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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: February 2007.

Research Topic: An evaluation of efficacy of selected Yogic processes on Special Children

Synopsis:

In this research work patients were randomly categorized in 2 groups. **(I)** Yoga Group
(II) Physiotherapy Group

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

Prayer, Sukshma Vyayama, Suryanamaskara,

Asanas: Uttanapadasana, Pavanamuktasana, Ardh Padmasana, Shalabhasana, Bhujangasana, Sarpasana, Padmasana, Janushirasana, Yogamudra, Paschimotasana, Katichakrasana

Pranayama: Anuloma-Viloma, Bhramari, Aumkar

Patients of **Group (II)** were treated with Physiotherapy practices which includes following therapy:

Weight bearing exercises, Sensory motor developmental exercises, Stretching, Active assisted movements, various functional exercises.

Duration: 21 Days

Results:

- Level of spasticity is decreased by 5.56% in Yogic group and 25% in Physiotherapy group.
- 20% improvement in lack of interest by Yoga therapy and 25% improvement in physiotherapy group.
- In Yogic group, social withdrawal decreased by 14.28%.
- Concentration level increased in Yogic group by 12.5% and in Physiotherapy group increased by 15%.
- Improvement in Motor-sensory response by 15.38% in Physiotherapy group.
- There is no change in Gait, Independence and Confidence in children of both groups.