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Research done for : P.G.D.Y.N. (Post Graduate Diploma in Yoga and Naturopathy)

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Research Topic: An assessment of effectivity of some Yogic & Naturopathic process on Hypertention

Synopsis:

In this research work patients were classified in 2 groups. (A) Yoga Group , (B)Naturopathy Group

Patients of group A were treated with Yogic therapy which includes following Yogic practices:

Prandharana & Prayer, Sukhamavyayam, Pavamuktasan series, Shavasan (suggestion based),

Asanas: Tadasan,Kati chakrasan, Vajrasan, Gomukhasan,Pavan muktasan,Bhunjasan, Shalabhasan, Makarasan, Uttanpadasan, Shashankasan.

Pranayam: Shitali- Sitkari,Anulom-vilom, Bhramari, YogaNindra, Pranvochchar.

Patients of group B were treated with Naturopathy treatments which includes following therapy

Mud pack, cold spinal bath, Foot bath, compress, Spinal message, Violet colour application,

Magneto therapy.

Duration : 21 Days

Results : Group-A achieved 100% relief in Insomnia &75% relief in Obesity which was highly significant at the level of $p < 0.01$ & 0.001 .Headache, Vomiting, Palpitation, Nervousness & Forgetfulness relieved up to 55.56%, 50% ,50%, 66.67%, 50% which was significant at the level of $p < 0.02$ & $p < 0.05$ where as Giddiness, Fatigue & Dyspnoea were significant in result.

Group-B patients obtained relief in Headache, Giddiness, Nervousness & Obesity up to 77.78%, 75%,78.57%, 72.41% which was highly significant at the level of $p < 0.001$.Fatigue,Dyspnoea & Insomnia relieved up to 75%, 66.61%,100% which was significant at the level of $p < 0.01$. Forgetfuness &vomiting were relieved 100%.