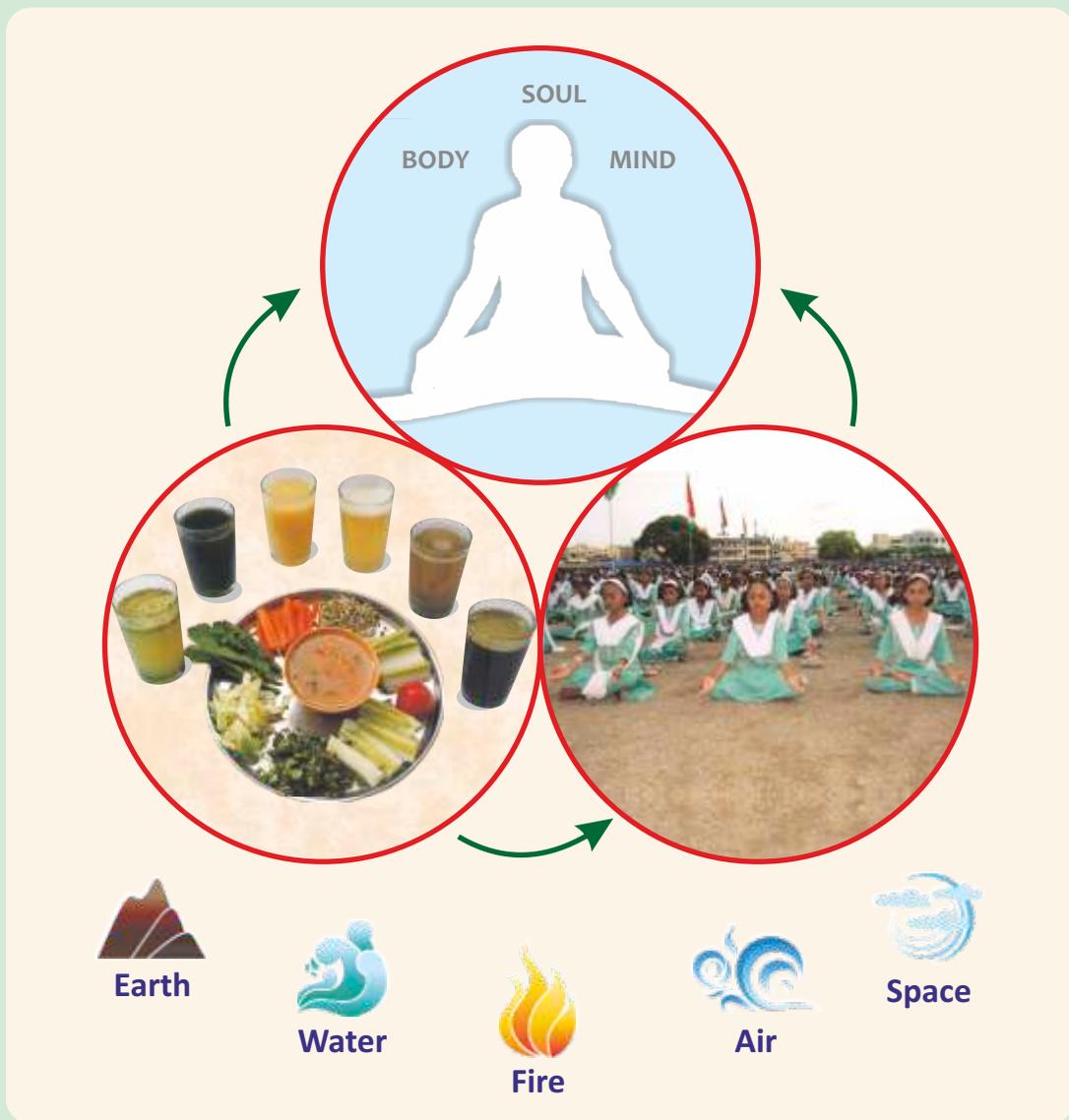


NISARGOPACHAR GRAMSUDHAR TRUST

ANNUAL REPORT 2016-17



Nature Cure Ashram, Urulikanchan, Pune

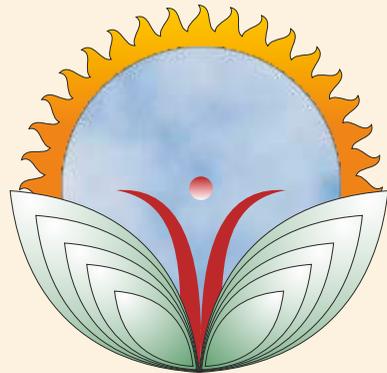
Our Inspiration



With Mahatma Gandhi, many individuals, inspired to uplift the declining health conditions of the neglected rural community, came to the Nature Cure Ashram and devoted their lives to selfless service of the patients. Prominent among these committed youth were Shri. Balkoba Bhawe, Dr. Manibhai Desai and Shri. Krishnachandra Agarwal, who served as Trustees. Smt. Gangabehn Bhate, Shri. Vishnupant Gokhale, Smt. Hoshiyaribehn Bohare and Shri. Ganesh Behede served as *Sevaks*. Although these dedicated volunteers are no more, their commitment and simplicity, continue to serve as a source of inspiration for us.

Logo of the Nature Cure Ashram

The uniquely designed logo of the Nature Cure Ashram symbolises the basic principles of Nature Cure, the five natural elements known as *Pancha mahabhutas* namely Space (*Akash*), Air (*Vayu*), Fire (*Agni*), Earth (*Prithvi*) and Water (*Jala*) which support life on Mother Earth. The brown petals with a dot at the centre represent human beings who are dependent on these elements for survival and maintaining good health which is the underlying principle of naturopathy. The petals represent our precious natural resources, the blue circle is synonymous with the sky and the orange edges of the motif, symbolise fire.



The Nisargopachar Gramsudhar Trust, established by Mahatma Gandhi, is a Public Charitable Trust registered under the Bombay Public Trust Act and NITI Aayog, Government of India. Donations to the Ashram are exempt under 80G of the Income Tax Act, 1961.

Nisargopachar Gramsudhar Trust

ANNUAL REPORT 2016-17



Nature Cure Ashram

Urulikanchan, Pune 412 202, Maharashtra

Phone: 020-26926298 Fax: 020-26926225

Email: nisargopchar@gmail.com Website: www.nisargopcharashram.org

ANNUAL REPORT 2016-17

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Nisargopchar Gram Sudhar Trust, Urulikanchan, Pune
established by Mahatma Gandhi on March 22, 1946

Trustees

- Shri. Hrishikesh A. Mafatlal, *Chairman*
Dr. Narayan G. Hegde, *Managing Trustee*
Shri. Girish G. Sohani, *Trustee*
Shri. Dnyanoba T. Kanchan, *Trustee*
Shri. Shivraj B. Karvande, *Secretary*

Welcome to the Ashram

We are happy to present the Progress Report of the Nisargopachar Ashram for 2016-17. The Ashram continues to serve the community through naturopathy treatment, promotion of yoga and meditation, and awareness about community health, healthy lifestyle and positive thinking to ensure good health. Our efforts to upgrade the infrastructure and the surroundings continue to receive appreciation from our inmates. We continue to introduce new treatments based on scientific research and create greater awareness on emerging diseases related to modern lifestyle and growing stress. We also encourage stress prone people to stay at the Ashram, to service their body and mind, much before they turn sick. Modern lifestyle needs such a break from monotonous and stressful routine.

The treatments at the Ashram are aimed to detoxify the body to facilitate normal functioning of all the organs. This helps most our patients to return home with improved health and greater satisfaction. Some of the ailments are cured without any medicine while people suffering from certain diseases will have to continue their prescribed medicines, often in reduced doses, as a result of detoxification and stress relief. Those who do not spend adequate period at the Ashram, may start feeling better, without full recovery. During this year, 33% indoor patients experienced complete recovery from their illness without any medicine, 23% got well while taking prescribed medicines, 6% patients had reduced their medicines and 25% patients experienced significant improvement in their health conditions. 11% patients had a very short stay at the Ashram to be able to experience the impact and 2% patients did not observe benefits. Naturopathy is a path for adoption of healthy lifestyle and not a treatment to get temporary relief.

Many people ask in a lighter vein, about the utility of naturopathy, as many patients who regain their health at the Ashram are not able to maintain the discipline and end up coming again. However, those who have benefitted, say that they go back with knowledge and confidence to live happily again with backup of the Ashram.

We are happy that the Ashram is attracting patients from rural areas and also from weaker sections of the society, who get equal attention with other patients, ensuring equality and social justice, a concern expressed by our Founder, Mahatma Gandhi. With the support of our guests and well-wishers, we hope to serve the community better.

Dr. Narayan G. Hegde
Managing Trustee



Daily Activity Schedule

The Ashram has been rendering specific treatment for specific diseases with the general schedule of activities as mentioned below.

Time	Activities
5 am	Invocation (seeking oneness with the Self through prayer)
5 -7 am	Massage (45 minutes)
5.15 - 6.15 am	Yoga for Women
6 - 7 am	Yoga - General session (Disease-specific yoga)
6.15 - 7.15 am	Yoga - General session
7.30 - 8 am	Special Yoga session for obesity
7 - 8.30 am	Herbal tea and juice
8.30 - 9 am	Sun bath and mud therapy
9 - 9.30 am	Amla, turmeric and wheat grass juice
9 - 11 am	Hydro therapy and Magnet therapy
10.30 - 12.30 pm	Lunch - Natural diet
12.30 - 1 pm	Mud pack on forehead
1 - 2 pm	Silence Period
2.15 - 2.45 pm	Pranayam
3 - 4.15 pm	Herbal tea / Juice; Hydrotherapy, Physiotherapy, Acupuncture, Library
4.15 - 5 pm	Discourses on Naturopathy, Yoga and Holistic health
5 - 5.15 pm	Orientation of new patients
5.30 - 6.30 pm	Dinner
6.30 - 7 pm	Walk / Leisure time / Recreation
7.15 - 8 pm	Prayer
8 - 9 am	Meditation / Swadhyaya (self study)
9.30 pm onwards	Silence Period and Rest



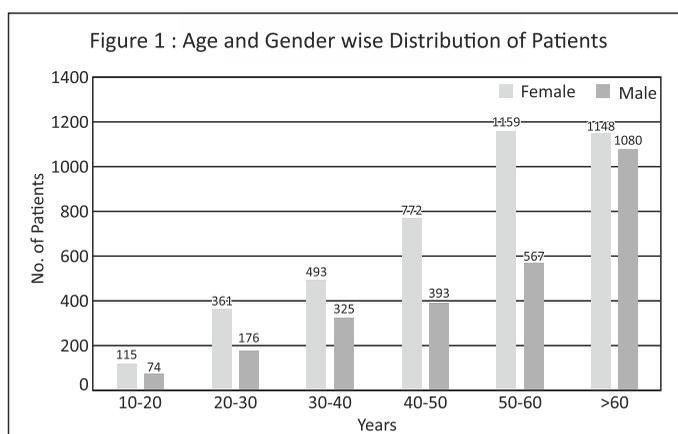
PROGRESS AT THE ASHRAM

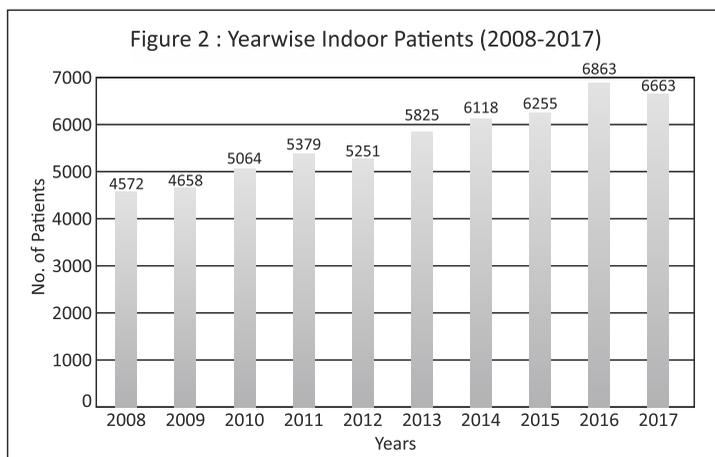
The Nisargopachar Ashram, established by Mahatma Gandhi in 1946 completed 71 years, in pursuit of the Gandhian Mission to provide sustainable health care for the common people, particularly for the rural communities. During the year, 6663 indoor patients had taken admission for treatment at the Ashram. Among them, 61% were female patients while 39% were male patients. The age of the patients varied between 10 and 75 years, with 33% above 60 years, 26% in the age group of 50 - 60 years and 17.5% between 40 -50 years, as presented in Table 1. Apart from these indoor patients, there were 2713 outdoor patients. Among them, 52% were males and while 67% patients were from urban areas, 33% were from rural areas.

Table 1. Age - wise Distribution of Patients admitted in 2016-17

Age Group (Years)	10-20	20-30	30-40	40-50	50-60	60 >	Total
Female Patients	115	361	493	772	1159	1148	4048
Male Patients	74	176	325	393	567	1080	2615
Total Patients	189	537	818	1165	1726	2228	6663
Percentage	2.84	8.06	12.28	17.48	25.90	33.44	100.00

There has been steady rise in the occupancy of indoor patients during the last 10 years, except a 3% drop during the current year (Fig. 1). This was due to restriction in admission during the summer to avoid water shortage. To improve the water supply, additional water storage facility has been created and a water treatment plant has been installed to improve the quality.





