

12th International Conference on

Neurology and Neurophysiology

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2nd International Conference and Exhibition on

Dual Diagnosis

May 18-20, 2017 Munich, Germany

Role of Breath in Dual Diagnosis and its research strategies

Gunisetty Hemanth
Sri Sri University, India

There are large populations suffering from depression and addictions in the world today. According to statistics it will rise as much as 50% in the coming decade. According to a EU commission publication, more than 27% of adult European experience at least one form of mental health problem each year, most commonly anxiety and depression leading to addictions. The solution is meditation and yoga but not Prozac. Thus, new strategies for fighting depression and addiction are urgently needed. Breathing is the first act of life and is the unexplored secret of life. Sudarshan Kriya (SK) is a powerful yet simple rhythmic breathing technique. It incorporates Specific natural rhythms of the breath, harmonizing the body, mind and emotions. Researches have shown that SK practioners experience a 68-73% sucess rate in the treatment of clinical depression, regardless of severity. Relief from depression, determined by psychiatric evaluation and standard psychiatric measures (Beck Depression Inventory- BDI, Hamilton Depression Rating Scale-HDRS, and others), was experienced within a few weeks. At the three-month follow ups, patients remained stable and in remisssion. Published studies further suggest that SK normalises patient's brainwave patterns, increases serum prolactin (a 'well-being' hormone), and is as effective as standard anti-depression drug regimens. Yet it is safe, free of unwanted side effects, cost-effective, and self-empowering. An open trial of patients with Generalized Anxiety Disorder who had not responded to prescription meditation showed a 73% response rate (HAM-A) after four weeks practice of SK.

gunisetty.h2016mba@srisriuniversity.edu.in

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