



INTERACTIVE FLASHCARDS

100+ Reasons to do Sudarshan Kriya Yoga (SKY)

121 research highlights on the effects of SKY on mental, physical and social health, across diverse populations, places and contexts

MIND

BODY

SOCIETY





How to read each card

Every card is one published study, summarised without changes

12

MIND

BODY

SOCIETY

Aa



JOURNAL

Author, Year

Reason number

Each card is one reason, numbered 1 to 121.

Topic tags

Blue for mental health, green for physical health, pink for social health.

Headline and participants

The research highlight, then who took part and how many (n).

Key findings

As reported in the study: ↑ an increase, ↓ a decrease.

About the study

Intervention, duration and journal. Affiliation is the corresponding author's institutional affiliation.

Source

Tap the citation to open the published paper.

WHO TOOK PART



General Population



Meditators / Practitioners



Patients



Professionals



Women



Youth / Students



At-Risk Communities

STUDY DESIGN

explained in the [Study design guide](#)

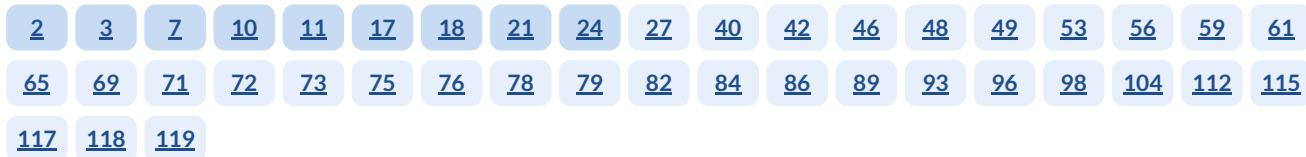


Reasons to do SKY for a healthier mind

Tap a number to open the card for details.

MIND • MENTAL HEALTH

Stress 41



Happiness 23



Anxiety 21



Depression 19



Cognition 18



Sleep 12





Reasons to do SKY for a healthier body

Tap a number to open the card for details.

BODY • PHYSICAL HEALTH

Biomarkers 17

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Heart 11

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Breath / Lungs 8

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Genes 6

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Cancer 6

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Immunity 5

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Endocrine Health 3

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Gut Health 1

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Eye 1

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Reasons to do SKY for a healthier society

Tap a number to open the card for details.

SOCIETY • SOCIAL HEALTH

Social Reintegration &
Rehabilitation 16

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GENES

CANCER

BIOMARKERS

REASON **1**

Supports immune function at the cellular level

Healthy Adults · n = 10

↑ 217 genes showed altered expression in immune cells, including cancer regulation pathways

↓ Reduced expression of genes linked to cell death and DNA damage



General Population

OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 days

JOURNAL

OMICS: A Journal of Integrative Biology

AFFILIATION

University of Udine, Udine, Friuli Venezia Giulia, Italy



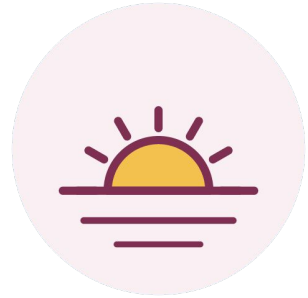
Reduces PTSD and depression symptoms

War Veterans with PTSD · n = 85

Reduced PTSD and depression symptoms

Improved overall mood

Found as effective as standard Cognitive Processing Therapy (CPT)



At-Risk Communities

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 weeks

JOURNAL

BMJ Open

AFFILIATION

War Related Illness and Injury Study Center, VA
Palo Alto Health Care System, Palo Alto,
California, **USA**



COGNITION

STRESS

REASON **3**

Improves accuracy and reduces errors under stress

Undergraduate Students · n = 18

↑ 72% more correct responses under stress

↓ 67% fewer errors

↓ 54% fewer omitted responses



Youth / Students

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth
Empowerment and Skills (YES!+)

DURATION

1 month

JOURNAL

International Journal of Yoga

AFFILIATION

Defence Research and Development
Organisation (DRDO), New Delhi, Delhi, **India**



IMMUNITY

SOCIAL REINTEGRATION & REHABILITATION

REASON **4**

Achieves zero relapse in opioid-dependent users

Opioid-Dependent Users · $n = 84$

100% of participants had drug-free urine tests at 6 months (zero relapse)

Improved physical and psychological quality of life



At-Risk Communities

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 months

JOURNAL

International Journal of Yoga

AFFILIATION

All India Institute of Medical Sciences (AIIMS),
New Delhi, Delhi, **India**



Improves self-control and planning in students

High School Students · n = 445

Reduced impulsive behaviour in daily life

Improved planning and reduced acting without thinking



Youth / Students

TWO-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth Empowerment Seminar (YES!) / SKY Schools

DURATION

4 weeks

JOURNAL

Journal of Adolescent Health

AFFILIATION

University of California, Los Angeles (UCLA), Los Angeles, California, **USA**



HEART

VAGUS NERVE

REASON **6**

Improves heart recovery and stress regulation in young adults

Young Adults · n = 11

↑ 48% increased heart rate recovery

Increased vagal tone

Increased autonomic regulation after stress



Youth / Students

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth Empowerment and Skills (YES!+)

DURATION

4 weeks

JOURNAL

International Journal of Yoga

AFFILIATION

RTI International, Atlanta, Georgia, **USA**



STRESS

SLEEP

HAPPINESS

REASON **7**

Reduces stress and improves wellbeing in college students

College Students · n = 69

↓ 22% reduced perceived stress

Trend-level decrease in sleep disturbances

↑ Improved social connectedness

↑ Increased self-esteem



Youth / Students

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth Empowerment and Skills (YES!+)

DURATION

3 months
Follow-up: 3 months

JOURNAL

Journal of American College Health

AFFILIATION

Beth Israel Deaconess Medical Center and Harvard Medical School, Boston, Massachusetts, USA



ANXIETY

DEPRESSION

REASON 8

Reduces anxiety and depression symptoms in patients

NHS Patients · n = 169

↓ 46% reduced anxiety symptoms

↓ 45% reduced depression symptoms



Patients

OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 weeks

JOURNAL

Primary Health Care Research & Development

AFFILIATION

University of Kent, Canterbury, Kent, England, United Kingdom



VAGUS NERVE

HEART

REASON 9

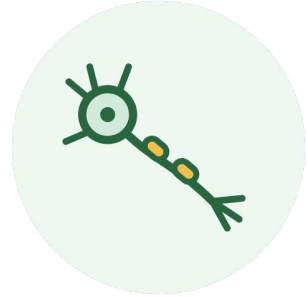
Helps maintain a steadier heart rhythm

Healthy Adults · n = 50

Improved heart rate regulation

Better sympathovagal balance

Benefits were most pronounced in those with initially weaker heart rate control



General Population

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

150 days

JOURNAL

Indian Journal of Physiology and Pharmacology

AFFILIATION

All India Institute of Medical Sciences (AIIMS), New Delhi, Delhi, India



STRESS

DEPRESSION

ANXIETY

SLEEP

HAPPINESS

REASON **10**

Reduces stress and burnout while improving fulfilment in physicians

Physicians · n = 129

↓ 41% reduced stress scores

↓ 52% reduced depression scores

↓ 53% reduced anxiety scores

↓ 20% reduced insomnia scores

↑ 25% increased professional fulfilment



Professionals

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

8 weeks

JOURNAL

JAMA Network Open

AFFILIATION

Izmir Biomedicine and Genome Center, Izmir,
Izmir Province, **Turkey**



BIOMARKERS

CANCER

STRESS

REASON **11**

Reduces stress and pain in breast cancer patients

Breast Cancer Patients · n = 147

↓ 19% reduced cortisol

↓ 2-3 point reduction in pain perception



Women



Patients

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

3 months

JOURNAL

Indian J Palliat Care

AFFILIATION

Indian Council of Medical Research (ICMR), New Delhi, Delhi, **India**



VAGUS NERVE

SOCIAL REINTEGRATION & REHABILITATION

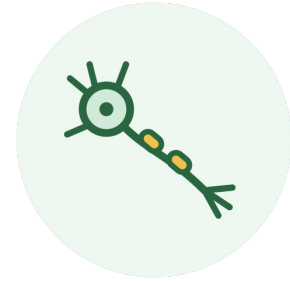
REASON **12**

Improves stress regulation and nervous system balance in veterans with PTSD

Veterans with PTSD · n = 59

Improved autonomic regulation

Increased vagal tone



At-Risk Communities

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 weeks

JOURNAL

BMC Psychiatry

AFFILIATION

Stanford University School of Medicine, Stanford, California, **USA**



SLEEP

SOCIAL REINTEGRATION & REHABILITATION

REASON **13**

Improves sleep and reduces nightmares in veterans with PTSD

Veterans with PTSD · n = 59

Decreased insomnia

Fewer nightmares

Improved ability to fall and stay asleep



At-Risk Communities

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 weeks

JOURNAL

Depression and Anxiety

AFFILIATION

Murdoch University, Murdoch, Western Australia, **Australia**



GENES

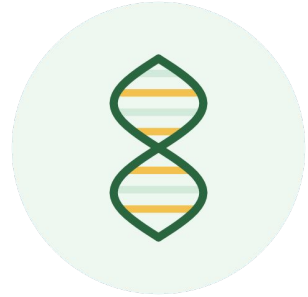
REASON **14**

Rapidly reshapes gene expression linked to brain and immune function

Healthy Adults · n = 16

175 genes differently expressed immediately after SKY (linked to neuronal regeneration and reduced inflammation)

