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The effect of yoga in psychotherapy

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Abstract

The review article states that yoga has been used throughout the world for thousands of years and their benefits have been repeatedly documented by physiological and psychological problems. Yoga can formulate a positive change in people suffering from these distressing states of mind and behaviour it is proved can help the reducing their anxiety, stress, depression, phobia etc... levels and thus capable of dealing with mental ill health situations this astanga yoga techniques work towards balancing the excitatory neurotransmitter levels in the brain.

Key words: Psycho illness, yoga, meditation, mudras, pranayama, asanas

Introduction

Yoga is an ancient art that is defined as the union of the soul with God. The practice is at least 3000 years, It is "a path of personal spiritual development that utilizes meditation to bring enlightenment, self-realization, and, ultimately, the attainment of God and bliss". Originally, the ultimate goal of yoga was called Samadhi, or self-realization. *Patanjal defined: Yogas Citta Vrtti Nirodhah*, "Yoga is the restraint of the agitation of thoughts"(Iyengar, 2001) ^[1]. Patanjali is father of yoga around the sixth century B.C. appeared in the massive epic The Mahabharata written by sage Vyasa and containing The Bhagavad Gita. Krishna explains to Arjuna about the essence of Yoga as practiced in daily lives ('Song of the Lord'), uses the term "yoga" extensively in a variety of ways. *Bhagavad-Gita* yoga is also defined as "skill in action" and "moderation in everything" (Verma *et al.* 2014) ^[2], In addition to an entire chapter dedicated to traditional yoga practice, including meditation, it introduces three prominent types of yoga:

- Karma yoga: The yoga of action
- Bhakti yoga: The yoga of devotion, note Krishna had also specified devotion itself was action similar to above.
- Jnana yoga: The yoga of knowledge.

Yoga in psychotherapeutic use: The various yoga techniques are treatment of psychiatric patients. They found the yogic treatment to be more efficient than psychoanalysis or psychotherapy and behaviour therapy Khalsa SB *et al.* (2012) ^[13]. They later put forth a new approach termed psycho-physiologic therapy based on the concepts and techniques of Patanjali like Pranayama (breathing), Asana (postures), Yama (restraint), Niyama (healthy observances), Pratyahara (sensory withdrawal), Dharana (concentration), Dhyana (meditation), Samadhi (higher consciousness). Psychoanalysis and Yoga differ not only in method but also in their aims. The aim of psychoanalysis is to resolve the conflicts and strengthen the ego so that the individual is better adjusted to the normal demands of situations, but the aim of Yoga is not only to remove mental strains but also to transcend the ego-consciousness so that spiritual consciousness may dawn.

What is mental illness? A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning. Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD) and borderline personality disorder.

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A mental health problem also affects how a person thinks, feels, and behaves, but to a lesser extent than a mental illness. These illnesses may also be referred to as a mental disorder, mental impairment or psychiatric disability.

Causes of Mental Illness: Mental illness results from complex interactions between the mind, body and environment. Factors which can contribute to mental illness are:

- long-term and acute stress
- biological factors such as genetics, chemistry and hormones
- use of alcohol, drugs and other substances
- cognitive patterns such as constant negative thoughts and low self esteem
- social factors such as isolation, financial problems, family breakdown or violence

These factors can be minimised by a strong and supportive community environment.

Signs for Metal Illness

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Yoga and mental health: Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation. Yoga in its full form combines physical postures, breathing exercises, meditation, and a distinct philosophy. There are numerous styles of yoga. Hatha yoga, commonly practiced in the United States and Europe, emphasizes postures, breathing exercises, and meditation. Hatha yoga styles include Ananda, Anusara, Ashtanga, Bikram, Iyengar, Kripalu, Kundalini, Viniyoga, and others. However, the psychiatric illness outcome with Arun Kumar Nayak (2016) [3], Kusuma (2016) [4]. The yoga is physiological benefits of the practice, such as increased flexibility and decreased muscle stiffness. However, not enough is mentioned about the mental, psychological, and cognitive benefits of yoga—and there are plenty. There have been several studies done to assess the effectiveness of yoga for brain and mental health

- Yoga improves your psychological/mental well-being.
- Yoga helps with anxiety and depression.
- Yoga boosts memory and improves concentration.

- Yoga prevents the onset of mental health conditions, which are prevalent during adolescence.
- Yoga reduces the effects of traumatic experiences (Goyeche JR (1979) [5], Syed Kareemulla (2010) [6], Derebail Gururaja, *et al.* (2011) [7], Ingunn Hagen and Usha S. Nayar (2014) [8], Shruti Srivastava *et al.* (2015), Raja Selvaraj (2016) [9], Camila Ferreira Vorkapic (2016) [10].

Asana for Psychotherapy

In today's hectic world it has become quite obvious for people to lose their mental health balance. This loss of balance of mental health is depicted in the form of anxiety and depression. It is a proven fact that yoga really helps to stabilize the mental health of human beings. Let us see how yoga can really help you enhance. Hatha Yoga describes Shatkarmas (six processes) in details for Body purification and mind purification. Various asanas (Yoga Positions), six shatkarmas, mudras & bandhas (psychic knots or psycho-physiological energy release techniques) and Pranayama are described in old ancient Sanskrit texts of Hatha Yoga (Hatha Yoga Pradipika and Gherandasambhita). They work at the chitta (subtle aspect of consciousness) level that eliminates the physical and mental tensions. They are trained in supine and prone position of the body respectively (Arndt Büssing, *et al.* (2012) [11], Hilary B. Meyer *et al.* (2012) [12], Khalsa SB *et al.* (2012) [13], Kazufumi Yoshihara (2014) [15], Singh and Amarendra N. (2015) [14], Shivarama Varambally and B. N. Gangadhar (2016), Farahnaz Davar *et al.* (2016) [17], Meena Ramanathan *et al.* (2017) [18] Shavasana and Vajrasana, Bhujangasana, Trikonasana, Halasana, Sarvangasana etc...important relaxative asanas (Figure 1).

