

## 6. RESULTS

### 6.1 DESIGN 1

Out of 53 procedures, 41 had a CVR greater than 0.5 and a mean of 'mean, mode, and median' is greater than 4. Eleven techniques received a score of less than 0.5, while one technique received a score of less than 4. The 12 approaches were eventually removed from the list. Except for the lower-scoring module in attachment 8, the final module has all of the techniques. Internal consistency of the 41 finalised techniques is calculated using Cronbach's alpha.

### 6.2 DESIGN 2

Seventy one subjects completed the study, three drop outs, because very long absentees not considered for post IAYT *yoga*. Pre IAYT *yoga* – 37 subjects, post IAYT *yoga* – 34 subjects. Pre Control – 37 subjects, post control – 37 subjects considered for the study. Within the group – 71 = n, between the group – 71 = n. The paired sample t-test for normal distribution for within the group showed significant reduction in TSH (p=0.000, 48.34%), Cortisol (p=0.000, 31.46%), CRP (p=0.000, 47.06%), Weight (p=0.000, 5.76%) and BMI (p=0.000, 5.71%), highly significant reduction in TPO Antibody (p=0.001, 52.93%) and significant reduction in Tg Antibody (p=0.013, 54.64%) and significant increase in T3 (p=0.000, 44.51%), T4 (p=0.000, 21.82%), Free T3 (p=0.000, 26.26%) and Free T4 (p=0.000, 24.96%) and Quality of Life (p=0.000, 31.14%), and significant increase in SHBG (p=0.012, 39.33%)". Independent measure t-test for normal distribution for between the groups showed decrease in TSH (p=0.000), Cortisol (p=0.000) and CRP (0.000) was found to be significant decrease and on variables TPO Antibody (p=0.032) and Tg Antibody (p=0.036) it was found to be significant decrease and increase in T3 (p=0.000), T4 (p=0.000), Free T3(p=0.000), Free T4 (p=0.00) and Quality of Life (p=0.000) showed significant increase (p=0.000) and variable SHBG (p=0.012) it was found to be significant increase. Weight (p=0.069) and BMI (p=0.101) shown positive improvement but not significant.

Statistical test on post clinical parameters between IAYT and control group results in T3, T4, TSH, Free T3, and Free T4 to be significant, proving the effectiveness of IAYT. The effect of IAYT on variables T3, T4, TSH, Free T3, Free T4, SHBG, and CRP is found to be significant. It is found to be highly significant on variables TPO Antibody, and on Tg Antibody and Cortisol, it is found to be significant. Weight and BMI were shows improvement, but not significant. Results baseline characteristics before starting of the yogic practices baseline difference between experimental (IAYT yoga) and control group for the selected variables were calculated (Independent ‘t’ test) and insignificant difference were observed. This insignificant values of independent ‘t’ test established the homogeneity between the experimental (IAYT yoga group) and control group before application of IAYT yoga training. Correlation between Post IAYT yoga and Post Control group was analysed, individual total percentage change was also calculated.

The result for the within group for all the observed clinical parameters is given in table 4 below.

Variables	Pre (mean±SD)	Post (mean±SD)	p value	Percentage change	Reference Ranges
T3 (ng/mL)	1.0565±0.17699	1.5268±0.35162	0.000	44.51%	0.4-2.04ng/mL
T4 (ug/dL)	7.9179±1.33835	9.6456±1.46069	0.000	21.82%	4.5-126 ug/dL
TSH (uIU/mL)	7.3491 3±0.43248	3.7959±3.07634	0.000	48.34%	0.25-5.0 uIU/mL
Free T3 (pmol/L)	4.1279±0.64740	5.2121±1.00021	0.000	26.26%	3.2-6.8 pmol/L
Free T4 (pmol/L)	12.5759±2.23655	15.7144±2.33654	0.000	24.96%	9.0-19.4 pmol/L
TPOAntibody (IU/ml)	330.6341±382.71489	155.6244 ±249.53979	0.001	52.93%	< 5.61 IU/mL
Tg Antibody (IU/ml)	88.8665±170.78755	40.3018±91.35652	0.013	54.64%	< 5.0 IU/mL
SHBG (nmol/L)	52.7809 ±27.70841	73.5438 ±19.25395	0.000	39.33%	Male: 11.2-78.1 nmol/L Female: 11.7-137.2 nmol/L Post Menopausal:26.4-118 nmol/L
Cortisol (ug/dL)	10.8079±4.66821	7.4074±3.65269	0.031	31.46%	3.7-19.4 ug/dL
CRP (mg/L)	4.5553±6.56596	2.4112±1.64177	0.000	47.06%	Adults: < 5.0 mg/L