Pattern of Diseases:

The patients admitted to the Ashram had suffered from more than 25 types of ailments. Among them, 22.8% suffered from obesity, 12.6% from Type 2 Diabetes, 10.2% from Hypertension, 6.9% from Osteoarthritis, 5.6% from Musculo Skeletal Pain, 5.6% from Lumbar Spondylosis and 4.89% from Hypothyroidism and other ailments as presented in Table 2.

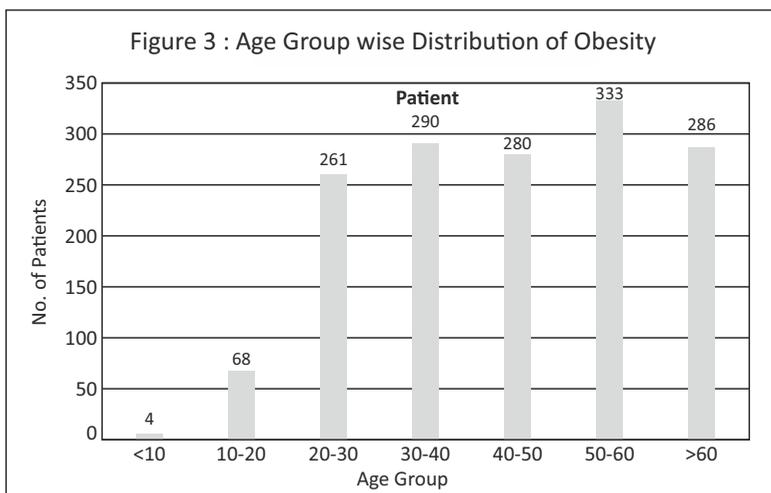
Table 2. Patients Admitted with Different Ailments

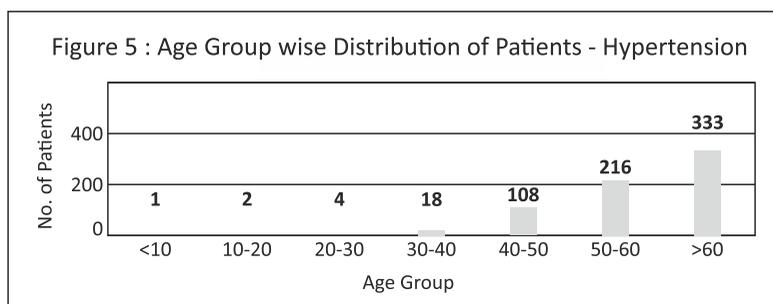
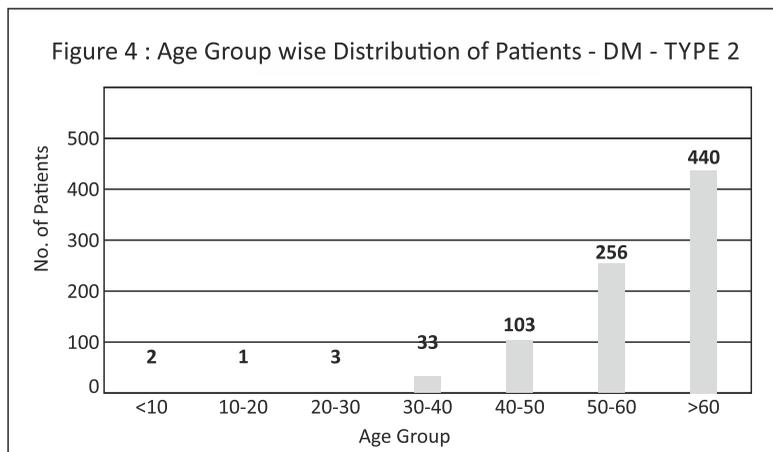
S. No.	Ailments	No. of Patients	%
1	Obesity	1522	22.84
2	Type 2 Diabetes	838	12.57
3	Hypertension	682	10.23
4	Osteoarthritis	459	06.88
5	Musculo Skeletal Pain (MSP) / Backache	376	05.64
6	Lumbar Spondylosis	337	05.57
7	Hypothyroidism	326	04.89
8	Respiratory Diseases	237	03.55
9	Positive Promotion of Health (PPH)	206	03.09
10	Coronary Artery Disease / Ischaemic Heart Disease	205	03.07
11	Cervical Spondylosis	197	02.95
12	Digestive System Disorders (Alimentary diseases)	186	02.79
13	Acid Peptic Disease (Hyperacidity, GERD, Gastritis)	159	02.38
14	Stress Related Diseases	115	01.72
15	Polycystic Ovarian Disease	99	01.48



S. No.	Diseases	No. of Patients	%
16	Dyslipidemia	75	01.12
17	Rheumatoid Arthritis / Sero Negative Arthritis	66	0.99
18	Piles	63	0.94
19	Central Nervous System related disorders	62	0.93
20	Arthritis and Allied problems	53	0.79
21	Migraine	47	0.70
22	Benign Prostatic Hyperplasia (BPH)	41	0.61
23	Chronic Kidney Disease (CKD)	40	0.60
24	Type 1 Diabetes	27	0.40
25	Others	245	03.67
	Total	6663	100.00

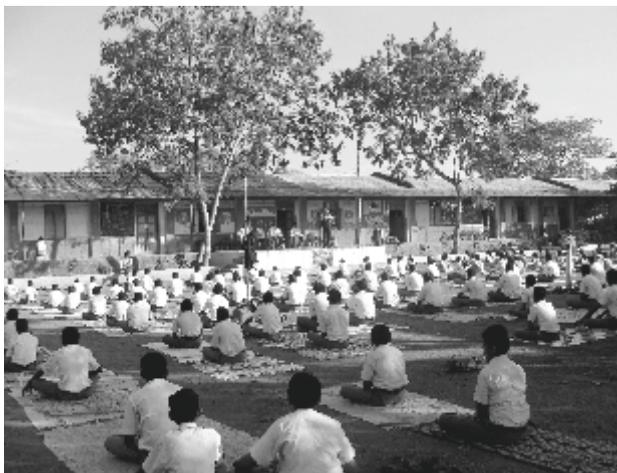
The age-wise distribution of obesity patients is presented in Figure 3. Among 1522 obesity patients, 22% were in the age group of 50 - 60 years. However, high obesity was observed among all age groups. 60% obesity patients were women while 40% were men. Out of 838 Type 2 Diabetes patients, 53% were in the age group of above 60 years, followed by 31% in the age group of 50–60 years and 12% between 40-50 years. Male and female patients were in equal proportion. Hypertension was the third important disease with 682 patients, 60% females and 40% males. Among them, 49% patients were above 60 years of age, followed by 32% patients in the age group of 50-60 years and 16% between 40-50. Incidences of Hypothyroidism are increasing every year.





Promotion of Naturopathy in Rural Areas

With the growing awareness of Naturopathy and Yoga, there is an increase in the number of rural people coming to the Ashram for treatment. To encourage the needy people to avail the benefits of nature cure, poor patients were offered treatment at subsidised rates and those who could not afford, were given free service. During the year, 20 patients were treated free of cost from The Poor Patient Fund, while 138 patients from Urulikanchan and neighbouring villages were admitted at a subsidised fee.



Yoga Classes in Rural Areas

With the objective of promoting naturopathy and yoga as an important tool to maintain health of the rural community, particularly women, 4 yoga centres have been



established at different villages around Urulikanchan, where regular yoga classes are being conducted, benefitting over 65 women. Around 25 health seekers from the village have also been attending the morning sessions of yoga conducted at the Ashram.



Support for Traditional Herbal Healers

Support for Traditional Healers in Tribal areas of Maharashtra, Gujarat, Madhya Pradesh and Rajasthan was extended further, by organising two refresher training camps in Gujarat, where 73 Vaidus who are engaged in herbal healing took part. It was heartening to know that they have been receiving an increasing number of patients, even from neighbouring towns.

International Yoga Day

International Yoga Day was celebrated at the Ashram on June 21, 2016, with over 200 people from the Ashram who practiced yoga as per the standard protocol received from the Ministry of Indian System of Medicine (Department of Ayush). Lectures on Karma Yoga and *Bhagavad Gita* and exhibition of books on Yoga and Naturopathy were also organised. Naturopathy Graduate (BNYS) Internees performed artistic yoga formations and the Ashram Yoga Instructors demonstrated *Suddhi Kriya*. Similar Yoga sessions were also conducted at various locations in and around Urulikanchan, as presented in Table 3.

Table 3. Details of Yoga Sessions conducted under International Yoga Day

S. No.	Institutes	Village	No. of Participants
1	Nisargopachar Ashram	Urulikanchan	200
2	Mahatma Gandhi Vidyalaya	Urulikanchan	3000
3	Swami Vivekananda High School	Urulikanchan	750
4	Amar Education Society's High School	Koregaon Mul	800
5	Zilla Parishad Primary School	Soratapwadi	40
6	Vishay Group	Urulikanchan	60
7	English Medium School	Ashtapur	300
		Total	5150



Training Programmes

The following training programmes were conducted for different categories of professionals during the year (Table 4):

Table 4. Training Courses Conducted

S. No.	Institute	Location	No. of Participants
1	Vedanta Academy	Panvel, Mumbai	27
2	Vaidu Bhagat Shibir	Dhruva, Vansda, Gujarat	39
3	BAIF	Warje, Pune	30
4	Vaidu Bhagat Shibir	Dangs, Gujarat	34
5	Veteran Gandhians	Aurangabad	20
6	Anekant Swadyaya Mandir	Wardha	22
7	Kumud Bedarkar Group	Kalyan, Mumbai	20
8	Lawyers' Association	Pune	25
		Total	217

Seminars / Workshops

- Talk by Dr. Milind Watwe in April 2016 on “Doves, Diplomats and Diabetes-Darwinian interpretation of Type 2 Diabetes and related disorders”.
- Dr. Abhishek Devikar and Dr. Ameya Devikar attended workshop on importance of ECG in clinical practice in Pune in August 2016.
- Ms. Bhagwati Mukhedkar attended a workshop on “Mantra Yoga” in Pune on July 23-24, 2016.

Donors

We express our gratitude to those who supported us through generous donations, technical and morale support from time to time. List of donors who have donated over Rs. 10,000 during the year is presented in Table 5.

Table 5. List of Donors

Names of Donors	Amount (Rs.)
1. Ms. Kamala Giridharilal Valecha	2,00,000.00
2. Dr. Arjun Kumar A. Rathi, Ahmedabad	2,00,000.00
3. Mr. Hiran Sanghvi	2,00,000.00
4. Dr. B. L. Patil, Urulikanchan	51,000.00
5. Mr. Ramesh Agarwal	50,000.00



Names of Donors	Amount (Rs.)
6. Mr. Sampat Kariwal	30,000.00
7. M/s. Maheshwari Agencies (through Mr. Kalia)	21,000.00
8. Mr. Vijay Kumar Gupta, Chandigarh	11,000.00

Management Team

The activities of the Ashram are managed by the Management Team, under the directions of the Trustees. The List of Senior Officers is presented in Table 6.

Table 6. Ashram Management Team

S. No.	Name	Designation
Naturopathy		
1	Dr. Abhishek Devikar	Director
2	Dr. R. V. Nisal	Principal Medical Adviser
3	Dr. Ameya Devikar	Principal Doctor Naturopath
4	Dr. Kushan Shah	Senior Naturopath
5	Dr. Gauri Shah	Senior Physiotherapist
6	Dr. Samruddhi Vyas	Junior Naturopath
7	Dr. Vandita Bagul	Junior Naturopath
8	Dr. Lavanya Upadhyaya	Junior Naturopath
Yoga		
9	Ms. Bhagwati Mukhedkar	Senior Yoga Teacher and Information Officer
10	Mr. Satish Sonawane	Coordinator - Treatment and Yoga
11	Mr. Jalindar Wadekar	Senior Yoga Teacher
Finance and Administration		
12	Mr. R.L. Bhalke	Coordinator - Finance and Administration
13	Mr. P.P. Kumbhar	Joint Finance Co-ordinator
14	Mr. Udaykumar Adkoli	Senior Manager (Administration)
15	Mr. Mahesh Chavan	Senior Manager (Administration)



Annual Accounts

A summary of the Income and Expenditure incurred for the year 2016-2017 is presented below:

Expenditure	Amount (Rs.)	Income	Amount (Rs.)
To Operative Expenses	2,77,66,343	By Operational Income	3,80,26,230
To Expenses in respect of Properties	10,04,506	By Interest	31,38,907
To Transfer to		By Donations	8,53,128
i. Ward and Facilities	1,01,00,000	By Other Income	15,46,966
ii. Community Welfare Fund	11,30,000	By Dividend on Shares	7,388
iii. Building Fund	70,00,000	By Profit on Sale of Asset	34,28,230
To Surplus	87,831		
Total	4,70,00,849	Total	4,70,00,849



Inauguration of Water Softener Plant donated by NOCIL, by Shri. Hrishikesh Mafatlal, Chairman



Water Reservoir at Ashram



CASE STUDIES

Case 1. Management of Pompholyx

Pompholyx is a type of eczema that induces the development of tiny blisters across the fingers, palms of the hands and sometimes the soles of the feet. It is also known as dyshidrotic eczema.

History: Mrs. SS, 35, was admitted to the Ashram for 21 days, with a complaint of pompholyx since 3 months. There was intense itching and burning of the skin on the sides of the fingers and palms, which erupted into tiny, itchy blisters that later led to fluid discharge. She tried conventional medications which did not give any relief.

