BIODATA

Dr. Vinod Kochupillai, MBBS, FRCP, FAMS, is the Head of the Institute of Rotary Cancer and Professor of Medical Oncology at the All India Institute of Medical Sciences (AIIMS), New Delhi, India. She was responsible for establishing the center and the department, as well as the DM and PhD programs in this discipline at AIIMS. Recipient of many national awards, Dr. Kochupilla is a Fellow of the National Academy of Medical Sciences (India) and Fellow of the Royal College of Physicians in UK. She has more than 150 research publications in national and international journals to her credit and has been a visiting scientist in the US, Europe and Japan. In addition, to conducting research on cancer, Dr. Kochupillai coordinates and conducts research at AIMMS on Sudarshan Kriya and Pranayamas, ancient yogic breathing techniques, taught in the Art of Living Course, conducted by the Art of Living Foundation. The Foundation is an international, nonprofit educational organization with special consultative status with the UN and has centers in over 140 countries. Dr. Kochupilla is a certified volunteer teacher for the foundation and conducts workshops regularly as well as presents scientific research related to the health benefits of Sudarshan Kriya in national and international meetings and forums.

Science of breath: Neuro-Physiological Changes Associated with Practice of Yogic Breathing Techniques

ABSTRACT

With regular practice of Sudarshan Kriya (SK) and Pranayam (breathing processes), one experience flow of positive emotions, replacing anger, frustration and jealousy. The body feels younger and healthier, and the mind is calmer. Research was conducted at All India Institute of medical Sciences (AIIMS), New Delhi. Blood lactate levels dropped after 5 months practice of SK and Pranayam (P) indicating a state of relaxation. Changes in electroencephalogram (EEG) – reflected a state of relaxation, yet alertness. Increase in natural killer (NK) cells and antioxidant enzymes suggest that regular practice might prevent many diseases, including infections and possibly even cancer. Fall in Cholesterol, as per studies, conducted at Bangalore would suggest, that Cardiac Ischemia may also be prevented. Depression could be controlled in 70% of individuals as per studies conducted at NIMHANS, Bangalore. Thus, even though further studies are needed, available data so far serves to validate the subjective claims of a healthier body, calmer mind, and balanced emotions.

Select publications:
2) Sharma, H. et al.; Sudarshan Kriya practitioners exhibit better antioxidant status and lower blood lactate levels. Biological Psychology. 63, 281-291, 2003