



Yoga is a great way to overcome depression

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Abstract

Yoga is a 3,000 year – old practice that has evolved into a holistic approach to general wellness and healing. Yoga is beginning to be recognized by researchers and clinicians as a complementary therapy that encompasses multiple components of healing that are being singled out or used in pieces as parts of traditional treatment methods. The purpose of this research is to conduct an exhaustive review of the research that has been performed on using yoga or yoga therapy to alleviate symptoms of depression and anxiety disorders. This review will focus on how yoga is being used to address symptoms of depression and anxiety and the extent to which these ways are effective. Findings from this review will be used to determine of further study and implications for clinical social work practice.

Keywords: yoga, depression, complementary therapy, traditional treatment

Introduction

Yoga therapy is a type of therapy that uses yoga postures, breathing, exercises, meditation, and guided imagery to improve mental and physical health. The holistic focus of yoga therapy encourages the integration of mind, body and spirit. Modern yoga therapy covers a broad range of therapeutic modalities, incorporating elements from both physical therapy and psychotherapy.

A mental health disorder characterised by persistently depressed mood or loss of interest in activities causing significant impairment in daily life. While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (week months or even years) and sometimes without any opponent reason. Depression is more than just a low mood it's a serious condition that affects your physical and mental health.

The causes of depression are Physical sexual or emotional abuse can increase the vulnerability to clinical depression later in life. Some drugs, such as isotretinoin, the antiviral drug interferon alpha, and corticosteroids, can increase your risk of depression. Depression in someone who has the biological vulnerability to develop depression may result from personal conflict or disputes with family members or friends.

Sadness or grief from the death of a loved one, though natural, may increase the risk of depression. A family history of depression may increases the risk. Many different genes that each exerts small effects, rather than a single gene that contributes to disease risk. Even good events such as starting a new job, graduating, or getting married can lead to depression. So can moving, losing, a job or income, getting divorced, or retiring, however the syndrome of clinical depression is never just a 'normal' response to stressful life events. Problems such as social isolation due to other mental illnesses or being cast out of a family or social group can contribute to the risk of developing clinical depression.

Nearly 30% of people with substance abuse problems also have major or clinical depression.

Material and Methods

The present study has adopted simple random sampling. As the sampling frame is available this method is useful for this study.

Sample Size

A sample size of 30 respondents was selected in hospital Arogyam Nagpura Durg (C.G.) in interview schedule for the pt. a face to face interview was done with the patient there relatives, Doctors & staff of the hospital.

Source of Data

- Primary source.
- Secondary source.

Primary Source

The data collected by researcher is called primary data. Primary data gives the first hand information. It is original in nature, so, I had used interview schedule & observation as a source of primary data in my project work.

Secondary Source

The data obtained from already collected data is called second art data. So, I had used-

- Books.
- Journals.
- Articles.
- Magazines.
- Websites, as a source of secondary data.

Observation

Observation is a method that employs vision as it mash of data collection. I m this method I had observed body gestures & facials expiration.

Type of Hospital Nature Cure Hospital

Total pt –pt. 21 Depressions.

Language – Hindi.

Functioning Body – Dr. Sanskriti Singh Thakur

Tools for Data Collection

Interview schedule & observation are the tools used for data collection. The tools for data collection include two sections, so hospitals & patents opinion on the hospital doctors. Separate questions will ask to patient & doctor.

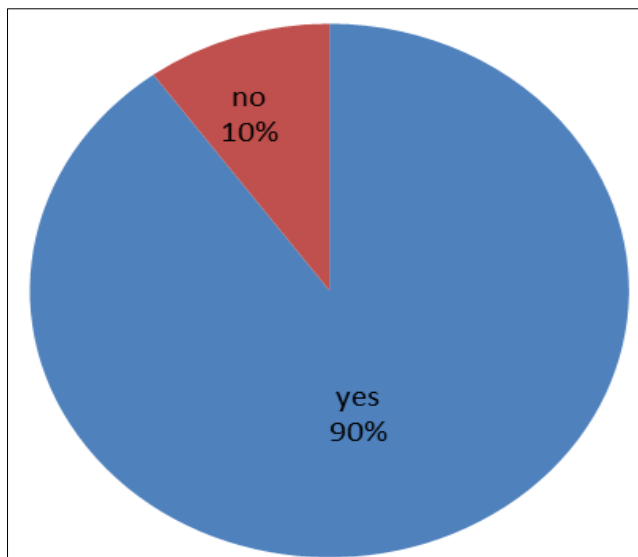
Result and Discussion

Data Analysis and Interpretation

Data’s were analysed manually through different steps involving classification, editing, coding & master chart preparation & tabulation.

