

Chapter V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1. Summary

The purpose of the study was to analyze the varma therapy and yoga therapy on selected physiological, bio-chemical and psychological variables among diabetic patients. To achieve the purpose of the study, 90 male diabetic patients were selected from Chennai city, at random and their age ranged from 40-55 years. The selected subjects were divided into three groups namely VTG, YTG and CG with thirty subjects each. The criterion variables namely resting pulse rate, systolic and diastolic blood pressure, total cholesterol, blood glucose, stress and self-confidence were assessed prior to and immediately after the training period by using the standardized test items. The experimental design used in this study was pre and post test random group design involving 90 subjects. The Experimental groups participated in their respective training programme for a period of 12 weeks. No attempt was made to equate the groups in any manner. Hence, to make adjustments for difference in the initial means and to test the adjusted post test means for significant differences among the groups. The collected data were analyzed by using Analysis of Covariance (ANCOVA). Whenever the 'F' ratio was found to be significant, Scheffe's test was used as post-hoc test to determine which of the paired means differed significantly. In all cases the criterion for statistical significance was set at 0.05 level of confidence ($P < 0.05$).

5.2. Conclusions

In the present investigation, as a result of two therapy programmes the following improvements occurred on selected variables.

1. varma therapy and yogic therapy programmes lessens the resting pulse rate and stress level.
2. Systematic varma therapy and yogic therapy methods normalize the systolic and diastolic blood pressure.
3. Due to the influence of two types of therapy programme, blood glucose and total cholesterol levels were controlled.
4. Varma and yogic therapies significantly improve the psychological variable such as self-confidence.
5. It is found that Yogic therapy method is identified as the effective therapy method to improve the dependent variables than the varma therapy.

5.3. Recommendations to the Society

1. The findings of the study recommended to the doctors, physiotherapists and psychiatrists to include yoga and varmam in their remedial programme to improve the healthy lipid profile, physiological and psychological parameters.
2. Since the yogic therapy is identified as the decisive training, it is recommended for the coaches and physical education teachers to include it in their regular training schedule of fitness and remedial programmes for diabetic patients.
3. It is recommended that the contribution of yoga and varmam could improve total well being of an individual.
4. Yoga and varmam can be individual with other health programmes.

5.4.Recommendations to the Future Researchers

The results of the study brought out the following recommendations for further studies in this area.

1. The intensity of the training and number of training sessions can be fixed according to the age, gender and diabetic level of the subjects.
2. Similar studies may be conducted for female subjects.
3. Similar study may be designed to investigate the effects of training programmes at different age levels.
4. Similar study may be conducted using other dependent variables.
5. Intensity and density may be altered for other similar studies.
6. Yoga and varmam may also be given as treatment process of other diseases.
7. The present study thus, needs to be strengthened or supported by more relevant research studies.