

Yogic and Meditation Effect on Depression

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Abstract: Every person in this world has emotion and it came occasionally not randomly (mood swing) as happen in depression. But these feeling are usually short lived and pass within a couple of days. When you have depression it interferes with daily life and causes pain for both you and those who care about you. Nowadays depression is common but serious illness. It is characterized by the persistent sadness and lack of interest, disturbance in sleep, tiredness and poor concentration. According to **W.H.O.** more than 264 million people worldwide is suffering from depression. Only standard medical treatment, yoga and meditation can help from this type of situation. Yoga is a holistic science, which encompasses yogic life for living, yogic practices and following of yogic attitudes. Yoga affects all dimensions of personality. Practice of yoga affects the physical, mental and spiritual levels of personality. Therefore by following yogic practices and lifestyle there is a reduction in one's physical mental and emotional problems. Yoga and meditation are better therapy for depression which have better outcomes for long period of time. Meditation is a complex mental practice involving changes in sensory perception, cognition, hormonal and autonomic activity. It is widely used in psychological and medical practices for stress management. Meditation is practice of concentrated focus upon a sound, object, visualization, the brain movement or attention itself in order to increase awareness of the present moment reduces stress, promote relaxation and enhance personal and spiritual growth.

Key words: Yoga, Meditation, Depression.



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INTRODUCTION

Depression is a state of mental illness. It is characterised by deep, longlasting feelings of sadness or despair. Depression can change an individual's thinking/feelings and also affects his/her social behaviour and sense of physical well-being. It can affect people of any age group, including young children and teens. It can run in families and usually starts between the ages of 15 and 30 years. Women and elderly people are more commonly affected than men. According to the World Health Organization, untreated mental disorders account for 13% of the total global burden of disease. Unipolar depressive disorder is the third leading cause of disease burden, however current predictions suggest that by 2030, depression will be the leading cause of disease burden globally. The gap between the need for treatment for mental disorders and its provision is wide all over the world. Between 76% and 85% of people with severe mental disorders receive no treatment for their mental health problem in low- and middle-income countries. We don't know exactly what causes depression, a number of things are often linked to its development. Depression usually results from a combination of recent events and other longer-term or personal factors, rather than one immediate issue or event. With the help of some medication, yoga and meditation we can get rid of this problem.

Depression is one of the most common mental illnesses in the world. It is estimated that there are 350 million people worldwide who have some form of depression. In the United States, 16 million people had a depressive episode in the past year. A condition affecting one's mood and action, depression can affect one's life substantially. According to the most recent World Health Organization, depression is the leading cause of disability worldwide and is believed to be a major contributor to the overall global burden of disease.

Yoga practices can utilize any or all the 8 limbs. They generally involve relaxation (shava asana), physical postures (asana), breathing regulation techniques (pranayama), and meditation (dhyana). While there are different schools of yoga, some common schools include Ananda, Anusara, Ashtanga, Bikram, Iyengar, Integral, Kundalini, Kripalu, Power, Prana, Sivananda, and Vinyasa. Types of yoga include alignment-oriented yoga, fitness yoga, flow yoga, gentle

yoga, hot yoga, specialty yoga, and spiritual-oriented yoga.

There have been some known benefits of yoga. Per Woodard,⁵ yoga improves flexibility, can loosen muscles resulting in reduced aches and pain, generates balanced energy, reduces breathing and heart rates, lowers blood pressure and cortisol levels, increase blood flow, and reduces stress and anxiety due to calmness. Yoga practices can thus improve preexisting medical conditions such as arthritis, cancer, mental illness symptoms, and so on.

There is a body of research supporting the use of yoga to reduce depression or depressive symptoms. Mehta and Sharma⁶ published a systematic review of literature on yoga and depression, searching research articles in English from 2005 to June 2010. They reviewed 18 studies describing the extent to which yoga has been found to be beneficial as a complementary therapy for depression and depressive symptoms. The purpose of this review was to identify newer studies after 2011 and ascertain the efficacy of yoga on depression. Based on this review, recommendations for future interventions have been developed.

AIM: - To study the importance of yoga and meditation effect on depression

OBJECTIVES:-

1. To enable the students to have good health.
2. To practice mental hygiene and to possess emotional stability

YOGA AND MEDITATION:

Yoga is a hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. (dictionary.com) In sanskrit (ancient language of the world) it means to "yoke" or union. Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment. And eventually, you may start to better understand them as well. Yoga and meditation give strength to body, boost our nervous system and main healthy life style. Hathayoga is best for depression patient. Hathayoga is

mindfulness-based cognitive therapy, an approach to psychotherapy that incorporates mindfulness meditation practices, can help lower your chances of depression relapse. The benefits of Hatha yoga include better sleep, strengthening core muscles, improving depression symptoms, and helping with stress management. Hatha yoga is a type of yoga that emphasizes holding poses for long periods of time. It is made up of three main practices: body postures, breathing techniques, and meditation.

