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YOGA AND MANAGEMENT OF DEPRESSION FOR WELLBEING

Dr. Biswajit Bhunia

Assistant Professor, Government College of Physical Education for Women
P.O.-Dinhata, Dist.-Coochbehar, State- West Bengal.

ABSTRACT

Depression is one of the leading causes of severe illness in the modern society. It's a common mental disorder. Globally more than 300 million people of all ages suffer from depression and is a major contributor to the overall global burden of disease. Depression results from a complex interaction of social, psychological and biological. More women are affected by depression than men. At its worst, depression can lead to suicide. Close to 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29-year-olds. Depression may be of three types mild, moderate and severe. There is growing evidence that depression is in part an illness with a biological basis. Experts say that Yoga can effectively manage depression through its practicing. The combination of meditation and physical movement provide two important elements for relieving depression. Meditation helps bring a person into the present moment and allows them to clear their minds. Controlled, focused movements also help strengthen the body-mind connection. Breathing exercises are effective in reducing depressive symptoms, according to one study. As exercise, yoga is a natural way to increase serotonin production which is called the happy chemical because it contributes to wellbeing and happiness. Yoga is also helpful because of its gentle, calming, and fluid nature. Each pose is flexible, so people of all levels can practice. Person's instructor will emphasize breathing, concentration, and smooth movement. They'll also encourage a person to focus on positive images to calm the body and mind. Yoga also increases person's 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 person's body is better at self-monitoring or adapting, particularly to stress. Yoga helps to reduce resting heart rate, lower blood pressure, ease breathing; increase pain tolerance. According to Harvard Mental Health found that people who were more stressed had a lower pain tolerance. The helpful yogasanas are Balasana(Child Pose) Sethu Bandhyasana(Bridge Pose), Urdhya Mukha Svanasana(Upward-facing Dog Pose), Adho Mukha Svanasana (Downward-facing Dog Pose), Halasana(Plow Pose), Uttanasana(Standing Forward fold Pose) Savasana(Corpse Pose). Meditation of Yoga brings calmness in the mind and helps to manage depression. Pranayama regulates air in the body hence purifies the body and manage depression.



KEY WORDS: Depression, wellbeing, yoga.

INTRODUCTION :

Depression is a common mental ailment in the modern society. It's a mental disorder. A great number of people of all ages suffer from depression and are a major contributor to the overall global burden of disease. Basically more women are affected by depression than men. At its worst, depression can lead to suicide. It is different from usual several causes of depression mood fluctuations and short-lived emotional responses challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. It can cause affected person to suffer greatly and function poorly at work, at working places and in the family. At its worst, depression can lead to suicide. Close to 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29-year-olds. Depression may be of three types mild, moderate and severe. It is more common in individuals with close relatives who have been depressed. Research on the physiology of the nervous system suggests that the level of activity of neurotransmitters, such as norepinephrine and serotonin, changes in longstanding depression. Serotonin is a chemical produces in the body also called happy chemical because it contributes to wellbeing and happiness. Norepinephrine is an organic chemical that functions in the brain and body as a hormone and neurotransmitter. A number of physical illnesses can also lead to depression:

OBSERVATION:

It is seen that globally more than 300 million people of all ages suffer from depression and is a major contributor to the overall global burden of disease. More women are affected by depression than men. At its worst, depression can lead to suicide. It is different from usual several causes of depression mood fluctuations and short-lived emotional responses challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. It can cause affected person to suffer greatly and function poorly at work, at working places and in the family. At its worst, depression can lead to suicide. According to Centers for Disease Control, 2009 seven million adults aged 65 years and older are affected by depression. Close to 800 000 people die due to suicide every year, this is one person every 40 seconds. The annual suicide rate in the U.S. is over 14 deaths per 100,000 populations. In India the trend also has been increased. Suicide is the second leading cause of death in 15-29-year-olds. Depression may be of three types mild, moderate, severe. There is growing evidence that depression is in part an illness with a biological basis. Serotonin is a chemical produces in the body also called happy chemical because it contributes to wellbeing and happiness. Norepinephrine is an organic chemical that functions in the brain and body as a hormone and neurotransmitter. The symptoms of depression are person feel worthless and guilty on a daily basis, concentration decreases and indecisiveness takes over, all the hobbies and activities person enjoyed previously now don't seem appealing at all, person think about death and contemplate suicide, person feel unstable and fidgety or incredibly dull and slow, there will be a significant change in person's weight – person either gain it or lose it. Centers for Disease Control, 2009 says Seven million adults aged 65 years and older are affected by depression. Physical symptoms of depression are such as headaches, heart palpitations, rapid heart rate, chest pains, lightheadedness, muscle tension, loss of sexual desire, colds, flu, upset stomach, nausea, and digestive problems. Deep depression observed that affects their ability to function socially or in the workplace, aggressive or risky behaviors, such as high-speed driving. Depression often co-occurs with other illnesses and medical conditions such as Cancer: 25% of cancer patients experience depression, Strokes: 10-27% of post-stroke patients experience depression, Heart attacks: 1 in 3 heart attack survivors experience depression says the US National Institute of Mental Health, 2002. There are effective psychological and pharmacological treatments for depression.

