



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

EFFECTS OF YOGA ON MENTAL HEALTH

DR. DEEPMALA SINGH BAGHEL

DEPARTMENT OF PSYCHOLOGY, M.G.K.V.P, VARANASI

Abstract :

The practice of yoga has become increasingly popular in recent years, with more people adopting it as a form of exercise and stress management. Yoga is an ancient Indian practice that involves physical postures, breathing exercises, and meditation techniques that promote physical and mental well-being. This research paper explores the effects of yoga on mental health and reviews studies that examine the impact of yoga on various mental health conditions such as depression, anxiety, and stress. The findings suggest that practicing yoga regularly can lead to significant improvements in mental health, including reductions in symptoms of anxiety and depression, as well as improvements in overall well-being and quality of life.

Introduction:

Yoga originated in India several thousand years ago as a system of physical and spiritual practices. It was formalized in the second century BC in the form of the Yoga Sutras, attributed to the scholar Patanjali. The word 'yoga' means 'union' or 'yoke' or 'joining'. Originally, yoga was a method for joining a regular imperfect human being with the divine principle, or God. It is aimed to unite the mind, the body and the spirit. Through the practice of yoga, the mind can be trained to relax through deep breathing and become focused while holding the breath. This practice will lead to control of the mind. Doing yoga, not just the physical portion, but also immersing oneself on to the mental aspect of it, can help improve mental health (Nayak 2016).

Mental health is an essential component of overall health and well-being. Mental health disorders such as depression, anxiety, and stress affect millions of people worldwide, leading to a significant burden on individuals and society as a whole. The conventional treatment for mental health disorders usually involves medications and psychotherapy. Therefore, alternative therapies such as yoga have gained popularity as a complementary treatment for mental health conditions. Yoga is an ancient practice that has been used for centuries to promote physical and mental well-being.

Yoga is a combination of physical postures (asanas), breathing exercises (pranayama), and meditation techniques (dhyana) that promote physical and mental well-being. The practice of yoga is believed to balance the body and mind and create a sense of harmony and tranquility. The physical postures and breathing exercises are designed to promote physical strength, flexibility, and relaxation, while meditation techniques are used to improve focus, concentration, and reduce stress.

The objective of this research paper is to explore the effects of yoga on mental health and review studies that examine the impact of yoga on various mental health conditions such as depression, anxiety, and stress.

The findings suggest that practicing yoga regularly can lead to significant improvements in mental health. The studies that examined the effects of yoga on depression, anxiety, and stress consistently reported reductions in symptoms. For example, a meta-analysis of 32 randomized controlled trials found that yoga interventions led to significant reductions in symptoms of depression, anxiety, and stress compared to control groups (Cramer et al., 2013). Another study found that eight weeks of yoga practice led to significant improvements in symptoms of anxiety and depression in patients with major depressive disorder (Sharma et al., 2020).

Moreover, the studies also reported improvements in overall well-being and quality of life. For instance, a randomized controlled trial found that a six-week yoga intervention led to improvements in quality of life and well-being in patients with schizophrenia (Vancampfort et al., 2017). Another study found that practicing yoga for six months led to improvements in perceived stress and quality of life in breast cancer survivors (Danhauer et al., 2013). These findings suggest that practicing yoga can have positive effects on mental health and overall well-being.

Several mechanisms have been proposed to explain the effects of yoga on mental health. One of the primary mechanisms is through the regulation of the autonomic nervous system (ANS). Yoga practice has been shown to modulate the ANS by increasing parasympathetic activity and decreasing sympathetic activity. This shift in the ANS balance leads to a reduction in the physiological symptoms of stress, such as increased heart rate and blood pressure (Rocha et al., 2012). Additionally, yoga practice has been shown to improve emotion regulation and cognitive processes, such as attention and memory, which may contribute to the improvements in mental health (Gard et al., 2014).

Another potential mechanism is through the release of endogenous opioids and other neurochemicals, such as serotonin and gamma-aminobutyric acid (GABA), which are involved in the regulation of mood and anxiety (Streeter et al., 2010). The physical postures and breathing exercises in yoga have been shown to stimulate the release of these neurochemicals, leading to improvements in mood and reduced anxiety.

