

Effect of Yoga Therapy on Mental Health Illness among COVID - 19 Pandemic

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Abstract: An empirical analysis was conducted to study the proposed objectives. Both secondary and primary data was used. Primary data was collected through a questionnaire. About 200 corona virus observation patients are admitted from Periyar University special corona observation hospital. A mean of 3.8 out of 5 was observed on various variables which attribute to health illness in their life like anxiety, breathing problems, pounding heart, irritability etc. Modern medical care and health systems are being tested to the hilt for effective management of COVID- 19. However, there are several gaps. We must remember the basic principle in medicine that “prevention is better than cure” people are over stressed by the compulsions of social distancing and physical barrier methods. Yoga as an add-on therapy may support patients of COVID-19 by improving the quality of standard care. Yoga and meditation have a potential role to engage the community in creating a more positive health environment. Admittedly, there is need for more research. It is high time to embrace integration with an open mind.

Key Words: COVID-19, Yoga, Mental health, Stress, nasal and throat congestion

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I. Introduction:

As the lockdown imposed to curb the COVID-19 crisis creates mental health illness has become emotional concern for health experts with doctors stating that patients with pre- existing mental health illnesses are prone to relapsing due to the fear of getting infected. While speaking ANI, mental health informed that during lockdown most of the patients with mental health issues are facing a lack of social experts revealed that issues like anxiety and depression are on a rise among their patients and maintaining good mental health has become the need of the hour. The most common problem patients are complaining of is that they are depressed and anxious that they may have contracted COVID-19 and are transferring it to other Dr. Rajiv Mehta, Vice-chairman of the Psychiatric Division at Sir Ganga Ram Hospital told ANI. Dr. Nandkumar, professor of the Psychiatric Department at All India Institute of Medical Sciences connectivity. "The most common problem patients are complaining of is that they are depressed and anxious. Even if they have a minor cough, they become depressed and anxious that they may have contracted COVID-19 and are transferring it to others," Dr Rajiv Mehta, vice-chairman of the Psychiatric Division at Sir Ganga Ram Hospital told ANI.

Devora Kestel head of the world Health Organization's mental health and substance use department, told a virtual briefing she pointed to the psychological impact on vast numbers of people who have lost or are at risk of losing their livelihoods, have been separated from loved ones or have suffered under drastic lockdown orders. We know that the current situations, the fear and uncertainty, the economic turmoil they all cause or could cause psychological distress The first and foremost reason for India to lose its mental health is the lack of awareness and sensitivity about the issue. There is a big stigma around people suffering from any kind of mental health issues. They are often tagged as ‘lunatics’ by the society. This leads to a vicious cycle of shame, suffering and isolation of the patients. Also, there is a serious shortage of mental healthcare workforce in India. According to WHO, in 2011, there were 0.301 psychiatrists and 0.047 psychologists for every 100,000 patients suffering from a mental health disorder in India. These issues aggravate the scale of the problem and need immediate redressed.

Local Prophylaxis

The eyes, nose, and mouth are the main portals of entry of droplets carrying the SARS-COV-2. Prior to the final assault in the lungs, the virus gains access to the throat region and stays for some hours. The fatty acid coat of the virus adheres to the moist mucosal layers, which helps it gain entry into the cells by binding to specific cell receptors. Allopathic, Ayurveda classics medical treatment with yoga practices dimension several interventions that are likely to target these entry portals. This may help to improve the innate immunologic

response of the mucus membranes and may thus inhibit the virus transmission to the lungs. These measures may hence function as “physiological masks” barricading the viral invasion. The general measures for respiratory illnesses described in medical with yoga therapy such as consumption of hot water, hot food, and herbal decoctions, gargling with medicated water, steam inhalation, and local applications may be helpful for symptomatic relief in mild cases.

Steam inhalation

Steam inhalation and hot fomentation (with aromatic oils such as menthol) provide satisfactory clinical relief in nasal and throat congestion, bronchi constriction, headache, and sinusitis. Its role in improving nasal conditioning, improving nasal mucus velocity, and reducing congestion and inflammation has been reported in several clinical studies.

Systemic Prophylaxis

Ayurveda advocates several non-pharmacological measures that are critical to overall health, including diet, sleep, mental relaxation, lifestyle behavior, and Yoga. Several studies have endorsed the role of Yoga breathing techniques (*pranayama*), postures (*asanas*), and procedures (*yogic kriya*) in improving lung health and exercise tolerance. The recommended daily diet includes fresh hot soups of vegetables (radish, trigonella leaves, drum stick vegetable pods) and pulses (lentils, green gram/mung beans, chickpeas) seasoned with spices such as ginger (*Zingiber officinale*), garlic (*Allium sativum*), cumin seeds (*Cuminum cyminum*), and mustard (*Brassica nigra*) seeds (black whole mustard).

