



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Role of Yoga in Mental Health

Mayank Kumar Yadav*, Prof. Rakesh Pathak**

*Research Scholar, Department of Physical Education, National P.G. College, Lucknow, (U.P.)

**Prof & Head Department of Physical Education, National P.G. College, Lucknow, (U.P.)

Abstract

Yoga, an ancient practice originating in India, has gained global recognition for its numerous physical, mental, and spiritual benefits. Yoga was created primarily as a tool for self-mastery and spiritual development. However, over the last few decades, the therapeutic applications of yoga in mental health have been investigated, with promising results. The objectives of present study were to explore the role of yoga in enhancing mental well-being, reducing stress, and alleviating symptoms of mental disorders. Scientific research has increasingly highlighted the positive impact of yoga on mental health. Yoga encourages mindfulness and self-awareness, which are crucial for emotional regulation. Practitioners learn to observe their thoughts and emotions without judgment, leading to improved emotional stability and resilience. Engaging in yoga practices enhances cognitive functions such as memory, attention, and executive functioning. Yoga also improves sleep quality by promoting relaxation and reducing insomnia symptoms. Yoga practice has been associated with increased neuroplasticity, particularly in brain regions involved in emotional regulation and cognitive function. Yoga helps in balancing the hypothalamic-pituitary-adrenal (HPA) axis, reducing chronic stress and its detrimental effects on mental health. Regular yoga practice has been shown to lower cortisol levels, the body's primary stress hormone. Various techniques such as controlled breathing and meditation help activate the parasympathetic nervous system, inducing a state of relaxation and calm. Yoga fosters a strong mind-body connection, encouraging holistic health and well-being.

This Study shows Yoga increases markers of brain plasticity, such as brain-derived neurotrophic factors. Chanting mantras and shlokas have also resulted in evidence-based positive changes in the mind and body on functional and structural levels. This has been used as an alternative treatment for a variety of psychological disorders. So, Yoga is effective and promising in treating various mental health related problems for all age groups.

Keywords: Yoga, Mental health, Stress, Anxiety, Depression and Mindfulness

Introduction

WHO describes Health as:

"A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Despite advancements in treatment and care accessibility, the global burden of mental illness continues to rise, with substantial implications for human rights, social welfare, and the economy (World Health Organization 2019). The World Health Organization (WHO) estimates that one in four persons will at some point in their lives suffer from a mental illness. Between 1990 and 2019, the percentage of disability-adjusted

life years worldwide attributable to mental disorders rose from 3.1% to 4.9% (GBD 2019 Mental Disorders Collaborators 2022). Particularly in low- and lower-middle-income nations, more than half of the world's nations lack the number of qualified professionals needed to manage mental illnesses in the general population. According to World Health Organization Reference World Health (2015), more than 50% of nations have just one psychiatrist for every 100,000 people, and 40% have fewer than one hospital bed set aside for mental health issues for every 10,000 people. The Who is Mental Health Action Plan 2013–2020 has placed a strong emphasis on prevention during the last ten years. The World Health Organization (WHO) established goals in 2013 that included implementing strategies for promoting mental health and preventing mental illness as well as providing comprehensive, integrated, and responsive mental health and social care services in community-based settings (World Health Organization Reference World Health 2013).

An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities. The word 'healthy' is derived from two words: 'heal' and 'thy'. 'Heal' means to cure, make whole, or sound, and well, and 'thy' refers to you; thus, 'healthy' means to make yourself whole or sound.

Mental health is an integral part of overall health and well-being. Anxiety and depression are common mental health issues that can significantly affect a person's quality of life (Johnson et al., 2004; Taher et al., 2015). Many individuals seek treatment for mental health issues through medication or therapy, but complementary and alternative methods like yoga are gaining popularity (Wynn, 2015; Kamraju et al, 2023). Yoga is a mind-body discipline that incorporates breathing exercises, meditation, and physical postures (Salmon et al., 2009; Sharma, 2014). It is frequently used in conjunction with other forms of therapy to treat mental health issues like depression, anxiety, and post-traumatic stress disorder (PTSD) (Abdulkali & Berger, 2020). Yoga is believed to have positive effects on the nervous system, as well as have the capacity to foster mindfulness and reduce stress (Kamraju, 2023).