Weight (Kg)	69.8824±12.34053	65.8529±10.83522	0.000	5.76%	18.5—24.9 Healthy
BMI (kg/m <sup>2</sup> )	27.2929±5.69655	25.7326±5.08531	0.000	5.71%	Below 18.5 Underweight 18.5— 24.9 Healthy 25.0— 29.9 Obese Overweight 30.0 and Above
Quality of Life	6.1	8.0	0.000	31.14%	-

**6.3 TABLE 4: Pre Post analysis of IAYT yoga group – n=71**

In this study we observed an significant reduction in TSH (48.34%), TPO Antibody (52.93%), Tg Antibody (54.64%), Cortisol (31.46%), CRP (47.06), Weight (5.76%), BMI (5.71%) and significant improvement in T3 (44.51%), T4 (21.82%), Free T3 (26.26%), Free T4 (24.96%), SHBG (39.33%) and Quality of Life (31.14%).

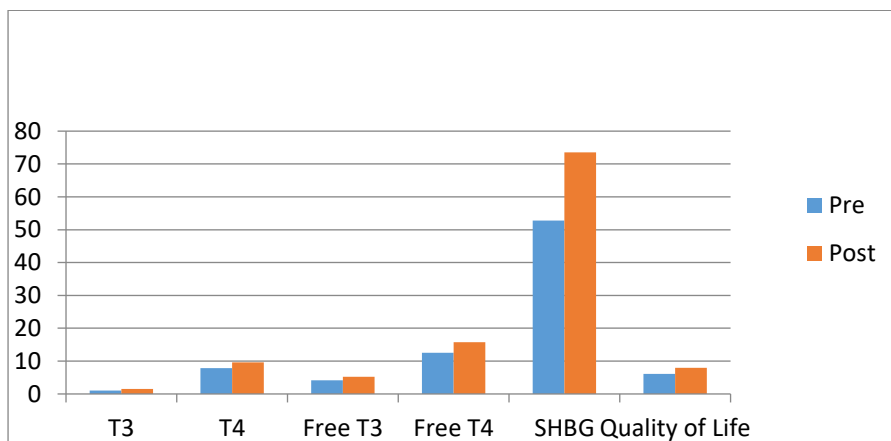
The result for post data between two groups for all observed clinical variables is given below in table 5.

**6.4 TABLE 5: Results of Independent t-test – between two groups-n=71**

Variables	IAYT post (mean±SD)	Control Pre (mean±sd) Baseline Data	Control post (mean±SD)	p value	Reference Ranges
T3 (ng/mL)	1.5268±0.35162	1.0989±0.19435	1.0019±0.242 93	0.000	0.4-2.04 ng/mL
T4 (ug/dL)	9.6456±1.46069	8.0581±0.1.2571 5	7.478±1.3671 8	0.000	4.5-126 ug/dL
TSH (uIU/mL)	3.7959±3.07634	8.28865± 2.408238	8.5276±2.942 08	0.000	0.25-5.0 uIU/mL
Free T3 (pmol/L)	5.2121±1.00021	4.2557±0..48328	4.1032±0.545 06	0.000	3.2- 6.8 pmol/ L
Free T4 (pmol/L)	15.7144±2.33654	12.9216± 2.31849	12.5873±2.19 241	0.000	9.0-19.4 pmol/L
TPO Antibody (IU/ml)	155.6244 ±249.53979	307.8027± 324.26111	431.7392±695 .05517	0.032	< 5.61 IU/mL
Tg Antibody (IU/ml)	40.3018± 91.35652	73.6097± 51.49323	79.3232±60.0 0985	0.036	< 5.0 IU/mL
SHBG (nmol/L)	73.5438 ±19.253 95	58.2897± 31.60031	56.9597±33.5 0018	0.012	Male: 11.2-78.1 nmol/L Female: 11.7-137.2 nmol/L

