OBSERVATIONS

Observations were recorded and noted as follows.

- In test group, 12% persons from 20 to 30 yrs age group, 38% are in between 31 to 40 yrs & rest 50% were in between 41 to 50 yrs. age group. In control group, 4% from 20 to 30 yrs. age, 49% in between 31 to 40 yrs. & 47% were in between 41 to 50 years age.

- In test group, 85% were male & 15% female. In control group, 71% were male & 29% were female.

- Regarding economic status in test group, 7% were from good status, 54% were middle & 39% had low status. In control group, 37% had good status, 56% middle & 7% are from low economical status.

- In both groups maximum persons were married.

- In test group, 46% persons were vegetarian & in control group this no. is 69%. In test group 54% were having mix (veg + non-veg) diet & in control group 31% takes mix diet.

- In test group, 6% exercises daily, 33% irregular & 61% not doing any exercise. In control group 8% exercises daily, 33% irregular & 59% not doing any exercise.

- In test group maximum persons had addiction of alcohol either tobacco or both. In control group relatively less persons were found addicted. This is statistically significant. (p value=9.43 e-05).

- In test group, 23% had Satat Jagaran since 1 to 10 yrs., 50% had since 11 to 20 yrs. and 27% had Satat Jagaran since more than 21 yrs. In control group, 26% had Service duration in between one to 10 yrs., 50% in between 11 to 20 yrs. & 24% persons had duration of more than 21 yrs.

- In test group, 10% person had sitting work, 27% had standing work & 63% had roaming type of work. In control group, 70%
had sitting work, 3 had standing work & only 27% does roaming type of work.

- In test group maximum person had shift duty and 2.5% only night shift.

- In test group, those had Satat Jagaran 40% doesn’t get deep sleep because of changing shifts. 60% had deep sleep. As compare to this in control group i.e. those doing only day duty gets deep sleep (Total 90%) Only 10% doesn’t get deep sleep.

- In test group maximum number of persons requires more time (upto one hour) for onset of sleep. In control group only 1/4\textsuperscript{th} as that of test group, persons requires more time for onset of sleep. This is statistically significant. (p value = 1.489e-10)

- In test group, 53% had 8 hours or less than that night shift 47% had more than 8 hours night shift.

- In test group, 23% persons has to remain awake (Jagaran) upto 7 hours and remaining 77% remain awake (Jagaran) more than 7 hours in their duty.

- Next day of Jagaran 19% takes sleep for 1 to 2 hours, 63% for 2 to 3 hours & 18% takes more than 3 hours sleep.

- It is observed that after Jagaran 64% persons takes sleep after taking food & only 35% persons takes sleep prior to food. 1% doesn’t sleep after Jagaran.

- It is observed that the persons having Satat Jagaran needs more time for onset of sleep after going on bed. 1% persons needs to take sleep inducing medicines frequently and 4% requires sleep inducing medicines occasionally.

- In test group these person starts health complaints early as compare to the control group. In test group almost everyone had health complaint (99%). In control group only 41% had health complaint. This is statistically significant. (p value = < 2.2e-16).
- In test group more number of persons had frequently or occasionally health complaints for which they requires medication. As compared to this in control group only 1/3rd persons had health complaints that also occasionally. This is statistically significant. \( p \text{ value} = < 2.2e-16 \)

- In test group, 30% doesn't complains Angamarda and 66% complains Angamarda for 15 to 30 minutes. In 4% persons it sustains for more than \( \frac{1}{2} \) hours. In control group, 89% doesn't complains Angamarda while 11% complains Angamarda for 15 to 30 minutes.

- In test group, 64% had Jrumbha for 15 to 30 minutes and 34% were symptom free and in 2% persons it remains for more than \( \frac{1}{2} \) hour. In control group, 7% had Jrumbha for 15 to 30 minutes and 93% were symptom free.

- In test group maximum persons had Aalasya lakshana while in control group very few had this lakshana. This is statistically significant. \( p \text{ value} = < 2.29e-16 \).

- In test group, 47% complains Shirogaurav occasionally while 49% doesn't complain it and 4% frequently. In control group, 91% were symptom free and only 9% had Shirogaurav occasionally.

- In test group, 29% had Hastapadsandhishula. This pain is tolerable. 68% were symptom free. In 3% persons this pain disturbs their routine, daily work. In control group, 94% were symptom free and only 6% had tolerable, Hastapadsandhishula.

