

## **Yoga for Anxiety Disorder**

Anxiety disorder due to a medical condition includes symptoms of intense anxiety or panic that are directly caused by a physical health problem. Generalized anxiety disorder includes persistent and excessive anxiety and worry about activities or events — evenExperiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

### **Symptoms**

Common anxiety signs and symptoms include:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

## Causes anxiety of disorders

Anxiety disorders are like other forms of mental illness. They don't come from personal weakness, character flaws or problems with upbringing. But researchers don't know exactly what causes anxiety disorders. They suspect a combination of factors plays a role:

- **Chemical imbalance:** Severe or long-lasting stress can change the chemical balance that controls your mood. Experiencing a lot of stress over a long period can lead to an anxiety disorder.
- **Environmental factors:** Experiencing a trauma might trigger an anxiety disorder, especially in someone who has inherited a higher risk to start.
- **Heredity:** Anxiety disorders tend to run in families. You may inherit them from one or both parents, like eye color.

## Types of anxiety disorders

Anxiety affects people in different ways leading to a variety of disorders. The most common forms of anxiety disorders are:

- **Generalized Anxiety Disorder (GAD)** People suffering from GAD experience excessive anxiety and worry about various events and situations. They have difficulty in controlling anxiety and worry, along with restlessness and 'feeling keyed up or on edge' all the time. Such people are not worried about anything in particular and there is no specific trigger.
- **Obsessive Compulsive Disorder (OCD)** People with OCD have constant thoughts and fears that trigger anxiety. They relieve this anxiety by performing certain actions repetitively. For instance, a person with a fear of germs and contamination will repetitively wash his or her hands, and the vessels at home.
- **Social phobia/Social anxiety disorder** People with social anxiety disorder fear social and performance-related situations where they may be subject to the scrutiny of others. They have an intense fear that something they do or say will lead to their humiliation or embarrassment. These people are unable to handle everyday situations such as making small talk or even eating in public.
- **Specific phobias** Phobias are unsubstantiated fears and people with phobias go to great lengths to avoid the object or situation that triggers their anxiety. Their fears could range

from flying in airplanes, being in crowded places, to harmless things such as spiders and high-rise buildings.

- **Post-Traumatic Stress Disorder (PTSD)** Being part of or witnessing an extremely traumatic event such as accidents or an assault can later lead to PTSD. The person will have difficulty sleeping or relaxing due to constant flashbacks of the event.
- **Panic disorder** People with panic disorder suffer from panic attacks that are uncontrollable and include a range of physical symptoms such as dizziness, shortness of breath and excessive perspiration. During these episodes, they also report psychological symptoms (thoughts) like experiencing a sense of impending doom and feelings such as 'I am going to die' or 'I will go crazy'. These attacks happen for no apparent reason, and the person then lives in constant fear of suffering another such episode.

### **Getting treatment for anxiety disorders**

Anxiety disorders can be overcome but one must not underestimate the seriousness of the problem. If you suffer from any of the above symptoms, it is best you seek professional advice and treatment.

### **Yogic Treatment for Anxiety Disorder:**

It was found that greater improvement in mood and greater decreases in anxiety during 12 weeks of yoga intervention compared to walking group. Yoga has an effective role in reducing stress, anxiety, and depression that can be considered as complementary medicine and reduce the medical cost per treatment by reducing the use of drugs.

- Yogic Lifestyle management
- Kriyas : Jalaneti, Sutra neti, Kapalbhata
- Surya Namaskar
- Suskma vyama
- Sthula Vyama

- **Yogasana:** Butterfly Pose (Baddha Konasana), Utthita Trikonasana, Setu Bandha Sarvangasana, Ardha Chandrasana, Paschimottanasana
  
- Pranayama: Aulom-viom. Ujjayi, Bhramari , Shetali, Shitkari
  
- Meditation: Breath Awareness, Om Chanting
  
- Yoga Nidra