

Effect of Yoga on Mental Health

Bijendra Singh¹, Priya Kothari², Km. Kajal³

¹Assistant professor (SGRR university)

^{2,3}MA yogic science (SGRR university)

Abstract- This study reviews the existing research on the impact of yoga therapies on different mental health aspects, by drawing on the findings presented in review papers. Collectively, these indicate a variety of places where yoga could well be helpful, but for nearly all of them to truly identify these benefits, further work is needed. The variability of the treatments and situations examined has hindered the usage of meta-analysis as a appropriate method for summing up existing literature. However, there are several meta-analyses that suggest beneficial effects of yoga treatments, and there are some fairly high-quality randomized controlled trials (RCTs) that suggest beneficial effects of yoga on pain-associated injury and mental wellbeing. Yoga can well be successful in reducing some medical problems as a supporting supplement, yet not yet a established stand-alone, curative therapy. Larger-scale and more comprehensive work with better scientific and appropriate management strategies is strongly recommended as yoga can have the ability to be applied as a fairly cost-effective supportive / adjunct therapy, may be used at least in part as a therapeutic self-care procedure, delivers life-long coping skills, increases self-efficacy and promotes self-reliance.

Keywords: Yoga, Mental Health, Stress, Hypertension

INTRODUCTION

Mental health includes our emotional, psychology, and social wellbeing. It affects how we think, feel and acts. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry.
- Life experience, such as trauma or abuse.

- Family history of mental health problems. Mental health problems are common but help is better. People with mental health problems can get better and many recover completely.

The WHO stress that mental health is “More than just the absence of mental disorders or disabilities.” Peak mental health is about not only avoiding active condition but also looking after ongoing wellness and happiness.

They also emphasize that preserving and restoring mental health is crucial on an individual basis, as well as throughout different communities and societies the world over.

Meditation as a useful form of intervention to increase mental health is becoming a focus of scientific attention. Although meditation is a practice that is also part of monotheistic religions such as Christianity, Islam and Judaism, it is often associated with Eastern tradition, religions, and philosophies such as yoga, Buddhism and Jainism.

Mental health is a state of well-being in which a person understands his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. Conditions such as stress, depression, and Anxiety can all affect mental health and disrupt a person’s routine. Although the term mental health is in common use, many conditions that doctors recognise as psychological disorders have physical roots.

Mental health is associated with a number of lifestyle factors such as diet, exercise, stress, and drug abuse, social connect and interactions. Therapists, psychiatrists, psychologist, social workers, nurse practitioners, or family physicians can help manage mental illness with treatments such as therapy, medication.

LITERATURE REVIEW OF MENTAL HEALTH AND YOGA METHOD

We found approximately 30 review articles and 300 separate studies in the area of yoga and mental health in the peer-reviewed medical literature. Because this is relatively new area of research, it is difficult to compare one study to the next partly because of sample size variation, difference in trial length, and variances in the kind of yoga. Some studies tested Iyenger (primarily asana) while others tested sudarshan kriya (patterned pranayama exercises, moving from slow and calming to rapid and stimulating, followed by emotional self-expression in a supine position, savasana (deep relaxation), sahadjyoga (a type of meditation), or pranayama. Varying time periods, from 2 week to 6 months of yogic intervention, also made studies difficult to compare and contrast. Overall, studies of yoga and mental health would improve from greater methodological.

A BRIEF SUMMARY OF PEER-REVIEWED LITERATURE ON YOGA AND MENTAL HEALTH

As the Patanjali sutra notes: “yoga is the practicing of quieting the mind”. Positive mental health is a state of well-being in which every individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. However most of the literature in this areas focuses on improving quality of life for people with cancer. The literature on mental health and yoga is biased towards individualized mental health imbalances in a similar way as literature in physical health is biased towards individualized diseases. We found approximately 30 review articles (2002-2014) on yoga as a treatment for various mental health disorders, including major Depressive Disorder (MDD), Anxiety Disorder, Obsessive Compulsive Disorder (OCD), Schizophrenia and others. The most significant results were for yoga as treatment for depression. More research is required for conclusive evidence-based recommendations; so far, peer-reviewed literature appears promising for yoga as mental health promotion and treatment particularly for depression.

