



Study of the Effect of Yoga-Nidra on the Psychology of Healthcare Workers in Terms of Depression, Anxiety and Stress Scale

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ABSTRACT

To evaluate the effect of yoga-nidra practice on depression, anxiety and stress symptoms in healthcare professionals. The sample size was calculated with the aid of the formula called Danial 1999. The health care people age group from 20 to 50 of both sex screened from the Dr. D. Y. Patil College of Ayurved and Research Center, Pimpri, Pune, was decided on and enrolled in keeping with inclusion criteria. All the thirty enrolled volunteers were directed to practice yoga-nidra with the given audio clip for 30 minutes each day between 6:00-7:00 pm for 7 days. The mental circumstance of every individual person was assessed with the help of the DAS Scale on the idea of pre-decided questionnaires on days 0, 7, 14, 21 and 28 followed by data collection and result analysis. It was observed that twenty one volunteers get moderate relief from depression at the day 28 as compared to 0 or ordinary day whilst nine confirmed no change. Twenty four volunteers get relief from anxiety even as six were confirmed no change at day 28 compared to day 0 or ordinary day. It became fantastically found that six volunteers confirmed significant improvement in stress degree as remedy at day 28 in comparison to day 0 or ordinary day even as eighteen confirmed good to moderate sized improvement and four showed boom in stress level at the same time as two showed no change. The present work revealed that yoga-nidra have to be adopt as secure treatment or remedy for the treatment of depression, anxiety and stress situation but with must be adopt for minimum 7 days to get moderate to slight impact and one to six months for most excellent effect.

Keywords: Yoga nidra, Anxiety, Depression, Stress, Bhagwatgita

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INTRODUCTION

In 1929, Hans Berger, a German physiologist and psychiatrist first recorded the primary human EEG and stated that the premise of all our feelings, mind, and behaviours is an end result of communicate among neurons through the bioelectric waves which are probably produced through synchronized electric powered pulses from the hundreds of neurons speak with each other in the human mind [26, 22]. Thoughts waves are considered as a bioelectricity made from five different types and are generally believed to create or form a spectrum of human attention and alternate during the day as wondering, feeling and stress, and emotional change at any given time or at the same time as napping. Within the early 1960s and 70s, alpha waves took a center degree with the introduction of biofeedback which appears to keep in mind that once alpha oscillations are extremely good, now best the human sensory inputs will be predisposed to be minimized even the mind is normally believed to clear undesirable mind to sense and found to extremely good because alpha waves are linked with cozy mental states [10-12]. Every time the human mind has a tendency to shift gears to attention on a specific idea in both an exquisite or horrible way, the alpha oscillations usually have a tendency to either disappear or differ for that reason to begin similarly to jogging the show [3]. In present-day science, alpha-wave biofeedback is becoming the primary choice and has been tested to be a useful tool for treating strain, despair, anxiety, insomnia and mood changes with the unstable thinking process. The several states of popularity are believed to be without delay connected to the ever-converting chemical, electric, and architectural surroundings of the human brain. Due to this reality, behaviour, idea strategies and each day's conduct have the functionality to regulate connectivity and the architecture of mind shape in addition to the electric neural oscillations and the neurochemical kingdom of the human brain or mind. Happily, the

technology phase of modern science seems to completely cooperate with our challenge. It says proper right here: "A Molecule of Motivation is Dopamine" and It tells how the neurotransmitter dopamine "is less approximately pleasure and reward than approximately force and motivation" And that is the example they offer of the movement of dopamine: whilst the human body needs to take a breath [1, 15]. At the same time as the human body almost gasping for air, it is dopamine this is on the cascade, to provide the brain that one-pointed, un-ambivalent choice to respire: "while gasping for oxygen, the dopamine pathways of the thoughts are in complete throttle - the complete brain is of the first attitude, the acute force to get the brain out of the kingdom of deprivation to maintain human alive" [5-9, 13-17].

