

Vol III Issue I Feb 2013

Impact Factor : 0.2105

ISSN No : 2230-7850

Monthly Multidisciplinary
Research Journal

*Indian Streams
Research Journal*

Executive Editor

Ashok Yakkaldevi

Editor-in-chief

H.N.Jagtap

IMPACT FACTOR : 0.2105

Welcome to ISRJ

RNI MAHMUL/2011/38595

ISSN No.2230-7850

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

International Advisory Board

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Mohammad Hailat Dept. of Mathematical Sciences, University of South Carolina Aiken, Aiken SC 29801	Hasan Baktir English Language and Literature Department, Kayseri
Kamani Perera Regional Centre For Strategic Studies, Sri Lanka	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Department of Chemistry, Lahore University of Management Sciences [PK]
Janaki Sinnasamy Librarian, University of Malaya [Malaysia]	Catalina Neculai University of Coventry, UK	Anna Maria Constantinovici AL. I. Cuza University, Romania
Romona Mihaila Spiru Haret University, Romania	Ecaterina Patrascu Spiru Haret University, Bucharest	Horia Patrascu Spiru Haret University, Bucharest, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pinteau, Spiru Haret University, Romania
Anurag Misra DBS College, Kanpur	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA Nawab Ali Khan College of Business Administration
Titus Pop	George - Calin SERITAN Postdoctoral Researcher	

Editorial Board

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India	Iresh Swami Ex - VC. Solapur University, Solapur	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University, Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yaliker Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU, Nashik
Salve R. N. Department of Sociology, Shivaji University, Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	Sonal Singh Vikram University, Ujjain	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary, Play India Play (Trust),Meerut	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	S.KANNAN Ph.D , Annamalai University,TN
	S.Parvathi Devi Ph.D.-University of Allahabad	Satish Kumar Kalhotra
	Sonal Singh	

**Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India
Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.isrj.net**



YOGA FOR MENTAL HEALTH

SHOBHA PRAMOD SHINDE

Smt.C.K.Goyal Arts & Com.College,Dapodi,Pune.

Abstract:

Mental Health is a concept that refers to the psychological and emotional well being of a person. Being mentally healthy generally means that you are able to use your emotional capabilities to function well in society and go through everyday life with little or no difficulty. Some factors that can affect your mental health are your family life, social life, and life at work. Mental Health disorders are on the rise throughout the world. This result is anxieties, fears, depression, inferiority and similar emotions. Therefore, leaving the management of negative mental health is a most for all of us.

INTRODUCTION

A sound mind in a sound body and a sound body in a sound mind, essential for a healthy living. Mental health is crucial dimension of overall health and an essential health for living. It influence how we feel, perceive, think, communicate and understand without good mental health people can be unable to fulfill our full potential or play an active part in everyday life.

As India gains control over infectious diseases of lifestyle tend to pose a new burden. This is no different from the experience of other countries. The lifestyle diseases include coronary artery diseases, high blood pressure, alcoholism and substance abuse, certain cancers and mental illness. To treat these diseases is a most important issue in the modern world we must give more importance to healthy life style. Yoga occupied in the history of India from time immemorial and unparalleled and distinct recognizance as the one and only practical system of physical, mental, moral and spiritual culture. Yoga helps us to become more relaxed and mentally balanced. Meditation can help us to concentrate our mind and build up our willpower. Personality withstand itself stable at any situation person appropriate action or take right decision because of harmonic function of body & mind... which become cool & calm. Definitely this art may be developed through yoga and tested by facing such situation.

Because of these reasons, yoga have the capability to maintain the mental health. Thus, the yoga is good for health living in this modern world.

MENTAL HEALTH –

Mental health affects us all how we think & feel about ourselves & our lives impact on our behavior & how we cope in tough times.

It effects our ability to make the most of the opportunities that come our way & play a full part amongst our family, work place, community & friends it's also closely linked with our physical health whether we call it well-being emotional well fare or mental health, it's key to living a fulfilling life.

Yoga has tremendous positive effect on our mental health before moving ahead to describe the benefits yoga bring let us define what mental health is

MENTAL PERFORMANCE –

A common technique used in yoga is breathing through one nostril at a time Electroen cephalogram (EEG) studies of the electrical impulses of the brain have shown dial breathing through one

YOGA FOR MENTAL HEALTH



nostril result in increased activity on the opposite side of the brain.

