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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 :- ROLE OF DIET & LIFESTYLE IN RELATION TO HEALTH W.S.R. TO MANAGEMENT OF MADHUMEHA (DIABETES MELLITUS) FROM YOGA & NATUROPATHY PERSPECTIVE.
- Synopsis:- In this research work patients were classified in two groups.
 - Yoga + ahara & vihara suggestion group :- group 1 and
 - Naturopathy + ahara & vihara suggestion group:- group 2
 Patients of group 1 treated with Yogic+ ahar vihar therapy which includes following yogic practices: jalneti, kunjla, Prayer, Sukshma vyayama, pawanmuktasana, uttanpadasana, ardhalasana, bhujangasana, makarasana, vajrasana, yogmudra, paschimotanasana, vakrasana, tadasana, katichakrasana, shavasana, Anulom- vilom pranayama, bhastrika, agnisara, aum chanting for 3 weeks

Patients of group 2 were treated with Naturopathy treatments includes:- Mud pack, steam bath, acupressure, magnet therapy, relaxation.

- Results :- The result showed that group 1 highly significant results in fbs, ppbs, weakness, thirst (70%). $p(<0.01)$. very highly significant result got in alasya (94%). $p(<0.001)$. in group 2 highly significant result in fbs $p<0.01$ found. Significant result $<p0.05$ in weakness, s. triglyceride and in prabhutmutrata found.