

# International Research Journal of Ayurveda & Yoga

Vol. 4 (11),49-52,November, 2021

ISSN : 2581-785X; <https://irjay.com/>

DOI: <https://doi.org/10.47223/IRJAY.2021.41107>



## Effect of *Yoganidra* on Anxiety and Depressive Symptoms in Working Women

Rupinder Kaur<sup>1</sup> Sunil Sharma<sup>2</sup>

1. Yoga Scholar, M.A Yoga, UGC-NET, DSC(Yoga)-NSNIS, SAI,PGD Yoga and Naturopathy.
2. Ph.D. Scholar, Department of Yoga Studies, Himachal Pradesh University, Shimla.

### Article Info

#### Article history:

Received on: 2-10-2021

Accepted on: 21-11-2021

Available online: 30-11-2021

#### Corresponding author-

Rupinder Kaur, Yoga Scholar, M.A Yoga, UGC-NET, DSC(Yoga)-NSNIS, SAI, PGD Yoga and Naturopathy

### ABSTRACT:

In today's scenario, Working women being housewife have to face many problems that are associated with several psychological symptoms. Anxiety and depressive symptoms might be a severe enough to cause significant other issues. *Yoganidra* is an effective technique and successful therapy to calm down and achieve a total transformation and overcome any kind of psychological disturbances. The purpose of the present study is to find out the effect of *Yoganidra* on the Level of Anxiety and depression in working women. A total of 120 working women were recruited from Patiala within the age range of 18-45 years. The result of the study revealed that in the Yoga Practitioners group of working women, a significant inverse level of Anxiety as compared to non-Yoga Practitioners groups of working women as well the depressive symptoms also depicts a significant inverse difference was found in Yoga practitioners group of working women as compared to the non-yoga practitioners group of working women.

**Key Words:** Yoga, Anxiety, Depression.

### INTRODUCTION

Yoga is one the most successful therapy in AYUSH System for any kind of psychological disturbances. Modern science-based research also claimed that Yoga is the most powerful tool to tackle any emotional, behavioral, and psychological imbalances in the human body. *Yoganidra* is an effective technique to calm down and achieve a total transformation and overcome any kind of Negativities. It has been proved that it is beneficial in psychosomatic imbalances like insomnia, Anxiety, Depression, etc <sup>[1]</sup>.

Yoga, which is considered an origin in India, has recently garnered huge vogue all around the globe. Especially, the

celebration of the International Day of Yoga from 2015 onwards brings the attention of the whole world to the ancient Indian heritage. Yoga is a physical activity that provides the foundational base for our bodily systems to work efficiently. Yoga is a cost-effective way to engage to heal the body and promote many physical, mental benefits (Atraye, S. et al. 2012) <sup>[2]</sup>. Moreover, many numbers published researches also proved the capability of Yoga in coping up with stress and depression along with various health benefits (Brown & Gerbarg 2005) <sup>[3]</sup>.

*Yoganidra* is a deep relaxation technique that is used and developed by Swami Satyananda Saraswati, School of Yoga, Munger, and Bihar. In the present study, the authors



This work is licensed under a CC BY 4.0 License

examined the effect of *Yoganidra* on the level of Psychological symptoms especially on Anxiety and Depression in working women.

## OBJECTIVES OF THE STUDY

The objectives of the present study include:

1. To study the effect of *Yoganidra* practice on the level of anxiety in working women.
2. To study the effect of *Yoganidra* practice on depression symptoms in working women.

## MATERIAL AND METHODS:

All the Subjects, aged 18 to 45 years, who attended the center of Yoga and health, Sanjeevani Hospital, Patiala, were screened by a senior consultant for participation.

The sample selected for the present study consisted of 120 working women of the Patiala region. Out of these, 60 women are in the intervention group and 60 women are in the control group. The Yogic practice (*Yoganidra*) was given to the female by an expert Yoga trainer. 35-minutes per day, five days in a week, for a period of 3 months .

