

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

- Name of Researcher :- Dr. purvi vyas
- 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 study on 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 treatment:-prayer, sukshma vyayam, surya namshkara, shavasava, uttanapadasana, pavanmuktasana, setubandhasana, matsyasana, bhujangasana, ardhashalbhasana, vajrasana, janu-shirshasana, tadasana, katichakrasana, anulom-vilom, bhastrika, shat-karma, kapal bhati, relaxation, om chanting.

Patient of group B were treated with naturopathic practices include:- prayer, hip bath, dry massage with yava powder, steam.

- Result:-The remarkable (87.5%) and highly significant ($P < 0.001$) improvement was observed in polyphagia by GROUP A-Yoga therapy .It

relieved polyphagia by 40% and weakness by 28.58%. Also , it resulted 66.66% and 75% decrease in Hypersomnia and oily lusture respectively. This result were insignificant statistically.

- The result showed that groupB –Naturopathic treatment relieved polyphagia by 60% , polyphagia and Hypersomnia by 50% each and weakness by 46.15%. But these are not considerable because of the small sample size. The treatment relieved weakness by 46.15%, Hyperhydrosis by 33.33% and Dyspnoea by 30% ,the result were found statistically insignificant except in polyphagia ($p < 0.05$).