

- Name of Institute:- Maharshi Patanjali Institute for Yoga & Naturopathy Education and Research , Gujrat Ayurved University. Jamnagar.
- Name of Researcher :- DR. YATRI P. BHATT.
- Research done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
- Name of guide & co-guide :- DR.C.L. SARDA, DR. SHRIDHAR RAO.
- Month and year of submission :-September 2003
- Research Topic :- AN ASSESSMENT OF EFFECTIVITY OF SELECTED YOGIC AND NATUROPATHIC PROCESSES IN THE MANAGEMENT OF HYPERTENSION.
- Synopsis:- In this research work patients were classified in two groups.
 - Yoga group :- Y group and
 - Naturopathy group :- N group

Patients of group y treated with Yogic therapy which includes following yogic practices: Prayer, jalneti, trataka, tadasana, vruksasana, parvatasana, pawanmuktasana, Vajrasan, shavasan, ujjayi, bhramari, sheetali, sitkari, pranvochchar for 3 weeks.

Patients of group N were treated with Naturopathy treatments includes :- Mud pack, Hot foot bath, Aromatherapy- massage with aroma oil on head, back, magnet therapy.

- Results :- The result showed that Y group got relief in headache (69.96%), in nausea & insomnia(50%), neck-shoulder pain & dimness of vision & redness of eye (66.66%)p value is highly significant <0.01 , in giddiness(85%), P value of this is <0.001 which is very highly significant. and N group is got relief in headache & in insomnia (66.66%) p is <0.01 highly significant, in neck-shoulder pain (80%) P value of this is <0.001 which is very highly significant. redness of eye (50%)p value is <0.05 .