Yoga Mīmāṃsā as the world's oldest peer-reviewed multidisciplinary journal dedicated to yoga research.

METHODS: A qualitative, literature-based historical and descriptive review was conducted using peer-reviewed publications, archival materials, editorial records, and institutional documentation related to YMJSCY and the development of scientific yoga research.

RESULTS: Founded by Swami Kuvalayananda at the Kaivalyadhama Institute, YMJSCY emerged from early experimental studies conducted in 1920–1921 that integrated traditional yogic philosophy with modern scientific methods. The journal has maintained uninterrupted publication for over a century, reaching 57 volumes by 2025. Its content spans fundamental, applied, interdisciplinary, and philosophico-literary research, supported by a rigorous double-blind peer-review process and open-access dissemination.

CONCLUSIONS: Yoga Mīmāṃsā has played a foundational role in establishing yoga as a subject of systematic scientific inquiry. Its longevity, adaptability, and scholarly influence underscore its enduring relevance in both historical and contemporary yoga research.

Introduction

Scientific journals publish peer-reviewed articles to ensure that research meets established standards of quality and scientific validity, playing a key role in sharing reliable scientific knowledge. Basic research in yoga focuses on studying the fundamental principles, mechanisms, and effects of yoga practice on the body, mind, and consciousness using scientific methods, such as clinical trials, physiological measurements, and psychological analyses [1], [2]. Such publications examine yoga through the lens of modern research, bridging traditional practice with contemporary scientific inquiry.

In the early 19th century, yoga was largely regarded as a purely spiritual practice, and its scientific aspects had rarely been explored [2]. The oldest peer-reviewed multi-disciplinary research journal on yoga is *Yoga Mīmāṃsā: Journal of Science and Culture in Yoga* (YMJSCY), a semiannual publication founded in 1924 by Swami Kuvalayananda at the Kaivalyadhama Institute in Lonavala, Western India [3], [4], [5]. The Kaivalyadhama Institute itself adheres to the undiluted principles of yoga as described in the Yoga Sutras of Maharishi Patanjali. Today, it remains one of the oldest and foremost scientific yoga research institutes in the world [6].

We aimed to review the historical origins, scientific scope, editorial development, and continuing significance of Yoga Mīmāṃsā as the world's oldest peer-reviewed multidisciplinary journal dedicated to yoga research.

Methods

This study employs a qualitative, literature-based historical and descriptive review of peer-reviewed publications, archival records, and institutional documentation related to Yoga Mīmāṃsā and the development of scientific yoga research [3], [4], [5], [6], [7]. Primary sources include published journal issues, editorial records, and secondary scholarly literature addressing the historical evolution, editorial

practices, and scientific scope of yoga research journals [1], [2].

Results

Swami Kuvalayananda (1883–1966), born Jagannatha Ganesa Gune, was a pioneering figure in "scientific yoga," blending traditional yogic philosophy with modern scientific approaches. Fully aware of the vast yogic potentialities and their effects on the human body and mind, he initiated systematic investigations into selected yogic practices during 1920–1921, conducting experiments with a group of students in the laboratory of Baroda Hospital [4], [7]. His subjective experiences, combined with the positive outcomes of these early scientific studies, convinced him that the ancient system of yoga, when examined through a modern experimental approach, could significantly contribute to both the spiritual and material advancement of human society. This conviction became his life's mission and laid the foundation for institutionalized scientific yoga research [5], [6].

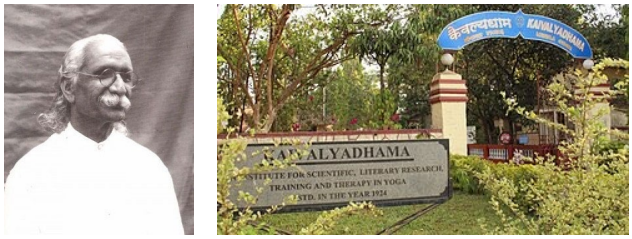


Figure 1: Swami Kuvalayananda (Jagannatha Ganesa Gune, 1883–1966), founder of scientific yoga and initiator of systematic experimental research on yogic practices at the Baroda Hospital Laboratory during 1920–1921, which laid the foundation for institutionalized yoga research and the establishment of Yoga Mīmāṃsā journal [4], [7]

His students, including S. P. Nimbalkar, went on to become influential yoga teachers. After Kuvalayananda's death, leadership and scholarship at Kaivalyadhama continued under scholars such as Dr. O. P. Tiwari [6]. The current editorial team comprises Dr. Ranjeet Singh Bhogal as Editor-in-Chief, Ms. Anita Verma as Editor, and Mr. Sanjay Shete as Associate Editor, all from the Scientific Research Department at Kaivalyadhama [8].



