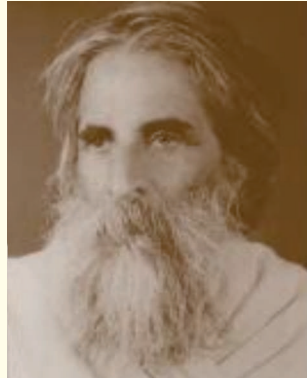


NISARGOPACHAR GRAMSUDHAR TRUST
ANNUAL REPORT 2011 - 12



NISARGOPACHAR ASHRAM, URULIKANCHAN

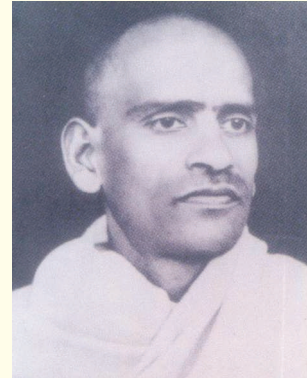
OUR INSPIRATION



Late Shri. Balkoba Bhave
Former Trustee



Late Dr. Manibhai Desai
Former Managing Trustee



Late Shri. Krishnachandra Agarwal
Former Trustee

We Salute



Shri. Arvind N. Mafatlal
1923 - 2011

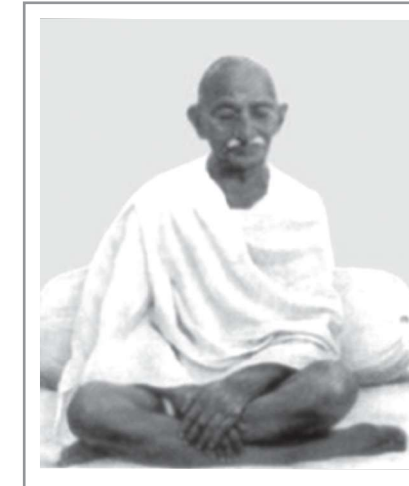
Our tribute to Late Shri. Arvind N. Mafatlal, renowned industrialist and philanthropist, who was also closely associated with the Nature Cure Ashram and served as the Chairman of the Nisargopachar Gramsudhar Trust from October 1984 till his demise on October 30, 2011.

He was a true Rajarhushi who practiced spirituality as a way of life and generously devoted his resources and valuable time for the betterment of humanity.

With his demise, the Nisargopachar Ashram has lost its pillar of strength and source of inspiration with a golden heart!

NISARGOPACHAR GRAMSUDHAR TRUST

ANNUAL REPORT 2011 - 12



Nature Cure is not a course of treatment but a way of life

- Mahatma Gandhi
Our Founder

Nisargopachar Ashram

Nisargopachar Gramsudhar Trust
Urulikanchan, Pune 412 202, Maharashtra, India
Phone: 020-26926298 Fax: 020-26926225
E-mail: enquiry@nisargopcharashram.org
Website: www.nisargopcharashram.org

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PREFACE

In 1946, Mahatma Gandhiji was at Dr. Dinshaw Mehta's Nature Cure Centre in Pune. Inspired by the simple ways of nature cure, he decided to establish a Nature Cure Centre at a village near Pune to address the health concerns of the neglected rural community. A businessman, Shri. Motilal Kothari suggested Urulikanchan, a village, 30 km from Pune. The villagers were so happy with this attention, that they spontaneously collected Rs.10,000 and approached Gandhiji with a request to establish the Nisargopachar Ashram at Urulikanchan. A landlord of the village, Mahadev Kanchan donated 1.6 ha of land for the proposed Ashram. A few close followers of Gandhiji visited this village to review the situation and accepted the offer. Gandhiji came to Urulikanchan on March 22, 1946 with Dr. Mehta, Mr. Jehangir Patel, Mr. Balkoba Bhav, younger brother of Acharya Vinoba Bhav and Mrs. Gulben Mehta and stayed in the village till March 30. During his stay, he treated hundreds of patients with the help of Dr. Mehta and his team.



Shri. Morarji Desai took over as the Chairman of the Ashram on March 7, 1948 and served till October 25, 1984. Shri. Arvind Mafatlal succeeded Shri. Morarji Desai on October 25, 1984 and served till his demise on October 30, 2011. The team comprising of Balkoba Bhav, Shri. Krishnachandra Agarwal and other Gandhian volunteers, started preaching about health and hygienic practices. Manibhai Desai, a trusted disciple of Gandhiji, assumed the responsibility of managing the agriculture and dairy farm of the Ashram and to help the farmers in the surroundings to improve their livelihood.

Over the last six decades, the Ashram has made significant contribution to community health while advocating Gandhian values for better quality of life. We are happy to present the first Annual Report of the Nature Cure Ashram for the year 2011 - 12.

Dr. Narayan Hegde
Managing Trustee

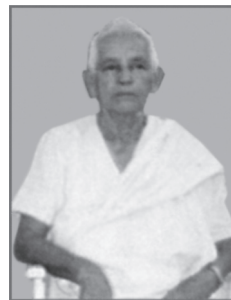
Sevaks who dedicated their lives to the Nature Cure Ashram and selflessly served the patients



Late Smt. Gangabehn Bhate



Late Shri. Vishnupant Gokhale



Late Smt. Hoshiyaribehn Bohare



Shri. Ganesh Behede

MANAGEMENT TEAM

TRUSTEES

Shri. Arvind N. Mafatlal, Chairman (till October 30, 2011)
Dr. Narayan G. Hegde, Managing Trustee
Shri. Girish G. Sohani, Trustee
Shri. Govindrao B. Deshpande, Trustee
Shri. Dnyanoba T. Kanchan, Trustee
Shri. Shivraj B. Karvande, Trustee Secretary

MEDICAL STAFF

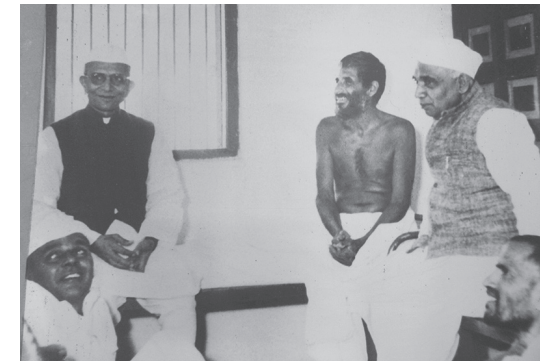
| | |
|--|--------------------------|
| Dr. Ravindra V. Nisal, BAMS, MBBS | Director |
| Dr. Hema J. Arya, BAMS | Principal Doctor |
| Dr. Ameya Devikar, BNYS | Naturopath |
| Dr. Abhishek Devikar, BNYS | Naturopath |
| Dr. Shruti Bhavsar, BNYS | Naturopath |
| Dr. Jaya Jaiswal, Dipl. in Naturopathy | Naturopath and Dietician |

ADMINISTRATION AND FINANCE

| | |
|---------------------------------------|--------------------------------------|
| Mr. R.L. Bhalke, B.Com. | Joint Finance Director |
| Mr. P.P. Kumbhar, B.Com, GCD & A | Manager – Finance |
| Mr. U.N. Adkoli, B.Com. | Senior Administrative Officer |
| Mr. Jalinder J. Wadekar | Yoga Therapist & Treatment Officer |
| Ms. Bhagwati V. Mukhedkar | Information Officer & Yoga Therapist |
| Mr. Satish Sonawane | Neurotherapist and Yoga Teacher |
| Smt. J.J. Purohit, M.A., Yogashikshak | Junior Administrative Officer |
| Mr. Mahesh Chavan, B.A., LLB | Manager (Administration) |
| Smt. Urmila P. Shivkar | Supervisor, Female Treatment Ward |
| Smt. Surekha B. Jawalkar | Kitchen Manager |

BACKGROUND

Mahatma Gandhi's vision was to ensure health for all by creating awareness about the importance of hygiene, sanitation and nutrition and their direct linkage with health, particularly in Rural India. The Ashram focussed on treatment of various diseases through the drugless approach of naturopathy, consistent with Gandhiji's constructive programmes. During his stay at Urulikanchan, Gandhiji started



examining the patients and prescribed suitable treatments. He emphasised on a balanced diet, exercise, prayer and meditation which he felt were necessary to cleanse the mind along with the body.

