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Yogic breathing as potential adjunct therapeutic option in chronic illnesses

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Yogic breathing (also known as Pranayama) is an ancient practice of breathing regulation for physical and mental health. Although practiced for thousands of years, the biological mechanisms underlying Pranayama are only beginning to be understood. Deeper scientific insights into this ancient wisdom will enable the practitioners understand the underlying mechanistic principles. Towards this goal we conducted a clinical trial. We found that after 20 minutes of Yogic breathing when compared to quiet reading (attention control) there were significant alteration to salivary biomarkers related to the nervous system, tumor suppression, and inflammation. We further study the usefulness of yogic breathing among cancer patients and caregivers. This talk will cover data on how Yogic breathing could be useful in clinical settings, and how salivary biomarkers could be a valuable tool to assess Yoga outcome measures.

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