Table 1: Do you know about yoga

Know About Yoga	Frequency	Percent
Yes	36	90%
No	04	10%
Total	40	100%



Graph 1: Awareness about yoga

Analysis

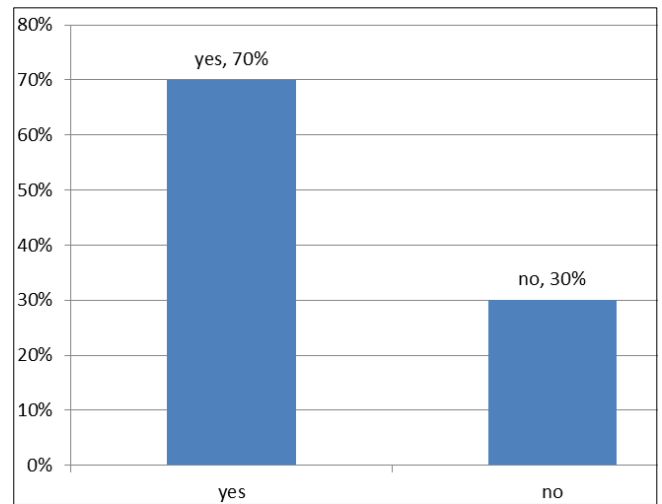
People are know about yoga is 90%yes & 10% was no.

Interpretation

Yoga is good for treatment, depression & anxiety.

Table 2: Do you do yoga

Do yoga	Frequency	Percent
Yes	28	70%
No	12	30%
Total	40	100%



Graph 2

Analysis

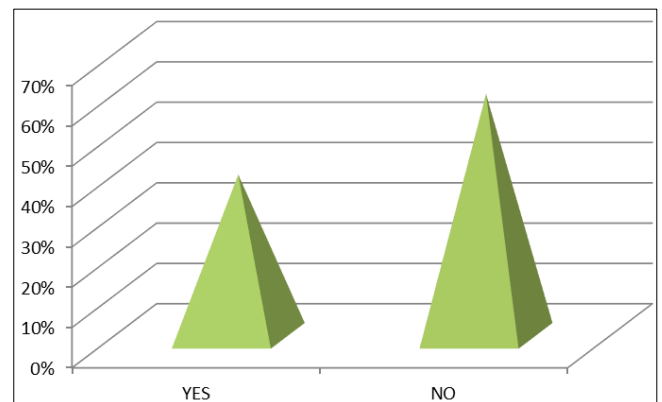
Most of the respondents are agree for yoga, about 70% people are said yes to do yoga & 30% are said no not do yoga.

Interpretation

We concluded that, most of the people are doing yoga for their personal fitness, 70% are people said yes to this question

Table 3: Yoga is good for depression & anxiety

Yoga is Good	Frequency	Percent
Yes	24	60
No	16	40
Total	40	100



Graph 3

Analysis

Most of the respondents are agree for yoga, about 70% people are said yes to do yoga & 30% are said no not do yoga.

Interpretation

We concluded that, most of the people are doing yoga for their personal fitness, 70% are people said yes to this question.

Conclusion

Due to the diverse nature of the styles researched, & the overall effectiveness that was observed, it may be inferred that it is not one specific piece of yogic teachings that are helpful in treating

depression & anxiety rather, the blending of each beneficial part may make yoga a diverse intervention that can reach clients on many levels.

Suggestion by Social Worker

Social worker support individuals & their families through difficult times & ensure that vulnerable people, including children & adults, are safeguarded from harm. Their role is to help in improve outcomes in people's lives.

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