44 genes differently expressed after 30 days (linked to cytoskeletal reorganisation)



General Population

PILOT STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

30 days

JOURNAL

Brain, Behavior and Immunity Integrative

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR),
Bengaluru, Karnataka, **India**



Improves focus, self-identity, and reduces aggression in students

Eighth Graders · n = 79

↑ 11% increased planning and concentration

↑ 9% increased sense of identity

↓ 8% reduced belief in aggression



Youth / Students

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth Empowerment Seminar (YES!) / SKY Schools

DURATION

3 months

JOURNAL

Journal of Adolescence

AFFILIATION

International Association for Human Values, Washington, D.C., **USA**



GENES

IMMUNITY

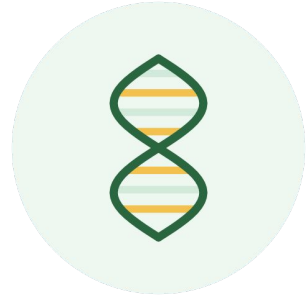
REASON **16**

Triggers rapid immune-related gene expression changes

Healthy Adults · n = 10

↑ 3x more altered gene expression vs. other relaxation activities (111 vs. 38 genes)

Rapid distinct changes in the expression of genes linked to immune function, cell signalling, and cytoskeletal regulation



General Population

CONTROLLED Crossover STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Single SKY Session

JOURNAL

PLoS One

AFFILIATION

University of Oslo, Oslo, **Norway**



STRESS

COGNITION

REASON **17**

Reduces stress and helps frontline healthcare workers work better

Frontline Health Professionals · n = 803

↓ 94% reported reduced stress

↑ 92% felt communication improved

↑ 81% felt job performance improved

100% said they would recommend the programme to fellow health professionals



Professionals

OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

3 days

JOURNAL

JCO Oncology Practice

AFFILIATION

University of Oslo, Oslo, **Norway**



STRESS

ANXIETY

SOCIAL REINTEGRATION & REHABILITATION

REASON **18**

Reduces PTSD and anxiety symptoms in veterans with lasting effects

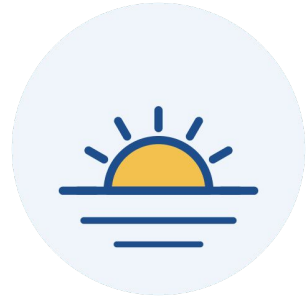
War Veterans with PTSD · n = 21

↓ 29% reduction in PTSD symptoms (1 week)

↓ 22% reduction (1 month)

↓ 30% reduction (1 year)

↓ 18% reduction in anxiety (1 year)

**At-Risk Communities**

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

1 week
Follow-up: 1 year

JOURNAL

Journal of Traumatic Stress

AFFILIATION

Stanford University School of Medicine, Stanford,
California, **USA**SOURCE [Seppälä et al., 2014](#)[Key](#) · [All reasons](#) · 100+ Reasons to do SKY



Reduces stress and improves wellbeing in university students

University Students · n = 131

Reduced depression and stress

Improved mindfulness, positive feelings, and social connections

SKY could help reduce the need for counselling services, potentially easing the financial burden on universities



Youth / Students

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth Empowerment and Skills (YES!+)

DURATION

8 weeks

JOURNAL

Frontiers in Psychiatry

AFFILIATION

Yale University, New Haven, Connecticut, **USA**



SLEEP

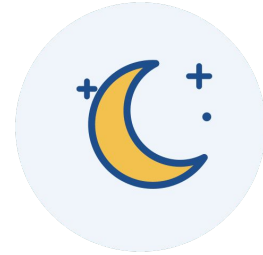
REASON **20**

Improves sleep quality with regular practice

Regular Practitioners · n = 385

77% of daily practitioners reported good sleep quality

Lower frequency of practice associated with higher odds of poor sleep quality



Meditators / Practitioners

CROSS-SECTIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

JOURNAL

Sleep and Breathing

AFFILIATION

Kagoshima University Graduate School of Medical Sciences,
Kagoshima, **Japan**



STRESS

HAPPINESS

REASON **21**

Supports healthier lifestyle habits in professionals

Working Adults · n = 531

76% of daily practitioners had ≥ 4 healthy lifestyle habits vs. 41% in non-practitioners

42% of daily practitioners had ≥ 5 healthy habits vs. 17% in non-practitioners

Daily SKY practitioners were nearly twice as likely to lead a healthy lifestyle

**Professionals**

CROSS-SECTIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

5 months

JOURNAL

The Journal of Alternative and
Complementary Medicine

AFFILIATION

Kagoshima University Graduate School of
Medical Sciences, Kagoshima, **Japan**



HAPPINESS

REASON **22**

Increases happiness in adults with regular practice

Adults in Singapore · n = 733

2-fold higher likelihood of being happier for daily SKY practitioners



General Population

OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

JOURNAL

Alternative Therapies in Health and Medicine

AFFILIATION

Kagoshima University Graduate School of Medical Sciences,
Kagoshima, **Japan**



BRAIN

ANXIETY

DEPRESSION

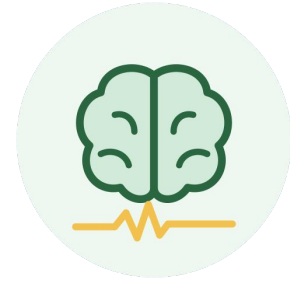
REASON **23**

Induces a deeply restful, wakeful brain state in practitioners

Long-Term Practitioners · n = 43

Rhythmic breathing accentuates theta rhythms

Facilitates transition to “restful awareness” state (Turiya) unlike sleep



General Population

TWO-ARM NON-RANDOMISED PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Single SKY Session

JOURNAL

Nature Partner Journals — Mental Health Research

AFFILIATION

Harvard University, Cambridge, Massachusetts, USA



STRESS

DEPRESSION

BIOMARKERS

REASON **24**

Reduces stress and depression in alcohol-dependent individuals

Alcohol-Dependent Individuals · n = 60

↓ 57% drop in cortisol

↓ 33% reduced ACTH

↓ 76% reduction in depression scores



Patients

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

2 weeks

JOURNAL

Journal of Affective Disorders

AFFILIATION

National Institute of Mental Health and
Neurosciences (NIMHANS), Bengaluru,
Karnataka, **India**



Improves blood sugar control

Patients with Type 2 Diabetes · n = 35

↓ 17% reduced fasting glucose

↓ 16% reduced triglycerides

↓ 15% reduced cholesterol



Patients

OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 months

JOURNAL

Alternative and Complementary Therapies

AFFILIATION

Agharkar Research Institute, Pune, Maharashtra,
India



BIOMARKERS

ANXIETY

REASON **26**

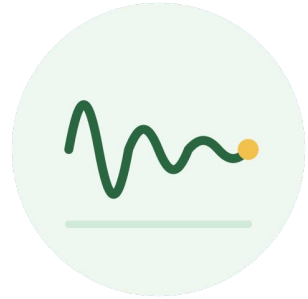
Reduces anxiety and improves physical balance

Healthy Adults · n = 37

↓ 19% reduced anxiety

↓ 13% decreased malondialdehyde (MDA)

↑ 28% increased superoxide dismutase (SOD)



General Population

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

2 months

JOURNAL

Alternative and Complementary Therapies

AFFILIATION

Agharkar Research Institute, Pune, Maharashtra,
India



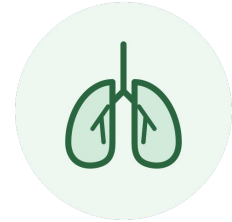
BREATH / LUNGS

STRESS

REASON **27**

Improves breathing and lung capacity

Medical Students · n = 30



↑ 12% increased Vital Capacity (FVC)

