

# Effect of Yoga on Mental Health of Adolescents

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## Abstract

According to a research by Cornell university of New York, mental health problems affect one in every five young people at any given time. Since to face all the problems such as: strain, tension, depression, anxiety and more our intellectual level adolescents are targeted first.

Yoga in its original sense was devised as a method of spiritual awakening but of late it is being accepted as a science of health. Currently yoga is being taken as a therapeutical agent for health. It not only prevents and cures the disease but also helps in maintenance of positive health. Yoga lays great emphasis on strengthening inherent defensive mechanisms of human body and mind rather than attaching and eradicating individual offending factor. It develops immunity and resistance in human body and helps the body and mind in attaining homeostatic balance. The strengthening of defense mechanism and harmony between mind and body prevents onset of disease. The aim of yoga therefore is also the attainment of physical, mental, social and spiritual health.

**Key words:** *Yoga*, Mental Health, Adolescents

**Article Received: 15-02-2016, Published: 18-03-2016**

**Conflict of interest:** None declared

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**International Journal of Science and Consciousness (IJSC): a Bio-Psycho-Spiritual approach  
Published by the Research Foundation for Science & Consciousness, Uttarakhand, India**

## Yoga and diet-control on BMI and cholesterol level of the Obese Youth

### Introduction:

The American sociological Association project a survey which hold multiple indicators of mental health problems, including internalizing and externalizing problems in young children (McLeod and Kaiser, 2004), psychological distress and depression in pre adolescents and adolescents (Needham, Crosnoe and Muller 2004) and specific disorder such as attention deficit hyperactivity disorder (ADHD) (Galera et al. 2009). It also holds for behaviour problems that are closely associated with mental health, including delinquency and substance use (Lynskey and Hall, 2000; Maguin and Loeber 1996; staff et al. 2008). These problems covers the two major dimensions of emotional and behavioral problems; internalizing problems-form of distress such as depression, anxiety and externalizing problems-form of behavioral and academic. For attaining physical and mental well being the important objective is yoga. Various kriyas, asanas, pranayama help oneself to get-purified along with a good and sharp mind with a sound body. Yoga also develops the ability to harmonize and integrate the thoughts, desires, emotions feelings and aims of an individual. Many exercises help us to do so.

Yoga, according to Patanjali, is a method by which these chittavritti are controlled and restless mind is calmed. Yoga is a systematic and conscious process for accelerating the growth of a human being, further leading him/her towards all round personality development. Health is a state of dynamic equilibrium between body and mind. Various researches conducted to study the effect of yogic practice establish that Asana, pranayama, Bandha, Mudra, Dhyana, Shatkriyas etc, if done according to the environment nature of individual, place & time, have positive influence on physical and mental health.

It reveals that yoga is proved to be an indispensable part of our lives. According to Jaina yoga resembles that yoga is the best wishful-filling tree (kalpa-taru). Yoga is the

supreme wish-granting jewel (cinta-mani). Yoga is the foremost of virtues. Yoga is the very embodiment of perfection (sidhi). The word yoga is etymologically derived from the verbal root Yuj, it means "to bind together". Yoga is called "evenness" (samatva) according to Gita (2.48). According to Matrayaniya-upnisad the rule for effecting union with self (yoga) is breath control (Pranayama), sense withdrawal (Prathayahara), meditation (dhyana), concentration (dharana), reflection (tarka) and ecstasy (Samadhi) (6.18). All of this is done for achieving oneness and raising consciousness. Yoga helps one in keeping oneself fit and fine. It is well said that, if body is fit then everything is fit. The foremost need for healthy lifestyle is food and workout. And yoga is the best option to do so. All methods grouped under the common name of yoga are special psychological processes founded on a fixed truth of Nature and results which were always latent but which has ordinary movements do not easily or do not often manifest. Yoga employs a broad holistic approach that focuses on teaching people a new life style, way of thinking and way of being in the world. It strives to increase self awareness on both a physical and psychological level. Yoga is dynamite to make one feel healthy and young.

