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- Reasearch done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
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- Research Topic :-Assessment of certain yogic and naturopathic processes in treatment of ACNE VULGARIS.
- Synopsis:- In this research work patients were classified in two groups.
- Group (A) Yogic Group Group (B) Naturopethic Group

Patient of group A were treated with yogic therapy includes following yogic practices:-(1)prandhavana,prayer (2)suddhi kriya –jala neti, kapala bhati (3) surya namaskara (4)Asanas- savasana, paavanamuktasana, matyasana, yogamudra, paschimotanasana makarasana, sarpasana, bhujangasana, vajrasana, ardha mtsendrasana, trikonasana (5)pranayama-Anulom-viloma, bhramari (6) om shanti mantra.

Patient of group B were treated with naturopathic practices include:- pranadharana, prayer, facial exercises, stretching, massage on face without oil (chana powder), hot/cold formentation at face and lower

abdomen, mud pack on lower abdomen, mud + nimb kalka application on face, clean face with luke warm water.

- Result:-

Group A shows significant results in pidika, pain and discharge ($p < 0.01$), insignificant in redness, itching, burning and scar.

Group B shows highly significant results in pain and redness ($p < 0.001$), significant ($p < 0.01$) in pidika, insignificant in discharge, itching and scar ($p < 0.10 - < 0.50$).