↑ 15% increased Peak Expiratory Flow Rate (PEFR)



Youth / Students

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

90 days

JOURNAL

Indian Journal of Basic and Applied
Medical Research

AFFILIATION

Hind Institute of Medical Sciences, Barabanki,
Uttar Pradesh, India



HEART

REASON **28**

Improves cardiometabolic health

Medical Students · n = 30

Reduced blood pressure

Improved cholesterol levels

Reduced blood sugar



Youth / Students

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth
Empowerment and Skills (YES!+)

DURATION

3 months

JOURNAL

International Journal of Research in
Medical Sciences

AFFILIATION

Hind Institute of Medical Sciences, Barabanki,
Uttar Pradesh, **India**



IMMUNITY

BIOMARKERS

REASON **29**

Reduces inflammation and strengthens immunity

Healthcare Workers · n = 38

Reduced markers of inflammation (ESR, CRP, N:L ratio)

↑ Increased anti-inflammatory cytokine IL-4

↑ Increased CD56+ and CD8+ immune cell counts



Professionals

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

12 weeks

JOURNAL

Traditional and Integrative Medicine

AFFILIATION

Sri Ramachandra Institute of Higher Education and Research, Chennai, Tamil Nadu, **India**



HEART

VAGUS NERVE

REASON **30**

Improves heart recovery and stress response

Healthy Adults · n = 30

↓ 13% reduced heart rate

↑ 18% improved sympathovagal balance

Increased heart efficiency



General Population

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Single SKY Session

JOURNAL

Journal of Alternative and Complementary
Medicine

AFFILIATION

Sri Sri Institute of Advanced Research (SSIAR), Ved
Vignan Maha Vidya Peeth, Bengaluru; Department
of Physiology, All India Institute of Medical Sciences
(AIIMS), New Delhi, **India**



BRAIN

COGNITION

REASON **31**

Boosts alertness and relaxation and improves brain coordination

Regular Practitioners · n = 40

↑ 10-15% increased Gamma and Beta activity (cognition/alertness)

↑ 4-8% increased Delta, Theta and Alpha activity (relaxation)

Improved synchrony between left and right hemispheres



Meditators / Practitioners

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Single SKY Session

JOURNAL

International Journal of Yoga

AFFILIATION

Sri Sri Institute of Advanced Research (SSIAR),
Bengaluru, Karnataka, **India**



BRAIN

COGNITION

REASON **32**

Enhances deep relaxation and alertness over time

Long-Term Practitioners · n = 5

Increased coherence in fronto-central beta band suggests enhanced brain connectivity and efficiency

Increased alpha activity in posterior regions indicates deep relaxation

Central midline theta activity suggests activation and alertness

Resting EEG: Increased focal beta activity, reflecting long-term brain changes



Meditators / Practitioners

OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Single SKY Session

JOURNAL

All India Institute of Medical Sciences, New Delhi - AIIMS Research Book

AFFILIATION

All India Institute of Medical Sciences (AIIMS), New Delhi, Delhi, **India**



BRAIN

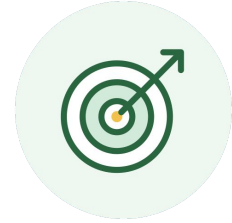
COGNITION

REASON **33**

Improves mental focus with sustained practice

SKY Practitioners · n = 35

Significant increase in beta activity linked to mental focus



General Population

CROSS-SECTIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Long-Term SKY
Practice

JOURNAL

Indian Journal of Physiology and
Pharmacology

AFFILIATION

All India Institute of Medical Sciences (AIIMS),
New Delhi, Delhi, **India**

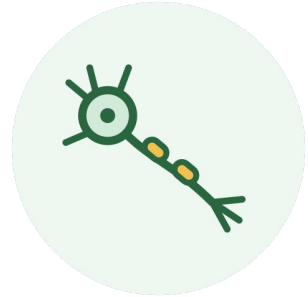


Enhances stress resilience and social connection through vagal activation

SKY stimulates the vagus nerve and enhances vagal tone

Enhances heart rate variability (HRV)

Contributes to improved social bonding through neuroendocrine shifts



General Population

REVIEW

INTERVENTION

Sudarshan Kriya Yoga (SKY)

JOURNAL

Journal of Integrative and Complementary
Medicine

AFFILIATION

New York Medical College, Valhalla, New York, **USA**



SLEEP

COGNITION

REASON **35**

Enhances cognitive function

Government Officials · n = 100



Improved sleep quality

Enhanced cognitive function and overall well-being



Professionals

QUALITATIVE STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

2 months

JOURNAL

Indian Journal of Health Studies

AFFILIATION

Commissioner of Income Tax, Not Reported, **India**



BRAIN

COGNITION

REASON **36**

Enhances healthy brain activity

Long and Short-Term Practitioners · n = 43

84% showed increased alpha waves (relaxed/alert)

97% showed increased beta waves (awareness)

88% showed increased delta waves (restoration)

100% showed increased theta waves (profound relaxation)



Meditators / Practitioners

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Single SKY Session

JOURNAL

International Journal Of Public Mental
Health And Neurosciences

AFFILIATION

SJB Institute of Technology, Bengaluru,
Karnataka, **India**



Improves relaxation and serving performance in sportswomen

Women Volleyball Players · n = 14

Reported increase in relaxation levels

Reported improvement in serving accuracy



Youth / Students



Women

QUASI-EXPERIMENTAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth Empowerment and Skills (YES!+)

DURATION

5 weeks

JOURNAL

Towards Excellence

AFFILIATION

Bhagat Phool Singh Mahila Vishwavidyalaya, Sonipat, Haryana, **India**



BRAIN

COGNITION

REASON **38**

Improves memory and cognitive performance

Healthy Adults · n = 25

Higher memory test scores

Improved working memory during cognitive tasks

More efficient use of brain rhythms (gamma, alpha, theta)



General Population

NON-RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

90 days

JOURNAL

International Journal of Yoga

AFFILIATION

Institute of Nuclear Medicine and Allied Sciences (INMAS), DRDO, New Delhi, Delhi, **India**



VAGUS NERVE

COGNITION

REASON **39**

Improves multitasking speed and accuracy

Healthy Adults · n = 25

↑ 11% faster response times while multitasking

↑ 6% improvement in task accuracy

Improved sympathovagal balance

Increased alpha brain activity



General Population

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

90 days

JOURNAL

Brain Informatics

AFFILIATION

Institute of Nuclear Medicine and Allied Sciences (INMAS), DRDO, New Delhi, Delhi, **India**



BIOMARKERS

STRESS

REASON **40**

Reduces physiological stress

Practitioners · n = 60

Healthier lipid profiles

Reduced stress levels following regular SKY practice



General Population

OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Follow-up: 6 months

JOURNAL

International Journal of Current Research
and Review

AFFILIATION

Dr. Shankarrao Chavan Government Medical
College, Nanded, Maharashtra, **India**



BRAIN

VAGUS NERVE

COGNITION

REASON **41**

Improves memory, focus, and mental performance

Healthy Adults · n = 25

↑ Memory test scores

↑ improved working memory during cognitive tasks

Enhanced focus, brain efficiency and mental performance



General Population

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

90 days

JOURNAL

Brain Informatics

AFFILIATION

Institute of Nuclear Medicine and Science,
DRDO, New Delhi, **India**



BRAIN

STRESS

COGNITION

REASON **42**

Improves reaction speed and focus

Healthy Adults · n = 20

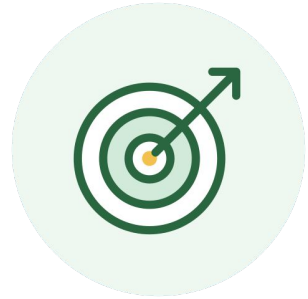
↓ 9% decreased reaction time

↑ 13% total reactions

↓ 37% delayed reactions

↓ 48% omitted responses

Improved alpha activity (relaxation/focus)



General Population

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

30 days

JOURNAL

International Journal of Yoga

AFFILIATION

Institute of Nuclear Medicine and Science,
DRDO, New Delhi, **India**



Reduces daytime drowsiness in young adults, especially in those with obesity

Young Adults · n = 105

↓ 31% decreased daytime drowsiness

Significant improvements observed in obese participants



General Population

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

8 weeks

JOURNAL

Journal of Complementary and Integrative
Medicine

AFFILIATION

Surana Sethia Hospital and Research Centre,
Mumbai, Maharashtra, **India**



Builds confidence and resilience

School Students · n = 40

↑ 63% reported increased confidence

↑ 58% reported greater peace of mind

Improved patience, leadership, and teamwork



Youth / Students

SINGLE ARM OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth Empowerment Seminar (YES!) / SKY Schools

