

# Yoga and HIV/AIDS

Compiled by: Trisha Lamb

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## **International Association of Yoga Therapists**

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The contents of this bibliography do not provide medical advice and should not be so interpreted. Before beginning any exercise program, see your physician for clearance.

**NOTE:** The “Limited Mobility” bibliography may also be of assistance.

*“Sometimes I don’t know what it’s like to feel normal anymore, but I do know that after an hour of restorative poses, I feel like a new person mentally, spiritually, and physically.”*

—Steve McCeney  
AIDS patient, quoted in  
*Yoga Journal*, July/August 2001

**American Yoga Association.** Yoga and AIDS/HIV. Article available online:  
<http://www.americanyogaassociation.org/onesheets/02aids.html>.

**The Art of Living Foundation.** Integration of The Art Of Living with HIV program into diverse community care models, and cooperation among independent research, government, and nonprofit institutions in providing services to HIV populations. Poster session at the International Conference on AIDS, Durban, South Africa, July 2000.

\_\_\_\_\_. The Art of Living HIV Course. See description online at [http://www.artofliving.org/c-special\\_hiv.html](http://www.artofliving.org/c-special_hiv.html) where you will also find an abstract of a pilot study conducted on the effects of Sudarshan Kriya Yoga on HIV. See the “Research in Progress” section below for information on a follow-up study currently in progress.

**Becker, Barbara, and Amy Alice Green.** Yoga therapy evaluation: AIDS. *Spirit of Healing Yoga Therapy Journal*. Article available online: <http://www.iytyogatherapy.com>.

**Breedlove, Jennifer.** The breath of life. *Conscious Choice: The Journal of Ecology & Natural Living*, Aug 31, 1995, 8(4):55. (On the Sudarshan Kriya breathing technique.)

**The Buddhist AIDS Project.** URL: <http://www.gaybuddhist.org/followindex.html>.

“The Buddhist AIDS Project (BAP), based in San Francisco, California, provides free information and referral to: current HIV/AIDS news, with links to local, national, and international resources; Buddhist teachings, practice centers, and special events; complementary/alternative medicine services.

“An all-volunteer, non-profit Affiliate of the Buddhist Peace Fellowship (BPF), BAP serves anyone living with HIV/AIDS, including family, friends, caregivers and people who are HIV negative.”

**Butera, Robert.** Yoga and HIV. *Q San Francisco*, Jun/Jul 1996. Available online: <http://qsfmagazine.com/qsf/9606/wellness.html>.

\_\_\_\_\_. A well-being checklist for HIV/AIDS. *Yoga Journal*, Nov/Dec 1996, p. 42.

\_\_\_\_\_. *A Comprehensive Yoga Lifestyle Education Program for People Living with HIV/AIDS*. Fort Worth, Tex.: InTech Publishing, 2001. Available for purchase as an ebook at <http://www.cyber-bookstore.com/yoga>.

**Chapman, Jnani.** Yoga for HIV/AIDS, cancer and other life challenges. Article available online: <http://www.cancerlynx.com/yoga.html>.

**Crews, Nick.** Taking it to the streets: Yoga center brings therapeutic approach to inner-city. *Yoga for Everybody*, Jul 2004, pp. 18-19.

On Nikki Myers's CITYYOGA Center for Yoga and Health in Indianapolis, Indiana, which offers a free Yoga for HIV/AIDS class. For more information, see [www.cityyoga.biz](http://www.cityyoga.biz).

*Exercises for People with HIV by People with HIV* video. Available from Positive Moves, 1579 Monroe Drive NE, #F825, Atlanta, GA 30324, 404-876-5192.

Exercises based on chi kung and weight training. Positively reviewed in *Yoga Journal*, Mar/Apr 1998.

**Farmer, Anna.** Stretching towards life. WomensWire.com. URL: <http://www.womenswire.com/goodnews/people/cl17feature.html>. (On Yoga classes at Jivamukti Yoga Center in New York City for HIV-positive persons.)

