

AN OBESERVATIONAL STUDY TO UNDERSTAND THE EFFICACY OF SRI LALITHA SAHASRANAMA ON ANXIETY PATIENTS

Dr Srilalitha Avinash , Ms Suchithra J K

Phd scholar in yoga ,Sri Jagadishprasad Jabarmal Tibrevala University, Jhunjhun, Ragasthan

Pg Diploma In Yoga, Sri Trinetra International Institute Of

Yogic Studies, Srirangapatna, Karnataka Samskrit University

Chamarajpet, Bengaluru.

ABSTRACT

The aim of the study is to reduce the anxiety among the patients through by chanting Sri Lalitha Sahasranama (bhakti yoga) method. A sample of 32 anxiety members (age 20 to 65) from different professions having symptoms of anxiety, had participated in a Randomized controlled trial pre-post experiment. They were allocated to the Bakthi Yoga group (n = 32), had a 1-hour session, 5 days in a week for 1 month and continued for 12 weeks. Bakthi Yoga group were given practices such as AUM chanting, and Sri Lalitha Sahasranama chanting, under the expert guidance of the instructor. All outcome measures will be recorded before (baseline values) and after 12 weeks of chanting (post intervention). Readings were taken and mean value was recorded. The measures included in Beck Anxiety Inventory (BAI).

KEY WORDS

Bhakti yoga; Anxiety, AUM, Sri Lalitha Sahasranama;

1.INTRODUCTION

ANXIETY DISORDER: Anxiety can be explained as the bodily response to distress or stress includes the feeling of uneasiness, worries, and overreaction to a subjectively threatening situation. Bodily response accompanied by restlessness, fatigue, muscle tension, breathlessness, and problems in concentration. Anxiety disorders are omnipresent across human cultures. The prevalence is approximately 1 in 10 people. Still having a high rate of prevalence, the disorders of anxiety are generally not considered and did not get recognized, which ultimately left untreated. The prevalence of specific anxiety disorders seems to vary between cultures and countries. According to World Health Organization, mental illness

makes up 15% of the global burden of disease. Depression and anxiety conditions both add to this burden.

In ancient India, it was mentioned that merging happiness with others happiness is love . It is an emotional state that leads to the excellence and becomes emotional excellence that is called Bhakti in yogic language. When we bind our emotions in limits, it may be cause of many psychological disorders such as depression, stress, anxiety etc. Bhakti may be said that it is a cleaning process of negative emotions such as anger, anxiety, contempt, disgust, embarrassment, fear, guilt, offence, sadness etc. Shikha Rani [5] reports that emotional maturity increases with devotional songs (Kirtan), Many of researches on different types of Bakthi yoga chanting conclude that meditation is the relaxation process of mind, and it also helps to cope up with pain. It reduces Cholesterol levels, Cortisol levels, and blood pressure decrease depression, and headaches. Davison et al. [10] first time found that Bakthi yoga increases anterior activation in left side of mind.

AUM is said to be the original, primordial tone of the universe—the original sound of creation, AUM is considered the source (basis) of all the mantras. It is the highest and the purest. It has the potency to divinize and purify all other verbal expressions and word forms. Hence, it is often used as a prefix to all other mantras to infuse them divine power and purity. Therefore, Mantras constitute the core of Vedic religion and the divine culture of India. Maharishi patanjali says: OM is the word denoting God. Pranav (AUM) is the crown of all mantras. We should contemplate it again and again as it is a great power.

The Sri Lalitha Sahasranama is a worshipful adoration of the Universal Mother, Lalitha Devi, with a recitation of her Thousand Names Each name represents a quality of the highest beauty, excellence or power. A recitation of these names brings to the devotee an extraordinary range of impacts. At the simplest level, given the phonetic excellence of the Sanskrit language in which the names are composed, it establishes a high quality of clarity of speech. Repeated recitation establishes a strong, if not phenomenal memory. In short, each recitation simply raises the ethical and aesthetic level of the devotee’s existence. Elevating existence from the human to the level of the divine is the conscious purpose of these ancient Stotra or hymns of

adoration. The Stotra provides the simplest possible approach for the common man to meeting his needs of psychological support on the basis of the emotional rather than on the intellectual facet of his personality. And the Lalitha Sahasranama is considered the Queen of the Stotras.