METHOD OF REVIEW

In order to identify mental health- linked opportunities offered by yoga, first of all review questions were specified in clear, unambiguous and structured

manner. Then appropriate database were searched through Google scholar for following terms: “yoga and mental health” “Asana and mental health” “Pranayama and mental health” “Mantra and mental health” “Pratayahara and mental health” “Meditation and mental health” from January 1980 to August, 2014. In a search of evidence-based opportunities, we attended to all classified literature in part or full. It included peer-reviewed journal articles, books and bookchapter. In order to select only relevant articles and research papers, title was carefully read at first and if it appeared that it was appropriate then it was saved at a particular destination in a folder. Then each article was read and interpreted properly and evidence-based opportunities were noted carefully.

RESULTS AND DISCUSSION

In a view of recently upheld view of mental health, 13 we reviewed mental health opportunities of yoga in dealing with minor mental health problems, resolving major disorders, population specific issues, healing to survivors of natural calamities, and for promotion of well-being.

A total of 7908 mental disorder cases reported in the medical college hospital, 5564 were males and 2344 were females. Most cases occurred in the age group of 30-44 years. Mental disorder was more among females than males in 0-29 years, but in 30-59 years males were more. In each year, mental disorders were reported more in males than females. Of the cases, most of them were mood disorders. Mental and behavioural disorders due to psychoactive substance use were more among males but schizophrenia, delusional disorders, mood disorders, stress-related disorders, mental retardation, and so on were more among females.

YOGA AND MENTAL HEALTH

DEPRESSION

We found four relevant publications, including two reviews on the effect of yoga on depression, a description of studies on yogic breathing for depression. The reviewing authors have reported that the studies reviewed showed a large variety of diagnosis ranging from “major depression or some other type of diagnosed depression” to “elevated depressive symptoms”. Although several randomised

controlled trials (RCTs) reported beneficial effects of yoga interventions for treating depressive symptoms, the quality and quantity of the data from these studies appear justification to consider yoga as a treatment of depression. Compared to passive controls, the yoga interventions seem to be effective; when compared with active controls, not surprisingly, the effects are less conclusive. The study results are so far not sufficient in quantity and quality to determine whether studies with a focus on the asanas are more effective as compared to studies with meditation-focused or pranayama-focused styles. Thus, there is a strong need to conduct more conclusive studies with high methodological quality and larger patient samples. Whether motivation of depressed patients could be a problem or not remains to be clarified.

FATIGUE

We found one systematic review/meta-analysis evaluating the effect of yoga on fatigue in a variety of medical conditions. The review included 19 RCTs and included healthy person as well as patients with cancer, multiple sclerosis, dialysis, chronic pancreatitis, fibromyalgia, and asthma. Overall, a small positive effect with an SMD of 0.28 was found. This standardized mean difference (SMD) describes the difference in the group mean values divided by the respective standard deviations; a value between 0.3 and 0.5 can be regarded as small, SMD between 0.5 and 0.8 as moderate, and SMD>0.8 as large. For those studies that included cancer patients (n=10), the treatment effect of yoga was 0.20; for all other studies that did not include cancer patients (n=9), the effect was 0.46. Nevertheless, there are some studies on cancer-related fatigue which indicate that treatment effects of yoga could be improved in well-designed future studies.

ANXIETY AND ANXIETY DISORDERS

There is one systematic review examining the effects of yoga on anxiety and anxiety disorders, a Cochrane review on meditation therapy for anxiety disorders (citing one yoga study), a description of studies on yogic breathing (which are also addressed in the systematic review), and one summary.