Treatment: The treatment was focussed to reduce the discomfort and alleviate the symptoms. Emphasis was given on fasting therapy and diet which constituted of fresh fruits and juices. Regular yoga which included asanas, pranayama and meditation was practiced every day. Treatments like mud packs, rice gruel and turmeric paste application, enema, immersion bath with Epsom salt and hip bath was given to focus on detoxification.

Diet Chart:

Time	Diet	Quantity	Days
7 am	Kadha + jaggery	150 ml	
8 am	Carrot juice + Bottle gourd juice	200 ml	
9 am	Amla + Turmeric Juice	100 ml	
10.30 am	Normal Diet: Vegetable soup -100 ml, Boiled vegetables-100 gm Jowar Bhakri -1, Vegetable soup 100 ml Boiled vegetables 100 gm Fruit Diet: Pomegranate / Sapota / Musk melon Liquid Diet: Bottle gourd Juice /Carrot juice / Lemon-Honey water/Tender coconut water		Days 1-3, and 20-21 Days 4-6, 19 Days 7-8, 17-18, Days 19-16
3 pm	Carrot Juice	200 ml	
4 pm	Musk melon /pomegranate	200 gm	



Time	Diet	Quantity	Days
5.30 pm	Normal Diet: Vegetable soup 100 ml, Boiled vegetables 100 gm Jowar Bhakri -1 Vegetable soup 100 ml, Boiled vegetables 100 gm Fruit Diet: Pomegranate / Sapota / Musk melon Liquid Diet: Bottle gourd Juice / Carrot juice / Lemon-Honey water / Tender coconut water		Days 1-3, and 20-21 Days 4-6, 19 Days 7-8, 17-18, Days 19-16

Yogic Practices

Sr. No.	Practices	Details	Duration
1.	Yogasanas	Tadasana, tiryak tadasana, ardha chakrasana, ardha kati chakrasana, vajrasana, matsyasana, sukhasana.	Three Asanas on alternate days
2.	Pranayamas	Anuloma-viloma, Bhramari	5 minutes twice a day
3.	Meditation	Awareness on Breathing, Meditation	10 minutes twice a day
4.	Jnana Yoga	Yogic Counselling	Alternate Days

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Enema	Daily : Days 9-16 Alternate days : Days 3-7 Weekly twice : Day 7 onwards	-
2.	Mud Pack-Abdomen	Daily	20 minutes
3.	Hip Bath	Daily	8 minutes
4.	Cold Abdomen pack	Daily	20 minutes
5.	Neutral immersion bath with Epsom salt	Daily	15 minutes
6.	Rice gruel and turmeric application	Alternate days	



Results Achieved:

A combination of the above treatments showed excellent results in terms of discomfort, itching and the lesions on her hand disappeared completely.



Before treatment



After treatment

Follow Up Advice: The patient was advised to follow the specified diet, Yoga, Pranayamas, and simple home based treatments for next 3 months for further improvement. She came for follow up visit every month, which showed excellent improvement and she is now free of her problem.

Reported by Dr. Ameya Devikar

Case 2. Management of Avascular Necrosis

Avascular Necrosis (AVN), also known as Osteonecrosis, bone necrosis, bone infarction, etc. is a condition in which the bone “dies” as a result of loss of circulation to an area of the bone tissue. The word *osteonecrosis* is Latin for bone death. In extreme cases, it can result in collapse of a segment of the bone. When the surface of a joint is involved, it may lead to progressive osteoarthritis. Avascular necrosis can occur as a result of an injury that interrupts the blood supply, such as in AVN of the hip after a fracture of the upper femur (thigh bone). The exact mechanism for loss of circulation in these circumstances is not well understood. Common body parts affected by AVN are the hip, knee, spine, shoulder and wrist.

History: Mr. MG suffered from AVN since 4 years. He had come to the Ashram for 21 days with a complaint of severe pain in the right hip which was radiating to his legs. He also had stiffness and pain on movement. He had taken various conventional medicines and later Ayurvedic and Homeopathy medicines for the last two years, but with little relief. He was referred to the Ashram by a co-passenger while travelling.

Treatment: The treatments focussed on reducing the pain and discomfort initially and to prevent collapse of the joint surface. Treatments like Acupuncture, Physiotherapy, Immersion bath with Epsom salt, enema and Steam bath were given. More emphasis was given on exercises where he was counselled on benefits of exercises and how exercises in the prescribed format can check the worsening condition and show improvement.

Diet Therapy:

Time	Diet	Quantity	Days
7 am	Kadha + Milk + Jaggery	200 ml	
8 am	Carrot juice	200 ml	
9 am	Raw potato and Turmeric Juice	100 ml	
10.30 am	<p>1. Normal Diet: Vegetable soup 100 ml, Boiled vegetables 100 gm Nachni Bhakri -1 Vegetable soup 100 ml, Boiled vegetables 100 gm</p> <p>2. Fruit Diet: Papaya/Pomegranate / Sapota / Musk melon</p> <p>3. Liquid Diet: lemon honey water, Carrot juice, Tender coconut water, Orange juice</p>		<p>Days 1-3, and 18-21</p> <p>Days 4-6, Days 15-17</p> <p>Days 7-9 and 13-15 9-13</p>
3 pm	Kadha + Milk + Jaggery	200 ml	
4 pm	Carrot Juice	200 ml	
5.30 pm	<p>1. Fruit Diet: Papaya / Pomegranate / Sapota / Musk melon</p> <p>4. Liquid Diet: Lemon honey water, Carrot juice, Tender coconut water, Orange juice</p>		<p>Days -3, and 16-17</p> <p>9-13</p>



Yogic Practices:

Sr. No.	Practices	Details	Duration
1	Asanas	Sukshama vyayama and asanas	20 minutes
2	Pranayamas	Anuloma-viloma, Bhramari	10 minutes daily
3	Meditation	Awareness on Breathing, Cyclic Meditation	30 minutes every alternate day

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Enema	Daily – 1-2, 5, 9-13, 16, 20-21.	-
2.	Massage Mud Pack-Abdomen	Daily Daily	45 minutes 20 minutes
3.	Neutral immersion bath with Epsom salt	Alternate Days	8 minutes
4.	Steam bath	Alternate Days	8 minutes
5.	Acupuncture	Daily for 10 Days	30 minutes
6.	Short Wave Diathermy	Daily for 10 Days	10 minutes
7.	Interferential Therapy	Daily for 10 Days	10 minutes

Results Achieved:

Regular follow ups during the course of stay. After undergoing the treatments for 8 days there was reduction in pain. After fasting, the stiffness also reduced considerably. Towards the end of stay, 90% relief was observed. The subjective and objective findings were taken into consideration to analyse the amount of improvement.

Follow up Advice: Patient was advised to follow the exercises and diet as prescribed. He was asked to come back for follow up advice every 2 months.

Reported by Dr. Abhishek Devikar

Case 3. Management of Meralgia Paresthetica

Meralgia paresthetica - A painful mononeuropathy of the lateral femoral cutaneous nerve, caused due to focal entrapment of this nerve as it passes through the inguinal ligament.



History:

Mr. MS, 64, came to the Ashram with a complaint of Meralgia paresthetica. He complained of tingling and numbness in the outer thigh of the left leg. He also complained of ache in the groin area and pain spreading across the buttocks. The patient was admitted to the Ashram for 10 days.

Diet Chart:

Time	Diet	Qty	Duration
6 am	Water	100 ml	Daily
7 am	Herbal tea with milk	100ml +100 ml	Daily
8 am	Carrot Juice / Bottle gourd juice	200 ml	Alternate day
9 am	Orange juice	200 ml	Daily
10 am	Apple	1 small size	Daily
12 noon	a) Nachni roti 1 + Boiled vegetable 200 gm + Chutney + Soup 200 ml		Days 1-4
	b) Juice diet therapy : Carrot, Bottle Gourd, Orange, Water melon juices	400 ml juice of each	Days 5-7
	c) Fruit diet: Papaya /Apple / Guava / Water melon	300 – 500 gm	Days 8-10
3 pm	Herbal tea with milk / Carrot Juice	200 ml	Alternate day
6:30 pm	a. 1 Nachni roti + Boiled vegetable 200 gm + Chutney + Soup 200 ml		Days 1-4
	b. Juice diet therapy: Carrot, Bottle gourd, Orange, Water melon juices		Days 5-7
	c. Fruit diet: Papaya /Apple / Guava / Water melon		Days 8-10
9 pm	Milk	200 ml	Daily

Advised him to drink 2 litres of water/day.

Naturopathy treatments:

Therapy	Duration	Frequency
Enema Daily		Alternate day
Full body Massage therapy daily with Coconut oil	45 min	Daily



Therapy	Duration	Frequency
Mud bath on abdomen	30 min	Daily
Steam bath	3 min	Alternate day
Immersion bath at neutral temperature	20 min	Alternate day
Abdomen Lapet	20 min	Daily
Physiotherapy – Traction	10 min	Days 1-5
Acupuncture	30 min	Days 1-10

Yoga Therapy:

Asana	Pranayama	Suddhi kriya	Meditation
Pawanmuktasana	Omkar	Kapalbhati	meditation 45min weekly twice.
Uttanpadasana	Anulom Vilom		
Bhujangasana	Bhramari		
Setubandhasana	Deep breathing		

Results Achieved: With the help of all above treatments and diet therapy, patient got 50% of relief in symptoms of tingling and numbness. He was able to walk about 500 metres at a stretch. He also got relief from discomfort of the buttocks.

Follow Up Advice:

- Advised to follow given diet at home, which included more fruits in daily diet.
- Regular exercises given by Physiotherapist.
- Walking for 20 min daily (if in pain, advised not to walk).
- Practice yoga regularly, as advised by Yoga Instructor.

Reported by Dr. Kushan Shah

Case 4. Management of Arnold Chairi Malfunction

Arnold Chairi Malfunction is structural defect in the cerebellum and it can cause headache, difficulty in focussing, concentrating and thinking, fatigue, muscle weakness, difficulty in swallowing, impaired coordination, unsteady gait, tingling and numbness of hand and feet.



History

Mr. CS, 22, came to the Ashram for 21 days, with a complaint of Arnold chairi malfunction since one year. He had difficulty in standing and walking without support, tingling and numbness of legs and in coordination.

Physiotherapy and Naturopathy Treatments:

The main aim of the treatment was to develop muscle strength so that he could stand or walk independently, gain confidence and improve coordination.

Treatment	Duration	Physiological effect
Massage	45 minutes daily	To improve blood circulation, increase oxygen level and strengthen muscles
Steam Bath	Daily 5 minutes	For detoxification
Enema	Every alternate day	For detoxification
Physiotherapy- Faradic stimulation	20 minutes daily	For nerve stimulation and facilitate muscle contraction
Exercise therapy- -Specific muscle stretching -strengthening exercises -coordination exercises	20 minutes daily	-To increase muscle flexibility -To increase strength -To improve coordination
Acupuncture	30 minutes daily	Disease Specific points were given
Foot reflexology	20 minutes daily	To improve nerve signals
Foot bath	20 minutes daily	To improve circulation

Diet Chart:

Time	Diet	Quantity	Duration
7 am	Kadha with milk	100 ml + 100 ml	Daily
8 am	Carrot juice	200 ml	Daily
9 am	Sprouts	100 gm	Daily
11 am	Jowar roti 1 + vegetable + soup + chutney + Butter milk	-	Daily
3 pm	Lemon water	200 ml	Daily
4 pm	Pineapple juice	200 ml	Daily
6 pm	Jowar roti 1 + vegetable + soup + chutney		Daily
9 pm	Papaya / Apple	100 gm	Daily



Results Achieved:

The above treatments were given daily for 21 days, which helped in improving muscle strength up to 2 grades, improving flexibility, balance and coordination. He was able to stand without support and walk with confidence.

Follow up advice:

At the time of discharge, the patient was advised to follow specific exercises and diet for further improvement.

Reported by Dr. Gauri Shah

Case 5. Management of GERD and Insomnia

Gastro Esophageal Reflux Disorder (GERD) is the return of stomach's content back into the esophagus.

Insomnia is chronic complaint of unsatisfactory sleep, despite having adequate opportunity to sleep

History

Mrs. SM, 43, was admitted to the Ashram with a complaint of GERD and disturbed sleep since 4 years. At the time of admission, she was not able to talk properly due to continuous belching almost 400-500 times in a day.

Treatment:

The treatments were designed to reduce continuous belching and hyperacidity. To provide relief, treatments such as natural diet, yoga, kriyas, enema and mud pack (eye and abdomen) were given.

Yoga Therapy:

Practices	Details	Duration
Yogasana	Pavanmuktasana, Setubandhasana, Shalabhasana, Vakrasana	45 min daily
Kriyas	Vaman, Jala neti	3 times a week
Pranayama	Bramari, Anulom - vilom	10 minutes daily
Relaxation	QRT, Yoganidra	3 times a week



Diet Chart:

Time	Diet	Quantity	Days
7 am	Tulsi Kadha	100 ml	Daily
8 am	Carrot juice	200 ml	Daily
9 am	Amla Turmeric Juice	40 ml	Daily
10:30 am	Normal Diet: Jowar bhakri 1+ chutney + Soup + Vegetable Raw diet + Buttermilk Fruit Diet	200 gm	Days 1-2 and 15 Days 13-14 Days 3 - 4 Days 6 -10
3 pm	Tulsi Kadha + jaggery	100 ml	Daily
5 pm	Normal Diet: Khichdi 100 gm + Vegetable 100 gm + soup 100 ml		Daily
8.30 pm	Papaya or pomegranate	100 gm	Daily

Follow Up Advice:

At the end of 15 days, her condition improved up to 75%. She was able to talk clearly without belching difficulty as it had reduced up to 70-80 per day and sleep had also improved. Follow up given was to practice Pranayam daily and Kriyas once a week.