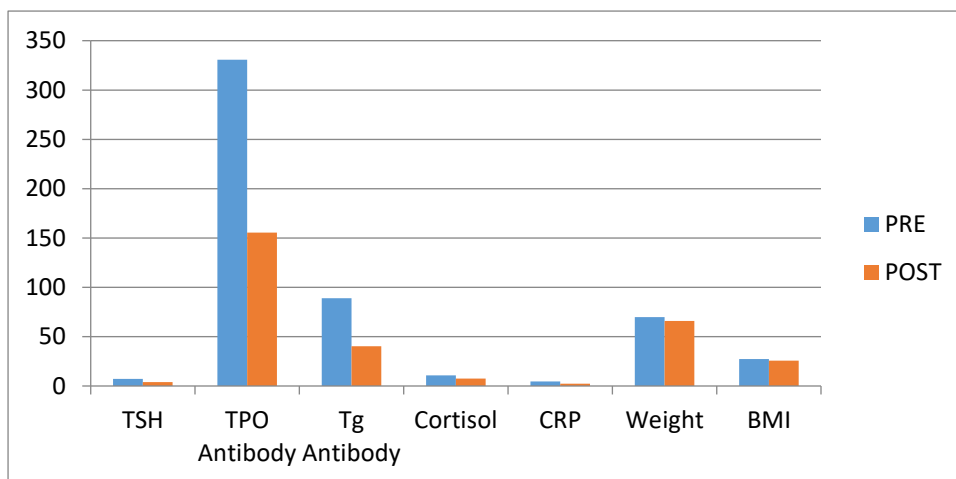
					Post Menopausal:26.4- 118 nmol/L
Cortisol (ug/dL)	7.4074±3.65269	11.1146±4.91017	11.6505±5.10 624	0.000	3.7-19.4 ug/dL
CRP (mg/L)	2.4112±1.64177	3.8792±2.16559	4.1035±1.398 37	0.000	Adults: < 5.0 mg/L
Weight (Kg)	65.8529±10.8352 2	68.459±8.9150	70.1351±8.641 51	0.069	-
BMI (kg/m <sup>2</sup> )	25.7326±5.08531	26.9661±4.4917	27.6478±4.625 71	0.101	Below 18.5 Under Weight 18.5—24.9 Healthy 25.0—29.9 Over Weight 30.0 and Above Obese
Quality of Life	8.03±0.90	6.162±1.1184	5.65±1.34	0.000	-

T3, T4, Free T3, Free T4, SHBG, and Quality of Life values have increased considerably, as shown in graph1 below.



**Graph 1: Clinical parameters T3, T4, Free T3, Free T4, SHBG and Quality of Life variables increased**

TSH, TPO Antibody, Tg Antibody, Cortisol, CRP, Weight, and BMI values have decreased considerably within the IAYT group due to three months of practice of IAYT, and the result is shown in graph 2 below.



**Graph 2: Clinical parameters of TSH, TPO, Tg, Cortisol, CRP, Weight and BMI decreased**

**Abbreviations and Full Forms**

BMI- Body Mass Index

CRP- C-Reactive Protein

FT3- Free triiodothyronine

FT4- Free thyroxine

SHBG- Sex Hormone Binding Globulin

T3- Triiodothyronine

T4- Thyroxine

Tg AB- Thyroglobulin Anti body

TPO- Thyroid Peroxidase antibody

TSH- Thyroid Stimulating Hormone

**6.5 TABLE 6: Categorisation of significant values of pre post analysis of IAYT yoga intervention**

P<0.001	Exponentially significant	Reduction: TSH, Cortisol, CRP, Weight and BMI INCREASE: T3, T4, FreeT3, Free T4 and Quality of Life
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P<0.01	Highly significant	Reduction: TPO Antibody,
P<0.05	Significant	Reduction: Tg Antibody INCREASE: SHBG

Quality of Life within the group for normal distribution showed a significant increase (p=0.000) as shown in Table 7.

