Chapter V

Summary, Conclusion & Recommendations
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**SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

**Summary**

Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word Yoga automatically calls to mind Sage "Patanjali" was the founder and father of Yoga. He lived around three centuries before Christ, and was a great philosopher and grammarian. He was a physician and medical work was also attributed to him. However this work is now lost in the pages of time.

Asanas come in standing, sitting, and inverted forms and are designed to improve suppleness, flexibility, and posture. They also stretch the muscles, and help to build endurance and strength in the body, as well as calming the mind.

As a woman progresses through her life, different issues can arise. Many women suffer extensively from premenstrual syndrome and menstrual cramps. Menopause incorporates substantial hormonal changes, and can often lead to increased levels of stress for women. Yoga is a great solution to these varied issues, making it easier for women to deal with these health obstacles through their lives.
Yoga stretches can benefit both the body and the mind, bringing energy and balance. This is particularly helpful to women who are currently in menopause or in menopause transition because their hormonal levels and body chemistry may be fluctuating rapidly. This can leave women feeling out of balance and truly victims of their changing bodies. Yoga exercises level out this physiological instability by relaxing and gently stretching every muscle in the body, promoting better blood circulation and oxygenation to all cells and tissues. This helps optimize the function of the endocrine glands and the organs of the female reproductive tract. Yoga exercises also improve the health and well-being of the digestive tract, nervous system, and all other organ systems.

Regular practice of asanas, pranayama and meditation can help diverse ailments such as diabetes, blood pressure, digestive disorders, arthritis, arteriosclerosis, chronic fatigue, asthma, varicose veins and heart conditions. Laboratory tests have proved that yogasanas increase, abilities of consciously controlling autonomic or involuntary functions, such as temperature, heartbeat and blood pressure. Research into the effects of yogic practices on HIV is currently underway with promising results.

According to medical scientists, yoga therapy is successful because of the balance created in the nervous and endocrine systems which directly influences all the other systems and organs of the body. Yoga acts both as a curative and preventive therapy. The very essence
of yoga lies in attaining mental peace, improved concentration powers, a relaxed state of living and harmony in relationships.

Physicians and scientists are discovering brand new health benefits of yoga everyday. Studies show it can relieve the symptoms of several common and potentially life-threatening illnesses such as arthritis, arteriosclerosis, chronic fatigue, diabetes, AIDS, asthma and obesity.

The autogenic training therapy was first developed by Johannes Schultz, who was a German psychiatrist, and aimed to create a system whereby the organs could be controlled to prevent certain physiological reactions to stress. In theory, autogenic training allows the practitioner to be fully relaxed at any time they wish, however it has been credited with doing far more than this. In calming the mind, autogenic therapy is believed to be effective in treating depression and other emotional or psychological illnesses, as well as decreasing nervousness and boosting confidence, improving physical health and also mental focus. Practitioners are told to sit comfortably and focus on different areas of their body. As they focus on different limbs and organs, the practitioner repeats positive affirmations related to enjoying good health.

Autogenic training is aimed at balancing the parasympathetic (resting) and the sympathetic (fight or flight response) branches of the autonomic nervous system. The parasympathetic nervous system is
responsible for slowing the heart-rate, aiding digestive functions, lowering blood pressure, and improving the immune system. By encouraging natural processes of healing, autogenic training is believed to help with mental health problems as well as general physical wellbeing. It aims to take methods from various forms of meditation and reduce them to a functional everyday mental workout. In addition to reducing stress, autogenic training is credited with reducing symptoms of asthma, constipation and diarrhea, stomach ulcers, high blood pressure, headaches, poor circulation, hyperventilation, thyroid problems and irregular heart beats.

**PROCEDURE**

The study was designed to investigate the effect of specific yogic exercises and combination of specific yogic exercise and autogenic training on selected physiological variables such as pulse rate, vital capacity, systolic blood pressure, diastolic blood pressure, body fat percentage, psychological variables such as anxiety and depression and biochemical variables such as high density lipoprotein, low density lipoprotein, fasting blood sugar, hemoglobin, blood urea of the climacteric women.

To achieve the purpose of the study sixty climacteric women of teaching faculty from various colleges in Coimbatore District, Tamilnadu, India were selected randomly and served as the subjects.
for the purpose of this study. The selected subjects were in the age group of 45 to 55 years.

The selected subjects were divided at random into three groups of twenty each (n=20). Group I underwent specific yogic exercises, Group II underwent specific yogic exercises with autogenic training and Group III acted as a control group. The tests were administered prior to training (pre test), after sixth week (second test), and twelfth week (post test) of the training period.