Figure 2: Dr. Ranjeet Singh Bhogal, Editor-in-Chief of Yoga Mīmāṃsā journal, representing the continuity of editorial leadership at Kaivalyadhama Institute. [6], [8]

The inaugural issue of *Yoga Mīmāṃsā*, published in October 1924, included nine articles. Swami Kuvalayananda sought to make his research accessible and beneficial to the general public, having published scientific findings since 1917 [3], [5]. He aimed to make yoga accessible to all while promoting its health and spiritual benefits. His work simultaneously sought to scientifically study the highest states of human experience, investigate spiritual phenomena, and use systematic experimentation on individual experiences to reinforce the objective character of Indian philosophy [1], [2].

As of 2025, Yoga Mīmāṃsā has published 57 volumes, with the latest being Volume 57, Issue 1 (January–June 2025), demonstrating its continuous publication and ongoing relevance. The 2024 Impact Factor of the journal is 0.474 [8], [9], [10].



Figure 3: Chronological development and publication continuity of Yoga Mīmāṃsā: Journal of Science and Culture in Yoga from its inaugural issue in 1924 to Volume 57, Issue 1 (January–June 2025), demonstrating sustained relevance and uninterrupted contribution to scientific yoga research [3], [8], [9].

The journal's scientific section covers fundamental and applied research on physiological, psychological, and biochemical aspects of yogic practices, including preventive health care, holistic well-being, and complementary medicine [1], [3]. It also emphasizes interdisciplinary studies linking yoga with fields such as neuroscience, biomechanics, quantum physics, radiology, and management [1], [2]. The philosophico-literary section focuses on theoretical foundations of yoga embedded in ancient Sanskrit texts, unpublished yogic manuscripts, and research integrating classical yogic concepts with modern scientific knowledge [2], [6].

YMJSCY follows a rigorous editorial and double-blind peer-review process to ensure the quality, originality, and relevance of published research [8]. Manuscripts are initially screened by editors and, if suitable, sent to expert reviewers. Authors may revise their manuscripts based on reviewer feedback. Accepted papers undergo copy-editing and formatting before final approval by the corresponding author. The journal is available in print and online as an open-

access publication, allowing free access to full-text articles and permitting authors to self-archive final accepted versions in OAI-compliant repositories. It is included in the UGC-CARE Group I list, indexed in public directories such as DOAJ, and published in English by Wolters Kluwer Medknow Publications, with long-term digital preservation through partnerships with Portico and CLOCKSS [8], [9]. Although not indexed in the Scopus database, YMJSCY has established itself as a pioneering platform in the scientific study of yoga.

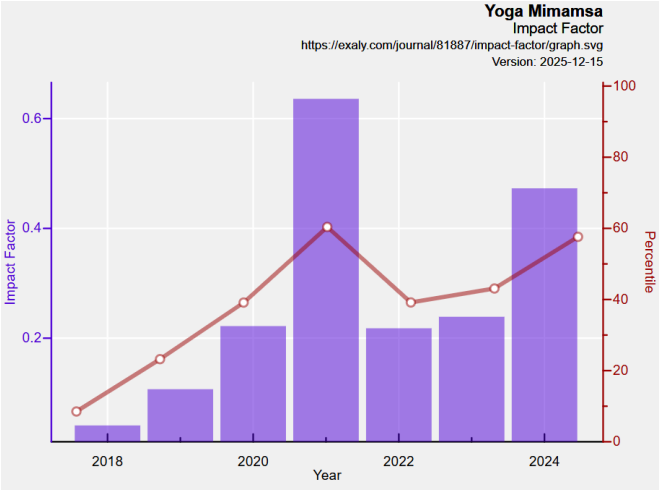


Figure 4: Impact Factor and Percentile ranking of Yoga Mīmāṃsā journal from 2017 to 2024. The blue bars represent Impact Factor values, while the red line indicates Percentile position of the journal in its category [10]

Discussion

Following the pioneering efforts of *Yoga Mīmāṃsā*, other journals emerged, such as the International Journal of Yoga Therapy (IJYT), established in the 1990s by the International Association of Yoga Therapists (IAYT). IJYT became a leading journal focusing on yoga therapy and both clinical and scientific research, contributing significantly to the development of yoga therapy as a recognized scientific discipline [11].

