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Researcher done for :- PG DYN (Post Graduate Diploma in Yoga and Naturopathy)

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Research Topic :- Efficacy of Yoga and Naturopathy in Acne Vulgaris.

Synopsis :-

In this research work patients were classified in 02 groups.
(A) Naturopathy Group (B) Yogic Group.

Patients of group (A) were treated with Naturopathy treatments including...

Prayer, Facial Exercises, Face massage with Aloe-vera pulp, Steam on face, Hot and Cold Compress on lover abdomen, Mud pack on face and lover abdomen, Clean face with warm water.

Patients of group (B) were treated with Yogic therapy wich includes following Yogic Practices...

Prayear, Prandharana, Facial exercise, Rotation, Stretches, Surya Namaskar, Savasana, Padahastasana, Trikonasana, Vajrasana, Ardhamatsendrasana, Brammudra, Yogamudra, Shashankasana, Padmasana, Sinhasna, Matsyasana, Uttanpadasana, Setubandhasana, Naukasana, Pavanmuktasana, Sarvangasana, Makarasana, Salabhasana, Dhanurasana . Pranayama - Anuloma-Viloma, Bhramari, Ujjayi, Sitkari . Suddhi Kriya – Jalaneti, Kapalbhathi, Kunjal . Om Shanti Mantra. (for 21 days)

Results :- On analyzing the overall effect, Yoga therapy showed marked improvement 16.67 % Patients with moderate improvement in 66.67 % Patients and mild improvement in 16.67 % Patients. Naturopathyc treatment resulted in 50 % of each of moderate and mild improvement in Patients. In each group no Patients had remained unchanged and also no one had a complete remission.