

Benefits of Yoga for Mental Illness

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ABSTRACT: *Yoga is a way of life that incorporates emotional, physical and spiritual qualities in all aspects of human functioning to attain holism, meaningfulness, perfection and completeness. It involves processes of energizing and fueling that lead an individual to align his/her personality and inspire him/her to achieve the greatest social, psychological, spiritual and moral coordination juxtaposed with the most imaginative and efficient functioning at the individual, family, culture, social, political, foreign and cosmic levels. The present paper aims to clarify and analyze the role of yoga and yogic traditions in mental health accomplishment, retention and promotion. It addressed and substantiated the curative, preventive and promotional role of yoga and yogic activities in mental wellbeing and human functioning. There was a lengthy discussion of the core psychotherapeutic practices and methods based on meditation and yogic practices. In addition, appropriate position has also been given to the processes by which yoga and yogic traditions exercise their effect on mental wellbeing and human functioning, based on the scientific findings of psychological research. The findings of this initiative suggest that it is important to communicate to the people of the world the true value and position of yoga and yogic practices.*

KEYWORDS: *Yoga, Mental Health. Psychotherapy, Human development, Research, Social Issues.*

INTRODUCTION

Despite changes in treatment modalities and access to services, mental disorders remain an important public health issue. The World Health Organization (WHO, 2011) has reported that psychological conditions are the world's leading cost of life years adjusted for disability, with new statistics showing that mental illnesses account for 37 percent of the loss of healthy years from non-communicable diseases. The replication of the National Co-morbidity study conducted in the United States estimated that the 1-year prevalence of any psychiatric condition was 26.2%.

Depression was ranked third among global disease burdens worldwide in 2004, according to the WHO; it was officially the most significant cause in middle and high-income countries, while it was ranked eight among low-income countries (World Health Organization, 2008). Compared to asthma, angina, arthritis, and diabetes, depression was found to result in the largest decline in health Prevalence data for anxiety disorders, indicates that the lifetime prevalence and 12 month prevalence for any anxiety disorder are over 15 and 10 percent, respectively, with higher prevalence in developing countries [1].

Similarly, schizophrenia, unemployment rate and morbidity have been associated with substantially higher health care costs. Sleep complaints are also associated with a number of mental disorders [2]. Approximately 9-21 percent of the population is estimated to have insomnia followed by extreme day-time effects, including chronic exhaustion, irritability, low mood, memory impairments, and interpersonal issues. In the United States, where almost 25 percent of adults consume sleep medications at some point in a year, this issue has reached epidemic proportions (National Sleep Foundation, 2005).

