
CHAPTER 6

RECOMMENDATIONS

The trial undertaken has demonstrated that the neuropsychological test battery was efficient in screening of the elderly with MCI. GC proved to be effective for analysing of fatty acid content in raw as well as roasted flaxseeds. The intervention with vitamin B12 and flaxseeds for 6 months had an augmented impact on the cognition, serum vitamin B12, glycemic, lipemic responses of MCI patients and in the meantime lowered atherogenic, anthropometry, blood pressure minimising the associated secondary complications of cognitive impairment. Hence, the recommendations occurring from this study trial are mentioned as:

- Early precautionary detection needs to be initiated in elderly for maintenance of positive cognitive balance which if left untreated considering age-related may later turn into irreversible neurological disorders eg. Alzheimer's.
- Enormous ALA content as determined from GC analysis and potent health benefits of roasted flaxseeds aptly make it worthwhile functional food boosting cognition for elderly/vegetarians if consumed up to 20 g dosage on regular basis in any of food formulations namely *khichdi*, *porridge*, *globs* and *mukhwaas*.
- There is a pressing need for dual strategy approach inclusive of flaxseeds (roasted) plus B12 which may synergistically act with medications, biological markers or advanced neuroimaging methods for enhancement of cognitive, glycemic as well as lipemic profiles. Thus, emphasizing on the pivotal role of nutrition based affordable cognitive strategies for geriatric population with burgeoning incidences of cognitive decline.