

Mindfulness Benefits

Mindfulness, Relaxation, Guided Imagery, Diaphragmatic Breathing; Heart rate variability

Stress and Anxiety

Source:

Effects of abdominal breathing on state anxiety, stress, and tocolytic dosage for pregnant women in preterm labor. J Korean Acad Nurs (Journal of Korean Academy of Nursing). 2010 Jun;40(3):442-52. doi: 10.4040/jkan.2010.40.3.442.

[<https://www.ncbi.nlm.nih.gov/pubmed/20634635>]

Posttraumatic Stress Disorder (PTSD)

Source:

Relaxation Techniques for Trauma. J Evid Inf Soc Work (Journal of evidence-informed social work). 2016 Sep-Oct;13(5):434-41. doi: 10.1080/23761407.2016.1166845. Epub 2016 Apr 27

[<https://www.ncbi.nlm.nih.gov/pubmed/27119722>]

Memory

Source:

Deep Breathing Practice Facilitates Retention of Newly Learned Motor Skills. Sci Rep. 2016; 6: 37069. Published online 2016 Nov 14. doi: [10.1038/srep37069]

[<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5107920/>]

Depression, plus Improved Sleep

Source:

Breathing exercise combined with cognitive behavioural intervention improves sleep quality and heart rate variability in major depression J Clin Nurs (Journal of clinical nursing). 2015 Nov;24(21-22):3206-14. doi: 10.1111/jocn.12972. Epub 2015 Sep 25. [<https://www.ncbi.nlm.nih.gov/pubmed/26404039>]

Obsessive-Compulsive Disorder (OCD)

Source:

Clinical case report: efficacy of yogic techniques in the treatment of obsessive compulsive disorders. Int J Neurosci (The International journal of neuroscience). 1996 Mar;85(1-2):1-17.
[<https://www.ncbi.nlm.nih.gov/pubmed/8727678>]

Chronic Pain (pain perception, autonomic activity, and mood processing)

Source:

Pain Med (Pain medicine (Malden, Mass.)). 2012 Feb;13(2):215-28. doi: 10.1111/j.15264637.2011.01243.x. Epub 2011 Sep 21.
[<https://www.ncbi.nlm.nih.gov/pubmed/21939499>]

COVID-19 Recovery Process

Deep breathing can help **restore diaphragm function** and **increase lung**

Source:

Gerritsen, R., & Band, G. (2018). Breath of Life: The Respiratory Vagal Stimulation Model of Contemplative Activity. Frontiers in human neuroscience, 12, 397. { <https://doi.org/10.3389/fnhum.2018.00397> }

Improve Mood and Reduce Stress

Source:

The role of deep breathing on stress
Neurol Sci (Neurological sciences : official journal of the Italian Neurological Society and of the Italian Society of Clinical Neurophysiology). 2017 Mar;38(3):451-458. doi: 10.1007/s10072-016-2790-8. Epub 2016 Dec 19. PMID:27995346 DOI:10.1007/s10072-016-2790-8
[<https://www.ncbi.nlm.nih.gov/pubmed/27995346>]

Addictions

Source:

The acute effects of yogic breathing exercises on craving and withdrawal symptoms in abstaining smokers. Psychopharmacology (Berl) (Psychopharmacology). 2013 Feb;225(4):875-82. doi: 10.1007/s00213-012-2876-9. Epub 2012 Sep 20
[<https://www.ncbi.nlm.nih.gov/pubmed/22993051>]

Improves Focus, Attention, General Psychomotor Function and Higher Mental Functions (language, memory, thinking, attention, abstraction and perception)

Source:

Blood pressure and purdue pegboard scores in individuals with hypertension after alternate nostril breathing, breath awareness, and no intervention Med Sci Monit. 2013; 19: 61–66. Published online 2013 Jan 21. doi: [10.12659/MSM.883743]
[<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3628802/>] Source:

Effect of controlled deep breathing on psychomotor and higher mental functions in normal individuals. Indian J Physiol Pharmacol (Indian journal of physiology and pharmacology). 2015 Jan-Mar;59(1):41-7. [<https://www.ncbi.nlm.nih.gov/pubmed/26571983>]

Improves Quality of Life: cancer

Source:

Effects of progressive muscle relaxation, guided imagery and deep diaphragmatic breathing on quality of life in elderly with breast or prostate cancer. J Educ Health Promot (Journal of education and health promotion). 2017 Apr 19;6:1. doi: 10.4103/jehp.jehp_147_14. eCollection 2017
[<https://www.ncbi.nlm.nih.gov/pubmed/28546966>]