The word 'Yoga' means union with whom, implying that 'who' and 'whom' are in union. The idea of yoga has Sage Patanjali expressed this clearly in the Yoga Sutras. One of the sutras states the following:

योगः, चित्त , वृत्ति , निरोधः ॥ (P.Y.S., 1.2)

The sutra contains a wealth of information about the role of Yoga, how it affects, where it affects, and what the outcome will be.

Relations between Yoga and Mental Health

Nowadays, people are concerned about mental health and discuss ways and means to maintain it. In this context, the Bhagavad Gita provides a comprehensive explanation of various types of yoga to Gain mental strength and eliminate life's miseries to achieve constant bliss. According to the Bhagavad Gita, one should renounce weakness and face every situation with courage. The Bhagavad Gita provides three main types of Yoga: Jnana Yoga, Bhakti Yoga, and Karma.

Jnana Yoga: Jnana Yoga teaches that one should know the truth of life. If one understands the reality self, then there will be no more pain, sorrow, or suffering. One can achieve purity of mind and calmness. Happiness is achieved through true self-awareness. True, valid, dependable, and authentic. Knowledge

always produces rational thoughts and beliefs, whereas false knowledge creates ambiguity. Confusion or cloudiness of thought and mind. It influences cognitive functions (judgment, reasoning, Thoughts, etc.) and behaviour. A person's mind, feelings, and actions are intact when he or she has good understanding of his/her own weaknesses and strengths. There should be full acceptance of such. strengths and weaknesses rather than denial, so that an individual can maximize his or her overall potential. That encourages good mental health and well-being.

Bhakti Yoga: The first necessary condition for Bhakti Yoga is a profound and deep yearning for God (Supreme Divine). The second important value required is Shraddha, which can be understood as the highest. Respect, devotion, and admiration for humanity or God. Karuna (compassion for all living beings) in the third attribute refers to the entire world. If a person's mind is full of commitment, loyalty, and unconditional Love, followed by faith, fills his or her heart and soul with positive energy, thoughts, and emotions. Thoughts are powerful instrument created by the mind that directs and shapes sour emotions in the same way. Regular practice of Bhakti Yoga can help one acquire this virtue and traits while also keeping the mind Healthy and calm.

Karma Yoga: Karma Yoga is also known as the path of righteous action, duty, and obligation to perform the best of one's abilities. This path requires a focus on work performance rather than outcome. The undivided attention to work processes gives perfection to one's skill and allows one to live in the present moment. This approach to work promotes a strong mind and happiness. This skill is known as Karamsu Kaushalam; performing one's duty with full efficiency will help to alleviate anxiety stress and, other mental issues. When a person does his or her work with honesty and perfection, he or she receives satisfaction and peace. Engaging in productive work is a remedy to keep one's mind Healthy and active.

Asthanga Yoga

Yoga is a discipline in which people learn to rule over subtle nature through mental and physical training. The training takes place in and on your mind and body, allowing you to see and place yourself as the real you. Thus, Yoga expresses harmony with unique consciousness and nature. Its technique begins at the grass roots level, which is the physiological level. The physiological level can be further.

The mind is divided into two levels: inner/outer and subtle. It is made up of thoughts, emotions, feelings, and Genetic and molecular level. The sutra also highlights the Ashtanga Yoga (Yama, Niyama, Asana, Pranayama, Prathyahar, Dharna, Dhyana, and Samadhi. Asthanga Yoga is a method of controlling the mind, which is the root cause of all psychosocial issues and problems. Asthanga Yoga is primarily focused on spiritual development, but it is also extremely relevant to achieve holistic health. If Asthanga Yoga is adopted and practiced properly in one's life, then physical, person's intellectual, emotional, social, and spiritual development, as well as their health, remain intact.