The detailed break-up of the samples was given in Figure 1 and Table 1

## ASSESSMENT CRITERIA:

Assessments of all subjects were carried out by:

1. Hamilton Anxiety Scale (HAM-A) <sup>[4]</sup>: The HAM-A, a 14 item scale was used to assess the severity of anxiety at baseline and during the follow-up.
2. Hamilton Rating Scale for Depression (HRSD, HAM-D) <sup>[5]</sup>: HAM-D, a 21 item observer-rated scale to assess the presence and severity of depressive states.

Both the above-mentioned rating scales (HAM-D and HAM-A) were applied on all the working women subjects of interventional groups to carry out a baseline and follow-up assessment after three months of practice.

### ***Yoganidra* Intervention:**

*Yoganidra* is a deep relaxation technique that is used and developed by Swami Satyananda Saraswati, School of Yoga, Munger, and Bihar <sup>[6]</sup>. *Yoganidra* expert instructor was selected to give the demonstration and preceded the practice of 35-minutes per day, five days in a week, for a period of 3 months.

## DATA ANALYSIS & INTERPRETATION:

Paired (Dependent t-test) was used test the mean difference scores of HAM-A (Anxiety) of the working women subjects at the baseline and after three months in both

intervention and control groups. The differences in pre and post treatment scores were used for the analysis. This was done to take into the account the imbalances, if any, at the baseline characteristics of the working women subjects. Statistical Analysis was done using IBM-SPSS Software version 1.0.0.1406

(**Table 2**) presents the mean and SD values derived from the scores obtained on the HAM-A. Results indicate that the subjects after 3 months of their respective treatments the subjects of mean score of experimental group (24.43±3.69) differed significantly on the level of Anxiety from those the subjects of mean score of Control group (27.03±4.88). The subjects of experimental group reduced their Anxiety significantly and they become more cool and calm, emotionally stable, less angered and tensed.

The comparison of mean difference in scores of pre and post assessment value of HAM-A (Anxiety) between all the women subjects with anxiety was done, it was observed that there was overall significant improvement in anxiety ( $p < 0.04$ ) in intervention group of working women.

Paired (Dependent t-test) was used test the Mean difference scores of HAM-D (Depression) of the women subjects at the baseline and after three months in both intervention and control groups. The differences in pre and post treatment scores were used for the analysis. This was done to take into the account the imbalances, if any, at the baseline characteristics of the working women subjects. Statistical Analysis was done using IBM-SPSS Software version 1.0.0.1406 (**Table – 3**)

Table 2 presents the mean and SD values derived from the scores obtained on the HAM-D (Depression). Results indicate that the subjects after 3 months of their respective treatments the subjects of mean score of experimental group of post-test score (15.39±3.44) was showed a significantly difference on depressive symptoms from the subjects of mean score of Control group post-test score (17.03±4.83). Symptoms of Depression of the subjects of experimental group reduced significantly after this *Yoganidra* intervention practice as compared to control group subjects.

The comparison of mean difference in scores of pre and post assessment value of HAM-D (Depression) between all the women subjects with Depression was done, it was observed that there was overall significant improvement in depressive symptoms ( $p < 0.03$ ) in intervention group of working women.

## RESULT

The results of anxiety and depressive symptoms variables are summarized in table 1 and 2. Reduction in anxiety level was significant changes at the end of three months intervention (*Yoganidra*) training. Depressive symptom was also reduced in three months intervention (*Yoganidra*) significantly.

## DISCUSSION

In our study we found that *Yoganidra* can have positive effect on health. We have observed as the second week of *Yoganidra* practices subjects reported the heart palpitation and shortness of breath was started decline. This is a main cause of Anxiety symptoms. On the tenth week, subjects reported that muscle tension, uncontrolled and obsessive thoughts and disturb sleeping was also started reducing. It has shown a remarkable improvement over the period of study in anxiety symptoms working women. We were also observed a significant change in depressive symptoms working women on the second and third week of intervention (*Yoganidra*) the feeling of empty mood, hopelessness, guilt and digestive problems were also reducing. Therefore, we found significant changes in anxiety and depressive symptoms, pre and post phase of practicing yoga intervention in the study group. It's also showed that three months Yoga practice brought about remarkable and significant changes in the subjects of experimental group as compared to the subjects of control group on both Anxiety and Depressive symptoms.

