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Research Topic: An evaluation of affectivity of certain Yogic & Naturopathic procedures on Diabetes Mellitus

Synopsis:

In this research work patients were classified in 2 groups. (1) Yogic group, (2) Naturopathic group

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

Prandharana & Prayer, Shudhi kriya – Jalneti & Kunjala, Kapalbhata, Relaxation, Yogic Sukshma vyayama, Surya Namaskara

Asanas: Uttanapadasana, Pavanamuktasana, Naukasana, Shalabhasana, Bhujangasana, Dhanurasana, Janushirasana, Ushtrasana, Yogamudra, Vrukshasana, Tadasana, Halasana, Sarpasana, Paschimotanasana, Natarajasana, Sarvangasana and Trikonasana.

Pranayam: Anulom-Vilom, Ujjayi, Bhramari, Bhastrika, Suryabhedan, Pranavochchar.

Patients of group 2 were treated with Naturopathy treatments which includes following therapies

Cold Mud pack, Abdominal massage, abdominal steam, Magnet therapy, Exercise, Acupressure, Hot & cold abdominal application.

Duration : 21 Days

Results : In group (A) yogic treatment provided reduction of 75% in fatigue which found statistically highly significant ($P < 0.01$). 100% reduction in indigestion, 75% in dyspepsia, 67% in calf pain & burning sensation, 63% in poly urea, 60% in joint pain and 33% in other symptoms, 30% in PPUS, which were significant ($P < 0.05$). Reduction of 40% in FUS and reduction of 12.72%, 10.05% and 1.76% respectively in FBS, PPBS and weight which were statistically insignificant ($P > 0.05$).

In group-(B) Naturopathic treatment provided 80% relief in joint pain, 70% in indigestion, 63% in calf pain, 50% in poly urea, dyspepsia, dysphasia and burning sensation. Statistically significant ($P < 0.01$) reduction of 33% in FUS & 15.38% in PPUS was provided by naturopathic treatment. While, significant ($P < 0.05$) reduction of 0.43% was found in weight. Insignificant ($P > 0.05$) reduction of 6.38% & 5.84% was observed in PPBS & FBS respectively.