**Foster, Bliss.** Yoga for HIV/AIDS: The mind-body connection. *Body Positive*, Sep 1999, 12(9). Article available online: <http://www.thebody.com/bp/sept99/yoga.html> or <http://www.yogamovement.com/resources/aids.html>.

**Guru Ram Das Center for Medicine and Humanology.** Utilizes a yogically based health recovery system integrated with medical treatment that serves people with medical conditions at all stages, including newly diagnosed, treatment phase, recovery, recurrence, and end-stage. HIV is among their specialties. Guru Ram Das Center for Medicine and Humanology, P.O. Box 943, Santa Cruz, New Mexico 87567, USA, tel: 505-995-2086, toll free: 800-326-1322, email: [healthnow@grdcenter.org](mailto:healthnow@grdcenter.org), URL: <http://www.grdcenter.com/>.

**Harrison, Gavin.** Working with pain. *Tricycle: The Buddhist Review*, Winter 2002, p. 40.

Diagnosed HIV-positive in 1989, Vipassana teacher Gavin Harrison offers some advice on how to confront physical pain.

**Hay, Louise.** Living with AIDS. *Yoga Journal*, Jul/Aug 1987. Letters to the editor in response to this article in Jan/Feb 1988 issue, p. 16.

**Hendrickson, Paul.** *Alive and Well: A Path for Living in a Time of HIV*. North Stratford, N.H.: Irvington Publishers, 1990. (Contains a section on Yoga.)

**Heyman, Jivana Jason.** Yoga and Healing for People with HIV/AIDS classes. California Pacific Medical Center, Institute for Health and Healing, San Francisco, California. URL: <http://www.cpmc.org> (check the Wellness Calendar for a schedule of classes). For more information, email: [cpmcihh@sutterhealth.org](mailto:cpmcihh@sutterhealth.org).

Course description: This class, for people living with HIV/AIDS, incorporates all aspects of the ancient science of Yoga. We explore Yoga postures, breathing practices, guided imagery, and meditation, in order to reduce stress and support the immune system. The class includes a discussion of Yoga philosophy and group sharing to support an inward spiritual journey to the source of healing within.

**Iyengar, B. K. S.** AIDS. In B. K. S. Iyengar, *Yoga: The Path to Holistic Health*. London/New York: Dorling Kindersley, 2001, pp. 287-289.

**Jacobs, Susan.** Teaching yoga to people with AIDS. *Yoga Journal*, Jul/Aug 1987, pp. 11-13.

**Khalsa, Shanti Shanti Kaur.** The effects of two types of meditation techniques on self-efficacy beliefs in persons in CDC stages II and III of HIV disease. 1993. The author may be contacted at Guru Ram Das Center for Meditation and Humanities, Santa Cruz, New Mexico, [healthnow@grdcenter.org](mailto:healthnow@grdcenter.org).

\_\_\_\_\_. Sat Nam Rasayan as a yogic therapy. Paper presented at the 10<sup>th</sup> International Conference on Yoga for Positive Health, University of South Florida, Tampa, 15-17 Dec 2000. Email: [healthnow@hrdcenter.org](mailto:healthnow@hrdcenter.org).

\_\_\_\_\_. Yoga therapy for the immune system. Paper presented at the 10<sup>th</sup> International Conference on Yoga for Positive Health, University of South Florida, Tampa, 15-17 Dec 2000. Email: [healthnow@hrdcenter.org](mailto:healthnow@hrdcenter.org).

\_\_\_\_\_. Immune Fitness® Kundalini Yoga. 6<sup>th</sup> Annual Yoga Journal Convention, 27-30 Sep 2001, Estes Park, Colorado.

\_\_\_\_\_. Mind and Movement®: Yoga for Serious Illness workshop. 6<sup>th</sup> Annual Yoga Journal Convention, 27-30 Sep 2001, Estes Park, Colorado.

