

## A REVIEW: DEPRESSION MANAGEMENT WITH PATHYA-AAHARA AND YOGA

Khalkho Vidya Shankar<sup>1\*</sup>, Tripathy Sasmita<sup>2</sup> and Sharma Anita<sup>3</sup>

<sup>1</sup>P.G. Scholar, Lecturer<sup>2</sup>, Professor and H.O.D.<sup>3</sup>

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**\*Corresponding Author**

**Khalkho Vidya Shankar**

P.G. Scholar,

### ABSTRACT

Depression is most common mental health disorder concern in our society. Depression is the leading cause of disability globally. Yoga is for awareness of body and to calm the mind. Yoga therapy is effective in people suffering from depression. *Pathya Aahara* maintain macro and micro nutrients in our body. Serotonin level in brain significantly increases after yoga and *Pathya Aahara*.

**KEYWORDS:** Depression, Pathya, Ahara, Yoga.

### INTRODUCTION

Depression a disorder of major public health importance in terms of its prevalence and the suffering, dysfunction, morbidity economic burden. Depression is more common in women than men. The report on global burden of disease estimates the point prevalence of unipolar depression episodes to be 1.9% for men and 9.2% for women, and the one year prevalence has been estimated to be 5.2% for men and 9.5% for women.<sup>[1]</sup>

A recent large population based study from south India, which screened more than 24000 subjects in Chennai using patient health questionnaire (PHQ)-12 reported overall prevalence of depression to be 15.1% after adjusting for age using the 2001 census data.<sup>[2]</sup>

An epidemiological study from rural Uttar Pradesh showed that psychiatric morbidity in the geriatric group (43.32%) was higher than in the non geriatric group (4.66%) and most common psychiatric morbidity was neurotic depression followed by manic-depression, psychosis depression and anxiety state.<sup>[3]</sup>

In terms of socio demographic variables studies have shown that depression is more common in women.<sup>[4]</sup> younger subjects.<sup>[5]</sup> poor economic background and poor nutritional status, those who are divorced or widowed, those residing in nuclear families and urban areas.<sup>[6]</sup>

### **Need of alternative medication for depression**

The mechanism underlying depression remain poorly understood even though stress and its correlates contribute to multiple aspects of the phenomenology of depression. Thus stress and depression are clearly linked, as stress may precipitate or exacerbate depression symptoms and depression may be a cause and outcome of acute or chronic stress. Therefore use of additional therapeutic approaches to address stress and depressions, such as complementary therapies including yoga, may contribute importantly to symptom reduction based on an emerging picture of how stress and mood are regulated within the nervous system and considering the executive homeostatic network concept that we have recently advanced, use provide and integrative overview of biological mechanisms and substrates that may mediate depression, which should be targets for research to evaluate how the practice of yoga can initial depressive symptomatology.

### **Depression**

Major depressive disorder (MDD) as a persistent depressed mood or loss of pleasure for at least 2 weeks accompanied by a constellation of other symptoms that may include feeling of guilt or worthlessness, cognitive slowing, change in sleep, changes in appetite and potential suicidal, ideations.<sup>[7]</sup> MDD can be episodic, although the majority of individuals with MDD experience recurrences and every recurrent episode increase the probability of another a phenomenon known as “kindling”.<sup>[8]</sup> MDD significantly affects daily functioning such than up to 60% of depressed individuals reports that condition has a severe or very severe impairment on their daily lives.<sup>[9]</sup>

Current life stresses and the individuals appraisal of the stressors influence risk of depression individuals who demonstrate negative effect, self critical attitudes and insecure attachments are at higher risk of depression.<sup>[10]</sup>

### **Yoga for depression**

Yoga is word taken from the language Sanskrit which means “union” or “to join” that is joining of Mind and Body.<sup>[11]</sup> According to Swami Vivekanand yoga includes following key principles of health: Relaxation (*Savasana*), physical movement (*Aasana*), breathing practice

