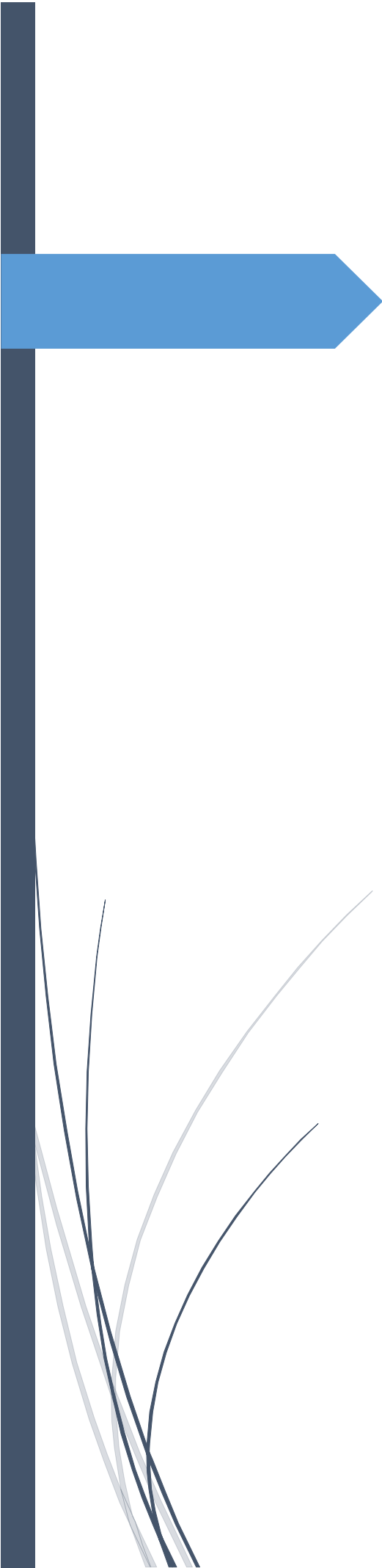




CASE STUDIES

Case Study:1

Date: 4-April-24

OBESITY

Patient Information

Name:	Shushila Verma
Age:	53
Gender:	Female
Address:	A 103, Shastrinagar, Jaipur
Occupation:	House Maker

Abstract:

A 53 year old female patient who came to Yoga OPD was diagnosed a case of obesity associated with hypertension, joint pains and hypothyroidism since 4 years. She was administered Yoga and Naturopathy treatment 5 days a week for 45 days, she was advised a tailored diet regiment to be followed. Height, weight, waist circumference, blood pressure and BMI were recorded before and after the interventions. There was reduction in BMI, blood pressure and joint pain. These changes were persistent while follow up for next 90 days. This case study is an attempt to elicit the impact of one and half month of integrated naturopathy and yoga treatment protocol to reduce BMI, weight, abdominal obesity and joint pain. Further studies with larger sample size are indicated to establish mechanism of action and impact of yoga, diet & naturopathic treatments for managing abdominal obesity.

Key Words: Obesity, Yoga Therapy, Diet , Integrated treatment protocol

About Obesity

Obesity is a complex disease involving having too much body fat. Obesity isn't just a cosmetic concern. It's a medical problem that increases the risk of many other diseases and health problems. These can include heart disease, diabetes, high blood pressure, high cholesterol, liver disease, sleep apnea and certain cancers.

There are many reasons why some people have trouble losing weight. Often, obesity results from inherited, physiological and environmental factors, combined with diet, physical activity and exercise choices.

The good news is that even modest weight loss can improve or prevent the health problems associated with obesity. A healthier diet, increased physical activity and behavior changes can help you lose weight.

Prescription medicines and weight-loss procedures are other options for treating obesity.

Yoga is supposed to play a vital role in promotion of physical and mental health and treating many other disorders. Regular practice of yoga 30 to 60 minutes daily is useful for health and altering obesity.

Chief Complaints

A 53 years old female house maker, registered at OPD with the following Intervention:

complaints such as breathlessness, snoring, low confidence, joint pain, lethargy, inability to cope

with changes in sudden mental and physical activity associated with hypothyroidism since 4years. All the symptoms were noted down on first day, her vitals were measured. She was put on a structured Yoga therapy session 1 hour for 5 days a week for 45 days. She was advised short intermittent fasting, sun bath (20 min), full body (reverse) massage, steam bath (10 min). (5 days a week)

Treatment

AnamayKosh :SatvikDeit

Deit: Fruits, fresh fruits juice, dry fruits, soups vitamin A and vitamin C, Maximum Water intake

<u>Asanas</u>	<u>Durations =25min</u>
<u>1)Surya Namaskar</u>	<u>2 circles</u>
<u>2)Varkshasana</u>	<u>3-4 circles</u>
<u>3)Natrajanasana</u>	<u>2 circles</u>
<u>4)Uttanasana</u>	<u>10-20 sec</u>
<u>5)Pawanmukhtsana</u>	<u>2 circles</u>
<u>6)Setubandh asana</u>	<u>3-4circles</u>
<u>7)Sarwang asana</u>	<u>1 min</u>
<u>8)Shavasana</u>	<u>5-10min</u>

<u>9)Tadasana</u>	<u>3-4 circles</u>
<u>10)Halasana</u>	<u>1 min</u>
<u>11)Balasana</u>	<u>20-30sec</u>
<u>Kriya:</u> 1) <u>VamenKriya</u> 2) <u>Jal neti</u> 3) <u>Sutra neti</u> 4) <u>Shankprashalan</u> 5) <u>Tratak</u> 6) <u>Kapalbhati</u>	

PranamayKosh: Nadishudhi Pranayama, Bastrika

ManomayKosh: IRT,QRT,DRT

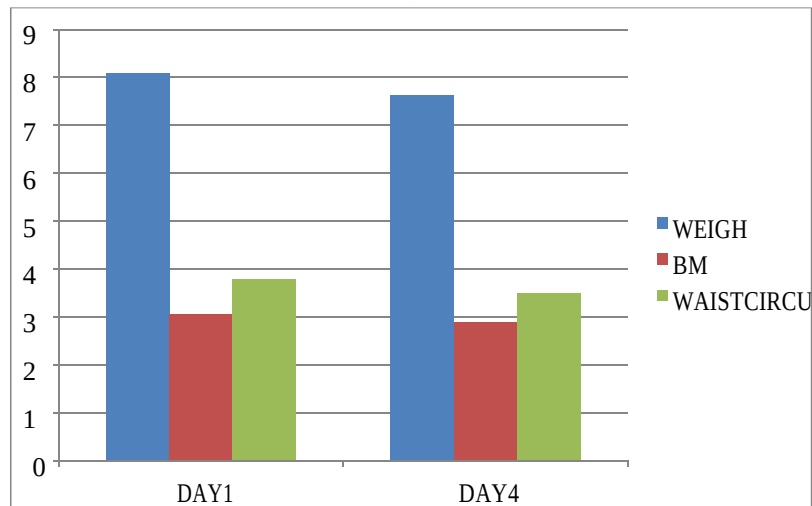
VigyanmayKosh: Counselling

Aanandmaykosh: Bhajankirtan, satsung, studying scared scriptures

TABLES AND FIGURE:

	DAY 1	DAY 45
B.P	130/90 mmhg	122/78 mmhg
Weight	81 kg	76.2 kg
Height	64 inches	64
Waist Circumference	38- inches	35 -inches
BMI	30.65 kg/m ²	28.83 kg/m ²
VAS for joint pain	08	04
QOL-BREF	Very poor quality of life	Neither poor nor good quality of life.(very often has negative thoughts)

DASS	Depression:06(Mild level) Anxiety:09 (severe level) Stress: 08 (Mild level)	Depression:2 (normal) Anxiety:1 (normal) Stress:4 (normal)
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Discussion:

The data suggest that a 45 days of treatment of Yoga therapy, Intermittent fasting, Yoga therapy is helpful to reduce the abdominal obesity, BMI, reduce the joint pain, Improved quality of life was reported, stress-anxiety –depression reduction was reported. There was considerable decrease in systolic and diastolic blood pressure. There was a significant decrease in BMI, both systolic and diastolic blood pressure in subjects who were practicing yoga for a period of 3 months. Lifestyle change by integration of specific non-drug Yoga is useful in the management of Obesity. Obese adults with yoga experience appear to have better quality of life in specific aspects, compared to yoga naïve persons with a comparable degree of obesity. Incorporating yogic asana in the treatment protocol of patients suffering from anxiety and depression may prove beneficial in the long run.

Further large scale studies with large group to be done to prove the efficacy of holistic therapies. There is a need to provide recognition for the holistic therapies as a system of treatment.

Conclusion:

Regular yogic practices with proper medical counseling and guidance helped patient regain mental and physical quality of life and self-esteem.



In this case patient experienced the satisfaction within one and half month of regular practice & her investigation reports supported the result. Yoga and dietary intervention reduced waist circumference, body weight, BMI, and percentage of body fat and increased body strength, reduction in blood pressure. In this case study we noted that the regular practice of yoga along with proper diet and naturopathy treatment can be useful to reduce fat in various parts of our body. This will help reduce weight and maintain the body in proper health in the long run.

A Case Study:2

Date: 10-April-24

STRESS

Patient Information

Name:	Krishnam Pareek
Age:	23
Gender:	Female
Address:	B12, Shastrinagar, Jaipur
Occupation:	House Maker

Abstract

She feels lonely, she stays along with her husband in different town, she says she miss her parents a lot and she weeps often, after the delivery it has increased. The patient describes one year history of anxiety symptoms, which began after a bike accident. She experiences apprehensiveness when out of her home, inability to cope with anything out of the ordinary, initial insomnia and irritability, and she found herself withdrawn socially. Most recently she has had trouble concentrating on her work.

At her home also, she feels scared to light the gas stove so she sits at a place and would not cook anything. After probing she says she has watched in movies that lighting a gas would leak and gas explodes. It is difficult to take care of her kid so she always needed some assistance.

About Stress

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.

Stress Affect Us

Stress affects both the mind and the body. A little bit of stress is good and can help us perform daily activities. Too much stress can cause physical

and mental health problems. Learning how to cope with stress can help us feel less overwhelmed and support our mental and physical well-being.

Sign of Stress

Stress makes it hard for us to relax and can come with a range of emotions, including anxiety and irritability. When stressed, we may find it difficult to concentrate. We may experience headaches or other body pains, an upset stomach or trouble sleeping. We may find we lose our appetite or eat more than usual. Chronic stress can worsen pre-existing health problems and may increase our use of alcohol, tobacco and other substances.

Stressful situations can also cause or exacerbate mental health conditions, most commonly anxiety and depression, which require access to health care. When we suffer from a mental health condition, it may be because our symptoms of stress have become persistent and have started affecting our daily functioning, including at work or school.

Learn stress management

WHO's stress management guide – [Doing what matters in times of stress](#) – aims to equip people with practical skills to cope with stress. A few minutes each day are enough to practice the guide's self-help techniques. The guide can be used alone or with its accompanying audio exercises.

Keep a daily routine

Having a daily schedule can help us use our time efficiently and feel more in control. Set time for regular meals, time with family members, exercise, daily chores and other recreational activities.

Get plenty of sleep

Getting enough sleep is important for both body and mind. Sleep repairs, relaxes and rejuvenates our body and can help reverse the effect of stress.

Good sleep habits (also known as sleep hygiene) include:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.

- If possible, make your sleeping area quiet, dark, relaxing and at a comfortable temperature.
- Limit your use of electronic devices, such as TVs, computers and smart phones, before sleeping.
- Avoid large meals, caffeine and alcohol before bedtime.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

Connect with others

Keep in touch with family and friends and share your concerns and feelings with people you trust. Connecting with others can lift our mood and help us feel less stressed.

Eat healthy

What we eat and drink can affect our health. Try to eat a balanced diet and to eat at regular intervals. Drink enough fluids. Eat lots of fresh fruits and vegetables if you can.

Exercise regularly

Regular daily exercise can help to reduce stress. This can include walking, as well as more intensive exercise.

Limit time following news

Spending too much time following news on television and social media can increase stress. Limit the time you spend following the news if it increases your stress.

Chief Complaints

According to informant, who were husband and self-Client showed no interest in anything like house hold chores, taking care of baby, she feels anxious when husband leaves for office and keeps calling him. She started crying a lot on trivial things, sleep is disturbed, wakes up at night feeling scared.

Biological Functioning

Sleep: disturbed, Appetite: decreased, Sexual interest and activity: Normal, Energy: low

MENTAL STATUS EXAMINATION

General Appearance & Behaviour:

General appearance: neatly dressed, normal gait and gesture. Lack of eye contact. The client was comprehensive to simple rules from the Therapist and was cooperative for the session.

Speech: The speech was normal. Intensity and communication speed was little high.

Mood / Affect: Restless

Thought: Content- The client was preoccupied

Treatment**AnamayKosh :SatvikDeit**

Deit: Fruits, fresh fruits juice, dry fruits, soups vitamin A and vitamin C, Maximum Water intake

<u>Asanas</u>	<u>Durations</u>
<u>1)Surya Namaskar</u>	<u>2 circles</u>
<u>2)Varkshasana</u>	<u>3-4 circles</u>
<u>3)Natrajanasana</u>	<u>2 circles</u>
<u>4)Uttanasana</u>	<u>10-20 sec</u>
<u>5)Pawanmukhtsana</u>	<u>2 circles</u>
<u>6)Setubandh asana</u>	<u>3-4circles</u>
<u>7)Sarwang asana</u>	<u>1 min</u>
<u>8)Shavasana</u>	<u>5-10min</u>
<u>9)Tadasana</u>	<u>3-4 circles</u>
<u>10)Halasana</u>	<u>1 min</u>
<u>11)Balasana</u>	<u>20-30sec</u>

<u>Kriya:</u> 1) <u>VamenKriya</u> 2) <u>Jal neti</u> 3) <u>Sutra neti</u> 4) <u>Shankprashalan</u> 5) <u>Tratak</u> 6) <u>Kapalbhati</u>	
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PranamayKosh: Nadishudhi Pranayama, Bastrika