YOGA & MENTAL HEALTH -

Those practicing yoga experiences a number of factors that results in a proound effect on their mental health these can be classified under.

REDUCTION OF TENSION –

Many people who practice yoga speak of freeing the mind from mental disturbances “Calming the spirit” or steadying the mind Reduction of nervousness, irritability & mental fatigue are some of the benefits experienced.

RESTORATION OF PLIABILITY –

The positive side of the benefits from a full round of yogic exercise may be described as renewed of mental agility, Both mood & capacity for alertness, attentiveness & willingness to tackle problems revive, Traditional Phrases, such as restored “ Spiritual Vitality” intend to convey the complex idea of mental spryness, agreeableness, resiliency & feeling of confidence & self– sufficiency.

DEFINITION –

1)Yoga –

Yogaha chittavritti nirodhaha - Yoga is the prevention of mental activity is one of the most famous patanjali yoga sutras.

“Yoga Karmasu Kausalam”Yoga is skill in performing various assigned action and duties.

2)Mental Health -

A state of emotional & psychological well-being in which an individual is able to use his or her cognitive & emotional capabilities, function in society & meet the ordinary demand of everyday life.

A relative state of mind in which a person is able to cope with adjusts to the recurrent stresses of everyday living in an acceptable way.

What is good mental health?

Good mental health is not simply the absence of diagnoses able mental health problems. Although good mental health is likely to help protect against development of many such problems. Good mental health is characterized by a person's ability to fulfill a number of key functions & activities including.

The ability to learn.

The ability to feel express & manage a range of positive & negative emotions.

The ability to form & maintain good relationship with others.

The ability to cope with & manage change & uncertainty.

GOAL & OBJECTIVE OF YOGA-

To enhance the ability of mental health care providers to promote wellness, healing flourishing & transformation within the context of an integrative mental health care paradigm.

To raise awareness of evidence – based uses of nutrition mind body practices botanicals. Dietary supplements light music spiritually & energy medicine techniques as treatments for common mental health problem.

To gather leading professionals variety of domains –

Psychiatry, Psychology, nursing, social work as well as funders with a passion for integrative mental health – in order to launch a new field and to create a set of IMH initiatives including a training fellowship.

COMMON MENTAL HEALTH PROBLEM –

- 1)Depression
- 2)Anxiety (Anger & anxiety)
- 3)Focus Concentration
- 4)Conduct disorder
- 5)Panic disorder
- 6)Mental illness

YOGA FOR MENTAL HEALTH



- 7) Addiction (Net chanting) 8) Sitting still 9) Stress
- 10) Development & usual auditory & kinesthetic intelligences.
- 11) Critical thinking & creativity 12) Respect & tolerance
- 13) Perseverance & confidence 1) Mood disorders – changes in eating pattern sleep troubled, chronic fatigue.

Anxiety & depression are the most common problem with around 1 in out of 10 people affected at any one time anxiety & depression can be severe & long lasting & have a big impact on people's ability to get on with life.

The Role of Yoga in mental health –

- 1) Yoga may be more effective than meditation alone the exercise; breathing & relaxation components of yoga may facilitate a more effective meditation practice.
- 2) The exercise, breathing & relaxation components of yoga provide additional benefits.
- 3) Yoga may be more acceptable to adolescents.
- 4) Yoga may be more acceptably integrated in to schools.
- 5) Yoga has been shown to be effective in children.

Yoga is best known for its poses or Asanas. These reach deep in to the yogi body, massaging important internal organs Asanas help cleanse and maintain the nervous & circulatory system, which automatically result in a healthier body & mind.

Breathing exercise or pranayama can also help in keeping a person healthy by supplying fixed amount of oxygen to the muscles & internal organs. Yoga should not be treated as the sole remedy for mental illnesses. You should first seek assistance from professionals, if you experience any of the symptoms mentioned above, Yoga can only help facilitate the recovery from some dangerous side effect of these mental illnesses.

It should always be accompanied by proper medication.

