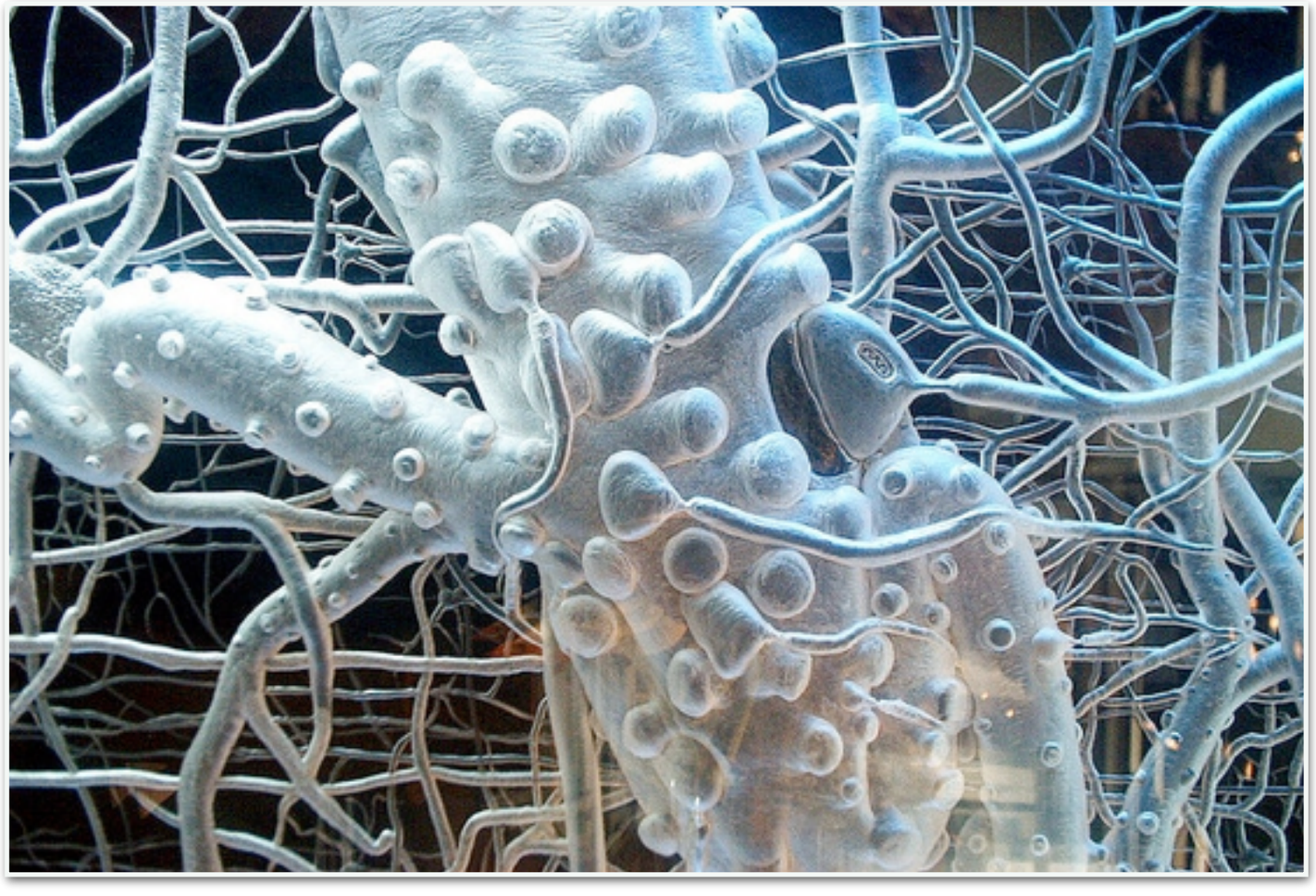
THE ART OF LIVING

SUDARSHAN KRIYA BENEFITS

THE ART OF LIVING

SUDARSHAN KRIYA STIMULATES VAGUS NERVE



THE ART OF LIVING

Dr. Richard Brown M.D.,
Associate Clinical Professor of Psychiatry at Columbia University

- Sudarshan Kriya contributes to a state of alert calmness by its effect on the Vagus Nerve, which is vital in transmitting data between our two nervous systems.

- Sudarshan Kriya also relaxes stress response systems, neuroendocrine release of hormones, nitric oxide neurotransmission, fear conditioning circuits (prefrontal cortex and limbic system), and thalamic generators.

THE ART OF LIVING

How The Vagus Nerve Affects Organ Systems

Heart

Decreases heart rate, vascular tone.

Liver

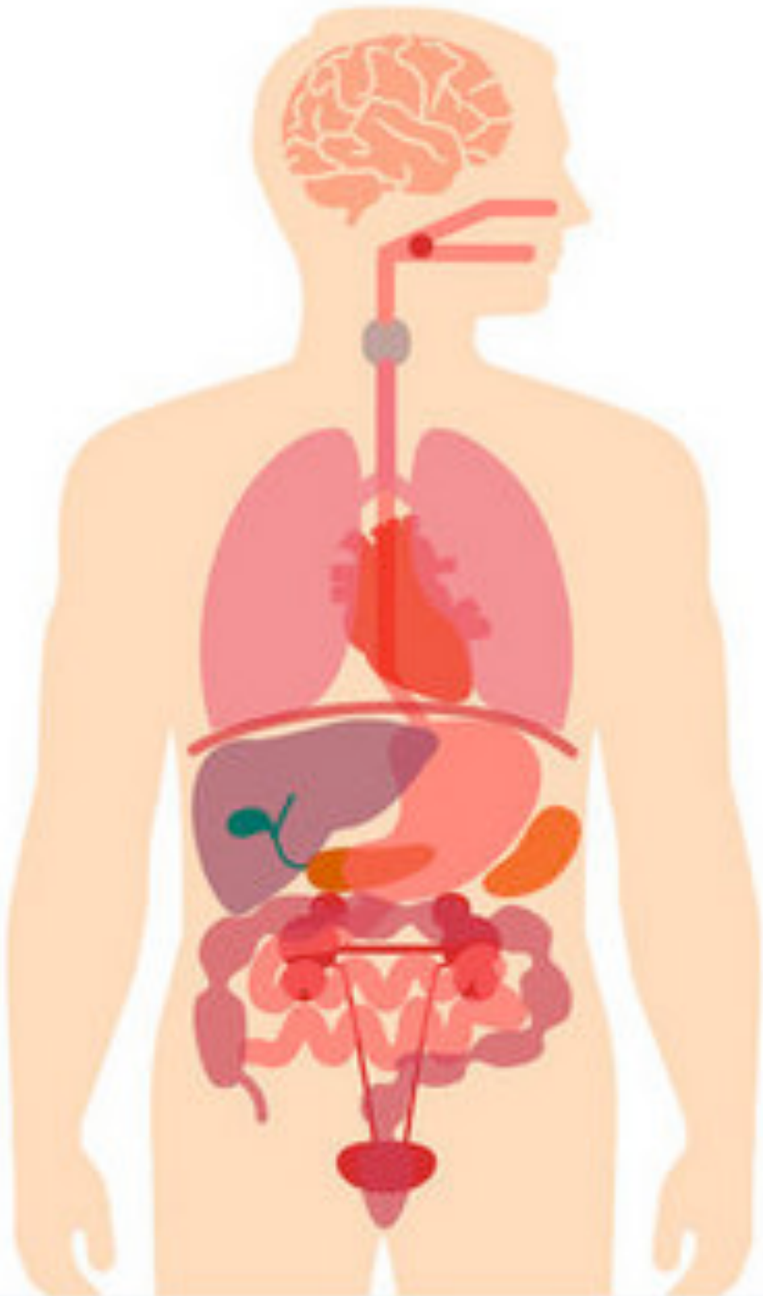
Regulates insulin secretion and glucos homeostasis in the liver.

