

NISARGOPACHAR GRAMSUDHAR TRUST

ANNUAL REPORT 2019-20



Nature Cure Ashram, Urulikanchan, Pune

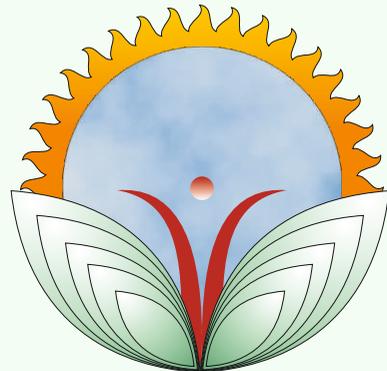
Our Inspiration



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 80 G of the Income Tax Act, 1961.

Nisargopachar Gramsudhar Trust

ANNUAL PROGRESS REPORT

2019-20



Nature Cure Ashram

Nisargopachar Gramsudhar Trust

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Trustees

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



Cover Page

Dr. Manibhai Desai
(27.4.1920 – 14.11.1993)

Bust of Dr. Manibhai Desai was installed at Prerana Mandir, to commemorate his birth centenary. He came to Urulikanchan on March 22, 1946 with Mahatma Gandhi and dedicated his selfless service for the socio-economic upliftment of Rural India.

Nature Cure Ashram: The Dream of Mahatma Gandhi

During the year 2019-20, we celebrated the 151st birth anniversary of Mahatma Gandhi and the 100th birth anniversary of Dr. Manibhai Desai. The Nisargopachar Ashram, the dream of Mahatma Gandhi, was nurtured by Late Shri. Balkoba Bhawe and Dr. Manibhai Desai. Gandhiji had firm belief in naturopathy which became all the more resolute after treating two serious patients from his family - his 10-year old son Manilal in 1902 and his wife, Kasturba, in 1909. Hence, he was very anxious that its benefits reach millions of rural poor.

Gandhiji was firm about the fact that the Nature Cure cannot be considered a short term treatment, but as a way of life. Nature cure was not to be sold, but to be taught, and the knowledge gained, should not only help us to become cured, but also save us from becoming unwell in future. According to him, Nature Cure began when the doctor's treatment ended. Nature cure does not require external medicines or sophisticated equipment. Naturopathy uses the basic elements of our existence: Earth, Water, Space, Sunlight and Air to treat the ailing body, while advocating the use of *Ramanama* - God, who is also known by other names such as *Ishwara*, *Allah* and Jesus [Harijan, 3-3-'46].

In August, 1945, Gandhiji accompanied Sardar Vallabhbhai Patel to the Nature Cure Clinic and Sanatorium in Pune established by Dr. Dinshaw Mehta for the latter's treatment. During the stay of three months, Gandhiji felt that such a centre for the villagers should be located in the village itself. Understanding Gandhiji's desire to start the Nature Cure Centre in a village, businessmen and farmers from Urulikanchan offered land and other facilities for setting up the Nature Cure Ashram. Gandhiji accepted their kind support.

Shri. Balkoba Bhawe as the Head and Dr. Manibhai Desai as the Chief Manager, came, a day earlier. Dr. Mohan Bhagwat was to take care of the patients. On March 22, 1946, Gandhiji came to Urulikanchan. Madhav Datar provided his new bungalow for housing the Ashram initially and Shri. Mahadev Kanchan donated 4 acres for constructing the Ashram. Next day, 30 patients came for treatment. Gandhiji examined 5-6 patients and prescribed more or less the same treatment to all of them with slight variations, as well as reciting of *Ramanama*. In the evenings, Gandhiji used to conduct *Bhajan*. It was here that Gandhiji asserted that the surest remedy for all our ills was *Ramanama* (Harijan, 22-6-'47).

We are fortunate that this Institution which was close to his heart, has been serving the society over the past 74 years, because of the faith of people in naturopathy, support from well-wishers and dedicated service of team members. We are grateful to all of them. We have been able to treat many rare and chronic diseases and train many professionals to take naturopathy to a larger section of our society.

Narayan G. Hegde
Managing Trustee



Daily Activity Schedule

Time	Activities
5.00 am	Invocation (seeking oneness with the Self through prayer)
5.00 am -7.00 am	Massage (45 minutes)
5.15 am -6.15 am	Yoga for Women
6.00 am -7.00 am	Yoga - General session (Disease-specific yoga)
6.15 am -7.15 am	Yoga - General session
7.30 am – 8.00 am	Special Yoga session for obesity
7.00 am - 8.30 am	Herbal tea and juice
8.30 am – 9.00 am	Sun bath and Mud therapy
9.00 am - 9.30 am	Amla, turmeric and wheat grass juice
9.00 am -11.00 am	Hydro therapy
10.30 am - 12.30 pm	Lunch - Natural diet
12.30 pm – 1.00 pm	Mud pack on eyes
1.00 pm – 2.00 pm	Silence Period
2.15 pm - 2.45 pm	Yoga for specific diseases
2.30 pm – 5.00 pm	Herbal tea / Juice; Hydro therapy, Physiotherapy, Acupuncture, Neurotherapy, Library
4.30 pm – 5.30 pm	Discourses on Naturopathy, Yoga and Holistic health
5.30 pm – 6.00 pm	Orientation of new patients
5.30 pm - 6.30 pm	Dinner
6.30 pm – 7.00 pm	Walk/Leisure time/Recreation
7.15 pm – 8.00 pm	Prayer
7.45 pm – 8.30 pm	Meditation / <i>Trataka</i> / <i>Swadhyaya</i> (self-study)
9.30 pm onwards	Silence Period. Rest.



Section 1

PROGRESS

Sadhakas at the Ashram:

We are pleased to present the Annual Progress Report of the Nisargopachar Gram Sudhar Trust. During the year, 6852 indoor patients took admission (Table 1). Among them, 92.2% were from urban areas, 7.12% from rural areas and 0.6% patients were foreign nationals. Among indoor patients 58.72% were female and 41.30% were male patients. There were 3017 outdoor patients of which, 51.47% were from rural areas and 48.52% were from urban areas. The summary of patient flow from different strata, is presented in Figure 1.

Table 1. Indoor Admissions during 2019–20

Patients	Urban	Rural	Foreign / NRI	Total
Indoor	6319	488	45	6852
Outdoor	1464	1553	0	3017
Total	7783	2041	45	9869

Based on Individual health concerns, the Sadhakas under the indoor admission category, were grouped into 33 categories as listed in Table 2. As observed in the last few years, the ones who suffered from obesity, formed the largest number - representing 41.60% of the total admissions, followed by Type 2 DM (10.02% of total patients), Hypertension (7.79%), Arthritic conditions (5.77%), Musculo-Skeletal disorders (5.44%), Lumbar Spondylosis (4.72%), Positive promotion of health (4.81%), Respiratory conditions (3.31%), constipation (3.07%), Hypothyroidism (2.97%), Coronary Artery Disease (2.88%) and Acid peptic disease (2.78%). Over 97% of the patients obtained significant results in terms of good control in symptoms and many of them with complete cure. However, it was amazing to learn that many rare ailments which did not fetch impressive results in other systems of medicine, responded quite well at the Ashram. Observations on treatment of important common diseases and several rare diseases are presented in the Naturopathy Treatment section of this report.



Figure 1. Month-wise distribution of Male and Female Patients

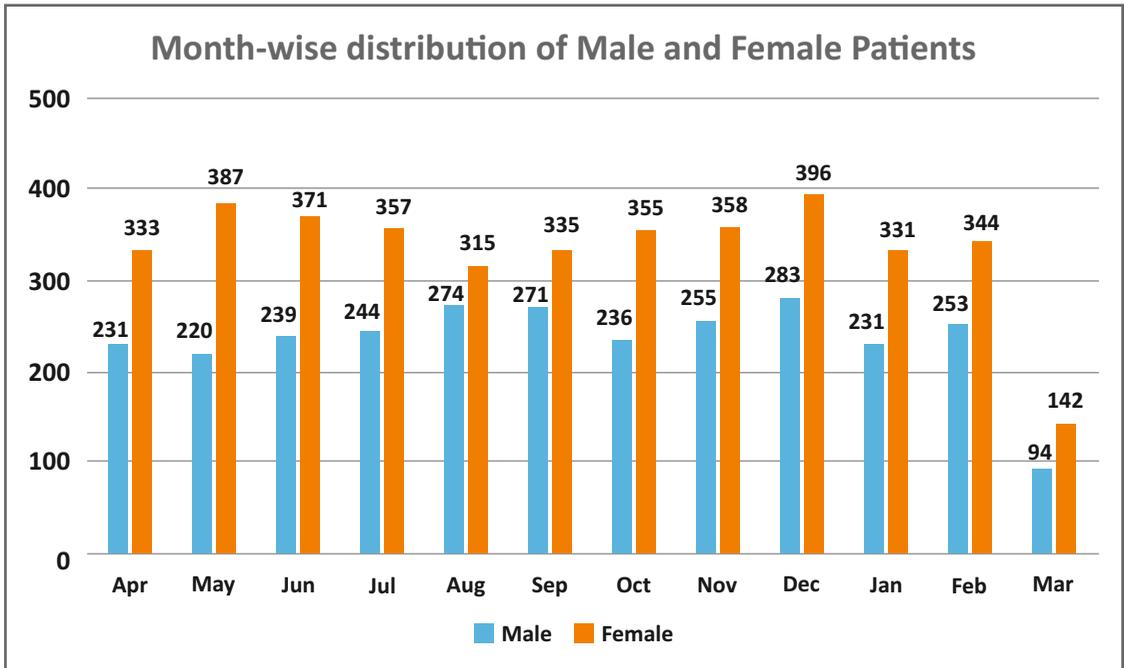


Figure 2. Disease-wise distribution of Patients

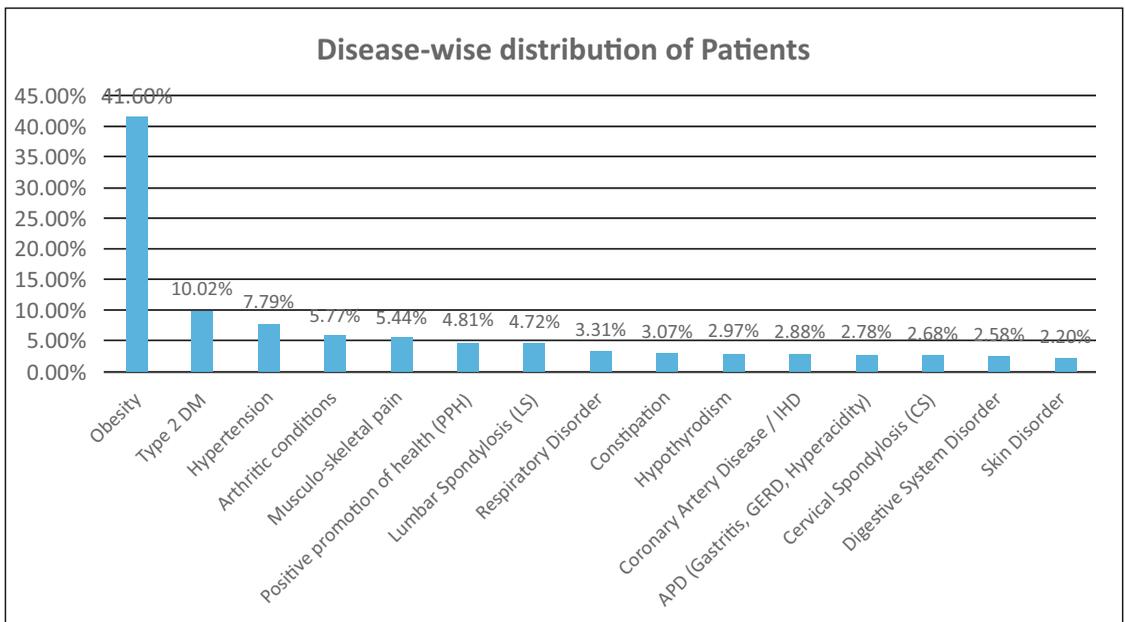


Table 2. Disease wise No. of Indoor Sadhakas

Sr. No.	Diseases	No. of Patients	Per cent
1.	Obesity	2851	41.60%
2.	Type 2 DM	687	10.02%
3.	Hypertension	534	7.79%
4.	Arthritic conditions	396	5.77%
5.	Musculo-skeletal pain	373	5.44%
6.	Positive promotion of health (PPH)	330	4.81%
7.	Lumbar Spondylitis (LS)	324	4.72%
8.	Respiratory Disorder	227	3.31%
9.	Constipation	211	3.07%
10.	Hypothyroidism	204	2.97%
11.	Coronary Artery Disease / IHD	198	2.88%
12.	APD (Gastritis, GERD, Hyperacidity)	191	2.78%
13.	Cervical Spondylitis (CS)	184	2.68%
14.	Digestive System Disorder	177	2.58%
15.	Skin Disorder	151	2.20%
16.	Gynecological Disorder	98	1.43%
17.	Urogenital Disorder	66	0.96%
18.	Migraine	63	0.91%
19.	Psoriasis	49	0.71%
20.	Stress Management	45	0.65%
21.	Psychiatric Disorder	44	0.64%
22.	Neurological Disorders	43	0.62%
23.	Hypovitaminosis	39	0.56%
24.	Insomnia	37	0.53%
25.	Allergy	32	0.46%
26.	Autoimmune disorders	32	0.46%
27.	Prolapsed Intervertebral disc (PID)	21	0.30%
28.	Rehabilitation	20	0.29%
29.	Stress Induced disorder	16	0.23%
30.	Parkinsonism	13	0.18%
31.	Chronic kidney disease (CKD)	12	0.17%
32.	Infectious disease	11	0.16%
33.	De-addiction	4	0.05%
		6573	100.00%



Research and Development Activities

Introduction of New treatments

Based on the detailed study of research on effectiveness of Naturopathic therapies, the Ashram has introduced new dietary and naturopathy treatments as presented below:

- 1. Jacuzzi Hip Bath:** In case of digestive and gynecological health conditions, this treatment helps in restoring the natural balance when used in a scientific way.
- 2. Underwater massage:** In conditions like generalized myalgia, fibromyalgia and chronic fatigue syndrome, this treatment helps by regulating the peripheral circulation and muscle relaxation.
- 3. Cold Circular Jet:** This unique treatment with a combination of pressure and temperature, helps in relieving deep-seated chronic painful and inflammatory condition.

Basic courses/Short term courses:

Ever since Gandhiji established the Ashram in the year 1946, the Nisargopachar Ashram has retained its credibility in spreading the ancient knowledge of Naturopathy and Yoga among traditional health practitioners, professional Interns and the common man through various training and awareness programmes. The details of various short duration training programmes are presented in Table 3.

Table 3. Short duration training programmes - Camp / Workshop

Sr. No.	Participating Institute	Dates	Participants		
			Male	Female	Total
1.	Sanmati Yoga Nisargopchar Wardha	5 - 7 June 2019	13	11	24
2.	Health Check Up at Boriandi, Sahajpur (Makar Vast)	30 July, 2019	81	87	168
3.	Health Check Up at Kunjirwadi	1 October, 2019			
4.	Shree Nisargopchar Kendra, Dombivli	31.10 – 2.11.2019	8	16	24
5.	Health Check up camp at Khamgaontek and Dalimb	13.11 and 14.11.2019	76	100	176
6.	Health Check up at BAIF, Warje	20 - 21 September, 2019	26	22	48
7.	Naturopathy awareness camp for Vithamai Naturopathy Centre 12 Male and 13 Female = 25 participants	25 – 29 November, 2019	12	13	25
8.	Naturopathy awareness camp for Dr. Babasaheb Ambedkar University, Aurangabad	29 - 30 January, 2020	5	8	13



Training Programmes

Yoga Instructor Course

To popularize Yoga among the rural population of Urulikanchan and nearby areas, a one-year Yoga course affiliated to Yashwantrao Chavan Open University (YCMOU), was started in the year 2007. In the current year, all 23 candidates completed the course with an average of 70% results. So far, 220 students have passed out and are spreading awareness on yoga in rural locations.

Training of Interns

During the year, 53 Interns from 5 naturopathy colleges across the country, were trained for a period of 30-90 days in Naturopathy and Yoga. The average number of days among the Interns was 90. The details are presented in Table 4.

Table 4. Training of Interns

Sr. No.	Institutes	Interns
1.	Alvas College, Moodbidri, Karnataka	11
2.	JSS college, Ooty, Tamil Nadu	7
3.	Salem College, Kanyakumari, Tamil Nadu	12
4.	Banaras Hindu University, Banaras, UP	9
5.	SRKMC, Kanyakumari, Tamil Nadu	14
	Total	53





Extension Activities

Yoga sessions for Rural Women:

To improve the health of women among the rural population, yoga classes were started 5 years ago at various locations with encouraging response from the participants as shown in Table 5.

Table 5. Yoga Sessions for Rural Women

Sr. No.	Location	No. of Participants	Yoga Teachers
1.	Community Health Research Centre, Urulikanchan	23	Mrs. Surekha Jagtap
2.	Swami Vivekanand Vidya Mandeer, Urulikanchan	25	Mrs. Shilpa Kanchan
3.	Sortapwadi Garden, Sortapwadi	17	Mrs. Sujata Chaudhari
4.	Shreyas Greens, Urulikanchan	13	Mrs. Mukta Golande

Free health checkup camps: Several free health checkup and Naturopathy awareness camps were conducted in rural areas to assess the health condition of female inhabitants and school-going children. Based on the analysis, workshops were conducted in the presence of their families to counsel them on healthy lifestyle, diet and yoga practice.

International Yoga Day Celebration: International Yoga Day was celebrated on June 21, 2019 at the Ashram and at other locations in and around Pune district. This year, 5563 participants joined the celebration by performing the standard Yoga protocol as per the

guidelines provided by the Ministry of AYUSH, Government of India. The details of the institutions which participated in the programme, are presented in Table 6.

Table 6. Participation of Institutions on International Yoga Day

Sr. No.	Institutes	Village	No. of Participants
1.	Swami Vivekanand School	Urulikanchan	700
2.	Mahatma Gandhi Vidyalaya	Urulikanchan	3000
3.	Mahatma Gandhi Junior college	Urulikanchan	500
4.	Amar Education Institute	Koregon Mul, Pune	500
5.	Ultratech Cement Co.	Peth Naigon, Pune	100
6.	Nisargopchar Ashram Workers and Patients	Urulikanchan, Pune	200
7.	Women's Group	Sortapwadi, Pune	35
8.	Mukbdhir School	Urulikanchan	40
9.	Women's Group	Gigau Hall, Urulikanchan, Pune	60
10.	Z. P. School	Prayagdham, Koregon Mul, Pune	128
11.	Swami Vivekanand School	Urulikanchan, Pune	300
		Total	5563





National Naturopathy Day Celebration: National Naturopathy Day, celebrated on November 18, 2019, was inaugurated by Shri. Chokalingam, Divisional Commissioner of Pune in the presence of Dr. Narayan Hegde, Managing Trustee and Dr. Abhishek Devikar, Director, Nisargopachar Ashram. The programme included Free Ozone therapy camp, live cookery show, Yoga dance and sessions by experts on Diet, Healthy living and Naturopathy lifestyle.



Asthi Visarjan Divas

Homage was paid to Mahatma Gandhi on the occasion of *Asthi Visarjan Divas* (February 12, 2020) at Bhavarapur at a Programme organised under the guidance of Shri. D.T. Kanchan. Students from different schools participated in the programme.



Essay competition and sessions on Gandhian values were organized on the occasion.

New Initiatives

In line with the newly inaugurated treatment ward, a fully equipped treatment centre for male patients, was renovated with modern devices. A 1.5 km long walking track has been



developed for sadhakas for a holistic regimen. New recipes have been introduced at the diet centre to enhance the expected outcome of the treatments at the Ashram.

The Ashram has been very fortunate to have a good number of supporters and well-wishers, who have been very generous in extending support from time to time. They have been a source of encouragement for taking up various infrastructural development facilities and for improving the quality of the services. We are grateful to all our generous donors. The list of donors who have donated more than Rs. 10,000 during the year, is presented in Table 7.

Sr. No.	Donors	Amount (Rs.)
1.	Kantilal Jaikishandas Choksi Charitable Trust	11,00,000
2.	Mrs. Asha Asrani	4,00,000
3.	Mr. Gautam K. Choksi	2,00,000
4.	Mr. Prakash Valecha	1,00,000
5.	Mr. Chandrakant Kulkarni	50,000
6.	Mr. Somabhai Patel	50,000
7.	Mr. Chandan Vasudev Thakwani	50,000
8.	Mr. Rajendra Prasad Rastogi	50,000
9.	Mr. Ashok Khemka	40,000
10.	M/S Vikram Tea Processors	31,000
11.	Mr. Nirmal R. Shani	21,000
12.	Mr. Raman Mani Patel	20,400
13.	M/S Jaihind Exports Pvt. Ltd.	20,000
14.	Sharda Vishnu Charitable Trust	20,000
15.	Mr. Lalji Valji Chotalia	15,000
16.	Inygma	20,000
17.	Mrs. Supriya Girish Joshi	13,400
18.	Mr. Vinodkumar C. Thakkar	11,111
19.	M/S Rudra Blades and Edges Pvt. Ltd.	11,000
20.	Mr. Champak K. Sanghavi	11,000
21.	Mr. Kaushik Mehta	11,000
22.	Mr. Shrikrishna Limaye	11,000
23.	Mr. Harish M. Shani	10,000
24.	Mr. Sakharam D. Kulkarni	10,000
25.	Mr. Neel Kamal Sharma	10,000
26.	Mr. Uday Pathak	10,000



Ashram Management Team

The activities of the Ashram are efficiently managed by a team of professionals, under the valuable guidance of the Trustees. The team consists of the following members:

Ashram Management Team

Sr. No.	Name	Designation
Naturopathy		
1.	Dr. Abhishek Devikar	Director
2.	Dr. Ameya Devikar	Chief Doctor Naturopath
3.	Dr. Kushan Shah	Principal Doctor Naturopath
4.	Dr. Gauri Shah	Senior Physiotherapist
5.	Dr. Samruddhi Vyas	Naturopath
6.	Dr. Vandita Bagul	Naturopath
7.	Dr. Lavanya Upadhyaya	Naturopath
8.	Dr. Ganesh Agrahari	Jr. 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	Co-ordinator Finance and Administration
13.	Mr. P.P. Kumbhar	Finance Co-ordinator
14.	Mr. Udaykumar Adkoli	Senior Manager (Administration)
15.	Mr. Mahesh Chavan	Senior Manager (Administration)

Annual Accounts

A summary of the Expenditure and Income incurred for the year (2019-20) is presented below:

Expenditure	Amount (Rs.)	Income	Amount (Rs.)
To Operative Expenses	54,37,492	By Operational Income	5,10,94,101
To Expenses in respect of Properties	3,76,18,349	By Interest	8,88,330
To transfer to		By Donations	7,91,730
i. Ward and Facilities	90,00,000	By Other Income	8,38,710
ii. Community Welfare Fund	10,56,000	By Dividend on Shares	5,376
To Surplus	5,06,406		
Total	5,36,18,247	Total	5,36,18,247



Section 2

ARTICLES ON NATUROPATHY AND LIFESTYLE DISORDERS

1. SCOPE OF NATUROPATHY IN CHANGING TIMES

Naturopathy being a drugless system of medicine, it focusses on the art and science of healthy living. In modern times, Naturopathy is recognized and well accepted as an integral tool and an independent System of medicine to prevent an individual from disease and maintain good health. It is gaining popularity around the world as it is a very safe and effective method of healing among other healthcare deliveries. The rapidly growing competitive mentality, tight schedules and long working hours have given rise to a number of diseases in the present era which has led to the present generation being more health conscious.

