

ABSTRACT:-

Background: significant numbers of HIV infected individuals suffer from psychological problems such as anxiety, depression and stress. Presence of psychological problems in HIV infected patients lead to poor sleep quality and poor quality of life .Yoga is well known to reduce anxiety, depression and stress level and help to improve sleep and quality of life.

AIM:To the effect of one month yoga intervention on mental health and quality of life in patients living with HIV.

METHODOLOGY:

40 HIV infected patients from a health centre in Manipur for the HIV/AIDS positive people Rural Service Academy (RUSA) , run by the non-governmental organisation (NGO) were selected for the study and are divided into two groups, Yoga (n=20)and control (n=20). Half of the participant in yoga group did not come regularly during intervention. We found only 10 people in yoga group. Thus finally we got yoga (n=10) and control (n=20) in our study.Yoga group gave IAYT based intervention of one month for 60 minutes six days a week and Control group continued their daily activities. Depression, anxiety and stress scale (DASS 21), Pittsburgh sleep quality index (PSQI) and WHOQOL-HIV BREF questionnaire were used before and after one month in both groups.

RESULTS:-

At the end of this study, we observed decrease in depression, anxietyand stress and improve in sleep and increase their physical, psychological, level of independence, social relation, environment and personal beliefs in yoga group. Overall we observe their improvement in both mental health and quality of life in yoga group .And in control group there was no any improvement in both mental health and quality of life.

CONCLUSION:-

One month IAYT practice of yoga for one hour daily helps in improving the mental health and quality of life of HIV infected person.