“Simple, safe, and effective yogic methods re medically sound and helpful to people with specific illnesses including cancer, HIV disease, and chronic fatigue to ease the side effects of medical treatment.” Based on principles present in Dr. Khalsa’s Immune Fitness® Kundalini Yoga workshop.

**Kout, Paula.** Yoga and AIDS. *The Journal of The International Association of Yoga Therapists*, 1992, 3:18-24. Article available online: <http://www.yogagroup.org/kout.html> or excerpted at <http://www.chennaionline.com/health/yoga/hiv.asp>.

**Kraftsow, Gary.** The lymphatic system and immunity. In Gary Kraftsow, *Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga*. New York: Penguin/Arkana, 1999, pp. 245-246.

**Le Roy, Patrick.** Practice of “Iyengar Yoga” when infected with HIV. *Yoga Rahasya*, 2002, 9(2):39-42.

**Macy’s Living Well Program**, California Pacific Medical Center, San Francisco, California, 415-923-3106. (Program includes Yoga for AIDS.)

**Madan, P. C.** To study the efficacy of vibrionic therapy and Transcendental Meditation in management of HIV positive service personnel. Paper presented at the First International Conference on Yoga in Daily Life, organized by Vivekananda Kendra Yoga Research Foundation, Bangalore, and ASK, Delhi, 20-22 Dec 1996.

**Miller, Olivia H.** A sharing of breaths [on comeditation]. *Yoga Journal*, Mar/Apr 1993, pp. 136, 124-126.

“The technique is particularly beneficial for AIDS patients . . .”

**Monro, Dr. Robin, Dr. R. Nagarathna, and Dr. H. R. Nagendra.** Cancer and AIDs. In Dr. Robin Monro, Dr. R. Nagarathna, and Dr. H. R. Nagendra, *Yoga for Common Ailments*. New York/London: Simon & Schuster, 1990, p. 59.

**Montgomery, Lizette.** Yoga video for AIDS. *Yoga Journal*, Jul/Aug 1995, p. 28.

\_\_\_\_\_. Yogis with AIDS. *Yoga Journal*, Jul/Aug 1995, p. 34.

**More, Blake.** Yoga for HIV and AIDS. *Yoga Journal*, Nov/Dec 1996, pp. 41-42.

**Mulcahy, Nicholas.** Strike a pose: Yoga practice can add a twist to today’s HIV therapy. Available on the web at: [http://www.thebody.com/poz/survival/7\\_98/bodytalk.html](http://www.thebody.com/poz/survival/7_98/bodytalk.html)

**Nation’s first African-American AIDS think tank [The African-American AIDS Policy and Training Institute] opens headquarters in Los Angeles.** PRNewswire (www.prnewswire.com), 27 Oct 2000. (Classes on Yoga will be offered.)

**Newshan, Gayle.** Transcending the physical: Spiritual aspects of pain in patients with HIV and/or cancer. *Journal of Advanced Nursing*, Dec 1998, 28(6):1236-1241.

Abstract: Spirituality is an important though often neglected aspect of pain in patients with human immunodeficiency virus (HIV) and/or cancer, for both patients and nurses. The spiritual domain involves: (1) meaning, (2) hope and (3) love and relatedness. The author examines spiritual aspects of pain in persons with HIV and/or cancer, as supported by the literature. Understanding spiritual aspects of pain carries implications for nursing. One of these implications is that it is important for the nurse to be closer to his/her own spirit in

order to be there for the patient in pain. Other nursing implications include spiritual assessment and interventions, such as presence, attentive listening, acceptance and judicious self-disclosure, for promoting comfort and diminishing pain.

**New study shows prayer heals.** Summary available online:  
<http://see.auraresearch.net/index.html>.

“New double-blind, scientific study published in the *Western Journal of Medicine* and featured in *Time Magazine* and the Macneil-Lehrer News Hour tracks and records the beneficial effects of long distance prayer and healing on a group of AIDS patients.”

