

Research Article

Role of Yoga in Anxiety Disorder

Soni Kumari

Uttarakhand Sanskrit University, Haridwar, India

Correspondence should be addressed to Soni Kumari, soniyogacharya@gmail.com

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Abstract Anxiety leads to derangement in physical and mental health. Anxiety levels are more in full time all meal and female. Spicily whose excess stress of work, leave at out station for working people and so on. Anxiety leads to derangement in physical and mental health. Anxiety levels are more in full time every people but in some one more due to excess mental and physical stress. People environment have different circumstances of life as compared to a people whose expend peaceful life. The study seeks to assess the stress level among the house and outdoor wives and its management through Yoga and Mindfulness breathing. Effects of stress in modern life hold may lead to a series of complications, which may include body ache, weight gain, easy fatigue, headache, pain extremities, breathing difficulty, asthma. Practice of yoga can improve mental exertion, improve the different complications. Regular yogic practices and adapting and implementing the principals and philosophy of yoga in day to day life may decrease the anxiety level and improve the overall health of the patients.

Keywords Anxiety; complications; physical; mental

Introduction

Anxiety

Anxiety about result or the reaction of our parents to the report card; nervousness about the first date or a job interview we all would have lived through these moments. A little bit of fear is normal; in fact, just like salt in the food, it is needed so that we remain disciplined, focused and dynamic. The problem starts when this fear becomes persistent and so intimidating as to start interfering with our everyday life. Then it becomes an anxiety disorder – a state of excessive uneasiness, worry, or fear of the unknown, which needs to be treated – and this is where yoga can help. It's also good to know that yoga alone should not be considered as the only treatment option. It should complement proper medication after consultation with a doctor or specialist. The doctor would guide you on the condition better and help you understand the type of anxiety disorder you may have – Panic Disorder, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, Social Anxiety Disorder, or Generalized Anxiety Disorder, to name a few.

Types of Disorders

Anxiety disorder is an umbrella term that includes different conditions:

1. Panic disorder - You feel terror that strikes at random. During a Panic attack, you may also sweat, have chest pain, and feel palpitation (unusually strong or irregular heartbeats). Sometimes you may feel like you're choking or having a heart attack.
2. Social anxiety disorder - Also called social phobia, this is when you feel overwhelming worry and self-consciousness about everyday social situations. You fixate about others judging you or on being embarrassed or ridiculed.
3. Specific phobias - You feel intense fear of a specific object or situation, such as heights or flying. The fear goes beyond what's appropriate and may cause you to avoid ordinary situations.
4. Generalized anxiety disorder - You feel excessive, unrealistic worry and tension with little or no reason.

Symptom

- You feel unusually panicky, scared and uneasy.
- You tend to get uncontrolled, obsessive thoughts of past traumatic experiences.
- You wake up from frequent nightmares.
- You tend to repeatedly wash your hands.
- You have problems sleeping.
- Your hands and feet stay unusually sweaty.
- You get frequent palpitations.

Management by Yoga

Yoga helps our entire system. All around the world yoga is synonymous with peace of mind, relaxation, and stress reduction. By transferring focus and attention to the body and breath, yoga can help to temper anxiety while also releasing physical tension. Most of us have been practicing yoga techniques to calm our mind. For instance, you must have advised yourself or your near and dear ones to take some deep breaths or take a chill in anxious situations. Regular yoga practice can help you stay and relaxed in daily life, and can also give you the strength to face events as they come without getting restless.

Yoga Postures for Anxiety

The following yoga sequence can help achieve a happy and healthy mind and body. In addition to many other benefits, asanas help release tension and stress from the body by regulating hormones and increasing endorphins (which explains the "yoga high").

- Gentle Neck Rolls (KanthaSanchalana)
- Cat stretch (Marjariasana)
- Child pose (Shishuasana)
- Standing forward band (Hastapadasana)
- Tree Pose (Vrikshasana)
- One-Legged Seated Forward Bend (JanuSirsasana)
- Two-Legged Seated Forward Bend (Paschimottanasana)
- Bridge Pose (Setubandhasana)

- Shoulder Stand (Sarvangasana)
- Fish Pose (Matsyasana)
- Bow Pose (Dhanurasana)
- Corpse Pose (Savasana)

Aims and Objectives

1. To see the efficacy of Yoga in cases of respiratory difficulty arising from anxiety
2. To conduct a review of literature on the subject of management of anxiety through yoga.

Materials and Methods

Study design: A prospective, randomized, Single Blind, placebo controlled parallel design study

Study Population:

Study site: Yoga clinic of Dr Soni Kumari

Study Setting:

- Outdoor Patient Department (O.P.D.)
- Other sources if possible

Inclusion criteria

- a. Patient suffering from Asthma with manifestation of anxiety.
- b. Patient between the age group of 45-55 years.

