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- Research done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
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- Month and year of submission :-September 2010
- Research Topic :- A COMPARATIVE STUDY TO EVALUATE THE EFFICACY OF CERTAIN YOGIC AND NATUROPATHIC PROCESS IN MANAGEMENT OF LOW BACK PAIN.
- Synopsis:- In this research work patients were classified in two groups.
 - Yoga group :- A group and
 - Naturopathy group :- B group

Patients of group A treated with Yogic therapy which includes following yogic practices: Prayer, Sukshma vyayama, Vajrasana, setubandhasana, ardhhalasana, bhujangasana, shalabhasana, gaumukhasana, sashankasana, tadasana, vriksasana, katichakrasana, ardhmatsyasana, vakrasana, shavasan, kapalbhati, Anulom- vilom pranayam, ujjayi, shantimantra & aum chanting for 3 weeks

Patients of group B were treated with Naturopathy treatments includes :- Massage& steam at back, hot & cold pack at back, relaxation, Acupressure.

- Results :- The result showed that A got relief & improvement in pain (62.55%) and p is <0.001 respectively followed by recreation (50.21%), walking (50%), work& standing (41.50%), p is <0.05. The result showed that group B got relief & improvement in pain (57.08%) and p is <0.01 respectively followed by recreation (54.64%), walking (54.64%), work& standing (53.92%), p is <0.05.