

SUDARSHAN KRIYA: A BOON TO MANKIND

Pramod, J.P.¹ & Vanita Malewar²

1. Assistant Professor, Stanley College of Engineering and Technology, Osmania University, Hyderabad
2. Researcher, Osmania University, Hyderabad

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Abstract

An individual's life manifests its innumerable qualities to adapt and cope with challenges. Technology and digital exposure are the positive sides of the twenty-first century. On the contrary, the human mind is caught up in diverse distractions. Yoga and meditation help an individual to bring back the mind to a calmer state and help the individual to use his potential to do the task. Yoga is a discipline that helps an individual lead a life in harmony against the vicissitudes of life. Spiritual Master H.H. Sri Sri Ravishankar's vision of a stress-free life has been endowed with Sudarshan Kriya (SKY), a breathing technique that helps an individual lead a life of fulfillment. In times of uncertainty about situations arising, some people worry about the future and some regret about the past. SKY Breath Meditation has been found to help people for calmer, clearer and a relaxed mind. The thoughts of a person sometimes dwindle between the past and the future. Breath is a key through which one can bring the mind to the present moment. When one is in the present he doesn't regret of past and worry about the future. Often people find less energy for the work to be done resulting in frustration and irritation. Through the practice of SKY, one can tap the energy levels to the maximum. Regular practice helps the individual for stronger immunity and well-being. Practitioners of SKY have experienced innumerable health benefits. The need of the hour today is to constructively utilize one's potential to complete one's goal. In this process, Yoga and SKY practice act as a catalyst of life. A thematic understanding of the benefits of Sudarshan Kriya, a breathing technique, yoga and meditation has been done in the present paper. It also helps to give an insight into the importance of these tools for a happy life.

Keywords: Diverse, Innumerable, Harmonious, Fulfillment, Endowed, Sudarshan Kriya (SKY).

INTRODUCTION

Yoga practice has helped many people mind to find harmony in their lives. The practice of Yoga by Patanjali is a boon in the 21st century. Gurudev Sri Sri Ravishankarji has gifted a unique Sudarshan Kriya practice of breathing called SKY. He had started the Art of Living Foundation throughout the world. It has been found to improve different functions of hormones, immunity, brain and cardiovascular system. The effects of SKY have been found at the molecular level too. More than a hundred studies

conducted worldwide published in peer-reviewed journals, have shown a wide range of benefits from SKY practice. The practitioners of Sudarshan Kriya (SKY) have been found to reduce stress, anxiety depression, and Post-Traumatic Stress Disorder (PTSD). An overall effect of increased well-being of physical and mental health has been observed among the practitioners of SKY.

Literature reviews give various research work carried out by eminent researchers. Restoration and Enhancement of Vibrant

Mental Health was one of the important health benefits of practising Sudarshan Kriya. The practice of Sudarshan Kriya has been found to relieve anxiety (Katzman et al., 2012), reduce depression (Vedamurthachar et al., 2006, Kjellgren, et al., 2007, Doria et al., 2015, Toschi-Dias et al., 2017 and Sharma et al., 2017) and reduction in the Post-Traumatic Stress Disorder (PTSD) (Descilo, et al., 2013, Subramanian et al., 2015, Walker III and Pacik, 2017). Reductions in anxiety were found in many populations, including a response rate of 73% and a remission rate of 41% in individuals for whom medication and psychotherapy treatments had failed (Katzman et al., 2012). Studies show that depressed patients who learned SKY experienced a 68-73% remission rate within one month (Murthy et al., 2008). Enhanced brain functioning was noticed in people who practised Sudarshan Kriya. It has been found to develop increased mental focus and awareness (Bhatia, et al., 2003). The use of Sudarshan Kriya Yogic Breathing in the treatment of stress, anxiety and depression: Neurophysiologic Model was worked by Brown and Gerberg (2005). It has also found for a faster recovery from stressful stimuli (Chandra et al., 2016). Improved Physical Well-being was observed in people practising Sudarshan Kriya. Some of the biochemical markers of stress were found to be reduced among the practitioners of SKY (Vedamurthachar et al., 2006). Significant increases (33%) in the well-being hormone prolactin levels in depressed patients with low prolactin levels from the very first session. Increased levels of antioxidant enzymes (Sharma et al., 2003) were found among the SKY practitioners. Enhanced immune function was found among people who practised Sudarshan Kriya. Improved immune cell counts in apparently healthy individuals and health-compromised individuals were

