



The Customized Yoga Module Affects in Enhancing Immune Psychology in Old Age with Special Reference to Self Confidence Inventory: A Case Report

Indrayani S. Shrigiriwar¹, Santosh D. Kamble²

¹MD Student, Swasthavritta & Yoga Department, Dr. D.Y. Patil College of Ayurveda & Research Centre, Pimpri, Pune 411018

²Associate Professor, Swasthavritta & Yoga Department, Dr. D.Y. Patil College of Ayurveda & Research Centre, Pimpri, Pune 411018. Dr. D.Y. Patil Vidyapeeth, Pune (Deemed to be University)

Corresponding Author Email: santoshkamble2527@gmail.com

Article History	Abstract
Received: 01 June 2023 Revised: 07 Aug 2023 Accepted: 27 Aug 2023	<p>This study is designed to assess the change in self confidence level and immune psychology in the old age by practises certain yoga module. This study is designed to measure the increase in the self confidence level in old age woman. Therefore, this study is observing an influence of the customized yoga module on self confidence level and immune psychology. This study is for checking whether it is increase or decrease, whether it creates any change or not in the overall confidence level. In this study, we used self-confidence inventory for assessment of confidence which is a valid and reliable inventory that can measure the confidence level in different fields successfully. An assessment was done before & after completing the study. In this study, it is observed that the customized yoga module influenced the old age confidence level as well as psychology, their thinking nature which can be converted from negative to positivity. The given yoga module when patient consistently did for 30 days. She observed drastic change in her behaviour psychology, thinking & confidence level. The positivity of mind increased greatly is the most important observation of this study. The given yoga module had greatly impact on the confidence level, psychology and immune system of the old age woman. The yoga itself is the only tool which is fabulously useful in building up the strong character, confident personality. If we observed the youth and old age person who does yoga regularly in their routine, they are most confident in their work than other people who does not do yoga in routine. Therefore, it's concluded that the yoga module increases the self confidence level in old age women.</p>
CC License CC-BY-NC-SA 4.0	<p>Keywords: Yoga, Pranayama, Self-confidence inventory, behavioural immunology, ageing, Psychological Stress</p>

1. Introduction

The Confidence in the mind, in the personality, in the behavior always comes from self-acceptance first. When we accept ourselves totally then we can easily create confidence in our mind and attitude. Once self-acceptance is built, we can cultivate self-esteem, self-progress, self-respect, confidence and many more. A favorable attitude toward one's self-concept is what is meant by having self-confidence. It is our most crucial life skill because it is a belief in one's power and talents. One needs some degree of self-confidence to accomplish goals, succeed in life or in one's career, and handle everyday obligations. A person who is self-assured feels in general in charge and is capable of carrying out their wishes, plans, and expectations. ^[1] Self-confidence is such a thing that all human beings can create by doing work, daily routine. When we do one thing or one work repeatedly, sincerely then it converted out attention and attitude towards it that brings confidence for that work.

When anything gets habituated for us that means we have very confident in it, our self confidence level is greater in it rather than any other work. On the other hand, self-confidence is not the manual thing, whenever we want greater it increases and whenever we want it low it decreases. No, it's not such manual thing totally but yes, it should be greatly controlled by our mind by accepting yoga module as a part of our daily routine. Yoga has a stronger impact on the development of the whole person (*Gunas*) than regular exercise. As a result, it can be seen as having separate effects on socioeconomic and great psychological development, chronic disease prevention, and quality of life.^[2]

Objective:

To study the efficacy of yoga module on the self confidence level, psychology and immune system of old age woman.

2. Materials and Methods:

Assessments were done using the following questionnaires:

Agnihotri's Self Confidence Inventory^[3]

Agnihotri's Self Confidence Inventory (ASCI) consists of 56 questions which includes items for the assessment of self confidence. The author has given the following classification criteria:

Raw scores: Explanation 7 and below Very high self-confidence, 8-19 High self-confidence , 20-32 Average self-confidence ,33-44 Low self-confidence and 45 and above Very low self-confidence

The level of self-confidence was evaluated using Agnihotri's Self-confidence Inventory (ASCI) (Agnihotri, 1987). This inventory is designed to assess the level of self confidence, psychological status and immune system of the patient. 'Yes' or 'No' are the only options for each of the 56 items on the test. The patient's answer form was carefully collected.

