

Name of Institute:- Maharshi Patanjali Institute for Yoga & Naturopathy
,Education and Research ,gujrat Ayurved Uniresity. Jamnagar.

- Name of Researcher :- Dr. PRAMOD C.BARAGI
- Reasearch done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
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- Name of guide :-Dr. S. C. DASH
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- Research Topic :-A Clinical study of certain yogic and naturopathic procedures in the management of essential HYPERTENTOIN.”
- 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:-(a)Prayer-Gayantri Mantra, (b)Shati kriya-Bindu Trataka,Shavasana,(c)Yogasana-vakrasana, tadasana, vrukshasana, paschimottasana, pavanamuktasana, utkatasana, shalabhasana, bhujangasana, yogamudra in padmasana, jalandra Bandha & Mula Bandh shavasana between each yogasana, (d)pranayam-Anulom-viloma, sheetkari, ujjayi, bhramari, shavasana (e) pranavocchara

Patient of group B were treated with naturopathic practices include:- Hot water pack(abdomen), Rest, Massage(Spinal cord & back), Local steam, Rest ,Magnet(Both palms & soles, head), Rest , Hot water foot bath, Rest.

- Result: The result showed in group A is the mean score of systolic B.P. was found 155 mmHg, which was brought down to 141.67 mmHg after treatment with 8.6% relief shows the statistically moderate significant (<0.01) result. Whereas in Diastolic B.P. the mean score was 98.33 mmHg before treatment, which was brought down to 88.33 mmHg after yogic therapy with 10.17% relief shows the statistically highly significant (0.001) result.