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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 Certain Yogic and Naturopathic processes with special reference to premenstrual Syndrome (AartavaPurvakalikaAnavastha)

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:

SukshmaVyayama: Rotation/ Stretches, Crocodile exercises

Suryanamaskara

Asanas:Tadasana,TiryakTadasana, Kati Chakrasana,Utkatasana, Vrikshasana,Utaanpadasana,Halasana,Setubandhasana,Pavanamuktasana,Shavasana,Sarvangasana,Ardha-Shalabhasana, Shalabhasana, Dhanurasana, Bhujangasana,Sarpasana, Makarasana,Shashankasana,Ugrasana,Vajrasana,yogamudra,Pashchimottanasana,Matsyasana ,Ustrasana,Ardhamatsyendrasana

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, massage - Lower Abdomen ; Thigh, Hot formation,stretch and Rotation, Relaxation,Hot and cold hip bath,Vibrator massage-hip,Kripachakra, prayer Relaxation.

Duration: 21 Days

Results: Group-A: In Yogic treatment Lower abdomen pain relieved up to 68.75% & Irritability relieved up to 46.66%.

Group-B:In Naturopathic management Lower abdomen pain relieved up to 62.4% & Irritability relieved up to 33.33%.