Yama:

Yama can be interpreted as a code of social conduct and behaviour. Yama focuses on socially acceptable behaviour that is based on moral ethics and values. Appropriate action and moral conduct promote social and emotional harmony. The five Yamas are: Ahimsa (nonviolence)- refers to nonviolent action, but it should also include thoughts and words. As a result, it benefits not only those to whom it is directed, but also oneself, Satya (truth)- It teaches honesty and truthfulness in our thoughts, words, and actions. Asteya (non-stealing)-It means we should not snatch things from others, which does not belong to me. Certainly, it will not bring happiness or joy, Brahmacharya (continence)- refers to exercising control over our sexual behaviour, and Aparigraha (non-accumulation)- means not accumulating or hoarding things, wealth, or other resources that are unnecessary. Fear of uncertainty and insecurity always results in hoarding behaviour or action. We can all agree that poor social behaviour and skills are the root cause of psychosocial problems. Everyone becomes self-centred, which harms our interpersonal relationships and social support system. Practicing Yamas in our daily lives leads to more peaceful social relationships with others and with ourselves. It effectively promotes social and emotional development. It guides a person toward spiritual development.

Niyama:

Niyama literally means binding rules and observances, or discipline. The five niyama's are: shauch (purity)- denotes cleanliness and purity of mind and body. Inner purity is achieved through the recitation of mantras and prayer, which eliminate all negative thoughts and emotions such as fear, anger, and lust. Outer purity will be achieved through Shatkarma (six yogic cleansing practices). Santosa (contentment)- means that no one should desire more than they have earned in life. A person should be content with what he or she has. This attitude will stem from the practice of joy and gratitude. It helps to alleviate pain and suffering caused by greed or dissatisfaction with life, Tapah (austerity to discipline body and mind)- means to tolerate pain with good intention and to continue working to reduce and overcome it rather than giving up or doing something else. This attitude will result from fasting and practising Pranayama. This Tapas helps to remove physical, emotional, and thought-related impurities, resulting in self-discipline. Svadhyaya (introspection and scripture study)- refers to the study or knowledge of one's own existence. It can be defined as a more in-depth understanding and analysis of his or her problems by examining the causes and behaviours. It means to gain true insight into yourself. This way, one can live a stress-free life, and Isvara-pranidhana

(surrender to God)- refers to having deep faith in the existence of God or the supreme power, even in the face of adversity. This unconditional faith gives a person the strength to deal with any problem and the focus to perform desire-free actions.

Asana:

Asana denotes proper posture and/or seat. Sage Patanjali describes Asana as "Sthirsukhasanam," a posture which is comfortable, stable, and enjoyable. A person can achieve a delightful posture after cultivating Yama and Niyama reside within the individual. It regulates pranic flow throughout the body and improves the performance of all organs and systems. It provides strength, flexibility, and mobility to the body.

. Asanas promote and maintain mind-body harmony, improve sleep, reduce anxiety, stress, and enhance brain function. Regular practice of Yogasanas is now recognized as essential for good health and longevity. This also helps to improve people's quality of life.

Pranayama:

"Pranasya" and "Aayamah" are the two words that make up Pranayama. Pranasya stands for Prana, and 'Aayamah' refers to amplitude regulation. The regulation of prana (breath and vital energy, also known as Pranic energy) is required for life to exist; this keeps a person healthy and well. The contraction and expansion of the heart, blood flow in the vessels, inhalation and exhalation, food digestion, toxin excretion, and even the strong mind and brain are all controlled by Prana. Additionally, it maintains the equilibrium of Prana and energy in our "Koshas" and regularizes their flow. This invigorates our mind and body's various forms of Prana. It restores equilibrium to the parasympathetic and sympathetic branches of the autonomic nervous system. In neurotic disorders like anxiety, depression, OCD, phobias, dissociative identity disorder, ADHD, and stress, this is typically disrupted and out of balance. Changes in brain activity also result in the generation of positive thoughts instead of negative ones. All things considered, it's clear that how yoga exercises revitalize our bodies and minds.

Pranayama practice on a regular basis also helps to balance the autonomic nervous system, which is disturbed in stressful situations. It is used to reduce negative emotions and maintain peace of mind in difficult situations.

