



Effect of Yoga (*Shatkarma*) on Mental Disorder - Stress, Anxiety, Depression & Sleep Disorder

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Abstract: *Shatkarma* has provided physical, mental, emotional, and Spiritual support throughout the globe across all nation, culture, genders, and ages. There are many health disparities that impact on human life. *Shatkarma* is an effective technique for many health condition. this study explores the factors that influence mental illness, and what factors constitute culturally relevant messaging to human in society. Pre- yoga Post-yoga Session method will be used on mental illness. In this present study selected 20 (both gender) patients for the study the participants are form Patanjali Ayurvedic Hospital Age 21 to 60 years, male & female will be taken. there is now strong evidence to suggest that yoga – based interventions are beneficial in several Physical & Mental illness. Recent research than also shown significant benefit in mental illness such as depression, anxiety, stress and insomnia. after one week yoga practice decreased level of mental depression scale from (M_±SD) 28.4 ± 8.78 to (M_±SD) 20.2 ± 10.77. Change were statistically significant with P < 0.001.

Index terms: *Shatkarma*, Mental Disorder, Depression, Anxiety, Stress, Insomnia

1.INTRODUCTION: -

The *shatkarma* is a part the yoga These six cleansing practices in Yoga are known as Shatkarma or Shatkriya, which are said to promote health and well-being by purifying the whole body. Hatha Yoga Pradipika (*ch: 2, v. 21 and 22*) of Swatmarama recommends the practice Shatkriya prior to practice of pranayama (yogic breath regulation). The Shatkriya techniques in include dhauti (internal cleansing), basti (yogic enema), neti (nasal cleansing), trataka (increase concentraion), nauli (abdominal massaging) and kapalabhati (frontal cleansing) . Although mental health benefits of Shatkriya are narrated in HathaYoga texts, there is a lack of comprehensive literature on scientific studies in the subject matter. Thus, the current review was undertaken to summarize the scientific evidence on the physiological and therapeutic effects of the *Shatkriya*.

1.1Traditional references of Shatkriya :

There are four major texts of Hatha Yoga tradition viz. Hatha Yoga Pradipika, Gheranda Samhita, Shiva Samhita and Hatharatnavali. Among them Gheranda samhita and Hatha Yoga Pradipika describe the purification of the body, with reference to six variants of the cleansing procedures . Gheranda Samhita has an elaborate description of the sub-types and benefits of the Shatkriya. Hatharatnavali, which is the latest among the Hatha Yoga texts, narrates eight variants of cleansing techniques . However, the six

cleansing techniques described in the Hatha Yoga Pradipika of Swami Swatmarama are most popular among the Yoga practitioners.

1.2 Mental Disorder:

A mental Disorder is condition that disrupts a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses is conditions that often result in a effect our work capacity for need to daily life with the ordinary demands of life.

1.3 Yoga effect on mental Disorder

this systematic review and meta-analysis was to examine the effects of yoga on mental illness. The results demonstrated that yoga has a moderate effect on reducing depressive symptoms across a range of diagnosed mental disorders, thus suggesting yoga may be a viable transdiagnostic intervention for the management of depressive symptoms in people with mental disorders (*Hemant, et al., 2021*).

2. Prevalence of study

the prevalence of symptoms of depression, anxiety, stress and Sleep disorder associated factors in a population.

- We founded a prevalence of depression (18.4%), anxiety (23.6%) and stress (34.5%) symptoms in our study population.
- Globally, mental disorders are responsible for 32.4% of disability adjusted life years (a year of 'healthy' life lost), placing mental disorders at a distant first in the global burden of disease in terms of years lived with disability. Depressive disorders, such as major depressive disorder, are the leading cause of disability worldwide, affecting more than 340million people (*Bjoroy,et,al., 2020*).
- Previews studies have shown that yogic exercises enhance psychological well-being and relieve symptoms of depression anxiety stress and insomnia . Here are some of the factors describing the effect of yogic exercises on mental illness:
Regular Yoga helps one to feel in control our physical and mental state . This sense of control over the emotion and grow up energy power improved sense of control over other aspects of life. yoga practice produces neurotransmitters called endorphins in the brain. These are the body's own natural tranquilizer which produces calming effect and relaxes the our body. Yogic exercisers give up unhealthy and stressful habits that interfere with exercise.
- Undoubtedly, the above discussion has shown in relationship between *Shatkarma (shatkriya)* No study has conducted to Yogic exercises (*shatkarma* in specific term) improves our mental disorder status. these motivated Research to explore the effect of *shatkarma* on mental disorder .

3.1 RESEARCH METHODOLOGY: -Selection of subjects

We have selected 20 (male/Female) patient for the study the participants are from Patanjali Ayurvedic Hospital. The age of subjects was ranging from 20 years to 60 years.

