

# NISARGOPACHAR GRAMSUDHAR TRUST

ANNUAL REPORT 2018-19



**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

2018-19



**Nature Cure Ashram**

**Nisargopachar Gramsudhar Trust**

Urulikanchan, Pune 412 202, Maharashtra Phone: 020-26926298 / 230 / 250  
E-mail: [enquiry@nisargopcharashram.org](mailto:enquiry@nisargopcharashram.org) Website: [www.nisargopcharashram.org](http://www.nisargopcharashram.org)

# ANNUAL REPORT

## 2018-19

### CONTENTS

■ The Legacy of Mahatma Gandhi	
■ Section 1 : PROGRESS	1-9
■ Section 2 : NATUROPATHY TREATMENTS	10-55
Naturopathy for Holistic Health Care	10-11
Musculoskeletal Pain	12-16
Rheumatoid Arthritis	17-20
Diabetes Mellitus	21-26
Osteo-Arthritis of Knee	27-31
Hypertension	32-35
Lumbar Spondylosis	36-38
Cervical Spondylosis	39-42
Obesity	43-48
Neuro Therapy	49-51
Yoga for All	52-53
Meditation	54-55
■ Successful Case Studies	56-71
■ References	72

### Trustees

Shri. Hrishikesh A. Mafatlal, *Chairman*

Dr. Narayan G. Hegde, *Managing Trustee*

Shri. Girish G. Sohani, *Trustee*

Shri. Dnyanoba T. Kanchan, *Trustee*

Shri. Shivraj B. Karvande, *Secretary*



# The Legacy of Mahatma Gandhi

We are happy to present the 73<sup>rd</sup> Annual Report of the Nisargopachar Gram Sudhar Trust. It was the dream of the Father of our Nation, Mahatma Gandhi, to provide voluntary service for the socio-economic empowerment of the rural community and to develop India as a wealthy and healthy nation after Independence. Gandhiji had personally experienced the benefits of naturopathy and wanted to popularise it across the country, as an affordable and reliable alternative to other therapies. He emphasised on hygiene, sanitation, immunisation and nutrition as key components to remain healthy. He further emphasised on the need for treatment of the mind along with treatment of the body to be happy and healthy. During his stay at Urulikanchan for eight days, Gandhiji prepared a treatment plan for the Ashram. We have been treating our inmates on the basis of this plan, emphasising on imbibing Gandhian values, to lead a stress-free life. We feel fortunate to be able to carry on the legacy of Gandhiji, through the Ashram, one of the last institutions founded by him in 1946.

Over the last seven decades, the Ashram has introduced several new therapies to treat different ailments effectively. Apart from more than 6500 in-house admissions during the year, the number of out-door patients has also been steadily increasing, as people are gaining confidence in naturopathy, which is an ancient and most proven therapy for sustainable health care even in the modern age. Our observations as documented in the second section of this report, confirm that naturopathy has the solution to cure most of the diseases and functional disorders, particularly many rare diseases and lifestyle related problems. With improvisation of treatment facilities, introduction of physiotherapy, special yoga sessions for treating specific diseases and documentation of the first-hand experience of our doctors through series of books, the Ashram has become the leader in promoting naturopathy across the country. To commemorate Mahatma Gandhi's 150<sup>th</sup> Birth Anniversary, the Ashram will continue its mission of promoting naturopathy and Gandhian values for building a healthy and happy society.

We are grateful to all our donors, supporters and Sadhakas who have been appreciative of our services and this has been a source of motivation for us. We are also thankful to our doctors and staff members for their sincere efforts to serve the community better.

