



ANALYSIS ON YOGA FOR DEPRESSION AND ANXIETY AND ITS RELATION WITH ATTENTION IN YOUNG ONES

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ABSTRACT

Anxiety disorders are the most common of all mental health problems and often are chronic requiring ongoing medical or psychiatric care, including psychosocial therapies. Some of the non-drug therapies such as Cognitive-behavioral therapy, relaxation techniques, and exposure therapies have proved efficacious. There has been a paucity of research on the role of yoga on anxiety disorders. Yoga is a practical discipline incorporating a wide variety of practices whose goal is the development of a state of mental and physical health, well-being and inner harmony. Yoga therapy includes the practice of physical postures, breathing techniques, meditation and relaxation techniques. The aim of this paper is to evaluate the effectiveness of yoga therapy, and its components: physical postures (asana), breathing techniques (pranayama), meditation (dhyana) and relaxation techniques in the treatment of anxiety disorders.

Keywords: *anxiety disorders, yoga, depression, meditation,*

1. INTRODUCTION

Anxiety disorders are the most common of all mental health problems and often are chronic requiring ongoing medical or psychiatric care, including psychosocial therapies. Some of the non-drug therapies such as Cognitive-behavioral therapy, relaxation techniques, and exposure therapies have proved efficacious. There has been a paucity of research on the role of yoga on anxiety disorders. Yoga is a practical discipline incorporating a wide variety of practices whose goal is the development of a state of mental and physical health, well-being and inner harmony. Yoga therapy includes the practice of physical postures, breathing techniques, meditation and relaxation techniques. The aim of this study was to evaluate the effectiveness of yoga therapy, and its components: physical postures (asana), breathing techniques (pranayama), meditation (dhyana) and relaxation techniques in the treatment of anxiety disorders.

OBJECTIVES:

The primary objective intended to determine the efficacy of yoga therapy in reducing the symptoms of anxiety disorders and the maintenance of the same at follow-up. The secondary objectives were to determine the efficacy of yoga therapy in improving general wellbeing and quality of life (QOL) of patients with anxiety spectrum disorders and to assess global judgment of life satisfaction and measures change in subjective well-being and intervention outcomes.

METHODS:

The present study examined the efficacy of yoga therapy in Anxiety Disorders. It was an interventional study, and Block Randomization technique was used. 132 patients diagnosed as suffering from Anxiety disorders (Panic Disorder & Generalized Anxiety Disorders) according to ICD-10, between 20 to 30 years, female and male in the ratio of 3:2 were assessed on anxiety severity scale, and those within mild-moderate categories were recruited.

Institutional Ethics Committee clearance was obtained. Written informed consent was taken, and confidentiality was assured. It is an interventional study - RCT and Block Randomization technique was used. 132 patients from Dept of Psychiatry, Shri Lala Lal Chand Hospital, Main Bazar Road, Julana, Jind were randomly assigned to one of the three groups – medication alone; medication + yoga; and yoga alone. Hamilton Anxiety Scale, Psychological General Well-Being Schedule, Satisfaction with Life, Anxiety Status Inventory and Clinical Global Impression scale were administered. The physiological parameters such as pulse rate, respiratory rate, blood pressure, body temperature, oxygen saturation, Body Mass Index were measured at baseline. A package of yoga practices designed to suit patients suffering from anxiety disorders was given. Patients were reassessed on the same parameters at two weeks, six weeks and three months.

2. RESULTS

Following therapeutic Yoga intervention, anxiety disorder patients showed a significant decrease in anxiety symptoms and improvement in their quality of life and clinical global impressions during various stages of yoga therapy (groups- medicine + yoga and yoga alone) compared to the group medicine alone.

- There was a significant reduction in anxiety scores in Medicine +Yoga group compared with Yoga alone and Medicine alone group.
- There was a significant decrease in anxiety symptoms from moderate to mild anxiety, in Medicine + Yoga group in comparison with Medicine alone group.
- There was no significant reduction in Psychological general wellbeing scores in Medicine + Yoga group as compared with Medicine alone and Yoga alone groups.
- There was a significant increase in Satisfaction with life scores in Medicine + Yoga and Yoga alone groups as compared to the Medicine alone group.
- There was significant reduction in Systolic Blood Pressure in Medicine + Yoga group when compared with Yoga alone group
- There was a significant decrease in Pulse Rate and Respiratory Rate measures in Medicine + Yoga group and Yoga alone group when compared with Medicine alone group.
- There was no significant reduction in the measures between any groups in the other parameters such as Oxygen Saturation, Body temperature and Body Mass Index (BMI).

3. CONCLUSION

This Randomization Controlled Trial revealed that there was a significant improvement in anxiety symptoms in combination therapy, i.e., medicine and yoga therapy than each of these modalities taken alone. A combination of medications and yoga therapy reduced anxiety scores indicating stabilization of mental balance and improving the quality of life in patients with Anxiety disorders.

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