

YOGIC APPROACHES TO MENTAL HEALTHCARE



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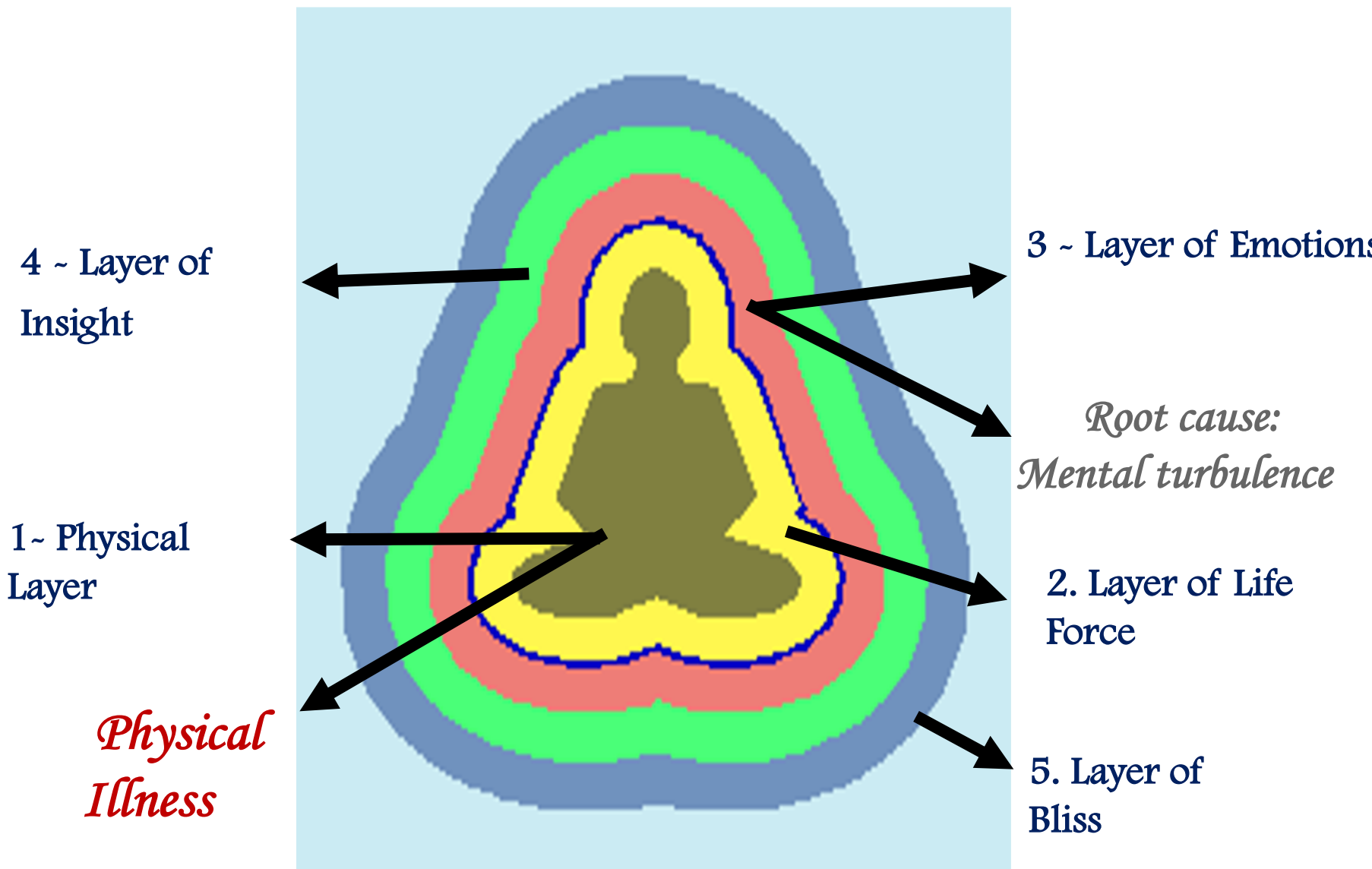


New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Five Layers of Existence – Yoga



REF: TAITTARIYA UPANISHAD

Instructions

- The yoga capsules can be practiced everyday, once or twice a day.
- Do not over-exert, practice within comfortable limits.
- The yoga practices can be practiced on chair or yoga mat.
- These modules should be practiced 2 hours after a meal or 1 hours after a snack.
- Avoid intake of tea or coffee for at least 1 hour before practice.
- Wear loose and comfortable cotton clothes to practice yoga.
- Practice yoga in a well-ventilated place.



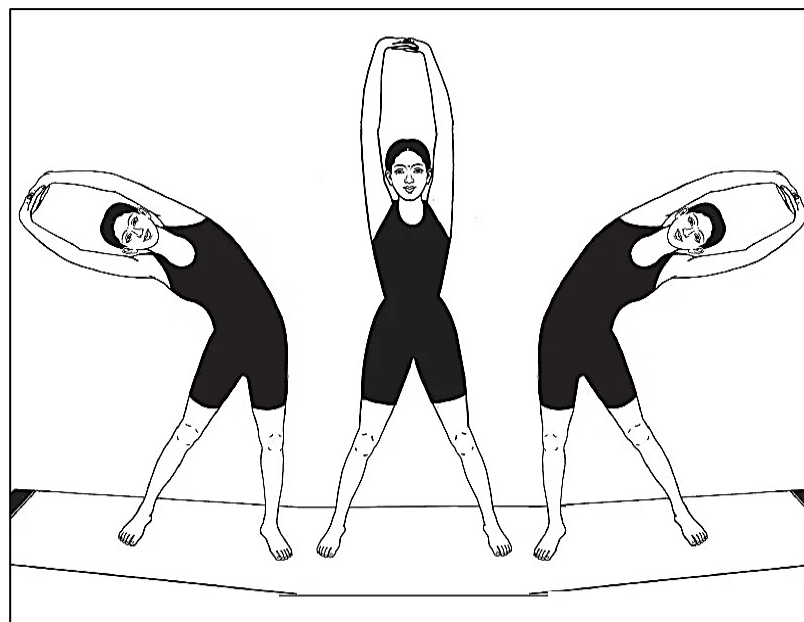
Yoga Capsule for Stress

Yoga Capsule for Stress

- Tadasana Stretch (Palm Tree Pose): 2 min
- Ardha-kati Chakrasana (Lateral arc pose): 1 min
- Instant Relaxation Technique: 2 min
- Mukha Dhauti (Forceful exhalation through mouth) + Antar Kumbhaka (Internal retention of breath): 1 min
- Nadi shuddhi (Alternate nostril breathing): 3 min
- Bhramari in Shanmukhi Mudra (Humming breath): 1 min

