

Impact of Iyengar Yoga and Coherent Breathing on Major Depressive Disorder: A Narrative Review

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ABSTRACT

Major Depressive Disorder (MDD) is widespread, chronic, recurrent in nature and impairing. Depression affects worldwide more than any other disease. Up to 50% of the population acts towards antidepressants medication. For major depressive sickness, up to half of patients who take depression medication do not recover fully. Current depression treatments are inefficient at lowering the rate of disability. Yoga based therapies have potential as supportive treatment as well as monotherapies. Iyengar yoga (a form of hatha yoga) and Coherent Breathing (controlled breathing technique) have emerged as promising techniques for improving the symptoms of depression. This study aims to review the effectiveness of Iyengar yoga and coherent breathing on major depressive disorder. A systematic review of Randomised controlled trials (RCTs) was conducted using PubMed and Google Scholar of the studies

published up to the current date. A total of 26 articles were analysed for the study out of which only 4 were selected. Following a comprehensive examination of the titles and abstracts of these studies, along with removal of duplicates, RCTs were considered. Non-RCT's and non-English studies were excluded. The review showed that Iyengar yoga and coherent breathing over time was associated with reduction in psychological symptoms. Yoga and breathing techniques were linked to improvements in mental health symptoms gradually. Both therapies improved emotions of positivity with reducing anxiety and symptoms of depression. When creating yoga treatments, the advantages of yoga practice have to be calibrated against the time commitment.

Keywords: Controlled breathing technique, Depression, Randomised controlled trials