Naturopathy can be a breakthrough for an individual suffering from chronic ailments as it requires comparatively less time than any other system of medicine. Naturopathy treats all aspects - physical, mental, social and spiritual - at the same time. Modern-day naturopathic medicine also emphatically embraces multicultural holistic practices that are integral to many countries and cultures across the globe.

Most people have too much of what they should not have in their bodies and not enough of what they should have. We need an eclectic approach to meet these challenges and to return to vibrant health by enhancing our body's healing energy which is responsible for our ability to heal and maintain good health. It is important for all of us to understand that stimulating and supporting our body's inherent ability to adapt to various physical and mental changes, is the key to health. Our body is taxed on a daily basis each moment, by pollution, sedentary and unhealthy lifestyle and food habits. Incorporating Naturopathic principles in our life, will help us to address it in the most natural and gentle manner by using a broad spectrum of therapies, ranging from nutrition, lifestyle modification, daily practice of Yoga, following certain sleep hygiene, emphasis on organic produce, avoiding processed foods and developing a positive attitude. Once we follow a healthy regime, an array of natural therapies like herbs, yoga therapy, acupuncture, physiotherapy, massage, hydrotherapy, fasting and diet can help



us to regain our lost healthy routine, detoxifying our body and relaxing and rejuvenating ourselves both physically and mentally for best potential while following the principles of nature cure.

In the entire process of maintaining health and longevity, diet plays a vital role of keeping up the required energy and a balanced nutrition to allow each system of the body to perform its optimum. The diet we consume not only affects the body but our genes too. This means we are not simply a result of our genes but an amalgamation of healthy food and lifestyle. To everyone's surprise, genes are flexible entities that can be switched on and off.

Certain dietary compounds are known to control these 'switches', affecting many health conditions such as cardiovascular and autoimmune diseases, reproductive and neurological disorders and even cancer. Foods rich in the polyphenols curcumin (found in turmeric), epigallocatechin gallate (present in green tea), resveratrol (present in grapes and berries) and isothiocyanates (found in broccoli and kale) are the key to keeping our genes happy. These antioxidant compounds share the ability to reduce cancer growth and promote longevity. On the other hand, a diet high in sugar, bad fats (mainly man-made Transfats) and processed foods can switch off the gene for leptin, a hormone that regulates our appetite, making us feel hungrier resulting in eating more and subsequently affecting the genes linked to cardiovascular health and memory in a negative way. When it comes to overall health, dietary choices do matter and good choices mean healthy genes which will reflect on our body and mind.

Considering the current scenario, planet earth has yet again shown us that disharmony with nature will give rise to many health concerns. It will be wise for all of us to make an effort to understand naturopathy in its purest form and inculcate these core naturopathy principles in our lives to enable us to lead a peaceful, happy and healthy life in alignment with Mother Nature. I believe that all our readers can understand the multi-faceted approach of naturopathy and its significance for a healthy life.

Dr. Abhishek A. Devikar
Director



2. STRESS MANAGEMENT

Stress is the way the body responds to any kind of demand or threat. It is a natural feeling or inability to fulfil the demands and aspirations. There are unexpected and adverse reactions that can result from relationships, work, business, financial pressure, ego, prestige and many other factors. This shocking or unexpected incidence, triggers the nervous system which responds by releasing several hormones, which force the body to get into emergency action such as faster heartbeat, tightening of muscles and increase in blood pressure. These physical changes increase the strength and stamina to fight or flee. In a way, stress can also help to meet the challenges, by constantly putting pressure to complete the task in hand. However when frequency of pressure increases beyond certain limits, certain people will find it difficult to manage and feel threatened. Such pressures can cause several health problems.

Stress is related to both external and internal factors, which affects the physical and emotional safety of the people. Unfortunately, the human nervous system does not discriminate between minor or major threats. Hence, it gives similar response to both major and minor threats. When the emergency stress system is activated more frequently, the trigger acts faster and makes it difficult for the nervous system to shut off. Frequent disturbances of stress can lead to chronic stress, which can disrupt every system in the body. It can make the person more vulnerable to anxiety, depression and other mental disorders.

Types of Stress

Depending on the intensity and duration, stress can be grouped into the following types:

Acute stress: Short-lived stress is caused by short term problems and show symptoms such as headache or stomach upset. Stress in this case is revealed after a short period.

Chronic stress: Never-ending or inescapable stress may arise from a bad childhood experience, bad marriage and taxing job, which may affect the functioning of the body system and disturb the sleep pattern. Continuous stress may lead to type 2 diabetes, high blood pressure, heart disease, ulcer, loss of libido, hair loss, hyperthyroidism, tooth and gum disease and mental disorders.

Episodic Acute Stress: Acute stress, continuously threatening to become a way of life and on-going distress.

Eustress: It is a positive kind of stress to energise and excite.



Types of Stressors

Factors which cause stress are known as stressors. There are three types of stressors:

1. Routine stress such as childcare, homework, argument due to difference of opinion or financial responsibilities.
2. Sudden, disruptive changes, such as bereavement, job loss or financial fraud.
3. Traumatic stress caused by accident, assault, natural disaster.
4. Teen stress is a problem related to young adults to cope with increasing demands and pressures along with changes in the bodies. Excessive stress during teen years can have a negative impact on both physical and mental health in later life.

Stress can be caused either by external factors or internal factors. External factors causing stress, are major changes in the lifestyle, work or school, financial problems, job loss or retirement, heavy work load, unsafe working conditions, denial in the decision making process, facing discrimination or harassment at work, lack of support from seniors, problems of children and family, driving in heavy traffic, noisy neighbourhood, violence, sexual harassment, etc. The internal factors causing stress are nutritional status, health, fitness, sleep, negative thinking (pessimism), rigid attitude, guilt, low self-esteem, ego, religious taboos, gender and social discrimination, inability to accept uncertainty, superstitions, unreasonable expectations and perfectionism.

Symptoms of Stress

Stress symptoms can be classified under the following categories:

1. **Cognitive symptoms:** Memory problems, inability to concentrate, poor judgment, seeing only the negative side, stray thoughts and constant worrying.
2. **Emotional symptoms:** Depression, unhappiness, anxiety and agitation, irritation, anger, frequent crying, feeling guilty, feeling overwhelmed, loneliness, isolation, frustration, lost in thought, moody and other emotional health problems.
3. **Physical symptoms:** Aches and pains, diarrhoea or constipation, nausea, dizziness, chest pain, rapid heart rate, increase in blood pressure, loss of sex drive, frequent cold and infections, changes in weight, disturbed menstrual cycle.
4. **Behavioural symptoms:** Eating more or less, sleeping too much or too little, withdrawing from others, poor self-care, delaying or neglecting responsibilities, poor time management, no time for relaxation, using alcohol, cigarettes, or drugs to relax, nervous habits like nail biting.



Effect of Stress on the Body

As there is a close relationship between mind and body, stress affects the health. When stress affects the brain, the pituitary gland responds to the stress by triggering many organs to release different neuro-chemicals and hormones to prepare the systems either to fight or flee the situation, known as 'fight-or-flight mechanism'. The chemicals released during stress, cause many reactions. These include increase in blood pressure, sweating, sweaty palm, cold feet, heightened muscles faster heartbeat and breathing, slowdown of the digestive system, pain in the back or chest, cramps or muscle spasms, weight gain or loss, grinding teeth, trembling, diarrhoea, fertility problems, flare up of asthma and arthritis, skin problems such as eczema and psoriasis, auto-immune diseases, sleeping disorders, fainting, headache, nervous twitches, negative mind set, feeling of insufficiency and insecurity, and memory problems. The worst part of stress is that it creeps in easily, making the person feel that it is a temporary and minor problem, but affecting the health and performance, and even taking a heavy toll. Hence, the problem of stress should be addressed on priority.

Management of Stress

The ability to bear the stress varies from individual to individual and the self-confidence to face and manage it. Generally, people affected by stress and their close friends and relatives can understand the impact of stress, well before the symptoms are clearly visible to others. As early detection and treatment are essential to overcome the problem, those feeling stressed must share their problems with their close confidantes. They should consult counsellors or doctors to explore various options available for solving the problem.

Problem of stress can be diagnosed through direct interaction with the person. Stressed people avoid eye contact while discussing their problems. Stress can be managed by engaging in vibrant interaction, regular exercise, yoga and meditation, healthy diet containing antioxidants, Omega 3, vitamins, fresh fruits and salads and good sleep.

Techniques of Managing Stress: The treatment depends on the intensity and stage of the stress. Following are the therapies for treating stress:

1. It is safer to consult an experienced doctor for correct advise. In most cases, the medicines prescribed are anti-depressants, sleeping aids, antacids and anti-anxiety medicines.
2. Alternate Therapies: Acupuncture, aroma therapy, yoga, massage, meditation, breathing exercises, listening to music, reviving of hobbies and physical movements like going out.



3. Psychotherapy: Cognitive behavioural therapy (CBT) and Mindfulness-based stress reduction (MBSR)
4. Self-care: Dressing up well, taking care of personal hygiene, eating healthy food, preparing a daily work plan to address priorities and keeping time for personal relaxation.
5. Comfort foods can help to reduce stress in many ways. A bowl of warm oatmeal can boost levels of serotonin, a calming brain chemical. Vitamin C in citrus fruits can curb the levels of stress hormones while strengthening the immune system. A glass of low fat warm milk in the morning is helpful. Spinach and other greens rich in magnesium, may reduce headache and fatigue. Drinking black tea may help to recover from stressful events. Eating a handful of pistachios, walnuts, or almonds every day, may reduce stress and lower the cholesterol level. Crunchy raw vegetables like celery or carrot sticks can help ease stress in a mechanical way.
6. Try to remove the source of stress by necessary corrective measures such as trying to learn new skills to increase the opportunity and security, stop taking office work home, frank communication about matters where transparency is necessary, becoming an extrovert, learning to say 'No' for things which cannot be done and reading suitable literature to overcome social and religious misconceptions.

Spirituality for Relieving Stress

When we study the stressors, most of them except bereavements, natural calamities and health issues are related to the attitude and awareness of the individual. Very often, personal ego, jealousy, greed, anger, conflicts, perceptions about religion, feelings of discrimination and neglect are the causes of stress. Such attitudes are difficult to overcome unless deliberate attempts are made. Fortunately, spirituality centres around the control of desire and ego and pursues selfless service to lead one towards happiness. There are many techniques which have been suggested for practicing *Karma Yoga*, *Bhakti Yoga* and *Jnana Yoga* to reach this goal. Prayers, meditation, gaining knowledge and learning new skills are a part of these Yogas, which can help to develop positive attitude. When people stop comparing themselves with others and understand their obligation (*Dharma*) of helping others, the process of stress busting will begin. These spiritual practices are more effective in preventing stress than curing. Hence understanding and practicing spirituality should be a part of our educational system and for grooming children.

Naturopathy for Reducing Stress

Naturopathy has been very effective in treating stress patients. With reduction in stress, it becomes easy to cure many other diseases. The treatments include the following:



Hydrotherapy: Neutral immersion bath, wet sheet pack, cold douche, ice bag compress on head, spinal bath, enema and drinking plenty of water.

Massage: General massage and nerve compression. Acupuncture is also beneficial.

Mud bath: Application of mud on the entire body and mud pack on eyes and abdomen.

Chromo therapy: Blue and green coloured objects help in calming.

Magneto therapy: Drinking magnetic water and application of North Pole in the upper part and South Pole in the lower part of the body.**Pranayama:** Nadi shuddhi, Chandrabhedana, Sheetal, Sitkari and Bhramari.

Meditation: Omkar chanting and Yoga nidra.

Others: Aerobic exercises boost oxygen circulation and spur the body to feel good. Spending 30 minutes on aerobic exercises 3-4 times a week, is recommended. Yoga, physio-therapy, walking in the morning and evening, participation in Bhajan, etc. should be practiced.

Food: Vitamin B rich fresh fruits and vegetables, green salads and sprouts.

It is beneficial to consult an experienced Naturopath and prepare a daily schedule of activities for taking advantage of this magical therapy.

Stress Management Tips

The American Heart Association has provided the following tips to manage stress.

- Maintain a positive attitude.
- Accept that certain situations cannot be prevented.
- Be assertive instead of aggressive. Assert your feelings, instead of getting angry or passive.
- Learn and practice relaxation techniques; try meditation and yoga.
- Exercise regularly. The body can fight stress better when it is fit.
- Eat healthy, well-balanced meals. Avoid sweets and aerated drinks.
- Learn to manage time more effectively.
- Set limits and learn to say no to requests that can cause stress.
- Make time for hobbies, interests and relaxation.
- Get enough rest and sleep.
- Do not rely on alcohol, drugs or compulsive behaviour to reduce stress.
- Seek social support. Spend enough time with those whose company you enjoy.
- Seek treatment with a psychologist or professional trained in stress management.
- Learn biofeedback techniques to learn healthy ways of dealing with stress.

Dr. Narayan G. Hegde



3. HYPERTENSION

Introduction

Hypertension or elevated blood pressure is a serious medical condition that increases the risk of heart, brain, kidney and other diseases. An estimated 1.13 billion people worldwide have hypertension, and two-thirds of them have been living in lower and middle income countries. Hypertension is a major cause of premature death. In 2015, 1 in 4 men and 1 in 5 women were suffering from hypertension and only 20% of them had been able to keep the disease under control.

Blood pressure is the force exerted by circulating blood against the walls of the arteries, which carry fresh blood from the heart to all parts of the body. Blood pressure is measured by two numbers. The first (systolic) number represents the pressure in blood vessels when the heart contracts or beats. The second (diastolic) number represents the pressure in the vessels when the heart rests between beats. When the systolic blood pressure readings remains at ≥ 140 mmHg for several days or the diastolic blood pressure readings constantly remain around ≥ 90 mmHg, it is a cause of concern.

Risk Factors

Modifiable risk factors include unhealthy diet (excessive consumption of salt, high saturated fat and trans fat and low intake of fruits and vegetables), physical inactivity, consumption of tobacco and alcohol, and being overweight or obese. Non-modifiable risk factors include a family history of hypertension, age above 65 years and co-existing diseases such as diabetes or kidney disease. Blood pressure varies greatly from person to person and can be off-balance for different reasons, such as genetics, choice of food, lifestyle and medications. Hence, one must know her/his normal pressure and take treatment if the pressure is above normal.

Symptoms

Minor symptoms include early morning headaches, nose bleeds, irregular heart rhythms, vision changes and buzzing in the ears. Severe cases can cause fatigue, nausea, vomiting, confusion, anxiety, chest pain, and muscle tremors. The complications include chest pain or angina, heart attack, stroke and irregular heart beat which can lead to sudden death.

Management

Naturopathic Treatment: Naturopathy is a system where various elements of nature are used to treat the disease. Biologically-based therapies like naturopathic nutrition-based



diet, manipulative therapies such as massage, acupuncture, aromatherapy, mud therapy and hydrotherapy are very effective. As most of the blood pressure problems are related to diet and lifestyle, corrective measures are available.

- 1. Improve diet:** Healthy intake of food such as fresh fruits, vegetables, whole grains, legumes and nuts help to keep the blood pressure in check. Plant foods containing natural antioxidants, help to reduce stress. Avoid vegetable oils and damaged fats (trans fats). Do not heat cold-pressed oils such as olive oil or linseed oil (flax) and instead, consume raw. For frying and cooking with oils, use saturated fats such as coconut oil which is stable at higher temperature. Eating 2-3 pieces of almonds and walnuts, will increase Omega-3, for improving blood circulation and functioning of the brain.
- 2. Reduce salt:** Processed salt causes the body to retain water and increases the blood pressure. Hence, use limited quantities of unprocessed sea salt, Himalayan salt or salt from plant sources.
- 3. Avoid alcohol:** Drinking alcohol increases the blood pressure, even in healthy persons.
- 4. Increase exercise:** Physical activities support healthy blood pressure. The present practice of screen-based working and entertainment restricts physical activities while affecting blood circulation. Practice daily walking for at least 30 minutes within the premises, if it is not possible to go out.
- 5. Address stress:** As stress, hypertension and heart disease are directly associated, reducing stress is the best and essential natural cure for hypertension. Hence, reduce stress, through meditation and dialogue, improve diet and ensure some form of exercise in fresh air.

In brief, the prime focus should be:

- Reducing and managing mental stress
- Regular checking of blood pressure
- Treating high blood pressure
- Managing other medical conditions

Hints for preventing Hypertension:

- Reduce salt intake (less than 5 gm daily)
- Eat more fruits and vegetables



- Be physically active
- Avoid tobacco and alcohol consumption
- Reduce the intake of foods high in saturated fats
- Eliminate trans-fats in diet

Yogic Treatment: Yoga, when performed mindfully, can reduce stress-induced hypertension, while addressing its underlying causes. It pacifies the sympathetic nervous system and slows down the heart, while teaching the muscles and mind to relax deeply. *Pranayama* can also be extremely beneficial. Practicing pranayama while lying down, encourages the breath to rise smoothly from a relaxed state, without any force. Research studies demonstrate that conscious breathing quickly lowers blood pressure.

Following are the Benefits of Yoga:

- Yoga asanas involves breathing consciously and deeply while synchronizing the body movement. It can help to control blood pressure naturally, by relieving stress.
- Yoga asanas can soothe the nerves and help slow down an abnormal heart rate.
- Yoga helps in increasing immunity and reducing incidences of heart problems.
- Insufficient rest is also a reason for stress and hypertension. Yoga regularizes sleep.
- Obesity can lead to hypertension. Yoga and improved diet can regulate body weight.

Integrative Yoga Therapy:

▪ Balasana	▪ Shavasana	▪ Bhramari
▪ Padahastanasana	▪ Makrasana	▪ Anulom-vilom
▪ Bhujangasana	▪ Vajrasana	▪ Adho-mukha shvanasana

Note: Avoid inverted poses like Shirshasana (headstand pose) or Adho mukha vrksasana (handstand pose). In these poses, as the head is at a lower level than the heart, it can lead to a sudden and uncontrolled rush of blood to the head.

Conclusion

It is good to blend yoga and pranayama with healthier lifestyle choices. To control high blood pressure, regulate the diet and avoid habits such as smoking and drinking. Take one step at a time and do not be in a hurry for results. This will be the smooth path to holistic healing of blood pressure problems.

Dr. Abhishek A. Devikar

4. REPETITIVE STRAIN INJURY (RSI)

Repetitive Strain Injury (RSI) is a term used to describe the pain felt in muscles, nerves and tendons, caused by repetitive movement and overuse. It is also known as work-related upper limb disorder, or non-specific upper limb pain. The condition mostly affects parts of the upper body, such as forearms and elbows, wrists and hands, neck and shoulders.

Symptoms of RSI

The symptoms range from mild to severe and usually develop gradually. They often include pain, aching or tenderness, stiffness, throbbing, tingling or numbness, weakness and cramp. RSI is due to overuse of muscles and tendons, especially in the upper body. Initially, patients may notice symptoms while carrying out a particular repetitive action. Without treatment, the problems may become constant, causing pain for longer periods. If the affected parts are swollen, it may last for several months.

Activities which increase the risk of RSI are: repetitive activities, high-intensity activity for a long time without rest, poor posture or activities that involve working in an awkward position, cold temperatures and using vibrating equipment. These activities accelerate the symptoms. Stress can also be a contributing factor. Jobs such as working on assembly lines, at supermarket cash counters and on computers, can also cause RSI.

Management

The first step in treating RSI is to identify the activity that caused RSI and modify the task. RSI can be managed well with naturopathy, yoga, physiotherapy and correction in posture.

Hydrotherapy: Application of water with different temperature and pressure helps in relieving stiffness, spasm and swelling associated with RSI. The following therapies are suggested:

- A neutral Epsom salt pack on the affected area helps in reducing the pain
- Neutral immersion baths help relax the muscles and reduce pain and stiffness
- Ice application on the areas having pain and swelling
- Steam bath to improve the circulation and relieve stiffness
- Vichy shower to relax the back muscles



Massage Therapy: Warm oil application and a full body massage help in reducing stiffness and improving the blood circulation, thereby reducing the pain and discomfort. Oil massage once a week is advisable in patients suffering from RSI.

Mud Therapy: Application of cold mud on swollen areas will reduce the symptoms.

Yoga Therapy: Yoga plays a major role in preventing and treating Repetitive Stress Injuries.

