

ABSTRACT

Background

Cognitive impairment is a most common condition reported by elderly person and is one of the important risk factors for severe form of neurodegenerative problems such as dementia and Alzheimer's disease. Present study measures the efficacy of integrated approach of yoga therapy on working memory, selective attention, concentration and psychopathologies like anxiety and depression among elderly persons with mild cognitive impairment.

Materials and Method

A total of 49 participants were included in the study. 27 (14 male and 13 female) participants with age range 66.22 ± 5.45 years were included in yoga group from Arogyadhama Bangalore and 22 (10 male and 12 female) participants with age range (70.45 ± 3.88) years, were included in control group from Theerthashram JP nagar Bangalore. A brief screening test was done using 6CIT to evaluate mild cognitive impairment . The intervention group followed residential IAYT technique daily for 6 days and the control group followed their normal daily routine. The assessments were done at baseline and after one week in both groups. The assessments included Dass 21 for evaluating stress, anxiety and depression, Digit span forward and backward to assess working memory and D2 attention to assess selective attention, sustained attention and concentration. Data were analysed using paired sample t test for within group comparison and independent sample t test was used to assess between group comparisons.

Result: within group comparison showed IAYT was effective to reduce stress ($p < 0.001$, $ES = 0.74$), anxiety ($p < 0.001$, $ES = 0.76$), and depression ($p < 0.001$, $ES = 0.74$) along with improvement in working memory ($p < 0.001$, $ES = 0.61$), selective attention and concentration ($p < 0.001$, $ES = 1.09$) in yoga group. Between group comparison showed significant improvement of working memory ($p < 0.001$, $ES = 0.42$) and concentration ($p < 0.001$, $ES = 0.34$) in yoga group compared to control group.

Conclusion :

One week of IAYT intervention showed improvement in mental health and cognitive function among elderly with mild cognitive impairment.

Key words : Elderly, IAYT, Cognition, 6CIT