

CASE STUDIES

MANAGEMENT OF OBESITY AND TYPE 2 DIABETES MELLITUS

Case History

Mr. AD, 64, was admitted for 21 days for treatment of Diabetes Mellitus. In spite of taking various medicines, his sugar levels were still very high and as a last resort, he thought of trying Naturopathy.

Treatment

As his weight was very high and exercises were almost nil, he was advised regular walking twice a day, daily yoga practices and low salt, low fat, anti-diabetic diet.

The goal of the treatment was to lose weight and manage the blood sugar level naturally through a combination of the treatments given below:

No.	Treatments	Details	Results
1.	Yoga	Customised disease-specific yoga session	<ul style="list-style-type: none">➤ Considerable reduction in blood sugar level➤ Reduction in weight up to 9 kg➤ Improved stamina➤ Improved flexibility, reduced stiffness and fatigue➤ Acquired positive attitude and firm belief in nature cure
2.	Mud Pack	Mud pack application on the abdomen and legs for 20 minutes daily	
3.	Enema	Twice a week, normal temperature	
4.	Hip Bath	Normal temperature, 10 minutes daily	
5.	Massage	Full body massage for 45 minutes daily	
6.	Gastro-Hepatic Pack	20 minutes daily	
7.	Kidney Pack	20 minutes daily	
8.	Brisk Walking	45 minutes daily	
9.	Meditation	15 minutes daily	
10.	Diet	Low fat, low salt and high fibre diet.	

Combination of above mentioned treatments proved to be very useful in the management of Obesity and Type 2 Diabetes Mellitus.



Medicines	Dosage			Blood Sugar Levels		
	On Admission	FBS	PPBS	On Discharge	FBS	PPBS
Human Mixtard	40-40-40	328mg/dl	412mg/dl	0-8-0	104mg/dl	148mg/dl
Glycomet 500	1-1-1			0-0-0		

Follow Up Advice

The patient was advised a comprehensive diet and treatment programme which mainly included exercise and yoga on a regular basis for next three months followed by a review.

Reported by Dr. Abhishek Devikar

OBESITY

Case History

Ms. AG was admitted with a complaint of excessive weight gain since four years. Her weight was 95 kg at the time of admission. Her anthropometric measurements were taken on day one and at the time of discharge.

Treatment

She was given the following treatments:

Massage - Dashmool Nirgudi oil	Daily	45 minutes
Enema	Twice a week	-
Mud packs	Daily	15 minutes
Steam bath	Alternate days	10 minutes
Tub Bath	Alternate days	20 minutes
Hip Bath	Daily	20 minutes
Yoga *	Daily	45 minutes
Walk	Daily	45 minutes
Meditation	Alternate days	45 minutes

* Yoga therapy included suryanamaskaras, asanas and pranayamas.

She was prescribed the following diet:



7 am	Tulsi Kadha with jaggery	200 ml	Daily
8 am	Bottle Gourd juice	200 ml	Daily
10.30 am	Normal diet (one Jowar bhakri + Sabzi + Soup + Chutney) Fruits - papaya, pomegranate, apples Raw Diet - carrot, cucumber beetroot, greens		For first 2 days and last 1 day 10 days 8 days
12 noon	Tender coconut water	1	Daily
3 pm	Tulsi Kadha + jaggery	200 ml	Daily
5.30 pm	Normal diet (one Jowar bhakri + Sabzi + Soup + Chutney) Soup + Sabzi (one bowl each) Papaya and pomegranate		First day and last 2 days 10 days 8 days

Her Anthropometric measurements were as follows:

	Day 1 (inches)	Day 21 (inches)
Mid arm (right)	20	18
Mid arm (left)	19	17.5
Chest	46	43
Abdomen	49	44
Waist	42	39
Hips	51	48
Mid thigh (right)	28	26
Mid thigh (left)	28	26

At the end of 21 days, she weighed 83 kg. She was given an exercise and diet module to follow at home. The patient came after 6 months after following the regimen strictly. She weighed 71 kg at the time of re-admission and lost another 4 kg during her stay of 10 days.

Reported by Dr. Ameya Devikar

MANAGEMENT OF CERVICAL SPONDYLOSIS WITH RADICULOPATHY

Keywords: Cervical Spondylosis - degeneration of cervical spine, Radiculopathy-irritation of or injury to a nerve root that typically causes pain, numbness, or weakness.



