

**RESEARCH PAPER****Effects of Yoga on Mental and Physical Health in Teacher Educators****Anup Biswas**

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Email: sanskritanupbiswas@gmail.comReceived: 14th March 2019, Revised: 22th March 2019, Accepted: 30th March 2019**ABSTRACT**

This report summarizes the current evidence on the effects of yoga interventions on various components of mental and physical health, by focussing on the evidence described in review articles. Collectively, these reviews suggest a number of areas where yoga may well be beneficial, but more research is required for virtually all of them to firmly establish such benefits. The heterogeneity among interventions and conditions studied has hampered the use of meta-analysis as an appropriate tool for summarizing the current literature. Nevertheless, there are some meta-analyses which indicate beneficial effects of yoga interventions, and there are several randomized clinical trials (RCT's) of relatively high quality indicating beneficial effects of yoga for pain-associated disability and mental health. Yoga may well be effective as a supportive adjunct to mitigate some medical conditions, but not yet a proven stand-alone, curative treatment. Larger-scale and more rigorous research with higher methodological quality and adequate control interventions is highly encouraged because yoga may have potential to be implemented as a beneficial supportive/adjunct treatment that is relatively cost-effective, may be practiced at least in part as a self-care behavioural treatment, provides a life-long behavioural skill, enhances self-efficacy and self-confidence and is often associated with additional positive side effects. Now-a-days people are rushing behind the materialistic world and lost the peace of mind. People are living in full of stress, trauma, anxiety and frustration. At present yoga education is the need of the hour. The present study was conducted to know the interests of the B. Ed students, towards the yoga teaching profession and to seek their suggestion for the improvement of yoga teaching profession. In modern technological period man faced various complex situations like stresses, irritation, anxiety, depression, loneliness, ego problem etc. In these situations yoga education is very useful to every person.

Key words: Yoga education, Mental and Physical Health, Teacher Education.

INTRODUCTION

One of the most important characteristics of education, at present time, is job or market orientation. In the 21st century, Yoga teaching is becoming an emerging profession rapidly as the people are in a state of stress, fear, anxiety, anguish, dread, and frustration etc. The yoga teaching profession is widening its scope as the Ministry of Human Resource Development made yoga education compulsory in all the government run schools to have yoga as a compulsory subject. This will lead to mental, physical and spiritual development. The NCTE also made yoga education as compulsory paper for the all the future teachers and teacher educators i.e. D.El.ED, B.ED, M.ED programmes. Even, realizing its importance globally, UNO has declared 21st day of June as the International yoga Day in 2015. So, a huge space has been created for yoga teaching profession. The term yoga has its root in Sanskrit 'Yuj' traditionally means joining two entities that are individual self and universal self. Yogic practice joins of these two entities and leads to physical fitness, inner happiness, mental peace and emotional bliss. Sri Aurobindo says, by yoga, a process of self-perfection, all round development i.e. physical, intellectual, mental, spiritual, and emotional, can be attained. Thus, a yoga teacher can contribute to make his pupils free from all imperfection and limitation by practicing his profession and helps in all round development. Yoga teacher can join in schools, clubs, gym, opening private yoga institute, work as an instructor, special therapist, expert, yoga curriculum designer and yoga consultant etc and helps to harmonize the mind, body and spirit of the people and of himself. At present the Baba Ramdev is one of the greatest yoga teachers or yoga gurus in the world who has a great contribution in popularizing yoga among the mass. A yoga teacher has ample scope as career option in India. So, teaching profession in yoga is both

rewarding as well as self-satisfactory to him. In this paper, we summarize the current evidence on the clinical effects of yoga interventions on various components of mental and physical health. In general, the respective reviews and an Agency for Healthcare Research and Quality Report (AHRQ) evidence report on "Meditation Practices for Health, which cites also studies on yoga, include a heterogeneous set of studies with varying effect sizes, heterogeneous diagnoses and outcome variables, often limited methodological quality, small sample sizes, varying control interventions, different yoga styles, and strongly divergent duration of interventions.

