

- Name of Institute:- Maharshi Patanjali Institute for Yoga & Naturopathy Education and Research , Gujrat Ayurved University. Jamnagar.
- Name of Researcher :- DR. D.K. KHADKUTKAR
- Research done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
- Name of guide & co-guide :-DR. G.H.VYAS, DR. YATRI P. BHATT
- Month and year of submission :- September 2010
- Research Topic :- AN ASSESSMENT OF EFFECTIVITY OF YOGIC AND NATUROPATHIC PROCEDURES AS MANAGEMENT ON AMLAPITTA (HYPERCHLORHYDRIA)
- Synopsis:- In this research work patients were classified in two groups.
 - Yoga group :- A group and
 - Yoga & Naturopathy group :- B group

Patients of group A treated with Yogic therapy which includes following yogic practices: Prayer, Sukshma vyayama, pawanmuktasana, makrasana, bhujangasana, shalabhasana, siddhasana, gaumukhsana, tadasana, shavasan, kapalbhati, Anulom- vilom pranayam, shitkari, bhramari, aum chanting for 3 weeks.

Patients of group B were treated with Yoga & Naturopathy treatments includes :- prayer, Sukshma vyayama, shavasan, Anulom- vilom

pranayam, shitkari, shitali, abdominal massage, Mud pack on abdomen, cold foot bath, aum chanting for 3 weeks.

- Results :- The result showed that A group got relief in amlodgar (80%), urodah (88.33%) and p value is highly significant ($p < 0.001$) and ($p < 0.02$). In in B group relief in amlodgar (63.63%), urodah (71.43%) and p value is highly significant ($p < 0.001$) and ($p < 0.01$).