Over the years, the inflow of patients has been increasing annually. Since the beginning, the Ashram has adopted a policy of not treating infectious diseases like tuberculosis, leprosy and certain

emergencies as better alternatives are available in modern medicine. Earlier, the patients used to avail of nature cure for chronic ailments and obesity. Over the last 20 years, a change in the disease pattern has been observed. While there has

been a decline in infectious diseases, there has been a significant increase in the incidences of lifestyle-related diseases like obesity, hypertension, coronary heart diseases, diabetes, hyper-lipidemia, hormonal imbalance caused by metabolic disturbances, anxiety, pollution and stress due to a growing need and greater expectation.

As modern medical treatments are temporary, expensive and have several side-effects, patients are in search of an alternative holistic approach for management of various ailments and naturally with a proven track record, Naturopathy is showing the way.



The Ashram celebrated its Golden Jubilee in 1997 and Late Dr. P.C. Alexander, then Governor of Maharashtra, graced the occasion. The Platinum Jubilee of the Ashram was celebrated in 2006.

PROMOTION OF NATUROPATHY

To popularise naturopathy among the common public, the following facilities for undergoing various treatments for holistic health, have been created at the Nisargopachar Ashram:

- **Yoga:** For increasing focus on calming down the mind while offering physical, mental, emotional and spiritual harmony between the body, mind and soul.
- **Massage:** Ensures relief from discomfort, apart from facilitating movements to improve circulation in various parts of the body.
- **Magnet therapy:** Application of magnet on different parts of the body to rectify various disorders.
- **Neuro therapy:** Application of pressure at some specific points in the body to stimulate the organs to produce different components required for healing.
- **Mud therapy:** This cost-effective treatment has a healing effect on the body and can be applied either as a pack or as a bath.
- **Sun bath:** Exposure of the body to sunlight particularly in the morning to gain vitamin D. It also acts as a skin conditioner, energiser and natural warmth.
- **Hydro therapy:** Water is used in different forms (steam, ice and water) at different temperatures for treating various disorders with internal and external methods of application.
- **Acupuncture and Acupressure:** Ensures relief from pain and balancing of the energy channels in the body.
- **Chromo therapy:** Treatment using colours. Different colours have different effects on the body. Red colour stimulates the body and ensures relief from pain. Blue colour acts as a sedative in conditions of sleeplessness and insomnia.



- **Diet and Fasting:** Balanced diet is essential for rehauling of the organs and for improving the digestive system.



- **Prayer (Bhajan):** Every evening, the inmates of the Ashram are encouraged to join in the prayer which plays a significant role in spiritual growth.

- **Meditation:** To reduce stress by calming the mind and reaching a composed state.
- **Walking:** Safe walking track for brisk walking
- **Emphasis on Gandhian Values:** The need for treatment of the body as well as the mind is promoted through lectures and publications. Daily Lectures on various aspects of naturopathy with focus on fasting, dieting, yoga and Gandhian values, are an integral part of the system.

Gandhiji at Urulikanchan

Important experiments at Urulikanchan consisted of teaching clean and healthy living and trying to cure the sick through use of five elements of nature: Earth, Water, Ether (space), Fire and Wind. Curative herbs grown locally may be used.

At the first meeting at Urulikanchan, Gandhiji presented *Ramanama* as the best natural therapy for curing bodily ailments. During evening prayers, he explained that all mental and physical ailments are due to one common cause which needs a common remedy. Next day, over 30 patients came for treatment and Gandhiji examined the first 5-6 and recommended more or less a similar prescription which included reciting of *Ramanama*, sun bath, massage and hip bath and a simple diet of milk, butter milk, fruit juice and plenty of clean fresh water to drink.

HIGHLIGHTS OF TREATMENTS

During the year 2011-12, the Ashram attracted a large number of patients from various parts of India and abroad. Among the 5761 indoor patients, 5256 were from urban areas, 460 from rural areas and 45 were foreign nationals. 1280 patients came for consultation and non-resident treatments (OPD).

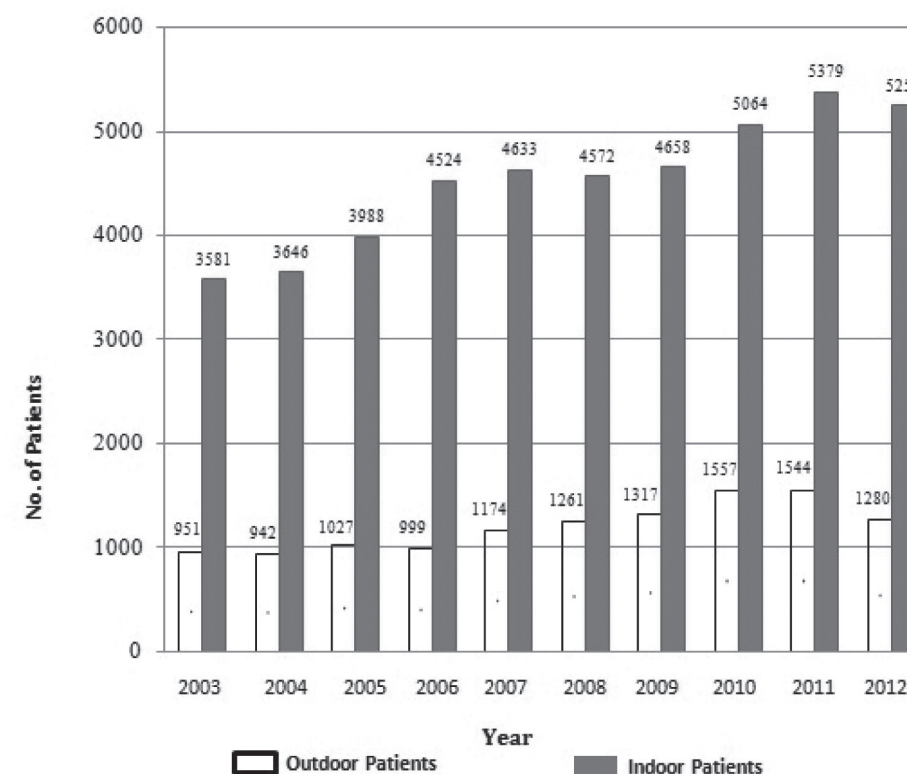
As presented in Table 1, out of the total 5251 patients who stayed for more than a week, 3201 were females (61%) and 2050 were males (39%). Maximum number of patients belonged to the age group of 41-60 years followed by the age group above 60 years (1135), age group in 21-30 years (794), age group of 31-40 years (757) and below 20 years (227). 109 participants belonging to poor and backward sections of the society were provided treatment free of cost. The Ashram has created a special fund for treating needy patients.

