

## CASE STUDIES

Important case studies of the patients admitted to the Ashram are presented in the following section. This gives an insight into the healing power of nature cure.

### Treating Rheumatoid Arthritis

A female patient, age 57 years, was suffering from rheumatoid arthritis since many years, associated with bilateral cellulites which is an inflammation of the superficial layer of the skin. On the day of admission, she was unable to walk and sit without support. The affected joints included the knee and metacarpal. Her vital parameters were within normal limits. She underwent one month of treatment at the Ashram as below.

#### Treatment Plan

Sr. No.	Treatment	Duration	Purpose
1.	Massage	Full body massage daily with <i>nirgudi</i> oil	Reduction of pain and cellulitis
2.	Enema	Alternate day	Detoxification
3.	Mud pack	Mud application over abdomen, daily	Detoxification
4.	Steam bath	Daily for 10 min	Pain reduction
5.	Local steam	Daily for 5 min on knee joints	Pain reduction
6.	Arm and foot bath	Hot arm and foot bath for 10 min daily	Pain reduction in small joints
7.	Acupuncture	Daily for 10 days	Pain relief and reduction of swelling
	<b>Diet</b>	<b>Specifications</b>	<b>Observation</b>
	1 <sup>st</sup> week	Fruit diet: papaya and apple	Feeling light
	2 <sup>nd</sup> week	Liquid diet: <i>Tulsi kada</i> , carrot juice twice a day, mosambi juice twice a day and coconut water once a day	Pain was reduced to 20 % as well as cellulitis was reduced
	3 <sup>rd</sup> week	Water diet: water and coconut water twice a day	Pain relief upto 70%. Cellulitis was completely cured.

*Reported by Dr. Shruti Bhavsar*

## Relief for Reactive Arthritis

**Keywords** - Reactive Arthritis (painful inflammatory arthritis caused by bacterial infection); Ultra Sound (physiotherapy treatment using high frequency current and deep tissue heating)

A female patient named Mrs. K, was admitted with a history of Reactive arthritis since 5 years and complaints of severe pain in the ankle joint and heels. She could not move around without an assistant. She was on regular pain killers and steroids. The pain analogue scale read 9 which indicated severe pain.

She was given a constructive diet comprising of boiled vegetables, bhakri, soup and vegetable, a soothing diet of salads, fruits and juices and advised fasting for 6 days. As a preparation for fasting, she was put on boiled vegetables along with bhakri and soup for one day followed by consumption of papaya and pomegranate for 2 days and lastly, carrot juice, sweet lime juice, tender coconut water and lemon honey water at regular intervals for 2 days. Fasting proper covered intake of plain water and tender coconut water for the next 6 days. Her blood pressure and pulse rate were monitored regularly and she was advised complete bed rest. She could continue the fast for 6 days without any difficulty. To end the fast, she was given sweet lime juice and carrot juice for 2 days, papaya for 2 days, soup and boiled vegetables for 2 days and *bhakri* and vegetable soup for the remaining period.

The treatment also included massage with *Nirgudi* oil, steam bath, acupuncture for 10 days, Ultra Sound for 10 days, Aquatic exercise in which she had to dip her feet in lukewarm water and do ankle movement and stretches, breathing exercises, *Pranayam* and meditation.

At the end of her stay of 30 days, her medications were tapered down and she was able to walk for 1 km without assistance. The pain analogue scale read 3 and there was considerable improvement in the range of movement. She has been asked to strictly follow the diet, which include more of fruits and vegetables, reduction of salt and spices, increase of water intake to 3 litres, fasting once a week on juices and undergoing exercises and yoga after returning home for long-term improvement.

*Reported by Dr. Ameya Devikar*

### **Addressing Type 1 Diabetes Mellitus (DM)**

Type 1 diabetes needs Insulin and oral medicine for blood sugar control or else they develop complications. It is generally observed during young age and those who are on oral medicines for longer duration.

Mrs. VK, a housewife, 59 yrs of age, was admitted to the Ashram for Insulin dependent Diabetes, Hypertension and obesity. She was suffering from diabetes since last 20 years and hypertension for 12 years.