Reported by Dr. Samruddhi Vyas

Case 6. Management of Psoriasis

Psoriasis is a chronic, relapsing disease, with variable clinical features and triggers. It is characterised by thick patches of inflamed, scaly skin, created by abnormal, rapid, and excessive proliferation of skin cells. The cause of the disease is not known, but it is believed to be an autoimmune disease, when the body mistakenly detects its own tissue as foreign and attacks itself.

History:

Mr. ST came with a complaint of Psoriasis since 12 years. There were thick flaky lesions all over his body. He complained of severe itching and at times bleeding from the lesions. He had tried conventional medicine and other alternative medicines for quite some time and came to the Ashram as a last resort.

Treatment:

The treatments emphasised on reducing discomfort initially and then focussing on the



root cause of the disease. Treatments like full body mud application, rice gruel and turmeric application, Epsom salt bath, enema and hip bath were given to the patient. Emphasis was on diet, by counselling on good effects of fruits and vegetables and how fasting can help in improving the condition.

Diet Chart:

Time	Diet	Quantity	Days
7 am	Lemon + Honey + Water	200 ml	
8 am	Carrot juice	200 ml	
9 am	Amla + turmeric Juice	100 ml	
10.30 am	<p>1. Normal Diet: Vegetable soup 100 ml, Boiled vegetables 100 gm, Jowar Bhakri -1</p> <p>2. Vegetable soup 100 ml, Boiled vegetables 100 gm</p> <p>3. Raw Salads</p> <p>4. Fruit Diet: Pomegranate / Sapota / Musk melon</p> <p>5. Liquid Diet: a) Juice diet Lemon honey water, Carrot juice, Tender coconut water, Orange juice b) Water Fasting: Lemon honey water, tender coconut water</p>		<p>Days 1-3, and 31, 32-33</p> <p>Days 4-6,</p> <p>Days 7-9, 28-30, 25-27</p> <p>Days 10-11, 23-24</p> <p>Days 12-17, 18-22</p>
3 pm	Lemon honey water	200 ml	
4 pm	Carrot Juice	200 ml	
5.30 pm	<p>1. Normal Diet: Vegetable soup 100 ml, Boiled vegetables 100 gm, Jowar Bhakri -1</p> <p>Vegetable soup 100 ml, Boiled vegetables 100 gm</p> <p>2. Fruit Diet: Pomegranate / Sapota / Musk melon</p> <p>3. Liquid Diet: a) Juice diet: Lemon honey water, Carrot juice, Tender Coconut Water, Orange juice b) Water Fasting: Lemon honey water, Tender Coconut Water</p>		<p>Days 1-3, and 31, 32-33</p> <p>Days 4-6,</p> <p>Days 28-30</p> <p>Days 10-11 and 23-27</p> <p>a) 12-17</p> <p>b) 18-22</p>



Yogic Practices

Sr. No.	Practices	Details	Duration
1.	Pranayamas	Anuloma-viloma, Bhramari	21 times daily
2.	Meditation	Breath Awareness Meditation	45 min alternate days

Naturopathy Treatments:

S. No.	Treatments	Frequency	Duration
1.	Enema	Daily Alternate days	Days 18-22 Other days
2.	Mud Pack-Abdomen	Daily	20 minutes
3.	Hip Bath	Daily	8 minutes
4.	Full mud bath	Alternate days	20 minutes
5.	Neutral immersion bath with Epsom salt	Daily	15 minutes
6.	Rice gruel and turmeric application	Alternate days	

Results Achieved:

Regular follow up was done during the course of stay. At the end of Day 12, there was considerable reduction in itching and the flaking had also reduced. At the end of juice fasting, the skin had become much clearer and normal.

Follow up Advice: Patient was advised to follow a diet devoid of spicy and oily food and cut down on *maida* (refined flour) products. He was asked to include 3 servings of fruits and 2 servings of salad every day apart from his main meal. He was also advised to take Epsom salt bath daily and rice gruel and turmeric application twice a week.

Reported by Dr. Ameya Devikar

Case 7. Management of Chronic Kidney Disease

Chronic Kidney Disease (CKD)- also known as chronic renal disease, causing progressive loss in kidney function over a period of a few months or years. The symptoms of worsening kidney function are not specific, which might include feeling generally unwell and experiencing reduced appetite.



History:

Mr. KA, 32, was admitted to the Ashram with a complaint of CKD since last 25 years. In spite of undergoing Renal Transplantation twice, his parameters were still not under control.

At the time of admission, his symptoms were:

- Some times, Edema on the legs and peri orbital swelling
- Fatigue
- Proteinuria
- Dysnoea

Diet Chart:

Time	Diet	Quantity	Duration
6 am	Water	100 ml	Daily
7 am	Kadha + Milk	100 ml +100 ml	daily
8 am	Bottle gourd juice	100 ml	daily
9 am	Amla+ turmeric Juice / Neem juice	20 ml	Alternate day
10 am	Raw Sprouts	100 gm	daily
12 Noon	Jowar roti 1+ Boiled vegetable 100 gm + Chutney + Thin Dal 100 ml		Days 1-5
	Nachni roti 1 + Boiled veg. + Chutney		Days 6-12
	Rice + Dal	100 gm+ 100 gm	Days 13-15
3 pm	Kadha + Milk + Apple	100 ml + 100 ml	Daily
6:30 pm	1 Roti + Boiled Vegetable 200 ml + Chutney + Rice 50 gm		Daily
9 pm	Milk	100 ml	Daily

During his entire stay, he was on the above constructive diet therapy. The patient was advised to drink only 800 ml water in a day.

Naturopathy Treatments:

Therapy	Duration	Frequency
Enema		Alternate day
Full body Massage therapy	45 min	Daily
Spinal bath		Twice a week
Steam Bath	5 min	Every alternate day



Therapy	Duration	Frequency
Mud pack on Abdomen	30 min	Daily
Hip Bath at neutral temperature	20 min	Alternate day
Kidney pack	30 min	Alternate day

Yoga Therapy:

Asana	Pranayama	Meditation
Pawanmuktasana	Om kar	Cyclic meditation 45 min twice a week.
Bhujangasana	Anulom Vilom	
Katichakrasana	Bhramari	

Results Achieved:

Laboratory Reports:

Parameters	Normal value	Patient value on admission	Patient value on discharge
Serum Urea	15-40 mg / dl	75	62
Serum Creatinine	0.6 – 1.5 mg / dl	3.2	1.8
Serum total protein	6-8 gm / dl	10	7
Electrolyte	136-145/ 3.8-5.0 /	140/5.5/105	138/4.5/100
Sodium/Potassium/chloride	99-111 m Eq/L		
Uric acid	3.4-7 ml/dL	6.8	4.5

Follow Up Advice

- Consume small and frequent meals at regular intervals.
- Follow meal timings. Avoid skipping any meal especially breakfast.
- Use less salt and fewer salty foods. This would help to control blood pressure.
- Use herbs and spices such as jeera (cummin) powder, coriander powder, curry leaves, mint, fresh coriander, celery and ginger to enhance flavour in place of salt.
- Avoid salt substitutes such as black salt and rock salt as they may contain potassium.
- Include whole grain cereals (wheat, rice), millets (ragi, jawar), corn and pulses in daily diet.
- Consume low potassium fruits such as apple, pineapple, pear, papaya, and guava.
- Avoid fruit juices, coconut water and carbonated beverages.

Reported by Dr. Kushan Shah



Case 8. Management of Obstructive Sleep Apnea Syndrome

Obstructive Sleep Apnea Syndrome is a potentially serious sleep disorder. It causes breathing to repeatedly stop and start during sleep. This type of apnea occurs when the throat muscles intermittently relax and block airway during sleep. The most common cause is usually obesity.

History: Mr. JK, 62, has been suffering from Obstructive Sleep Apnea Syndrome for last 14 years which became very severe since he gained 15 kg of weight in last 2 years, reaching a massive 121 kg. While sleeping, pressure was exerted on the wind pipe due to his big tummy, making it difficult for him to breath during sleep. He was using a C-pap machine at night in order to get sleep. He was suggested to undergo 21 day treatment at the Ashram.

Treatment: The root cause of the problem was heavy weight and partially weak lungs. The treatments mainly focussed on weight loss by giving a low calorie diet, exercises, massage therapy to mobilise fat and other treatments to improve the metabolism. Strategies to keep him active and mobile were incorporated which helped him receive good results.

Diet Chart:

Time	Diet	Quantity	Days
7 am	Kadha +Milk + Jaggery	100 ml	
8 am	Bottle gourd juice	200 ml	
9 am	Boiled moong	200 ml	
10.30 am	1. Normal Diet: Vegetable soup 100 ml, Boiled vegetables- 100 gm, Jowar Bhakri -1, Buttermilk 200 ml 2. Raw Salads: 200 gm 3. Fruit Diet: Papaya/Pomegranate / Sapota / Musk melon		1-3, and 18-21 Days 4-6, 15-18 Days 7-11
3 pm	Kadha+Milk +Jaggery	200 ml	
4 pm	Bottlegourd Juice	200 ml	
5.30 pm	1. Normal Diet: Vegetable soup -100 ml, Boiled vegetables- 100 gm, Jowar Bhakri -1 2. Fruit Diet: Papaya/Muskmelon / Guava / Apple / Pear		1-3, and 18-21 Days 4-6, 7-11, 15-18



Yogic Practices:

Sr. No.	Practices	Details	Duration
1	Asanas	Sukshma vyayamas, Suryanamaskaras and other asanas	45 minutes daily
2	Pranayamas	Bhastrika, Kapalabhati, Suryabhedana, sectional breathing	20 minutes daily
3	Meditation	Awareness on breathing	10 minutes daily

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Neutral Enema	Days 1,4,8,12,16,20	-
2.	Mud Pack-Abdomen	Daily	20 minutes
3.	Steam bath	Daily	10 minutes
4.	Cold Hip bath	Alternate Days	10 minutes
5.	Neutral Immersion bath	Alternate Days	10 minutes
6.	Massage	Full body	60 minutes
7.	Acupuncture	Daily for 10 Days	30 minutes

Results Achieved:

Following this diet, yoga and various treatments, he lost 12 kg weight in 21 days. His breathing discomfort reduced in the first week itself and he could walk comfortably for 2.5 km at a stretch on his own towards the end of his stay. It was a dream come true.

Follow up Advice: Patient was advised to follow yoga, a healthy diet, avoid junk food, non-vegetarian, oily and fried food. He was also advised to continue brisk walking for 45 minutes daily. He was recommended to come for follow up visits every month for 6 months, followed by re-admission for 21 days to achieve the target weight.

Reported by Dr. Abhishek Devikar

Case 9. Management of Diabetes Mellitus with Rebound Hyperglycemia and Hypoglycemia

Diabetes Mellitus with rebound hyperglycemia and hypoglycemia - a rebound high blood glucose level in response to low blood glucose is a common phenomenon. Amongst those who manage their blood glucose using insulin injections, this may take



the form of high blood sugar in the morning due to an excess amount of insulin during the night.

History: Patient had previous history of angioplasty and retinoplasty.

Management:

Aim: The goal of the treatment was to stabilise the blood sugar levels and insulin doses and prevent further hyperglycemia or hypoglycemia.

Yoga Therapy

Annamaya kosha: Knee exercises

Pranamaya kosha:

- Kapalbhathi -10 minutes
- Anulom vilom - 10 minutes
- Bhramari -5 minutes
- Sheetali - 5 minutes

Naturopathy treatments

- Mud pack application on abdomen - 20 minutes daily
- Full body massage - 45 minutes daily
- Enema - alternate days
- Steam bath - 10 minutes on alternate days
- Spinal bath - 20 minutes on alternate days
- GH pack - 20 minutes on alternate days
- Kidney pack - 20 minutes on alternate days

Diet Chart:

- 5:30 am - Methi water
- 7:00 am - Kadha with milk 50 ml
- 9:00 am - Bottle gourd juice 200 ml
- 12 noon - Normal diet (Nachni Bhakri, vegetable, chutney, soup, buttermilk) for 10 days; Later, raw diet with buttermilk for next 10 days.
- 3:00 pm - Kadha with milk 50 ml
- 4:00 pm - Bottle gourd juice 200 ml
- 6:00 pm - Normal diet (Nachni Bhakri, vegetable, chutney, soup)
- 8:00 pm - Milk
- 8:30 pm - Papaya / Apple- 100 gm



Medicines	Dosage					
	On admission	FBS	PPBS	On discharge	FBS	PPBS
Insugen	30-0-24	234	343	18-0-8	160	192

As the patient had her Blood Sugar levels fluctuating every day before her admission, resulting in severe hyper and hypoglycemia with tapering insulin doses every day, daily record was maintained to monitor her BSL.

Date of Observation	FBS	PPBS
29/7/2017 (on admission)	140	260
31/7/2017	264	375
2/8/2017	234	343
4/8/2017	177	345
5/8/2017	170	314
7/8/2017	129	310
10/8/2017	210	233
11/8/2017	201	201
14/8/2017	188	210
16/8/2017	170	200
19/8/2017	160	192

Medication taken:

	On Admission	On Discharge
Insugen 30/70	30-0-24	18-0-8
Telma 40	1-0-0	medicine stopped
Cardivas 6.25	0-1-1	0-1-1
Coralan 5 mg	0-1-1	0-1-1
Prax 10 mg	0-0-1	0-0-1
Pivasta 2 mg	0-0-1	0-0-1
Istamet	1-0-1	0-½-0
Geminor M2 (SR)	1-0-½	0-1-0



Results Achieved:

With insulin doses reduced, medicines tapered and by following the diet and exercise, blood sugar levels were well stabilised and the patient did not experience any sort of hypoglycemia or hyperglycemia during her stay.