Gut

Increases gastric juices, gut motility, stomach acidity.

Inflammation

Suppresses inflammation via the cholinergic anti-inflammatory pathway



Brain

Helps keep anxiety and depression at bay. Opposes the sympathetic response to stress.

Mouth

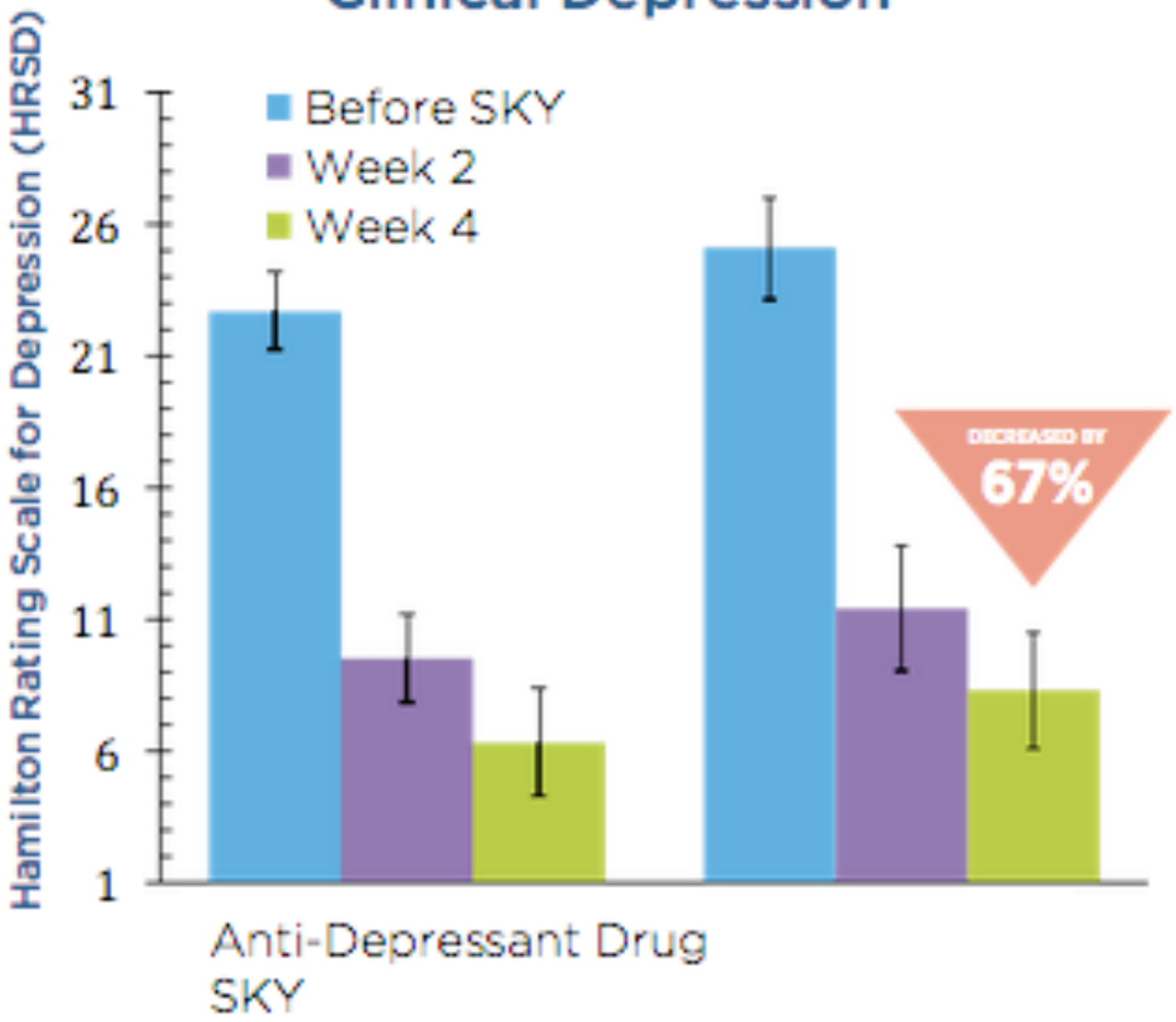
Taste information is sent via three cranial nerves, one of which is the vagus nerve. The vagus nerve is needed for the gag reflex, swallowing, and coughing.

Blood Vessels

Decreases vascular tone, lowering blood pressure.

SKY Significantly **Decreases** Clinical & Non-clinical Depression

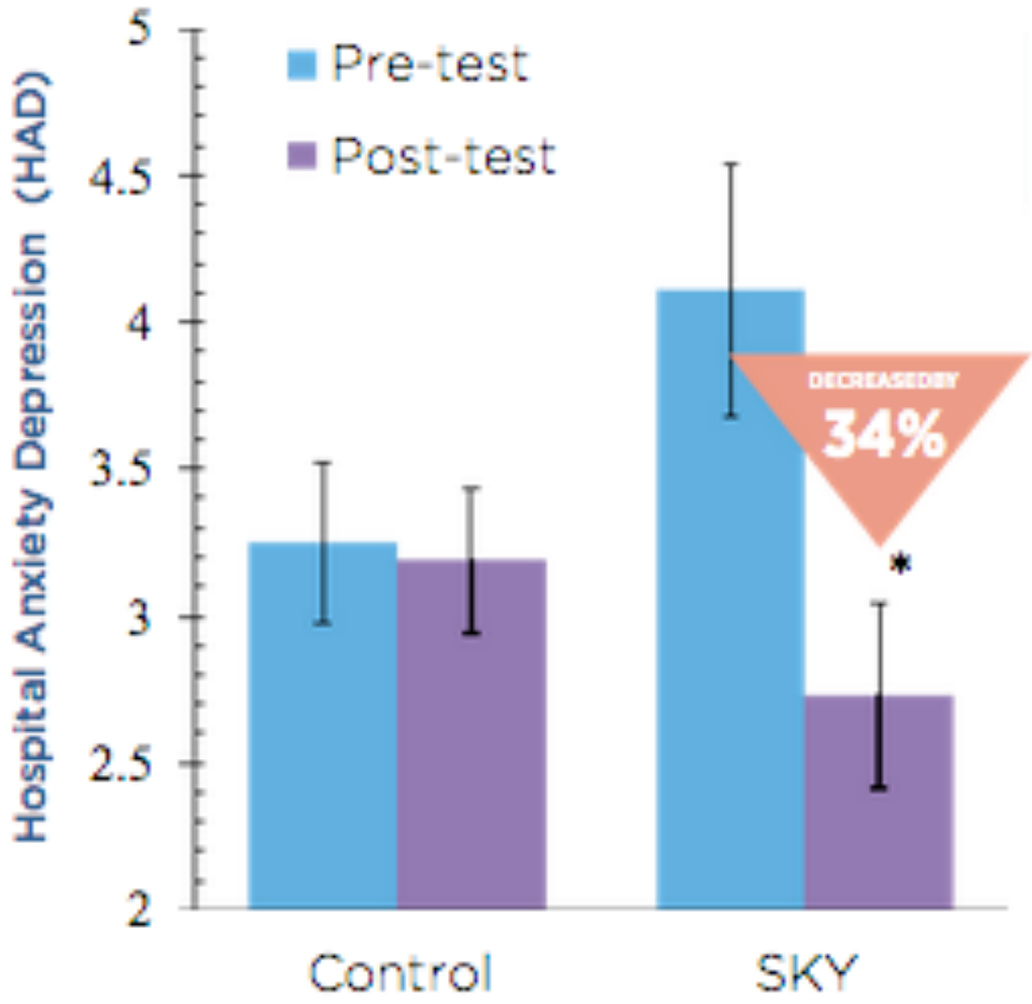
Clinical Depression



SKY **significantly reduced major depressive disorder as effectively as anti-depressant drug therapy**, yet is free of unwanted side effects.