A research has been done on evidence-bases complementary an alternative medicine in 2012, which summarizes the current evidence on the effects of yoga interventions on various component of mental and physical health. There are several randomized clinical trials (RCT's) of relatively high quality indicating beneficial effects of yoga for pain-associated disability and mental health. Department of Internal and complementary Medicine, Berlin, Germany sounds that application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantages of various psycho physiological benefits of the component practices. The physical exercise (asana) may increase patient's physical flexibility and strength while breathing practices and

meditation may cause calm and focus the mind to develop greater awareness and diminish anxiety and thus result in higher quality of life.

A recent study had shown the comparable effects of yoga and physical exercise on physical fitness and Stroop task performance in the school children in between group comparisons while the total self-esteem was found higher in within yoga group (Telles et al., 2013). In a separate study on adolescents, the yoga group showed a significant increase in the level of total self-esteem, general self-esteem and social self-esteem after one month of comprehensive yoga program when the pre data were compared with the post (Bhardwaj & Agrawal, 2013).

In bibliometric analysis from research on yoga as a therapeutic intervention on 2004, shows that 48% of the enrolled studies were uncontrolled, while 40% were randomized clinical trials (RCT's) and 12% non-RCT (N-RCT). Main categories were addresses as psychiatric. Meditation is an indispensable part of yoga. Patanjali who systemized and classified yoga, defines meditation as 'a steady, continuous flow of attention directed towards the same point or region. When our mind completely merged with the object of our attention, meditation arises spontaneously. There are many kinds of meditation experiences-light, visions, intuitions, and feelings of love or bliss, tangible sensation of energy flowing through the body, often in the region of the spine. The given meditation is panchkosha Dhyana Dharna for strengthening of five prana, five tattva, five deva, that's come all together called panchkosh.

1- Annamaya kosha made of thing can be see and touch. 2- Pranamaya kosha composes of energy flow 3- Manomaya kosha totally depends over thought powers. 4-Vigyanamaya kosha reveals the internal capacity and emotional impressions. 5-Anandmaya kosha that is oneness with Super Soul. As the whole world is the exotic creation of God, but above of all the most exciting creation is Human being, and the foremost power of human is its brain. Only its memory capacity is enough to make us sink in the ocean of surprises. In just a single inch of brain, the memory of several

computers can be stored. With the help of this memory factor human enriches benefits from the past to get continue on the path of development, also sets the foundation for future. From lots of Decodes man and science is finding the way to enhance the way to enhance the brain capacity and mental health. In present time science provide that yoga is the best option for attaining a high level of brain i.e. mental health level to get a look over mental health.

The term mental health is commonly used in reference to mental illness. However, knowledge in the field has progressed to a level that appropriately differentiates the two. Although mental health and mental illness are related. Mental health is "a state of well being in which the individual realizes his or her own abilities can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". It is estimated that only about 17% of U.S. adults are considered to be in a state of optimal mental health. Whereas on other hand mental illness is defined as "collectively all diagnosable mental disorders" or "health conditions that are characterized by alterations in thinking, mood or behavior associated with distress and or impaired functioning". In the present data "mental health" generally refers to a psychological and emotional state. Like the states of mind and being it reflects, the term is fluid and is used to discuss a positive state of psychological and emotional well-being and the conditions that faster it, the absence of mental illness, the presence of mental imbalances that affect over all psychological well-being. Roughly 20 percent of youth experienced more than one problem of mental disorder, since memory is a fundamental capacity that plays a vital role in social, emotional and cognitive functioning for all above it is for most duty to understand the signs and symptoms of mental health disorders by detection and intervention. Stress, depression, anxiety are some of the major factor affecting mental health.

