



Psychological Effects of Kundalini-Based Practice: Stress Reduction and Emotional Regulation

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Abstract

Kundalini-based practices are increasingly explored as mind–body interventions aimed at improving psychological well-being and stress regulation. These practices typically combine focused attention, controlled breathing, bodily awareness, and relaxation techniques, which may influence emotional processing and autonomic balance. The present study investigates the psychological effects of a Kundalini-based facilitation, with particular emphasis on perceived stress, emotional state, and subjective vitality. In a randomized, double-blind, placebo-controlled design, participants attended three guided sessions over five days, while psychological indicators were assessed daily using standardized self-report measures. The findings demonstrate a substantial reduction in perceived stress and a marked improvement in emotional state among participants receiving active facilitation compared to control conditions. Participants also reported increased subjective energy, emotional stability, and improved daily functioning, without changes in sleep duration or external lifestyle factors. The results suggest that Kundalini-based practice may support psychological resilience by reducing stress-related load and enhancing emotional regulation. These effects are consistent with contemporary models linking mind–body interventions to modulation of autonomic and psychophysiological processes. The study supports the use of Kundalini-based practices as a complementary, non-pharmacological approach for improving psychological health and highlights the need for further research to clarify underlying mechanisms and long-term outcomes.

Keywords: emotional regulation; kundalini practice; mind–body intervention; psychological well-being; stress reduction