DURATION

6 days

JOURNAL

International Journal of Indian Psychology

AFFILIATION

Sardar Patel University, Vallabh Vidyanagar, Gujarat, India



DEPRESSION

SOCIAL REINTEGRATION & REHABILITATION

REASON **45**

Reduces depressive symptoms

Alcohol-Dependent Individuals · $n = 60$

66% showed mild depression post-intervention (down from moderate/severe)



Meditators / Practitioners

QUASI-EXPERIMENTAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

7 days

JOURNAL

International Journal of Research in
Engineering, Science and Management

AFFILIATION

Shri Venkateshwara University, Amroha, Uttar
Pradesh, **India**



STRESS

REASON **46**

Promotes emotional wellbeing

College Students · n = 40

Reduced stress, anxiety, and emotional instability

Increased peace of mind, leadership, and teamwork



Youth / Students

SINGLE ARM OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth
Empowerment and Skills (YES!+)

DURATION

6 days

JOURNAL

International Journal of Indian Psychology

AFFILIATION

Sardar Patel University, Vallabh Vidyanagar,
Gujarat, India



VAGUS NERVE

BREATH / LUNGS

REASON **47**

Improves breathing efficiency and heart–breath coordination over time

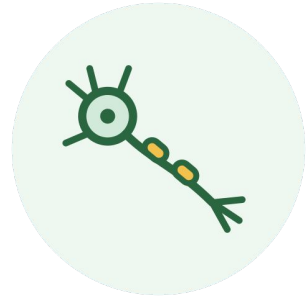
Long-Term Practitioners · n = 22

Increased vagal tone

Increased cardiovascular-respiratory synchronisation

Increased parasympathetic activity

Increased respiratory efficiency



Meditators / Practitioners

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Single SKY Session

JOURNAL

Journal of Ayurveda and Integrative
Medicine

AFFILIATION

Sri Sri Institute for Advanced Research,
Bengaluru, Karnataka, **India**



STRESS

ANXIETY

REASON **48**

Reduces stress and anxiety in managers within one week

Managers · n = 64

↓ 28% reduced stress

↓ 29% reduced anxiety



Professionals

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

1 week

JOURNAL

Frontiers in Psychology

AFFILIATION

Indian Institute of Management Indore, Indore,
Madhya Pradesh, **India**



STRESS

ANXIETY

REASON **49**

Reduces anxiety symptoms

College Students · n = 30

↓ 37% reduced anxiety symptoms

↓ 27% reduced stress symptoms

↓ 33% reduced neck pain



Youth / Students

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 weeks

JOURNAL

International Journal of Scientific
Research

AFFILIATION

Dr. D. Y. Patil Vidyapeeth, Pimpri, Pune,
Maharashtra, India



CANCER

REASON **50**

Increases immune cell levels

Cancer Patients and Healthy Adults · n = 97

↑ 1.6x higher NK cell levels compared to non-practising cancer patients

↑ 1.8x higher NK cell levels compared to healthy non-practitioners



Meditators / Practitioners

CROSS-SECTIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

JOURNAL

AIIMS Research Book

AFFILIATION

All India Institute of Medical Sciences (AIIMS), New Delhi,
Delhi, India



Lowers blood sugar and improves diabetes control in patients

T2D Patients (Urban Slums) · n = 109

↓ 13% reduction in HbA1c

↓ 40% drop in random blood sugar levels

Improved adherence to dietary changes and self-care habits



Patients

NON-RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

40 days

JOURNAL

Journal of Family Medicine and Primary Care

AFFILIATION

Art of Living Foundation, Bengaluru, Karnataka, India



DEPRESSION

SOCIAL REINTEGRATION & REHABILITATION

REASON **52**

Reduced depression and PTSD in tsunami survivors

Tsunami Survivors · n = 183

↓ 87% reduced depression

↓ 64% reduced PTSD symptoms

Benefits sustained up to 24-week follow-up



At-Risk Communities

NON-RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 weeks
Follow-up: 24 weeks

JOURNAL

Acta Psychiatrica Scandinavica

AFFILIATION

New York Medical College, Valhalla, New York,
USA



STRESS

SOCIAL REINTEGRATION & REHABILITATION

REASON **53**

Reduces substance use in former gang members

Former Gang Members · n = 17

Reduced cannabis use and alcohol consumption

Improved emotional control and reduced aggression

Improved sleep and calmness



At-Risk Communities

QUALITATIVE STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

JOURNAL

Youth Justice

AFFILIATION

University of the West of Scotland, Paisley, Scotland, **United Kingdom**



HEART

REASON **54**

Supports healthy blood pressure

Women (aged 56–68 yrs) · n = 30

↓ 6% reduced systolic blood pressure

↓ 5% reduced diastolic blood pressure

↓ 13% reduced mental stress



Women

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

15 days

JOURNAL

International Journal of Physical
Education, Sports and Health

AFFILIATION

Visva-Bharati University, Santiniketan, West
Bengal, **India**



ANXIETY

HAPPINESS

REASON **55**

Improves emotional wellbeing

Male Patients with Psychoactive Substance Dependence · n = 111

62% improvement in anxiety symptoms

26% increase in Well-Being



At-Risk Communities

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 weeks

JOURNAL

ASEAN Journal of Psychiatry

AFFILIATION

Hands for Help Clinic, Kanpur, Uttar Pradesh,
India



STRESS

HAPPINESS

REASON **56**

Reduces burnout

School Principals · n = 6

↓ 42% drop in emotional exhaustion

↓ 36% drop in depersonalisation

↑ 31% boost in sense of personal accomplishment



Professionals

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 weeks

JOURNAL

Journal for New Generation Sciences

AFFILIATION

KwaZulu-Natal Department of Education,
KwaZulu-Natal, **South Africa**



Reduces anxiety and depression in patients

Patients with Generalized Anxiety Disorder (GAD) · $n = 69$

↓35% anxiety (on medication)

↓51% anxiety (off medication)

↓36% depression (on/off medication)



Patients

QUASI-EXPERIMENTAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 months

JOURNAL

Journal of Affective Disorders

AFFILIATION

Department of Neuroscience, Fatebenefratelli e
Oftalmico Hospital, Milan, **Italy**



BIOMARKERS

ENDOCRINE HEALTH

REASON **58**

Improves antioxidant defence and reduces oxidative stress in menopausal women

Menopausal Women · n = 190

↑ 212% increased superoxide dismutase (SOD)

↑ 112% improved plasma glutathione peroxidase (GPx)

↓ 66% reduced malondialdehyde (MDA)



Women

NON-RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

30 days

JOURNAL

Biomedical Research

AFFILIATION

Dhanalakshmi Srinivasan Medical College and Hospital, Perambalur, Tamil Nadu, **India**



STRESS

SOCIAL REINTEGRATION & REHABILITATION

REASON **59**

Improves sleep, energy, and trauma recovery in disaster survivors

Hurricane Katrina Survivors

Improved sleep and energy levels

Reduced feelings of tension and aggression

Fewer flashbacks and trauma symptoms



At-Risk Communities

QUALITATIVE STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

JOURNAL

Current Psychiatry Online

AFFILIATION

New York Medical College, Valhalla, New York, **USA**



BRAIN

COGNITION

REASON **60**

Supports cognitive function and brain processing efficiency with age

Healthy Adults (40–65 yrs) · n = 60

2.3x higher P300 amplitudes in long-term practitioners

↓ 7.7% shorter P300 latency indicating faster cognitive processing

Supports preservation of cognitive function with age



General Population

CROSS-SECTIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Long-Term SKY
Practice

JOURNAL

International Tinnitus Journal

AFFILIATION

Kasturba Medical College, Manipal Academy of
Higher Education (MAHE), Mangalore,
Karnataka, **India**



BREATH / LUNGS

STRESS

HAPPINESS

BIOMARKERS

ANXIETY

REASON **61**

Reduces altitude sickness symptoms and improves wellbeing

Healthy Participants · n = 29

↓ 71% reduction in Acute Mountain Sickness (AMS) symptoms

Improved mental well-being and lipid profile

Trend toward lower anxiety



General Population

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 days

JOURNAL

Journal of Neurosciences in Rural Practice

AFFILIATION

Swami Vivekananda Yoga Anusandhana
Samsthana (S-VYASA) University, Bengaluru,
Karnataka, **India**



Improves reaction speed and responsiveness

Medical Students · n = 60



↑ 17% improvement in visual reaction time (VRT)

↑ 19% improvement in auditory reaction time (ART)



