CONCLUSIONS
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• Aalasya found significantly more in persons having satat jagaran. pvalue < 2.2e-16.

• The symptoms arising due to satat jagaran subsides after some extent after taking sleep in day time prior to food.

• Addictions observed at higher side in those having Satat Jagaran pvalue=9.453e-05.

• Satat Jagaran causes delayed onset of sleep.

• The persons having Satat Jagaran not taking Samyaka Nidra (Adequate sleep) prior to food, next day of Jagaran.

• The persons having Satat Jagaran use to sleep after taking food (which was contradictory as per Ayurvedic Text).

• The side effects of Diwaswapa are also seen in this study.

• Frequency of health complaint is significantly more in persons having Satat Jagaran. pvalue< 2.2e-16.

• In this study percentage of the persons complaining about digestion problem remains on peak level. Amlapita and Aapachana are the measure problems.

  Amlapitta – p value = 0.005119
  Apachna – p value = 1.160e-12

• In persons, having Satat Jagaran – Angamarda, Shirogaurav, Jrumbha, Aalasya, Malavarodha these lakshanas were observed. Out of these laxnas Agnimandya, Malavarodha and Alyasa are significantly seen. It also proved the theory of Ayurveda about the natural urges and symptoms mentioned about Nidra Vegaavarodha are true.
NEW CONCLUSIONS -

- Period for onset of health complaints and Jagaran are statistically significant. p value < 2.2e-16.

- Malavrodha and Jagaran are statistically significant. p value = 2.76e-11.

- Agnimandhya and Jagaran are statistically significant. p value = 3.224e-16.

- Addiction & Jagaran are statistically significant. p value = 9.453e-05

- Blood pressure and Jagaran are not statistically significant.

- Diabetes and Jagaran are not statistically significant.

- Psychiatric complaints and Jagaran are not statistically significant.

- Diabetes is seen in both groups irrespective of having alcohol addiction.

- For hypertension satat jagaran and tobacco chewing & smoking addiction are not the causative factor.

- For amlapitta, alcohol addiction is one of the major factor alongwith jagaran.