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# Can Yoga Calm Anxiety?

## INTRODUCTION

Yoga refers to a scientific scheme of physiological or intellectual practices that arose in India approximately 3000 years ago. The aims of yoga are, development of the following via strong and flexible body free of pain, a balanced autonomic neural system with all physiological systems like digestion, endocrine, functioning optimally and a calm and clear mind. Studies have indicated that anxiety, depression, anger, fatigue -patients improved following at least one yoga session. Research has demonstrated that long-term yoga practitioners have lower intellectual disturbances, anxiety, fatigue scores in comparison to non-experienced participants.

Anxiety disorders are among the most prevalent mental health problems found in the community in the United Kingdom according to the survey carried out by the Office for National Statistics (ONS) in the year 2000. Conditions such as mixed anxiety and depressive disorder, generalised anxiety disorder, phobias, obsessive compulsive disorder, along with stress disorder make up over 86% of neurotic disorders found. Excessive concern is a key component or symptom in all of these conditions.

Studies have revealed the effect of yoga for different conditions like multiple sclerosis, asthma, lymphoma, hypertension, drug addiction, osteoarthritis, and mental health problems. Elevated stress, depression as well as anxiety are the features of modern lifestyle. Due to the unfavorable effects of drugs in the handling of anxiety and in some instances their lack of effectiveness, researchers try to find nonpharmacological and noninvasive treatment for these disorders. Yoga exercises boosted the elements of self-description, psychological state, as well as the quality of life. Researchers suggest that yoga as an intellectual and mental exercise, improves fine-felt feeling. Moreover, yoga can improve the psychological states, negative emotions, elevates positive emotions, also help mental balance. In a three-month trial organized with medical students, Malathi and Damodaran developed a crucial deduction in concern following handling for the yoga group one month before examinations and on the actual day of assessment. On the day of the examination, the mean state-trait anxiety inventory score for the yoga group fell by 34.0% from the moderate concern range prior to treatment to the low anxiety range after treatment, going to bat for a clinically significant change.

## METHODOLOGY

Some questions were included while conducting this research. Which are:

1. How does this method work? To find out in what way yoga deals with anxiety issues.
2. Which one is better Yoga or medication? To find out whether yoga is better than medication or vice versa

## INCLUSION CRITERIA

In order to ensure that research is focused on selected participants who have experienced post-traumatic stress, violence and to find out comparison between yoga and medications, valid data

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are analyzed as two groups. Some data are supporting only yoga, but the other supports only medication for anxiety disease and all the other data that show effectiveness in both groups are included.

## FINDINGS

There is increasing interest in the use of yoga as way to manage or treat depression plus anxiety. Yoga is affordable, appealing, and accessible for many people, and there are plausible cognitive/affective and biologic mechanisms by which yoga could have a positive impact on depression as well as anxiety. There is indeed preliminary evidence that yoga perhaps helpful for these problems, together with there are several ongoing larger-scale randomized clinical series. The current proof base is strongest for yoga as efficacious in reducing signs of unipolar depression. However, there may be risks to engaging in yoga as well. Healthcare providers can help patients evaluate whether a particular community-based yoga class is helpful and safe for them.

Though Yoga is an attractive therapeutic option because of its popularity recently demonstrated in the United States of America and like exercise, may be of particular use where clients reject psychological diagnoses and treatments. The National Institute for Clinical Excellence (NICE) commend that patients with tension disorder as well as anxiety disorder are informed about workout as part of good general well-being. If proved efficacious, yoga would be an attractive option because it is non-pharmacological, has minimal adverse effects if practised as recommended and enjoys international acceptance. Stress, fear, anxiety – if we start counting all those instances in life when we experienced these emotions, we may just lose count! Anxiety about an exam result or the reaction of our parents to the report card; nervousness about a job interview – we all would have lived through these moments. A little bit of fear is normal; in fact, just like salt in the food, it is needed so that we remain disciplined and focused. Now only a yoga technique away!

Currently, researchers are studying the efficacy and productiveness of mind-body interventions like yoga as an alternative and complementary management for depression. Yoga, with its origin in ancient India, is recognized as an alternative medicine. The philosophy of yoga is based on 8 limbs that are better described just as ethical principles for meaningful and purposeful living. While there is no specific definition, yoga has been interpreted as a process of uniting the body via mind and enthusiasm to promote physical and mental wellness. Although much research has already been done on the health effects of yoga, multiple of studies have included only small numbers of people and have not been of high quality. So in most instances, we can only say that yoga has shown promise in helping to manage a particular health state, not that it has been proven effective. Yoga is commonly safe for healthy people when performed properly and in right way; individuals with health state should discuss their needs with their health care providers and the yoga instructor also. People with health states, older adults, and pregnant women may need to avoid or modify some yoga poses and practices and should discuss their individual needs with their health care providers and the yoga instructor. Different situations call for different restrictions. For example, people with conditions that weaken their bones should avoid forceful forms of yoga, and people with glaucoma should avoid upside-down positions.

The yogic practices or breathing techniques which is known as pranayama, remarkably increases vagal tone. "Resistance breathing," such as Ujjayi this means ocean-sounding breath,

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increase parasympathetic activity and heart rate variability.

## CONCLUSION

Yoga has an potent role in deducing stress, anxiety, and depression that can be reflected as harmonious medicine and reduce the medical cost per treatment by reducing the use of drugs .Yoga has been with us since ancient times and has been used by mankind to alleviate various problems. Yoga is supported by research evidence as a safe , and convincing method that the patient can follow at home to reduce symptom of concern. Anxiety is a symptom that is often psychological in nature and has its determinants in the patient's environment. Therefore at times biological treatment and drug handling may not be able to deduct the patient's symptoms. Yoga may serve as an effective substitute or accompaniment to biological treatments in anxiety. Further use of various yogic postures and workouts in specific populations with specific anxiety disorders needs to be researched. This could add to the number of treatments available for the management of anxiety disorders.

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