

**Part I: Concept of Anxiety according to Ancient Indian Scriptures**  
**Part II: Effect of Short Term Yoga Intervention on Anxiety States among**  
**Healthy Participants.**  
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**ABSTRACT**

**PART- 1 : “CONCEPT OF ANXIETY ACCORDING TO ANCIENT INDIAN SCRIPTURES ”**

Mind-body practices such as yoga are widely popular, but little is known about how such exercises impact health-related quality of life. Considerable evidence exists for the place of mind body medicine in the treatment of anxiety disorders. Excessive anxiety is maladaptive. It is often considered to be the major component of unhealthy lifestyle that contributes significantly to the pathogenesis of not only psychiatric but also many other systemic disorders. Among the approaches to reduce the level of anxiety has been the search for healthy lifestyles.

**PART -2 : “EFFECT OF A SHORT TERM YOGA INTERVENTION ON ANXIETY STATES AMONG HEALTHY PARTICIPANTS”**

**Context:** Short term intervention of yoga can alter the anxiety levels

**Objective:** The aim of our study was to evaluate the effects of yoga intervention, using HADS (Mental Health) questionnaire, on anxiety levels of healthy individuals.

**Methods:** 750 Healthy individuals were recruited in an open uncontrolled pilot study to participate in a week long yoga camp. Subjects were assessed at baseline and after the camp for anxiety levels using HADS questionnaire. Availability of both Pre and Post responses, with all questions answered has been evaluated for each participant. After screening responses from 750

individuals, 328 were selected for final data analysis.

**Analysis:** Data were analysed using signed rank test – Non parametric and regression analysis was done to evaluate the effect of Age and Sex on the changes in Anxiety levels.

**Results:** There was significant reduction in Anxiety levels of healthy individuals following Yoga intervention. Wilcoxon's Signed Rank Test (Non parametric) showed significance in decrease in anxiety levels ( $p < 0.001$ ). Regression Analysis showed a beta value of (0.013) for Age.

## **SUMMARY**

This was again not a representative population with respect to age and sex. There were 94.18% males in the study and the majority of those were between 20 to 26 age range. Though this wasn't a representative population the results nevertheless offer support for reducing anxiety in healthy participants. Secondly the findings from this study could be limited by the fact that the reassessment was done after only one week and confounding effects of retesting would have been dominant. However our results show that the reliability was similar to that used in previous studies.

Overall the results suggest anxiolytic effects with yoga intervention. However this needs to be corroborated with larger randomized controlled trials in subjects with anxiety disorders and with more objective measures of anxiety.

## **Conclusion:**

This study shows feasibility of a short term yoga intervention in reducing anxiety levels. However effects must be validated with longer intervention and larger controlled trials.

**Key words:** HADS, Anxiety, Mental Health, Pranayama, Yoga.