

**Vedamurthachar A, Janakiramaiah N, Hegde JM, Shetty TK, Subbakrishna DK, Sureshbabu SV, Gangadhar BN: Antidepressant efficacy and hormonal effects of Sudarshan Kriya Yoga (SKY) in alcohol dependent individuals. J Affect Disord. 2006 Aug; 94(1-3):249-53.**

In a randomized, controlled study of 60 hospitalized alcohol dependent patients enrolled in a residential treatment program, those treated with SKY plus standard treatment had significantly greater reductions in depression, anxiety and cortisol than patients given standard treatment and rehabilitation alone. Given that anxiety and depression are present in 40-70% of all alcoholics who relapse after treatment, this finding has strong implications for the treatment of alcohol dependence, especially in dual diagnosed patients.