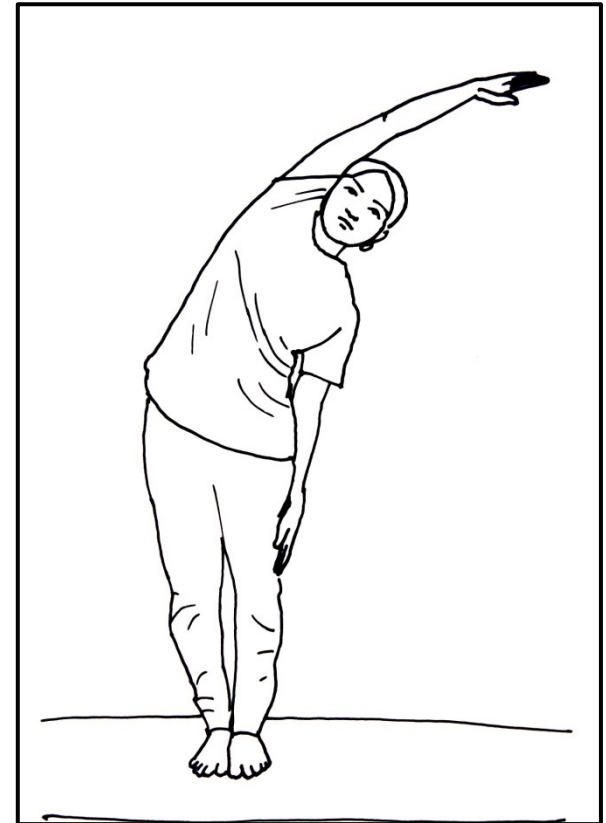
Palm Tree Pose

- **Position:** Standing
- Stand with 2-foot distance between your legs
- Interlock the fingers, and turn the wrist outwards.
- Inhale, raise the arms up above your head.
- Stretch the entire body up. Exhale relax
- Inhale stretch up again. Exhale, bend laterally to the right side
- Inhale, to the center
- Exhale, bend laterally to the left side
- Maintain the final pose for 10 breaths on both sides



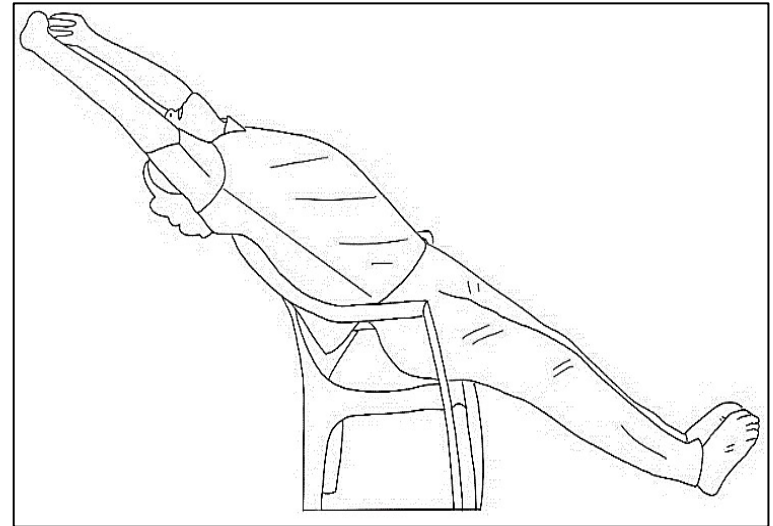
Lateral Arc Pose

- **Position:** Standing
- While inhaling, slowly raise the right arm side ways up.
- At the shoulder level, turn the palm upwards.
- Continue to raise the arm with deep inhalation vertically (biceps touches the right ear)
- While exhaling bend the trunk slowly to the left.
- The left palm slides down along the left thigh.
- Slowly while coming back to vertical position inhale and stretch the right arm up.
- Bring the right arm down as you exhale
- Repeat on the left side, by bending towards the right side.



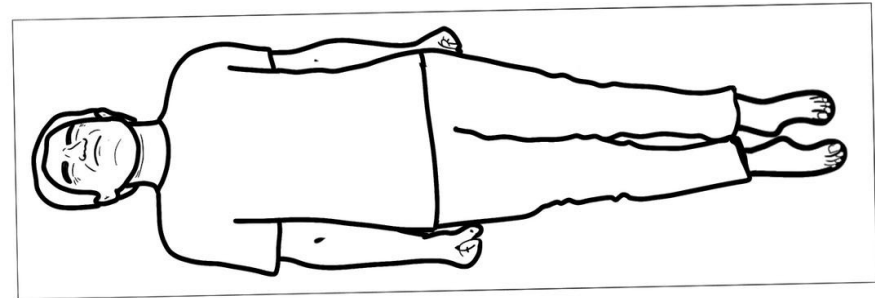
Instant Relaxation Technique

- **Position:** Sitting
- Sit on the chair with your legs stretched in front.
- Interlock your fingers, stretch your arms up over your head.
- Squeeze and tighten all your muscles from your toes to your head.
- Squeeze your eyes, clench your teeth, tighten your face.
- Tighten the whole body!
- Tighten! Tighten!! Tighten!!! (for 5-10 seconds)
- Release, completely let go and relax the entire body.