2. OBJECTIVES OF THE STUDY

- The objective of the study is to provide a 12-week of AUM chanting followed by Sri Lalitha Sahasranama chanting to members who are facing symptoms of anxiety in their daily life.
- Investigate the effectiveness of the intervention in the reduction of psychological anxiety.

3. METHODOLOGY

The methodological process involved in the following study is described in detail here.

MATERIALS

Protocol of Bhakthi yoga for 60 minutes has been prepared after discussing with the peer group, resource persons of Bhakthi yoga and referring to the Sri Lalitha Sahasranama, which is used in this study to Reduce Anxiety level in patients.

The scale BAI used to assess the Anxiety, a copy of it form has been attached in.

Registration forms were used to register the students for the Sri Lalitha Sahasranama sessions for the 21 days.

Before class began, all students had their readings for the BAI Questionaries completed. Feedback forms were used to take the feedback from the students to know their feedback of Sri Lalitha Sahasranama sessions.

Inauguration was done before the starting of the sessions.

Sri Lalitha sahasranama has been taught for 21days and continued chanting for 3Months.

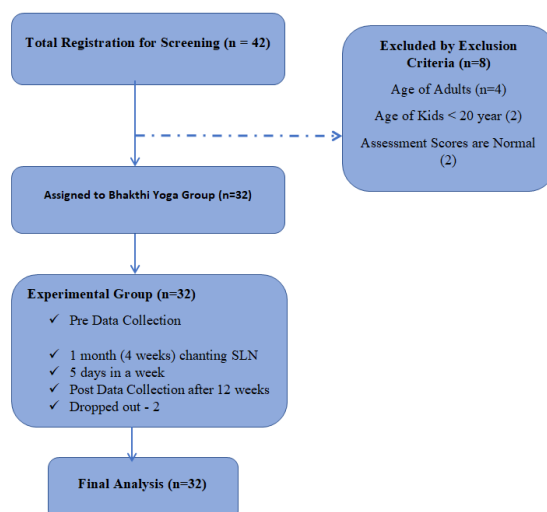
After three months of classes, readings for the BAI Questionaries have been collected for every student.

Valedictory function was done after the completion of the SLN sessions.