The primary bankruptcy of the Bhagavad Gita is also referred to as "The melancholy of Arjuna" ("Arjun Vishad" in Sanskrit) and right here became the set-up: Arjuna asks Krishna to force the chariot to the centre of the battlefield on the eve of extraordinary worldwide conflict. It was far warfare involving cousin towards cousin and for the first time, Arjuna takes within the fact of the situation and loses his drive and motivation truly, he was honestly incapacitated. His cause became always telling him that there can be no proper final results here; he does no longer need to 'win' nor should he want to 'lose' the conflict, so he was sited down right there and is derived to a choice now not to combat in any respect. A primordial existential crisis: What turned into the point, what do I actually need and what is proper or wrong? And his response became entirely paralytic, a chunk likes Shakespeare's Hamlet. Arjuna turned into not only always the simplest depressed, he changed into classically demanding, hectic and depressed. It changed into interesting it used that spatial metaphor: something 'lifted'. That was what Krishna does for Arjuna, he uplifts him via the lessons of Yoga. He was taking the function of Guru and telling him "Utthistha, Arjuna!" upward thrust up, Arjuna! Provide your every motion as a selfless service to the very best precept and you will be free. Unselfish acts are seemed assist to carry one out of melancholy. Krishna explains how every mundane element you do may be completed as a presentation and not the usage of an egocentric attachment. The phrase melancholy implies a compelled, downward movement. Yoga includes this emotional try to upward thrust up. It is miles the heroic expertise of growing to the occasion, even supposing the occasion requires you to face what you dread or to fight for all of your real worth. In dealing with the reality, the hard realities here on this planet, it takes an attempt to face up to the downward stress, that horrible gravitational pull, however, there is a few things about existence, the life pressure itself, which goes up, which arises. We see this everywhere in nature [2, 4, 22, 23, 21]. There was an apt aphorism from the Shiva Sutra: UdhyamoBhairava which means that "God is springing up." One impact of Hatha yoga is to sensitize us to the waft of 'uddiyana' prana, the factor of prana which constantly flows upward and outward. We are able to genuinely revel in the exceptional, enthusiastic life pressure flowing up through us. This continuously rising prana is known as nityodita, meaning, perpetually springing up. Yoga is a satisfying path of paradox. One component approximately this spiritual striving to ascend is that it is preceded by using a manner of going deep inside, in fact, mentally descending, happening into the dark foundation of our being. We pay attention to the method of recovery being initiated by using "hitting bottom." This additionally reminds us of the parable of the prodigal son. He had hit backside, squandered his inheritance and became genuinely reduced to digging a pit, at the same time as it took place to him, wait a minute, "I am capable of rising up, and visiting my father" so you can rise in this worldwide, it is far frequently the case that we need to hit backside, like a ball being bounced in opposition to the hard earth to be propelled upward, or the roots of a tree extending down in advance than it grows up. This is essential physics. Hatha Yoga takes this precept under attention, and is all approximately the dedication of being grounded on the earth plane, and letting the electricity emerge from there. We are able to express the downward extending power as a full in-breath, this is a form of dedication to what is real. The length of a day inside the lifestyle of Lord Brahma is four, 320,000,000 solar years. This is stated additionally inside the Bhagavad-gita. So for this era, Lord Brahma rests in yoga-nidra within the body of the GarbhodakasayiViṣṇu, the generator of Brahma. Because of this after the sleeping duration of Brahma, at the same time as there was once more created with the resource of the need of the Lord via the employer of Brahma, all the amazing rises yet again seem from considered one of a kind additives of the transcendental body, and Rishi Narada also seems. This means that Narada appears within the equal transcendental body, simply as a man awakes from sleep within the same body. Sri Narada is without end loose to move in all components of the transcendental and fabric creations of the Almighty. He seems and disappears in his very own transcendental body, without difference of body and soul, now not like conditioned beings. Every living being can recognize the features of the Lord as the last goal, but they cannot acquire the reputation quo of such equality. This material world is a product of the Mahat-tattva, which is a rustic of the Lord's dreaming circumstance in his yoga-nidra, a mystic close eye inside the causal ocean, but the entire introduction appears to be a real presentation of his introduction. This means that the Lord's dreaming conditions also are true manifestations. He can

therefore deliver everything beneath His transcendental manipulation, and as a result on every occasion and wherever he does appear, he does so in his fullness [16, 27, 9].