Case History

Mrs. SS, 58, was admitted for 21 days with a complaint of severe neck pain radiating to the right arm and head along with giddiness and numbness since five years. As her pain and discomfort had aggravated 10 days ago after getting up from the bed in the morning, she had been advised to undergo surgery to avoid further complications. However, as her son was aware of the Nisargopachar Ashram, she was immediately admitted and the specific treatments were started.

Cervical Spondylosis is a degenerative disease of the cervical spine and the associated disc bulge causes nerve compression, resulting in severe radiating pain, numbness, and giddiness. The conventional treatment includes pain killers, and injecting drugs such as corticosteroids and a local anesthetic into the joints of the spine or the surrounding area.

Treatments

No.	Treatments	Details	Results
1.	Yoga	Specified relaxation techniques	<ul style="list-style-type: none">➤ Reduction in pain upto 95% in 21 days➤ There was no radiating pain towards the end of her stay➤ Feeling of relaxation➤ Overwhelmed with the results as she had never expected such a positive response from nature cure.
2.	Enema	Twice a week, normal temperature	
3.	Steam Bath	Normal temperature, 10 minutes daily	
4.	Massage	Full body massage for 45 minutes daily	
5.	Acupuncture	10 sessions of 30 minutes each.	
6.	Physiotherapy	Interferential Therapy for 10 minutes for 10 days. Ultrasound therapy for 5 minutes for 5 days. Cervical traction for 10 days for 10 minutes each.	
7.	Exercise Therapy	Exercise programme for 15 minutes daily.	
8.	Meditation	15 minutes daily	
9.	Diet	Protein-rich diet with low salt	

The patient was in acute pain and unable to move the neck and even lying on the bed was painful. For pain relief, acupuncture was started followed by physiotherapy modalities like ultrasound, interferential therapy and cervical traction and various yogic and naturopathic treatments like steam bath, etc.



The goal of the treatment was to relieve muscle spasm, reduce the inflammation and compression and manage pain naturally through yoga and naturopathy.

Combination of these treatments showed excellent results in terms of reduction in pain and made the patient very happy.

Follow Up Advice

The patient was advised to follow the exercises, avoid weight lifting and bending forward, use a rolled towel instead of a pillow for proper support. She was asked to report every month for three consecutive months.

Reported by Dr. Abhishek Devikar

MANAGEMENT OF SCIATICA

Case History

Mrs. PK, 37, came as an outdoor patient with complaint of back pain since one year. The pain had started radiating to her right leg resulting in a tingling sensation, numbness and heaviness of the leg. She was unable to work at her office and also had great difficulty in performing household activities.

Treatment

The aim of the treatment was to relieve pain and nerve compression.

The following treatments were given continuously for 15 days:

Physio-Therapy

1. Lumbar Traction to relieve nerve compression, tingling and numbness of leg.
2. Interferential Therapy and Ultra Sound to reduce pain and muscle spasm.

Massage : For relaxation of body.

Steam Bath : To reduce pain and stiffness.

Enema : Twice a week.

Yoga : To improve flexibility of body.

Meditation : 20 minutes daily for mental and physical relaxation.

She was advised to take healthy diet including fresh fruits and juices.

The treatments were given continuously for 15 days.



On Day 7, exercises were prescribed, which included back isometrics, strengthening and neural stretching exercises. She was advised to take adequate rest and avoid forward bending and lifting of heavy weights.

At the end of the treatment, her pain had reduced by 95%. She was able to concentrate on her work at office. She was advised to continue the exercises at home for further improvement.

Reported by Dr. Gauri Shah

BRONCHIAL ASTHMA

Keywords: Peak Expiratory Flow Rate (PEFR) is a test which measures how fast a person can breathe out. This test checks lung functioning and is often undergone by patients suffering from asthma.

Case History

Mrs. MM, 35, was admitted for 21 days with a complaint of Bronchial asthma since 12 years.

Treatment

She was taking Inhaler Foracort thrice a day and Deriphyllin tablet twice a day. Her PEFR value was measured on the first day of admission and at the time of discharge.

She was given the following treatments:

Massage - Til oil	Daily	45 min
Enema	Alternate days	-
Asthma Bath	Alternate days	20 min
Steam Bath	Alternate days	10 min
Chest pack	Daily	30 min
Spinal Bath	Daily	20 min
Disease specific yoga	Daily	45 min
Walking	Daily	40 min

Yoga Therapy

The focus was on specific asanas, breathing exercises and pranayamas.



