

Research findings on Yoga & Naturopathy

Yoga is an ancient Indian drugless system of practice being used as a complimentary and mind body therapy in both Indian and western populations. There is a growing awareness today about health and fitness among the masses. Most healthcare specialists today believe that many diseases from which the mankind is afflicted today are the outcome of the stress, wrong living style and the food habits and of the increasing pollution of the environment. Yoga is becoming the panacea for many of these disorders, as these therapies or practices focuses on bringing perfect harmony between body and mind, correction of life style and to lead a stress free life.

Extensive research on Yoga being done all over the world has shown promise with regard to various disorders and diseases that seem to be amiable to Yoga. These include psychosomatic, stress disorders such as bronchial asthma, diabetes mellitus, hypertension, irritable bowel syndrome, gastro intestinal ulcer diseases, atherosclerosis, seizure disorder and headache. It also includes physical disorders such as heart disease lung disease, and mental retardation. Psychiatric disorders such as anxiety disorders, obsessive-compulsive disorder, depression and substance abuse can also be managed along with other therapies. Musculoskeletal disorders such as lumbago, spondylosis, sciatica and carpel tunnel syndrome can be tackled effectively with Yoga practices that offer a lot of hope in metabolic disorders such as thyroid and other endocrine disorders, immune disorders, obesity and the modern metabolic syndrome.

Recent data on the research papers published in pubmed indexed journals worldwide on the subject Yoga showed a total of 5751 articles out of which 871 articles are published on clinical trials and 665 articles are Randomized controlled Trials. Similarly, when searched on the term Meditation showed 7295 articles, out of which 1022 are clinical trials and 773 are randomized controlled trails.