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

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Research Topic: An Evaluation of Effectivity of certain Yogic and Naturopathic processes
On Osteoarthritis (Sandhigatavata)

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, Warm up exercise

Suryanamaskara

Asanas: Pavanamuktasana,Setubandhasana,Shavasana, Shalabhasan, Makarasana
Niralambasana, Bhujangasana,Vakrasana,Janushirasana,Gomukhasana, Tadasana,
Vrikshasana,Katichakrasana

Shat kriya: Jalneti,Kapalbhati,Trataka

Pranayam:, Anulom-Vilom,Kapal Bhati,Bhramari,

Aumkar, Shanti Mantra

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

Mud pack on lower abdomen, massage locally, Steam,Upward and side ward stretches, standing stretches, side bending,chrocodiles,Infra-red Lamp,Vibratour massage,Acupressure on points of pain,palm,feel and kripachakra,Magnet Aumkar

Duration: 21 Days

Results: Group-A: Pain relieved 66.66%, Redness relieved 67%, Swelling relieved 60.24%, Crepitation relieved 68.79%, Numbness relieved 90.56%,Difficulty in walk relieved 78%.

Group-B: Pain relieved by 83.87%, Redness relieved 90%, Swelling relieved 77.27%, Crepitation relieved73.68%, Numbness relieved 64.28%, Difficulty in walk relieved 80%.