During the last 10 years, there has been a steady increase in the number of indoor as well as outdoor patients mostly due to improved infrastructural facilities and introduction of new treatments for naturopathy as presented in Fig. 1. Among these patients, the incidence of obesity has been gradually increasing mainly due to unhealthy lifestyle adopted by a majority of the urban people.

Table 1. Patients who were treated for more than a week for different diseases during the year.

| Age Groups | Female | Male | Total | % of the Total |
|--------------|-------------|-------------|-------------|----------------|
| < 20 | 140 | 87 | 227 | 4.32 |
| 21 to 30 | 581 | 213 | 794 | 15.12 |
| 31 to 40 | 455 | 302 | 757 | 14.12 |
| 41 to 60 | 1519 | 819 | 2338 | 44.52 |
| > 60 + | 506 | 629 | 1135 | 21.61 |
| Total | 3201 | 2050 | 5251 | 100 |

Fig. 1. Yearwise No. of Indoor and Outdoor Patients



Out of the total indoor patients, 81.32% of the patients (4270) had taken admission for treatment of systemic disease while the remaining 1491 patients (19.68%) were undergoing treatment for other ailments.

The break up of the patients taking treatment for various systemic diseases during the year is presented in Table 2.



Table 2. Patients taking treatment for various Systemic diseases

| Type of Systemic Disease | Total | % |
|---|-------------|--------------|
| Hyperacidity | 77 | 1.47 |
| Arthritis | 64 | 1.22 |
| Asthma | 71 | 1.35 |
| Cervical Spondylosis | 158 | 3.01 |
| Constipation | 100 | 1.90 |
| Dyspepsia | 57 | 1.09 |
| Hypothyroidism | 204 | 3.88 |
| Hypertension | 581 | 11.06 |
| Hypercholestraemia | 39 | 0.74 |
| Insulin-Dependent Diabetes Mellitus (IDDM) – Type 1 Diabetes | 59 | 1.12 |
| Ischaemic Heart Disease | 102 | 1.94 |
| Lumbar Spondylosis | 69 | 1.31 |
| Migraine | 41 | 0.78 |
| NonInsulin-dependent Diabetes Mellitus (NIDDM) Type2 Diabetes | 549 | 10.46 |
| Osteoarthritis | 255 | 4.86 |
| Obesity | 1524 | 29.02 |
| Overweight | 182 | 3.47 |
| Psoriasis | 50 | 0.95 |
| Rheumatoid Arthritis | 38 | 0.72 |
| Sciatica | 50 | 0.95 |
| Total | 4270 | 81.32 |

Among the indoor patients, 29.02% were suffering from obesity and overweight (3.47%) followed by osteoporosis (4.86%) hypertension (3.88%), Non-Insulin-dependent Diabetes Mellitus (NIDDM) Type 2 Diabetes (10.46%) and cervical spondylosis (3.01%). Patients suffering from acidity, arthritis, asthma, cervical spondylosis, constipation, coryza, depression, dyspepsia, eczema, frozen shoulder, enlarged thyroid, headache, osteoarthritis, obesity, over-weight, polycystic ovarian disease, piles, rheumatoid arthritis, sciatica and upper respiratory tract infection, lumbago, migraine and musculoskeletal pain, responded extremely well. In case of hypertension, diabetes and ischaemic heart disease, the support of medicines was needed but the dosage was subsequently reduced because of significant improvement in the condition of the patients, which was based on physical examination and laboratory tests.

The response of patients suffering from anaemia was low. Nevertheless, patients who had lower response expressed their satisfaction as it was an opportunity for them to improve their lifestyle and carry out various activities such as meditation, yoga, balanced diet and brisk walking which in the long run, would give a boost to their health and enable them to recover from the ailment. This is probably the secret behind the success of the Nature Cure Ashram in attracting patients year after year. With better awareness, many business executives and healthy youth have started coming to the Ashram for cleansing the system as excellent measures for preventing lifestyle-related diseases.

CENTRE OF EXCELLENCE: Recognition by Government of India

The Ashram has been recognised as a Centre of Excellence by the Ministry of Health and Family Welfare, Department of AYUSH which has given clearance to the project to provide financial support to improving the research and training facilities. Under this scheme, the Department of AYUSH, Health and Family Welfare is supporting the infrastructural development and research and training programmes to be conducted for promoting naturopathy.

During the year, 580 patients were provided treatment free of cost. Training was also conducted for traditional healers from Peint, Surguna and Jawhar regions of Maharashtra and from Vansda, Navsari and Dangs regions of Gujarat in different batches. 93 *Vaidus* were trained on naturopathy and traditional medicines at the Ashram.

CAPACITY BUILDING

❖ **Training of Tribal Herbal Healers in Naturopathy:** As the people living in remote tribal areas have very poor access to health care facilities, local traditional herbal healers commonly known as *Vaidus* still play an important role in providing health care. Realising their importance, the Ashram in collaboration with BAIF identified *Vaidus* from tribal regions of Maharashtra and Gujarat and organised series of training camps of 91 days, each of 5 days' duration, to validate their traditional health care practices and to train them in different aspects of naturopathy. These *Vaidus* were also trained in cultivation of useful medicines and herbs to enable them to establish their own herbal garden. So far, more than 600 *Vaidus* along with their spouses and village health workers have been trained and 330 have established their own *Charak* Centres (Treatment Centres) in the village. These centres have not only been providing treatment to local communities but also to outsiders as many urban elite have developed faith in their cure. The doctors from the Ashram have been subsequently visiting these *Vaidus* to impart refresher training.

- ❖ **Training in Yoga:** The Ashram has been conducting one-year Diploma courses in Yoga which has been recognised by the Yashwantrao Chavan Open University, Maharashtra, Nashik since 2007. This course includes classroom lectures, methodology and application of various yogic exercises to treat various ailments. The patients are also given first hand training to conduct yoga for the indoor patients of the Ashram. During the year, 13 students completed the course successfully.
- ❖ A training course on nature cure and massage was conducted with the support from AYUSH, Government of India, for a period of three months to impart training for unemployed youth with the objective of enabling them to provide scientific massage and treatment while generating gainful self-employment to them. All the 30 youth who had joined the course have successfully completed the course and have engaged in nature cure treatment in and around Urulikanchan and Pune city. This has further helped in popularising naturopathy among the common people.
- ❖ **Interns in Naturopathy:** After completing their Degree in Naturopathy from various institutions across the country, 43 doctors had joined the Ashram and spent six months in taking intensive training in naturopathy and successfully completed their internship at the Ashram.

- ❖ 130 students from various educational institutions including secondary schools visited the Ashram and spent a full day in understanding the importance of naturopathy in keeping good health and various treatments provided at the Ashram.