Asanas	Pranayamas	Breathing Exercises
Tadasana Ardhachakrasana	Anulomviloma Surya Bhedhana (Right Nostril Breathing)	Hands stretch breathing Tadasana Breathing
Matsyasana Ustrasana Gomukhasana Bhujangasana Dhanurasana	Bhastrika Bhramari	Sasankasana breathing Tiger breathing Cat stretch breathing

Diet Therapy

5 am	Tulsi water	200 ml	Daily
7 am	Tulsi kadha with jaggery	200 ml	Daily
8 am	Carrot juice	200 ml	Daily
9 am	Tulsi + Adulsa juice	40 ml	Daily
10.30 am	Normal diet (one Jowar Bhakri + Sabzi + Soup + Chutney) or Fruits (Papaya, Pineapple, Pomegranate)		Alternate days
12 noon	Tender coconut water	1	Daily
3 pm	Tulsi Kadha + Jaggery	200 ml	Daily
5.30 pm	1 Jowar Bhakri + Sabzi + Soup + Chutney or Fruits - papaya, pineapple, pomegranate		Alternate days

With regular diet control and yoga, her medicines were tapered periodically and at the end of her stay, she was able to manage without the inhaler and medicines. Her PEFr values were 150 on Day 1, 215 on day 7, 280 on day 14 and 320 on day 21. She was advised to follow the diet and yoga at home.

Reported by Dr. Ameya Devikar

MANAGEMENT OF INTERSTITIAL LUNG DISEASE

Keywords: Broncho-dilators - substances which reduce constriction of the bronchus (lungs)

Case History

Dr. SV, 41, was admitted with a complaint of Interstitial Lung Disease (ILD) since four years. She had been taking broncho-dilators in the form of inhalers but it was



not effective. She had also tried Homeopathy which did not relieve her discomfort. She came for 21 days to avail nature cure treatments.

ILD is a condition which causes thickening of the interstitium (a lace-like network of tissue that extends throughout the lungs, supporting its microscopic air sacs, alveoli. Tiny blood vessels travel through the interstitium, allowing gas exchange. The thickening can be due to inflammation, scarring, or extracellular fluid - edema. Conventional treatment includes Antibiotics, Steroid and Oxygen therapy.

Treatment

As the patient wanted to overcome breathlessness at rest and walk comfortably in order to carry out daily chores, her treatment began with a combination of Yoga and Naturopathy.

The goal of the treatment was to improve the lung function and restore normal daily activity through natural diet, yoga and treatments such as acupuncture, physiotherapy, exercise therapy, steam and asthma bath, chest pack, facial steam and spinal bath.

No.	Treatments	Details	Results
1.	Yoga and Pranayamas	Customised disease-specific yoga and pranayamas	<ul style="list-style-type: none"> ➤ Peak Expiratory Flow Rate (PEFR) improved from 220 to 350L/min ➤ Ability to walk 2 km comfortably as compared to 15 steps with difficulty in the past. ➤ Weight reduction by 4 kg ➤ Restoration of healthy lung functions ➤ Improved circulation, relaxation rejuvenation of lungs. ➤ Enhanced immunity ➤ Reduced difficulty in breathing ➤ Feeling positive about life ➤ Weight loss and better digestion supplied required nutrition for restoration of lung functions.
2.	Asthma Bath	Daily for 10 mins	
3.	Enema	Twice a week, normal temperature	
4.	Steam Bath	Normal temperature, 10 minutes daily	
5.	Derivative Massage	Partial massage of back and chest for 45 minutes daily	
6.	Acupuncture	On a daily basis for 30 minutes	
7.	Exercise Therapy	Specific breathing exercises like Sectional Breathing exercise programme for 15 minutes daily Postural Drainage	
8.	Meditation	15 minutes daily	
9.	Diet	Non-mucous forming boiled diet with ample fresh fruits and vegetables.	

Combination of these treatments showed excellent results.



Follow Up Advice

The patient was advised to follow yoga, pranayamas, breathing exercises, comprehensive diet and simple home-based treatments for next three months and come for follow up visit every month.

Reported by Dr. Abhishek Devikar

INSOMNIA

Keywords: Insomnia or sleeplessness, is a sleep disorder in which there is an inability to fall asleep or stay asleep as long as desired.

Case History

Mrs. NM, 39, was admitted for 21 days with a complaint of insomnia since 15 years. She had difficulty in falling asleep and had disturbed sleep pattern. She was taking sleeping pills since 10 years.

