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Using Integrative Yoga Therapeutics in the Treatment of Comorbid Anxiety and Depression FREE

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This article describes the symptoms, causes, and treatments for anxiety, depression, and comorbid anxiety and depression. It provides strategies for addressing the hyper-arousal or hypo-arousal of the nervous system that is commonly associated with anxiety and depression. It explores research and theory on Yoga's potential for addressing comorbid anxiety and depression, and also discusses the specific approach of the Center for Integrative Yoga Therapeutics, a Yoga therapy center in Boston that specializes in the treatment of Yoga therapy for anxiety, depression, chronic pain disorders, and physical issues such as spinal anomalies or injuries. The described Yoga therapy approach includes a combination of prânâyâma (breathing practices) and Restorative Yoga, a practice of prone or supine postures that is designed to facilitate the relaxation response.

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Support for these choices of prânâyâma techniques can be found in such eminent yogic texts as the Yoga Sutrâs, Hatha Yoga Pradipika, and Light on Prânâyâma (BKS Iyengar).



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Additionally, the use of combined treatments (e.g., aerobic exercise and antidepressant treatments), has stronger effect on depressive behavior and on BDNF up-regulating, than antidepressant treatment or aerobic exercise acting individually (93–95). In the last years, yoga has become popular in western cultures and constitutes an interesting tool for stress management. Also, yoga practice showed positive effects on depression and on anxiety symptoms in pregnant women (114), improved the mood states in psychiatric inpatients (115) and had beneficial effects on depression outcome in patients with major depressive disorder (116–118). Patients with both anxiety and depression are more symptomatic, use more health care resources, and have a worse prognosis than those with a single disorder. Recognizing and treating these patients are challenges for physicians because the symptoms of the two disorders often overlap. Administration of effective treatment, comprising both anxiolytic and antidepressant effects, can reduce patient distress and disability, as well as inappropriate utilization of medical services. Management of comorbid anxiety and depression. *J Clin Psychiatry*. 1995;56(suppl 2):10–13. An open-label study of nefazodone in the treatment of depression with and without comorbid obsessive compulsive disorder. *Ann Clin Psychiatry*. 1994;6:249–253. Combined yoga practice reduces the comorbid anxiety and depression (Forbes, 2008). Yogic education system enhances visual and verbal memory scores (Rangan, 2009). Improvement of Brain Function through Combined Yogic Intervention, Meditation and Pranayama: A Critical Analysis. Since the original applications of behavioral technologies to the treatment of disease, it has been observed that the elicitation of what Benson (The relaxation response. Morrow, New York, NY 1975) has called the “relaxation response” has proved useful in the treatment of a wide variety of psychiatric and stress-related somatic diseases. View. Show abstract.