Summary, Conclusions and Appraisal

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9 SUMMARY, CONCLUSIONS AND APPRAISAL

9.1 SUMMARY OF THE STUDY

9.1.1 STUDY 1: INTEGRAL YOGA
The integral yoga practices imparts significant benefits to healthy volunteers in all psychological and health variables as shown in table no. 1. Correlations between different variables have shown significant relations between most of the variables.

9.1.2 STUDY 2: KAPĀLABHĀTI VS BREATH AWARENESS
The Kapālabhāti was significantly more effective in reduction of anxiety, in improvement of sustained attention, and in improvement of verbal and spatial memory than breath awareness as shown in table no. 3.

9.1.3 STUDY 3: DEEP RELAXATION TECHNIQUE VS SUPINE REST
The deep relaxation technique was significantly more effective in reduction of state anxiety and in reduction of sustained attention than supine rest as shown in table no. 4.

9.2 CONCLUSIONS

9.2.1 STUDY 1: INTEGRAL YOGA
A single month of integral yoga practices imparts significant benefits to healthy volunteers in all psychological and health variables. It also improves all dimension of general health. It improves emotional intelligence (EQ). It improves sustained attention. It improves the personality of the healthy person by increasing sattva and decreasing rajas and tamas.

The correlation studies have shown significant correlation between psychological and health variables

9.2.2 STUDY 2: KAPĀLABHĀTI VS BREATH AWARENESS
The study suggests that both kapālabhāti and breath awareness reduce anxiety and improve sustained attention. However, kapālabhāti was significantly more effective in
doing so than breath awareness. In contrast, they act oppositely on verbal and spatial memory, whereas kapālabhāti significantly increases both, scores on these variables significantly declined after breath awareness. This suggests that breath awareness is intrinsically dulling to the mind, though further experiment is needed determine whether verbal instructions yield better results than the repeated audiotape instructions used in the present experiment. This would be a significant experiment, because breath awareness and related techniques are considered important components of many systems of psycho-spiritual development.

9.2.3 STUDY 3: DEEP RELAXATION TECHNIQUE VS SUPINE REST

In summary: Only the deep relaxation technique was found to reduce state anxiety, whereas both DRT and supine rest improved sustained attention, the former apparently being more effective in this regard. The observed anxiety reduction would seem to account for no more than about 50% of the improvement in the sustained attention tests. Although differences between DRT and SR groups in improvements on the DLS test were observed, a larger group is needed to establish significance.

9.3 APPRAISAL

9.3.1 STRENGTH OF THE STUDY

The strength of the present study is that it studied effect of integral yoga as well as immediate effects of kapālabhāti vs breath awareness and deep relaxation technique vs supine rest in different three experimental settings.

Further it could measure the effects of these yoga practices on various variables in a residential set up which is conducive to yoga practices.

9.3.2 LIMITATIONS OF THE STUDY

1. The effect of integral yoga could not be carried out with control study. In a residential yoga set up the study was intended to assess the total effect of yoga way of life with integrated yoga module. As there is limitation involved in Randomized Control Trial (RCT) double blind study, this design selected without the same.
2. In yoga practices like kapālabhāti and deep relaxation technique audiotape were used in place of verbal instructions.

3. Larger group could not be taken to establish clear significance of yoga practices like kapālabhāti and deep relaxation technique vs control studies.

9.3.3 IMPLICATIONS OF THE STUDY

1. The benefits of yoga practices are seen as
   ➢ In improvement of general health, emotional intelligence, sustained attention and guna personality and
   ➢ Reduction in state anxiety and improvement in verbal and spatial memory.

2. Above benefits adds evidence to adopt yoga based lifestyle to promote positive health and human potential.

3. Systematic and longer duration of yoga practice could help in developing one’s personality and hidden potential to the maximum.

9.3.4 SUGGESTIONS FOR FUTURE WORK

1. Randomized control studies in integral yoga will provide more authentic evidence to compliment the results of the study.

2. Larger group can be assessed to measure effect of individual yoga practices like kapālabhāti and deep relaxation techniques to establish clear significance of yoga practices over control studies.

3. Separate studies can be taken for each path of yoga i.e. Rāja Yoga, JñānaYoga, Bhakti Yoga and Karma Yoga to establish that each path can raise human personality and potential to the maximum.