

**STANDARD INTERNATIONAL TRANSLITERATION CODE USED TO
TRANSLITERATE SANSKRIT WORDS**

अ = a	आ = ā	इ = i
ई = ī	उ = u	ऊ = ū
ऋ = ṛ	ॠ = ṝ	ऌ = ḷ
ॡ = ḷe	ए = e	ऐ = ai
ओ = o	औ = au	अं = aṁ
अः aḥ		
क = ka	ख = kha	ग = ga
घ = gha	ङ = ṅa	च = ca
छ = cha	ज = ja	झ = jha
ञ = ña	ट = ṭa	ठ = ṭha
ड = ḍa	ढ = ḍha	ण = ṇa
त = ta	थ = tha	द = da
ध = dha	न = na	प = pa
फ = pha	ब = ba	भ = bha
म = ma	य = ya	र = ra
ल = la	व = va	श = śa
ष = ṣa	स = sa	ह = ha
ळ = ḷa	क्ष = kṣa	ज्ञ = jña

ABSTRACT

BACKGROUND

Substance use disorder (SUD) continues to be a prevalent issue that affects individuals' physical, psychological, and social well-being. Despite the availability of various treatments, relapse rates remain high due to the complex nature of addiction, which involves not only physiological dependence but also deep-seated psychological and behavioral patterns. Traditional counselling techniques often overlook holistic approaches that promote well-being and recovery while contemporary yoga therapy tend to overlook yoga-based counselling because of the lack of structure and clinical application.

AIMS AND OBJECTIVES

The aim and objective of this thesis work is on developing, validating and assessing an integrated yoga module for SUD (IYMSUD) with focus on yoga-based counselling.

METHODS

The study comprised three phases. Phase 1 involved developing IYMSUD through a systematic literature review following the Preferred Reporting Items for Systematic Reviews and Meta-Analysis guidelines. PubMed/MEDLINE, Web of Science, Google Scholar, and SCOPUS were searched using relevant keywords. Studies were coded and qualitatively analyzed using the inductive thematic approach. Additionally, a semi-structured interview was conducted with yoga therapy experts, wherein their input was audio recorded, transcribed, coded, and qualitatively analyzed to extract themes related to YBC and SUD. Phase 2 utilized the Delphi method with three iterations involving 17 experts to validate IYMSUD. Items with a Content Validity Ratio (CVR) score of 0.99 and above were retained. In Phase 3, a feasibility

assessment of IYMSUD was done in a single-arm study involving 23 adults with SUD. Participants received IYMSUD twice a week for 8 weeks alongside standard treatment (12-Step Program).

ASSESSMENT

Pre- and post and follow up intervention assessments included motivation for treatment using the Motivation to seek treatment Questionnaire; anthropometric details including Body Mass Index, Blood Pressure, Respiratory Rate and Bhrahmari Rate; quality of life using the World Health Quality of Life (Bref) Questionnaire, and Vedic personality traits using the Gita Inventory. Within group and between group differences was assessed at pre and post interventions.

RESULTS

By reviewing 24 articles and analyzing input from experts' interviews in Phase 1, YBC themes were identified, forming the basis for the development of IYMSUD. In Phase 2, IYMSUD, incorporating yoga theory, postures, breathing practices, relaxation, advanced techniques, and YBC, met high-quality standards and was deemed feasible for implementation by the experts. In Phase 3, all yoga participants perceived IYMSUD to be satisfactory, feasible, and culturally appropriate and reported no adverse effects. The intervention group shows a significant increase in Body Mass Index (BMI) whereas the control group shows no significant change. The yoga group experiences a substantial decrease in respiratory rate and improvements are also noted in Vedic Personality scores, with the yoga group. Quality of Life (QOL) scores for the intervention group improve significantly, as well as the psychological health. Participants rated the session's acceptability as highly acceptable and doable. These results indicate the module's positive impact on motivation, health, and quality of life for individuals with SUD.

CONCLUSION

This is the first study to empirically integrate counselling in a systematic method as a form of integrated yogic approach. With the strength of validity and feasibility, IYMSUD can be used as an adjunct to substitute drug treatment of SUD.

