....MATERIALS & METHODS
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Criteria of Selection:

The persons having Satat Jagaran and the persons not having Satat Jagaran were interviewed & studied accordingly.

Persons were selected irrespective of sex, religion and their economic status. A detailed proforma incorporating the Nidravarodhjanya Laxanas & comorbid health complaints was prepared.

I. Baseline Assessment:

This includes a detailed history having personal history, economic status, exercise, addictions etc. It also includes type, duration, timing, frequency of work, Jagaran and Nidra (Sleep).

Clinical examination including Ashtavidha Parikshan (Prakruti Parikshan), weight and blood pressure was carried out.

II. Inclusion Criteria:

1. Persons willingly participated in the project and giving information consent form (ICF).
2. Age between 20 to 50 yrs.
3. Persons having Jagaran 7 days or more than that in a four weeks.

III. Exclusion Criteria

1. Persons unwillingly participating in the trial and not giving written information consent form (ICF).
2. Those having psychiatric disease and for that taking medication.

IV. Grouping:

Two groups were made.
Test group - Test group includes the persons having Satat Jagaran due to their work (Sleepless night). Total 600 in number.

Control group - Control group includes the persons not having Satat Jagaran. Total 100 in number.

V. Parameters for Assessment:-

A detailed proforma incorporating lakshnas was prepared.

These lakshnas were checked as per the pain, duration and frequency scale.

For duration 1 to 3 scale was given.

Grade 1 - Symptom absent.

Grade 2 - Symptom remains for short period.

Grade 3 - Symptom remains for long period.

For frequency 1 to 3 scale was given.

Grade 1 - Symptom absent.

Grade 2 - Intermittent symptom.

Grade 3 - Frequent symptom.

Observations were recorded accordingly.

VI. Statistical Analysis :-

The collected information put in master chart and with the support of statistical analysis conclusions were drawn. Pearson's Chi Squared test used for statistical analysis. Fisher's Exact Test used for count data.