

Development and Validation of Yogic Counselling Module

Suchitra S Patil^{1*}

ABSTRACT

Background: Studies are available on efficacy of Yoga on psychological diseases. Review studies have discussed the importance of Yogic counseling. And Sattvavajaya, a type of Ayurveda therapy has been elaborately deliberated, its efficacy has been emphasized. But, there are no validated module available. hence current study has been undertaken. **Methodology:** The Yogic counseling module was prepared after a thorough review of Patanjali Yoga sutra, Ayurveda scriptures- Chataka Samhita, Sushruta Samhita. and publications on Sattvavajaya and yogic counseling. Thirty experienced Ayurveda, Yoga, Psychology experts, who fulfilled the inclusion criteria, were selected for validating the content of the module. A total of 30 techniques were included in the module, and the experts were requested to rate each practice as (i) not essential, (ii) useful but not essential, and (iii) essential; the content validity ratio (CVR) was calculated using Lawshe's formula. **Results:** Out of 30 techniques 3 techniques had the least CVR ratio (<0.4). The final derived module had 27 practices that were found to have a significant CVR ratio. The CVR for the final module was significant (≥ 5 for a 20 expert panel) with a mean CVR of 0.72. **Conclusion:** The yogic counseling module has good content validity.

Keywords: *Yoga, Sattvavajaya, Counseling*

Yoga is a technique that ancient societies devised and employed to strengthen the body-mind connection, which promotes mental and spiritual health (1). Eight facets of practice that address human pathology and reactivity are described in the foundational text known as the Yoga Sutras: yama (integrity), niyama (discipline), asana (postures), pranayama (breath control), pratyahara (sensory withdrawal), dharana (concentration), dhyana (absorption), and samadhi (transcendence) (2).

Researchers have investigated the efficacy of yoga practice for a number of psychiatric issues using meta-analytic review techniques (3,4). According to research study (5), yoga boosted trait awareness and provided anxiety and depression protection. Twenty-five of the 35 clinical trials and randomised control trials (RCTs) that looked at yoga programs showed a substantial improvement in the management of stress and anxiety, according to one meta-analysis (6). Another meta-analysis found that yoga helped people with depression in 12 RCTs (7). Yoga is becoming the preferred approach for those looking to improve their mental health, which is not unexpected given the mounting evidence (8).

¹Assistant Professor, Department of Yoga and life science SVYASA

*Corresponding Author

Received: January 23, 2025; Revision Received: February 08, 2025; Accepted: February 12, 2025

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A review has discussed the concepts and application of Yoga based counselling techniques based on systematic review conducted. (9). And a narrative review has discussed elaboratively the need of Yoga based Counselling program and its applications in mental disorders. (10)

Satwayajaya Chikitsa is one of the Trividha Chikitsa, of Ayurveda which, in addition to preventing Dhee, Dhriti, and Smriti (emotions, intelligence and memory) impairments, also restores them to their normal state. It is crucial for maintaining the harmony between these three elements, which eventually results in an individual's happiness and health. [11] Avajaya means to conquer or win over, while Satwa means to refer to Mana (mind) [12] Therefore, Satwavajaya refers to dominating one's thoughts and avoiding unhealthy behaviours. [13]

Jnanam (real comprehension or spiritual wisdom). Vijnanam (scriptural knowledge or specialised knowledge), Dhairya (capacity to control or patience), Smriti (remembering or remembrance), Samadhi, which includes focus, meditation, and mental calmness. Manasika sadvritta, vyavaharika sadvritta, dharmika sadvritta (mental, social, religious conduct), are techniques of Sattvavajaya chikitsa. (11)

A study has discussed about modalities of sattvavajaya and implications on depressive disorders. (14)

Sattvavajaya along with Ayurveda drug has resulted in reduction of symptoms of Insomnia (15). Again with ayurveda medicine it has improved the condition of Anxiety symptoms in pre menstrual syndrome. (16).

