CHAPTER - V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

The purpose of the random group experimental study was to find out the effect of yogic practice with and without sattvic diet on selected risk factors (physiological, biochemical and psychological) among Hypertensive middle aged women. To facilitate the study, 45 subjects were selected at random by applying random group design. Their age was ranged between 45 -55 years. They were assigned into three groups, Group A served as yogic practices with sattvic diet, Group B served as yogic practices and third Group C one as control group. All the subjects were tested prior to and immediately after the twelve weeks treatment in progression physiological variables such as blood pressure (systolic and diastolic), Body mass index (BMI), biochemical variables such as HDL, LDL, Triglycerides and psychological variables such as Adjustment and Life satisfaction and were put into statistical treatment by using Analysis of Co-variance (ANCOVA) to find out the significant mean differences among groups. Scheffe’s post hoc test was to find out the paired mean differences between the experimental groups. In all the cases, 0.05 level of confidence was fixed.

5.2 CONCLUSIONS

Within the limitations and delimitations set for the present study and considering the results obtained, the following conclusions were drawn:

It was concluded that Yogic practices with sattvic diet (Group A) and Yogic practices without sattvic diet (Group B) decreased Physiological variables such as Systolic, Diastolic and Body mass index(BMI) than the control group among Hypertensive middle aged women.

It was concluded that Yogic practices with sattvic diet (Group A) and Yogic practices without sattvic diet (Group B) increased HDL, decreased LDL and
Triglycerides as Biochemical variables than the control group among Hypertensive middle aged women.

It was concluded that Yogic practices with sattvic diet (Group A) and Yogic practices without sattvic diet (Group B) improved Psychological variables such as Adjustment and Life satisfaction than the control group among Hypertensive middle aged women.

It was concluded that Yogic practices with sattvic diet (Group A) were considerably effective than Yogic practices without sattvic diet group (Group on selected Physiological variables such as Systolic, Diastolic and Body mass index(BMI) (all decreased) among Hypertensive middle aged women.

It was concluded that Yogic practices with sattvic diet (Group A) were considerably effective than Yogic practices without sattvic diet group (Group on selected Biochemical variables such as HDL (increased), LDL and Triglycerides (all decreased) among Hypertensive middle aged women.

It was concluded that Yogic practices with sattvic diet (Group A) were considerably effective than Yogic practices without sattvic diet group (Group on selected Psychological variables such as Adjustment and Life satisfaction (all improved) among Hypertensive middle aged women.

5.3 RECOMMENDATIONS

The following Recommendations were framed.

Yogic practices may be included in academic curriculum for gaining knowledge.

The government may encourage yogic practices by introducing various schemes of yogic practices and sattvic diet for the betterment of the society.

Yogic practices may be recommended to prevent diseases and disorders for the society.

Yogic practices with sattvic diet may be recommended for total well being of the hypertensive women.
Yogic practices with sattvic diet may be recommended to women for better treatment of any traditional systems of medicine for the benefits of health and over all development of the people particularly women, may be opened at important cities, towns and villages.

Women may be encouraged to do yogic practices including all other people and all walks of life for better quality of life and longevity.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

The researcher makes following suggestions for further researcher:

Similar study may be conducted on various other age groups also.

Same type of study may be conducted for the extension period of experimentation too.

The present study was mainly focused on women only. The study may be done on men also.

Sameness of study may be undertaken by selecting a large sample.

Dependent variables other than Physiological, Biochemical and Psychological aspects may also be studied.

Parallel study may be conducted on other problems.

Studies may be conducted with other than yogic practices and diet modification.

Like minded study may also be conducted on other walks of life.

Individual who are sensitive to the taste of red meat also have some form of subconscious accelerator that increase red meat consuming, but we need to do much more research to identify why? It may increase more cardiovascular problems.