The Lord, being all that is described above, maintains the affairs of the creation, and by way of the use of his so doing, he gives salvation even to his enemies who were killed through him. He's appealing even to the topmost liberated soul, and consequently, he is worshipable even by way of Brahma and Shiva, the first-class of all demigods. The primary puruṣa incarnation of Govinda, Lord good enough ṛṣṇa, referred to as the Maha-Viṣṇu, is going into a yoga-nidra, a mystic sleep, and the innumerable universes are located in efficiency in each and each hair hollow of his transcendental body. As cited in the preceding verse, srutena (or as regard to the Vedic conclusions), the creation is made viable from the ultimate persona of Godhead straight away with the aid of the usage of manifestation of his precise energies without this type of Vedic reference, the appearance appears to be a fabricated from material nature. This conclusion comes from a horrific fund of know-how. From Vedic reference, it is concluded that the origin of all energies (particularly internal, external and marginal) is the super persona of the Godhead. And as described hereinbefore, the illusory conclusion is that creation is made by way of manner of the inert material nature. Everyone should now not apprehend the snoozing circumstance of the Lord to be similar to our sleep. Right, here the word yoga-nidra is specifically noted, which shows that the Lord's sleeping condition is likewise a manifestation of his internal efficiency. Each time the phrase yoga is used it wants to be understood to consult that that is transcendental. Within the transcendental level, all activities are usually gifts, and they are glorified through prayers of high-quality sages like Brahma. Srimad-Bhagavatam, however, no longer takes delivery as properly with such impersonalists. It was miles in truth stated herein that the fantastic Lord rests in yoga-nidra, as previously discussed. And due to the fact, he sleeps, evidently, he ought to breathe, and the Brahma-saṁhita also confirms that within his respiratory duration innumerable Brahmas take the start and die. There was an entire settlement between Srimad-Bhagavatam and the Brahma-saṁhita. Everlasting time is by no means misplaced in conjunction with the life of Brahma. It maintains, however it has no ability to govern the first-rate character of Godhead due to the fact the Lord is the controller of time. Within the religious international there may be certain times but it has no control over sports activities. Time is endless, and the non-secular global is also limitless because everything there exists at the absolute aircraft. The exercise of yoga is much like the yoga-nidra of Maha-Viṣṇu. Yogis are suggested to keep their eyes half closed, however, this united states is not always in any respect one in every of sleep, even though imitation yogis, mainly in the modern age, take place their so-referred to as yoga thru napping. Inside the shastra, yoga is defined as dhyānāvasthita, a country of entire meditation, but this is a meditation upon the perfectly suited personality of the Godhead. Dhyānavasthita-tad-gatenamanasa: the mind needs to continuously be located at the lotus feet of the Lord. Yoga exercise does not imply drowsing. The thoughts should continuously be actively constant at the lotus toes of the Lord. Then one's practice of yoga may be a success. How God is limitless in his enlargement of energies and activities may be a type calculated thru any sane and sober residing entity. It's far said in the Vedic literature that innumerable universes difficulty forth while Maha-Viṣṇu exhales in his yoga-nidra and that innumerable universes enter his body while he inhales. We need to take into account that the one's universes, which in step with our confined understanding are multiplied unlimitedly, are so tremendous that the gross and subtle elements, the five factors of the cosmic manifestation, particularly earth, water, fire, air and sky, alongside the general material power and fake ego are not high-quality inside the universe but cover the universe in seven layers, each layer ten times large than the preceding one. In this way, every and each universe will be very securely packed, and there are numberless universes. These kinds of universes drift within the innumerable pores of the transcendental body of Maha-Viṣṇu [3, 5, 9]. The yoga-nidra, additionally called 'yogic sleep', is a simplified shape of an ancient tantric relaxation technique. The maximum elegant description of the practice is that it combines guided intellectual imagery with a selected yoga posture referred to as Shavasana (or "corpse pose"). The purpose of yoga-nidra is to sell a profound nation of relaxation, which differs from sleep inasmuch as there can be nevertheless an awareness of the first environment. At the equal time as several additives of exercising were regarded due to the reality of ancient instances, it became now not until the 1960s that an up-to-date and systematized device of workout changed added to the general public thru the writings of Swami Satyananda Saraswati. Not like special schools of yoga, which emphasize interest or contemplation, yoga-nidra's cause is the entire rest. As such, its advocates declare that it is appropriate for absolutely everyone, from novices to superior practitioners of yoga. The calm inner stillness brought on through yoga-nidra is alleged by practitioners to be a powerful pressure control device further to a method for reaching more receptivity to private resolutions. These resolutions can vary from the purpose of accomplishing self-transformation, enhancing creativity, or improving one's studying capability. Furthermore, yoga-nidra is alleged to sell useful adjustments in physiological and intellectual health. The following narrative assessment summarizes the

fundamental steps used to acquire the final country of yoga-nidra relaxation in addition to some contemporary experimental findings concerning its physiological and mental consequences. Medical research has demonstrated that yoga-nidra meditation is associated with extraordinary physiological changes, together with enhancements in numerous haematological variables, red blood cell counts, blood glucose tiers, and hormonal reputation. Two neuroimaging studies have already reported that yoga-nidra may produce adjustments in endogenous dopamine release and cerebral blood waft, a similar confirmation that the said effects on the CNS are objectively measurable [23]. The exercise has additionally been validated to lessen psychometrically measured indices of moderate melancholy and anxiety, despite the fact that those advantages were not verified in previously reported experimental literature with a special emphasis or look at to extend to extreme depression or excessive tension. Inside the present research work, we are trying to cover the above-stated blessings of yoga-nidra by using focusing on different age groups and sex with the validation to reduce psychometrically degrees of slight to intense anxiety, stress and depression.