Follow Up Advice:

Advised to follow strict diet module and exercises at home and follow up every month.

Reported by Dr. Lavanya Upadhyay

Case 10. Management of Bronchitis

Bronchitis - Inflammation of bronchial tubes usually caused by virus and bacteria. Other irritants are smoking and pollution. There are two types of Bronchitis.

- Acute Bronchitis: This is a more common one. Symptoms last for a few weeks, but it does not usually cause any problems.
- Chronic Bronchitis: This is more dangerous, as it keeps coming back or does not go away.

Symptoms: Chest congestion, Shortness of breath, Wheezing and cough with mucus.

History: Mr. RM, 40, was admitted for 21 days with complaint of Acute Bronchitis (dry cough) and constipation. He used to take Benadryl dry cough syrup and Trifala churn. Wheezing along with chronic congestion was present.

Naturopathy Treatments:

Massage - <i>Til</i> /Oil	Daily	45 min
Enema	Alternate days	-
Steam Bath	Alternate days	10 min
Asthma Bath	Alternate days	20 min
Hip Bath	Daily	20 min
Disease Specific Yoga	Daily	45 min
Hot Foot Bath	Daily	15 min
Chest Pack	Daily	15 min
Facial Steam	Daily	2-3 min



Diet Chart:

Soothing constructive diet comprising of fruits and juices

7 am	Tulsi Kadha + Jaggery	200 ml daily
8 am	Carrot juice	200 ml daily
9 am	Tulsi + Adulsa juice	40 ml daily
10.30 am	Normal diet (1 Jowar Bhakri + Vegetable + Soup + Chutney)	
12 noon	Tender Coconut Water	1 daily
3 pm	Tulsi Kadha + Jaggery	200 ml daily
5.30 pm	Fruits (Papaya, Pineapple, Pomegranate)	Daily

Along with proposed diet, patient fasted on honey water, Tulsi Kadha and Coconut Water for 7 days.

Results Achieved:

At the end of 21 days, patient experienced complete relief from cough, congestion, wheezing and constipation. His condition improved up to 90% and his medicines were stopped completely.

Follow up Advice:

He was given a follow up chart along with breathing exercises, walking up to 2 km, pranayams and diet including fibrous fruits, vegetable soups. He was asked to avoid spices, non-vegetarian food, caffeine and dairy products. He was also advised to wear a mask in crowded areas while travelling and maintain personal hygiene and sanitation.

Reported by Dr. Vandita Bagul

Case 11. Management of Inter Vertebral Disc Prolapse (IVDP) with Sciatica

Intervertebral disc prolapse is protrusion of the disc between two spinal vertebrae.

Sciatica: Pain, tingling, numbness sensation in the lower back radiating to one or both lower limbs.

History

Mrs. BS, 39, was admitted to the Ashram for 21 days with a complaint of severe back pain radiating to her right leg since 4 years. She also had tingling and numbness in the entire



right leg. She was unable to stand or walk for more than 10 minutes. She had taken medicines, which was giving only temporary relief.

Physiotherapy and Naturopathy Treatments:

The main aim of the treatment was to relieve pain, reduce the symptoms present in back and leg, to strengthen the back muscles and to make her stand and walk without pain.

Following Naturopathy treatments were started :

Treatments	Duration	Physiological Effects
Full body Massage	45 minutes daily	For pain management and for physical and mental relaxation
Steam bath	5 minutes daily	Helps to reduce back muscle spasm and pain
Physiotherapy Lumbar Traction	10 minutes daily	To relieve nerve compression
Interferential therapy, Ultrasound therapy	10 minutes daily	To relieve pain, muscle spasm and improve blood circulation
Acupuncture	30 minutes daily	For pain management
Local steam on back	2 minutes daily	Reduce pain and muscle relaxation
Specific back strengthening exercises	20 minutes daily (started a week after admission)	For back muscle strengthening and relieving muscle spasm
Neural stretching exercises	15 minutes daily	To relieve nerve compression
Prayer	30 minutes daily	For mental relaxation

Diet Chart:

Time	Diet	Quantity	Duration
7 am	Kadha with milk	100 ml + 100 ml	Daily
8 am	Carrot juice	200 ml	Daily
9 am	Amla and turmeric juice	50 ml	Daily
11 am	Normal diet (Jowar roti-1+ vegetable 100 gm + soup 100 ml + chutney 10 gm)		Daily
4 pm	Milk	100 ml	Daily
6 pm	Fruits (Apple, Pomegranate, Grapes)	500 gm	Daily
9 pm	Papaya	200 gm	Daily



Results Achieved:

After taking above mentioned treatments and diet for 15 days, her pain and other symptoms reduced by 90%. Patient was able to walk and stand without pain.

Follow Up Advice: A more disease specific exercise programme was given after 15 days of treatment to be followed for 1 more month which further helped to strengthen muscles. A few precautions were given at the time of discharge such as to avoid forward bending and heavy weight lifting. Ergonomic advice was given for disease prevention.

Reported by Dr. Gauri Shah

Case 12. Management of Rheumatoid Arthritis

Rheumatoid arthritis (RA) is an inflammatory disease that causes pain, swelling, stiffness and loss of function of the joints. It occurs when the immune system, which normally defends the body from invading organisms, turns its attack against the membrane lining the joints.

History: Mrs. RS, 32, was admitted to the Ashram for 30 days with a complaint of post delivery Rheumatoid Arthritis since 5 years. She suffered from severe pain and stiffness in all the joints. She was depressed, weak and anaemic with a haemoglobin level of 8. Her weight was 35 kg and her blood report showed RA positive. On the day of admission, as she was unable to walk due to severe pain in the knee and ankle joint, she came in a wheel chair. She had tried conventional medicine, ayurveda and homeopathy, without any relief.

Treatments:

Aim of the treatment was to reduce pain, swelling, stiffness and reduce the discomfort and improve the quality of life. Enema, warm oil application, immersion bath with Epsom salt, cold abdomen packs, mustard pack to knees, neutral Epsom salt packs to the joints and acupuncture was given during her stay. There was a significant reduction in pain, swelling and stiffness. Patient could walk with support after Day 15 and was able to walk without any support at the end of the stay.

Diet Chart:

Time	Diet	Quantity	Days
7 am	Kadha + Jaggery	150 ml	
8 am	Carrot juice	200 ml	



Time	Diet	Quantity	Days
9 am	Pomegranate juice	200 ml	
10.30 am	Normal Diet:		
	Vegetable soup 100 ml, Boiled vegetables 100 gm, Jowar bhakri -1 Fruit Diet: Pomegranate / Musk melon/Apple/ Figs		Days 1-7, 26-30 Days 8-25
3 pm	Carrot Juice	200 ml	
4 pm	Musk melon /pomegranate	200 gm	
5.30 pm	Vegetable soup 100 ml, Boiled vegetables 100 gm, Fruit Diet: Pomegranate /Apple/ Figs		Days 1-7, 26-30 Days 8-25

Yogic Practices

Sr. No.	Practices	Details	Duration
1.	Pranayamas	Anuloma-viloma, Bhramari	5 minutes twice a day
2.	Meditation	Breath Awareness, Meditation	10 minutes twice a day
3.	Jnana Yoga	Yogic Counselling	Alternate days

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Enema	Alternate days: Days 3 - 7	-
2.	Mud Pack - Abdomen	Daily	20 minutes
3.	Mustard Pack on Knees	Alternate days	
4.	Cold Abdomen Pack	Daily	20 minutes
5.	Neutral immersion bath with Epsom salt	Daily	15 minutes
6.	Epsom Salt pack on knees	Alternate days	20 minutes

Results Achieved:

Combination of above treatments showed excellent results in terms of pain, stiffness and discomfort.



Follow Up Advice: The patient was advised to follow the specified diet, yoga, Pranayam, and simple home based treatments for next 3 months for further improvement. She came for follow up visit after 6 months. She was free from pain and had gained 7 kg. Her quality of life had improved and she was following all the guidelines .

Reported by Dr. Ameya Devikar

Case 13. Management of Gastritis

Gastritis occurs when the lining of the stomach becomes inflamed after it has been damaged. It is a common condition with a wide range of causes. For most people, gastritis is not serious and improves quickly if treated , and if not, it can last for years.

History: Mr. SP, 53, came to the Ashram for 14 days with a known complaint of Gastritis for last 2 years. He had taken allopathic medicines which helped him in the acute phase of the disease but symptoms appeared again after the medications were stopped. He had heard of the Nisargopachar Ashram from many people but was never able to spare 14 days due to his busy schedule.

Treatment: The treatments were planned considering the chronicity of the disease. A satvik diet to soothen the stomach, various hydro therapies to reduce inflammation and Yoga to manage stress were advised. This showed good improvement during his stay.

Diet Chart:

Time	Diet	Quantity	Days
7 am	Cold Milk + Jaggery	100 ml	
8 am	Bottle gourd juice	200 ml	
9 am	Pomegranate Juice	200 ml	
10.30 am	1. Normal Diet: Vegetable soup 100 ml, Boiled vegetables 100 gm, Jowar Bhakri 1, Buttermilk 100ml 2. Fruit Diet: Papaya/Pomegranate / Sapota / Musk melon 3. Liquid Diet: Lemon honey water, Plain water		Days 1-3, and 12-14 Days 6-7, 10-11 Days 8-9
3 pm	Kadha + Milk + Jaggery	200 ml	
4 pm	Carrot Juice	200 ml	



Time	Diet	Quantity	Days
5.30 pm	1. Normal Diet: Vegetable soup -100 ml, Boiled vegetables- 100 gm, Jowar Bhakri -1 2. Fruit Diet: Papaya/Pomegranate / Sapota / Musk melon 3. Liquid Diet: Lemon honey water, Plain water		1-3, and 12-14 4-6, 7,10,11 Days 8-9

Yogic Practices:

Sr. No.	Practices	Details	Duration
1	Asanas	Daily except during fasting	45 minutes
2	Pranayamas	Cooling pranayamas like Sheetal, Sheetkari, Sadanta and Chandrabhedana	20 minutes daily
3	Meditation	Awareness on breathing Relaxation Techniques	10 minutes daily
4	SMET	Self Management of Excessive Tension	30 minutes daily

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Neutral Enema	Daily – 1-3,5,8, 9,11,13,	-
2.	Mud Pack -Abdomen	Daily	20 minutes
3.	Cold Abdomen pack	Alternate Days	20 minutes
4.	Cold Hip bath	Daily	10 minutes
5.	Ice massage on the abdomen	Alternate Days	10 minutes
6.	Massage	Except on Abdomen	45 minutes
7.	Neurotherapy	Giving Specific pressure on specified points on the body using the feet	30 minutes for 5 days



Results Achieved:

Initially, adjusting to a low salt, boiled and non-spicy food was difficult but from Day 3 onwards, he could adjust well. From Day 6, he started responding well and the burning sensation, pain and discomfort started reducing. During fasting, he was a bit anxious but the counselling sessions helped him to calm down and overcome anxiety. By the end of 14 days, he did not have any symptoms.

Follow up Advice: Patient was advised to follow Yoga, a healthy diet and to avoid dietary triggers like oily, spicy, fried, tinned and canned foods. He was also advised to come for follow up visits every month to ensure good healing even at home.

Reported by Dr. Abhishek Devikar

Case 14. Management of Varicose Ulcer and Obesity

Varicose Ulcers are wounds occurring due to improper functioning of venous valves, usually of the legs. Obesity is a condition of excessive accumulation of body fat, which will have negative effects on health.

History

Mrs. SV was admitted for 15 days for treatment of varicose ulcer of bilateral ankle, obesity and hypothyroid. She had a history of umbilical hernia (operated).

Treatment: She was given the following treatments during her stay.

- Enema 3 days /week
- Daily bath with water boiled with neem leaves (*Nimjal snan*)
- Daily eye pack

Yoga Therapy: Prescribed only Pranayam and Relaxation.

Diet Chart:

Time	Diet	Quantity	Days
7 am	Tulsi Kadha	100 ml	Daily
8 am	Carrot juice	200 ml	Days 1-2; 12-13
9 am	Wheat grass juice	100 ml	Days 1-2
10:30 am	Normal diet : Jowar bhakri 1 + boiled vegetables 100 gm + Vegetable soup 100 ml + chutney Fruit diet		Days 1-2; 13 Days 3; 11-12



Time	Diet	Quantity	Days
	Water fasting		Days 4-7
	Juice diet		Days 8-10
3 pm	Tulsi kadha	100 ml	Days 1-3; 11-13
5:30 pm	Khichdi + chutney + Vegetable soup		Days 1-2; 11-13
	Fruits		Day 3
	Water fasting		Days 4-7
	Juice diet		8-10

Result Achieved: She was very comfortable with the treatment and diet.

Drug Tapering Chart:

Medication	Day 1	Day 13
Cyplox 500	1-0-0	½-0-0
Thyronorm	1-0-0	½-0-0

At the end of 13 days, her condition improved up to 70%. She was able to walk properly, her pain reduced, weight decreased and there was partial healing of varicose ulcer of ankles.

Reported by Dr. Samruddhi Vyas

Case 15. Management of Anorexia Nervosa

Anorexia Nervosa is a psychological illness or eating disorder that usually occurs in teenage or adult women, but it also occur in males. People with anorexia (loss of appetite due to psychological block) are obsessed about remaining thin. They lose weight leading to maintenance of body weight 15% below normal and are petrified of regaining weight or becoming fat.