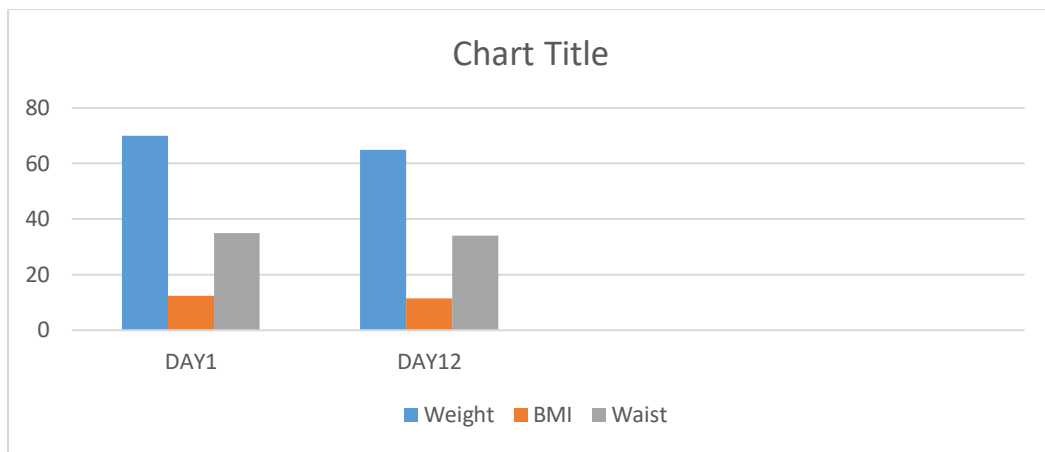
ManomayKosh: IRT,QRT,DRT

VigyanmayKosh: Councelling

Aanandmaykosh: Bhajankirtan, satsung, studing scared scriptures

TABLES AND FIGURE:

	DAY 1	DAY 12
B.P	150/100 mmhg	120/80mmhg
Weight	70kg	65 kg
Height	5feet 3inches	same
Waist Circumference	35- inches	34-inches
BMI	12.4	11.5
VAS for joint pain	08	04
QOL-BREF	Very poor quality of life	Neither poor nor good quality of life.(very often has negative thoughts)
DASS	Depression:06(Mild level) Anxiety:09 (severe level) Stress: 08 (Mild level)	Depression:2 (normal) Anxiety:1 (normal) Stress:4 (normal)



Discussion

Client underwent 12 therapy sessions followed by regular home practice twice a day.

During the therapy sessions: Pranayama techniques like Diaphragmatic breathing/Deep breathing - inhalation through nose and exhalation through mouth (fast & Slow) and Bhramari were demonstrated and practiced, the duration and the breathing count was increased gradually depending upon the client's capacity.

All the therapy sessions included the Yoga Nidra relaxation, after the pranayama session.

Conclusion:

Client after regular practice sessions of Yoga Nidra and Pranayama found to have lowered levels of Depression and Anxiety.

Case Study:3

Date: 15-April-24

SCIATICA

Patient Information

Name:	Priyanka Sharma
Age:	25
Gender:	Female
Address:	Plot-21,Sector-3, Sawan Path, Mansarovar,jaipur
Occupation:	Government Employee

Abstract:

We had a female patient aged 25 years with the complaint of persistent lower back pain for the past 1 year after her delivery. Her pain aggravated on long standing , radiating to right and left limbs. The pain was cramping and stabbing in nature. The patient also had a complaint of numbness in her lower limbs .and had associated complaint of varicose veins in her lower limbs .

About Sciatica

Sciatica refers to pain that travels along the path of the sciatic nerve. The sciatic nerve travels from the lower back through the hips and buttocks and down each leg. Sciatica most often occurs when a herniated disk or an overgrowth of bone puts pressure on part of the nerve. This causes inflammation, pain and often some numbness in the affected leg. It's especially likely to follow a path from the low back to the buttock and the back of a thigh and calf.

The pain can vary from a mild ache to a sharp, burning pain. Sometimes it can feel like a jolt or electric shock. It can be worse when coughing or sneezing or sitting a long time.

Chief Complaint

She complained of unbearable pain in the lower limbs while climbing the stairs. Patient was stressed and anxious due to her severe backpain. She was fed up of the pain and also mentioned that nothing has worked for her pain after trying so many treatments and pain killers given to manage her pain. She had no hope to take any further treatment with us when she came for consultation. We made her understand the problem she is

suffering from and explained the causes, prevention and treatment and convinced her to take Sciatica treatments.

Treatment

AnamayKosh :

A diet rich in whole grain, fruits, vegetables, nuts and food having fiber. Fiber can provide an anti inflammatory effect, which is effective in the treatment of sciatica caused by inflammations

<u>Asanas</u>	<u>Durations</u>
<u>1)Balasana</u>	<u>5 min</u>
<u>2) Bhujangasana</u>	<u>30-40sec</u>
<u>3)Trikonaasna</u>	<u>2 circles</u>
<u>4)AdhoMukhaSvanasana</u>	<u>10-20 sec</u>
<u>5)Pawanmukhtsana</u>	<u>2 circles</u>
<u>6)Setubandh asana</u>	<u>3-4circles</u>
<u>7)Shalabhasan asana</u>	<u>1 min</u>
<u>8)Shavasana</u>	<u>5-10min</u>
<u>9)Halasana</u>	<u>3-4 circles</u>

PranamayKosh: Nadishudhi Pranayama, Bastrika

ManomayKosh: Relaxation process like MSRT

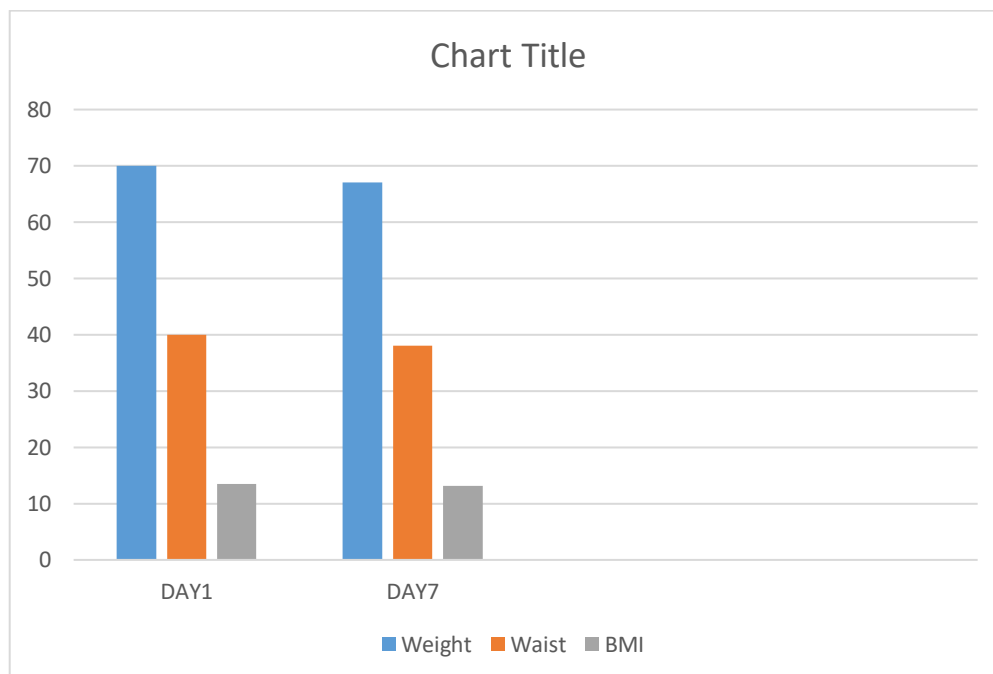
VigyanmayKosh: Positive Counselling

Aanandmaykosh: Karm yog

TABLES AND FIGURE:

	DAY 1	DAY 7
B.P	140/100 mmhg	120/80mmhg
Weight	70kg	67kg
Height	5feet	same

Waist Circumference	40- inches	38-inches
BMI	13.7	13.1
VAS for pain	08	02
QOL-BREF	Neither poor nor good quality of life.	Neither poor nor good quality of life.
DASS	Depression:07(Mild level) Anxiety:08 (severe level) Stress: 08 (Mild level)	Depression:2 (normal) Anxiety:2 (normal) Stress:4 (normal)



Conclusion

From the clinical practice it is clearly seen that the combination of Pranayama and Yoga Asanas is effective in treating the Sciatica pain.

Case Study:4

Date: 25-April-24

CERVICAL SPONDYLITIS

Patient Information

Name:	Pooja Shriwastav
Age:	37
Gender:	Female
Address:	B22, Shastrinagar, Jaipur
Occupation:	IT Employee

Abstract:

We had a female patient aged 37 years with the complaint of persistent **neck pain** for the past 1 year. Her pain aggravates on work, radiating to right arm, the nature of pain was pinching & pricking. she also had a complaint of heaviness in the occipital area with mild imbalance in gait. Patient was stressed and anxious due to her severe pain. She was fed up with pain and mentioned that nothing has worked for her pain after trying so many treatments and pain killers given to manage her pain. She had no hope to take any further treatment with us when she came for consultation. We made her understand the problem she is suffering from and explained the causes, prevention and treatment.

About Cervical spondylitis

Cervical spondylitis is very common condition seen in most of the employs of IT profession. It is an inflammation of the cervical vertebrae which causes nerve impingement and leads to stiffness, pain in the neck and may radiates to arms. High risk factors are continuous work in front of the system for long duration without physical activity and the bad posture.

Cervical spondylosis is a general term for age-related wear and tear affecting the spinal disks in your neck. As the disks dehydrate and shrink, signs of osteoarthritis develop, including bony projections along the edges of bones (bone spurs).

Cervical spondylosis is very common and worsens with age. More than 85% of people older than age 60 are affected by cervical spondylosis

Most people experience no symptoms. When symptoms do occur, they typically include pain and stiffness in the neck.

Sometimes, cervical spondylosis results in a narrowing of the spinal canal within the bones of the spine (the vertebrae). The spinal canal is the space inside the vertebrae that the spinal cord and the nerve roots pass through to reach the rest of the body. If the spinal cord or nerve roots become pinched, you might experience:

- Tingling, numbness and weakness in the arms, hands, legs or feet
- Lack of coordination and difficulty walking
- Loss of bladder or bowel control

Chief Complaints

Chronic back pain and progressive spinal stiffness are the most common features of this disease.

Her pain aggravates on work, radiating to right arm, the nature of pain was pinching & pricking. she also had a complaint of heaviness in the occipital area with mild imbalance in gait.

Treatment

AnamayKosh :A dietrich in whole grain, fruits,vegetables, nuts and food having fiber. Fiber can provide an anti inflammatory effect, which is effective in the treatement of sciatica caused by inflammations

<u>Asanas</u>	<u>Durations =25min</u>
<u>1Bhujangasana</u>	<u>2 round</u>
<u>2)ArdhaMatsyendraasana</u>	<u>3-4 round</u>
<u>3)Dhanurasana</u>	<u>2 round</u>
<u>4)Uttanasana</u>	<u>10-20 sec</u>
<u>5)Tadasana</u>	<u>2 round</u>
<u>6)Setubandh asana</u>	<u>3-4circles</u>
<u>7)Makasasana</u>	<u>1 min</u>
<u>8)Balasana</u>	<u>5-10min</u>
<u>9)Tadasana</u>	<u>3-4 round</u>

<u>Kriya</u> 1) <u>Jal neti</u> 2) <u>Tratak</u> 3) <u>Kapalbhati</u>	
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PranamayKosh: Nadishudhi Pranayama, Bastrika

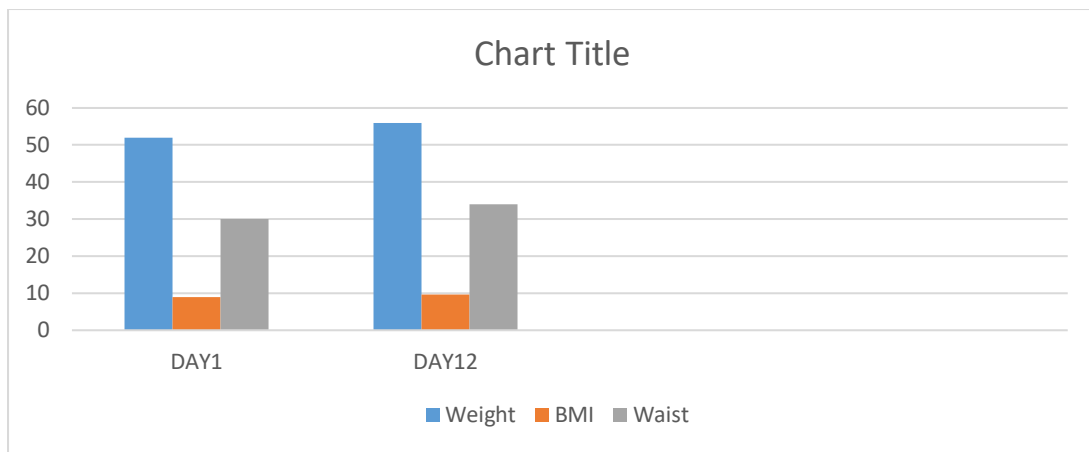
ManomayKosh: IRT,QRT,DRT

VigyanmayKosh: Councelling

Aanandmaykosh: Bhajankirtan, satsung, studing scared scriptures

TABLES AND FIGURE:

	DAY 1	DAY 12
B.P	150/100 mmhg	120/80mmhg
Weight	52	56kg
Height	5feet 4 inches	5 feet 4 inches
Waist Circumference	30- inches	32 -inches
BMI	8.9	9.6
VAS for joint pain	08	04
QOL-BREF	Very poor quality of life	Neither poor nor good quality of life.(very often has negative thoughts)
DASS	Depression:06(Mild level) Anxiety:09 (severe level) Stress: 08 (Mild level)	Depression:2 (normal) Anxiety:1 (normal) Stress:4 (normal)



Discussion:

The data suggest that a 7 days of treatment of Yoga therapy, , Yoga therapy is helpful to increase the BMI, reduce the joint pain, Improved quality of life was reported, stress-anxiety –depression reduction was reported. There was considerable decrease in systolic and diastolic blood pressure. There was a significant increase in BMI, both systolic and diastolic blood pressure in subjects who were practicing yoga for a period of 3 months. Lifestyle change by integration of specific non-drug Yoga is useful in the management of cervical pain. Obese adults with yoga experience appear to have better quality of life in specific aspects, compared to yoga naïve persons with a comparable degree of obesity. Incorporating yogic asana in the treatment protocol of patients suffering from anxiety and depression may prove beneficial in the long run. Further large scale studies with large group to be done to prove the efficacy of holistic therapies. There is a need to provide recognition for the holistic therapies as a system of treatment.

