

IYENGAR YOGA & TREATMENT FOR DEPRESSION



RESEARCH SUMMARY

Major Depressive Disorder is the leading cause of disability in the United States for ages 15-44, affecting more than 15 million American adults nationwide (ADAA, 2016). Results of a study showed the effectiveness of Iyengar Yoga, in addition to standard medical care, to improve the symptoms of chronic depression. Iyengar Yoga participants reported significant immediate changes in mood after each class. The study also showed:

- Reduced Symptoms of Depression
- Less Anger
- Lower Levels of Anxiety
- Fewer Neurotic symptoms
- Reductions in stress responsivity



METHOD

Seventeen (17) primary participants attended 60-90 minute classes over an 8-week period, approximately three sessions a week with a total of 20 sessions. Classes were led by Certified Iyengar Yoga Teachers (CIYT). Inversion, back bending, and restorative sequences were taught in a progressive manner.

YOGA SEQUENCE

- Urdhva Hastasana
- Virabhadrasana II
- Utthita Trikonasana
- Virabhadrasana I
- Prasrita Padottanasana (standing upright, looking up)
- Sirsasana
- Adho Mukha Vrksasana
- Ustrasana
- Urdhva Dhanurasana with upper back supported over top of chair
- Urdhva Dhanurasana with support for hands
- Urdhva Dhanurasana dropping back, hands to wall
- Adho Mukha Svanasana
- Bharadvajasana on chair
- Salamba Sarvangasana
- Setubandha Sarvangasana with support
- Savasana on bolster, with eyes open

FOR MORE INFORMATION

This information is a summary of "Yoga as a Complementary Treatment of Depression: Effects of Traits and Moods on Treatment Outcome" available on <https://iynaus.org/research/research> Shapiro, D., Cook, I. A., Ottavianai, C., Leuchter, A. F., & Abrams, M. (2007, February 28). *Journal of Evidence-Based Complementary & Alternative Medicine*

Yoga intervention credit to Marla Apt & Paul Cabanis.

To find a certified Iyengar Yoga Teacher (CIYT) in your area, click on "Find a Teacher" at IYNAUS.ORG



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