

A Study of Effect of Yoga in the Treatment of Post-Traumatic Condition of COVID-19

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Abstract- Yoga is a Psycho-somatic approach that increase Physical, Mental, Emotional and Spiritual strength and connection. It has been shown in the presented research paper that Yoga had a positive impact on our lives in the treatment of the post-traumatic condition that arose after Covid-19. Yoga practice enhance our immunity power and keep us healthy. By doing Yoga, not only the body remains healthy, but yoga also keeps our body Mentally Strong. When the whole world was badly affected by the Corona Pandemic, and was in the crises of COVID-19 and gripped by different type of deadly ways with alarming variant like, (Omicron delta) etc, then people gradually included Yoga in their lifestyle and adopted it as their daily routine due to the Coronavirus crisis. The past time spent under the shadow of Corona is an important example. COVID-19 has affected the common life in a substantial way, this dangerous virus had a vast impact on Education System or Corporate sector too. If people did yoga during that period yoga, it can reduce the symptoms of Stress as well as Depression to a great extent. The whole world has accepted the miracle of Yoga during the Corona Pandemic.

Keywords - YOGA, MENATL TRAUMA, POST COVID-19 CONDITION, PENDEMIC.

OBJECTIVE - Healing the Post-traumatic condition that has arisen after Covid-19 with the help of Yoga.

INTRODUCTION-

The COVID-19 Pandemic first became apparent in Wuhan, China. It has rapidly spread to all continents. In persons who develop clinical illness in response to SARS-CoV-2, the respiratory system is the most commonly affected. However, the virus can affect any organ in the body. In critically ill patients, multiple organs are often affected. The virus binds to angiotensin converting enzyme 2 (ACE2) receptors present in vascular endothelial cells, lungs, heart, brain, kidneys, intestine, liver, pharynx, and other tissue. *1 Some people, especially those who had severe COVID-19, experience multiorgan effects or autoimmune conditions with symptoms lasting weeks, months, or even years after COVID-19 illness. Multi-organ effects can involve many body systems, including the heart, lung, kidney, skin, and brain.

REVIEW OF RELATED LITERATURE-

Adolescents reported higher rates of depression and anxiety associated with the pandemic, and in study 14.4% of teenagers report post-traumatic stress disorder, whereas 40.4% report having depression and anxiety. *2

In another survey adolescent boys reported a significant decrease in life satisfaction from 92% before COVID to 72% during lockdown conditions. For adolescent girls, the decrease in life satisfaction was from 81% before COVID to 62% during the pandemic, with the oldest teenage girls reporting the lowest life satisfaction values during COVID-19 restrictions. *3

A study conducted in Norway measured aspects of socialization and mood changes in adolescents during the pandemic. The opportunity for prosocial action was rated on a scale of 1 (not at all) to 6 (very much) based on how well certain phrases applied to them, for example, "I comforted a friend yesterday," "Yesterday I did my best to care for a friend," and "Yesterday I sent a message to a friend." They also ranked mood by rating items on a scale of 1 (not at all) to 5 (very well) as items reflected their mood. *4

In times of an epidemic, people tend to experience fear of getting infected with the virus/disease resulting in anxiety, stress, and depression, etc. (Hall et al. [2008](#)). *5

Stress can be explained as a feeling of emotional and physical tension which arises from any event that threatens our homeostasis (Selye [1956](#)). *6

On the other hand, the fear of the unknown is termed as anxiety, that is the body's natural response to stress (Holland [2018](#)). *7

Depression is viewed as a state of disinterest in daily activities. It is surmised that people facing a pandemic with no vaccination would result in fear of the unknown (in this case, the coronavirus) making them anxious, stressed and depressed. Keeping in mind the concerns regarding psychological distress raised around the globe, Xiang et al. ([2020](#)) have argued for a timely action on mental health during the Covid-19 pandemic. *8

The World Health Organization (WHO [2020](#)) has also issued public interest guidelines to address psychological issues that may arise. *9