Case History

An old aged lady, 62 years old was suffering from low confidence level, lack of decision making capacity and fear for challenges since last 5 years. She was not having any lifestyle disorder and genetic disorders. She was a working woman as a government servant. She was very hard working, punctual and sincere in her job. She got retirement 5 years ago, from that, these symptoms were emerged. After retirement, her routine was made totally change from the mind. Gradually these symptoms are increasing since last 4 years. Allopathic treatment was given to her for up to 1 year but she did not felt any result on these symptoms. She came to the Opd with given symptoms on 29/06/23 and she denied to take medicines anymore hence the customized yoga module was given to her for daily practice for up to next 30 days.

Table 1: *Yogasana* module given to the patient

Yogasana	Asana Holding Time
Vrikshasana	1-3 min
Tadasana	1-3 min
Namaskarasana	1-3 min
Virbhadrasana	1-3 min
Samakonasana	1-3 min
Sahajasana	1-3 min
Siddhasana	1-3 min
Yoga Nidra	1-3 min
Shavasana	1-3 min

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Table 2: *Pranayama* Module given to the patient

Pranayama	Repeating Cycles
Deep Breathing	15/15 cycles
Anulomvilom (Nadi shodhan pranayama)	15/15 cycles
Bhramari	15/15 cycles
Omkar Sadhana	10 mins
Dhyan {Meditation}	10 mins

Table 3: *Mudra* Module given to the patient

Mudra	Time
Dhyan Mudra	15 min daily at morning
Anjali /Namaskar Mudra	15 min daily at evening
Bhairav Mudra	15 min daily at night before going to bed

Procedure; (1) The patient's usual examination and history have been conducted to confirm that she meets the requirements for inclusion; (2) The written consent was taken from the patient before initiation of the treatment; (3) An introductory lecture was given about this topic in order to ensure that the yoga module was understood properly; (4) The patient received the appropriate direction and a yoga module demonstration; (5) A 5-day workshop was organized for this purpose, during which all yoga module practical demonstrations and its advantages were covered. There were some instructions provided on how to do yoga; (6) The patient is permitted to practice the provided yoga module twice daily at her discretion. One after getting out of bed in the early morning and a second one to two hours before nightfall; (7) The supplied yoga module was practiced every day for up to 8 weeks; (8) The patient was free to carry out her daily tasks after the yoga module practice. All follow-up calls were made once a week.

Factor: Self Confidence Inventory

To test whether there is significant difference in Self Confidence Inventory at BT&AT.

To test the hypotheses,

The null hypothesis, H₀:

There is no significant difference in Self Confidence Inventory at BT &AT.

Vs.

The alternative hypothesis, H_a:

There is significant difference in Self Confidence Inventory BT &AT.

Table 4: Reporting outcome

Sr.no.	Before Treatment ASCI Score dated, 29/06/23	After Treatment ASCI Score dated, 30/07/23
01.	40 (low self confidence)	12 (High self confidence)

There is significant difference in Self Confidence Inventory at BT &AT. That suggest the Self Confidence Inventory readings are decreasing significantly as the days of treatment increasing, it means improvement in psychology and self confidence.

The self is a combination of a person's thoughts, feelings, aspirations, anxieties, and fantasies, as well as his or her opinions regarding his or her value. "Self-confidence refers to an individual's perceived ability to act effectively in a situation to overcome challenges and make things go all right^[1] Yoga helps the practitioner become aware of his inner self through a variety of physical postures (asanas), voluntary controlled breathing methods (pranayamas), and meditation (dhyana). The yoga module given to the patient was followed by her sincerely and regularly twice a day for about 30 days as instructed. The given module is soothing, calming and relaxing for the mind. All the given yogasanas

