



A CASE REPORT ON EFFECT OF YOGA IN ANXIETY DISORDERS

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ABSTRACT

Regular yoga practice fosters traits of kindness, compassion, and self-control as well as strength, endurance, and flexibility. Therefore, the purpose of this study was to determine how yoga affected anxiety. This research examined 224 instances of anxiety in people between the ages of 18 and 60. Total Screening of Patient 224 but total patients 210 completed the study upto follow -up. The anxiety was assessed using the Hamilton Anxiety Scale. These patients were divided into the study group and the control group at random. The study group received a specific set of yoga exercises. Both groups were monitored, and outcomes from the usage of the independent variables yoga and anxiety were compared. The independent t test and chi-square were used to analyze the data. After the yogic intervention, it was seen that anxiety dramatically decreased ($P=0.02$). Yoga is thus advised as a regular exercise since it may greatly improve well-being and reduce perceived stress.

KEYWORDS - Anxiety, Yoga, Hamilton anxiety scale

INTRODUCTION

Yoga techniques increase physical stamina and flexibility, as well as respiratory and cardiovascular health. They also help with addiction treatment and recovery, lower stress levels, anxiety, and depressive symptoms, and improve sleep quality. According to Benson, Corliss, and Cowley (2004), the relaxation response entails a profound sense of tranquility attained by activities like yoga, prayer, or breathing techniques. Yoga exercises may aid with anxiety and depression by reducing the effects of heightened stress reactions. In this way, yoga is similar to other self-soothing practices like meditation, relaxation, physical activity, or even just hanging out with friends.¹

If one starts keeping track of all the times in life that he or she has felt stress, worry, or anxiety, one can just lose track! All people have experienced anxiety at some point in their lives, whether it was about the outcome of a Board test or how their parents would respond to the report card, whether it was anxiety related to a first date or a job

interview. A little bit of fear is natural; in fact, it's essential to being disciplined, focused, and dynamic, much like salt in cuisine. The issue arises when this anxiety persists and gets so overwhelming as to start affecting our daily lives.²

Studies have shown that yoga has positive impacts on anxiety, stress reduction, and overall health. Additionally, it is challenging to compare research on various yoga styles because the advantages of practicing yoga may vary depending on the style. When this happens, it develops into an anxiety disorder, a condition marked by extreme unease, concern, or fear of the future. Yoga can be helpful in treating this condition.³

Yoga is a kind of exercise that incorporates various bodily positions, breathing exercises, and meditation. Your symptoms of depression, such as trouble focusing or fatigue, as well as any mental or emotional issues, such as stress, anxiety, or depression, may be helped by the therapy. One of the finest ways to improve one's mood is through yoga for depression, which combines stretching, strengthening, and balancing activities.⁴

Yoga's capacity to treat depression by regulating brain chemistry and stress hormone levels has been demonstrated in studies. One might emerge from depression and resume enjoying vigor and inspiration in daily life by engaging in a regular yoga practice. The fact that yoga appears to be beneficial is so encouraging for those who battle depression.⁵

Yoga and deep breathing, as opposed to antidepressant medications, target the autonomic nervous system, so some people who haven't responded to conventional therapy may benefit from them, according to Streeter. Your autonomic nervous system will function more effectively if it is in balance.⁶

Determining the effectiveness of yoga and yogic breathing exercises as therapeutic interventions, as well as examining the clinical effects of yoga on anxiety, were the primary goals of the current study. However, yoga should not be the only choice for treatment because it would be unethical to deny the patient their normal medication. In this study, complementary yoga exercises were given together with the appropriate medicine to the study group.⁷

METHODOLOGY

PLACE OF STUDY -Psychiatry department Subharati Hospital, Subharati University

SAMPLE SIZE - 224 patients

TOTAL SCREENED PATIENTS -224 Patients

STUDY COMPLETED -210 Patients

TOTAL DUARATION – 12 Weeks

For this study, anxiety cases classified according to the Hamilton Anxiety Scale were chosen from patients who had visited the Psychiatry department Subharati Hospital, Subharati University (OPD) Outdoor patient Psychiatry department Subharati Hospital, Subharati University, Meerut, Uttar Pradesh, between the ages of 18 and 60. On previously created semi-structured questionnaires, general information from each instance was gathered. Cases who were unable to follow instructions for yoga or who have previously practiced yoga were excluded from the research. From those in charge of the hospital, official consent was obtained to carry out the study. Each person gave their free, prior informed permission. The scope of the study was explained to the respondents, and confidentiality and anonymity were guaranteed.

