

**Bhatia M, Kumar A, Kumar N, et al: Electrophysiologic evaluation of Sudarshan Kriya: an EEG, BAER, P300 study. Indian J Physiol Pharmacol. 2003. 47(2):157-136**

EEG changes were recorded in 19 SK&P practitioners outside the practice of SK&P and compared with the EEG patterns of 16 controls (doctors and medical researchers who did not practice SK&P, yoga or meditation). No significant differences were found on the BAER or P300 latency measures. Significant increases in beta activity were observed in the left frontal, parieto-occipital and midline regions of the brain in the SK&P practitioners, as compared to controls. These results are interpreted by neurologists as indicative of increased mental focus/heightened awareness. It is striking to note that SK&P practitioners displayed significantly greater mental alertness (beta activity) than the control group of physicians and medical researchers, whose profession requires development and daily use of these very skills.