



## YOGA AS A BOON IN DEPRESSION – A REVIEW

Harmandeep Kaur Brar

Associate Professor, Department of Swasthviritta and Yoga, Khalsa Ayurvedic Medical College and Hospital VPO Nangal Kalan, District Mansa-151505

Corresponding Author: [brarharman09@gmail.com](mailto:brarharman09@gmail.com)

<https://doi.org/10.46607/iamj3510032022>

(Published Online: March 2022)

### Open Access

© International Ayurvedic Medical Journal, India

Article Received: 02/02//2022 - Peer Reviewed: 11/02/2022 - Accepted for Publication: 12/02/2022



## ABSTRACT

The understanding of depression varies from individual to individual. Depression can build up in the wake of a difficult situation, or it may have no definable cause. Similarly, the illness may last for months, or appear sporadically over decades. The symptoms can also be different in different person for example one person might be pre-tentious by an exhausting and unrelenting sense of sadness, but another may familiarity emotional numbness and lack of attention in life. According to the World Health Organisation (WHO), by 2030 depression will be the leading cause of disability worldwide such as anxiety, schizophrenia and bipolar disorder – as well as being the 10th leading cause of early death. After watching such data there is a need for the Indians to adopt yoga in life on a day-to-day basis as its origin is from India only. Hence an attempt has been made to recollect the data which relate yoga with deleting depression from one's life.

**Keywords:** *Individual, life, depression, disorder*

## INTRODUCTION

Depression is one of the most common mental problems in the world. It is approximate that there are 350 million people universal who have some form of sadness. if we look at data according to the United

States, 16 million persons had a depressive episode in the last year.<sup>2</sup> A condition moving one's mood and action, depression can affect one's life considerably. According to the most recent World Health Organiza-

tion, depression is the most important cause of disorder's universal and is believed to be a key donor to the worldwide lumber of disease.

Clinical depression is expressed through a diversity of symptoms, which includes:

- The importunate low frame of mind and sadness.
- opinion of hopelessness.
- Suicide attempt and thoughts of self-harm.
- Lack of incentive, sleepiness and loss of attention in life.
- Weight gain or weight loss.
- Loss of enjoyment in performance that was before enjoyed.

These symptoms frequently reflect in social ramifications for a person's life, counting the escaping of occasion with associates and family, poor professional presentation and no longer taking part in hobbies. Sometimes, gloominess can occur through a "downward spiral" of proceedings, where a preliminary disaster triggers a series of actions and emotions which add to the ultimate expansion of clinical depression. For example, someone loses touch with friends and becomes inaccessible after a divorce. Depression is defined as sadness for 2 or more weeks and cause noteworthy emotional distress or changes in disposition frequently after a short interval. Symptoms are miserable or sad mood, short-tempered or easily annoyed, loss of interest or enjoyment in hobbies or performance that was previously enjoyed, feeling of unimportance or guilt, thoughts of death or suicide, difficulty with intent or making a decision, feeling tired, feeling restless or slow, changes in appetite such as overeat or loss of appetite, change in mass such as weight loss or weight gain, and changes in sleep pattern.<sup>3</sup> According to the National Institute of Mental Health, depression occurs due to a blend of genetic, biological, ecological, and psychological factors.<sup>4</sup> treatment including psychotherapy, taking antidepressants, or a combination of both causes the patient to depend on those medications. However, many persons do not contribute to psychotherapy or antidepressants due to their side effects and dependencies. To conquer such situation researchers are studying the efficacy and effectiveness of mind-body

interventions such as yoga as an alternative and complementary treatment for depression. Yoga, with its source in ancient India, is recognized as a form of alternative medicine that equipment mind-body practices. The beliefs of yoga are based on 8 limbs that are better described as ethical main beliefs for meaningful and purposeful living. While there is no exact definition, yoga has been understood as a development of uniting the body via mind and spirit to give confidence to the physical body and peace of mind. There is a body of research partisan the use of yoga-like meditations for at least 5 min may lead to decreased depression or depressive symptoms. Mehta and Sharma published a systematic review of literature on yoga and depression, searching investigate articles in English from 2005 to June 2010. They review 18 studies telling the extent to which yoga is beneficial as a complementary therapy for depression and depressive symptoms. The reason for this review was to recognize newer studies after 2011 and determine the efficacy of yoga on depression. Based on this reconsideration, recommendations for future interventions have been developed. Yoga can be optional as monotherapy for depression, but it is favoured as adjunctive conduct for depression and anxiety. The optimal frequency and duration cannot say, it varies from person to person, but studies have shown symptom reduction with one 60-minute session per week. Mindfulness-based interventions are efficient as adjunctive action for depression, with positive effects persisting through follow-up. Their effects on anxiety disorder also seem to be positive.