She was prescribed a diabetic diet comprising of *methi* water, neem juice, *amla* juice, bottle gourd juice in the morning; Sprouted moong and methi, herbal tea without jaggery at breakfast; *Nachni bhakri* (Finger millet bread), boiled vegetables, vegetable soup and buttermilk for lunch and dinner. In addition to diet control, she underwent massage, enema, mud pack, cold spinal bath and gastro-hepatic pack. As she had undergone knee replacement surgery, tub bath and hip bath were not advised. During her stay of one month, her dependency on insulin was tapered down from 25 units to 10 units in the first week of her stay and stopped after 15 days, while Amaryl tablet which she was taking for diabetes one at breakfast time and one at dinner time were

reduced to only once a day at lunch time. For hypertension, she was taking Telma 80 and Metpure H 50 once a day. At the time of admission, she could walk for 3 km/day, during the treatment, she could walk 8 km a day. She left the Ashram as a happy person.

**Following were the changes**

<b>Vital Parameters</b>	<b>At Admission</b>	<b>At time of Discharge (after 30 days)</b>
Pulse (per min)	68	70
Weight (kg)	89.4	84.5
Blood Pressure	120/90	130/80
Blood Sugar (Fasting)	180	80
(PP)	225	160

At the time of discharge, she was advised to follow diet restriction such as consumption of one grain at a time and to avoid rice, potato and sweet fruits. Citrus fruits and apple were permitted in limited quantity. Medicine was to be taken as advised along with regular yoga and exercise and to check the blood sugar regularly.

*Reported by Dr. Hema J. Arya*

**Management of Type 2 Diabetes Mellitus (DM)**

Type 2 diabetes (non-insulin dependent diabetes) can be managed with oral drugs, diet control and exercise. Medicine can be reduced or stopped if they do regular exercise and diet control.

Mrs. PU, a home maker, age 59 years, was admitted with a history of diabetes and hypertension since the last 3 years and obesity. She had undergone Coronary Artery Bypass (CABG) followed by Angioplasty.

During her stay of 18 days, she underwent massage, enema, mud therapy, cold hip bath and a constructive and soothing diet of salads and sprouted grains, *Nachni bhakri*

(Finger millet bread), boiled vegetables, vegetable soup and buttermilk. Prior to admission, she was unable to go for walk. Now, she was able to walk 4 km every day. Her vital parameters improved as below:

<b>Vital Parameters</b>	<b>At Admission</b>	<b>At time of Discharge (after 18 days)</b>
Pulse (per min)	80	72
Weight (kg)	81.7	77.5
Blood Pressure	150/90	120/80
Blood Sugar (Fasting) (PP)	84.5 108.3	87 92
<b>Medicines</b>	<b>During treatment</b>	<b>At time of Discharge</b>
Aculir MF 1 mg for Diabetes	One at breakfast	Half a tablet in the morning and half a tablet in the evening.
Aculir MF for Hypertension	½ tablet at dinner time	Stopped
Metpure XL	50 mg – one at breakfast and one at dinner time	Stopped

The medicines she was taking at the time of admission were reduced during treatment and at the time of discharge, the medicines were completely stopped. Follow up indicated that after going home, her blood sugar was under control without medicine.

*Reported by Dr. Hema J. Arya*

### **Treatment for Chronic Leukemia and Diabetes**

**Keywords:** Chronic Lymphocytic Leukemia (Blood Cancer); Diabetes (increase in blood sugar levels);

Mr. JJD, 68 years of age, was admitted for 14 days with complaint of Chronic Lymphocytic Leukemia (CLL) since 6 months and Type 2 Diabetes since 2 years. Management of Leukemia often includes radiation and chemotherapy to stop further multiplication of cancerous cells and rehabilitation after chemotherapy. Management of Type 2 Diabetes includes dietary restriction, exercise and specific yoga.