Vajrasana is best asana of Stress & Tension and Anxiety it makes the body exceptionally strong and healthy. Vajra means Diamond in Sanskrit. During this asana, feel the sensations in the body as you move them (Vikrant Thakur and Vikash Bhatnagar, (2016) [19] Do the Movement slowly and in a relaxed manner. Inhale and exhale slowly. While drawing the abdominal region inwards and expanding the chest, focus the attention on these body parts. The way the muscles move must be felt Relax before, during and after the yoga posture.

1. With knees, ankles and big toes touching the ground, take a kneeling position.
2. One should sit on the heels and place palms on the knees.
3. The Spine should be erect and breath should be deep.
4. Draw the abdominal region inside and expand the chest (Figure 2).

The triangle pose: Trikonasana The legs are spread apart and the body stretches to the left, moving from the pelvis and extending over the left leg. Both arms are perpendicular to the floor, the left hand on the floor, or resting on the calf or the outer ankle of the left foot, and the right hand reaching up straight. The spine is straight, chest open, the body facing to the front (Figure 3).

The cobra pose: Bhujangasana The pose starts from a downward facing position with hands flat on the floor below the shoulders. The spine is lengthened and the buttocks firmed as the head and chest is slowly lifted. The elbows stay close to the body and the eyes look up. The neck is kept neutral (Figure 4).

Halasana

1. Take supine position hands straight by the side of thighs, palm resting on the ground

2. Slowly raise your legs together without bending at knees by pressing your hands and stop at 30° angle
3. After few seconds raise your legs further up to 60° angle and maintain
4. Now slowly bring the legs at 90° angle
5. Pressing both the hands bring the legs little towards the head.
6. Continue the bending of legs till toes touch the ground and then stretch your legs backward as far as possible.
7. Now place both the palms on the head making finger lock. Bring the elbows on the ground.
8. While returning back to the original position first release the finger-lock. Stretch the hands straight and place them on the ground by the side of the body.
9. Lower the waist and raise the legs from the ground. Slowly let the waist rest on the ground and stop bringing the legs at 90° angle.
10. Slowly come back to the original position. (Figure 5)

Sarvangasana: 1. Lie on your back and lift your legs up into air. 2. Place your hands on your lower back for support, resting your elbows and lower arms on the ground. 3. Make sure your weight is on your shoulders and mid to upper back - not your neck. 4. Breathe deeply and hold for at the posture for at least 5-10 breaths, increasing the hold over time. 5. To come down, slowly lower your legs, keeping them very straight -- a little workout for your abdominal muscles. (Figure 6).

Mudras in Pranayama and Meditation

Meditation and Pranayama is an ancient technique to revive your weary soul and help you deal effectively with stress, anxiety, depression, phobias etc..., Meditation one of the eight limbs of yoga this is completely shutting out all kinds of mental fluctuations (Mishra *et al.* (2012) ^[20], Lavretsky *et al.* (2013) ^[21], Edo Shonin *et al.* (2013) ^[22], Meera Balasubramaniam *et al.* (2013) ^[23], Goyal M *et al.* (2014) ^[24], Tim Lomas *et al.* (2014) ^[25]).

Mudras are particular positions of the hands and the body in order to establish powerful and special energy patterns, similar to electrical circuits. Mudras are helps active and flexibly of body and mind (Kuladeep singh (2015,) ^[26], Balaji P.V Deekshitulu (2016) ^[27]. Mudra a symbolic representation of particular desired psychological or spiritual qualities they are...

Gyana Mudra: Touch the tip of the thumb to the tip of the index finger, with the other three fingers stretched out. (Figure 7).

Prana Mudra: Bend ring finger and little finger and touch the tip of thumb with their tips keeping the remaining two fingers stretched. (Figure 8)

Pranayama Padmasana Sit on the ground by spreading the legs forward. 2. Place the right foot on the left thigh and the left foot on the right thigh. 3. Place the hands on the knee joints. 4. Keep the body, back and head erect. 5. Eyes should be closed. 6. One can do Pranayama in this asana (Figure 9).

Siddhasana Place the left heel at the anus, the terminal opening of the alimentary canal or digestive tube. 2. Keep the right heel on the root of the generative organ. 3. It should be in a way that the knees and the heels, both lie upon the other. 4. The hands must be placed on either sole of the feet. Keep the eyes half closed (Figure 10).

Breathing exercise Pranayama, the breathing exercise, may rejuvenate you, to carry on your work with extra energy Bhole (1982) ^[28], G.V.Lathadevi *et al.* (2012) ^[29].

- Put your right thumb on your right nostril
- Deeply inhale air using your left nostril
- Close your left nostril with your right index finger and hold breath for few seconds
- Exhale through left nostril
- Do it similarly with left nostril closing right nostril
- Now inhale through left nostril, hold breath and exhale through right nostril and do the other way (Figure 11).

Conclusion: Taken together, while several reviews suggest positive benefits of Yoga, can helps to improve the mental health of all of them by reducing stress and improve Prevention of physical and mental health to Quality of Life in all age groups. It is quite likely that yoga may help to improve self-efficacy, self-competence, physical fitness, and group support, and may well be effective as a supportive adjunct to mitigate mental medical conditions,

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