

Chapter 8

8.0 Appraisal

8.1 The strength of the study

The present study is, to our knowledge, the first randomized, comparative, active control design to assess the effect of the yoga-based intervention on cognitive function, motor functions and psychological wellbeing in SUDs. This is the first study where yoga and physical exercise evaluated with subjective and objective outcomes among SUDs. Feasibility of intensive supervised module of yoga and physical exercise in SUDs was established. The study provided the scientific evidence for promoting and recommending yoga and physical exercise for substance use as a cost-effective module for enhancing the psycho-motor cognitive state of substance abusers. The clinical application of findings is noteworthy, as the enhanced psycho-motor function and cognitive conditions will be a mediating factor in promoting well-being and prevention of relapse.

8.2 Limitation of the study

- ❖ The methodological shortcoming of this study was the absence of a control group, raising the possibility that the observed effects are not due to the interventional program by itself, but reflect normal recovery due to 12 weeks of sobriety.
- ❖ Study not included diagnostic evaluation of cognitive status to understand individuals with cognitive impairment.
- ❖ The motor function the assessments were done only for the upper limb activity.

- ❖ The study not included diagnostic evaluation of understanding the individuals with severe motor impairment
- ❖ Current research sample consist of male participants precludes the generalization of the results to another group.
- ❖ Lack of long-term effects and monitoring of relapse rate
- ❖ The study sample was relatively young and may not represent well the population at highest risks.
- ❖ In addition, this was a single-site trial.
- ❖ Study had no access to brain imaging or biochemistry, so that the potential physiological mechanisms could not be identified

8.3 Suggestions for future studies

Future studies should include diagnostic evaluation of cognitive status to understand individuals with cognitive impairment. Further studies should include control group to understand whether the observed effect to the natural recovery due to 12 weeks of sobriety, or to the rehabilitation interventions. Further, the upcoming study should in cooperate lower limbs and further areas such as steadiness, strength, gait, and flexibility. Further, prospective studies should include diagnostic evaluation of understanding the individuals with severe motor impairment. Furthermore, the research should explore whether integrating yoga and physical exercise would lead to more benefits than yoga or physical exercise alone. Research should access to brain imaging or biochemistry, so that the potential physiological mechanisms could be identified.