



## YOGA SADHANA FOR ANXIETY DISORDER WITH FREQUENT PANIC ATTACKS ON AN IT EMPLOYEE - A CASE STUDY

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### Abstract:

Anxiety disorders, particularly those marked by frequent panic attacks, are a rising concern in high-stress professions such as the IT sector, with notable prevalence in urban India. Conventional treatments, including medications, often carry risks of side effects and long-term dependency. This case study examines the impact of a three-week yoga intervention on a 38-year-old male IT employee diagnosed with severe anxiety and experiencing symptoms such as sleep deprivation, hot flashes, palpitations, difficulty breathing, and persistent negative thoughts. A structured regimen that included pranayama (breathing techniques), Yoga Nidra (guided relaxation), and chanting was employed as a therapeutic alternative. Assessments conducted before and after the intervention focused on panic attack frequency, sleep quality, emotional well-being, and physical symptoms. Findings revealed a substantial decrease in panic attack occurrences, improved sleep quality, reduced palpitations, and an overall enhancement in mental health after the intervention. These results highlight the potential of yoga as a valuable complementary therapy for managing anxiety and panic attacks in high-pressure work environments.

**Key Words:** Anxiety Disorder, Panic Attacks, Yoga, IT Sector, Pranayama, Yoga Nidra, Mental Health.

### Introduction:

Anxiety disorders, particularly those with frequent panic attacks, are increasingly common in high-stress professions like the IT sector. Recent studies highlight a significant rise in anxiety among Indian IT professionals due to long working hours, high-pressure deadlines, and a sedentary lifestyle (Sharma I et al.). Common symptoms include sleep disturbances, palpitations, hot flashes, difficulty breathing, and persistent negative thoughts. These symptoms often result in both mental and physical health issues, such as cardiovascular complications and a weakened immune system. Research shows nearly 40% of IT workers in urban India experience moderate to severe anxiety (Smith C et al., 2007). While medication remains a typical treatment, it frequently comes with side effects and long-term dependency risks (Broota A & Sanghvi C, 1994). Consequently, alternative therapies like yoga and mindfulness, which emphasize stress reduction and holistic well-being, are gaining traction as effective solutions (Balasubramaniam et al., 2020). Addressing anxiety disorders is crucial for maintaining the mental and physical health of IT professionals.

### Case Description:

The subject of this case study is a 38-year-old male employed in the IT sector, diagnosed with anxiety and exhibiting a range of stress-related symptoms, including frequent panic attacks. His clinical history reveals severe anxiety that significantly impacts his daily life. He experiences symptoms such as significant sleep deprivation, frequent hot flashes upon waking, palpitations, difficulty breathing, and persistent negative thoughts. These symptoms collectively contribute to his overall distress and hinder his ability to function effectively both personally and professionally.

### Methodology:

This study examined the effects of a three weeks yoga intervention on a 38-year-old male IT employee diagnosed with severe anxiety and frequent panic attacks. The subject presented with symptoms such as sleep deprivation, hot flashes, palpitations, difficulty in breathing, and persistent negative thoughts. A structured yoga regimen was developed, comprising daily sessions of Pranayama (breathing techniques), Yoga Nidra (guided relaxation), and Chanting. The intervention was designed to target both physical and psychological symptoms associated with anxiety and panic attacks.

### Sadhana Schedule:

The sadhana schedule for the three weeks is given below:

#### First Week Sadhana:

Practice	Repetition	Duration
Starting Prayer (Guru Sloka)	-	1 Minutes
Yogic Pranayama	10 Rounds	3 Minutes
Nadi Shodhana Pranayama	10 Rounds	8 Minutes
Sitali Pranayama	10 Rounds	3 Minutes
Yoga Nidra	-	10 Minutes
Om Chanting	21 Times	4 Minutes
Closing Prayer (Asato Ma Shadgamaya)	-	1 Minutes
Total		30 Minutes

#### Second & Third Week Sadhana:

Practice	Details	Duration
Starting Prayer (Guru Sloka)	-	2 Minutes
Yogic Pranayama	15 Rounds	5 Minutes
Nadi Shodhana Pranayama (With Holding -1:2:2)	10 Rounds	12 Minutes

Brahmaripranayama	10 Rounds	3 Minutes
Sitali Pranayama	10 Rounds	3 Minutes
Leg Up on the Wall With AUM Chanting	10 Rounds	3 Minutes
Yoga Nidra	-	10 Minutes
Om Chanting	21 Times	5 Minutes
Closing Prayer (Asato Ma Shadhgamaya)	-	2 Minutes
Total		45 Minutes

The practices given are based on the study conducted by Camila F. Vorkapil & Bernard Range (2014).

### **Results and Discussion:**

Following the three weeks yoga intervention, the participant demonstrated significant improvements in both mental and physical well-being. The frequency of panic attacks sharply declined, fostering a sense of calm and stability. Enhanced sleep quality contributed to better rest and recovery, while physical symptoms like palpitations and hot flashes diminished, reflecting a more balanced stress response. Improved emotional regulation, fewer negative thoughts, and a greater ability to manage emotions effectively further underscore the positive impact of yoga on psychological resilience. These findings align with existing research on yoga's role in mental health, suggesting that yoga could serve as a valuable therapeutic tool in managing anxiety and panic disorders. The integration of yoga into clinical settings warrants further investigation with larger sample sizes and controlled studies to validate these promising results.

### **Conclusion:**

This study highlights the effectiveness of yoga as a therapeutic intervention for reducing anxiety and managing frequent panic attacks in high-stress professional environments. The case involved a 38-year-old male IT employee who exhibited severe anxiety symptoms such as panic attacks, sleep disturbances, palpitations, hot flashes, and persistent negative thoughts. A structured three-week yoga regimen, incorporating pranayama, Yoga Nidra, and chanting, led to a significant reduction in panic attacks, improved sleep quality, and relief from physical symptoms. Emotional well-being was also enhanced, with better regulation of negative thoughts. These findings suggest that yoga can be an effective approach to improving mental and physical health in high-pressure workplaces like the IT sector. To foster a healthier work environment, IT companies could consider integrating yoga sessions into their wellness programs, offering regular classes for employees, and encouraging a culture of mindfulness and stress management to improve overall productivity and well-being.

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