- 1) Prayer 2) Yam 3) Niyam 4) Asana (Posture)
- 5) Pranayam, meditation 6) Om Chanting

General Asanas –

- | | | |
|----------------------------|---------------------|-----------------|
| Prayer 1) Ardh Padmasana | 2) Dhanurasana | 3) Sarvangasana |
| 4) Chakrasana 5) Sirsasana | 6) Mayurasana | 7) Hal asana |
| 8) Paschimottanasana | 9) Vrikshasana | 10) Tad asana |
| 11) Triconasana | 12) Shanmukhi mudra | 13) Trataka |
| 14) Shavasana | 15) Virasana | 16) Parvatasana |
| 17) Shalabhasana | 18) Yogmudra | 19) 3 Omkar |

Pranayama –

Controlled the Breathing – 1) Rechaka 2) Kumbhaka 3) Puraka are three main step under pranayama. Guidelines for Yoga – three basic & essential things while doing asana -

- 1) Concentration 2) Breathing control 3) Sequences.
- 4) Three or more session of yoga a week.
- 5) When you sick doesn't do asanas.
- 6) Don't force any activity.
- 7) Watch your experts Trainer, carefully & their instructions.

BENEFITS OF YOGA ON MENTAL HEALTH-

Yoga can be beneficial in achieving balance in your mental health. It helps you achieve deeper knowledge of yourself which leads to self acceptance. It facilitates in the discovery of your own power and makes you feel hopeful about your situation; yoga practice can also help relieve irregularities in the brain and the entire nervous system and following.

Yoga benefits anyone's mental health by helping him or her relax and it is an effective form of

YOGA FOR MENTAL HEALTH



psychological therapy.

Yoga reduces anxiety tension stress resulting in better health, better mood and better concentration.

Through out the day Yoga has been use to help treat a wide variety of emotional & mental disorders, including acute anxiety, depression & mood swings.

Even children can benefit from yoga, those with attention deficit disorder and hyperactivity can learn to relax and get control by using yoga breathing & yoga asana.

Because yoga is a form of meditation, it results in a sence of inner peace & purpose which has far – reaching health benefits.

Promotes thinking & memory.

Yoga has been used to help heal victims of torture or other trauma.

Expands imagination & creativity.

Balance energy (high or low).

Ways to look after your mental health –

- 1)Talk about your feelings - deal with times when you feel troubled. Talking about your feelings.
- 2)Eat well - caffeine & sugar can have an immediate effect but food can also have a long lasting effect on your health.
- 3)Keeping in touch – Friend & family can make you feel include.
- 4)Take a Break – a change of pace is good for your mental i.e. Kitchen lunch break.
- 5)Accept who you are – we are all different type of personality all people live very differently.
- 6)Keep active – Regular exercise can boost yourself – esteem & help your concentrate. Sleep look & feel better, keepth healthy brain & organs.
- 7)Drink sensibly – some people drink to deal with fear or loneliness, but the effect is only temporary.
- 8)Ask for help – we all sometimes get tired, how we feel or when things wrong if thing are getting too much for you ask for help.
- 9)Do something Activity - & achieving something your self esteem.

Care for others- Keeping up relationship with people close to you.

FINDINGS –

In modern life it is very important to guide the young age children & common people to group up into mentally healthy human being who is useful to the society.

Yoga serves as an important tool to groom the personality of an individual by showing the way to a healthy & prosperous life.

· Yoga doing incorrectly can lead lot of problems able guidance is a must for proper development of mind & body.

· Yoga in daily life can help overall development.

RESEARCH SUGGESTS –

Carefully adapted set of yoga poses may improve functions & also practicing yoga regular exercise. Might improve overall fitness i.e. mentally, physically, psychological, spiritually.

REFERENCES -

Yoga Benefits of Yoga, Heading effects of yoga from.

<http://www.holisticonline.doc>

<http://www.healthndyoga.doc/index.html>

<http://www.hindustan link.com>

www.yoga.org.nz

www.beterhealth.vicgov.an.in

www.onlyhealth.com

Yoga therapy-by.Tatter & yadav.

Yoga & Health – by Dr.C.S.Gore

Guidelines for yogic practice by – M.L.Gharote, Dr.Zha & Dr.P. Devnath

Sharir vigan or yogabhyas – by – Dr.M.M.Gore.

www.Yoga.ed.com

YOGA FOR MENTAL HEALTH



Mental health.org.uk
abc-of-yoga.com
www.freedictionary.com
www.arizona.edu.
www.yogawiz.com

Publish Research Article International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished research paper.Summary of Research Project,Theses,Books and Books Review of publication,you will be pleased to know that our journals are

Associated and Indexed,India

- * International Scientific Journal Consortium Scientific
- * OPEN J-GATE

Associated and Indexed,USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Databse
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database

Indian Streams Research Journal
258/34 Raviwar Peth Solapur-413005,Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.isrj.net