

CHAPTER 8

APPRAISAL

8.0 APPRAISAL

8.1 SUMMARY OF THE FINDINGS

Two months of comprehensive canons of expression (CE) embedded in Indian aesthetic dance (IAD), and yoga are more effective in the emotion regulation among caregivers (CGs) of children with neurodevelopment disorders (NDDs) compared to non-practioners.

8.2 CONCLUSION

The promising result of the study indicated by the reduced burden, depression, anxiety, stress, and improved appraisal and quality of life among the CGs of children with NDDs implies the value of using CE/IAD and yoga for psychological rehabilitation as a complementary and alternative technique adjunct to conventional care.

The study pointed out the significance of using the instrument of Electro Photonic Image (EPI) instrument in measuring the variation in subtle energy of the psychological and functional state of organ and organ system with the intervention of CE / IAD and yoga compared to the control group of CGs of children with NDDs. Further, this device is an entirely non-invasive, less time consuming, and safe method that does not affect any cell and tissue or other physiological changes.

8.3 IMPLICATIONS OF THE STUDY

- The significant improvement observed in all the primary and secondary outcome measures has encouraged the acceptability of CE / IAD and yoga therapy intervention for emotion regulation among CGs of children with NDDs.
- Though the positive effect of dance is experienceable, the scientific community tends to accept the results based on evidence derived through various scales. This study has

opened the door up to Indian scriptural aspects that can be therapeutic for psychological and behavioral problems.

- Reduced burden, depression, anxiety, and stress help improved coping skills and encouraged CGs to culture better well-being to lead a normal healthy life.
- The CE / IAD and yoga are cost-effective compared to the cost of pharmacological management of psychological disorders reducing the economic burden of the country in treating this condition.
- This study results of primary and secondary outcomes that are extendable to various other psychological disorders (e.g., schizophrenia, dementia, autism, bipolar disorders, depressive disorders, etc.) as a mind-body technique to attain emotional well-being by reducing stress, anxiety, and depression.

8.4 APPLICATIONS OF THE STUDY

- IAD and yoga therapy can be used as one of the best unconventional treatments along with the first line of treatment for effective management of psychological and behavioral illnesses of all types.

8.5 STRENGTH OF THE STUDY

- To the best our knowledge, it is the first study with a randomized controlled trial on the therapeutic application of Indian aesthetic dance based on *Nāṭyaśāstra* and yoga for emotion regulation among CGs of children with NDDSs.
- The reasonable sample size used for IAD and yoga groups provides good evidence for the benefit of dance and yoga rehabilitation.
- Inclusion of objective variables like Electro-photonic Image parameter as a biomarker to measure the stress, energy level entropy, and aspects of *cakra* in CGs.

- This study could be able to overcome most of the limitations mentioned in various intervention studies of dance movement therapy.
- The study had an active control group.

8.6 LIMITATIONS OF THE STUDY

- Limitations of the present study include the inability to blind the subjects, as the nature of the intervention was known to them.
- Though India is rich in culture and numerous classical, folk forms of dances are in practice widely, most of the fathers did not get linked to the study: one of the reasons being working hours and another possible reason may be, Indian fathers hesitating to get randomized into dance group. They kept their participation just to the extent of appreciating the study and encouraging their female counterparts participated.
- We could only advise but not monitor the diet part in yoga intervention as the study was not conducted in any residential setting.

8.7 SUGGESTIONS FOR FUTURE STUDIES

- More rigorously designed, larger scale research with longer follow-up should be conducted.
- Control groups can also be given some intervention or engage them in some specific activities like walking, telling life lesson-based stories, or listening to Indian music.
- Similarly, assessments of neurological biomarkers (e.g., neuroproteomics) in body fluids would throw light on mechanisms.
- Study modules to be experimented on exclusive working mothers to know further feasibility and more fathers should be motivated to join the study.
- Even study protocol can be tested in various countries with variations in culture, conditions of burden, diet practices, and religion.