



Sudarshan Kriya Yoga: A breath of hope during COVID-19 pandemic

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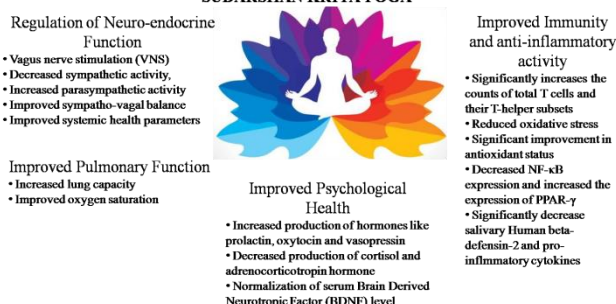
Abstract

Essential counter measures to fight a highly infectious rapidly spreading pandemic disease like COVID-19 include antiviral therapy, immune-modulator therapy, and vaccination. Antiviral therapies are expensive and require mass production of drugs. Rampant uses of immunosuppressant, immune-modulators are associated significant complications like lethal bacterial and fungal super infections. Disease specific vaccines are moreover strain-specific, so the protection provided is also limited and specific. Globally the number of identified COVID-19 cases has been steadily growing. Along with serious health problems, the disease has exerted a huge psychological impact on the public, hence worldwide there is an increased interest towards use of low-risk, cost-effective complementary alternative therapies, like Yoga and Ayurveda to tackle the infectious pandemic, COVID-19. Now substantial clinical evidence is available on the potential complementary role of various yogic practices in the management of diverse communicable and non-communicable diseases. Recently many studies have also highlighted importance of Sudarshan Kriya Yoga (SKY) practices in improvement of psychological, physical and social wellbeing among frontline COVID warriors, COVID patients and general population.

A unique Multi-component Breath-Based Yogic Practice "Sudarshan Kriya Yoga" includes specific sequential breathing techniques. It alleviates routine stress, anxiety, depression, post-traumatic stress, and stress-related medical disorders through balancing of the Autonomic Nervous System (ANS), improvement in the systemic health parameters and the quality of life. It is capable of potentiating innate host immune defenses that are crucial to tackle a plethora of microbial infections. A non-governmental, non-profit organization, the Art of Living Foundation has provided solace to the global population at large through online Sudarshan Kriya Yoga workshop during this COVID-19 pandemic.

Image

COVID-19 PANDEMIC AND COMPLIMENTARY THERAPEUTIC BENEFITS OF SUDARSHAN KRIYA YOGA



Biography

Dr. Sameer Anil Zope is consultant Periodontist and Implantologist. He is an active member of various scientific associations including association like Sri Sri Global Meditating Doctors Association. He has many scientific research publications to his credit in national and international journals. Major area of interest for him is complementary alternative medicine. He is an avid yoga practitioner and yoga instructor too. He has been associated with humanitarian non-governmental organization Art of Living for more than 15 years. Art of Living foundation offers numerous stress-elimination and self-development programs based on breathing techniques like Sudarshan Kriya, meditation and yoga. He has keen interest in research related to health benefits of unique breathing practice Sudarshan Kriya Yoga. He participates actively in activities that promote world-wide awareness about the health benefits of yoga, pranayama and meditation to the health care fraternity and the general public.

Publications

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