

Socioeducational Observation in Breathwork: Bibliometrics for Rhochrematic

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ABSTRACT: The modern digital era brings a problem that has a direct impact on physical and mental health, mainly in young people and adults related to stress, which promotes new health workers to take new care measures such as “yoga” Objective: To describe the scientific production of the topic Breathwork from 2021 to 2025 according to the type of document, category, editors, year of publication, country and language. Method: it was a bibliometric analysis in Web of Science in the Journal Citation Report platform, with the search syntax in English “Breathwork” the search was in all fields. Results: 52 publications, mainly articles (44), review articles (5), meeting summary (2), book under review (1). Its categories in Web of Science are Psychiatry (10), Neurosciences (7), Clinical Psychology (6). Integrative Complementary Medicine (5). Experimental Research Medicine (5). Multidisciplinary Sciences (4). Multidisciplinary Psychology (4). Pharmacology Pharmacy (3). Gastroenterology Hepatology (2). Health Sciences Services (2). Humanities Multidisciplinary (2). Linguistics (2). Elsevier Publishers (11). Taylor & Francis (7). Springer Nature (6). Frontiers Media Sa (3). Mdpi (3), among others (22). and by year was in 2023: (17). 2024 (15). y 2022, (10). 2021, (8). y 2025 (2). The countries with the highest production are USA, (26). England, (11). Canada, (6), Germany, (4), Australia, (3), Poland, (2). Also, the predominant language is English (52) in these publications. Conclusions: The results show low performance in scientific production on the topic of “Breathwork”.

KEYWORDS: Socioeducational, Rhochrematic, Breathing, Pranayama Diaphragmatic Breathing, Hyperventilation, Biofeedback Heart Rate Variability, Anxiety Disorder Anxiety, Stressophobia.

INTRODUCTION

The study is part of the project for research management within higher education institutions, it was carried out with the intention of analyzing and expanding institutional models and applying new learning environments with descriptive research and bibliometrics in higher education without failing to observe quality indicators, programs and actions; particularly those associated with teacher development; teaching quality and comprehensive training.

Breathwork remains a low-level practice of study comprising intentional respiratory variation that induces an altered state of consciousness (ASC), here we investigated both the phenomenological and neural dynamics of breathwork by blending the exploration of a temporal experience with a descriptive quantitative methodology that looks at the temporality of subjective experience, with low-density hand-held EEG devices where 14 novice collaborators completed a 28-day course of Breathwork with 20, 40, and 60 minute sessions over 28 days, where a neuro-phenomenological dataset of 301 Breathwork sessions was gathered, and identified psychedelic-like subjective experiences associated with increased Lempel-Ziv neural complexity. (Haberlin, 2024), (Pistono, 2024), (Sandeman, 2022), (Colasanti, et al, 2023).

Analyzing mental disorders within their groups, anxiety disorders are the most frequent, although they are not properly recorded or treated in primary care, unconscious breathing is a major cause of anxiety disorders, and although breathing is not mentioned in treatments in patients suffering from anxiety, there are adults with clinically diagnosed anxiety disorders based on the DSM-5 (Banushi, et al, 2023), (Anderson, K., 2024), (Shkëmbi, 2023), (Blades, et al, 2024), (Bentley, et al, 2023), (Balban, et al, 2023), (Bahi, et al, 2024).

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In the analysis of a systematic review of controlled trials looking at two religious/spiritual (R/S) practices (breathwork and chanting) and their mental health outcomes (depression, anxiety, stress and post-traumatic stress disorder (PTSD) symptoms), databases (CINAHL, MEDLINE, PsycINFO and ProQuest) were reviewed, The PEDro scale and the Cochrane risk of bias tool were used to evaluate the studies collected. 15 studies reflect moderate to strong support for the effectiveness of chanting and breathwork in relieving depression, anxiety, stress and post-traumatic stress disorder (PTSD) symptoms (Corso, et al, 2023), (Crockett, 2022), (Carolyn, 2023), (Czarnecki, et al, 2024).

Background

The problems arising in this modern digital age are of concern because of the direct impact on physical and mental health mainly in young-adults related to stress which pushes health workers to seek and take new measures recognized as yoga where mind and body are integrated with breathing work that prove to be effective if practiced regularly, have had recognition for reducing intense stress, anxiety or depression in people affected (Rhoads, et al, 2025), (Lineen, 2022), (Pistono, 2024).