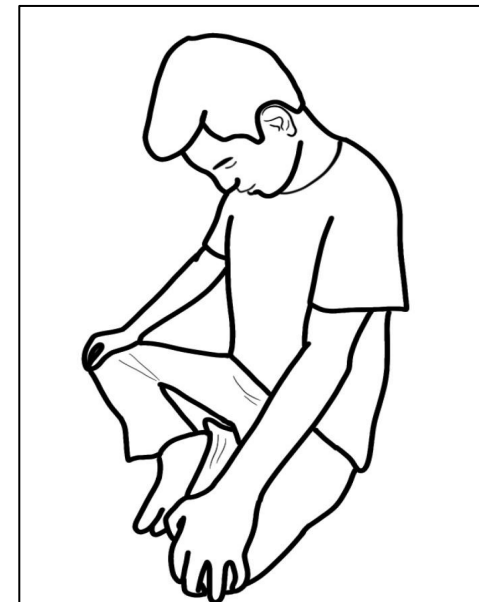
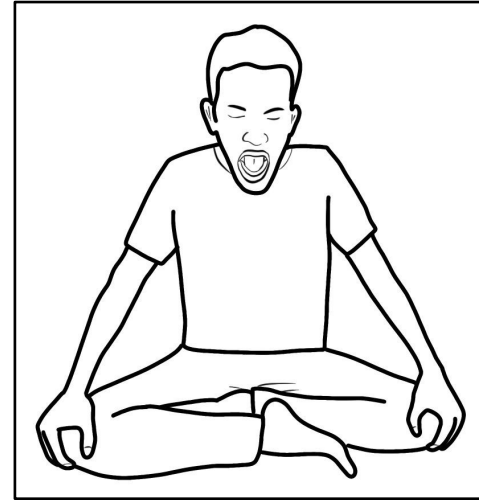
Instant Relaxation Technique

- **Position:** Lying down; Supine
- Lie down on your back with hands, feet and neck relaxed. Eyes gently closed.
- Place your hands besides your body, palms facing upwards. Legs and feet together.
- Squeeze and tighten all your muscles from your toes to your head.
- Squeeze your eyes, clench your teeth, tighten your face.
- Tighten the whole body!
- Tighten! Tighten!! Tighten!!! (for 5-10 seconds)
- Release, completely let go and relax the entire body.



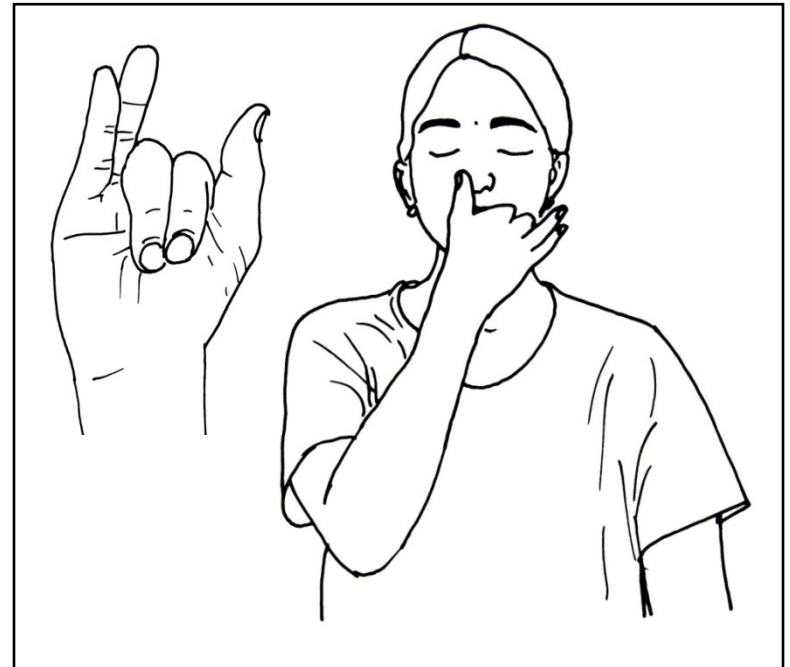
Forceful Exhalation through mouth & Internal Retention of breath

- **Position:** Sitting
- Place your hands on the respective knees. Push the knees down.
- Take a deep breath in from your nose and exhale completely through mouth in a single blow.
- Do this for 3 rounds.
- Again, take a deep breath in from your nose.
- Lock your chin to the chest. Hold the breath inside as per your comfort limits.
- Then, slowly lift your chin parallel to floor and exhale through your nose.
- Watch your breath. Allow your breath to settle down.



Alternate Nostril Breathing

- **Position:** Sitting
- Left hand in *Chin mudra*.
- Right hand in *Nasika mudra*, i.e bend your index and middle fingers down
- Inhale from the left nostril
- Close your left nostril with ring and little fingers. Exhale from right nostril
- Inhale from the right nostril. Close the right nostril
- Exhale from the left nostril.
- This completes 1 round. Practice for 5 rounds
- After the practice, close your eyes and observe your breath.



Humming Breath

- **Position:** Sitting
- Cover the eyes with four fingers of respective hands.
- Apply pressure on the orbital bone, not the eyes.
- Close the ears with the respective thumbs as shown in the figure. This is Śanmukhi Mudrā.
- Inhale deeply through the nose.
- Exhale slowly in a controlled manner while making a deep, steady humming sound like that of a bee. This is one round of Bhrāmarī.
- Perform 6 rounds.
- Feel the vibrations in your head region.