A case study has shown that yoga and sattvavajaya chikitsa has improved obsessive compulsive disorder symptoms. (17). Another case study has discussed the efficacy of satvavajaya chikitsa on ulcerative colitis. (18)

Researches have revealed the efficacy of yoga based counselling techniques and sattvavajaya chikitsa. But, no validated module are available published. Hence, the present study had objective to develop and validate yoga based counselling module.

METHODOLOGY

Study has two steps.

1. Development of Yogic counselling module.
2. Validation of developed module by experts opinion.

Development of Module:

Step 1: Literature review

In this level, we looked at classic texts (9,11,13,).

Step 2: Research review

Review studies and experimental studies on Yogic counselling and Sattvavajaya were analyzed.

Step 3: Development of Module

A customised regimen was created that included 30 techniques was backed by scientific findings and classical books.

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Table 1 -Yogic Counselling module	
Koshas	Techniques
Annamaya Kosha-	Relaxation-systemic desensitization
	Meditative postures
Pranamaya Kosha-	Breath awaremess
	Deep breathing-slow breathing
Manomaya kosha-	
	Vishaya pravrtti
	Japa,Bhakti Yoga
	Dhairya-Patience
	Smriti
	Manasika sadvritta
	Vritti nirodha
	Dharmika sadvritta
	Eka tattva Abhyasa
	Tapa
Vijnamaya kosha	
	Pratipaska bhavana-EMBP
	Detachment
	Positive attitudes- Maitri,karuna,Mudita,upeksha-EMBP
	Jnanam (real insight or spiritual wisdom)
	Discrimination enhancement- Dhee-Cognitive behaviour therapy
	Vijnanam (special knowledge, knowledge derived from scripture
	Yama
	Pratyahara
	Vyavaharika sadvritta
	Niyama
	Swadhyaya
	Samajika sadvritta
	Achara Rasayana
Anandmaya Kosha	Gadhi story of Yoga vasishtha-Pairs of opposites
	Leela story of Yoga vasishta
	Prahlada story of yoga vashishta-Dealing with good and negative people
	Ramayana lessons
	Mahabharata lessons

Table 1 gives the details of panchakosha wise module developed

Validation of Yoga counselling module

Verification of the module by professionals – 10, Yoga experts and 10, Ayurveda experts, 10 Psychologists. Totally thirty specialists participated in a concentrated validation group. A doctorate or doctor of Ayurveda medicine degree and PhD in yoga with at least ten years of experience validated the module.

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- Not essential: has no role in improving any symptoms or the quality of life of patients with hypertension.
- Useful but not essential: useful in improving general wellbeing, but the benefits are not specific to hypertension symptoms.
- Essential: very important for improving hypertension symptoms.

The CVR for the total scale was computed based on the responses by the experts. According to Lawshe's formula, if more than half of the panelists indicate that an item is essential, then that item has the minimum content validity.

Statistical analysis:

The cut-off value of 0.42 was calculated by applying Lawshe's formula for the CVR (Lawshe CH, 1975) (13) The mean CVR across the items was used as an indicator of the overall test content validity.

Lawshe's formula:

$$CVR = \frac{n_e - N/2}{N/2}$$

=CVR 0.42; significant >0.42

Ne = total number of panelists indicating "essential" for each practice

N = total number of panelists

RESULTS

The mean CVR value was 0.72. Of the 30 practices, 27 practices were seen to have a good CVR ratio above or equal to 0.5 (Table 2).