In order to find out whether the obtained differences between the means of the selected variables in the pre test, second test and post test are statistically significant, repeated measures of Analysis of variance (ANOVA) were applied. When the F ratio was found to be significant, Newman Keuls test was applied to test which of the possible comparisons among the means are significant.

Analysis of co-variance (ANCOVA) was applied to determine the significant difference among the three groups in the development of the selected variables after twelve weeks of training programme. When F- ratio was found to be significant, the Scheffe's test was applied to test the significance of pairs of adjusted final group means.
FINDINGS

The findings of the study are given below:

The specific yogic exercises group shows significant (P<0.05) improvement in the selected physiological variables such as vital capacity, percent body fat, systolic blood pressure, diastolic blood pressure and biochemical variables such as fasting blood sugar, hemoglobin, blood urea at the end of twelve weeks of training.

The combination of specific yogic exercise with autogenic training group shows significant (P<0.05) improvement in the selected physiological variables such as pulse rate, vital capacity, systolic blood pressure, diastolic blood pressure, psychological variables such as anxiety, depression, biochemical variables such as high density lipoprotein and blood urea at the end of twelve weeks of training.

The combination of specific yogic exercises with autogenic training group shows significant improvement than the specific yogic exercises group and control group after the twelve weeks of training.

ANCOVA revealed that there was a significant difference between the adjusted post test means with specific yogic exercises group, combination of specific yogic exercises with autogenic training group and control group in selected physiological variables such as pulse rate, vital capacity, systolic blood pressure, diastolic blood pressure, psychological variables such as anxiety and depression, bio-
chemical variables such as high density lipoprotein, fasting blood sugar at the end of twelve weeks of training.

The combination of specific yogic exercises with autogenic training group made significant (P<0.05) gain over specific yogic exercises group in selected physiological variables such as pulse rate, vital capacity, systolic blood pressure, diastolic blood pressure, psychological variables such as anxiety and depression, bio-chemical variables such as high density lipoprotein, fasting blood sugar at the end of twelve weeks of training.

The combination of specific yogic exercises with autogenic training group made significant (P<0.05) gain over the control group in selected physiological variables such as vital capacity, systolic blood pressure, diastolic blood pressure, psychological variables such as anxiety and depression, bio-chemical variables such as high density lipoprotein, fasting blood sugar at the end of twelve weeks of training.

The specific yogic exercises group made significant (P<0.05) gain over the control group in selected physiological variables such as vital capacity, systolic blood pressure, diastolic blood pressure, psychological variables such as anxiety and depression, bio-chemical variables such as high density lipoprotein, fasting blood sugar at the end of twelve weeks of training of climacteric women.
CONCLUSIONS

From the analysis of data, the following conclusions were drawn.

1. Specific yogic exercises group and combination of specific yogic exercises with autogenic training group have achieved significant improvement on physiological, psychological and biochemical variables when compared to control group.

2. Significant differences were found among the Specific yogic exercises group and combination of specific yogic exercises with autogenic training groups towards improving the selected criterion variables such as vital capacity, systolic blood pressure, diastolic blood pressure, anxiety, depression, high density lipoprotein and fasting blood sugar.

3. It is concluded that combination of specific yogic exercises with autogenic training group found to better than the Specific yogic exercises group in selected physiological variable such as pulse rate, vital capacity, systolic blood pressure, diastolic blood pressure, psychological variable such as anxiety and depression and biochemical variables such as high density lipoprotein and blood urea.

These conclusions suggest that the combination of specific yogic exercises with autogenic training group improves the health of the climacteric women by regularizing the pulse rate, vital capacity, blood pressure, anxiety, depression, high density lipoprotein and blood urea and get relief from the climacteric symptoms to lead a healthy and happy life.
RECOMMENDATIONS

Based on the major findings of the present study the following recommendations are made.

This study has proved that combination of specific yogic exercises with autogenic training programme enhanced all the selected physiological, psychological and biochemical variables. It is suggested that the yoga instructors, yoga therapist to train the women who are facing menstrual problems and menopausal problems.

It is also recommended that the women at all level can follow this training to make their body fit for their daily routine.

A similar study may be conducted for men and women at different age level.

A similar study may be conducted for various employee categories can be designed and implemented.

An identical study may be undertaken which includes nutritional effects on the selected physiological, psychological and bio chemical variables.