Treatment

On admission, she was taking one tablet of Restyl daily at night. She was given the following treatment during her stay:

Massage - Coconut oil	Daily	45 minutes
Enema	Alternate days	-
Full tub bath	Alternate days	20 minutes
Spinal bath	Alternate days	20 minutes
Spinal Spray	Daily	30 minutes
Hot Foot Bath	Daily	20 minutes
Acupuncture	Daily	30 minutes
Disease-specific yoga	Daily	45 minutes
Walking	Daily	40 minutes

Yoga Therapy

Asanas	Pranayama	Meditation	Bhakti Yoga
Setubandasana	Bhramari	Breath Awareness	Nama Japa
Bhujangasana		Om chanting	
Matsyasana			



Diet Therapy

7 am	Tulsi Kadha with milk	200 ml	Daily
8 am	Carrot juice	200 ml	Daily
9 am	Mosambi Juice	200 ml	Daily
10.30 am	Normal diet (1 Jowar Bhakri+Sabzi+Soup+Chutney)	-	Daily
12 noon	Tender coconut water	1	Daily
3 pm	Tulsi Kadha+milk	200 ml	Daily
5.30 pm	1 Jowar Bhakri+Sabzi+Soup+Chutney	-	Daily

After five sessions of acupuncture along with the above therapies, her sleep pattern improved. She was also advised to practice breath awareness meditation at bedtime which helped her in becoming focussed. Her medicines were tapered at the end of the seventh day and restricted to one tablet on alternate days.

Results

At the end of 15 days, her medicines were stopped completely. With regular yoga, acupuncture and counselling, her normal sleep pattern was restored. She was advised to follow the diet, yoga and hot foot bath at home.

Reported by Dr. Ameya Devikar

HYPER PROLACTINAEMIA

Keywords: Hyperprolactinaemia is the presence of abnormally high levels of prolactin in the blood. Normal levels are less than 500 mIU/L [20 ng/mL or µg/L] for women and less than 450 mIU/L for men.

Case History

Ms. A.V was admitted with a complaint of Hyper Prolactinaemia since four years. Her menstrual cycle was irregular and stress levels were high. On the day of admission, her prolactin level was 1025 mIU/L.

Treatment

She was given the following treatments during her stay:



Massage - Nirgudi oil	Daily	45 min
Enema	Weekly twice	-
Mud packs	Daily	15 min
Steam bath	Alternate days	10 min
Tub bath	Alternate days	15-20 min
Hip Bath	Daily	20 min
Abdomen Pack	Daily	20 min
Yoga *	Daily	30 min
Meditation	Alternate days	45 min
Diet Therapy *		

Yoga therapy included special techniques such as

- Mind Sound Resonance Technique (MSRT) which includes a series of mantra chanting along with Omkara and relaxation techniques.
- Pranayamas like anulomviloma (alternate nostril breathing) and Bhramari.

Diet

5 am	Almonds soaked overnight in water	5	Daily
7 am	Tulsi Kadha with milk and jaggery	200 ml	Daily
8 am	Carrot juice	200 ml	Daily
9 am	Mosambi Juice	40 ml	Daily
10.30 am	Normal diet (I Jowar Bhakri+Sabzi+Soup+Chutney)		Daily
12 noon	Tender coconut water	1	Daily
3 pm	Tulsi Kadha+milk	200 ml	Daily
5.30 pm	Fruits (Papaya, Water Melon, Apple)		Daily

At the end of 21 days, her stress levels had reduced considerably and her prolactin level had reduced to 108 mIU/L.

She was advised to continue yoga and diet at home. She came for a follow up visit after 3 months. Her prolactin level was under normal limits and her menstrual cycle had also become regular.

Reported by Dr. Ameya Devikar



MANAGEMENT OF RESTLESS LEGS SYNDROME

Keywords: Restless Legs Syndrome (RLS) is a disorder of the nervous system that causes an urge to move the legs. As it usually interferes with sleep, it is also considered as a sleep disorder.

Mr. CA, 34, was admitted with a complaint of Restless Legs Syndrome for the last 20 years.

Diet Therapy

Soothing, constructive diet comprising of fruits and juices.