**Dr. Narayan G. Hegde**  
Managing Trustee

## Daily Activity Schedule

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

Time	Activities
5.00 am	Invocation (Seeking oneness with the Self through Prayer)
5.15-6.15 am	Yoga for Beginners and Senior Citizens/Women
6.00-7.00 am	Yoga for Specific disorders
6.15-7.15 am	Yoga for Obesity/Youngsters
7.00-10.30 am	Naturopathy Treatments (Massage, Mud therapy, Sun Bath, Hydrotherapy)
8.00-9.00 am	Carrot, Bottlegourd, Papaya leaf extract and Green juice
9.00-10.00 am	Fresh Juices (Amla, Turmeric, Raw potato, Spinach, Wheatgrass, Coriander, Neem, Bittergourd, Pomegranate, Muskmelon, Sweet lime, Pineapple, Orange and Sapota (Chikoo) juice
10.30-12.30 pm	Lunch - Natural Diet (Raw Salads and Boiled food)
12.30-01.00 pm	Eye Pack
1.00-2.00 pm	Silence period
2.15-2.45 pm	Yoga for Specific diseases
2.30-5.00 pm	Library, Physiotherapy, Neuro therapy, Hydrotherapy
3.00-4.00 pm	Herbal Tea, Fresh Juices (Watermelon, Sweet lime, Carrot, Bottle gourd juice)
4.30-5.30 pm	Discourse on Naturopathy, Yoga and Holistic Health
5.30-6.00 pm	Orientation programme for New Sadhakas
5.30-6.30 pm	Dinner - Natural Diet (Raw Salads and Boiled food)
6.30-7.15 pm	Walk, Leisure, Recreation (Chess, Carom, Volley ball, Badminton)
7.15-7.45 pm	Prayer
7.45-8.30 pm	Meditation, Trataka
8.30-9.30 pm	Swadhyay (Self Study)
9.30 pm	Silence (Rest)

## Section 1

# PROGRESS

### Sadhakas at the Ashram:

We are happy to present the Annual Progress Report of the Nisargopachar Gramsudhar Trust. During the year, 6573 indoor patients had taken admission at the Ashram (Table 1). Among them, 92.4% were from urban areas, 6.7% from rural areas and 0.9% patients were foreign nationals. Among indoor patients, 59.0% were female and 41.0% were male patients. There were 2777 outdoor patients and 44.0% were from rural areas. Month-wise admission of female and male patients is presented in Figure 1.

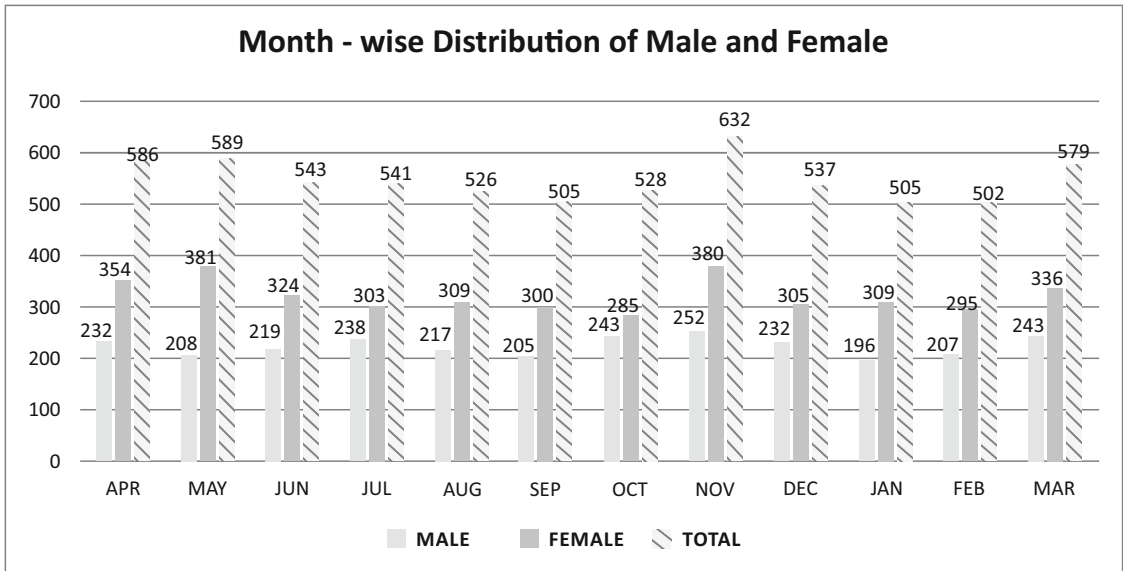
**Table 1. Indoor Admissions during 2018–19**