YOGA AND MENTAL HEALTH

Depression

We found four relevant publications, including two reviews on the effects of yoga on depression, a description of studies on yogic breathing for depression, and one "summary". The reviewing authors have reported that the studies reviewed showed a large variety of diagnoses ranging from "major depression or some other type of diagnosed depression" to "elevated depressive symptoms". Although several randomized controlled trials (RCTs) reported beneficial effects of yoga interventions for treating depressive symptoms, the quality and quantity of the data from these studies appear insufficient to conclude whether there is substantial clinical justification to consider yoga as a treatment of depression. Compared to passive controls, the yoga interventions seem to be effective; when compared with active controls, not surprisingly, the effects are less conclusive. The study results are so far not sufficient in quantity and quality to determine whether studies with a focus on the asanas are more effective as compared to studies with meditation-focused or pranayama-focused styles. Thus, there is a strong need to conduct more conclusive studies with high methodological quality and larger patient samples. Whether motivation of depressed patients could be a problem or not remains to be clarified. 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.

ANXIETY AND ANXIETY DISORDERS

There is one systematic review examining the effects of yoga on anxiety and anxiety disorders, a Cochrane review on meditation therapy for anxiety disorders (citing one yoga study), a description of studies on yogic breathing (which are also addressed in the systematic review), and one summary. Most studies described beneficial effects in favour of the yoga interventions, particularly when compared with passive controls (i.e., examination anxiety), but also compared with active controls such as relaxation response or compared to standard drugs. However, there are currently no meta-analyses available which would clearly differentiate this important issue. At least the AHRQ report stated that "yoga was no better than Mindfulness-based Stress Reduction at reducing anxiety in patients with cardiovascular diseases".

STRESS

One systematic review describes the effects of yoga on stress-associated symptoms. Chong et al. identified 8 controlled trials, 4 of which were randomized, which fulfilled their selection criteria. Most studies described beneficial effects of yoga interventions. Although not all studies used adequate and/or consistent instruments to measure stress, they nevertheless indicate that yoga may reduce perceived stress as effectively as other active control interventions such as relaxation, cognitive behavioural therapy, or dance.

STRESS DISORDER

A single review article looked at the existing research on yoga for posttraumatic stress disorder (PTSD). Seven articles were reviewed which included 8 studies on PTSD following exposure to natural disasters such as a tsunami and a hurricane (1 RCT, 1 N-RCT, 3 group study, 2 single-arm studies, 1 cross-sectional study) and 2 studies on PTSD due to combat and terrorism (1 RCT, 1 single-arm study). After a natural disaster, yoga practice was reported to significantly reduce symptoms of PTSD, self-rated symptoms of stress (fear, anxiety, disturbed sleep, and sadness) and

respiration rate. Similarly, yoga intervention were able to improve the symptoms of PTSD in persons with PTSD after exposure to combat all terrorism. The interventions varied in duration from one week (when interventions were given On the Site) to six months. The review suggests a possible role of yoga in managing PTSD, though long-term studies conducted with greater rigor are needed.

YOGA AND PHYSICAL FITNESS

Physical Fitness

With respect to physical fitness and function, the studies reported moderate effect sizes for gait, balance, body flexibility, body strength and weight loss. However, there is still a need for additional research trials with adequate control interventions (active and specific) to verify these promising findings.

One may expect that retaining physical fitness and improving physical functioning can have a positive effect on functional abilities and self-autonomy in older adults. Further studies should address whether or not individual's self-esteem and self-confidence will increase during the courses, and whether or not regular classes may also improve social competence and involvement. A problem with studies enrolling elderly subjects can be compliance with the study protocol leading to low levels of study completion and long-term follow-up data. Future studies should investigate the most appropriate duration of yoga intervention and the most suitable postures and yoga style for the elderly.