112 patients were split randomly into the study group and 112 cases into the control group. The research group's cases received daily instructions for yoga activity in addition to their normal medicine. The research group's participants underwent a 15-day intense training course, which they then diligently followed for three months. The control group was told to unwind in a chair every day for the same duration. Three months were spent monitoring both groups.

Yoga was used as an independent variable in the analysis, while anxiety was used as a dependent variable. On the respondents chosen at random for the cross-sectional survey and interview, data were gathered. The 14-question Hamilton Anxiety Scale was used by Hamilton to quantify anxiety. The overall score ranges from 0 to 56, with each item being graded on a scale from 0 (not present) to 4 (severe). Translation was the poorer the Subjective well-being, the higher the observed score, and vice versa.

OBSERVATION -SPSS version 24.3 (Full Version) was used for the statistical analysis. The quantitative data were reported as mean and standard deviation, whereas the qualitative data were expressed as proportions and percentages. The student 't' test was used to evaluate the difference in means and the Chi square test was used to assess the difference in percentage. The level of significance for the tests was set at 98% (P 0.02).

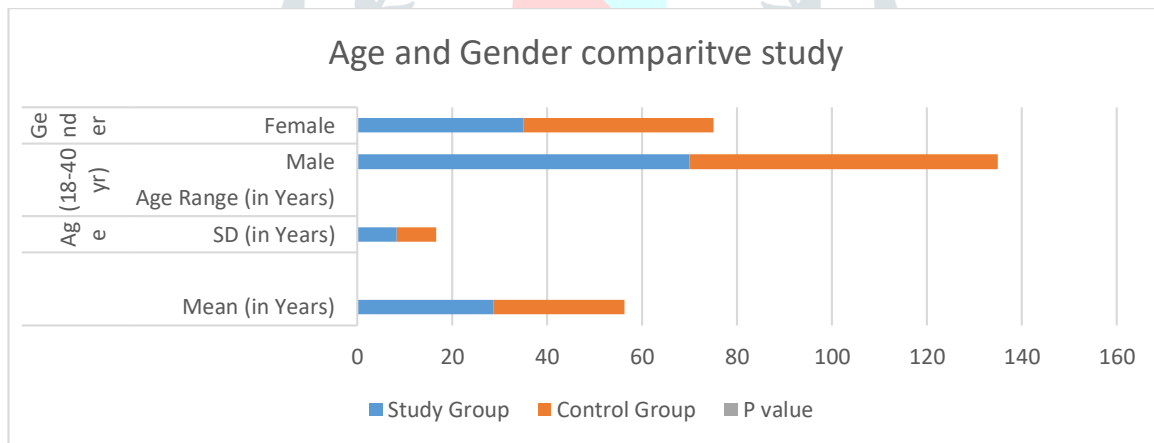
RESULT

Age and Gender of the study and control groups were comparable. The mean age was found to be study group Mean 28.67 and S.D. - 8.345 (18 to 60) years for the intervention group and in control group study group Mean - 27.56 and S.D. - 8.234 (18 to 60) years, respectively. It was determined that there was no difference between the two groups (P = 0.096). The distribution of both groups' members by sex was similarly not shown to be significant (P = 0.68).