Pratyahara:

Pratyahara refers to the withdrawal of senses from their respective external objects. After Pranayama, when a person can regulate his or her breathing, he or she should learn to control the senses and direct them inward. Our senses play an important role in our mental state because when we make any impression or view based on the information received by our senses, that impression leads to certain our emotions and Chitta, or mind, become disturbed. The key to maintaining tranquillity is to achieve Pratyahara. As a result, in order to control our minds and protect ourselves from emotional turbulence, we must withdraw our senses from the outside world. Our senses are linked to our minds, so controlling the senses allows us to control and stabilize our minds. Pratyahara can be achieved through self-analysis and introspection, which leads to an inward journey from the outside.

Dharana:

Dharana refers to controlling or focusing the mind on a single point. It is an important tool for purifying the mind and achieving Chittashuddhi. For a long time, both healthy and sick people have been thought to benefit from meditation. A healthy individual will continue to be healthy if they practice on a regular basis. For a variety of psychological disorders, including those affecting older adults as well as children, meditation is always advised.

Dhyana:

It is well known that under all conditions, a calm mind and body function quickly and effectively. Numerous studies have demonstrated that mediation contributes to the preservation of harmony by controlling the HPA axis, glutamate receptors (which increase oxytocin), serotonin, cortisol balance, GABA receptor levels, and the central nervous system. These physiological alterations bring about emotional and behavioural shifts that lessen anxiety and sharpen mental focus.

Numerous earlier studies have provided evidence to support the idea that longer-term meditation practice alters brain wave patterns. Alpha and theta generation take over the excess beta wave activity. This is produced while deeply relaxed and creative. There are also structural and functional alterations, such as those to the brain's volume, grey matter, cortical thickness, amygdala, increased blood and oxygen flow, and thickness of the hippocampal region. Cognitive processes like learning, memory, reasoning, problem solving, and emotion regulation are all directly impacted by this. Additionally beneficial in reducing the impact of life's traumatic experiences on addiction, mental illness, and anger control is meditation. Since the benefits of meditation for depression are similar to those of antidepressants, meditation can also be used as an alternative form of treatment.

Samadhi:

Samadhi occurs when the distinction between subject and object has been eliminated. An individual reaches a state of bliss and inner peace. Samadhi is the state of self-realization.

Patanjali Yoga Sutra teaches us how to regulate and balance our thoughts, feelings, and emotions so that we can integrate our inner and outer lives in a meaningful and contented way. It promotes a more conscious lifestyle.

Yogic Counselling:

When people are in pain and feel helpless, they seek advice or counselling. The following shloka in Bhagwad Gita (B.G.) brings out the importance of counselling:

एवमुक्त्वार्जुनः सङ्ख्ये रथोपस्थ उपाविशत् ।

विसृज्य सशरं चापं शोकसंविग्रमानसः ॥ 47॥

The shloka mentioned above paints a picture of a man who is sentimental, unsure of himself, grieving, distressed, puzzled, and melancholy. He is also reluctant to face the situation.