ANALYSIS:

During this covid19 outbreak many people lost their jobs became unemployed and stays at home. This loss of employment had significant implications for people's access to economic resource. In my locality many people start consuming alcohol, smoking cigarette and many drug which has adverse effect on body and mind. One day i decide to go every people home in my locality and ask if they are instrested in yoga i can give online session to them. Many people from my locality enrol in it, some of them are those who having bad habit of drinking alcohol and smoking and some of them are those who loss their jobs. Then i started giving them all free online yoga and meditation session for one month. When one month was completed i got positive feedback from some of them. Then i continue take online class who are interested at paid class. Now it being around six month who continue take the class shows their view personally how yoga and meditation affect their mind and body , some share how pandemic affect mentally in their mind when you are all alone in dark room, some share how they get rid of cigarette and alcohol, some share how their sex life is improve after daily practicing of yoga. Most surprising was those who were in regular practice of meditation show more effect. The meditation group showed significantly lower levels of depressive symptoms and greater improvement in mental health and cognitive functioning compared with the relaxation group. In the meditation group, 65.2% showed 50% improvement.

HOW DOES YOGA EFFECT ON DEPRESSION? -

More studies are using randomized controlled trials to look at the relationship between yoga and depression. Randomized controlled trials are the best ways to verify study results. According to the Harvard

Mental Health Letter, recent studies suggest that yoga can:

- Reduce the impact of stress.
- Help with anxiety and depression.
- Be a self-soothing technique similar to meditation, relaxation, and exercise
- Improve energy.
- Yoga is a physical exercise that involves different body poses, breathing techniques, and meditation. The therapy may help with depression and your symptoms, such as difficulty concentrating or loss of energy.
- Many people use yoga therapy to manage.
- Mental and emotional problems, such as stress, anxiety, or depression.
- Conditions and disorders, such as ongoing low back pain.
- Chronic or long-term pain.
- Overall health and well-being.
- You can find yoga classes at fitness studios, hospitals, and local community centers. The classes can be gentle or challenging, depending on the style.

DISCUSSION

The purpose of this systematic review was to examine the effectiveness of yoga as an alternative treatment or complementary form of therapy for depression and depressive symptoms. In our search of the English-language peer-reviewed literature from 4 databases, 23 interventions between 2011 and May 2016 were evaluated. This number suggests that over the past 5 years, there was continued interest in examining the effectiveness of yoga practices for managing depression and reducing depressive symptoms. This literature review provides positive findings of yoga interventions in reducing depression symptoms. Per this review, individuals with elevated depression levels and/or medical conditions benefited from yoga treatment. Results also revealed that depression symptoms improved among caregivers.

Regardless of the length of the intervention, the interventions proved to be efficacious. For example, the shortest yoga intervention with depressed patients with chronic back pain¹⁰ showed positive results. These findings suggest that brief yoga treatment or therapy

can be effective in reducing depressive symptoms. The longest intervention¹⁹ followed women through their pregnancy to 2 months postpregnancy. The pregnant women showed a reduction in depressive symptoms. These findings suggest that yoga interventions can have a long-term positive effect on depressive symptoms. Seven studies implemented some form of follow-up with participants after the intervention; only in 6 studies did effects persist.

CONCLUSION:

Yoga is a fairly new treatment or practice utilized for more than mind-body fitness in the West. In fact, yoga is being used more and more as an alternative form of treatment for improving many conditions. One way that yoga is used is in individuals with depressive symptoms. Yoga increases Quality of Life, Strength, Flexibility and Balance. It reduces Stress & Anxiety by Decreasing Grey Matter in Amygdala. It improves Mental Resilience by Maintaining Size of the Hippocampus. It decreases Physical Pain & Helps Physiological Response to Pain. Yoga functions as Complimentary Therapy for Anxiety, Depression, PTSD, and ADHD which reduces Inflammatory Markers and Strengthens Immunity.

Overall, the initial indications are of potentially beneficial effects of yoga interventions on depressive disorders. Variation in interventions, severity and reporting of trial methodology suggests that the findings must be interpreted with caution. Several of the interventions may not be feasible in those with reduced or impaired mobility. Nevertheless, further investigation of yoga as a therapeutic intervention is warranted.

To improve the evidence base, the conduct and reporting of studies on meditation, yoga, and mindfulness needs to be more rigorous to allow the delivery of results that are closer to their empirical truth. Furthermore, we recommend that a common typology for meditation, yoga and mindfulness interventions is developed and that future research includes comparisons between active placebo and control. This will allow us to determine the true differential effects between mindfulness, meditation, and yoga and in comparison, to other approaches to improve mental health. Ultimately, this will allow us to further our understanding of delivering effective

non-clinical solutions for protecting and promoting mental health in student populations.

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