## CONCLUSION

Anxiety and depressive symptoms are quite common in the working environment especially in women because they are managing the two different domains, one is office and other is home. They also face more responsibility because of that they more tense and fell anxiety and depressive

symptoms but with intervention (*Yoganidra*) showed positive improvement in measured health variables. It is concluded, the inclusion of Yogic practices in their daily routine, is likely to help and managing in attaining positive health and contribute to their wellbeing.

**Acknowledgment: Nil.**

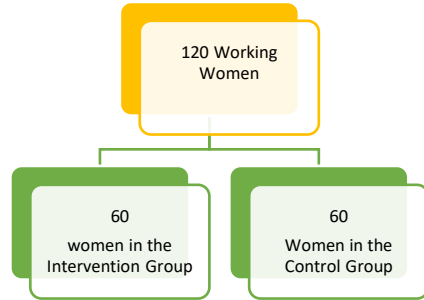
**Financial Support: Nil.**

**Conflict of Interest: Nil**

## REFERENCES

1. Girodo, M, (1974) Yoga meditation and flooding in the treatment of anxiety neurosis, *Journal of Behavior Therapy and Experimental Psychiatry*, 1974, 5: 157-160
2. Atreya, S et. Al. (2012), *Yoga, meditation in the treatment of Anxiety*, J.Behav. Psychiat, 2012; 5: 155-160.
3. Brown, R.P. & Gerbarg, P.L, (2005) Sudershan kriya Yogic breathing in the treatment of stress, anxiety and depression: Part-1-neurophysiological model. *J. Alt. Complement Med.* 2005; 11: 189-201.
4. Hamilton M. *The assessment of anxiety scales by rating*. Br J Med. Psychol. 1959; 32: 50-55.
5. Hamilton MA. *Rating scale for Depression*. J. Neural Neurosurg Psychiatry 1960; 23:56-62.
6. Saraswati, S.S (1998) *Yoga Nidra*; 6<sup>th</sup> edition; Yoga Publications Trust, Ganga Darshan, Munger, Bihar. 2008. pp .90

**How to cite this article:** Kaur R, Sharma S "Effect Of *Yoganidra* On Anxiety And Depressive Symptoms In Working Women" IRJAY.[online]2021;4(11);49-52.  
Available from: <https://irjay.com>;  
Doi:- <https://doi.org/10.47223/IRJAY.2021.41107>



**Figure 1:- Bifurcation of Samples**

**Table-1-Daily Yogic Practice**

S.No.	<i>Yoganidra</i>	Time allotted
1.	Prayer	2 Minutes
2.	Internalization	3 Minutes
3.	Sankalpa	1 Minute
4.	ROTATION OF CONSCIOUSNESS of different body parts	15 Minutes
5.	<i>BREATH AWARENES</i>	6 Minutes
6.	<i>EXPERIENCE OF OPPOSITE SENSATIONS</i>	2 Minutes
7.	<i>VISUALIZATION</i>	3 Minutes
8.	Sankalpa	1 Minute
9.	<i>EXTERNALIZATION</i>	2 Minutes
		<b>35 Minutes</b>

**Table – 2: The HAM-A mean scores of working women Interventional and Control group.**

Females	GROUPS							
	Interventional Group (60)				Control Group (60)			
	Pre Test		Post Test		Pre Test		Post Test	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
	26.67	4.89	24.43	3.69	27.19	5.14	27.03	4.88
t-value	4.72				4.01			
p-value	0.04				0.60			

**Table - 3The HAM-D mean scores of females Interventional and Control group.**

Females	GROUPS							
	Interventional Group (60)				Control Group (60)			
	Pre Test		Post Test		Pre Test		Post Test	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
	17.04	4.21	15.39	3.44	17.19	5.30	17.03	4.83
t-value	4.94				2.88			
p-value	0.03				0.21			