

Working Together, Psychology and Yoga



Elvira Ivone González Jaimes*

Autonomous University of Mexico State, Mexico

Submission: October 11, 2019; **Published:** November 19, 2019

***Corresponding author:** Elvira Ivone González Jaimes, Autonomous University of Mexico State, Mexico

Keywords: Psychology; Sociocultural spaces; Traditional anatomy; Cosmic body; Yoga experience; Specific behavior; Conceptualizations; Sexual dysfunction; Anxiety; Depression disorders; Anxiolytic; Antidepressant drugs; Long-term efficacy; Physiological alignment; Homeostasis; Anxious psychiatric disorders; Deductive method; Cornerstone

Opinion

Psychology as a science of behavior to know, understand and improve the conscious and unconscious states of the human being. The scientific method is applying to know and understand human behavior. Through which measurable and repeatable social representations are constructed, that can start from the inductive method (particular to the general) or the deductive method (general to the particular). By measuring behaviors in a valid and reliable way, we can predict behaviors and the procedures that generate them. So here we not only know what (specific behavior) but how (understanding) human behavior from a social perspective. The personal conceptualizations, derived from the subjective experiences in specific sociocultural spaces, also possess characteristics to the belonging group and for that reason, specific treatments prescribed, starting from general behaviors and adapting them to the particular case for the intervention in improvements.

Yoga employs the traditional anatomy of yoga to guide patients or students to experience the five koshas (layers) session. The physiological alignment of the patient stimulates a corresponding internal alignment, allowing the physical body to open up and connect with the cosmic body. One's consciousness deepens and expands to include all layers of being physical, pranic, mental/emotional, intuitive, and pure consciousness. Therapeutic sessions designed to draw attention to specific koshas (layers) and guide patients to experience their practice through these five levels of being for different purposes. The first layer treated is the physical because it is the center of control and balance, from the point of view of security. It often initiated in the physical part to the mental, forming centuries to preserve health considering itself as the cornerstone. As yoga is fundamentally an experimental inner research, students are encouraged to be aware of the control points and to explore how the posture in their body feels and manifests during any yoga experience. Each

session has a theme intended to further encourage the patient's inner journey.

Yoga has often used as an alternative or complementary intervention for Anxiety and Depression Disorders, and these psychiatric disorders considered recurrent in this human age. The use of Yoga is beneficial to reduce the doses of medication with side effects, lack of response or adherence to treatments. There are studies that have shown that anxiolytic and antidepressant drugs have side effects; among the most frequent we can mention some: limited long-term efficacy [1], generate dependence [2], affect cognition and memory and produce sexual dysfunction [3], increased appetite and weight and headache [4]. What causes the patient in treatment with medication causes another concern, affecting the improvement of his condition. The therapeutic of Yoga as an alternative treatment frequently used in anxious psychiatric disorders and / or mild to moderate depressive and as a complement in moderate to severe. In both cases, it is always going to be beneficial because Yoga acts as a path towards the awakening of the being. The introjection and the consciousness it reveals is homeostasis based on physical and mental health.

Physical because it regulates endocrinological and vegetative functions, the hypothalamus produces diverse responses to internal and external environmental alterations. The regulation of the physical mind helps the balance of ideas. The ideas are the activators of the sympathetic nervous system that causes the increase in heart rate, blood flow to muscles, glucose levels, cellular metabolism, synthesis of adrenaline and noradrenaline that triggers ideas and actions. The cyclic cause and effect interrupted by feedback [5]. Yoga sessions are systematically but artfully structured to align the physical, energetic, mental/emotional, and intuitive self through the five elements of the practice and the five energetic principles. Many psychological

research studies reinforce the use of yoga as an alternative or complete emotional treatment.

References

1. Youngstedt SD, Kripke DF (2007) Does bright light have anxiolytic effects? An open trial. *Bio Med Central Psychiatry* 7(1): 62.
2. Buffet Jerrott SE, Stewart SH (2002) Cognitive and sedative effects of benzodiazepines use. *Current Pharmaceutical Design* 8(1): 45-58.
3. Struzik L, Vermani M, Coonerty Femiano A, Katzman MA (2004) Treatments for generalized anxiety disorder. *Expert Review of Neurotherapeutics* 4(2): 285-294.
4. Versiani M, Amrein R, Stabl M (1997) Moclobemide and imipramine in chronic depression (dysthymia): an international double-blind, placebo-controlled trial. *Int Clin Psycho pharmacol* 12(4):183-93.
5. Michalsen A, Grossman P, Acil A, Langhorst J, Ludtke R, et al. (2005) Rapid stress reduction and anxiolysis among distressed women as a consequence of a three-month intensive yoga program. *Medical Science Monitor* 11(12): 555-561.



This work is licensed under Creative Commons Attribution 4.0 License
DOI: [10.19080/JYP.2019.08.555736](https://doi.org/10.19080/JYP.2019.08.555736)

Your next submission with Juniper Publishers

will reach you the below assets

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats

(Pdf, E-pub, Full Text, Audio)

- Unceasing customer service

Track the below URL for one-step submission

<https://juniperpublishers.com/online-submission.php>