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- Research done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
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- Research Topic :- AN ASSESSMENT OF AFFECTIVITY OF SOME YOGIC AND NATUROPATHIC PROCEDURES IN THE MANAGEMENT OF MIGRAIN.
- Synopsis:- In this research work patients were classified in two groups.
 - Yoga group :- group 1
 - Naturopathy group :- group 2Patients of group y treated with Yogic therapy which includes following yogic practices: Prayer, Jalneti, Trataka, sukshma vyayam, Vajrasan, shavasan, uttanpadasan, pawanmuktasana, bhujangasana, halasan, sarvangasana, yogmudra, paschimotanasana, goumukhasana, tadasana, natarajasana, katichakrasana, Anulom- vilom pranayam, bhramari, concentration on all chakra, relaxation, aum chanting for 3 weeks.

Patients of group N were treated with Naturopathy treatments includes :- Mud pack, Hot foot bath, Acupressure, head-neck-shoulder sole massage.

- Results :- The result showed that group 1 got relief in headache & nausea is (80%) which is very highly significant ($p < 0.001$), in vomiting (78%) ($p < 0.05$) eye aches (75%) which is highly significant ($p < 0.01$) and in group 2 got relief in headache (83.3%) which is very highly significant ($p < 0.001$), nausea & vomit (78.54%) which is highly significant ($p < 0.01$).