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Research Topic: An assessment of Effectivity of certain yogic processes and music therapy as management of *Amlapitta*

Synopsis:

Total 18 patients were registered for the study which was (divided) in 3 groups. (A) Yoga Group, (B) Music therapy group, (C) control Group

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

Prandhar ana & Prayer, Shat kriya – Vamana.

Asanas: Viparita Karni , Pavanamuktasana, Shavasana, Niralambasana, Bhujangasana, Shalbhasana, siddhasana, Gomukhasana, Tadasana, Trikonasana, Ardha-halasanana, Janushirasana, Dhanurasana, Naukasana, Ardhamatsyendrasana, Makarasana, Vakrasana.

Pranayam : Anulom-Vilom, Bhramari. Pranvochchar, Sheetali Pranayama, Aum Chanting, Chandrabhedana.

Patients of group B was treated with Music therapy which includes following therapy:

Profiles of selected music: Raga Vrundavani Sarang

Rhythm Pattern: Jhapa tala, Teen tala

Selected Instruments: Flute, Tabala, Tanpura

Patients of group C was treated with ideal diet style & life style planning.

Duration:

Results: Effect of therapy in Yoga group (Group A)

Highly significant (70% relief): In Amlodgara, Daha, Hrillasa, Chhardi.

Significant (65% relief): In Agnimandya, Aruchi, Utklesha.

Less Significant(40% relief): In Klama

Effect of therapy in Music therapy (group B)

Significant (50% relief): In Agnimadya, Aruchi, Hrilash, Klama

Less Significant (40% relief): Utklesha

Insignificant: Chhardi

Effect of therapy in control group C:

Significant (50% relief): Agnimadya, Utaklesha, Klama, Amlodgara,

Less significant (40% relief): Daha, Chhardi

Insignificant: Hrilasa