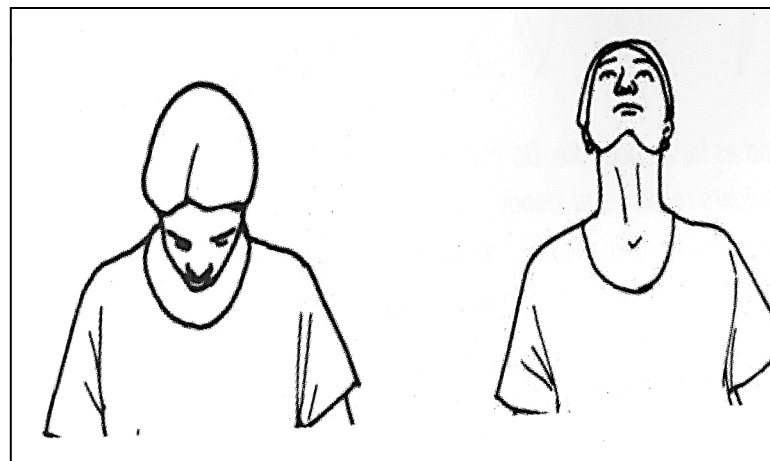
Yoga Capsule for Anxiety

Yoga Capsule for Anxiety

- Griva Sithilikaran (Neck Movement): 30 sec
- Skanda Chakra (Shoulder Rotation): 1 min
- Shvasa Kriya (Hands in and out breathing): 1 min
- Vibhagiya Pranayama (Sectional Breathing): 4.5 min
- Sadanta Pranayama (Cooling Breath): 1 min
- Dhyana (Breath awareness in Dhyana Mudra): 1 min

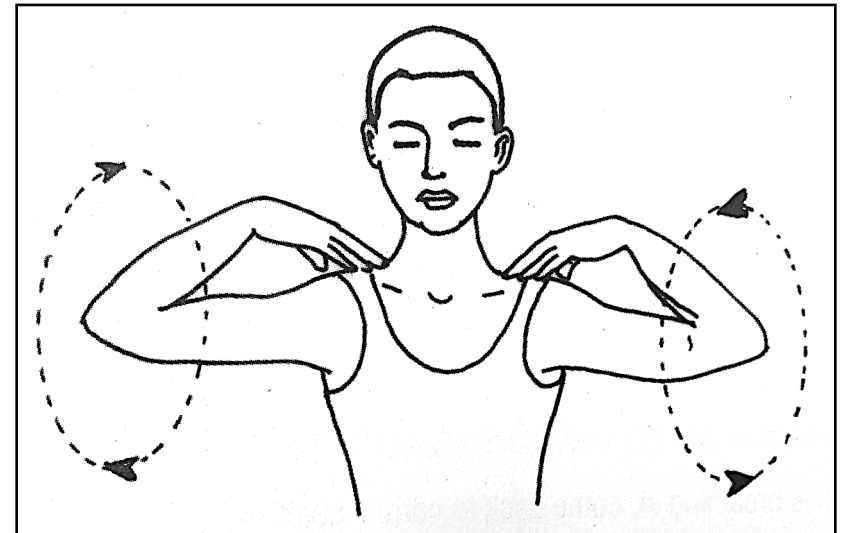
Neck Movement: Forward & Backward

- **Position:** Sitting/ Standing
- Keep your spine and neck erect. Eyes gently closed.
- Bring your awareness to your neck region.
- Inhale, slowly bend your head back.
- Exhale, bend your head forwards, touching your chin to the chest.
- Perform for 5 rounds each.



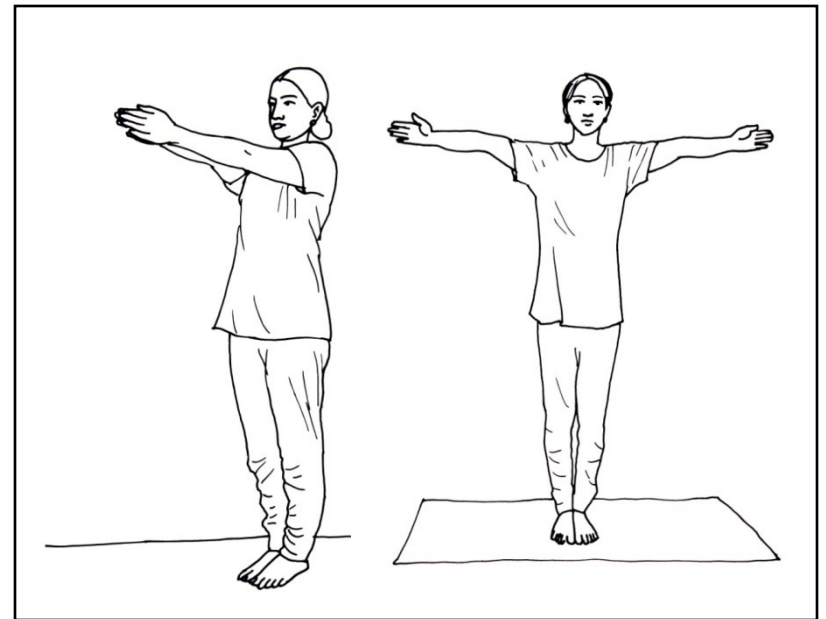
Shoulder Rotation

- **Position:** Standing/Sitting
- Place the fingers of left hand on the left shoulder and the fingers of right hand on the right shoulder.
- Inhale and raise your elbows & bring them back when you exhale.
- Try to touch the elbows in front of the chest on the forward movement, stretch the elbows back in the backward movement and touch the side of the trunk while coming down.
- Perform this 5 times in clock-wise and anti-clockwise.



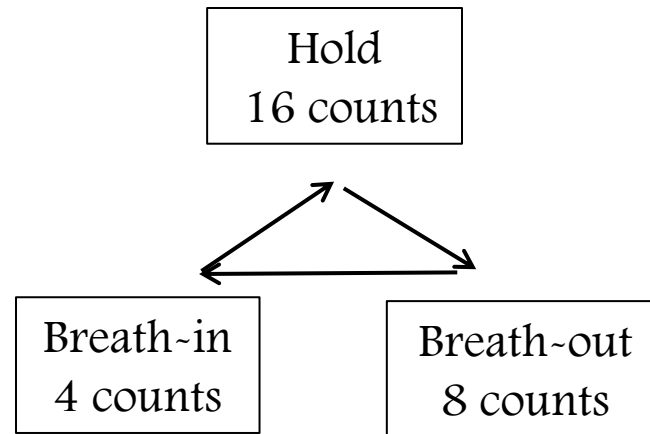
Hands In and Out Breathing

- **Position:** Standing
- Stretch your arms in front of the chest, at shoulder level. Join the palms together.
- While inhaling, slowly spread the arms out to the sides.
- Exhale, bring them back together.
- Repeat this for 5 rounds with breath synchronisation



Sectional Breathing

- **Position:** Sitting
- Hands in *Chin/Chinmaya/Adi mudra*, placed on the thighs.
- Inhale slowly for **4 counts**
- Hold the breath inside for **16 counts**.
- Exhale for **8 counts**.
- Practice this 3 rounds with awareness on lower lobes of lung in *Chin mudra* (4:16:8).
- 3 rounds with awareness on middle lobes of lung in *Chinmaya mudra* (4:16:8).
- 3 rounds with awareness on upper lobes of lung in *Adi mudra* (4:16:8).



