Chapter – IX

CONCLUSION
Chapter – 9

CONCLUSION

The present study concludes the efficacy and usage of Infra Red Thermal Imaging System (IRTIS) recordings in the management of backache by using yoga therapy. Thermal Imaging System is an advantageous recording system because of its non-invasive nature. By this experiment, one can also draw a conclusion on the effectiveness treatment of Yoga Therapy with respect to backache.

No doubt, every person experiences a feeling of freshness after the practice of yoga. Unfortunately, there is no easy quantification of this experience by the existing instruments. Therefore, the present study shows IRTIS recording can be used as a parameter to assess the subtle level of backache. Similarly, this IRTIS recording can be used for the diagnosis of backache too. For this reason, IRTIS recordings may be recommended in Yoga Therapy Clinics, Chiro-practices, Panchakarma clinics and such other areas for the assessment of treatment in backache.

Further research can be done to assess the effect of different techniques of yoga therapy and improvement, it can be instantaneously measured by IRTIS recordings without causing any disturbances to the patient.

Similarly, detailed research may be done with more number of subjects and subtle concepts of yoga, like food, lifestyle, and such things with an inpatient facility.

Similarly, this technique may be used in other areas of disorders which involve pain or inflammation such as Rheumatoid Arthritis, Sciatica pain, Varicosis, Chronic Migraine headache and others.