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Research Topic : Efficacy of certain Yogic and Naturopathic procedures in Premature Ejaculation

Synopsis:

In this research work patients were classified (divided) in 2 groups. (A) Yoga Group , (B)Naturopathy Group

Patients of **Group A** were treated with Yogic therapy which includes following Yogic practices:

1. Prayer, Warm up, Suryanamaskara
2. **Asanas** :Siddhasana, Padmasana, Ushtrasana, Naukasana, Pavanmuktasana, Yogmudrasana, Shavasana.
3. **Bandha** :MoolaBandha
4. **Mudra** :Vajroli Mudra
5. **Pranayam** : Anulom-Vilom,Agnisara.

Patients of **Group B** were treated withNaturopathy treatments which includes following therapy

1. Lower abdomen massage & Steam
2. Cold Hip Bath &Lingasnana
3. Mud pack on Lower abdomen
4. Accupressure

Duration:21 Days

Results:

CIPE (Chinese Index of Premature Ejaculation) Score

After treatment period, the mean score of CIPE total score was 2.66 and the relief was 9.7% in Yoga Group, which was statistically significant($P<0.05$).In Naturopathy group mean change was 1.83 and the relief was 6.7% which was statistically significant($P<0.05$)

On comparing the effect of the therapy on CIPE total score in between the two groups, it was found that the mean difference was 2.66 in Yoga group with $SD \pm 2.50$ and 1.83 in Naturopathy group with $SD \pm 1.94$. t value was found 0.65 which was not statistically significant($P>0.05$)

PESI (Premature Ejaculation Severity Index) Score

After treatment period, the mean score of PESI was 4.83 and the relief was 7.3% in Yoga Group, which was statistically significant ($P<0.01$).In Naturopathy group mean change was 1.66 and the relief was 2.4% which was statistically insignificant($P>0.05$).

On comparing the effect of the therapy on PESI total score in between the two groups, it was found that the mean difference was 4.83 in Yoga group with $SD \pm 3.65$ and 1.66 in Naturopathy group with $SD \pm 2.06$. t value was found 1.88 which was not statistically significant ($P>0.05$)

Overall effect of therapy based on CIPE and PESI scales was calculated after treatment. It was found that in both Yoga & Naturopathy groups on both scales there is no improvement. It means **both the treatments were not effective in Premature Ejaculation.**