...SCOPE FOR FURTHER STUDY
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- The persons having Satat Jagaran can be divided in separate groups according to occupation and type of work for further study.

- Efforts should be done to evaluate the problems having more frequency of Jagaran.

- Effect of Jagaran on specific system may be studied.

- Neurolochemical changes in persons having satat jagaran may be studied.

- Relationship in between prakruti and the nidra vegavdhavan lakshnas may be studied.

- The study which reveals the effects on health after taking sleep prior to food next day of jagaran.