Methodology:

The method used to study the variables and test the hypothesis thus it is a description of the sample selected, the tools used, the procedure employed.

Sample – The sample for the study consist of 100 children from Mumbai City who were identified Anemic or with severer cough cold or any Respiratory infections. These children will be between 5 to 12 years were predominantly from middle class, higher middle class, who lived with their parents.

Procedure:

The three parts of the procedure were as follows:

Pre-Test – Interventions – Post Test.

Hence the design could be classified as Pre-test, Post-test three group design.

Intervention:

Randomly one of the three groups was given

Diet therapy

Herbal therapy,

Hydrotherapy

Breathing Exercise / yoga Pranayam

Psychotherapy & Counseling

The intervention lasted for 3 months i.e. 90 days & 12 sessions each session is of 1 hour 30 minutes other group was not provided with any intervention at all.

Research Design:

<table>
<thead>
<tr>
<th>Group</th>
<th>Test</th>
<th>Treatment</th>
<th>Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experiment of Control</td>
<td>Pre</td>
<td>Yes</td>
<td>Post</td>
</tr>
<tr>
<td></td>
<td>Pre</td>
<td>No</td>
<td>Post</td>
</tr>
</tbody>
</table>
Experiment Group \[\rightarrow\] R O₁ X O₂ \[\leftarrow\] Treatment given
Control Group \[\rightarrow\] R O₃ O₄ \[\rightarrow\] Not given any Treatment

**Tool selection of research:**

1) **Mental health inventory constructed by Jagdish and A K Srivastava**, mental health-
   For the present purpose of developing the inventory, mental health is defined as person's ability to make positive self-evaluation, to perceive the reality, to integrate the personality, autonomy group oriented attitudes and environmental mastery. The detail of the dimensions of mental health is as follows:

2) **Physiological Test:**

CBC (Complete Blood Count) – Hb-transport oxygen from lungs to tissue.

Spirometry – spirometer directly measures flow and volume of air.

SPO₂ – Oximetry test – pulse oximetry may be substituted for arterial blood gases in children under 12 years of age.

Auscultation – using the stethoscope to evaluate breath and voice sound

BMR (Basal Metabolic Rate)

BMI (Body Mass Index)

Ht (Height)

Wt (Weight)

**Variables:**

**IV- Independent Variable:**

Body Parameter – Age, Wt, Ht, BMR, BMI

Diet Parameter – Herbal therapy,
Diet therapy

Respiratory Parameter – Oximetry test (SPO₂)

Spirometry test –

CBC (Complete Blood Count): Hemoglobin (Oxygen Carrier)

**Mental health inventory:** Operational definition of mental health- For the present purpose of developing the inventory, mental health is defined as person's ability to make positive self-evaluation, to perceive the reality, to integrate the personality, autonomy group oriented attitudes and environmental mastery. The detail of the dimensions of mental health is as follows:

1. **Positive self-Evaluation** (PSE): It includes self-confidence, self-acceptance, self identity, feeling of worth-whileness, realization of one's potentialities, etc.

2. **Perception of Reality** (PR): It is related to perception free from need distortion, absence of excessive fantasy and a broad out look on the world.

3. **Integration of Personality** (IP): It indicates balance of psychic forces in the individual and includes the ability to understand and to share other people's emotions, the ability to concentrate at work and interest in several activities.

4. **Autonomy** (AUTNY): It includes stable set of internal standards for one's action, dependence for own development upon own potentialities rather than dependence on other people.

5. **Group Oriented Attitudes** (GOA): It is associated with the ability to get along with others, work with others and ability to find recreation.

6. **Environmental Mastery** (EM): It is includes efficiency in meeting situational requirements, the ability to work and play, the ability to take responsibilities and capacity for adjustment.

**DV -Dependant variable**

Psychological and Physiological factor

1. genetic factor
2. adjustment
3. personality
4. home environment
5. climate

**Statistical analysis**

The pre test measures on each of the parameters were treated as covariates, and ANCOVA was carried out on the past-intervention scores of the subjects in the three groups and the t-test was carried out for the pre-past intervention scores of the comparison group.