

(Yogic practices included diet) and Group II (Yogic Practices not included diet) showed significant improvement in the physical variable flexibility (Increased), physiological variables such as Body Mass Index (decreased), Systolic blood pressure (decreased), resting pulse rate (decreased) and psychological variables such as stress and anxiety (reduced) and Adjustment (Increased) among Oligomenorrhea women. These results are observed to be better than the control group. Between Group I (Yogic practices included diet) and Group II (Yogic Practices not included diet), Group I (Yogic practices included diet) which is a group that had a modified diet, demonstrate better results on all the physical, physiological and psychological variables than Group II (Yogic Practices not included diet).

### **5.3. RECOMMENTATIONS**

The following recommendations have been derived on the basis of the study for practitioners. It was found that Yogic practices included and not included diet modifications should be useful for the Oligomenorrhea women.

1. It was found the Yogic practices included and not included diet modifications also should be useful for Oligomenorrhea women.
2. It was found that the combination of both also Yogic practices included diet modifications are more suitable for the Oligomenorrhea women.
3. Yogic practices included diet modifications may be recommended for Oligomenorrhea women for other ailments.
4. Yogic practices included diet modifications may be advisable for the betterment of the Oligomenorrhea women.
5. The government of tamilnadu may be motivated of Yogic practices and diet modifications as a part of naturopathy and health centers.

6. Yogic practices included diet modifications may be included in curriculum in colleges, schools and university.
7. Yogic practices included diet may be done by all kind of peoples for good health and wealth.

#### **5.4 SUGGESTION FOR FURTHER RESEARCH**

1. The some related study can be undertaken to find out the changes on Yogic practices with diet modifications and Yogic practices without diet modifications.
2. Similar study can be undertaken for Oligomenorrhea Adult women.
3. Similar study can be undertaken for Oligomenorrhea Adult women.
4. Similar study can be undertaken for rural and urban Oligomenorrhea women.
5. This type of study can be undertaken on different age groups.
6. Since the research was selected on two or three or four experimental groups can be compared for Oligomenorrhea women.
7. Similar study may be conducted for the extension period of experimentation by selecting a large sample.
8. Similar study may be conducted for other health problems faced by women.
9. The current research needed to be promote or well support by more related research studies.