Time	Diet	Quantity
7 am	Herbal drink with jaggery and milk/Kadha	50 ml
8 am	Bottle gourd juice	200 ml
9 am	Honey water	100 ml
11 am	Fruits - papaya, sapota, apple, banana	400 gm
3 pm	Herbal drink with jaggery / Kadha	50 ml
6 pm	Fruits - papaya, apple, sapota, banana	400 gm
9 pm	Fruits - papaya	100 gm

With the above diet, during his stay, he was also put on one day of fasting on water and one day of fasting on juice.

Nature Cure treatments

- Massage: Restoring circulation, function and mobility, relieving pain and in case of RLS, ability to relax and rest peacefully.
- Steam bath: To improve peripheral circulation.
- Epsom salt pack: To relax the muscle.
- Cold Spinal spray: To improve the blood circulation.
- Hot foot bath: To improve circulation to the lower extremities.
- Acupuncture: Acupuncture mediates neuro-hormonal activities and induces multilevel responses to the various systems of the body.

Yoga and exercises therapy

Walking and squatting exercises were also advised during his stay.



Asanas	Pranayama	Kriyas	Meditation
Uttanpadasana	Anuloma-viloma	Kapalbhati	45 min everyday
Pawanmuktasana	Bhastrika		
Bhujangasana	Bhramari		
Tadasana			

Result

At the end of seven days, the condition of the patient improved up to 75% and he was able to sleep properly.

Follow up advice

He was given a diet and yoga programme to be followed at home for three months. Lifestyle changes were advised especially in following a balanced diet including Iron rich foods, avoiding caffeine, alcohol and cigarette smoking. Advised to avoid sitting in one position for too long.

Reported by Dr. Kushan Shah

MANAGEMENT OF PANGASTRITIS

Keywords: Pangastritis is inflammation of the entire stomach.

Case History

Mr. HS, 56, came with a complaint of Pangastritis. On admission he was taking Nexpro-40 mg in the morning, Nexpro-20 mg at night time and Zapiz 0.5 mg in the morning as well as at night.

Diet Therapy

Soothing, constructive diet comprising of fruits and juices.

Time	Diet/juices/fruits	Quantity
7 am	Honey water	200 ml
8 am	Bottle gourd juice	200 ml
9 am	Amla juice	50 ml
11 am	Normal diet (1 jowar roti, boiled vegetables, soup, chutney)	400 gm
3 pm	Pomegranate juice	200 ml
6 pm	Normal diet (1 jowar roti, boiled vegetables, soup, chutney)	400 gm
9 pm	Fruits - papaya/pomegranate	100 gm



Treatments:

- Massage: To reduce psychological and physical stress.
- Enema: For Detoxification.
- Steam bath: To reduce muscle tension.
- Hip Bath: To maintain digestive functions.
- Acupuncture: To get rid from stress.
- Spinal bath: To relax para spinal muscles.
- Ice pack on abdomen: To reduce acidity.

Yoga and Exercise	
Pranayama	Kriyas
Anulomaviloma	Kunjaj
Shitali	
Shitkari	
Bramari	
Meditation: 45 min everyday	

Result Achieved

After 7 days of treatment, the patient was able to reduce his medicines. At the end of 25 days, his condition improved up to 80% and he stopped his medicines completely.

Follow-up advice

The patient was advised to eat healthy food from all the food groups which included fruits, vegetables, whole grains and fat-free or low-fat dairy foods. Whole grains included wheat roti, cereals and brown rice. He was oriented about a healthy meal plan including diet low in fat, salt, and added sugar. In juices, he was advised to take Bottle gourd, pomegranate and amla, consume more than 2 litres of water every day and to walk 4 km daily.

Reported by Dr. Kushan Shah

MANAGEMENT OF URTICARIA

Keywords: Urticaria, commonly referred to as hives, is a kind of skin rash notable for pale red, raised, itchy bumps. Hives may cause a burning or stinging sensation and are frequently caused by allergic reactions.

Case History

Mr. AS, 50, was admitted to the Ashram with a complaint of Urticaria since five years. He was taking Cetrizine 10 mg at bed time.

Treatment

Identifying the cause of Urticaria is the first step and the best treatment is to avoid the trigger factor.

Diet Therapy

Soothing, constructive diet comprising of fruits and juices.



Time	Diet	Quantity
7 am	Honey water	200 ml
8 am	Bottle gourd juice	200 ml
9 am	Turmeric juice	50 ml
11 am	Normal diet (one jowar roti, boiled vegetables, soup, chutney)	
3 pm	Bottle gourd juice	200 ml
6 pm	Fruit diet	400 gm
9 pm	Fruits - papaya/apple)	100 gm

With this diet, he also followed 5 days of water fast and 3 days of juice fast.

