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- Reasearch done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
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- Month and year of submission :- March 2009
- Research Topic :- EFFECT OF SOME YOGIC AND NATUROPATHIC PROCEDURES ON THE QUALITY OF LIFE IN PATIENTS SUFFERING FROM ASTHI KSHAYA.
- Synopsis:- In this research work patients were classified in two groups.
 - Yoga group :- A group and
 - Naturopathy group :- B group

Patients of group y treated with Yogic therapy which includes following yogic practices: Prayer, Sukshma vyayama, surya namaskar, tadasana, katichakrasana, ek pada uttanasana, viparitkarni mudra, bhujangasana, ardh shalbhasana, janu shirshasana, ustrasana, shashankasana, kapalbhati, Anulom- vilom pranayam, bhramari, Shantimantra for 3 weeks

Patients of group N were treated with Naturopathy treatments includes :- prayer, mild exercises, Mud pack, relaxation, massage local, fomentation, positive suggestion.

- Results :- The result showed that group A got relief in pain (34.19%), in physical function (27.63%), in general health perception (17.94%), in mental function (8.59%). P value of A group is <0.001 which was highly significant. The result showed that group B got relief in pain (33.89%), in physical function (18.49%), in general health perception (18.34%), in mental function (5.39%). P value of pain symptom is <0.001 which was highly significant. P value of physical function & general health perception is <0.02 .

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