DISCUSSION:

There is a growing evidence base for the benefits of yoga for mental health. Several recent randomized control trials, the most rigorous form of research, have shown that symptoms of depression and anxiety can be improved through regular yoga practices. Question is that how yoga improves mental

wellbeing can be explained it. All forms of yoga, with their varying levels of intensity, involve the combination of physical postures i.e. asanas with focused and controlled breathing pranayama. Pranayama usually involves deepening, lengthening or holding the breath, which all help to regulate the flow of energy i.e. prana. Prana is our life-force: when it is flowing freely we feel in balance mentally, physically and spiritually. The deep and long breaths we take in pranayama slow heart rate and lower blood pressure, creating a feeling of calm and relaxation. Yoga is a special time to really think about the breath, something we don't tend to do in day-to-day life which tends to result in more short and shallow breathing, especially when feeling stressed. Short and shallow breaths tell the body we are in danger even when we are not, initiating a 'fight-or-flight' response that only makes us feel more stress. Yoga can help to intervene in this vicious circle by teaching us how to breathe, so we can use more conscious, deeper breathing both during and after the practice. The breathing exercises of pranayam give extra energy to the heart and lungs. Therefore, regular practice of pranayam keeps away from the depression to those organs. In Yogic exercises, there is a harmonious development of all the muscles of the body, internal organs, nerves and frame. Yogasana helps secretion of hormone from different glands in balanced condition, it regulates the blood circulation properly, it forms antibody to prevent diseases thus Yogasana make the body strong. Hence the body does not get weak with the effect of depression. Therefore, regular practice of asanas and pranayam keep away from the depression. Besides, pranayam, meditation also helps to keep away the depression. Meditation of Yogasana calms our mind and body and helps to increase concentration level through uttering of Om Om for rushing of more blood in the brain.. Therefore, to prevent depression the psychologists, psychiatrists, physicians yoga experts say that the regularly practice of Yoga which is very much essential. However, all types of yoga help to calm the mind and body, but restorative, hatha yoga is particularly relaxing, as is the related practices of meditation and mindfulness. There is also yoga therapy, which is a more clinical application of yoga that can be effective for a variety of mental and physical health problems. Moreover a series of new studies brings yoga one step closer to becoming a recommended treatment for depression, after finding that the practice can help to reduce symptoms of the condition. According the National Center for Complementary and Integrative Health, around 13 Million US adults have practiced yoga in the past 12 months. Of these adults, 58 percent report practicing yoga to help maintain their health and well-being.

CONCLUSION:

It is concluded that long lasting severe depression causes mental ailment and causes overall illness. Every year a great number of people suffer and die from depression and related diseases. Expert say Yoga can manage depression with its practices of different asanas, pranayamas and meditation if these are done regularly. Depression dwells in mind and affects the body. Serotonin is a chemical produces in the body also called happy chemical because it contributes to wellbeing and happiness. Another key way yoga alleviates stress is by decreasing levels of the damaging stress hormone cortisol. In Yogic practices there is a harmonious development of all the muscles of the body, internal organs, nerves and frame. Yogic practices helps secretion of hormone from different glands in balanced condition, it regulates the blood circulation properly, it forms antibody to prevent diseases thus Yogic practices make the body strong. Hence the body does not get weak with the effect of depression. The Pranayama of Yoga helps in breathing controls; this breathing control exercise gives extra energy to the heart and lungs. Therefore, regular practice of pranayam keeps away from the depression to those organs. Besides pranayam, meditation also helps to keep away the depression. Meditation of Yoga calms the mind and body and helps to increase concentration level. Therefore, to prevent depression the psychologists, psychiatrists, physicians, yoga experts advise to practice Yoga regularly which are very much essential. The Yogasanas which are fruitful as follow Balasana(Child Pose) Sethu Bandhyasana(Bridge Pose), Urdhya Mukha Svanasana(Upward- facing Dog Pose), Adho Mukha Svanasana (Downward-facing Dog Pose), Halasana(Plow Pose), Uttanasana(Standing Forward fold Pose), Salvasana, Bhujangasana, Yogamudra, Savasana, Sahaj setu asana, Budhyadebasana, Ardhyakurmasana Biparit karani, Sukhasana, Padmasana, Siddhasana, Swastikasan, Vajrasana. etc. Pranayams like Supta sagar

pranayam, Bhamri pranayam, Nari sodhan pranayam, Om pranayam, Surjyavedan pranayam etc. are beneficial.

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