

Name of institute: Maharshi Patanjali Institute For Yoga Naturopathy Education and Research – Gujarat
Ayurved University – Jamnagar.

Name of Researcher : Dr. Gauravi P. Trivedi

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

Name of Guide : Dr.M.N.Gohil M.D. (Ayu)

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Research Topic: An assessment of effectivity of some Naturopathic and Yogic process on Acne Vulgaris

Synopsis:

In this research work patients were classified (divided) in 3 groups. (A) Yoga Group , (B)combined Group, (C)control Group

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

Prandharana & Prayer, Shat kriya – Jalneti & Kapalbhathi, Shavasan (suggestion based), Facial exercises,

Asanas: Padhastasan, Trikonasan, Vajrasan, Yogmudra, Matsyasan, Sarvangasan, Naukasan, Shalabhasan, Makarasan, Dhanurasan, Simhasan, Uttanpadasan, Shashankasan, Bhrahma mudra,Padmasan,Setubandhasan.

Pranayam: Anulom-Vilom, Bhramari. Pranvochchar.

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

Asanas & Pranayam as group A. Mud pack -Hot & cold fomentation at lower abdomen, Local Mudpack on face, facial steam & cold compress, Vibromessage to face& neck.

Patients of group C were treated with ideal diet style & life style planning.

Duration : 21 Days

Results : Group-A achieved 45.04% relief in no. of pidika which was significant at the level of $p < 0.05$.

Area occupied by pidika was decreased significantly. Discolouration, discharge & pain were relieved by 31.46%, 61.33%, 55.66% respectively. 50% relief in itching was obtained.

Group-B patients obtained relief in Pidika by 73.36% which was statistically highly significant at the level of $p < 0.001$. Discolouration was relieved by 60%. Pain & discharge were relieved by 58.33% & 75%. 100% relief in etching, which were highly significant. Other symptoms like pain, burning etc. showed significant result.

Group –C Patients' results were statically insignificant on each & every symptoms.