

Name of institute: Maharshi Patanjali Institute For Yoga Naturopathy Education and Research s– Gujarat
Ayurved University – Jamnagar.

Name of Researcher : Dr. Aarti Shital (B.A.M.S.)

Research done for : P.G.D.Y.N. (Post Graduate Diploma in Yoga and Naturopathy)

Name of Guide : Dr. S.C.Dash M.D. Ph.D.(Ayu.) Dip. In Yoga

Month and year of submission: September 2010.

Research Topic: An assessment of effectivity of some Yogic & Naturopathic procedure in management of
Ardhvbhedak

Synopsis:

In this research work patients were classified in 2 groups. (A) Yoga Group , (B)Naturopathy Group

Patients of group A were treated with Yogic therapy which includes following Yogic practices:

Prandharana & Prayer, Shuddhikriya : Jalneti, Tratak, Shavasan (suggestion based),

Asanas: Pavanmuktasan, Uttanpadasan, Halasan, Sarvangasan, Yogamudra, Tadasan, Paschimottanasan, Gomukhasan, Vajrasan, Bhujangasan, Makarasan.

Pranayam: Anulom-vilom, Bramari, Pranvochchar.

Patients of group B were treated with Naturopathy treatments which includes following therapy

Mud pack, Head – sole massage, Hot foot bath, Steam inhalation with peppermint oil, vibromassage on head, neck & shoulder.

Duration : 21 Days

Results : **Group A:** 80% relief in headache, 80% relief in nausea, 78% in vomiting, 75% in eyeache, 75.2% in giddiness, which was highly significant.

Group B: 83.3% relief in headache, 75% in nausea, 42% in vomiting, 61.7% in eyeache, 66.7% in giddiness, which was very highly significant in nausea and vomiting and significant in eyeache.