Other Treatments

- Massage by coconut oil
- Enema for elimination process
- Immersion bath with friction
- Cold compress for immediate relief
- Hot and Cold compress for eliminating toxins through the skin.
- Full wet sheet pack
- Acupuncture for immediate symptomatic relief from the itching and swelling.
- Neem and Aloe vera application on affected area.
- Whole body Mud application

Yoga and Exercise		
Asanas	Pranayama	Kriyas
Uttanpadasana	Anuloma-viloma	Kapalbhati
Pawanmuktasana	Chandra Nadi	Kunjal
Bhujangasana	Bhramari	
Salbhasana		
Meditation: 45 min everyday		
Walk 4 to 5 km daily.		

Result Achieved

At the end of 15 days, the patient was relieved of all the symptoms and could stop all the medicines.

Follow-up advice

He was advised to apply a cool pack on the hives by dipping a hand towel in cool water, wringing it and placing it on the hives and to wear loose clothing. As stress may trigger hives or make them worse, he was advised to practice meditation for half an hour regularly and to indulge in deep breathing. He was also asked to walk 4 km daily and to avoid fried, high-protein non-vegetarian food and consume a diet rich in fibre.

Reported by Dr. Kushan Shah



MANAGEMENT OF POST-OPERATIVE KNEE

Case History

Mrs. VV, 52, met with an accident and suffered a ligament injury of the knee joint. She underwent a ligament repair surgery immediately after suffering the injury. After taking adequate rest, she came to the ashram with a complaint of stiff knee joint and severe pain while walking. She had to use a walking stick and was unable to stand even for a few minutes.

Treatment

The aims of the treatments were as follows:

- To reduce post-operative pain
- To relieve stiffness
- To gain normal Range of Motion
- To make her walk independently.

The following Physiotherapy treatment started from the first day and was given twice daily.

- Knee Isometrics Exercise
- Ankle-Knee-Hip joint Active ROM Exercise
- Strengthening Exercise
- Knee Joint Mobilisation to improve ROM gradually
- Gait Training
- Ice pack application
- Leg elevation at the time of rest.

Diet

Along with all the above treatments, normal diet was given which included jowar bhakri, sabzi, chutney and soup. Carrot juice, bottle gourd juice and tulsi kadha were given in the morning and evening.

At the end of 21 days -

- She was able to bend her knee completely
- Squat
- Walk normally without external support
- Pain reduced up to 90%
- Swelling reduced.

At the time of discharge, strengthening exercises were advised to be carried out atleast for a month.

Reported by Dr. Gauri Shah



MANAGEMENT OF ALLERGIC BRONCHIAL ASTHMA

Keywords: Allergic Asthma - A common, chronic long-lasting inflammatory disease of the airways characterised by variable and recurring symptoms, reversible air flow obstruction and broncho-spasm triggered by inhaling allergens like dust mites, pet dander, pollen or mold..

Case History

Mr. S, 24, was admitted with a complaint of Allergic Bronchial Asthma. He had difficulty in breathing as well as wheezing while sleeping since five years.

At the time of admission, he was taking Asthalin inhaler twice a day and Montair 10 mg at bedtime.

Treatment

The goal of the treatment was to reduce breathlessness and improve the capacity of the lungs.

Diet Therapy

Diet: Soothing, constructive diet, comprising of fruits and juices.

Time	Diet/juices/fruits	Quantity
7 am	Herbal drink with jaggery / Kadha	50 ml
8 am	Carrot juice	200 ml
9 am	Tulsi + Adulsa juice	100 ml
11am	Normal diet - one Jowar roti, boiled vegetables, soup, chutney	
3 pm	Herbal drink with jaggery/Kadha	50 ml
6 pm	Fruit diet - papaya, apple, oranges	400 gm
9 pm	Fruits - papaya	100 gm

He was advised to undergo fasting on water for three days apart from the above prescribed diet.

Nature Cure therapies

- Massage: Helps in normalising the functions of circulatory, muscular and nervous system.
- Enema: Detoxification.
- Sun Bath: Relieves muscle spasm.
- Asthma bath: Helps in broncho-dilation

Yoga and Exercise		
Asanas	Pranayama	Kriyas
Vajrasana	Anuloma-viloma	Kapalbhti
Uttanpadasana	Bhastrika	Jala Neti
Pawanmuktasana	Bhramari	Kunjal
Bhujangasana,	Suryabhedana	
Shalabhasana		
Meditation: 45 min everyday		



- Arm and Foot bath: Relieves chest congestion.
- Local steam on chest: Relieves muscle spasm.
- Chest Pack: Improves lung capacity.
- Hot foot bath: Relieves upper body congestion.

