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Role of yoga in reducing depression

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Abstract

Depression is not good for human beings as it brings various harmful diseases in the human body. Depression may affect the internal system of a person and can harm a person mentally. A mentally disturbed person can not make others happy and considers himself/herself a burden. This phase also affects the career of influenced person.

Many Yoga activities and exercises are suggested by doctors. It is believed that Yoga activities benefit a person in a long time and quite helpful for a person to recover from depression. Yoga is a team game and if it is played with the spirit of game then it can be helpful.

Keywords: Depression, Yoga, Game

Introduction

In this competitive world, everyone wants to succeed in life. Some people get succeed but some fail. Few of failed persons, get depressed. There also some other factors due to which depression are found in people. Some people take the aid of therapy and some take medicines to recover from depression. According to a survey, Yoga is very healthy option to control depression in human beings.

Person suffering from depression can do Yoga to feel better. It is better to do Yoga so that the person can forget all the bad phase of life and enjoy the spirit of the game. The current article highlights the role of Yoga in reducing depression.

The theory behind is that when a person plays a team game then that person involves in the game so much that his whole mind gets refreshed and good thoughts have started to rise the mind and all the bad things present in the mind tends to erase slowly.

All the inner functions such as anxiety, blood pressure etc. work efficiently after playing the outdoor game like Football, Volleyball, Handball etc. All these things are very helpful in controlling the depression level.

It is also observed that due to depression, the external body of a person affects and many other diseases attack on that person because the immune system of the infected person gets weaker. Due to mental disturbance, the outer body does not work properly.

It is found that loneliness is the big reason for depression and depression in human beings. Therefore, Yoga provide many options for an individual to mix-up with others and reduce depression level. During the play, a person gets a chance to meet others and know them well.

There is no age limit for playing games. From a teenager to old man, anyone can play Yoga and feel good. It is said that school-going children should play outdoor games in order to reduce the education depression.

Due to increase in competition at work places, employees get depressed and their performance tends to decrease. To avoid these circumstances, many organizations in metro cities arrange a little Yoga session for employees once in a week to make the balance between work place depression and job satisfaction.

Yoga and meditation are also considered as good options to reduce depression level. It is observed that many national and international players do yoga and meditation exercises so as to avoid the depression. It also helps in improving their performance at national and international stage.

Yoga with the combination of some yoga exercises keep the mind relax and players can concentrate on their goal and can achieve the target in a better way. These days, many government programs are running at states and national level to promote Yoga in human life.

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Research Study

Aerobic movement of any kind helps to relieve depression and anxiety by boosting our brain's dopamine levels and providing endorphins. But some types of exercises are superior for healing chronic conditions, mood disorders, and addiction. Yoga's therapeutic benefits have been studied in recent decades, with much of the research being in randomized controlled trials — the most rigorous for proving efficacy.

There are many types of yoga, of course — from the more aerobic power yoga to a meditative gentle yoga. Hatha yoga, the most studied, combines physical postures (asanas) and controlled breathing with short periods of deep relaxation.

Yoga redistributes blood flow, increasing oxygen delivery and improving the circulatory system. In all of the postures, we are creating a tourniquet effect — cutting off the blood supply to different organs and glands. Then, after 20 seconds holding the posture, the blood's volume and pressure have reached maximum capacity and the newly oxygenated blood rushes in and floods our system.

Yoga is a physical exercise that involves different body poses, breathing techniques, and meditation. The therapy may help with depression and your symptoms, such as difficulty concentrating or loss of energy.

Many people use yoga therapy to manage:

- mental and emotional problems, such as stress, anxiety, or depression
- conditions and disorders, such as ongoing low back pain
- chronic or long-term pain
- overall health and well-being

Yoga is also especially helpful because of its gentle, calming, and fluid nature. Each pose is flexible, so people of all levels can practice. Your instructor will emphasize breathing, concentration, and smooth movement. They'll also encourage you to focus on positive images to calm the body and mind.

Yoga also increases your heart rate variability (HRV), or change in time between heart beats, by increasing the relaxation response over the stress response in the body. A high HRV means that your body is better at self-monitoring or adapting, particularly to stress.

Yoga can also:

- reduce resting heart rate
- lower blood pressure
- ease breathing
- increase pain tolerance

Some yoga asanas, or physical movements of yoga, can help reduce certain symptoms. For example, you may want to try the dolphin, bridge, or extended puppy pose for back pain.

The corpse pose, in which you completely relax flat on your back, can help sleep issues. Lack of sleep has been linked to depression. Gradually tackling more challenging poses such as the supported shoulder stand or supported headstand can boost your concentration. It can also be a great way to measure improvement.

Chronic systemic inflammation may not be as apparent as acute inflammation, and can persist undetected at low levels for years. This can slowly damage the body, lead to the development of chronic diseases and increase one's risk for type II diabetes, atherosclerosis, cardiovascular disease, autoimmune disease and age-related diseases.

Yoga is beneficial for decreasing both acute and chronic stress levels. In multiple studies, yoga has been found to decrease inflammatory markers such as C-reactive protein and

other inflammatory cytokines in the blood, while increasing levels of multiple immunoglobulins and natural killer cells. Recent research has also shown that those who practice yoga regularly have higher levels of leptin and adiponectin in their bodies, both natural chemicals that work to alleviate inflammation in the body. Adiponectin has been found to be a key component of endothelial function and is cardioprotective.

