Role of Yoga in Anxiety Disorder

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Abstract

Anxiety leads to derangement in physical and mental health. Anxiety levels are more in full time every people but in someone 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 vibes 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 and asthma. 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.

Key words – Anxiety, complications, physical, mental, yoga.

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ROLE OF YOGA IN ANXIETY DISORDER

Introduction:
Anxiety about the outcome or the reaction of our parents to the report card; apprehension about the first date or in a job interview we all would have gone through these moments in our life. A little bit of stress is normal; same like cooking salt in the meal, it is needed so that we stay disciplined, engaged, focused and dynamic. The problem begins when this stress becomes persistent and tireless as to start interfering in our day to day life. At that point, it becomes an anxiety disorder – a state of excessive uneasiness, stress, worry, or dread of the obscure, which needs to be treated – and this is the situation where yoga can help. It's also realizing that yoga alone should not be considered as the only treatment option. It should complement proper medication upon consultation with an expert doctor or specialist. The specialist would direct you on the condition better and help to understand the type of anxiety disorder you may have to give some examples– Panic Disorder, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, Social Anxiety Disorder, or Generalized Anxiety Disorder.

Types of Anxiety Disorders:

05 Major Anxiety disorder types are as follows: -
- Generalized Anxiety Disorder (GAD)
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder (PD)
- Post-Traumatic Stress Disorder (PTSD)
- Social Phobia or Social Anxiety Disorder (SAD)

Common Anxiety Disorders in Adults are as follows: -
- Agoraphobia – Patient avoids the situations where he/she think that they will not be able to escape or find help.
- Body Focused Repetitive Behaviors - Habitual behaviors that include nail biting, hair pulling, nose picking, skin picking, & lip or cheek biting.
- Generalized Anxiety Disorder – symptoms of excessively worry and uncontrollably about activities and daily life events.
- Health Anxiety - The patient with the health anxiety disorder may try to avoid medical attention completely because of fear of what may be discovered.
- Hoarding Disorder - Difficulty in getting rid of possessions regardless of strong urges to save and their value.
- Obsessive-Compulsive Disorder – Patient may experience obsessions, compulsions or sometimes both.
- Panic Disorder – Patient experience unexpected and repeated panic attacks.
- Post Traumatic Stress Disorder – Generally develops after a patient has experienced, witnessed or been repeatedly exposed to a major trauma.
- Specific Phobia –Can be anything like afraid to fly, avoid dental appointments, elevators etc.
- Social Anxiety Disorder –Patient tend to feel uncomfortable quite nervous or awkward in the social situations.
- Separation Anxiety - experiences of fear or tension concerning separation from those to whom the individual is attached closely.

Symptom
- Feel unusually panicky, scared and uneasy.
- Tend to get uncontrolled, obsessive thoughts of past traumatic experiences. Wake up from frequent nightmares.
- Tend to repeatedly wash your hands.
- Have problems sleeping.
- Hands and feet stay unusually sweaty.
- Frequent palpitations.
Management through yoga
Yoga is a therapeutic option for anxiety disorders, and it also has positive effects with no adverse events reported. Yoga helps our entire system. All around the world yoga is synonymous with peace of mind, relaxation, and stress reduction. By transferring attention and focus 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 may help you to stay relaxed in your 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 (Kantha Sanchalana)
- Cat stretch (Marjariasana)
- Child Pose (Shishuasana)
- Standing forward band (Hastapadasana)
- Tree Pose (Vrikshasana)
- One-Legged Seated Forward Bend (Janu Sirsasana)
- Two-Legged Seated Forward Bend (Paschimottanasana)
- Bridge Pose (Setubandhasana)
- Shoulder Stand (Sarvangasana)
- Fish Pose (Matsyasana)
- Bow Pose (Dhanurasana)
- Corpse Pose (Savasana)

Tips:
Lemon grass: It is normally grown in North-India. It is normally mixed in tea. Lemon grass gives relief in anxiety disorder, joint, head and muscle pain and protects you from stress.

Aims and Objectives
To see the efficacy of Yoga in cases of respiratory difficulty arising from anxiety
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:
A. Outdoor Patient Department (O.P.D.)
B. 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
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**

<table>
<thead>
<tr>
<th>Age group (in years)</th>
<th>No. of Patients</th>
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<tbody>
<tr>
<td>45-50</td>
<td>19</td>
</tr>
<tr>
<td>51-55</td>
<td>11</td>
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<tr>
<td>Total</td>
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**Observation – 02**

<table>
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<th>Sex of Patient</th>
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<td>Male</td>
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<tr>
<td>Female</td>
<td>16</td>
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**Observation – 03**

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<th>No. of Patients</th>
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<tr>
<td>Hindu</td>
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<tr>
<td>Muslim</td>
<td>4</td>
</tr>
<tr>
<td>Sikh</td>
<td>0</td>
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<tr>
<td>Christian</td>
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<tr>
<td>Total</td>
<td>30</td>
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**Observation – 04**

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<td>Lower</td>
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<tr>
<td>Lower-middle</td>
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<tr>
<td>Middle</td>
<td>14</td>
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<tr>
<td>Higher</td>
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<td>Total</td>
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Observation – 05

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<td>Kaccha</td>
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<tr>
<td>Pucca</td>
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<tr>
<td>Total</td>
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Observation – 06

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<th>Results</th>
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<td>Cured</td>
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<tr>
<td>Marked Improvement</td>
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<tr>
<td>Improved</td>
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<tr>
<td>No improvement</td>
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<tr>
<td>Dropped</td>
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<td>Total</td>
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Conclusion:

Everyone can see the physical benefits from the yoga, practicing of Yoga also gives psychological benefits, such as sense of well-being, stress reduction and spiritual benefits, such as a feeling of transcendence or a feeling of connectedness with God or Spirit. Certain poses can be done at anywhere and a yoga program can
last for hours or minutes, depending on the individual schedule.

There are several proved mechanisms in the yoga that have an effect on stress levels, means there are several ways that yoga can minimize your stress levels effectively. Studies shows that the most effective ways in which yoga targets stress are by lifting your mood (or positive effect), by increasing self-compassion and by allowing for increased mindfulness. 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 and proven stress reliever.

References: -