MATERIAL AND METHOD

Sample size calculation: The prevalence rate of physically fit individuals in India is 65%. The sample size was calculated with the aid of the formula called Danial 1999.

$$n = Z^2 P(1-P)/d^2 \\ = (1.96)^2 \times 0.65 \times (1-0.65) / (0.15)^2 \\ = 29.84$$

Where n= Sample size

Z = Statistical level of confidence =1.96

P = Prevalence rate = 65% =0.65

d = Precision =15%=0.15

As the pattern value was in fractions, for the sake of comfort 30 subjects could be taken for observation in order to get a precise and accurate result.

Selection of Volunteers for the study: The health care people age group from 20 to 50 of both sex screened from the Dr. D. Y. Patil College of Ayurved and Research Center, Pimpri, Pune, was decided on and enrolled in keeping with inclusion criteria. Cases concerning a previous history of psychological contamination had been excluded. The twenty-one enrolled volunteers belonged to the age group 25-30, five were between 30-40 years and four were between the age group of 40-50 years. Seven adult males and twenty-three female volunteers of the above-said age group were enrolled to conduct the present study.

Data collection and result analysis: All the thirty enrolled volunteers were directed to practice yoga-nidra with the given audio clip for 30 minutes each day between 6:00-7:00 pm for 7 days. The mental circumstance of every individual person was assessed with the help of the DAAS Scale on the idea of pre-decided questionnaires on days 0, 7, 14, 21 and 28. The records become amassed in the form of diverse charts, graphs & tables. The amassed information was nicely categorized, tabulated, and analyzed; other statistical strategies were additionally covered every time as necessary. The records obtained were statistically analyzed by the X2 test and implemented for qualitative records to assess homogeneity. The level of importance was kept at p=0.05.

Questionnaires as per DAAS-21: The depression, anxiety and pressure Scale - 21 items or predefined below mentioned questionnaires (DASS-21) are hard and fast three self-file scales designed to measure the emotional states of anxiety, depression and stress. Each of the three set of DASS-21 scales comprised of 7 questions, divided into subscales with the similar content.

It believe that the depression scale assesses hopelessness, dysphoria, devaluation of lifestyles, self-deprecation, loss of hobby or involvement, inertia and anhedonia. In the same way, the anxiety scales are believed to assess skeletal muscle consequences, autonomic arousal, subjective enjoy of disturbing affect and situational anxiety, while the stress scale is believed to sensitive to stages of continual nonspecific arousal. It assesses frightened arousal, trouble relaxing, and being without problems agitated or dissatisfied, Over-reactive or irritable and impatient. Ratings for, anxiety depression and stress, are calculated by using summing the scores for the applicable objects or volunteers.

1 (Stress) I found it hard to wind down

2 (Anxiety) I was aware of dryness of my mouth

3 (Depression) I couldn't seem to experience any positive feeling at all

4 (Anxiety) I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)

- 5 (Depression) I found it difficult to work up the initiative to do things
- 6 (Stress) I tended to over-react to situations
- 7 (Anxiety) I experienced trembling (e.g. in the hands)
- 8 (Stress) I felt that I was using a lot of nervous energy
- 9 (Anxiety) I was worried about situations in which I might panic and make a fool of myself
- 10 (Depression) I felt that I had nothing to look forward to
- 11 (Stress) I found myself getting agitated
- 12 (Stress) I found it difficult to relax
- 13 (Depression) I felt down-hearted and blue
- 14 (Stress) I was intolerant of anything that kept me from getting on with what I was doing
- 15 (Anxiety) I felt I was close to panic
- 16 (Depression) I was unable to become enthusiastic about anything
- 17 (Depression) I felt I wasn't worth much as a person
- 18 (Stress) I felt that I was rather touchy
- 19 (Anxiety) I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)
- 20 (Anxiety) I felt scared without any good reason
- 21 (Depression) I felt that life was meaningless

All of the volunteers were directed to study every question and circle a number of zero, one, two or three which indicates how plenty the announcement was implemented to them during the last week. There have been no right or wrong answers. It becomes additionally directed to not spend an excessive amount of time on any assertion. The rating was based on the marks such as zero value indicates did not apply to me at all, one applied to me to some degree, or some of the time, two applied to me to a considerable degree or a good part of time and three applied to me very much or most of the time. The DASS-21 is primarily based on a dimensional as opposed to a specific thought of mental ailment. The assumption on which the DASS-21 development was based totally (and which was confirmed by using the research information) is that the variations between the depression, tension and stress skilled by way of ordinary subjects and clinical populations are essentially variations of degree.