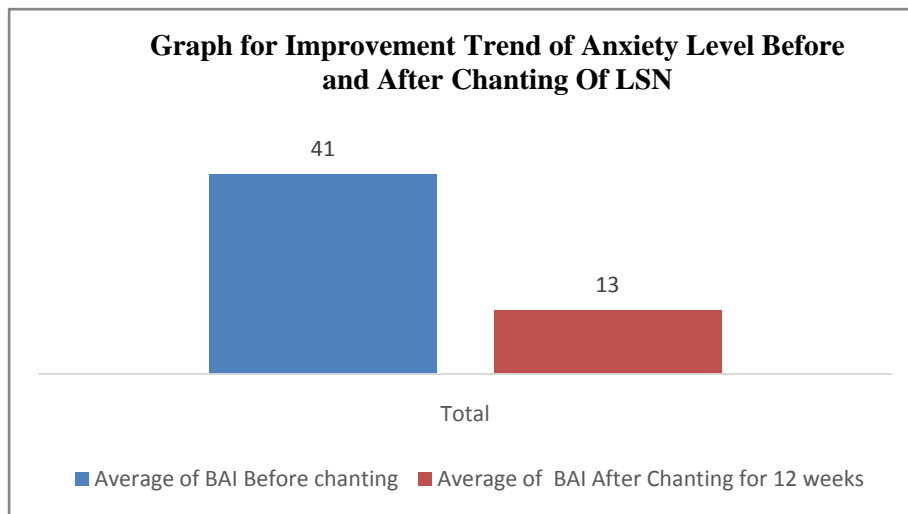
Interpretation

The Beck Anxiety Inventory (BAI): The BAI is a rating scale used to evaluate the severity of anxiety symptoms. The scale was developed by Aaron T Beck, MD (Beck et al., 1990; Steer and Beck, 1997). The BAI contains 21 self-report items (Beck et al., 1996b). The items reflect symptoms of anxiety, including: numbness or tingling, feeling hot, wobbliness in legs, ability to relax, fear of the worst happening, dizziness or lightheadedness, pounding or racing heart, unsteadiness, feeling terrified, feeling nervous, feeling of choking, hands trembling, feeling shaky, fear of losing control, difficulty breathing, fear of dying, feeling scared, indigestion or abdominal discomfort, faintness, face flushing, and sweating. Each item allows the patient four choices from no symptom to severe symptom. For each item, the patient is asked to report how he or she has felt during the past week. The items are scored as 0, 1, 2, or 3. The score range is 0–63. A total score of 0–7 is considered minimal range, 8–15 is mild, 16–25 is moderate, and 26–63 is severe. The BAI can be given to the same patient in subsequent sessions to track the progression or improvement of the anxiety. The test is designed for self-report in individuals aged 17 and up.

Study design



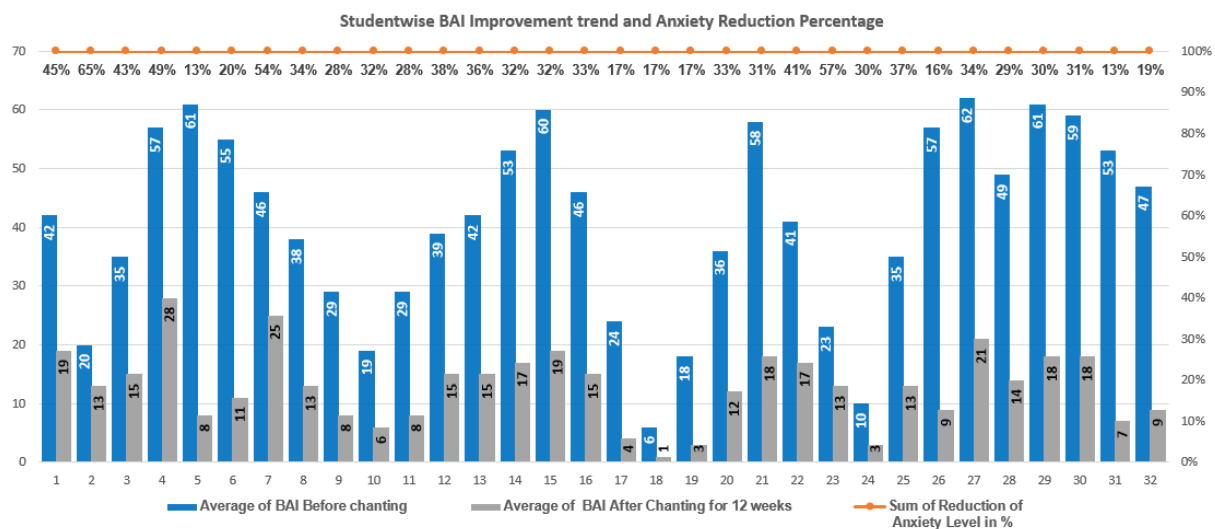
4.OBSERVATIONS



Graph1:Graph for Improvement Trend of Anxiety Level before and After Chanting Of LSN

5.RESULT

This Graph shows that before chanting of LSN, the Average BAI value for 32 members is 41 and After chanting LSN for 12 weeks, the Average value of BAI is reduced to 13.



Graph2: Shows that Studentwise BAI Improvement trend and Anxiety Reduction in Percentage.

In the present study, there is a significant decrease in BAI Anxiety scores in Bhakthi yoga group. Average BAI value for 32 members is 41 and After chanting SLN for 12 weeks the

Average value of BAI is reduced to 13. Also, there is a significant decrease in BAI Anxiety scores from moderate to mild anxiety in Bhakthi Yoga group.

The present study has shown that self-reported symptoms of anxiety, depressed mood decreased, also, Positive well-being, self-control, general health and vitality increased. There is a significant increase in Satisfaction with Life Scale scores.

