

**GOVERNMENT OF INDIA
MINISTRY OF AYUSH**

**LOK SABHA
UNSTARRED QUESTION NO-255
TO BE ANSWERED ON 21.07.2023**

YOGA FOR TREATMENT OF MENTAL HEALTH DISORDERS

255. SHRI CHANDRA SEKHAR BELLANA:

Will the Minister of **Ayush** be pleased to state:

- a) whether the government proposes to implement yoga as a mental health practice;
- b) if so, the details thereof and if not, the reasons therefor;
- c) whether any research has been conducted on the effectiveness of yoga in treating mental health disorders and if so, the details thereof;
- d) whether the Government has any plan to include yoga as a part of the national mental health policy; and
- e) if so, the details thereof and if not, the reasons therefor?

**ANSWER
THE MINISTER OF AYUSH
(SHRI SARBANANDA SONOWAL)**

(a) & (b): Ministry of Ayush, at present, does not have any specific proposal to implement yoga as a mental health practice. However, Yoga has been used primarily as a stress management and lifestyle intervention tool to combat psychosomatic diseases. The ministry is popularizing yoga as a therapeutic tool to improve mental health in all its institutions.

Further, Central Council of Research in Yoga & Naturopathy (CCRYN) also has 3 centres for Mind Body Medicine units in AIIMS Rishikesh, AIIMS Raipur and PGI Chandigarh where mental health issues are being managed. CCRYN also has a Collaborative research centre with National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru where yoga is being used in the treatment of mental health conditions.

Furthermore, Yoga OPDs and integrative medicine centres have been set up in major health institutes across the country to offer yoga therapy services for mental health.

(c): Studies at NIMHANS have shown excellent results with yoga in improving mental health conditions.

CCRYN in collaboration with NIMHANS is working on various projects on mental health including the followings:

- Implicit cognition and mirror neuron activity following Yoga in healthy individuals.

- Understanding neuro-hemodynamic correlates of Om chanting: A functional magnetic resonance imaging study.
- Psycho-neuro-endocrinological markers of stress and the response to a yoga-based intervention in first degree relatives of schizophrenia patients (FDRS).
- Effect of yoga on mirror neuron activity among patients with depression: A Transcranial Magnetic Stimulation study” revised for originally proposed study with title “ Role of Yoga in correcting GABA neurotransmitter deficit in moderate to severe depressive patients, a single blind and randomized controlled study.

Furthermore, there are more than 1188 publications available with a keyword “Yoga for Mental Health” in Pubmed.

Link: <https://pubmed.ncbi.nlm.nih.gov/?term=yoga+mental+health>

(d) & (e): At present, there is no such plan in the Ministry to include yoga as a part of the national mental health policy.
