

Effect Of Yoga Practice On Anxiety During The COVID-19 Pandemic

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Abstract:

Stress and anxiety have been implicated as contributors to many chronic diseases and to decreased quality of life, even with pharmacologic treatment. Efforts are underway to find non-pharmacologic therapies to relieve stress and anxiety, and yoga is one option for which results are promising. The focus of this review is on the results of human trials assessing the role of yoga in improving the signs and symptoms of stress and anxiety. A significant decrease in stress and/or anxiety symptoms when a yoga regimen was implemented; however, many of the studies were also hindered by limitations, such as small study populations, lack of randomization, and lack of a control group. Biochemical and physiological markers of stress and anxiety, but yielded inconsistent support of yoga for relief of stress and anxiety. Evaluation of the current primary literature is suggestive of benefits of yoga in relieving stress and anxiety, but further investigation into this relationship using large, well-defined populations, adequate controls, randomization and long duration should be explored before recommending yoga as a treatment option.

Keywords: Yoga, Anxiety, COVID-19 & Pandemic

Study Designed: Observational Study.

1. INTRODUCTION

WHO pronounced Coronavirus sickness 2019 (COVID-19), starting from Wuhan, China, brought about by Severe Acute Respiratory Syndrome Coronavirus-2 (SARS CoV-2), as a pandemic on March 11, 2020. To forestall spread and give adequate opportunity to clinics' availability, the Governments worldwide needed to force "Lockdown" in their individual nations. Under lockdown, individuals were confined from residual outside with specific exemptions coming about because of crises[1].

Numerous individuals were either abandoned in their homes or regulation zones, upsetting private ventures' income, working of homegrown house cleaners, day by day bets, and workers. Also, the vulnerability of the illness' infectious nature among the general population and medical services laborers prompted dread, frenzy, tension, and stress. Stress likewise strengthened among those with constant sicknesses, as weakness and seriousness of COVID-19 were related with co-morbidities[2]. Moreover, worldwide infodemic and phony news exasperated tension and stress among the overall population. Past examinations have confirmed expanded post-awful pressure problem (PTSD) after scourge or normal cataclysms like SARS, tremor, or a twister, including COVID-19[3].

A Study led an exhaustive self-controlled online overview in China to comprehend the pervasiveness of mental pressure in the COVID-19 pandemic. They revealed expanded

frenzy, stress, uneasiness, and sadness like past investigations directed during the 2003 SARS pandemic. A comparative online study revealed that 20% of individuals showed nervousness, 27% announced sadness, 7.7% had mental trouble, and 10% experienced fears[4]. Moreover, there were changes in individuals' personal conduct standards because of lockdown, particularly concerning their dietary patterns. Expanded utilization of lousy nourishment, sodas, and liquor brought about stoutness. Lockdown upset the everyday schedules, rest hours, outside exercises, and expanded screen time and smoking, inclining individuals to dangers of COVID-19. Two little examinations from India have shown comparable patterns. In the current examination on the COVID-19 pandemic, it affects mental pressure may be more articulated because of relentless worldwide media feeds and web access. The present COVID Health Assessment Scale (CHAS) study was intended to assess the physical and emotional well-being and adapting abilities of members who rehearsed yoga and the individuals who didn't. A few investigations have shown that Yoga acquires a positive change physical and emotional wellness by controlling the hypothalamic–pituitary–adrenal framework, thoughtful sensory system, decreasing the cortisol, and further developing invulnerability demonstrated by an increment in CD4, pulse, fasting blood glucose, cholesterol, and low-thickness lipoprotein levels. Accordingly, apparently Yoga specialists have sound way of life among the Abbreviations: CHAS, COVID Health Assessment Scale; COVID-19, Coronavirus sickness 2019; OR, Odds proportion; PTSD, Post-horrendous pressure issues; S-VYASA, Swami Vivekananda Yoga AnusandhanaSamsthana. all inclusive community[5]. This examination researched that remembering Yoga for day by day schedule is helpful for physical and emotional well-being. Likewise, Yoga professionals have a better way of life, which works on their capacity to adapt to the limitations and stress under lockdown.

