

Significance of Yoga in Healing Anxiety and Depression

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ABSTRACT

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. Primary goal of yoga is to gain balance and control in one's life that includes both physical and mental wellbeing. Effect of yoga on mental wellbeing: Yoga frees one from confusion and distress; provide a sense of calmness and installs optimism within you. Effect of yoga on physical wellbeing: Practicing yoga poses cleanses and detoxifies the body, by circulating of fresh blood through the body. Yoga helps to achieve perfect health, spiritual contentment, and total well being. It is inner journey inside one's self and maintains harmony between mind and body. The aim is to examine Significance of Yoga in healing anxiety and depression for this purpose researcher selected purposive sample study. The study was carried out on 42 Male/Female at yoga ayurveda, shilaj, Ahmedabad. Sinha Anxiety Test and Aron. T. Deck Depression inventory were administered after gap of one month. Outcome/result of study was seen.

Keywords: *Yoga, Anxiety, Depression, Mind*

A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation. Yoga is a practical aid. Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being. It could be said that a primary goal of yoga is to gain balance and control in one's life. Yoga helps in both physical and mental wellbeing.

Benefits of yoga.

Yoga is one of the ancient life healing technology which has been practiced in India and world for various centuries. It is an important, natural, preventive measure to ensure good health and well being. The benefits of yoga are countless. Yoga helps to improve muscle tone, flexibility, strength and stamina and reduces stress and tension. It boosts up the self esteem and improves the concentration and creativity of the human being. Yoga also helps to reduce fat, thus an

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important measure to remove obesity. Yoga also improves the circulation of blood and also stimulates the immune system. Besides this, yoga also helps to manage or control anxiety, arthritis, asthma, back pain, blood pressure, carpal tunnel syndrome, chronic fatigue, depression, diabetes, epilepsy, headaches, heart disease, multiple sclerosis, stress, High blood pressure, mood and various other physical and mental problems. Yoga helps you to access an inner strength that allows you to face the sometimes-overwhelming fears, frustrations, and challenges of everyday life.

Styles of Yoga

There are various styles of yoga but all these styles are very different in one way or the another. These differences can be coordination of breath and movement, holding the postures, or the flow from one posture to another and strict alignment of the body. Ashtanga Yoga, Iyengar Yoga and Viniyoga are the three main styles of Yoga. 1) **Ananda Yoga** 2) **Anusara Yoga** 3) **Ashtanga Yoga** 4) **Bikram Yoga** 5) **Integral Yoga** 6) **Iyengar Yoga** 7) **Kundalini Yoga** 8) **Sivananda Yoga** 9) **Svaroopa Yoga** 10) **Viniyoga**

Anxiety

A general term for several disorders that cause nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life.

People often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with a person's ability to sleep or otherwise function. Generally speaking, anxiety occurs when a reaction is out of proportion with what might be normally expected in a situation. People with anxiety disorder experience constant, chronic, and unsubstantiated worry, often about health, family, money, or work. This worrying goes on every day, possibly all day. It disrupts social activities and interferes with work, school, or family. Physical symptoms of include the following: muscle, tension, fatigue, restlessness, difficulty sleeping, irritability, edginess, gastrointestinal discomfort or diarrhea

Depression

A mental condition characterized by severe feelings of hopelessness and inadequacy, typically accompanied by a lack of energy and interest in life. Depression is a condition in which a person feels discouraged, sad, hopeless, unmotivated, or disinterested in life in general. When these feelings last for a short period of time, it may be a case of "the blues."

But when such feelings last for more than two weeks and when the feelings interfere with daily activities such as taking care of family, spending time with friends, or going to work or school,

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it's likely a major depressive episode. Most people feel anxious or depressed at times. Losing a loved one, getting fired from a job, going through a divorce, and other difficult situations can lead a person to feel sad, lonely, scared, nervous, or anxious. These feelings are normal reactions to life's stressors. But some people experience these feelings daily or nearly daily for no apparent reason, making it difficult to carry on with normal, everyday functioning. These people may have an anxiety disorder, depression, or both. **Types of depression** Three main types of depressive disorders—major depression, dysthymia, and bipolar disorder—can occur with any of the anxiety disorders.