## DISCUSSION

yoga is effective in reducing depressive symptoms even in pregnant women, children, old age patients and among patients experiencing lower back pain,<sup>[5]</sup> among patients with atrial fibrillation, among persons with post-stroke hemiparesis,<sup>[6]</sup> and addicts are also getting benefits with this great science. Pranayam like, Swasana relax your mind and body completely. While most of the interventions found yoga to be effective in treating depressive symptoms, studies, stroke patients, pregnant patients, and breast cancer

patients,<sup>[7]</sup> found no significant impact. In this review, there were similar studies that reported a positive effect of yoga and depression, which differ from some of the no significant results. There were 2 studies examining the effect of yoga in reducing depression symptoms; while one study did not find a significant impact of depression among breast cancer patients, the study did find a positive impact. This is also true for other studies finding a positive impact of yoga in decreasing depressive symptoms in pregnant women<sup>[8-12]</sup> and postpartum depression. Some factors that could affect the results are the dissimilarity in biological locations, the difference in the styles of yoga used, sample description, and duration of yoga intervention. This warrants more research on the effect of yoga for specific population groups such as depressed patients with breast cancer to understand the factors that are associated with the mixed results.<sup>[13-15]</sup> Researchers don't know if there is an ideal amount of yoga to do, but a one-hour long class a week could be a good place to start. If that's too much, start with a few poses like Padmasana, Pawanmuktasana, Surya namaskar etc and build your practice slowly. Indications for yoga in the treatment of anxiety disorders are less clear. A meta-analysis of hatha yoga (the most common style in the United States) found that people with more severe symptoms benefitted most.<sup>16</sup> However, the overall effect was relatively small, which suggests that it is best used as an adjunctive action with cognitive behaviour therapy, discriminating serotonin reuptake inhibitors, or other anti-anxiety medications. Some studies put forward that yoga may be more effective at reducing anxiety symptoms compared with no treatment; however, other studies do not show symptom improvement. One study showed that yoga as monotherapy or adjunctive therapy is effective in the treatment of the panic disorder. Research suggests that the more yoga sessions you do a week, the more your depressive or anxiety symptoms may ease. Yoga is an ancient mind-body philosophy from the East, commonly associated in the West with physical postures (asana), breathwork (pranayama), and meditation. Experiential findings have found usually positive effects, with yoga practice and intervention asso-

ciated with the reduced symptom of depression. This article provided a brief preface to yoga philosophy and an impression of the current empirical hold up for yoga as conduct for depression.

## CONCLUSION

Yoga is a fairly new treatment or practice utilized for more than mind-body fitness in the West, but it is a very old traditional system of science in India which got hidden due to some western cultures but after Yoga guru, it again became in trends nowadays. After Covid pandemics, many people are moving towards traditional sciences only because they help in giving benefits to the general health of the patient. 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 persons with depressive symptoms. Recently, researchers have examined the reimbursement and efficiency of depression for supervision depressive signs. This review reveals that yoga provides limited evidence that a restricted number of studies (those published between 2011 and 2015) may influence depression outcomes in various populations. Many more interventions on the subject area are needed to continue to learn and understand fully the impact of yoga and depression.

