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## Keywords: Anxiety

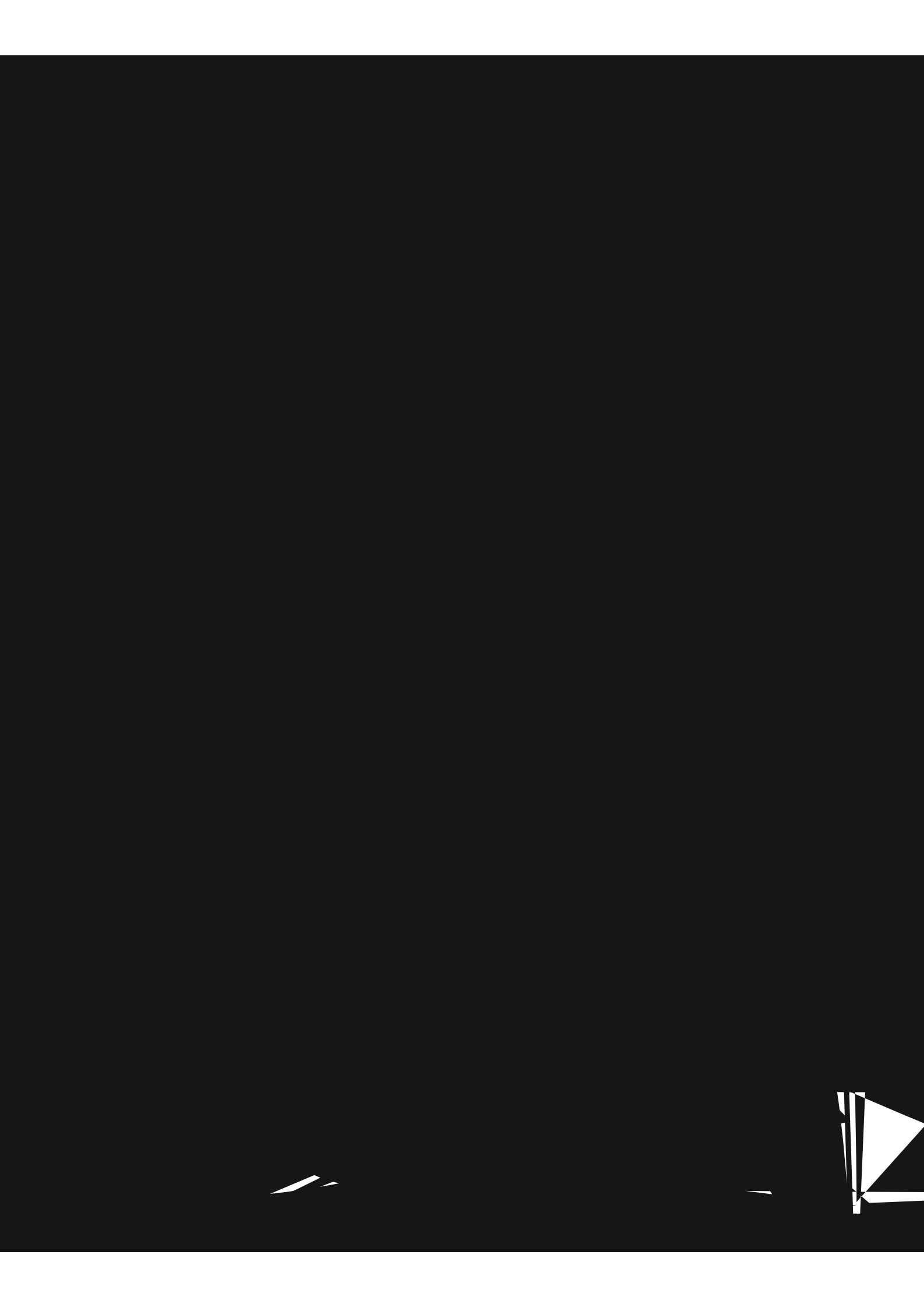
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HAM A : Hamilton Anxiety Scale, ASI : Anxiety Scale Inventory, SLS : Satisfaction with Life Scale, PWBS ; Psychological Well Being Scale , SBP : Systolic blood pressure, DBP : Diastolic blood pressure, PR : Pulse rate, RR : Respiratory Rate , SPO2 (Oxygen Saturation), Temp. (Temperature), BMI (Body Mass Index)

*Table (2)* depicts the psychological and physiological parameters of the sample –the baseline and post assessments 1,2,3. i.e. prior to starting the practice of yoga and 15 days,6 weeks, 3 months after the training in yoga. As is evident from the table there was significant improvements in the parameters HAM A (0.047), ASI (0.05), Vitality (0.04), SBP (0.03), and DBP (0.012), PR (0.044) with in the three groups. There is significant drop in mean anxiety scores, systolic blood pressure, diastolic blood pressure, pulse rate, and improvement in mean vitality scores of well being scale all of which were statistically significant. There are statistically significant continual improvements in all parameters with in subjects and between the subjects at 4 assessments.

According to multiple and pair wise comparison between the three groups, significant reduction in HAM A anxiety scores (0.046) shows effectiveness of yoga therapy in reducing the symptoms of anxiety disorders and the maintenance of the same at follow up. Improvement in scores of vitality of well being scale (0.040) shows effectiveness of yoga therapy in improving quality of life of patients. Reduction in SBP (0.028), DBP (0.012), and PR (0.05) shows improvement in physiological parameters, which are the objectives of the present study.

It was also evident that complaints such as tensions, depression, head ache, sleeplessness, stomach upset due to anxiety were reduced. All subjects also reported improvement in appetite and sleep. The signs and symptoms of anxiety disorders such as fearfulness, nervousness,

antianxiety activity response. In anxiety patients, the severity of anxiety symptoms and somatic symptoms was significantly decreased after yoga practice with medication. Numerous psychological and physiological mechanisms have been suggested to explain the beneficial effects of yoga in anxiety disorders.

Various aspects of the yoga intervention could account for the observed beneficial effects on anxiety, well-being and physical improvement. In this study patients were made to practice asanas with gentle stretching of the muscles, without any effortful jerky movements and their attention was always focused on breathing, probably effected as passive stretching which released muscular tensions and produced relaxing effect on the nerves. Pranayamas practiced as rhythmic diaphragmatic breathing with gradual and equal prolongation of inhalation and exhalation affected as the body and mind experienced a sense of deep relaxation and rest in subjects. Practice of dhyana silences the surface activity of the mind thereby allowing to look deeper within. During the practice of shavasanas the horizontal and relaxed position of the body on the ground facilitates efficient and easy blood circulation. Breathing becomes slower, slightly deeper, rhythmic and abdominal in nature

therapy, reduced anxiety scores indicating stabilization of mental imbalance. Further study of a large number of subjects is necessary to confirm these results.

The present study reveals that yoga therapy alone might not be much effective; a combination therapy that is yoga therapy with medication is more effective in the treatment of anxiety disorders and improving quality of life.

Yoga therapy has a definite place in the treatment of the rapidly increasing anxiety disorders of the present day world, both from the preventive and curative points of view.

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