8.4 APPLICATIONS OF THE STUDY

This could serve as a cost-effective substitute for GSH supplementation suggested for the management of airway inflammation. The population should be made aware of the beneficial effects of Yoga to prevent respiratory illnesses like asthma and COPD.

8.5 STRENGTH OF THE STUDY:

The strength of this study lies in the fact that it is the first-ever trial that addressed the need for clinical attention to alleviate adverse health conditions in the chronically pesticide-exposed farmer population. Furthermore, the present trial was conducted in India, a predominantly rural country with 67% of its population engaged in agricultural practice (Das et al., 2020). In the Indian scenario, farmers mainly live in rural areas wherein government hospitals are the primary health care setups with a preponderance of traditional health experts ("India—Small Progress in Health Care, Decline in Rural Services," 2015).

8.6 LIMITATIONS OF THE STUDY:

This study is limited by the small sample size and use of prebronchodilator spirometry. The study was focused on early intervention in the high-risk farming population. The trial was of a short duration of 6 months. Hence, we did not include the outcome of COPD manifestation, which would be required to get a more realistic insight into the preventive potential of BFY. We did not consider statistical power requirements for causal analyses, which need extended validation in more extensive trials (Whittle et al., 2017).

8.7 SUGGESTIONS FOR FUTURE STUDIES

Given the fact that ethnicity is an essential factor in lung function, the trial findings need validation over different ethnic settings. Multicentric randomized controlled trials with longer

follow-ups should be planned to understand the agriculture setup and related pulmonological dysfunction among farmers of different parts of India. Future studies should also include the outcomes of COPD manifestation, giving more insight into the prevention of COPD-like diseases in the population.