



## HOW SUDHARSHAN KRIYA HELPS TO REDUCE THE HABIT OF SMOKING AND MOTIVATE TO QUIT SMOKING

<sup>1</sup>Harish Rawat, <sup>2</sup>Anuradha, <sup>3</sup>Dr Vedamurthachar, <sup>4</sup>Laxmi Rawat & <sup>5</sup>Dr Reena Rawat

<sup>1</sup>Tata Consultancy Services, Clinical Data Management, Noida, U.P, India.

<sup>2</sup>Dabur Research, Sahibhabhad, U.P, India.

<sup>3</sup>Research and Development, VVMVP International Art of Living Center, Bangalore, India.

<sup>4</sup>Pushpanjali Crosslay hospital, Kaushambi, Ghaziabhad, U.P, India.

<sup>5</sup>Nutri Health, Delhi, India.

\*Corresponding author's E-mail: [clinicalharish@gmail.com](mailto:clinicalharish@gmail.com)

Accepted on: 29-11-2010; Finalized on: 10-02-2011.

### ABSTRACT

Smokers try to quit only once every 2 to 3 years and most do not use proven treatments. Tobacco smoking is the practice where tobacco is burned and the vapors either tasted or inhaled. The practice began as early as 5000–3000 BC. Smoking is the most common method of consuming tobacco, and tobacco is the most common substance smoked. The aim of study is how sudharshan kriya regular practice helps to reduce the habit of smoking and motivate people to quit smoking Habit. The Sudarshan Kriya, a powerful rhythmic breathing technique that facilitates physical, mental, emotional, and social well-being is an integral part of the Art of Living programs. 'Su' means proper, 'darshan' means vision, and 'Kriya' is a purifying practice. The Sudarshan Kriya is therefore a purifying practice, whereby one receives a proper vision of one's true self. This unique breathing practice is a potent energizer. A habitual tobacco consumer practicing sudharshan Kriya does not feel the need to continue the habit and be dependent upon smoking. Moreover this process helps a person to quit smoking habit. The First step towards tobacco cessation is motivation; Sudharshan Kriya motivates to quit tobacco.

**Keywords:** Sudharshan Kriya, Quit Smoking, tobacco smoking.

### INTRODUCTION

Smokers try to quit only once every 2 to 3 years and most do not use proven treatments.<sup>1</sup> Tobacco smoking is the practice where tobacco is burned and the vapors either tasted or inhaled. The practice began as early as 5000–3000 BC.<sup>2</sup> Smoking is the most common method of consuming tobacco, and tobacco is the most common substance smoked. The agricultural product is often mixed with other additives<sup>3</sup> and then pyrolyzed. The resulting vapors are then inhaled and the active substances absorbed through the alveoli in the lungs.<sup>4</sup> The active substances trigger chemical reactions in nerve endings which heightens heart rate, memory, alertness,<sup>5</sup> and reaction time.<sup>6</sup> Dopamine and later endorphins are released, which are often associated with pleasure.<sup>7</sup> As of 2000, smoking is practiced by some 1.22 billion people.

The aim of study is how sudharshan kriya regular practice helps to reduce the habit of smoking and motivate people to quit smoking Habit. The Sudarshan Kriya<sup>8</sup>, a powerful rhythmic breathing technique that facilitates physical, mental, emotional, and social well-being is an integral part of the Art of Living programs. It is today universally acclaimed for its effectiveness in eliminating stress, and bringing one completely into the present moment. As HH Sri Sri Ravi Shankar puts it, the Sudarshan Kriya came to him like an inspiration to bridge the gap between the worlds of inner silence, and outer expression of life.

'Su' means proper, 'darshan' means vision, and 'Kriya' is a purifying practice. The Sudarshan Kriya is therefore a purifying practice, whereby one receives a proper vision of one's true self. This unique breathing practice is a potent energizer. Every cell becomes fully oxygenated, and flooded with new life, bringing a sense of joy in the moment. And when we feel good about ourselves, love flows naturally in all our relationships with others and helps to reduce habit smoking and motivate to quit smoking. It flushes our anger, anxiety, and worry; leaving the mind completely relaxed, and energized. Sudharshan kriya<sup>9</sup>, is a rhythmical breathing process which the tobacco habitués are encouraged to practice daily at home. It is powerful technique which energies the body and oxygenate each and every cell of the body. The Negative emotions are eliminated before they can cause stress to the mind and trigger "the urge of smoker". The mind become more alert and focused. The inner strength become strong and pervasive. Thus stress free, calm, balanced person, full of positive thoughts and self confidence person does not feel the need to start smoking. A habitual tobacco consumer practicing sudharshan Kriya does not feel the need to continue the habit and be dependent upon smoking. Moreover this process helps a person to quit smoking habit. The First step towards tobacco cessation is motivation; Sudharshan Kriya motivates to quit tobacco.



