# CHAPTER – 9.0

## APPRAISAL

<table>
<thead>
<tr>
<th>CHAPTER</th>
<th>CONTENT</th>
<th>PAGE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.0</td>
<td><strong>APPRAISAL</strong></td>
<td>149-154</td>
</tr>
<tr>
<td>9.1</td>
<td>STRENGTH OF THE STUDIES</td>
<td>149</td>
</tr>
<tr>
<td>9.2</td>
<td>LIMITATIONS OF THE STUDIES</td>
<td>150</td>
</tr>
<tr>
<td>9.3</td>
<td>IMPLICATIONS OF THE STUDIES</td>
<td>151</td>
</tr>
<tr>
<td>9.4</td>
<td>SUGGESTIONS FOR FUTURE STUDIES</td>
<td>152</td>
</tr>
<tr>
<td>9.5</td>
<td>CONCLUSION</td>
<td>153</td>
</tr>
</tbody>
</table>
9.0 APPRAISAL

9.1 STRENGTH OF THE STUDIES

1. NORMATIVE STUDY

The present study could find out clear differences in the norms between the Indian and the European population. This difference was most evident in the Integral Area values. Apart from this, the study also demonstrated that EPI parameters are considerably different at various levels like with-filter and without-filter, males and females, two different sets of age ranges, and not the least, the diet.

2. CYCLIC MEDITATION VS SUPINE REST

A short-term intervention could produce a highly significant reduction in stress level within the CM group which was twice in comparison to reduction within the SR group and general health indices also showed significant improvement which is noteworthy features of this study.

3. INTEGRATED YOGA MODULE

The study found reproducible results of reduction in stress parameter, an increase in the health index, and decrease in disorderliness in all four experiments except IE right. The study also found a highly significant reduction in stress parameter and highly significant improvement in health indices due to Yoga-related lifestyle changes. In addition, the study examined the significant difference in the energy
parameters at baseline comparisons between males and females. These are the strengths of the study.

9.2 LIMITATION OF THE STUDIES

1. NORMATIVE STUDY

The limitations of the study were self-reported healthy subjects and unequal numbers of males and females.

2. CYCLIC MEDITATION VS SUPINE REST

The data were collected from different batches of SMET program conducted in different periods on two occasions, namely morning and evening and this study limits to males only. Various components of CM could not be studies and though these limitations may partially reduce external validity, we estimate that these would be within acceptable range and can be controlled in future studies.

3. INTEGRATED YOGA MODULE

Absence of a control group may have posed a threat to the internal validity of the study; however, we estimate that this would at the maximum obscure the measured magnitude of the effects but not the direction of effect. A further confirmatory study may be done to better estimate the effect sizes.
9.3 IMPLICATIONS OF THE STUDIES

1. NORMATIVE STUDY

The observed differences in IA left and right values in Indian population will help arrive at more accurate values for research and clinical practices using EPI in India. This will also help in assessing a person’s health status more reliably in real time.

Information with filter provides the present health status of a person, whereas information without filter indicates possible upcoming health related issues well in advance (Kostyuk et al., 2011). Corrections in IA values are necessary as this will enable us to differentiate between the energy pattern of healthy and unhealthy persons in specific groups of people more precisely.

2. CYCLIC MEDITATION VS SUPINE REST

This will help to understand role of individual components of CM. Importantly, this study is seen as a harbinger of other studies to be undertaken to correlate the EPI parameters with Qi, which is the subtle energy circulating in the organs and systems of the body. Qi is equivalent to prana in Ayurveda and Yoga and hence, this study is seen as fundamental in establishing the above correlations. If it is indeed so as postulated here, then EPI could turn out to be an important method for health maintenance and for predicting the onset of a disorder before manifesting in the physical system. Thus, the present study, though at nascent level, is thought to be fundamental for establishing the capability of this instrument as delineated above, further studies and more evidences are needed to take this idea clinically.
3. INTEGRATED YOGA MODULE

IYM can be implemented for the prevention of ill health and promotion of health in individuals.

9.4 SUGGESTIONS FOR FUTURE STUDIES

1. NORMATIVE STUDY

We also suggest that for future studies, the sensitivity and specificity of these proposed norms may be checked by suitably choosing the target samples.

2. CYCLIC MEDITATION VS SUPINE REST

Though the results are well-supported by the previous studies, it would be further interesting to explore by including other objective variables. These could be HRV or relevant biochemical tests, viz., salivary alpha amylase and cortisol etc. along with EPI assessment to correlate the findings of CM meditation on stress levels in individuals. Specific effect of various components of CM like asanas can also be studies in future.

3. INTEGRATED YOGA MODULE

From the findings of significant difference in energy trend between the males and females, it is suggested that males and females should be studied separately. Further, it is also suggested that future study should attempt to follow the subjects after the completion of study in order to find out prolonging effects of yoga practices.
9.5 CONCLUSION

1. NORMATIVE STUDY

EPI norms for healthy Indian population are different from the European norms, especially for the EPI parameter, Integral Area. All the subgroup results also showed similar differences in Integral Area left and right parameters from European norms. Further, the study also found considerable differences between the various subgroup factors like gender, age range and diet. This suggests that any study being carried out on Indian population should consider all these vital factors carefully while analysing and interpreting the results.

2. CYCLIC MEDITATION VS SUPINE REST

The investigations from the current study contributed evidence to conclude that the CM practice reduces stress and improves psychophysiological health indices better than SR in managers. It further gives evidence to the possibility of monitoring Qi (and perhaps prana) in the organ systems of the body.

3. INTEGRATED YOGA MODULE

Present study achieved the reproducible results for stress, general health and disorderliness in all four experiments at the psycho-physiological level except IE right side. Outcomes of the study also suggest that the energy parameters differ gender-wise; hence, this needs to be studied separately with more data to substantiate the findings. Further, the findings from the investigations also suggests that IYM can be used to regulate, improve and sustain the energy homeostasis of
an organism. This, in essence, is important in the field of prevention and sustenance of health.