- In test group more number of persons had Apachana while in control group this number is remarkably less. This is statistically significant. \( p \text{ value} = 1.160e-12 \).

- In test group more number of persons found having Amlapitta. In control group relatively less number of persons had Amlapittta. This is statistically significant. \( p \text{ value} = 0.005119 \).
Observations

- In test group, 23% complains Mutradaha i.e. burning micturation occasionally while 77% were symptom free. As compare to this, in control group, none complains Mutradaha.

- In test group, 38% were Netradaha occasionally and 4% had frequently and 58% were symptom free. As compare to this group only 2% persons had Netradaha frequently and 98% were symptom free in control group.

- In test group more number of persons had Malavastambha occasionally or frequently. In control group this number of having Malavastambha is significantly less. This is statistically significant. (p value = 2.769e-11).

- In test group maximum number of persons had Agnimandya while in control group this number is significantly less. This is statistically significant. (p value = 3.224e-16).

- In test group, only 65% persons receives proper sleep, 32% disturbed sleep while 3% had nidranash. In control group, 97% person receives proper sleep 3% disturbed sleep & none had nidranasha.

- In test group, 3% feels frequent Nirutsaha and 50% had occasionally. In control group, only 9% had Nirutsaha occasionally and 91% were symptom free.

- In test group 1% persons had Laingik samasya (complaints) frequently and 12% occasionally. In Control group i.e. persons not having Satat Jagaran only 1% had this complaint occasionally.

- Incidence of hypertension, diabetes, cardiac disorder, psychiatric disease and anorectal diseases found more in number in test group as compare to the control group.

- In test group, 27% vatpittja Prakruti 25% kaphpittaja, 8% vatkaphaja, 10% kaphvataja, 18% pittavataja, and remaining 12% had pittakaphaja Prakruti. In control group, 25% had vatpittaja
Prakruti, 38% kaphpittaja, 4% vatkaphaja, 5% kaphvataj, 17% pittavataj and remaining 11% pittakaphaj prakruti.

- The persons having satat jagaran and tobacco and cigar addiction 5% had high blood pressure. 6.38% persons were hypertensive having satat jagaran but non addicted and rest 93.62% were normotensive.

- The persons not having jagaran but addicted 01% were hypertensive and rest 26% were normotensive.

- The persons not having jagarana and no addiction only 03% were hypertensive and rest 70% were normotensive.

- The persons having jagaran and alcohol addiction 11.76% were hypertensive and rest 88.24% normotensive.

- The persons having jagaran but no addiction of alcohol 6.17% hypertensive and rest 93.83% were normotensive.

- The person not having jagarana but alcohol addicted all were normotensive.

- The persons not having jagaran and non-addicted 5% were hypertensive and rest 95% were normotensive.

- The persons having satat jagarana and tobacco and alcohol addiction 42.28% had hypertension and rest 55.72% were normal blood pressure.

- The persons having jagarana but non-addicted 3.96% were hypertensive and 96.04% normotensive. The persons not having jagaran but addicted to tobacco and alcohol addiction 07% were normotensive. The persons not having jagarana and non-addicted 5% were hypertensive and 88% were normal blood pressure.

- The persons having jagaran and alcohol addiction 5.88% were diabetic and rest 94.12% were non-diabetic.
The persons having jagaran but not addicted 2.74% were diabetic and 97.26% non-diabetic.

The persons not having jagaran but alcohol addicted none had diabetes.

The persons not having jagaran and not addicted only 2% were diabetic.

- The persons having jagaran and alcohol addiction 41.17% had amlapitta and rests were symptom free.

The persons having jagaran but non-addicted 27.95% had amlapitta and rest 72.05% were symptom free.

The persons not having jagaran and non-addicted 15% were had amlapitta and rest 85% were symptom free.

- The persons having jagaran and vatapradhan prakruti 3.33% had psychiatric complaints rest 96.67% were symptom free.

The persons having jagaran but not having vatapradhan prakruti 5.64% had psychiatric complaints and rest 94.36% symptom free.

The persons not having jagaran and having vatapradhan prakruti only 1% had psychiatric complaint and 28% symptom free.

The persons not having jagaran and not having vatapradhan prakruti all were symptom free.