ROLE OF THERAPEUTIC YOGA FOR ANXIETY

Medicine

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ABSTRACT

Anxiety is a mental condition where a person's normal functioning is disturbed by negative thoughts such as worry, dread, apprehension etc. This can happen due to many reasons and most people experience anxiety in some form. This article goes in depth about what causes anxiety, what are some of the common symptoms of it, and how therapeutic yoga can play an active role in getting rid of it.

KEYWORDS

What is Anxiety

Anxiety is an emotion characterized by feeling of tension, worried thoughts, or apprehension about what's to come. Most people experience feelings of anxiety at some point in their life. However, a large number of people find it difficult to control them. Their feelings of anxiety are more constant and can often affect their daily lives negatively.

Causes of Anxiety

Anxiety can arise from various external and internal factors. Stress is a major leading cause for anxiety. Stress at work, stress in personal relationship such as marriage, financial stress, stress from a serious medical illness etc. are some forms of stress that can affect an individual.

Aside from stress, anxiety can also follow trauma, such as death of a loved one, losing a job, witness or victim of violence etc. Trauma induced anxiety is often quite severe and has a significant negative impact on a person's life.

Anxiety can also be the side effect of some types of medication. Weight loss supplements can have anxiety producing side effects as well.

Anxiety causes an excess of adrenaline production by the adrenal glands, which in turn produces other hormones (catecholamine) that affect various parts of the body.

Symptoms of Anxiety

- Shortness of breath
- Feelings restless, wound-up, or on-edge
- Having difficulty concentrating, mind going blank
- Being irritable
- Having muscle tension
- Difficulty controlling feelings of worry
- Sweating, shaky hands
- Having sleep problems, such as difficulty falling or staying asleep, restlessness, or unsatisfying sleep

Role of Therapeutic Yoga

Therapeutic Yoga is a really useful tool in the management of anxiety disorder. It elevates brain neurotransmitter levels like gamma-amino butyric acid, that helps treat anxiety. Therapeutic Yoga reduces the levels of stress hormones in the body. It focuses mainly on the mental layers of the patients as this is a psychic disorder. It has given tools that help them to recognize the thoughts, feelings and actions that lead to heightened anxiety.

Doing therapeutic yoga, patients are unconsciously learning to regulate their stress response and building resilience to stress. Yoga postures can assist in releasing built-up muscle tension and stiffness throughout the body, helping to ease the physical discomfort that is caused by anxiety. Pranayama lowers the dominance of sympathetic nervous system. It focuses on breathing that can help with letting go of worry, fear and flush out all the negative thoughts and tiredness of the mind. Meditation alters theta and alpha EEG patterns significantly more than regular relaxation. It calms down the mind and thereby helps one realize their own problems. The chanting of mantras diverts the mind from unwanted thoughts and fear.

Suggested practices

Asanas
- Head-to-knee Forward Bend Pose (Paschimottanasana)
- Butterfly Pose

- Bridge Pose

Cobra Pose

- Child Pose

• Legs - up - the - wall pose

• Hand to feet pose (Standing)

• Fish pose

• Corpse Pose (Savasana)

Pranayama

• Kapalbhati

• Yogic Breathing

• Nadishuddhi pranayama

• Brahmari Pranayama

Meditation - 15 minutes
Regular practice of yoga helps to achieve peacefulness of body and mind.

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