

Videnskabelige & historiske referencer

Modul 1:

Åndedrætsarbejdets fysiologiske og psykologiske effekter

- Brown, R.P., & Gerbarg, P.L. (2005)

Sudarshan Kriya Yogic breathing in the treatment of stress, anxiety, and depression.

Journal of Alternative and Complementary Medicine, 11(4), 711–717.

→ Demonstrates how specific breath techniques reduce anxiety, depression, and PTSD symptoms.

- Jerath, R., Edry, J.W., Barnes, V.A., & Jerath, V. (2006)

Physiology of long pranayamic breathing: Neural respiratory elements may provide a mechanism that explains how slow deep breathing shifts the autonomic nervous system.

Medical Hypotheses, 67(3), 566–571.

→ Explains how slow breathing activates parasympathetic regulation and calms the nervous system.

- Zaccaro, A., Piarulli, A., Laurino, M., Garbella, E., Menicucci, D., Neri, B., & Gemignani, A. (2018)

How breath-control can change your life: A systematic review on psychophysiological correlates of slow breathing.

Frontiers in Human Neuroscience, 12, 353.

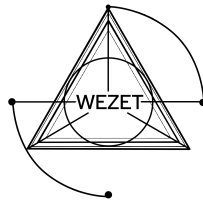
→ Meta-analysis of slow breathing techniques and their effects on HRV, stress response, emotional regulation, and cognitive performance.

- Kox, M., et al. (2014)

Voluntary activation of the sympathetic nervous system and attenuation of the innate immune response in humans.

Proceedings of the National Academy of Sciences (PNAS), 111(20), 7379–7384.

→ Documents Wim Hof Method's effect on immune response and stress regulation via breath retention and cold exposure.



- Noble, D.J., & Hochman, S. (2019)

Hypocapnia and hyperventilation-induced anxiety: The role of carbon dioxide in panic disorder.

Frontiers in Psychiatry, 10, 786.

→ Explores the relationship between CO₂ levels and anxiety, supporting breath-hold work for emotional regulation.

- Grof, S. (1988)

The Adventure of Self-Discovery: Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration.

→ Foundational text on Holotropic Breathwork and non-ordinary states of consciousness.

- Feuerstein, G. (1998)

The Yoga Tradition: Its History, Literature, Philosophy and Practice.

→ Provides in-depth historical background on Pranayama and the yogic view of breath (prana) as life force.

- Yeshe, T. (1987)

The Bliss of Inner Fire: Heart Practice of the Six Yogas of Naropa.

→ Explains the Tibetan practice of Tummo breathing and its role in awakening inner energy.

- Porges, S.W. (2011)

The Polyvagal Theory: Neurophysiological foundations of emotions, attachment, communication, and self-regulation.

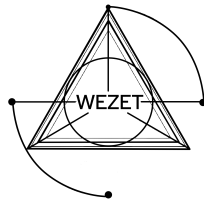
→ Supports modern understanding of how breath regulates the vagus nerve and emotional safety.

Online LINKS på medicinske studier

Effect of breathwork on stress and mental health

A meta-analysis of randomised-controlled trials:

https://pmc.ncbi.nlm.nih.gov/articles/PMC9828383/?utm_source=chatgpt.com



Brief structured respiration practices enhance mood and reduce physiological arousal

https://pmc.ncbi.nlm.nih.gov/articles/PMC9873947/?utm_source=chatgpt.com

How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing

https://www.frontiersin.org/journals/human-neuroscience/articles/10.3389/fnhum.2018.00353/full?utm_source=chatgpt.com

Deep breathing exercise at work: Potential applications and impact

https://www.frontiersin.org/journals/physiology/articles/10.3389/fphys.2023.1040091/full?utm_source=chatgpt.com

Breathing Practices for Stress and Anxiety Reduction: Conceptual Framework of Implementation Guidelines Based on a Systematic Review of the Published Literature

https://pmc.ncbi.nlm.nih.gov/articles/PMC10741869/?utm_source=chatgpt.com
