

REVIEW OF EFFECTIVENESS OF YOGA AND PSYCHONEUROBICS IN STRESS MANAGEMENT

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Abstract: Today is an era of Stress and busy lives. It affects the mental as well as physical health of individual. In recent life style; it has become clear that psychological distress is even associated with death. It roughly ranges between 5% and 27% in the general population. The prevalence of psychological distress is higher in women than in men in most countries and in all age groups. So there was huge need to cope up with Stress to improve quality of life. The purpose of this review was to relieve Stress through Yoga and Neurobics.

Keywords: Yoga, Psychoneurobics, Stress.

1. INTRODUCTION

Psychological distress has been defined as “a number of uncomfortable subjective states” and can take on three forms such as malaise (somatic symptoms), anxiety, and depression. Psychological distress is associated with higher risk of mortality, cardiovascular disease, poor self-rated health, chronic health conditions, smoking, and a lower likelihood of a routine checkup within the past 5 years.[1] Health Organization defined the role of effective factors on the health and their share i.e. Biological factors and genetics 15%, physical environment factors 10%, health care 25%, social factors 50%.[2] Today is Stress Era. Stress is overwhelming the entire of humankind and thusly we are surrendered to different abatements chiefly in view of stress. The word Stress defined by the oxford dictionary as “a state of affair involving demand on physical or mental energy.”[3],[4] Neurobics was coined by late neurologist Lawrence Katz and Manning Rubin to describe mental exercises designed to keep the brain alert. The term was popularized by Lawrence Katz as early as 1999. With the help of Neurobics exercises, it is claimed that one can stimulate the brain. An example of a Neurobic exercise is to carry out a routine action such as dialing a phone number or brushing the teeth with the non-dominant hand.[5],[6] Psychoneurobics is an energy therapy. In Psychoneurobics, we inhale the cosmic energy through the power of mind and then transfer it to our neuro system. It integrates Light Neurobics, Sound Neurobics, and Easy Neurobics.[7] Yoga can also play a role in this comprehensive, holistic biopsychosocial-spiritual approach to healing mental illness.[8] Yoga exercises was improved the variables of self-description, psychological status, and the quality of life. [9] Yoga is defined as a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation. Yoga is an ancient Hindu practice that has only recently been documented by the Western world for its potential therapeutic effects.

2. METHODOLOGY

- Study Design: Narrative Review
- Study setting: College of Physiotherapy, Adesh University
- Study duration: 6 months

Inclusion criteria:

- 1: Genuine articles
- 2: Study published in 2006–2018

Exclusion criteria:

- 1: Articles with no proper author’s information
- 2: Articles more than 15 years

Procedure

Literature is reviewed from 2006 to 2019. Studies identified by Google scholar, Pubmed, Springer. Data was reviewed from the selected articles.

3. RESULT

16 articles from 13 years studies have been divided into 3 slots of 5 years each.

Author’s Name	Year	Treatment of Stress
Prakash Kumar	2014	Relaxation, Physical exercises, Personal activities, Cognitive exercise, Recreational activity
Leili Yekefallah	2015	Yoga, exercise, walking.
Raman Kumar sandal	2017	N/A
Amarnath	2017	Psychoneurobics and peaceful neurobics
Vandana Chhabra	2018	Light neurobics, Sound neurobics, Easy neurobics
Satish Agrawal	2018	Psychoneurobics
Masoumeh Shohani	2018	Hatha Yoga Exercises
Chandan preet kaur	2018	Psychoneurobics

Studies conducted from 2014 – 2018

Author’s Name	Year	Treatment of Stress
M.Javnbakhta	2009	N/A
Shuvankar Mukherjee	2012	N/A
N. hartfiel	2012	Activation Exercises, Energy block release movements, Postures and Relaxation.
Swati R. Gawali	2013	Prayer.Asanas,Anuloma,Ujjayi,Bhramari,Meditation, Onkar,Prayer
Saifon Kanthamale	2013	Neurobic Exercise Program by using 6 senses such as seeing, hearing, tasting, smelling, touching and emotional sense

Studies conducted from 2009 – 2013

Author’s Name	Year	Treatment of Stress
Nidhi Gupta	2006	Simple asana, Pranayama, instrumental music, Meditation, Relaxation through either Shavasana or meditation.
P.J. john	2007	Yoga postures, Breathing Practices, Pranayama.
Galantino	2008	Breathing Exercises (Pranayama), Physical Postures (Asanas), and Meditation.

