

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

Name of Researcher : Vd. Sunil J Bamania (B.A.M.S.)

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Name of Guide : Dr.M.N.Gohil M.D. (Ayu)

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Research Topic: Role of some yogic and naturopathic processes on *Vibandha*(Constipation)

Synopsis:

In this research work patients were classified (divided) in 3 groups. (A) Yoga Group, (B)Naturopathy Group, (C)control Group

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

Prayer, Stretches, Rotations, Warm-up exercises

Asanas: Suryanamaskar, Uttanpadasana, Padhastasan, Matsyasana, Pavanmuktasana, Savasana, Bhujangasana, Salbhasana, Dhanurasana, Vakrasana, Yogamudra, Janusirasana, Paschimottanasana, Ardhamatsyendrasana, Katichakrasana, Tadasana, Padhastasana, Trikonasana.

Pranayam: Anulom-Vilom, Kapalbhati, Bhramari. Aum-chanting.

Patients of group B were treated with Naturopathic procedures which includes following therapy

Mud pack, Massage, Vibrator, Hip bath, Hot and cold fomentation, Cold spinal pack, Anima.

Patients of group C were treated with ideal diet style & life style planning

Duration: 21 Days

Results:

(Group A) Effect of yogic treatment on cardinal symptoms of Constipation

Highly significant ($p > 0.001$, 80% relief): In Headache and loss of appetite

Significant (70% relief): Abdominal pain

Insignificant ($p > 0.05$): Nausea, Gas formation, Acidity, Abdominal distention, Constipated bowel

(Group B)Effect of naturopathic treatment on cardinal symptoms of Constipation

Very highly significant ($p < 0.001$, 80% relief): Headache, Acidity, Constipated bowel

Highly significant ($p < 0.01$, 70% relief): Abdominal distention,

Significant ($p < 0.05$, 50% relief): Gas formation

Group –C Patients results were statically insignificant on each & every symptoms.