

**A REVIEW ON YOGA USEFULNESS TO REDUCING ANXIETY, STRESS AND
DEPRESSION**

Mr. Dave Bhargav, Research Scholar, Department of Physics Education, Hemchandracharya North Gujarat University, Patan, Gujarat 384265, davebhargav789@gmail.com

Dr. Girish J. Thakkar, I/C H.O.D & Assistant Professor, Department of Physics Education, Hemchandracharya North Gujarat University, Patan, Gujarat 384265, thakkar.g.j@gmail.com

ABSTRACT

Yoga is a spiritual process that brings body mind and spirit together. In our religious such as Hinduism, Jainism and Buddhism, there are many sects of yoga, different goals of yoga as well as different practices of yoga. The Morden form of traditional yoga is also famous. Yoga is also effective of physical and mental condition of human. Various types of yoga are prevailing since ancient time period. The significant of yoga in clinical therapy to treat many mental disorders such as anxiety, stress, depression, autism disorder etc. the present literature review is based on how to yoga useful and resolve the problem of anxiety, depression and stress.

Key Words: anxiety, autism disorder, dysthymic disorder, depression, stress etc.

INTRODUCTION

Separation anxiety, social anxiety, generalised anxiety, and particular phobia are the usual clinical diagnosis for adult anxiety, while major depressive disorder and dysthymic disorder are the usual clinical diagnoses for adult depression (Garber and Weersing, 2010). Interpersonal connections and academic performance are both negatively impacted by anxiety and despair. The risk of suicide and other disorders can be elevated by anxiety and depression in certain circumstances. The harmful effects of these two illnesses may persist throughout adulthood if they were not treated well (Weissman et al., 1999).

Anxiety becomes more manageable during childhood, and depression becomes more common during adolescence (Woodward and Fergusson, 2001). Anxiety disorders are characterised by a wide range of physical manifestations, such as increased heart rate, sweating, nausea, palpitations, and muscle tension, and by the emergence of additional symptoms, including those of depression, such as sadness, anger outbursts, lethargy, disturbed sleep, and unexplained physical problems (Bandelow et al., 2017). Since both of these conditions are linked to increased mortality and morbidity, they must be diagnosed and treated without fail. Psychological treatments, such as cognitive behaviour therapy, antidepressant therapy, etc., are frequently used to alleviate the symptoms of depression and anxiety (Tiller, 2013).

It has been stated that some of the drugs are used to treat anxiety and depression, and that they are effective in doing so (Kendall *et al.*, 2004; Manassis *et al.*, 2002). Many people around the world are turning to complementary and alternative medical practises like yoga and meditation to manage their mental and physical health issues. The Sanskrit root "Yuj" implies to yoke or unite, as well as to focus one's attention in a certain direction, which is where the word "yoga" originates. Yoga, a 3,000-year-old practise recognised by the National Institutes of Health as a kind of CAM (Complementary and Alternative Medicine) (Lasater, 1997; Raub, 2002) Changes in both physical and mental health were linked in the current study (Cuijpers *et al.*, 2010).

The primary premise of yoga is that practise can help regulate the autonomic nervous system and the stress response, hence lowering levels of tension, anxiety, and sadness (Salmon et al., 2009). There are many different kinds of yoga, but most of them involve some combination of stretching and holding different poses (called asanas). In order to improve one's physical abilities, it is recommended to practise deep breathing and meditation (Lindahl *et al.*, 2016). The 112 yoga practises described in

Singh's book are the most comprehensive compendium ever compiled. Global success can be attributed to yoga's scientific study and widespread adoption (Singh *et al.*, 2002). Yoga has been shown to improve mood by stimulating the body's natural production of the hormone melatonin (Harinath *et al.*, 2004).

The psychological benefits of yoga have been investigated extensively, and the results suggest that it can help with conditions including despair and anxiety. The efficacy of these methods in the treatment of anxiety and depression is being studied and evaluated in a systematic review. Evidence of promising results with obsessive compulsive disorder has been documented, despite the heterogeneity of intervention circumstances and the poor quality of the trials (Kirkwood *et al.*, 2005). Traditional yoga has many therapeutic advantages, and it is crucial for medical professionals to understand this. By engaging in yogic practises on a regular basis, one can learn to lessen or eliminate physical, mental, emotional, and spiritual discomfort and restrictions (Woodyard, 2011).

