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Research Topic: Role of some Yogic & Naturopathic procedures related with Agni Mahabhuta in the treatment of Medoroga (obesity)

Synopsis:

In this research work patients were classified in 4 groups. (A) Agnivardhak Yogic Group (AVYG), (B)Agnishamak yogic Group(ASYG), (C)Agnivardhak Naturopathic Group(AVNG),(D)Agnishamak Naturopathic Group(ASNG)

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

Prayer, Suryanamskar, Shavasan (suggestion based),

Asanas: Ardhamatsyendrasan, Janushirasana, Paschimottanasana, Ugrasana, Yogmudra, Sarvangasana, Naukasan, Shalabhasana, Dhanurasana, Uttanpadasana, Bhujangasana, Mayurasana

Pranayama: Agnisar kriya, Suryabhedana, Pranavochchar.

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

Prayer, Rotation, Spinal twisting crocodiles.

Asanas : Utkatasana, Tadasana, Vrikshasana, Shashankasana, Gaumukhasana, Parvatasana, Pavanmuktasana.

Pranayama: Shitali & Chandrabhedana / Yoganindra & Pranavochchar.

Patients of Group C were treated with following Naturopathic therapy:

Abdominal massage & Hot pack, Hot foot bath, Spinal pack, Sun bath.

Patients of Group D were treated with following Naturopathic therapy:

Mud pack & cold pack at lower abdomen, Spinal bath, Magnetic chair

Duration : 21 Days

Results : Group-A achieved 100% relief in Anutsah, which was highly significant at the level of $p < 0.001$, B.M.I. also reduced 3.01% which was again highly significant ($p < 0.001$).Chalaspikastanodar was not reduced significantly, only 12.03% relief was observed in this particular symptom.

Group-B None of the symptom were reduced highly significantly.75% relief in Anga gauratva 100% relief in Anutsaha, 50% relief in Ati Kshudha, B.M.I. was reduced 0.47% which was statistically insignificant.

Group – C B.M.I. reduced up to 4% which was highly significant at the level of $p < 0.001$.

Anutsah 80.24%, Gatrasad66.67%, Anga gaurav63.39%, Atikshudha78% relief was found, which was significantly at the level of $p < 0.01$.

Group – D B.M.I. reduced up to 3.76% which was highly significant at the level of $p < 0.001$

Anutsah 66.67%, Gatrasad44.96%, Anga gaurav71 %, Atikshudha60.14%,28.50% relief in Chalaspiksstanodar was found, which was significantly at the level of $p < 0.01$.

p-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 by58.33% &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.