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- Month and year of submission :- May-2008
- Research Topic :-A study of management of OBESITY by certain yogic and naturopathic procedures.
- 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:-prayer, sukshma vyayama, surya Namshkara ,Postures-pranamasana,        hastauttanasana,        padahastanasana,        ashwa sanchalanasana, parvatanasana, ashtanga namashkara , bhujangasana parvatasana, aswasanchalanasana, pada hastanasana, hast uttanasana, pranamasana.

Patient of group B were treated with naturopathic practices include:- Massage, steam, vibrator, krupa and shakti chakra, exercise, fating.

- Result:-The result showed with GROUP A is remarkable (87.5%) and highly significant ( $p < 0.001$ ) improvement was observed in polyphagia . It relieved polyphagia by 40% and weakness by 28.58%.Statistically highly significant results were observed in weight and BMI reduction, but the changes were not considerable in terms of percentage improvement.

- The result showed that GROUP B , The treatment relieved weakness by 46.15%, Hyperhydrosis by 33.33% and dyspnoea by 30%. The result were found statistically insignificant except in polyphagia( $p < 0.05$ ).Nathropathic treatment didn't affect considerable to reduce the weight and BMI in terms of percentage but the results were found statistically highly significant( $p < 0.01$ ).