### 6.6 TABLE 7: Result of paired t-test for pre and post *yoga* group - Quality of Life

– n =71

Domain	Yoga group		t value	p value	95 percent confidence interval	
	Pre	Post			Lower	Upper
	Mean±SD	Mean±SD				
Overall Quality of Life and general health	6.12±1.30	8.02±0.90	11.946	0.000	2.237356	1.586174
Physical health	19.65±3.43	23.91±1.86	8.4379	0.000	5.292997	3.236415
Psychological	18.38±3.48	22.85±2.65	11.209	0.000	5.282012	3.659164
Social relationship	10.74±1.85	11.88±1.15	5.1223	0.000	1.602658	0.691460
Environment	24.74±4.78	28.79±3.88	8.0977	0.000	5.078585	3.039062

Quality of Life between the group for normal distribution showed a significant increase (p=0.000) as shown in the following table 8.

### 6.7 TABLE 8: Result of independent t-test for the post control group and post *yoga* group – Quality of Life – n = 71

Domain	Control Group	Yoga Group	t value	p value	95 percent confidence interval	
	Post	Post			Lower	Upper
	Mean±SD	Mean±SD				



Overall Quality of Life and general health	5.64±1.34	8.02±0.90	8.8474	0.000	2.918410	1.843116
Physical health	18.86±3.82	23.91±1.86	7.156	0.000	6.461382	3.632418
Psychological	17.30±4.38	22.85±2.65	6.5188	0.000	7.260383	3.850905
Social relationship	10.03±1.82	11.88±1.15	5.1835	0.000	2.570955	1.139696
Environment	21.35±4.81	28.79±3.88	7.2006	0.000	21.35135	28.79412

The *yoga* group's average domain score percentage difference is 18.33%, signifying that IAYT positively impacts the Quality of Life. The percentage difference in domain score is more in psychological health at 24.31%, followed by physical health at 21.74%. The percentage difference in social and environmental levels are minor and almost half compared to the physical and psychological levels. The results show that mean Weight has dropped by 5.76% in the *yoga* group but increased by 2.45% in the control group. IAYT is found to drop the mean Weight by 4.03 kg in the three months of the study period.

## 6.8 Repeated Measures ANOVA before and after the intervention

Int. – Intervention group, Cont. – Control group

Table 9: Descriptive statistics for variable T3

Group/Time	Mean	Std. Deviation	N
Int. Pre T3	1.0565	0.17699	34
Int. Post T3	1.5268	0.35162	34
Cont. Pre T3	1.1021	0.19647	34
Cont. Post T3	1.0053	0.25332	34

Table 10: Results of RM ANOVA test for variable T3

Effect	F	Sig

Treatment	30.538	0.000
Time	18.304	0.000
treatment*time	70.969	0.000

Legend: The value of T3 increased in treatment group with all the effects

Table 11: Descriptive statistics for variable T4

Group/Time	Mean	Std. Deviation	N
Int. Pre T4	7.9179	1.33835	34
Int. Post T4	9.6456	1.46069	34
Cont. Pre T4	8.0597	1.23030	34
Cont. Post T4	7.5715	1.24350	34

Table 12: Results of RM ANOVA test for variable T4

Effect	F	Sig
Treatment	11.026	0.002
Time	12.768	0.001
treatment*time	37.021	0.000

Legend: The value of T4 increased in treatment group with all the effects

Table 13: Descriptive statistics for variable TSH

Group/Time	Mean	Std. Deviation	N
Int. Pre TSH	7.3491	3.43247	34
Int. Post TSH	3.7959	3.07634	34
Cont. Pre TSH	8.2856	2.50624	34

Cont. Post TSH	8.4782	3.05289	34
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Table 14: Results of RM ANOVA test for variable TSH

Effect	F	Sig
Treatment	19.845	0.000
Time	12.176	0.001
treatment*time	21.958	0.000

Legend: The value of TSH decreased in treatment group with all the effects

Table 15: Descriptive statistics for variable Free T3

Group/Time	Mean	Std. Deviation	N
FInt. Pre Free T3	4.1279	0.6474	34
Int. Post Free T3	5.2121	1.0002	34
Cont. Pre Free T3	4.2188	0.4789	34
Cont. Post Free T3	4.1029	0.5680	34

Table 16: Results of RM ANOVA test for variable Free T3

Effect	F	Sig
Treatment	13.280	0.001
Time	17.716	0.000
treatment*time	35.628	0.000