Chin Mudra



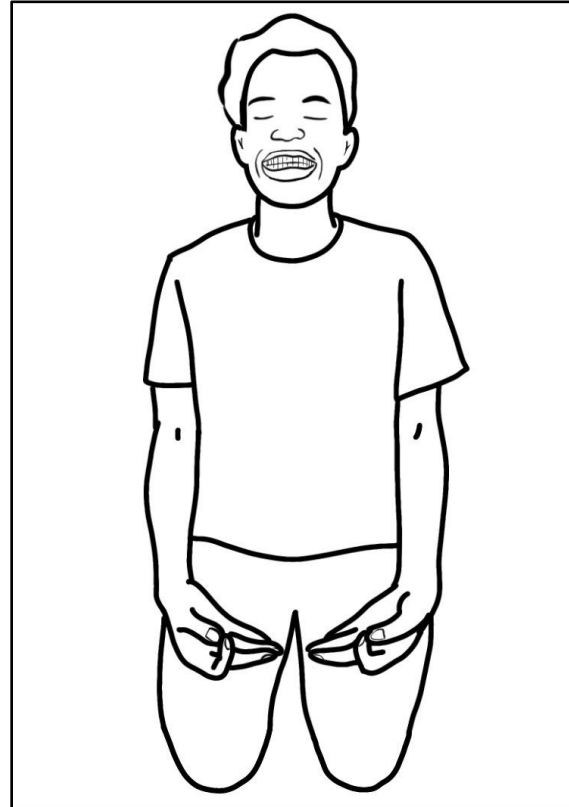
Chinmay-Mudra



Adi-Mudra

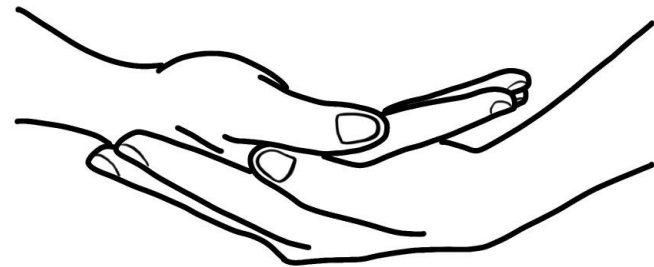
Cooling Breath

- **Position:** Sitting
- Sit with back and neck erect
- Eyes gently closed
- Clench the teeth together and suck the air in from the mouth
- Feel the coolness of the incoming air
- Slowly breath out from the nostrils as you relax the face
- Repeat 6 rounds.



Breath awareness in Dhyana Mudra

- **Position:** Sitting
- Sit with back and neck erect
- Eyes closed
- Adopt *dhyana mudra* by placing the right hand on the left hand
- Bring the attention to incoming and outgoing breath in its natural flow
- Remain aware of the touch of the incoming and outgoing breath in the nostrils





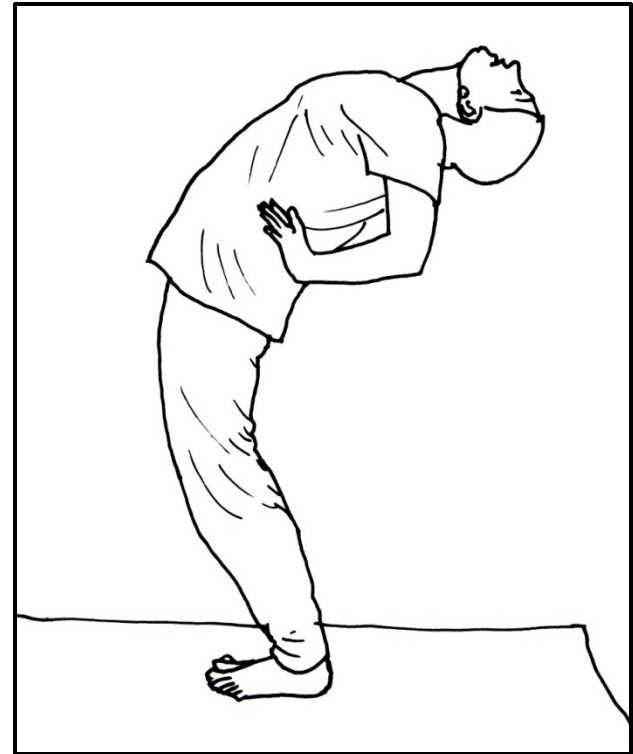
Yoga Capsule for Depression

Yoga Capsule for Depression

- Ardha-chakrasana (Half Wheel Pose): 30 sec
- Kati-chakrasana (Spinal Twist): 1 min
- Bhastrika Pranayama (Bellows Breath): 2 min
- Surya Anuloma Viloma Pranayama (Right Nostril Breathing): 2 min
- Nadanusandhana (Mind sound resonance): 3 min
- Dhyana (Breath awareness in Dhyana Mudra): 1 min

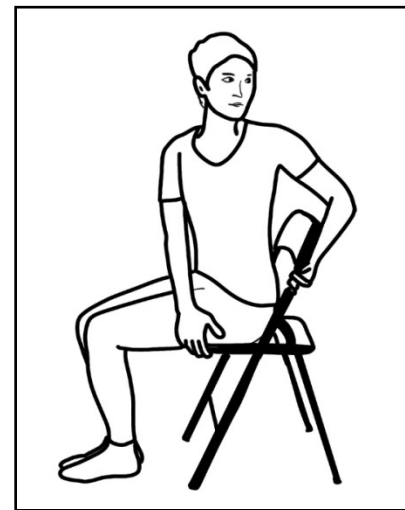
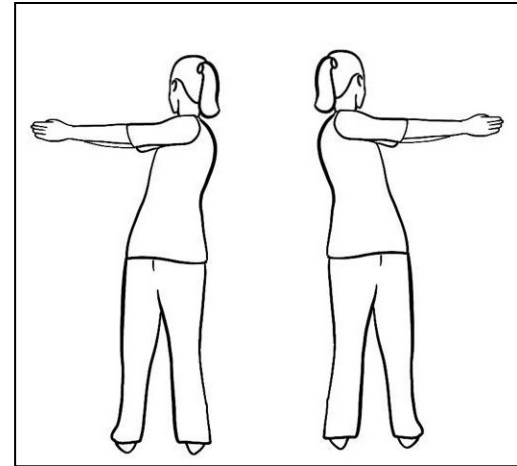
Half Wheel Pose

