

Name of Institute:- Maharshi Patanjali Institute for Yoga & Naturopathy ,*Education and Research ,gujrat Ayurved Uniresity. Jamnagar.*

- Name of Researcher :- Dr. Lalit j. pankhaniya
- Reasearch done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
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- Name of guide :-Dr. Hitesh A. Vyas
- Month and year of submission :- Sep-2005
- Research Topic :-An assessment of the effectivity of yogic and naturopathic processes as management on AMLAPITTA (GASTRITIS).
- Synopsis:- In this research work patients were classified in two groups.
- Group (A) Yogic Group Group (B) Naturopethic Group

Patient of group A were treated with yogic therapy includes following yogic practices:-prayer, stretching exercise, surya namskara, shavasana, halasana, sputa vajrasana, viparita karani, yoga mudra, baddha padmasana, janu shirsana, shanshakasana, ustrasana, ardha shlbhasana, anulom –viloma, sheetali, sheetakari, kapalabhati kriya, relaxation with suggestion, aumkara.

Patient of group B were treated with yoga & naturopathic practices include:-prayer, stretching exercise, surya namaskara, shavasana, anulom-viloma, sheetali, sheetakari, abdominal massage, abdominal massage with vibrator, cold abdominal mud pack with relaxation (at

lower abdomen), cold foot bath, acupressure with kriya chakra, aumkara.

- Result:-The result showed that group A –yogic treatment provided statistically significant ($p < 0.001$) relief in symptoms like Hrillasa (83%) and Udara Gaurava (75%); while it provided the relief, which was statistically insignificant ($p < 0.05$), in Amlodegara (66%), vidandha(60%), Chhardi (80%) and Shirahshula (66%).
- The result showed that groupB –yogic & Naturopathic combined treatment provided statistically highly significant ($p < 0.001$) relief in symptoms like Amlodgara(75%) and Daha (60%);while it provided the relief, which was statistically significant ($P < 0.01$), in Hrillasa (83%), Chhardi (80%), Vibandha (75%) and Shirahshula (86%). However it also provided statistically insignificant ($P < 0.05$) relief in Urahshula and Udaragaurava.