Chapter 6

6. CONCLUSION AND LIMITATIONS

This study is first of its kind to be reported from Type II DM subjects of North-eastern population in specific Sikkim subjects of India where Yoga and Music therapy along with standard diabetes care showed beneficial outcomes on glycemic control, Lipid profile, weight and BMI, anxiety, depression, exercise self efficacy and Quality of life. However, yoga along with standard care seems to be more promising than music therapy with standard care versus standard care alone. Music has shown beneficial effects on psychosocial parameters like anxiety and depression which are important comorbidities in Type II DM. standard care alone has also important benefits on health outcomes is Type II DM but lesser to yoga and music therapy.

One of the major limitation of this study is subjects were trained under supervision for 2 weeks and they were asked to practice at their own homes for another 6 months, therefore, a comparison of supervised versus unsupervised training cannot be made. As this was a hospital based study the study population was limited to subjects who reported to hospitals, a future epidemiologic study may provide more generalizable result for common population.

Future research is advised of epidemiologic nature, with more sample size, and blinded at all levels. A research of supervised versus unsupervised will give more insight in to this research finding. Longer duration studies will be of greater help in validation of findings.
Fig. 6.1 Yoga has got its positive effects (shown with green arrow) at each and every step of Type II DM and related co-morbidities.