Discussion

Cardiovascular disease (CVD) encompasses a broad spectrum of syndromes, including atherosclerosis, stroke, arrhythmia, hypertension, hyperlipidemia, heart disease and peripheral vascular disease, and is the leading cause of mortality, morbidity and disability worldwide. Although there have been tremendous advancements in medications, treatment plans and programs for both the prevention and treatment of CVD, there are still a number of challenges in implementation of these programs, and limitations of the treatments.

Multiple risk factors are known to cause oxidative stress, leading to endothelial disruption and dysfunction. These include dyslipidemia, diabetes, hypertension, obesity, smoking and psychological stress, which can in turn start a cascade of events involving inflammatory and vasoactive mediators, in particular, interleukin-6, fibrinogen, C-reactive protein and tumor necrosis factor-alpha, that lead to the development of CVD.

This study suggests that there could be a great benefit of yoga therapy as an adjunct to medical treatment in patients with heart failure. In addition, because it is important to consider that in patients with severe and/or decompensated heart failure physical exercise may not be well tolerated, yoga, particularly gentle asanas, breathing exercises and meditation, may be easily tolerated by these individuals.

Yoga seems to be efficacious only for hypertension, not for pre-hypertension. It is also important to recognize that at this time yoga therapy can only be recommended as an adjunct to antihypertensive pharmacological treatment, not as an alternative therapy alone. Breathing and meditation seem to be the important components of the yoga interventions as well rather than physical yoga asanas for hypertensive patients.

These are the components of the yogic practice that can increase parasympathetic activity and decrease sympathetic tone, which counteracts the surplus of sympathetic activity associated with hypertension. In addition, the specific components of yoga practice may help one to self-regulate, so that the mind and body can work to bring one's physical, emotional, autonomic and psychological systems into balance, which is most critical when the body is under stress.

An interesting study conducted in 2013 on the effects of Iyengar yoga supports this theory. After an eight-week yoga program intervention, outcomes from surveys strongly suggested that the yoga practice helped to benefit self-regulation in terms of physical function, enriched sleep quality, dietary improvements with improved lifestyle choices, reduction of stress and anxiety and enhanced calm mental/emotional states in the study participants.

Despite the increasing evidence that yogic practices may reduce blood pressure, it is important to recognize that many of the studies done have also included diet modifications, exercise and/or supportive guidance and counseling—all part of the “yogic lifestyle”.

The exact mechanisms as to the potential benefits of yoga in controlling blood pressure remain unknown at this time. Additional rigorously controlled trials are needed to further

investigate the potential benefits of yoga for improving blood pressure in those individuals with both pre-hypertension and hypertension to help determine optimal yogic practices, yoga program design and treatment plan.

A growing amount of evidence is showing that yoga and other mindfulness-based practices are paramount for today's children. Due to various new demands and standards in today's society, children and adolescents experience stress and mental health challenges that have not been seen in generations past. In a society exploding with technology, children now are confronted with many daily distractions and temptations, with resultant overstimulation and pressures from their peers. There are more stresses on families with reduced downtime and quiet time caused by the overscheduling of activities, overvaluing productive time and greater pressure to succeed academically. Recent research shows that the current generation of young adults is the most "stressed-out" generation, compared with their predecessors.

Significance of The Study

There is constant stimulation through technology, internet and social media, as well as extensive media usage by children and adolescents in today's world. Not only are children and young adults under more stress, but they also have fewer coping skills to manage these stressors. As with adults, when children internalize stress, it is often manifested physically, resulting in health issues such as insomnia, chronic abdominal pain, headaches, depression, anxiety and mood swings.

For the past number of years, schools have been cutting programs such as life skills courses and physical education classes. When these stress management skills are not learned at an early age, it only becomes harder to learn them as the children get older. Yoga may help children, adolescents and young adults cope with stress by teaching them self-regulation skills to control emotions and stress at a young age.

These practices would, in turn, help their well-being and mental health, improve overall resiliency and help to positively keep their lives in balance. Yogic practices help the body to connect to the mind by helping one to focus on the present moment and clearing the mind of overwhelming thoughts. Even very young children can learn to benefit from yogic breathing techniques, which can help to calm and distract toddlers from a temper tantrum or help them to sleep. There has been increasing interest in the use of mind-body techniques and therapies for children and adolescents with focusing, concentration and attention disorders. If yoga and mindfulness helps one to focus inward and pay attention, it would be only natural to assume that these types of therapies would be of great benefit to those who have difficulty with inattentiveness. Ideally, this increased focus would potentially increase attention naturally, even in children with challenging attention disorders.

Conclusion

Ongoing research into yoga and mindfulness-based practices continues to reveal and uncover health benefits, supporting its use in health management. Although there have been many published studies and research trials demonstrating and advocating yoga as a treatment and/or adjunct therapy for multiple disease entities, there are limitations that should be noted for a number of these studies. Many of these studies are single-center trials, have small and/or low-powered sample sizes and use non-standardized methodologies with short follow-up periods. It also should be noted that the field of yoga research encompasses the inherent dilemma of the wide

variety of yogic practices used as interventional therapies. Larger, multi-centered studies using standardized yoga programs and uniform methodologies with long-term follow-up and outcomes are needed.

The practice of yoga is not as easy or as quick as taking medication, but mounting evidence suggests it is worth the effort and investment. Yoga helps one to reconnect with oneself. It can help to uncover why and how one's illness may have started, and can work with the body to start the recovery period from the ground up. The practice can help one to see how they may be reacting to the world around them, and may help them learn to respond from a different perspective. Slowing down, quieting our minds and connecting with our inner selves all help to bring one into the present moment. This can ultimately help to relieve one from the pressures and stressors from the hustle and bustle of this very busy world.

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