Conclusion:

Regular yogic practices with proper medical counseling and guidance helped patient regain mental and physical quality of life and self-esteem. Yoga and dietary intervention increase waist circumference, body weight, BMI, and percentage of body fat and increased body strength, reduction in blood pressure. In this case study we noted that the regular practice of yoga along with proper diet can be useful to reduce the pain. This will help increase weight and maintain the body in proper health in the long run.

Case Study:5

Date: 2-May-24

PCOD

Patient Information

Name:	Kalpana Kavar
Age:	20
Gender:	Female
Address:	305, Bani park, Jaipur
Occupation:	Student

Abstract:

A 33 years old female came with the complaint of irregular menstruation and severe pain in abdomen during menstruation. She also had fatigue and weight gain. There was a history of thyriod She had family history of diabetes and family h/o PCOD.

About PCOD

PCOS (Polycystic Ovarian Syndrome) is a medical condition in women were the immature egg is produced in the ovaries and forms as cysts. Exact cause for the PCOS is unknown but is said to occur due to hormonal imbalance. Sedentary lifestyle with stress, irregular food/sleep habits and lack of physical activity leads to hormonal imbalance. The rate of PCOS is increasing day by day in India and becoming very common health issue in women all over the world. The major symptoms of PCOS are irregular menstruation with heavy bleeding, acne and hair loss. In PCOS, Immature ovarian follicles that do not release the ovum /egg form multiple cysts in ovaries. Usually insulin resistance or increased blood sugar is noted in most of the Women with PCOS.

Chief Complaints

She was suffering form irregular menstruation and severe pain in abdomen during menstruation. She also had fatigue and gain a lot of weight. She suffering from stress and depression.

Menstrual history – 5-6 days/40-60 days with pain in abdomen.

Diet –mixed diet, more junk food

Sleep – disturbed sleep, normal bowel and bladder.

Treatment

AnamayKosh :

- 1. High-Fiber Foods:** PCOD often involves insulin resistance, and incorporating high-fiber foods into your diet can help [stabilise blood sugar levels](#). Include whole grains like brown rice, quinoa, and whole wheat bread, as well as legumes like lentils and beans in your PCOD diet chart for weight loss. Fiber-rich vegetables like broccoli, cauliflower, and spinach should also be part of your daily intake.
- 2. Lean Proteins:** Adding protein plays a crucial role in managing PCOS and thyroid in the diet chart. Pick lean protein sources, including fish, tofu, skinless poultry, and lentils. These foods not only support muscle health but also promote a feeling of fullness, reducing cravings for unhealthy snacks and stabilising blood sugar.
- 3. Healthy Fats:** Healthy fats are essential for overall health, including hormone production. Avocados, nuts (such as almonds and walnuts), and seeds (flaxseeds and chia seeds) are rich sources of monounsaturated and polyunsaturated fats. These are also important in the PCOD diet chart for vegetarians. They can lower inflammation and support hormone balancing.

<u>Asanas</u>	<u>Durations =25min</u>
<u>1)Surya Namaskar</u>	<u>2 round</u>
<u>2)Bhujhan asana</u>	<u>3-4 round</u>
<u>3)Dhanurasana</u>	<u>2 round</u>
<u>4)Nokasana</u>	<u>1 min</u>
<u>5)Shavasana</u>	<u>2 round</u>
<u>6)Setubandh asana</u>	<u>3-4circles</u>
<u>7)Malasana</u>	<u>1 min</u>
<u>8)Balasana</u>	<u>5-10min</u>
<u>9)Tadasana</u>	<u>3-4 round</u>

<u>10)Titli mudra</u>	<u>2 min</u>
<u>Kriya</u> <u>1)Vamenkriya</u> <u>2)Sutarneti</u> <u>3)Jal neti</u> <u>4)Tratak</u> <u>5)Kapalbhati</u>	

PranamayKosh: Nadishudhi Pranayama, Bastrika

ManomayKosh Relaxation process like MSRT

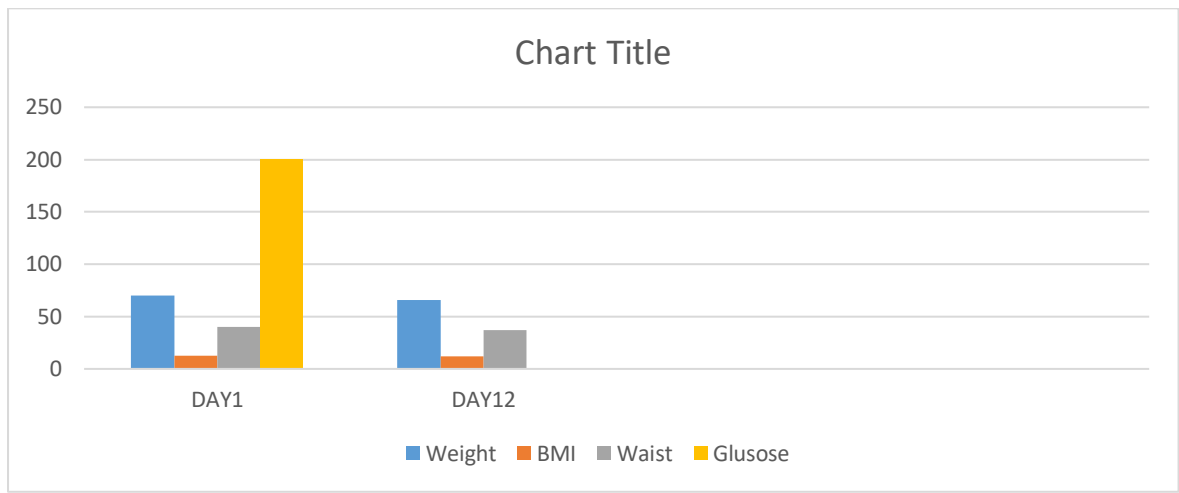
VigyanmayKosh: Positive Counselling

Aanandmaykosh: Bhajankirtan, satsung, studying scared scriptures

TABLES AND FIGURE:

	DAY 1	DAY 12
B.P	150/100 mmhg	120/80 mmhg
Glucose Level	200mg/dl	90mg/dl
Weight	70kg	66kg
Height	5feet 2 inches	5 feet 2 inches
Waist Circumference	40- inches	37-inches
BMI	12.8	12.1
VAS for joint pain	09	04
QOL-BREF	Very poor quality of life	Neither poor nor good quality of life.(very often has negative thoughts)
DASS	Depression:09(Mild level)	Depression:2 (normal)

	Stress: 08 (Mild level)	Stress:4 (normal)
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Discussion

Pre - Right ovary showed a cyst with internal echoes suggestive of corpus albicans. Right side with chronic inflammation of the walls. Bilateral fallopian tube with inflamed walls. Left ovary appeared normal with a follicle

Post - Right ovary appeared normal Both fallopian tubes are visualized in their entire length and are normal.