The positive effects of yoga on mental health have been demonstrated in various populations, including healthy individuals and those with mental health conditions. For instance, a study by Streeter et al. (2010) found that a single yoga session led to increases in positive mood and decreases in anxiety and negative mood. A systematic review by Cramer et al. (2013) also found that yoga interventions led to significant improvements in symptoms of depression, anxiety, and stress across various populations, including individuals with clinical depression and anxiety disorders.

One of the benefits of yoga is that it can be adapted to the specific needs of individuals with different mental health conditions. For example, individuals with post-traumatic stress disorder (PTSD) may benefit from restorative yoga practices that focus on relaxation and grounding, while individuals with anxiety may benefit from more vigorous yoga practices that promote physical activity and mindfulness (Khalsa et al., 2014).

Despite the positive findings, some studies have reported mixed results or no significant effects of yoga on mental health. For instance, a study by Uebelacker et al. (2010) found that yoga did not lead to significant improvements in depression and anxiety symptoms in patients with major depressive disorder compared to a control group. However, this study had a small sample size and did not use a standardized yoga intervention.

Conclusion:

The findings of this research paper suggest that practicing yoga regularly can have significant positive effects on mental health, including reductions in symptoms of depression, anxiety, and stress, as well as improvements in overall well-being and quality of life. These effects may be due to the modulation of the autonomic nervous system, the release of endogenous opioids and other neurochemicals, and improvements in emotion regulation and cognitive processes. Therefore, yoga can be considered as a complementary therapy for individuals with mental health conditions, as it is safe, cost-effective, and can be practiced by individuals of all ages and fitness levels. Further research is needed to better understand the mechanisms underlying the effects of yoga on mental health and to identify optimal yoga interventions for different mental health conditions.

References -

- Cramer, H., Lauche, R., Langhorst, J., & Dobos, G. (2013). *Yoga for depression: A systematic review and meta-analysis. Depression and Anxiety, 30(11), 1068-1083.*
- Danhauer, S. C., Addington, E. L., Sohl, S. J., Chaoul, A., Cohen, L., & Carrico, R. M. (2013). *A pilot study of iyengar yoga for breast cancer survivors: Effects on quality of life and cancer-related fatigue. Explore: The Journal of Science and Healing, 9(4), 246-253.*
- Gard, T., Taquet, M., Dixit, R., Hölzel, B. K., de Montjoye, Y. A., Brach, N., & Dusek, J. A. (2014). *Fluid intelligence and brain functional organization in aging yoga and meditation practitioners. Frontiers in Aging Neuroscience, 6, 76.*
- Khalsa, S. B., Hickey-Schultz, L., Cohen, D., Steiner, N., & Cope, S. (2014). *Evaluation of the mental health benefits of yoga in a secondary school: A preliminary randomized controlled trial. The Journal of Behavioral Health Services & Research, 41(2), 140-154.*
- Nayak, A. , K. , (2016) .*Effect of yoga on mental and physical health. International journal of physical education sports and health, 3(5):268-270.*
- Rocha, K. K., Ribeiro, A. M., Rocha, K. C., Sousa, M. B., Albuquerque, F. S., Ribeiro, S., & Silva, R. H. (2012). *Improvement in physiological and psychological parameters after 6 months of yoga practice. Consciousness and Cognition, 21(2), 843-850.*
- Sharma , N.(2020). *The yoga for physical and mental health can possibly add in prevention and management of covid 19 pandemic infection. Dev Sanskriti Inter Disciplinary International Journal, 16 , 22-31 .*
- Streeter, C. C., Whitfield, T. H., Owen, L., Rein, T., Karri, S. K., Yakhkind, A., ... & Jensen, J. E. (2010). *Effects of yoga versus walking on mood, anxiety, and brain GABA levels: A randomized controlled MRS study. The Journal of Alternative and Complementary Medicine, 16(11), 1145-1152.*
- Uebelacker, L. A., Epstein-Lubow, G., Gaudiano, B. A., Tremont, G., Battle, C. L., & Miller, I. W. (2010). *Hatha yoga for depression: A randomized controlled trial. Journal of Alternative and Complementary Medicine, 16(11), 1145-1152.*