**Pereira, Father Joe.** *Living with AIDS Through Yoga and Meditation* video. Available from Kripa West Charity, Attn: Valery Petrick/Director, 388 Point McKay Gardens NW, Calgary, Alberta, Canada T3B 4V8, 403-270-9691. Reviewed positively by Lizette Montgomery in *Yoga Journal*, Jul/Aug 1995, p. 28.

“This videotape includes demonstrations of gentle, supportive Yoga postures for persons living with HIV/AIDS, even if in a state of fatigue, and also includes a segment on meditation and breath awareness. It features Father Joe Pereira, who is a Yoga instructor and Catholic priest from India. He is also a long-time student of B.K.S. Iyengar.”

**Per Erez at TPA.** *YOGAChicago*, Mar-Apr 2000, p. 18.

On Per Erez’s volunteer teaching of Yoga at Test Positive Awareness Network in Chicago.

**Piper, Kelly.** *Rest & Recovery with Healing Yoga*. Los Angeles: Dover Audio. Includes illustrated guide. 60 minutes.

From the cover: “Recovering from a serious virus, yoga instructor Kelly Piper found that combining yoga exercises with visualizations and affirmations aided her own progress. The idea for this program came to [her] from a student of hers who was living with AIDS. She designed a program for him to follow while he was hospitalized. He found that the yoga positions and visualizations helped him through his pain, both emotionally and physically. Though these exercises were specifically designed for the bedridden, anyone desiring a soft, relaxing program may benefit from these gentle, effective positions.”

**Pirisi, Angela.** Our prayers are with you: Science is placing more faith in distant healing. *Yoga Journal*, Nov/Dec 2000, p. 31. (Refers to a study on AIDS and distant healing in *Western Journal of Medicine*; see Sicher citation below.)

**Raven, Bhakta.** ISKCON’s position on HIV/AIDS. Article available online:  
<http://www.nine9.ukshells.co.uk/cgi-bin/galva-idx.pl?node=galva-hiv aids>.

**Ray, Emily.** Limited yoga for Atlanta HIV/AIDS community. *Yoga for Everybody*, Jul 2004, pp. 17-18.

Heads of Absolute Wellness and the AIDS Treatment Initiative in Atlanta, Georgia, talk about the difficulty they find in getting volunteer Yoga instructors to participate in the important act of *seva* (selfless service) for the HIV/AIDS community.

**The Sangha Metta Project: Buddhist Monks & HIV/AIDS Prevention and Care.**

URL: <http://www.buddhanet.net/sangha-metta/project.html>.

From the website: “The Sangha Metta Project, which engages monks in HIV/AIDS prevention and care, is unique in that it was initiated by monks themselves in response to the need for Buddhist monks to have a more active role in HIV/AIDS prevention and care. Taking the Buddha’s teachings as their inspiration, monks concluded that a core aspect of HIV/AIDS was ignorance about the condition among both the sufferers and the general public.

“One of the most important developments is that, in strong contrast with their formal roles, project-trained monks have become active in community work. Using Buddhist ethics as their guideline, they now teach villagers how to avoid high-risk behavior, help to set up support groups, train people with HIV/AIDS in handicrafts, donate their alms and take care of AIDS orphans. Because local people are accustomed to telling monks their troubles, the latter have become a conduit for identifying many secret HIV+ people who, once identified, can be referred to support groups and public assistance programs. ‘HIV-friendly’ temples encourage these people to participate in community activities. They also provide training in meditation as well as grow and dispense herbal medicines in collaboration with local hospitals. This more active role among monks is strengthening trust between them and the people. It is also developing community potential and encouraging greater grass roots participation in solving problem at the local level. Because the project has given monks a way to become actively involved in their communities, something they have always wanted, it is spreading rapidly into other regions of Thailand, as well as neighboring countries such as Laos, Myanmar, Cambodia, Southern China, Vietnam and even Mongolia and Bhutan. . .”