Studies conducted from 2004 – 2008

4. DISCUSSION

Yoga is an ancient Hindu practice that has only recently been documented by the Western world for its potential therapeutic effects. Yoga is defined as a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, practised for health and relaxation.[10]Yoga has an effective role in reducing stress, anxiety and

depression. Thus, it can be used as complementary medicine.[11] Yoga coupling physical exercise with breathing and relaxation is a popular alternative form of mind-body therapy. Yoga long has been used to reduce the physical symptoms of chronic pain; meditation and Yoga also may help individuals deal with the emotional aspects of chronic pain, reducing anxiety and depression.[12] Yoga exercise was improved the variables of self-description, psychological status and Quality of Life.[13] Psychoneurobics is an energy therapy. In Psychoneurobics, we inhale the cosmic energy through the power of mind and then transfer it to our neuro system. It integrates Light Neurobics, Sound, Neurobics, and Easy Neurobics.[7] It establishes a direct link between soul, mind activities and psychical well being.[14] Increased stress, depression and anxiety are the features of modern lifestyle.[15] Usually stress is experienced due to prolonged exposed to cold or heat, loss of blood, due to fear or any kind of diseases.[3],[4] In this modern era, Stress has become an integral part of human life. Stress is considered to be any condition which results in perturbation of the body's homeostasis. Psychological distress has been defined as "a number of uncomfortable subjective states" and can take on three forms such as malaise (somatic symptoms), anxiety, and depression. In this review 16 articles are taken they gave the positive outcomes.

The results of the study showed that the some protocols were well effective in reducing stress such as **Vandana Chhabra** (2018) showed that Psychoneurobics practice is effective in reducing blood sugar levels. **Masoumeh Shohani et al** (2018) showed that Yoga has an effective role in reducing stress, anxiety and depression that can be considered as complementary medicine and reduce the medical cost per treatment by reducing the use of drug. **Amarnath** (2017) showed that post-test there was significant decrease in level of stress among women and proved that Psychoneurobics practice was effective in reducing stress level. **Leili Yekefallah et al** (2015) showed by that regular exercise, Yoga and walking on blood sugar levels of people with type II diabetes have positive effect. **Saifon Kanthamale et al** (2013) showed that memory scores of the experimental group after receiving the Neurobic Exercise to be higher than before receiving the Neurobic Exercise. **N. hartfiel et al** (2012) showed that 8 week programme of yoga resulted in significant reductions in stress and back pain, and improved psychological well-being. **M.Javnabhakta** (2009) showed that this study concluded that yoga class can lead to significant reduction in perceived levels of anxiety in women who suffer from anxiety disorders. This study suggests that yoga can be considered as a complementary therapy. **Galantino et al** (2008) showed that Yoga practice may benefit children with mental challenges by improving their mental ability, along with motor coordination and social skills. Children with physical disabilities may also experience restoration of some degree of functional ability after practicing yoga.

5. LIMITATION OF THE STUDY

- A Limitation of this review is the inclusion of non-randomized clinical trials.
- Less number of articles was found for Psychoneurobics.

6. CONCLUSION

For narrative review on different treatment for reduced Stress articles are collected from 2006 – 2018. There are 16 studies conducted in which Yoga and Psychoneurobics are given to reduce Stress. Physical therapist can play an important role in reducing Stress and improve quality of life.

7. FUTURE SCOPE OF THE STUDY

- Statistical tools can be applied for review of content.
- Studies to prove efficacy of Physiotherapy intervention can be explored based on this review analysis.
- Other studies like experimental studies, observational studies will be done in future.

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