CONTENTS

Sl. No.	DETAILS	PAGE NO.
1.0	INTRODUCTION	1-15
2.0	LITRARY RESEARCH	16
2.1	ANCIENT LITERATURE ON SUBSTANCE USE DISORDER	16-19
2.2	ANCIENT LITERATURE ON YOGA BASED COUNSELLING	19-29
2.3	SUMMARY OF ANCIENT LITERATURE	29
3.0	REVIEW OF SCIENTIFIC LITERATURE	30
3.1	SCIENTIFIC LITERATURE REVIEW OF YOGA AND SUBSTANCE USE	30-33
3.2	DIFFERENT YOGA INTERVENTIONS USED FOR SUBSTANCE ABUSE	34-35
	SUMMARY OF SCIENTIFIC LITERATURE REVIEW	36
4.0	AIMS AND OBJECTIVES	37
4.1	AIMS OF THE STUDY	37
4.2	OBJECTIVES OF THE STUDY	37
4.3	HYPOTHESIS	37
4.4	JUSTIFICATION OF THE STUDY	37-38
5.0	METHODS	39

5.1	DESIGN OF THE STUDY	39
5.2	PROCEDURE	39
5.2.1	PHASE 1: DEVELOPMENT OF THE MODULE	39-41
5.2.2	PHASE 2: VALIDATION OF MODULE	42-43
5.2.3	PHASE 3: FEASIBILITY TESTING OF THE MODULE	43-45
5.3	SAMPLE SOURCE	45
5.3.1	SAMPLE SELECTION	45
5.3.2	INCLUSION CRITERIA	46
5.3.3	EXCLUSION CRITERIA	46
5.4	ASSESSMENT	47
5.4.1	ANTHROPOMORPHIC ASSESSMENT	47-50
5.4.2	VEDIC PERSONALITY ASSESSMENT	50
5.4.3	MOTIVATION TO SEEK TREATMENT	51
5.4.4	WORLD HEALTH ORGANIZATION QUALITY OF LIFE BREF	51
5.4.5	DEMOGRAPHIC DETAILS	51
5.4.6	DIAGNOSIS OF ADDICTION SEVERITY	52
5.4.7	YOGA MODULE DEVELOPMENT AND VALIDATION CHECKLIST	52
5.4.8	SESSION RATING	52

5.4.9	SEMI-STRUCTURED INTERVIEW AT FOLLOW UP	52
5.5	ETHICAL CONSIDERATION	52-53
5.6	DATA EXTRACTION AND ANALYSIS	53-54
6.0	RESULTS	55
6.1	PHASE 1	55-70
6.2	PHASE 2	70-88
6.3	PHASE 3	88-93
7.0	DISCUSSIONS	93
7.1	PHASE 1 MODULE DEVELOPMENT	94-120
7.1.1	THEORETICAL FOUNDATION OF YBC	94-100
7.1.2	INTEGRATING YOGIC COUNSELLING IN PSYCHOTHERAPY	100-108
7.1.3	ETHICAL CONSIDERATION AND PRECAUTIONS	108-109
7.1.4	DIAGNOSTIC MODEL OF YOGA BASED COUNSELLING	109-111
7.1.5.	CHARACTERISTIC OF A YOGIC COUNSELLOR	112-114
7.2	PHASE 2- VALIDATION	114-119
7.3	PHASE 3- FEASIBILITY TESTING	119-121
8.0	APPRAISAL	122

8.1	SUMMARY OF THE FINDINGS	122
8.2	CONCLUSION	122
8.3	IMPLICATIONS OF THE STUDY	122
8.4	APPLICATIONS OF THE STUDY	123
8.5	STRENGTH OF THE STUDY	123
8.6	LIMITATION OF THE STUDY	124
8.7	SUGGESTIONS FOR FUTURE STUDIES	125
9.0	REFERENCES	120-146
8.0	APPENDICES	147
1.0	INFORMED CONSENT FORM: A SAMPLE COPY	147-160
2.0	INSTITUTIONAL ETHICAL COMMITTEE APPROVAL	160-162
3.0	QUESTIONNAIRE(S) – SAMPLE COPY	163-171
4.0	LIST OF PUBLICATIONS FROM THIS DOCTORAL THESIS	172-175