N.Janakiramaiah et al.(2000)

Non-Clinical Depression



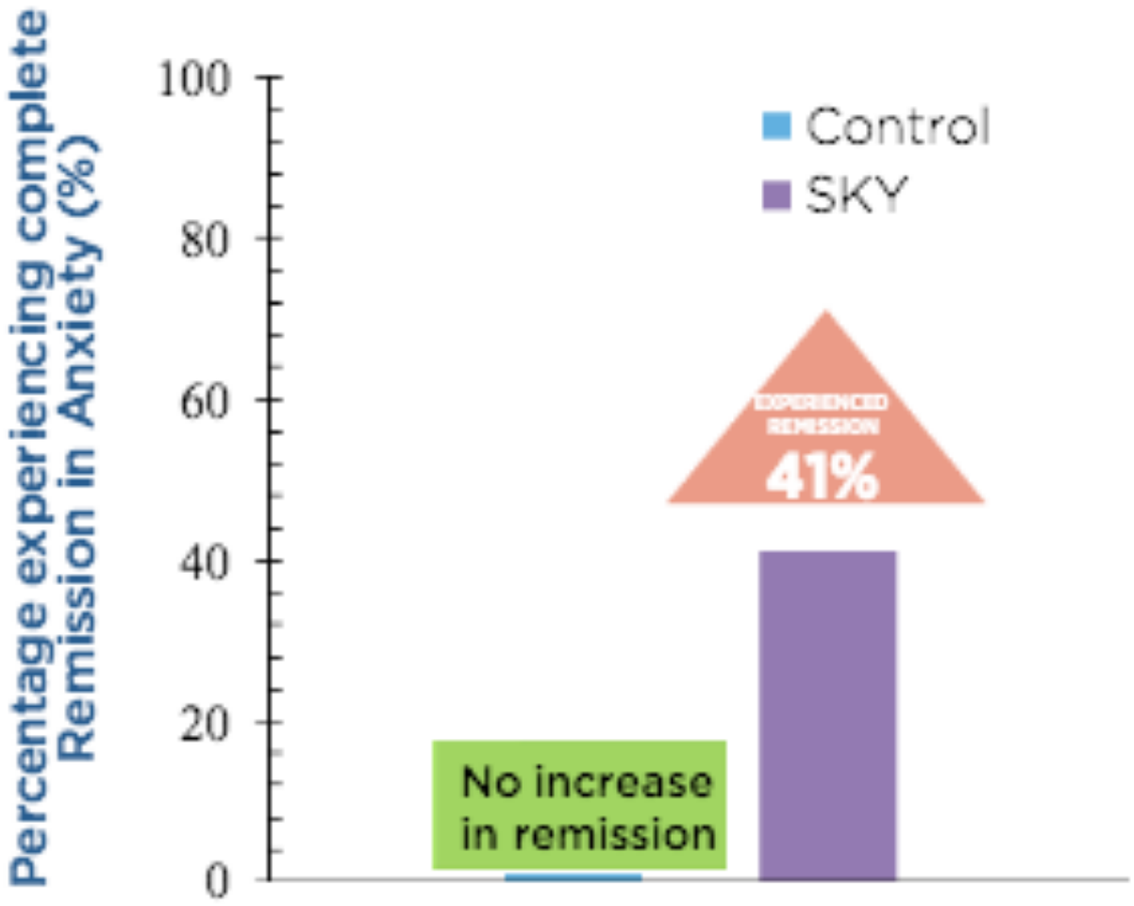
*** - p value = 0.001**

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

Kjellgren et al. (2007)

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

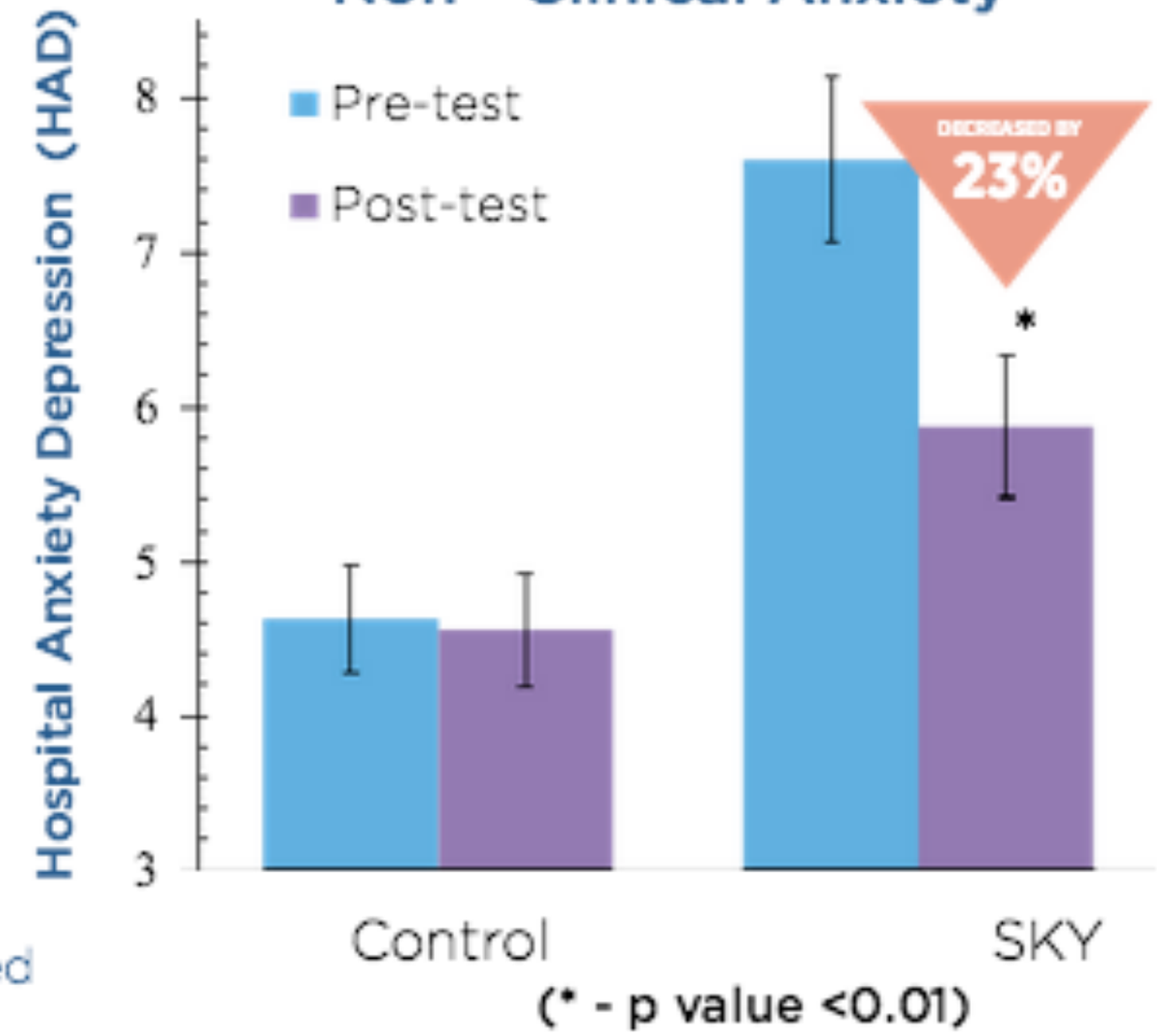
Clinical Anxiety



73% of individuals suffering from Generalized Anxiety Disorder (GAD) despite 12 weeks of standard psychiatric care (drugs and psychotherapy) **experienced significant reductions** in anxiety, and 41% achieved remission, 4 weeks after learning SKY.