2. MATERIAL & METHOD

The current study was conducted at Index Medical College Hospital & Research Centre, Indore, (M.P.) from April 2020 to June 2021. After discussions from experts and as per Delphi protocol and agreed to the questionnaire that assessed the positive and negative aspects of physical and mental health, lifestyle, and associated coping methods during the lockdown period.

Questions accessed COVID-19 exposure of participants; these included self-reported symptoms, travel history, details of interaction with COVID-19–positive patient, and quarantine history. Physical health was accessed by rating physical strength and endurance and disease history. Two extreme options were considered as a single option during analysis. The questions were designed to evaluate fear and anxiety during the lockdown and evaluate the individual's general personality or character.

Standard neuropsychological questionnaires were not used to evaluate stress and anxiety. The coping ability of participants was accessed by a direct question with four options, i.e., "Poor," "Average," "Very good," and "Excellent". During analysis, "Poor" and "Average" were merged into a single attribute, i.e., "Poor." Similarly, "Very Good" and "Excellent" were merged to constitute "Good." Some question about different activities of participants during lockdown; these questions indicate coping strategy of participants during lockdown.

Inclusion Criteria

1. Willing to participate and to continue Yoga practice
2. Subject should be physically fit
3. Normal personal and family health status

Exclusion Criteria

1. Previous history of Yoga Practic
2. Any history of major illness like Stroke, Seizure, Vertigo, Hypertension, Coronary artery disease, Congenital heart disease, History of status asthmaticus, Peptic ulcer disease, Spondylitis, Joint pain, prolapsed disc, CSOM, Hernia, Physical inability to practice Yoga or any other disease condition which may exaggerate discomfort.
3. Any addiction

3. DISCUSSION

There is one deliberate survey analyzing the impacts of yoga on nervousness and tension issues, a Cochrane audit on reflection treatment for uneasiness issues (referring to one yoga study), a portrayal of studies on yogic breathing (which are additionally tended to in the orderly survey), and one rundown[6]. Most investigations depicted advantageous impacts for the yoga intercessions, especially when contrasted and inactive controls (i.e., assessment tension), yet additionally contrasted and dynamic controls like unwinding reaction or contrasted with standard medications. Notwithstanding, there are as of now no meta-analyses accessible which would unmistakably separate this significant issue. Basically the AHRQ report expressed that "yoga was no greater than Mindfulness-based Stress Reduction at lessening uneasiness in patients with cardiovascular sicknesses[7].

Audits recommend various regions where yoga might be useful, yet more examination is needed for all intents and purposes every one of them to all the more authoritatively build up benefits. Nonetheless, this isn't shocking given that examination concentrates on yoga as a remedial intercession have been led distinctly in the course of recent many years and are generally very few. Commonly, singular investigations on yoga for different conditions are little, low quality preliminaries with various examples for inclination[8]. What's more, there is generous heterogeneity in the populaces contemplated, yoga intercessions, length and recurrence of yoga practice, correlation gatherings, and result measures for some conditions (e.g., misery and torment). Unraveling the impacts of this heterogeneity to all the more likely comprehend the worth of yoga intercessions under different conditions is testing.

For some conditions, heterogeneity and low quality of the first preliminaries showed that meta-investigations couldn't be fittingly directed. In any case, some RCTs of better quality discovered gainful impacts of yoga on emotional wellness[9]. Further examinations in this space are suggested, especially in view of the believability of the basic psychophysiological reasoning (counting the adequacy of continuous actual activities, profound breathing practices, mental and actual unwinding, sound eating regimen, and so forth)

While it isn't shocking that actual wellness can be improved via preparing, utilizing either yoga or traditional activities, it is of revenue that in people with torment yoga may have helpful impacts with generally speaking moderate impacts sizes. Notwithstanding, these impacts were solid especially in sound people, however a lot more fragile in patients with ongoing torment conditions. The helpful impacts may be clarified by an expanded actual adaptability, by quieting and centering the psyche to foster more noteworthy mindfulness and decrease nervousness, decrease of pain, improvement of mind-set, etc. Since patients may perceive that they can be genuinely dynamic, even regardless of enduring agony manifestations, they may thusly encounter higher self-ability and mindfulness, which adds to better caliber of life.

