

YOGIC PRACTICES

ANXIETY RESEARCH

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Best practice treatment either pharmacotherapy, psychotherapy or a combination of both.

For the psychotherapy component, either Psychodynamic Psychotherapy, CBT or Exposure Therapy.

American Psychiatric Association

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Recommended treatment includes dearousal strategies like breath training and meditation, graded exposure, cognitive therapy and structured problem solving

Andrews, Creamer, Crino, Hunt, Lampe and Page (2003)

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| Intervention | Effect Size | 95% CI | p-value |
|--|-------------|--------------|---------|
| Behavioral therapy | 0.43 | 0.28 - 0.58 | <0.0001 |
| Pharmacotherapy | 0.49 | 0.33 - 0.65 | <0.0001 |
| Psychic education | 0.22 | 0.06 - 0.38 | <0.0001 |
| Relaxation | 0.05 | -0.11 - 0.21 | 0.0001 |
| Self-help | 0.18 | 0.02 - 0.34 | 0.0001 |
| Self-management | 0.12 | 0.01 - 0.23 | 0.0001 |
| Self-help with manual | 0.22 | 0.06 - 0.38 | 0.0001 |
| Self-help with manual and manual | 0.24 | 0.08 - 0.40 | 0.0001 |
| Self-help with manual and manual and manual | 0.24 | 0.08 - 0.40 | 0.0001 |
| Self-help with manual and manual and manual and manual | 0.24 | 0.08 - 0.40 | 0.0001 |
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Katzman, Vermani, Gerberg, Brown, Iorio, Davis, Cameron and Tsirgielis (2012)

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SKY is a breathing technique that is undertaken in a seated position with the eyes and mouth closed.

Three-stage praṇāyama with Ujjāyī, Bhastrika, Sudarshan Kriya and Nāḍī Shodhana Prāṇāyāma.

Katzman, Vermani, Gerbarg, Brown, Iorio, Davis, Cameron and Tsirgielis (2012)

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41 participants with GAD who had not achieved remission after an 8 week program of traditional therapy, were taught SKY and other yoga practices, self-reflection and cognitive-based stress education over a period of 5 days

Katzman, Vermani, Gerbarg, Brown, Iorio, Davis, Cameron and Tsirgielis (2012)

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Encouraged to practise the SKY techniques at home for 20 minutes per day and were offered group practice sessions for two hours, once a week

Katzman, Vermani, Gerbarg, Brown, Iorio, Davis, Cameron and Tsirgielis (2012)

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The response rate was 73% and the remission rate 41%

Katzman, Vermani, Gerbarg, Brown, Iorio, Davis, Cameron and Tsirgielis (2012)

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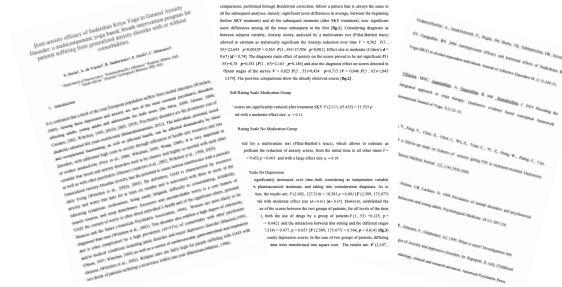
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SKY a potentially valuable adjunct to standard pharmacotherapy in patients with GAD or treatment resistant GAD and warranted further investigation

Katzman, Vermani, Gerberg, Brown, Iorio, Davis, Cameron and Tsigielis (2012)

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Doria, de Vuono, Sanlorenzo Irtelli and Mencacci (2015)

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Sixty-nine participants with a primary diagnosis of mood and/or anxiety disorders were taught SKY in a workshop with 10 sessions over 2 weeks, followed by weekly follow-up SKY and yoga stretching classes for 6 months

Doria, de Vuono, Sanlorenzo Irtelli and Mencacci (2015)

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Participants were encouraged to practise once a day at home 6 days per week

Doria, de Vuono, Sanlorenzo Irtelli and Mencacci (2015)

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One group was undergoing pharmacological treatment, participating in a weekly self-help group and received the SKY treatment

Doria, de Vuono, Sanlorenzo Irtelli and Mencacci (2015)

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The other group was participating in a weekly self-help group and received the SKY treatment, but received no psychiatric medication for at least 6 months prior to the study

Doria, de Vuono, Sanlorenzo Irtelli and Mencacci (2015)

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SKY significantly reduced levels of anxiety and depression immediately after completing the 2 week intensive part of the SKY protocol, and was strengthened in the 6 month follow-up period

Doria, de Vuono, Sanlorenzo Irtelli and Mencacci (2015)

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SKY might be responsible for reducing anxiety scores, stabilising mental activity, enhancing brain function and resilience to stress

Doria, de Vuono, Sanlorenzo Irtelli and Mencacci (2015)

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SKY as an effective complementary therapy both for individuals who are undergoing pharmaceutical treatment and those who are not taking pharmaceutical medication

Doria, de Vuono, Sanlorenzo Irtelli and Mencacci (2015)

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Vorkapic and Rangé (2014)

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20 participants with of PD were randomly assigned to either a combined intervention of CBT and yoga classes, or to yoga classes only

Vorkapic and Rangé (2014)

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Over a two-month period:
Either 50 mins of yoga and 50 mins of CBT per week
Or 50 mins of yoga twice per week

Vorkapic and Rangé (2014)

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Yoga = āsana, prāṇāyāma, yoga nidra
and mindfulness meditation

Vorkapic and Rangé (2014)

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Symptomatology of PD was significantly
reduced over time, with participants'
anxiety scores moving from clinical to
subclinical range of anxiety in both groups

Vorkapic and Rangé (2014)

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No statistically significant difference
between the two groups.
Greater improvements over time with the
combined intervention.

