The Third International Anxiety Congress
Shefa Neuroscience Research Center, Tehran, Iran, 23-24 November, 2016
The Neuroscience Journal of Shefaye khatam
Volume 4, No. 3, Suppl 1

Poster Presentation

The Role of Yoga in the Treatment of Post-Traumatic Stress

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Published: ***23-24 November, 2016***

Abstract

Post traumatic stress disorder (PTSD) is a disorder of emotional and mental stress occurring as an outcome of injury or severe emotional shock. Yoga may be useful in decrease of PTSD symptomology. New studies demonstrate that people suffering from PTSD can find actual relief with yoga. Yoga decreases stress-induced allosteric load in three reactive systems of stress: the autonomic nervous system, the hypothalamic-pituitary adrenal axis and the GABAergic system. It is hypothesized that yoga-based practices correct under-activity of the peripheral nerveos system and GABA systems, the primary inhibitory neurotransmitter system, in part through stimulation of the vagus nerves, the main peripheral pathway of the PNS. the decreased PNS and GABAergic activity that underlies stress-related disorders can be corrected by yoga practices resulting in enhancement of disease symptoms. Yoga practice can increase resilience and improve mind-body awareness, which may contribute to changing cognitions and activities. These findings are critical as they address the physiology associated with PTSD. Yoga may develop the functioning of traumatized individuals by assisting them to tolerate physical and sensory experiences associated with distress and helplessness and to increase emotional awareness and affect tolerance.

Keywords: Treatment, Post traumatic stress disorder, Experiences

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