Youth / Students

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth Empowerment and Skills (YES!+)

DURATION

3 months

JOURNAL

National Journal of Medical Research

AFFILIATION

Government Medical College, Latur, Maharashtra, India



Reduces depression and anxiety symptoms in patients

Patients with Chronic Depression · n = 37

↓ 68% remission rate

↓ 69% reduced depression symptoms

↓ 64% reduced anxiety



Patients

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

3 month

JOURNAL

NIMHANS Journal

AFFILIATION

National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, Karnataka, India



Reduces melancholic depression in inpatients

Inpatients with Melancholic Depression · n = 45

SKY offers a holistic, non-pharmacological alternative to traditional antidepressants in reducing melancholic depression



Patients

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 weeks

JOURNAL

Journal of Affective Disorders

AFFILIATION

National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, Karnataka, India



STRESS

REASON **65**

Reduces stress and improves quality of life in transgender adults

Transgender Adults · n = 60

↓ 30% lower perceived stress after SKY

Improved quality of life across physical, social, and environmental domains



At-Risk Communities

TWO-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 weeks

JOURNAL

Tamilmanam International Journal of Tamil Studies

AFFILIATION

Bharathiar University, Coimbatore, Tamil Nadu, India



DIABETES

HAPPINESS

REASON **66**

Improves quality of life in diabetic patients

Patients with Type 2 Diabetes · n = 49

↑ 9% improved quality of life



Patients

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

3 months

JOURNAL

Indian Journal of Endocrinology and Metabolism

AFFILIATION

All India Institute of Medical Sciences (AIIMS), New Delhi, Delhi, **India**



HEART

DIABETES

REASON **67**

Improves heart function and autonomic balance in diabetic patients

Diabetic Patients · n = 64

Improved cardiac autonomic function

Decreased incidences of autonomic abnormalities



Patients

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 months

JOURNAL

Indian Journal of Endocrinology and
Metabolism

AFFILIATION

All India Institute of Medical Sciences (AIIMS),
New Delhi, Delhi, **India**



HEART

DIABETES

REASON **68**

Improves blood sugar control and quality of life in diabetic patients

Patients with Type 2 Diabetes · n = 120

Improved quality of life scores

Decreased postprandial glucose

Enhanced sympathetic cardiac autonomic regulation



Patients

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 months

JOURNAL

Indian Journal of Endocrinology and Metabolism

AFFILIATION

All India Institute of Medical Sciences (AIIMS), New Delhi, Delhi, India



BREATH / LUNGS

HEART

STRESS

REASON **69**

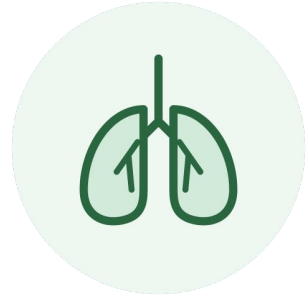
Improves lung capacity and breathing efficiency with practice

Healthy Males · n = 43

↑ 18-19% increased Forced Vital Capacity (FVC)

↑ 20-22% increased Forced Expiratory Volume (FEV1)

↑ 21-22% increased Peak Expiratory Flow Rate (PEFR) and Breath-holding time (BHT)



Meditators / Practitioners

CROSS-SECTIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

1+ years

JOURNAL

International Journal of Medical Science and Public Health

AFFILIATION

Lokmanya Tilak Municipal Medical College and General Hospital, Mumbai, Maharashtra, India



HAPPINESS

SOCIAL REINTEGRATION & REHABILITATION

REASON **70**

Reduces aggression and improves life satisfaction in former militants

Former Militants · n = 219

Reduced physical and verbal aggression

Reduced anger and hostility

Improved life satisfaction



At-Risk Communities

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

40 days

JOURNAL

International Journal of Yoga

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR),
Bengaluru, Karnataka, **India**



STRESS

REASON **71**

Reduces stress and improves emotional stability in teenagers

Teenagers · n = 455

↓ 10% lowered perceived stress

↑ Improved peer relationships and emotional stability



Youth / Students

CROSS-SECTIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth
Empowerment Seminar (YES!) / SKY
Schools

DURATION

1+ years

JOURNAL

Clinical Child Psychology and Psychiatry

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR),
Bengaluru, Karnataka, **India**



STRESS

ANXIETY

DEPRESSION

SLEEP

HAPPINESS

REASON **72**

Improved mental health and resilience in healthcare professionals

Healthcare Professionals · n = 92

↓ 37% reduced stress

↓ 27% reduced anxiety

↓ 47% reduced depression

↑ 27% improved resilience (day 40)

↑ Improved sleep quality



Professionals

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 days
Follow-up: 40 days

JOURNAL

Glob Adv Health Med

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR),
Bengaluru, Karnataka, **India**



BIOMARKERS

STRESS

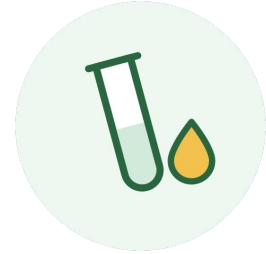
REASON **73**

Restores healthy salivary pH balance

Healthy Adults · n = 321

Significant shift of salivary pH towards neutral in participants with acidic or alkaline baseline

pH remained stable in those with neutral levels



Professionals

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Single SKY Session

JOURNAL

Complement Med Res

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR),
Bengaluru, Karnataka, **India**



SLEEP

REASON **74**

Improves sleep quality especially in younger adults

Indian Adults · n = 473

↑ 25% reported improved sleep quality

with younger adults benefiting the most



General Population

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

3 days

JOURNAL

Sleep and Vigilance

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR),
Bengaluru, Karnataka, **India**



Reduces stress and improves focus and wellbeing in children

Children (8-13 years) · n = 420

↓ 56% reduced incidence of stress

↑ 27% higher cognitive abilities (focus and clarity)

↑ 15% increased mental well-being



Youth / Students

PILOT STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Utakarsha Yoga

DURATION

4 days

JOURNAL

Indian Journal of Youth and Adolescent Health

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR), Bengaluru, Karnataka, **India**



STRESS

HAPPINESS

REASON **76**

Reduces burnout and improves wellbeing in healthcare professionals

Healthcare Professionals · n = 56

↓ 34% reduced work exhaustion

↑ 10% increased professional fulfilment

↓ 23% decreased negative emotions

↑ 13% increased positive emotions



Professionals

OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 days
Follow-up: 30 days

JOURNAL

Frontiers in Psychology

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR),
Bengaluru, Karnataka, **India**



Greatly reduces anxiety symptoms in patients

Patients with Generalized Anxiety Disorder (GAD) · n = 31

73% of participants experienced $\geq 50\%$ reduction in anxiety

41% remission rate for Generalised Anxiety Disorder (GAD)



Patients

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 weeks

JOURNAL

International Journal of Yoga

AFFILIATION

START Clinic for Mood and Anxiety Disorders,
Toronto, Ontario, **Canada**



STRESS

HAPPINESS

REASON **78**

Reduces stress and improves self-esteem in medical doctors

Medical Doctors · n = 58

↓ 14% reduced stress

↑ Improved self-esteem



Professionals

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

40 days

JOURNAL

Ann Med Surg (Lond)

AFFILIATION

Nepalese Army Institute of Health Sciences,
Kathmandu, Bagmati Province, **Nepal**



STRESS

DEPRESSION

ANXIETY

REASON **79**

Reduces stress, anxiety, and depression

Healthy Adults · n = 103

↓ 18% reduced stress

↓ 34% reduced depression

↓ 23% reduced anxiety



General Population

NON-RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 weeks

JOURNAL

BMC Complement Altern Med

AFFILIATION

Karlstad University, Karlstad, Värmland, **Sweden**



CANCER

SOCIAL REINTEGRATION & REHABILITATION

REASON **80**

Boosts immunity in cancer patients and supports tobacco cessation

Cancer Patients and Tobacco Users · n = 27

Increased natural killer (NK) cell counts in cancer patients

↓ 21% of tobacco users reported complete cessation



Patients

NON-RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 months

JOURNAL

Annals of the New York Academy of Sciences

AFFILIATION

All India Institute of Medical Sciences (AIIMS),
New Delhi, Delhi, **India**



Helps the brain relax and recover after COVID

Individuals Post-COVID Recovery · n = 15

Increased Alpha wave amplitudes

Improved relaxation and mental calmness

Suggests support for neural recovery and cognitive restoration



General Population

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

3 sessions

JOURNAL

Frontiers in Human Neuroscience

AFFILIATION

Institute of Medical Sciences, Medical College of
Rzeszow University, Rzeszow, **Poland**



