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Research Topic: An assessment of effectivity of some Yogic & Naturopathic procedures on physio – pathology of Urinary system with special reference to Urinary Tract Infection

Synopsis:

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

Patients of group A were treated with Naturopathic treatments which include following therapy:

Mud pack on lower abdomen, Hip bath with warm water, Dry massage on lower spine, Hot foot bath, Alt. day whole body steam, Alt. day enema, Vibro massage at lower abdomen.

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

Prandharana & Prayer, Surya namskar,Shavasan,

Asanas: Pavanmuktasan, Halasan, Shalabhasan, Dhanurasan, Ardhamatsyendrasan, Utkatasan, Yogamudra.

Pranayam: Kapalbhathi, Bhramari. Pranvochchar.

Mud pack at lower abdomen, Hipbath with warm water, Dry massage on lower spine, Alt. day enema.

Duration : 21 Days

Results : Group-A achieved 100% relief in hot urine symptom, 83.33% relief in pus cells, 80% in pain, 62.50% relief in burning sensation, 55.55% relief in hesitancy ,which was highly significant .

Group-B patients obtained relief burning sensation by 85.71%, 80% relief in hot urine, which were highly significant. 57.14% relief in pain & 50% relief in hesitancy & pus cells were observed, which were statically insignificant.