RESULT

Usually healthcare personnel mostly feels depression, anxiety, and stress because of their hectic responsibility, agenda, emergency duties, exchange in daily recurring conduct and shifting obligations. So, their everyday regular is not always in identical order. So depression, anxiety and stress are very likely even common in healthcare humans. The pattern length or sample size for the present study was calculated with Danniel 1999 method or formula. The thirty healthcare employees belonged to age group 20-50 of both sex, who have been mild to critically in depression, anxiety and stress condition had been screened from the Dr. D. Y. Patil college of Ayurved and studies center, Pimpri, Pune, as per the inclusion and exclusion criteria. All of the thirty enrolled volunteers were directed to exercise yoga-nidra with the given audio clip for half-hour every day between 6:00-7:00 pm for 7 days. The mental condition of every person was assessed with the assist of the DAS Scale at the idea of pre-determined questionnaires on days 0, 7, 14, 21 and 28. The result showed that there was decrease in all of the above symptoms as was set in questionnaires to investigate the degree of depression, anxiety and stress. The result of present observation tabulated in table no 01 to 03. Then taken comply with up on fourteen, twenty first and twenty eighth day and revealed that there has been an amazing and sound effect of yog-nidra due to the fact there was lower in signs and symptoms as in step with the symptoms stated with the aid of the volunteers towards the questionnaires. Take a look at shows that seriously depressed, anxious and stressed healthcare employees have tons less signs at seventh, fourteen, twenty first and twenty eighth day of look at as in comparison to zero day earlier than giving yog-nidra practice. It must be note that there has been no change in the lifestyles or daily routine of healthcare personnel, only seven days yog-nidra was additionally given to practice seven days and we took close observation constantly for twenty eight days. The depression, anxiety and stress signs were greater down till twenty eighth day than zero or ordinary day. It was observed that twenty one volunteers get moderate relief from depression at the day 28 as compared to 0 or ordinary day whilst nine confirmed no change. Twenty four volunteers get relief from anxiety even as six were confirmed no change at day 28 compared to day 0 or ordinary day. It became fantastically found that six volunteers confirmed significant improvement in stress degree as remedy at day 28 in comparison to day 0 or ordinary day even as eighteen confirmed good to moderate sized improvement and four showed boom in stress level at the same time as two showed no change.

Table 1 Effect of yoga-nidra on depression.

S. NO	PATIENT NO	AGE	SEX	OBSERVATION					DEGREE OF DEPRESSION RELIEF			
				0 day	7th day	14th day	21th day	28th day	NO RELIEF	MODERATE RELIEF	SIGNIFICANT RELIEF	NEGATIVE IMPACT
1	Patient No 01	48	M	20	18	16	14	14	-	6	-	-
2	Patient No 02	25	M	14	14	14	12	14	0	-	-	-
3	Patient No 03	26	F	14	14	14	14	14	0	-	-	-
4	Patient No 04	26	F	16	16	16	14	14	-	2	-	-
5	Patient No 05	36	E	22	20	20	18	18	-	4	-	-
6	Patient No 06	42	F	16	14	14	13	12	-	4	-	-
7	Patient No 07	25	F	8	8	8	8	8	0	-	-	-
8	Patient No 08	27	F	10	10	10	8	8	-	2	-	-
9	Patient No 09	46	F	30	30	28	28	28	-	2	-	-
10	Patient No 10	36	F	14	14	14	12	12	-	2	-	-
11	Patient No 11	42	M	14	14	14	12	12	-	2	-	-
12	Patient No 12	27	F	14	12	12	12	12	-	2	-	-
13	Patient No 13	26	F	22	22	20	20	18	-	4	-	-
14	Patient No 14	36	M	18	18	18	18	18	0	-	-	-
15	Patient No 15	25	F	18	18	16	16	16	-	2	-	-
16	Patient No 16	26	M	10	10	10	8	8	-	2	-	-
17	Patient No 17	27	F	4	4	4	4	4	0	-	-	-
18	Patient No 18	26	F	12	12	12	10	8	-	2	-	-
19	Patient No 19	28	F	14	12	10	10	6	-	8	-	-
20	Patient No 20	26	F	20	20	18	18	18	-	2	-	-
21	Patient No 21	27	F	8	8	8	8	8	0	-	-	-
22	Patient No 22	25	F	8	8	8	8	8	0	-	-	-
23	Patient No 23	27	M	14	12	12	10	10	-	4	-	-
24	Patient No 24	34	M	10	10	10	8	8	-	2	-	-
25	Patient No 25	27	F	4	4	4	4	4	0	-	-	-
26	Patient No 26	27	F	14	12	10	10	10	-	4	-	-
27	Patient No 27	30	F	6	6	4	4	4	-	2	-	-
28	Patient No 28	26	F	12	12	10	8	8	-	4	-	-
29	Patient No 29	25	F	10	10	10	10	10	0	-	-	-
30	Patient No 30	25	F	24	24	22	22	20	-	4	-	-
TOTAL RELIEF									9	21	0	

