

work is one such. A person with thyroid disorders can follow an Integrated Approach of *Yoga* Therapy to control their clinical parameters better and improve overall wellbeing.

#### **8.5. STRENGTH OF THE STUDY**

**Following are the strengths**

- *Yoga* module developed for hypothyroidism.
- More number of clinical variables are studied.
- A Control group is added.
- Good adherence rate.
- The study found a positive impact of IAYT on all WHO Quality of Life BREF's indicators.

#### **8.6. LIMITATIONS OF THE STUDY**

The limitations of the study are given below.

- The male population considered for the study is less.
- The study duration can be increased from three months to more duration, to analyze the impact on results.
- The study can be split into two categories of male and female and individually analyzed.
- The WHO QOL BREF guidelines recommend that the Quality of Life study be conducted with a minimum of 300 subjects, but the population considered is significantly less at 71.
- The SHBG measurement units are different for males and females, but considering the male population size is significantly less compared to women, analyses were made together.

#### **8.7. SUGGESTIONS FOR FUTURE STUDIES**

Following is the future scope of work.

1. Customize IAYT therapy for males and females separately and analyze the impact of customized IAYT on the clinical parameters.
2. Increase the duration of IAYT for a more extended period to analyze the long term impact on thyroid disorders.

3. More research with bigger samples is needed to validate these findings and better understand the processes behind *yoga's* beneficial effects on hypothyroid individuals.

Note: The IAYT intervention and IAYT *yoga* intervention is used synonymously in this

---