

Depression in a Holistic Lens

In this video, I'll explain a holistic way of looking at depression, called Panchakosha theory. Yogis discovered that human beings are made up of five layers: the physical, the energetic, the emotional, the intellectual, and the spiritual. If we want to tackle depression, we must understand how it affects each of these layers, because different treatments will target particular layers. In this video, I explain this principle of a comprehensive approach to depression.

References and further reading

- Bridges, L., & Sharma, M. (2017). The efficacy of yoga as a form of treatment for depression. *Journal of evidence-based complementary & alternative medicine*, 22(4), 1017-1028.
- Spedding, S. (2014). Vitamin D and depression: a systematic review and meta-analysis comparing studies with and without biological flaws. *Nutrients*, 6(4), 1501-1518.
- [Taittiriya Upanishad \(PDF\)](#). shri Ramakrishna Math.

Glossary

Dukkha

Karma

Cognitive Behavioral Therapy (CBT)

Annamaya Kosha

Manomaya Kosha

Anandamaya Kosha

Qi

Psychotherapy

Qi Gong

Dharma

Psychodynamic Therapy

Panchakosha

Pranamaya Kosha

Vijnanamaya Kosha

Prana

Negative Self Attitude (NSA)

Pranayama

Meditation Videos



P14 - Namaste Expansion



P15 – Energy Healing



P16 – Unstruck Sound