(*Paranyam*), meditation (*Dhyana*).<sup>[12]</sup> Yoga therapy is generally safe. It helps cost effective and easy to implement in daily life.<sup>[13]</sup> Yoga is a ancient mind body practice, and in full form includes philosophical and spiritual components. The earliest documentation of yoga philosophy, *the Yoga Sutras of Patanjali*, outlined an eight-limb path consisting of (1) moral restraints (*Yamas*), (2) observances (*Niyamas*), (3) postures ( *Asana*), (4) Breath regulation (*Pranayama*), (5) turning inward (*Pratyahara*), (6) concentration (*Dharana*), (7) meditation (*Dhyana*), and (8) union of the self with the object of meditation (*Samadhi*).<sup>[14]</sup> The restraints (*Yamas*) and observances (*Niyamas*) have therapeutic implications, as they are ethical codes of conduct with both internal (intrapersonal) and external (interpersonal) applications That could be explored who is interested in the philosophical roots of yoga. Yoga has been interpreted as a process of uniting the body via mind and spirit to promote physical and mental wellness. Per Woodard<sup>[15]</sup> yoga improves flexibility, can loosen muscles resulting in reduced, aches and pain, generates balanced energy reduced breathing and heart rates, lowers blood pressure and cortisol levels, increase blood flow and reduces stress and anxiety due to calmness. Yoga practices can thus improve preexisting medical conditions such as arthritis, cancer, mental illness symptoms and so on.

There is a body of research supporting the use of yoga to reduce depression or depression symptoms. Mehta and Sharma<sup>[16]</sup> published a systematic review of literature on yoga and depression secondary research articles on English from 2005 to June 2010. They reviewed 18 studies describing the extent to which yoga has been found to be beneficial as a complementary therapy for depression and depressive symptoms.

Many individuals seek complementary therapies for depression because mainstream allopathic treatments, in many instances, inadequately address the symptoms or may not address their explanatory model of depression.<sup>[17]</sup> Yoga may be particularly helpful for depression because it can be adapted to daily mood through integrating practices to enhance physical, emotional and spiritual health, it is easily available and can be self administered<sup>18</sup>. The slow rhythmic breathing practices and meditative/ relaxation practices of yoga are designed to induce a sense of calm, well being, stress tolerance, and mental focus, all of which may minimize depression, anxiety, stress and rumination.<sup>[19]</sup> Yoga uses gentle physical poses to enhance strength, flexibility and balance, giving practitioners of this ancient modality a sense of control over the body. As a form of mindful, low impact exercise, the physical movements in yoga may have anti depressant and anxiolytic effects.<sup>[20]</sup> Scientific

research has shown that regular yoga and meditation practice can help significantly reduce the level of stress hormone.<sup>[21]</sup>

### **Depression and Pathya aahara<sup>[22,23]</sup>**

One of the most overlooked aspects of mental health is nutrition, food plays a significant role on our physical health as well as our mental and emotional health. When you are struggling with depression, it can feel a bit overwhelming to think about eating the right food (*Pathya Ahara*). However, some of these small changes in your diet may help to decrease your symptoms and have a positive effect on your daily life.

1. **Fish** – Because they are rich source of omega-3 fats. (Omega-3 fats are important in brain health and may be involved in the functioning of serotonin, neurotransmitter important in the regulation of mood. The best fish for EPA the type of omega-3 fat that's been most thoroughly researched are- Mackerel, sardines, fresh (not tinned) tuna, salmon.
2. **Nuts** – specially walnuts
3. **Seeds** – Flaxseed, chia seeds and Pumpkin seed are wonderful additions to your diet if you struggle with depression. Flax seed and chia seed are so small they are best ground and sprinkled on cereal.
4. **Vegetables** – when considering vegetables to help increase your omega-3s, the powerful players tend to be Brussels, sprouts, spinach kale, beans, broccoli, carrots, dark green leafy vegetables and watercress. It is reported that vegetables may modify brain serotonergic status and have a positive effect on mood, as with other carbohydrate-rich foods.
5. **Fruit**- Grapes, kiwi, orange, strawberries are antioxidants, prevent cell damage, increase serotonin level in brain and reduce depression.
6. **Milk and its products**- Milk and low-fat milk products are rich protein product to help reduce the depression.
7. **Poultry**: Chicken and turkey are both great sources of lean protein that can help to stabilize blood sugar levels, keeping your mood well-balanced during the day.

All are the above foods to improve or maintain neurotransmitter such as Acetylcholine, Serotonin, Dopamine, GABA etc, to help reduce depression level.

### **CONCLUSION**

Depression is mutual inter relationship between the body and mind. The psychotic factor is largely influenced by the physical factors like food intake and yogic activities of daily life.

*Yoga* and *Pathya Aahara* work in different domains of intervention viz; preventive, curative and supportive aspects. So *Pathya Aahara* is important to depression in the same way as it is to Yogic practice or physical health. Both it maintain the neurotransmitter activities of brain.

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