

A REVIEW ARTICLE ON ROLE OF YOGA IN ANXIETY DISORDER

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ABSTRACT

Anxiety leads to derangement in physical and mental health. Anxiety levels are more in full time all meal and female. Spicily whose excess stress of work, leave at out station for working people and so on. Anxiety leads to derangement in physical and mental health. Anxiety levels are more in full time every people but in some one more due to excess mental and physical stress. People environment have different circumstances of life as compared to a people whose expend peaceful life.

KEYWORDS: yoga, Anxiety, Mental health, Pramayama.**INTRODUCTION**

A 3,000 year old tradition, yoga, is now regarded in the Western world as a holistic approach to health and is classified by the National Institutes of Health as a form of Complementary and Alternative Medicine (CAM).^[1] The word “yoga” comes from a Sanskrit root “yuj” which means union, or yoke, to join, and to direct and concentrate one's attention.^[2,3] Regular practice of yoga promotes strength, endurance, flexibility and facilitates characteristics of friendliness, compassion, and greater self-control, while cultivating a sense of calmness and well-being.^[4,5] Sustained practice also leads to important outcomes such as changes in life perspective, self-awareness and an improved sense of energy to live life fully and with genuine enjoyment.^[6-8] The practice of yoga produces a physiological state opposite to that of the flight-or-fight stress response and with that interruption in the stress response, a sense of balance and union between the mind and body can be achieved.^[9]

Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy. Four basic principles underlie the teachings and practices of yoga's healing system. The first principle is the human body is a holistic entity comprised of various interrelated dimensions inseparable from one another and the health or illness of any one dimension affects the other dimensions. The second principle is individuals and their needs are unique and therefore must be approached in a way that

acknowledges this individuality and their practice must be tailored accordingly. The third principle is yoga is self-empowering; the student is his or her own healer. Yoga engages the student in the healing process; by playing an active role in their journey toward health, the healing comes from within, instead of from an outside source and a greater sense of autonomy is achieved. The fourth principle is that the quality and state of an individuals mind is crucial to healing. When the individual has a positive mind-state healing happens more quickly, whereas if the mind-state is negative, healing may be prolonged.

Yoga philosophy and practice were first described by Patanjali in the classic text, *Yoga Sutras*, which is widely acknowledged as the authoritative text on yoga. Today, many people identify yoga only with asana, the physical practice of yoga, but asana is just one of the many tools used for healing the individual; only three of the 196 sutras mention asana and the remainder of the text discusses the other components of yoga including conscious breathing, meditation, lifestyle and diet changes, visualization and the use of sound, among many others. In *Yoga Sutras*, Patanjali outlines an eightfold path to awareness and enlightenment called *ashtanga*, which literally means “eight limbs.”^[10]

DISCUSSION**Ayurvedic Review**

Chittodvega is considered as a perfect word for highlighting the state of anxiety. A separate description

of Chittodvega is not given in Ayurvedic Samhitas. The term Chittodvega is mentioned by Acharya Charaka in Vimana Sthana, in context of Manas Dosha Vikara.^[11] Nidana Specific symptomatology of Chittodvega is not mentioned in Samhitas, but Acharya Charaka has mentioned etiological factors for all Sharirika and Mansika Rogas,^[12] i.e., Asatmyendriyarthasamyoga (Deficient, excessive or Anxiety disorders have been implicated as the cause of many chronic disease and decreased quality of life, even with pharmacologic treatment. Yoga is a promising method for anxiety disorder. However more studies are needed to check out the individual role of Yoga and anxiety disorder. Yoga arouses awareness and cultivates mindfulness. It includes focusing on the breath, bodily sensation and movements due to which individuals develop a deep mind body connection. This heightened arousal and awareness of mind facilitates recognition and acceptance of anxious thoughts and emotions, leading to their effective medicine. The current dissertation study is entitled as "Randomized comparative clinical evaluation of efficacy of Brahmi Taila Nasya and Yoga module in Chittodvega (GAD). The one of the main objectives of the study is to find the individual efficacy of Yoga in Anxiety disorder. perverted use of senses)
Pragyaparadha (Volitional transgression)
Parinama (Deficient, excessive or perverted incidence of seasons.)