Most studies described beneficial effects in favour of the yoga interventions, particularly when compared with passive controls (i.e., examination anxiety), but also compared with active controls such as relaxation

response or compared with active drugs. However, there are currently no meta-analysis available which would clearly differentiate these important issues. At least the AHRQ report stated that “yoga was no better than mindfulness-based stress reduction at reducing anxiety in patient with cardiovascular diseases.

STRESS

One systematic review describes the effects of yoga on stress-associated symptoms. Most studies described beneficial effects of yoga interventions. Although not all studies used adequate and/or consistent instruments to measure stress, they nevertheless indicate that yoga may reduce perceived stress as effective as other active controls interventions such as relaxation, cognitive behavioural therapy, or dance.

Also the AHRQ report stated that “yoga helped reduce stress.

POST-TRAUMATIC STRESS DISORDER: A single review article looked at the existing research on yoga for post-traumatic stress Disorder (PTSD). Seven articles were reviewed which included 8 studies on PTSD following exposure to natural disasters such as tsunami and a hurricane. After a natural disaster, yoga practice was reported to significantly reduce symptoms of PTSD, self-rated symptoms stress (fear, anxiety, disturb sleep, and sadness) and respiration rate. The review suggested a possible role of yoga in managing PTSD, through long-term studies conducted with greater rigor are needed.

EFFECT OF YOGA ON MENTAL HEALTH

- Regulates your adrenal glands
Yoga decreases volumes in the cortical. If it doesn't seem like anything, think about this. Usually, in reaction to an immediate situation, the adrenal glands secrete the cortisol, briefly improving immune function. If even after the crisis the cortisol rates stay high they can weaken the immune system. Temporary increases in long-term memory cortical aid, however consistently elevated rates weaken performance, and can contribute to irreversible brain changes.
- Increases your self-esteem
Most of them have a consistently weak self-esteem. When you treat such a negative-taking medication, overeat, work too long, sleep around-you might be emotionally, psychologically, and morally paying the

price for the reduced health. When you adopt a constructive stance and pursue meditation, you'll know whether you're worthy or, as yogic theory says, you're a reflection of the almighty, first in the fleeting glimpses then in more prolonged experiences.

- Create peace of mind

According to Patanjali's yoga sutra, meditation quenches the emotional disturbances. To put it another way, it speeds down the inner cycles of disappointment, guilty, rage, anxiety and attraction that can trigger tension. And because depression causes too many health issues- from migraines and anxiety to lupus, MS, eczema, elevated blood pressure, and heart attacks – if you learn to relax your mind, you are likely to live longer and safer.

- Build up your immune system

Asana and Pranayama are to known to improve immune function but meditation has the greatest research evidence in this field to date. This tends to have a positive impact on the immune system's functioning, improving it when required (for example, increasing antibody rates in reaction to a vaccine) and reducing it when required (for example, minimizing an overly violent immune function in an autoimmune disorder such as psoriasis).

- Release tension in your limbs

Keeping the handset or a steering wheel with a death grip or scrunching your nose as you glance at a computer screen, do you ever see yourself. Such involuntary patterns in hands, arms, legs, back, and face can contribute to constant discomfort, muscle weakness, and soreness, which can exacerbate stress and deteriorate the mood. You tend to note that you retain stress as you practice yoga: it could be in your mouth, your hair, or your face and neck muscles. If you just turning in, you may be able to relieve the stress between your tongue and head. For wider muscles, such as quadriceps, trapeziums, and buttocks, it can take years to know how to relax.

CONCLUSIONS

Yoga affects everybody cell. It brings about improved contact between neuron-effectors, improves body energy, increases the optimum functioning of all organ-systems, increases resistance to stress and disease, and balance; positive attitude and equanimity in the practitioner which makes him lead a purposeful and healthier life.

The effects of enhanced calming feelings, enhanced self-confidence and body image, improved performance, stronger interpersonal interactions, increased attentiveness by yoga and meditation as a way of life promote a positive perspective on existence.