**Schatz, Mary Pullig.** How AIDS affects immunity. *Yoga Journal*, Jul/Aug 1987, p. 46.

**Sicher, F., E. Targ, D. Moore, and H. S. Smith.** A randomized double-blind study of the effect of distant healing in a population with advanced AIDS. Report of a small scale study. *Western Journal of Medicine*, 1998, 169(6):356-363.

**Sowell, R., L. Moneyham, M. Hennessy, J. Guillory, A. Demi, and B. Seals.** Spiritual activities as a resistance resource for women with human immunodeficiency virus. *Nursing Research*, Mar-Apr 2000, 49(2):73-82.

**Standish, L. J., K. B. Greene, S. Bain, C. Reeves, F. Sanders, R. C. Wines, P. Turet, J. G. Kim, and C. Calabrese.** Alternative medicine use in HIV-positive men and women: Demographics, utilization patterns and health status. *AIDS Care*, Apr 2001, 13(2):197-208. Author email: [ljs@bastyr.edu](mailto:ljs@bastyr.edu). PMID: 11304425.

Between 1995 and 1997, 1,675 HIV-positive men and women using complementary and alternative medicine (CAM) were enrolled into the Bastyr University AIDS Research Center's Alternative Medicine Care Outcomes in AIDS (AMCOA) study. Funded by the National Institutes of Health (NIH) Office of Alternative Medicine (OAM) and National Institute of Allergy and Infectious Diseases (NIAID), the AMCOA study collected information on participant demographics, health status and use of conventional and CAM therapies. Participants from 46 states completed a baseline questionnaire, while additional clinical information (such as CD4 count and HIV-RNA viral load) was obtained from laboratory records. AMCOA participants reported using more than 1,600 different types of CAM therapies (1,210 CAM substances, 282 CAM therapeutic activities and 119 CAM provider types) for treating HIV/AIDS . . .CAM provider types most commonly consulted by the AMCOA cohort were massage therapists (49%), acupuncturists (45%), nutritionists (37%) and psychotherapists (35%). CAM activities most commonly used were aerobic exercise (63%), prayer (58%), massage (53%) and meditation (46%). The choice of CAM therapies among the AMCOA cohort does not appear to be solely based on scientific evidence of efficacy of individual therapies. The majority of AMCOA subjects could be characterized as using integrated medicine, since an overwhelming proportion of the cohort consult with both conventional and CAM providers and use both conventional and CAM medications, yet few subjects reported that their conventional and CAM providers work as a team. These data and this cohort set the stage for conducting studies of health status changes associated with specific CAM therapies.

**Steffensen, Sharon.** Michael McColly: Yoga as survival. *YOGAChicago*, Nov/Dec 1999, pp. 6-7, 19.

**Stott, Brian.** Stress reduction through yoga: A personal discovery. *Being Alive Newsletter*, Feb 1997. Available online: [http://www.beingalivela.org/news0297/0297\\_yoga.html](http://www.beingalivela.org/news0297/0297_yoga.html).

**Stukin, Stacie.** Free your mind. *Poz*, Feb 2000.

“Yoga goes beyond the love-bead set to ease the pain and stress of HIV.”

\_\_\_\_\_. Health, hope, and HIV. *Yoga Journal*, Jul/Aug 2001, pp. 74-81. Article available online: [http://www.yogajournal.com/health/581\\_6.cfm](http://www.yogajournal.com/health/581_6.cfm).

“With the help of yoga, a growing number of HIV patients are living longer and healthier lives.”

\_\_\_\_\_. Distant healing: Prayer from afar may prove helpful for treating HIV patients. *Yoga Journal*, Jul/Aug 2001, p. 81.

**Wallace, B. Alan.** Successful treatment of AIDS, cancer and other diseases by Tibetan medicine: An interview with Dr. Yeshe Dhonden. *Mandala*, May-Jun 2000, pp. 60-65.