Mental health in adolescence characterizes by a roller coaster of emotional and psychological

highs and lows intense feelings are a normal and healthy part of the psychological landscape of youth, but it is also true that many mental health disorder of adulthood began in childhood or adolescence. The most affected generation from mental disorder is adolescence since they are just at starting stage of life. They are unable to cope up with family, society and personal issue. This is the most critical phase of life, where one can easily deviate from the path of success. Despite many years of relevant research empirical evidence for the association of mental health and behavior problems with academic (2003, 2010). It is all because due to under mental disorder teenagers are incapable to concentrate over their studies therefore academic suffers. Following their academic results the family atmosphere also affected. As on the same way the whole society gets affected but the root cause is at its place that is mental health and mental illness, which no one in this huge world with problems are ready to understand.

According to the kshurika-upnishad (14), the yoga help of concentration and breath control. In Buddhism, there are eight limbs of the enlightenment path, from that one is "Sammavayam (Samyag-vyayama) or "right exertion" is the prevention of future unwholesome mental activity, the overcoming of present unwhole some feelings or thoughts, the cultivation of future wholesome states of mind and maintenance of present wholesome psycho mental activity.

According to Amrita-Bindu-upnishad, "the mind is deludes the unattached form of (pure) Awareness [i.e. the self] and binds it by means of the ropes of body, organs and breath, thereby causing it to room incessantly in the self-inflicted experience of the fruits (of one's actions) as "I" and "mines".

The Jaina writers in Jainism yoga, Haribhadra praises yoga in his yoga-Bindu as follow: - "yoga is the best wish-ful filling tree. (kalpa-taru). According to Dr. Ishwar V. Basavaraddi and Dr. Sadhana Arya "yoga gives boost to physical and

mental health by balancing the hormonal output of the brain and help in freeing the mind from mental disturbances. And yoga and mental health are closely inter-related". in their book "yoga Teacher's Manual of Morarji Desai National Institute of yoga".

In Gheranda Samhita of Swami Niranjananand Saraswati "Sath karma depends on two main life flows energy, Ida and Pingla, and their co-ordination, which provides balance between physical and mental health". Swami Muktananda in his book Nawa yogini Tantra, "words are produced by a flow of breath that sets up a vibration in the vocal cords; it is a flow and a vibration-a kind of 'nadi'. A thought, also, is flow. on the most material level a thought is known to be a flow of chemicals and electrical impulses from one brain cell to the next".

In "Ayurveda and the Mind", by Dr. David Frawley "consciousness contains everything in the mental field in a potential or seed form". In "Hathyoga ke Adhaar Avam Prayog" by Dr. I.V. Basavaraddi and Dr. Satyaprakash Pathak reveal that "sathkarma practice cleanness the nervous system by which it controls the action of mind". Sri Aurobindo, in his book "The synthesis of yoga" said that "one must lies one's little lower self to find the greater self".

According to Manusmriti-(6.70ff) "Breath control burns away all kinds of physical and physic blemishes". According to Kshurika upnishad, "Breath and life force are one, in which life forces are the five types of prana circulating in the human body provide energy and stability".

Master Choa Kok Sui, with helping hands of Dr. Flenn Medoza MD, MPH reviewed by felice Prudents Santamaria Philipines, 2005 in their book Super Brain Yoga, A complete study of three years for improving the academic and behavioral performances of Adolescents.

The factor which affects the mental health is stress, tension, fear, depression, Insomnia, anxiety, phobias, and hopelessness and so on. Other mental health conditions affecting youth

include bipolar disorder, conduct disorder, attention-deficit /hyperactivity disorder, learning disorder, eating disorders, autism, and childhood-onset schizophrenia.

According to Patanjali control of mental modifications can be achieved by the steps in ashtanga yoga. Yama is for social well-being. Niyama is for self discipline. Then comes Asanas, such as Sarvangasana - benefits for nervous system, strengthening and blood circulation in brain. Sasankasana to activate spinal cord, Dhanurasana (Bow-curve pose) for fresh blood supply. Ustrasana (camel pose) develops strength and confidence. Gomukhasana (cow pose), alleviates tiredness, tension and anxiety. Sukhasana (easy pose) facilitates mental and physical balance without causing strain and pain.