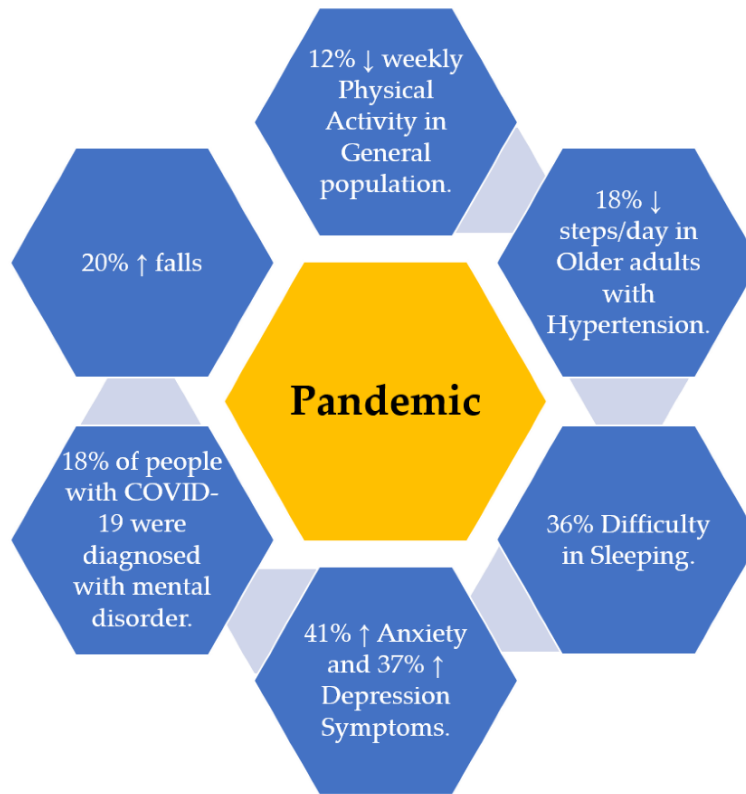
What is alarming is the heightened fear related to the coronavirus culminating in people committing suicides (Goyal et al. [2020](#); Mamun and Griffiths [2020](#)). *10

A study by Wang et al. ([2020](#)) reported severe psychological distress (anxiety, stress, and depression) during Covid-19 among Chinese nationals. *11

Similarly, another research on Chinese nationals found psychological distress such as stress, anxiety, and depression quite common and hence, alarming (Qiu et al. 2020). *12

Evidently, people’s mental health was badly affected during pandemics such as SARS. For example, Leung et al. (2003) found that his respondents reported experiencing anxiety during SARS. *13

Moreover, stress, depression, and anxiety were also found to be common among people during SARS (McAlonan et al. 2007), however, these were significantly higher for the high-risk population such as health workers. *14



Physical life of human being affected after COVID-19-

1. **Physical fatigue-** Fatigue is a normal part of the body's response to fighting a viral infection like COVID-19. This fatigue persists for some time after the infection has cleared. A person suffering from this infection may become more sleepier, feel unsteady on their feet, find it difficult to stand for long periods of time, and lose their ability to concentrate and their memory. Can also affect people, so the person suffering from corona should be treated in this way Common symptoms may appear.

2. **Muscle Pain and Weakness-** The corona pandemic affected a variety of organs as well as the musculoskeletal system of the human body. Due to which man had to face many types of diseases, such as fatigue, muscle pain and muscle weakness etc. These symptoms may persist for weeks or months after the end of the infection. Due to which there was a great impact on the daily life of an individual, and to get rid of these diseases, people adopted yoga, techniques asanas and pranayama in their daily life.

3. **Joint Pain-** People had to face joint pain after recovering from Corona. Even though the vaccine of coronavirus had come, but even after getting rid of its infection, people will see the opposite effect, in fact, coronavirus had a long-term effect on the joints of people, and even after recovering from the infection, many people suffered from bone fractures. Related problems, especially such as weakness or pain in the joints Had to face difficulties to get quick relief from these symptoms, so they included yoga in their lives and 90% people got relief by practicing yoga daily.

Mental life of human being affected after COVID-19-

1. **Depression-** During corona infection, there is a severe lack of oxygen in some patients and due to not getting enough oxygen to the body, many people have a profound effect on the mind, due to symptoms like amnesia and depression are seen in many people and shows that the corona virus can also affect the brain and nervous system.