Exclusion criteria

- a. Patients associated with other complications

Sample size Calculation 30 patients will be included for study.

Procedure:

STEP I: Extensive search & study of different books and journals with special reference to Synthesis Repertory.

STEP II: Gather exhaustive information from the Internet according to availability

STEP III: Selection of (Number of patient) patients (minimum) suffering from different diseases.

STEP IV: Proper case taking will be done according to the standard case-taking performa.

STEP V: Relevant investigation will be done as per need

STEP VI: Inclusion and Exclusion Criteria will be fulfilled.

STEP VII: Analysis, Evaluation of the cases were done and necessary yoga procedures will be explained to patients.

STEP VIII: Follow up of the case at regular interval.

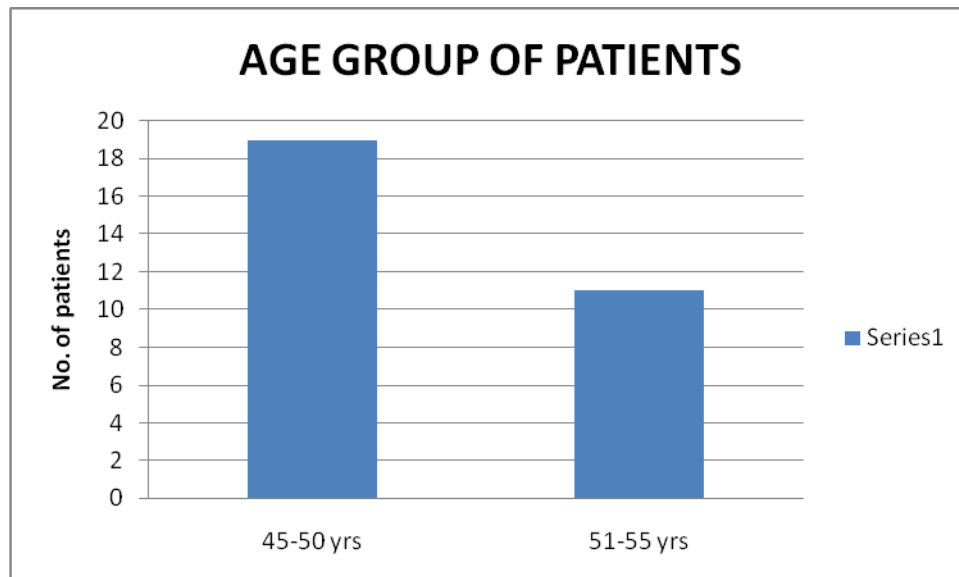
STEP IX: Statistical analysis of the result by using different standard statistical methods (if possible).

Observation

Total number of patients included during study “**Role of Yoga in anxiety disorders**” was 30. Some of the subjects did not continue the treatment and stopped abruptly during the study. They discontinued the treatment after first visit or after first follow-up are only considered for the base line analysis. Following are the observation noted during the study.

