

**Naga Venkatesha Murthy PJ, Janakiramaiah N, Gangadhar BN, et al: P300 amplitude and antidepressant response to Sudarshan Kriya Yoga (SKY). J Affect Disord 50(1):45-8, 1998.**

This pilot study investigated the anti-depressant efficacy of Sudarshan Kriya and accompanying breathing practices (SK&P) in 15 dysthymic and 15 melancholic (major) depression patients whose sole treatment was SK&P.

Seventy-three percent of patients showed significant improvement following SK&P therapy at one month, and remission persisted at three months. Neither severity of depression, nor severity of biological dysfunction influenced the quick response time or degree of effectiveness of SK&P.

The authors concluded that SK&P "...has independent antidepressant effects... exerts its antidepressant effect in about 3 weeks...[and] is uniformly effective regardless of the pretreatment P300 amplitude".