*NO RELIEF - 0, MODERTAE DEGREE OF RELIE - 0 TO 10, SIGNIFICANT DEGREE OF RELIEF - 10 AND ABOVE, NEGATIVE IMPACT - SYMPTOMS OF 28 TH DAY RISED FROM ZERO DAY.

Table 2 Effect of yoga-nidra on anxiety.

S NO	PATIENT NO	AGE	SEX	OBSERVATION					DEGREE OF ANXIETY RELIEF			
				0 day	7th day	14th day	21th day	28th day	NO RELIEF	MODERTAE RELIEF	SIGNIFICANT RELIEF	NEGATIVE IMPACT
1	Patient No 01	48	M	34	34	32	30	30	-	4	-	-
2	Patient No 02	25	M	18	18	15	16	16	-	2	-	-
3	Patient No 03	26	F	8	8	8	8	8	0	-	-	-
4	Patient No 04	26	F	34	34	34	34	34	0	-	-	-
5	Patient No 05	36	E	26	24	24	23	22	-	4	-	-
6	Patient No 06	42	F	14	14	12	12	12	-	2	-	-
7	Patient No 07	25	F	16	16	16	14	14	-	2	-	-
8	Patient No 08	27	F	26	26	24	24	24	-	2	-	-
9	Patient No 09	46	F	22	20	20	20	20	-	2	-	-
10	Patient No 10	36	F	16	16	16	16	16	0	-	-	-
11	Patient No 11	42	M	14	14	14	14	14	0	-	-	-
12	Patient No 12	27	F	16	14	14	14	14	-	2	-	-
13	Patient No 13	26	F	14	14	12	10	10	-	4	-	-
14	Patient No 14	36	M	30	30	28	26	22	-	8	-	-
15	Patient No 15	25	F	28	26	24	24	24	-	4	-	-
16	Patient No 16	26	M	14	14	14	12	12	-	2	-	-
17	Patient No 17	27	F	10	10	10	10	8	-	2	-	-
18	Patient No 18	26	F	14	14	12	12	12	-	2	-	-

19	Patient No 19	28	F	24	22	20	18	18	-	6	-	-
20	Patient No 20	26	F	28	28	26	26	26	-	2	-	-
21	Patient No 21	27	F	12	12	12	12	12	0	-	-	-
22	Patient No 22	25	F	10	10	10	10	10	0	-	-	-
23	Patient No 23	27	M	18	16	16	14	14	-	4	-	-
24	Patient No 24	34	M	14	14	12	12	12	-	2	-	-
25	Patient No 25	27	F	10	10	10	8	8	-	2	-	-
26	Patient No 26	27	F	26	24	22	20	20	-	6	-	-
27	Patient No 27	30	F	16	14	12	12	12	-	4	-	-
28	Patient No 28	26	F	14	14	12	10	10	-	4	-	-
29	Patient No 29	25	F	30	30	28	28	26	-	4	-	-
30	Patient No 30	25	F	32	30	28	26	24	-	8	-	-
TOTAL RELIEF									6	24	0	0

*NO RELIEF - 0, MODERTAE DEGREE OF RELIE -0 TO 10, SIGNIFICANT DEGREE OF RELIEF - 10 AND ABOVE, NEGATIVE IMPACT - SYMPTOMPS OF 28 TH DAY RISED FROM ZERO DAY.

Table 3 Effect of yoga-nidra on stress.