**Weller, Stella.** AIDS; Immune system disorders. In Stella Weller, *Yoga Therapy*. London: Thorsons, 1995, pp. 86-87; 111-112.

**Willoughby, Deborah, and Irene Petryszak.** Yoga, addiction, & AIDS: A Conversation with Father Joe Pereira. *Yoga International*, Mar/Apr 1996, pp. 28-33.

**Without drugs, HIV patients in Myanmar turn to meditation, herbs.** *Kaleej Times*, 7 May 2005.

“For three years Phyu Phyu Thin has volunteered to work with HIV patients in military-ruled Myanmar, but like many charities, hers is unable to offer life-prolonging drugs.

“That has prompted many patients to turn to traditional herbal medicines and Buddhist meditation, which offer some comfort if not a cure . . .

“Although Myanmar has one of the highest rates of HIV infection in Asia, estimated at 1.2 percent of the adult population, fears that aid money could be misdirected has left donors reluctant to contribute very heavily to anti-AIDS efforts here.

“International agencies working here are reluctant to speak about their activities, citing the military’s restrictions on their work, but so far have only managed to secure financing and government approval for a handful of small treatment schemes.

“That has sent many sufferers searching for alternative remedies, sometimes through traditional healers or Buddhist meditation, which volunteers say they know cannot cure the disease but may at least provide some comfort.

“In September, Buddhist monks and nuns here started their own outreach program, known as Yadana Myitta that uses the teachings of Buddha to counsel patients and to educate volunteers.

“In addition to trying to educate communities about how to avoid HIV, the program also trains volunteers to work at a free clinic and teaches patients how to meditate, which traditionally has been viewed as a means of pain relief by focusing on inner peace, one 21-year-old volunteer says.”

**Yoga: A ray of hope in HIV/AIDS.** Africa News Service, 4 Nov 2002.

**Yoga for AIDS.** *Business Daily (Philippines)*, Jan 5, 1998.

**Yoga Biomedical Trust.** AIDS, HIV & Immune disorders classes. URL: <http://freespace.virgin.net/yogabio.med/> (click on “Yoga Therapy & How to Try It,” then click on “Index-Alphabetical,” then click on “AIDS”).

**The Yoga Group.** Yoga for HIV/AIDS. An extensive resource available online at <http://www.yogagroup.org>. Includes recommended asanas for HIV/AIDS and

information on Yoga classes in the following locations: **United States:** Prescott, Arizona; Palm Desert, California; San Francisco, California; Atlanta, Georgia; Chicago, Illinois; Pennsauken, New Jersey; Las Cruces, New Mexico; Kingston, New York; New York City, New York; Sparks, Nevada; Philadelphia, Pennsylvania; Milwaukee, Wisconsin; **Australia:** Burleigh Heads, Queensland; **Canada:** Calgary, Alberta; Toronto, Ontario.

**Yoo, Charles.** Some try yoga to fight AIDS. *The Washington Times*, 29 Apr 2001, FAMILY TIMES section, Science & Health, p. D4.

\_\_\_\_\_. Stretching more out of life: People with AIDS and other immunity-related illnesses say yoga strengthens their health while restoring their spirits. *The Atlanta Constitution*, 10 Apr 2001.

### *Of Related Interest*

**Cruess, D. G., M. H. Antoni, M. Kumar, and N. Schneiderman.** Reductions in salivary cortisol are associated with mood improvement during relaxation training among HIV-seropositive men. *Journal of Behavioral Medicine*, 2000, 23:107-122.

**Horrigan, Bonnie.** Candace Pert, Ph.D.: Neuropeptides, AIDS, and the science of mind-body healing [interview]. *Alternative Therapies*, Jul 1995, 1(3):70-76.

**Ivanhoe Newswire.** Exercise for HIV. Birmingham, Ala.: Ivanhoe Broadcast News (www.ivanhoe.com), 26 May 2003.

“When someone is diagnosed with HIV, new medications can help him or her live for many years. These medications can also cause the person to gain a lot of weight. Patients with HIV have been told for years not to exercise because it may be harmful. New research proves that theory wrong.”