are effectively works on thinking power, emotional quotient, psychology, mind power and immune system. Therefore these asana practices give steadiness, stillness to the mind which is useful to enhance sattva quality of the mind. As the sattva quality increases, the self confidence level, fearlessness and positivity of thoughts, immunity etc also affects greatly. Similarly the pranayama and bandha that given to the patient are also works on the prana lies in every cellular level of the mind and body. Practice of pranayama makes mind strong, healthy, pure and still. The stillness of prana in the body gives stillness of the mind which leads to bring confidence, courage, compassion and other capacities that makes mind tough. In this case, by doing give yoga module regularly, the significant improvement and result was seen in the patient with significantly decrease in her symptoms. The yoga practices can lead to a very powerful and successful personality in the society. The results of this study show that yoga has a positive impact on self-esteem scores in older woman, as well as a negative impact on depression and anxiety scores. This may be explained by adjustments in central neurotransmitters such gamma-amino butyric acid, along with elevated parasympathetic tone and decreased sympatho-adrenal activity.^[5] Both aging processes and psychological stress affect the immune system: Each can dysregulate immune functions with a potentially substantial impact on physical health. Worse, the effects of stress and age are interactive. Psychological stress can both mimic and exacerbate the effects of aging, with older adults often showing greater immunological impairment to stress than younger adults.^[6] T cells have several hallmarks of cellular aging, and they accumulate DNA damage, predisposing to the occurrence of mutations and epigenetic alterations. As per Gautam et.al clinical study reports, The Th17 cells and aged T cell subsets showed a significant decline whereas Treg cell population showed a significant elevation in yoga group. There were significant improvements observed in epigenetic markers as well as inflammatory markers post 8-weeks of yoga practice. The yoga group showed down regulation of ROR γ t, IL-17, IL-6, CXCL2, CXCR2, and up regulation of FoxP3 and TGF- β transcripts. Yoga enables the maintenance of immune-homeostasis as evident by increased Treg cell population and reduced Th17 cell population. Yoga reduces the rate of immunological aging in T cells, as seen by the reduction in population of aged Th17 cells and aged Treg cells. Yoga positively modifies transcriptome and epigenome by normalization of various inflammatory markers, gene expression patterns and epigenetic alterations. Taken together, yoga reduces RA severity, and aids in immune-modulation and hence can be beneficial as an adjunct therapy.^[7] Pranayama practices, stretches the lung tissue producing inhibitory signals from action of slowly adapting receptors and hyperpolarising currents. These inhibitory signals coming from cardiorespiratory region involving vagi are believed to synchronize neural elements in the brain leading to changes in the autonomic nervous system; and a resultant condition characterized by reduced metabolism and parasympathetic dominance.^[8]

3. Conclusion

The goal of yoga is to increase physical and mental stamina, awareness, and harmony. In addition to its physical advantages, yoga has many psychological advantages as well. Stress is known to have negative effects on the body and mind. Stress can manifest itself in a variety of ways, including headaches, back or neck pain, difficulty sleeping, drug use, and difficulty are focusing. Yoga can be highly helpful in gaining coping mechanisms and a more optimistic attitude on life. A person's mental health might be enhanced by practicing yoga because it incorporates breathing and meditation. Regular yoga practice improves bodily awareness, reduces chronic stress patterns, relaxes the mind, centres attention, and sharpens concentration in addition to other benefits. "Because they can aid in the early discovery of bodily disorders and allow for early preventive intervention, body- and self-awareness are particularly important. From all observations, this study concluded that the given yoga module can successfully treat the mental health issues like lowers the confidence level, fear, anxiety etc. Physical activity can enhance one's sense of self and confidence while reducing loneliness, shyness, despondency, and stress-related symptoms. It can also increase alertness and vitality. According to Temmi Sears (quoted in Peters), "the primary benefit of yoga is enhanced Self-esteem."In conclusion, yoga practice is advantageous for raising self-esteem in the female population and it will undoubtedly aid in other psychological advantages as well.^[6] In conclusion, the study's findings showed that regular, long-term yoga practice under appropriate supervision helps young men increase their degree of self-confidence. There has shown the great difference in before and after

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treatment score that proves the yoga module beneficial to enhance the self confidence, psychology and immune system. ^[Table no.4]

Conflict of Interest

There is no conflict of interest in the study.

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