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Research done for: - PGDYN (Post Graduate Diploma in Yoga and Naturopathy)

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Research Topic: - An Assessment of the Effectivity of Yogic and Naturopathic Processes as management on Cervicobrachial syndrome

Synopsis: - In this research work patients were classified in 02 groups. (A) Yogic Group, (B) Naturopathic Group

Patient of group (A) were treated with Yogic therapy which includes following Yogic Practices... Prayer, Sukshnavyayama, Shashankasana, Setubandhasana, Pavanmuktasana, Bujangasana, Sarvangasana, Ustrasana, Paschimotasana, Suptavajrasana, Ardha matsendrasana, Goumukhasana, Marjarasana, Trikonasana, Vrikshasana, Parvatasana, Naukasana, Garudasana, Shavasana, Anulom-vilom, Meditation, Aumkar.

Patients of group (B) were treated with Naturopathy treatments... Prayer, Stretching exercise of neck, Neck and shoulder oil massage (Right and Left both side), Warm formentation, Massage by vibrator, Cold abdominal mud pack, Aumkar . (For 21 days)

Results: - Maximum 50% patient in group A were improved followed by 50% patient are moderately improved. In group B maximum 66.67% of patient were improved 33.34% followed patient were mild improvement and 16.67% of the patient remained unchanged.