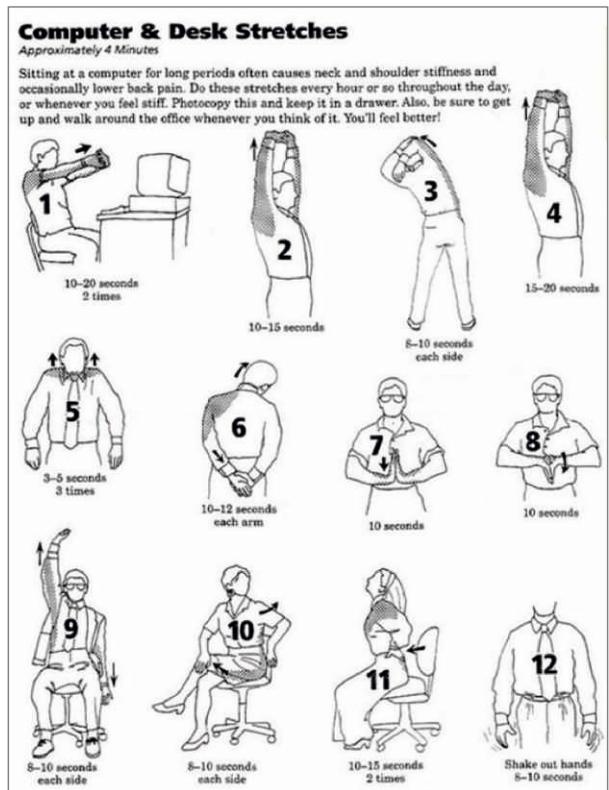
- Regular practice of *sookshma vyayamas* (joint movements with breath)
- Practice of asanas that strengthen the back and neck muscles will be helpful. These include: Ardchakrasana, Ardhakati chakrasana, Bhujangasana, Shalabhasana, Lumbar stretches and Setubandasans.
- Yogic breathing techniques helps in improving the flexibility and suppleness of the spine. These are: Rabbit Breathing, Tiger Breathing and Dog breathing.

Physiotherapy: Exercise plays a major role in preventing and reducing the intensity of RSI. Some exercises that can be practiced are: Finger stretch, One-arm wrist stretch, Wrist rolls, Shoulder stretch, Forearm stretch and Neck movements.

How to prevent RSI: Following precautions can help to reduce the risk of suffering from RSI.

- Maintaining good posture at work.
- Taking regular breaks from long or repetitive tasks. It is better to take smaller, more frequent breaks than one long lunch break.

People working for long on computers should assume a proper position to reduce their strain.



Dr. Ameya A. Devikar

5. ASTHMA AND NATUROPATHY

Environmental allergens such as dust, pollen, insects, domesticated animals and polluted air in the atmosphere, are the triggers of asthma and other respiratory problems. With rising environmental pollution, the incidence of respiratory disease is increasing, particularly among children. It is necessary to introduce a holistic management to control asthma, through naturopathy and yoga.

Definition of Asthma:

A chronic inflammatory disorder of the respiratory tract. The chronic inflammation is associated with airway hyper-responsiveness, leading to wheezing, chest tightness, breathlessness and coughing particularly at night or early morning.

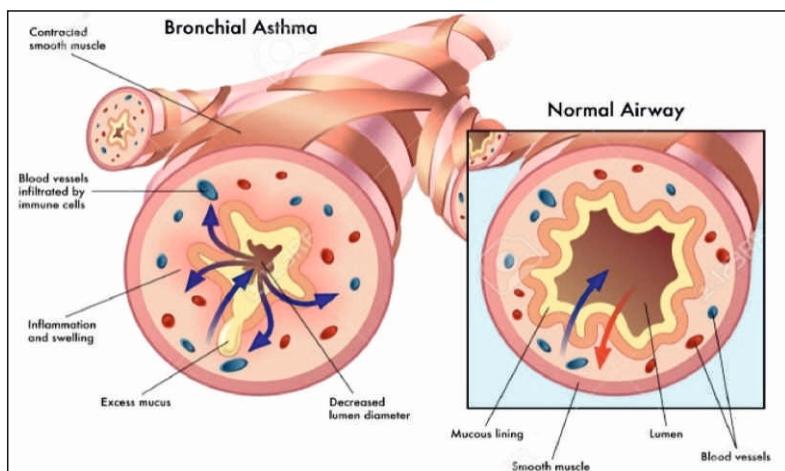


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Risk Factors for Developing Asthma

Genetic Characteristics: The body's predisposition to develop an antibody (IgE) in response to exposure to environmental allergens, can be measured in the blood. This includes allergic rhinitis, asthma and hay fever.

Causes and Risk factors

Endogenous Factors: Genetic predisposition, air way hyper responsiveness, gender, early viral infection, etc.

Environmental risk factors: Allergens, smoking and smoke and other Pollutants in the environment.

Triggers: Allergens, exercise and hyperventilation, cold air, irritant gases, household sprays, dust and stress.

Symptoms: Recurrent episodes of wheezing and breathlessness; troublesome cough at night; cough or wheeze after exercise; wheeze or tightness of chest after exposure to airborne allergens or pollutants.

Treatments

Yoga Therapy: Yoga is very useful in the treatment of asthma. Asthma is a chronic disorder and takes time to stabilize by yoga therapy. The earlier yoga is begun, the better is the response. Constant practice is required for optimal benefit. It is best to start yoga under the guidance of a trained yoga teacher.

The three types of yoga procedures used in the treatment of asthma are:

1. Cleansing techniques
2. Yoga asanas
3. Pranayama

Naturopathy Treatments

Naturopathy works to eliminate the cause and reduce the severity of the disease. It believes that diseases are caused because of an accumulation of toxins in the body and that sun, air, and water have great healing powers. Treatment of asthma consists of stimulating the functioning of excretory organs and change in diet pattern, through the following therapies:

Hydrotherapy: Chest pack application for 30 to 60 minutes once or twice a day, depending on the clinical condition. This is accompanied by a combination of hot foot and arm bath, partial massage therapy to upper back and chest, fomentation, asthma bath, oxygen bath, steam bath, enema, steam inhalation and drainage therapy.

Diet therapy: Patients are prescribed calcium-rich, non-mucus and non-acid generating food like fresh fruits, green vegetables, germinated gram along with herbs such as tulsi, pudina, ginger tea, etc. and lots of water. Food known to increase the production of mucus, should be avoided.

Natural methods for prevention of Asthmatic attacks:

1. Fasting once a week
2. Enema
3. Regular breathing exercise
4. Mild physical exercise
5. Adopting a correct posture
6. Observing dietary precautions

Strict adherence to diet and lifestyle changes are essential for satisfactory results.

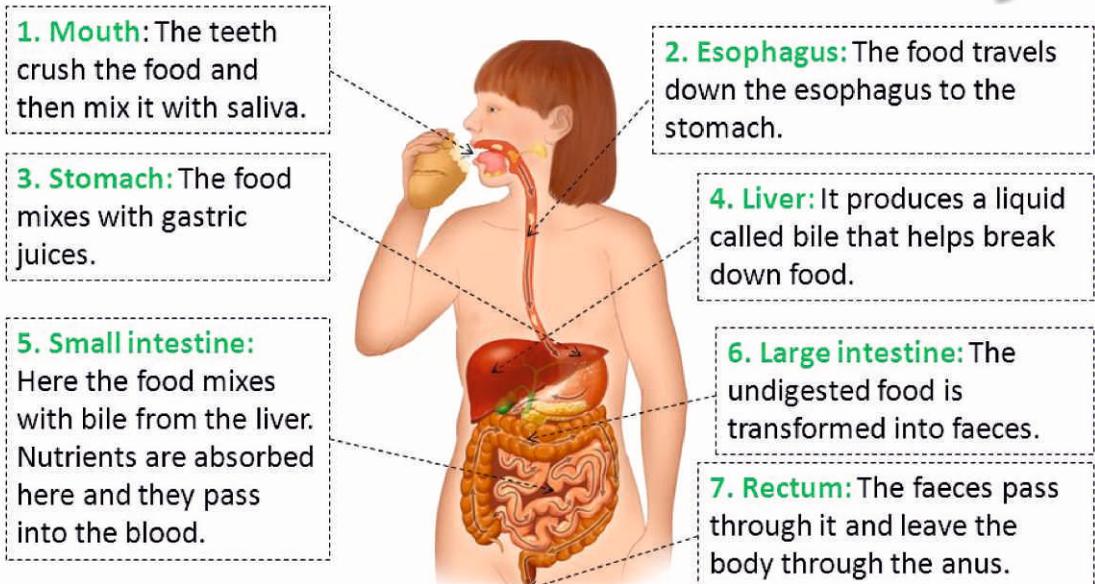
Dr. Kushan Shah



6. GASTROINTESTINAL DISORDER

The gastrointestinal system has a major influence on health. Any imbalance in the digestive system, shows up adversely elsewhere in the body, including the nervous system and immune system. Gut, also known as the second brain of the body, the GI system lining, houses billions of neurons to manage the digestive process (1).

What happens when you eat food? (2)



The factors which upset the GI system are low fibre diet, irregular eating, excessive eating of outside food or bakery products, stress, pregnancy, higher doses of medication and resisting the urge for bowel movement. GI disorders include constipation, hyperacidity, indigestion, gastritis, IBS, GERD, colitis, ulcer, common anorectal condition (fissure, hemorrhoids, anal fistula) and cancer. Many of these can be prevented by maintaining a healthy lifestyle.

Constipation: Persons experience difficult, infrequent or incomplete bowel movement. Constipation can be treated by increasing fibre in the diet, drinking 10-12 glasses of water and exercising daily. Application of mud pack on abdomen, cold hip bath and enema will help.

Hyperacidity: Excessive consumption of sugar and starch leads to production of acids in the digestive system. Intake of spicy food, coffee, tea, alcohol, tobacco and stress will

also cause hyperacidity. This can be treated with mud pack on abdomen, hip bath, well planned meals and adequate intake of water and enema to clean the intestine.

Irritable Bowel Syndrome (IBS): It is a condition when the colon muscles contract. Certain food, medication and stress are the factors that trigger IBS. The symptoms of IBS are abdominal pain, excessive gas, bloating, alternating constipation and diarrhea. Treatment for IBS includes consumption of fibre-rich diet, avoiding caffeine and minimizing stress. Treatments like hipbath, Jacuzzi hip bath, sitz bath and enema twice a week are beneficial in case of severe constipation. Timely eating and intake of proper diet is necessary. Avoid alcohol, smoking, oily food, tea and coffee and exercise regularly under guidance.

GERD: It is diagnosed as heartburn that occurs at least twice a week. It is a chronic disorder of the gastrointestinal tract. The risk factors are obesity, smoking, hiatus hernia and sedentary lifestyle. The symptoms are heartburn, difficulty in swallowing and sore throat, To prevent GERD, it is necessary to change the lifestyle and food pattern, by taking more fresh, alkaline fruits and foods, and avoiding alcohol, smoking, oily food, tea, coffee and citrus fruits. Hydrotherapies such as cold compress on abdomen, cold hip bath, mud therapy, acupuncture and drinking 10-12 glasses of water daily, will be helpful. Exercise daily.

Common anorectal condition (fissure, hemorrhoids, anal fistula): It is also caused by hard bowel movement and accompanied by symptoms such as pain, itching, burning and bleeding. This can be prevented by including aloe vera juice, amla juice, plenty of water and fibre rich food such as jowar, oat bran, fresh fruits, beet, carrots, broccoli and leafy vegetables in the diet. Avoid unhealthy food and sitting or standing for a long time. Warm water hip bath and fasting for 3-4 days under supervision, can prove to be beneficial.

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Dr. Samruddhi Vyas



7. DIABETES MELLITUS

Diabetes, often referred to as Diabetes Mellitus, describes a group of metabolic diseases in which the person has high blood glucose (blood sugar), either because insulin production is inadequate, or because the body cells do not respond properly to insulin, or it could be both. Patients with high blood sugar will typically experience polyuria (frequent urination), increasing thirst (polydypsia) and hunger (polyphagia), weight gain, unusual weight loss, fatigue, numbness and tingling in hands and feet, poor healing of cuts and bruises and male sexual dysfunction. Diabetes is a long-term condition that causes high blood sugar levels.

Insulin Resistance

Insulin is a hormone produced in the pancreas that transmits glucose from the blood to various organs and converts it into energy. As the glucose from food comes into the blood, the level of the blood sugar will rise and the pancreas release insulin into the blood to lower blood sugar in the normal range. Insulin resistance is when cells in muscles, fat, and liver do not respond properly to insulin and cannot take glucose from the blood easily. As a result, the pancreas make more insulin to help glucose enter the cells. As long as the pancreas can make enough insulin to overcome the weak response of the cells to insulin, the blood glucose levels will stay within the normal range.

Types of diabetes

There are three types of diabetes as described below.

1. Type 1 diabetes: The body does not produce insulin. Some people may refer to this type as insulin-dependent diabetes, juvenile diabetes, or early-onset of diabetes. People usually develop type 1 diabetes before the age of 40, often in early adulthood or teenage. The body does not produce insulin. About 10% of diabetes cases are type 1. Patients with type 1 diabetes need to take insulin injections for the rest of their life. They must also ensure proper blood-glucose levels by carrying out regular blood tests and following a special diet.

2. Type 2 diabetes: Also known as Diabetes mellitus (DM), where the body does not produce enough insulin for proper function, or the cells in the body do not react to insulin (insulin resistance). Approximately, 90% of diabetic patients are DM. Patients can control DM by weight loss, healthy diet, regular exercise and monitoring of the blood glucose level. However, this is a progressive disease and patients may end up taking



insulin, mostly in tablet form. Those who are overweight or obese, have higher risk compared to those having a healthy body weight. People with a lot of visceral fat (belly fat or abdominal obesity), are especially at risk. Being overweight, physically inactive and eating the wrong food, can increase the risk of this disease. Drinking just 300 ml aerated soft drink containing sugar every day can raise the risk of developing DM by 22%. The risk is also higher with older age. Men with low levels of testosterone have a higher risk of developing DM. It is also a hereditary disease.

3. Gestational diabetes: This type affects females during pregnancy. Some women have very high levels of glucose in their blood, and their bodies are unable to produce enough insulin to transport all the glucose into their cells, resulting in progressively rising levels of glucose. Diagnosis of gestational diabetes is made during pregnancy. A majority of gestational diabetes can be controlled by exercise and diet. About 10-20% of them need to take blood-glucose-controlling medications. Undiagnosed or uncontrolled gestational diabetes can raise the risk of complications during childbirth. The baby is likely to be of greater weight than what is normal. Women who had high animal fat and cholesterol in their diet before conception, have a higher risk.

General Hints

1. People with Type 1 diabetes can lead a normal life by following a healthy eating plan, adequate exercise and by taking insulin.
2. Type 2 patients need to eat healthy, be physically active, and test their blood glucose periodically. They may need to take oral medication or insulin to control blood glucose.
3. As the risk of cardiovascular disease is high for a diabetic, blood pressure and cholesterol levels must be monitored regularly.
4. As smoking has a serious effect on cardiovascular health, diabetics should stop smoking.
5. Hypoglycemia - low blood glucose - can have a bad effect on the patient. Hyperglycemia - when blood glucose is too high - can also have a bad effect on the patient.

Treatment

Hot and Cold Kidney compress: The flannel and dry cloth of the abdominal pack are spread out on the bed and a hot water bag (with water temperature of 42-45°C) is placed on it. The patient is made to lie down in such a way that the mid-spine up to the lower spine, is rested on the hot water bag. The ice bag is placed on the abdomen, extending up



to the lower portion of the chest bone (sternum). The abdomen pack is wrapped over this and the patient remains in this position for about 25-30 minutes till the temperature of the hot pack reduces.

Fomentation diverts the blood from the branches of the renal artery, which is connected to the kidney, and leads a portion of it from the renal vein into the muscular branches. The cold application causes contraction of the blood vessels of the kidney and thereby increases its activity. This pack is useful in cases of acute congestion of the kidney and inflammation of the urinary tract. It strengthens the kidney and hence, it is useful in case of Albuminuria (albumin outflow with urine), burning sensation during urination and stones in the kidney. This pack increases the output of urine.

Hot and cold Gastro Hepatic compress: This procedure includes hot and cold kidney compress but reversal of the packs. The hot fomentation bag should be applied to the abdominal region covering the area from the 4th rib to the umbilicus, while the cold application is placed on the middle and lower spine. During this treatment, the blood is drained from the stomach, liver, spleen and pancreas, to reduce congestion. This pack influences not only the stomach and liver, but also the spleen and pancreas. It is helpful for gastritis, liver and spleen enlargement, ulcers in the stomach, hyperacidity and inflammation of the pancreas. This pack is used extensively to treat DM.

Precautions: In case of hypertension, the blood pressure tends to increase temporarily after this pack and hence, this treatment should be taken only under doctor's Advice.

Diet

Diet with low glycemic index, high fibre and low calories are usually recommended and advised for patients. Vegetables such as bitter gourd, bottle gourd, ash gourd, fenugreek and fruits such as papaya, apple and guava can help in reducing the blood sugar levels. Consumption of refined flour and carbonated drinks should be avoided.

Yoga

Routine practice of a set of Asanas and Pranayamas will reduce and control the blood sugar levels to a great extent. Yogic asanas like Pawanamuktasana, Bhujangasana, Vajrasana, Padahastasana, pranayamas like Bhramari, shitali and kriyas such as Kunjal kriya and Agnisar are highly beneficial.

Chromo therapy, Magneto therapy and castor oil pack have also been found to control the sugar levels in DM.

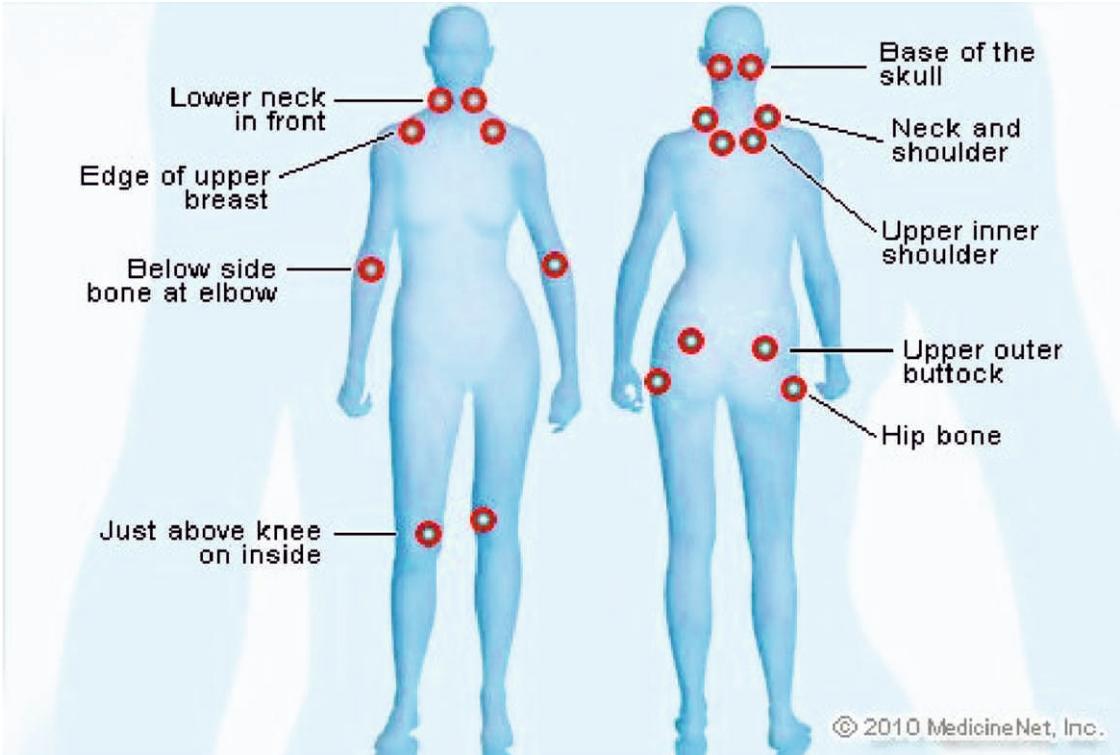
Dr. Lavanya Upadhyaya



8. FIBROMYALGIA

What is fibromyalgia?

Fibromyalgia is a chronic condition which causes widespread pain in the muscles and bones, tenderness and stiffness of muscles and associated connective tissue structure and is accompanied by fatigue, headache and disturbances in sleep pattern. It is also called fibromyalgia syndrome or fibromyositis.



Other symptoms include sleeping for long periods of time without feeling rested (non-restorative sleep), depression, anxiety, trouble focusing attention on something, pain or a dull ache in the lower belly and dry eyes.

Treatments

There are both medication and non-medication treatments for fibromyalgia. Medication helps to manage the pain and sleeplessness. However, the non-medication treatments will address the root cause, which include education, exercise and stress reduction. Sleep disorders may require both medication and non-medication treatments.

Aerobic exercise, can improve pain, physical function and a sense of well-being. Low-impact aerobic activities such as swimming, water aerobics and walking, particularly in the morning, will be helpful. Yoga is also helpful for strengthening and stretching.

Natural remedies: Physical therapy, Acupuncture, Meditation, Yoga, Exercise, Massage therapy, Steam bath and a balanced healthy diet.

Diet recommendations

- Eat fruits and vegetables, with whole grains, low-fat dairy products and lean protein.
- Drink plenty of water.
- Eat more plants than meat.
- Reduce the amount of sugar in your diet.
- Work toward achieving and maintaining a healthy weight.

Complete reversal of pain and other symptoms may be difficult, but significant improvement is possible in most of the patients.

Dr. Gauri Shah

9. OBESITY

Obesity is a condition where excessive fat accumulates generally or locally in the body. A certain amount of body fat is necessary for storing energy, heat insulation, shock absorption and other functions but when it exceeds the limit, it increases the risk to health, causing several chronic diseases such as cardio vascular disease, insulin resistance, hypertension, stroke (CVA), Type 2 DM, menstrual abnormalities such as PCOD and PCOS, Infertility and Osteoarthritis (Degenerative arthritis of hip, knees and lower back).