Despite numerous challenges over the years, *Yoga Mīmāṃsā* has survived for a century, reflecting remarkable resilience and ongoing relevance. The journal continues to evolve, digitize, modernize, and integrate new scientific approaches while honoring its classical yogic foundation [3], [4].

We must mention that only one specialized journal—International Journal of Yoga Therapy—is indexed in Scopus. International Journal of Yoga Therapy (ISSN: 1531-2054, eISSN: 2168-5835, published by International Association of Yoga Therapists, United States) is the only journal devoted to yoga and indexed in Scopus database. The journal was included in Scopus from 2011-2013 and from 2016-2025. This is Q2 journal with CiteScore 2024 of 1.7, SJR 2024 of 0.357, SNIP 2024 of 0.384, and Hirsh Index 2024 of 21 [12]. Despite its relatively modest output, its Q2 ranking and stable scientometric indicators indicate sustained recognition of yoga therapy as a legitimate clinical field [13]

Conclusion

This review highlights the foundational role of *Yoga Mīmāṃsā* in establishing yoga as a subject of systematic scientific inquiry. Through the pioneering efforts of Swami Kuvalayananda, the journal successfully bridged traditional yogic philosophy with modern scientific methodology, setting standards for future research in the field. Its continued publication, high-impact articles, and adaptability demonstrate the enduring relevance of scientific yoga research in both historical and contemporary contexts.

References

1. Singleton M. Yoga body: The origins of modern posture practice. Oxford: Oxford University Press; 2010.
2. De Michelis E. A history of modern yoga: Patañjali and western esotericism. London: Continuum International Publishing; 2004.
3. Kaivalyadhama Institute. Yoga Mīmāṃsā: Journal of Science and Culture in Yoga. First issue. Lonavala (India): Kaivalyadhama Institute; 1924.
4. Kuvalayananda S. Scientific investigations in yoga: Experiments on selected yogic practices. Unpublished laboratory records. Baroda (India): Baroda Hospital Laboratory; 1921.
5. Kuvalayananda S. Editorial. Yoga Mīmāṃsā. 1924;1(1):1–3.
6. Tiwari OP, editor. Kaivalyadhama Institute archives: Scientific research in yoga. Lonavala (India): Kaivalyadhama Institute.
7. Kuvalayananda S, Nimbalkar SP. Studies on yogic practices and their effects on body and mind. Unpublished experimental notes. Baroda (India): Baroda Hospital Laboratory; 1920–1921.
8. Wolters Kluwer Medknow Publications. Yoga Mīmāṃsā journal information [Internet]. Available from: https://www.medknow.com/journals
9. Directory of Open Access Journals (DOAJ). Yoga Mīmāṃsā [Internet]. Available from: https://doaj.org
10. Exaly. Yoga Mīmāṃsā impact factor and percentile graph [Internet]. 2025 Dec 15. Available from: https://exaly.com/journal/81887/impact-factor/graph.svg
11. International Association of Yoga Therapists. International Journal of Yoga Therapy. Prescott (AZ): IAYT Publications; 1990.
12. Spiroski M, Hassanagas PK. Published Papers about Yoga in the Scopus Database (2025). Yoga Science & Spirituality. 2025 Dec 10;1(1):3-9. https://doi.org/10.3889/yss.2025.6596
13. 13. Gaskins R, Jennings E, Thind H, Becker B, Bock B. Acute and cumulative effects of vinyasa yoga on affect and stress among college students participating in an eight-week yoga program: A pilot study. International journal of yoga therapy. 2014 Jan 1;24(1):63-70. https://doi.org/10.17761/ijyt.24.1.l8466h29060x13vq PMid:25858652