

CHAPTER 9		
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9.0 APPRAISAL

9.1 STRENGTH OF THE STUDIES

9.1.1 CORRELATION STUDY: FBS AND EPI PARAMETERS

EPI can be used by practitioners of conventional, alternative and holistic medicine to have a preliminary idea of glucose levels in blood. This study has indicated changes at the organ level in pre diabetes, much before the disease is fully developed (as per modern medicine norms). EPI indicating correlation between FBS and right kidney at the pre diabetic stage is the greatest strength of this study. It enables the practitioner to design an organ specific therapy for different stages of the disease. The greatest strength is that EPI though new in concept corroborates with the established modern science. The study also shows the difference in response to diabetes type 2 between males and females.

9.1.2 CORRELATION STUDY HbA1c AND EPI PARAMETERS

It is demonstrated through EPI that there is no correlation between HbA1c and EPI parameters. This is in agreement with many research papers from modern medicine which show no correlation between FBS and HbA1c though both are biomarkers for diabetes. Through this observation, it is proved that EPI depicts the current bio energy/homeostasis state as FBS indicates the present sugar status, unlike HbA1c which is an averaged out value over 03 months.

9.1.3 DIABETES TYPE 2 AND YOGA

This is the exclusive study on various aspects of diabetes. The difference in three states i.e., normal, pre diabetes and diabetes is demonstrated through EPI. Effect of yoga in diabetics and the changes in controlled and uncontrolled diabetes have been presented.

This study shows the changes and effects in the direction which strengthen confidence in EPI technology. More research will make this instrument a reliable tool for diagnostics and the delight for medical practitioners in future. The greatest strength of this study is that it shows the role of immune organs in diabetes type 2 which which may be expected to shift the management of this disease.

9.2 LIMITATION OF THE STUDIES

9.2.1 CORRELATION STUDY FBS AND EPI PARAMETERS

There were unequal numbers of subjects in the three categories and also unequal number of males and females within a category. The work needs to be taken up on much larger sample sizes especially for the pre diabetes. The distinction between the controlled diabetes and uncontrolled diabetes needs to be studied in detail and mechanism worked for that. The linear regression equation needs to be more refined and residual error reduced.

9.2.2 CORRELATION STUDY HbA1c AND EPI PARAMETERS

The sample size was small especially for the normal and pre diabetics. HbA1c could not be taken at different intervals over a period and correlation study repeated with EPI parameters.

9.2.3. DIABETES TYPE 2 AND YOGA

The changes in different states/ conditions need to be corroborated with modern medicine diagnostics. At the moment there is no technology in modern science with the exception of EPI that could notice changes at the subtle level. There was no funding for this project and hence the work had to be carried with that constraint.

9.3 IMPLICATIONS OF THE STUDIES

9.3.1 CORRELATION STUDY: FBS AND EPI PARAMETERS

The changes at the organ level namely pancreas and right kidney in the pre diabetic stage are an outstanding observation through EPI. This is an observation in modern medical system as late as December 2015. It puts lot of confidence in EPI technology and paves the way for future integration into modern and holistic medicine. Further, through regression analysis a relationship is established between FBS and EPI parameters in the three conditions. That means we can have an idea of FBS values through EPI. A holistic practitioner needs to concentrate more on specific organs in normal, pre diabetes and diabetes.

9.3.2. CORRELATION STUDY: HbA1c and EPI PARAMETERS

Unlike FBS, there is no correlation between HbA1c and EPI parameters. This study clearly demonstrates that in future studies HbA1C should not be considered for any correlation with EPI parameters. It saves lot of effort on the part of researcher once he is aware of the choice of biochemical parameter.

9.3.3 DIABETES TYPE 2 AND YOGA

EPI parameters do depict the trend as the disease progresses from normal to pre diabetes and diabetes. This establishes the strength of the underlying principle and technology. No significant changes between controlled and uncontrolled diabetes shows that compromises in energy at the organ level set in with diabetes. The role of immune therapy along with conventional medicine in the management of diabetes type 2 is the biggest implication of this study. Regarding the SDM module for diabetes, it needs to be followed for longer duration.

9.4 SUGGESTIONS FOR FUTURE STUDIES

9.4.1 CORRELATION STUDY FBS AND EPI PARAMETERS

Future work should encompass more diseases with large sample sizes. Work can be undertaken for the calibration of EPI to FBS values. This would be related to instrumentation as well development of necessary software. Haematology parameters related to Immunity and kidney can be correlated to EPI parameters and FBS in pre diabetes.

9.4.2 CORRELATION STUDY HbA1c AND EPI PARAMETERS

Though the results are well-supported by the previous studies, it would be further interesting to explore by including other biochemical parameters used as markers for other diseases. Also further work on other diseases may be undertaken with large sample sizes. It would be interesting to shortlist other biochemical parameters which give the averaged out values like HbA1c and carry the research. To further strengthen the present study diabetic patch may be used to monitor the glucose levels on 24 hr basis and compare with EPI taken at regular intervals.

9.4.3 DIABETES TYPE 2 AND YOGA

It is proved from this study that as we move from normal to pre diabetes and diabetes, EPI parameters show a upward trend. Similarly there is a change in the parameters in the pre and post conditions. To know actually how much change in the parameters corresponds to positive change as per modern medicine criteria, can be the topic for future research. Subjects must follow SDM module at least for 03 months before considering them for research. Further, it is also suggested that future study should attempt to follow the subjects after the completion of study in order to find out prolonging effects of yoga practices

9.5 CONCLUSION

9.5.1 CORRELATION STUDY: FBS AND EPI PARAMETERS

EPI can measure subtle energies which would be highly helpful to modern medicine as well the holistic medicine for pre-emptive action against disease. The protocol of medicine might change and lead to formulating energy-based paradigm. More research in the field of EPI will make this change happen sooner than later. Similar research can be taken on other serious diseases as well. EPI can be used by both modern medicine practitioners' as well alternative medicine therapists and healers to assess the effectiveness of their treatment.

9.5.2 CORRELATION STUDY: HbA1c AND EPI PARAMETERS

Through this study it is demonstrated that the reference marker for correlation between EPI parameters and biochemical parameters is not HbA1c. This will be very helpful for the future research on usability of EPI in the holistic scenario and as a supplementary tool for diagnostics. It is a very important revelation for further research on making EPI a perfect diagnostic tool.

9.5.3 DIABETES TYPE 2 AND YOGA

This study was meant to look at diabetes from the perspective of EPI. The role of immunity comes into prominence in the case of diabetes type 2. This will completely shift the paradigm of management of treatment of disease. The parameter of immune organs can give an idea whether the diabetes is under control or not. A 07 days yoga camp on diabetes control and management would produce changes which can be seen through EPI in a large number of parameters, general and organ specific. It also demonstrates that duration needs to be longer to percolate the effect to achieve good health.