

**EFFECT OF ISOLATED AND COMBINED PRACTICE OF
NATUROPATHY AND YOGASANA ON SELECTED
PHYSIOLOGICAL, BIOCHEMICAL AND
PSYCHOLOGICAL VARIABLES IN
MENSTRUAL IRREGULARITY
WOMEN STUDENTS**

DISSERTATION

**SUBMITTED TO THE TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, FOR
THE FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE OF**

DOCTOR OF PHILOSOPHY IN

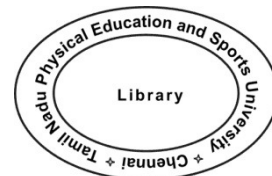
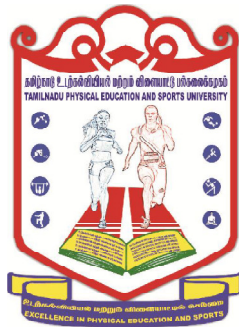
YOGA

Submitted by

D.RUKMANI

Guided by

Dr. K. VAITHIANATHAN



**DEPARTMENT OF YOGA
TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI – 600127, INDIA**

JUNE 2014