नष्टो मोहः स्मृतिर्लब्धा त्वत्प्रसादान्मयाच्युत ।

स्थितोऽस्मि गतसन्देहः करिष्ये वचनं तव ॥ 73॥

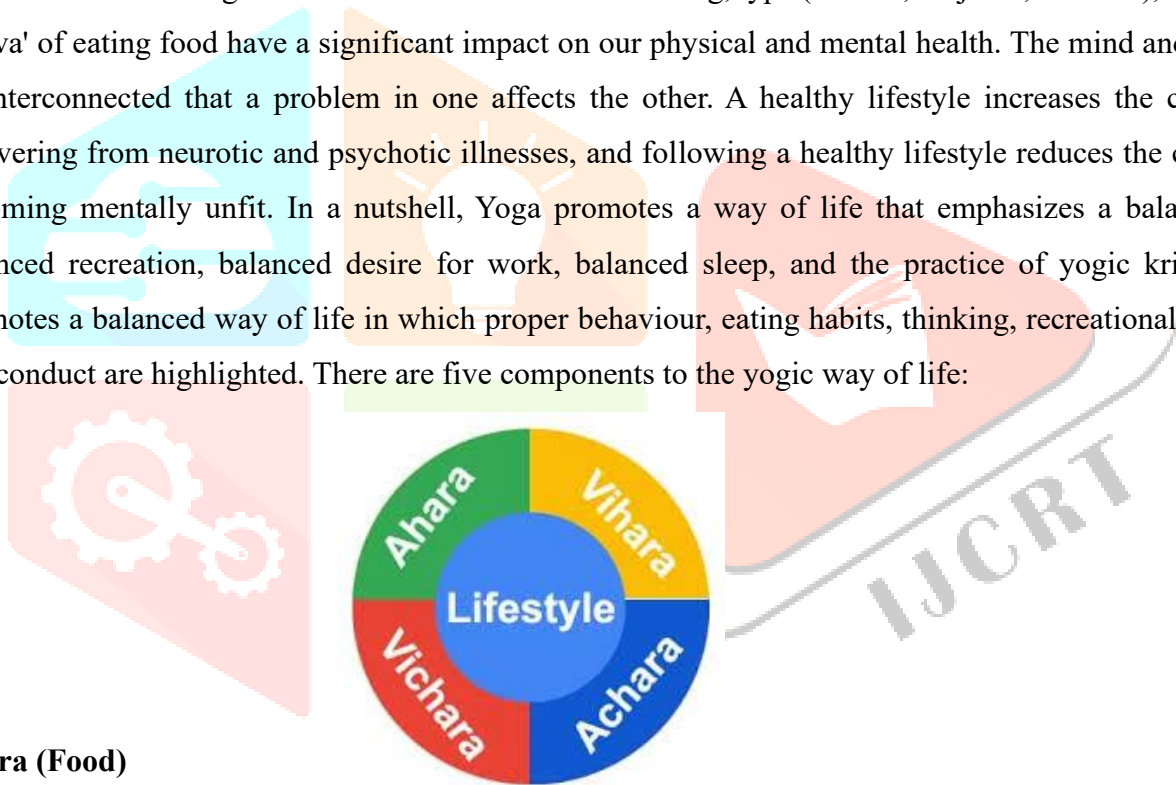
In the shloka mentioned above, Arjuna stated, "My illusion has been removed by your grace, and I am now positioned in knowledge." I can now act without hesitation and follow your instructions.

In a hazy situation or when you have a vague mindset, yogic counselling can help you get a clear picture and clear up any confusions. According to yoga, bliss is one's own core element; if one does not experience it, there may be an imbalance in thought pattern, attitude, or lifestyle. Because of a lack of awareness and ignorance, one is unable to connect with the fundamental element of bliss/ultimate peace. Yoga emphasizes self-control and being proactive rather than reactive to situations. One who is free of greed and possessiveness and remains constant in both favourable and unfavourable circumstances can experience bliss.

The Yoga Way of Life

In today's world, the majority of health problems are caused by a poor lifestyle and emotional complications, such as stress, anxiety, obesity, and diabetes. A healthy yogic lifestyle that includes proper 'Achar' (right conduct), 'Vihar' (recreation), 'Vichar' (positive thoughts), and 'Ahara' (right food) will reduce both psychological and physiological problems.

Ayurveda and the Bhagavad Gita also mention that the timing, type ('Satvic', 'Rajasic', 'Tamsic'), nature, and 'bhava' of eating food have a significant impact on our physical and mental health. The mind and body are so interconnected that a problem in one affects the other. A healthy lifestyle increases the chances of recovering from neurotic and psychotic illnesses, and following a healthy lifestyle reduces the chances of becoming mentally unfit. In a nutshell, Yoga promotes a way of life that emphasizes a balanced diet, balanced recreation, balanced desire for work, balanced sleep, and the practice of yogic kriyas. Yoga promotes a balanced way of life in which proper behaviour, eating habits, thinking, recreational activities, and conduct are highlighted. There are five components to the yogic way of life:



Ahara (Food)

The Ahara principle is concerned with different types of food and their consumption. Yoga also emphasizes Mitahara, which is concerned with the quality and quantity of food, as well as the mood and bhava experienced while consuming food. While eating, you should be in a good mood. If someone is eating food while watching TV, doing something else, or in a bad mood, simply swallow the food. It may have a negative impact on the digestive system and health. Mitahara always advocates for a positive mental state while eating. According to Yoga, food should be cooked fresh to retain its nutritional value. There is also a very clear mention of the quantity of food to be consumed, with one quarter of the stomach being filled with water and the other quarter being left empty for vayu, or air.

