

Naga Sharma H, Datta P, Singh A, Sen S, Bhardwaj NK, Kochupillai V, Singh N. (2008) Gene expression profiling in practitioners of Sudarshan Kriya.

This pilot study compared possible changes in oxidative stress gene profiles of 43 Sudarshan Kriya (SK) practitioners with those of 42 control subjects who did not use any form of stress management program. The parameters studied were antioxidant enzymes, genes involved in oxidative stress, DNA damage, cell cycle control, aging, and apoptosis. Enzymatic activities and gene expression of specific antioxidant systems were increased in SK practitioners. It was found that the lifespan of the lymphocytes were increased which correlated with an increase in the expression of anti-cell death genes and pro-survival genes. This study suggests that SK may exert its effects on various physiological systems through changes in gene regulation.