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Research Topic: An evaluation of effectivity of certain Yogic & Naturopathic treatment on Bronchial 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:

Prandharana & Prayer, Suryanamskara, Shavasan (suggestion based),

Asanas: Pavanmuktasan, Halasan, Setubandhasan, Sarvangasan, Dhanurasan, Padmasan, Trikonasan, Tadasan, Vakrasan, Bhunjasan, Shalabhasan, Makarasan, Sarpasan, Marjaryasan.

Pranayam: Anulom-vilom, Bhastrika, Pranvochchar.

Shuddhikriya : Jalneti, Kunjal kriya, Kapalbhathi.

Mudra : Simha mudra, Brahma mudra Bandha : Jihva bandha , Uddiyan bandha

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

Mud pack, Hot Foot -Arm bath, Trunk & Chest message with steam, Dry sheet pack, Hot & Cold fomentation to chest, Enema.

Duration : 21 Days

Results : Group-A achieved 77.78% relief in breathlessness, 67% relief in wheezing & 33% relief in paroximal cough and chest pain, which was highly significant at the level of $p < 0.01$ in breathlessness & wheezing. Significant at the level of $p < 0.05$ in paroximal cough. Nonsignificant in other symptoms like chest pain.

Group-B patients obtained 60% relief in breathlessness, 66% in wheezing, 55 % in paroximal cough & 67% in constipation was found. Statically highly significant in breathlessness, paroximal cough & wheezing at the level of $p < 0.01$ significant in constipation at the level of $p < 0.05$.