

Part I - Concept of Depression Through Yoga and Spiritual Lore
Part II: Effect of A Short Term Yoga Intervention on Depression Levels Among
Normal Subjects
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Abstract

Part I - Concept of Depression Through Yoga and Spiritual Lore

Mind-body practices such as yoga are widely popular, but little is known about how such exercises impact health-related quality of life. Considerable evidence exists for the place of mind-body medicine in the treatment of depression disorders. Excessive depression is maladaptive. It is often considered to be the major component of unhealthy lifestyle that contributes significantly to the pathogenesis of not only psychiatric but also many other systemic disorders. Among the approaches to reduce the level of depression has been the search for healthy lifestyles. The aim of the study was to study the short-term impact of a comprehensive but brief lifestyle intervention, based on yoga, on depression levels in normal subjects.

Summary

According to ancient Indian scriptures Seer is always happy in His original form. All miseries start when Seer is united with Seen. This is the root cause for mental conditions such as depression. If Seer can be separated from seen through shattering Avidya, mind will be calm and out of problems such as depression. Yoga helps in keeping the mind calm.

The sage, whose mind remains unperturbed amid sorrows, whose thirst for pleasures has altogether disappeared, and who is free from passion, fear and anger is called stable of mind.

A stable mind does not bother about the fluctuations in day to day life. It assumes that these are common and not eternal. It looks for the eternal bliss by defocusing from the materialistic pleasures.

Part II: Effect of A Short Term Yoga Intervention on Depression Levels Among
Normal Subjects

Context: Short-term intervention of yoga can alter the Depression levels
Objective: The aim of our study was to evaluate the effects of yoga intervention, using HADS (Mental Health) questionnaire. Availability of both pre and post responses, with all questions answered has been evaluated for each participant. After screening responses from 450 individuals, 310 were selected for final data analysis. Data were analyzed using non parametric Wilcoxon's signed rank test and regression analysis was done to evaluate the effect of Pre-depression scores and Age on the changes in depression levels. Results: There was significant reduction in depression levels of healthy individuals following Yoga intervention. There was a significant decrease in Depression levels ($p < 0.001$).

Summary

This is an open prospective longitudinal pilot study was conducted to evaluate the antidepressant effects of a short-term yoga intervention. The results suggest modest effect with yoga intervention on self reported depression in normal healthy volunteers. However a larger randomized controlled study with counseling or group psychotherapy as a control intervention is needed to evaluate any benefits with yoga intervention.

Keywords: HADS, Depression, Mental Health, Pranayama, Yoga.