Legend: The value of Free T3 increased in treatment group with all the effects

Table 17: Descriptive statistics for variable Free T4

Group/Time	Mean	Std. Deviation	N
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Int. Pre Free T4	12.5759	2.23655	34
Int. Post Free T4	15.7144	2.33654	34
Cont. Pre Free T4	12.9185	2.40882	34
Cont. Post Free T4	12.5715	2.25412	34

Table 18: Results of RM ANOVA test for variable Free T4

Effect	F	Sig
Treatment	8.749	0.006
Time	25.066	0.000
treatment*time	32.257	0.000

Legend: The value of Free T4 increased in treatment group with all the effects

Table 19: Descriptive statistics for variable TPO Antibody

Group/Time	Mean	Std. Deviation	N
Int. Pre TPO Antibody	330.6341	382.71489	34
Int. Post TPO Antibody	155.6244	249.53979	34
Cont. Pre TPO Antibody	328.9859	329.82586	34
Cont. Post TPO Antibody	338.5797	310.57106	34

Table 20: Results of RM ANOVA test for variable TPO Antibody

Effect	F	Sig
treatment	1.152	0.291
Time	12.205	0.001
treatment*time	13.910	0.001

Legend: The value of TPO Antibody decreased in treatment group with all the effects

Table 21: Descriptive statistics for variable Tg Antibody

Group/Time	Mean	Std. Deviation	N
Int. Pre Tg Antibody	88.8665	170.78755	34
Int. Post Tg Antibody	40.3018	91.35652	34
Cont. Pre Tg Antibody	76.4929	51.82786	34
Cont. Post Tg Antibody	82.4276	60.96412	34

Table 22: Results of RM ANOVA test for variable Tg Antibody

Effect	F	Sig
Treatment	0.339	0.564
Time	4.543	0.041
treatment*time	8.082	0.008

Legend: The value of Tg Antibody decreased in treatment group with all the effects

Table 23: Descriptive statistics for variable SHBG

Group/Time	Mean	Std. Deviation	N
Int. Pre SHBG	52.7809	27.70841	34
Int. Post SHBG	73.5438	19.25395	34
Cont. Pre SHBG	58.3847	32.61661	34
Cont. Post SHBG	57.3656	34.77189	34

Table 24: Results of RM ANOVA test for variable SHBG

Effect	F	Sig
treatment	0.854	0.362

Time	16.141	0.000
treatment*time	16.763	0.000

Legend: The value of SHBG increased in treatment group with all the effects

Table 25: Descriptive statistics for variable Cortisol

Group/Time	Mean	Std. Deviation	N
Int. Pre Cortisol	10.8079	4.66821	34
Int. Post Cortisol	7.4074	3.65269	34
Cont. Pre Cortisol	11.2497	5.00380	34
Cont. Post Cortisol	11.9412	5.11937	34

Table 26: Results of RM ANOVA test for variable Cortisol

Effect	F	Sig
Treatment	7.589	0.009
Time	9.329	0.004
treatment*time	23.303	0.000

Legend: The value of Cortisol decreased in treatment group with all the effects

Table 27: Descriptive statistics for variable CRP

Group/Time	Mean	Std. Deviation	N
Int. Pre CRP	4.5553	6.56596	34
Int. Post CRP	2.4112	1.64177	34
Cont. Pre CRP	3.8356	2.07308	34
Cont. Post CRP	4.1194	1.39424	34

Table 28: Results of RM ANOVA test for variable CRP

Effect	F	Sig
Treatment	0.438	0.513
Time	3.767	0.061
treatment*time	6.428	0.016

Legend: The value of CRP decreased in treatment group with all the effects

Table 29: Descriptive statistics for variable Weight

Group/Time	Mean	Std. Deviation	N
Int. Pre Weight	69.882	12.3405	34
Int. Post Weight	65.853	10.8352	34
Cont. Pre Weight	68.941	9.0217	34
Cont. Post Weight	70.559	8.7532	34

Table 30: Results of RM ANOVA test for variable Weight

Effect	F	Sig
Treatment	0.680	0.415
Time	7.861	0.008
treatment*time	71.593	0.000

Legend: The value of Weight decreased in treatment group with all the effects

Table 31: Descriptive statistics for variable BMI

Group/Time	Mean	Std. Deviation	N
Int. Pre BMI	27.2926	5.6974	34

Int. Post BMI	25.7324	5.0852	34
Cont. Pre BMI	26.6924	3.3828	34
Cont. Post BMI	27.3415	3.4990	34

