

CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The purpose of the study was to find out the effect of isolated and combined practice of naturopathy and yogasana on physiological, biochemical and psychological variables in menstrual irregularity women students and physiological, biochemical and psychological variables were dependent variables and a. naturopathy b. yogasana c. combined (naturopathy and yogasana) were taken as independent variables.

To facilitate this study (60) sixty menstrual irregularity women from Annamalai University, Chidambaram were randomly selected as subjects. They were divided into four groups which were as follows.

- a. **Experimental Group I** - Naturopathy
- b. **Experimental Group II** – Yogasana
- c. **Experimental Group III** – Combined (Naturopathy and Yogasana).
- d. **Group IV** - (Control group, No training was provided).

The significance of the difference between the experimental groups I, II, III and control group – IV were found out by the pre test and post test. They were determined through analysis of covariance (ANCOVA). The adjusted post test means were also computed by scheff's post hoc test. Thus the following results were obtained after the statistical analysis.

CONCLUSIONS

Within the limitation and delimitations set for the present study and considering the results obtained, the following conclusion were drawn.

For the purpose of this study it was hypothesized that the Naturopathy (Experimental Group I), Yogasana (Experimental Group II) and Combined-Naturopathy and Yogasana (Experimental Group III) would improve the selected Physiological, Biochemical and Psychological variables as compared to Control group (group IV).

1. The Physiological variable **Systolic blood pressure** was significantly improvement due to twelve weeks of Naturopathy (Experimental Group-I) & Yogasana (Experimental Group II) & Combined - Naturopathy and Yogasana (Experimental Group III) in Menstrual irregularity women comparing to the control group.
2. The Physiological variable **Diastolic blood pressure** was significantly improvement due to twelve weeks of Naturopathy (Experimental Group-I) & Yogasana (Experimental Group II) & Combined – Naturopathy and Yogasana (Experimental Group III) in Menstrual irregularity women comparing to the control group.
3. The Physiological variable **Respiratory Rate** was significantly improvement due to twelve weeks of Naturopathy (Experimental Group-I) & Yogasana (Experimental Group II) & Combined–Naturopathy and Yogasana (Experimental Group III) in Menstrual irregularity women comparing to the control group.

4. The Biochemical variable **Hemoglobin** was significantly improved due to twelve weeks of Naturopathy (Experimental Group-I) & Yogasana (Experimental Group II) & Combined-Naturopathy and Yogasana (Experimental Group III) in Menstrual irregularity women comparing to the control group.
5. The Biochemical variable **TSH** was significantly improved due to twelve weeks of Naturopathy (Experimental Group – I) & Yogasana (Experimental Group II) & Combined - Naturopathy and Yogasana (Experimental Group III) in Menstrual irregularity women comparing to the control group.
6. The Biochemical variable **T3** was significantly improved due to twelve weeks of Naturopathy (Experimental Group – I) & Yogasana (Experimental Group II) & Combined - Naturopathy and Yogasana (Experimental Group III) in Menstrual irregularity women comparing to the control group.
7. The Biochemical variable **T4** was significantly improved due to twelve weeks of Naturopathy (Experimental Group – I) & Yogasana (Experimental Group II) & Combined - Naturopathy and Yogasana (Experimental Group III) in Menstrual irregularity women comparing to the control group.
8. The Psychological Variable **Stress** was significantly improved due to twelve weeks of Naturopathy (Experimental Group – I) & Yogasana (Experimental Group II) & Combined - Naturopathy and Yogasana (Experimental Group III) in Menstrual irregularity women comparing to the control group.
9. The Psychological Variable **Depression** was significantly improved due to twelve weeks of Naturopathy (Experimental Group-I) & Yogasana

(Experimental Group II) & Combined - Naturopathy and Yogasana (Experimental Group III) in Menstrual irregularity women comparing to the control group.

10. The post hoc analysis of the results proved that Naturopathy (Experimental Group-I) was slightly effective than Yogasana (Experimental Group-II) differences in **Systolic blood Pressure, Hemoglobin, T3 and Stress**. And Yogasana (Experimental Group-II) was slightly effective than Naturopathy (Experimental Group-I) differences in **Diastolic blood pressure, Respiratory rate, TSH, T4 and Depression**. The hypothesis was accepted at 0.05 levels.
11. Finally the post hoc analysis of the results proved that Combined (naturopathy & yogasana) (Experimental Group-III) was slightly effective than Naturopathy (Experimental Group-I) and Yogasana (Experimental Group-II) differences in **Systolic blood Pressure, Diastolic blood pressure, Respiratory rate, Hemoglobin, TSH, T3, T4, Stress and Depression**. The hypothesis was accepted at 0.05 levels.

RECOMMENDATIONS

The following recommendations have been derived on the basis of the study for practitioners.

1. It was found that Naturopathy and Yogasana should be useful for the menstrual irregularity women.
2. It was found the Naturopathy and Yogasana also should be useful for menstrual irregularity women.

3. It was found that the combination of both also Naturopathy and Yogasana are more suitable for the menstrual irregularity women.
4. Naturopathy and Yogasana may be recommended for menstrual irregularity women for all other diseases for better treatment.
5. Naturopathy and Yogasana may be recommended for management as well as coping the stress and depression.
6. Naturopathy and Yogasana may be recommended mainly for improvement of self confidence among women.
7. Naturopathy and Yogasana may be recommended for the improvement of the women for general health.
8. Naturopathy and Yogasana may be recommended mainly for prevention of pain and disability for all.
9. The government may be encouraged Naturopathy and Yogasana as a part of health centers.
10. Naturopathy and Yogasana may be included in academic curriculum.
11. Naturopathy and Yogasana may be done by all the people in their daily routine for regular work.

SUGGESTION FOR FURTHER RESEARCH

During the course of the research study, the investigator came across a number of ideas, based on which the following suggestions are made for further research in this area.

1. Similar study can be undertaken to find out the changes on naturopathy and yogasana.

2. Similar study can be undertaken for menstrual irregularity women.
3. Similar study can be undertaken for rural and urban menstrual irregularity women.
4. This type of study can be undertaken on different age groups.
5. Since the research was selected on three experimental groups, more experimental groups can be compared for menstrual irregularity women.
6. Similar study can be conducted on other, physiological, biochemical and psychological variables also.
7. Similar study may be conducted for the extension period of experimentation by selecting a large sample.
8. Similar study may be conducted for other health problems faced by women.
9. The present study needed to be strengthened or support by more relevant research studies.