

**Sharma H, Sen S, Singh A, et al: Sudarshan kriya practitioners exhibit better antioxidant status and lower blood lactate levels. Biol Psychol. 2003. 63: 281-291.**

A study of biochemical indicators of stress took baseline measures of three major antioxidants: superoxide dismutase (SOD), catalase, glutathione, as well as blood lactate levels. Antioxidants protect us from free radical damage; blood lactate is a biochemical indicator of stress. Study participants were healthy males undergoing a highly stressful professional training program (the Police Training Academy (PTA) in Delhi, India). The trainees practiced SKY for 5 months, while a matched comparison group of PTA trainees did not. At the end of 5 months, those who had practiced SKY showed significantly greater antioxidant production and significantly lower blood lactate compared to the control group. This pilot study suggests that regular practice of Sudarshan Kriya and accompanying practices leads to a better antioxidant defense and greater resilience to stress in daily life. Larger studies are needed to confirm these findings.