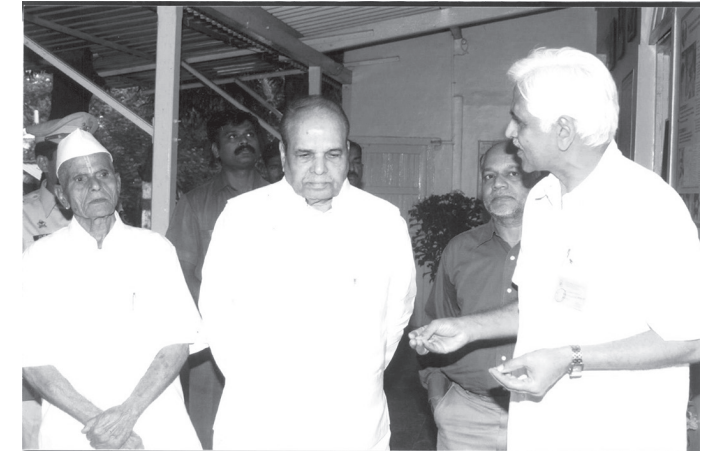


- ❖ Dr. Nisal, conducted a six-day camp on naturopathy in Thailand and another camp for Buddhist monks in Cambodia.
- ❖ Dr. Abhishek Devikar, Dr. Ameya Devikar and Dr. Shruti Bhavsar participated in the international conference on yoga and naturopathy held in Bangalore and presented posters on retrospective study on effect of naturopathy and yoga on obesity, non-specific low backache and effect of ice massage on hypertension.

- ❖ Ms. B. Mukhedkar conducted a five-month training in yoga for 17 women of the *Yashaswini* programme of BAIF.
- ❖ 20 Italian Yoga Practitioners attended a 8-day course in August 2011.

VISITORS

- ❖ H. E. Shri. K. Shankaranarayanan, Governor of Maharashtra, visited the Ashram.
- ❖ Shri. Giriraj Singh, Minister for Animal Husbandry and Fisheries, Government of Bihar, visited the Ashram on August 26, 2011.



H.E. Shri. K. Shankaranarayanan, Governor of Maharashtra, visited the Ashram on August 10, 2011.

There were many other international and national dignitaries and nature cure lovers who visited the Ashram and appreciated the activities of the Ashram.

PUBLICATIONS ON NATURE CURE AND GOOD HEALTH

The library with a collection of 15,000 books on nature cure, philosophy and Gandhian values, provides good food for thought. The Ashram has also brought out several important publications on nature cure, good health, positive attitude and lifestyle management and maintains a book sale section of useful publications on naturopathy. These books are in great demand and there are regular requests for their translation in Marathi and other local languages.

- ❖ Nature Cure
- ❖ Nature Cure for All: Natural Remedies for Health Disorders
- ❖ Nature Cure for Obesity
- ❖ Essence of Nature Cure: Focus on Women
- ❖ Natural Recipes: Healthy and Refreshing Diet for All
- ❖ Positive Attitude for Good Health and Happiness



DEVELOPMENT OF NEW FACILITIES

Since its inception, the Ashram has received donations from various donors and well-wishers for construction of new buildings and facilities, while the operating costs were met from service charges.

Smt. and Shri. Rajendra Prasad Rastogi, residents of UK, provided support to construct a two-bedroom cottage which is now being made available for the inmates of the Ashram. During the previous year, Shri. Sitaram Poddar, his wife and their relatives had provided support to construct a four-bedroom cottage which has been named as the "Geeta Sitaram Bhavan". Shri. Prakash Agarwal and Shri. Agarwal Brothers have also supported the Ashram to construct a dormitory with 34 beds. Shri. Ramesh Agarwal and his family have supported construction of four cottages of two bedrooms each. Mr. Ashok Malu, supported the construction of a cottage in memory of his mother. The cottages sponsored by the two latter donors are under construction. These facilities will benefit our patrons and lovers of nature cure.

Construction of a new Yoga Hall has been initiated and is likely to be ready in a few months. This could be taken up with generous support from Shri. Nayan Bhat and the Kamalgauri and Maganlal M. Bhat Trust which was established by his grandfather. Others who contributed to the construction of the Yoga Centre are Mahalaxmi Mandir Charities, Mumbai and Shri. G.K. Choksi Sai Swadhyay Mandal Goa. The Kamalgauri and Maganlal M. Bhat Trust has also donated generously for construction of the Treatment Ward in the past. The list of donors during the last five years is presented in Table 3.

The Ashram has launched an innovative scheme for donations for construction of building utilities. A person who is donating Rs. one lakh, two lakhs and four lakhs, can avail of the accommodation facilities for a double room for a period of 8, 15 and 30 days respectively for the next 15 years. Donations to the Ashram are exempt from Income Tax under Section 80 (G) of the Income Tax Act.



Table 3. Donors to the Ashram during 2007-12

The names of our Donors who have donated more than Rs. 10,000, are listed below:

| Donors | Amount (Rs.) |
|---|--------------|
| Kamalgauri and Shri. Maganlal M. Bhat Public Charitable Trust | 22,00,000 |
| Mr. Rajendra Prasad Rastogi | 10,00,000 |
| Shri. Gautam. K. Choksi | 9,00,000 |
| One World Sourcing and Retail Division | 5,00,000 |
| Shri. Sitaram. Poddar | 4,50,000 |
| Mr. Ashishkumar Chauhan | 4,00,000 |
| Mr. Ashok Malu | 3,50,000 |
| Krishnadevi Kejariwal Charitable Trust | 3,00,000 |
| Mr. Pradeep Todi and Mrs. Indira P. Todi | 2,00,000 |
| Mr. Motilal R. Todi | 2,00,000 |
| Shri. Sunil. S. Maroo | 2,00,000 |
| Mr. Homi R. Khusrokhhan | 2,00,000 |
| M/S Paramount Syncot Pvt Ltd | 2,00,000 |
| Shri Narayan P. Goyal | 1,25,000 |
| Shri. Satish. Damji. Chauhan | 1,25,000 |
| Shri. Satishchandra Agarwal | 1,00,000 |
| Smt. Vimla H. Todi | 1,00,000 |
| Shri. Jugal Kishor Choudhary and Smt. Choudhary | 1,00,000 |
| Mr. Sumit Agarwal | 1,00,000 |
| Mr. Anand Beria | 1,00,000 |
| Mr. Puneet S. Poddar | 1,00,000 |
| Mr. Mahabir P. Bubna | 1,00,000 |
| Smt. Santoshdevi Shiva Prasad Agarwal | 1,00,000 |
| Shree Mahalaxmi Temple Charities, Mumbai | 1,00,000 |
| Mr. Vimalkumar Poddar | 1,00,000 |
| Mr. V.V. Ranade | 1,00,000 |
| Dr. Narayan G. Hegde | 51,000 |
| Sri Sai Swadhyaya Mandal | 51,000 |
| Mr. Prakash J. Zaveri | 51,000 |
| Shri. Harish P. Agarwal | 50,000 |
| Promed Laboratories Pvt Ltd. | 50,000 |
| Mr. Pramod M. Agashe | 50,000 |
| Smt. Pushpa Bakshi | 50,000 |
| Mr. Kaushik A. Mehta | 50,000 |
| Mr. M.R. Bajarria and Mrs Bajarria | 25,000 |
| M/s Shreyas Impex | 25,000 |
| Mr. Rameshbhai C. Patel | 25,000 |
| Mr. Pradeep M. Singla | 21,000 |
| Mr. Bhaveshbhai R. Patel | 17,500 |
| Mr. Hasmukhbhai C Patel | 17,500 |
| Tirthpada Memorial Karnami Memorial Trust | 13,000 |
| Dr. Bhagubai P. Patel | 13,000 |
| Shri. Dattamandir Yogashram Trust | 12,468 |
| Mr. Ramesh C. Bansal | 11,000 |
| Shri. Kantikumar Jain | 11,000 |
| Shri. Ramesh S. Wattamwar | 11,000 |
| Mr. L.N. Bilani | 11,000 |
| Mr. Gautam M. Brahambhatt | 11,000 |
| Mr. S.K. Mehta | 11,000 |
| Mr. K.L. Modi | 10,000 |

NATURAL THERAPIES AND AMENITIES



Yoga



Massage



Tub bath



Steam bath



Magneto therapy



Neuro therapy



Prerana Mandir



Treatment Ward



Mud therapy



Sun therapy with mud pack



Balanced Diet



Cottage Accommodation

INCOME AND EXPENDITURE

During the year, the Ashram received Rs. 2.41 crores from various sources, of which 60% was used for operating expenses, 19.87% on infrastructural development, leaving a surplus of Rs. 60,000. The details are presented in Table 4.

