

**B. Naturopathy Treatment:**

Sr.No.	Treatment	Details	Effects
1.	Mud Therapy	Stomach and knees daily	Detoxification
2.	Partial Steam	Neck, Back and knees	Relieves pain
3.	Mud Pack	Cold to stomach and knees	Relieves knee pain, Reduce constipation
4.	Massage + Steam Bath	Whole body for 45 min & 7 min Steam 3 times a week	Relaxes the body; Improves circulation

**C. Yoga Therapy:**

IAYT practices for Obesity			
Sr.No.	Practices	Details	Duration
1.	Yogasanas	Sukshma Vyayama, Tadasana, Ardha-katichakrasana, Pachimottaasana, Ardhachakrasana, Padahasthasana, Chakkichalanasana, Alternate toe touching, Bhunamunasana, Bhujangasana, Shalabhasana	Daily 5 – 6 Asanas on alternate days
2.	Pranayamas	Sectional Breathing with mudra, Surya anulomvilom, Nadishudhi Pranayama, Bhramari Pranayama	15 min twice daily, 9 rounds each
3.	Kriyas	Kapalbhati	60 – 120 Stroke daily twice
4.	Meditation	Nadanusandana (Sound Meditation)	30 min twice daily
5.	Karma Yoga	Yogic Counseling	Once a week

**Results:** The Body parameters recorded as follows:

Variable	Before Treatment	After Treatment
Pulse (Beats/min)	78	72
Respiratory Rate (cycles /min)	18	16
Sys. Blood Pressure (mm Hg)	132	126
Dia. Blood Pressure (mm Hg)	92	84
Breath Holding Time (Sec)	8	13
Weight (Kg)	122.3	113.5
BMI ( kg/m <sup>2</sup> )	47.76	44.32

**Conclusion:**

The patient has been very cooperative and had will power to follow the treatment rigorously.

At the end of 15 days, she got benefitted by the Arogyadham (Naturopathy and Yoga Treatment). Her weight was decreased by 8.8 kg; she has been feeling relief in migraine and sleeplessness up to 80%. At Arogyadham she got relief in body pain and stiffness up to 70%. She liked the calm and peaceful environment of Arogyadham. Over all it's a nice experience for her which not only helped her physically but mentally also.

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