- **Position:** Standing
- Keep eyes open
- Keep your feet shoulder width apart.
- Place your palms on your lower back such that thumbs are parallel to spine and fingers are pointing outwards
- Inhale, push your hips forward and bend back from your lower back.
- Try to bring your elbows closer to each other.
- Maintain the pose for 10 counts with normal breathing.
- As you inhale, come back up to the centre.



Spinal Twist

- **Position:** Standing/ Sitting on chair
- Stand with your legs 2~feet apart.
- Inhale, stretch your arms in front of the chest, parallel to each other.
- Exhale, twist along your spine and look towards your right side
- Inhale to the centre
- Exhale, twist along your spine and look towards your left side
- Practice this for 5 rounds on each side.



Bellow's Breath

- **Position:** Sitting
- Make a fist of your hands, place it in front of your shoulders
- Inhale forcefully while throwing your hands up and opening your fists.
- Exhale forcefully while drawing your hands down and closing your fists
- Practice this 20 rounds/cycle for 2 cycles
- After the practice, close your eyes and observe your breath.



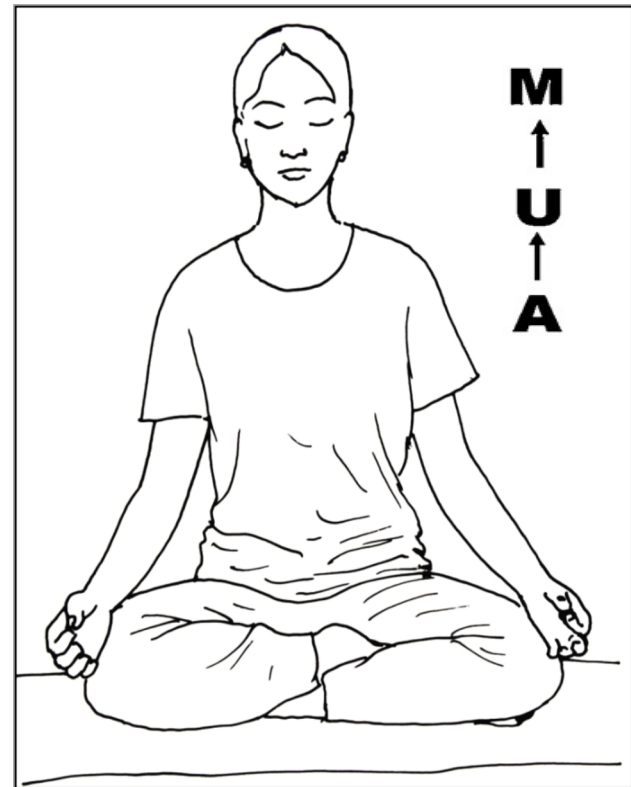
Right Nostril Breathing

- **Position:** Sitting
- Eyes gently closed
- Adopt *nasika mudra* with the right hand
- Close the left nostril by pressing it gently with the ring finger of right hand
- Continue breathing in and out of the right nostril only
- Awareness on the touch of the air in the nostril
- Total 6 rounds



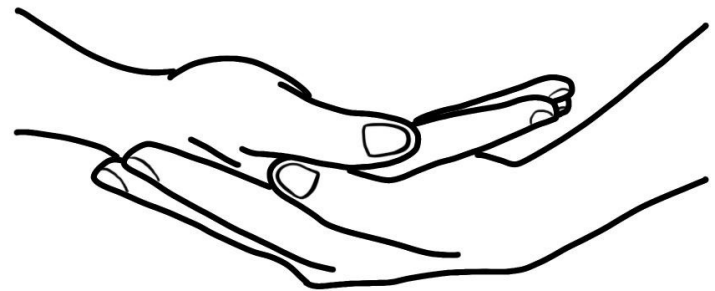
Mind Sound Resonance

- **Position:** Sitting
- Eyes gently closed
- Hands in *Chin* mudra, placed on the thighs
- Inhale deeply, chant '**AAA**' as you exhale, awareness on your **chest** region. Perform this for 3 rounds
- Inhale deeply, chant '**UUU**' as you exhale, awareness on your **throat** region. Perform this for 3 rounds
- Inhale deeply, chant '**MMM**' as you exhale, awareness on your **head** region. Perform this for 3 rounds
- Lastly, chant A-U-M in a single breath (ratio 1:1:1) for 3 rounds.
- Feel the vibrations from chest -> throat -> head, as you chant
- After the practice, close your eyes and observe your breath and your mind



Breath Awareness in *Dhyana Mudra*

- **Position:** Sitting
- Sit with back and neck erect
- Eyes closed
- Adopt *dhyana mudra* by placing the right hand on the left hand
- Bring the attention to incoming and outgoing breath in its natural flow
- Remain aware of the touch of the incoming and outgoing breath in the nostrils