BIOMARKERS

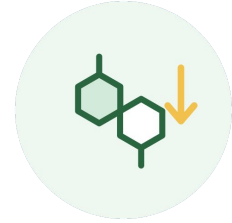
STRESS

REASON **82**

Reduces stress hormone levels

College Students · n = 102

↓ 40% drop in cortisol in medical students during exams



Youth / Students

QUASI-EXPERIMENTAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 months

JOURNAL

International Journal of Applied Research

AFFILIATION

M.L.N. Medical College, Prayagraj (Allahabad),
Uttar Pradesh, India



BREATH / LUNGS

ANXIETY

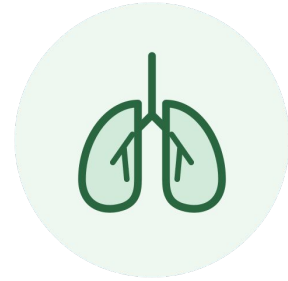
REASON **83**

Reduces breathlessness and COPD-related distress while improving quality of life

Patients with COPD · n = 9

↓ Reduced dyspnea, anxiety, and distress related to COPD

Improved overall quality of life



Patients

SINGLE-CASE STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

10 weeks

JOURNAL

OBM Integrative and Complementary
Medicine

AFFILIATION

California State University, Fresno, Fresno,
California, **USA**



STRESS

HAPPINESS

COGNITION

REASON **84**

Improves stress coping and overall wellbeing in trainee counsellors

Trainee Counsellors · n = 42

↑ 9% boost in overall wellness in 3 days

Improved problem-solving abilities

Enhanced stress coping skills

Boosted self-esteem and meaning



Youth / Students

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

1 month

JOURNAL

Counselor Education and Supervision

AFFILIATION

California State University, Fresno, Fresno, California, **USA**

SOURCE [Liu et al., 2025](#)

[Key](#) · [All reasons](#) · 100+ Reasons to do SKY



GENES

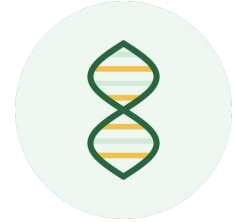
REASON **85**

Supports healthy ageing at the cellular level

Healthy Adults · n = 16

↑ 23% increased relative telomere length

Enhanced resistance to cellular ageing through gene activity changes



General Population

PILOT STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 days

JOURNAL

Alternative therapies in health and
medicine

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR),
Bengaluru, Karnataka, **India**



BIOMARKERS

STRESS

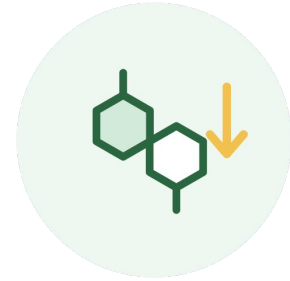
REASON **86**

Reduces stress and stress hormone levels in executives

Executives · n = 72

↓ 23% decreased cortisol

↓ 44% lowered stress



Professionals

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

3 months

JOURNAL

Management and Labour Studies

AFFILIATION

Tata Institute of Social Sciences, Mumbai, India



DEPRESSION

BRAIN

REASON **87**

Reduces depression and normalizes brain function markers in dysthymia

Dysthymic Patients · n = 30

↓ 70% reduced depression severity scores

Normalisation of P300 amplitude reflecting improved brain function



Patients

QUASI-EXPERIMENTAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

3 month

JOURNAL

Biological Psychiatry

AFFILIATION

National Institute of Mental Health and
Neurosciences (NIMHANS), Bengaluru,
Karnataka, **India**



DEPRESSION

BRAIN

REASON **88**

Reduces depression and improves well-being, even in severe cases

Patients with Dysthymia and Melancholia · n = 30

↓ 78% reduced depression severity scores in 73% of patients

Significant improvements in both dysthymia and melancholia

Improved mood and overall wellbeing



Patients

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

1 month

JOURNAL

Journal of Affective Disorders

AFFILIATION

National Institute of Mental Health and
Neurosciences (NIMHANS), Bengaluru,
Karnataka, **India**



Improves focus, self-esteem, and emotional control in school students

Public School Students · n = 59

↓ 19% reduction in distractibility

↑ 8% increase in self-esteem

Improved ability to cope with anger



Youth / Students

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth Empowerment Seminar (YES!) / SKY Schools

DURATION

5 days

JOURNAL

International Journal of Yoga

AFFILIATION

International Association for Human Values, Washington, DC, **USA**



ANXIETY

HAPPINESS

REASON **90**

Reduces anxiety and improves resilience during crises (pandemic context)

Adults during COVID-19 · n = 956

82% of practitioners showed no symptoms of anxiety

Practitioners showed overall better mental resilience and emotional well-being



General Population

CROSS-SECTIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

JOURNAL

Asia Pacific Journal of Public Health

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR), Bengaluru, Karnataka, **India**



BREATH / LUNGS

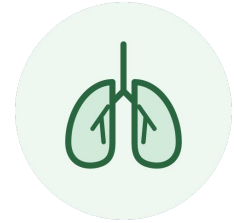
HEART

REASON **91**

Improves breathing capacity in healthy adults

Healthy Adults · n = 100

↑ 16% increased Peak Expiratory Flow Rate (PEFR)



General Population

NON-RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

3 months

JOURNAL

National Journal of Integrated Research in
Medicine

AFFILIATION

M. P. Shah Government Medical College,
Jamnagar, Gujarat, **India**



BIOMARKERS

IMMUNITY

REASON **92**

Enhances vaccine antibody response

Vaccinated Adults · n = 222

↑ 3.5x increase in IgG antibody levels after SKY compared to 3.1x in standard care



General Population

QUASI-EXPERIMENTAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

11 weeks

JOURNAL

Journal of Population Therapeutics &
Clinical Pharmacology

AFFILIATION

National Institute of Medical Science and
Research, NIMS University, Jaipur, Rajasthan,
India



SLEEP

STRESS

HEART

REASON **93**

Improves sleep quality and stress recovery in medical professionals (pandemic context)

Medical Professionals during COVID-19 Pandemic · n = 41

↑ 35% increase in deep sleep

↑ 29% increase in REM sleep

↑ 16% increase in total sleep duration

↑ 8% increase in light sleep

↓ 5% decrease in resting heart rate

↑ 14% increase in overall heart rate flexibility

↑ 16% boost in relaxation response



Professionals

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 days

JOURNAL

Journal of the Association of Physicians of India

AFFILIATION

All India Institute of Medical Sciences (AIIMS), Rishikesh, Uttarakhand, India



HAPPINESS

ENDOCRINE HEALTH

REASON **94**

Reduces menopausal symptoms and improves emotional wellbeing

Postmenopausal Women · n = 156

↓ 86% fewer women reported severe hot flushes

↓ 97% fewer reported severe night sweats

↓ 94% fewer reported severe mood swings and fatigue

↓ 100% of practitioners reported zero severe anxiety or depression



Women

CROSS-SECTIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

1+ years

JOURNAL

Asian Journal of Medical Sciences

AFFILIATION

Government Medical College, Gondia,
Maharashtra, India

SOURCE [Patil et al., 2017](#)

[Key](#) · [All reasons](#) · 100+ Reasons to do SKY



BREATH / LUNGS

SOCIAL REINTEGRATION & REHABILITATION

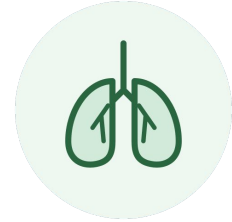
REASON **95**

Supports smoking cessation

Male Smokers · n = 20

Significant reduction in smoking habit

Increased motivation to quit tobacco



At-Risk Communities

TWO-ARM NON-RANDOMISED PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 weeks

JOURNAL

International Journal of Pharmaceutical
Sciences

AFFILIATION

Tata Consultancy Services, Noida, Uttar Pradesh,
India

SOURCE [Rawat et al., 2011](#)

[Key](#) · [All reasons](#) · 100+ Reasons to do SKY



BIOMARKERS

STRESS

HAPPINESS

REASON **96**

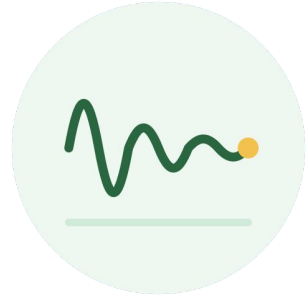
Reduces stress and improves emotional wellbeing in students

Seventh-Graders · n = 21

↓ 23% stress hormone (cortisol)

↑ 18% social bonding hormone (oxytocin)

Fewer poor mental health days



Youth / Students

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth
Empowerment Seminar (YES!) / SKY
Schools