Patients	Urban	Rural	Foreigner / NRI	Total
Indoor	6076	438	59	6573
Outdoor	1557	1220	0	2777
Total	7633	1658	59	9350

Sadhakas who took indoor admission during the year could be grouped into 33 categories depending on the type of health problems, as listed in Table 2. Among them, those who suffered from obesity were in largest number, representing 33.3% of the total admissions, followed by Type 2 Diabetes (9.8% of total patients), Hypertension (7.0%), Lumber Spondylosis (5.4%), Osteo-arthritis (4.1%), MSP/Body ache (3.8%), Hypothyroidism (3.6%), Cervical Spondylosis (3.6%), Coronary Artery Disease (3.3%) and Digestive System Disorder (3.2%). Over 95% patients returned home happily with successful treatment, either by complete cure or by bringing the disease under good control. However, it was heartening to report that many rare ailments which did not respond to other systems of medicine were cured at the Ashram during the year. Observations on treatment of important common diseases and several rare diseases are presented in the Naturopathy Treatment section of this Report.

The number of cases of hypothyroidism is on the rise since 5-6 years, which could be due to excessive level of iodine, which has entered the food chain through iodized salt. Such patients are advised to consume non-iodized salt to overcome their sensitivity to higher doses of iodine.

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



**Table 2. Disease wise Sadhakas admitted as Indoor patients in 2018-19**

Diseases	No. of Patients	Per cent
Obesity	1993	30.32
Type 2 DM	642	9.77
Hypertension	462	7.03
Lumber Spondylosis (LS)	357	5.43
Osteo-arthritis (OA).	266	4.05
Musculo-skeletal pain	251	3.82
Hypothyroidism	237	3.61
Cervical Spondylosis (CS)	236	3.59
Coronary Artery Disease / IHD	218	3.32
Digestive System Disorder	207	3.15
Respiratory Disorder	195	2.97
Positive Promotion of Health (PPH)	183	2.78
APD (Gastritis, GERD, Hyperacidity)	154	2.34
Constipation	149	2.27

<b>Diseases</b>	<b>No. of Patients</b>	<b>Per cent</b>
Gynaecological Disorder	134	2.04
Migraine	92	1.40
Sinusitis	83	1.26
Neurological Disorders	80	1.22
Rheumatoid Arthritis/Sero Negative Arthritis	78	1.19
Psoriasis	62	0.94
Urogenital Disorder	61	0.93
Skin Disorder	56	0.85
Stress Induced Disorder	55	0.84
Chronic Kidney Disease	51	0.78
Hypovitaminosis	47	0.72
Parkinsonism	38	0.58
Allergy	37	0.56
Rehabilitation	33	0.50
Insomnia	32	0.49
Psychiatric Disorder	30	0.46
Benign Prostatic Hyperplasia	21	0.32
Stress	17	0.26
Addiction	16	0.24
	<b>6573</b>	<b>100.00</b>

## **Research and Development Activities**

### **Clinical Trials**

A research Study on the “Effect of Naturopathic and Yogic interventions on Gut flora in obese individuals” was undertaken in collaboration with National Institute of Naturopathy (NIN) and National Aids Research Institute (NARI).

### **Introduction of New Treatments**

Based on the review of research on effective naturopathic therapies developed, the Ashram has now introduced various new dietary and naturopathic interventions towards treatment of diseases as presented below.

#### **1. Rheumatoid Arthritis**

**Cold mud packs:** In case of inflammation on the affected joints, cold mud pack helps in reducing inflammation and swelling.

**Hot and cold Effusion:** In case of chronic arthritis on the affected joints, alternate very hot and very cold applications help in reducing the swelling, thereby improving the circulation and removing the metabolites. This also helps in tissue repair.

2. **Hypertension:** Jacuzzi spinal bath is an effective measure to control blood pressure by giving a sedative effect to the spinal nerves thereby reducing the blood pressure.
3. **Diabetes Mellitus:** Green juice and Ragi porridge have been known to reduce blood sugar levels due to their low glycemic index properties.
4. **Obesity:** New effective treatments such as under water massage and cold circular jet are giving better results, with improvement in peripheral circulation and fat mobilization.
5. **Bronchial Asthma**

**Open Gym Exercise:** Light and specific exercises, effective for chest muscles, can prevent respiratory diseases.

**Scottish showers:** These showers improve pulmonary functions and release vasoconstriction, while providing immediate relaxation to pulmonary muscles.

