

A Study of Impact of Yoga Therapy in Patients of Depressive and Anxiety Disorder with Pharmacotherapy.

Nand kishor Tak¹, Jai Prakash Yogi², Soni Ravikant^{3*}, Ankur Kumar Bichhwaliya⁴, Manju Bhasker⁵, Aditya Soni⁶, Devanshi⁷, Nishant⁸, Santosh Chouhan⁹, Manoj Sharma¹⁰

¹Associate Professor, Department of Psychiatry, Mahatma Gandhi Medical College and Hospital, Jaipur.

²Assistant Professor, Department of Biochemistry Mahatma Gandhi Medical College and Hospital, Jaipur. Mob:7728819628, Email: jpyogi20@gmail.com

^{3*}Associate Professor Biochemistry Department Mahatma Gandhi Medical College and Hospital, Jaipur. Email: ravikantsoni76@yahoo.com

⁴Assistant Professor, Department of Anatomy Mahatma Gandhi Medical College and Hospital, Jaipur. Email: bichhwalia04ankur@gmail.com

⁵Professor & Head, Department of Psychiatry, Mahatma Gandhi Medical College and Hospital, Jaipur.

⁶Associate Professor Department of Psychiatry, Mahatma Gandhi Medical College and Hospital, Jaipur.

⁷3rd Year PG Department of Psychiatry, Mahatma Gandhi Medical College and Hospital, Jaipur.

⁸3rd Year PG Department of Psychiatry, Mahatma Gandhi Medical College and Hospital, Jaipur.

⁹Senior yoga Techer-Jeevan Jyoti yoga and Diet Clinic Jaipur.

¹⁰Naturopathy Specialist Mahatma Gandhi Medical College and Hospital, Jaipur.

*Correspondence Author: Soni Ravikant

*Associate Professor Biochemistry Department Mahatma Gandhi Medical College and Hospital, Jaipur.

Email: ravikantsoni76@yahoo.com

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Abstract

Background & Objective: Major mood disorders are characterized by experiences of depressive symptoms like: difficulties with sleep, loss of interest; decreased ability to function at work or at home; and decreased pleasure in life. Yoga is a profound science for well-being and ailment control. Biopsychosocial concepts underlie the exercise of yoga and the collecting proof indicates that it has a high-quality effect on both mental and bodily health.

Materials and Methods: The study was conducted in Psychiatry department of Mahatma Gandhi Medical College & Hospital, Jaipur, on diagnosed patients of Anxiety and Depression as per the International Classification of diseases, Tenth revision (ICD-10). Total 100 (n=100) Anxiety and Depression patients were enrolled for the study. Patients divided in two group, Group A treat with yoga and pharmacotherapy Group B treat with Only pharmacotherapy (without yoga).

Results: Out of 100 patients 37% were females and 63% was male. In Female 59% were married and 58% belonging to urban area. The score of HAM scale was significant High in females 20.32±13.30 as compared to male 15.83±9.45.

HAM- Score were significantly high in Group B Patients (only pharmacotherapy, without yoga) 20.98±13.81 as compared to the Group A Patients with yoga and pharmacotherapy 14±6.08 p-value 0.001.

Conclusion: The findings of the above study suggest that patients have a significant role of yoga therapy in anxiety and depression recovery.

Keywords: Yoga, Anxiety, Depression.

INTRODUCTION:

Complementary medication refers to a class of treatments and interventions that have not been raised in modern-day medicine.¹ Yoga is a Sanskrit word which means unity of mind and body, which has been used in eastern societies considering the fact that 5000 years in the past and has lately acquired a good deal interest from Western international locations.²

Multiplied pressure, despair and tension are the functions of present day life-style.³ because of the destructive results of medication in the remedy of anxiety and melancholy and in a few instances their lack of effectiveness, researchers are looking for nonpharmacological and noninvasive treatment for those problems.⁴ Yoga exercises become progressed the variables of self-description, mental repute, and the best of existence.⁵

Major mood disorders are characterized by experiences of depressive symptoms like: difficulties with sleep, loss of interest; decreased ability to function at work or at home; and decreased pleasure in life. There are many circumstances when people experience these symptoms on a low level where their functioning is impaired but they do not look for treatment, or necessarily meet criteria for Major Depressive Disorder. In fact, only 50.9% of people diagnosed with mood disorders undergo any type of treatment for their symptoms (National Institute of Mental Health, 2015). Untreated depressive symptoms may lead individuals to struggle to lead emotionally fulfilling lives, and may often lead to increased symptoms or even decline in functioning.⁶

