

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

Name of Researcher: - Dr. Kanwar Samrat Singh

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

Month and Year of Submission: - September -2010

Research Topic: - “A Study on the Effect of Certain Yogic and Naturopathic Procedures in the Management of Essential Hypertention”

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, Warm up, Tadasana, Vrikshasana, Katichakrasana, Padmasana, Vajrasana, Sidhasana, Shavasana, Yoga Nindra. Pranayama – Bhramari, Chandrabhedan.

Patient of group B were treated with Naturopathy treatments including... Prayer, Spinal massage and cold spinal pack, Hot foot bath, acupressure, Spinal massage and steam.

Results: - Overall effect of therapy was statistically ( $<0.5$ ) significant reduction in both systolic and diastolic blood pressure in yoga group. Overall relief in naturopathic group was 26% (symptom wise). So yoga is also beneficial in speedy rehabilitation of a patient.