

## **CHAPTER V**

### **SUMMARY CONCLUSIONS AND RECOMMENDATIONS**

#### **5.1 SUMMARY**

The purpose of this random group experimental study was to find out the effects of varied yogic practices on selected physiological, hematological and psychological variables among women patients of hypothyroidism.

Forty five women volunteers from Chennai city, with the age group of 35 to 50 years old were randomly selected by means of a local newspaper advertisement that offered women with hypothyroidism a three-month free yoga program. They were assigned into three equal groups by random selection. Each group consisted of fifteen subjects. Group one acted as experimental Group A (Yogic Practices based on Chakra Model). Group two acted as experimental Group B (Yogic Practices based on T. Krishnamacharya's Approach). Group three acted as control group and they participated in active rest.

Pre test was conducted for all the forty five subjects on selected physiological variables namely resting heart rate, systolic and diastolic blood pressures, body mass index; hematological variables such as thyroid stimulating hormone, high density lipoprotein, low density lipoprotein, triglycerides and psychological variables namely self esteem, stress and anxiety. This initial test scores formed as pre test scores of the subjects. The experimental period was for 12 weeks.

After the experimental treatment, all the forty five subjects were measured on the selected physiological, hematological and psychological variables. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out

the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant Scheffé's Post hoc test was used. In all cases 0.05 level of significance was fixed to test the hypothesis.

The results of the study proved that there were significant differences on selected physiological variables namely resting heart rate, systolic and diastolic blood pressures, body mass index; hematological variables namely thyroid stimulating hormone, high density lipoprotein, low density lipoprotein, triglycerides and psychological variables such as self esteem, anxiety, stress among women with hypothyroidism due to Yogic Practices based on Chakra Model (Group A) and Yogic Practices based on T. Krishnamacharya's Approach (Group B) than the control group.

## **5.2 CONCLUSIONS**

Within the limitations and delimitations set in for this study, the following conclusions were drawn:

1. The results of the study indicates that physiological variables such as resting heart rate, systolic, diastolic blood pressures and body mass index were significantly decreased due to the influence of twelve weeks of Yogic Practices based on Chakra Model and Yogic Practices based on T. Krishnamacharya's Approach than the Control group.
2. The results of the study indicates that hematological variables such as thyroid stimulating hormone was stabilized; low density lipoprotein, triglycerides were significantly decreased and high density lipoprotein significantly increased due to the influence of twelve weeks of Yogic Practices based on Chakra Model and Yogic Practices based on T. Krishnamacharya's Approach than the Control group.

3. The results of the study indicates that psychological variables such as self esteem significantly improved; stress and anxiety were significantly reduced due to the influence of twelve weeks of Yogic Practices based on Chakra Model and Yogic Practices based on T. Krishnamacharya's Approach than the Control group.
4. Further, it was concluded that Yogic Practices based on T. Krishnamacharya's Approach were significantly effective than the Yogic Practices based on Chakra Model on selected physiological, hematological and psychological variables among women patients of hypothyroidism.

### **5.3 RECOMMENDATIONS**

#### **5.3.1. SUGGESTIONS FOR SOCIAL DEVELOPMENT**

1. The study proved that varied yogic practices helped to make significant differences on selected physiological, hematological and psychological variables of hypothyroid women, so it is recommended to include the yogic practices in treating the hypothyroidism.
2. Yogic practices may also be recommended for other thyroidal disorders and for other hormonal problems of women and also for other diseases and disorders.
3. It is recommended that the government may introduce yogic practices with other traditional medical management systems.
4. Yogic practices may be included in the health sectors, rehabilitation centers, hospitals, industries and educational sectors etc.
5. Mass awareness programs may be done to make people to know the health and therapeutic benefits of yoga.

### **5.3.2. SUGGESTIONS FOR FURTHER RESEARCH**

The investigator suggested the following recommendations for further research

1. Similar study may be conducted on other thyroidal diseases and disorders and also for other hormonal problems of women.
2. Long term studies may be designed to investigate the effects of yogic practices on hypothyroidism.
3. The present study is primarily focused on women with hypothyroidism. The same study may be done on other genders with hypothyroidism also.
4. Similar study may be conducted by selecting a large sample.
5. Similar studies may be conducted for various other age groups.
6. A similar study could be carried out by manipulating dependent variables.
7. Similar study may be investigated on other independent variables.
8. Similar study may be pursued in different intensity and density factors.
9. The present study needed to be strengthened by more relevant research studies.