Table 2

Sl no	Yogic counselling techniques	Ne	N	N/2	Ne-N/2	CVR
1	Relaxation	23	30	15	8	0.8
2	Meditative postures	23	30	15	8	0.8
3	Breath awareness	23	30	15	8	0.8
4	Deep breathing	22	30	15	7	0.7
5	Japa	18	30	15	3	0.3
6	Bhaktiyoga	18	30	15	3	0.3
7	Dhairya-patience	24	30	15	9	0.9
8	Smriti-Memory managemnt	21	30	15	6	0.6
9	Manasika sadvritta	24	30	15	9	0.9
10	Dharmika sadvritta	18	30	15	3	0.3
11	Eka tattvabhyasa	24	30	15	9	0.9
12	Tapas	24	30	15	9	0.9
13	Vritti nirodha	24	30	15	9	0.9
14	Vishaya Pravrtti	24	30	15	9	0.9
15	Pratipaksha bhavana	24	30	15	9	0.9
16	Positive attitude- Maitri, karuna, mudita, upeksha	23	30	15	8	0.8
17	Detachment	21	30	15	6	0.6
18	Yama, Niyama	23	30	15	8	0.8

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Sl no	Yogic counselling techniques	Ne	N	N/2	Ne-N/2	CVR
19	Pratyahara	24	30	15	9	0.9
20	Swadhyaya	23	30	15	8	0.8
21	Jnana	23	30	15	8	0.8
22	Achara Rasayana	22	30	15	7	0.7
23	Vyavaharika sadvritta	24	30	15	9	0.9
24	Samajika sadvritta	24	30	15	9	0.9
25	Dhi-Discrimination	24	30	15	9	0.9
26	Pairs of opposite and Gadhi stroy	21	30	15	6	0.6
27	Prahlada story-dealing with good and bad people	21	30	15	5	0.5
28	Leela story of detachment	20	30	15	5	0.5
29	Ramayana lessons discussion	20	30	15	5	0.5
30	Mahabharata lesson discussion	21	30	15	6	0.6

DISCUSSION

The goal of this study was to create a legitimate yoga counselling module. The research was carried out in two stages: (a) creating the yoga module and (b) getting expert approval. The Yoga Counselling Module was initially created using literature studies of both new research articles and classic literary sources. The module was validated by 20 certified professionals in the second stage. The CVR was computed for each of the module's 30 practices. The final verified yoga counselling module had 27 of these practices with a $CVR \geq 0.5$.

Importance of Sattvavajaya

One therapy approach that has been especially outlined for the treatment of mental illnesses is satwavajaya. It means to manipulate the mind by attracting it from unwanted items. Information from Ayurvedic texts reveals that just as rational therapy for somatic ailments is described in depth, Satwavajaya suggests treatments for mental disorders. Increasing Satwa to subjugate the vitiated Manasa Dosha, or Rajas and Tamas, is one way to accomplish Satwavajaya, which is the control or retainment of the mind from longing for unwholesome items. (11,13)

Importance of Yogic counselling

The five modifications of the mind are pramāṇa (correct knowledge), viparyaya (wrong knowledge), vikalpa (distracted), nidrā (sleep), and smiti (memory), according to Maharishi Patanjali's teachings (19). According to Patanjali, the kleśa, or ailments, at the subconscious level that affect the emotions, are the root causes of pain. Asmita (I-feeling), raga (liking), dvesha (repulsion), abhinivesha (fear of death), and avidya (ignorance) are the several categories of klesha (20). It is advised to practise the four yoga paths—raja, jnana, karma, and bhakti—as well as a lifestyle to handle the emotional turmoil associated with these klesha (21).

Another article emphasised the necessity of doing the eight limbs of yoga and embracing the attitudes of friendship (maitri), compassion (karua), joy (mudita), and indifference (upeksha) in order to attain the condition of citta prasadanam, or the happy state of mind (22).

Strength and limitations of the study

Strength of the study is, it is the first study to develop and validate the yogic counselling module. And experts were qualified and having good experience.

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Limitations of the study was, not all of the traditional schools of yoga were represented in the concentrated group of experts, which only comprised experts from a small number of them.

CONCLUSION

The present panchakosha based Yogic counselling module has good content validity. Before being implemented globally, this module with strong must undergo feasibility assessments.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Suchitra, S.P. (2025). Development and Validation of Yogic Counselling Module. *International Journal of Indian Psychology*, 13(1), 841-847. DIP:18.01.079.20251301, DOI:10.25215/1301.079