## REFERENCES

1. World Health Organization. Depression. <http://www.who.int/mediacentre/factsheets/fs369/en/>. Accessed June 6, 2016.
2. National Alliance of Mental Illness. Depression. <https://www.nami.org/Learn-More/Mental-Health-Conditions/Depression>. Accessed June 16, 2017.
3. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. 5th ed Arlington, VA: American Psychiatric Association; 2013. [[Google Scholar](#)]
4. National Institute of Mental Health. Depression basics. <http://www.nimh.nih.gov/health/publications/depression/index.shtml#pub5>. Accessed June 6, 2016.
5. Woodard C. Exploring the therapeutic effects of yoga and its ability to increase the quality of life. *Int J Yoga*. 2011;4(2):49–54. [[PMC free article](#)] [[PubMed](#)] [[Google Scholar](#)]

6. Chan W, Immink MA, Hillier S. Yoga and exercise for symptoms of depression and anxiety in people with a poststroke disability: a randomized, controlled pilot trial. *Altern Ther Health Med*. 2012;18(3):34–43. [[PubMed](#)] [[Google Scholar](#)]
7. Muzik M, Hamilton SE, Lisa Rosenblum K, Waxler E, Hadi Z. Mindfulness yoga during pregnancy for psychiatrically at-risk women: preliminary results from a pilot feasibility study. *Complement Ther Clin Pract*. 2012; 18:235–240. [[PMC free article](#)] [[PubMed](#)] [[Google Scholar](#)]
8. Kinser PA, Bourguignon C, Whaley D, Hauenstein E, Taylor AG. Feasibility, acceptability, and effects of gentle hatha yoga for women with major depression: findings from a randomized controlled mixed-methods study. *Arch Psychiatr Nurs*. 2013; 27:137–147. [[PMC free article](#)] [[PubMed](#)] [[Google Scholar](#)]
9. Lakkireddy D, Atkins D, Pillarisetti J, et al. Effect of yoga on arrhythmia burden, anxiety, depression, and quality of life in paroxysmal atrial fibrillation. *J Am Coll Cardiol*. 2013; 61:1177–1182. [[PubMed](#)] [[Google Scholar](#)]
10. Lavretsky H, Epel ES, Siddarth P, et al. A pilot study of yogic meditation for family dementia caregivers with depressive symptoms: effects of mental health, cognition, and telomerase activity. *Int J Geriatr Psychiatry*. 2013; 28:57–65. [[PMC free article](#)] [[PubMed](#)] [[Google Scholar](#)]
11. Tekur P, Nagarathna R, Chametcha S, Hankey A, Nagendra HR. A comprehensive yoga program improves pain, anxiety and depression in chronic low back pain patients more than exercise: an RCT. *Complement Ther Clin Pract*. 2012; 20:107–118. [[PubMed](#)] [[Google Scholar](#)]
12. Eastman-Mueller H, Wilson T, Jung A, Kimura A, Tarrant J. iRest yoga-nidra on the college campus: changes in stress, depression, worry, and mindfulness. *Int J Yoga Ther*. 2013;23(2):15–24. [[PubMed](#)] [[Google Scholar](#)]
13. Mehta P, Sharma M. Yoga and complementary therapy for clinical depression. *Complement Health Pract Rev*. 2010; 15:156–170. [[Google Scholar](#)]
14. Muzik M, Hamilton SE, Lisa Rosenblum K, Waxler E, Hadi Z. Mindfulness yoga during pregnancy for psychiatrically at-risk women: preliminary results from a pilot feasibility study. *Complement Ther Clin Pract*. 2012; 18:235–240. [[PMC free article](#)] [[PubMed](#)] [[Google Scholar](#)]
15. Field T, Diego M, Delgado J, Medina L. Tai chi/yoga reduces prenatal depression, anxiety and sleep disturbances. *Complement Ther Clin Pract*. 2013; 19:6–10
16. Satyapriya M, Nagarathna R, Padmalatha V, Nagendra HR. Effect of integrated yoga on anxiety, depression, & well-being in normal pregnancy. *Complement Ther Clin Pract*. 2013; 19:230–236. [[PubMed](#)] [[Google Scholar](#)]

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Harmandeep Kaur Brar: Yoga As A Boon In Depression – A Review. *International Ayurvedic Medical Journal* {online} 2022 {cited March 2022} Available from:

[http://www.iamj.in/posts/images/upload/784\\_787.pdf](http://www.iamj.in/posts/images/upload/784_787.pdf)