Katzman MA et al. , (2012)

Non - Clinical Anxiety

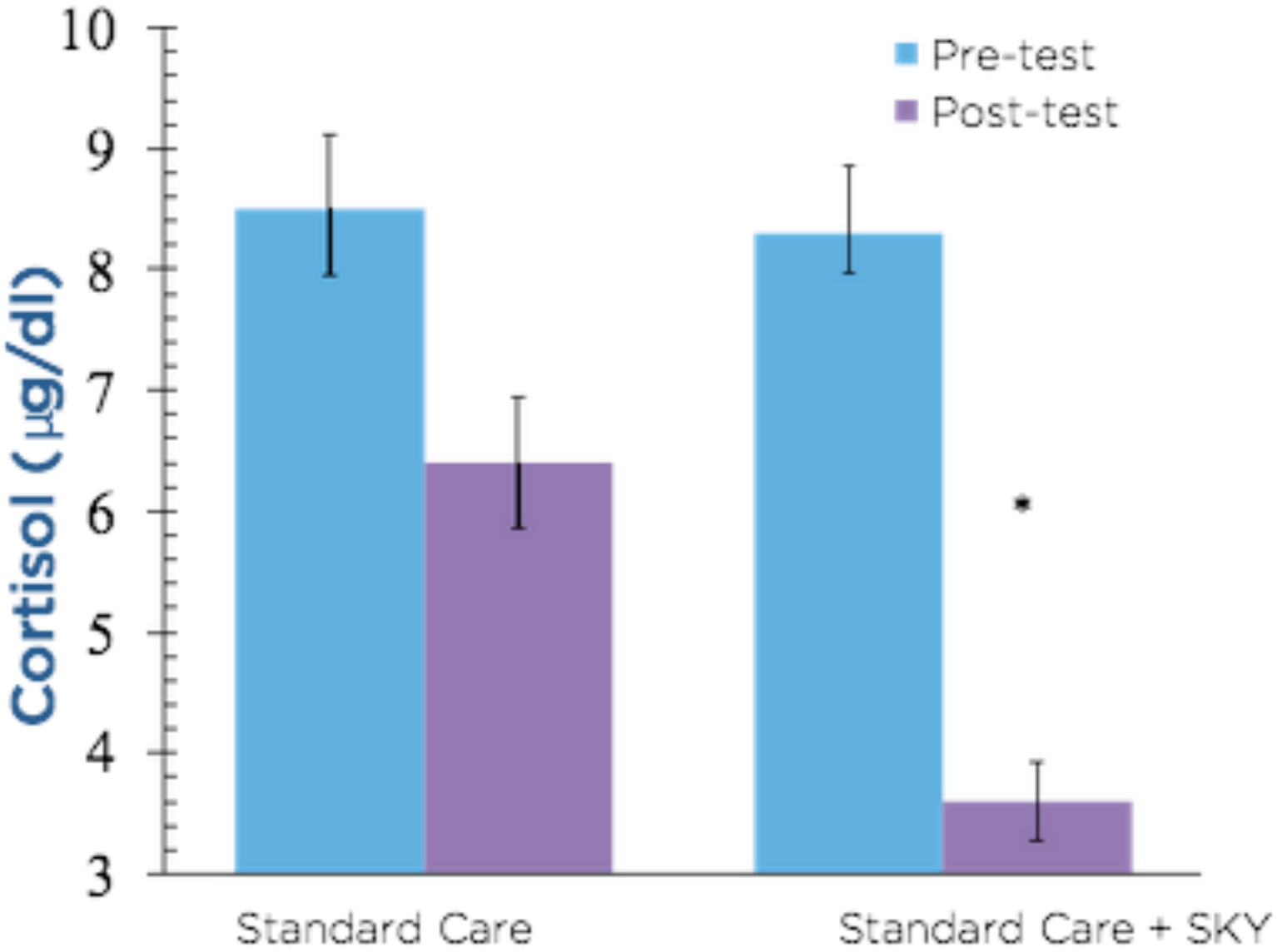


(* - p value <0.01)

SKY significantly **decreases everyday anxiety.**

Kjellgren et al. (2007)