S. NO.	PATIENT NO	AGE	SEX	OBSERVATION					DEGREE OF STRESS RELIEF			
				0 day	7th day	14th day	21th day	28th day	NO RELIEF	MODERTAE RELIE	SIGNIFICANT RELIEF	NEGATIVE IMPACT
1	Patient No 01	48	M	16	16	14	14	12	-	4	-	-
2	Patient No 02	25	M	8	8	8	7	6	-	2	-	-
3	Patient No 03	26	F	6	6	6	4	4	-	2	-	-
4	Patient No 04	26	F	26	24	22	20	18	-	8	-	-
5	Patient No 05	36	E	16	16	16	15	14	-	2	-	-
6	Patient No 06	42	F	18	16	14	12	12	-	6	-	-
7	Patient No 07	25	F	10	10	10	10	10	0	-	-	-
8	Patient No 08	27	F	12	12	12	10	10	-	2	-	-
9	Patient No 09	46	F	38	36	36	36	36	-	2	-	-
10	Patient No 10	36	F	18	16	14	12	12	-	6	-	-
11	Patient No 11	42	M	14	16	16	16	16	-	-	-	2
12	Patient No 12	27	F	16	10	10	8	6	-	10	-	-
13	Patient No 13	26	F	14	14	12	12	10	-	4	-	-
14	Patient No 14	36	M	30	32	34	30	26	-	4	-	-
15	Patient No 15	25	F	28	28	26	26	26	-	2	-	-
16	Patient No 16	26	M	14	14	14	14	14	0	-	-	-
17	Patient No 17	27	F	10	14	14	14	14	-	-	-	4
18	Patient No 18	26	F	14	20	20	18	16	-	-	-	2
19	Patient No 19	28	F	24	14	14	12	12	-	-	12	-
20	Patient No 20	26	F	28	12	10	8	6	-	-	22	-
21	Patient No 21	27	F	12	16	16	16	16	-	4	-	-
22	Patient No 22	25	F	10	6	6	6	6	-	4	-	-
23	Patient No 23	27	M	18	18	16	16	16	-	2	-	-
24	Patient No 24	34	M	14	10	10	10	10	-	4	-	-
25	Patient No 25	27	F	10	18	16	16	14	-	-	-	4
26	Patient No 26	27	F	26	10	10	10	8	-	-	18	-
27	Patient No 27	30	F	16	4	4	4	4	-	-	12	-
28	Patient No 28	26	F	14	10	10	8	8	-	6	-	-
29	Patient No 29	25	F	30	18	18	18	18	-	-	12	-
30	Patient No 30	25	F	32	20	18	18	16	-	-	16	-
TOTAL RELIEF									2	18	6	4

*NO RELIEF - 0, MODERTAE DEGREE OF RELIE -0 TO 10, SIGNIFICANT DEGREE OF RELIEF - 10 AND ABOVE, NEGATIVE IMPACT - SYMPTOMPS OF 28 TH DAY RISED FROM ZERO DAY.

DISCUSSION

Amongst adults responding to the 2006 countrywide fitness Interview Survey, 11% reported having feelings of unhappiness all through all, most, or a number of the time within the 30 days before the interview; 6% reported feeling hopeless; 5% felt nugatory; and 14% felt that the whole lot changed into an effort. Women have been more likely to record such signs and symptoms than man (13% vs 9%, respectively). Depression is a not unusual situation that frequently stays undiagnosed and untreated. Despite the fact that, despair is much more likely to be identified today than in beyond many years, because the social stigma associated with this condition has lessened; to be had remedies are effective and well tolerated; and primary care physicians, to whom most sufferers to begin with present and from

whom maximum sufferers receive initial remedy, have come to be greater willing to diagnose and deal with this condition.

