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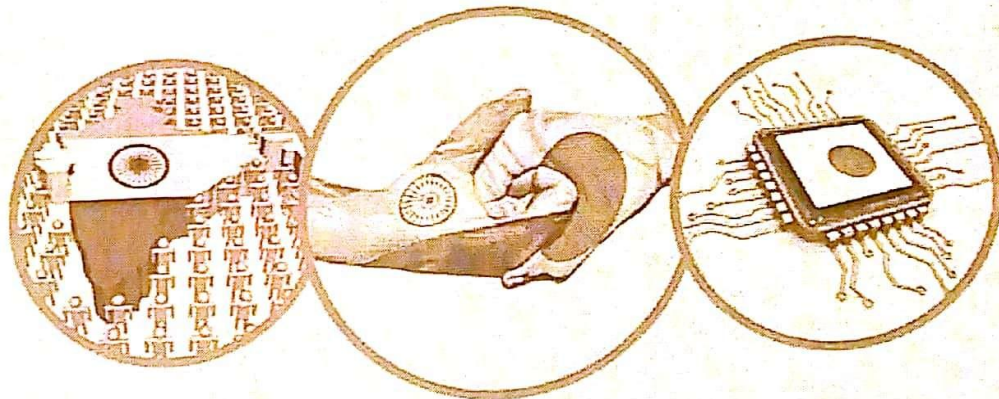


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Effect of Yoga, Preksha Meditation and Naturopathy on Improvement of Range of Motion and Disability in Rheumatoid Arthritis Patients

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Abstract:

Present study was aimed to find out the effect of yoga (Yogic kriya of whole body) Preksha Meditation and naturopathy in improvement of joint movement and disability by measuring Range of Motion (ROM), Health Assessment Questionnaire (HAQ) and Rheumatoid Factor (RF) in patients with Rheumatoid Arthritis. The goal of treatment was regression of symptom like Joint pain, swelling, muscle weakness.

Method and Material- Total 60 rheumatoid patients were enrolled and divided into two groups. Group 1 included 30 patients taking medicine. Group 2 included 30 taking Yoga, Preksha Meditation and Naturopathy. Range of Motion in finger and wrist was assessed bilaterally in terms of degree. Disability was assessed by using HAQ, a self-reporting method and an observational method. They were trained for 4 months of Yoga, Naturopathy and Preksha Meditation. All the data was collected before onset of study and after 1 month and analyzed statistically with student 't' test.

Results- Finger joint movability, wrist joint up movability, wrist joint down movability were significantly increased, and Health Assessment Questionnaire and RA Factor were significantly decreased in subjects after undergoing four months of Yoga, Preksha Meditation and Naturopathy treatment.

Conclusion- Yoga, Preksha Meditation and Naturopathy may be used as a non-pharmaco therapeutic and safe modality as an effective lifestyle adjunct to medical treatment to improve quality of life of patients. It is to be emphasized that it is very effective for prevention as well as management of all-pervading stress and stress related disorders.

Keywords- Range of Motion, Health Assessment Questionnaire, Rheumatoid Factor, Naturopathy, Preksha Meditation

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