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

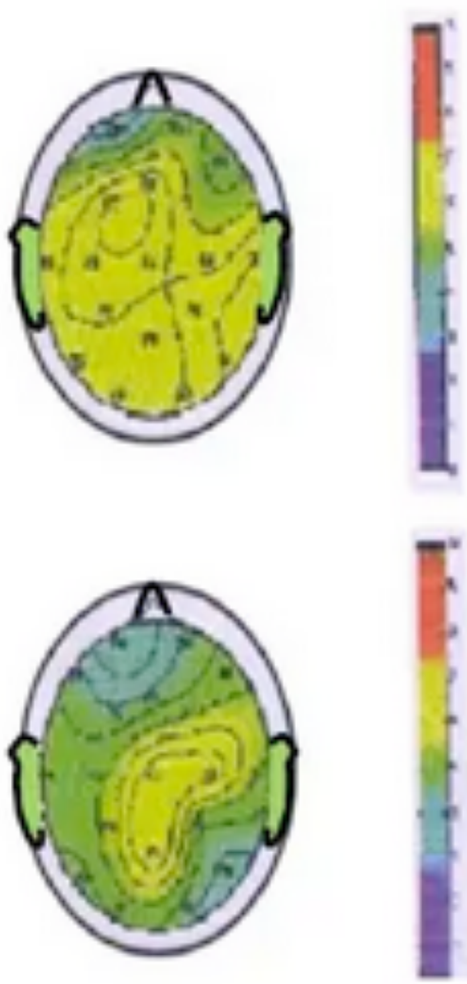


*** - p value <0.05**

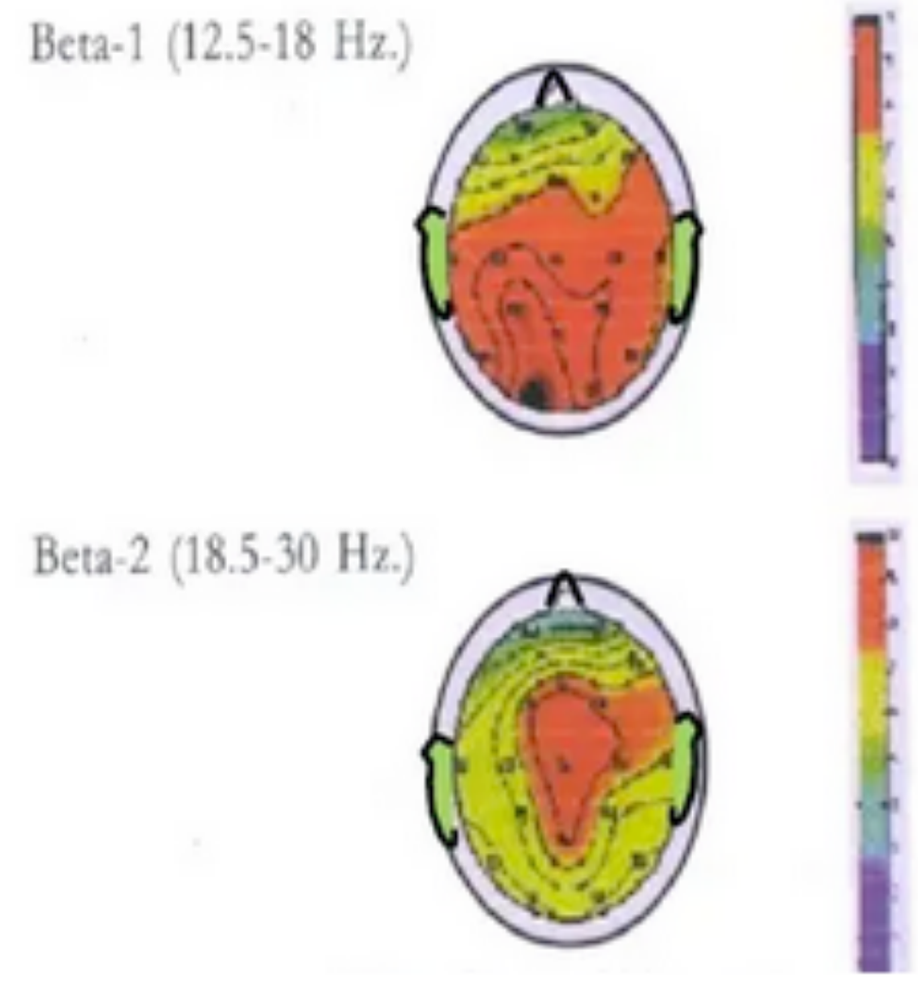
Adding SKY to conventional treatment for individuals in recovery for substance use was **twice as effective in reducing Cortisol levels** as conventional treatment alone.

A.Vedamurthachar et al.(2006)

Significantly **Greater Mental Focus** in Sky Practitioners



Mean Spectral Power in
Various Bands in Controls

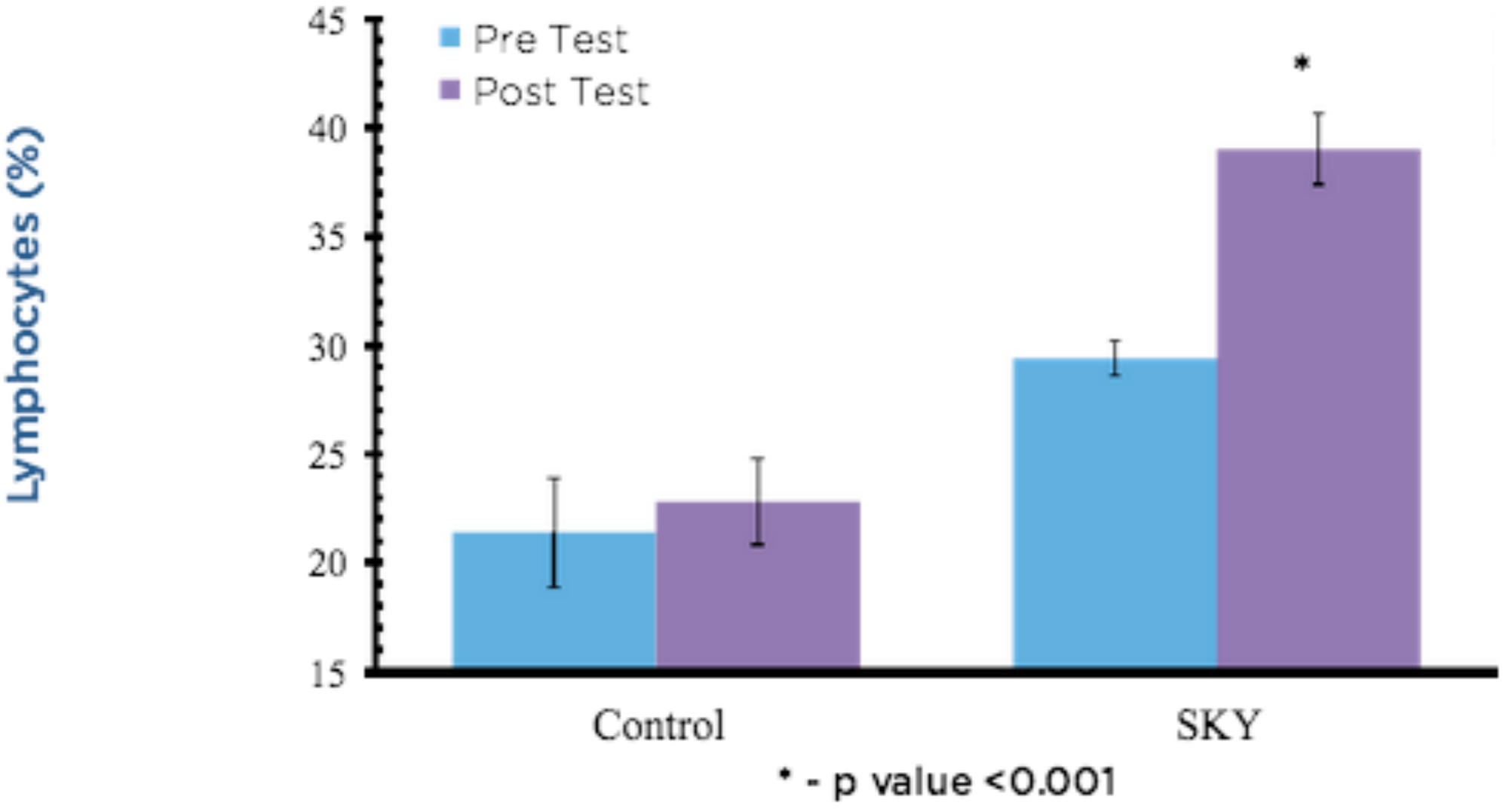


Mean Spectral Power in Various
Bands in Sudarshan Kriya Teachers

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)