Vorkapic and Rangé (2014)

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YOGA REDUCES ANXIETY THROUGH:
Learning to voluntarily regulate the breath
(prāṇāyāma) which influences the
relaxation response

Vorkapic and Rangé (2014)

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YOGA REDUCES ANXIETY THROUGH:

The relaxation response reduces the activation of the sympathetic nervous system and the hypothalamic-pituitary-adrenal axis

Vorkapic and Rangé (2014)

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YOGA REDUCES ANXIETY THROUGH:

The reduction of cortisol levels, catecholamine secretion basal metabolic rates and oxygen consumption

Vorkapic and Rangé (2014)

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YOGA REDUCES ANXIETY THROUGH:

The vagal influence is increased, slowing down the heart beat, reducing activation of the sympathetic nervous system, inhibiting the sympathetic response, reducing cortisol release, and inducing spontaneous social engagement

Vorkapic and Rangé (2014)

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The sample size of this study was small and there was no CBT-only or treatment-as-usual control group

Vorkapic and Rangé (2014)

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This study indicates that yoga classes and psychotherapeutic interventions may be complimentary for Panic Disorder

Vorkapic and Rangé (2014)

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Chugh-Gupta and Baldassarre and Vrkljan (2013)

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Literature review found 25 unique studies, including 2 systematic reviews, 16 RCT and 7 prospective, controlled, non-randomised studies

Chugh-Gupta and Baldassarre and Vrkljan (2013)

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Only studies that were written in English and included yoga as an entity and not its parts in isolation were included

Chugh-Gupta and Baldassarre and Vrkljan (2013)

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Fourteen of the 16 RCTs used group yoga sessions in their research and the majority delivered over 10 sessions

Chugh-Gupta and Baldassarre and Vrkljan (2013)

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The authors concluded that the overall quality of the RCT was medium to poor

Chugh-Gupta and Baldassarre and Vrkljan (2013)

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Yoga was a viable therapeutic option for reducing state anxiety, particularly related to health changes, such as women with breast cancer, people with migraine headaches, perimenopausal women and seniors

Chugh-Gupta and Baldassarre and Vrkljan (2013)

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de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bourchier, S. (2015)

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Āsanas:

- Co-ordinated flow of breath with movement
- Postures that have a calming effect, rather than energising
- Resting, relaxing or restorative postures
- Forward bending postures

de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bouchier, S. (2015)

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Āsanas to avoid:

- No recommendations

de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bouchier, S. (2015)

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Prāṇāyāma:

- Abdominal breathing
- Focus on exhalation
- Humming bee breath (bhrāmarī prāṇāyāma)
- Regulating breath to be calm and steady

de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bouchier, S. (2015)

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Prāṇāyāma:

- Comfortable holding after exhalation
- Alternate nostril breathing
- Left nostril breathing, especially on exhalation
- Cooling breath (Sītalī)

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Prāṇāyāma to avoid:

- Holding the breath after inhalation
- Rapid breathing techniques, such as Kapālabhāti Prāṇāyāma

de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bouchier, S. (2015)

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Relaxation:

- Focus on abdominal breathing
- Focus on lengthening the exhale
- Restorative postures

de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bouchier, S. (2015)

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Relaxation to avoid:

- No recommendations

de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bouchier, S. (2015)

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Meditation:

- Mindfulness
- Something for the mind to do and focus on, rather than just observation
- Active meditations
- A concept, idea or value, such as something positive, energising, confidence building, gratitude

de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bouchier, S. (2015)

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Meditation to avoid:

- No recommendations

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Other components of a yoga practice:

- Cultivation of positive values, attitudes and behaviours
- Awareness of negative sensory input
- Formulation of meaningful affirmations and intentions (sankalpa)
- Visualisation and symbolic imagery techniques (bhavana)

de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bouchier, S. (2015)

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Other components of a yoga practice:

- Sound or chanting
- Spirituality or prayer
- Repetition of meaningful words or phrases (mantra)
- Symbolic gesture (mudra)

de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bouchier, S. (2015)

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Other components of a yoga practice to avoid:

- No recommendations

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Other components of a yogic lifestyle:

- Positive relationships
- Developing self-empowering knowledge
- Social involvement and support – linking with a supportive community (sanga)
- Lifestyle factors, including diet, smoking, drugs and alcohol, sleep, work, exercise

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Other components of a yogic lifestyle:

- Exposure to sunlight and natural environments
- Service to others, including volunteer work
- Pleasing environment, free from clutter, with good ventilation and natural light
- Education about yoga teachings and the potential benefits of yoga

de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bourchier, S. (2015)

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Other components of a yogic lifestyle to avoid:

- No recommendations

de Manincor, M., Bensoussan, A., Smith, C., Fahey, P and Bourchier, S. (2015)

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RATIONALE FOR USING YOGA FOR ANXIETY

Patañjali's Yoga Sūtras is focussed on calming the agitated mind, and contains many elements of the contemporary treatment of anxiety disorders, including cognitive reframing, behavioural recommendations, relaxation techniques, breath regulation, mindfulness, balancing the autonomic nervous system and methods for greater cognitive flexibility, concentration and down-regulation of distress

Mason and Gerbarg (2018)

T H A N K Y O U

