

# PSYCHOLOGICAL BENEFITS OF YOGA IN COGNITIVE POWER OF HUMAN BEING TO RELEASE STRESS AND MENTAL DISORDERS

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**Abstract:** As we know that the man of today's world is too busy in the rush of making money as life is impossible without money. This rushing life is making human beings sick the mental health. Every next person is suffering from anxiety and depression. In this study, the author wants to focus on yoga and its impacts on the huge problems of anxiety and depression among human beings in this busy modern world. Daily we notice on social media that the different poses of yoga are practiced by the expend order to release the stress and anxiety. Even these patients suffering from intense anxiety are recovering day by day. The purpose of this study is done about to get rid of stressed life and relaxation after the yoga practices. Besides yoga meditation is also the one that the much improvement in stress release. The history of yoga existence in ancient times is discussed and different yoga asanas are briefed in this study as well as the related theories too.

## I. INTRODUCTION

According to the historical witnesses, it has been researched that yoga and meditation played a very important role in the health benefits of humanity. It is helpful to release depression and anxiety. According to the views of Kaur & Kumar (2016), yoga exercises improve mood, reduce stress, and also control the anti-social behavior in the individuals as compared to those who don't go for yoga exercises and meditation. In their research work, they have concentrated on the life of female prisoners in Delhi as they succeed in overcoming stress relief and psychological management [1]. Overall world diseases are cured by dedication but the different poses of different exercises of yoga are practiced for the problems of anxiety and depression.

## II. THE HISTORICAL CONCEPT OF YOGA

Yoga is the oldest process which has evolved 3000 years ago. Yoga word has been deriving from the Sanskrit word 'Yuj' which is meant union. The different poses of yoga asanas help in curing the major problems of health issues as they are also helpful in increasing the energy level of an individual. Although yoga is not bound to a particular region it is practiced in o all over the world for the well-being of the human mind. It is beneficial for thee diseases like depression, anxiety, short-tempered, blood pressure, and cholesterol level [2].

The meditation concept of stress management is dated back to 1900. According to the views of Behanun (1961), it is observed that there was a sign of improvement in the working power of prisoners who functioned on the yoga and meditation practices [3]. It is also evaluated (Chandiramani et al, 1998; Smith et al, 2007) the cognitive power of them was showing the mark of psychological positivity in their mental state representation [ 4,5]. All these kinds of findings prove that yoga is beneficial for spiritual practices however these have been useful for them to control and manage the behaviors of criminals. It has been researched that Adiyogi has imparted the entire knowledge about the science of yoga to 'saptarishi' or the seven sages before the thousands of years of lake Kanti Sarovar's banks. Even they transferred the valuable knowledge to the rest parts of the world in the form of yogic education.

This yogic science was carried out in Asian countries as well as in American and African regions. The prominent expression of this science was explored in the subcontinents of India. It is also believed that a famous saptrishi Agastya also plays an important role in the exploration of yoga exercises in the culture of his area. Ancient literature like Vedas, smritis, and many others are witnesses of the existence of yoga. From th0 BC to 800 AD, re was a huge development of yoga, and the period of 1700 AD to 1900 AD, has been considered as the period of modernity in the development of yogic culture.

**III. CAUSES OF DEPRESSION AND ANXIETY**

Depression and anxiety, both are common words in the modern world. According to the views of Anderson (2003) it is observed that a woman those who are bound to conservative circumstances suffer the more complications in mental health rather than men [6]. There are many reasons for the anxiety and depression as these are discussed as below:

- **Money making world**

Human mind is always busy in money making games as he is under the pressure of excessive work in daily routine of life. It is being very difficult to part out his time for entertainment which adds the relaxation towards the mental health.

- **Excessive demands for social status and prestige**

Huge demands of social life for the attainment of status and prestige have ruined the sound health of human cognitive power. All these requirements are responsible to create the depression and anxiety in the human mind although life is being too short to overcome these demands.

- **Illness and health issues**

Besides the depression and anxiety there are a number of more health problems in our life like insomnia. Anxiety cause a person hypervigilant and there is a possibility of risk of life- threatening health diseases.

- **Family history**

On the other hand, it occurs genetically. If some of the family member is suffering from the depression may also transfer to the next generation. There is possibility of fluctuation in the hormones.

- **Pregnancy, childbirth and mensuration cycle**

Women during the childbirth and in the cycle of mensuration, they can suffer the cause of depression and anxiety. Poor nutritious diet is also the main cause of anxiety as it has been proved in the previous research. There is a good example of low concentration of three fatty acids are also responsible for the rise of negative thoughts which results into the depression. Acne, weight gain, difficult fertility, frequent or irregular periods also cause the cysts in the ovaries [8].

