

## DEPRESSION

Depression has been called "the common cold of mental health." We all know that everybody feels down or pessimistic from time to time. It is normal.

### DEPRESSION

It is a mental condition characterized by feelings of severe despondency, dejection, inadequacy and guilt. Also often accompanied by lack of energy and disturbance of appetite and sleep.

#### CAUSES OF DEPRESSION

1. **Environmental** - Cramped living conditions, loss of something significant etc.
2. **Interpersonal** - Relationship problems, conflicts with family members, any death in family or known
3. **Physical/Medical/Biological** - Genetic predisposition, Hormonal imbalances, dealing with illness or infection, sleep deprivation, chronic anxiety
4. **Diet/Exercise** - Getting by on fast food, sugar, caffeine, **alcohol**, and other relatively non-nutritious items, **substance abuse**, lack of exercise

#### SIGNS & SYMPTOMS

1. **Feelings of helplessness and hopelessness** - A bleak outlook— as if there's nothing one can do to improve situation
2. **Loss of interest in daily activities** - No interest in former hobbies, pastimes, social activities, or sex.
3. **Anger or irritability** - Feeling agitated, restless, or even violent, low tolerance level
4. **Loss of energy** - Feeling fatigued, sluggish, and physically drained
5. Whole body may feel heavy, and even small tasks are exhausting or take longer to complete
6. **Appetite or weight changes** - Significant weight loss or weight gain
7. **Sleep changes** - Either insomnia, especially waking in the early hours of the morning, or oversleeping
8. **Self-loathing** - Strong feelings of worthlessness or guilt

9. **Concentration problems** - Trouble focusing, making decisions, or remembering things

10. **Unexplained aches and pains**- An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain



#### DIMENSIONS OF DEPRESSION

- **Frequency:** How often do you feel down or depressed?
- **Severity:** How bad is it? Totally hopeless and stuck in a dark hole? Or just kind of feeling lousy and negative?
- **Duration:** How long does it last?

#### TYPES OF DEPRESSION

Few common types of depressions are:

1. Major depression
2. Chronic depression (dysthymia)
3. Bipolar disorder
4. Seasonal depression (SAD or Seasonal Affective Disorder)
5. Psychotic depression
6. Postpartum depression

#### DEPRESSION & AYURVEDA

In Ayurveda Depression is known as Vishada; which is like Vsha (Poison). It is of following types:

1. Vata, 2. Pitta, 3. Kapha and 4. Dwandja

## Home Remedy

2 cardamom boil in one glass water and drink this as a tea twice a day.

## YOGIC MANAGEMENT

### ShodhanKriya – Purificatory Processes

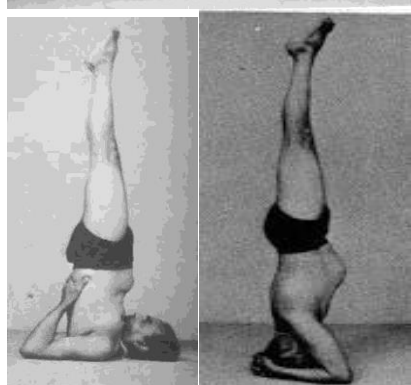
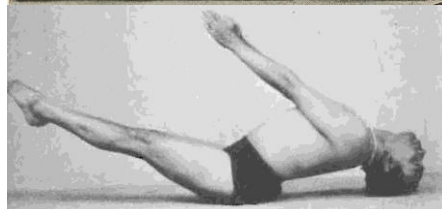
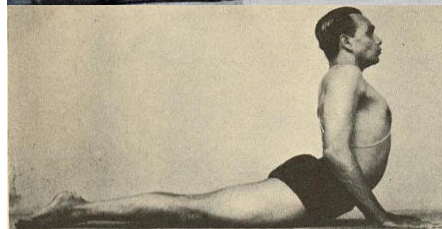
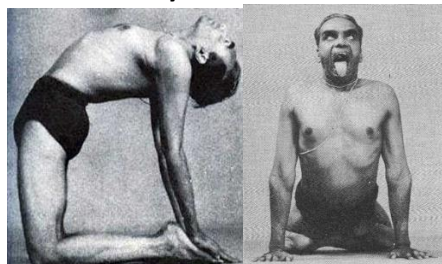


1. JalaNeti



2. Trataka

## ASANAS – Physical Postures



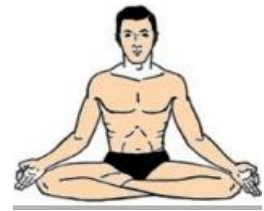
Asanas like Bhujangasana, Ushtrasana, Shimhasana, Halasana, Sarvangasana, Shirsasana, Chakrasana, Naukasana are very beneficial.

Regular practice of **Surya Namaskar** and few other dynamic exercises have excellent result in overcoming depression.

## PRANAYAMA – Breathing Exercises



1. Kapalabhati



2. Ujjayi

Researches have shown that OM chanting has following effects in managing depression:

- “OM” chanting (5 – 10 seconds ) and then Go up to 15 seconds with a rest of 5 -10 seconds brings about mild excitation of Motor cortex in brain.
- Improves the breathing
- Keeps the Heart Healthy
- It deactivates or calms the Limbic brain – which controls emotions
- Reduces fear and negativity.



## FUTURE EVENT

- **WORKSHOP**  
**FUNDAMENTALS OF AYURVEDA on**  
**26<sup>th</sup>November (THURSDAY) 2015,**  
**5:00 – 6:30 pm at ICC Yoga Hall.**

**INDIAN CULTURAL CENTRE  
PARAMARIBO**

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