Causes of Obesity: Genetics, lack of exercise, excessive intake, sedentary lifestyle, binging on food and hormonal disorders such as hypothyroidism and Cushing's disease.

Types of Obesity:

- Overweight – BMI is 25.0 to 29.9
- Grade 1 – BMI is 30.0 to 34.9
- Grade 2 – BMI is 35.03
- Grade 3 or morbid obesity – BMI is equal to or greater than 40.0



Depending on the area of fat deposition, the patients are categorized as below:

- Gynoid – Accumulation of excess fat in the hips, bottoms and thighs.
- Central – Accumulation of excess fat in the abdominal area.
- Android – Accumulation of fat in trunk.

Depending on the size and number of fat cells, Obesity is grouped below:

- Adult type – Only the size of fat cells is increased. It happens mostly in middle age.
- Child type – Only the number of fat cells is increased. It is extremely difficult to reduce the number of fat cells which are already formed.

Naturopathy Management

In naturopathy, the following treatments are effective:

- Massage: It helps to increase metabolism and blood circulation and relaxes the body muscles.
- Enema: It helps to clean the colon which enhances weight loss.
- Mud application: It cleans the body from inside by absorbing the toxins and supplying vital minerals to the body.
- Steam bath: It reduces the weight of water from the body by excessive sweating.
- Underwater massage: Helps to improve digestion metabolism and enhances weight loss.
- Vibro massage: An Electronic device vibrates on specific body parts to burn fat.
- Circular jet: It helps to reduce adipose tissues and cellulites.

Diet Therapy:

In naturopathy, diet plays a major role in weight loss.

- Intermittent fasting: This fasting method restricts the amount of time allowed to eat. Along with weight loss, it is beneficial to reduce cholesterol and glucose in the body.
- Raw juice therapy: This exclusive diet consists of seasonal fruits and local vegetables. Raw juices are alkaline and rich in minerals with revitalizing effect on the body.
- Water fasting: Digestive organs are given rest for a limited period of time. It helps to excrete accumulated toxins, poison and waste material.

Dr. Vandita Bagul



10. SKIN DISEASES

Skin is the outer covering of the body and the largest human organ. It protects the body from microbes, helps to regulate body temperature and permits the sensation of touch, heat, and cold. Skin is prone to several injuries and diseases, which have psychological, social and financial consequences on the patients, their families and society.

There are different types of skin disorders that affect humans. Major skin disorders are Eczema, Psoriasis, Dermatitis, Lichen planus, Rosacea, Keloids, Hives and Dermatographism

Eczema: Eczema is an inflammatory condition of the skin characterized by dryness, itching and oozing vesicular lesions which become scaly, crusted or hardened.

Psoriasis: Psoriasis is a disease that develops thick patches of inflamed skin covered with silvery scales. It is an autoimmune disease (the immune system becomes overactive and attacks healthy cells in the body by oversight).



Eczema



Psoriasis



Dermatitis



Lichen planus



Rosacea



Keloid



Hives (Urticaria)



Dermatographism

Dermatitis: Dermatitis is a general term that describes a skin irritation, which may occur in many forms. It usually involves itchy, dry skin or a rash on swollen red skin, which are known as atopic dermatitis, dandruff and contact dermatitis. These are not contagious.

Lichen planus: It is a condition, causing swelling and irritation on skin, hair, nails and mucous membranes. It usually appears as purplish, itchy, flat bumps that develop into lacy white patches with painful sores over several weeks.

Rosacea: It is a common disorder that mainly affects the face, causing redness of the nose, chin, cheeks and forehead.

Keloids: Keloids are firm, rubbery lesions or shiny, fibrous nodules, red, dark brown, pink or normal skin colour, soft and non-contagious. Sometimes, it may cause severe itchiness, pain and changes in texture, even affecting the movement of skin.

Hives: Hives, also known as urticaria, is a rash with red, raised itchy bumps. Hives may occur after any infection or allergic reaction to medication, insect bite or food. Psychological stress, cold temperature or vibration can also be a trigger.

Dermatographism: It is a common, benign skin condition, when scratching of skin may form welts or localized hives. This condition is also called skin writing or dermatographic urticaria.

Naturopathic Management:

Hydrotherapy: This treatment includes enema, neutral immersion bath or full tub bath, neutral hip bath, epsom salt bath, hot foot and arm bath, neem water bath, Dead Sea salt bath and cold compress. These treatments can be taken based on the condition.

Mud therapy: It is the most effective treatment for skin diseases, applied in full or partial mud bath or mud packs.

Massage therapy: Massage should be avoided in any type of skin disease as it can aggravate the condition. Massage is indicated only during sub-acute or inactive stages of any skin disease. Use coconut oil or medicated oil depending on the response of the patient to its application.

Ganji - Turmeric bath: Application of overcooked rice with plenty of water added with turmeric on the skin lesions is helpful due to its soothing healing properties.

Herbology: Apply neem - turmeric paste, Tulsi paste and aloe vera gel as they have anti-inflammatory and anti-bacterial properties, which help to reduce redness, burning and scaling.



Athapa snana (plantain leaf bath): Banana leaves convert the harmful ultraviolet sun rays into healthy rays. It helps in decreasing skin irritation, itching and excessive dryness.

Chromo therapy: This can revitalise and energise the skin. Green color acts as a disinfectant and antiseptic agent. Blue color has a soothing, sedative and cooling effect on the body. Hence, these colors are used to reduce inflammation and heat produced in the body.

Heliotherapy: It is called sun bath or climato therapy. The UV radiation has anti-inflammatory property; short wavelength of UVB and longer wavelength of UVA, which induce vitamin D production and other chemicals that protect skin cells.

Yoga therapy: Yoga therapy relieves stress, twist and compress organs, to massage and rejuvenate immune system organs and channels.

Yogasanas like- sukshnavyayama, vajrasana, tadasana, padhastasana, mandukasana bhujangasana pawanmuktasana.

- Pranayanma- bhramari, bhastrika, kapalbhati, nadisodhana.
- Meditation, shavasana, deep relaxation technique and omkar chanting provide mental calmness and psychological balance.

Diet: The patient should adopt diet from three basic groups-

- Seeds, nuts and grains like flaxseeds, pumpkin seeds, chia seeds, walnuts, Jowar, Ragi, sprout, etc.
- Vegetables like leafy vegetables, spinach, drumstick, amaranth, lettuce, bottle gourd, etc.
- Fruits like sweet lime, orange, guava, gooseberry, grapes, orange and papaya.

Fasting:

Juice fasting: Juices like carrot juice, Alma juice, neem juice, cucumber juice, beetroot juice turmeric, wheatgrass juice, etc. are beneficial.

Water fasting: Water + honey + lemon, tender coconut water, plain water fast are very effective.

What to avoid: Avoid sugar, white flour, tomatoes, sweets, protein-rich foods, animal products, alcohol, oily and fried food, sour, fermented and bakery products and reduce the intake of salt.

Dr. Ganesh Prasad



11. COMMON HERBS FOR HOME REMEDIES

There are many plants growing around us, having excellent medicinal properties. Traditionally, most of them have been a part of our regular or occasional diet. These herbs have kept people healthy, either by preventing or by curing many ailments. By developing a habit of either chewing or adding some of these plants in herbal tea along with other normal ingredients, one can maintain good health and be free from stress.

Some common plants with immense medicinal value are described below.

1. Tulsi: *Ocimum sanctum*

Habitat: Tropical and sub-tropical shrub, grows up to 1- 1.5 m, propagated by seeds and stem cuttings.

Uses: Leaves are used for curing common cold, sore throat, headache, stomach disorder and kidney stones. Known as a blood purifier, it helps to reduce Type 2 diabetes, blood pressure and heart diseases. Tulsi leaves serve as a preventive against flu, malaria and Dengue fever.

- Chewing 10-12 leaves twice a day, will help to prevent stress.
- Chewing 3-4 leaves daily, can improve the memory.
- Herbal tea of Tulsi and ginger with honey, is consumed for curing bronchitis, asthma, flu, cough and cold
- Tulsi juice with honey can flush out kidney stones through urine.
- Consumption of tulsi leaves regularly may reduce fertility in males temporarily and also interfere with pregnancy. Hence, pregnant women should be cautious.



2. Drumstick or Moringa: *Moringa oleifera*

Habitat: Drumstick is a tropical tree of 10-12 m, propagated from seeds and stem cuttings. The seedlings grow fast and fruiting starts in 8 months.

Uses: Moringa tree is known as the 'miracle tree' because its leaves, fruit, sap, oil, roots, bark, seeds, pod and flowers have medicinal properties.

- Moringa leaves are rich in 18 types of amino acids, vitamins A, C, B1 (thiamin), B2 (riboflavin), B3 (niacin), B6, Folate, and minerals like magnesium, iron, calcium, phosphorus, and zinc.
- Leaves are anti-inflammatory, help in controlling cancer, arthritis, rheumatoid arthritis and other autoimmune diseases.
- Leaves being anti-oxidative, they help to treat chronic diseases such as type 2 diabetes, heart problems and Alzheimer's.
- Leaves stabilise the blood sugar levels and control cholesterol levels, preventing heart diseases.
- Leaves reduce the negative effects of anti-tubercular drugs and accelerate repair of liver cells, increasing its protein levels.
- Leaves cure digestive disorders such as constipation, gas, gastritis and ulcerative colitis.
- Leaves are good for bone health, to fight arthritis and osteoporosis.
- Leaves increase lactation in nursing mothers.
- Leaves improve brain function, nervous disorders, immunity against various infections and appearance of skin and hair.



3. Indian Gooseberry or Amla: *Emblica officinalis*

Habitat: Deciduous, tropical tree of 12-15 m height, propagated by seeds. Fruits are harvested at the end of the autumn season.

Uses: Amla fruit is rich in flavonoids, anthocyanins and vitamins C and A. It has





antioxidant, anti-stress, antibacterial, astringent and diuretic properties.

- Improves immunity system and white blood cells and flushes out toxins.
- Acts as an active blood purifier when consumed with honey and helps in curing anemia. Daily

consumption of amla improves the nerves.

- Amla juice improves liver function, boosts vitality and provides energy.
- Treats respiratory disorders such as cough, throat infections, flu and tuberculosis.
- Produces digestive juices and regulates bowel movement.
- Consuming raw amla daily in the morning enables the body to be receptive to insulin.
- Relieves stress and induces sleep.
- High in carotene and useful for curing vision-related problems.
- Reduces hair fall, stimulates hair growth, strengthens hair follicles, fights dandruff and maintains dark hair colour.

4. Neem: *Azadirachta indica*

Habitat: Neem tree grows up to 12-18 m height, in tropical and sub-tropical regions and is propagated by seeds.

Uses: Neem leaves and seeds are rich in azadirachtin and several compounds, having antiviral, immunomodulatory, anti-inflammatory, anti-malarial, anti-hyperglycemic, antiulcer, antifungal, antibacterial, antioxidant, anti-mutagenic and anti-carcinogenic properties.

- Leaf juice or *Kadha* can cure fever, diabetes, skin ulcers, stomach upset, intestinal worms, cardiovascular diseases, leprosy, gum diseases, liver and eye ailments.
- Neem bark extract cures malaria,



stomach ulcers, skin diseases and fever.

- Neem flowers help to reduce bile and intestinal worms.
- Neem seed kernel extract is used for worms, urinary tract disorders, diabetes and wounds.
- Neem twigs are used for cough, asthma, intestinal worms, urinary disorders and diabetes. Fresh neem twigs are used for brushing teeth.
- Neem kernel extract protects agricultural crops from nematodes, pests, bacterial and fungal diseases.

5. Bael (Wood apple or Bilva): *Aegle marmelos*

Habitat: Bael is a medium size tree with thin thorny branches and trifoliolate leaves. Bael fruit contains aromatic pulp and seeds, enclosed in a sac filled with natural adhesive. Bael fruit and leaves have several medicinal properties.

Uses: Bael fruits are rich in beta-carotene, protein, vitamin C, vitamin B1 and B2, thiamine, riboflavin, niacin, and minerals such as calcium, potassium, fibre and good fats.

- Fruit contains antioxidant, helps to lower cholesterol and blood pressure, and treats hypertension, heart, liver and kidney problems.
- Bael juice helps brain cells to function better and improves digestion.
- Fruit helps to eliminate sodium through urine.
- Fruit strengthens teeth, bones, prevents osteoporosis and controls loss of blood during injuries.
- Fruit is helpful for treating eye problems, digestive disorders and skin diseases
- Bael juice is used for treatment of cholera and diarrhea.
- With anti-inflammatory, antibiotic, and anti-asthmatic properties, bael fruit is good for treating cold, cough and flu symptoms and provides immunity against diseases.
- Bael leaf decoction with black pepper, cures constipation, cough and facilitates easy breathing.



6. Vasaka or Malabar Nut: *Adathoda vasica*

Habitat: It is an evergreen, tropical shrub of 3-4 m height, propagated by cuttings and seeds.

Uses: Vasaka leaves are rich in tannins, saponins, alkaloids, flavonoids and phenolics and have properties which are bronchodilatory, anti-microbial, anti-inflammatory and anti-spasmodic, useful for treating upper respiratory



infections, tuberculosis, heart problems, dengue, constipation, nose bleed, etc.

- Leaves can cure cold, cough, flu, chest, nasal congestion, nasal discharge, asthma, bronchitis and sinusitis.
- Drinking Vasaka decoction with honey, prevents respiratory infection.
- Eliminates abdominal gas, bloating, gaseous cramps and gastrointestinal problems.
- A cardiac tonic, it is useful for blood purification, improving blood count, managing blood pressure and preventing heart rhythm disorders.
- With antimicrobial, anti-bacterial, and antiseptic properties, Vasaka controls various infections and treats skin allergies.
- Leaves can reduce ulcers and sores, bleeding disorders and peptic and duodenal ulcers.

7. Curry Leaf: *Murraya koenigii*

Habitat: Sub-tropical tree growing to 4-6 m height, propagated by seeds and root suckers.

Uses: Aromatic leaves having pungent taste, add flavour to the food.

- Leaves contain vitamins, carbohydrates, fibre and volatile oils and helps to control diabetes, heart problems, infections, diarrhea and gastro-intestinal disorders. It also ensures beautiful hair and skin.



- Raw leaves or fresh juice burn fat, reduce bad cholesterol and enhance digestion.
- Dried grounded leaves have anthelmintic, antifungal and antibacterial properties, for treating various infections and skin disorders.

8. Nirgudi: *Vitex negundo*

Habitat: Tropical shrub, grows up to 4-5 m and is propagated by stem cuttings.

Uses: Leaves act as anti-diabetic, anti-bacterial, anti-fungal, anti-inflammatory, anti-nociceptive, anti-androgenic, anti-convulsant, antioxidant and anti-tumor agents.

- Consumption of leaves or juice, eases the respiratory system.
- Leaves improve digestion.
- Being anti-inflammatory, it reduces swelling and heals wounds.
- Cures skin diseases
- As leaves have anti-analgesic property, oil prepared by boiling vitex leaves, is used for giving a massage to arthritic patients.
- Consumption of leaves improves fertility.
- Leaves are effective for menopause-related disorders.



9. Ashwagandha: *Withania somnifera*

Habitat: Ashwagandha, a shrub, grows up to 2 m and is extensively used in traditional Ayurvedic medicines in India. It grows wildly on wastelands in tropical and subtropical regions of central and eastern parts of India.

Uses: Ashwaganda roots contain steroidal alkaloids and steroidal lactones. Its roots are dried, powdered and consumed directly or used in herbal tea for treating various ailments.



- Maintains blood pressure and cholesterol levels.
- Reduces stress and anxiety.
- Controls inflammation.
- Supports adrenal functions.
- Reduces joint pain and boosts immunity.
- Contains anti-tumor properties.

10. Aloe Vera: *Aloe barbadensis*

Habitat: It is a perennial succulent plant, growing up to 0.8 -1.0 m height, with long and thick juicy leaves, with both sides having thorny tips. The leaves contain a jelly-like substance, with a bad odour and bitter taste. Agave is highly drought resistant and propagated by suckers.



Uses: It is a popular medicinal plant. The leaves are filled with a clear gel, which is extracted for treating skin burns and other injuries. The yellow pulp extracted from outer part of the leaf, known as latex, is consumed as a laxative to treat constipation.

- Aloe gel application improves acne.
- Aloe gel or cream application on skin can reduce healing time for people with first or second-degree burns.
- Consumption of Aloe latex can reduce constipation.
- Consuming Aloe vera can reduce blood sugar of type 2 diabetic patients.
- Cream of Aloe extract can help heal male genital herpes.
- Aloe gel mouthwash daily, 3 times for 12 weeks or applying aloe gel twice daily for 8 weeks, can reduce pain associated with itchy rashes in the mouth.
- Reduces body weight and fat mass in overweight and obese people.
- Aloe cream application for 4 weeks reduces skin plaques and severity of psoriasis.

11. Lemon Grass: *Cymbopogon citratus*

Habitat: Lemon grass is a perennial, short rhizomatous grass, native to India. It is propagated by tillers or cuttings. Can be planted in a pot.

Uses: Through steam distillation of leaves, strongly fragrant lemongrass oil is obtained, which has several active ingredients like myrcene and limonene with aromatic properties, citral with antimicrobial property and geraniol having insecticidal property and other compounds such as citronellol, geranyl acetate, nerol, tannins, sterols, terpenoids, phenols, ketone, flavonoids, and sugars. Different extracts of lemon grass have diverse pharmacological properties.

Leaves and stem are used in herbal tea, soup, curry and oil.

- Cures flu and cold.
- Application of oil relieves pain.
- Leaf extract cleans kidney, liver, digestive tract and bladder.
- Leaf extract maintains blood pressure
- Reduces stress.
- Kills cancer cells.



12. Turmeric: *Curcuma longa*

Habitat: Turmeric, is a perennial, erect and leafy succulent plant with very large aromatic leaves, grown in tropical and subtropical regions. It grows well in sandy soils under irrigation. Propagation is done through rhizomes. Crop takes 7-8 months to harvest.

Uses: Turmeric has a 4000-year history of food and medicinal use. The rhizome contains over 100 components having medicinal value. The main components are turmerone and colouring agents called curcuminoid, which are also natural antioxidants.

- Treats rheumatoid arthritis, chronic anterior uveitis, conjunctivitis, skin cancer, small pox, chicken pox, heals wounds, urinary tract infections and liver ailments.
- Cures digestive disorders.



- Reduces flatulence, jaundice, menstrual difficulties, colic, abdominal pain, loss of appetite and liver and gallbladder complaints.
- Anti-inflammatory, antimicrobial and carminative properties are useful for treatment of digestive organs.
- Consumption of fresh turmeric roots help to treat arthritis and dyspepsia.
- Antiseptic for cuts, burns and bruises and also cleanses wounds.
- In Ayurveda, turmeric is used to purify blood and is a treatment for various respiratory problems, liver disorders, anorexia, gastrointestinal problems, rheumatism, diabetic wounds, runny nose, cough, and sinusitis.
- Balances blood sugar, cholesterol optimisation, treats asthma, eczema, acute allergies acne and psoriasis.
- Anti-inflammatory to the mucous membrane which coats the throat, lungs, stomach and intestine.

13. Ginger: *Zingiber officinale*

Habitat: Ginger is a perennial herb with underground rhizomes having leafy shoots of 0.5 to 0.8 m height. It grows well in warm and humid climate. Propagation is through small pieces of rhizomes having buds and the crop is ready after 9-10 months of planting.

Uses: Fresh or dried ginger rhizomes are used in cooking. Ginger is rich in antioxidants and helps in the treatment of arthritis, inflammation, various types of infections and diseases. Potential to reduce the risk of diabetes, cancer and other health problems.

- Anti-inflammatory, antibacterial, antiviral, and other healthy properties.
- Treats cardiovascular disease.
- Contains enzymes such as trypsin and pancreatic lipase, helpful for digestion and to break up and expel gas and prevent constipation.
- Reduces morning sickness and provides relief from nausea after cancer treatment.
- Effective for treatment of cough, cold and flu.



14. Insulin Plant (Spiral Ginger): *Costus igneus*

Habitat: It is a perennial, upright, spreading plant with soft stem and attains 1.0 m height, with spirally arranged leaves. Propagation is by cuttings. The plant can be maintained in a pot.

Uses: Leaves contain triterpenoids (β -amyrene, corosolic acid, squalene), flavonoids (catechin, quercetin), Steroids (stigmasterol, β -sitosterol, diosgenin) and fatty acids (oleic acid, tetradecanoic acid).

- Regular consumption of Insulin leaves helps to reduce blood glucose level in Diabetes mellitus patients and prevent from severe health problems due to diabetes.
- Vitamins present in leaf, help in improving digestion.
- Diuretic property.
- Antioxidants improve the immunity system and antibacterial properties ensure protection from infections.



15. Coriander or Dhaniya: *Coriandrum sativum*

Habitat: Grows in tropical and sub-tropical regions. Propagated by seeds. Plants are ready for harvest in 4-5 weeks.

Uses: Fresh leaves and seeds are an integral part of the diet in India. Coriander tender stem and leaves are added in curries and sauces (chutney) to give flavour. Seeds contain protein, fat, carbohydrates, fibre, calcium, phosphorus and iron. Leaves are a good source of vitamin C and carotene. The odour of the fruit is due to an essential oil present in it. This oil possesses linalool and pinene.

- Coriander leaves reduce bad cholesterol, increase good cholesterol and control blood pressure.
- Facilitates the digestive system, improves bowel movement and prevents diarrhea.
- Stimulates insulin secretion and reduces blood sugar levels.
- Vitamin K present in the leaves, helps to treat Alzheimer's disease.