The most common evidenced-based treatments for conditions like anxiety and depression are different types of psychotherapy and medications (Anxiety and Depression Association of America, 2014). Purposes of these medications are to alleviate anxiety symptoms and regulate brain chemicals that affect mood. This type of treatment is highly accomplishment when individuals' difficulties are primarily biological. However, medications do not aid individuals in targeting social and environment stressors that exacerbate mental conditions.⁷

Yoga is a profound science for well-being and ailment control. Biopsychosocial concepts underlie the exercise of yoga, and the collecting proof indicates that it has a high quality effect on both mental and bodily health.⁸ some people choose not to searching for remedy or be medicated, and others stay depressed notwithstanding medicines, and there may be growing hobby in the capacity role of complementary remedy and mind-frame way of life interventions.⁹⁻¹¹ there's increasing hobby in yoga as an intervention for intellectual fitness worries which include despair and anxiety.

Yoga is a wholistic multidimensional system of health and wellness that focuses on the mind and its capabilities, with multicomponent thoughts-frame practices, including (1) bodily postures and motion; (2) breathing physical games; (3) rest; and (4) mindfulness and meditation.¹²

Depression consistently ranks among the most common health situations self-handled with yoga^(13,14, 15-17). extensively, other thoughts-body cures regularly utilized by the public to self-treat despair include breathing sporting events, meditation, and rest strategies⁽¹⁵⁻¹⁷⁾, all comprising key elements of yoga practice. The appeal of yoga as a treatment for depression may be associated with its highly low cost, ease of get entry to, excessive social recognition, and the notion that yoga “makes a specialty of the whole man or woman—thoughts, body, and spirit”.

Yoga's availability makes it a unique therapy with potentially endless possibilities.

Some researchers have pointed out similarities between yoga and these types of therapies. Much like psychotherapy, yoga is a behavioral intervention that can be tailored to specific needs of individuals and can also be used to decrease rumination and activate behavioral change (Uebelacker et al., 2010).¹⁸

Therefore, the present study was planned to observed the effect of yoga in patients with anxiety and depression.

METHODOLOGY:

The study was conducted in Psychiatry department of Mahatma Gandhi Medical College & Hospital, Jaipur, on diagnosed patients of Anxiety and Depression as per the International Classification of diseases, Tenth revision (ICD-10).

Total 100 (n=100) Anxiety and Depression patients were enrolled for the study. Patients divided in two group, Group A treat with yoga and pharmacotherapy Group B treat with Only pharmacotherapy (without yoga).

Institutional Ethics Committee approval and informed consent was obtained from all participants before enrollment in the study.

Inclusion Criteria:

- Diagnosed case of anxiety and depression
- Age between 18 to 60 years.
- Patients who were willing to participate in the study.

Exclusion Criteria:

- unwillingness to perform yoga continuously or included refusal.
- Patients in mental retardation, severe physical illness, or serious orthopaedic problems

The results obtained were presented as mean ± SD. All parameters analyzed were compared by applying student t-test.

RESULTS:

Table 1: Demographic characteristics of the Subjects

Variable	n (%)
Age	33.46±10.27
Marital status	
Single	33
Married	59
Divorced	5
Widowed	3
Occupational	
Employed	38
Unemployed	17
Housewife	10
Students	12
Farmer	12
Other jobs	11
Level of income	
Low	8
Average	44
High	38

Education	
Primary	20
Secondary	26
Graduation	47
Uneducated	7
Place	
Urban	58
Rural	42

Out of 100 patients around 37% were females. Majority of the patients were married that is around 59%. Most of them were also employed that is around 38% in which 44 % were in average income group. 47% of the patients were graduate and mostly belonging to urban area (58%).

Table 2: Distribution of variables between age group in Female and Male Subjects

Age group (years)	Male	Female	%
18-30	30	15	45
31-40	20	14	34
41-50	9	7	16
51-60	4	1	5
Total	63	37	100

Table 2 shows the Distribution of variables between age group in Female and Male Subjects. Maximum number of patients (n=45) in the Male and female fall in age group of 18-30 years. In age group 31-40 number of patients (n= 34). The present study results were similar Bhagabati D et al 2016 found the majority of anxiety and depression Patients belong 18-40 years age group.¹⁹

Table 3: Distribution of variables between Female and Male Subjects

Variables	HAM- Score	t-value	P-value
Female (n=37)	20.32±13.30	1.96	0.05
Male (n=63)	15.83±9.45		