Table 4. Income and Expenditure for 2011-12

| Income | Amount (Rs.) | Expenditure | Amount (Rs.) |
|---|--------------------|---------------------------------------|--------------------|
| Rent | 1,02,000 | Repairs, Maintenance and Depreciation | 37,11,191 |
| Interest | 4,63,421 | Professional Fees | 1,31,027 |
| Donations | 3,03,790 | Interest on term loan | 42,714 |
| Services <ul style="list-style-type: none"> • Treatment • Dietary • Publications | 2,31,88,400 | Operating expenses | 1,48,72,427 |
| Miscellaneous Income | 99,689 | Infrastructural Development | 48,00,000 |
| | | Community Welfare Fund | 5,40,000 |
| | | Surplus | 59,941 |
| Total | 2,41,57,300 | Total | 2,41,57,300 |



Dr. P.C. Alexander, the-then Governor of Maharashtra, as Chief Guest, and Mrs. Alexander, with Shri. Arvind Mafatlal and Dr. Narayan Hegde at the Golden Jubilee celebrations of the Ashram on August 22, 1997.

TREATMENT FOR IMPORTANT AILMENTS: CASE STUDIES

During the year, the Ashram was able to treat many chronic and unique cases with good success. Some of the important cases have been presented below:

Cure for Ulcerative Colitis

Mr. SSM, 22 years old, a final-year MBBS student from Selu, Parbhani district, came to the Ashram with a history of frequency of motion accompanied by mucus and blood since the last 12 years. He had tried all types of medications without success. After completing his final year examination, he decided to try out naturopathy. On admission, his weight was 80 kg, pulse 76/min and blood pressure was 120/80 mm of Hg. He was a vegetarian and kept away from spicy food. He did not indulge in either smoking or consumption of alcohol.

Initially, he was kept on a diet of fruits only and advised fasting on plain water for 9 days. He was on whey of buttermilk for two days, followed by juices and fruits and on soft diet for another 10 days. During fasting, he was advised complete rest. Mud therapy on the abdomen, was prescribed daily, cold tub bath for 5 to 10 minutes twice a day followed by wet abdominal compress. He also practiced yoga everyday. He spent his time reading books on naturopathy and undertaking fast. He also attended prayers in the evening.

After 18 days, he reported relief in bowel movements and absence of mucus. Follow up after six months revealed normal bowel movement without mucus and blood. This is the sixth patient with complaint of ulcerative colitis and so far, the results have been very encouraging.

Reported by Dr. R.V. Nisal, Director

Management of Irritable Bowel Syndrome

37-year-old P came with a history of frequency of motion after every meal since the last 10 years. He had tried all types of medicines without success. He decided to try naturopathy. On admission, his weight was 50 kg, pulse 90/min and his blood pressure was 124/82. He was a vegetarian and his diet did not include any spicy food. He did not indulge in smoking or intake of alcohol.

As part of the treatment, his diet comprised of a soothing combination of salads, fruits and juices for five days, fruits for five days, juices for three days and fasting on water once a week. He was given enema on alternate days, massage and mud therapy and steam and hip bath on alternate days, apart from cold abdomen pack everyday.

After 18 days of treatment, he experienced relief. He is still continuing with the diet prescribed at the time of discharge and is much better now. Irritable bowel syndrome cases are increasing day by day due to unhealthy food habits. While allopathy does not have any permanent cure, naturopathy with focus on diet control, plays a very important role in curing this disease.

Reported by Dr. Shruti Bhavsar

Osteo-Arthritis

Mrs. SK, was admitted with complaint of osteoarthritis in both the knee joints for the last 8 years. She was in a wheel chair at the time of admission. The pain analogue scale read 9 points which indicated severe pain.

She was given the following treatment during her stay:

- ❖ Constructive, soothing diet comprising of salads, fruits and juices
- ❖ Massage therapy with *dashmool nirgudi* oil
- ❖ Local steam application
- ❖ Epsom salt pack
- ❖ Acupuncture
- ❖ Interferential therapy: A form of physiotherapy in which low frequency electric current is applied to the painful areas so as to relax the muscles and soft tissues.
- ❖ Exercise therapy



Interferential Therapy

At the end of 21 days, she could walk on her own with a walking stick and the pain analogue scale read 3 which indicated mild pain. Her steroids were tapered down from the eighth day and completely stopped by the end of her stay.

She was given a diet chart and exercise programme to be followed at home. The diet prescribed was low fat low sodium diet, and intake of food rich in calcium such as green leafy vegetables, finger millet, oranges, etc. She was also advised to avoid carbohydrates at night so as to control her weight. The exercise programme included ankle stretches, straight leg raising, bending and straightening of the knee to be performed 10 times in the morning and before bed time.

A combination of treatments along with a change in the diet pattern, facilitated her recovery. Massage therapy and steam bath helped in improving the circulatory

effect and increasing the functional aspects of certain areas. Physiotherapy helped in relaxation of the muscles and soft tissues around the knee joint while acupuncture, well known for its analgesic effect, also played a major role in hastening the process of recovery.

Reported by Dr. Ameya Devikar

Rheumatoid Arthritis

Mrs. S was admitted with a history of rheumatoid arthritis since 18 years. She came with complaints of multiple joint pain associated with swelling, morning stiffness and reduced range of motion in the wrist, elbow and shoulder joints. She was on regular pain killers. The pain analogue scale read 9.5 which indicated severe pain.

As part of the treatment, she was given a constructive and soothing diet comprising of salads, fruits and juices, soup, boiled vegetables and *bhakri*. Fasting for 12 days was undertaken in three phases:

In preparation for fasting, she was on boiled vegetables along with *bhakri* and soup for one day followed by fruit diet which included consumption of papaya and pomegranate for two days. This was followed by juices which included carrot, sweet lime, tender coconut water and lemon honey water at regular intervals for two days.

Fasting Proper included plain water and tender coconut water for the next 12 days. Her blood pressure and pulse were monitored regularly. She was advised to take complete bed rest. She was able to continue the fast for the prescribed time without any difficulty.

To end the fast, she was put on sweet lime and carrot juice for 2 days followed by fruits like papaya for another 2 days. She was then given soup and boiled vegetables for the next 2 days and *bhakri*, soup and vegetables for another 5 days.

The other treatments included application of oil along with exercise, steam bath, Epsom salt packs, acupuncture for 15 days and Interferential therapy for five days, assisted exercises, yoga therapy which included special techniques like Mind Sound Resonance Technique (MSRT), chanting of *mantras* along with *Om kara* and relaxation techniques and Self Management of Excessive Tension (SMET), series of *Asanas* and relaxation techniques which she performed very slowly and with complete awareness. The set of *Asanas* were arranged in such a way that it brought about alternate contractions and relaxation of different muscle groups.