As the patient wanted to improve his health condition through yoga and naturopathy over conventional treatment, the goal of the treatment during his stay at the Ashram, was to reduce the WBC count (22000/cu mm) and the sugar levels through natural diet, yoga and various naturopathy related treatments such as application of mud pack, enema, hip bath, massage and meditation. Thus, the following programme was prescribed.

Sr. No.	Treatments	Details	Results
1.	Yoga	Customised disease-specific yoga session	WBC counts reduced from 22000/cu mm to 8000/cu mm.
2.	Mud Pack	Mud pack application on the abdomen for 20 minutes daily	Blood sugar was normal even after reducing the medications to half the dose.
3.	Enema	In cold temperature; alternate days	Weight reduced by 3 kg
4.	Hip bath	Neutral in temperature; 10 minutes on Alternate days	The amount of tiredness reduced by 80%.
5.	Massage	Full body massage daily for 45 minutes	At the time of admission, patient was very stressed and afraid of his ailment. At the end of stay, he was much more relaxed.
6.	Yoga Nidra	Daily for 30 minutes	
7.	Meditation	15 minutes daily	Acquired positive attitude
8.	Diet	Low fat low salt diet	Belief in Yoga and Naturopathy gave him courage to accept his ailment and follow the guidelines.

Customised disease-specific Yogasanas like *Vakrasana*, *Matsyendrasana*, *Padahasthasana*, and special techniques like Cyclic Meditation and Mind, Sound, Resonance Technique (MSRT), application of mud pack on the abdomen for 20 minutes daily, administration of enema using cold water at 14<sup>0</sup>C on alternate days, Hip bath under ambient temperature for 10 minutes on alternate days, massage on the entire body for 45 minutes daily, meditation for 15 minutes every day and a diet low in salt and fat showed excellent results in terms of reduced WBC count from 22000/cu mm to 8000/cu mm, normalized blood sugar level even after reducing the dose of medicines by half, weight reduction by 3 kg, lessened feeling of fatigue by

80%, made the patient much more relaxed while helping him to change his attitude towards his health problems and become optimistic about the future.

The patient has been advised to follow the treatment and dietary regime to maintain good health.

*Reported by Dr. Abhishek Devikar*

### **Coping with Psoriasis and Diabetes**

A female patient, 65 years of age, came with the complaint of type 2 DM and generalised psoriasis since last 10 years. She underwent treatment for one and a half months, with the following plan.

<b>Sr. No.</b>	<b>Treatments</b>	<b>Duration</b>	<b>Purpose</b>
1	Full body Mud bath daily	20-30 minutes Alternate days	Reduction of lesions and scales
2	Enema	Alternate days	Detoxification
3.	Neem water bath	Daily	Neem acts as an antiseptic
	<b>Diet</b>	<b>Specifications</b>	<b>Observation</b>
1.	1 <sup>st</sup> 5 days	Morning - Normal diet: <i>Nachani bhakri</i> , vegetable, soup. Evening - fruit diet	Sugar levels were fluctuating
2.	2 <sup>nd</sup> week	Fruit diet and soup both the times: papaya, pomegranate, apple, guava.	Sugar level: F - 107. PP - 135. Dosage of tablet brought down to half OD
3.	3 <sup>rd</sup> week	Juice diet: tulsi <i>kadha</i> , bottle gourd juice twice a day, bitter gourd juice once a day, sweet lime juice twice a day.	Lesions were reduced. Scaling and itching stopped completely
4.	4 <sup>th</sup> week	Fruit diet	Felt 80% better

### Following were the changes in her vital parameters

Vital Parameters	At Admission	At time of Discharge (after 45 days)
Pulse (per min)	80	74
Blood Pressure	130/70	120/70
Blood Sugar (Fasting)	95	107
(PP)	137	135

At the time of discharge, her diabetes medicines were reduced to half a tablet and psoriasis lesions becoming cured by 80%. She was extremely happy and satisfied with the treatment.