The symptoms include acne, weight gain, hirsutism, difficulties in fertility, irregular or infrequent periods, immature ovarian eggs that do not ovulate, multiple cysts in the ovary.

- **Thyroid disorders**

Health problems like the thyroid disorders, liver infections and unconsciousness are also positive to increase the anxiety rate level in human beings.

- **Medication, drugs and excess use of alcohol**

Side effects of the medicines and emotional trauma also creates the anxiety and the depression. Drug addictive people like the addiction of cocaine also suffer the same. High altitude of sickness and pulmonary embolism also increase the anxiety level. But to release the over pressure of depression regular exercises of yoga are very helpful.

**IV. DIFFERENT YOGA ASANAS HELPFUL FOR ANXIETY AND DEPRESSION**

As it has been already discussed that a number of yoga poses and asanas which should be adopted by the patients of anxiety and depression. Yoga asanas is a kind of exercise which is helpful for the sound mind and body as it also influence the psychological disorders like stress [7] all these different yogas are well expressed through the pictures from the web.

**Bal asana**

This asana is also known as a child pose which is helpful to release anxiety and depression. In this asana a person has to sit kneeled and on heels as it has been shown in the pictures. the torso should be bend forward. Hands should also be placed on the both sides of head and palms facing down. It is one of the relaxing and helpful to rise the mental peace and calmness.



(Source: <https://images.app.goo.gl/4Rmz27eZLEd9BJhJ6>)

**Adhomukhasvan asana**

This asana is helpful to empower the rate of blood circulation in the body. In this exercise the cervical and neck is well stretched and it release the stress and anxiety. This pose is like a table and v shaped pose. Hands should touch the



ground by straightening of knees and elbows. This pose also improve the digestion system as well as strengthened the abdominal muscles.

(Source: <https://images.app.goo.gl/Wsq9CMksTv65RSw86>)

**Seth bandh asana**

This yoga stance helps to stretch the muscles of back of the body and relieves weariness. Individuals suffering from depression and anxiety as a result of severe work pressure can benefit from this pose. This activity makes a person feel lighter and more at ease. A person must lay down on the ground in order to accomplish this stance. The arms must be on opposite side of the body. The lower half of the body must be pulled up to the knees, and the thighs must be parallel.



(Source: <https://images.app.goo.gl/v979kLyTCuFj5ucq9>)

**UrdhvaMukhasvan asana**

This procedure can readily alleviate mild levels of depression and weariness. This yoga pose can assist to alleviate mental melancholy and back stress. This asana is beneficial for waking up the upper body. To perform this pose, lie down on the floor with your back to the ceiling. Toes should be pointed downward and separated by a few inches. The palms should face down and be placed close the body's chest. Extending the legs and arms will help you move your body upward. Shoulders should be kept away from ears and the head should be straight and pointing upwards. Upward facing dog stance [] is another name for this pose. This is a position that you can do. Shoulders must be kept upright and directed upwards. away from your ears Upward facing dog is another name for this position. Pose UrdhvaMukhasvan asana aids in the regular functioning of the kidneys hormones, which lowers stress levels.



(Source: <https://images.app.goo.gl/dqkUoiCTbd6wxEPM6>)

### Uttan asana

This asana aids in the correct functioning of the neurological system and increases the body's energy level. It improves a person's tranquilly and decreases anxiety. This pose enhances the condition of the heart by improving blood circulation. Standing erect with arms on each side of the body is required. By bending forward, the arms must now be placed at the hips. After that, by gripping the ankles, bring the hand down and place it behind the feet. Standing forward bend is another name for this pose. This task must be completed on a fasting time and with the bowels empty. Meals should be consumed six hours prior to executing this yoga pose. This yoga is best taken in the morning but can also be done in the evening. However, if you have a back ailment, you should avoid doing this yoga pose. Furthermore, patients with a hamstring tear, a damaged retina, or glaucoma should avoid doing this activity.



(<https://images.app.goo.gl/cfQfxjeecS3b2u6G9>)

### Hal asana

This yoga stance helps to relieve mental and physical stress. This yoga asana can also help you develop your posture. Hal asana promotes mental tranquilly and provides relief from sleeplessness and sadness. To do Hal asana, lie flat on your back with your legs lifted at a 90-degree angle. Hand placement must be done away from the hips, so they must be used for a support. The hips must then be gradually pulled closer to the chest.



<https://images.app.goo.gl/rR8pqiLqP8qurRNv8>

### Sav asana

This workout can help you lower your blood pressure. It is suggested that sav asana be performed after each yoga practice. This aids in muscle relaxation and blood flow normalization. To perform sav asana, one must lie down on their back on the floor. Feet should be spaced apart by a few inches, and palms should face upwards beside the body. Close your eyes and take a few deep breaths. This is utilized in the therapy of trauma and helps to eliminate emotional scars.