Yoga brings into account not only physical wellbeing but also emotional wellness. Yoga, which stresses the essential, is a great complement to certain human practices that glorify the specific and have constant motivation and happiness base. The "yoga seed" finds fertile land, ideas of good can evolve naturally, taking root gradually but steadily in every part of existence. Using meditation, we learn how to "unwind" through the various calming methods found in the meditation science to offset the tremendous amount of tension and pressure that is part and parcel of everyday life. Meditation allows one to be open to one's own bio-rhythms, one's own mental and emotional bodily periods. "The ideal state of harmonious wellbeing is harmony with the world. This gives us numerous realistic day-to-day modes of intervention to become mindful of oneself, because psychosomatic conditions cannot be treated without knowledge. The most significant aspect is life satisfaction; the feeling that one's own existence is pleasant, which coincides with traits such as self-esteem, stamina, confidence, self-reliance, healthier behaviour's, and pro-social behaviour, which is for the most part the hectic life routine of today. Yoga Asana not only controls or redirects bodily action and actions but also activates various organs, muscles and body parts relevant to emotional reactivity or mental condition. The nervous system can be triggered or stimulated by asana, wind, and pose metaphors. Having glanced at the emerging battle for the cut throat, teens face a number of issues. We don't have time to focus with them because of a hectic routine from morning to evening until bedtime. We can quickly maintain healthy mental and physical wellbeing with help from practicing Super Brain yoga. Super Brain Yoga is a method that goes on early for

anyone. If you sit, you will get a clear mind and a strong frame.

REFERENCE

- [1] Basavaraddi, Dr. Ishwar V. (2010). "Yoga Teacher's Manual", Publisher Morarji Desai National Institute of yoga.
- [2] Bhardwaj, A.K. and Aggarwal, G. (2013). Yoga practice enhances the level of self-esteem in pre-adolescent school children.
- [3] Pandya, Dr. P. (2011) "yoga ke vegyanika prayog", Memory enhancement through yoga.
- [4] Pushpendra Kumar (2016) on effect of yoga on Mental Health of Adolescents.
- [5] Farah Shroff, Mani Asgarpour (2017) on yoga and mental health: A Review.
- [6] Dr. Arun Kumar Nayak (2016) on effects of yoga on Mental Health.
- [7] Arun Pratap Singh (2017) on yoga for mental health: opportunities and challenges.
- [8] Deborah Khoshaba Psy.D (21013) on take a stand for yoga Today.
- [9] Mrs. Farah Khan, Dr. Jaishree jain, Dr. Rashmi Gupta, Dr. Kusum Gaur (2018) on effect of yoga on Anxiety: An International Study.
- [10] Algeria, M., Green, J.G., Mc Laughlin, K.A., & Loder, S. (2015). William T. Grant Foundation.
- [11] Centers for Diseases control and prevention (2013).
- [12] Centers for mental health in school (2006).
- [13] Cooper, J.L., Aratani, Y., Knitzer, (2008) unclaimed children revised: The status of children's mental health policy in the United States.
- [14] Centers for mental health in school (2008).
- [15] Shivarama varambally and B.N. Gangadhar 2016) on current status of yoga in mental health services.
- [16] K. Madhava Chandran, P. Unniraman, Rajan Malayil, N. Devadasana (2017) on effect of yoga on the mental state of people.
- [17] Saroj Maraoik, Chandra Sankar Hazari, Bhim Chandra Mondal (2017) on effect of yoga on health.
- [18] Dr. S.A. Lamers, (2014) on Effect of yoga on Mental Health in Chronic Physical Conditions: A meta-analysis.
- [19] Alyson Ross and sue Thomas (2010) on The Health Benefits of Yoga and Exercises: A Review of Comparison Studies.
- [20] Neeraj Mahajan, Pawan Goyal, Jinal Pandya (2019) on the effect of yoga on cardiorespiratory and physical efficiency of the healthy subjects.