Samprapti

Udvega Avastha of Manasa, or an agitated state of mind, indicates elevated Rajas, or quality of mind, and this is what sets apart Chittodvega as a Manovikara. The pathophysiology of Chittodvega is mostly determined by the vitiation of Vata and Rajas. It is believed that mental trauma, or Manoabhighata, is what sets off mental illnesses. Furthermore, triglycerides are essential for the disease's expression. Fear, sadness, and confusion are among the signs of aggravated Vata, which can cause mental disorder. Among the five types of Pitta, Sadhaka Pitta is linked to accomplishments, excitement, memory, and intelligence. Its vitiation causes mental disorders of all the types of Kapha, Chittodvega is the outcome of Tarpaka Kapha vitiation. Vata Prakopa Lakshanas are associated with excess thinking, impatience, palpitations, and other anxiety symptoms; Pitta Prakopa is associated with disturbed bowel habits, fear, anger, and other similar symptoms. Taking into account the dhatus associated with the illness, Ati chinta, or overthinking, is a contributing component to Rasa Dhatu Dushti, which again presents with physical and mental symptoms.

Pranayama

The mental force, Chitta, flows in tandem with Prana's movements. Control the Prana, and the mind will automatically become controlled, according to Hatha yoga. To get rid of the obstructions and get out of the Tamasik and Rajasik states, you need practice Pranayama. The mind and Prana are closely related. When one fluctuates, the other also fluctuates. One is

steadied when the mind or Prana find equilibrium. In Hatha yoga, the mind is naturally regulated when the Prana is under control; in Raja Yoga, the mind is controlled when the Prana is under control. According to Hatha Yoga, the mind will naturally become quiet if you just let it be and focus on your vital energy and autonomic bodily systems. Brain waves become rhythmic and brain activities are regulated when nerve impulses are regular and constant. Breathing is one of the most important bodily functions that has a direct connection to the brain and central nervous system. Additionally, it shares certain similarities with the brain region known as the hypothalamus, which regulates emotional reactions. It has been discovered that the mind can be controlled by Pranayama, Mudras, Bandhas, and specific postures that govern Prana. Many spiritual traditions have found that by focusing on the breath, the mind may be stilled, one can become focused and enter deeper levels of consciousness and mind. Asanas Asanas empathizes physical strength and helps to maintain balance between mind and body.

Sukshma Asanas: Sukshma Asanas are simple gentle joint movements should be done without any exertion or jerk. They are very useful to: Remove the muscle tension and improves blood circulation.

Surya Namaskar: Surya Namaskar includes the 8 main postures which are Pranamasana (prayer pose), Hasthauddhanasana (upward salute), Hastapadasana (Standing forward pose), Ashwasanchalanasana (equestrian pose or low lunge), Chaturanga Dandasana (plank pose), Ashtanga Namaskar (eight limbed pose), Bhujangasana (cobra pose), Adhomukha Savasana (downward facing dog pose), these Asanas alongwith breathing awareness helps to reduce Anxiety levels. Om Chanting and Yoga Nidra Yoga helps to restraint unnecessary mental fluctuations and thus help in stabilizing and calming the mind. Yoga Nidra is also a successful therapy for managing different kinds of psychological disturbances especially extreme anxiety levels.

CONCLUSION

Yoga has an effective role in reducing stress, anxiety, and depression that can be considered as complementary medicine and reduce the medical cost per treatment by reducing the use of drugs. From the above discussion we can conclude that Yoga plays an important role in maintaining the balance between mind and body. It can produce significant effects alone or in the form of integrative medicine along with Ayurveda in case of Chittodvega (GAD).

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