## METHOD<sup>10</sup>

In this study we create 2 groups:

I) Control group (Yoga only)

II) Test Group (Yoga+SKY)

We enrolled subject as per Inclusion criteria

i) Heavy smoker (as per WHO Guideline, the person who smoke more than 10 cigarettes/day).

ii) Age should be more than 18 year's male,

iii) The person should be willing to quit smoking,

iv) The Person should not be operate or any surgery last 6 months,

v) The person should not be Asthma patient or any allergy.

We take Inform consent from subjects to participate in AOL Part -1 Course Study. we creates 2 groups of 10subject each. One has given only yoga therapy and one given as yoga +SKY.

We have set of questioner regarding habit of smoking and so many study parameters which is filled by participant before and after the study and take regular follow up till 6 week with subject.

### I. Control Group (Yoga Only)

In this group we can treat subject with only yoga therapy. It was practiced within the hall with good ventilation, free from dust. We start from simple warm up exercise and Pranayama for one hour for 6 days and fill time to time questioner after each yoga therapy .Patients were asked to practice the Yoga therapy every day for about 65-70minites.for 6 weeks in home and fill questioner.

### II. Test Group (Yoga+Sudharshan Kriya)

The SKY procedure was a standardized Technique of about 1-hour duration. It was practiced within the hall with good ventilation, free from dust. It was practiced usually in sitting posture with eyes closed on clean carpet. SKY was practiced before breakfast. It was advised to give a gap of 3 hours if patient had the lunch, 1hour after breakfast. The SKY procedure consisted of three sequential breathing components, interspersed with normal respiration, as described below.

1) **Ujjayi Pranayama** consists of slow deep breathing using throat. Each cycle includes breathing in, holding, breathing out and holding. There are three different stages of Ujjayi Pranayama viz.

Diaphragmatic breathing

Thoracic breathing:

Clavicular breathing.

2) **Bhastrika pranayama** consists of forced inhalation &Exhalation 20 times, practiced for three such rounds with one minuterelaxation in between. The total duration

of ujjayi & bhastrika pranayama will beabout 12-15 minutes.

3) **Cyclical breathing** consists of slow cycles, medium cycles, and fast cycles of breathing practiced for a total duration of 30 Minutes.

4) At the end of these components, the patients were asked to remain in yoga nidra (tranquil state) for about 20 minutes. The entire procedure lasted about 65-70 minutes. Patients were asked to practice the SKY procedure every day for about 60 minutes for 6 weeks and fill questioner.

## RESULTS AND CONCLUSION

This study shows sudharshan Kriya (Test Group) helps reduce the habit of smoking and motivate to quit smoking habit as compare to yoga therapy (Control Group) only. The authors concluded that sudharshan Kriya (Test Group) is “.. a good alternative for the management of anti smoking therapy .

## REFERENCES

1. Motivating and Helping Smokers to Stop Smoking, John R Hughes, MD <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1494968/>
2. Gately, Iain (2004) [2003]. *Tobacco: A Cultural History of How an Exotic Plant Seduced Civilization*. Diane. pp. 3–7. ISBN 0-80213-960-4. <http://books.google.com/>. Retrieved 2009-03-22.
3. Wingand, Jeffrey S. (July 2006). "ADDITIVES, CIGARETTE DESIGN and TOBACCO PRODUCT REGULATION" (PDF). Mt. Pleasant, MI 48804: Jeffrey Wigand. <http://www.jeffreywigand.com/WHOFinal.pdf>. Retrieved 2009-02-14.
4. Gilman & Xun 2004, p. 318
5. Parrott, A. C.; Winder, G. (1989). "Nicotine chewing gum (2 mg, 4 mg) and cigarette smoking: comparative effects upon vigilance and heart rate". *Psychopharmacology* 97 (2): 257–261. doi:10.1007/BF00442260. PMID 2498936. edit
6. Parkin, C.; Fairweather, D. B.; Shamsi, Z.; Stanley, N.; Hindmarch, I. (1998). "The effects of cigarette smoking on overnight performance". *Psychopharmacology* 136 (2): 172–178. doi:10.1007/s002130050553. PMID 9551774.
7. Gilman & Xun 2004, pp. 320–321
8. <http://www.sudarshankriya.net/>
9. Tobacco cessation prevention through Sudharshan Kriya By Ranju Ranhan
10. Art of Living Research Org.



**About Corresponding Author: Mr .Harish Rawat**



Mr .Harish Rawat is art of living teacher , have broad experience (6 year) of clinical research. Currently working in Tata consultancy Services (TCS) Clinical Research Data Management Department, Noida, India.