PREFACE

Yoga and Naturopathy are the age-old sciences of healthy living. However, their efficacy is required to be reported in such a terminology, which is acceptable to the scientific community. Though Yoga and Naturopathy are gaining popularity globally, modern scientific mind is hesitant to accept the efficacy of these sciences due to lack of research-based evidence. The Central Council for Research in Yoga and Naturopathy, Deptt. of AYUSH, Ministry of Health and Family Welfare, Govt. of India, has been trying to prove the efficacy of these sciences in prevention and cure of different ailments, yet a lot of work is still required to be done. In depth research on these sciences cannot be carried out at modern hospitals or at Yoga and Naturopathy hospitals alone. Instead collaborative research is highly essential to determine the true potentials of these sciences scientifically. Therefore, we carried out our Research programs collaboratively and comprehensively.

It is well accepted now that Naturopathy & Yogic Sciences have been the answer for many of the Chronic, Allergic and lifestyle disorders like Hypertension, Insomnia, Diabetes, Asthma and Arthritis. The only thing required to be done is to generate sufficient data in support of the potential of these Health Care Sciences and I am trying to do the same in my Research work.

Esha Sagar