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:

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, Shirasana, Chakrasana, Naukasana are very beneficial.

Regualr practice of Surya Namaskar and few other dynamic exercises have excellalent result in overcoming depression.

PRANAYAMA – Breathing Exercises

1. Kapalbhati
2. Ujjay

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
  26thNovember (THURSDAY) 2015,
  5:00 – 6:30 pm at ICC Yoga Hall.

| INDIAN CULTURAL CENTRE |
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