2. **Anxiety-** The 21-item DASS version was used to assess depression, anxiety, and stress. There are 7 items for each subscale. The responses were collected on a 4-point rating scale ranging from 0 “didn’t apply to me at all” to 3 “Applied to me very much or most of the time”. Cronbach’s alphas were found to be 0.85 for stress subscale, 0.75 for anxiety and 0.80 for depression subscales. The aggregated number for each subscale was multiplied by 2 and interpreted as suggested by the authors (Lovibond and Lovibond 1995).*15 The severity ratings used to interpret are shown below: *16

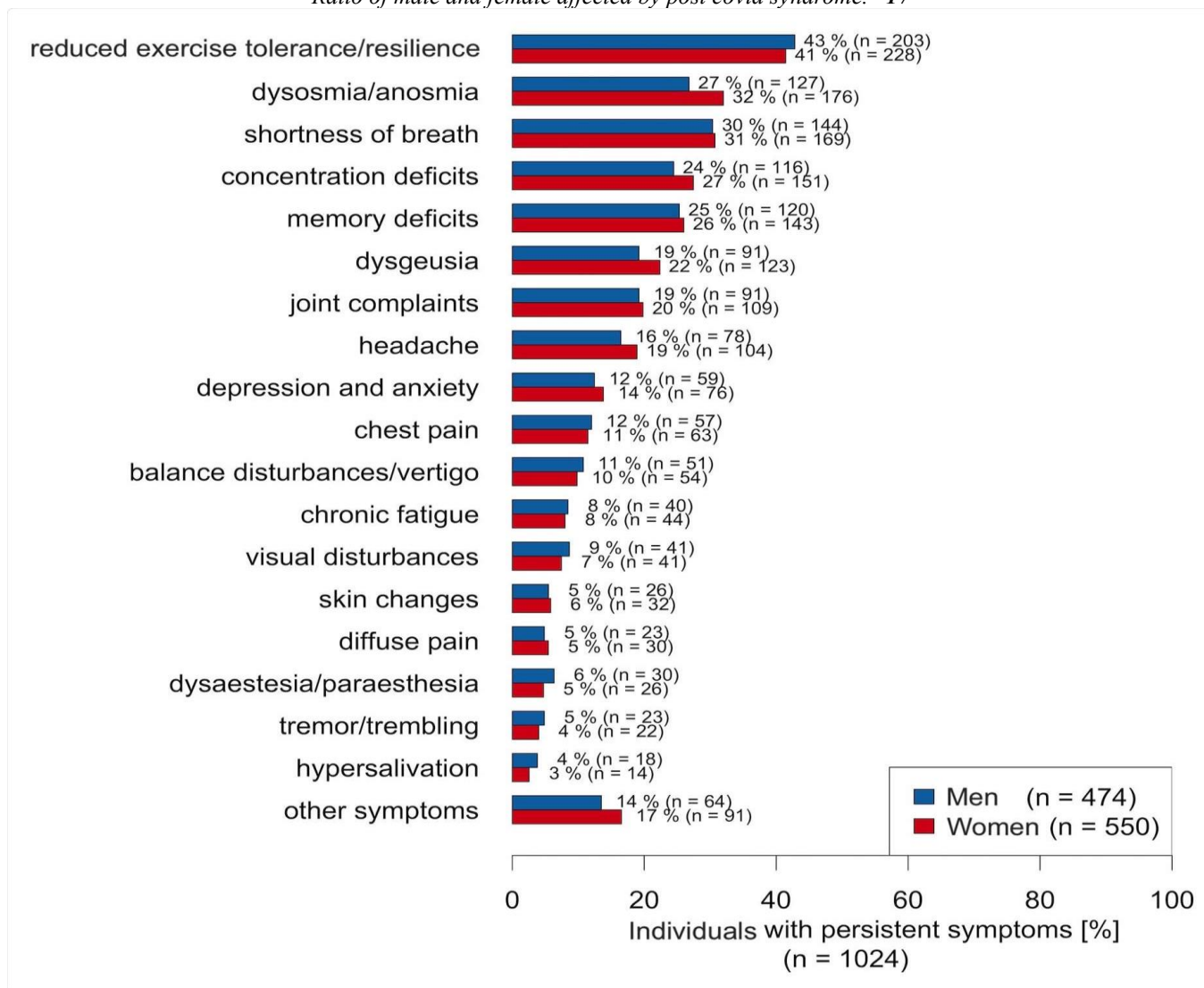
Severity	Depression	Anxiety	Stress
Normal	0–9	0–7	0–14

Severity	Depression	Anxiety	Stress
Mild	10–13	8–9	15–18
Moderate	14–20	10–14	19–25
Severe	21–27	15–19	26–33
Extremely severe	28 +	20 +	34 +

Define the Post COVID-19 Syndrome-

Most people with COVID-19 get better in 2 to 4 weeks. However, in some patients, COVID-19 symptoms persist for more than 4 weeks. Such a condition is known as acute post covid syndrome. If symptoms persist after 12 months, it is known as post covid syndrome.

