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- Reasearch done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
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- Research Topic :-Appraisal of The Efficasy of certain yogic and naturopathic procedures in the management of ANINDRA (INSOMNIA)
- 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:-ASHTANGA YOGA-(1)yama-Ahimsa, satya, asteya,aparigraha, brahmacharya. (2)Niyama- shaucha, santosha, tapa, swadhyaya,ishwar pranidhana. (3)Asanas.(4)Pranayam. (5)Pratyahara.(6)Dharana.(7)Dhyana.(8)Samadhi.

Patient of group B were treated with naturopathic practices include:-  
Fasting,Mud  
therapy,hydrotherapy,massage,exercise&yoga,sunbath,relaxation,  
herbal treatment.

- Result:-The result showed that group A got relief with yogic treatment ,every one had improvement of 57.21%(<75% and >50% of improvement in signs & symptoms)& p value is (<0.1).
- The result showed that groupB ,everyone got moderate improvement of 45.57% (<50% and >25% of improvement in signs& symptoms) & p value is(<0.1).