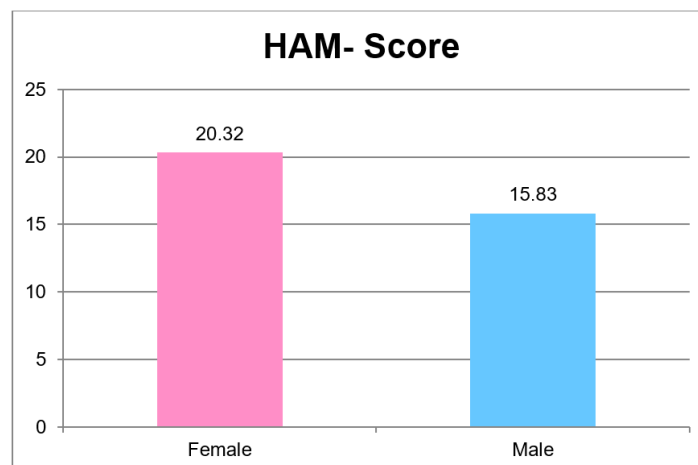


Figure 1: Distribution of variables between Female and Male Subjects

Table 3 and Figure 1 showing the distribution of variables among male and female patients. Out of 100 patients 37% were females and 63% was male. The score of HAM scale was significant High in females 20.32±13.30 as compared to male 15.83±9.45. Our findings are supported by previous study of Shohani M, Badfar G, Nasirkandy MP 2018.²⁰

Table 4: Distribution of variables between with yoga and without yoga

Variables	HAM- Score	t-value	P-value
Group A with yoga (n=50)	14±6.08	3.27	0.001
Group B Without yoga (n=50)	20.98±13.81		

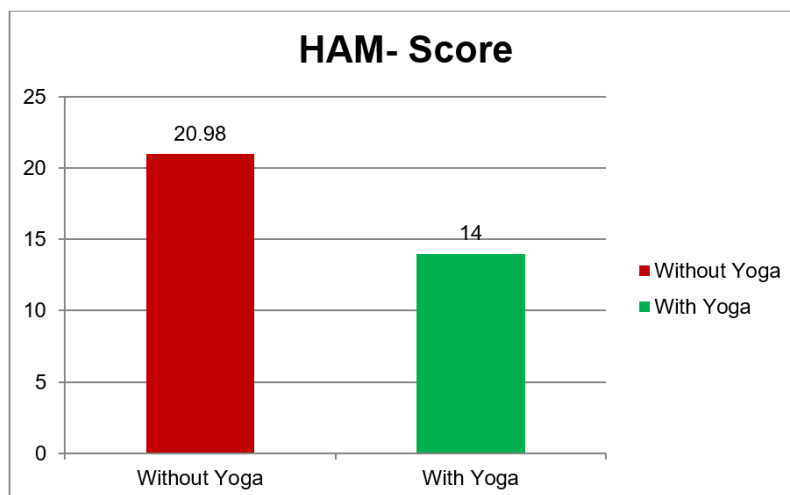


Figure 2: Distribution of variables between with yoga and without yoga

Table 4 and Figure 2 is showing the distribution of variables between with yoga and without yoga among patients which is 20.98 ± 13.81 in without yoga patients and 14 ± 6.08 in with yoga patients with significant p-value 0.001. Similer result was reported by Dalgas et al proved that the nature of yoga is controlling the central nervous system (CNS) and mind and unlike other sports, it has a moderating effect on the nervous system, the hormonal emissions, physiological factors, and regulation of nerve impulses; therefore, it can be effective in improving depression and mental disorders.²¹

DISCUSSION:

The aim of this study was to investigate the benefits of yoga intervention in the reduction of symptoms of depression and anxiety, and associated increases in mental health and well-being.

In the present study found that HAM scores were lower for patients on yoga therapy than in patients without yoga therapy similar to a study by Michael de Manincor et al (2016) were they found that patients on yoga therapy with regular care had better improvement in their symptoms, Bhagabati D et al 2016 was reported the benefit of yoga as an adjunctive method in reducing anxiety and depressive^{12, 21}

Many researches have been reported that evidences the effectiveness of physical activity for alleviating symptoms of depression and anxiety. Continual physical activity decreases stress levels, and tension. It also stabilizes improves mood, sleep, and elevates self-esteem (Anxiety and Depression Association of American, 2014). Although nearly every clinician “prescribes” exercise, neither of the primary treatments includes it as part of the package. This is a limitation to current treatments that should not be avoid, and hence, emphasizes the importance of further studying the effectiveness of yoga as a supplementary form of treatment for depression and anxiety.^{7,22}

CONCLUSION:

The findings of the above study suggest that yoga has an effective role in reducing anxiety and depression that can be considered as complementary medicine. The reason behind the effect of yoga on anxiety and depression in not clear and may be transient. The present study found a significant role of yoga in anxiety and depression.

The study found benefit of yoga as an adjunctive method in reducing anxiety symptoms. In case of yoga group, the reduction in depressive symptom

CONFLICT OF INTEREST- Nil

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