*Ratio of male and female affected by post covid syndrome. *17*



Common Symptoms of Post COVID-19 and its Diagnosis Process-

- 1. Deficiency of power-** After facing a serious disease like corona, people felt weakness and fatigue in their body for a long time. Yoga helps in making the body healthy and strong. After recovery from corona, the strength of the body can be regained by doing some open yogasanas.
- 2. Breathing problem-** After COVID-19 people faced a general problem of breathing. Even young and healthy people continue to face lungs related problems even after complete recovery, because these epidemic attacks the lungs first. Covid-19 patients were advised to do deep breathing exercise i.e., Pranayama. Exercising strengthens the lungs, so people got rid of this problem by practicing yoga regularly.
- 3. Nervousness-** Coronavirus has affected every part of the Global society, due to the panic of this epidemic, people became victims of panic and depression, in such a situation, the feeling of security about their health increased, due to which a strange fear had settled in their mind. People were mentally affected.
- 4. Loss of taste and smell-** Loss of taste and smell were more common symptoms in the early stages of the epidemic. Which is also called anosmia. Taste returns quickly in most cases, while foulness takes longer.

- 5. Sleeping Disorder-** Insomnia, sleep fragmentation and nightmares have become more common among the general population in the context of COVID-19 (“coronasomnia/COVID-somnia”). Female gender, pre-existing psychiatric conditions, urban living, exposure to COVID-19 related news and lack of social support are the main drivers. The appropriate management strategy remains unclear. *18

CONCLUSION-

- It has been shown in the presented research paper that the effect of yoga on people in the treatment of post-traumatic condition that arose after Covid-19, people faced many problems due to this disease. The maximum effect of Covid-19 was on the lungs of people. Due to which they had to face breathing problems. Many people continue to feel extreme fatigue and weakness several weeks or months after recovering from COVID-19, and some people experience difficulty breathing even after they have fully recovered.
- It can happen to anyone who recovered from COVID-19, completely asymptomatic or having mild, moderate, severe or critical symptoms. Some common signs and symptoms of post covid complications observed after recovery that include: Body pain, Joints pain or headache. High blood sugar (hyperglycaemia), breathing problem, nervousness, loss of taste and smell, insomnia, anxiety and depression etc faced problems.

SUGGESTIONS-

- In this case, the age-old practices of yoga and meditation can help reduce stress, strengthen the immune system, improve blood flow, and release muscle tension. The abundant health benefits of yoga and meditation have proved to reduce stress and anxiety among individuals.
- Relaxation can be used to overcome these physical symptoms of anxiety. Patient could try doing an activity that already feel them calm – for example, reading a book, taking a bath, sitting outside, or taking a short walk. One can also try specific relaxation techniques i.e., Gyan Mudra, Bhramari Pranayama.
- In COVID-19 Pandemic people had fight with Mental illness/Disturbance and as we know. Our brain controls our body. Due to the Corona period, people had to face mental illnesses. So, to diagnosis it, regular practice of Kapalbhathi Pranayama brings freshness, peace and happiness to the body of people, which provide benefit to brain, balancing the body weight, and maintains the speed of breathing. This pranayama cures many diseases. helps to fix. During the epidemic, problems related to skin diseases were seen, for its diagnosis, regular practice of Suryabhedhi Pranayama is very beneficial.
- If a person’s metabolic activity decreases, then these major asanas should be practiced to increase it i.e., Halasana or plow Pose, Ustrasana or Camel Pose, Sarvangasana or Shoulder Stand Pose, Shalabhasana or the locust Pose etc.
- Meditation also proved to be a boon for the people during the Corona period. By meditating, along with mental health, physical health and kept people healthy. Regular meditation can control stress, anxiety, sleep disturbance, and can also control’s our diverted mind and provide a sense of mental peace increase the ability to remember. With the help of meditation, you can control the running mind, as well as stabilize your mind.

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