CLINICAL DIAGNOSES TYPES FOR ANXIETY

Separation anxiety

When a kid suffers from separation anxiety, they and their parent—typically the mother—enter into a pathological emotional state characterised by a hostile dependent connection in which they feel an extreme need for each other's physical contact. However, the syndrome may also manifest itself in other ways, such as extreme homesickness when the child is away at camp, a refusal to visit friends or relatives without the mother, or a reluctance to participate in activities that would cause the child to be separated from the mother (Hubert *et al.*, 1956).

Previous editions of the Diagnostic and Statistical Manual of Mental Disorders classified separation anxiety disorder as a condition that only affects children and adolescents (DSM-5). It is now understood that separation anxiety disorder can persist into adulthood or emerge at that time. The clinical signs of adult separation anxiety disorder (ASAD) are comparable to those seen in children with the same diagnosis. Multiple other mental diseases, including anxiety disorders, PTSD, and personality disorders, have been linked to ASAD. The clinical manifestations and development of co-occurring psychiatric diseases may also be influenced by ASAD. Too little is known about how best to treat adults with attention deficit hyperactivity disorder (Naml *et al.*, 2022).

Social anxiety

Intense fear and nervousness, especially around other people, are hallmarks of social anxiety disorder. The constant fear that one's every move is being observed, noted, or judged by an unseen observer. Shy bladder syndrome, in which a person is so embarrassed to urinate in public, is a common example of the kind of abnormal behaviour that might accompany this. It's also known as social phobia and manifests itself through extreme shyness or avoidance of social situations where the sufferer feels they would be judged or scrutinised, or where they might feel they might do or say something that would embarrass them.

The patient's fear may revolve around unfavourable reactions, such as heart palpitations or dizziness, and is often coupled with secondary worries about dying, spiralling out of control, or becoming depressed. The situational kind of specific phobia is characterised by an extreme and irrational dread triggered by the presence or imminence of a particular object or situation, such as public transit, underground tunnels, elevated walkways, moving elevators, flying, driving, or enclosed spaces (Javed and Mishra, 2022).

Generalised anxiety

The symptoms of generalised anxiety disorder (GAD) are severe enough to prevent sufferers from living their daily lives normally. Despite the fact that CBT is the most successful treatment method currently available. As one of the most common anxiety disorders, generalised anxiety disorder (GAD) has been estimated to have a prevalence of between 3% and 8% in any given year. The finding and dissemination of effective treatments for GAD is crucial given its prevalence, highly negative impact

on life functioning, and high comorbidity. The best amount of evidence suggests that traditional cognitive behaviour therapy (CBT) is an effective strategy for GAD. When done in the traditional, meditative fashion, yoga is a multi-faceted behavioural practise that incorporates physical postures and exercises, breath regulating methods, deep relaxation techniques, and meditation/mindfulness. In fact, yoga's rapid adoption in the previous years is evidenced by the fact that a recent survey found that 8.9% of the population had used yoga as a therapeutic intervention, and that yoga and its component practises of deep breathing and meditation were among the ten most prevalent alternative practises (Hofmann *et al.*, 2015).

EXPLORING THE THERAPEUTIC EFFECTS OF HATHA YOGA ON ANXIETY, STRESS AND DEPRESSION

It has been hypothesised that traditional forms of yoga, such as hatha yoga, can help alleviate mental health issues (Hofmann *et al.*, 2016). Hatha yoga, Raja yoga, gyanan yoga, and Bhakti yoga are only a few examples of the many branches of yoga. Hatha yoga, which emphasises physical movement, posture, and breath, is the foundation of many other forms of yoga and has been shown to have therapeutic benefits in conventional Western medicine (NCCAM, 2013). (Mustian *et al.*, 2013). Different schools of hatha yoga, such as Ananda, Anusara, Ashtanga, Iyengar, Bikram, Kripalu, Kundalini, and Viniyoga, have different emphases and methods for treating mental health issues (NCCAM, 2013). The Iyengar Method of Hatha yoga was developed by yogi guru B.K.S. Iyengar. The standing postures practised in this kind of yoga are designed to improve balance, core strength, and overall physical fitness (Williams *et al.*, 2003). When one practises Anusara yoga for depression, they experience a lessening of tension and exhaustion as well as a lessening of worry and depression. This kind of yoga emphasises the integration of physical movement with inner expression. Ananda's hatha yoga practise reduces stress and anxiety, deepens spiritual experiences, and improves physical strength and equilibrium. Meditation and deep relaxation are at the heart of this style of yoga. Anxiety can be reduced, cardiovascular fitness can be boosted, and flexibility can be enhanced all via the practise of Ashtanga yoga poses. Sweating and detoxifying the body is central to the practises of Bikram, Kripalu, Kundalini, and Viniyoga, as are the flowing and merging of body, breath, and mind; the use of various mantras to guide breathing; and the integration of various postures with chanting, breathing, and meditation. These methods are beneficial for persons with chronic health issues because they help them relax while simultaneously boosting their physical strength and flexibility. They are also helpful for those experiencing anxiety and fear (Sunita and B.S.N., 2014).