The data suggest that a 12 days of treatment of Yoga therapy, , Yoga therapy is helpful to decrease the BMI, reduce the joint pain, Improved quality of life was reported, stress-anxiety –depression reduction was reported. There was considerable decrease in systolic and diastolic blood pressure. There was a significant increase in BMI, both systolic and diastolic blood pressure in subjects who were practicing yoga for a period of 3 months. Lifestyle change by integration of specific non-drug Yoga is useful in the management of PCOD. Obese adults with yoga experience appear to have better quality of life in specific aspects, compared to yoga naïve persons with a comparable degree of obesity. Incorporating yogic asana in the treatment protocol of patients suffering from anxiety and depression may prove beneficial in the long run.

Further large scale studies with large group to be done to prove the efficacy of holistic therapies. There is a need to provide recognition for the holistic therapies as a system of treatment.

Conclusion:

Study has shown that there is no cysts in the ovaries after taking the treatments of Yoga therapy. So here we conclude that Integrative approach of Yoga is definitely a wonderful way of treating PCOS and other women health issues.

Regular yogic practices with proper medical counseling and guidance helped patient regain mental and physical quality of life and self-esteem. Yoga and dietary intervention decrease waist circumference, body weight, BMI, and percentage of body fat and increased body strength, reduction in blood pressure. In this case study we noted that the regular practice of yoga along with proper diet can be useful to reduce the pain. This will help decrease weight and maintain the body in proper health in the long run.

Case Study:6

Date: 15-May-24

HYPERTENSION

Patient Information

Name:	Rahul Yadav
Age:	45
Gender:	Male
Address:	23/66, B lane, Bani park Jaipur
Occupation:	HR in a private company

Abstract:

A 45 years old male came because he have a high level of stress and obesity and his BP was 180/120. He and his family was in very much tension. He was addicted to smoking. He have a family history of hypertension and diabetes.

About Hypertension

Hypertension (high blood pressure) is when the pressure in your blood vessels is too high (140/90 mmHg or higher). It is common but can be serious if not treated.

People with high blood pressure may not feel symptoms. The only way to know is to get your blood pressure checked.

Things that increase the risk of having high blood pressure include:

- older age
- genetics
- being overweight or obese
- not being physically active
- high-salt diet
- drinking too much alcohol

Lifestyle changes like eating a healthier diet, quitting tobacco and being more active can help lower blood pressure. Some people may still need to take medicines.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure in blood vessels when the heart contracts or beats. The second (diastolic) number represents the pressure in the vessels when the heart rests between beats.

Hypertension is diagnosed if, when it is measured on two different days, the systolic blood pressure readings on both days is ≥ 140 mmHg and/or the diastolic blood pressure readings on both days is ≥ 90 mmHg.

Chief Complaints

His chief complaint is difficulty adhering to a low sodium diet. His medical history, lifestyle factors, and lab results indicate issues including overweight status, high cholesterol, family history of hypertension, and high sodium intake. The group developed a nutrition care plan to address his problems through goals of weight loss, improved lab values, normalized blood pressure, and increased adherence to a low sodium diet. A sample menu was created meeting his nutritional needs through a low sodium, low fat diet.

Treatment

AnamayKosh :

Beans, tomatoes, mushrooms, and avocado are other potassium-rich foods that may help lower blood pressure naturally. Kiwifruit: According to one study, eating two kiwifruit daily may help lower blood pressure. Kiwi is delicious chopped up in fruit salad or sprinkled on top of plain yogurt.

<u>Asanas</u>	<u>Durations =25min</u>
<u>1)Uttanasna</u>	<u>2 round</u>
<u>2)Bitilasana</u>	<u>3-4 round</u>
<u>3)Bhujanasana</u>	<u>2 round</u>
<u>4)Adhchakakar</u>	<u>1 min</u>
<u>5)Shavasana</u>	<u>2 round</u>
<u>6)Setubandh asana</u>	<u>3-4circles</u>
<u>7)Malasana</u>	<u>1 min</u>
<u>8)Balasana</u>	<u>5-10min</u>
<u>9)Sukhasana</u>	<u>3-4 round</u>

<u>Kriya</u> <u>1)Vamenkriya can be given but without salt, lemon and trifalachun can be given instead of it</u> <u>2)Tratak</u> <u>3) Kapalbhati can be given with slow speed of 20 stocks</u> <u>4)Laghu Shank Prakhalan can be given with lemon instead of salt</u>	
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PranamayKosh: Nadishudhi Pranayama, Bastrika

ManomayKosh Relaxation process like MSRT

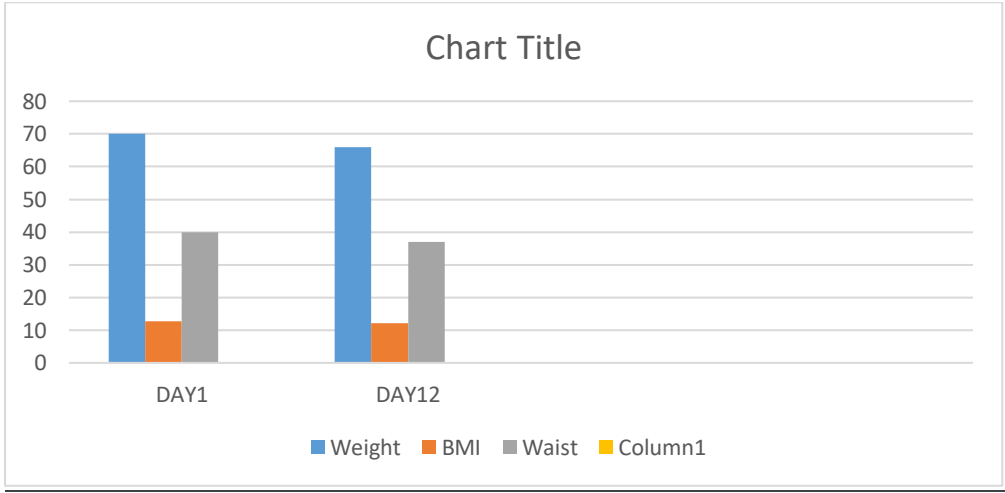
VigyanmayKosh: Positive Counselling, Talks, Problem solving solution are given

Aanandmaykosh: Bhajankirtan, satsung, studying sacred scriptures

TABLES AND FIGURE:

DAYS	BP(Blood Pressure)	PR(Pulse Rate)	RR(Respiration Rate)
1	180/120	52	19
2	180/120	52	19
3	170/100	53	19
4	160/110	55	20
5	140/100	56	21
6	140/90	55	22
7	120/80	57	23

	DAY 1	DAY 7
B.P	180/120mmhg	120/80 mmhg
Weight	70kg	66kg
Height	5feet 2 inches	5 feet 2 inches
Waist Circumference	40- inches	37-inches
BMI	12.8	12.1
VAS for joint pain	09	04
QOL-BREF	Very poor quality of life	Neither poor nor good quality of life.(very often has negative thoughts)
DASS	Depression:09(Mild level) Stress: 08 (Mild level)	Depression:2 (normal) Stress:4 (normal)



Discussion

The data suggest that a 7 days of treatment of Yoga therapy, , Yoga therapy is helpful to decrease the BMI, reduce the joint pain, Improved quality of life was reported, stress-anxiety –depression reduction was reported. There was considerable decrease in systolic and diastolic blood pressure. There was a significant increase in BMI, both systolic and diastolic blood pressure in subjects who were practicing yoga for a period of 3 months. Lifestyle change by integration of specific non-drug Yoga is useful in the management of Hypertension. Obese adults with yoga experience appear to have better quality of life in specific aspects, compared to yoga naïve persons with a comparable degree of obesity. Incorporating yogic asana in the treatment protocol of patients suffering from anxiety and depression may prove beneficial in the long run.

