

## CHAPTER - V

### SUMMARY CONCLUSIONS AND RECOMMENDATIONS

#### 5.1 SUMMARY

The purpose of the random group experimental design study was to find out the Effects of Yoga Practices with Varma Therapy (Group I) and Yoga Practices without Varma Therapy (Group-II) on selected Physiological, Bio-chemical and Psychological variables among aged Type II Diabetic Men.

To facilitate the study, 45 Type II Aged Diabetic Men were selected at random by using random sampling design from Chennai as subjects aged between 60 to 70 years.

In this study yogic practices were given to experimental group for the period of twelve weeks. The pre test was taken from the subjects before administering the training. The subjects were involved with their respective training for a period of twelve weeks. At the end of the twelfth week training post test were taken.

After the experimental period of twelve weeks post test scores were obtained from all the three groups. The scores on Physiological, Bio Chemical and Psychological variables were considered as the effect of Yoga Practices with Varma Therapy (Group I) and Yoga Practices without Varma Therapy (Group-II) practices on Aged Type II Diabetic Men. The mean differences were tested for significance at 0.05 level of confidence using Analysis of Covariance (ANCOVA) among the three groups on selected Physiological, Bio Chemical and Psychological variables were considered as the effect of Yoga Practices with Varma Therapy (Group I) and Yoga Practices without Varma Therapy (Group-II) practices on Aged Type II Diabetic Men patients. To find out the paired mean differences, scheffe's post hoc test was used.

The results had proved that there were significant differences in physiological, biochemical and psychological variables due to twelve week yogic practices with Varma Therapy.

## 5.2 CONCLUSIONS

Within limitations of the present study, following were the conclusions drawn:-

It was concluded that Yoga practices with Varma Therapy (Group I) and Yoga practices without Varma Therapy (Group II) decreased the Physiological variables such as blood pressure (Systolic), blood pressure (Diastolic) and resting Heart rate among Aged Type 2 Diabetic Men than the control group.

It was concluded that Yoga practices with Varma Therapy (Group I) and Yoga practices without Varma Therapy (Group II) decreased the Bio- Chemical variables such as blood sugar (fasting), HbA1c, and Blood Urea among Aged Type 2 Diabetic Men than the control group.

It was concluded that Yoga practices with Varma Therapy (Group I) and Yoga practices without Varma Therapy (Group II) reduced Anxiety and improved Adjustment as Psychological variables among Aged Type II Diabetic Men than the control group.

It was concluded that Yoga practices with Varma Therapy (Group I) was considerably effective than Yoga practices without Varma Therapy (Group II) in decreasing the Physiological variables such as Blood pressure (Systolic), Blood pressure (Diastolic ) and Resting Heart Rate among Aged Type 2 Diabetic Men.

It was concluded that Yoga practices with Varma Therapy (Group I) was considerably effective than Yoga practices without Varma Therapy (Group II) in decreasing the Bio-chemical variables such as Blood Sugar (fasting), HbA1c, and Blood Urea, among Aged Type 2 Diabetic Men.

It was concluded that Yoga practices with Varma Therapy (Group I) were considerably effective than Yoga practices without Varma Therapy (Group II ) in reducing Anxiety and improving Adjustment as Psychological variables among Aged Type II Diabetic Men.

### **5.3 RECOMMENDATIONS**

1. Yoga Practices with Varma Therapy may be recommended for controlling diabetics for aged men.
2. Yoga Practices with Varma Therapy may be recommended for other types of diabetics also.
3. Yoga Practices with Varma Therapy may be included in the health sectors, especially in hospitals and primary health centers also.
4. Yoga Practices with Varma Therapy may be done by all the peoples in their daily routine.
5. Yoga Practices with Varma Therapy may be done to promote fitness and wellness of the people.

### **5.4 SUGGESTIONS FOR FURTHER RESEARCH**

1. Similar study may be conducted by extending the period of experimentation.
2. The study may be conducted on various other age groups also.
3. The present study was mainly focused on aged men only. The study may be done on women also.
4. Dependent variables other than Physiological, Biochemical and Psychological aspects may also be used.
5. Sameness of the study may be undertaken by selecting a larger sample.
6. The study may be conducted on other diseases.

7. Studies may be conducted with other techniques than yogic practices and Varma.
8. Combination of Yoga with Varma Therapy and yoga with Pancha Karma Therapy may also be incorporated with other groups of study.
9. Like-minded study may also be conducted on other walks of life.
10. The Scientists are not yet sure with the findings, mainly on Varma Therapy explaining the relations with diabetics and hence further studies may be carried out on this subject.