

Name of the Institute :- Maharshi Patanjali Institute for Yoga Naturopathy Education
And Research – Gujarat Ayurved University – Jamnagar

Name of Researcher :- Dr. Kshama Gupta

Researcher done fore :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)

Name of Guide :- Dr. M. N. Gohil , M.D.(Ayu.) Principal M.P.I.Y.N.E.R.

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Research Topic :- “Efficacy of certain Yogic and Naturopathy Procedures in
Generalized Anxiety Disorder”

Synopsis :-

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

Patients of group (A) were treated with Yogic therapy which includes following Yogic
Practices...Prayer, Warm up, Suryanamaskar, Savasana,
Padmasana, Bhujangasana, Pavanmuktasana,
Salabhasana, Vyaghrasana, Yogmudrasana, Makarasana.
Pranayama – Anuloma-Viloma, Bhramari, Dhyana, Aumkar.

Patients of group (B) were treated with Naturopathy treatments including... Prayer,
Head, Neck & Shoulder massage, Spinal bath, Deep
brething, Acupressure. (For 21days)

Results :- Overall 41.66 % of the patients got Moderate improvement, 33.33 % got
Mild improvement, 16.66 % of the patients were Unchanged
and 08.33 % of the patients got Marked improvement.