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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 2008.

Research Topic: A clinical study on The Management of Amavata (Rheumatoid Arthritis) with certain Yogic & Naturopathic processes

Synopsis:

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

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

Prandharana & Prayer, Shuddhikriya : Jalneti, Kunjal kriya, Kapalbhathi, Shavasan (suggestion based),

Asanas: Pavanmuktasan, Uttanpadasan, Halasan, Setubandhasan, Sarvangasan, Matsyasan, Yogamudra, Dhanurasan, Trikonasan, Tadasan, Katichakrasan, Vrikshasan, Janushirasan, Bhadrasan, Vakrasan, Paschimottanasan, Akarnadhanurasan, Gomukhasan, Bhunjasan, Shalabhasan, Makarasan, Sarpasan,

Mudra & Bandha: Mul bandha, Ashvini & Viparitkarani mudra.

Pranayam: Anulom-vilom, Suryabhedan, Ujjayi, Bramari, Bhastrika, Pranvochchar.

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

Mud pack, Hip bath, Shiatsu message with acupressure, Infrared rays, vibromassage. Joint & breathing exercises

Duration : 21 Days

Results : Group-A achieved 60.64% relief in stiffness found, which was highly significant (0.001). 50% relief in joint pain, 62.5% in tenderness, 55.55% in malaise & fatigue, 62.5% in dourbalya, 50% in grip strength, 41.67% in foot pressure, 62.5% in walking time, which was statistically significant at the level of $p < 0.01$. 54.55% relief was found in joint swelling ($p < 0.02$). Fever relieved up to 60% ($p < 0.05$).

Group-B patients obtained 44.44% relief in joint pain, stiffness & malaise found, which was significant ($p < 0.05$). 70% in dourbalya which was highly significant ($p < 0.001$). 62.5% in fatigue, swelling was 35.71%, tenderness 62.5% ($p < 0.01$) which were significant. Grip strength, foot pressure, walking time etc. were statistically insignificant.