- Its antioxidants, cineole and linoleic acid have anti-rheumatic and anti-arthritis properties to treat several inflammatory diseases, including arthritis.
- Being a rich source of calcium, it helps in bone regrowth and bone durability.
- Being a diuretic, it helps to increase the volume and frequency of urination.
- Its antiseptic properties can cure mouth cancer and mouth ulcers.
- Prevents eye-related problems and it is the best remedy for conjunctivitis.
- Coriander containing vitamin A, riboflavin, niacin, folic acid, vitamin C, vitamin K and carotene, help to prevent Osteoporosis.
- Coriander leaves improve the memory, boost the nervous system and cure anaemia.
- Coriander seeds are rich in iron and help to treat anemia and to maintain menstrual flow.



16. Spinach (*Spinacia oleracea*)

Habitat: Spinach is a seasonal herb, cultivated as a leafy vegetable in tropical and subtropical regions, by sowing seeds. The leaves are ready for harvest in 4-5 weeks.

Uses: Spinach is a popular leafy vegetable, cooked differently in different countries. The leaves contain Vitamin C, A and K, thiamine, potassium, manganese and iron phosphorus, protein and carbohydrates.

- Spinach maintains the blood sugar level and eliminates fatigue which is due to a low level of oxygen in the blood.
- Spinach leaf juice creates red blood cells and is effective in the treatment of anemia.



- Spinach prevents bleeding of gums.
- Prevents osteoporosis and helps to improve bone strength and health. Lowers high blood pressure and improves vision.
- Provides various nutrients which are required for the development of foetus and enhances the amount and quality of milk in a nursing mother's body.
- Spinach is effective in reducing weight.
- Keeps the skin well hydrated as well as supple. Reduces the aging effects on skin.
- Thins out the blood and eliminates arterial disorders and blood clotting.

17. Pudina or Mint: *Mentha arvensis*

Habitat: It is a soft herb, with horizontal runners and grows aggressively on light soil with high moisture. Propagation is through runners and underground rhizomes.

Uses: The active component present in Pudina is menthol, which is an active oil. It has antiseptic and antibacterial properties.

- Provides relief from indigestion and soothes an upset stomach.
- Consumption of mint leaves results in a soothing effect for asthmatic patients
- Mint clears congestion of the nose, throat, bronchi, and lungs and relieves irritation caused by chronic coughing.
- Chewing of mint leaves can help freshen the breath.
- It stimulates digestive enzymes, which facilitate faster metabolism and help in weight loss.
- Consuming mint may improve alertness, retention and cognitive functions.
- Mint is a remedy for treating acne, pimples, nausea and morning sickness.
- Strong and refreshing smell helps to beat stress and rejuvenates the mind. The essential oil is used extensively in aromatherapy and inhaling mint oil can soothe the mind and secrete serotonin in the brain which helps to combat depression.



18. Ajwain (Indian Borage): *Plectranthus amboinicus*

Habitat: It is an evergreen perennial plant with lemon-scented, thick, succulent, sprawling stems and fleshy leaves; grows up to 1.0 m height and is used as food and medicine.

Uses: Leaf contains Δ -3-carene, γ -terpinene, camphor and carvacrol.

- Kadha of the leaves are used for treating cold, asthma, cough, fever, headache and constipation
- Leaf paste of ajwain and jaggery twice a day, can cure asthma
- Leaf paste, applied warm, is helpful for skin inflammatory disease and for treating swelling symptoms.
- Consumption of 50 –70 ml leaf extract/day can help in treating Rheumatoid Arthritis
- Stem extract is antioxidant and antibacterial. It has anti-proliferative effect on cancer cells.



19. Brahmi or Indian Pennywort: *Centella asiatica*

Habitat: Brahmi, which is also known as *Mandookaparni* and *Gotu Kola* is a mildly aromatic, perennial herb which is widely cultivated in warmer regions. It grows well under high soil moisture, with numerous tender branches with slightly thick leaves. The propagation is carried out through rooted branches and suckers.

Uses: Leaves contain triterpene acids - a combination of glycerides of palmitic, stearic, lingoceric



oleic, and linonic acids, alkaloids, glycosides and avonoids. The leaves also contain amino acids, magnesium, sodium and potassium which have healing properties.

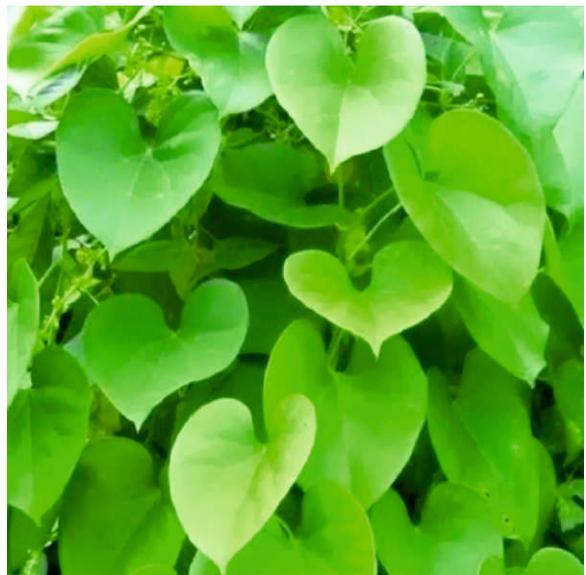
- Leaves are used for healing wounds and leprosy, lupus, varicose ulcers, eczema, psoriasis, diarrhoea, fever, amenorrhoea, and diseases of the female genito-urinary tract.
- Leaf extract is used as a blood purifier and for treating high blood pressure, memory enhancement, concentration, combating aging and for emotional disorders.
- In Ayurveda, it is used for revitalising the nerves and brain cells, It is a stimulatory-nervine tonic, rejuvenator, sedative, antidepressant, tranquilizer and helpful for treating anxiety, stress, Alzheimer's disease, insomnia and other sleep disorders.
- Effective in inhibiting gastric lesions induced by alcohol and in cleansing liver and kidney.
- Its anti-nociceptive and anti-inflammatory properties can improve circulation, reduce swelling, relief joint pain and arthritis.

20. Amrat Vel: *Tinospora cordifolia*

Habitat: Grows in tropical and subtropical regions. It is a hardy creeper, growing aggressively under high soil moisture but it is highly drought tolerant. Propagated by stem cuttings and seeds. Stem cutting left on the ground can root even after 4-5 weeks.

Uses: Root, stems and leaves have medicinal properties for treating diabetes, high cholesterol, allergic rhinitis (hay fever), digestive disorders, peptic ulcer disease (PUD), gout, hepatitis, rheumatoid arthritis (RA), lymphoma, fever and to boost the immune system.

- Chewing 4 leaves or used in herbal tea (*Kadha*) daily, can build up resistance against Corona virus and reduce Asthma and Respiratory problems.
- Consuming one leaf every day in the morning, can control diabetes.



- Two teaspoons of fresh stem extract (juice) + 5 - 6 teaspoons of honey on empty stomach thrice a day, can cure recurrent fever.
- Fresh stem juice + ginger juice can cure Rheumatoid Arthritis.
- Fresh stem juice with butter milk is effective for digestive disorders.

21. Bhumi Amla or Stonebreaker : *Phyllanthus niruri*

Habitat: Tiny herb grows as a weed attaining a height of 20-30 cm, in tropical and subtropical climates. Propagated by seeds.

Uses: The plant is used for preparing juice, herbal tea or powder and for treating various ailments.

- Interferes with important steps of the calculi formation in kidney.
- Plant extract halts the progression of non-alcoholic fatty liver disease.
- Can eradicate the chronic infection of hepatitis B virus (HBV), effectively.
- Cures liver disorders with hepatoprotective and antiviral activities.
- Prevents ulcers by reducing gastric acid production
- Effective for indigestion and acidity
- Reduces fever, cough, asthma, breathlessness and hiccup.
- Beneficial for diabetics to manage blood sugar because of its bitter property.



Dr. Narayan G. Hegde

ARTICLES ON YOGA FOR HEALTH

12. YOGIC APPROACH TO HEALTH

AGNISARA

In Shatkarmas, Nauli kriya is important. Its preparation is done by Agnisara activity.

Procedure: This kriya can be performed in Padmasana or even in upright position - standing. First exhale forcefully from the stomach and in the same position with both hands placed on the knees, pull the stomach towards the spine and jerk the stomach outwards. Keep pulling the stomach and then release it steadily. In such a breathless condition, jerk the stomach back and forth. After performing the kriya according to individual capacity, release the abdominal muscles and inhale and exhale peacefully.

Benefits:

- Improves the function of abdominal organs; massages and stimulates the connected muscles and gives them strength. This practice also increases the blood flow to the front part of the body and strengthens the internal organs.
- Beneficial in constipation, indigestion, diabetes and gastro intestinal-related disorders.
- Uncontrolled metabolic disorders like diabetes can be easily controlled.
- During exhalation, the navel is moved in and out. Nowadays, due to stress, anxiety, mental imbalance fire tattva in the body gets suppressed. After this technique, the fire energy gradually reduces and digestion is normalized.
- If the breath is held out, holding the navel area in, the navel region is awakened and so are the major organs like pancreas, liver and kidney.

Mr. Satish Sonawane

13. YOG JEEVAN

Modernization is linked with two unique challenges – stress and pollution. Environmental pollution is a problem in many countries, whereas stress results in anxiety, depression, suicide, dementia, etc. everywhere. Constant restlessness, anxiety, fear, enmity, malaise and jealousy are all symptoms of stress. Such negative feelings do not allow people to sleep peacefully. Due to this, psychosomatic disturbance arises, oxygen loss occurs due to rapid breathing, digestion becomes slow, tight muscle causes back and shoulder pain and restlessness occurs. Today, there has been a radical change in



stress factor. We do not even realize that we are under stress. Insomnia, fatigue and forgetfulness disturb sleep and headache are some of the symptoms people may experience when stressed. Tension is a curse that invites many diseases.

Some Observations

Mr. Shah, a patient, was always restless. He complained of heaviness in the head and disturbed sleep. He was advised to practice Om Kara chanting 11 times, Gayatri mantra chanting 11 times and Anulom-vilom pranayama 11 times before going to bed. Within 3 days, his sleep improved and he was able to sleep peacefully from 10 pm to 5am. He was very happy with the outcome.

Mr. S, was suffering from insomnia and stress. He performed Anulom-vilom pranayama for 10 minutes, Bhramari pranayama for 5 minutes, sheetali pranayama for 5 minutes and Gayatri mantra chanting and Om kara chanting 11 times. He was able to sleep comfortably from the fourth day onwards for 6-7 hours at night and started feeling positive and free from stress.

Mr. RK had Hypertension, Type II DM, Interstitial lung disease. He complained of fatigue, heaviness in the body and sleeplessness. After 4 days of practicing Nadanusandhan and Pranayamas, his irritability and tiredness reduced and he was comfortable.

Mr. PJ was suffering from migraine since many years and had trouble sleeping peacefully. He was advised Anulom-vilom pranayama for 10 minutes in the morning or in the evening, Bhramari for 10 minutes and Omkara chanting daily in the morning or evening. With the practice of Gayatri mantra, his thoughts waned and he felt more relaxed.

In this way, glory of yoga and spirituality is very high. Maharishi Patanjali has suggested Trataka, Meditation, Pranayama along with Yoga as Chitta-prasadanam (pacifying the mind). Yoga as a practice can purify the *Chitta*. Regular practice of yoga and pranayama helps to pacify the mind and helps the practitioner to control mental fluctuations.

Mr. Jalindar Wadekar

14. SIGNIFICANCE OF SILENCE (MOUNA) IN YOGA

By adopting silence (*Mouna*) in our day-to-day lives, accumulation of life force takes place. One who understands the power of silence, truly understands the power of speech. One needs to calm down to understand silence. Silence is very important to develop our will power and inner strength with speech, as the mind becomes distracted and the energies tend to fly about in random directions. *Mouna* keeps our mind at ease and allows our energies to flow in a specific direction. With energies placed in a specified



direction, spiritual attainment is achieved, which also brings mental clarity. When we practice silence, the opportunities to get to know ourselves multiply. When we allow ourselves to be in a state of *Mouna*, we can become more aware of the subtle details of inner experiences. Since *Mouna* helps to face the challenges caused by the mind and brings the scattered thoughts in a single, specified direction, it ultimately brings peace, happiness and harmony in our lives.

Ms. Bhagwati Mukhedkar

15. HASYA YOGA

Laughter and cry are the basic expressions of human beings. We try to connect with ourselves by resorting to expressions. Associating with one's own expressions is Hasya yoga.

There are 3 steps of Hasya yoga:

1. In the first step, one has to laugh loudly while looking forward.
2. In the second step, it is advised to keep the eyes open, mouth closed and widen the smile.
3. In the last step, slowly close the eyes and continue to smile.

While carrying out this process, pay attention to navel area and lips. Observe the mental and physical state at the end in silence for 2 minutes.

Types of Hasya:

- 1st form is known as Sita which is reflected on the face of Buddha.
- 2nd form is known as Hansita where movement of lips takes place.
- 3rd form is known as Vihansita in which there is mild laughter along with a smile.
- 4th form is Uphansita where laughter is resonated.
- 5th form is Aphansita where tears roll down with laughter.
- 6th form is Atihansita in where the entire body is quivering with laughter.

Effects of Hasya Yoga

1. Deep and prolonged exhalation gives a feeling of purification of the respiratory tract
2. The navel is considered as the seat of fear and ego and Hasya yoga helps in their elimination.
3. Physical and mental stress is relieved by practicing Hasya yoga.

Mr. Tushar Jagdale



Section 3

CASE STUDIES

OBSERVATIONS ON IMPORTANT DISEASES TREATED AT THE ASHRAM

1. MANAGEMENT OF INTERSTITIAL LUNG DISEASE (ILD)

Introduction: Interstitial Lung Disease (ILD) is a group of many lung conditions which affect the interstitium (a part of the lungs), by thickening and causing inflammation (swelling), scarring, or collection of fluid. Some forms of ILD last for a short time (acute) while others continue for a longer period (chronic) and are irreversible. The most common symptoms are shortness of breath and breathlessness which become worse over time. Other symptoms include dry cough and weight loss. People suffering from **autoimmune diseases** like lupus, rheumatoid arthritis and scleroderma, **gastro-esophageal reflux disease (GERD)**, **genetics, smoking and undergoing radiation treatment** for cancer, are at high risk.

History: Mrs. DK, 58 years of age, was suffering from ILD since 2 years. She was also suffering from Type 2 DM since 8 years. She experienced breathlessness with dry cough and there was a wide fluctuation in the oxygen saturation level. She was unable to walk even 100 m or perform daily activities. As she was on steroids, her blood sugar levels were also on the higher side. She was treated by a specialist and although her investigation report was normal, breathing problem was an issue. She tried various Ayurveda home-based remedies and finally came to the Nisargopachar Ashram.

Treatments: She underwent various treatments for 45 days, with a Satvik diet that included boiled vegetables, soups, fruits and juices, high protein while abstaining from milk and milk products, Acupuncture, Physiotherapy and Hydrotherapy along with customized yoga module.



Diet Chart:

Time	Diet	Quantity (ml/gm)	No. of Days
7 am	Plain Kadha	200	33
8 am	Tulsi-Adulsa Juice	200	33
9 am	Turmeric juice	60	45
10.30 am	Soup+Sabzi+Chutney+Ragi roti	200+200+10+1	27
3 pm	Kadha	200	33
4 pm	Apple	125	33
5.30 pm	Jowar Roti+Soup+Sabzi+Chutney	1+200+200+10	27

Yoga Module:

Sr. No.	Practices	Details	Duration
1.	Sookshma vyayamas	For loosening the joints of the body	10 days
2.	Asanas: Gomukhasana, Ushtrasana, Ardhakatichakrasana, Bhujangasana	Supine, prone and sitting postures to improve the lung function and capacity	10 days
3.	Pranayamas, Breathing Exercises: Anulom-vilom, Bhramari, Hands In and Out, Cat, Rabbit breathing, Ankle stretch breathing	To improve the oxygen saturation level and control the spasms	20 days
4.	Meditation: Breath awareness, OM	Strengthening mind, reducing depression	10 days

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Asthma Bath	Daily for 27 days	10 min
2.	Neutral Immersion Bath (with support)	Daily for 27 days	10 min
3.	Acupuncture	Daily for 20 days	30 min
4.	Neutral chest pack with steam inhalation	Daily for 45 days	25 min
5.	Exercise therapy	Daily for 33 days	15 min
6.	Mud pack on abdomen	Daily 14 days	18 min



Results Achieved: After the treatment, her oxygen saturation level rose from 58% to 96%. She could walk for 2 km. There was no cough. She could perform her daily activities and she also started experiencing a sense of well-being. Her confidence level improved and she assured us that she would follow the Advise after returning home, for further improvement.

Follow up Advise: She was given a comprehensive programme which included diet, exercise, yoga and tips on healthy lifestyle so that she would be able to overcome ILD in the days to come.

Reported by Dr. Abhishek Devikar

2. MANAGEMENT OF RHEUMATOID ARTHRITIS (RA)

Introduction: RA is an autoimmune condition which starts when the immune system goes against the body and begins to attack its own tissues. It causes inflammation in the lining of the joints, resulting in painful, swollen, warm and red joints. RA affects joints of hands, wrists and knees on both sides of the body. Over a period of time, RA can affect other body parts and systems, including heart, lungs, skin, blood vessels and more. The warning signs of RA are: Joint pain and swelling, stiffness, especially in the morning or after sitting for a long time and fatigue.

History: Mr. SV, 52, was suffering from multiple joint pains since 2 months. He came to the Ashram for 14 days for stress management and relief from joint pain. Being a firm believer in Naturopathy, he did not want to undergo any investigation. His arthritic profile showed RA positive. His blood sample also confirmed RA. He was advised 21 days of treatment.

Treatments: He was advised to be on a Satvik diet which included boiled vegetables, soups, fruits and juices and fasting from the 7th till the 10th day. The naturopathy treatments included acupuncture, physiotherapy, hydrotherapy and customized yoga.

Diet Chart:

Time	Diet	Quantity (ml/gm)	No. of Days
7 am	Kadha + Jaggery	200+10	11
8 am	Carrot Juice	200	11
9 am	Turmeric juice	60	11
10.30 am	Soup+Sabzi+Chutney+Ragi roti	200+200+10+1	5
3 pm	Kadha+Jaggery	200+10	11



Time	Diet	Quantity (ml/gm)	No. of Days
4 pm	Apple	125	11
5.30 pm	Jowar Roti+Soup+Sabzi+Chutney	1+200+200+10	5
	Tender coconut water (twice a day)	200	10
	Lemon water with honey (4 times a day)	5+200+2tsp	10

Yoga Module:

Sr. No.	Practices	Details	Duration
1.	Sookshma vyayamas	Asanas for loosening the joints in the body	15 min
2.	Asanas: Tadasana, Ardhashakrasana, Ardhakatichakrasana, Bhujangasana, Ardhashalabhasana,	Supine, prone and sitting postures to improve the range of movement and reduce inflammation	10 min
3.	Pranayamas: Anulom-vilom, Bhramari	To improve the oxygen saturation level and to control the spasms	20 min
4.	Meditation: Breath awareness, OM	Strengthening of mind and relief from stress	10 min

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Neutral wet sheet pack	11 days daily	45 min
2.	Neutral Immersion Bath (with Epsom salt)	11 days daily	10 min
3.	Acupuncture	10 days daily	30 min
4.	Epsom salt pack on affected joints	11 days daily	20 min
5.	Exercise therapy	11 days daily	15 min
6.	Mud pack to abdomen	11 days daily	20 min

Results: After 21 days, his VPAS showed reduction in pain and stiffness from 8 to 0. He felt rejuvenated and relaxed. The laboratory report confirmed his RA factor to be negative.

Follow up Advise: He was given a simple home-based programme including diet, exercise, yoga and tips on lifestyle modification to avoid relapse of Rheumatoid Arthritis.

Reported by Dr. Abhishek Devikar



3. MANAGEMENT OF ERYTHRODERMA

Introduction: Erythroderma is the term used to describe intense and usually widespread reddening of the skin due to inflammatory skin disease. It often precedes or is associated with exfoliation (peeling of skin in scales or layers), and is also called exfoliative dermatitis (ED). Idiopathic erythroderma is sometimes called the 'red man syndrome'. Erythroderma is rare. It can arise at any age and in people of all races but the incidences of males having this disease is 3 times higher than in females. About 30% of cases of erythroderma are idiopathic (unknown).

History: Mr. JM, 69, was suffering from itchy, red, scaly flakes throughout the body ever since he was given steroids to treat allergic cough two years ago. He had allergic bronchitis for which he was taking treatment and one day after taking the medicines, he started showing symptoms of Erythroderma. The most common cause for Erythroderma is drug-induced reaction. After trying various treatments, he came to the Nisargopachar Ashram and took treatment for 21 days.

Treatments: He was advised to be prepared for detoxification including naturopathy and fasting. Initially, he was given a Satvik diet with boiled vegetables, soups, fruits and juices. Later, fasting began which went on comfortably for 14 days. Although his age was a constraint, his determination paved the way for recovery. He was given various Naturopathy and Yogic treatments which included Acupuncture, Diet therapy, Hydrotherapy and Mud therapy, counseling and customized yoga programme.

Diet Chart:

Time	Diet	Quantity (ml/gm)	No. of Days
7 am	Soaked Almonds	6	7
8 am	Carrot Juice	200	7
9 am	Wheatgrass + Turmeric juice	100	7
10.30 am	Soup + Sabzi + Chutney + Jowar roti	200+200+10+1	4
3 pm	Tender coconut water	200	21
4 pm	Pomegranate	100	10
5.30 pm	Soup + Sabzi + Chutney + Jowar roti	200+200+10+1	2
	Fruit diet (Pomegranate, Sweet lime, Banana)	200, twice a day	3
	Tender coconut water (Twice a day)	200	21
	Lemon water with honey (four times a day)	5+200+2 tsp	14



Yoga Module:

Sr. No.	Practices	Details	Duration
1.	Sookshma vyayamas	Asanas for loosening the joints of the body	7 min
2.	Pranayamas: Anulom-vilom, Bhramari	To reduce the skin irritation	21 min
3.	Meditation: Breath awareness, OM	Strengthening of mind and relief from stress	21 min

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Neutral wet sheet pack	Daily for 7 days	45 min
2.	Neutral Immersion Bath (with Epsom salt)	Daily for 7 days	10 min
3.	Acupuncture	Daily for 10 days	30 min
4.	Neem water bath	Daily for 21 days	20 min
5.	Enema	Week 1: Daily; Week 2: 3 times a week; Week 3: Alternate days	10 min
6.	Full body Mud wrap	Daily for 7 days	30 min

Results: After 21 days of naturopathic and yogic treatments, his itching came down from 10 to 1 on a subjective assessment scale and flaking reduced from 100% to 5%. He was much more relaxed and less irritable as the skin almost turned normal.

