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## Depressed—Here is the solace-The Iron Therapy

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### Abstract

With throat cutting competition in every walk of life, ever decreasing moral and ethical human values causing envy and jealousy, desperation to prove oneself better than others in every way is dangerously creating a huge pool of depressed and mentally sick individuals. The most painful part of it, a sufferer not even knows he is suffering from an illness and even if he manages to know, never talks of this with even his close friends and keeps himself trapped in the depression net. With over one million people suffering from Depression and some sort of mental illness, awareness and talking this at all platforms is the only way to defeat depression from before it takes whole world in its custody. Since the early 1900s, researchers have been interested in the association between exercise and depression. Early case studies concluded that, at least for some, moderate-intensity exercise should be beneficial for depression and result in a happier mood. Further, a relationship between physical work capacity (PWC) and depression appeared to exist, but the directional nature of this relationship could not be addressed via case and cross-sectional studies. However, researchers have remained interested in the antidepressant effects of exercise and more recently have utilized experimental designs to study this association.

**Keywords:** Depressed, solace, Iron Therapy

### Introduction

It was nice to know when World Health Organization (WHO) announced to celebrate 2017 edition of World Health Day on the theme Depression – Lets Talk. Having myself suffered and successfully fought to defeat Depression, was unable to abstain me from writing on the topic.

Mental illness and depression might not have killed people in numbers as physical illness does, but its impact on overall living for sufferer and his family is even severe. Depression caused due to a failed love story is in no means have less impact than failed liver due to excess use of liquor. Both make individual inactive, lack of energy, lack of enthusiasm for life and overall negativity in the attitude for life.

With throat cutting competition in every walk of life, ever decreasing moral and ethical human values causing envy and jealousy, desperation to prove oneself better than others in every way is dangerously creating a huge pool of depressed and mentally sick individuals. The most painful part of it, a sufferer not even knows he is suffering from an illness and even if he manages to know, never talks of this with even his close friends and keeps himself trapped in the depression net.

### Iron Therapy Best Doctor to cure Depression

Having myself suffered from depression and having researched the topic for years, one thing for sure, Medication can't cure mental illness and depression till the sufferer decides to fight it. The instinct coupled with any form of cure can only help one successfully come out of blues. One of the countless benefits of weight training is its benefits both physiological and psychological. It is research proven –weight training not only helps look good physically but can also ensure sound mental health.

A Harvard study found that the ten weeks of strength training reduces clinical depression symptoms more successfully than counseling. This is particularly important for women since they are twice as likely to experience depression and only one out of three actually seek cure. Researchers at Duke University studied people suffering from depression for 4 months and found that 60% of participants who weight trained for 40 minutes 4 times a week overcame

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their depression without using any anti-depressant medication.

### Endorphins is the Key

There are a number of possible explanations for why weight lifting can help improve depression, according to the National Institutes of Health. One hypothesis points to the rise in core body temperature following exercise which affects the brain stem to create feelings of relaxation and reduce muscular tension. Endorphins are related to a positive mood and an overall enhanced sense of well-being. This line of research has not been without criticism. The debate remains as to whether plasma endorphins reflect endorphin activity in the brain. Some have argued that even if peripheral endorphin levels are not reflective of brain chemistry, they could still be associated with a change in mood or feelings of depression. Several studies have shown increases in plasma endorphins following acute and chronic exercise; yet, it remains unclear if these elevations in plasma endorphins are directly linked to a reduction in depression. Lastly, the phenomenon of runner's high, often attributed to endorphin release, is not blocked by naloxone injection, an opiate antagonist.

When we exercise and lift weights, the instant release of feel good hormone Endorphins coupled with feeling of accomplishment after finish of workout works better than any anti-depressant pill. The thermogenic hypothesis suggests that a rise in core body temperature following exercise is responsible for the reduction in symptoms of depression. DeVries explains that increases in temperature of specific brain regions, such as the brain stem, can lead to an overall feeling of relaxation and reduction in muscular tension. While this idea of increased body temperature has been proposed as a mechanism for the relationship between exercise and depression

The monoamine hypothesis appears to be the most promising of the proposed physiologic mechanisms. This hypothesis states that exercise leads to an increase in the availability of brain neurotransmitters (e.g., serotonin, dopamine, and nor epinephrine) that are diminished with depression.

Weight trainers by sticking to a disciplined workout routine feel so pride and by achieving some lifting goals making them enthusiastic with every passing day. The pride and satisfaction felt after hundred pushups in one set can be compared to nothing in whole universe. This boost in confidence that strength training provides can increase feelings of self-efficacy.

Weight trainer's sticks to strict clean eating habits and high protein food plan that usually goes with weight training is superior for brain and overall well-being of mental health. Weight training coupled with strict diet will keep Body fat, one of the reason of depression at the bay.



### Conclusion

Not only cure, Iron therapy can also be a great preventive tool to mental illness and depression. One study found that short workout of even 7 minutes in length could help lower sadness, tension and anger with improving resistance to disease in health people.

The mechanisms underlying the antidepressant effects of exercise remain in debate; however, the efficacy of exercise in decreasing symptoms of depression has been well established. Data regarding the positive mood effects of exercise involvement, independent of fitness gains, suggest that the focus should be on frequency of exercise rather than duration or intensity until the behavior has been well established. The addition of self-monitoring techniques may increase awareness of the proximal benefits of exercise involvement, which is generally reinforcing to the patient.

Technology, including cell phones, laptops and computers, along with the mentality of moving quicker and constantly doing things, tends to lead to people forgetting that this inward focus that weight training is necessary and vital to mental health. When you challenge yourself and push yourself, it's really hard not to feel pride when you're done, and pride is the opposite of that depressive, powerless feeling. There are other theories as to why weightlifting in particular can work to ease depression. Outside of the sense of accomplishment that can turn depressive thoughts like "I can't" and "I'm worthless" into "I can" and "I'm powerful."

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