INTERVENTION OF YOGA

Several studies have shown that Yogic intervention is effective as a drug-free method of treating mental illness. Numerous articles published in recent years attest to the collecting of objective data to provide yoga as an intervention strategy for psychiatric problems, proving its efficacy. Asanas from the yoga tradition are used to enhance health and well-being in India. Based on a conceptual analysis of the past 50 years of study into the intersection of yoga and Indian medicine, these publications provide preliminary evidence of a link between yoga and psychological problems. Researchers are finding that yoga has several benefits, including helping people relax, increasing their cardiovascular fitness, and even treating mental illness. According to the findings, the effectiveness of yoga in treating stress-related diseases such diabetes mellitus, hypertension, etc. is enhanced by a number of physiological indicators (Deepak, 2013).

BENEFITS OF YOGA

Physical activity, breathing techniques, and mindfulness are just a few of the many benefits of yoga that can be better understood by examining the practise from a pathophysiological perspective (Turmel *et al.*, 2022). People of all ages can benefit from the physical and mental health improvements that traditional yoga can bring. In addition, yoga can be an important element of the healing and treatment process for those who are ill due to any disease, are recovering from surgery, or are dealing with a chronic disorder. Yoga has several health benefits, including increased strength, balance, and flexibility as well as less stress, better sleep, and reduced back discomfort.

DISCUSSION

Hath yoga pradeepika claims that dirghshwas pranayama (deep breathing), nadi shuddhi (alternate nostril breathing), and bhramari (humming bee breath) assist reduce mental stress and anxiety as well as calm rage. Focus and concentration also enhance and steady the flow of energy to the uro-genital organs, allowing for greater regulation of the pelvic energy centre. It helps one have more discipline and makes one physically stronger. Calming the body and the mind is beneficial. Treatment of depression, insomnia, allergies, anxiety, poor posture, and memory loss can all benefit from Trataka (concentrated gazing). Increased urine flow and patient confidence during stressful situations are two additional benefits (Muktibodhananda, 2002).

