

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

Name of Researcher : Dr. Ashvini Joshi (B.A.M.S.)

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

Name of Guide : Dr.C.L.Sarda M.D. (Ayu)

Month and year of submission: September 2003.

Research Topic: An assessment of affectivity of selected yogic and Naturopathic process on Asthama

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:

Prayer: Gayatri Mantra, Shat kriya – Jalneti & Kapalbhati, Shavasan (suggestion based)

Asanas: Surya Namskar, Padhastasan, Makarasan, Baddha Padmasan, Halasan, Sarvangasan,

Baddha Gomukhasan, Bhujangasan.

Pranayam: Ujjayi, Bhramari. Pranvochchar.

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

Chest massage, Nadi swed, Anima with warm water, Sun bath.

Duration : 30 Days

Results : Group-A achieved 63.64% relief at highest rang in overall symptoms, other patients observed 50% to 60% relief in general. Mean score in Yoga group was 6.25, which shows 59.52% relief.

Group-B patients obtained overall relief up to 72.73% at highest level, 70%, 58.33%, and 51.57% respectively in other patients. Mean score in Naturopathy group was 7.40, which shows 57.47% relief.