Depression may be suggestive of dysthymic disease, main depressive ailment (MDD), seasonal affective ailment, episodic depression, or a signal of a related mood, bipolar, or psychotic disorder. Depression can also be episodic, in reaction to bereavement or a prime lifestyles exchange. Further, it can play a full-size role in unique medical settings, which includes at some point of pregnancy or the postpartum period, adolescence, or on the give up of lifestyles [16, 18]. The present research work was primarily based at the no change in lifestyle or daily routine of volunteers but an additional remedy as an audio for 7 days was recommended to practice and result recorded on the basis of pre-decided questionnaires. The records analysis confirmed that twenty one volunteers get moderate relief from depression at the day 28 as compared to zero or ordinary day while nine showed no change. Inside the above said nine volunteers, have a look at it become located that 08 were enrolled as female of age ranging from 25 to 27 years while one male volunteers belonged to age of 36 at the same time one male of age 48 and one woman age of 27 confirmed massive improvement from the depression. Anxiety problems are the maximum common psychiatric problems which may be an excessive comorbidity amongst tension (mainly generalized tension problems or panic problems) and depressive problems or amongst tension troubles, which renders remedy more complex. Anxiety is arguably an emotion that predates the evolution of man and women. Its ubiquity in people, and its presence in a number of tension problems, makes it a vital scientific awareness. Developments in nosology, epidemiology and psychobiology have caused enormous development in our expertise of the tension issues in recent years. Advances in pharmacotherapy and psychotherapy of these disorders have added realistic desire for remedy of signs and symptoms and improvement in functioning to sufferers. Neurotic disorders are essentially related to pressure, response to strain (usually maladaptive) and individual proneness to anxiety. Interestingly, each pressure and coping have a near association with socio-cultural elements. Culture can impact symptom presentation, explanation of the contamination and assist-looking for. Significance given to the signs and symptoms and that means assigned via the physician consistent with their cultural historical past also differs throughout subculture. In this manner lifestyle can effect epidemiology, phenomenology in addition to treatment outcome of psychiatric infection mainly tension problems. Present day tips do no longer suggest benzodiazepines as first-line remedies because of their potential aspect consequences. Selective serotonin reuptake inhibitors and selective serotonin norepinephrine reuptake inhibitors are endorsed as first-line treatments. Psychotherapy, in affiliation with pharmacotherapy, is associated with higher efficacy however within the current technology each man or woman together with physicians now adapting yoga-nidra as remedy or remedy to get remedy from this disorder to keep away from the side effect associated with contemporary medicinal drugs [7, 24, 25]. Yoga nidra is a splendidly effective deep rest technique for anxiety remedy and panic, releasing anxiety and enhancing health. It is critical for settling anxiety issues. Suffering from tension includes coping with a tremendously alert and over reactive mind that is continuously both on fight or flight mode. Continuously ruminating on bad mind, demanding about destiny activities, or probable situations, can get actually tiring. Our thoughts creates our international. Thus our reaction styles often come to be the supply of struggling. Someone in a tense kingdom of thoughts has with ease created limitations round her very own existence as a result impeding a free and innovative unfolding. Yoga nidra is highly effective to help loosen up this sort of thoughts and release terrible mind. Continuous practice of yoga nidra cultivates a mental experience of quietude and deep bodily and emotional relaxation in the practitioner [7]. Inside the present research work it turn out to be determined that twenty four volunteers get relief from anxiety on the same time as six have been showed no trade at day 28 compared to day zero or ordinary day, after the audio remedy for 7 days. In the above said six volunteers, four were female of age group of 25-27 years while one female was 36 year old and one were male was 42 year old showed no change in anxiety level.

Any intrinsic or extrinsic stimulus that evokes an organic response is referred to as stress. The compensatory responses to those stresses are referred to as strain responses. Based totally on the kind, timing and severity of the applied stimulus, strain can exert diverse actions on the frame starting from alterations in homeostasis to lifestyles-threatening consequences and demise. In lots of instances, the pathophysiological headaches of disease rise up from stress and the topics exposed to pressure. Those who paintings or stay in worrying environments, have a higher probability of many issues. Stress may be both a triggering or tense thing for many illnesses and pathological situations. Stressors have a prime affect upon temper, our sense of nicely-being, conduct, and health. Acute pressure responses in younger, healthful individuals can be adaptive and generally do now not impose a health burden. However, if the threat is unremitting, mainly in older or dangerous individuals, the long-time period outcomes of stressors can damage fitness. It became fantastically found that six volunteers of age group 25-30 confirmed significant improvement in stress degree as remedy at day 28 in comparison to day 0 or

ordinary day even as eighteen confirmed good to moderate sized improvement and four showed boom in stress level at the same time as one male of age 26 and one women of age 25 showed no change in tress level after undergo treatment with the prescribed audio of yoga-nidra for 7 days.

CONCLUSION

Yoga nidra is surprisingly powerful remedy to help lighten up unstable thoughts due to depression, anxiety or stress and launch terrible mind. Non-stop practice of yoga nidra cultivates a mental experience of quietude and deep bodily and emotional rest inside the practitioner. The present work revealed that yoga-nidra have to be adopt as secure treatment or remedy for the treatment of depression, anxiety and stress situation but with must be adopt for minimum 7 days to get moderate to slight impact and one to six months for most excellent effect.

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