DEDUCTIONS FROM MY RESEARCH
Before coming to a conclusion, let us have a ‘bird’s eye view’ on the findings of the study so far. According to the tables, graphs and the results, these are the following deductions from my present research study-

I. In the first study to observe the effect of Hindustani classical music (instrumental) on the disease Essential Hypertension the researcher has found that-

a) The first parameter which was studied was the Pulse-rate- the Hindustani classical music (instrumental) had a positive effect in the reduction of the pulse-rate of the subjects suffering from the Essential Hypertension and that this difference was statistically significant.

b) The Second parameter which was studied was the Systolic blood-pressure- the Hindustani classical music (instrumental) had a positive effect in the reduction of the systolic blood-pressure of the subjects suffering from the disease Essential Hypertension but this difference was statistically not significant.

c) The third parameter which was studied was the Diastolic blood-pressure- the Hindustani classical music (instrumental) also had a positive effect in the reduction of the diastolic blood-pressure of the subjects suffering from the disease Essential Hypertension and that this difference was statistically significant.

d) By comparing the A-control group and the B-study group, the researcher observed that along with the B-study group the A-control group also had some kind of relaxation by which there was seen a reduction in their pulse-rate and blood-pressure. This showed that mere rest also helps bring down the pulse-rate and the blood-
pressure but the Hindustani classical music (instrumental) helped additionally to bring down the pulse-rate and the blood-pressure of the subjects which was more significant from the statistical point of view.

II. In the second study for the observation of the effect of Hindustani classical music (instrumental) on the disease Type 2 Diabetes Mellitus the researcher has found that-

a) The first parameter which was studied was the Fasting blood-sugar (FBS) - the Hindustani classical music (instrumental) had a positive influence on the Fasting blood sugar levels of the subjects suffering from the disease Type-2 Diabetes Mellitus. Although there was a reduction observed in the fasting blood sugar (FBS), it was statistically not significant.

b) The second parameter which was studied was the Post prandial blood-sugar (PPBS)-the Hindustani classical music (instrumental) had a positive influence on the Post Prandial blood sugar (PPBS) levels of the subjects suffering from the disease Type-2 Diabetes Mellitus and that the reduction in the Post-prandial sugar (PPBS) levels was statistically significant.

III. In the third study to compare the effect of Hindustani classical music (instrumental) on the hypertensive subjects involved in regular yoga practice the researcher has found that-

a) The first parameter studied was the Systolic blood-pressure- The comparative study showed that non pharmacological methods like Yoga had a positive influence on the
Systolic Blood Pressure in the Hypertensive subjects but the Hindustani classical music (instrumental) showed an independent effect in lowering the Systolic blood pressure in the hypertensive subjects involved in the regular yoga practice. This difference of the systolic blood-pressure was also found to be statistically significant.

b) The second parameter studied was the Diastolic blood-pressure- The comparative study showed that there was not much reduction seen in the Diastolic blood-pressure of the subjects during the study.
CONCLUSION
CONCLUSION

The Aim and the Objective of the study were to find out, document and establish the therapeutic potentiality of the Indian Classical Music.

As such the study was carried out as follows:

1. The Hindustani classical music (instrumental) was studied which is a part of the Indian classical music.

2. Trails of this music were carried out through the case studies on the subjects having the following ailments to record the effect of this music-
   a) Essential Hypertension
   b) Type 2 Diabetes Mellitus

3. A study to record and document the effect of this music on the hypertensive subjects involved in non pharmacological methods like yoga was carried out through case studies to support of the findings of the research.

Hence the findings for the study are as follows:

1. The Hindustani classical music (instrumental) showed a satisfactory positive influence on the Pulse-rate, on the Systolic Blood Pressure and the Diastolic Blood pressure of the Hypertensive subjects.

2. There has been a considerable positive influence of the Hindustani classical music (instrumental) on the Port prandial blood Sugar (PPBS) in the Type 2 Diabetes Mellitus subjects. The Fasting blood sugar (FBS) was not much influenced

3. The comparative study of music on the non pharmacological methods like Yoga had a positive influence on the Systolic Blood Pressure in the Hypertensive subjects. In the
study process the Hindustani classical music (instrumental) had recorded an independent effect on the Systolic Blood Pressure in the Hypertensive subjects involved in the regular yoga practice. The Diastolic blood-pressure was not much influenced and remained the same.

As such the researcher would like to conclude that the Hindustani classical music (instrumental) showed a **Therapeutic Potentiality** with suggestions as -

- The scope of the study is required to be still widened and quantified in the sample size, in the duration.
- More diseases have to be studied which will still help in confirming the conclusion of this study.
- There is a vast ocean of different ragas in the Indian classical music that can be exploited for the betterment of the mankind in general and to enrich the medical science in particular. The area explored still needs a vast view and larger studies so that this therapy can be established in the orthodox medicine practice.
IMPORTANCE OF THE STUDY
IMPORTANCE OF THE STUDY

This is an experimental research done in which the effects of the Hindustani classical music (instrumental) were studied on the diseases like Essential Hypertension and the Type 2 Diabetes Mellitus. As of today, there is no specific research methodology to study the effects of the Indian classical music on different diseases in India. There is also no scientifically documented material available in India which could stand as a guide to the present research.

There is always reluctance for any new study, thus availability of the subjects, the availability of the institutions for proper study and to carry out the experiments in this new field. Once the study in the new field is carried out and documentation is made available, it is very smooth for the further studies as through the initial efforts- a interest is created and the people also co-operate. Hence a smallest effort in the new field is always important in its way of further progress. Thus this qualitative, systematic and scientific documentation of data from the present research study may help for the further research in this field.
LIMITATION OF THE STUDY
LIMITATIONS OF THE STUDY

1. The present research study is developed on the basis of the pilot study done, as the existing research work was not properly available for studying the effects of the Indian classical music on any diseases. Also the comparative study is done on the basis of the pilot study as the existing work of comparing the non pharmacological methods like yoga and Indian classical music was not available.

2. There are almost unlimited diseases in this world that one can study and the effect of the Indian classical music on the same for the further progresses. So looking at the practicability, the selection of the disease is confined to only Essential Hypertension and Type 2 Diabetes Mellitus.

3. The Hindustani classical music (instrumental) which is selected for the present work is just a part from the vast ocean of the Indian classical music. Studying the Karanatik music was not possible since it was out of reach of the researcher, since the period available for the research was limited.

4. Selection of the raga is confined to only randomly selected two ragas on the basis of the references available from the literature of the Raga Chikitsa. One can still use different ragas and also study the therapeutic effect of the different ragas and compare the same with each other to get better results.
Limitation of the study

5. In the present research method, only group music session is resorted. Individual sessions of music for the subjects or the observation of the effect of the live music on the subjects could not be done by the researcher because of the difficulties and limitations for the administering and monitoring the same.