

**CHAPTER**  
**APPRAISAL**

## **8 APPRAISAL**

### **8.1 Strengths**

- ) To the best of our knowledge this is first to assess the impact of yoga on cognitive function in hypertensive patients
- ) To the best of our knowledge this is first study to assess impact IAYT in hypertension
- ) To the best of our knowledge it the first study to assess the effect of yoga on baroreflex sensitivity and total peripheral vascular resistance in patients with hypertension.
- ) As intervention was a residential setup adherence rate was 100%.
- ) NIBP monitoring system used for assessment is the advance cardiac assessment tool.
- ) IAYT intervention used was a comprehensive yoga based lifestyle intervention

### **8.2 Limitations**

- ) Short term intervention
- ) No long term follow up was done
- ) Convinenit sampling method
- ) Small sample size
- ) Non-RCT
- ) Intervention given during the IAYT program is difficult to follow along with daily activities.

### 8.3 Suggestion for future studies

- ) Future studies should be carried out using robust study design with larger sample size; control group should be provided same environmentlike that of intervention group
- ) More sophisticated and computer based cognitive assessment tools should be used
- ) Other cardiac autonomic functions such as heart rate variability, biochemical variables should be assessed.
- ) Duration of the intervention should be larger and follow up should be done