Table 32: Results of RM ANOVA test for variable BMI

Effect	F	Sig
treatment	0.244	0.625
Time	7.160	0.012
treatment*time	75.271	0.000

Legend: The value of BMI decreased in treatment group with all the effects

Table 33: Descriptive statistics for variable QOL

Group/Time	Mean	Std. Deviation	N
Int. Pre QOL	6.118	1.2972	34
Int. Post QOL	8.029	0.9040	34
Cont. Pre QOL	6.088	1.0260	34
Cont. Post QOL	5.588	1.2338	34

Table 34: Results of RM ANOVA test for variable QOL

Effect	F	Sig
Treatment	22.792	0.000
Time	50.553	0.000
treatment*time	129.913	0.000

Legend: The value of QOL increased in treatment group with all the effects.

6.9 Table 35: Results of Correlation between Post IAYT yoga and Post Control groups.



Group			Age	Post Weight	Post BMI	Post T3 ng/mL	Post T4 ug/dL	Post TSH uIU/mL
CG	Age	Pearson Correlation	1	.355*	.028	.062	-.094	.146
		Sig. (2-tailed)		.031	.868	.714	.580	.388
		N	37	37	37	37	37	37
	Post Weight	Pearson Correlation	.355*	1	.343*	-.060	-.215	.025
		Sig. (2-tailed)	.031		.038	.725	.200	.884
		N	37	37	37	37	37	37
	Post BMI	Pearson Correlation	.028	.343*	1	-.084	-.193	.010
		Sig. (2-tailed)	.868	.038		.620	.253	.954
		N	37	37	37	37	37	37
	Post T3 ng/mL	Pearson Correlation	.062	-.060	-.084	1	.188	.084
		Sig. (2-tailed)	.714	.725	.620		.264	.620
		N	37	37	37	37	37	37
	Post T4 ug/dL	Pearson Correlation	-.094	-.215	-.193	.188	1	.163
		Sig. (2-tailed)	.580	.200	.253	.264		.336
		N	37	37	37	37	37	37
	Post TSH uIU/mL	Pearson Correlation	.146	.025	.010	.084	.163	1
		Sig. (2-tailed)	.388	.884	.954	.620	.336	
		N	37	37	37	37	37	37
	Post Free T3 pmol/L	Pearson Correlation	.041	.050	.007	-.021	.138	-.092
		Sig. (2-tailed)	.808	.767	.966	.901	.415	.589
		N	37	37	37	37	37	37
	Post Free T4 pmol/L	Pearson Correlation	.041	.245	-.003	-.123	-.127	-.276
		Sig. (2-tailed)	.811	.144	.984	.469	.455	.098
		N	37	37	37	37	37	37
Post A-TPO IU/mL	Pearson Correlation	.166	-.107	-.140	.149	.229	.271	
	Sig. (2-tailed)	.326	.527	.407	.377	.174	.105	
	N	37	37	37	37	37	37	

Post Anti Tg IU/mL	Pearson Correlation	.169	.085	.056	-.072	.091	.207
	Sig. (2-tailed)	.319	.616	.740	.670	.590	.219
	N	37	37	37	37	37	37
Post SHBG nmol/L	Pearson Correlation	-.136	-.287	-.054	.262	.128	-.067
	Sig. (2-tailed)	.423	.085	.750	.118	.452	.692
	N	37	37	37	37	37	37
Post S-Corti ug/dL	Pearson Correlation	-.095	.028	.143	-.174	.104	-.089
	Sig. (2-tailed)	.575	.870	.397	.304	.538	.600
	N	37	37	37	37	37	37
Post-CRP mg/L	Pearson Correlation	-.230	-.110	.076	-.035	.201	.186
	Sig. (2-tailed)	.172	.517	.655	.837	.232	.270
	N	37	37	37	37	37	37
QOL Post D total	Pearson Correlation	.202	.006	-.203	-.119	-.202	-.153
	Sig. (2-tailed)	.231	.972	.229	.484	.231	.365
	N	37	37	37	37	37	37