At the end of her stay, she stopped taking medicines. The pain analogue scale read 1.0 and there was considerable improvement in the range of movement and morning stiffness.

She was asked to adhere to the diet which meant more of intake of fruits and vegetables, reduction in the intake of salt and spices, increase in water intake upto 3 litres and fasting once a week only on juices apart from exercises and yoga.

Reported by Dr. Ameya Devikar

Treatment for Type 2 Diabetes Mellitus

Mrs. PJ, 59 years old, was admitted to the Ashram for 14 days with history of Type 2 Diabetes Mellitus since 3 years and Hypertension since 4 years. Her medicines included Galvus met. twice a day, half a tablet of Amaryl and Telmisartan 20 once a day.

She was given the following treatments and diet during her stay:

- ❖ Massage therapy
- ❖ Enema every alternate day
- ❖ Mud pack
- ❖ Spinal bath
- ❖ Hip bath
- ❖ Normal diet comprising of finger millet, vegetables and soup

Her medications were tapered down and she was kept off medicines at the end of her stay as her discomfort had reduced considerably. Her blood sugar readings before and towards the end of the stay were as follows:

| | Fasting | Post Meal |
|--------------|----------------|------------------|
| On Admission | 136 mg/dL | 220 mg/dL |
| On Discharge | 112 mg/dL | 156 mg/dL |

She was given a follow up chart for home along with exercise and yoga schedule. The diet included more of fruits and vegetables. She was told to avoid sweets, refined flour products and non-vegetarian food, reduce salt and spices and to increase the intake of water to 3 litres. She was also advised to walk everyday and to practice *Pranayamas* such as *Anulomaviloma*, *Brahmari* and *Sheetali*.

Reported by Dr. Hema Arya

Overcoming the Problem of Gout (Gouty Arthritis)

Mr. RS, 62 years old, was admitted for 14 days with complaint of obesity, headache, severe pain and swelling in the joints of both the ankles since one year. This is known as Gout, a common condition characterised by pain in joints of palms and feet. He also had a case history of Hypertension and Hyperurecaemia, a condition characterised by elevated levels of uric acid which in excess, causes pain in the small joints of the body. He was on oral medication for the last 10 years.

Treatment for Obesity, Hypertension, Hyperurecaemia, headache, severe pain and swelling in the joints of ankles, included a low fat-low salt low low purine diet which is low in uric acid forming substance. The goal of the treatment was to reduce the pain, swelling, blood pressure and the uric acid level.

The following treatments helped him:

| Treatments | Details | Results |
|---------------------|---|--|
| Yoga | Customised disease-specific yoga session. | Swelling reduced by 50% on upper limb and 55% on lower limb |
| Mud Pack | Mud pack on the abdomen daily for 20 minutes | Blood pressure was normal even after medications were completely stopped |
| Enema | In cold temperature twice a week | Weight reduced by 4.8 kg |
| Full immersion bath | In ambient temperature for 15 minutes every alternate day | Uric acid levels reduced from 7.2 to 4.8. |
| Massage | Full body massage daily for 45 minutes | At the time of admission, he was unable to walk more than 5 minutes whereas towards the end, he was walking for 20 minutes daily |
| Acupuncture | Daily for 30 minutes | |
| Diet | Low-fat low-salt diet | Visual Pain Analogue Scale : Before -10 After - 2 |
| Prayer | 30 minutes daily | He felt rejuvenated and motivated to be physically active. |

Swelling has reduced by 50% on the upper limb and 55% on the lower limb. Uric acid levels are normal and there is 80% reduction in pain.

Reported by Dr. Abhishek Devikar

Nature Cure could heal Cervical Dystonia

Cervical dystonia is characterised by abnormal squeezing and twisting muscle contractions in the head and neck area. Sustained muscle contractions result in abnormal positions or posturing. These sustained muscle contractions or spasms result in jerky head movements or periodic or sustained unnatural positioning the head sideways or lateral rotation of the head and twisting of the neck is the most common finding in such a case. The basic underlying defect or defects in this disorder remain unknown.

A female patient Mrs. A, was admitted with a complaint of Cervical dystonia since 4 years. She had taken botulinum shots which did not yield any results. On admission, she presented involuntary neck movements, severe muscle twitching and severe cervical pain. She was unable to walk due to involuntary movement of her neck and had to support her neck with her hands all the time. The pain analogue scale read 7.5. She had an attendant to help her with her daily activities.

She was given the following treatment during her stay:

- ❖ Massage
- ❖ Acupuncture- Scalp Needling -15 days
- ❖ Infra red light + oil application on neck
- ❖ Yoga, Mind Sound Resonance Technique (MSRT), a relaxation technique
- ❖ *Pranayamas (Anulomaviloma and Kapalbhathi).*

At the end of 21 days, the patient was feeling much better. The frequency of muscle twitches and involuntary movements had reduced and the pain analogue scale read 0. She could walk for 5 minutes without support. The patient was given a diet which included low salt and less spicy food with intake of salads and fruits at regular intervals. The exercise pattern included exercises of the neck region which included upward and downward movements, sideward bending, sideward rotations, sideward stretchings, *Pranayama* and MSRT to be followed at home even after discharge.

She came for a follow up visit after 3 months and stayed at the Ashram for 15 days. She did not have any pain and the involuntary movements had further reduced. For the initial 5 days, her son was attending to her. Later, she could manage all her activities by herself. There were no involuntary neck movements or twitching. At the end of her stay, she could walk for 3 km. She was advised to continue the diet, yoga and exercise protocol at home for some more time.

Reported by Dr. Ameya Devikar

Management of Slip Disc

Mr. MS, 63 years old, was admitted for a period of 21 days with complaints of Lumbar Spondylosis, Inter-vertebral disc prolapse (IVDP), Sciatica with pain and neurological symptoms which result in nerve irritation and narrowing of the spinal canal since the last six years. He was on oral medication since five years.

Treatment of these complaints included complete bed rest, acupuncture, physiotherapy, massage and hydrotherapy. The goal was to reduce the inflammatory changes, muscle spasm and to facilitate decompression by means of Natural diet, Yoga and various other Naturopathy Treatments mentioned below:

| Treatments | Details | Results |
|---------------------|---|--|
| Yoga | Customised disease-specific Yoga session. | Pain Analogue Scale: Before -10, After - 0 |
| Acupuncture | Pain Management and Neurological growth | Muscle Grading |
| Enema | In cold temperature twice a week | Radiating pain stopped completely |
| Full immersion bath | In neutral temperature for 15 minutes on alternate days | Muscle spasm and relieved considerably. |
| Massage | Full body massage for 45 minutes daily. | Unable to walk at the time of admission, he could walk properly before discharge. |
| Physiotherapy | Ultrasound and Interferential Therapy - 10 days | |
| Diet | Cleansing Diet | He felt very light and relaxed. |
| Prayer | 30 minutes daily | He was surprised with the effectiveness, as he had tried various conventional therapies. |

Reported by Dr. Abhishek Devikar

Paralysis on One side of the Body (Hemiplegia)

Mrs. SM, 59 years old, was admitted for 21 days with complaints of obesity, stroke which had affected the right side of her body and severe pain and swelling of the ankles and wrist joint since one year. She also suffered from hypertension and was on oral medication for five years.