Follow up Advise: He was given a simple home-based programme with diet, hydrotherapy, yoga and tips on lifestyle modification to avoid recurrence of skin lesions.

Reported by Dr. Abhishek Devikar

4. MANAGEMENT OF BLEPHAROSPASM

Introduction: Blepharospasm is a rare condition that causes the eyelid to blink or twitch uncontrollably, due to the muscle spasm around the eye. This is called involuntary blinking or twitching. The twitching often happens when the patient is tired, stressed or anxious, or when exposed to bright light and sunlight. It may get better while sleeping or concentrating on a task.



History: Ms. MR was admitted to the Nisargopachar Ashram for 2 weeks with involuntary twitching of her eyes since 5 months. Her problems aggravated while working continuously on the laptop or when she was stressed. She was disturbed mentally due to her illness, which had taken a toll on her confidence.

Treatment: The aim was to reduce twitching and improve her confidence by reducing her stress.

Diet Chart:

Time	Diet	Quantity in ml/gm	No. of Days
7 am	Kadha + Jaggery	100+10	14
8 am	Green Juice - spinach, apple, mint, coriander	100	14
9 am	Wheat grass Juice	100	14
10.30 am	Soup + Sabzi + Chutney	100+200+10	14
3 pm	Kadha + Jaggery	100+10	14
4 pm	Tender Coconut Water	200	14
5.30 pm	Fruits- Papaya/Apple/Sapota/Pomegranate	200/2 slices	14

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Yoga Nidra	Twice a week	30 min
2	Pranayamas: a. Anulom-vilom b. Bhastrika c. Kapalbhata	12 rounds 12 rounds 50 strokes	15 min 15 min 10 min
3.	Trataka	Alternate days	45 min
4.	Meditation	Alternate days	45 min

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (days)	Duration
1.	Massage	14	45 min
2.	Steam Bath	7	7 min
3.	Vichy Shower	4	10 min



Sr. No.	Treatments	Frequency (days)	Duration
4.	Under-water Massage	6	10 min
5.	Enema	4	5 min
6.	Mud pack on stomach and face	12	10 min
7.	Acupuncture	12	30-45 min

Results: After 3 sittings of acupuncture, the frequency and duration of the spasm reduced considerably. Her stress levels were very well taken care of by yoga and other supportive therapies. By the 10th day, her spasm and twitching of the eyes stopped completely.

Follow up Advise: She was advised to follow all the yogic modalities daily. A few acupressure points were also taught to her which she could perform on her own.

Reported by Dr. Ameya Devikar

5. MANAGEMENT OF REACTIVE ARTHRITIS

Introduction: Reactive Arthritis is a painful form of inflammatory arthritis (joint disease due to inflammation). It occurs because of a reaction to an infection caused by certain bacteria. Reactive arthritis can have any or all the following features:

- Pain and swelling of certain joints - often the knees and/or ankles
- Swelling and pain at the heels
- Extensive swelling of the toes or fingers
- Persistent lower back pain, which tends to be worse at night or in the morning

History: Ms. AJ, 54, came to Nisargopachar Ashram with pain and swelling in her ankle joint, toes and fingers. She had been exhibiting these symptoms since 4 years. She was on painkillers, but she had difficulty in walking without support and standing too, while carrying out her basic work at home.

Treatment: The aim was to reduce pain and swelling and improve the quality of life.

Diet Chart:

Time	Diet	Quantity (ml/gm)	No. of Days
7 am	Kadha + Jaggery	100+10	14
8 am	Carrot juice	200	14
9 am	Wheat grass + Haldi	100+40	14



Time	Diet	Quantity (ml/gm)	No. of Days
10.30 am	1. Jowar Roti+Soup+Sabzi+Chutney 2. Soup+Sabzi+Chutney 3. Fruits (Papaya, Pomegranate)	1+100+100+10 100+100+10 200/2	4 6 4
3 pm	Kadha+Jaggery	100+10	14
4 pm	Carrot Juice	200	14
5.30 pm	Soup+Sabzi+Chutney	200+200+10	14

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Yoga Nidra	Twice a week	30 min
2.	Pranayamas: a. Anulom-vilom b. Bhramari	12 rounds 12 rounds	15 min 15 min
3.	Sukshma vyayamas (joint movements with breath awareness)	Daily	30 min
4.	Meditation	Alternate days	45 min

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Massage	14 days	45 min
2.	Steam Bath	7 days	7 min
3.	Neutral Immersion Bath with Epsom salt	7 days	10 min
4.	Enema	4 days	5 min
5.	Epsom salt pack on knees and ankle	7 days	15 min
6.	Neutral arm and foot bath with Epsom salt	12 days	10 min
7.	Physiotherapy a. Ultra sound b. IFT	10 days 10 days	7 min 10 min
8.	Acupuncture	10 days	30 min

Results: After 14 days of stay, there was significant change in pain and swelling. She was able to walk slowly for a kilometer without any support.

Follow up Advise: She was advised to follow a Satvik diet comprising of fresh fruits and home-made less spicy food. She was also given a yoga and exercise module. She was advised to come for a follow up visit after 3 months. **Reported by Dr. Ameya Devikar**



6. MANAGEMENT OF ALLERGIC ASTHMA

Introduction: Asthma is a chronic condition that affects the airways, causing wheezing and difficulty in breathing. Main triggers are exposure to any allergen or irritant, viruses, exercise, emotional stress and other factors. The same allergens that give some people sneezing fits and watery eyes, can cause asthmatic attack to others. Main symptoms are coughing, wheezing, shortness of breath, quick breathing and tight feeling in the chest.

History: Ms. SS, came to the Ashram for 18 days with a complaint of allergic asthma. She had developed asthma since one year after shifting to Mumbai. She used to get an asthma attack whenever exposed to dust, pollen and mites. She had been taking an inhaler regularly.

Treatment: The aim of the treatment was to reduce allergic reactions by improving immunity.

Diet Chart:

Time	Diet	Quantity (ml/gm)	No. of Days
7 am	Kadha + Jaggery	100+10	18
8 am	Carrot juice	200	18
9 am	Tulsi+Adulsa/Haldi	100/40	18
10.30 am	1. Jowar Roti+Soup+Sabzi+Chutney 2. Soup+Sabzi+Chutney 3. Fruits (Papaya, Pomegranate)	1+100+100+10 100+100+10 200/2	8 6
3 pm	Kadha+Jaggery	100+10	18
4 pm	Carrot juice	200	18
5.30 pm	1. Jowar Roti+Soup+Sabzi+Chutney 2. Soup+Sabzi+Chutney	200+200+10 100+200+10	108

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Asanas: Tadasana, Ardachakrasana Gomukhasana, Bhujangasana, Dhanurasana, Matsyasana	3 times each	30 minutes
2.	Pranayamas: a. Anulom-vilom b. Bhramari	12 rounds 12 rounds	15 minutes 15 minutes



Sr. No.	Practices	Details	Duration
3.	Kriyas: a. Jalaneti b. Vamana c. Kapalbhathi	Twice a week Once a week Daily 50 strokes	30 minutes
4.	Meditation	Alternate days	45 minutes

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Days)	Duration (minutes)
1.	Massage	18	45
2.	Steam Bath	9	7
3.	Asthma Bath	9	15
4.	Enema	9	5
5.	Neutral Chest pack	8	15
6.	Neutral arm and foot bath with Epsom salt	18	10
7.	Neutral Spinal bath	8	10
8.	Acupuncture	10	30

Results: After 7 days, the frequency of using inhaler reduced to twice a week and by the end of her stay, she did not have to take the inhaler.

Follow up Advise: She was advised to follow a Satvik diet comprising of fresh fruits and less spicy home-made food. She was also given a yoga module with emphasis on breathing exercises and Kriyas.

Reported by Dr. Ameya Devikar

7. MANAGEMENT OF MIGRAINE

Introduction: A migraine causes severe throbbing pain or a pulsing sensation, on one side of the head. It is often accompanied by nausea, vomiting and extreme sensitivity to light and sound. Migraine attacks can last for hours and days. The pain can interfere with your daily activities.

History: Ms. MA, 18, came to the Ashram for 15 days, with severe Migraine since 2 years. She was an IT professional and had been working at the computer for more than 15 hours a day.



Treatment: Based on the clinical findings, we planned the following treatments for her betterment.

Diet therapy:

Time	Diet	Quantity (ml/gm)	No. of Days
6 am	Water	200	Daily
7 am	Milk	200	daily
8 am	Bottle gourd juice	200	daily
9 am	Pomegranate juice	200	Daily
10 am	Ragi Porridge	200	daily
12 pm	1. Jowar roti + Boiled vegetable + Chutney + Soup	1+100+10+100	Days 1-5
	2. Ragi roti-1 + Boiled veg. + Chutney	1+100+10	Days 6-12
	3. Fruits (Seasonal) + Soup	300 - 500	Days 13-15
3 pm	Milk	200 ml	Daily
6.30 pm	1 Jowar Roti + Boiled Vegetables + Chutney + Soup	1+ 100 + 10 + 100	Daily
9 pm	Milk	100 ml	Daily

The patient was also advised to drink 3 litres of water in a day. During her entire stay, she was on constructive diet therapy.

Yoga Practices:

Asana	Pranayama	Meditation	Mudra
Pawanmuktasana	Om Chanting	Meditation for 45 min	Yog Mudra
Bhujangasana	Anulom-vilom		
Katichakrasana	Bhramari		
Tadasana	Chandra Bhedan		
Setubandhasana			
Viparitkarni			



Naturopathy Treatments:

Sr. No.	Therapy	Frequency	Duration
1.	Enema	Alternate day	10 min
2.	Full body Massage therapy	Daily	45 min
3.	Spinal bath	Alternate day	10 min
4.	Steam Bath	Every alternate day	3 min
5.	Mud pack on abdomen	Daily	30 min
6.	Hip Bath at neutral temperature	Alternate day	20 min
7.	Neurotherapy	Daily for first 5 days	10 min
8.	Acupuncture	Daily for 10 days	20 min

Results: After 15 days of treatment, there was 90% improvement. The frequency of the migraine attack reduced significantly. She was able to carry out her work without any problem.

Follow up advise:

- Consume small and frequent meals at regular intervals.
- Follow meal timings. Avoid missing any meal especially breakfast.
- Include whole grain cereals (wheat, rice), millets (ragi, jowar) and pulses in daily diet.
- Avoid coconut water and carbonated beverages.
- Plenty of fruits and green, leafy vegetables in every meal.
- Regular exercises and meditation.

Reported by Dr. Kushan Shah

8. MANAGEMENT OF COCCYDYNIA

Introduction: Inflammation of the tail bone (coccyx or bony area located at the end of the vertebra, above the anus) is known as Coccydynia. It causes pain and tenderness at the tip of the tailbone and discomfort while sitting.

History: Ms. RA, 30, was admitted for 10 days with a complaint of Coccydynia, since one year. Being a home maker, it was becoming difficult for her to carry out her daily activities. Her pain was worse when she was sitting on a hard surface and while bending forward.

Treatment: As per the clinical findings, the following treatments were planned.



Diet therapy: She was placed on constructive, soothing diet and advised to drink 3 litres of water daily.

Time	Diet	Quantity (ml/gm)	No. of Days
6 am	Water	200	Daily
7 am	Herbal Decoction with Milk	100 +100	Daily
8 am	Carrot juice	200	Daily
9 am	Amla and Turmeric juice	50 + 50	Daily
10 am	Ragi Porridge	200	Daily
12 pm	Jowar roti+Boiled veg.+Chutney+soup	1+100 +10 +100	1-3
	Fruit diet (except citrus)		
	Jowar roti + Boiled vegetable + Chutney + Soup	300-500 1+100 +10 + 100	4-7 8-10
3 pm	Herbal Decoction with Milk	100 + 100	Daily
6.30 pm	Jowar roti+Boiled veg.+Chutney+Soup	1+200+10+100	1-3
	Fruit diet (except citrus)	300-500	4-7
	Jowar roti+Boiled veg.+Chutney+soup	1+100 +10 +100	8-10
9 pm	Milk	100	Daily

Yoga Practices:

Asana	Pranayama	Meditation	Mudra
Shalabhasana	Om Chanting	Meditation for 45 min	Not advised
Bhujangasana	Anulom-vilom		
Ardhsalabhasana	Bhramari		

Naturopathy Treatments:

Sr. No.	Therapy	Frequency	Duration
1.	Enema	Alternate day	
2.	Full body Massage therapy	Daily	45 min
3.	Steam Bath Every alternate day	Every alternate day	3 min
4.	Mud pack on Abdomen	Daily	30 min
5.	Ice application	Daily	2-3 min
6.	Neurotherapy	Daily for first 5 days	10 min
7.	Acupuncture and Physiotherapy	Daily 6-10 days	20 min



Results: After 10 days, her condition improved by 70%. Her pain reduced significantly and she was able to perform her daily activities. She did not experience any pain even while sitting on a hard surface.

Follow up advise:

- Regular exercise and avoid forward bending postures.
- Regular Pranayama and meditation as advised.
- Boiled food and reduced use of spices and spicy food in diet.
- Consume seasonal fruits.
- Avoid sitting on a hard surface and use a round pillow while sitting.
- Physiotherapy exercise whenever required.

Reported by Dr. Kushan Shah

9. MANAGEMENT OF CYSTITIS

Introduction: Cystitis is inflammation of the bladder, when affected parts of the body become irritated, red or swollen. In most cases, the cause of cystitis is urinary tract infection, caused by bacteria.

History: Mrs. PS, 45, a working professional, was admitted for 15 days with Cystitis since a month, with symptoms of burning micturition and occasional mild fever, with body pain.

Treatment: Based on the clinical findings, following treatments were planned for relief.

Diet therapy:

Time	Diet	Quantity (ml/gm)	No. of Days
6 am	Water	200	Daily
7 am	Lemon Honey Water	200	Daily
8 am	Bottle gourd juice	200	Daily
9 am	Wheat grass juice	100	Daily
10 am	Ragi (Eleusine coracana) Porridge	200	Daily-except 8-11
12 pm	Jowar roti + Boiled vegetable- + Chutney + Soup	1+100 +10+100	1-3
	Fruit diet (all seasonal fruits)	300-500	4-7



Time	Diet	Quantity (ml/gm)	No. of Days
	Alkaline juice fasting	800 per day	8-11
	Fruit diet (all seasonal fruits)	300-500	12-13
	Jowar roti + Boiled vegetables + Chutney + Soup	1+100+10 +100	14-15
3 pm	Pomegranate juice	200	Daily
6.30 pm	Jowar Roti+Boiled veg.+Chutney+Soup	1+100 +10 +100	1-3
	Fruit diet (all seasonal fruits)	300-500	4-7
	Alkaline juice fasting	800 ml in a day	8-11
	Fruit diet (all seasonal fruits)	300-500	12-13
	Jowar roti+Boiled veg.+Chutney+Soup	1+100+10+100	14-15

Patient was on constructive, soothing, eliminative diet and advised to drink 4 litres water daily. During eliminative (fasting on juice) diet, she was advised to take rest and consume as much water as she could.

Yoga Practices:

Asana	Pranayama	Meditation	Mudra
Shalabhasana	Om Chanting	Meditation for 45 min	Apana Mudra
Bhujangasana	Anulom-vilom		
Ardhsalabhasana	Bhramari		
Baddh Konasana	Chandranadi pranayama		
Malasana			
Padmasana			
Supta Virasana			

Naturopathy treatments:

Sr. No.	Therapy	Duration	Frequency
1.	Enema		Alternate day
2.	Full body Massage therapy	45 min	Daily
3.	Steam Bath	3 min	Alternate day
4.	Mud pack on Abdomen	30 min	Daily
5.	Vaginal Douche		Alternate day
6.	Abdominal Lapet	30 min	Daily



Results: After treatment of 15 days, she was completely cured, without any complaint of burning micturition, fever and body ache. Her urine report improved as follows:

Urine Routine	On admission	On discharge
Pus cells	60-70 p.v.f	0-4 p.v.f
Bacteria	Present	Not Present

Follow up advise:

- To drink plenty of water and to also take a glass of water with sodium bicarbonate (1 tsp) per day for two months.
- Regular Pranayama and meditation as advised.
- Boiled food and reduce spice in the diet.
- Consume seasonal fruits.
- Maintain personal hygiene.

Reported by Dr. Kushan Shah

10. MANAGEMENT OF LICHEN PLANOPILARIS

Introduction: Lichen planopilaris is a rare inflammatory condition that results in patchy progressive hair loss mainly on the scalp. It commonly develops in association with lichen planus affecting the skin, mucosa and nails. The cause of this is unknown, but it is likely to be linked with the immune system. It occurs in patches. Symptoms may include itching, pain, burning and redness with scaling and discoloration mainly black.

History: Mrs. SV, 57, came with complaints of Lichen planopilaris and indigestion since 2 years. On admission, itching and redness with scaling was present on her scalp and itching with black discoloration on face and right side of neck. Allopathic treatment did not give relief.

Treatment: The goal of the treatment was to reduce itching and scaling, restore normal skin texture of the feet and prevent further recurrence. She was on treatment for 10 days and was advised Satvik diet, with boiled vegetables, fruits and juices and naturopathy treatment.

Diet Chart:

Time	Diet	Quantity (ml/gm)	No. of Days
7 am	Lemon honey water	200 ml	Daily
8 am	Carrot and bottle gourd juice	200 ml	Daily
9 am	Amla turmeric juice	100 ml	1-6



Time	Diet	Quantity (ml/gm)	No. of Days
10.30 am	Normal diet: Jowar roti + Sabzi + Chutney + Soup + Butter Raw diet + Soup Juice diet (prescribed juices)	1+100 +10 +100 +10 200+100 100-200	1-2 and 10 3-6 7-8
3 pm	Kadha	100	1-5
4 pm	Carrot and bottle gourd juice Orange juice	200 200	1-5-7-8
5.30 pm	1. Khichdi + Soup + Sabzi + Chutney 2. Fruits (papaya, pomegranate, guava) + soup	100 + 100 + 100 300 + 200	1-2; 9 3-6; 8

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Sukshnavyayama	Movement of all joints and Anulom-vilom, Bhramari, Kapalbhathi and Chandrabhedan pranayama	45 min. daily
2.	Meditation	Om meditation	20 min. daily
3.	Kriya	Jalneti and vamandhouti	Twice a week

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Days)	Duration
1.	Massage (Body except head, neck and face)	Daily	30 min
2.	Enema	Alternate day	10 min
3.	Mud pack (head, neck and face)	Alternate day	15 min
4.	Rice turmeric paste application	Alternate day	15 min
5.	Steam bath	Daily	3 min
6.	Hot and cold abdomen compress	Alternate day	15 min
7.	Neutral hip bath	Alternate day	15 min

Results: At the end of 10 days, there was considerable reduction in itching and scaling and her skin also became clearer.

Follow up Advise: Follow diet and pranayama as advised and visit for further treatment.

Reported by Dr. Samruddhi Vyas



11. MANAGEMENT OF PRURITIS

Introduction: Pruritis is chronic itchy skin, irritating sensation that makes the patient scratch certain small areas such as arm or legs, or all over the body, it may be associated with redness, bumps, dry skin or some time scaly skin. Causes include, dermatitis, burns, scars, liver diseases, iron deficiency anemia, psychiatric diseases, any allergic reaction, certain medicines, HIV/AIDS, diabetes.

History: Mr. SM, 68, was admitted to the Ashram with complaint of dry skin with chronic itching all over the body since 3-4 months. After taking allopathic medicine for 3 weeks, he came to the Ashram and stayed for 8 days.

Treatment: The aim was to reduce itching and detoxification.

Diet Chart:

Time	Diet	Quantity (ml/gm)	No. of Days
7 am	Kadha + Jaggery	100 +10	8
8 am	Green juice	200	8
9 am	Neem leaves juice + boiled moong	100 +100	4-6
10.30 am	Jowar roti + Sabzi + Chutney + Soup	1+100 +10 +200	1-3; 7-8
	Raw diet + Soup	200 + 100	4- 5
	Fruits (guava, sapota, pomegranate)	300	6
4 pm	Watermelon juice	200 ml	1-8
5.30 pm	Sabzi + Soup + Suran	200 + 200 + 100	1-3
	Soup + Sabzi + Chutney	200 + 200 + 10	4-5
	Khichdi + Sabzi + Soup + Chutney	100+100 +100 +10	6-7

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Yoga asana	Bhujangasana, Pawanmuktasana, Suryanamaskar	30 min
2.	Pranayama	Anulom-vilom, Bhramari, Shitali	10 min
3.	Kriya	Kunjalkriya	2 weeks

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (days)	Duration
1.	Coconut oil massage	Daily	45 min
2.	Enema	Alternate day	10 min
3.	Full body mud bath	Alternate day	20 min



Sr. No.	Treatments	Frequency (days)	Duration
4.	Rice Turmeric paste application	Alternate day	20 min
5.	Steam bath	Alternate day	4 min
6.	Neem water bath	Daily	10 min
7.	Cold abdomen pack	Daily	15 min

Results: At the end of 8 days, his condition improved up to 60%, itching stopped completely and skin tone also improved.

Follow up Advise: At the time of discharge, he was given diet and exercise charts.

