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The result of yoga practice in Himalaya India on symptoms of depression and its correlation with gas discharge visualization chart

Background: The effect of yoga practice on the depression is evaluated worldwide. We assessed the effect of yoga on the depression, human's energy and physical bodies in our institute and observed the correlation between subjective effect of practice and charts of GDV camera (energy body and chakra system).

Methods: Clients of detox yoga retreat program (asana, pranayama, meditation, special detox vegetarian or vegan nutrition daily) were participated in the study. Subjective effect of yoga practice was assessed with internal questionnaire, depression symptoms were evaluated with HRDS17 Scale. The relationships between the symptoms of depression, subjective effect of yoga practice and GDV charts before and after the program were examined.

Results: One hundred four clients with a median age of 33, 3 years (18-73), out of 93.5% had positive subjective effect of the practice. The mean HRDS17 score was 12 (mild depression) before start of the program, after the competition of the program the mean score was four (normal). The amount of energy increased in 65% of cases; the chakra system was more align and stable in 75% after the practice.

Conclusion: There is a need to develop effective yoga programs for preventive care of depression and explore therapeutic effect of yoga.

Biography

S Pandey has obtained his Master's degree in Yogic Science and Human Consciousness, Gurukul Mahavidyalaya College Jawalapur, Haridwar from Uttarakhand Sanskrit University, Haridwar, India. He has completed his Diploma in Bachelor of Science (ZBC) in Biology from University of Lucknow, India. He began his teaching career in Yoga in Rishikesh and in fact become one of the famous teachers of Pranayama and Philosophy in Himalaya. He teaches in famous schools like Rishikesh School of Yoga and Ayurveda, World Peace Yoga School, Himalayan Yoga Academy, Swasti Yogshala and continues his activity till nowadays. He has experience of work in foreign countries and gives many international Workshops in Russia, Poland. He has teaches in Nepal, Tibet, Thailand, Russia and many other countries.

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