History:

Mrs. CR, 35, came to the Ashram with a complaint of Anorexia Nervosa. On admission, she had symptoms of loss of appetite, fear of gaining weight, greater amount of hair on face and body, irregular menstrual periods, confusion, poor memory and lack of adjustment attitude. The cause was family influences on body weight gain and emotional temperament.



Diet Chart:

Goal of Nutrition management:

- To restore weight
- Normalise eating pattern
- Achieve normal perception of hunger

During her stay, she was on constructive diet only, which included protein and carbohydrate, to prevent weight loss.

Time	Diet	Duration
6 am	Water 100 ml + Raisins 20	Daily
7 am	Herbal tea 100 ml + Milk 100 ml Carrot juice 200 ml	Daily Daily
9:30 am	Buttermilk 200 ml	Daily
10 am	Sprouts 200 gm + Banana 1	Daily
12 Noon	Wheat roti 2 + Boiled vegetables 200 gm + Chutney + Dal 100 ml	Daily
3 pm	Herbal tea 100 ml with milk 100 ml + Apple 1	Daily
6:30 pm	Khichdi + Boiled vegetable + Buttermilk	Daily
9 pm	Cow's milk 100 ml with 2 teaspoon honey	Daily

Naturopathy treatments:

Therapy	Duration	Frequency
Enema		Alternate day
Full body massage	45 min daily	Daily
Mud bath on abdomen	30 min	Daily
Steam bath	3 min	Weekly twice
Immersion bath at Neutral temperature	20 min	Alternate day
Spinal bath	10 min	Daily



Yoga Therapy:

Asana	Pranayama	Suddhi kriya	Meditation	Walking	Counselling
Pawanmuktasana	Om kar	Kapalbhati	45 minutes twice a week	1 hour per day	Once during stay
Uttanpadasana	Anulom Vilom				
Bhujangasana	Bhramari				
Setubandhasana	Deep breathing				
Tadasana	Surya bhedan pranayama				

Results Achieved:

After 10 days of treatment, her appetite had improved and stress had reduced. She learnt to cope up with stress and to remain healthy. She was followed up for 3 months. Her menstrual cycle had also become regular.

Follow Up Advice:

- Small meals should be planned to avoid re-feeding syndrome and maximise tolerance.
- Gas forming and fatty foods should be limited.
- Regular walk for 1 hour every day to improve metabolism.
- Regular exercise, yoga and meditation.
- Consumption of high protein, moderate carbohydrate and low fat diet.

Reported by Dr. Kushan Shah

Case 16. Management of Obesity and De-addiction of Tobacco

Obesity is a condition where body fat increases and accumulates due to lack of physical activities and irregular eating habits. In such cases, sedentary lifestyle plays an important role.

According to WHO guidelines, a person with BMI of 30 or more, is generally considered obese. Obesity is a major risk factor for chronic diseases like diabetes, cardio vascular disease, musculoskeletal disorders such as osteoarthritis and some types of cancers.

History: Mr. UM, was admitted to the Ashram for 24 days with complaint of obesity and



addiction. The symptoms included anxiety, irritability, restlessness, depressed mood, insomnia and constipation.

Naturopathy Treatments:

He was given the following treatments:

Massage	Daily with <i>Til</i> Oil	45 min
Enema	Alternate days	-
Mud Pack (Abdomen)	Daily	15 min
Steam Bath	Alternate days	10 min
Eye Pack	Daily	10 min
Hip Bath	Daily	45 min
Spinal Bath	Alternate days	15 min
Yoga	Daily	45 min
Meditation	Alternate days	45 min
Walk	Daily	45 min

Diet Chart:

The following diet therapy was advised:

Normal diet	Jowar bhakri 1 + vegetable + chutney + soup	First 2 days
Raw diet	Salads of carrot, cucumber, beet, green vegetables + sprouts	Next 8 days
Juice fasting	Juices of carrot, watermelon, coconut water, Tulsi Kadha	Next 3 days
Water fasting	Coconut water and lemon with honey	Next 6 days
Normal diet	Jowar bhakri 1 + vegetable + chutney + soup	Next 3 days

Results Achieved:

Combination of the above Naturopathy treatments showed excellent result in alleviating the symptoms associated with addiction. At the end of 24 days, he lost 10 kg and was rid of tobacco addiction.

Follow up advice:

He was given Diet chart, exercises and yoga to maintain weight. He was also advised to avoid junk, non-vegetarian, oily and spicy food, bakery products and sweets. Daily walk up to 3 -5 km and fasting once a week on raw salads and juices were also suggested.

Reported by Dr. Vandita Bagul



Case 17. Management of Total Knee Replacement Surgery (TKR)

Total Knee Replacement Surgery is a surgical procedure to replace the weight-bearing surfaces of the knee joint to relieve pain and disability. It is most commonly performed for severe osteo-arthritic conditions of knee joint.

History

Mrs. S, 60, had severe osteo-arthritis of both knee joints. She underwent bilateral knee replacement surgery. After taking adequate rest, she came to the Ashram for physiotherapy as an outdoor patient for a month.

Aim of the treatment was:

- To reduce post operative pain
- To reduce post-operative joint stiffness and improve range of motion
- To reduce swelling
- To make her walk independently

The following Physiotherapy treatments were given:

Treatments	Duration	Physiological Effect
Infra red radiation	15 minutes daily	To relieve pain and swelling
Isometric quadriceps exercise	20 repetitions	To improve strength
Knee joint mobilisation	10 repetitions	To improve range of motion
Active knee exercises	15 repetitions	To maintain achieved range
Gait training	Daily	Walk independently
Cycling	Daily 15 minutes	To maintain normal range and improve strength

Following Diet Programme was given:

Time	Diet	Quantity	Duration
7 am	Kadha with milk	50 ml	Daily
8 am	Carrot juice	100 ml	Daily
9 am	Water melon juice / Orange juice	200 ml	Alternate days
11 am	Jowar roti, boiled vegetables, soup, curd, chutney		Daily
3 pm	Kadha with milk	100 ml + 100 ml	Daily



Time	Diet	Quantity	Duration
6 pm	Jowar roti, boiled vegetables, soup, chutney		Daily
8 pm	Fruits (papaya)	100 gm	Daily
9 pm	Cow's milk	200 ml	Daily

After following the above diet for a month, her pain and swelling went off. She was able to bend her knees completely and walk normally without any external support.

Follow Up Advice: She was asked to continue the exercises at home for two more months.

Reported by Dr. Gauri Shah

Case 18. Management of Hiatus Hernia

Hiatal hernia is a condition in which the upper part of the stomach bulges through an opening in the diaphragm. The diaphragm is the muscle wall that separates the stomach from the chest. The diaphragm helps keep acid from coming up into the esophagus. In case of hiatus hernia, acid comes up easily leaking from the stomach into the esophagus, which is known as the gastro esophageal reflux disease (GERD). The symptoms of GERD are: Heart burn, Problems of swallowing, Dry cough and Bad breath.

History:

Mrs. TP came to the Ashram with a complaint of severe acidity, burning sensation in stomach, chest and throat and regurgitation of food at night. She had been diagnosed with hiatus hernia since 4 years. She was taking antacids regularly since then but her problems did not subside. She stayed at the Ashram for 15 days.

Treatments:

Treatments and diet focussed on reducing her acidity and heart burn and also to reduce the regurgitation leading to disturbed sleep. An alkaline diet rich in fruits, boiled vegetables and soup were given during the course of stay.

Treatments like massage, mud pack to abdomen, cold hip baths, cold abdomen pack and hot and cold compress were given to reduce the acid secretion and discomfort.



Diet Chart:

Time	Diet	Days
7 am	Honey 1 teaspoon + water 200 ml	
8 am	Bottle gourd juice 200 ml	
9 am	Pomegranate juice 200 ml	
10.30 am	Normal Diet: Vegetable soup 100 ml, Boiled vegetables 100 gm, Jowar Bhakri 1 Fruit Diet: Pomegranate / Musk melon / Apple/ Figs	Days 1-7; 13-15 Days 8-12
3 pm	Bottle gourd juice 200 ml	
4 pm	Musk melon /pomegranate 200 gm	
5.30 pm	Khichdi 100 gm, Vegetable soup 100 ml, Boiled vegetables 100 gm, Fruit Diet: Pomegranate /Apple/ Figs	Days 1-7; 13-15 Days 8-12

Yogic Practices

S. No.	Practices	Details	Duration
1.	Pranayamas	Anuloma-viloma, Bhramari, sheetali, seetkari, sadanta	5 times twice daily
2.	Meditation	Awareness on Breathing, Meditation	10 minutes twice daily
3.	Jnana Yoga	Yogic Counselling	Alternate days

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Enema	Alternate days: Days 3-7	-
2.	Mud Pack-Abdomen	Daily	20 minutes
3.	Cold hip bath	Daily	20 minutes
4.	Cold Abdomen pack	Alternate days	20 minutes
5.	Hot and cold compress on abdomen	Alternate days	12 minutes



Results Achieved:

Combination of satwik diet and supportive treatments helped to reduce the symptoms like severe acidity, belching and regurgitation of food.

Follow up Advice: The patient was advised to follow the specified diet. She was advised to have small portions of food 6 times a day rather than having 3 large meals. She was also advised to finish her dinner before 7 pm so that there was sufficient gap between dinner and bed time. She was asked to practice Yoga, Pranayam and simple home based treatments for next 3 months for further improvement.

Reported by Dr. Ameya Devikar

Case 19. Management of Drug Induced Skin Allergy Associated with Rheumatoid Arthritis

History:

Mrs. MS, 44, came with a complaint of drug induced skin allergy associated Rheumatoid Arthritis. The patient had severe skin red rashes and disturbed sleep because of itching and small joint pains, mainly in inter phalangeal joints. She was admitted to the hospital before coming to the Ashram for 10 days. In spite of all kinds of treatment, the patient did not get any relief.

Diet Chart: During the stay, she was on constructive and soothing diet therapy.

Time	Diet	Duration
6 am	Warm water 200 ml	Daily
7 am	Honey 10 ml + Water 200 ml	Daily
8 am	Carrot Juice 200 ml	Daily
9 am	Amla + turmeric juice / Neem juice 40 ml	Alternate day
10 am	Steamed Sprouts 100 gm	Daily
12 Noon	Normal Diet: Jowar roti 1+ Boiled vegetable 100 gm + Chutney + Soup 100 ml Fruit Diet: Papaya/Apple/ Guava 300-500 gm	Days 1-5 Days 6-10
3 pm	Carrot Juice 200 ml	Daily
6:30 pm	Normal Diet: Jowar roti 1 + Boiled vegetable 100 gm + Chutney + Soup 100 ml	Days 1-5



Time	Diet	Duration
	Fruit Diet: Papaya /Apple / Guava 300-500 gm + Soup 200 ml	Day 6-10
9 pm	Cow's milk 100 ml	Daily

Naturopathy treatments:

Therapy	Duration	Frequency
Enema daily		Daily 1-5 Alternate days 6-10
Full body Massage therapy	45 minutes	Daily
Full Mud bath	30 minutes	Weekly once
Rice flour and turmeric paste application on body	30 minutes	Alternate days
Full body Neem water immersion bath	20 minutes	Daily
Abdomen Lapet	30 minutes	Daily
Hip bath Physiotherapy	20 minutes 1 hour	Alternate days
(IFT / Ultra Sound/Wax therapy)	per session	Days 1-5

Yoga Therapy:

Asana	Pranayam	Sudhi Kriya	Meditation	Walk
Pawanmuktasana	Omkar	Kapalbhati	Meditation 45 min. twice a week.	15 min slow walking advised in the morning and evening.
Uttanpadasana	Anulom Vilom	Kunjali kriya		
	Bhramari, Shitali pranayam			

Results Achieved:

Patient got relief after 10 days of treatment. Her rashes, itching and pain in the joints had reduced. She felt fresh and energetic.



Laboratory Reports:

Parameters	Normal value	Patient value on admission	Patient value on discharge
Electrolyte Sodium/Potassium/chloride	136-145 / 3.8-5.0 / 99 -111 mEq/L	140 /4.1 /107	138 /4.0 /100
Uric acid	3.4-7.0 mg/dL	5.5	4.5
ESR	0-29 mm/hr for women	50	20
IgE	150 and 300 UI/ml.	1200	400

Medications:

Name of medicine	On admission	On discharge
T. Omnacortil 5mg	0-0-1	S.O.S
T.Dolo 650mg	0-0-1	0-0-0
T.Avil	0-1-0	S.O.S
T.Pan 40	1-0-0	0-0-0
T. Allegra -180	0-1-1	S.O.S

Follow Up Advice:

- Try to avoid spicy and oily food.
- Avoid wheat; it can be substituted with other cereals, millets, rice.
- Have black raisins, 20 pieces daily in the morning.
- Always take thin dal in place of thick dal; Avoid Tur and Urad dal.
- Always carry a list of allergy medicines.
- Walk 30 minutes daily.
- Take warm water bath for pain relief.

Reported by Dr. Kushan Shah

Case 20. Management of Migraine and Cellulitis

Migraine is usually a moderate or severe headache felt as a throbbing pain on one side of the head. Many people also have symptoms such as nausea, vomiting and increased sensitivity to light or sound. Migraine is a common health condition, affecting around one in every five women and around one in every 15 men and which usually begins in early adulthood.



