

Naga Venkatesha Murthy P J, Gangadhar, B.N., Janakiramaiah, N., Subbakrishna, D.K. (1997). Normalization of P300 Amplitude following Treatment in Dysthymia. Biological Psychiatry, 42, 740-743.

This pilot study compared 15 dysthymic and 9 melancholic depression patients to 15 normal control individuals on P300 amplitude and several depression scales--The Hamilton Rating Scale for Depression, the Beck Depression Inventory, and the Clinical Global Impressions Scale, and then treated the patients with Sudarshan Kriya and accompanying breathing practices (SK&P). It was found that SK&P was effective in treating mild and melancholic depression. Depressed people have a particular EEG brainwave abnormality which is measured by P300 ERP amplitude that was lower compared with healthy adults. By day 30 there was significant relief from depression in the groups treated with SK&P, as measured by the P300 amplitude and standard depression scales. By day 90 the P300 readings had returned to normal in the patients along with significant improvements in depression scores.