RECOMMENDATION
FOR
FURTHER STUDIES
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In the present research it has been seen that Indian music has a positive effect on the pulse-rate, blood-pressure and blood-sugar. As such this study should be still quantified in the terms of -

- Cohort studies should be done in this area for further scientific documentation
- It is recommended that the effectiveness of the Indian music therapy should be further studied by putting various protocols subject to different durations of the therapy, short term and long term effects, subject to different diseases.
- Higher blood investigations, neurological effects of this therapy should be documented.
- This Indian music therapy should be compared with various types of music to know the effectiveness of the Indian music on the diseases.
- It is recommended that this music can be used as one of the non pharmacological treatments for mild hypertension where in the use of the same can reduce the drug requirement.
- Apart from the curing ability of the Indian music, it is also recommended that the Indian music be used as a preventive treatment so as to prevent or delay of the diseases like hypertension, diabetes etc.