Yoga for Mental Health

Poor mental health conditions, including stress and depression, are known to increase the risk of acute respiratory infections. Rising numbers of COVID-19 cases and deaths possibly raise stress and anxiety, while loneliness and depressive feelings are likely due to mandatory social distancing measures. Consideration of the mind is another distinction of Ayurveda and Yoga. Several measures for mental health are described, including *pranayama* and meditation. *Pranayama* is known to improve lung function.³⁹ Meditation is found to reduce inflammation markers and influence markers of virus-specific immune response.⁴⁰ Yoga including meditation could be a simple and useful home-based practice for the prevention and post-recovery management of COVID-19.

Address the Indian Prime Minister for Yoga

A large number of COVID-19 patients all over the world are taking the benefits of all these techniques of yoga. The strength of yoga is helping them defeat this disease, he said. The world is feeling the need for yoga more than ever owing to the corona virus pandemic and the ancient. Indian practice is helping a large number of patients across the globe defeat the disease, Prime Minister Narendra Modi said on Sunday. The novel coronaviruses especially attacks the respiratory system, and ‘pranayama’ or breathing exercise helps in strengthening the system, he said in his message on the sixth International Day of Yoga. It was celebrated with great enthusiasm across the country through electronic and digital media, an official statement said. Mr. Indian practice is helping a large number of patients across the globe defeat the disease, Prime Minister Narendra Modi said on Sunday. The novel coronavirus especially attacks the respiratory system, and ‘pranayama’ or breathing exercise helps in strengthening the system, he said in his message on the sixth International Day of Yoga. It was celebrated with great enthusiasm across the country through electronic and digital media, an official statement said. Mr. Modi said yoga has emerged as a force for unity and it does not discriminate as it is beyond race, colour, gender, faith and nations. “Yoga enhances our quest for a healthier planet. It has emerged as a force for unity and deepens the bonds of humanity. It does not discriminate. It goes beyond race, colour, gender, faith and nations. Anybody can embrace yoga.” Mr. Modi said yoga has emerged as a force for unity and it does not discriminate as it is beyond race, colour, gender, faith and nations. “Yoga enhances our quest for a healthier planet. It has emerged as a force for unity and deepens the bonds of humanity. It does not discriminate. It goes beyond race, colour, gender, faith and nations. Anybody can embrace yoga, a, the Prime Minister said that all that is needed is some part of one’s time and an empty space. “Yoga is giving us not only the physical strength, but also mental balance and emotional stability to confidently negotiate the challenges before us,” Mr. Modi said. “If we can fine-tune our chords of health and hope, the day is not far away when the world will witness the success of a healthy and happy humanity. Yoga can definitely help us make this happen,” he said. With the shadow of the pandemic looming large, International Day of Yoga was marked on digital media platforms without mass gatherings. This year’s theme is ‘Yoga at Home and Yoga with Family’. Yoga Day is going digital for the first time since June 21, 2015, when it began to be celebrated annually across the world, coinciding with the Summer Solstice each year. On December 11, 2014, the United Nations General Assembly declared June 21 ‘International Day of Yoga’, months after the Prime Minister proposed the idea.

Problem of the study:

To undergo an in – depth study about the stress among the isolation and corona infected persons.

To identify the factor causing stress among the isolation persons

To find out the stress is coping strategies and to suggest the fit of yoga as a way of life to combat stress at home.

Research Methodology:

An empirical analysis was conducted to study the proposed objectives.

Data Sources: Primary and Secondary data was used. Primary data was collected through a questionnaire. About 200 isolation corona observation persons from the isolation ward at the temporary hospital in Periyar University Campus, Salem were surveyed.

Limitations and Delimitations of the Study:

An Important limitation was the area of the study which covrs only the isolation ward at the temporary hospital in Periyar University Campus, Salem. We have not been considered the Corona observation habits and life sthyles. Their age were not considered our study.

