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- Research done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
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- Month and year of submission :-September 2009
- Research Topic :- A CLINICAL STUDY OF CERTAIN YOGIC AND NATUROPATHIC PROCESS IN MANAGEMENT OF HYPERTENSION.
- Synopsis:- In this research work patients were classified in two groups.
  - Yoga group :- A group and
  - Naturopathy group :- B group

Patients of group A treated with Yogic therapy which includes following yogic practices: Prayer, Sukshma vyayama, Vajrasana, tadasana, vriksasan, paschimottanasana, ekpad pawanmuktasana, shavasan, sheetali, sitakari , nadbrahama meditation, relaxation & aum chanting for 3 weeks

Patients of group B were treated with Naturopathy treatments includes :- Massage at back & soles, hot foot bath, spinal pack, magnet therapy, Acupressure.

- Results :- The result showed that A group result of headache is very highly significant  $p < 0.001$ . significant result in dyspnea, systolic – diastolic B.P.  $p < 0.05$ . The result showed that in group B result of headache, systolic & diastolic B.P. is very highly significant  $p < 0.001$ . significant result in giddiness ,fatigue-  $p < 0.05$ .