Treatment of Obesity, Hypertension and stroke included the prevention of Heart Diseases and rehabilitation of the affected side. The goal of the treatment was to reduce the weight so as to reduce the pressure on the knees, heart and to recover lost movement by means of natural diet, yoga and various other naturopathy treatments given below:

| Treatments | Details | Results |
|---------------------|---|---|
| Yoga | Customised disease-specific yoga session | Swelling reduced by 80% on the upper limb and 60% in the lower limb |
| Mud Pack | Application on the abdomen for 20 minutes daily | Blood pressure was normal even after completely stopping medications |
| Enema | In cold temperature; twice a week. | Weight reduced by 3 kg |
| Full immersion bath | Ambient temperature; 15 minutes on alternate days | Muscle Grading : Before - 2, After - 4 |
| Massage | Full body massage daily for 45 minutes | She was brought in a wheel chair at the time of admission and could walk with a walking stick before discharge. |
| Acupuncture | Daily for 30 minutes | |
| Diet | Low fat low salt diet | Visual Pain Analogue Scale : Before - 10 After - 1 |

Reported by Dr. Abhishek Devikar

A Case of Chronic Eczema with Hypertension

69 year-old Mr. AS, a chartered accountant by profession, was admitted with a complaint of dry eczema lesions all over the body especially on the fingers, arms, legs and back for more than five months. He had a history of hypertension and Ischaemic Heart Disease since the last two years. On admission, his weight was 74 kg, pulse was 58/min and blood pressure was 130/78. He had undergone bypass surgery in November 2011. The patient was on Taelma 100 / Tab Lotens il 100 / Tab Ecospirin 75 mg / Tab Tolol Sr 25 mg.

He was treated with toxic anti-viral medicines like Valvicir / antifungal ointments and steroids for suppression of reactions and symptoms. It was presumed that the problems were due to an adverse reaction to drugs, anxiety and stress caused by his profession.

He was kept on a diet of grapes and fruits for 8 days. Since his blood pressure was normal, anti-hypertensive drugs were tapered down only to Tab Telmisartan (Telma) to 20 mg/day after treatment for four days. Mud was applied to the entire body

followed by a wet sheet pack in the afternoon. His lesions aggravated on the sixth day but he soon started experiencing relief. The severity of eczema had lessened. Blood pressure was under control with reduced dose of medicine. Pulse was 60/min and the blood pressure was 124/80. Eczematous lesions started regressing. For dry skin, he was advised to apply coconut oil.

At the time of discharge, he was on salt-less diet and fruits. With lower doses, his blood pressure was controlled. Eczema had improved. Positive results were observed in 15 days. He returned home a healthy person with renewed confidence.

Reported by Dr. R.V. Nisal

Management of Prurigo (Itching skin)

Mrs. P, 59-years old, from Nagpur, was suffering from Type – I DM, Prurigo, a condition wherein nodular itchy eruptions appear on the skin and at times on the entire body, since 12 years. Generalised lesions were found all over the body, brownish black in colour characterised by itching. The lesions were well demarcated, with occasional bleeding.

She was admitted for two months. She did not have any history of any major illness or surgery. Her weight was 83 kg at the time of admission, her body mass index revealed a factor of 35.47, pulse 70/min and blood pressure 130/80. Blood sugar levels at the time of admission revealed 131 mg/dl on fasting and 314 mg/dl post prandial. Her medicines included 26 units of insulin in the morning, Nuzide M tablet thrice a day, Thyronon 100 mcg once a day, Voglibose and Metformin twice a day and Ecosprin once a day.

The treatment included enema every alternate day, mud bath on the entire body daily, cold immersion bath and neem water bath daily, Gastrohepatic (GH) Pack and throat pack, daily. She was prescribed a normal diet comprising of *chapatis*, vegetable, salad, chutney and buttermilk for lunch, fruits in the evenings, juices, carrot juice twice a day and coconut water once a day.

The blood pressure was monitored regularly and was found to be normal. Based on blood sugar levels (Fasting 99, PP-106), taken at the BAIF CHRC, the insulin dose was reduced to 5 units in the morning.

At the time of discharge, the lesions had reduced to 40% and the blood sugar levels were also under control with reduced dose of insulin. Her weight had reduced to 78.85 kg, pulse rate was 80/min and the blood pressure was 122/70. She felt much better physically as well as mentally.

Reported by Dr. Shruti Bhavsar

Cure for Urticaria (Skin Rashes and Itching)

Urticaria commonly referred to as hives, is a kind of skin rash notable for pale red, raised, itchy bumps. Hives are frequently caused by allergic reactions. However, there are many non-allergic causes also.

Mrs. ZP, 36 years old was admitted to the Ashram with complaint of Urticaria since 4 months and migraine since 20 years. She was on medicines such as Atarax, Alaspam and Allegra 1, twice a day.

She was advised the following treatments and diet during her stay of one month:

- ❖ Mud therapy
- ❖ Application of coconut oil
- ❖ Yoga therapy
- ❖ Cold hip bath
- ❖ Fasting on juices for two days
- ❖ Normal diet consisting of *Bhakri*, vegetables and soups for the rest of the period.

Her medications were tapered and towards the end of the stay, they were stopped. She was completely free of itching, rashes and headaches.

She has been prescribed a diet and yoga schedule to be followed at home. She has been advised to take carrot juice everyday, avoid carbohydrates at dinner time, refined flour and flour products, oily and spicy food, restrict intake of salt, consume only fruits once a week, consume 2-3 litres of water daily and fruits such as papaya, pomegranate, oranges and musk melon. She has been asked to practice *Pranayamas* such as *Anulomaviloma* and *Brahmari* and six rounds of *Surya Namaskar* daily to reduce stress.

Reported by Dr. Hema Arya

Cure for Psoriasis

Mrs. LA was admitted with psoriasis in the palm and sole from which she has been suffering since 12 years. There was scaling of the skin, itching followed by bleeding.

She was given the following treatments during her stay:

- ❖ Mud application on palms and soles daily
- ❖ Application of a paste of boiled rice and turmeric on alternate days
- ❖ Application of Epsom salt

- ❖ Constructive and soothing diet which comprised of salads, fruits and juices, soup, boiled vegetables and *Bhakri*.
- ❖ Fasting on water for 7 days
- ❖ Yoga therapy which included *Pranayama*, meditation and *Yoga Nidra*.

At the end of 21 days, the itching and bleeding had subsided and the lesions had also partially dried. She has been prescribed a diet and yoga schedule to be followed at home. The diet includes carrot juice to be taken daily, avoiding carbohydrates for dinner, twice a week ensuring intake of only salads and fruits at dinner time, consumption of 2-3 litres of water everyday, inclusion of fruits like papaya, pomegranate, oranges, musk melon in the diet and avoiding refined flour and flour products, wheat and wheat products, oily and spicy food and restricting the intake of salt. She has also been advised to practice *Pranayamas* like *Anulomaviloma* and *Brahmari* and 6 rounds of *Surya Namaskar* daily.

Reported by Dr. Ameya Devikar

Management of Asthma

Mrs. Alka, aged 46, was admitted for a month with Bronchial Asthma, Hypothyroidism and Hypertension. Her medications at the time of admission included Asthalin, 2-4 times a day, Thyronorm 25mcg once a day and Telpress H once a day. Clinical examinations revealed Ronchi, a coarse rattling sound similar to snoring.

Treatment included daily massage, neutral spinal bath, local steam over chest, facial steam and chest pack and enema on every alternate day. She was on normal diet for the first four days followed by fruits in the evening. Fasting on water was prescribed for 3 days in between. She also practiced special *kriyas* like *Vamana* and *Jala neti* once a week.

