



A CASE REPORT ON EFFECTS OF YOGA IN DEPRESSION

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ABSTRACT

Introduction-Numerous medical and scientific investigations on yoga conducted in recent decades have shown that it is quite effective in the treatment of specific disorders. This research looked at how yoga affected women living in India in terms of depression. **Methods:** Pre- and post-tests were used in this quasi-experimental investigation. Data were gathered using the Depression Anxiety Stress Scale-21 questionnaire. Hatha yoga training sessions and exercises were conducted by a professional for 6 weeks (4 times/week; 80–90 min each) with the eligible samples. SPSS version 23.3 was used to analyse the data. **Result Analysis** comprised 50 women with a mean age of 32.2 +/- 5.4. After 18 regular hatha yoga sessions, women's depression, levels considerably improved (P 0.002). **Conclusion** Yoga can help people feel less depressed. It is therefore a supplemental kind of medicine.

KEYWORDS- Yoga, Depression, Women.

INTRODUCTION

A group of therapies and procedures not covered by contemporary medicine are referred to as complementary medicine. Yoga, which means union of the mind and body in Sanskrit, has been practiced in Eastern communities for 4000 years and has lately gained popularity in Western nations.¹ Numerous medical and scientific investigations on yoga conducted in recent decades have shown that it is highly effective in the treatment of specific ailments. Numerous illnesses, including multiple sclerosis, asthma, irritable bowel syndrome, cancer, hypertension, drug addiction, osteoarthritis, and mental health difficulties, have been linked to yoga, according to studies.²

The characteristics of contemporary living include increased stress, sadness, and anxiety. Researchers are looking for nonpharmacological and non-invasive treatments for anxiety and depression due to the negative side effects of

medications used to treat these diseases and, in some circumstances, their ineffectiveness.³ The factors of self-description, psychological state, and quality of life were all enhanced by yoga workouts. Research indicates that yoga, as a kind of mental and intellectual activity, enhances health.⁴ Yoga can also raise pleasant emotions, support mental equilibrium, and enhance psychological conditions for observing and managing stress and negative emotions. Yoga has significant psychological and physiological impacts, but despite its popularity, little is known about how much it actually prevents and heals mental illnesses.⁵

METHODOLOGY

The Ethics Committee of the IIMT Lifeline, Meerut, Uttar Pradesh accepted this study, which is a quasi-experimental study including a pre- and post-test. All women did the yoga.

CRITERIA FOR ASSESSMENT

INCLUSION CRITERIA

- Women who could practice hatha yoga poses without being unable to exercise met the inclusion requirements.
- They also had to be educated, non-athletic, and not pregnant

EXCLUSION CRITERIA

- Refusing or Reluctance to practice yoga constantly
- Concurrent exercise
- medicine for mental illnesses.

ASSESSMENT TOOLS

Data were gathered using the Depression Anxiety Stress Scale-21 questionnaire. In research titled "Validation of depression scale for an Indian population," Sahebi et al. assessed the validity and reliability of this standard questionnaire. Cronbach's alpha was determined to be 0.6, 0.64, and 0.74 for depression. Seven questions are used to evaluate each of the aforementioned states. Three times a week, for 80–90 minutes each, a professional held hatha yoga training sessions and exercises (postures, breathing techniques, meditation). Women filled out questionnaires before to the intervention. There were 18 sessions throughout the intervention. Women once more completed the Depression Anxiety Stress Scale-21 questionnaire at the conclusion of the 18th session.

STATISTICAL PROCEDURE

In order to analyse the data, SPSS version 23.2 (IBM, USA) was used. The findings before and after the intervention were compared using a paired sample t-test in accordance with the established normality. The significance cutoff was established at P 0.05.

RESULT

50 women made up the whole eligible sample, with a mean age of 32.2 +/- 5.4 years. further demographic traits are displayed. There was a statistically significant difference in the mean depression scores before and after 18 sessions of consistent hatha yoga practice.

