

ABSTRACT

Background

The theme of 2017 World Health Day campaign is depression. Mental health is an integral and essential component of health. The WHO constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important implication of this definition is that mental health is more than just the absence of mental disorders or disabilities. Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

There are many different conditions that are recognized as Common Mental Disorders (CMD). The more common types include:

1. Anxiety Disorder
2. Mood Disorder such as Depression
3. Psychotic Disorder
4. Obsessive Compulsive Disorder (OCD)
5. Post-Traumatic Stress Disorder (PTSD)
6. Attention Deficit Hyper-Activity Disorder (ADHD)

Common Mental Disorder in India

Many studies have estimated the prevalence of depression in community samples and the prevalence rates have varied from 1.7 to 74 per thousand population. An analysis of 10 Indian studies on psychiatric morbidity, concluded that prevalence rates for anxiety neurosis and hysteria were 18.5 and 4.1 per 1000 population respectively.

Yoga and CMD

A short-term Yoga therapy program leads to a remarkable improvement in the quality of life of the subjects and can contribute favorably in the management of psychosomatic disorders.

CMD and Heart Rate Variability (HRV)

Recently, novel nonlinear measures of HRV gave rise to a new approach to the understanding of the complex phenomena surrounding neurocardiac processes and have provided clinically useful information regarding the hidden dynamics of ANS dysregulation in neurological and psychiatric disorders. GAD is significantly associated with reduced HRV, suggesting that autonomic neurocardiac integrity is substantially impaired in patients with GAD.

There is evidence that heart rate variability (HRV) is reduced in major depressive disorder (MDD). MDD is associated with a two to fourfold increase in the risk of cardiac mortality, and HRV is a robust predictor of cardiac mortality and common comorbid anxiety disorders increase cardiovascular risk

Aim:

To study the efficacy of Integrated Approach of Yoga Therapy (IAYT) on Common Mental Disorders (CMD).

Methodology:

40 patients will be studied in the present study from Yogaksema Clinic with its branch in Indiranagar, Bangalore.

Inclusion criteria:

- Age range 18 to 65 years, male and female both included.
- People with CMD as shown by HRV analysis and Clinical Assessment.
- Willingness to participate in the study.

Exclusion criteria:

- Pregnant woman and lactation woman.

- Those only attending for only one week or do not obey instructions.

Procedure

Clinical Assessment is done as part of initial consultation to the patients as well as after the intervention are complete. For HRV recording, Participants were seated in a sound and light-controlled room at 26 degree C and one 10-minute electrocardiogram (ECG) recordings was collected during resting state. The data was sampled at 8 kHz filter; with 16-bit resolution digitization using a MP45 2 channel data acquisition system and BSL 4 Software (Lessons and PRO). Experimental studies have shown that ~10-minute recordings can predict CMD

Results:

The sample size of 40 comprises of 27 Female and 13 Male patients were compiled. The data was studied and noted that Frequency domain variables showed a significant change in LFP ($p=0.004$), HFP ($p=0.004$), and LF/HFP ($p=0.009$).

Conclusion:

From the study it is clear that yoga-based lifestyle intervention for stress significantly reduces sympathetic arousal and enhance physiological relaxation.

Keywords:

HRV, Yoga for CMD.