**Koar, William.** Meditation, T-cells, anxiety, depression and HIV infection. *Subtle Energies and Energy Medicine Journal*, 1995, 6(1).

Abstract: The practice of meditation, specifically Qigong, was hypothesized as being potentially helpful to HIV-infected individual. The intervention was assumed to be stress-reducing. Anxiety, depression and T-cell counts were measured. A statistically significant increase in T-cells and a statistically significant decrease in anxiety and depression were found. A control group was not included in this pilot study.

**Kushi, Michio.** *Healing AIDS* audiocassette. 60 minutes. (Guided meditation.)

**Reuters Health.** Some [with AIDS] request euthanasia to control “loss of self.” 7 Aug 2001. Article available online: <http://www.healthcentral.com/news/newsfulltext.cfm?ID=57033&src=n1>. (This study has interesting spiritual implications.)

Sicher, Fred. Elisabeth Targ, Dan Moore II, and Helene S. Smith. A randomized double-blind study of the effect of distant healing in a population with advanced aids: Report of a small scale study. *Subtle Energies and Energy Medicine Journal*, 1998, 9(2).

**Abstract:** Various forms of distant healing (DH), including prayer and “psychic healing,” are widely practiced, but insufficient formal research has been done to indicate whether such efforts actually affect health. We report on a double-blind randomized trial of DH in 40 patients with advanced AIDS. Subjects were pair-matched for age, CD4+ count and number of AIDS-defining illnesses and randomly selected to either 10 weeks of DH treatment or a control group. DH treatment was performed by self-identified healers representing many different healing and spiritual traditions. Healers were located throughout the United States during the study, and subjects and healers never met. Subjects were assessed by psychometric testing and blood draw at enrollment and followed for 6 months. At 6 months, a blind medical chart review found that treatment subjects acquired significantly fewer new AIDS-defining illnesses (0.1 versus 0.6 per patient  $P = 0.04$ ), had lower illness severity (severity score 0.8 versus 2.65,  $P = 0.03$ ), and required significantly fewer doctor visits (9.2 versus 13.0,  $P = 0.01$ ), fewer hospitalizations (0.15 versus 0.6,  $P = 0.04$ ), and fewer days of hospitalization (0.5 versus 3.4,  $P = 0.04$ ). Treated subjects also showed significantly improved mood compared with controls (Profile of Mood States score -26 versus 14,  $P = 0.02$ ). There were no significant differences in CD4+ counts. These data support the possibility of a DH effect in AIDS and suggest the value of further research.

### ***Research in Progress***

**Art of Living Foundation, National Institute of Mental Health and Neuro Sciences of India, and the University of Miami School of Medicine, Department of Psychiatry and Behavioral Sciences joint HIV-1 project.** Contact Debra Villasenor, The Art of Living Foundation, [research@artofliving.org](mailto:research@artofliving.org).

This study will examine the effects of Sudarshan Kriya Yoga on immune, endocrine, and neurophysiological function, as well as psychosocial well-being. Results will be available in 2001. Results of a pilot study on HIV are available online at [http://www.artofliving.org/c-special\\_hiv.html](http://www.artofliving.org/c-special_hiv.html).

### **Pat Bone, R.N.**

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URL: <http://www.clinicaltrials.gov/show/NCT00057538>

The purpose of this study is to determine the efficacy of a stress management group intervention for people with HIV. The study will evaluate several outcomes, including perceived stress, quality of life, psychosocial factors, and physiological measures of stress.

Further details: It is well documented that living with HIV/AIDS is stressful, and evidence suggests that stress may hasten HIV disease progression by increasing viral replication and suppressing the immune response. Stress management intervention studies using more complex combinations of cognitive and relaxation therapies have shown improvements in both psychological and physiological measures in HIV infected persons. However, no studies have focused on only one intervention or have addressed the spiritual component using a comparable control group to determine which of these interventions is most effective.