REFERENCES

- 1) Archives of General Psychiatry, Vol. 56 No. 9, pp. 794-801. Woodward, L.J. and Fergusson, D.M. (2001), "Life course outcomes of young people with anxiety disorders in adolescence", Journal of the American Academy of Child & Adolescent Psychiatry, Vol. 40 No. 9, pp. 1086-1093.
- 2) Bandelow, B., Michaelis, S. and Wedekind, D. (2017), "Treatment of anxiety disorders", Dialogues in Clinical Neuroscience, Vol. 19 No. 2, pp. 93-107.
- 3) Cuijpers, P., Smit, F., Bohlmeijer, E., Hollon, S.D. and Andersson, G. (2010), "Efficacy of cognitivebehavioural therapy and other psychological treatments for adult depression: meta-analytic study of publication bias", British Journal of Psychiatry, Vol. 196 No. 3, pp. 173-178.
- 4) Deepak, K. K. (2013). Yogic intervention for mental disorders. *Indian journal of psychiatry*, 55(Suppl 3), S340-S343.
- 5) Estes, H. R., Haylett, C. H., & Johnson, A. M. (1956). Separation anxiety. *American Journal of Psychotherapy*, 10(4), 682-695.
- 6) Garber, J., & Weersing, V. R. (2010). Comorbidity of anxiety and depression in youth: implications for treatment and prevention. *Clinical Psychology: Science and Practice*, 17(4), 293.
- 7) Harinath K, Malhotra A, Pal K, et al. Effects of Hatha yoga and Omkar meditation on cardiorespiratory performance, psychologic profile, and melatonin secretion. *J Altern Complement Med*. 2004;10(2):261-268.
- 8) Hofmann, S. G., Andreoli, G., Carpenter, J. K., & Curtiss, J. (2016). Effect of Hatha yoga on anxiety: a meta-analysis. *Journal of Evidence-Based Medicine*, 9(3), 116-124.
- 9) Hofmann, S. G., Curtiss, J., Khalsa, S. B. S., Hoge, E., Rosenfield, D., Bui, E., ... & Simon, N. (2015). Yoga for generalized anxiety disorder: design of a randomized controlled clinical trial. *Contemporary clinical trials*, 44, 70-76.
- 10) Javed, D., & Mishra, S. (2022). Yoga practices in Social Anxiety Disorder (SAnD): A case report WSR to paruresis. *Journal of Ayurveda and Integrative Medicine*, 13(3), 100622.
- 11) Kendall, P.C., Safford, S., Flannery-Schroeder, E. and Webb, A. (2004), "Child anxiety treatment: outcomes in adolescence and impact on substance use and depression at 7.4-year follow-up", Journal of Consulting and Clinical Psychology, Vol. 72 No. 2, pp. 276-278.
- 12) Kirkwood G, Rampes H, Tuffrey V, Richardson J, Pilkington K. Yoga for anxiety: A systematic review of the research evidence. *Br J Sports Med*. 2005; 39(12):884-891.
- 13) Lasater J. The heart of pantajali. *Yoga J* 1997; 137:134-44.
- 14) Lindahl E, Tilton K, Eickholt N, Ferguson-Stegall L. Yoga reduces perceived stress and exhaustion levels in healthy elderly individuals. *Complement Ther Clin Pract*. 2016; 24:50-56.
- 15) Manassis, K., Mendlowitz, S.L., Scapillato, D., Avery, D., Fiksenbaum, L., Freire, M., Monga, S. and Owens, M. (2002), "Group and individual cognitive-behavioral therapy for childhood anxiety disorders: a randomized trial", Journal of the American Academy of Child & Adolescent Psychiatry, Vol. 41 No. 12, pp. 1423-1430.
- 16) Muktibodhananda, S. (2002). Hatha yoga pradipika: Light on hatha yoga. Bihar School of Yoga, India, 202-205.
- 17) Mustian, K.M., Sprod, L.K., Janelisins, M., Peppone, L.J., Palesh, O.G., Chandwani, K., Morrow, G.R. (2013). Multicentre, randomized controlled trial of yoga for sleep quality among cancer survivors. *Journal of Clinical Oncology*, 31, 3233-3241.
- 18) Namli, z., Özbay, A., & Tamam, L. (2022). Yetişkin Ayrılma Anksiyetesi Bozukluğu: Bir Gözden Geçirme. *Psikiyatride Güncel Yaklaşımlar*, 14(1), 46-56.

- 19) National Center for Complementary and Alternative Medicine. (2013). Yoga for health. Retrieved from <http://nccam.nih.gov/health/yoga/introduction.htm>
- 20) Raub JA. Psychophysiologic effects of hatha yoga on musculoskeletal and cardiopulmonary function: A literature review. *J Altern Complement Med* 2002; 8:797-812.
- 21) Singh J. Vijnana-Bhairava or Divine Consciousness: A Treasury of 112 Types of Yoga. Mumbai, India: Motilal Banarsidass Publishers; 2002
- 22) Sunita Subedi RN, B. S. N. (2014). Exploring different types of hatha yoga for patients with cancer. *Clinical Journal of Oncology Nursing*, 18(5), 586.
- 23) Tiller, J.W.G. (2013), "Depression and anxiety", *Medical Journal of Australia*, Vol. 199 No. S6, pp. S28-31.
- 24) Turmel, D., Carlier, S., Bruyneel, A. V., & Bruyneel, M. (2022). Tailored individual Yoga practice improves sleep quality, fatigue, anxiety, and depression in chronic insomnia disorder. *BMC psychiatry*, 22(1), 1-9.
- 25) Weissman, M. M., Wolk, S., Wickramaratne, P., Goldstein, R. B., Adams, P., Greenwald, S., & Steinberg, D. (1999). Children with prepubertal-onset major depressive disorder and anxiety grown up. *Archives of general psychiatry*, 56(9), 794-801.
- 26) Williams K, Steinberg L, Petronis J. Therapeutic application of iyengar yoga for healing chronic low back pain. *Int J Yoga Ther.* 2003; 13:55–67
- 27) Woodyard, C. (2011). Exploring the therapeutic effects of yoga and its ability to increase quality of life. *International journal of yoga*, 4(2), 49.