

Sudarshan kriya yoga shows benefits for physician well-being

February 6 2024, by Lori Solomon



Sudarshan Kriya yoga (SKY) may aid physician well-being and mental health, according to a study published online Jan. 31 in [JAMA Network Open](#).

Asli Korkmaz, from Dokuz Eylul University in Izmir, Turkey, and colleagues examined whether SKY can reduce [psychological distress](#) and improve wellness in physicians. Analysis included participants randomly assigned to SKY (66 individuals) versus a stress management education control (63 individuals).

The researchers found that compared with the stress management education control group, participants in the SKY group had significantly decreased stress on the 42-item Depression, Anxiety, and Stress Scale at posttraining (difference, -6.8 points) and at eight weeks postintervention (difference, -6.0 points).

SKY was also associated with significantly decreased depression at posttraining (difference, -5.7 points) and postintervention (difference, -5.4 points) and significantly decreased anxiety at postintervention. Lastly, in the SKY group, there was a significant decrease in insomnia from baseline to postintervention (difference, -0.3 points).

While the [intervention](#) had no effect on self-reported [medical errors](#), the SKY group showed significantly increased professional fulfillment as well as significant decreases in work exhaustion, interpersonal disengagement, and burnout.

"These findings suggest that SKY represents a practical and efficient approach for improving physician well-being," the authors write.

More information: Asli Korkmaz et al, Sudarshan Kriya Yoga Breathing and a Meditation Program for Burnout Among Physicians, *JAMA Network Open* (2024). [DOI: 10.1001/jamanetworkopen.2023.53978](#)

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Citation: Sudarshan kriya yoga shows benefits for physician well-being (2024, February 6) retrieved 28 April 2024 from <https://medicalxpress.com/news/2024-02-sudarshan-kriya-yoga-benefits-physician.html>

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