A randomized trial will be conducted to compare a spiritually based cognitive intervention to an educational control group. The intervention will be given over a 10-week period, with 5 weekly classes, 4 weekly automated phone calls, and one final class meeting. Assessments will be conducted at pre-intervention, fifth class midpoint, tenth week post-intervention, and 3-month follow-up. Time commitment can vary from 6 months to 9 months, depending on when the patient is screened.

**Warren Browner**

California Pacific Medical Center - Pacific Campus  
San Francisco, CA

Conducting NIH-funded research on distant healing efforts for AIDS by nurses & “healers.”

**Guru Ram Das Center for Medicine & Humanology**

Contact:

Shanti Shanti Kaur Khalsa

Guru Ram Das Center for Medicine & Humanology

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Has sent proposals to study the effects of an eight-week Yoga and meditation program on people with HIV to two HIV funding organizations.

**Kym McCabe**

University of Miami

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Doing her dissertation in counseling psychology on Yoga and HIV/AIDS. Contacted IAYT 10/04.

**Nancy McCain, R.N., D.S.N.**

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URL:[http://clinicaltrials.gov/ct/gui/c/a1r/show/NCT00029237?order=4&JServSessionIdz one\\_ct=zaqs1vj721](http://clinicaltrials.gov/ct/gui/c/a1r/show/NCT00029237?order=4&JServSessionIdz one_ct=zaqs1vj721)

The overall purpose of the proposed study is to determine whether three short-term stress management interventions along with booster strategies will improve and sustain improvements in the domains of psychosocial functioning, quality of life, and somatic health among persons with varying stages of HIV disease. These three outcome domains, along with neuroendocrine mediation, will be measured by multiple indicators derived from the psychoneuroimmunology (PNI) paradigm. The interventions are designed to reduce perceived stress and increase coping effectiveness and include cognitive-behavioral stress management focused on positively living (+LIVE), focused Tai Chi (TCHI) training, and spiritual growth groups (SPRT). The primary aim of this randomized clinical trial is to compare the +LIVE, TCHI, and SPRT interventions to each other and to standard care received by a control group of wait-listed participants (WAIT) for effects on psychosocial functioning (perceived stress, coping patterns, social support, psychological distress), quality of life (including spiritual well-being), neuroendocrine mediation (cortisol, DHEA levels), and somatic health (disease progression, HIV-specific health status, immune status).

**Julie Romero**

RM #173

Exercise Physiologist, Rehabilitative Medicine

Exercise Physiology Department

Coler-Goldwater Specialty and Nursing Facility

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For her master's thesis, is studying the effects of Yoga on HIV/AIDS on 12 experimentals and 10 controls in 12 weeks of training, measuring muscle strength, muscle endurance, and flexibility. The subjects are patients at the sub-acute hospital for rehabilitative medicine at which she works who have had AIDS for at least 2 years, but are still very functional and can perform elementary Hatha-Yoga. Protocol for measuring: for muscular strength, 1 RM, for muscular endurance, using a Biodex 3 Pro system (isokinetics machine), and for flexibility, the sit and reach test. Results should be available by July 2003. Contacted IAYT 01/03.

**Joel Tsevat**

University of Cincinnati

Cincinnati, OH

Conducting NIH-funded research on spirituality and the will to live in patients with HIV/AIDS. Research commenced in 2003.

**California Pacific Medical Center**

Elizabeth Targ, Ph.D., and Andrew Freinkel, M.D.

3700 California Street

San Francisco, CA

December 2000: CPMC is recruiting experienced healers from various traditions to participate in a study on the effects of prayer and distant healing on people with AIDS. This study is funded by the National Institutes of Health and will replicate a study published in the *Western Journal of Medicine* in 1998. Research and data analysis will take four years to complete.