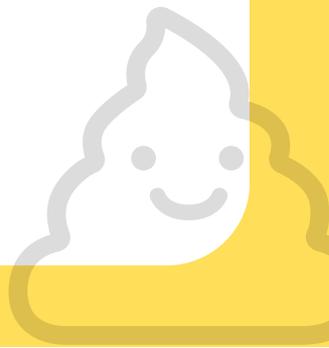
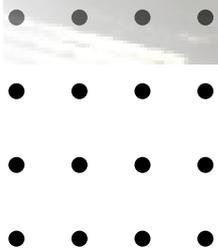


RECOMMENDATIONS AND FUTURE SCOPE OF INVESTIGATIONS



CHAPTER 7

RECOMMENDATIONS AND FUTURE SCOPE OF INVESTIGATION

Present research leads to the emergence of following recommendations and future scope of investigations:

Recommendations:

This study recommends that gummies can be prepared GOS with acceptable sensory properties, physico chemical properties and shelf stability of 6 months.

GOS (10g) consumption in the form of gummies (n=4) can be used as a potential remedy to alleviate the symptoms arising from constipation and improving the gut bacteria profile.

Future scope of investigation:

- Similar research needs to be replicated on individuals with other professions such as banking, IT sectors, school teachers to detect the presence of functional constipation.
- Studies on feasibility and acceptability trials of other confectioneries and sweets can be undertaken where in sugar can be substituted with GOS including Indian sweets, milk products, sweetened beverages and the same products can be studied for their shelf stability and GOS recovery.
- Clinical trials for longer periods can be initiated to study the efficacy of GOS supplementation in various age groups to improve the establishment of beneficial microbiota and further establish its role in other diseases such as cancer, obesity, immune system disorders, IBS and diarrheal diseases, dental problems.
- Further studies needs to be undertaken to demonstrate the clinical efficiency of GOS incorporated in other products with respect to other gastrointestinal disorders.
- Detailed examination of the gut microbes can be undertaken using absolute quantification technique and NGS sequencing.