(<https://images.app.goo.gl/fmSr9veZUHuLJLAF9>)

### **PRANAYAMA FOR DEPRESSION AND ANXIETY**

- **Depression**

Depression can be treated with equal ratio breathing. For inhalation, an individual must count identical lengths of breathing, and time lengths must be matched for exhalation. This breathing style must be maintained for one minute while balancing the length.

Nevertheless, after 3 to 4 cycles of breathing, you can add another count []. The performance time should be increased for a sadder person. Breathing is a better treatment for improving mood and, on the other hand, it enhances the body's blood circulation.

- **Anxiety**

Concentrating more on exhalations can help you feel less anxious. Inside, enough breath can be inhaled, and exhalations should be done slowly and deliberately.

In the first few breathing cycles, for examples, gasping breaths can be done lasting 6 seconds. After that, it should be gradually increased to seven seconds and then to eight. After achieving a good exhalation time, an individual should concentrate on the sound of exhalations. From start to finish, the sound of exhalations should be quiet and low. This will aid in improving a person's attention while also reducing anxiousness.

#### **Yoga applications on guidelines for depression relief**

In order to practice yoga positions, there are some general criteria that must be followed by everyone. Maintaining cleanliness is the first condition that must be met by everyone. Yoga practice requires that the location of yoga conductance, as well as the body and mind, be kept clean. Another key prerequisite of yoga practice is that the environment be peaceful. Yoga should

be practiced in a peaceful and quiet environment. It will help to boost the likelihood of success in overcoming anxiety. On the other side, a place's stillness aids in mind and body relaxation. Different yoga positions, on the other hand, must be performed on such an empty or lighter stomach. It is necessary to avoid eating heavy foods. Foods such as honey and fruits are recommended for weak people. Furthermore, when yoga is done on an empty stomach, several negative effects such as vomiting might occur. Furthermore, before beginning workouts, the bowels must be empty. A yoga mat or blanket is required for doing yoga poses and pranayama. It'll also help to prevent physical harm. Yoga is also best done in garments that are comfortable, flexible, and light. Various yoga postures, such as uttan asana and Hal asana, should be avoided during pregnancy or the menstrual cycle. Yoga can also be used to help inexperienced performers. Individuals who plan to practice yoga for the purpose of overcoming depression should begin with a prayer. This contributes to the creation of a pleasant environment and mental relaxation. Retaining of breath can really be done in a regulated manner while performing pranayama for sadness and anxiety. Furthermore, it is recommended that each individual practice yoga poses and pranayama according to their abilities.

### **V. THEORIES OF YOGA**

#### **Hatha Yoga Theory of Hridhay**

The Hridhay hatha yoga philosophy presents spiritual classic principles in a clear and understandable manner for current practitioners. According to this belief, a person's body is more like an instrument that can be easily operated by doing asanas. On the other hand, Hridhay yoga allows for the expression of energy to be unfettered. This means that all asanas must be memorized in order to increase energy levels. This aids in the improvement of heart and mental health. According to this notion, frequent asana practice increases relaxation, joy, and mental openness. This theory also suggests that egoistic behavior must be eliminated in order to maintain the balance among effort and relaxation. Different

yoga poses should be done with joy rather than obsession. According to the views of Purnima and Surulinathi, in their research of 2020 the yoga has benefitted a lot in india as it is compared with others with the help of scientific qualitative and quantitative research [9]. According to smith yoga has also overcome on the disease like cancer with regular practices as it has been proved in his survey [10].

### **Environment of yoga planning**

This philosophy focuses on good yoga therapy planning. An individual must decide when and where to begin their yoga practice. It is the first stage in the planning theory process, as finding the right site and time is critical to success in yoga treatment. It is suggested that yoga asanas be performed in the morning and in a remote location surrounded by nature. Evening hours can be

chosen; however, the location must be peaceful. Yoga practices can also be performed as a process, according to this notion. The aims of yoga therapy can be used to determine the method.

## **VI. CONCLUSION**

It may be concluded from the previous explanation that yoga can be utilized to cure depression and anxiety. This is due to the fact that yoga has no negative effects. Yoga is an ancient treatment method which can be practiced on a daily level to maintain the body and mind in good shape. It also contributes to the body's increased energy levels. In today's world, it is critical for everyone to practice various yoga positions in order to combat despair and anxiety. Moreover, several postures such as urdhvaMukhasvan asana and adhomukhasyanasana can be used to maintain proper body posture. Prayer, chanting, and pranayama are stress relievers that help to enhance blood circulation. Yoga techniques, on the other hand, must adhere to specific criteria. As per yoga planning theory, choosing a location and time is an important first step before performing yoga. This enhances the productivity of asanas and provides relief from anxiety and despair.

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