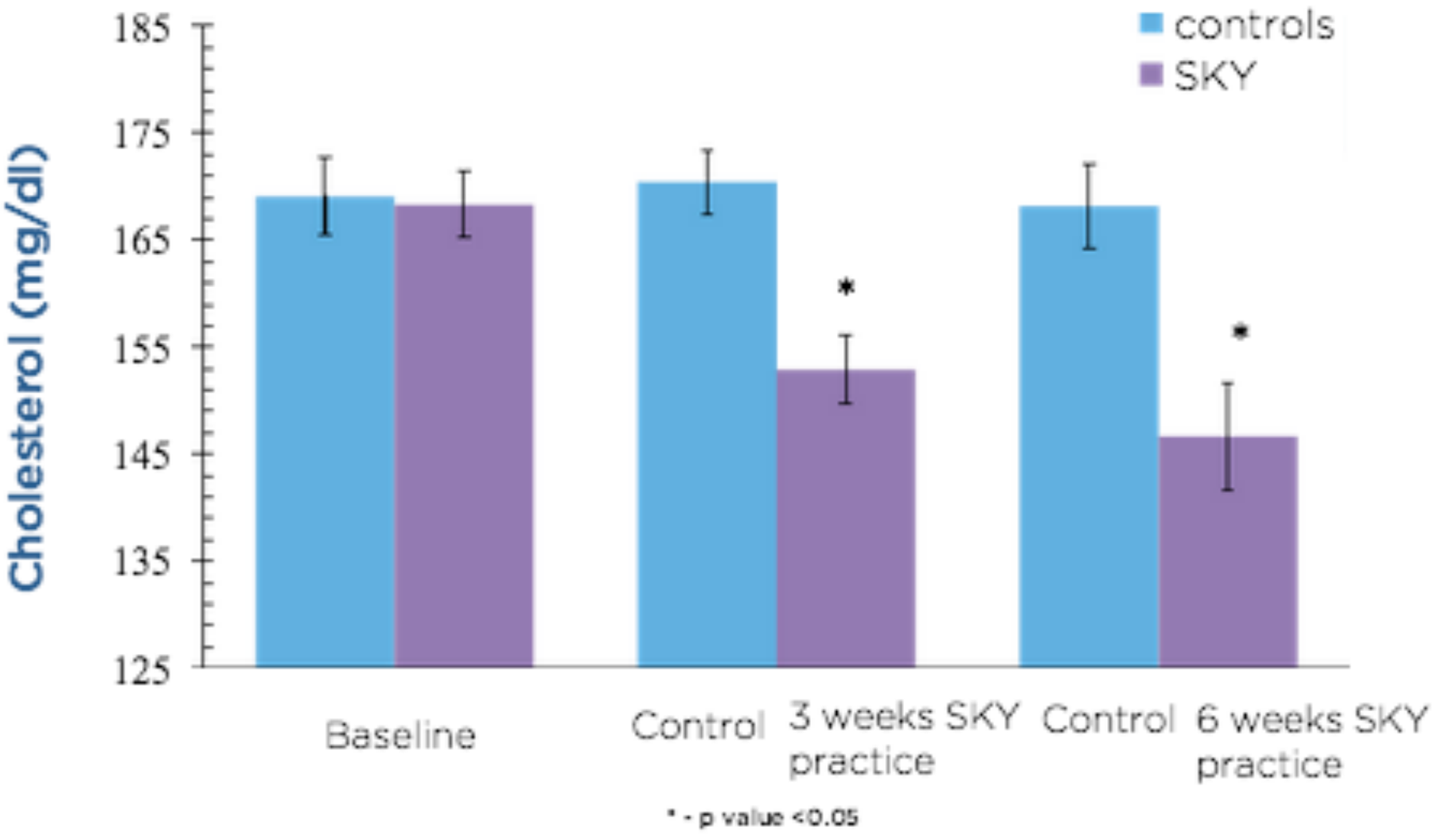
SKY **Enhances Immunity** (Lymphocyte Count)



Approximately 70% of all immune cells are lymphocytes. SKY significantly **increased lymphocyte count by more than 5 fold compared to controls,** suggesting enhanced immune function.

Subramanian, S. et al. (2012)

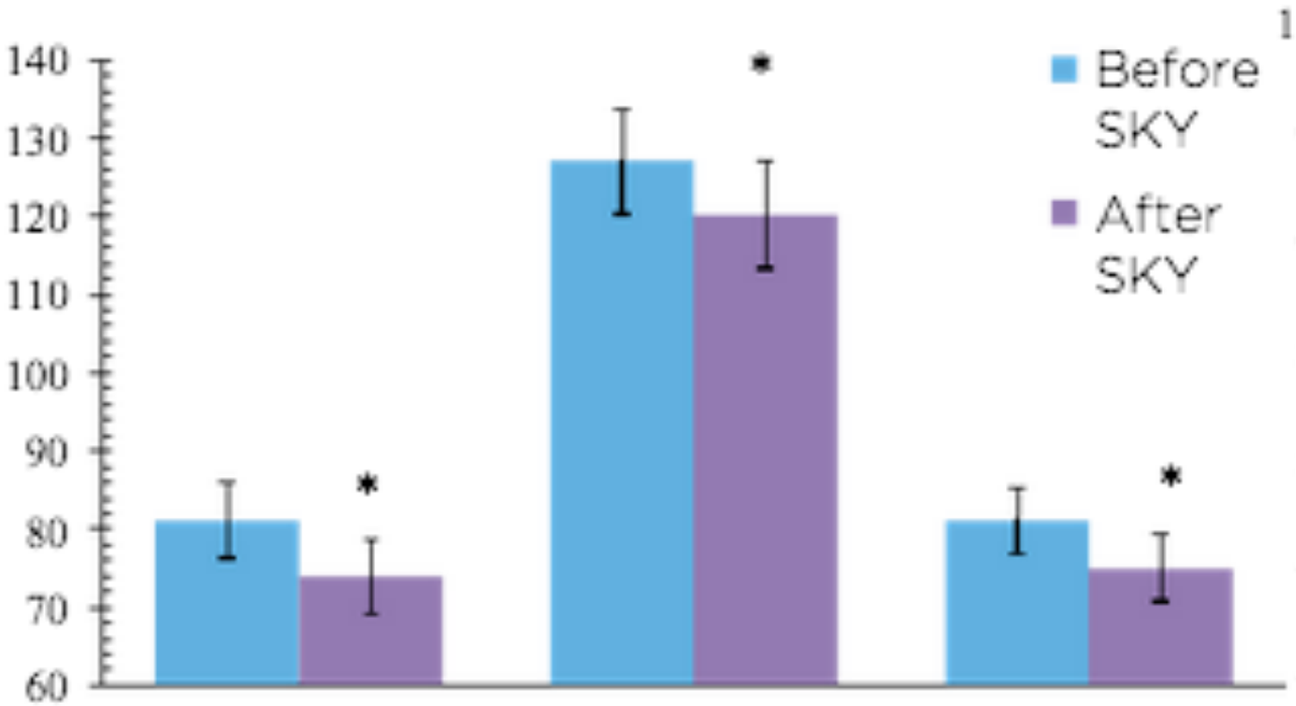
SKY Significantly **Reduces Cholesterol**