Further large scale studies with large group to be done to prove the efficacy of holistic therapies. There is a need to provide recognition for the holistic therapies as a system of treatment.

Conclusion:

Regular yogic practices with proper medical counseling and guidance helped patient regain mental and physical quality of life and self-esteem. Yoga and dietary intervention decrease waist circumference, body weight, BMI, and percentage of body fat and increased body strength, reduction in blood pressure. In this case study we noted that the regular practice of yoga along with proper diet can be useful to reduce the pain. This will help decrease weight and maintain the body in proper health in the long run.

Case Study:7

Date: 20-May-24

SHOULDER PAIN

Patient Information

Name:	Yogita Sharma
Age:	75
Gender:	Female
Address:	302, Bani park, Jaipur
Occupation:	Home maker

Abstract:

A 75 year old lady presented with a complaint of pain in both the shoulder joints radiating towards the biceps. She has recurrent pain episodes and was unable to do her day to day activities. The present episode of pain was more on the right hand and it was gradual onset for 2 months. Pain triggered after physical activity or exertion and often subsided after rest. She also had stiffness especially in the morning with movement restriction.

About Shoulder Pain

Swelling, damage, or bone changes around the rotator cuff in your shoulder can cause pain that puts a kink in the activities of your life. Let's talk about shoulder pain. The rotator cuff is a group of muscles and tendons that attach to the bones of your shoulder joint. The group allows your shoulder to move and keep it stable. The most common cause of shoulder pain is when rotator cuff tendons become inflamed or trapped in your shoulder. This is called rotator cuff tendinitis, or irritation of these tendons and inflammation of the bursa, small slippery fluid filled sacs that the tendons glide over.

Chief Complaints

Pain triggered after physical activity or exertion and often subsided after rest. She also had stiffness especially in the morning with movement restriction.

The patient had no history of any illness but complained of sleep disturbance because of pain. She was not on any medication but was on calcium supplements for 2 months.

She consulted an orthopedic physician and was advised Supplements and analgesics (pain killers) which she took for a month. She stopped the medication as it was giving her temporary

relief. If she withdrew pain killers, her pain would recur. She therefore sort other treatment options.

Tests

Cervical and shoulder X-ray done was normal.

Treatment

AnamayKosh :

1. Colorful fruits and vegetables, such as berries, leafy greens, and cruciferous veggies, are packed with antioxidants that combat inflammation. Healthy fats, like avocados, olive oil, and nuts, contain anti-inflammatory compounds.

<u>Asanas</u>	<u>Durations =25min</u>
1) Setubhandh asana	2 round
2) Bhujhan asana	3-4 round
3) Dhanurasana	2 round
4) Gomukhasana	1 min
5) Shavasana	2 round
6) Parwat asana	3-4 circles
7) Malasana	1 min
8) Ushthanasana	5-10min
9) Tadasana	3-4 round
10) Virbhadrasana	2 min
11) Bitilasana	1 min
Kriya	

1)Vamenkriya	
2)Sutarneti	
3)Jal neti	
4)Tratak	
5)Kapalbhati	

PranamayKosh: Nadishudhi Pranayama, Bastrika

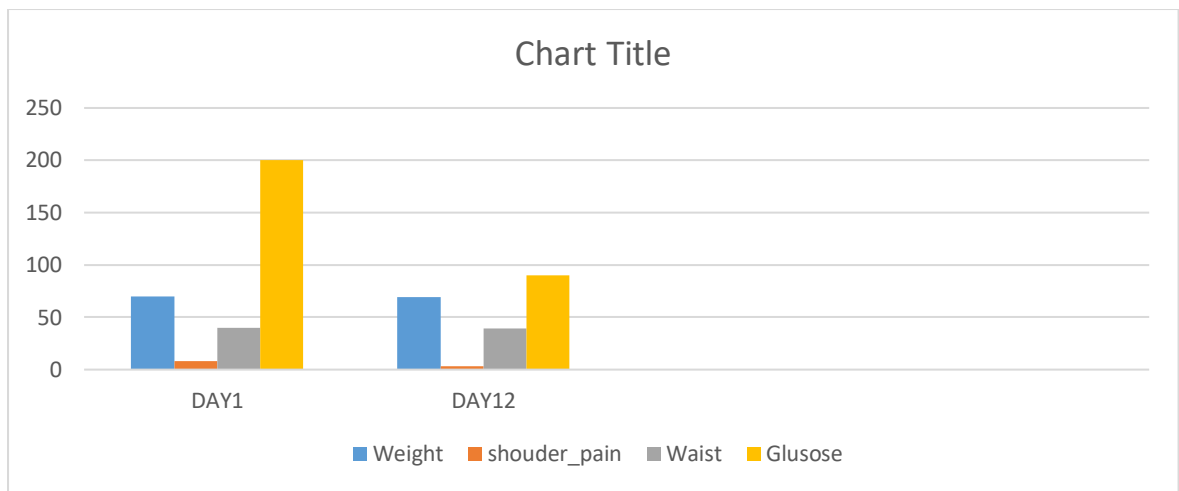
ManomayKosh Relaxation process like MSRT,Cyclic meditation

VigyanmayKosh: Positive Councelling

Aanandmaykosh: Bhajankirtan, satsung, studing scared scriptures

TABLES AND FIGURE:

	DAY 1	DAY 15
B.P	150/100 mmhg	120/80 mmhg
Glucose Level	200mg/dl	90mg/dl
Weight	70kg	69kg
Height	5feet 2 inches	5 feet 2 inches
Waist Circumference	40- inches	40-inches
VAS for shoulder pain	08	03
QOL-BREF	Neither poor nor good quality of life.(very often has negative thoughts)	Neither poor nor good quality of life.(very often has negative thoughts)
DASS	Depression:09(Mild level) Stress: 08 (Mild level)	Depression:2 (normal) Stress:4 (normal)



Discussion

The patient was regularly doing yoga practices along with external treatment, internal Ayurvedic medication was also prescribed. Diet and lifestyle advice for better recovery was also given. She was further advised for Acupuncture as a follow up for 3 weeks where she visited the center weekly twice. During this time, participants practiced yoga therapy where concentration was on strengthening shoulder joints and relaxing her mind using simple modified yoga practices.

Conclusion:

Pre treatment- Participant marked 8 /10 on the visual analogue scale and mentioned the nature of pain to have been sharp especially while raising hand. Visual analogue scale measures the pain index where 0 is no pain and 10 denotes worst possible pain.

