



# QUALITATIVE RESEARCH IN YOGA: IMPACT OF YOGA ON QUALITY OF LIFE IN PATIENTS WITH CHRONIC IRREVERSIBLE DISEASES

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# CHRONIC IRREVERSIBLE DISEASES

- Chronic irreversible diseases like cancers, chronic kidney disease, certain auto-immune disorders and progressive neuromuscular disorders etc. have a profound impact on Quality of Life.
- They need continuous care and treatment with limited improvement and high costs.
- Leading to Depression, Anxiety and various psycho-social problems in such patients.
- Non-pharmacological interventions focusing on Quality of Life are gaining prominence these days.

# YOGA

## LAYERS TO THE SELF 5 KOSHAS

**Annamaya Kosha**

Physical body



**Pranamaya Kosha**

Energy Body



**Manomaya Kosha**

Emotional Body



**Vijananamaya Kosha**

Wisdom Body



**Anandamaya Kosha**

Bliss Body



**“IF YOU WISH TO KNOW THE ROAD UP THE  
MOUNTAIN, YOU MUST ASK THE MAN WHO  
GOES BACK AND FORTH ON IT.”**

**-- ZENRINKUSI**



# QUALITATIVE RESEARCH

- ❖ Qualitative research is an approach to obtain a in-depth experiences, realities and information through sustained contact with the individuals in their natural environments and producing rich, descriptive data that will help us to understand their experiences.
- ❖ The aim is to understand what people think, and how they feel - or at any rate, what they say they think and how they say they feel. This kind of information is subjective.
- ❖ It involves feelings and impressions, rather than numbers.

# QUALITATIVE RESEARCH

A commonly used framework for designing a qualitative research question is the 'PCO framework'

P = population under study,

C = context of exploration,

O = the outcome/s of interest.

Example: "What are the experiences of Patients with CKD before and after they started Yoga practice?"

# DIFFERENCES BETWEEN QUALITATIVE & QUANTITATIVE RESEARCH

	Qualitative	Quantitative
1. Aim	<ol style="list-style-type: none"><li>1. Exploration of participants' experiences and life world</li><li>2. Understanding, generating theory from data</li><li>3. Exploratory</li></ol>	<ol style="list-style-type: none"><li>1. Search for causal explanations</li><li>2. Testing hypothesis, prediction</li><li>3. Confirmatory</li></ol>
2. Approach	<ol style="list-style-type: none"><li>1. Broad focus</li><li>2. Process oriented</li><li>3. Context – bound</li><li>4. Getting close to data</li></ol>	<ol style="list-style-type: none"><li>1. Narrow focus</li><li>2. Product oriented</li><li>3. Context free</li><li>4. In artificial or laboratory setting</li></ol>

# DIFFERENCES BETWEEN QUALITATIVE & QUANTITATIVE RESEARCH

	Qualitative	Quantitative
3. Sample	<ol style="list-style-type: none"><li>1. Purposive and theoretical sampling</li><li>2. Flexible sampling that develops during research</li></ol>	<ol style="list-style-type: none"><li>1. Randomised</li><li>2. Sample frame fixed before research starts</li></ol>
4. Data collection	<ol style="list-style-type: none"><li>1. In-depth non-standardised interviews</li><li>2. Participant observation / fieldwork</li><li>3. Documents, photographs, videos</li></ol>	<ol style="list-style-type: none"><li>1. Questionnaire, Standardised interviews</li><li>2. Tightly structured observation</li></ol>



# IN-DEPTH INTERVIEWS

Substantial probing is done to surface underlying motives, beliefs, and attitudes.

Probing is done by asking such questions as:

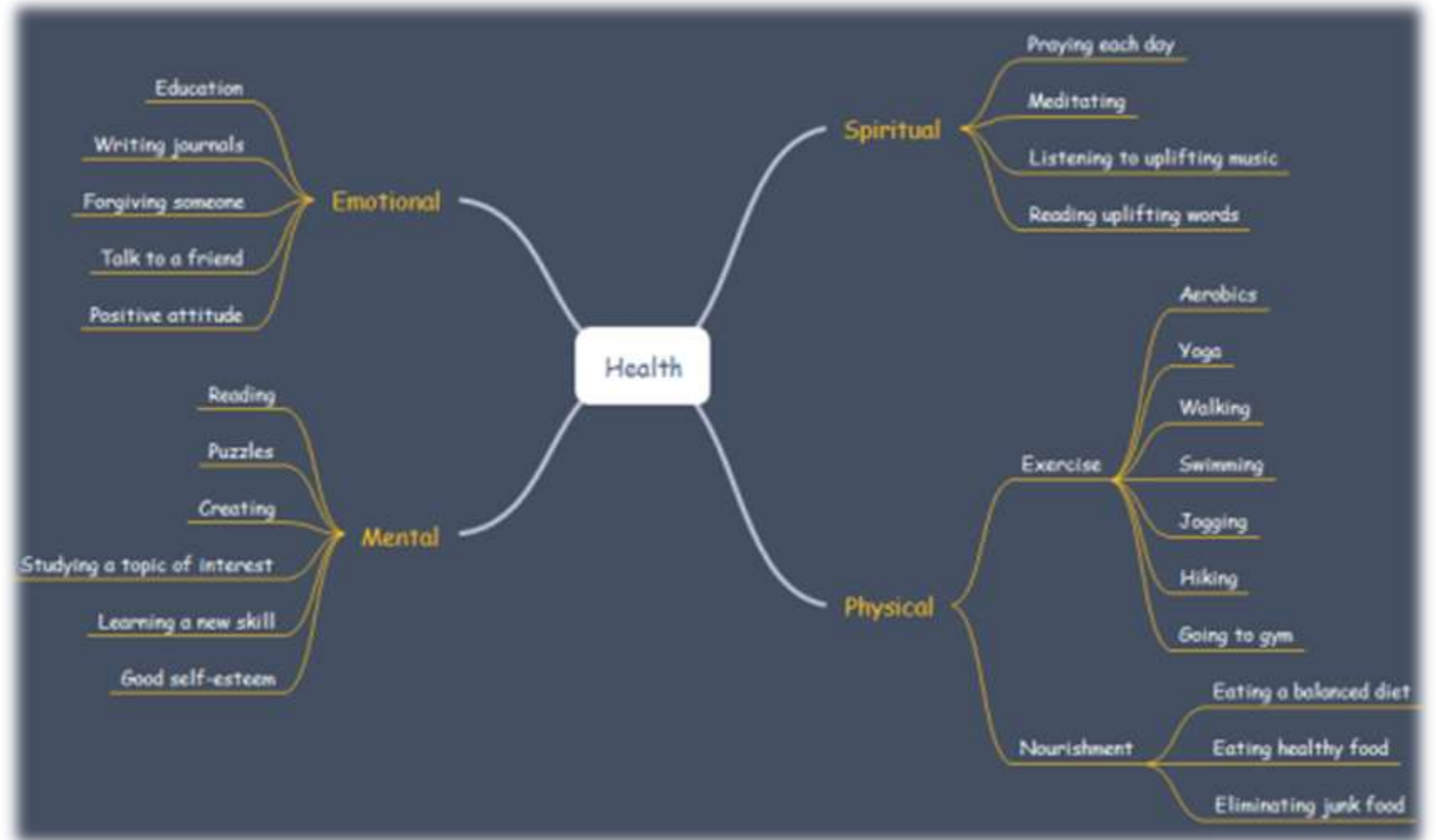
- “Why do you say that?”
- “That's interesting, can you tell me more?”
- “Would you like to add anything else?”

# DIFFERENCES BETWEEN QUALITATIVE & QUANTITATIVE RESEARCH

	Qualitative	Quantitative
5. Analysis	<ol style="list-style-type: none"><li>1. Thematic, constant comparative analysis</li><li>2. Content analysis</li><li>3. Grounded theory</li><li>4. Ethnographic analysis</li></ol>	<ol style="list-style-type: none"><li>1. Statistical analysis</li></ol>
6. Outcome	<ol style="list-style-type: none"><li>1. Story</li><li>2. Ethnography</li><li>3. Theory</li></ol>	<ol style="list-style-type: none"><li>1. Measurable results</li></ol>



# MIND MAPPING



# BARRIERS AND CHALLENGES IN QUALITATIVE RESEARCH

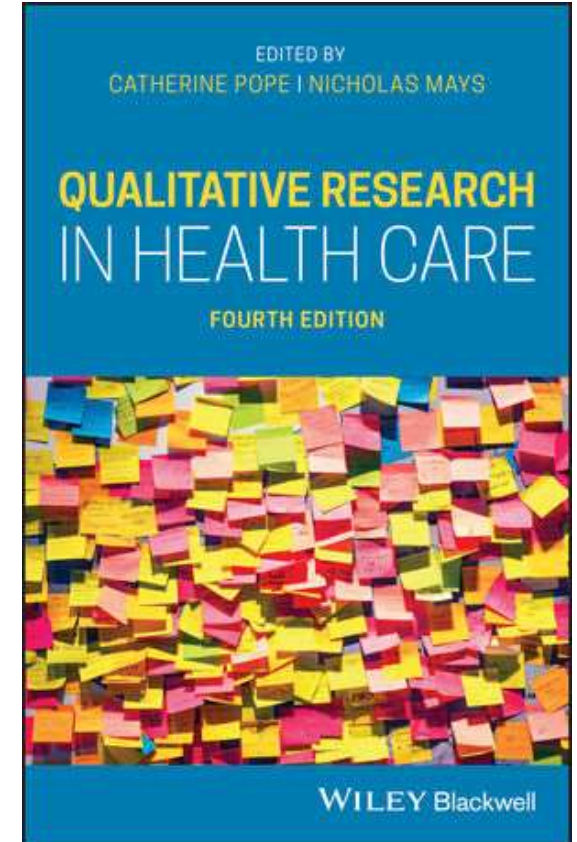
- ❖ Have I coded my data correctly?
- ❖ Have I managed to capture the situation in a realistic manner?
- ❖ Have I described the context in sufficient detail?
- ❖ Have I managed to see the world through the eyes of my participants?
- ❖ Is my approach flexible and able to change?

# BARRIERS AND CHALLENGES IN QUALITATIVE RESEARCH

- ❖ It can be very subjective
- ❖ It can't always be repeated
- ❖ It can't always give you definite answers in the way that quantitative research can
- ❖ It can be easier to carry out (or hide) 'bad' (poor quality) qualitative research than 'bad' quantitative research.

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**THANK YOU**