*Reported by Dr. Shruti Bhavsar*

### Management of Acute Appendicitis

Mrs. V. M. S., age 29 years, came to the Ashram with a complaint of acute pain in the right side of the abdomen, frequency of urination and unable to stand straight without experiencing severe pain. Ultrasonography showed tenderness at Macburney's area. Investigation showed leucocytosis (WBC 16200, Neutrophil 70, Lymphocyte 27). Degree of inflammation (E.S.R.) was 45 mm at the end of one hour. The findings were diagnosed as Catarrhal appendicitis. Conventional treatment in modern medicine advocates surgery (Appendicectomy) for such cases. However, the patient was reluctant to undergo surgery. In Naturopathy reports reveal that such a condition can be managed with fasting therapy, local mud packs, enema, hip bath, and rest. The patient gave her consent to undergo nature cure remedies.

She was kept on fasting on water for 7 days. Adequate water intake was advised during fasting. The pulse rate came down from 100/mm to 88/mm, the intensity of pain reduced and she did not have any tenderness or lump in the abdomen. From the third day of the treatment, she felt relief. The tenderness and pain had subsided. Her

general sense of well being was good. After 6 days, as the patient complained of weakness, she was given a mixture of lime, honey and water and sweet lime juice 4 times a day. Eventually, she was advised to take vegetable soup and gruel of rice twice a day.

After 15 days of admission, the patient was considered fit enough to be discharged. Before discharge, tests revealed a WBC count of 7500, Neutrophil 60 and lymphocyte 34 and the sonography did not show any abnormality. Based on the normal parameters, the patient was discharged and advised to take soft diet and physical rest for the next 7 days.

#### **Response of the Patient to treatment**

<b>Days</b>	<b>Weight</b>	<b>Pulse /mm</b>	<b>BP mm of Hg</b>	<b>Finding /Advice</b>
Day 1 Admission	49	96	100/70	Acute pain in R.F. advised water fasting, water enema, mud pack, cold hip bath
Day 2	49	96	110/70	No vomiting, no lump in abdomen, pain and tenderness reduced. Treatment continued
Day 4	47.8	102	100/70	No pain - general condition better
Day 5		82	100/70	Advised to take lime + honey + water twice a day
Day 8	47.2	88	100/70	Lime +honey + water and sweet lime juice
Day 15	47.9	80	110/70	No pain, no tenderness

Naturopathy advocates fasting, complete rest, simple water enema for treatment of all acute conditions. This was the second successfully treated case of acute appendicitis.

*Reported by Dr. R.V. Nisal*

#### **Management of Cerebellar Ataxia (Inability to coordinate balance and walk)**

**Keywords** - Cerebellar ataxia

Master PT, 11 years of age, was admitted for 14 days with complaint of Cerebellar Ataxia since 8 years. This condition is characterised by lack of coordination of

balance and ability to walk, resulting in falling down whenever he tried to walk. His eyesight was also poor and he could not read beyond a distance of 30 cm. His parents had tried other systems of medicine with hardly any improvement. The management of this challenging case included acupuncture, physiotherapy, massage, yoga, healthy diet and hydrotherapy. The goal was to improve the balance and coordination to prevent fall and to improve the vision and quality of life.

The following programme was prescribed.

<b>Sr. No.</b>	<b>Treatments</b>	<b>Details</b>	<b>Results</b>
1.	Yoga	Customized disease-specific Yoga session.	Reduction in frequency of falls from 20-25 falls/per day to 0 fall/day
2.	Acupuncture	30 minutes daily	Improvement in vision
3.	Spinal bath	10 minutes daily	Better balance after the treatments.
4.	Full immersion bath	In ambient temperature for 15 minutes every alternate day	He could walk and even run without falling.
5.	Massage	Full body massage for 45 minutes daily.	He was cheerful and happy as he could play and run around which was a faraway dream for him.
6.	Exercise therapy	Ultrasound and Interferential Therapy - 10 days	
7.	Diet	Natural Nutritious Diet	Repair of Neurological deficit
8.	Prayer	30 minutes daily	Change in mental outlook is evident.