DURATION

10 months
Follow-up: 10 months

JOURNAL

Comprehensive
Psychoneuroendocrinology

AFFILIATION

Stanford University School of Medicine, Stanford,
California, **USA**



Enhances overall wellbeing

Women (General) · n = 410

↑ 75% improvement in general health

Significant improvements in physical, mental, and emotional well-being



Women

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

Long-term practice

JOURNAL

Journal of Women's Health and
Gynecology

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR),
Bengaluru, Karnataka, **India**



BIOMARKERS

STRESS

REASON **98**

Improves antioxidant levels and reduces physical stress in police trainees

Police Trainees · n = 24

↑ 4x higher glutathione

↑ 52% higher catalase

↓ 71% lower blood lactate

↑ 2.6x higher superoxide dismutase (SOD)



Professionals

QUASI-EXPERIMENTAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

5 months

JOURNAL

Biological Psychology

AFFILIATION

All India Institute of Medical Sciences (AIIMS),
New Delhi, Delhi, **India**

SOURCE [Sharma et al., 2003](#)

[Key](#) · [All reasons](#) · 100+ Reasons to do SKY



CANCER

GENES

REASON **99**

Enhances cell survival and resistance to oxidative stress

Healthy Adults · n = 84

↑ Increased activity of genes that support cell survival

↑ Increased lymphocyte longevity

↑ Increased protection against oxidative stress



General Population

CROSS-SECTIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

JOURNAL

Journal of Psychosomatic Research

AFFILIATION

All India Institute of Medical Sciences (AIIMS), New Delhi, Delhi, India



Reduces depression symptoms in treatment-resistant patients

Patients with Major Depressive Disorder (MDD) · n = 25



↓ 53% reduced depression symptoms/scores in patients who did not respond to antidepressants



Patients

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

8 weeks

JOURNAL

Journal of Clinical Psychiatry

AFFILIATION

University of Pennsylvania School of Medicine,
Philadelphia, Pennsylvania, **USA**



BRAIN

COGNITION

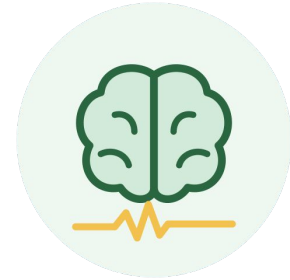
REASON **101**

Improves brain function and cognitive processing

Healthy Adults · n = 50

Improved brain function

Improved cognitive processing



General Population

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

3 months

JOURNAL

Neuroscience Letters

AFFILIATION

University Institute of Engineering and Technology (UIET), Panjab University, Chandigarh, Chandigarh, India



ANXIETY

DEPRESSION

DIABETES

REASON **102**

Improves mental health and quality of life in diabetic patients

Type 2 Diabetes (T2D) Patients · n = 26

↓ 43% reduced anxiety

↓ 33% reduced depression

↑ 12% improved quality of life



Patients

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

5 days

JOURNAL

Diabetes & Metabolic Syndrome: Clinical Research and Reviews

AFFILIATION

Dasman Diabetes Institute, Kuwait City, Kuwait, Kuwait



HEART

REASON **103**

Supports heart health

Healthy Adults · n = 30

Normalised blood pressure

Reduced resting heart rate

Boosted overall heart health



General Population

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

12 weeks

JOURNAL

International Journal of Recent Trends in
Science And Technology

AFFILIATION

MIMSR Medical College, Latur, Maharashtra,
India



BIOMARKERS

STRESS

REASON **104**

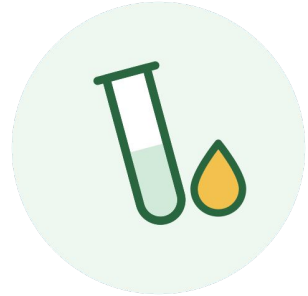
Reduces cholesterol and stress in engineering students

Engineering Students · n = 43

↓ 13% decreased cholesterol

↓ 37% reduced VLDL

Lowered stress (protected against exam-related changes)



Youth / Students

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth Empowerment and Skills (YES!+)

DURATION

6 weeks

JOURNAL

International Journal of Yoga

AFFILIATION

SRM Medical College Hospital and Research Centre, Kattankulathur, Tamil Nadu, **India**



HAPPINESS

REASON **105**

Improves wellbeing and cognitive performance in adolescents

Adolescents · n = 275

↑ 86% showed increased mental well-being

↑ 71% showed improved cognitive performance

↑ 95% demonstrated enhanced emotional well-being at day 40



Youth / Students

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Youth Empowerment Seminar (YES!) / SKY Schools

DURATION

4 days

JOURNAL

Clinical Child Psychology and Psychiatry

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR), Bengaluru, Karnataka, **India**



SLEEP

REASON **106**

Increases deep sleep duration in long-term male practitioners

Healthy Males · n = 67

↑ 3x increased deep sleep duration in middle-aged adult practitioners



Meditators / Practitioners

CROSS-SECTIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

5+ years

JOURNAL

Sleep and Biological Rhythms

AFFILIATION

National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, Karnataka, India



ANXIETY

DEPRESSION

SOCIAL REINTEGRATION & REHABILITATION

REASON **107**

Reduces anxiety and improves wellbeing in prisoners

Male Prisoners · n = 230

↓ 50% reduction in anxiety symptoms

↑ 22% improvement in depression symptoms

↑ 36% improvement in total psychological well-being



At-Risk Communities

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 weeks

JOURNAL

Asian Journal of Psychiatry

AFFILIATION

Hands for Help Clinic, Ghaziabad, Uttar Pradesh,
India



BIOMARKERS

ENDOCRINE HEALTH

REASON **108**

Reduces menopausal symptoms and improves antioxidant levels

Menopausal Women (aged 40 - 50) · n = 65

↓ 15% decreased hot flushes and night sweats

↓ 13% decreased psychosocial symptoms (anxiety, depression, memory)

↑ 72% increased antioxidant SOD

↑ 21% increased GPx



Women

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

1 year

JOURNAL

Journal of Obstetrics and Gynaecology
Research

AFFILIATION

All India Institute of Medical Sciences (AIIMS)
Bhubaneswar, Bhubaneswar, Odisha, **India**



ANXIETY

DEPRESSION

VAGUS NERVE

REASON **109**

Reduces anxiety, depression, and distress in affected patients

Anxiety-Depression Patients · n = 46

↓ 33% reduced anxiety symptoms

↓ 31% reduced depression symptoms

↓ 57% lowered psychological distress

Improved sympathovagal balance



Patients

NON-RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

15 days

JOURNAL

Journal of Affective Disorders

AFFILIATION

University of Milan, Milan, Italy

SOURCE [Toschi-Dias et al., 2017](#)

[Key](#) · [All reasons](#) · 100+ Reasons to do SKY



DEPRESSION

SOCIAL REINTEGRATION & REHABILITATION

REASON **110**

Reduces cravings and improves wellbeing in opioid users

Opioid Users · n = 8

Reduced substance use cravings

Reduced depression symptoms

Improved physical functioning and emotional well-being



At-Risk Communities

QUASI-EXPERIMENTAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

1 month

JOURNAL

Journal of psychosocial nursing and mental health services

AFFILIATION

Masonic Medical Research Institute, Utica, New York, **USA**



HAPPINESS

DEPRESSION

REASON **111**

Greatly reduces depression and anxiety in patients

Patients with Major Depressive Disorder (MDD) · n = 30

↓ 66% reduced depression

↓ 74% reduced anxiety



Patients

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

4 weeks

JOURNAL

NIMHANS Journal

AFFILIATION

National Institute of Mental Health and
Neurosciences (NIMHANS), Bengaluru,
Karnataka, **India**



ANXIETY

STRESS

REASON **112**

Reduces PTSD, anxiety, and depression symptoms in patients

Patients with PTSD · n = 19

↓ 29% reduced depression

↓ 27% reduced anxiety

↓ 36% reduced PTSD symptoms



At-Risk Communities

SINGLE-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

24 weeks

JOURNAL

International Journal of Yoga

AFFILIATION

Western University, London, Ontario, **Canada**



DIABETES

BIOMARKERS

REASON **113**

Lowers blood sugar in diabetic patients

T2D Patients · n = 84



↓ 24% reduced blood sugar



Patients

SINGLE ARM OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

7 days

JOURNAL

Cureus

AFFILIATION

Sri Sri Institute for Advanced Research (SSIAR),
Bengaluru, Karnataka, **India**



CANCER

REASON **114**

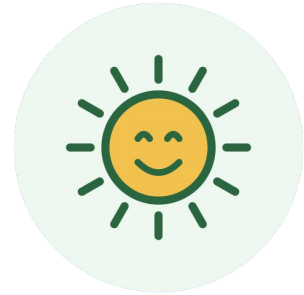
Improves emotional wellbeing and self-esteem in breast cancer

