Limitations of the Study

- The current study was confined to only four millets
- The sample size was limited to 50 type 2 diabetics for each millet
- Subjects, who were on OHA’s (Oral Hypoglycemic Agents) were selected for the study.

Recommendations

- The other millets which are grown in our country like Branyard millet, Kodo millet and Proso Millet which are rich in major nutrients along with fibre, can also be used in our daily diet and researches can also be carried out using these millet for their effect on degenerative diseases.
- Since the study was done only on type 2 diabetes it can also be extended to see the effect on other degenerative diseases like cardio vascular disorders.
- Lifestyle patterns such as Yoga and Stress Management can be incorporated along with Diet and education to see more effective results on degenerative diseases.
- Research can also be carried on Type 1 Diabetics and also Type 2 Diabetics who are on insulin.