DISCUSSION

According to the current study, women's depression was dramatically decreased after 18 sessions of hatha yoga practice. The significant benefits of yoga in lowering depression have been confirmed in other studies, including those by Tayebi et al. among hemo-dialysis patients, Rahnama et al.⁶ among patients with multiple sclerosis, Javnbakht et al. among Mashhad-dwelling women, and Gong among pregnant women.⁷ In Streeter et al.'s study, it was discovered that the 18-week yoga intervention resulted in higher improvements in mood and greater decreases in anxiety than the walking group.⁸

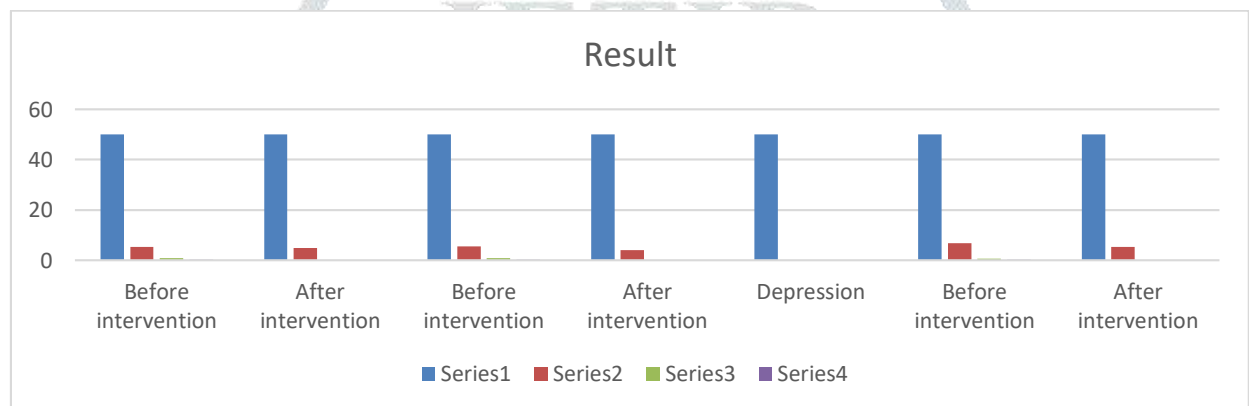
The disadvantage of this study is the limited number of intervention sessions (one or two session per week), which Oken et al. found to have no meaningful impact on mood improvement in MS patients.⁹ In contrast to other sports, yoga has a moderating effect on the nervous system, the hormonal emissions, the physiological factors, and the regulation of nerve impulses; as a result, it can be effective in treating depression and mental disorders.¹⁰ Dalgas et al. demonstrated this.

TABLE NO. 1 DEMOGRAPHIC DATA

Variable	n (%)
Age	32.2 +/- 5.4
Single	19 (33.3)
Married	35 (67.3)
Unemployed	12 (20.5)
Housewife	21 (37.9)
Employed	11 (18.2)
Retired	1 (4.6)
Other jobs	10 (21.4)
Level of income (%)Low	7 (12.7)
Average	35 (67.5)
High	13 (21.5)
Primary	4 (6.9)
Diploma	11 (23)
University degrees	36 (71.3)

TABLE 2: A COMPARISON OF THE MEAN SCORES OF STRESSES, ANXIETY, AND DEPRESSION BEFORE AND AFTER THE INTERVENTION OF 18 SESSIONS OF REGULAR HATHA YOGA PRACTICE SESSION (N=50)

Before intervention	50	5.4	0.9	0.002
After intervention	50	4.9		
Before intervention	50	5.6	0.8	0.0003
After intervention	50	4.0		
Depression	50			
Before intervention	50	6.9	0.6	0.0001
After intervention	50	5.3		



One drawback of this research was that only women were examined; males were not examined because there were no yoga groups for males.

CONCLUSION

Yoga may be viewed as alternative medicine because of its effectiveness in lowering depression. It also lowers the usage of medicines during treatments, which lowers the cost of care overall. Given that the cause of yoga's effect on depression is unclear to us and may be temporary, it is advised that further research be done to examine yoga's long-term impact on depression.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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