6.CONCLUSION

In anxiety disorders, it becomes important to reduce the level of anxiety as a part of prevention and management of the illness. Among the various approaches to reduce the level of anxiety and to improve the quality of life of patients, Bhakthi yoga therapy may be the best option that combines the physical elements of a healthy lifestyle with prescriptions for abiding mental peace and aiming at spiritual health. Therefore, if a strong research, database on positive effects of Bhakthi yoga therapy on anxiety disorders is made available, then the patients who would prefer to undergo drugless therapy for anxiety disorders yoga therapy seems to be a better alternative.

Proper training by a skilled Bhakthi yoga therapist and 45-minutes to one hour practice every day will maximize the benefits. Bhakthi Yoga therapists have to take responsibility in encouraging patients to maintain their yoga practices and follow ups. Bhakthi Yoga therapy has a definite place in the treatment of the rapidly increasing anxiety disorders of the present-day world, both from the preventive and curative points of view. To conclude, Yoga therapy is one of the alternative systems of medicine where yoga principles and yoga techniques are used to prevent, promote and cure the physical, mental and psychosomatic disorders.

Thus, Bhakthi yoga therapy being developed scientifically as research studies and experiments are being conducted on various yoga techniques to bring the best therapeutic aspects of them. And those studies are also incorporated in yoga therapy modules for the treatment of various disorders, and there fore, yoga therapy modules are research based. Hence, Bhakthi Yoga therapy may provide an inexpensive, effective alternative to conventional treatments presently used in the treatment of psychiatric disorders.

7.REFERENCES

1. Bhushan, L. I. (2004, January). Yoga: An instrument for psychological transformation. In *Indian Journal of Community Psychology*, 1(1) 11-24.
2. Srinivasan, T. M. (1981). Electrophysiological correlates during yogic practices. *The Yoga Review*, 1, 165-173.
3. Desikachar, T. K. V. (2005). *Health, healing and beyond: Yoga and the living tradition of Krishnamacharya*, (cover jacket text). Aperture, USA. ISBN 13.
4. Bhanumathi Narasimhan. *The secret of mantra chanting*. Available at <http://www.artofliving.org/secret-mantrachanting>. Accessed on 21/8/16 at 7:37 Pm.
5. Miyake A, Friedman NP, Emerson MJ, Witzki AH, Howerter A, Wager TD. The unity and diversity of executive functions and their contributions to complex “Frontal lobe” tasks: A latent variable analysis. *Cogn Psychol*. 2000;41:49–100. [PubMed] [Google Scholar]
6. West RL. An application of prefrontal cortex function theory to cognitive aging. *Psychol Bull*. 1996;120:272–92. [PubMed] [Google Scholar]
7. Panza F, Frisardi V, Capurso C, D’Introno A, Colacicco AM, Chiloiro R, et al. Effect of donepezil on the continuum of depressive symptoms, mild cognitive impairment, and progression to dementia. *J Am Geriatr Soc*. 2010;58:389–90. [PubMed] [Google Scholar]
8. Simon SS, Yokomizo JE, Bottino CM. Cognitive intervention in amnesic Mild Cognitive Impairment: A systematic review. *NeurosciBiobehav Rev*. 2012;36:1163–78. [PubMed] [Google Scholar]
9. Roberts RO, Geda YE, Cerhan JR, Knopman DS, Cha RH, Christianson TJ, et al.

Vegetables, unsaturated fats, moderate alcohol intake, and mild cognitive impairment. *Dement*

GeriatrCognDisord. 2010;29:413–23. [PMC free article] [PubMed] [Google Scholar]

10. Wilson RS, Barnes LL, Aggarwal NT, Boyle PA, Hebert LE, Mendes de Leon CF, et al.

Cognitive activity and the cognitive morbidity of Alzheimer disease. *Neurology.*

2010;75:990–6. [PMC free article] [PubMed] [Google Scholar]

12. Abou-Dest A, Albinet CT, Boucard G, Audiffren M. Swimming as a positive moderator

of cognitive aging: A cross-sectional study with a multitask approach. *J Aging Res.*

2012;2012:273185. [PMC free article] [PubMed] [Google Scholar]

13. Xiong GL, Doraiswamy PM. Does meditation enhance cognition and brain plasticity?

Ann N Y Acad Sci. 2009;1172:63–9. [PubMed] [Google Scholar]