**Ozone Therapy:** Improves immunity and prevents further attacks of asthma.

## 6. Osteo-arthritis

**Aqua exercises:** As water provides 12 times more resistance than air, walking in water helps to build and strengthen muscles. Exercises that are painful on land are much less painful in water for arthritis patients.

**Ozone therapy:** Ozone is an active and reactive form of oxygen which quickly combines with blood, lymph and other tissues of body and purifies them. It helps the cells to absorb nutrients efficiently and throw out waste products quickly. It relaxes blood vessels, capillaries and increases circulation. It primes White Blood Cells and makes the Immune System more efficient.

**Laser therapy:** Laser Therapy creates a concentrated beam of light radiation onto the area that requires treatment. This promotes healing of the targeted tissue while reducing pain, inflammation and swelling.

7. **Licen Planus:** Use of treatments such as neem and turmeric paste, Athapasnana, chromo-therapy, magneto-therapy and Dead Sea salt bath are proposed for introduction. These treatments are known for their germicidal and anti-inflammatory properties which help in relieving skin diseases.

## Training Programmes

**Yoga Instructor Course:** With a view to popularize yoga through development of Yoga Instructors with good knowledge of Yoga and Naturopathy, a Yoga course, affiliated to the Yashwantrao Chavan Open University (YCMOU) was started 12 years ago in 2007. During the year, 21 candidates completed the course successfully and 20 candidates joined the course during the year. So far, 262 yoga students have passed out and many of them are now engaged in yoga training.

**Short-term Courses:** Nisargopachar Ashram has been the leader in disseminating knowledge for professional interns, traditional health practitioners and common people through training and awareness. The details of short training programmes are presented in Table 3. During the year, 86 Interns were trained from 7 naturopathy colleges for a period of 30 – 90 days in Naturopathy and Yoga. The details are presented in Table 4.

**Table 3. Training of Traditional Health Practitioners and Others**

Sr. No.	Camp Location	Dates	Participants		
			Male	Female	Total
1	Vithamai Yog Nisargopachar College, Nasik	Aug. 20 -24, 2018	9	18	27
2	Vaidu Bhagat Yog Nisargopachar Camp (Kaprada, Dang, and Vansda, Gujarat)	Mar. 4-11, 2019	14	3	17
3	Nisargopachar and Massage Training, at Ashram	March 1-30, 2019	13	17	30
4	Vaidu Bhagat Yog Nisargopachar Camp (Kaprada, Dang, Valsad and Vansda)	Aug. 24-30, 2018	10	6	16
5	Sanmati Yoga and Nisargopachar College, Wardha	Nov. 28-30, 2018	6	8	14
6	Nisargopachar and Massage Training, at Ashram	1.12.2018-28.2.2019	12	20	32
7	Shree Nisargopachar Kendra, Dombivli	Jan. 30 – Feb. 1, 2019	4	14	18
8	Vithamai Yog Nisargopachar College, Nasik	Feb. 4-8, 2019	5	9	14
9	Mahatma Gandhi Prakritik Jeevan Vidyapeeth, Sevagram, Wardha	Feb. 28-Mar. 3, 2019	6	11	17
10	Vaidu Bhagat Yog Nisargopachar Camp (Kaprada, Dang, Valsad and Vansda)	Mar. 5-10, 2019	15	5	20
	<b>Total</b>		<b>94</b>	<b>111</b>	<b>205</b>



**Table 4. Training of Interns**

Sr. No.	Institutes	Interns
1	Alvas College, Moodbidri, Karnataka	12
2	JSS College, Ooty, Tamil Nadu	8
3	Salem College, Salem, Tamil Nadu	14
4	SRKMC, Kanyakumari, Tamil Nadu	15
5	Morarji Desai Institute, Vadodara, Gujarat	9
6	Sant Hiram Institute, Bhopal, MP	16
7	Banaras Hindu University, Banaras, UP	12
	<b>Total</b>	<b>86</b>

**Yoga Classes for Rural Women:** To improve the health status of rural women around Urulikanchan, Yoga classes were conducted at various locations, as presented in Table 5. There was good response from the women.

