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Research Topic: Evaluation of efficacy of selected Yogic and Naturopathic procedures on  
Individuals with Low Back-Pain

### **Synopsis:**

In this research work patients were randomly categorized in 3 groups. (A) Yoga Group, (B) Naturopathy Group, (C) Control Group

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

#### **Pranadharana Prayer:**

**Sukshma Vyayama:** Rotation/ Stretches, Crocodile exercises

**Asanas:** Tadasana, Tiryak Tadasana, Kati Chakrasana, Vrikshasana, Ardha-Halasan, Halasan, Setubandhasan, Pavanamuktasana, Ardha-Shalabhasan, Shalabhasan, Niralambasana, Bhujangasana, Matsyakridasana, Vakrasana, Shashankasana, Gomukhasana, Ardh-Matsyendriyasana

**Shat kriya:** Kapalbhata

**Pranayam:** Ujjayi, Anulom-Vilom

Aumkar, Shanti Mantra

Patients of **Group B** were treated with Naturopathy treatments which includes following therapy:

Mud pack on lower abdomen, Oil massage on back, Acupressure, Steam, Wet trunk pack, Exercises, Relaxation, Breathing Exercises and prayer.

Patients of **Group C** were treated with ideal diet style & life style planning.

**Duration:** 21 Days

**Results: Group-A:** Yogic treatment provided 79% relief in both subjective and objective parameters (i.e. 7 out of 14 parameters show statistically highly significant  $p < 0.01$  results, while four show significant results  $p < 0.05$ ).

**Group-B:** Naturopathic management provided 100% relief in both subjective and objective parameters (i.e. 6 out of 14 parameters show statistically highly significant  $p < 0.01$  results, while eight show significant results  $p < 0.05$ ).