**Independent Research Findings:**

Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

**SKY significantly decreases Clinical & Non-clinical Depression**

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**Clinical Depression**

- **Before SKY**
- **Week 2**
- **Week 4**

- **SKY Significantly decreases Clinical and Non-clinical Depression**

*Kjellgren et al. (2007)*

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**Non-Clinical Depression**

- **Pre-test**
- **Post-test**

*SKY reduces everyday blues (non-clinical depression) by one third in four weeks.*

*Kjellgren et al. (2007)*

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**SKY Significantly decreases Clinical & Non-clinical Anxiety**

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**Clinical Anxiety**

- **Control**
- **SKY**

*SKY Significantly decreases Clinical and Non-clinical Anxiety*  

*73% of individuals suffering from Generalized Anxiety Disorder (GAD) who were not helped by standard psychiatric care experienced reductions in anxiety, and 41% achieved full remission 4 weeks after learning SKY.*

*Katzman MA et al., Int J Yoga 2012;5:57-65*

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**Non-Clinical Anxiety**

- **Pre-test**
- **Post-test**

*SKY significantly decreases everyday worry and anxiety*  

*SKY reduces everyday blues (non-clinical depression) by one third in four weeks.*

*Kjellgren et al., BMC Complementary and Alternative Medicine 2007, 7:43*
Independent Research Findings:
Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

SKY Significantly Reduces PTSD

Iraq and Afghanistan veterans who practiced SKY had significant reductions in PTSD symptoms after just one week of SKY practice. Results persisted for one year with no follow-up sessions, demonstrating long term benefits.

SKY Significantly Increases Well-Being

SKY significantly decreased stress and increased levels of optimism (a key indicator of wellbeing) in healthy adults, indicating improvement of wellness.

Kjellgren et al. (2007)
Independent Research Findings:
Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

**SKY Significantly Decreases Stress Hormone Levels (Cortisol)**

Adding SKY to conventional treatment for individuals in recovery for substance use was twice as effective in reducing stress hormone cortisol levels as conventional treatment alone.

* A. Vedamurthachar et al. (2006)

**SKY Significantly Activates Genes that Protect against Stress**

SKY activates genes responsible for protecting the body against the damaging effect of stress.

* H. Sharma et al. (2008)
Independent Research Findings:
Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

SKY Significantly Increases
the Well-being hormone Prolactin

Prolactin, a well-being hormone is abnormally low in depressed individuals. Depressed patients experienced 33.3% increase in their Prolactin levels after their very first SKY session.

Janakiramaiah et al. (1998)

SKY Significantly Increases
Antioxidant Production

Antioxidants protect cells from free radical damage, which is responsible for many diseases and the aging process. SKY practitioners exhibited more than twice the levels of the 3 major antioxidants, Glutathione, SOD and Catalase as controls. Sharma et al., Biol Psychol. 2003 Jul;63(3):281-91
Independent Research Findings:
Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

**Significantly Greater Mental Focus in Sky Practitioners**

EEG measures electrical brain activity. In this study, SKY practitioners demonstrated **significantly greater** \((P<0.05)\) **EEG Beta wave activity** than controls, which is indicative of heightened alertness/mental focus.

*Bhatia et al. (2003)*

**SKY Enhances Immunity**
(Lymphocyte count)

*Approximately 70% of all immune cells are lymphocytes.* SKY significantly **increased lymphocyte count by more than 50% compared to controls**, suggesting enhanced immune function.

*Subramanian, S. et al, 2012*
Independent Research Findings:
Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

SKY lowers Heart Rate and Blood Pressure in Healthy Individuals & Hypertensives

Heart disease is the leading cause of death in N. America. Heart rate and blood pressure are two key indicators of heart function. **SKY significantly decreases the heart rate & blood pressure** in both healthy individuals, and in people with high blood pressure.

Somwanshi S. D. *et al.* (2013)

**SKY Significantly Reduces Cholesterol**

SKY significantly reduced cholesterol, with no change in diet in just 3 weeks, even under stressful conditions.

Subramanian, S. *et al.*, 2012
Independent Research Findings:
Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

SKY Significantly Enhances Restful Sleep

SKY practitioners spend three times as much of their total sleep time in deeper sleep (slow wave sleep), than controls. SKY practitioners spend 13% of their total sleep time in the deeper restful SWS state, while controls spend only 4% of their sleep time in SWS state.

Sulekha et al. (2006)

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