

Role of Yoga in the treatment of Bipolar Disorder

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INTRODUCTION

Bipolar disorder is a mental health issue that affects your energy levels, emotions, and overall capacity to operate. "Mood episodes," or bouts of extreme emotional states, are common in people with bipolar disorder. Bipolar disorder has been proven to be exacerbated by stress. Anything that reduces stress and anxiety could be beneficial in the treatment of bipolar illness. Yoga can be a beneficial complement to a bipolar disorder treatment regimen. It has physical, meditative, and emotional components that may aid in the management of your condition. Many people find yoga to be relaxing. It consists of a combination of regulated movement, breathing, and meditation. This combo might make you feel both calm and energized [1, 2]. By focusing on your flexibility and balance, yoga can help you improve your overall physical fitness. Exercise (flexibility, aerobic, and strength) is the foundation of overall health, along with proper sleep and a balanced diet. A good overall health can aid in the management of a chronic illness such as bipolar disorder.

WHAT IS THE PROCESS?

Yoga usually entails stretching and balancing your body in certain stances known as poses, as well as regulated breathing and meditation. This combination frequently makes people feel calmer while also energizing them. It may assist you in coping with stress. If you have bipolar disorder, stress might set off mood swings. Yoga comes in a variety of levels and styles. The following are some of the varieties of yoga that you might find at a yoga studio:

- Iyengar yoga, a calming style of yoga that employs props such as blocks to help you hold a posture
- Hatha yoga, a gentler type of yoga that is suitable for beginners and is commonly used to help manage stress
- Bikram yoga, commonly known as "hot" yoga, is performed in a heated room;
- Vinyasa yoga, also known as "flow" yoga, is frequently faster paced and harder for novices.

- Power yoga, which is a style of vinyasa yoga that focuses on fitness.

Yoga should not be used in place of traditional bipolar disorder therapies. You should continue to take any drugs that your doctor has prescribed. Alternative therapies, such as talk therapy, may be recommended by your doctor [3].

WHO CAN PARTICIPATE IN YOGA?

Yoga has been done by a wide range of individuals for thousands of years and is usually considered safe. It is a skill that almost everyone can master. Poses that are within your skill range should be practiced.

CONSEQUENCES

Yoga is usually thought to be safe; however persons with specific medical issues should exercise caution. Pregnant ladies, persons with glaucoma or other eye disorders, and people with physical constraints are also included [4]. According to a study conducted by Brown University, while the majority of patients with bipolar disorder who practiced Hatha yoga had beneficial outcomes, some people also reported unpleasant side effects. Agitation from fast breathing and feelings of self-doubt about their talents were among them. It may be most beneficial to practice yoga in an area where you feel comfortable and accepted and where you are able to do so [5]. Before beginning yoga, as with any workout regimen, it's a good idea to consult your doctor.

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