Approximately 20.4 of North American adults diagnosed with substance use disorders more than 50% return to use even with abstinence treatments and temporary confinement in rehabilitation centers or with pharmacotherapy care with hospital interventions where it was identified that these treatments are scarce and that an integration protocol of breathing work and meditation techniques highlighting the practice of Sudarshan Kriya Yoga (SKY), originate a much faster and better recovery (Reading, 2023), (Durden, 2025), (Lineen, 2022), (Grof, Grof, 2023).

High ventilation repair work (HVB) is a practice that uses specific voluntary breath management with a long history of use for calming various forms of psychological distress and seeks to provide another assured view of the possible clinical application of HVB as treatments for psychiatric disorders. The evidence of apparent beneficial effects for trauma-related, affective and somatic disorders stimulates further research and details of the mechanisms and dynamics for rigorous testing in future therapeutic practice (Fincham, et al, 2024), (Fincham, et al, 2023), (Hanley, et al, 2025), (Estevao, 2022), (Lineen, 2022), (Banushi, et al, 2023), (Dagar, et al, 2024), (Bornemann, et al, 2021), (Blades, et al, 2024), (De Wit, Moraes-Cruz, 2021), (Heyda, et al, 2023), (Anderson, B., et al, 2024), (Bentley, et al, 2023), (Hanley, et al, 2025).

A polar immersion is a term that describes an ice water bath (ICH) regularly in a winter season and already integrates a specific training program (STP), conquering fame all over the globe and manifesting particularities that change patterns, in a study differentiated the rates of mental exercise (including depression, anxiety, mindfulness and upper respiratory tract infection) (ITRS). Two sets of individuals were matched based on a case-control principle with repair work and ice water bathing, the first set of individuals expressing no practice of ice water bathing (ICH), while the second set of individuals expressing regular practice of (ICH), manifesting better mental health indices and shorter (ITRS) unlike the first set of individuals in this study (Lineen, 2022), (Reading, 2023), (Czarnecki, et al, 2024).

Exploring the feasibility of a virtual practice based on yoga, breath work and meditation with healthcare employees of a cancer center during the COVID-19 pandemic where employees gave their approval and agreed to a breath work video with the name "Simha Kriya" and practice it for four weeks of the 217 employees who were interested in the study within two weeks, 90 joined the study within one month and 100 within two months, of the 69 employees who provided data between weeks 1 and 4, 77% thought the intervention was helpful, the breathing practices supported by yoga and meditation were approved and accepted by the health care employees of the cancer center. (Handley, et al, 2025), (Durden, 2025), (Pistono, 2024).

One of the biggest and most important challenges facing humanity is the mental health of young adults and the general population, and although the knowledge of yoga techniques and breath work seems far behind most of the studies that exist demonstrate its effects and benefits for health and wellness related to self-connection, defending the guarantee of these practices of yoga, body stretching, breath work, meditation or mindfulness that also promote prevent physical diseases and mental disorders, increased health, can be incorporated into schools or colleges of higher education (Durden, 2025), (Haberlin, 2024), (Dagar, et al, 2024), (Bahi, et al, 2024), (Sandeman, 2022), (Finchman, et al, 2023), (Finchman, et al, 2023 a).

DIMENSION OF THE CURRENT STATE OF THE TOPIC

Methodology

In order to know the current state, the correct definition of (Breathwork), to show the scientific production in the context of higher education, a literature analysis of bibliometric type of descriptive scope was carried out through the digital platform Web of Science (WOS), in which the most recent scientific production (of the last five years) was analyzed. WOS is the collection of databases of bibliographic references and citations of periodicals that collect information from the year 2021 to the present. It is composed of the Core Collection, which includes titles of publications in the International Journal of Environmental Research and Public Health, Tobacco and Nicotine Research, Addictive Behaviors, Drug Dependence and Alcoholism and Addiction. The Journal Citation Report and Essential Science Indicators tools were considered for data analysis.