6.10. Table 36: Percentage Change of subjects Pre IAYT yoga and Post IAYT yoga.

VARIABLES	HIGH CHANGE (>40%)	MEDIUM CHANGE (<40%)	NO CHANGE	TOTAL
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Weight		28	6	34
BMI		28	6	34
T3	20	9	5	34
T4	11	16	7	34
TSH	21	3	10	34
Free T3	12	13	9	34
Free T4	12	15	7	34
A TPO	17	4	13	34
A Tg	20	6	8	34
SHBG	19	10	5	34
Cortisol	13	13	6	32
CRP	15	10	9	34
QOL	10	16	8	34
TOTAL	170	171	99	440

## 6.11 RECAPITULATION

**6.11.1 Design 1 Recapitulation:** The CVR score of 41 techniques are above 0.5 and the average mean, mode and median are above 4. Eleven techniques scored below 0.5 and one technique is less than 4, 12 techniques are excluded.

**6.11.2 Design 2 Recapitulation:** The paired sample t-test for normal distribution for within the group showed significant reduction in TSH ( $p=0.000$ , 48.34%), even TSH is significant but normal reference range is 0.25-5.0 uIU/mL. Still there are more possibilities in decrease in value. Cortisol ( $p=0.000$ , 31.46%) even Cortisol is significant the normal reference range is 3.7-19.4 ug/dL and still there are chances of decrease in values. CRP ( $p=0.000$ , 47.06%) is significant and the normal reference range is Adults: < 5.0 mg/L and still there are chances of decrease in values. Weight ( $p=0.000$ , 5.76%) significant and the normal reference range is 18.5—24.9 kg for normal weight, and still there are chances of decrease in the values. Though the paired sample t-test is shows significant according to independent t-test the values both Weight (0.069) and BMI (0.101) is not significant. Still there are chances of decrease in values, though the paired sample t-test shows significant according to the independent t-test the results are not significant. Highly significant reduction in TPO Antibody ( $p=0.001$ , 52.93%) normal reference range is < 5.61 IU/mL but there are chances of decrease in values. Significant reduction in Tg Antibody ( $p=0.013$ , 54.64%) and the normal reference range is < 5.0 IU/mL and there are chances of decrease in values. In this study the anti TPO antibodies in some subjects are very high so the average (pre -  $330.6341 \pm 382.71489$ , post -  $155.6244 \pm 249.53979$ ). The anti TG antibodies are very high in some subjects and the average is ( $88.8665 \pm 170.78755$  pre and  $40.3018 \pm 91.35652$  post).

Significant increase in T3 (p=0.000, 44.51%), T4 (p=0.000, 21.82%), Free T3 (p=0.000, 26.26%) is significant and the normal reference range is 3.2-6.8 pmol/L even there are possibilities in increase in values. Free T4 (p=0.000, 24.96%) is significant and the normal reference range is 9.0-19.4 pmol/L and there are possibilities in increase in values. There is significant increase in Quality of Life (p=0.000, 31.14%). There is significant increase in SHBG (p=0.012, 39.33%) normal reference range in Male: 11.2-78.1 nmol/L. It is necessary to use different parametric tests for both male and female but the male number the normal reference range of both male subjects and female subjects are different. It is necessary to use different parametric and not parametric tests for less subjects and more subjects. We have used the same parametric tests as the male subjects are less in number as compared to women. If the research duration is increased with the practice of IAYT yoga therapy there are higher chances of bringing the values to normal range.

Repeated Measure ANOVA shows that, the value of T3, T4, FreeT3, FreeT4, SHBG and QOL increased in treatment group with all the effects. The value of TSH, TPO Antibody, Tg Antibody, Cortisol, CRP, Weight and BMI decreased in treatment group with all the effects. Correlation between Post IAYT yoga and Post Control group analysis was also measured. Compared to Pre IAYT yoga Post control yoga shows 38.64% of subjects shows high level of change in all the variables together, 38.86% of change in subjects shows moderate change and 22.5% of subjects shows no change or maybe reversal.

In the current chapter the results of the study on different thyroid parameters are discussed and the upcoming chapter is about the discussion of the study where the IAYT module for hypothyroidism is discussed in detail and all results discussed in through.

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## 7. DISCUSSIONS