End of 4th week from the date of consultation the intensity of pain reduced and scoring reduced to 3 from 8.

There was significant change in range of motion as well. A follow up after 15 days also showed that the participant was feeling good with regular [yoga practice](#) and medication and had almost got rid of pain.

The combination of Ayurveda with Yoga provided a good solution to the participant. The follow up also showed that her quality of life had improved significantly.

Regular yogic practices with proper medical counseling and guidance helped patient regain mental and physical quality of life and self-esteem. Yoga and dietary intervention decrease waist circumference, body weight, BMI, and percentage of body fat and increased body strength,

reduction in blood pressure. In this case study we noted that the regular practice of yoga along with proper diet can be useful to reduce the pain. This will help decrease weight and maintain the body in proper health in the long run.

Case Study:8

Date: 30-May-24

MIGRAINE

Patient Information

Name:	Jyotsna Goswami
Age:	38
Gender:	Female
Address:	B-44/122,second lane, Jhotwara, Jaipur
Occupation:	Private employee

Abstract:

A female patient aged 38 years came with the known complaint of migraine for the past 15 years. She had severe headache at one side which is not associated with nausea and vomiting. She was very sensitive to sunlight and to loud voice.

About Migraine

Migraine is a neurological condition characterized by throbbing / pulsing / beating type of pain on one side of the head. Migraine headache are usually triggered by various factors like stress, environmental factors, certain foods and hormonal changes.

A headache of varying intensity, often accompanied by nausea and sensitivity to light and sound.

Migraine headaches are sometimes preceded by warning symptoms. Triggers include hormonal changes, certain food and drink, stress, and exercise (aura).

Migraine headaches can cause throbbing in one particular area that can vary in intensity. Unilateral (hemicranial) headaches, nausea, and sensitivity to light (photophobia) and sound (phonophobia) are also common symptoms.

Preventive and pain-relieving medication can help manage migraine headaches.

Chief Complaints

She had severe headache at one side which is not associated with nausea and vomiting. She was very sensitive to sunlight and to loud voice. Headache use to get triggered by travelling and menstruation. Headache was to be there for two –three days and frequency of headache was more than 4 times a month. She was on pain killer and started Ayurvedic medicine, ayurvedic treatment and yoga.

Treatment

AnamayKosh :

Eating a healthful diet may help prevent migraine episodes. A healthful diet should consist of fresh foods whenever possible, including fruits, vegetables, whole grains, and lean proteins.

Fresh foods are less likely to have added food preservatives, which can trigger migraine headaches in some people.

Foods and drinks known to trigger migraines include:

- Red wine.
- Chocolate.
- Cheeses.
- Nuts.
- Processed meats.
- Smoked meats.
- Dried fruits.
- Artificial seasonings and sweeteners

Asanas	Durations =25min
1)Surya Namaskar	3 round
2)Aradhchakarasana	3-4 round
3)Dhanurasana	2 round
4)Padhastasana	1 min
5)Shavasana	2 round
6)Setubandh asana	3-4circles
7)Trikonansana	1 min
8)Balasana	5-10min
9)Ardhmasendrasansa	3-4 round

Kriya 1)Vamenkriya 2)Sutarneti 3)Jal neti 4)Tratak 5)Kapalbhati	

PranamayKosh: Nadishudhi Pranayama, Bastrika,Bhamri

Prohibited:Fast breathing

ManomayKosh Relaxation process like MSRT,IRT,QRT,DRT

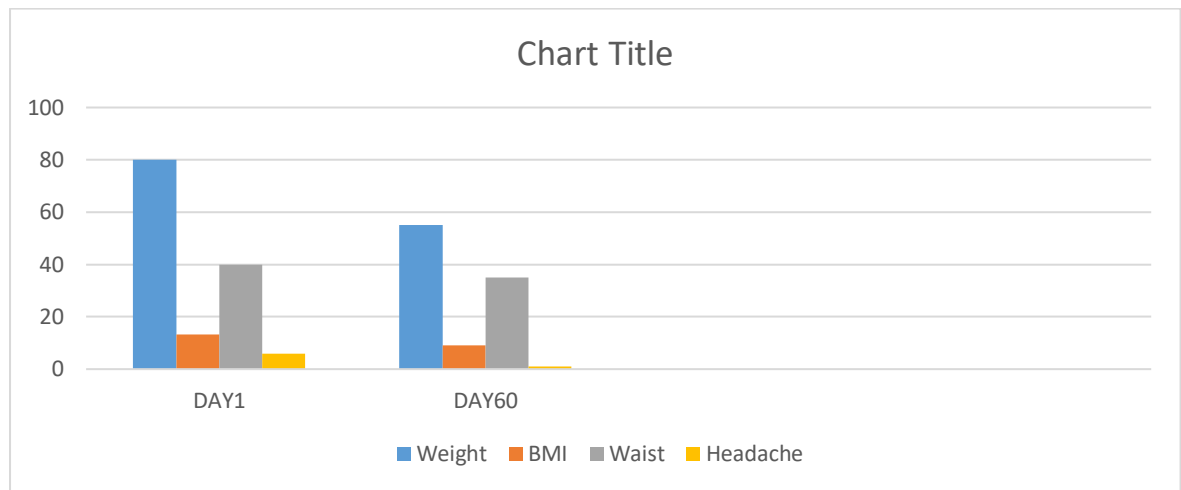
VigyanmayKosh: Positive Councelling

Aanandmaykosh: Bhajankirtan, satsung, studing scared scriptures

TABLES AND FIGURE:

	DAY 1	DAY 60
B.P	140/90 mmhg	120/80 mmhg
Weight	80kg	55kg
Height	5feet 5inches	5 feet 5 inches
Waist Circumference	40- inches	30-inches
BMI	13.3	9.2
VAS for Headache	09	01
QOL-BREF	Very poor quality of life	Neither poor nor good quality of life.(very often has negative thoughts)

DASS	Depression:09(Mild level) Stress: 08 (Mild level)	Depression:2 (normal) Stress:4 (normal)
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Discussion

Migraine disability assessment test(MIDAS) – It helps to measure the impact of headaches in life and also helpful to doctors to determine the level of pain and disability caused by headaches

There are 5 questions which enquires about the productivity at home/school/work place for the past 3 months.

The MIDAS scores are as followed

0-5 indicates the little or no disability

6-10 indicates mild disability

11-20 indicates moderate disability

21 + indicates severe disability

	Day-1	Day-30	Day-60
MIDAS Score	17	6	4

Follow up after ayurvedic treatment was done and the patient was very happy with the good response to the treatment. She was confident enough to manage with yoga practice without any stress or anxiety.

Conclusion:

Combination of Ayurvedic medicines, ayurvedic treatments and yoga therapy helped a patient to recover from moderate disability (MIDAS Test) to little disability caused by migraine headaches. Regular yogic practices with proper medical counseling and guidance helped patient regain mental and physical quality of life and self-esteem. Yoga and dietary intervention decrease waist circumference, body weight, BMI, and percentage of body fat and increased body strength, reduction in blood pressure. In this case study we noted that the regular practice of yoga along with proper diet can be useful to reduce the pain. This will help decrease weight and maintain the body in proper health in the long run.