Bibliometrics

The bibliometric analysis was in the digital platform (wdg.biblio.udg.mx), of the information resources in the first level electronic journals (Journal Citation Report of Web of Science Core Collection). Clarivate with the topic (Breathwork). To examine the

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information, the data collection was carried out on March 07 of 2025 and the results after this date were not considered in this analysis, the search key was based on the English words *Breathwork* the search was exclusively in the title, the report includes only the publications made during the period from April 2021 to March 2025. The bibliometric indicators of scientific activity were classified according to the tools available in WOS, such as: document types, WOS category, editors, as well as scientific production by year, production by country or region and languages of the publications.

RESULTS

From the analysis carried out, we found (52) publications by type of document, (44) of which were original articles, as well as (5) review articles, (2) meeting summaries and (1) book under review (see Table 1).

Table 1. Document types		
Document Types	Number of publications 52	100%
Articles	44	84.61
Review articles	5	9.61
Meeting summary	2	3.84
Book under review	1	1.92

*Source: wdg.biblio.udg.mx, WOS.

It is also described that these publications fall into the WOS analysis categories: Psychiatry (10), Neurosciences (7), Clinical Psychology (6). Integrative Complementary Medicine (5). Experimental Research Medicine (5). Multidisciplinary Sciences (4). Multidisciplinary Psychology (4). Pharmacology Pharmacy (3). Gastroenterology Hepatology (2). Health Sciences Services (2). Multidisciplinary Humanities (2). Linguistics (2) (See Table 2).

Table 2. Web of Science Category		
Category	Number of publication 52	100%
Psychiatry	10	19.23
Neurosciences	7	13.46
Clinical Psychology	6	11.53
Integrative Complementary Medicine	5	9.61
Experimental Research Medicine	5	9.61
Multidisciplinary Sciences	4	7.69
Multidisciplinary Psychology	4	7.69
Pharmacology Pharmacy	3	5.76
Gastroenterology Hepatology	2	3.84
Health Sciences Services	2	3.84
Multidisciplinary Humanities	2	3.84
Linguistics	2	3.84

*Source: wdg.biblio.udg.mx, WOS.

On the other hand, among the main content publishers were Elsevier (11), Taylor & Francis (7), Springer Nature (6), Frontiers Media Sa (3), Mdpi (3), and others (22). (See Table 3).

Tabla 3. Editores		
Editores	Número de publicaciones 52	100%
Elsevier	11	21.15
Taylor & Francis	7	13.46
Springer Nature	6	11.53
Frontiers Media Sa	3	5.76
Mdpi	3	5.76
Others	22	42.30

*Source: wdg.biblio.udg.mx, WOS.

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The year 2023 reflects the highest scientific output of the search with (17) results, followed by 2024 (15) results, 2022 (10) results, 2021 (8) results, and 2025 (2) results. Regarding the countries with the highest scientific output on this topic, the US is the leading country with (26), followed by England with (11), Canada (6), Germany with (4), Australia (3), and Poland (2). Likewise, the predominant language is English with (52). (See Table 4).

Table 4. Year, countries of origin, and languages of publications		
	Number of publications 52	100%
Year of publications		
2023	17	32.69
2024	15	28.84
2022	10	19.23
2021	8	15.38
2025	2	3.84
Countries of origin of publications	Number of publications 52	%
USA	26	50%
England	11	21.15
Canadá	6	11.53
Germany	4	7.69
Australia	3	5.76
Poland	2	3.84
Language of publications	Number of publications 52	%
English	52	100%

*Source: wdg.biblio.udg.mx, WOS.

CONCLUSIONS

Based on the results of this analysis, which describes scientific production related to (Breathwork) as well as the definition of the term itself and its use for search and consultation, very low performance is observed with respect to the number of publications on this topic, particularly on the WOS platform, suggesting the need for in-depth studies on “Health determinants” with the intention of increasing knowledge in the area.

RECOMMENDATION AND FUTURE WORK

Increase knowledge and publication output in this area, particularly in an international context where scientific output is low, with only 52 publications in the last five years, and Mexico is not among the countries with related research between 2021 and 2025. This study marks the beginning of a line of innovative knowledge generation and application focused on the study of health risks with the intention of increasing knowledge in the area, a situation that will allow for the development of institutional policies and programs that respond to the needs of the higher education academic community with respect to health promotion and care.

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