Vihara (Activity)

The word "vihara" means relaxation. A person should engage in activities or exercises that relax and refresh the mind and body, such as music, sports, painting, and cooking. These activities help to channel and regulate

emotions, resulting in harmony and peace of mind. Other yoga techniques such as pranayama, meditation, and asanas also aid in mind-body relaxation. To maintain tranquillity, one should always adhere to a proper routine in his or her life.

Acharya (Conduct)

Acharya encompasses behaviours, attitudes, emotions, desires, and so on. Right behaviour is important in our lives. It contributes to the alleviation of psychosocial problems. A positive attitude, good habits, disciplined and regulated behaviour, and controlled desires help a person develop emotional and social strength. It protects us from unnecessary stress. As a result, we must constantly monitor and evaluate our behaviour toward ourselves and others, and make every effort to correct any wrongdoing. This is an essential key to living a problem-free or stress-free life. Yoga always emphasizes a positive attitude and behaviour by incorporating Yama (restraint) and Niyama (observance) into daily life, which aids in the development of control over desires and emotions.

Vichara (Thinking)

We all know that thought is a very powerful tool of the mind, and a single thought can change our attitude, behaviour, and feelings toward ourselves and others. The nature and intensity of thought both play important roles in maintaining mental and physical balance. A positive thought makes a person optimistic about his or her life and gives them the energy to pursue their goals. It also provides the strength to deal with any type of stressor. We are all aware that a positive thought brings happiness, while a negative thought brings unhappiness. It works to prevent and manage mental health issues. Yogic practices such as Pratyahara and Dhyana (meditation) assist us in controlling our thoughts and thus promote optimism in life.

Vyavahara (Behaviour or Action)

Vyavahara is the combination of Ahara, Vihara, Acharya, and Vichara. The philosophy of yoga holds that our actions, or Karma, ought to be right. We should not engage in wrong activities that cause pain and suffering in our lives. We should always perform Karma without any desire or expectation; this is known as selfless work. In our Karma yoga, we also discuss the importance of working with complete dedication. This is the ultimate key to good mental health and a stress-free life.

Result and Discussion

Numerous research has examined the advantages of yoga for mental health, with an emphasis on how it affects stress, anxiety, depression, and post-traumatic stress disorder (PTSD). A summary of some of the most important studies in this field can be found below.

(i) Anxiety: According to Hofmann et al.'s (2014) systematic review and meta-analysis of 19 randomized controlled trials (RCTs), yoga significantly reduced the symptoms of anxiety. A 12-week yoga intervention was linked to lower levels of stress and anxiety in a group of women with anxiety disorders, according to another study (Kinser et al., 2014).

(ii) Depression: According to a meta-analysis of 23 RCTs, yoga significantly reduced the symptoms of depression (Cramer et al., 2013). A 12-week yoga intervention was linked to fewer symptoms of anxiety and depression in a group of young adults with mild to moderate depression, according to another study (Sharma et al., 2014).

(iii) **PTSD:** Yoga was linked to a significant decrease in PTSD symptoms, according to a systematic review and meta-analysis of ten studies (Gallegos et al., 2018). A 12-week yoga intervention was linked to fewer symptoms of post-traumatic stress disorder (PTSD) in a group of women who had suffered sexual trauma, according to another study (Van der Kolk et al., 2014).

(iv) **Stress:** Yoga was linked to significantly lower levels of perceived stress, according to a systematic review and meta-analysis of 25 studies (Pascoe et al., 2017).

Therapeutic Use of Yoga for Psychological Disorders

Yoga saves the day and can be used as an adjunct therapy or as the primary treatment mode.

Yoga acts as a prevention tool for a variety of diseases, including hypertension, coronary heart disease, anxiety disorders, phobia, stress, depression, increased memory, attention and concentration, hyperactivity, personality growth, OCD, obesity, schizophrenia, mood disorder, and conduct disorders, by improving mind and body health. Yoga contains numerous techniques or methods that have been shown to be effective in the treatment of psychological issues. It improves every aspect and dimension of a person (cognitive, emotional, etc.). Regular Yoga practice normalizes and balances excess hormones while also relaxing the body. It also helps to regulate the HPA (hypothalamus pituitary-adrenal) axis, which increases oxytocin (happy hormone) and reduces stress hormones.