3.2 Administration of test

The variable depression was tested by Patanjali hospital the standardized questionnaires namely MDS Questionnaire by Peterson Park and Seligman before the commencement of Shatkarma training programme that were named Pre-test and after the completion of the same training and it was named Post-test.

3.3 Data collection

The data was collected from Patanjali Ayurvedic Hospital in Haridwar. All Subject's male/female was informed about the study and its purpose and before administering questionnaire and *Shatkarma* training programme.

3.4 Statistical technique

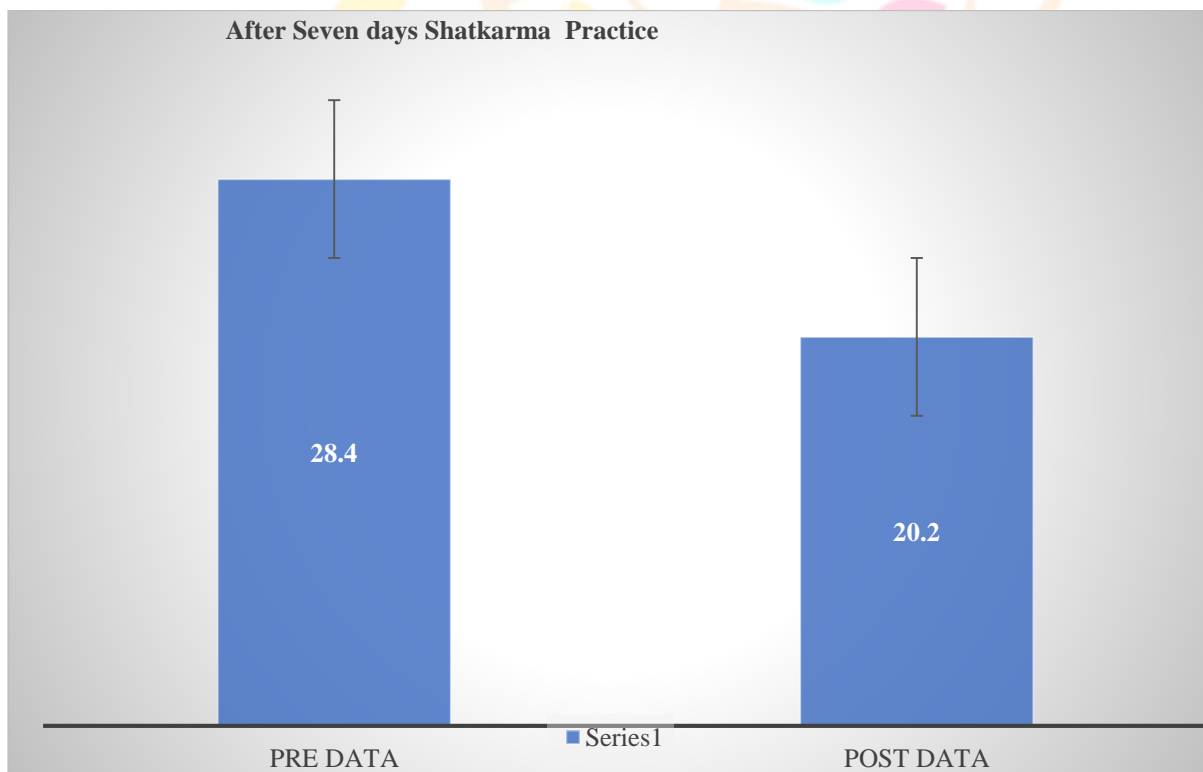
The data was analysed by Descriptive Analysis (Mean and SD) whereas the effect of Shatkarma training on mental illness in comparison to control group who were not given any training was analysed by t-test.

4.1 RESULT: - there is now strong evidence to suggest that yoga – based interventions are beneficial in several Physical & Mental illness. Recent research than also shown significant benefit in mental illness such as depression, anxiety, stress and insomnia. after one week yoga practice decreased level of mental depression scale from (M \pm SD) 28.4 \pm 8.78 to (M \pm SD) 20.2 \pm 10.77. Change were statistically significant with P < 0.001.

4.2 Table: Result of pre-test and post-test on Mental illness.

	Mean	Std. Deviation	N	T	Sig.
PRE	28.4	8.78	20	0.000816	0.001
POST	20.20	10.77	20		

*** = significant at 0.001 level.



The Result Clearly represent that the selected yogic exercises for this study i.e. Sharkarma (Kapalabhati, Jal Neti, Vastra Dhauti, Basti-Shanka Prakshalana, Trataka and Nauli Agnisara) has positive reliable effect on mental illness of an individual as the improvement in mental of subjects from experimental group was observed reliably more in comparison to control group. This fact ensures the positive influence of shatkarma exercises on mental illness.

V. CONCLUSION: -

The analysis of result and interpretation of the result made it possible to conclude that practising shatkarma for 1 weeks leads to improvement on mental illness . Also, it can be recommended should be Practices in daily basis.

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