Results Achieved

At the end of his stay the patient was able to walk without any breathlessness and the wheezing had also subsided. The patient reported a feeling of well being, freshness and comfortable breathing. Treatment helped in inducing positive health and reduced the symptoms of the disease by acting at physical and mental levels. At the time of discharge, medication was stopped completely.

Follow-up Advice

He was advised a diet and yoga programme to be followed at home for three months along with daily walk for 3 to 4 km and drinking warm water.

Reported by Dr. Kushan Shah

MANAGEMENT OF DENGUE

Case History

Mrs. SK, 32, came for treatment of Dengue, which is characterised by sudden, fever, severe headache, pain behind the eyes, severe joint and muscle pain, nausea, vomiting and skin rash, which appears three to four days after the onset of fever. Mild bleeding such as nose bleed, bleeding gums or easy bruising, damage of lymph and blood vessels, enlargement of the liver and failure of the circulatory system which may progress into massive bleeding, shock and death known as Dengue Shock Syndrome (DSS). People with weakened immune systems as well as those with a second or subsequent dengue infection are at greater risk of developing dengue hemorrhagic fever.

The patient suffered from fever, body ache and nausea for four days. She was on antibiotics and paracetamol but there was no improvement. Lab investigations showed Leucopenia (Low WBC - white cell count and Thrombocyto-penia (Low platelet count). The antibody test for dengue - IgG and IgM were positive.

Naturopathy advocates fasting during fever. Ayurveda also gives emphasis on fasting for management of fever.

Treatment

She was on juice fast for four days. Water and lemon (two lemons and two



teaspoons of honey and 200 ml of water were given thrice a day along with sweet lime juice twice a day. Fasting was followed by liquid diet like vegetable soup, clear soup, corn soup and soft diet in the form of fruits such as papaya and soft rice gruel. Plenty of water was given to counter dehydration in high fever.

The treatment also included sponging with cold water and cold water enema for cleansing of bowels and detoxification and complete bed rest.

At the end of 4 days, the fever started coming down. Blood and platelet counts improved.

She was afebrile at the end of one week and advised to continue the diet.

Follow-up table

Dengue combi check was +ve IgG and IgM on Day 1

Days	Pulse	B.P.	Temp f	WBC count	Diff count	Platelet count	Symptoms
Day 1	100	100/60	100	2600	N-61,L-27, M-10	157000	Fever, body ache, pain in eyes
Day 2	100	90/60	99				
Day 3	100	100/60	98	2100	N-43,L-43, M-12	135000	
Day 6	72	90/60	98	4600	N-52,L-37, M-4	215000	Afebrile
Day 7	68	90/60	Normal				Afebrile

Dengue was successfully managed without complications. Natural diet in the form of juices, soups and fruits helps in boosting the immunity. Recovery from illness is indicated by normal WBC and platelet counts.

Reported by Dr. R.V. Nisal

MANAGEMENT OF BACKACHE

Mr. A, 40, was admitted for 15 days with complaint of stiffness of back since four years. He had severe pain while performing routine activities like standing and getting up from the bed and walked with a stoop. Due to this, he was unable to concentrate on his work.

Treatment

The following treatments were given to reduce pain and stiffness:



1. Physio-Therapy:
 - a. Electro-Therapy: Short wave Diathermy was given to reduce pain and muscle spasm.
 - b. Stretching Exercise to stretch a specific group of back and leg muscles to improve flexibility.
 - c. Isometrics and Strengthening Exercise to maintain and improve strength of back muscles.
2. Massage for relaxation of body
3. Steam Bath to reduce pain and stiffness
4. Yoga to improve flexibility of body
5. Diet: Detoxification diet for purification of body. Normal and soothing diet including fruits and juices.
6. Epsom Salt pack to relax the muscle
7. Meditation for 20 minutes daily for mental and physical relaxation.

Days	Morning Diet	Evening Diet
First 7 days	Normal diet (Jowar Bhakri+ cooked vegetable+ soup + chutney)	Normal diet (Nachani Bhakri + cooked vegetable + soup + chutney)
Next 7 days	Normal diet (Jowar Bhakri+ cooked vegetable+ soup + chutney)	Fruit diet

Carrot juice, bottle gourd juice and tulsi kadha were given in the morning and evening.