Cellulitis is a common bacterial skin infection, which may first appear as a red, swollen area that feels hot and tender to the touch. The redness and swelling often spread rapidly. In most cases, the skin on the lower legs is affected, although the infection can occur anywhere on the body or face. Cellulitis usually affects skin surface, but it may also affect the underlying tissues of skin. Cellulitis is usually painful.

History: Mrs. AL, 44, came with a complaint of migraine since 9 years and cellulitis of foot since 3 years. She came to the Ashram after trying various treatments. Migraine had impacted her daily routine which made her seek treatment options, whereas cellulitis caused her difficulty in walking due to swelling and occasionally pain in the foot.

Treatment: She stayed for two weeks at the Ashram. Based on the limitations like difficulty in walking and frequent migraine attacks, treatments like Eliminative Diet, Acupuncture, Yoga, Hot foot bath, Enema and Hip bath were planned. Special emphasis was given on Stress management as stress was one of the relevant factors in this case.

Diet Chart:

Time	Diet	Days
7 am	Kadha + Milk + Jaggery 100 ml	
8 am	Carrot juice 200 ml	
9 am	Pomegranate Juice 200 ml	
10.30 am	Normal Diet: Vegetable soup 100 ml, Boiled vegetables 100 gm, Jowar bhakri 1 Fruit Diet: Papaya / Pomegranate / Sapota / Musk melon Liquid Diet: Lemon honey water, Tender coconut water	Days 1-2; 12-14 Days 4-6, 11-12 Days 6-9
3 pm	Kadha + Milk + Jaggery 200 ml	
4 pm	Carrot Juice 200 ml	
5.30 pm	1. Normal Diet: Vegetable soup -100 ml, Boiled vegetables-100 gm, Jowar Bhakri -1 2. Fruit Diet: Papaya/Pomegranate /Sapota / Musk melon 3. Liquid Diet: Lemon honey water, Carrot juice, Tender coconut water, Orange juice	Days 1-2; 12-13 and 13-14 3-5,10-11 Days 6-9



Yogic Practices:

Sr. No.	Practices	Details	Duration
1	Asanas	Daily except during fasting	45 minutes
2	Pranayam	Except Bhastrika and Kapalabhati	10 minutes daily
3	Meditation	Awareness on Breathing Relaxation Techniques	10 minutes daily

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Neutral Enema	Alternate Days: 1,3,5,7,9,11,13	-
2.	Mud Pack-Abdomen	Daily	20 minutes
3.	Hot foot bath	Daily	20 minutes
4.	Cold Hip bath	Alternate Days	10 minutes
5.	Neutral Spinal Bath	Alternate Days	10 minutes
6.	Massage	Except on legs	10 minutes
7.	Acupuncture	Daily for 10 Days	30 minutes

Results Achieved:

On Day 2, there was a migraine attack which could be attributed to change in lifestyle and withdrawal from tea, oily and spicy food. Later, by following the treatments, there was no migraine attack and the cellulitis showed reduction in swelling and pain after 6 days. Towards the end of stay, the cellulitis of foot had reduced by 95%, and no migraine was observed.

Follow up Advice: Patient was advised to follow yoga, a healthy diet and avoid the dietary triggers of migraine. She was also advised to take oil application with hot fomentation and do regular dressing of the wounds.

Reported by Dr. Abhishek Devikar

Case 21. Management of Obesity and PCOD

Obesity is a condition where a person has accumulated so much body fat that it might have a negative effect on their health. PCOD is multiple small cysts in ovaries, which occur when the regular changes of a normal menstrual cycle is disrupted.



History

Ms. PI was admitted with complaints of obesity and PCOD. Her weight was 154 kg of the time of admission. Her anthropometric measurements were taken on day one and a day before the discharge.

Naturopathy treatment: She was given the following treatments

Sr. No.	Treatments	Frequency	Duration
1.	Massage	Daily	45 minutes
2.	Enema	Alternate days	
3.	Mud pack - Abdomen	Daily	20 minutes
4.	Steam bath	Daily	3 - 4 minutes
5.	Abdominal pack	Daily	40 minutes
6.	Hot and cold compress to abdomen	Alternate day	15 minutes
7.	Hip bath	Alternate day	20 minutes
8.	Walk	Daily	45 min. -1 hour

Yoga Therapy: 45 minutes yoga includes Suryanamaskara, Asanas, Pranayamas.

Diet Chart:

Time	Diet	Days
7 am	Tulsi Kadha 100 ml	Daily
8 am	Carrot juice 200 ml Bottle gourd juice 200 ml	Days 1-12; 31-33 Days 13-30
9 am	Amla juice 40 ml Pineapple juice 200 ml	Days 1-12 Days 13-32
10:30 am	Normal diet: Jowar bhakri 1 + buttermilk+ Vegetable + chutney Roti 1 + chutney + Soup Raw diet + buttermilk Fruit diet: Papaya, apple, mosambi Juice diet	Days 1-2& 20-33 Days 6-9; 15-17 Days 3-5; 18-19 Days 11-12 Days 13-14
3 pm	Tulasi kadha 100 ml	Daily
5:30 pm	Normal diet: Vegetable soup+ Jowar roti 1+ Vegetable + chutney Soup + Vegetable + Fruits	Days 1-7& 33 Days 18-19 Days 15-17; 20-24 Days 8-14; 25-32



Result Achieved:

At the end of 33 days, she weighed 141.9 kg, with improved stamina and flexibility. Exercise and diet module was given to follow at home.

Reported by Dr. Samruddhi Vyas

Case 22. Management of Type 2 Diabetes Mellitus (DM)

Type 2 Diabetes Mellitus is a long term metabolic disorder that is characterised by high blood sugar, insulin resistance and lack of insulin. Symptoms include frequent urination, increased thirst, loss of hunger, feeling tired and sores that do not heal. Long term complications include diabetic retinopathy, stroke, kidney failure and poor blood flow in the limbs.

History

Mrs. KB, 55, was admitted for 8 days with complaint of Type 2 Diabetes Mellitus (on Insulin) since 15 years with hypertension and Grade 2 obesity. Her weight was 92 kg. The goal of treatment was to lose weight and manage blood sugar level.

Naturopathy Treatments:

1. Massage with *til oil* everyday
2. Enema with Neem water every alternate day
3. Mud Pack on abdomen daily
4. Steam bath every alternate day
5. Cold Spinal Bath every alternate day
6. Gastro Hepatic pack alternate day
7. Kidney pack alternate day
8. Disease specific Yoga daily

Diet Chart:-

Time	Treatment	Frequency
5 am	Soaked methi seeds and its water	Daily
7 am	Tulsi kadha with milk	Daily
8 am	Bottle gourd juice	Daily
9 am	Bitter gourd juice + Boil Mung	Daily



Time	Treatment	Frequency
11 am	Normal Diet: Nachni Bhakri 1 + Boiled vegetables + Soup and chutney	Daily
3 pm	Tulsi Kadha with milk	Daily
6 pm	Boiled vegetables + Soup + Chutney	Daily
8 pm	Papaya	Daily

Laboratory Reports:-

Status	At the time of Admission	At the time of Discharge
Fasting Blood Sugar	237	170
PP Blood Sugar	317	198
Medicines	At Admission	On discharge
Insulin Lantus Injection	100 IU/ml	
Humalog Injection	100 IU/ml	
Jalra M 50	500 mg	
Win BP –Trio 20	1	

Results Achieved:

During the stay, insulin tapered down and weight reduced by 4 kg..

Follow up:

She was given a follow up chart for home with diet and yoga schedule. She was advised to avoid sweets, refined flour products and non-veg food.

Reported by Dr. Vandita Bagul

Case 23. Bipolar Disorder

Bipolar disorder, also known as manic depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity skills and ability to carry out day to day tasks.

History

Mrs. A , 55, was admitted to the Ashram for 21 days with a history of anxiety, depression and insomnia (Grade 3), since 20 years. Patient complained of panic attacks every alternate day leading to violent behaviour. Patient also had a history of Obsessive Compulsive Disorder (towards cleaning stuff), associated with auditory hallucinations. She also had a past history of tennis elbow and urticaria occasionally.



Management

Aim: The aim of the treatment was to acquire mental calmness, reduce the intensity of anxiety and depression and regularise the sleep pattern.

Treatment given:

Counselling: The patient underwent regular Yogic counselling which dealt with positive thoughts, motivational information and all the aspects of healthy living, healthy diet, basic aspects of life and Yoga.

Naturopathy treatments

- Walking daily for 45 minutes
- Full body massage with coconut oil - 45 minutes
- Full tub bath with cold temperature on alternate days - 20 minutes
- Neutral spinal bath on alternate days - 20 minutes
- Hot foot bath on alternate days - 20 minutes
- Acupuncture – daily – 30 minutes
- Neurotherapy – daily – 6 days.

Yoga Therapy

Annamaya Kosha	Pranamaya Kosha	Manomaya Kosha	Vijnanamaya Kosha
Surya namaskaras	Deep breathing	Yog- Nidra	Yogic counselling
Sukshma vyayama	Anulom Vilom	Omkar chanting	
Uttanpadasan	Bhramari		
Pavanamuktasan Setubandhasan Bhujangasan			

Diet Chart

7:00 am : Tulsi Kadha with milk - 200 ml daily

8:00 am : Carrot juice - 200 ml daily

9:00 am : Pomegranate Juice - 200 ml

10:30 am: **Normal diet** -

Jowar bhakri 1 + vegetable + soup + chutney + butter milk for days 1 - 3.

Raw diet with buttermilk for next 3 days (Days 4-6)

Fruit diet - Pomegranate, watermelon and muskmelon with soup for next 3 days



12:00 pm: Tender coconut water or Neera, daily.

3:00 pm : Tulsi Kadha with milk – 200 ml

5.30 pm : Soup, vegetable, chutney for the first 3 days followed with fruit diet for remaining days.

Results Achieved:

Patient was not under any psychiatric medication during her stay at the Ashram. Though initially the patient found it difficult to handle things, as days passed, with regular counselling, treatment and diet, the patient was very cooperative in all her activities. She did not experience any kind of mood swings. The tendency for anger and violence had reduced by 80%, sleep pattern was normal, OCD had reduced by 60% and she was very comfortable in adjusting with her fellow mates. The patient had created good rapport with all her fellow mates, official and non-official staff at the Ashram.

Follow Up Advice:

The patient was advised to follow the given instructions regarding Yoga, Pranayam, Exercise and Diet at home and advised to come back after 6 months.

Reported by Dr. Lavanya Upadhyay

Case 24. Management of Facial Palsy

Facial palsy is weakness or paralysis of facial muscles.

History

Mrs. SS, 45, was admitted to the Ashram for 15 days, with a complaint of right side facial muscle paralysis since one month. She was unable to close her eyes, or smile on the right side and her speech was sluggish. She was on medications, without much relief.

Physiotherapy and Naturopathy treatment:

Treatment	Duration	Physiological Effect
Facial Massage	20 minutes daily	For muscle strengthening
Steam bath	4 Minutes	To Improve circulation
Faradic and galvanic Electrical stimulation	30 minutes daily	To stimulate nerve function and to facilitate muscle contraction
Acupuncture	30 minutes daily	Specific points for facial palsy were given



Treatment	Duration	Physiological Effect
Exercise therapy	20 minutes, thrice daily	To strengthen weak muscles
Prayer	30 minutes daily	For mental relaxation
Meditation	45 minutes	For mental relaxation

Diet Chart:

Time	Diet	Duration
7 am	Kadha 100 ml with milk 100 ml	Daily
8 am	Carrot Juice 200 ml	Daily
9 am	Amla and turmeric juice 50 ml	Daily
11 am	Wheat roti 1+ vegetable 100 gm + Soup 100 ml + Chutney 10 gm	Daily
4pm	Coconut water 1	Daily
6 pm	Jowar roti-1+ vegetable- 100gm + soup- 100ml + chutney- 10 gm	Daily
8 pm	Papaya 100 gm	Daily
9 pm	Cow's milk 200 ml	Daily

Results Achieved :

At the end of the treatment, her condition had improved up to 90%. She was able to close her eyes completely and speak normally. She had regained her confidence.

Follow Up Advice: At the time of discharge, she was advised to follow a particular exercise programme for one more month for complete recovery.

Reported by Dr. Gauri Shah

Case 25. Management of Hypertension

Hypertension is the condition present when blood flows through the blood vessels with a force greater than normal. Also known as high blood pressure.

History

Mr. A, 35, was admitted to the Ashram for 7 days with complaint of hypertension and chronic hyperacidity caused by alcohol. On admission, he was well oriented. He went through the detoxification process and he felt better.



Naturopathy treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Massage	Daily	45 min
2.	Enema	Alternate days	
3.	Mud pack - Abdomen	Daily	20 min
4.	Spinal bath	Daily	15 min
5.	Hip bath	Alternate day	20 min
6.	Hot foot bath	Daily	15 min
7.	Walk	Daily	45 min -1 hour

Diet Chart:

Time	Diet	Days
7 am	Tulsi Kadha 100 ml	Daily
8 am	Carrot juice 200 ml Bottle gourd juice 200 ml	Days 1-3 & 7 Days 4-5
9 am	Orange juice 200ml Pineapple juice 200 ml	Days 1-3 & 7 Days 4-5
10:30 am	Normal diet: Jowar bhakri 1+ buttermilk + vegetable+ chutney Raw diet + buttermilk Juice diet	Days 1-3 & 7 Days 3-6 Days 4-5
1:30 pm	Nira 200 ml	Daily
3 pm	Dudhi juice 200 ml	Daily
5:30 pm	Normal diet :Vegetable soup + 1 jowar roti + vegetable + chutney Fruits Juice diet	Days 1-2; 6-7 Days 3 Days 4-5

Achieved:

Days	Weight	Pulse	Blood pressure
Day 1	78	78	160/110
Day 4	75		130/82
Day 6	75	74	122/80
Day 7	74	72	120/80



At the end of 7 days, his condition improved up to 75%, redness of the eye decreased, blood pressure was under control and craving for alcohol also came down.

