

YOGA THERAPY AS AN ADJUNCTIVE THERAPY: EFFECT ON PSYCHOPATHOLOGY OF PATIENTS WITH SCHIZOPHRENIA

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ABSTRACT

Background: Yoga therapy has been found to be successful in clinical populations with depression and anxiety, but published research studies examining the effects of yoga therapy in individuals with schizophrenia are few.

Aim: To study the efficacy of Yoga Therapy as an adjunctive therapy and its effect on psychopathology of patients with schizophrenia

Method: 10 in-patients diagnosed suffering from schizophrenia as per ICD-10 DCR with history of two weeks of hospitalization assigned to Yoga therapy (n=10) along with medications and 10 patients only on medications (n=10). Both the groups were assessed at the baseline followed by four-point assessments using PANSS and two-point assessments using CDSS and HAM-A and GAF during the course of the interventions, by a rater, blind to the group status.

Results: Results revealed that the Yoga therapy group has shown significant statistical improvement in global assessment of functioning at the end of the study but in terms of the ratings of PANSS, CDSS, and HAM-A no significant difference was observed between the two groups.

Conclusion: Yoga therapy can prove to be beneficial in improving the global functioning of the patients with schizophrenia.

Key words: *Yoga therapy, adjunctive therapy, psychopathology, schizophrenia.*