OBJECTIVE

- The purpose of this study significance of Yoga in healing anxiety and depression.

Hypothesis:

- In relation to this study, there is null hypothesis obtained by the researcher. There are no positive effects of yoga on physical and mental wellness.

Sample:

In the aims to this study 42 Male/Female at yoga ayurveda, shilaj, Ahmedabad were selected sample out of which 26 were female and 16 were male. Once both the test were administered they were administered again after one month gap.

The Beck Depression Inventory (BDI) created by Dr. Aaron T. Beck, was administered to measure depression. Reliability of **Beck Depression Inventory (BDI)**: Most studies carried out on reliability find that the BDI is a reliable test of depressive severity. Validity of BDI: One of the main objectives of Beck Depression Inventory BDI was to have it conform more closely to the diagnostic criteria for depression, and items were added, eliminated and reworded to specifically assess the symptoms of depression listed in the DSM-IV and thus increase the content validity of the measure The BDI has concurrent validity in that it tends to agree with other measures of depression. It is also high on construct validity. An obvious way to judge validity of a test is to observe the person in real life situations. If the person scores as suffering severe depression then this should be observable in their behavior.

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

Reliability: Reliability of **Sinha's Comprehensive Anxiety Test (SCAT)**: Test developed by A.K.P Sinha and L.N.K Sinha in 1995 consists of 90 items, significant at 0.01 level. Scoring: Sum total scores show the anxiety level. Higher the scores show higher the anxiety 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.

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Validity: The coefficient of validity was 0.62, which is significant beyond 0.01 Level of confidence.

Higher the scores show higher the anxiety.

Variables of the study: The present study involves anxiety level as dependent variable and yoga techniques as independent variable.

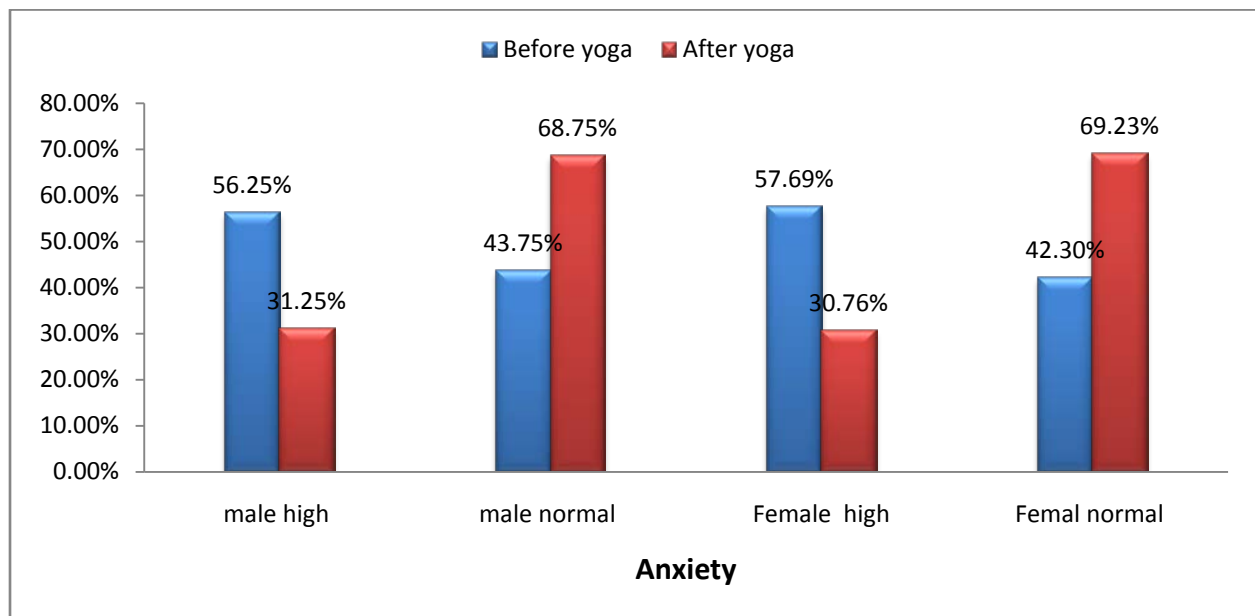
METHOD

For the purpose of this study, 42 female/male from yoga ayurveda, shilaj, Ahmedabad were selected randomly and Sinha Anxiety Test and Aron. T. Deck Depression inventory were administered on gap of one month. Reference to this study, 42 female/male was given yoga and meditation techniques for 60 minutes every day for 30 days. All were to give test before training of yoga and meditation techniques and then later they were again to give a test. This was resulted as per the tables under here:

