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- Research done for :- PGDYN (Post Graduate Diploma in Yoga and Naturopathy)
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- Month and year of submission :- Oct-2010
- Research Topic :-A study on effect of certain yogic and naturopathic procedures in the management of obesity”
- Synopsis:- In this research work patients were classified in two groups.
- Group (A) Yogic Group Group (B) Naturopathic Group
- Patient of group A were treated with yogic therapy includes following yogic practices:- prayer,shukhmavyayam, suryanamshkar , shavasana, uttanapadasana, pawanmuktasana, setubandhasana ,matsyasana, bhujangasana, arduhashalbhasana,vjrasana, mandukasana, janushirasana, vakrasana, tadasana, katichakrasana, anulom-viloma,bhstrika,kapal-bharti,agnisar, relaxation, Om chanting.
- Patient of group B were treated with Naturopathic treatments: prayer ,massage on fatty areas with red color charged oil with aromatherapy, salt application on fatty areas, steam bath,vibrator on fatty areas, cold pack.
- Result:-The result showed with Group A Yogic therapy is the reduction in weight & BMI (58%), but changes were not considerable in terms of percentage improvement. The p value is (<0.001).
- The result showed with Group B Naturopathic treatment is the (58.33%),but it didn't affect on weight reduction BMI .The p value is(<0.004).