Reported by Dr. Samruddhi Vyas

Case 26. Anxiety Disorder with Rheumatoid Arthritis

Rheumatoid Arthritis is a chronic inflammatory disorder that can affect more than just the joints. The condition can also damage a wide variety of body systems, including the skin, eyes, lungs, heart and blood vessels. This auto-immune disorder occurs when the immune system mistakenly attacks own body tissues.

History

Ms. A, 25, was admitted to the Ashram for 30 days with a history of Rheumatoid Arthritis since 2 years, associated with repeated panic attacks, depression and anxiety since one year. The last panic attack was a week before admission to the Ashram.

Patient had persistent severe joint pain on bilateral knees, bilateral shoulders, bilateral wrists, fingers, toes associated with swelling and redness and pain over the temporomandibular joint on and off. There was deformity and restricted movement in all the fingers. Patient had voluntarily stopped all medication since 5 to 6 months.

Management through Naturopathy and Yoga :

Aim of the treatment was to relieve joint pain and stiffness, to increase the range of movement in the joints, and reduce the RF factor to RF negative, and to reduce frequency of anxiety and panic attacks.

Diet Chart:

- 5:00 am : Methi water daily
7:00 am : Tulsi Kadha with jaggery and milk 200 ml daily
8:00 am : Carrot juice 200 ml daily
9:00 am : Water melon juice 200 ml daily
10:30 am : **Normal diet:** Jowar bakri 1 with sabji, soup and chutney for first five days.
Raw diet: For next 3 days
Juice diet for 3 days
Water fasting along with coconut water for 20 days
3:00 pm : Tulsi Kadha with jaggery and milk 200 ml



- 4:00 pm : Mixture of bottle gourd and carrot juice 100 ml
- 5:30 pm : Normal diet - Jowar Bhakri, vegetable, soup and chutney for first 5 days followed by Fruit diet - Papaya, Pomegranate, Musk melon and Apple for next 3 days followed by Juice diet and water fasting.

Naturopathy Treatments:

Full Body Massage with medicated Nirgudi oil- 45 minutes daily.

Enema – every alternate day

Mud pack application daily on the abdomen for 20 minutes

Full immersion Tub bath of neutral temperature with Epsom salt for 20 minutes - alternate days

Steam bath- alternate days for 5 minutes

Acupuncture with electrical stimulation - 30 minutes daily

Physiotherapy treatments - Interferential Therapy on neck and right shoulder.

Wax bath – bilateral arms and bilateral ankles

Yoga Therapy

Annamaya Kosha	Pranamaya Kosha	Manomaya Kosha
Sukshma vyayama, Suryanamaskaras,	Deep breathing,	Yoga nidra
Merudandasana Setubandhasana, Bhramari, Uttanapadasana, Ujjayi, Vaman	Anulom Vilom	Omkar chanting

Results Achieved:

At the end of 30 days, patient had very good results. Joint stiffness and swelling reduced by 96%. There were no problem of joint movements and patient was able to flex and extend the fingers freely without discomfort and pain. The RF Factor which was 1000 before admission, was 86 at the end of 30 days. Patient did not experience any sign of anxiety or panic attacks during her stay.

Follow up Advice:

The patient was given a diet chart which included antioxidant rich food to eat at home with regular joint exercises to improve the mobility of the joints. She was advised to go for water fasting once in 6 months.

Reported by Dr. Lavanya Upadhyay



Case 27. Management of Anorexia

Anorexia (Decreased sensation of appetite) is a very serious condition which can lead to severe physical problems like loss of muscle strength, reduced bone strength and quality of life. Many possible causes exist for decreased appetite like Hyper-vitaminosis D, TB, Thalassemia, Drug addiction.

History: Mr. RM, 23, was admitted to the Ashram for 18 days with complaint of Anorexia due to Vitamin D Toxicity (Hyper Vitaminosis), Cervical Stiffness, Indigestion and severe weight loss. He suffered from mood swings, hair fall, tiredness, difficulty in concentrating on day to day work. Sometimes, he experienced stomach pain. His tongue was fully white coated.

Naturopathy Treatments:

The treatments include the following:

Massage – Coconut oil	Daily	45 min
Enema	Alternate Day	-
Mud Pack	Daily	15 min
Steam Bath	Daily	10 min
Local Steam	Daily	5 min
Hip Bath	Daily	20 min
Yoga	Daily	45 min

Diet Chart:

The patient was kept on a combination of the following diet:

Raw diet	Salads, fruits	1- 2 Days
Juice fasting	Carrot, Amla+Turmeric, Tulsi kadha, Bottle guard juice, mosambi juice	3-8 Days
Water fasting	Tender Coconut water, Honey water	9- 14 Days
Normal diet	Jowar bhakri 1 + vegetable + Soup + Chutney	15-17 Days

Result achieved:

At the end of 18 days, combination of above treatments showed good results. His tongue got cleared. He regained his appetite. Cervical stiffness reduced. He started feeling more energetic and confident. He got relief from indigestion and stomach pain. He can now walk without tiredness.

Follow up Advice:

He was advised to continue yoga, neck exercises, walk and satvik diet at home along with



simple home based treatments like hip bath, fasting on juices once a week. Patient was called after a month for further follow up.

Reported by Dr. Vandita Bagul

Case 28. Management of Stress, Insomnia and RA through Yoga

Stress is physical or mental inability to cope up with the situation. Insomnia is Musculo-skeletal pain, that affects the muscles, ligaments, tendons and bones.

Mrs. VA , 74, was admitted to the Ashram for 21 days with a complaint of Rheumatoid Arthritis and Insomnia, since 15 years. She had severe pain on the back, knee, neck, shoulder and elbow, which was affecting her daily routine. Due to poor sleep, she used to feel tired in the morning leading to depression and helplessness.

History – She is a retired teacher. She had been taking Ayurveda and Allopathic medicines for 15 years without any relief .

Yoga Therapy:

Sukshma Vyayama: Fingers, wrist, elbow, shoulder, neck and knee.

Yogasanas: Uttanpadasana, Sarlpawanputtasana, Setubandha, Katichalana, Niralambasana, Bhujangasana, Shalbhasana, Vakrasana, Marjrasana, Parvtasana, Tadasana, Katichakrasana.

Kriya: Kapalbhati, Vaman.

Pranayama- Anulom Vilom, Bhramri, Ujjai, Suryabhedana, Nadanusandhan - Omkar 11 times, Anulom Vilom 11 times and Gayatri mantra 11 times.

Results Achieved:

After 15 days 90% pain had reduced. She started getting sound sleep after 10 days. Mental tension reduced and she started feeling fresh throughout the day.

Follow Up Advice- She was advised the following at home:

Walk at least 3- 4 km daily; Perform the following yoga for an hour after bath:

- Shuksm Yagam, Type of katichalan-5, Uttanpadasana, Pawanmuttasana, Setubadha, Niralambasana, Bhujagasana, Shalbhasana, Vakrasana, Marjrasana, Tadasana, Katichkrasana.
- Kapalbhati- 10 min, Anulom Vilom - 10 min, Ujjai - 5 min, Surybhedan - 5 min and 11 times Omkar.

Reported by Mr. J.J. Wadekar



Case 29. Management of Sciatica and Hypertension through Yoga

Mr. AN was admitted to the Ashram for 10 days with a complaint of pain in the lower back radiating to legs and hypertension. He was given Naturopathy treatment such as yoga therapy, physiotherapy and diet therapy during his stay.

Yoga Therapy for Sciatica

- Sahajhastha Bhujangasana
- Ardha titali
- Shalabhasana
- Anantasana

Yoga Therapy for Blood Pressure

- Awareness on Breathing
- Omkara
- Deep Breathing

Results Achieved:

After he started the practice of prescribed Asanas, pain and stiffness reduced and he felt comfortable. His pain reduced by 90%.

Follow Up Advice

He was advised to continue the same Asanas and Pranayams at home.

Reported by Ms. Bhagwati Mukhedkar

Case 30. Management of Type 2 DM and MSP through Yoga

Mrs. LA, 56, was admitted to the Ashram for 21 days with Type 2 DM, Musculo-skeletal pain, mainly back and shoulder pain since 13 years.

History – She was a housewife suffering from diabetes, for which she had taken allopathic medicines but she had pain in the joints, which increased day by day. She experienced pain in the leg while walking.

Yoga Therapy

- Daily Exercise of fingers, wrist, elbow, shoulder, neck and knee and back
- Yogasanas - Uttanpadasan, Pawanmuttasan, Setubandh, Saral Matsyasana, Katichalan type of 5, Niralambasan, Bhujangasana, Shalbhasana, Vakrasana, Marjrasana, Ustrasana, Parvtasana, Badhakonasana, Tadasana, Katichakrasana
- Kriya - Kapalbhati
- Pranayam - Anulom Vilom, Bhramri, Ujjai, Suryabhedan
- Omkar - chanting, 11 times before sleep



Results Achieved:

After 15 days of Yoga sadhana , pain reduced by 80% and blood sugar became normal.

Period	Weight	Blood Pressure	FBS	PPBS
Before	72 kg	146/92	174	238
After	68 kg	122/80	100	146

Follow Up Advice

- Walk minimum 3-4 km daily. Perform yoga for an hour after bath.
- 11 times - Anulomvilom, Omkar-11 times and Gayatri 11 times.
- Shuksm Vyayam, Type of katichalan-5, Uttanpadasana, Pawanmuttasana, Setubadha, Niralambasana, Bhujagasana, Shalbhasana, Vakrasana, Marjrasana, Tadasana, Katichkrasana.
- Kapalbhathi - 10 minutes, Anulom Vilom - 10 minutes, Ujjai - 5 minutes, Surybhedan - 5 minutes and Omkar chanting 11 times.

Reported by Mr. J.J. Wadekar

Case 31. Management of Dyspepsia through Yoga

Ms. AU was admitted to the Ashram for 15 days, with a complaint of digestion problem. She was given the following naturopathy treatment during her stay.

Yoga Therapy for Indigestion: Surya Namskara, Uttan padasana, Pawan Muktasana, Setubandhasana, Bhujangasana, Shalabhasana, Naukasana, Vakrasana, Anantasana.

Kriyas: Vaman, Neti and Kapalbhathi

Pranayamas: Anulom vilom, Ujjayi, Suryabhedan and Bhramari

Results Achieved: After practicing the prescribed Asanas, pain and stiffness had reduced. Patient felt comfortable and her pain reduced by 65-70%.

Follow Up Advice

She was advised to continue the same Asanas and Pranayam at home.

Reported by Ms. Bhagwati Mukhedkar

Case 32. Management of Sciatica, Back Pain and Obesity by Neurotherapy

PRN, 54 years, was suffering from Sciatica and Back pain for two years. She suffered from severe stress and took pain killers and allopathic medicines, which gave temporary relief, but the severe pain continued. She was unable to stand even for ten minutes, without pain. She took admission to the Ashram on August 21, 2017.



Treatment Details: She was treated by Dr. Lavanya and Neurotherapy treatment was given by Mr. Sonawane for 10 days.

Results Achieved:

Before the treatment, the patient could not walk even a short distance. She had to wait and sit for a while. She could not even sleep properly because of the severe back pain. The treatment for the first three days helped in relaxation of back muscles and waist muscles, making the patient comfortable and confidence. She got relief from pain. Hence, she decided to extend her treatment period for 10 days. After the treatment, her condition changed significantly.

Follow up Advice

Take simple exercises, walking, asanas and pranayama, everyday in the morning. Follow daily routine as prescribed and take meals on time. Rest is the best remedy.

Reported by Mr. Satish Sonawane

Case 33. Management of Left Sided Hemiparesis through Neurotherapy

Mr. RNG, 72, had paralysis attack on May 31, 2017, with blood pressure at 150/90, affecting left hand, left leg and eye, but there was some delay in providing medical assistance. On the same day, he was admitted to the hospital till June 3. Doctors suggested suitable exercise for recovery. He was admitted to the Ashram on June 24.

Treatment:

With regular naturopathy treatments, Neurotherapy treatment was introduced from June 26 for 11 days, to improve muscle tone, balance of body and to increase the muscle strength.

Results:

Patient responded positively after two days of neurotherapy treatment. He started walking without the support of walker and could maintain the balance of the body. His muscle strength had increased. He regained his normal life and turned happy and positive in life.

Follow up Advice

He was advised morning exercises, walk, simple asanas and pranayama, along with prescribed food as per the time schedule and medicines as prescribed by doctors. He started feeling much better.

Reported by Mr. Satish Sonawane



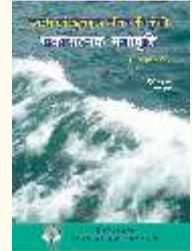
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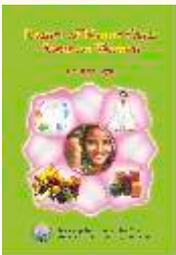
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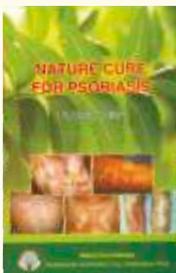
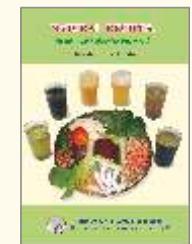
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