Yoga has also been shown to increase markers of brain plasticity, such as brain-derived neurotropic factors. Chanting mantras and shlokas have also resulted in evidence-based positive changes in the mind and body on functional and structural levels. This has been used as an alternative treatment for a variety of psychological disorders. There is plenty of evidence and studies that show Yoga is effective and promising in treating psychological disorders in children, adolescents, and adults. People of all ages benefit from Yoga because it improves memory, mood, and psychomotor functions while having no negative side effects. As a result, choosing Yoga as adjunct therapy is encouraged and practiced for the past many years. In some cases, yoga is used as the primary treatment method. The following are some of the most important Yogic methods for promoting good mental health.

Yoganidra is a time-tested technique for achieving profound rest on the physical, emotional, and mental levels. This involves consciously using awareness to relax every part of the body while remaining open to positive resolution; it includes breathing, feeling, visualisation, and positive resolution. This eventually leads to a deep level of relaxation. It helps to relieve physical and mental fatigue, stress, and rigidity. It promotes positivity, clarity, and calm. According to studies, the longer and more regular practice of Yoganidra produces alpha waves in the brain, which are responsible for relaxation. This technique has been shown to be effective in treating a variety of psychological illnesses, including sleep disorders, anxiety, stress, psychosomatic disease, phobias, and OCD. Yoganidra practice increases dopamine secretion by 65%, according to a 2002 neuroscience study conducted in Copenhagen. This helps to improve mood and boost positive emotions.

Conclusion

Yoga is widely known to have advantages for both physical and mental health, and it has become more and more popular as a form of exercise and relaxation in recent years. This study looks at how yoga affects

mental health, specifically how it lowers stress and improves emotional stability. A thorough summary of yoga's theoretical and practical underpinnings, the scientific data supporting its health benefits, and the difficulties and restrictions related to its practice are all covered in this study. In the conclusion of the paper, it is discussed how these findings might affect the promotion of yoga as an adjunctive therapy.

While current research on yoga and its benefits is promising, more research is needed to better understand the potential mechanisms through which yoga improves mental health. To bolster the evidence supporting yoga's health benefits, future research should strive to employ bigger sample sizes, longer follow-up times, and more rigorous study designs. In conclusion, although the research on yoga's health benefits is encouraging, more study is still required to fully comprehend the possible mechanisms through which yoga enhances mental health and the suitability of various yoga poses for particular populations and medical conditions.

References

1. Abdulbaki, H., and Berger, J. (2020). Using culture-specific music therapy to manage the therapy deficit of post-traumatic stress disorder and associated mental health conditions in Syrian refugee host environments. *Approaches: An Interdisciplinary Journal of Music Therapy*, 12(2), 21-23.
2. Johnson, E. K., Jones, J. E., Seidenberg, M., and Hermann, B. P. (2004). The relative impact of anxiety, depression, and clinical seizure features on health-related quality of life in epilepsy. *Epilepsia*, 45(5), 544-550.
3. Kamraju, M. (2023b). The impact of yoga on physical health. *ASEAN Journal of Physical Education and Sport Science*, 2(2), 81-88.
4. Kamraju, M. (2023). The impact of yoga on mental health. *Indonesian Journal of Community and Special Needs Education*, 3(2), 141-146.
5. Telles, S., Singh, N., & Balkrishna, A. (2012). Managing mental health disorders resulting from trauma through yoga: a review. *Depression research and treatment*, 2012.
6. Udupa, K. N. (1978). *Stress and its Management by Yoga*. New Delhi: Motilal Banarsidass Publishers Private Limited
7. World Health Organization: *Mental Health: Prevention and Promotion in Mental Health, Evidence and Research* Department of Mental Health and Substance Dependence. Geneva.2002
8. Yoga Darshan. Morarji Desai National Institute of Yoga, 2009.