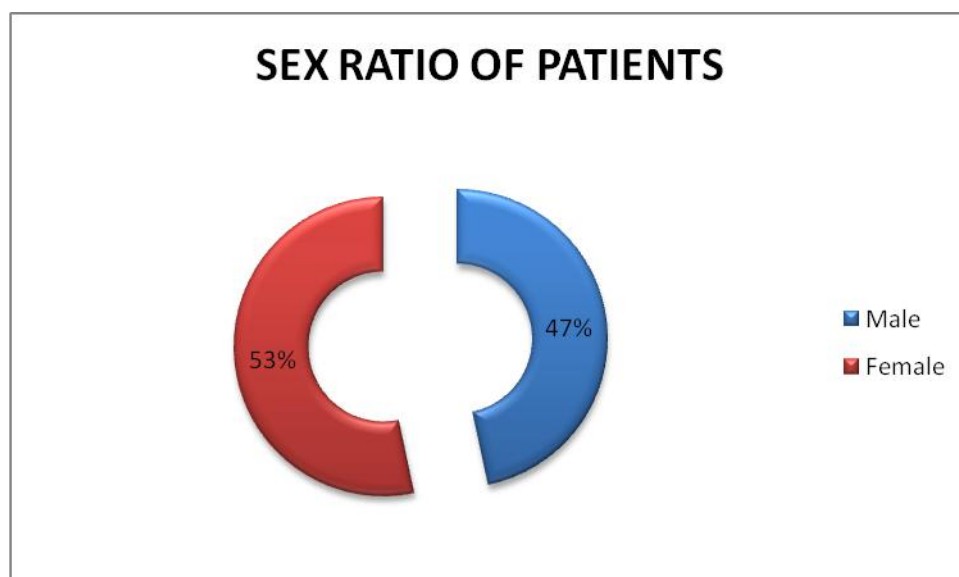
Observation – 01

Age group (in years)	No. of Patients
45-50	19
51-55	11
Total	30



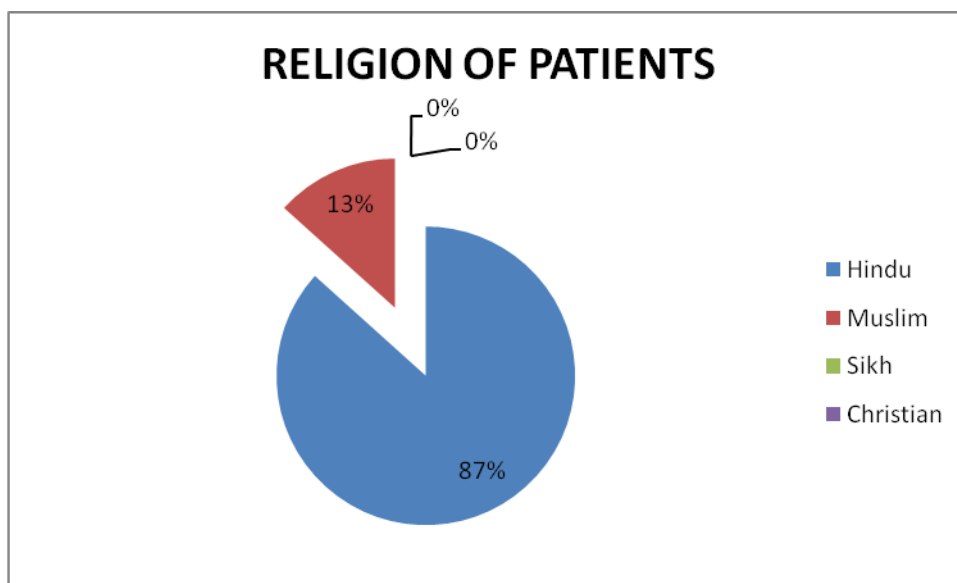
Observation – 02

Sex of Patient	No. of Patients
Male	14
Female	16



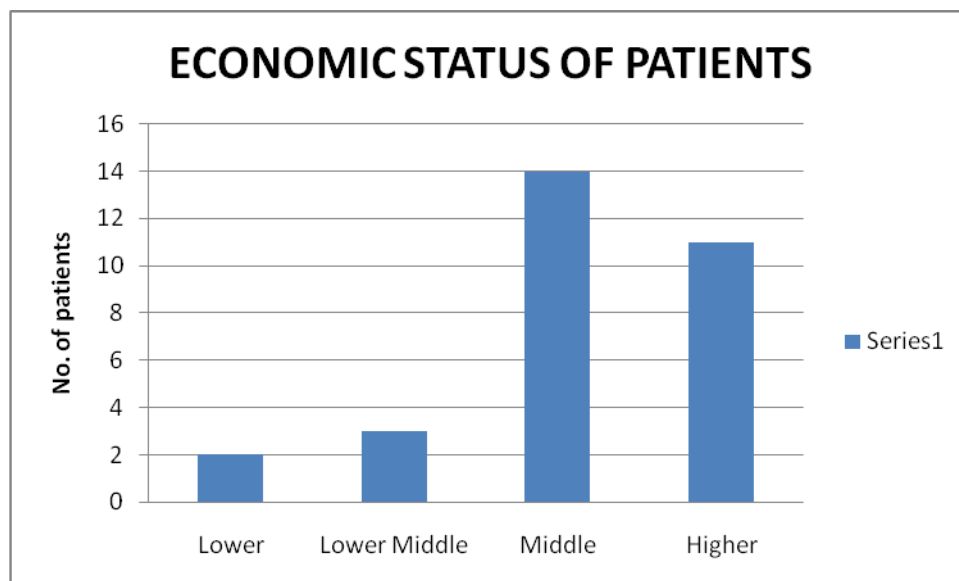
Observation – 03

Religion	No. of Patients
Hindu	26
Muslim	4
Sikh	0
Christian	0
Total	30



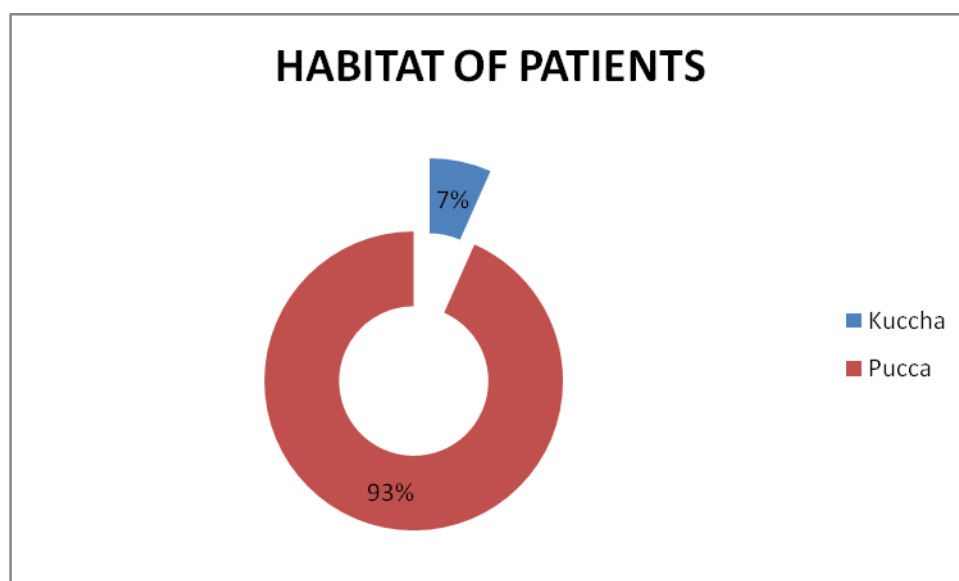
Observation – 04

Economic Status	No. of Patients
Lower	2
Lower-middle	3
Middle	14
Higher	11
Total	30



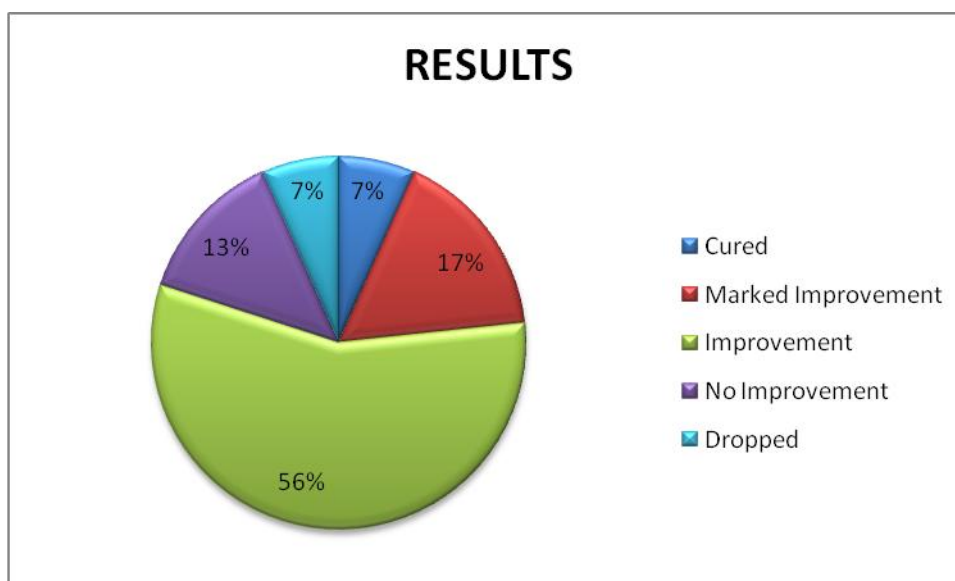
Observation – 05

Habitat	No. of Patients
Kaccha	2
Pucca	28
Total	30



Observation – 06

Results	No. of Patients
Cured	2
Marked Improvement	5
Improved	17
No improvement	4
Dropped	2
Total	30

**Conclusion**

Breathing problems can be corrected by yoga through the practice of Pranayama. Pranayama has various techniques that are designed for the maximum capacity utilization of the lungs - something that most of us do not do. Yoga and Pranayama also help in regulating the temperature of the breath flow thereby solving a lot of problems related to breathing.

Virtually everyone can see physical benefits from yoga, and its practice can also give psychological benefits, such as stress reduction and a sense of well-being, and spiritual benefits, such as a feeling of connectedness with God or Spirit, or a feeling of transcendence. Certain poses can be done just about anywhere and a yoga program can go for hours or minutes, depending on one's schedule.

There are several mechanisms in yoga that have an effect on stress levels, meaning there are multiple ways that yoga can minimize your stress levels. Studies show that the most effective ways in which yoga targets stress are by lifting your mood (or positive effect), by allowing for increased mindfulness, and by increasing self-compassion. By simultaneously getting us into better moods, enabling us to be more focused on the present moment, and by encouraging us to give ourselves a break, yoga is a very effective stress reliever.

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