

Name of institute: Maharshi Patanjali Institute For Yoga Naturopathy Education and Research

Gujarat Ayurved University – Jamnagar.

Name of Researcher : Dr. Vishwas chhabra (B.A.M.S.)

Research done for : P.G.D.Y.N. (Post Graduate Diploma in Yoga and Naturopathy)

Name of Guide : Dr. A. A. Bhatt M.D. (Ayu), Ph.D.

Month and year of submission: September 2005

Research Topic: An evaluation of affectivity of certain Yogic and naturopathic process in “Depression”

Synopsis:

In this research work patients were classified (divided) in 2 groups. (A) Yogic group and Group (B) naturopathic treatments

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

Prandharana & Prayer, Shat kriya – Jalneti

Asanas: Sukshma vyayam, surya manaskar, bhujangasana, setubandhasana, shavasana, padmasana, tadasana, parvatasana, Padhastasan, Trikonasan, Vajrasan, Yogmudra, Matsyasan, Naukasan, Shalabhasan, Makarasan, Dhanurasan,

Pranayam: Anulom-Vilom, Bhramari. Aum chanting.

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

Exercises, deep breathing Mud pack -Hot & cold fomentation at lower abdomen, Spinal pack, massage Acupressure, Relaxation, and prayer.

Duration: 21 Days

Result: Depressed mood got relieved by 65% in Group A and 64.5% relief in Group B.

56.2% in Group A and 54.7% relief in Group B relieved Guilt.

In the patients with complain of lack of work interest found relief of 41% from in group A and 64% from group B.

Insomnia or lack of sleep was relieved by 50% from the Group A and 55% from the group B.

The symptom low confidence showed relief of 60% from the group A and 47% from the group B.