Customized disease specific yoga therapy, 30 minutes of acupuncture every day, Spinal bath for 10 minutes daily, Immersion bath in neutral temperature for 15 minutes every alternate day, massage on the entire body for 45 minutes daily and exercise therapy guided by ultrasound and Interferential Therapy for 10 days, A diet rich in natural food, and prayer for 30 minutes every day, changed his outlook completely and reduced the frequency of falls from 20 to 25 per day to almost nil, improved the vision, resulted in better balance while enabled him to walk and even run without falling down. He became more cheerful and happier as he had regained

his ability to walk without losing his balance. The treatments helped him considerably and improved the neurological deficit as well.

He has been prescribed the following exercise programme: Gait Training (Walking Exercises), Proprioceptive Neuromuscular Facilitation (Exercises to bring Coordination between Brain and the limbs), Active Exercise (exercises done by patient himself) and Resistance Exercises (Exercises while giving resistance to the limbs). A natural diet rich in protein, micro-nutrients like zinc, magnesium, and antioxidants was prescribed at the time of discharge.

**Dr. Abhishek Devikar**

### **Treating Autoimmune Disease (Systemic Lupus Erythematosus)**

Systemic Lupus Erythematosus affects multiple systems of the body. Auto immunity means body develops reaction against its own tissues or organs. e.g. nephritis which affects kidneys; Rheumatoid Arthritis which affects small joints.

**Keywords** - Systemic Lupus Erythematosus (which affects multiple systems of the body); Acupuncture; Interferential therapy (physiotherapy in which low frequency current is given to the painful areas so as to relax the muscles and soft tissues); Mind Sound Resonance Technique (MSRT which includes a series of chanting of mantras along with om kara and relaxation techniques).

A female patient named Mrs. J, age 28 years, was admitted with a history of Systemic Lupus Erythematosus (SLE) since 8 years. She complained of multiple joint pains associated with swelling, morning stiffness and reduced range of motion in the wrist, elbow shoulder joints and knee joints. She was unable to perform her daily tasks by herself and was confined to a wheel chair. She was on regular pain killers. The pain

analogue scale read 10 which indicated very severe pain. She stayed for a month at the Ashram for treatment.

She was prescribed a constructive and soothing diet of vegetables, salads, fruits and juices and advised to fast for 7 days. Preparation for fasting covered boiled vegetables along with *bhakri* and soup for 3 days followed by fruit diet which included papaya and pomegranate for 5 days, followed by juices such as carrot juice, sweet lime juice, tender coconut water and lemon honey water at regular intervals for 5 days. Fasting proper regime included a diet of plain water and tender coconut water for the next 7 days. Her blood pressure and pulse rate were monitored regularly and she was advised bed rest. She could continue the fast successfully for the entire 7 days without any complication. To end the fast, she was given sweet lime and carrot juice for 3 days, papaya juice for 5 days, soup and boiled vegetables for 3 days and *bhakri*, soup and vegetables for the remaining period.

To strengthen her weak muscles, *Dashmool Nirgudi* oil was applied along with the exercise therapy. She also undertook steam bath, Epsom salt packs around the affected joints, acupuncture for 15 days, Interferential therapy for 10 days, Assisted exercises which included slow movement of each affected joint and yoga therapy which included special techniques such as MSRT and Pranayam.

At the end of her stay she was completely off painkillers. The pain analogue scale read 1 and there was considerable improvement in the range of movement and morning stiffness. An ideal combination of treatments such as massage and steam helped in improving the circulation while increasing the functional capacity of specific areas. Physiotherapy helped in relaxation of the muscles and soft tissues

around the knee joint. Acupuncture resulted in an analgesic effect. These treatments along with a rigorous diet schedule, led to the road to recovery.

She has been advised to follow the diet strictly with emphasis on a diet low in fat and sodium and rich in calcium through the intake of green leafy vegetables, *Nachni* products, fruits such as oranges and moderately low in saturated fat and cholesterol. She has also been advised to perform the exercises such as ankle stretches, straight leg raises, bending and straightening the knee, elbow and shoulder stretches and shoulder rotations regularly 10 times in the morning and again at bed time along with yoga.

***Reported by Dr. Ameya Devikar***