Reported by Dr. Samruddhi Vyas

12. MANAGEMENT OF UROLITHIASIS

Introduction: Urolithiasis refers to the presence of calculi anywhere in urinary tract, which causes pain and hematuria. Only in some cases, renal stone remains asymptomatic. Risk factors are low fluid intake, urinary tract malformations, UTI, high sodium intake, Cushing syndrome and hyperuricosuria. Diagnosis is done by ultrasound, Fluoroscopy and CT scan.

History: Mrs. BS, 60, was admitted for 10 days at the Ashram with complaint of abdominal and back pain along with constipation since 4 months. She also had k/c/o urolithiasis since 3 months. She was taking some allopathic medicine but relief was only symptomatic.

Treatment: The main aim was to reduce pain and detoxify the gut.

Diet Chart:

Time	Diet	Quantity (ml/gm)	No. of Days
7 am	Kadha + Jaggery	100+10	10
8 am	Carrot and bottle gourd juice	200	10
9 am	Amla haldi (turmeric) juice	100 +100	10
10.30 am	Jowar roti + Sabzi + Chutney + Soup Fruits: Orange, Sapota, Pomegranate + Soup	1 + 100 + 10 +200 300 + 200	1-5; 10 6-8
4 pm	Bottle gourd juice	200	10
5.30 pm	Sabzi + Soup + Khichdi + Chutney Sabzi + Soup + Chutney Fruits + Soup	200 +200+ 200+10 100 + 200 +10 300 +200	1-3; 9 4-5 6-7



Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Yoga asana	Ushtraasana, Uttanpadasana, Bhujangasana, Pawanmuktasana, Suryanamaskar.	30 min
2.	Pranayama	Anulom-vilom, Bhramari, Shitali	10 min
3.	Kriya	Kunjalkriya	2 weeks

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (days)	Duration
1.	Coconut oil massage	Daily	45 min
2.	Enema	Alternate day	10 min
3.	Mud pack on abdomen	Daily	15 min
4.	Hot and cold abdomen pack	Alternate day	15min
5.	Steam bath	Daily	4 min
6.	Abdomen lappet	Daily	30 min
7.	Kidney pack	Alternate day	15 min

Results: After 10 days, her pain disappeared and bowel movements also became normal.

Follow up: At the time of discharge, she was advised to continue a Satvik diet and to exercise regularly.

Reported by Dr. Samruddhi Vyas

13. MANAGEMENT OF KELOIDS

Introduction: When the skin is injured, fibrous tissue called scar tissue are formed over the wound to repair and protect the injury and in some cases, extra scar tissues grow, forming smooth, hard growth called Keloids. Keloids can be larger than the original wound. They are commonly found on chest, shoulders, earlobes and cheeks, or any other part of the body. They may take weeks or months to develop fully. The symptoms of a Keloid can include: localized area that is flesh-colored, pink or red, a lumpy or ridged area of skin that is usually raised, or it may continue to grow larger with scar tissue over time and it can be an itchy patch of skin.



History: Ms. M, 25, was admitted for 30 days with a history of multiple Keloids on the back, chest and shoulder with occasional pain since 3 years. Patient was suffering from Ichthyosis vulgaris on bilateral legs. She did not have any other ailments.

Treatment: The goal of the treatment was to reduce the size and intensity of the pain of the Keloids, prevent further occurrence and further complications.

Diet chart:

Time	Diet	Quantity (ml/gm)	No. of days
7 am	Raisin water	20 + 200	1-12
8 am	Carrot+ Bottle gourd juice	200	1-12
9 am	Muskmelon juice + boiled sprouts	200	1-12
10:30 am	1. Cooked vegetables + Veg. soup + Chutney 2. Fruit diet: Sapota/Pomegranate/Muskmelon 3. Juice diet: Juices of carrot, bottle gourd, watermelon, kokum 4. Liquid diet: Honey water, coconut water 5. Normal diet: Jowar Bakri + vegetable soup + cooked vegetable + chutney	100 + 100 300-500 1+100+100	1-3; 27-28 4-8; 24-26 9-14 15-23; 29-30
4 pm	Muskmelon juice	200 ml	1-30
5:30 pm	1. Cooked vegetables + vegetable soup + chutney 2. Fruit diet: Apple, chiku, Pomegranate, Muskmelon 3. Juice diet: Juices of carrot, kokum 4. Liquid diet: Honey water, coconut water 5. Normal Diet: Jowar Bakri + vegetable soup + cooked vegetables + chutney	100 +100 300-500 1+100+100	1-3; 27-28 4-8; 24-26 9-14 15-23 29-30

Yogic Practices:

Sr. No.	Practices	Details	Duration
1	Yogasanas	Tadasana, Ardha chakrasana, Ardha kati chakrasana, vajrasana, Matsyasana, sukhasana	3 asanas on alternate days
2.	Pranayamas	Anulom-vilom, Bhramari	5 min twice a day
3.	Meditation	Awareness on Breathing, Meditation	10 min twice a day
4	Jnana Yoga	Yogic counseling	Alternate days



Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1	Full Body Massage (except the areas of keloids)	Daily	45 min
2	Enema	Alternate days	10 min
3	Mud pack-abdomen	Daily	20 min
4	Full body mud bath	Alternate days	20 min
5	Full immersion tub bath with Epsom salt	Alternate days	20 min
6	Rice haldi paste application	Alternate days	15 min
7	Cold Abdominal pack	Alternate days	20 min
8	Steam bath	Weekly twice	5 min
9	Neutral Hip bath	Alternate days	15 min

Results: After 30 days, there was remarkable reduction in the size of the Keloids with no associated pain. Raised lesions were macular with 80% relief in Keloids, physical and mental health.

Follow up Advise: The patient was advised to follow a balanced diet at home and to stay away from spicy, oily and unhealthy food. She was advised to continue the application of rice haldi paste and mud on affected areas on alternate days and practice meditation, pranayama and yoga daily.

Reported by Dr. Lavanya Upadhyaya

14. MANAGEMENT OF GOITRE

Introduction: Goitre (Goi-tur) is an abnormal enlargement of the thyroid gland. The thyroid is a butterfly-shaped gland located at the base of the neck, below the Adam's apple. Goitres are usually painless, but large goitres can cause cough and make it difficult to swallow or breathe. The most important cause of Goitres is lack of iodine in the diet. In the United States, where the use of iodized salt is common, goitre is more often due to the over or underproduction of thyroid hormones or due to nodules in the gland itself.

History: Mrs. A, 54, was admitted for 7 days with history of goitre since 2 to 3 years. Her report showed multi-nodular goitre nodules.

Right lobe: 5.6*3.5*2.4 cm;



Left lobe: 6.1*3.9*2.9 cm and the largest nodule was 33*21 mm in the lower pole region.

Treatment: The goal of the treatment was to reduce the size of the goitre and prevent further complication.

Diet Chart:

Time	Diet	Quantity (ml/gm)	No. of Days
7 am	Tulsi Kadha with Jaggery	150	7
8 am	Carrot + Bottle gourd juice	100	7
9 am	Coriander juice	40	7
10:30 am	Normal diet: Jowar bhakri + cooked vegetables + chutney + vegetable soup + buttermilk	1+100+10 +100 +100	7
3 pm	Tulsi Kadha with Jaggery	150	7
4 pm	Sweet lime juice	200	
5:30 pm	Cooked vegetables+ vegetable soup + chutney	100 +100 + 10	6

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Pranayamas	Anulom-vilom, Bhramari	5 min twice a day
2.	Bandhas	Jalandhara Bandha	
3.	Meditation	Awareness on breathing	10 min twice a day

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Full body massage	Daily	45 min
2.	Enema	Alternate days	10 min
3.	Mud pack on abdomen	Daily	20 min
4.	Steam bath	Daily	5 min
5.	Cold abdominal and throat pack	Daily	20 ml

Results: After 7 days, there was remarkable reduction in the size of the goitre and the patient felt better.



Follow Up Advise: Patient was advised to follow a diet devoid of spice and oil and reduce the intake of refined flour products. She was also advised to be regular with Pranayama and Yoga.



Before



After

Reported by Dr. Lavanya Upadhyaya

15. MANAGEMENT OF CIDP

Introduction: Chronic inflammatory demyelinating Polyneuropathy (CIDP) is a neurological disorder, a condition that targets the nerves. Symptoms are not the same for everyone. One may feel tired, with some areas of numbness and pain. It can slow down the reflexes and weaken the arms and legs. The symptoms lasting for over 8 weeks, confirm CIDP as the cause. Most people need treatment and with early treatment, chances of complete recovery are high. Sometimes, symptoms go away for a long time but come back later. The chances of older people getting CIDP, is high and men are more prone to this disorder than women. Diagnosis of CIDP is not easy.

CIDP is caused by inflammation of nerves and nerve roots but it is not clear why people become afflicted with this disorder. The swelling can destroy the protective covering around nerves, known as myelin, which can hurt nerve fibres and slow down the ability of the nerves to send signals.

History: Mr. S, 58, was admitted to Nisargopchar Ashram for 15 days with a history of CIDP since 3 years. He complained of intense pain and tingling and numbness in both the calf muscles. Patient was a known case of hypertension since 5 years. The report revealed mild diffuse symmetric thickening of bilateral lumbosacral plexus and

moderate thickening of its visualized branches suggesting CIDP. Spinal cord showed normal intramedullary signals.

The patient's drug history included Metpure XL (OD), Azoran (BD), Neurobion Forte (OD) and Pregabid (OD).

Treatment: The goal of the treatment was to reduce the pain in the bilateral calves, to improve the mobility and prevent further complication.

Diet Chart:

Time	Diet	Quantity (ml/gm)	No. of Days
7 am	Tulsi Kadha + Jaggery	150	15
8 am	Carrot+ Bottle gourd Juice	200	15
9 am	Pomegranate juice +Boiled sprouts	200 +100	15
10.30 am	Normal diet: Jowar Bhakri + cooked vegetable + vegetable soup + chutney	1+100 +100 +10	15
3.00 pm	Tulsi Kadha+Jaggery	150	15
4.00 pm	Orange juice	200	15
5.30 pm	Normal Diet: Jowar Bhakri + cooked vegetable + vegetable soup + chutney	1+100 + 100 + 10	15

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Sukshma Vyayama, Suryanamskas	Daily	45 minutes
2.	Pranayamas	Anulom-vilom, Bhramari	5 times twice a day
3.	Meditation	Awareness on Breathing, Meditation	10 min. twice a day

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Full body Massage	Daily	45 min
2.	Enema	Alternate days	10 min
3.	Mud pack- Abdomen	Daily	20 min
4.	Steam Bath	Daily	5min

Sr. No.	Treatments	Frequency	Duration
5.	Epsom salt pack on bilateral calves	Alternate days	20 min
6.	Foot immersion with Epsom salt	Alternate days	20min
7.	Local steam on bilateral legs	Daily	10 min
8.	Physiotherapy	Daily	20 min
9.	Acupuncture	Daily	20min

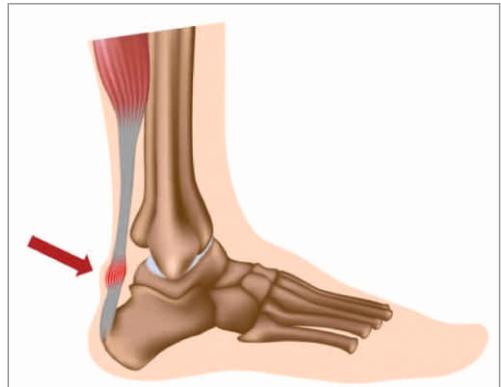
Results: After 15 days, the pain, numbness and discomfort in the lower limbs were almost cured. There was a significant improvement in the mobility and well-being of the patient.

Follow Up Advise: At the time of discharge, the patient was given a diet chart, which also included omega 3 fatty acid, and he was also advised to continue Physiotherapy, Acupuncture, Yoga and Epsom salt pack. Patient was re-admitted to the Ashram after 4 months with better results. The corticosteroids was completely stopped. There was 80% further improvement, without any discomfort in any part of the body.

Reported by Dr. Lavanya Upadhyaya

16. MANAGEMENT OF ACHILLES TENDINITIS

Introduction: Achilles tendinitis causes pain in the back of the leg above the heel. It occurs because of injury to the Achilles tendon. Tendons are bands of tissue that connect muscle and bone, specifically the calf muscle to the heel bone. This tendinopathy can occur with a sudden increase in exercise or activity, repetitive exercises, not warming up the calf muscle before exercise, inappropriate shoes for exercise, or because of bone growth in the heel bone which rubs against the tendon.



History: Mr. KK, 35, a working professional, was admitted to the Ashram with a known complaint of Achilles Tendonitis since last 2 months. He had pain at the back of the heel on the left leg, which occurred after exercises. He was at the Ashram for 15 days.

Treatment: Based on the clinical findings, following treatments were planned to reduce his symptoms.

Diet therapy:

Time	Diet	Quantity (ml/gm)	No. of Days
6 am	Water	200	Daily
7 am	Honey Water	200	Daily
8 am	Carrot juice	200	Daily
9 am	Orange Juice	200	Daily
10 am	Ragi Porridge	200	Daily
11 am	Jowar roti + Boiled vegetable + Chutney + soup	1+100+10+100	1-10
	Fruit diet (seasonal fruits)	300-700	11-13
	Jowar roti + Boiled vegetables+ Chutney + soup	1+100+10+100	14-15
3 pm	Honey water	200	Daily
6:30 pm	Jowar Roti + Boiled Vegetable + Chutney + Soup	1+100 + 10 + 100	1-10
	Fruit diet (seasonal fruits)	300-500	11-13
	Jowar Roti + Boiled Vegetable + Chutney + Soup	1+100 +10 + 100	14-15

Patient was on constructive, soothing diet during his stay and advised least exertion and instead, to take maximum rest.

Yoga Practices:

Pranayama	Meditation
Om Chanting	Meditation for 45 min
Anulom-vilom	
Bhramari	

Naturopathy and Physiotherapy treatments:

Sr. No.	Therapy	Duration	Frequency
1.	Enema	Alternate day	
2.	Full body Massage (Avoiding painful area)	45 min	Daily
3.	Steam Bath	3 min	Alternate day



Sr. No.	Therapy	Duration	Frequency
4.	Mud pack on Abdomen	30 min	Daily
5.	Ice Application	3 min	Daily
6.	Stretching and strengthening exercises of calf muscle and active range of motion.	30 min	Daily
7.	TENS	10 min	Daily
8.	Ultra Sound Therapy	8 min	Daily
9.	Acupuncture	20 min	Daily

Results: After 15 days, there was 70% improvement. There was significant reduction in pain. He was able to walk 1 km at a stretch.

Pain analogue scale	On admission	On discharge
1-10	8	2

Note: Pain analogue scale is used to comprehend pain management and severity of pain. 10 is considered to be severe pain and 1 is considered to be either mild or no pain.

Follow-up advise:

- No exertion.
- Regular exercises as prescribed.
- Continue physiotherapy modality treatment for 10 more days.
- In case of aggravation of pain or swelling, use ice application therapy.
- Use of ankle wraps during activity to limit tendon movement.

Reported by Dr. Gauri Shah

17. MANAGEMENT OF PROLAPSED INTERVERTEBRAL DISC

Introduction: It is a rubbery disc between the spinal bones, which occurs when the soft centre of a spinal disc pushes through a crack in the tougher exterior casing. Some herniated discs cause no symptoms. Others can irritate nearby nerves and result in pain, numbness or weakness in leg.

History: Mrs. MK, 40, a homemaker was admitted to the Ashram for 10 days with prolapsed inter-vertebral disc since last 6 months. She had severe back pain and the pain radiated towards the left leg and some times, she experienced numbness.

Treatment: Based on clinical findings, the following treatments were planned to provide relief from pain and to improve the structural changes.



Diet therapy:

Time	Diet	Quantity (ml/gm)	No. of Days
6 am	Water	200	Daily
7 am	Herbal tea with milk	200	Daily
8 am	Carrot juice	200	Daily
9 am	Wheat grass juice	200	Daily
10 am	Boiled sprouts	200	Daily
11 am	Jowar roti + Boiled vegetable + Chutney + soup	1+100+10+100 120	1-5
	Fruit diet (seasonal fruits)	300-700	6-8
	Jowar roti+ Boiled vegetable+ Chutney	1+100 +10	9-10
3 pm	Honey water	200	Daily
6:30 pm	Jowar Roti + Boiled Vegetable + Chutney + Soup	1+100 +10 +100	1-5
	Fruit diet (All seasonal fruits)	300-500	6-8
	Jowar Roti + Boiled Vegetable + Chutney + Soup	1+100 +10 +100	9-10

Patient was on constructive and soothing diet during his stay. He was advised minimum exertion and maximum rest.

Yoga Practices:

Asana	Pranayama	Meditation	Mudra
Shalbhāsana	Om Chanting	Meditation for 45 min	Dhyan mudra
Bhujangāsana	Anulom-vilom		
Uttanpadasana	Bhramari		

Naturopathy and Physiotherapy treatments:

Sr. No.	Therapy	Duration	Frequency
1.	Enema		Alternate day
2.	Full body Massage	45 min	Daily
3.	Steam Bath	3 min	Alternate day
4.	Mud pack on Abdomen	30 min	Daily
5.	Local Steam on back and leg	2-4 min	Daily



Sr. No.	Therapy	Duration	Frequency
6.	Mustard pack (On lower back)	20 min	Daily
7.	IFT 10 min	Daily	
8.	TENS	10 min	Daily
9.	SWD	10 min	Daily
10.	Exercise therapy 1. Manual therapy to restore normal spinal joint range of motion 2. Back strengthening exercises Back isometric exercises: Pelvic bridging; Cat and camel exercises; Back extension exercises. 3. Stretching exercises 4. Postural correction exercises and ergonomic Advise	45 min	Daily
11.	Acupuncture	20 min	Daily

Results Achieved: After 10 days, there was 90% improvement and significant reduction in pain. She was able to walk 2 km at a stretch without pain and numbness. On admission, it was 9 and on discharge, it was 1.

Pain analogue scale is used to understand severity of pain and pain management. 10 is considered to be severe pain and 1 is considered to be mild or no pain.

Follow-up Advise:

- No exertion.
- Regular exercises as prescribed.
- Hot fomentation as and when required.

Reported by Dr. Gauri Shah

18. MANAGEMENT OF GOLFER'S ELBOW

Introduction: Golfer's elbow causes pain where the tendons of the forearm muscles are attached to the bony bump on the inside of the elbow. The pain might spread to the forearm and wrist. It is similar to tennis elbow, which occurs on the outside of the elbow. It is not limited to golfers. Tennis players and others who repeatedly use their wrists or clench their fingers, can also develop golfer's elbow.



History: Mr. SS, 45, was admitted for 10 days with Golfer’s elbow since last one year, with severe pain at the back of the right elbow and with the pain radiating towards the wrist.

Treatment: As per clinical findings, the following treatments were planned to reduce his pain.

Diet therapy:

Time	Diet	Quantity (ml/gm)	Days
6 am	Water	200	Daily
7 am	Herbal tea with milk	200	Daily
8 am	Carrot juice	200	Daily
9 am	Amla and Turmeric juice	100	Daily
10 am	Boiled Sprouts	200	Daily
11am	Jowar roti + Boiled vegetable + Chutney + soup	1+100+10 +100	1-5
	Fruit diet (seasonal fruits)	300-700	6-8
	Jowar roti + Boiled vegetable + Chutney + soup	1+100 +10 +100	9-10
3 pm	Herbal tea with milk	200	Daily
6:30 pm	Jowar Roti + Boiled Vegetable + Chutney + Soup	1+100 +10 +100	1-5
	Fruit diet (seasonal fruits)	300-500	6-8
	Jowar Roti + Boiled Vegetable + Chutney + Soup	1+100 +10 +100	9-10

Patient was on constructive, soothing diet during his stay. He was advised not to lift any heavy objects with the affected hand.

Yoga Practices:

Asana	Pranayama	Meditation	Mudra	Suddhi kriya
Shalabhasana	Om Chanting	45 minutes	Dhyan mudra	Kapalbhati
Pawanmuktasana	Anulom-vilom			
Uttanpadasana	Bhramari			
Makrasana				



Naturopathy and Physiotherapy treatments:

Sr. No.	Therapy	Duration	Frequency
1.	Enema		Alternate day
2.	Full body Massage therapy	45 min	Daily
3.	Steam Bath Every alternate day	3 min	Alternate day
4.	Mud pack on Abdomen	30 min	Daily
5.	Ice application on elbow	2-4 min	Daily
6.	Mustard pack (on elbow)	20 min	Daily
7.	TENS	10 min	Daily
8.	Ultra sound therapy	8 min	Daily
9.	Exercise therapy: Manual therapy; Stretching exercises; Active range of motions	20 min	Daily
10.	Acupuncture	20 min	Daily

Results: After 10 days, there was 80% improvement. There was significant reduction in pain.

The pain analogue scale measured 8 on admission and 2 at the time of discharge.

Follow up advise:

- Avoid lifting heavy objects with affected hand and not to play any sports for 6 months.
- Regular exercises as prescribed.
- Ice application if pain is experienced.
- Include nutritive food containing carotene, to reduce inflammation and pain.

Reported by Dr. Gauri Shah

19. MANAGEMENT OF HYPERURICEMIA

Introduction: In Hyperuricemia, the level of uric acid increases in the blood. Uric acid is a waste formed after metabolization of purine, which is present in certain food such as spinach, asparagus, red meat, alcohol, etc. In most cases, high uric acid level occurs when kidneys do not eliminate uric acid efficiently. Factors that may cause high uric acid level in blood are obesity, diuretics, hypothyroidism, renal insufficiency, purine-rich diet and intake of alcohol.



History: Mrs. NM, 39, was diagnosed with hyperuricemia a year back. Her chief complaints were obesity grade 2 and pain in the knees and ankles along with stiffness since 4-5 months. She was unable to walk a long distance because of the pain. Her thyroid levels were normal. She had not taken any medicines. She stayed at the Ashram for 15 days.

Treatment: Main aim of the treatment was to reduce uric acid level along with pain and stiffness.

