

Name of institute: Maharshi Patanjali Institute for Yoga Naturopathy Education and Research
Gujarat Ayurved University – Jamnagar.

Name of Researcher : Dr. Neeta Patel (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: July 2005.

Research Topic: An Assessment of the Effectivity of selected Yogic and Naturopathic processes in the management of “Essential Hypertension”

Synopsis:

In this research work patients were randomly categorized in 2 groups. (A) Yoga Group, (B) Naturopathy Group.

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

Pranadharana Prayer:

Sukshma Vyayama: Rotation/ Stretches

Asanas: Tadasana, Vrikshasana, Utkatasana, Vajrasana, Vakrasana, Shashankasana, Bhujangasana, Makarasana, Niralambasana, Shavasana.

Shat kriya: Jalneti, Kapalbhati, Trataka

Pranayam: Anulom-Vilom, Bhramari,

Aumkar, Shanti Mantra

Patients of **Group B** were treated with Naturopathy treatments which include following therapy:

Mud pack on lower abdomen and head, massage –spinal cord; sole and back, Local steam (spinal cord and back), hot foot bath, Magnet therapy, Relaxation with suggestion

Duration: 21 Days

Results: Group-A: In Yogic treatment Giddiness relieved 84.72%, Fatigue relieved 45.29%, Insomnia relieved 81.96%, Compression in chest relieved 72.67%, lack of concentration relieved 60%

Group-B: In Naturopathic management Giddiness relieved 39.75%, Fatigue relieved 69%, Insomnia relieved 44.66%, Compression in chest relieved 60.15%, lack of concentration relieved 54.77%