Breast Cancer Patients · n = 12

↑ Increased emotional well-being and body image

↑ Increased self-esteem and empowerment

↑ Increased life appreciation and spiritual connection



Patients



Women

QUALITATIVE STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

5 weeks

JOURNAL

Psychology of Cancer

AFFILIATION

Institute of Transpersonal Psychology, Palo Alto,
California, **USA**



STRESS

SOCIAL REINTEGRATION & REHABILITATION

REASON **115**

Supports recovery in alcohol-dependent men

Male Alcohol Dependent Patients · n = 80

↓ 39% drop in harmful drinking behaviour

↑ 14% improvement in well-being symptoms (in 6 days)

23% of patients reported zero alcohol use at 6-month follow-up



At-Risk Communities

RANDOMISED CONTROLLED TRIAL

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

6 months

JOURNAL

Industrial psychiatry journal

AFFILIATION

Armed Forces Medical College, Pune,
Maharashtra, India



ANXIETY

GUT HEALTH

REASON **116**

Integrative Breathwork (SKY + Meditation) resets IBS symptoms with persistent practice

21-year-old with Irritable Bowel Syndrome · n = 1

↑ ~80% formed stools (marked improvement in consistency)

↓ Reduced clinical anxiety and IBS-related symptoms



Patients

SINGLE CASE STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Sahaj
Samadhi Meditation (SSM), Meditation

DURATION

9 months

JOURNAL

Advances in Mind-Body Medicine

AFFILIATION

Sri Ramachandra Institute of Higher Education
and Research, Chennai, Tamil Nadu, **India**



STRESS

ANXIETY

DEPRESSION

SLEEP

SOCIAL REINTEGRATION & REHABILITATION

REASON **117**

Reduces PTSD, anxiety, and depression symptoms, improves sleep and resilience

Military personnel (assault troops) undergoing basic training · n = 50

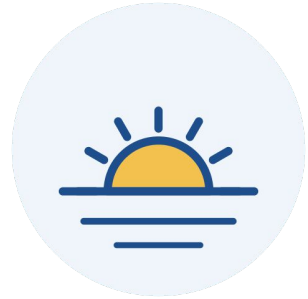
↓ 43% reduction in anxiety

↓ 41% reduction in depression

↓ 42% reduction in PTSD symptoms

↑ 78% increase in subjective calmness and inner balance

↑ 82% reported improved sleep quality

**At-Risk Communities**

TWO-ARM PRE-POST STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY)

DURATION

8 weeks

JOURNAL

Scientific Journal of the National Academy of Internal Affairs

AFFILIATION

Simon Kuznets Kharkiv National University of Economics, Kharkiv, **Ukraine**



BRAIN

STRESS

SLEEP

EYE

REASON **118**

Improved visual acuity and retinal recovery in CSCR with no recurrence during follow-up

One Male patient with Central Serous Chorioretinopathy (CSCR) and pigment epithelial detachment · n = 1

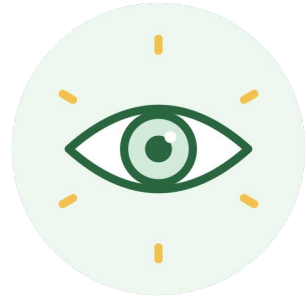
↑ Vision returned to normal in the affected eye

↓ ~52% reduction in retinal swelling and fluid buildup

Eye scans showed complete clearing of retinal fluid

Blurry vision, floaters, and visual distortions disappeared

No recurrence of symptoms for 6 months



Patients

SINGLE CASE STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Ayurveda

DURATION

8 months
Follow-up: 6 months

JOURNAL

Journal of Ayurveda Case Reports

AFFILIATION

All India Institute of Ayurveda, New Delhi, Delhi,
India



STRESS

HAPPINESS

REASON **119**

Regular SKY practice linked to greater peace of mind, well-being, and mental Ffocus

General Population · n = 1099

Reduced perceived stress

Improved overall well-being

Greater optimism

Improved mental clarity



General Population

OBSERVATIONAL STUDY

INTERVENTION

Sudarshan Kriya Yoga (SKY), Sahaj Samadhi Meditation (SSM), Advanced Meditation Programme (AMP), Meditation

JOURNAL

Practice: Social Work in Action

AFFILIATION

Tata Institute of Social Sciences, Mumbai, **India**



HAPPINESS

BREATH / LUNGS

REASON **120**

AMP improves acclimatisation in high-altitude travelers

Adults at High Altitude · n = 53

↓ 66% improvement in acute mountain sickness symptoms

Improved happiness and well-being

Enhanced high-altitude adaptation



Meditators / Practitioners

TWO-ARM PRE-POST STUDY

INTERVENTION

Advanced Meditation Programme (AMP), Sudarshan Kriya Yoga (SKY), Meditation

DURATION

4 Days
Follow-up: Baseline,
Post Program

JOURNAL

Annals of Neurosciences

AFFILIATION

Swami Vivekananda Yoga Anusandhan Samsthan (SVYASA), Bengaluru, Karnataka, **India**



IMMUNITY

GENES

REASON **121**

AMP enhances immune resilience in meditators

Healthy Adults · n = 97

93% reduced IL-1 β

82% reduced TNF- α

Enhanced antioxidant gene expression



General Population

TWO-ARM NON-RANDOMISED PRE-POST STUDY

INTERVENTION

Advanced Meditation Programme (AMP), Sudarshan Kriya Yoga (SKY), Meditation

DURATION

4 Days
Follow-up: Day 0, Day 5, Day 90

JOURNAL

Cureus

AFFILIATION

National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, Karnataka, **India**



Study design guide

What the study design tag on each card means

I. Experimental study designs

Randomised Controlled Trial (RCT)

Participants are randomly placed into intervention and control groups to test whether an intervention works

Double-Blind RCT

Participants and researchers are both unaware of who receives the real treatment, reducing bias

Non-Randomised Controlled Trial (Non-RCT)

Two or more groups are compared, but participants aren't randomly assigned

Single-Arm Pre-Post Study

Only one group is studied before and after an intervention to check for changes

Two-Arm Pre-Post Study

Two groups are measured before and after an intervention to see how each changes over time

Two-Arm Non-Randomised Pre-Post Study

Same as two-arm pre-post study, but without random group assignment

Controlled Crossover Study

Participants receive both the treatment and the comparison at different times, acting as their own control

Quasi-Experimental Study

Tests whether an intervention works but doesn't use randomisation

Pilot Study

A small-scale version of a study done before a full trial to test feasibility



Study design guide

Evidence reviews, lab-based, qualitative and observational designs

II. EVIDENCE REVIEWS AND LAB-BASED STUDIES

Meta-Analysis

Combines results from multiple studies to get a bigger, clearer picture of an effect or trend

II. EVIDENCE REVIEWS AND LAB-BASED STUDIES

Narrative / Systematic Review

Summarises existing studies to show what's known and identifies knowledge gaps

II. EVIDENCE REVIEWS AND LAB-BASED STUDIES

In vitro Study

Lab-based experiments on cells or tissues (outside the human body) to test effects before trying in humans

II. EVIDENCE REVIEWS AND LAB-BASED STUDIES

In vivo Study

Lab-based experiments carried out inside a living organism (like animals or humans) to test effects before trying in humans

III. QUALITATIVE AND DESCRIPTIVE DESIGNS

Single-Case Study

A deep dive into one person or case – often used for rare or unique examples

III. QUALITATIVE AND DESCRIPTIVE DESIGNS

Qualitative Study

Uses interviews or open-ended questions to explore how people think, feel or experience something

IV. OBSERVATIONAL STUDY DESIGNS

Observational Study (General)

Looks at what happens without interference, to explore possible links and relationship between factors

IV. OBSERVATIONAL STUDY DESIGNS

Cross-Sectional Study

A snapshot of a group at a single point in time – good for identifying trends, associations and linkages

IV. OBSERVATIONAL STUDY DESIGNS

Single-Arm Observational Study

A group is observed after receiving an intervention, but there's no comparison or before measure



Explore the evidence, your way

Each reason links to its published paper. To see every study together, visit the Evidence Finder on our research website: accessible research summaries you can browse, filter and explore by:

TOPIC

POPULATION

INTERVENTION

DURATION

LOCATION

[Open the Evidence Finder →](#)

research.artofliving.org

Questions: researchstudies@ssiar.org

[Back to the start](#) · [All reasons](#)