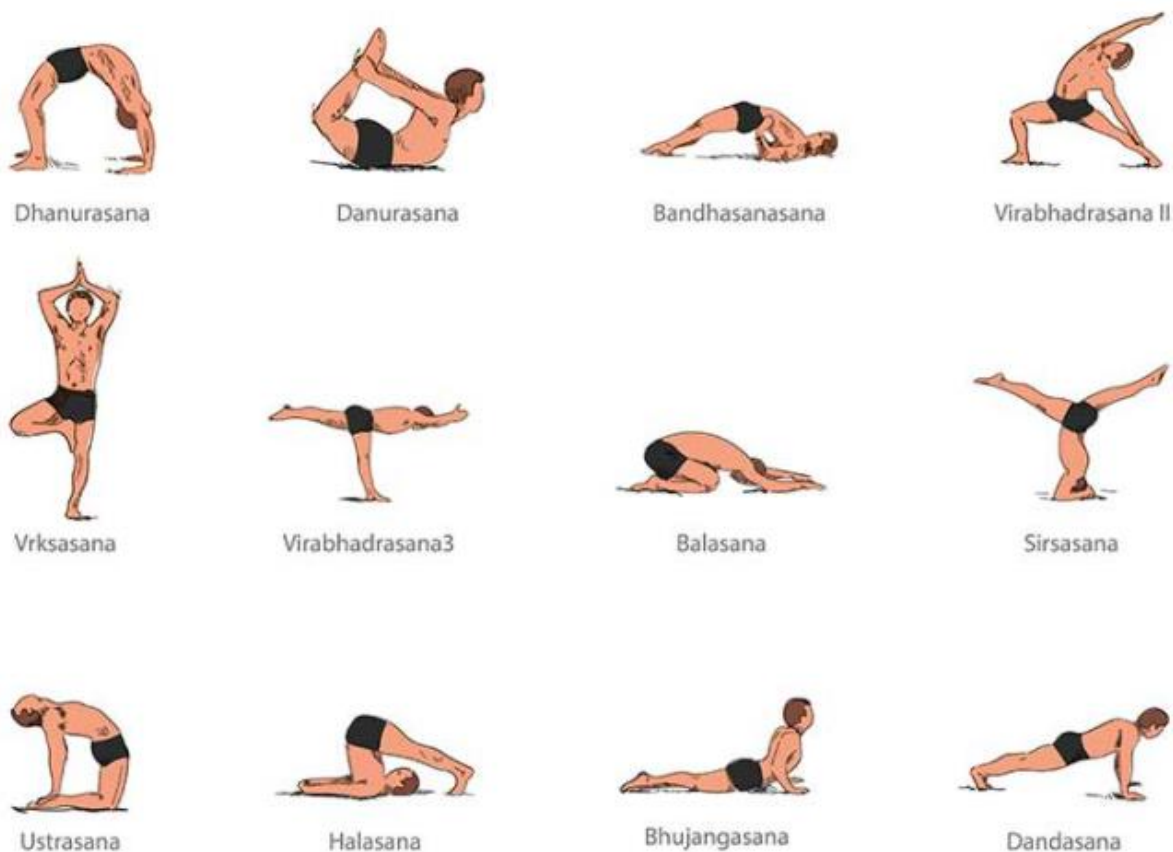


Figure 1: Different forms of yoga

Yoga has many sub-types with roots in ancient India and includes physical postures (asanas), regulated breathing (pranayama), deep relaxation and meditation (figure 1). In addition to low access barriers, the scientific justification for the impact of yoga on the mind is very solid. All yoga activities are known to affect the studies of mental state have shown advantages in children, teenagers, elderly, and people with occupational stress. Biomarker studies indicate that yoga affects neurotransmitters, inflammation, oxidative stress, lipids, growth factors, and second messengers in healthy individuals, in a way mostly equivalent to what has been seen with anti-depressants and psychotherapy [3].

Yoga [4] is hypothesized to combine the effects of physical postures that have been independently correlated with mood changes and meditation that enhances the amount of

neurotrophic factor extracted from the brain (BDNF; Xiong and Doraiswamy, 2009). Other noted effects include increased vagal tone, increased levels of gamma-aminobutyric acid (GABA), increased serum prolactin, hypothalamic-pituitary-adrenal axis downregulation and decreased serum cortisol, and promotion of alpha-wave frontal electroencephalogram (EEG) behaviour that enhances relaxation.

Finally, previous clinical studies have noted many psychological disorders for which yoga has proven effective, although there is a need to try to synthesize those evidence further in the field due to various techniques [5]. Therefore, although the effects of yoga on the spiritual dimensions of the mind (e.g., inner peace) are well known, their effects are less so in major clinical psychological disorders. The purpose of this study was to systematically review the literature available on the effects of yoga on serious psychiatric disorders.

The key focus of this analysis was on categorical illness threshold results (e.g., severe depression), in line with the categorization and treatment of clinical conditions, and how the effects of psychopharmacological therapies are measured, rather than on single domains of symptoms such as mood or sleep that cut through several diagnoses. We used symptoms (e.g., depression and memory) as search terms to ensure that our search was comprehensive, but limited our final review to significant disorders requiring practical intervention [6]. In nature, the yoga and yogic practices are thorough Psychological, biochemical and spiritual processes and mechanisms are concerned, Characterized by a recent and promising non-negative approach Effects and proven theoretical and practical consequences that cover all Individuals [7].

LITERATURE REVIEW

M. Balasubramaniam et al in their review article titled “Yoga on our minds: a systematic review of yoga for neuropsychiatric disorders” discusses that Depression was ranked third among global disease burdens worldwide in 2004, according to the WHO; it was officially the most significant cause in middle and high-income countries, while it was ranked eight among low-income countries (World Health Organization, 2008). Compared to asthma, angina, arthritis, and diabetes, depression was found to result in the largest decline in health Prevalence data for anxiety disorders, indicates that the lifetime prevalence and 12 month prevalence for any anxiety disorder are over 15 and 10 percent, respectively, with higher prevalence in developing countries.

CONCLUSION

Yoga is also a method of identifying and re-educating habitual cognitive habits by promoting healthy thoughts. It will help to restore stability, resilience, strength, and concentration, calm, knowledge of habits, where stuck, begins to become un-stuck and feel conviction. These discussions make it clear that yoga and yogic traditions have sufficient potential in the lives of people, cultures and cultures to help sustain, improve, develop and nurture health and

happiness. It is also clear that only a small number of behavioral illnesses such as schizophrenia, anxiety and depression have been attributed to Yoga as a psychotherapeutic technique.

The processes by which yoga plays a role in the treatment of various mental illnesses have yet to be understood and developed, but there is no question about their efficacy. As a cure for a number of mental disorders, yoga activities may have a role in the health care system, at least as an adjunctive if not as a primary therapy. It would be rational to assume that the relationship between mental health and yoga has been underexplored and that these questions must be followed up in a more comprehensive and scientific way by future study. These results will be of considerable benefit to researchers, decision leaders, managers, students and the general public. It bears significant importance for all facets of human development, functioning and performance.

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