Diet Chart:

Time	Diet	Quantity (ml/gm)	No. of Days
6 am	Methi seeds soaked overnight	10+100	15
7 am	Lemon, honey and water	Half + 2 teaspoon + 200	15
8 am	Bottle gourd juice	200	15
9 am	Amla (Gooseberry) juice	100	15
10.30 am	Jowar Bhakri + boil vegetable + soup + chutney + butter milk	1+100+100+10+100	7
3 pm	Tulsi Kadha + jaggery	100 +10	15
4 pm	Carrot + bottle gourd juice	100 +100	15
5.30 pm	Fruit diet (seasonal fruits) guava, apple, papaya, melons	250	15

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Sookshma Vyayamas	For loosening of joints	10 min
2.	Asanas	Setubandhasana, Tad asana, Utkatasana, Virbhadrasana, Ardh Matsyendrasana	Alternate days
3.	Pranayama	Kapal bhati, Anulom-vilom, Bhastrika	20 min daily
4.	Meditation	Om meditation	Twice a week
5.	Kriyas	Jala neti and vaman	Twice a week



Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Days)	Duration
1.	Massage-Full body (Til oil)	Daily	45 min
2.	Steam bath	Daily	5-10 min
3.	Enema	Alt days	
4.	Mudpack (on abdomen)	Daily	10 min
5.	Abdomen Pack (lapet)	Daily	30 min
6.	Mustard Pack (on joints)	Daily	10 min
7.	Local Steam (on joints)	Daily	3 min

Results: At the time of discharge, her pain and stiffness had reduced by 70%. Uric acid level dropped to normal. Knee and ankle motion ranges were better and she could walk without pain for 30 minutes.

Laboratory Investigations:

Investigations	On admission	On discharge
Uric acid	7	5.05

Follow up Advise: She was advised to follow the prescribed diet, yoga and pranayamas daily. She was also advised to avoid red meat, carbonated drinks, unhealthy food and purine-rich foods. She was advised to consume 3 to 4 litres of water daily to flush out toxins from her body and to maintain her weight.

Reported by Dr. Vandita Bagul

20. MANAGEMENT OF VENOUS ULCER

Introduction: Venous ulcer, or stasis ulcer is a wound on the leg or ankle which occurs due to poor circulation in the legs. It is caused by venous insufficiency or abnormal vein functioning, resulting in damage of valves and pooling of blood in the vein. Symptoms include swelling, aching and tiredness of legs. The causes of damaged veins are obesity, blood clot, ageing and injury.

History: Mr. DS, 51, was admitted for 15 days at the Ashram with complaint of obesity grade 2 and venous ulcer in the left leg since one year. He had undergone laser treatment (EVLT) on the right leg 5 years back and on the left leg a year ago. At the time of admission, the ulcer had a foul smell, with pus. His physician had advised him to apply



bandage once in 3 days. Subcutaneous edema was also present in both the legs. He weighed 110 kg, about 39 kg higher than the normal weight.

Treatment: Main aim of the treatment was to reduce symptoms and to ensure weight loss.

Diet Chart: He was given boiled diet for 2 days, followed by 3 days of raw diet and 7 days of liquid diet (fasting). Normal diet was started 3 days before discharge from the Ashram.

Time	Diet	Quantity (ml/gm)	Days
6 am	Methi seeds soaked overnight	20 + 100	15
7 am	Tulsi + ginger kadha with jaggery	100 + 10	15
8 am	Bottle gourd juice	200	15
9 am	Tulsi + adalsa juice	40	15
12 pm	Jowar bhakri + boil veg + soup + Chutney + butter milk	1+100+100+10+100	5
3 pm	Tulsi kadha + jiggery	100 + 10	15
4 pm	Carrot + bottle gourd juice	100 +100	15
5.30 pm	Fruit diet: guava, apple, papaya, melons	250 - 500	15

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Pranayama	Kapal bhati, Anulom-vilom, Bhastrika	20 min daily
2.	Meditation	Om meditation	Alt days
3.	Relaxation	Deep relaxation technique	Alt days
4.	Kriyas	Jala neti and vaman	20 min

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Massage-Full body except legs	Daily	45 min
2.	Spinal bath	Daily	10 min
3.	Enema	Alternate days	
4.	Mud Pack(on abdomen)	Daily	10-20 min
5.	Abdomen pack (Lapet)	Daily	20-30 min



Results Achieved: After 15 days, his ulcer improved by 50%. The pus and foul smell disappeared completely. Fresh blood was seen oozing out of the wound. His weight reduced by 6 kg.



Follow up Advise: Advised to reduce weight, by following dietary Advise, walking and pranayamas. Also advised to avoid oily, sugary and refined items and to eat seasonal fruits and raw vegetables to improve healing. He was advised to meet the physician regularly and to replace the bandage once in 3 days.

Reported by Dr. Vandita Bagul

21. MANAGEMENT OF POST HERPETIC NEURALGIA

Introduction: Herpes zoster or shingles occurs with reactivation of the virus Varicella-zoster, that lies dormant in certain nerves for years. A person with depressed immunity or above 50 years of age, is more prone to this disorder. Rash appears mostly on trunks and buttocks. When the pain is caused by shingles and it does not go away after the rash and blisters clear up, the condition is called post herpetic neuralgia.

History: Mr. BK, 73, came to the Ashram with a complaint of post herpetic neuralgia and Diabetes mellitus type 2 since 15 years. He had history of herpes zoster since 7 months. He was suffering from burning sensation on the skin, even from the slightest pressure, fatigue and body pain. He had been advised to take pain killer by his physician.

Treatment: Main aim of the treatment was to reduce body pain and lethargy.

Diet Chart:

Time	Diet	Quantity (mi/gm)	Days
6 am	Methi seeds soaked overnight	20 + 100	15
7 am	Tulsi + ginger kadha without jaggery	100 + 10	15
8 am	Bottle gourd juice	200	15
9 am	Bitter gourd juice	40	15
12 pm	Jowar Bhakri + boil vegetables + soup + chutney + butter milk	1+ 100 +100 + 10 + 100	15
3 pm	Tulsi kadha + jaggery	100 + 10	15
4 pm	Carrot + bottle gourd juice	100l +100	15
5.30 pm	Jowar Bhakri + boiled vegetables + soup +chutney	1+ 100 + 100 + 10	15
8 pm	Fruit diet (seasonal fruits) guava, apple, and papaya.	250 - 500	15

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Yoga practices	Balasana, Shavasana, Baddha konasana, Paschimottanasana	40 min
2.	Pranayama	Kapalbhati, Anulom-vilom, Bhastrika	20 min
3.	Meditation	Om meditation	Alternate days
4.	Relaxation	Deep relaxation technique	Alternate days
5.	Kriyas	Jala neti and vaman	Twice a week

Naturopathy Treatments:

S. No.	Treatments	Frequency	Duration
1.	Massage-Full body with mild pressure (Mahanarayan oil)	Daily	45 min
2.	Steam bath	Alternate days	10 min
3.	Enema	Alternate days	
4.	Mud Pack (on abdomen)	Daily	10 min
5.	Gastro-hepatic pack	Alternate days	10-15 min
6.	Kidney Pack	Alternate days	10-15 min
7.	Warm Tub Bath (with Epsom Salt)	Alternate days	10-15 min



Results: At the time of discharge, there was significant reduction in the pain and burning sensation. His painkiller was stopped completely.

Follow up Advise: Advised to follow Satvik diet, avoid sweets and practice yoga and pranayama daily for 30 minutes.

Reported by Dr. Vandita Bagul

22. MANAGEMENT OF PANSINUSITIS WITH POLYPOSIS

Introduction: Pansinusitis is when all the sinuses in the head become infected or inflamed usually a sinus infection, affecting one or two groups of sinus. Known also as Nasal polyps, it is associated with irritation and swelling of the lining of the nasal passage and sinuses. It is common in adults. The major symptoms are facial pain or headache, breathlessness, loss of sense of taste, persistent stuffiness and nasal congestion.

History: Mr. GS, 37, was suffering from Pansinusitis with polyposis since 3 years. Due to this condition, he was suffering from severe dyspnoea (difficulty in breathing) and was unable to take proper breath generally at night. It affected his sleep as well. He had a history of hypertension, Type 2 DM, obesity, constipation and hyperacidity. He had visited many hospitals and tried allopathic and Ayurveda treatments, without any relief. He came to the Ashram for treatment of 15 days.

Treatment: The aim of the treatment was detoxification and to maintain proper breathing pattern, reducing dyspnoea. He was given the following naturopathy treatment such as hydrotherapy, massage therapy, acupuncture along with regular yoga, pranayama and meditation during his stay.

Diet chart:

Time	Diet	Quantity (ml/gm)	Days
7 am	Kadha	100	15
8 am	Apple	1	15
9 am	Tulsi + Adulsa juice Breakfast: Boiled Moong / Nachini satva	40100	1515
10.30 am	Jowar roti + sabzi + chutney + soup Raw diet + vegetable soup Fruit diet: papaya, apple + boiled moong	1+100 +10+100+100 + 100 300-500 + 100	1-7 8-9 10 -15
3 pm	Kadha	100	15
4 pm	Apple	1 slice	15
5.30 pm	Jowar roti + sabzi + chutney + soup Sabzi + chutney + soup	1 + 100 + 10 +100 +100 +10 + 100	1-7 8-15



Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Sukshma vyayama	For loosening up the joints	10-15 min
2.	Asanas	Vakrasana, Ardhamatsyendrasana, Halasana, Paschimottasana, Supta Udrakarsyasana, Setubandhasana, Marjariasana, Bhujangasana, Mandukasana Shavasana, Pavanmuktasana,	
3.	Pranayama	Anulom–vilom, Chandra bhedan, Suryabhedan, Bhastrika, Sheetali, Shitakari, Bhramari	10-15 min
4.	Meditation	Meditation on Manipur chakra, Om chanting	10 min
5.	Yogic relaxation	Yoga nidra	10 min
6.	Bandhas	Uddiyan bandha, Moolabandha, Jalandhar bandha	5-8 min
7.	Kriyas	Jala neti	5 min

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Full body massage	15 days	45 min
2.	Enema	Alternate day	10 min
3.	Mud pack application on abdomen	Daily	15 min
4.	Steam bath	Daily	3-5 min
5.	GH pack	Alternate day	15 min
6.	Kidney pack	Alternate day	15 min
7	Facial steam with Nilgiri oil	Daily	5 min
8	Acupuncture	10 days	20 min

Name of medicine	On admission	On discharge
Tab. Janumet 50/100mg	1-0-1	0-0-0
Tab. Sulisent 100mg	0-1-0	0-0-0
Tab. Telma- 40	1-0-0	0-0-0



Name of medicine	On admission	On discharge
Tab. Atorvastatin -10	0-0-1	0-0-1
Nasowash sachet with budecart	Twice in a day	SOS
Furamist - AZ nasal spray	1-0-1	SOS

Result: After 7 days, the patient experienced relief and the blood sugar level also became normal. At the end of 15 days, his condition improved up to 60% and enabled him to breath properly and to sleep without any difficulty. His dyspnoea was completely cured and the medicine dosage was also reduced.

Follow up Advise: Advised to follow the given diet, jala neti twice a week, facial steam with nilgiri oil on alternate days and practice yoga, pranayama and exercises daily. He was advised to avoid cold products, dairy products, banana, oily and fried food.

Reported by Dr. Ganesh Agrahari

23. MANAGEMENT OF POLYCYSTIC OVARIAN DISEASE (PCOD)

Introduction: Polycystic Ovarian Disease (PCOD) also known as Polycystic Ovary Syndrome, is a common condition that affects women in the age group of 12 - 45 years and occurs due to hormonal imbalance. PCOD patients produce higher-than-normal amounts of male hormones that can affect menstrual cycles or conception which can have a negative impact. This situation results in absence of ovulation, irregular period, acne and hirsutism. If the disease is not treated on time, it can cause insulin-resistant diabetes, obesity and high cholesterol leading to heart disease.

History: Mrs. CJ, 36, was diagnosed with PCOD 6 years ago. She came to the Ashram with complaint of constipation, piles, grade-2 obesity and infertility. She was not able to conceive. She has been taking naturopathy treatment since 3 years at the Ashram.

Treatment: During her stay of 20 days, the treatment focused on detoxification, weight loss and treating PCOD and infertility. She was given the following treatments.

Diet chart:

Time	Diet	Quantity (ml/gm)	Days
7 am	Kadha + jaggery	100 + 10	20
8 am	Bottle gourd juice	200	20
9 am	Wheat grass juice	100	10
	Amla + turmeric juice	20 + 20	10



Time	Diet	Quantity (ml/gm)	Days
10.30 am	Jowar roti + sabzi + chutney + soup Raw diet + Butter milk Fruit diet (Papaya, pomegranate, guava, apple) Sabzi + chutney + soup	1 +100 +10 +100 + 100 + 100 300 100 + 10 + 100	1; 20 2-3 4-6; 16-18; 19
3 pm	Kadha + jaggery	100 + 10	20
4 pm	Carrot + bottle gourd juice	100 + 100	20
5.30 pm	Jowar roti + sabzi + chutney + soup Sabzi + chutney + soup Fruit diet: Papaya, pomegranate, apple	1+100 +10 +100 100 + 10 + 100 300 – 500	1; 20 2-3;19 4-6; 16-18

Fasting:

- **Juice fasting:** Mosambi, pineapple, carrot, Bottle gourd, amla + turmeric juice from the 7th till the 12th day.
- **Water Fasting:** Lemon + honey + water; tender coconut water; plain water from the 13th till the 15th day.

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Sookshma vyayamas	Asanas for loosening up joints of the body	10-15 min
2.	Asanas	Surya namaskara, Uttanpadasana, Pawanmuktasana, Naukasana, Bhujangasana, Setubandhasana, Tadasana, Ushtrasana, Shalabh asana, Vakrasana, etc.	30 min
3.	Pranayana	Anulom–vilom, Bhramari, Kapalbhathi, Bhastrika, Suryabhedana	10-15 min
4.	Bandhas	Uddiyan bandha, Moolabandha	5 min
5.	Meditation; Yog nidra	Om kar meditation	10 min



Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Full body massage	20 days	45 min
2.	Enema	Alternate day	10 min
3.	Mud pack application on abdomen	Daily	15 min
4.	Pack (abdomen)	Alternate day	30 min
5.	Neutral hip bath	Alternate day	15 min
6.	Cold circular jet (ccj)	Thrice a week	10 min
7.	Vichy shower	Twice a week	10 min
8.	Under Water Massage	Thrice a week	15 min

Result: Surprisingly, the patient was relieved of all her problems during her 4th visit in which she lost 8.5 kg. She conceived naturally after a few months of treatment.

Follow up Advise: She was advised to follow the diet chart, neutral hip bath on alternate days and avoid refined carbohydrates such as starch and sugar containing food, fried and oily food, bakery products, etc. and consume high fibre diet like green leafy vegetables, Jowar and flax seeds. Advised to practise yoga, exercises and walk 4 km every day.

Reported by Dr. Ganesh Agrahari

24. MANAGEMENT OF EROSIVE GASTRITIS – ANTRUM

Introduction: Antral Erosive Gastritis is an inflammation of the stomach that begins with lesions in the mucus membranes of the stomach and ulcer-like symptoms. It is caused by consumption of alcohol, spicy food, excessive coffee, smoking and certain medications and infection H. pylori. The common symptoms are stomach pain, belching, nausea, vomiting, irritability, burning, ache or pain and hiccups. Most antral gastritis cases have been observed in males in the age group of 40-70 years.

History: Mr. BBK, 50, was admitted to the Ashram for 12 days with a complaint of Erosive Gastritis –Antrum since 2 months. Due to this condition, he was troubled with acidity and food regurgitation. He also had a history of hypertension and O.A. B/L knees. He was taking allopathic medicine which had provided only temporary relief.

Treatment: During his stay, he was given Satvik diet which included boiled vegetables, soup, fresh fruits and juices. He underwent naturopathy treatments such as mud therapy, hydrotherapy, acupuncture along with regular yoga and meditation.



Diet chart:

Time	Diet	Quantity (ml/gm)	Days
7 am	Lemon + honey + water	1 tsp + 2 tsp + 200	12
8 am	Carrot + Bottle gourd juice	100 + 100	12
9 am	Pomegranate juice	200	12
10.30 am	Jowar roti + sabzi + chutney + soup	1 + 100 + 10 + 100	1-3
	Sabzi + chutney + soup	100 + 10 + 100	4-7
	Fruit diet (papaya, pomegranate)	300 -500	8- 12
1.00 pm	Tender coconut water		
3 pm	Lemon + honey +water	1 tsp + 2 tsp + 200	12
4 pm	Carrot + Bottle gourd juice	100 + 100	18
5.30 pm	Jowar roti + Sabzi + chutney + soup	1 + 100 + 10 + 100	1-3
	Sabzi + chutney + soup	100 + 10 + 100	4-7
	Fruit diet (Papaya, pomegranate)	300 - 500	8- 12

Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Sukshma vyayamas	Asanas for loosening the joints of the body	10-15 min
2.	Asanas	Pawanmuktasana, vajrasana, shashankasana, makarsana, ushtrasana, bhujangasana shavasana.	30 min
3.	Pranayama	Shitali, shitkari anulom–vilom, bhramari	10 min
4.	Meditation	Om meditation and deep relaxation technique	10 min

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Full body massage	12	45 min
2.	Cold Enema	Alternate day	10 min
3.	Mud pack application abdomen	Daily	15 min
4.	Steam bath	Daily	3-5 min
5.	Hot and cold compress on abdomen	Alternate day	15 min
6.	Neutral hip bath	Alternate day	15 min
7.	Acupuncture	5 days	20 min



Result: After 5 days of treatment, some medicines were stopped. At the time of discharge, the patient was relieved of his acid reflux and regurgitation and also experienced 70% relief from knee pain.

Follow up Advise: He was advised to follow the diet chart with fresh and seasonal fruits and juices and avoid spicy, sour, fried, unhealthy, fermented food and bakery products. He was also advised to take plenty of water and practices yoga and pranayama regularly.

Reported by Dr. Ganesh Agrahari

25. MANAGEMENT OF LIVER CIRRHOSIS

Introduction: Liver cirrhosis or hepatic cirrhosis is caused by malfunctioning of the liver, as the healthy liver tissues are destroyed and replaced by scar tissues. The condition becomes serious, because it can start blocking the flow of blood through the liver. The symptoms of cirrhosis are yellowing of skin (jaundice) due to the accumulation of bilirubin in the blood, fatigue, weakness, itching and loss of appetite. Alcohol and viral hepatitis B and C are common causes of cirrhosis.

History: Mr. HAP, 53, was admitted for 18 days at the Ashram with liver cirrhosis since 3 months. He had a history of hypertension, insomnia and severe tremor in both the hands. He had taken allopathic treatment without any relief. He was also addicted to alcohol and tobacco.

Treatment: The goal of the treatment was to detoxify and improve the liver function. He was given the following naturopathic treatments.

Diet chart:

Time	Diet	Quantity (ml/gm)	Days
7 am	Kadha + Jaggery	200 + 10	18
8 am	Carrot + Bottle gourd juice	100 + 100	18
9 am	Boiled Moong / Nachini porridge	100	18
10.30 am	Jowar roti + sabzi + chutney	1 + 100 + 10	18
3 pm	Kadha + Jaggery	200 + 10	18
4 pm	Carrot + Bottle gourd juice	100 + 100	18
5.30 pm	Jowar roti + sabzi + chutney	1 + 100 + 10	18



Yogic Practices:

Sr. No.	Practices	Details	Duration
1.	Sookshma vyayamas	Asanas for loosening body joints	10-15 min
2.	Asanas	Vakrasana, Vajrasana, Gomukhasana, Ardhamatsyendrasana, Marjarai asana, Supta Udrakarsyasana	30 min
3.	Pranayama	Anulom-vilom, Kapalbhathi, Bhramari	10 min
4.	Meditation	Omkar meditation and Yoga nidra	10 min

Naturopathy Treatments:

Sr. No.	Treatments	Frequency	Duration
1.	Massage	Daily	45 min
2.	Enema	Alternate day	10 min
3.	Mud Pack application on abdomen	Daily	15 min
4.	Neutral water hip bath	Daily	15 min
5.	GH pack	Daily	20 min
6.	Acupuncture	Daily for 10 days	20 min

Result: After 18 days, the condition improved up to 70% and 80-90% of the tremor had disappeared. He was able to sleep well without sleeping pills. Other medicines were also reduced and his blood parameters improved as below:

Laboratory investigation:

Sr. No.	Investigation	On admission	On discharge
1.	SGOT	102	55
2.	SGPT	68	35
3.	Total bilirubin	5.96	3.84
4.	Direct bilirubin	3.89	2.70
5.	Hb	9.9	11.1
6.	Platelets	92000	124000

Follow up Advise: At the time of discharge, he was advised to follow the given diet chart, take plenty of water and seasonal fruits and practice regular yoga and pranayama, GH pack and neutral hip bath on alternate days. He was advised to avoid alcohol, tobacco, refined flour, sugar, salty, spicy, fried food and bakery products.

Reported by Dr. Ganesh Agrahari



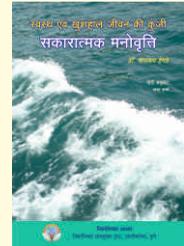
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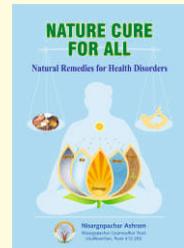
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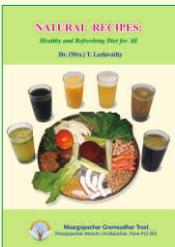
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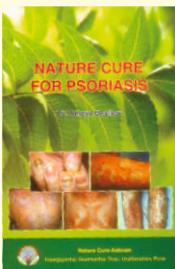
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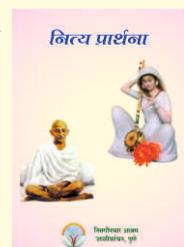
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