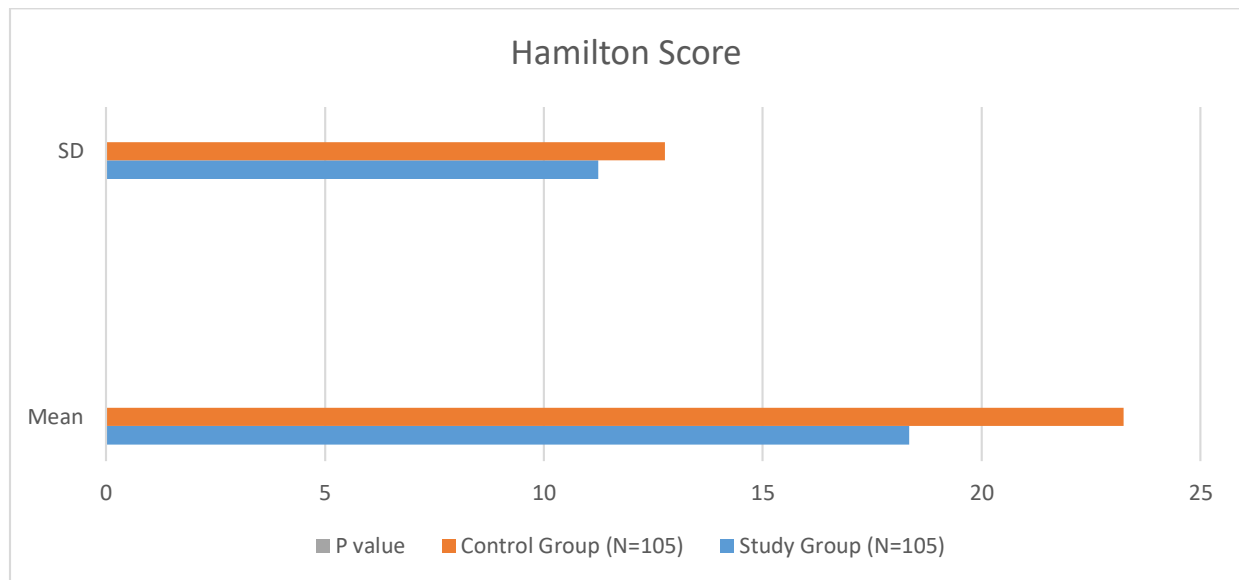
TABLE 1 -AGE AND GENDER WISE COMPARISON OF STUDY AND CONTROL GROUP

Variables		Study Group	Control Group	P value
Age (18-40 yr)	Mean (in Years)	28.67	27.56	t' = 2.132 at 197 DF P= 0.096 non-Significant
	SD (in Years)	8.345	8.234	
	Age Range (in Years)	18-60	18-60	
Gender	Male	70	65	X ² = 0.024 at 2 DF P = 0.964 non-Significant
	Female	35	40	

The scores on the Hamilton Anxiety Rating Scale for the intervention group were study group mean 18.34 and S.D. 11.245 and in control group mean 23.24 and S.D. 12.764, respectively. This difference was shown to be significant (P = 0.02). The study group had considerably lower Hamilton Anxiety Rating Scale scores than the control group.

**TABLE 2- COMPARISON OF HAMILTON ANXIETY RATING SCALE SCORES STUDY GROUP AND CONTROL GROUP AFTER INTERVENTION**

Hamilton Scores	Study Group (N=105)	Control Group (N=105)	P value
Mean	18.34	23.24	t' = -3.543 at 199 DF P= 0.02 Significant
SD	11.245	12.764	



DISCUSSION

The purpose of the current study was to examine the clinical effects of yoga on anxiety and subjective well-being. Another goal was to analyze the effectiveness of yoga and yogic breathing exercises as therapeutic interventions. With regard to age and sex, both groups were comparable. In this study, it was shown that after a yoga intervention, a considerably lower percentage of cases were in the range of anxiety in the intervention group than in the control group. This demonstrates unequivocally how practicing yoga significantly lowers anxiety levels.

These findings concur with those published by Pilkington K, et al (2005), Gupta et al (2006), Krisanaprakornkit T et al (2006), Smits et al (2006), Jadhav et al (2009), Field T et al (2013), and Newham JJ et al (2014). Similar findings were made by Da Silva et al. who discovered that yoga produced greater results in the treatment of mood and anxiety disorders. Yoga has been cited by Shashi G et al., Sharma I, Khalsa SB, Smith C et al., and others as a helpful method for reducing anxiety. This was also consistent with the study. In their systemic reviews, Sharma M. et al. (2013) and Kirkwood G. et al. (2005) both discovered the same observation.

Therefore, yoga therapy's focus on coping mechanisms offers strategies for managing stress and anxiety and is typically felt early in the therapeutic process, generating the desire for true change. The findings are consistent with earlier studies on yoga and theories about psychological well-being, but research into yoga as a form of treatment and rehabilitation is still in its early stages. In a study environment, it is challenging to identify and assess the transitory effects of yoga. Researchers looking into yoga's function in rehabilitation must be aware of the likelihood of a pattern conflict, and a careful review of the researchers' assumptions, models, and paradigms is the first crucial step. Dalgas et al. demonstrated this, in contrast to other sports, yoga has a moderating effect on the nervous

system, the hormonal emissions, physiological factors, and regulation of nerve impulses. As a result, it can be effective in treating anxiety disorders.

CONCLUSION

Yoga may be viewed as alternative medicine because of its effectiveness, anxiety. It also lowers the usage of medicines during treatments, which lowers the cost of care overall. Given this, it is advised that further research be conducted to determine the long-term impact of yoga on anxiety, as the cause of this effect is unclear to us and may be temporary. This study found that the use of yoga has a substantial calming effect on anxiety levels.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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