Lung Function

Source:

Acute effects of deep breathing for a short duration (2-10 minutes) on pulmonary functions in healthy young volunteers. Indian J Physiol Pharmacol (Indian journal of physiology and pharmacology). 2011 Apr-Jun;55(2):154-9.
[<https://www.ncbi.nlm.nih.gov/pubmed/22319896>]

Physiological Tension

Source:

A sigh of relief or a sigh to relieve: The psychological and physiological relief effect of deep breaths. *Physiol Behav* (Physiology & behavior). 2016 Oct 15;165:127-35. doi: 10.1016/j.physbeh.2016.07.004. Epub 2016 Jul 9. [<https://www.ncbi.nlm.nih.gov/pubmed/27404329>]

Heart Function

Source:

Influence of deep breathing exercise on spontaneous respiratory rate and heart rate variability: a randomised controlled trial in healthy subjects. *Indian J Physiol Pharmacol* (Indian journal of physiology and pharmacology). 2012 Jan-Mar;56(1):80-7. [<https://www.ncbi.nlm.nih.gov/pubmed/23029969>]

Cardiac Postoperative Pain

Source:

Relaxation technique and postoperative pain in patients undergoing cardiac surgery. (PMID:2180861) *Heart & Lung: the Journal of Critical Care* [01 Mar 1990, 19(2):136-146] [<http://europepmc.org/abstract/MED/2180861>]

Increases Energy

Source:

Effect of Regular Yogic Training on Growth Hormone and Dehydroepiandrosterone Sulfate as an Endocrine Marker of Aging. *Evid Based Complement Alternat Med*. 2014; 2014: 240581. Published online 2014 May 8. doi: [10.1155/2014/240581] [<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4034508/>]

Diabetics

Source:

Diaphragmatic breathing exercise as a therapeutic intervention for control of oxidative stress in type 2 diabetes mellitus. Complement Ther Clin Pract (Complementary therapies in clinical practice). 2012 Aug;18(3):151-3. doi: 10.1016/j.ctcp.2012.04.002. Epub 2012 Jun 28.
[<https://www.ncbi.nlm.nih.gov/pubmed/22789789>]

Gastroesophageal Reflux Disease (GERD)

Source:

Diaphragmatic breathing exercise as a therapeutic intervention for control of oxidative stress in type 2 diabetes mellitus. Complement Ther Clin Pract (Complementary therapies in clinical practice). 2012 Aug;18(3):151-3. doi: 10.1016/j.ctcp.2012.04.002. Epub 2012 Jun 28.
[<https://www.ncbi.nlm.nih.gov/pubmed/22146488>]

Athletic Performance

Source:

Diaphragmatic breathing reduces exercise-induced oxidative stress.
Evid Based Complement Alternat Med (Evidence-based complementary and alternative medicine : eCAM). 2011;2011:932430. doi: 10.1093/ecam/nep169. Epub 2011 Feb 10.
[<https://www.ncbi.nlm.nih.gov/pubmed/19875429>]

Controls Glycemic Response

Source:

Relaxation breathing improves human glycemic response. J Altern Complement Med (Journal of alternative and complementary medicine New York, N.Y.). 2013 Jul;19(7):633-6. doi: 10.1089/acm.2012.0603. Epub 2013 Jan 29.
[<https://www.ncbi.nlm.nih.gov/pubmed/23360657>]

Weight Loss

Source:

Modified Qigong Breathing Exercise for Reducing the Sense of Hunger on an Empty Stomach. J Evid Based Complementary Altern Med (Journal of evidence-based complementary & alternative medicine). 2017 Oct;22(4):687-695. doi: 10.1177/2156587217707143. Epub 2017 May 12. [https://www.ncbi.nlm.nih.gov/pubmed/28497701]

Irritable Bowel Syndrome (IBS)

Source:

Yogic versus conventional treatment in diarrhea-predominant irritable bowel syndrome: a randomized control study. Appl Psychophysiol Biofeedback (Applied psychophysiology and biofeedback). 2004 Mar;29(1):19-33. [https://www.ncbi.nlm.nih.gov/pubmed/15077462]

Inflammation

Source:

Yogic breathing when compared to attention control reduces the levels of pro-inflammatory biomarkers in saliva: a pilot randomized controlled trial. BMC Complement Altern Med (BMC complementary and alternative medicine). 2016 Aug 18;16:294. doi: 10.1186/s12906-016-1286-7. [https://www.ncbi.nlm.nih.gov/pubmed/27538513]