Findings of the study:

- Isolation corona observation persons need to adopt a holistic approach towards dealing with the menace of stress against lock down and isolation action.
- The people feel mentally relaxed and fight very confident of the fight against COVID- 19.
- The people 100% of the respondents were fighting economically overcome independent of their family yet, a sizable section among them turned to their families for support if they felt the need to quit their disease fear.
- About 63% of the respondents have trouble in falling asleep. A study of their life activity patterns clearly shows they do not engage in any of the physical activities like yoga, jogging workout, meditation or walking. This further adds trouble to their stress.
- On the other hand stress also takes a toll on their health leading to very early ageing, hair loss, diabetes, back pain, carpel tunnel syndrome etc., As the constant combination of fixed and constrained postures, an unsuitable workstation and work overload. It also causes computer vision syndrome, neck and shoulder pain, backache, numbness of limbs, musculoskeletal disorders like carpal Tunnel Syndrome, Bursits, muscle strains(neck tension syndrome), tendon disorders(e.g Quervain’s disease and Tenosynovitis (e.g. trigger finger)

The shows yogic therapy for various mental illness related disorders:

SN	Disorder	Symptoms	Yoga Therapy	Benefits
1	Psychosomatic disorders(Gastro-intestinal disturbances, respiratory ailments, cardiovascular disorders, hypertension, respiratory diseases, genitor- urinary, endocrine, tension headaches, skin problems)	Strain, stress, anxiety, frustration, anger and other emotional imbalances,	Shavasana, Makarasana, Bhujangasana, Suptavasana, Vakrasana, Pranayama (Naadi Shudhi, Ujjayee, Bramharee, Meditation	Strengthens and tones the muscles, internal organs and glands, cures chronic diseases, strengthens the nervous system
2	Stomach Ailments & Digestive Problems	Stomach problems like acid refluxes, gas, pain in the stomach, bad breath, constipation and other stomach ailments	Bhujangassana, mandukasana salabhasana, Sarvangasana, Dhanurasana, Savasana, Pranayama (Bhastrik and kapalbhati)	Healthy digestion, helps alters lifestyle with ease, reduce stress, peace and inner tranquility, increase immunity, strengthens the muscles of the digestive organs
3	Diabetics	Nausea, vomiting , fast weight loss, dehydration, increased fatigue, blurry vision	Paschimottasana, padangusthasana, Dhanrasana, halasana, Bhujangasana, Shalabhasana, Pawanmuktasana, Ardhamatsyendra, Sarvangasana, Supta vajrasana, Bhramari, Chakrasana, Yogamudrasana, Surya Namaskar, Shavasana, Udiyabandam	Reduces the blood sugar level, risk factors of the body, keeps the body weight under control etc.
4	Muscular- Skeletal Disorders	Back Pain	Sukhasana, bidalasan, Bhujanagasana, Pawanmuktasana, Uttanpadasana, Shalabhasana, EkpadaUttasana, Shavasana	Gets rid of pains from stiff neck, aching shoulders, painful upper back at the end of a stressful day at work, straightening the spine and eliminate stress from

				the body
5	Computer vision syndrome (eye strain and fatigue)	Temporary blurring of vision, headaches, neck pain, double vision, dry and irritated eyes, light sensitivity, eye problems	Preparatory exercises like om trataka, cleansing practices like kapalbhati, jalandhara, palming and pranayama, yoga nidra and meditation followed by focusing exercises, vajrasana, uthrasana etc.	A visual adjustment, accommodation of reflex and concentration, relaxes eye muscles.

II. Discussion

Modern medical care and health systems are being tested to the hilt for effective management of COVID-19. However, there are several gaps. We must remember the basic principle in medicine that “prevention is better than cure.” The simple and feasible measures based on Ayurveda and Yoga could be quickly advertised in public-health campaigns through electronic and print media and information brochures for public distribution and display at prominent locations. The Ministry of AYUSH, Government of India, has already issued a very useful advisory in this context. People are overstressed by the compulsions of social distancing and physical barrier methods. They are likely to find comfort and support in some of the deeply rooted traditional practices that may protect them from the infection and its associated debilitating conditions. Noticeably, these interventions have the advantages of simplicity, affordability, and acceptability and appear promising as feasible measures for large-scale implementation. Ayurveda, Yoga, and meditation have a potential role to engage the community in creating a more positive health environment. Admittedly, there is need for more research. It was welcome news to learn that the United States National Institutes of Health, National Center for Complementary and Integrative Health has engaged a stress-related initiative and is reportedly considering others. Another timely initiative is the launch of the traditional, complementary, and integrative health and medicine COVID-19 support registry to document practices and products. The evidence presented here should draw the attention of stakeholders, including the World Health Organization, to the unexplored potential of traditional medicine systems and adopting integrative approaches in the search for solutions for the COVID 19 crisis. It is high time to embrace integration with an open mind.

III. Conclusion

The study has identified that mental health illness is very high among the corandail situation and lock down period. However an assessment of the measures to war mental stress shows they are highly short lived and they do not seem to address the heart of the issue under consideration for this study. The findings are hardly surprising in a way, because corandail situation, lock down period. It is here that yoga can be adhered to as a healthy way of life. The reality is that yoga is a holistic science and must be learned and practiced with such a view in mind to rip off the mental health illness induced disorders at the root itself.

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