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

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Month and year of submission: September 2006.

Research Topic: An evaluation of efficacy of certain Yogic practices and Naturopathic process on Insomnia.

Synopsis:

In this research work patients of Insomnia were randomly categorized in 3 groups. (A) Yoga Group (B) Naturopathy Group (C) Control Group

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

Yama, Niyama

Cleaving Process-Jalaneti, Kunjalkriya

Prayer, Sukshma Vyayama,

Asanas: Uttanapadasana, Pavanamuktasana, Ardh-Pavanamuktasana, Setubandhasana, Dhanurasana, Vajrasana, Siddhasana, Matsyasana, Gomukhasana, Vakrasana, Shashankasana, Ardh Padmasana, Shalabhasana, Bhujangasana, Tadasana, Vrikshasana, Trikonasana, Padmasana, Yogamudra

Pranayama: Kapalbhati, Anuloma-Viloma, Bhramari, Chandrabhedana, Ujjayi, Aumkar

Dharana: Concentration in Muladhara, Anahata, Ajna chakras

Patients of **Group (B)** were treated with Naturopathy practices which includes following therapy:

Massage on head, neck & shoulder with oil. Massage on sole with Ghrita. Hot towel treatment on head. Steam on neck, shoulder, and spine. Hot foot bath. Acupressure. Spinal pack (hot). Exercise. Relaxation with mud pack on lower abdomen and water pack on forehead.

Patients of **Group (C)** were treated with ideal diet style & life style planning.

Duration: 21 Days

Results: Improvement in symptoms of Insomnia are as following:

Sleep- 53.2% in group A, 76.47% in group B, 33.12% in group C

Sleep Time- 63.9% in group A, 66.66% in group B, 56.89% in group C

Shirashula- 50% in group A, 50% in group B, 39.75% in group C
Angamarda-69.44% in group A, 55.55% in group B, 33.00% in group C
Krodha- 63.93% in group A, 76.92% in group B, 38.44% in group C
Shoka- 33% in group A, 85.71% in group B, 14.65% in group C
Bhaya- 6.75% in group A, 71.42% in group B, 25.75% in group C
Irritability- 50% in group A, 50% in group B, 30% in group C
Hunger- 66.66% in group A, 83% in group B, 33% in group C
Forgetfulness- 24.81% in group A, 55% in group B, 13.79% in group C