Statistical analysis:

Anxiety

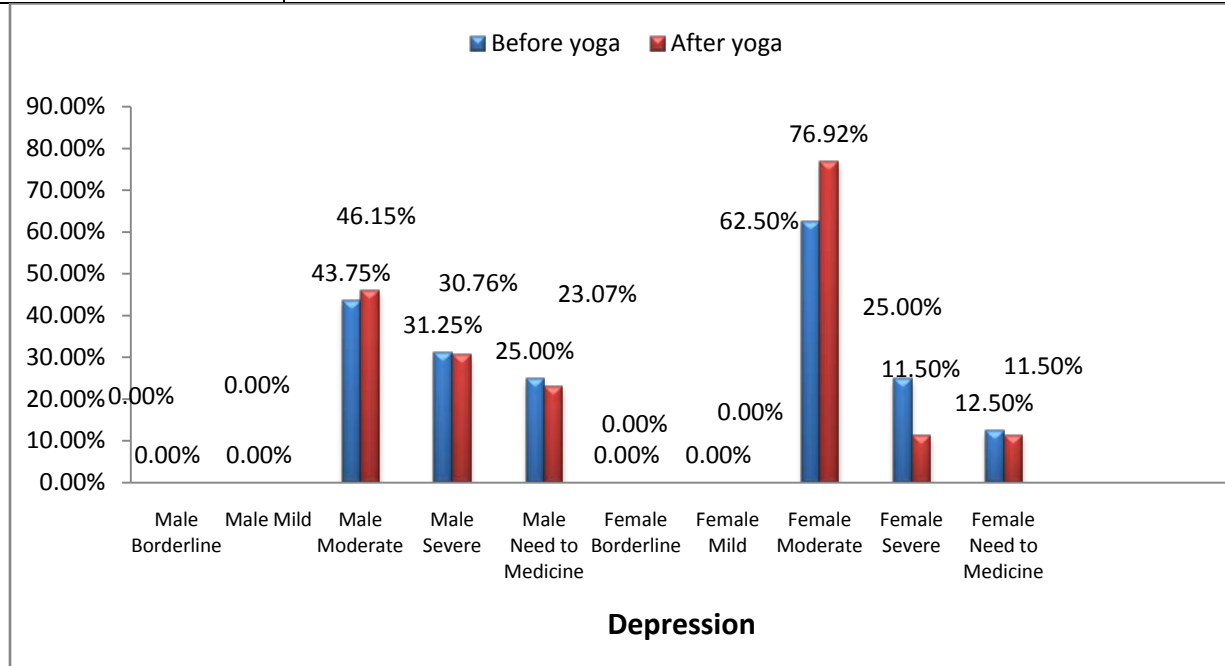
Gender	Before		After	
Male (16)	High	9 (56.25%)	5 (31.25%)	
	Normal	7 (43.75%)	11 (68.75%)	
Female(26)	High	15 (57.69%)	8 (30.76%)	
	Normal	11 (42.30%)	18 (69.23%)	
Total		42	42	



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Depression

Gender	Male(16)		Female(26)	
	Before	After	Before	After
Borderline	0	0	0	0
Mild	0	0	0	0
Moderate	7 (43.75%)	10 (62.5%)	12 (46.15%)	20 (76.92%)
Severe	5 (31.25%)	4 (25%)	8 (30.76%)	3 (11.5%)
Need to Medicine	4 (25%)	2 (12.5%)	6 (23.07%)	3 (11.5%)
Total	42			



RESULT AND DISCUSSION

The above table indicates that there was a significance 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 in healing of anxiety and depression.

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