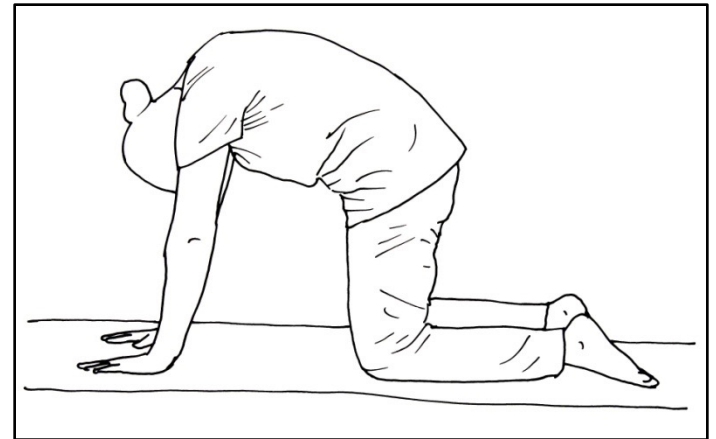
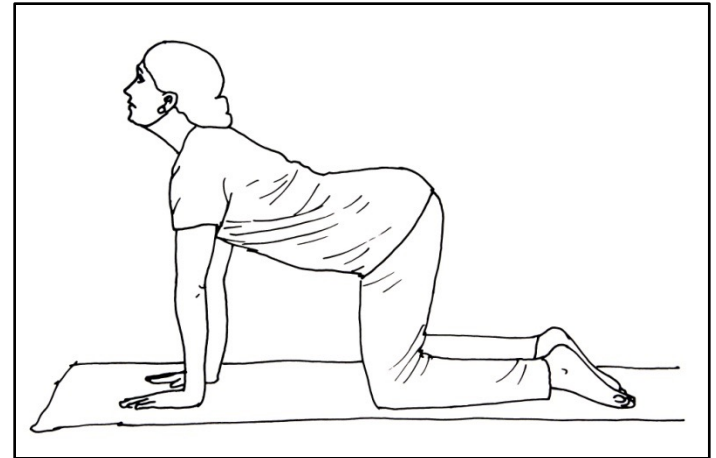
Yoga Capsule for Better Sleep

Yoga Capsule for Better Sleep

- Vyaghra Shvasa (Tiger Breathing): 1 min
- Supta Udarakarshanasana (Supine abdominal stretch): 1 min
- Chandra Anuloma Viloma Pranayama (Left Nostril Breathing): 2 min
- Bhramari (Humming breath): 2 min
- Bindu Dhyana (43 Point Meditation): 3 min
- Gentle humming

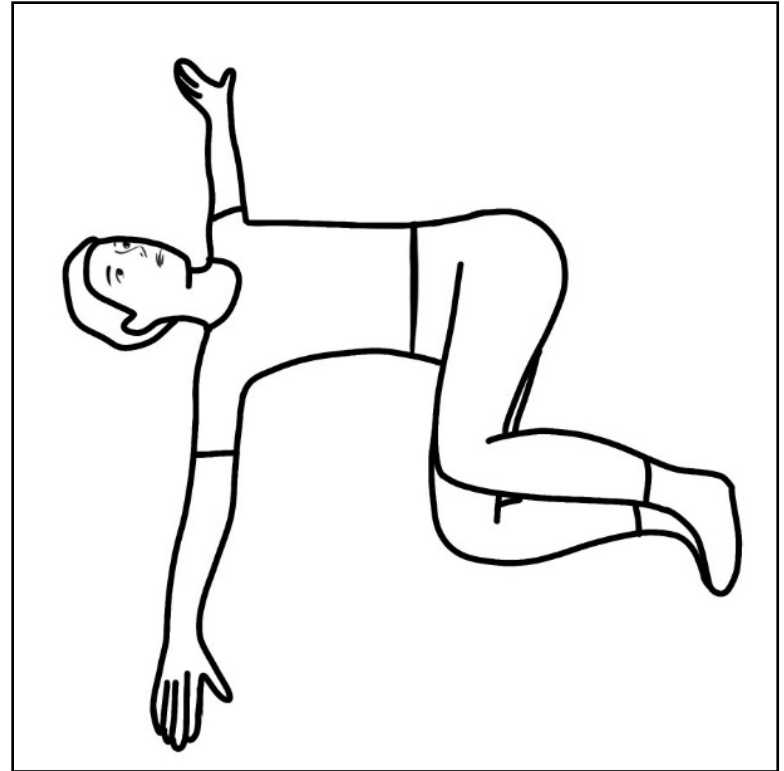
Tiger Breathing

- **Position:** Sitting
- Adopt 'table' position by balancing the body on palms, knee joints and feet facing downwards
- Maintain equal distance between hands, knee and feet
- As you breath in – look up and make the back concave upwards
- As you breath out – look down and make the back convex upwards
- Total 6 rounds



Supine Abdominal Stretch

- Position: Lying supine
- Keep the hands spread outwards at the shoulder level at 90° to the body
- Palms facing down
- Bend knees and keep the feet close to the trunk
- As you breath in, turn the neck to one side and knees to the opposite side
- As you breath out, come to centre
- Repeat 3 rounds each side



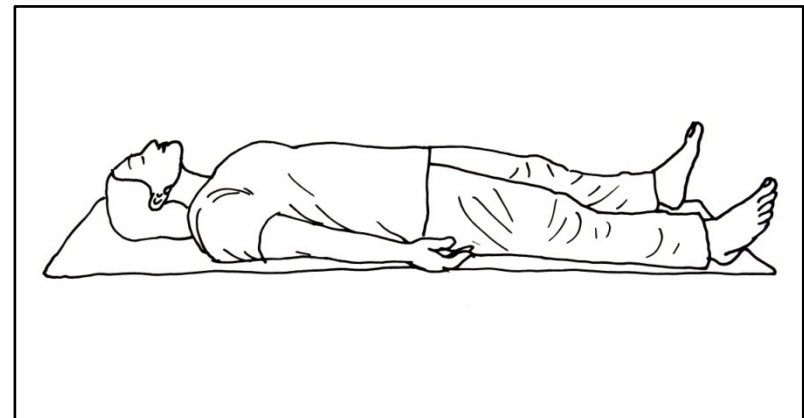
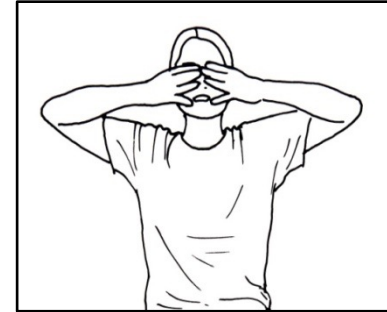
Left Nostril Breathing

- **Position:** Supine
- Eyes gently closed
- Adopt *nasika mudra* with the right hand.
- Close the right nostril by pressing it gently with the right thumb.
- Continue breathing in and out of the left nostril only.
- Awareness on the touch of the air in the nostril.
- Perform 6 rounds.