With these treatments, his pain and stiffness reduced by about 90%. He was able to walk straight and perform his daily activities. At the time of discharge, he was advised to continue stretching and strengthening exercise and yoga to maintain flexibility.

Reported by Dr. Gauri Shah

MANAGEMENT OF ORGANO-PHOSPHATE POISONING

Keywords: Organo-Phosphate Poisoning (OPP) - poisoning caused by Organo-Phosphate chemicals in pesticides.



Case History

Mr. GS, 29, tried to commit suicide two years ago by consuming organophosphate-based pesticide. He was admitted to the Ashram for 21 days with complaints of foot drop, muscle weakness, fatigue and muscle cramps. Patient had earlier taken treatments of Allopathy, Ayurveda and Homoeopathy. There was no improvement. Management of OPP includes antidotes like Atropin but the current treatments lack the ability to prevent post-exposure incapacitation, performance deficits or permanent brain damage.

Treatment

The goal of the treatment was to detoxify the body, improve the nerve functioning and restore normal movements through the following treatments.

No.	Treatment	Details	Result
1.	Yoga	Customised disease specific yoga session	<ul style="list-style-type: none">➤ Considerable reduction in stress level and immune enhancement➤ Reduction in amount of nerve irritation➤ Restoration of Nerve conduction➤ Improved circulation, relaxation and rejuvenation of entire body➤ Recovery of movements and normal walking➤ Improved flexibility, reduced stiffness and fatigue.➤ Hastened recovery➤ Acquired positive attitude➤ Weight loss and better digestion supplied required nutrition to restore nerve functions
2.	Mud Pack	Mud pack application on the abdomen and legs for 20 minutes daily	
3.	Enema	Twice a week, normal temperature	
4.	Spinal Bath	Normal temperature, 10 minutes daily	
5.	Massage	Full body massage for 45 minutes daily	
6.	Acupuncture	On a daily basis for 30 minutes	
7.	Exercise Therapy	Specific exercise programme for 30 minutes daily	
8.	Neuro Therapy	Pressure over various points of the body using the feet	
9.	Meditation	15 minutes daily	
10.	Diet	High protein and fibre diet with ample fruits and raw vegetables.	

A combination of treatments showed excellent results in terms of reduced stiffness, fatigue, and stress. Patient could walk normally without support or a crutch. Weight reduction by 6 kg in 21 days made mobility easier. He was advised a comprehensive diet and treatment programme which mainly included exercise and yoga on a regular basis for the next three months followed by a review.

Reported by Dr. Abhishek Devikar



FACIAL PALSY

Case History

Mrs. P, 30, came as an OPD patient with complaint of right-side facial muscle weakness after a head injury. She was unable to close her right eye and had difficulty in speaking, chewing and swallowing.

Treatment

The aim of the treatment spread over 15 days, was to strengthen her facial muscles.

The treatment included the following:

1. Electrical Stimulation: Faradic and Galvanic stimulation were given to stimulate particular group of muscles and nerve.
2. Exercise Therapy: Active exercise programme was given to strengthen facial muscles.
3. Massage: Facial massage was given with talcum powder. Technique included kneading, tapping, effleurage, rolling.
4. Meditation: 20 minutes daily for mental and physical relaxation.

She was also advised to take healthy diet along with fresh fruits and juices. At the end of the treatment, her condition improved up to 80% and she was able to close her eyes normally and speak properly. She was advised to follow the exercise programme for one more month to gain further strength.

Reported by Dr. Gauri Shah

MANAGEMENT OF FISTULA

Case History

Ms. KG from Neemuch, Madhya Pradesh, came with a complaint of fistula and doctors had suggested surgery for her. However, after hearing the consequences of surgery, she called up the Ashram and got herself admitted for 21 days. In the first phase, she was put on fruit diet followed by juice diet. As she started feeling better, she agreed to undergo water fast for 21 days. She had various naturopathic external treatments such as massage and lukewarm hip bath with neem water. During fasting, she was advised complete bed rest. Her weight reduced by almost 8 kg. Her fistula healed completely. At the time of discharge, the pain was almost gone and there was no scar. She was advised to continue the diet at least for 3 months. She now advocates naturopathy for restoration of mind, body and soul.

Reported by Dr. Jaya Jayaswal