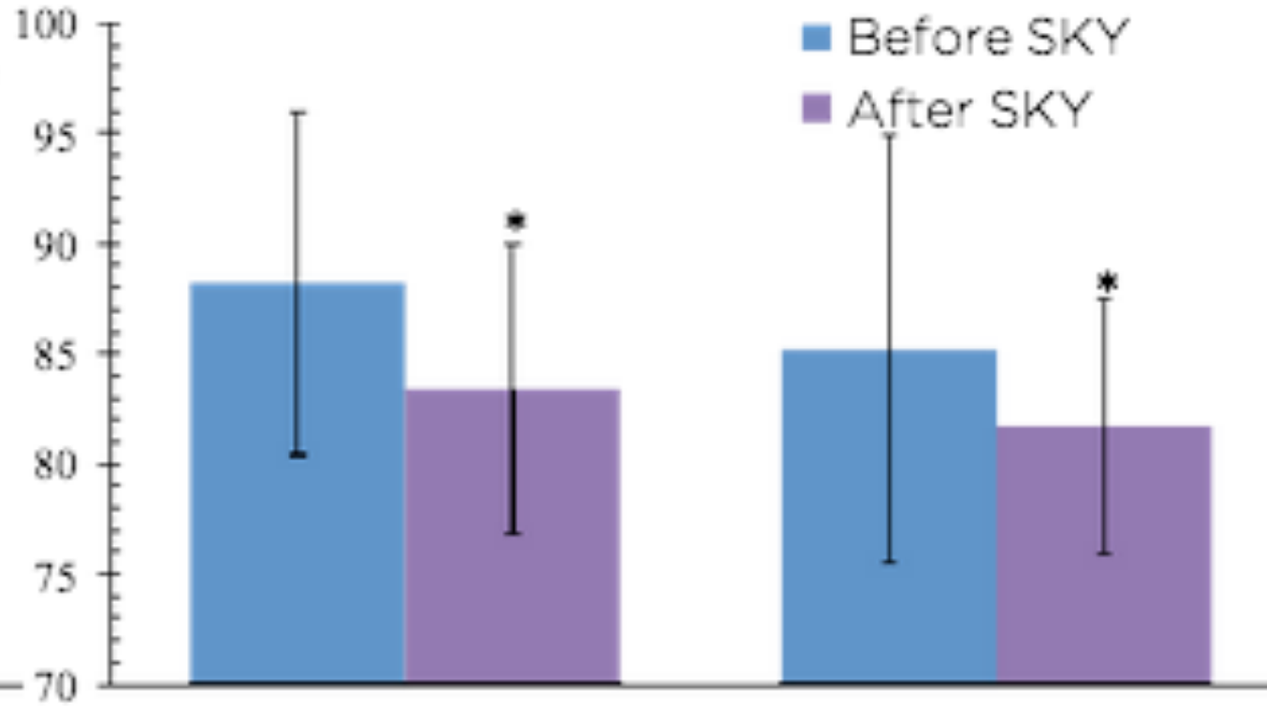
SKY significantly **reduced cholesterol, with no change in diet** in just 3 weeks, even under stressful conditions.

Subramanian, S. et al. (2012)

Healthier Blood Pressure in SKY Participants: Normal Individuals & Hypertensives



*** - p value <0.0001**



*** - p value <0.01**

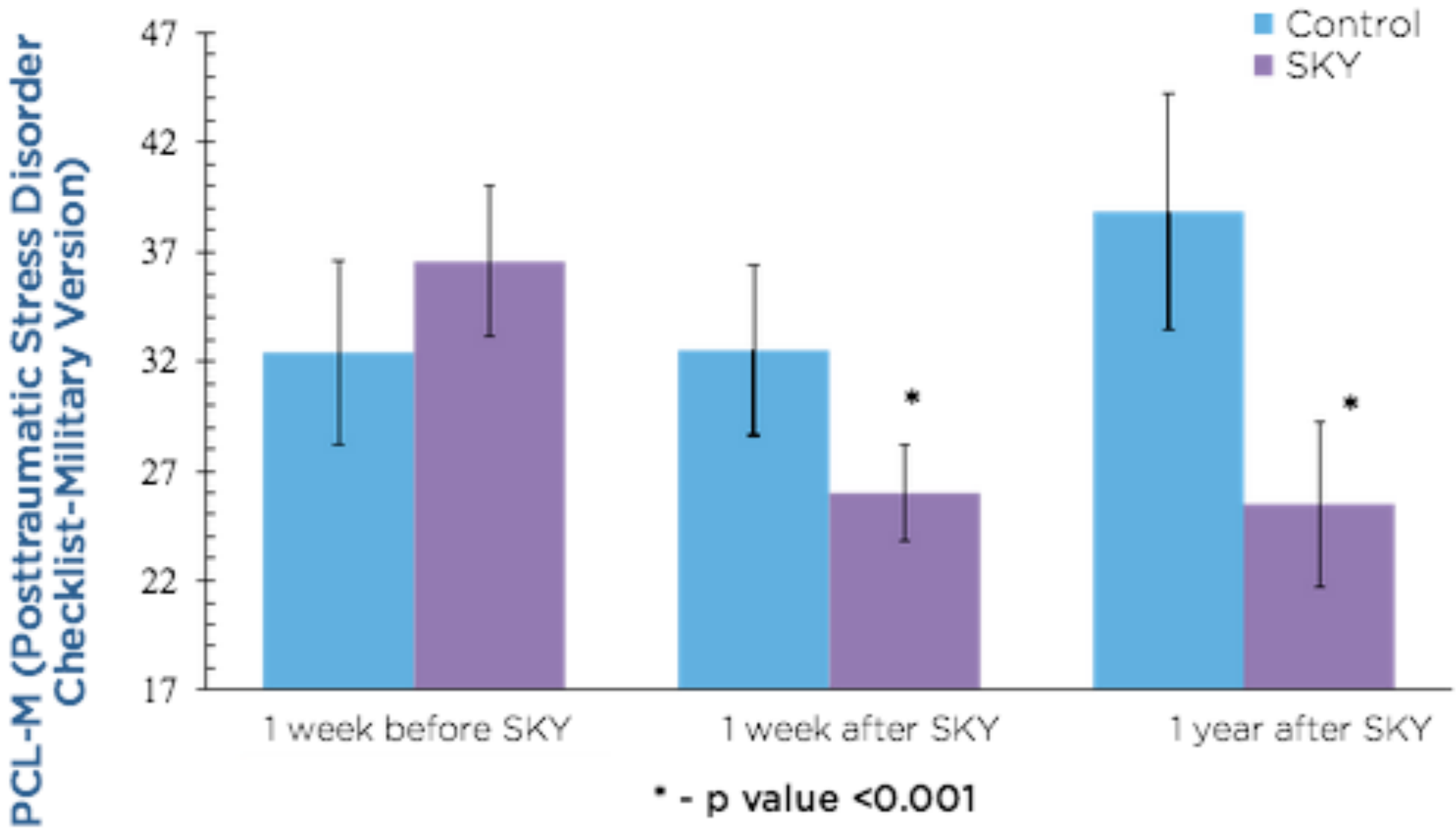
Systolic B.P. – Pressure in the arteries when heart muscle contracts (Normal value is 120)
Diastolic B.P. - Pressure in the arteries when heart muscle relaxes (Normal value is 80)

Heart disease is one of the leading causes of death in N. America. Heart rate and blood pressure are two key indicators of heart function. **People practicing SKY showed healthier heart rate and blood pressure values.**

Somwanshi S. D. et al. (2013)

V.V.AGTE et al. (2011)

