

# YOGA:FUTURE CURE FOR THE MENTAL ILLNESS AS WELL AS OTHER SEVERE DISEASE

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## ABSTRACT

*Now days a mental illness is going to overtake all health problems in all over the world. The cause is busy schedule of daily life and so many. Among all the available treatments, yoga proved as best treatment for the mental illness according to studies. As yoga is used since the ancient time to cure not only the mental illness but also used for the several severe diseases. In this review we will study about the yoga as a best future treatment for the mental as well as the severe disease spread around.*

**Keywords:** Yoga, Mental illness, Naturopathy, Anxiety, Depression

## INTRODUCTION

In ancient age it was a frequent use of several naturopathies to treat the diseases. These diseases were mild to severe diseases. But as in ancient to modern time yoga is most favorite and famous to treat the several diseases. People mainly adopting the yoga to reduce or cure the mental illnesses (van der Kolket al., 2014; Rosenbaum et al., 2014; Halpern et al., 2014; Tomlinson et al., 2014; Kulhara et al., 2009; Nyer et al., 2013;1).

### Mental Illness

It is defined as any disease or condition that influences the way a person thinks, feels, behaves, and/or relates to others and to his or her surroundings. While the World Health Organization (WHO) defines "a mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy and poor concentration".

Although the symptoms of mental illness can range from mild to severe and are different depending on the type of mental illness, a person with an untreated mental illness often is unable to cope with life's daily routines and demands. Although exact cause is unknown but researches clear that many of these conditions are caused by a combination of genetic, biological, psychological, and environmental factors -- not personal weakness or a character defect -- and recovery from a mental illness is not simply a matter of will and self-discipline (Rosenbaum et al., 2014; Halpern et al., 2014; Tomlinson et al., 2014).

### Mental Illness Types

Specific mental illness types are Anxiety Disorders, Autism Spectrum Disorders, Attention-Deficit/Hyperactivity Disorder (ADD/ADHD), Bipolar Disorder, Borderline Personality Disorder, Depression, Dissociative Disorders, Dual Diagnosis: Substance Abuse and Mental Illness, Eating Disorders, Obsessive-Compulsive Disorder (OCD), Panic Disorder, Posttraumatic Stress Disorder, Schizoaffective Disorder, Schizophrenia, Seasonal Affective Disorder and Tourette's Syndrome. Sometimes mental illness related conditions are as anosognosia (lack of insight), First Episodes of Psychosis, Insomnia, Sleep Apnea, Suicide and Tardive Dyskinesia (Kulhara et al., 2009). Mental illness remains challenging to treat with a major concern about the medication related side effects (Nyer et al., 2013).

### Signs and Symptoms

There may be several signs and symptoms of mental illness like in adults as Confused thinking, Prolonged depression (sadness or irritability), Feelings of extreme highs and lows, Excessive fears, worries and anxieties, Social withdrawal, Dramatic changes in eating or sleeping habits, Strong feelings of anger, Delusions or hallucinations, Growing inability to cope with daily problems and activities, Suicidal thoughts, Denial of obvious problems, Numerous unexplained physical ailments, Substance abuse; in older children and pre-adolescents as Substance abuse, Inability to cope with problems and daily activities, Changes in sleeping and/or eating habits, Excessive complaints of physical ailments, Defiance of authority, truancy, theft, and/or vandalism, Intense fear of weight gain, Prolonged negative mood, often accompanied by poor appetite or thoughts of death, Frequent outbursts of anger; and in younger childrens as Changes in school performance, Poor grades despite

strong efforts, Excessive worry or anxiety (i.e. refusing to go to bed or school), Hyperactivity, Persistent nightmares, Persistent disobedience or aggression, Frequent temper tantrums.

### Treatment

Studies have shown that yoga has a positive effect on psychiatric problems, from mild depression and sleep troubles to schizophrenia in similar ways to antidepressants and psychotherapy (van der Kolk et al., 2014).

Yoga is an ancient science that is validated by evidence based research. It offers self health practices tailored to need which are cost effective and simple to administer. Access to yoga as one of the key elements of a multi-disciplinary approach to self managed healing. Yoga practitioners have long been claiming that yoga has positive effects not only against mental illnesses like stress, anxiety and depression; even work against several problems and over the past ten years, many studies have aimed to gather scientific data and evidence to support this claim.

### YOGA AGAINST DISORDERS

Yoga has been used for disorders such as: Acid Stomach, Addictions, Asthma, Backache, Bronchitis, Cancer, Cold, Constipation, Depression, Diabetes (not a cure!), Emphysema, Eyestrain, Flatulence, Headache, Heart Disorders, Hypertension (High Blood Pressure), Indigestion, Insomnia, Menstrual disorders, Migraines, Neurasthenia, Obesity, Premenstrual Tension, Prostate troubles, Rheumatism, Sciatica, Sexual debility, Sinus, Skin diseases, Sore throat, Stress And Tension, Wrinkles. Yoga is being assessed for its potential in treating illnesses such as: Multiple Sclerosis, Cerebral Palsy, Osteoporosis, Rheumatoid Arthritis and Depression Experienced after Childbirth. Several studies have shown that yoga can allow people to control a wide range of body functions, including: Blood pressure, Body temperature, Brain waves (as measured by EEG), Heart rate, metabolic rate, Respiratory function, skin resistance. Studies show that people who practice yoga have: Reduced anxiety, are more resistant to stress, and have lower blood pressure, More efficient heart function, Better respiratory function, and Improved physical fitness (Rosenbaum et al., 2014).

Yoga may improve the functioning of traumatized individuals by helping them to tolerate physical and sensory experiences associated with fear and helplessness and to increase emotional awareness and affect tolerance (van der Kolk et al., 2014; Rosenbaum et al., 2014). Yoga may improve sleep and quality of life in patients suffering with different types of diseases (Halpern et al., 2014; Tomlinson et al., 2014; Kulhara et al., 2009).

### CONCLUSION

The conclusion of this review article is that with references from therapies used in ancient times and in present the yoga may be the cure for all types of diseases from mild to severe. Even it can improve the quality of life and can reduce the financial burden due to the medicine cost and can prevent from the unwanted side effects of the drugs.

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### Website

1. <http://yogafordepression.com/more-than-100-studies-prove-yogas-mental-health-benefits/>
2. [http://holisticonline.com/yoga/hol\\_yoga\\_benefits.htm](http://holisticonline.com/yoga/hol_yoga_benefits.htm)