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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 : A clinical study of certain yogic and naturopathic processes regarding their efficiency with special reference to Sciatica/Gridhrasi

Synopsis:

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

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

1. **Shatkriya** : Jalneti, Kapalbhathi
2. **Relaxation & Prayer**
3. **Sukshma Vyayam** : Rotations, Makasana, Suryanamaskara
4. **Asanas** : Shavasana, Pavanmuktasana, Matsyakirdasana, Adhvasana, Ardhashalabhasana, Vajrasana, Yogmudrasana, Shashankasana, Tadasana, Tiryaktadasana, Ardhashndrasana
5. **Pranayam** : Ujjayi

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

1. Mud Pack : Cold mud packin L.A, Hot & cold mud pack in hip region.
2. Massage : Spinal, Hips & Legs.
3. Infrared rays at spinal region and legs.
4. Accupressure
5. Hip bath, Epsom salt bath
6. Relaxation & Prayer

Duration: 21 Days

Results:

Group A : Yoga

Symptoms	Mean			% Releif	SD	SE	T	P
	BT	At	BT-AT					
Ruk	1.5	0.5	1	60	0.51	0.21	7.61	<0.001
Stambha	1.5	0.7	0.8	53.33	0.51	0.21	6.19	<0.01
Toda	1	0.3	0.7	70	0.5	0.25	6.8	<0.01
Muhuspanda	1.3	0.4	0.9	69.23	0.44	0.2	9	<0.01
SLR test	1.7	0.7	1	58.82	0.51	0.21	7.6	<0.001
Graha	1.2	0.4	0.8	66.66	0.54	0.24	6.66	<0.01
Tenderness	1	0.4	0.6	60	0.57	0.28	5.35	<0.05

Group B : Naturopathy

Symptoms	Mean			% Releif	SD	SE	T	P
	BT	At	BT-AT					
Ruk	2.7	1.3	1.4	51.85	0.52	0.16	8.75	<0.001
Stambha	2.1	1.0	1.1	52.38	0.51	0.18	7.22	<0.001
Toda	1.9	0.7	1.2	63.15	0.49	0.18	9.44	<0.001
Muhuspanda	2.8	1.0	1.8	64.28	0.42	0.13	13.84	<0.001
SLR test	2.6	0.9	1.7	65.38	0.48	0.15	11.33	<0.001
Graha	2.6	1.1	1.5	57.69	0.53	0.16	9.37	<0.001
Tenderness	2.0	0.8	1.2	60.00	0.48	0.18	9.44	<0.001

Group A: Yoga

Results	No. of Patients	% Releif
Cured	1	16.67
Markedly Improved	2	33.33
Moderately Improved	2	33.33
Improved	1	16.67
Unchanged	0	0
TOTAL	6	100

Group B : Naturopathy

Results	No. of Patients	% Releif
Cured	1	10
Markedly Improved	3	30
Moderately Improved	2	20
Improved	4	40
Unchanged	0	0
TOTAL	10	100