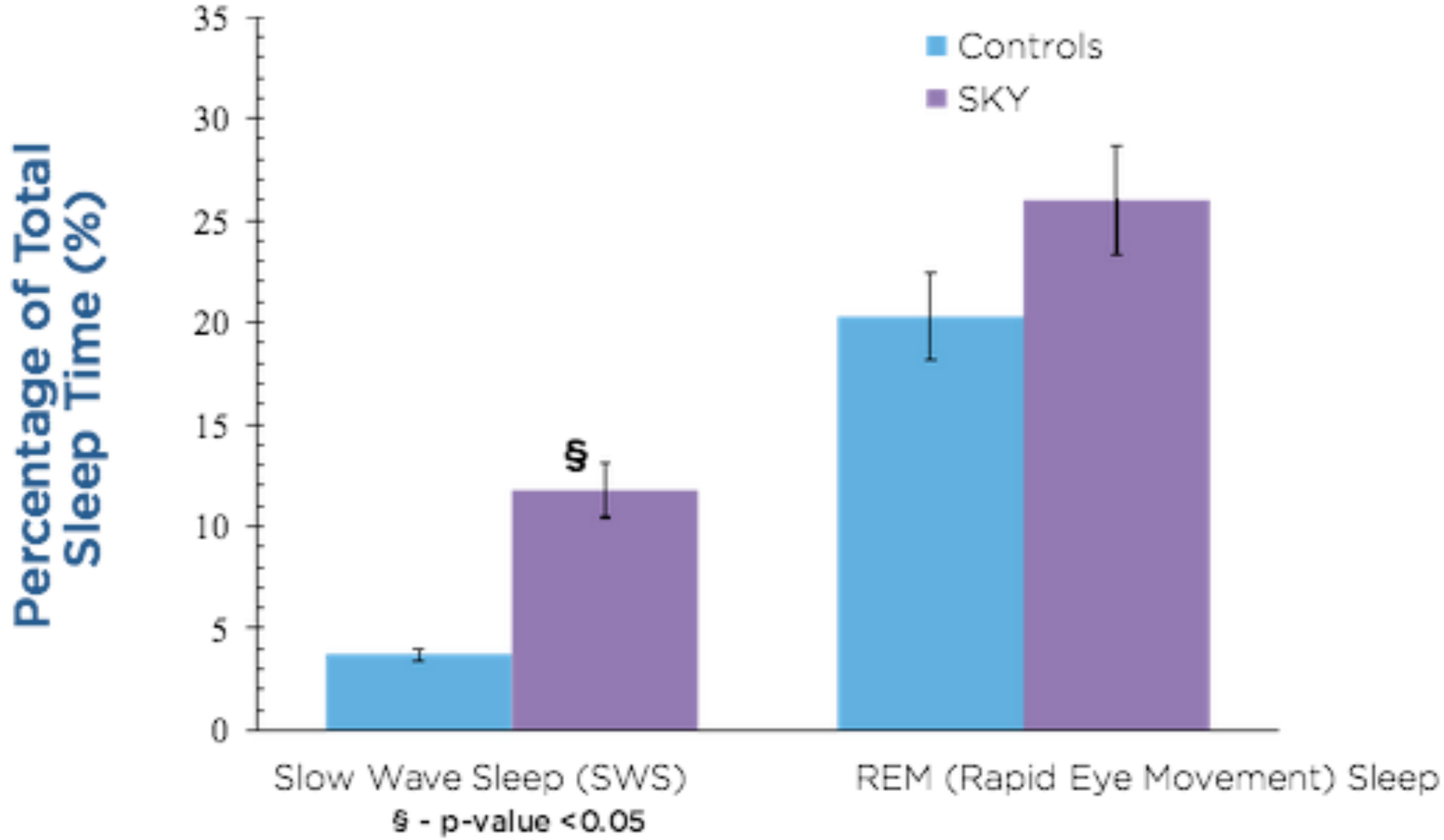
SKY Significantly **Reduces PTSD**



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 a long term benefit.

Seppala et al. (2014)

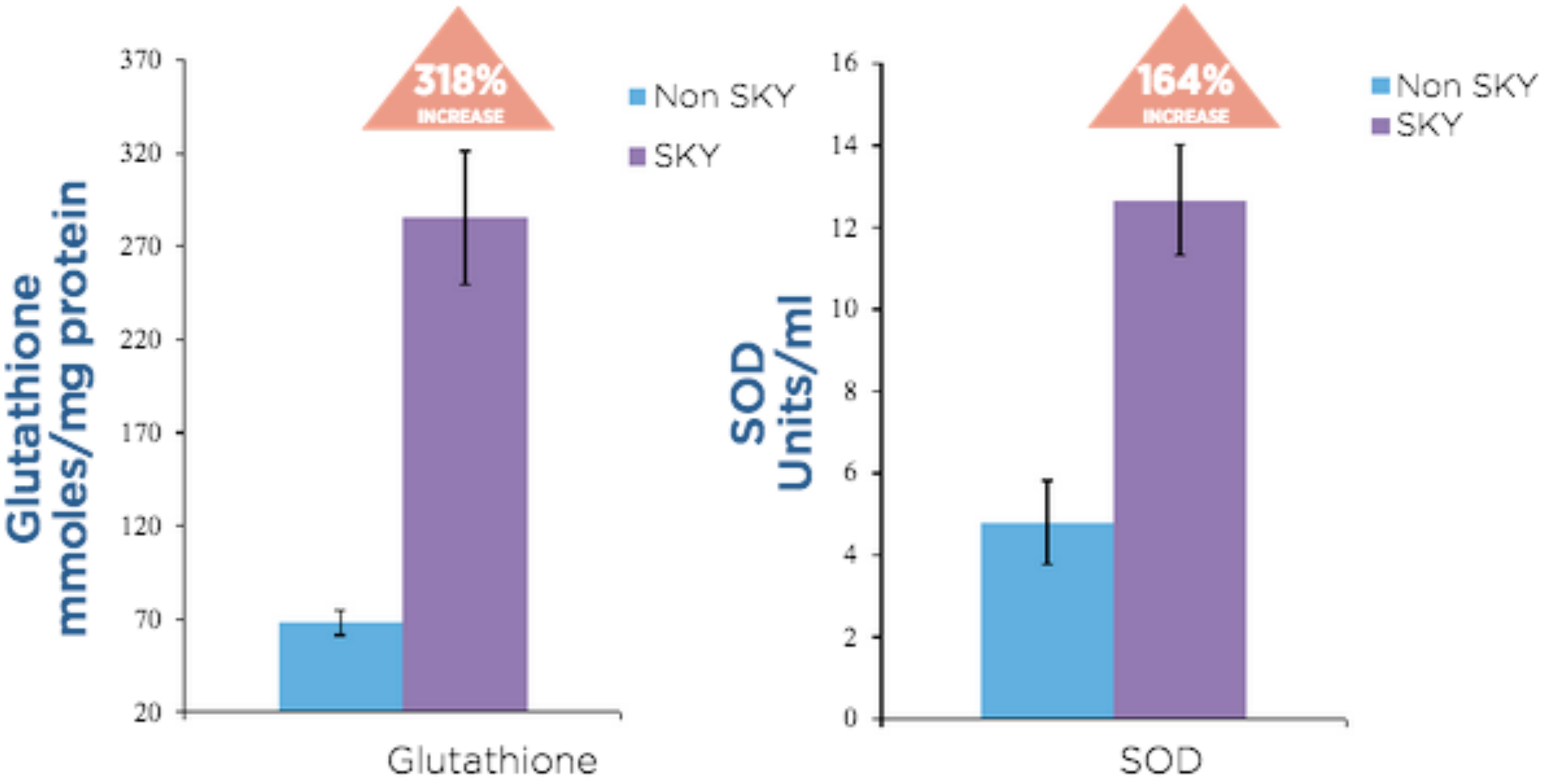
Significantly Enhanced **Deep Sleep** in SKY Participants



SKY practitioners spent significantly **more time in deeper sleep (Stages 3 & 4 sleep),** than age matched controls (~3 times more), suggesting deep sleep is restored to levels of young adulthood. SKY practitioners spent **13% of their total sleep time in the deeper restful SWS state.** while controls spent only **4%** of their sleep time in SWS state.

Sulekha et al. (2006)

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 **significant increases in levels of the 3 major antioxidants, Glutathione, SOD and Catalase** (data not shown here), compared to controls.

Sharma et al. (2003)