seen in 12 weeks (Natural Killer Cells) (Kochupillai, et al., 2006). Long-term effects of SKY on the expression of 11 genes related to oxidative stress, DNA damage, cell cycle control, and cell death suggested that the long-term benefits of SKY may be mediated by the regulation of gene expressions. (Sharma et al., 2008). The Cardiovascular and Respiratory function was found to be enhanced among practitioners of Sudarshan Kriya. Reduced heart rate in both healthy and health-compromised individuals (Bodi et al., 2008). SKY induced changes in the expression of genes in white blood cells (our immune cells) within two hours of starting the practice. This was four-fold more than simple exercise and relaxation used as the control condition in the same study participants (Qu et al., 2013). An Observational study on the effect of yoga and Sudarshan Kriya among Diabetes mellitus type- 2 patients was carried out and results indicated practice of SKY was found to be beneficial in the management of diabetes (Meenakshi, 2022). Kanchibhotla et al. (2022) studied the role of Sudarshan Kriya Yoga in improving professional fulfilment and influencing positivity among healthcare professionals during COVID-19. A systematic review of the effects of Sudarshan Kriya on sleep was studied by Paulo et al. (2023). The result showed improved sleep among the people practising SKY. [Bhaskar](#) et al. (2023) studied the effects of Sudarshan Kriya yoga and advanced meditation programs on the genetic expression of pro-inflammatory and antioxidant genes. Gurudev Sri Sri Ravi Shankarji is a humanitarian, spiritual leader and an ambassador of [peace](#) and human values. Gurudev has inspired millions around the world with a vision of a [stress-free](#), violence-free world through his life and work. He has designed programs that provide techniques and tools to live a more joyous life. He has established

nonprofit organizations that recognize human identity beyond the boundaries of gender, race, nationality, and religion.

History of Sudarshan Kriya

In the year 1982, Gurudev Sri Sri Ravishankarji went on a period of silence for ten days in Shimoga situated in Karnataka. He gifted a powerful tool to the world, Sudarshan Kriya a technique, which is the core of the Art of Living courses. Breathing is the first act of life. Within the breath is the unexplored secret of life. Sudarshan Kriya is a powerful yet simple rhythmic breathing technique. It incorporates specific natural rhythms of the breath, harmonizing the body, mind and emotions.

About Sudarshan Kriya

Breath is the main source of prana – the vital life-force energy. Prana is the very basis of health and well-being for both, the body and mind. When the prana is high, one feels healthy, alert and energetic. Sudarshan Kriya elevates the prana by flushing out more than 90% toxins and accumulated stress, every day. Day follows night, seasons come and go, a tree sheds its old leaves to Day follows night, seasons come and go, a tree sheds its old leaves to get new ones which is nature's rhythm. Similarly, there are biological rhythms of the body, mind and emotions corresponding to those found in Nature. When stress or illness distorts these biological rhythms, we experience discomfort, discontent, and feel upset and unhappy. Sudarshan Kriya harmonizes these rhythms of the body, mind and emotions with those of Nature. Being in sync, we experience better health and joy which in turn brings harmony in our activities and [relationships](#). Studies show that Prolactin, a well-being hormone, significantly increases from the very first session. It facilitates physical, mental,

CONCLUSION

Sudarshan Kriya uses systematic rhythmic patterns of breath to bring the

emotional and social well-being and is an integral part of the Art of Living programs. Sudarshan Kriya practitioners have reported better immunity, increased stamina and sustained high-energy levels. It has benefited millions of people on this planet making their lives a celebration.

Benefits of SKY found among the practitioners are:

Physical Health: Practitioners of SKY have been found to have a reduced heart rate.(Bodi et al., 2008). A study on the effect of yoga and Sudarshan Kriya among the Diabetes mellitus type- 2 patients showed to be beneficial in the management of diabetes (Meenakshi, 2022). Bhatia et al.(2003) have found that SKY practitioners had enhanced brain functioning and improved regulation of emotions. SKY practice helps people to have improved antioxidants and efficient functioning of the immune system(Sharma et al., 2003). The practice has even been shown to impact gene expression, implying the effects of SKY to help at various levels of physiology (Sharma et al., 2008).

Mental Health: Restoration of Mental Health was one of the important health benefits of practising Sudarshan Kriya. The practice of Sudarshan Kriya has been found to relieve anxiety (Katzman et al., 2012). It has also been found to reduce depression (Vedamurthachar et al., 2006, Kjellgren, et al.,2007, Doria, et al., 2015, Toschi-Dias et al.2017, and Sharma et al.2017). The lifestyle followed by some people has been leading to issues related to sleep disorders. Improved sleep has been found among the people practising SKY. The result showed improved sleep among the people practising SKY(Paulo et al.,2023).

The health benefits indeed reveal that Sudarshan Kriya(SKY) is a boon to mankind. The practice of yoga and SKY has helped many people to enhance their health and productivity

mind and body into a calmer and energized state. The effects of Sudarshan kriya have been studied in various

research studies. Throughout the world, many people have found to be benefited by the practice of SKY. The range of documented benefits suggests that SKY can be an efficient tool for strengthening the mind-body complex. The present study has helped to thematically

understand the importance of yoga and Sudarshan kriya for a healthy and happy life.

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