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Study of yoga on mental and physical health

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Abstract

In this paper the consequences of yoga interventions on diverse additives of intellectual and bodily health, with the aid of using focusing at the proof defined in evaluate articles. Collectively, those opinions propose some of regions in which yoga could be useful, however extra studies is needed for certainly they all too firmly set up such benefits. Yoga could be powerful as a supportive adjunct to mitigate a few clinical conditions, however now no longer but a tested stand-alone, healing remedy. Larger-scale and extra rigorous studies with better methodological great and ok manipulate interventions is noticeably advocated due to the fact yoga may also have capability to be carried out as a useful supportive/adjunct remedy this is distinctly cost-powerful, can be practiced as a minimum in component as a self-care behavioral remedy, presents a life-lengthy behavioural skill, complements self-efficacy and self-assurance and is regularly related to extra high-quality facet consequences.

Keywords: yoga, mental, physical health

Introduction

The conceptual historical past of yoga has its origins in historic Indian philosophy. There are several present day colleges or kinds of yoga (i.e., Iyengar, Viniyoga, Sivananda, etc.), every having its personal wonderful emphasis concerning the relative content material of bodily postures and exercises (asanas), respiratory techniques (pranayama), deep relaxation, and meditation practices that domesticate consciousness and in the long run extra profound states of consciousness. The utility of yoga as a healing intervention, which started early within the 20th century, takes benefit of the numerous psychophysiological blessings of the factor practices. The bodily exercises (asanas) can also additionally boom patient's bodily flexibility, coordination, and strength, whilst the respiratory practices and meditation can also additionally calm and attention the thoughts to increase more consciousness and lessen anxiety, and as a consequence bring about better pleasant of life. Other useful results would possibly contain a discount of distress, blood pressure, and enhancements in resilience, mood, and metabolic regulation.

Khalsa said that a majority of the studies on yoga as a healing intervention became carried out in India and a great fraction of those had been posted in Indian journals, a number of which might be tough to accumulate for Western clinicians and researchers. In their bibliometric evaluation from 2004, they observed that 48% of the enrolled research had been uncontrolled, whilst 40% had been randomized scientific trials (RCT), and 12% non-RCT (N-RCT). Main classes which had been 2 Evidence-Based Complementary and Alternative Medicine addressed had been psychiatric, cardiovascular, and respiration disorders.

Despite a developing frame of scientific studies research and a few systematic evaluations at the healing results of yoga, there may be nonetheless a loss of strong proof concerning its scientific relevance for plenty signs and symptoms and scientific conditions. For many unique symptoms and conditions, there may be inconsistent proof with numerous research reporting nice results of the yoga interventions, however different research are much less conclusive. In a few instances, those discrepancies can also additionally end result from variations among the look at populations (e.g., age, gender, and fitness status), the info of the yoga interventions, and follow-up rates.

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Yoga and Mental Health

Depression

The effects of yoga on depression, a description of studies on yogic breathing for depression, and one “summary”. The reviewing authors have reported that the studies reviewed showed a large variety of diagnoses ranging from “major depression or some other type of diagnosed depression” to “elevated depressive symptoms”. Although several randomized controlled trials (RCTs) reported beneficial effects of yoga interventions for treating depressive symptoms, the quality and quantity of the data from these studies appear insufficient to conclude whether there is substantial clinical 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-focussed or pranayama-focussed 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. There has been an attempt to explore mechanisms of action and to understand the complete picture of the effects of yoga in depression looking at electrophysiological markers of attention, and neurotransmitters which were found to change with yoga [1-5].

Fatigue: The effects of yoga on fatigue in a variety of medical conditions. The review included 19 RCTs healthy persons 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 [0.24–0.33] was found. This standardized mean difference (SMD) describes the difference in the group mean values divided by the respective standard deviation; 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 (0.15–0.24); for all other studies that did not include cancer patients (n = 9), the effect was 0.46 (0.24–0.67) [9]. 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 Evidence-Based Complementary and Alternative Medicine 3 to standard drugs. However, there are currently no Meta analyses available which would clearly differentiate this important issue. At least the AHRQ report stated that “yoga was no better than Mindfulness-based Stress Reduction at reducing anxiety in patients with cardiovascular diseases”.

Stress: One systematic review describes the effects of yoga on stress-associated symptoms. Chong *et al.* identified 8

controlled trials, 4 of which were randomized, which fulfilled their selection criteria. 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 control interventions such as relaxation, cognitive behavioural therapy, or dance. Also the AHRQ report stated that “yoga helped reduce stress”. Here, the two included studies showed a significant reduction of stress scores in favour of the yoga group (SMD = -1.10 [CI: -1.61 to -0.58].

Posttraumatic Stress Disorder. A single review article looked at the existing research on yoga for posttraumatic stress disorder (PTSD). Seven articles were reviewed which included 8 studies on PTSD following exposure to natural disasters such as a tsunami and a hurricane (1 RCT, 1 NRCT, 3 group study, 2 single-arm studies, 1 cross-sectional study) and 2 studies on PTSD due to combat and terrorism (1 RCT, 1 single-arm study). After a natural disaster, yoga practice was reported to significantly reduce symptoms of PTSD, self-rated symptoms of stress (fear, anxiety, disturbed sleep, and sadness) and respiration rate. Similarly, yoga interventions were able to improve the symptoms of PTSD in persons with PTSD after exposure to combat and terrorism. The interventions varied in duration from one week (when interventions were given on the site) to six months. The review suggested a possible role of yoga in managing PTSD, though long-term studies conducted with greater rigor are needed [6-10].

Discussion

These evaluations endorse some of regions in which yoga can be useful, however greater studies is needed for genuinely they all to greater definitively set up benefits. However, this isn't always sudden for the reason that studies research on yoga as a healing intervention had been performed simplest during the last four many years and are distinctly few in number. Typically, person research on yoga for diverse situations are small, negative-first-class trials with more than one times for bias. In addition, there may be big heterogeneity withinside the populations studied, yoga interventions, period and frequency of yoga practice, contrast groups, and final results measures for lots situations (e.g., melancholy and pain). Disentangling the results of this heterogeneity to higher recognize the cost of yoga interventions below diverse situations is challenging. For many situations, heterogeneity and negative first-class of the unique trials indicated that meta-analyses couldn't be as it should be performed. Nevertheless, a few RCTs of higher first-class discovered useful results of yoga on intellectual health. Further investigations on this location are recommended, mainly due to the plausibility of the underlying psychophysiological rationale (inclusive of the efficacy of common bodily exercises, deep respiratory practices, intellectual and bodily relaxation, wholesome diet, etc.).

Conclusion

The yoga interventions are healing remedies stays to be determined; presently it's miles secure to signify that yoga may be a useful supportive add-on or adjunct treatment. Because of yoga's low threat for aspect results, whilst deciding on suitable postures for the population, and ability for real effective aspect results, it is probably a promising candidate in particular for cardiac rehabilitation, relying at the sufferers' competencies and willingness to undertake yoga

practices with regularity. However, the meditative and self-reflective (cognitive) components of yoga can be elaborate particularly for sufferers with psychotic or persona disorders. Nevertheless, there's presently inadequate facts on contraindications or aspect results associated with yoga practices in sufferers with mental disorders. It is pretty in all likelihood that yoga may also assist to enhance affected person self-efficacy, self-competence, bodily fitness, and institution support, and could be powerful as a supportive adjunct to mitigate scientific conditions, however now no longer but as a confirmed stand-alone, healing treatment. Confirmatory research with better methodological nice and ok manage interventions are needed.

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