

- Name of Institute:- Maharshi Patanjali Institute for Yoga & Naturopathy Education and Research , Gujrat Ayurved University. Jamnagar.
- Name of Researcher :- Dr.FUSAE OKADA
- Research done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
- Name of guide & co-guide :-Dr.G.J Vyas
- Month and year of submission :- Sep-2010
- Research Topic :-Assessment of efficacy of selected yogic & Naturopathic Treatment in management of Lower Back Pain
- 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 yogic practices:- prayer in Vajrasana , Sukshma Vyayam, Tadasana, Tiryaktadasana, Ekpada uttanasana, Ardha, Pavanmuktasana, Setubandhasana, Niralambasana, Bhujangasana, Backpressing with straight leg, Anuloma-Viloma , Ujjayi in Vajrasana, Aumkar, Shantimantra

Patient of group B were treated with Naturopathic treatments:- Mud pack on lower abdomen, Light massage on back, Steam, Alternate hot & cold pack, Relaxation for 3 weeks.

Results:-The result showed that group A got overall relief with yogic treatment is (66%) which significant the improvement in both forward

flexion and left lateral flexion & p value is (<0.05) for both, while insignificant improvement is displayed in all three criteria & p value is (0.05).

- The result showed that group B got overall relief with naturopathy treatment is (83%) which was significant in all three criteria & p value is ($p<0.05$).