At the time of discharge, the patient was able to keep away from the inhaler. Hypertension and hypothyroidism were under control with medication.

Reported by Dr. Shruti Bhavsar

Treatment of Poly-cystic Ovarian Disease

Ms. SM, 20 years, came with a complaint of irregular menstruation since two years. She experienced heavy menstruation after every 45 days. Her parents were looking for a suitable match, but were worried about her problem. General and systemic examinations were found to be normal. Her weight was 44 kg on admission and blood pressure was 120/80. The ultrasonography of the pelvis on admission in December 2010, had shown polycystic ovarian syndrome.

She took treatment for a month and fasted on juices and fruits for 8 days. This was followed by a normal detoxifying diet, cold hip bath twice a day, abdominal wet pack for 20 minutes, regular yogic practice, intake of 10 gm of *Shatawari Churna* with milk daily, after completion of the naturopathy treatment.

A follow up after an year in December 2011, showed that the uterus was free of cysts. After the treatment, her menstrual cycle became 35 to 40 days. After 4 months of regular dietary restrictions, hip bath and practice of yoga at home, she was normal. The parents were successful in getting her married and she is now in the family way.

Reported by Dr. R.V. Nisal

Management of Obesity

Mr. S, 23 years, was suffering from morbid obesity. He weighed 148 kg, with a height of 162 cm and BMI of 56.67 which defined the case as morbid obesity. However, he did not have any underlying associated diseases. He was admitted at the Ashram for nearly 2 months.

He was prescribed the following treatment:

- ❖ Soothing diet comprising of salads, fruits and juices on the first day; Only fruits for 15 days; Only juices for 10 days and only intake of water for 5 days;
- ❖ He received massage therapy and steam bath daily and hip bath on alternate days;
- ❖ He also practiced Yoga - especially the entire cycle of *Surya Namaskar* and undertook brisk walking for 8 to 10 km daily.

With commitment and perseverance, his weight reduced to 128 kg at the time of discharge. If one follows a strict diet and a particular exercise pattern, weight can be brought under control.

Reported by Dr. Shruti Bhavsar

Obesity with Psoriasis

A 28-year old patient Mr. P, was admitted for 21 days with complaints of Obesity since six years and Psoriasis for the last two years. The goal of this treatment was to reduce the weight, strengthen the immune system and ensure detoxification.

The management of Obesity included boiled and raw diet for soothing and cleansing purpose as listed below. To treat an auto-immune disease like Psoriasis, Yoga also played a vital role.

| Treatments | Details | Results |
|---------------------|---|--|
| Yoga | Customised disease-specific yoga session | Number of lesions reduced significantly |
| Mud Pack | Mud pack on the abdomen daily for 20 minutes. | Itching stopped completely |
| Enema | In ambient water twice every week | Weight reduced by 12 kg |
| Full immersion bath | In ambient temperature for 15 minutes every alternate day | Flaking of skin reduced by 20% |
| Massage | Full body massage daily for 45 minutes | At the time of admission, itching was severe with flaking of skin which improved towards the end. |
| Diet | Low fat low salt diet | He was extremely happy with the weight loss and improvement in skin. Use of ointment was stopped completely. |
| Prayer | 30 minutes daily | |

The overall impact was significant as flaking of the skin reduced by 20%, itching stopped completely and there was no need to apply the ointment anymore.

Reported by Dr. Abhishek Devikar

Strengthening of Community Health Care in tribal areas through Empowerment of Vaidus



Success in Controlling Malignancy of Prostate

Mr. B, 70 years, from Israel, came in 2007 with report of Neoplasm of Prostate. Instead of undergoing surgery, he opted for naturopathy. After being admitted to the Ashram, he observed fast for a week and was kept on a diet of papaya, grapes, figs and other seasonal fruits. This was followed by carrot, Wheat grass and sweat lime juices for 2-3 days and a bland diet of low salt and less spices for the rest of the period of his stay at the Ashram. The treatment was supported by hydrotherapy which included cold water hip bath twice a day and practice of *yogasanas* such as *Bhujagansana, Pashimutthanasan, Vakrasana, Ardhamatyendrasana Shlabhasana, Pavanmuktasana, Uthitpadasana, Sykshmayama, Pranayam - Anulom Vilom, Yoga nidra* and chanting of *Om kara*.

He stayed at the Ashram for a month. After returning to Israel, he has been following a vegetarian diet comprising of organic food, fruits, sprouts and medicinal herbs such as *tulsi* which he has planted near his house, apart from regular cold water hip bath and practice of yoga. His diet does not include sugar or strong spices. He has been visiting the Ashram every year for one month for following up the treatment.

His PSA value which was 14.00 n.gm /ml. in 2007, came down to 9.77 in 2009, 4.8 in 2010, 1.96 in 2011 and 0.96 n.gm/ml in 2012. The surgeon attending on him in Israel was amazed at the improvement. Another patient who has followed the same protocol, is also responding well to naturopathy.

Reported by Dr R.V. Nisal

Publications from the Ashram

- **Nature Cure:** 120 pages, Rs. 60
- **Nature Cure for All: Remedies for Health Disorders:** 236 pages, Rs. 200
- **Nature Cure for Obesity:** 120 pages, Rs. 60
- **Essence of Nature Cure: Focus on Women:** 138 pages, Rs. 80
- **Natural Recipes: Healthy and Refreshing Diet for All:** 130 pages, Rs. 60
- **Positive Attitude for Good Health and Happiness:** 98 pages, Rs. 60



SELF-REALISATION FOR ENRICHED LIFE

- ❖ Truth is God. Without truth, it is impossible to observe any principles in life.
- ❖ There should be truth in thought, truth in speech, truth in action.
- ❖ To realise truth, it is necessary to have single-minded devotion (*abhyas*) and indifference to other interests in life (*vairagya*).
- ❖ The only means of realisation of truth is *Ahimsa* or love. Without *Ahimsa*, it is not possible to seek and find truth. *Ahimsa* is the means and truth is the end. Even evil thought, hatred, wishing anybody ill is *Himsa*.
- ❖ *Bramhacharya* means control over all the sense organs. Attempt to control only one organ, allowing others to be free, is bound to be futile. *Bramhacharya* is a mode of life which leads to realisation of God.
- ❖ One must not possess anything which is not really needed. Greed leads to delusion and frustration. Frustration leads to anger and destruction. So curb greed and anger.
- ❖ Human being without desire is God. Set higher goals to curb desire.
- ❖ Humility means complete destruction of ego. If we shatter our ego and let it melt into the ocean of humanity, then we share its dignity.
- ❖ Woman must be the true helpmate of man in the mission of service. She has as much right to shape her own destiny. Women are custodians of our culture.
- ❖ If *Dharma* is not for practical use in life, it is not useful even during the next life.
- ❖ Have respect for the religious faith of others as well as your own. Looking at all religions with an equal eye will motivate us to accept their features in our faith.
- ❖ The essence of all prayers is to establish God in our hearts. Offer morning and evening prayers regularly.
- ❖ I have nothing new to teach the world. Truth and non-violence are as old as the hills.

Mahatma Gandhi

SEVEN DEADLY SINS



Wealth without work
Pleasure without conscience
Knowledge without character
Business without ethics
Science without humanity
Worship without sacrifice
Politics without principle

Mahatma Gandhi