CARDIOVASCULAR ENDURANCE

Raub's literature review, which included controlled studies, reported "significant improvements in overall cardiovascular endurance of young subjects who were given varying periods of yoga training (months to years)". Outcome measures included oxygen consumption, work output, anaerobic threshold, and blood lactate during exercise testing. As expected, physical fitness increased in adolescents or young adults (athletes and untrained individuals) compared to other forms of exercise, with longer duration of yoga practice resulted in better cardiopulmonary endurance.

PULMONARY FUNCTION

In his descriptive literature review, Raub also examined studies evaluating yoga's effects on lung function in healthy volunteers and patients with chronic bronchitis and asthma. In healthy volunteers practicing yoga, there are reported improvements of various parameters of lung function with breathing control techniques, specific postures, and/or relaxation techniques. However, these improvements were "not consistent and depended upon the length of yoga training, the type of yoga practice used (e.g., breathing exercises and yoga postures), and the type of subject". Raub also cited some studies on patients with asthma describing improvements in peak expiratory flow rate, medication use and asthma attack frequency. In a double-blinded RCT with placebo-control, there were only a few small and insignificant improvements in lung function variables. Thus, more rigorous trials are needed to clarify the value of yoga breathing practices for patients with asthma.

CONCLUSION

Patients are engaged in the yoga practices as a self-care behavioural treatment, yoga interventions might well increase self-confidence and self-efficacy. On the other hand, patients with psychological burdens and/or low motivation (i.e., depression, anxiety, fatigue, etc.) might be less willing to participate fully in intensive yoga interventions. Some of these studies found relatively low. Clearly yoga intervention programs require an active participation of the individuals as do all behavioural interventions, and thus adherence might be a crucial point that limits potentially beneficial effects of yoga. It is apparent in many life style diseases, that patients must change attitudes and behaviour in order to successfully treat these diseases. A positive feature of yoga interventions is that they may in fact be very supportive for the execution and maintenance of such lifestyle changes due to the experience of well-being from the practices which can support regular practice, and from

the changes in mind/body awareness that occur over time with continued yoga practice, which will in turn support a desire to adopt and maintain healthy behaviours.

Thus, further studies should identify which patients may benefit from the interventions, and which aspects of the yoga interventions (i.e., physical activity and/or meditation and subsequent life style modification) or which specific yoga styles were more effective than others. Larger-scale and more rigorous research is highly encouraged because yoga may have potential to be implemented as a safe and beneficial supportive/adjunct treatment that is relatively Cost-effective, may be practiced at least in part as a self-care behavioural treatment, provides a life-long behavioural skill, enhances Self-efficacy and self-confidence, and is often associated with additional positive side effects.

Specific effects		Unspecific effects
Cognition:	Contemplative states; Mindfulness	Control of attentional network
Self-identity;	Self-efficacy; beliefs; Expectations	
Emotions :	Emotional control/regulation	Quality of Life
Physiology:	vagal afferent activity; Heart rate/Respiratory; Relaxation response/stress reduction	Social contacts
Physical body :	Physical flexibility, Fitness/Endurance	Healthy life style

Level of action and observed effects of yoga interventions We all know the importance of yoga. It helps in the development of all the three domains of learning- say, cognitive domain, affective domain and psychomotor domain. It has holistic effects upon the people and maintains the balance among the body, mind, soul and consciousness. It brings peace of mind, consciousness and soul. It helps in the improvement of physical health, mental health, social health, spiritual health and self-realisation, devotion to the Almighty and attainment of salvation. Keeping in mind all the significance of yoga, it is essential having yoga education that will be imparted through competent and skilful teachers. The ongoing study found that a greater percentage of prospective teachers are interested to be yoga teacher and they perceive that it is respectable profession as well as very beneficial for them. Educationists and policy makers should frame policies regarding this. Government have to start new courses, departments, and institutes on yoga education and training to promote yoga education and teaching. At the time of recruitment yoga teachers have to be appointed like other subject teachers.

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