Then comes pranayama, Nadisodhan (Alternate nostril breathing) to create a balance between sympathetic and para sympathetic system. Bhastrika strength the whole solar plexus area, build stamina, cleanses organs Kapalbhathi, dyanamic technique that enables to break out of the deep depression by creating a sense of activation. Bhramari pranayam, work towards creating an inner harmony that results in the attainment of a state of mental calmness. The bandha trayam as well as the asvini mudra are both a God send for those suffering from mental disorders since; It revitalizes the entire psycho-neuro endocrine system. here in yoga a complete blend of kriya and breathing patter is alien as the name of "Surya Namaskar" that relieves one from all the mental disorders and cures many diseases. It composes 12 poses at all in which four are repeated. It is a complete set of exercise for the every chakra as well as part of body. or here I can say that surya namaskar is a whole body exercise.

### **Discussion & Conclusion:**

The passage from the lower to the higher is the aim of yoga. The world today presents the aspect of a huge cauldron of media in which all things are being cast, Shredded into pieces, experimented on, combined and recombined either to punish and provide the scattered

material of new forms or to emerge rejuvenated and changed for a fresh term of existence. Indian yoga, in its essence a special action or formulation of certain great powers of nature, itself specialized, divided and variously formulated, The child of immemorial ages, preserved by its vitality and truth into our modern times & seeking its place in future sum of living human powers, words from Sri Aurobindo's The Synthesis of yoga put me high on thinking a way to store the powers for Adolescents. Since yogic methods have something of the some relation to the customary psychological workings of man as has the scientific handling of the force of electricity. The mind is galvanized by the body, while the life force is impelled by primal desire; control of mind is most directed means of quieting the mind and transcending the compelling force of desire According to Vashistha, concentration and meditation as superb aids for taking change of mind. This fill me with enthusiasm to go forward on this race is seen in every field from education level to settlement level. This may be most prominent cause of the depletion in health as well as mental health affects the most.

Since, daily practice of this helps the teenagers to get healthy, physically as well as mentally. Actually, this practice was used by ancient rishis to ameliorate the academic value. Ancient yogis contemplated this deeply and found that mental disturbances cause irregularity and instability of respiration. The practice of asana helps us to attain to a state of physical control our body. Stress is the major culprit and may be the causative, aggravating or precipitating factor in so many psychosomatic disorders. Doctors are often found telling their patients to relax, but never tell them to how to so relax. Therefore, yoga in mine advice is the drugless medicine for all those who is suffering or may be on the target point of mental disorders. As when face to face with the innumerable thorns in a forest, one may either choose to spend all the their time picking them up one by one while other thorns continue falling or choose to wear a pair of shoes and walk through the forest. The difference is in attitude; choosing the right attitude can change

everything and bring about a resolution of the problems by healing the core of the problem. So, for any type of mental as well as physical disorders yoga, along with asanas, Super Brain Yogic technique and Surya Namaskara i.e. Sun Salutation proves it best of all.

Yoga not only considers physical health but also more importantly mental health. Yoga, which emphasizes the universal, is a perfect foil to those human activities which glorify the personal and provides endless foundation of inspiration and Joy. The “seed of yoga” finds fertile soil, goodwill concepts grow naturally, slowly but surely taking root in all aspects of life. With help of yoga, we learn how to “unwind” through the many relaxation techniques available in the yoga science to balance the immense amount of stress and strain that are part and parcel of day to day life. Meditation teaches us to be sensitive to ones own’s bio-rhythms, one’s own physical mental and emotional cycles. “Oneness with the universe is the perfect state of harmonious health. It offers us many practical day to day methods of action to become aware of one’s body since psychosomatic disorders cannot be tackled without awareness. Most important is life satisfaction; the sense that one’s own life is good, which correlates with characteristics such as self-esteem, resiliency, optimism, self-reliance, healthy habits, and pro social behavior, which is for most need of today’s hectic life schedule.

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**Cite this paper as: Kumar, P. (2016). Effect of Yoga on Mental Health of Adolescents. International Journal of Science and Consciousness; 2(1): 6-12.**