



An Ancient Technique against Depression

1. Rupika Chopra

Department of Home Science, Kanya Maha Vidyalaya, Jalandhar, Punjab

Email: rupikachopra90@gmail.com

2. Deven Verma

School of Agriculture, Lovely Professional University, Phagwara, Punjab

Email: dv19811@gmail.com

3. Garima Singh

Department of Textile Science and Design, Acharya Narender Dev University of Agriculture and Technology, Ayodhya, Uttar Pradesh

Email: drgarimasingh.nduat@gmail.com

Received: September, 2023; Accepted: September, 2023; Published: October, 2023

This ancient Indian discipline comprises exercises and relaxes a person too. It is one of the best ways to lighten the mood and keep depression at bay. It improves blood circulation

1. Balasana (Child Pose)

Benefits:

- Balasana helps calm the brain and relieves stress and anxiety.
- It gently stretches lower back and hips of the practitioner, enabling his/ her body to relax.

to the brain and enhance the production of the mood-elevating hormones.

Some yoga poses for reducing depression are mentioned below:

- Balasana is considered as one of the most comfortable yoga poses.

Procedure:

- All you have to do is go down on your knees and sit on your heels.

- Ensure that your big toes touch each other. Keep the hands on knees and spread knees hip-width apart.
- Stretch up the arms, the biceps should touch your ears.

2. Sethu Bandhasana (Bridge Pose)

Benefits:

- Sethu Bandhasana strengthens the back muscles and relieves a tired back.
- It helps in relaxation of the practitioners' body and works wonders for people suffering from stress, anxiety, and depression.

Procedure:

- Lay down on the floor at your back.

3. Urdhva Mukha Svanasana (Upward-Facing Dog Pose)

Benefits:

- Urdhva Mukha Svanasana can easily eliminate fatigue and depression.
- It has an overall rejuvenating effect on the body and cures all the stress trapped in the back.
- Urdhva Mukha Svanasana strengthens and awakens your torso.

Procedure:

4. Adho Mukha Svanasana (Downward-Facing Dog Pose)

Benefits:

- Adho Mukha Svanasana increases the flow of fresh blood throughout the body.
- It helps in stretching the neck and cervical spine, releases the stress and then reduce the anxiety.
- Adho Mukha Svanasana strengthens your abdominal muscles and aids digestion.

5. Halasana (Plough Pose)

Benefits:

- Halasana reduces the strain on your back and improve the posture.
- It calms the brain and reduces stress, keeping headaches and insomnia at bay.

- Then exhaling completely, bend your upper body forward, in between your divided thighs, with your face touching the ground.

- Keep your arms on the floor on either side of the body with the palms facing downwards.
- Lift the legs by folding them at the knees.
- Make sure the ankles and knees are in a straight line, and the feet are a few inches apart.
- Then, inhaling gently lift your entire back off of the floor and stay there for a few seconds.

- Lie on the floor with your face down and legs following the same with the toes close and facing downward.
- Place your palms close to the chest on either side, facing down.
- Then inhaling, lift your torso and straighten your arms a few inches off the floor.
- Press the top part of your feet firmly into the ground with legs straight and stretched backwards.

Procedure:

- Bend down on your four limbs on the ground.
- Straight the elbows and knees, then push your hip upward and form an invert V-shape with your body.
- Ear should touch your inner arms.
- Keep your eye at your navel.

- Halasana is one of the best calming posture for rejuvenating entire nervous system.

Procedure:

- Lie flat on your back, with arms kept alongside the body.

- Place your hands on your hips, lift your hips towards your chest.
- Slowly bring down your legs behind your head, touching the ground beyond your head and placing your toes firmly on the ground.

- Make sure your thighs are straight.
- Straighten the arms forward and place them on the ground with palms facing downward.

6. Uttanasana (Standing Forward Fold Pose)

Benefits:

- Uttanasana relieves tension in your back, shoulders, and neck and boosts the functioning of your nervous system.
- It calms you down and reduces anxiety. Uttanasana also improves blood circulation.

Procedure:

- Stand straight with your arms alongside your body and your feet touching each other.
- Then while inhaling stretch your arms up straightening them, with inner arms touching your ears.
- Then exhaling completely, bend forward touching your feet with the hands.
- Keep your thighs and knees straight.

7. Shavasana (Corpse Pose)

Benefits:

- Shavasana rejuvenates you and helps your body relax.
- It decreases blood pressure.
- Finally, after all the mind and body invigorating poses, Shavasana will give you all the rest and scope to heal.

Procedure:

- To do the Shavasana, lie comfortably on the floor on your back.
- Keep your feet a few inches apart and let your arms lie alongside your body with your palms facing upwards.

- Close your eyes, now your body will relax, slowly and gently.
- Take deep breaths, and feel the blood's circulation throughout the body.

Starting the day with yoga is a journey towards improvement. It begins when a person starts to accept with accepting himself at all levels. Only then he can experience the physical and mental benefits that naturally follow. 20 minutes a day can help to improve negative mood and lower the anxiety level.