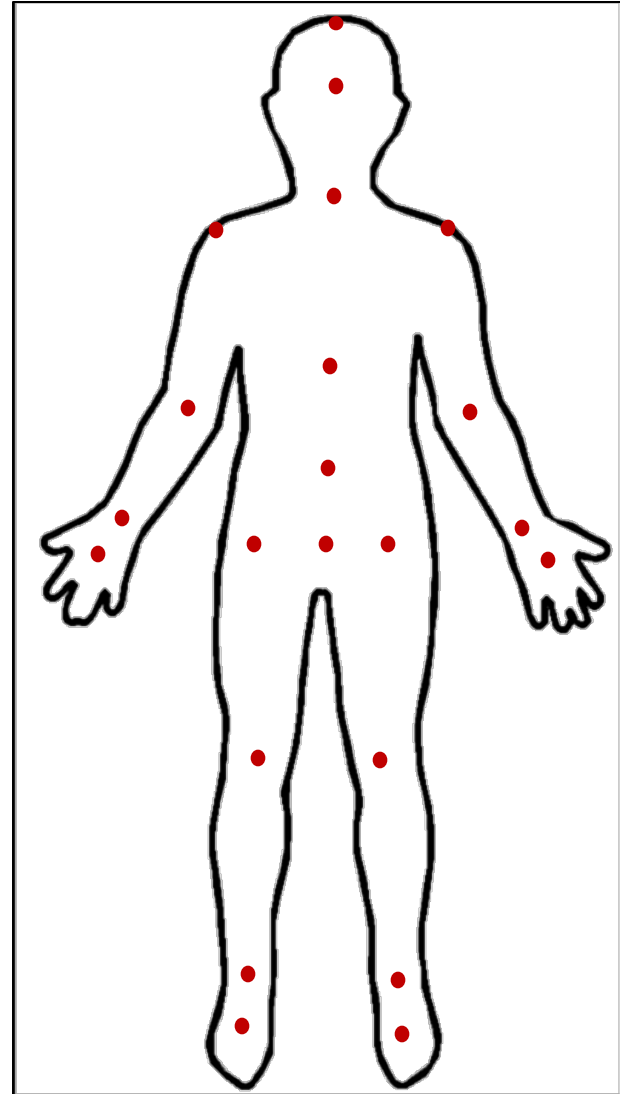
Humming Breath

- **Position:** Lying supine
- Cover the eyes with four fingers of respective hands.
- Apply pressure on the orbital bone, not the eyes.
- Close the ears with the respective thumbs as shown in the figure. This is *Śanmukhi Mudrā*.
- Inhale deeply through the nose.
- Exhale slowly in a controlled manner while making a deep, steady humming sound like that of a bee. This is one round of *Bhrāmarī*.
- Perform 6 rounds.
- Drop your hands down. Continue humming for another 6 rounds
- Feel the vibrations in your head region.



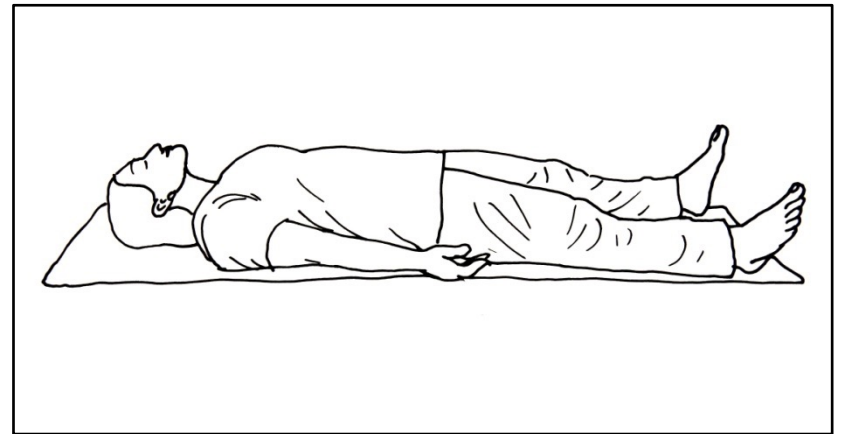
Point Meditation

- **Position:** Lying supine
- Eyes closed
- Surrender whole body weight to the ground, lie down completely relaxed
- Gently bring your pointed awareness to different points in the body and consciously try to relax them
- We shall start from the top of the crown, reach up to the feet, and then back to head – total 43 points
- At the end, try to relax all the points together at once.



Gentle Humming

- **Position:** Lying supine
- Inhale deeply through the nose.
- Exhale slowly in a controlled manner while making gentle humming sound.
- Continue gentle humming
- Feel the soothing vibrations in your head region.



Ongoing yoga activities at the
National Institute of Mental Health
and Neurosciences (NIMHANS),
Bengaluru, India



Tele-Yoga Practice for Patients and Healthy Individuals at NIMHANS during COVID-19 Pandemic



Details of Tele-Yoga services offered by NIMHANS since 07-04-2020

Tele-Yoga Man-hours for Healthy in last 1 year- 15,300 hrs
Tele-Yoga Man-hours for Patients in last 1 year- 6240 hrs

Ongoing Tele-Yoga sessions for Stress Management during COVID-19 on Zoom (Monday to Friday):

7:00 AM to 7:30 AM IST
8:30 PM to 9:00 PM Central
9:30 PM to 10:00 PM EST
6:30 PM to 7:00 PM PST

4:00 PM to 4:30 PM IST
5:30 AM to 6:00 AM Central
6:30 AM to 7:00 AM EST
3:30 AM to 4:00 AM PST

Zoom Meeting ID: 95808570444
(No password required)

Zoom Meeting ID: 92453015876
(No password required)

Thank You



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Contact Us

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New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration