

Yoga in Relation to its Psychophysical Impact

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Introduction

Yoga is widely practiced as a means to promote physical, psychological and spiritual well-being. While a number of studies have documented the efficacy of yoga for functioning in healthy individuals and those experiencing illness or pain, bio-psychosocial effects have not been detailed. We propose an analogue between the physical, psychological and spiritual effects of practice as support in yoga traditions, and the bio-psychosocial model of health.

To this end, we present a review and conceptual model of the potential bio-psychosocial benefits of yoga, which may provide clues regarding the possible mechanisms of action of yoga upon well-being. Physical systems activated through yoga practice include musculoskeletal, cardiopulmonary, autonomic nervous system and endocrine functioning. Psychological benefits include enhanced coping, self-efficacy and positive mood. Spiritual mechanisms that can be understood within a Western medical model include acceptance and mindful awareness. We present empirical evidence that supports the involvement of these domains. However, additional well-conducted research is required to further establish the efficacy of yoga for health research is required to further establish the efficacy of yoga for health states, and to understand how posture, breath and meditative activity affect the body, mind and spirit.

People who suffer from high blood pressure often wonder if there are ways to lower blood pressure naturally. Well, indeed, there is. Diet and exercise are already well-known remedies for high blood pressure. Less well known, perhaps, is that yoga offers natural therapy for high blood pressure as well. Numerous studies show that yoga therapy can be a great remedy for high blood pressure, with results showing up in as little as twelve weeks.

Definition of Yoga:

Patanjali's famous definition of yoga is “yogaschittavrittinirodhah”, which means “yoga is the removal of the fluctuations of the mind”. Chitta is mind, vrittis are thought impulses, nirodah is removal.

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Bhagavad Gita, a main yoga text, the first time the word yoga appears it is as a solution Krishna offers Arjuna for overcoming his inability to participate in his life. Yoga is clear, discerning, totally voluntary, dynamic participation in one's life. **Yoga is sacrifice that elevates us, motivates us, actively engages us and does so in a manner that is harmonious to all other living beings.**

Physiological benefits of yoga:

Sleep pattern is improved. Yoga normalizes weight. Energy levels increase. Immunity increases. Pulse rate decreases. Blood pressure decreases.

Psychological benefits of yoga:

Concentration is improved. Attention focus is improved. Memory is enhanced. Mood swings get stable. Social skills improve. Poise and steadiness grow.

What is blood pressure?

As per oxford dictionary "Blood pressure is the pressure of the blood in the circulatory system, often measured for diagnosis since it is closely related to the force and rate of the heartbeat and the diameter and elasticity of the arterial walls:"

"Blood pressure" usually refers to the arterial pressure of the systemic circulation. During each heartbeat, blood pressure varies between a maximum (systolic) and a minimum (diastolic) pressure.

The table on the right shows the classification of blood pressure adopted by the Indian Heart Association for adults who are 18 year and older.

Classification of blood pressure for adults		
Category	systolic, mmHg	diastolic, mmHg
Hypotension	< 90	< 60
Desired	90–119	60–79
Pre-hypertension	120–139	80–89
Stage 1 Hypertension	140–159	90–99
Stage 2 Hypertension	160–179	100–109
Hypertensive Emergency	≥ 180	≥ 110

What is anxiety?

A.P.A. says that “Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.”

Anxiety is an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination. It is the subjectively unpleasant feelings of dread over something unlikely to happen,

Subtypes of anxiety disorders are phobias, social anxiety, obsessive-compulsive behavior, and Posttraumatic stress disorder. The physical effects of anxiety may include heart palpitations, tachycardia, muscle weakness and tension, fatigue, nausea, chest pain, shortness, headache, stomach aches, or tension headaches. As the body prepares to deal with a threat, blood pressure, heart rate, perspiration, blood flow to the major muscle groups are increased, while immune and digestive functions are inhibited (the *fight* response). External signs of anxiety may include pallor, sweating, trembling, and papillary. For someone who suffers anxiety this can lead to a panic attack. "Anxiety" could be defined as agony, dread, terror, or even apprehension.

Objective:

“The purpose of this study was to measure the effects of Yoga techniques in context to anxiety and blood pressures”.

Variables of the study:

The present study involves anxiety and blood pressure level as dependent variable and yoga techniques as independent variable.

Hypothesis:

In relation to this study, there is null hypothesis obtained by the researcher. There are no positive effects of yoga on anxiety and blood pressure.

Sample:

The present study was conducted at yoga village at Shilaj, Ahmadabad. The total sample of the study was 48 male and female of age range is 23 to 67years.

Method:

For the purpose of this study, 48 male and female of various ages were selected. The purposive sampling method was chosen for this study. Two parameter were selected, Anxiety and Blood pressure.

Anxiety was measure by Sinha’s Comprehensive Anxiety Test (SCAT): developed by A.K.P Sinha and L.N.K Sinha in (1995).

Reliability:

The coefficient of reliability was determined by using the Product moment correlation was 0.85 and by using Spearman Brown Formula was 0.92. Both the values ensure a high reliability of the test.

Validity:

The coefficient of validity was 0.62, which is significant beyond 0.01Level of confidence. Higher the scores show higher the anxiety. Observation was taken during the time gap of one month and positive impact was observed.

Variables of the study:

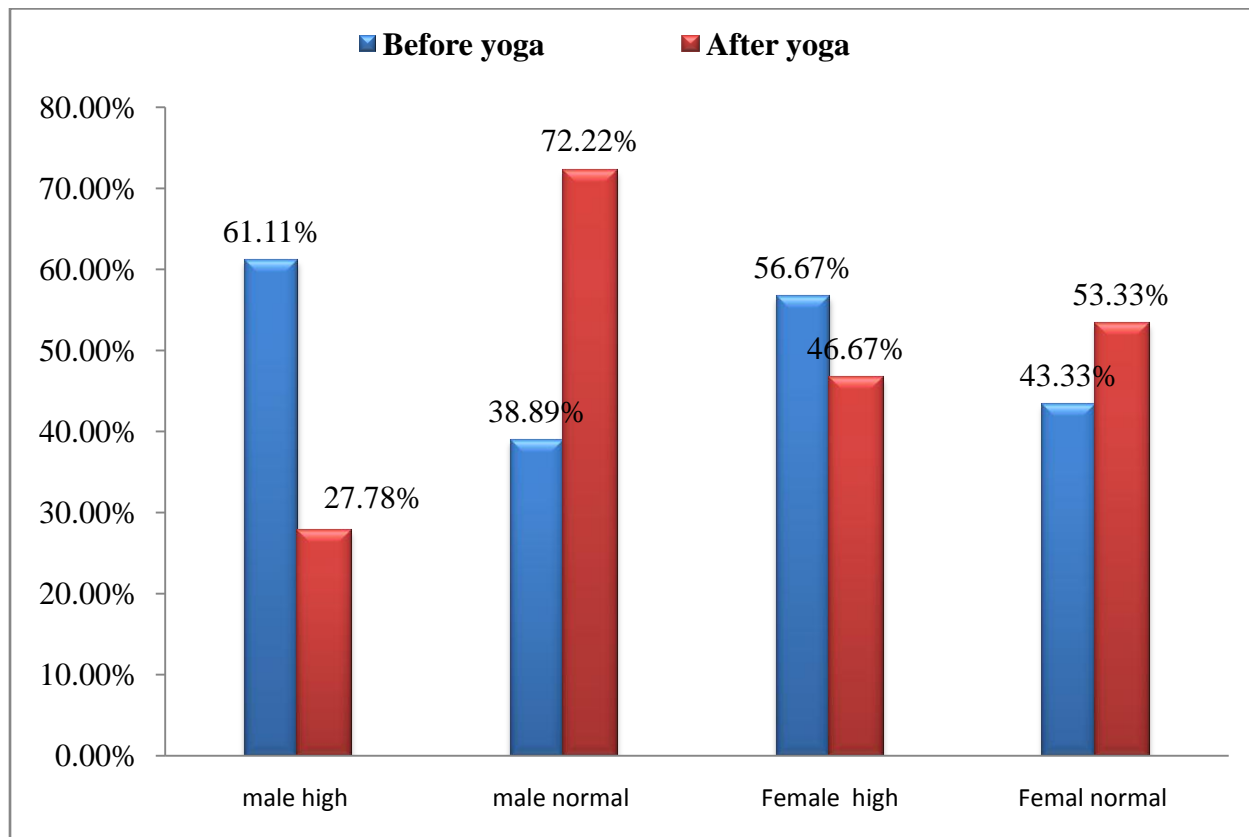
The present study involves anxiety and blood pressure level as dependent variable and yoga techniques as independent variable.

This was resulted as per the tables under here:

Analysis:

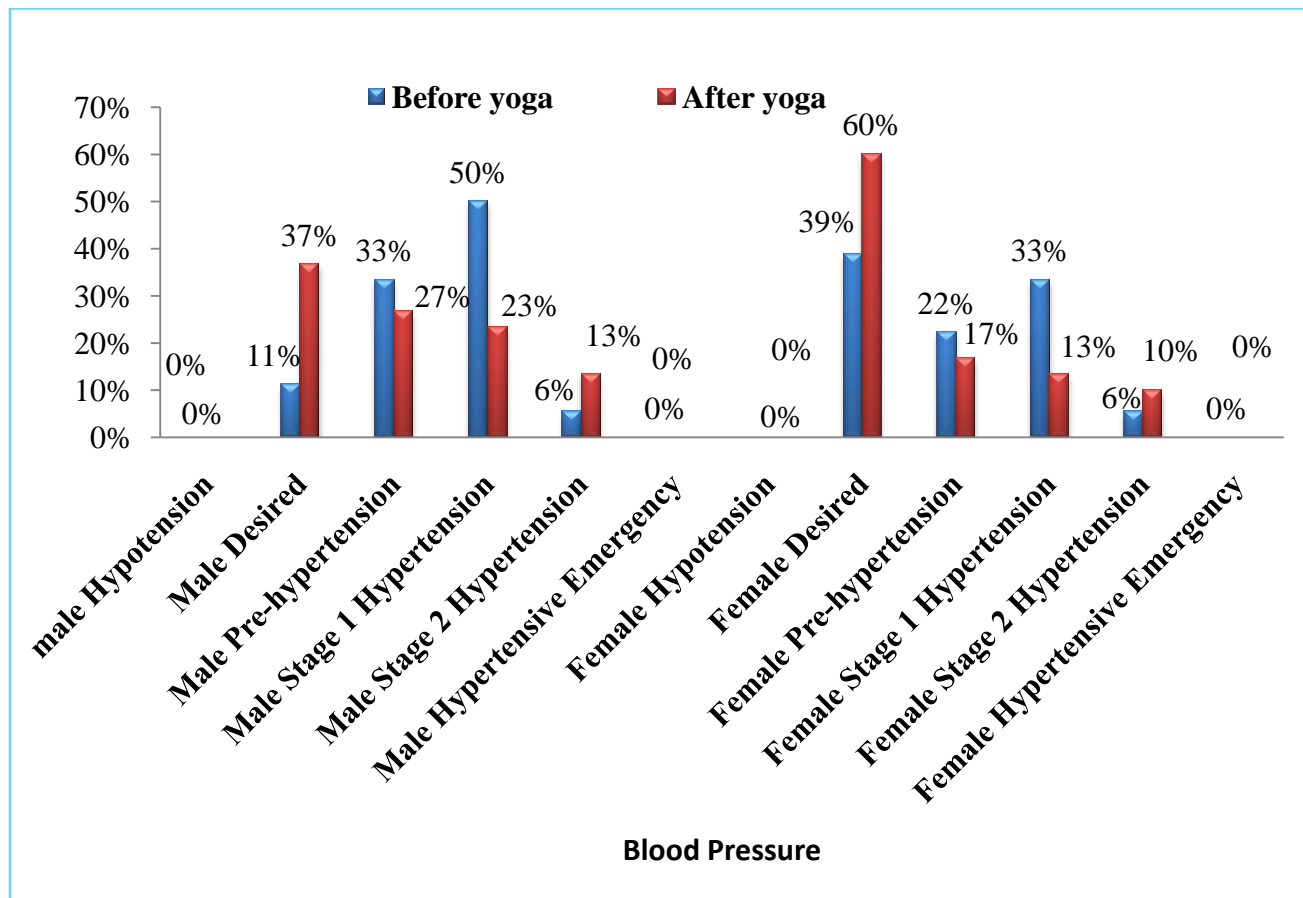
Anxiety

Gender	Before		After
Male (18)	High	11	5
	Normal	7	13
Female(30)	High	17	14
	Normal	13	16
Total		48	48



Blood pressure

Classification of blood pressure for adults			Before		After	
			Male	Female	Male	Female
Category	systolic, mmHg	diastolic, mmHg				
Hypotension	< 90	< 60	0	0	0	0
Desired	90–119	60–79	2	11	7	18
Pre-hypertension	120–139	80–89	6	8	4	5
Stage 1 Hypertension	140–159	90–99	9	7	6	4
Stage 2 Hypertension	160–179	100–109	1	4	1	3
Hypertensive Emergency	≥ 180	≥ 110	0	0	0	0
Total			18	30	18	30



Result and discussion:

The above table indicates that there was a difference. In this relation to our null hypothesis, it has been clearly rejected. The result says that there is positive significance of yoga and meditation techniques is quiet effective in healing of anxiety and blood pressure.

Reference:

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