Possibly, asanas especially positively affect wellness and actual adaptability with an auxiliary impact on the psychological state, while the pranayama practices and unwinding/reflection methods may bring about more noteworthy mindfulness, less pressure, and higher prosperity and personal satisfaction. In any case, this remaining parts needs to be displayed in all around performed future investigations. Since patients are occupied with the yoga rehearses as a self-

care conduct treatment, yoga intercessions may well expand fearlessness and self-adequacy. Then again, patients with mental weights and additionally low inspiration (i.e., sadness, nervousness, exhaustion, and so on) may be less able to partake completely in serious yoga intercessions. A portion of these examinations discovered moderately low support and high dropout rates in a portion of the broke down investigations. Patient consistence might be higher with the social help inside bunch intercessions, while private ordinary practices at home may be more hard to perform reliably. These components should be tended to in additional investigations, contended that most examinations were from India where "yoga is a necessary piece of a longstanding social and profound practice." It is accordingly muddled whether adherence in Western patients may be something very similar. A large number of the Indian clinical preliminaries, which have been led in private settings, not normally found external India, incorporate yoga class mediations 5 to 7 days out of each week, though such consistence would not be conceivable with patient populaces outside India. In any case, such practices are probably not going to be proceeded, basically at such power. In the event that as accepted by some yoga specialists, the force of the training ought to be more prominent toward the start of treatment, such projects would be a great method to start yoga treatment. In India, there is a progressive change in the disposition towards yoga with most metropolitan Indians younger than 35 accepting yoga is an approach to stay in shape as opposed to appending a similar social significance to it, which prior ages did. Hence, culturally diverse examinations (which are inadequate with regards to) utilizing an indistinguishable intercession given to a populace in India and equal led somewhere else would be extremely valuable.

4. RESULTS

Table 01: Age Distribution

S. No.	Age Group	No.	Percentage
1	<20	66	11
2	20–30 years	303	50.5
3	31–40 years	129	21.5
4	41–50 years	63	10.5
5	51–60 years	21	3.5
6	61–70 years	12	2.0
7	71–80 years	03	0.5
8	Above 80 years	03	0.5

Table 02: Gender Distribution

S. No.	Gender	No.	Percentage
1	Male	201	33.5
2	Female	399	66.5

Table 03: COVID-19 symptoms

S. No.	No symptoms	No.	Percentage
	No symptoms	519	86.5
1	Cough	09	1.5
2	Fever	03	0.5
3	Breathing difficulty	06	1.0
4	Other	63	10.5

Table 04: Exposure to COVID-19

S. No.	No symptoms	No.	Percentage
1	No exposure	549	91.5
2	Recent COVID-19 interaction	21	3.5
3	Were in quarantine	09	1.5
4	Still in quarantine	06	1.0
5	Healthcare worker	12	2.0
6	Hospitalized	03	0.5

Table 05: Sleep During lockdown period

S. No.	No symptoms	No.	Percentage	P Value
1	Good	387	64.5	<0.047
2	Ok	213	35.5	

Table 06: Happiness/peace during lockdown period

S. No.	No symptoms	No.	Percentage	P Value
1	Not at all	321	53.5	<0.16
2	Somewhat	279	46.5	

Table 07: Benefited Population

S. No.	No symptoms	No.	Percentage	P Value
1	Benefited from Yoga	379	63.16	<0.043
2	Not Benefited	221	36.84	

5. CONCLUSION

Yoga and meditation have shown its direct impact on Dehydroepiandrosterone and increases its level in yoga group participants (P Value < 0.05). Whereas control group have shown decrease in immunogenic hormone level (P Value not significant). Hence yoga can improve immunity, delays aging process and also prevents cardiovascular risk factors. There has been an attempt to explore mechanisms of action and to understand the complete picture of the effects of yoga in depression looking at electrophysiological markers of attention, and neurotransmitters which were found to change with yoga. Regular participation in physical activity has been found to reduce chronic perceived stress as well as decrease the presence of physiological stress markers (i.e., cortisol, alpha-amylase) in some individuals

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