**Table 5. Yoga Classes for Women in Urulikanchan**

Sr. No.	Location	No. of Participants	Yoga Teachers
1	CHRC, Urulikanchan	25	Mrs. Surekha Jagtap
2	Swami Vivekanand School, Urulikanchan	22	Ms. Shilpa Kanchan
3	Garden in Sortapwadi	21	Ms. Gitanjali Kanchan
4	ZP School, Bazar Mala, Loni Kalbhor	22	Mr. Dhnyandev Pinjari

**International Yoga Day Celebration:** International Yoga Day was celebrated on June 21, 2018 at the Ashram and at several schools and community centres in Pune district. More than 12,000 persons actively participated in performing yoga as per the guidelines provided by the Ministry of AYUSH, Government of India. The details of the institutions who participated in the International Yoga Day Programme are presented in Table 6.

**Table 6. Details of Yoga Sessions conducted on International Yoga Day**

Sr. No.	Institutes	Village	No. of Participants
1	S.R. Co. and Z.P. School	Boribhadak, Daund	150
2	Z.P. School	Koregoan Mul, Pune	160
3	Swami Vivekanand School	Urullkanchan, Pune	500
4	Mahatma Gandhi Vidyalaya	Urullkanchan, Pune	3000

Sr. No.	Institutes	Village	No. of Participants
5	Mahatma Gandhi Junior College	Urulikanchan, Pune	500
6	New English School	Ashtapur, Pune	600
7	Park Infenia Hsg. Society	Phursungi, Pune	50
8	Saint Dynaneshwar Vidyalaya	Alandi, Pune	3113
9	P. T. Pathare Vidyalaya	Vadgaonsheri, Pune	1000
10	Rajaram B. Pathare Vidyalaya	Vadgaonsheri, Pune	500
11	PDEA English Medium School	Kharadi, Pune	300
12	Late Tukaram B. Pathare	Kharadi, Pune	1200
13	Amar Education Institute	Koregaon Mul, Pune	500
14	Vyasanmukti Kendra, Muktangan	Vishrantwadi, Pune	100
15	Ultratech Cement Co.	Peth Naigaon, Pune	150
16	Swami Vivekanand School	Urulikanchan, Pune	537
17	Nisargopachar Ashram	Urulikanchan, Pune	195
18	M.P. Enterprises & Assoc.	Urulikanchan, Pune	37
19	Women's Group, Urulikanchan	Urulikanchan, Pune	75
20	Women's Group, Sortapwadi	Sortapwadi, Pune	35
	<b>Total Participants</b>		<b>12702</b>

**National Naturopathy Day** was celebrated on November 18, 2018 with series of events such as lectures, live cookery show, ozone therapy camp, yoga dance, movie on the life of Gandhiji and a musical night.

### Publications

Following books were published during the year, as presented in Table 7.

**Table 7. Publications and Audio Visual**

Sr. No.	Name of the Book/Audio Visual	Language	Edition
1	Positive Attitude	Marathi	Second
2	Nature Cure	Marathi	First
3	Nature Cure	Hindi	First
4	Essence of Nature Cure: Focus on Women	English	Second
5	Bliss – Gandhiji's favourite Bhajans for Meditation through violin recital.	English, Hindi	First

### New Initiatives

A new Treatment Ward fully equipped with modern devices, was constructed exclusively for women patients. The facility was inaugurated by Shri. Shripad Naik, Union Minister

of State for AYUSH, Government of India on January 18, 2019. To reduce the carbon footprint, a Solar Power Electricity Grid of 40 KW capacity has been installed.

### Salute to Our Donors

The Ashram has been very fortunate to have a good number of supporters and well-wishers, who have been very generous in extending support to the Ashram from time to time. They have been a source of encouragement in taking up various infrastructural development facilities and in improving the quality of various services. We are grateful to all our generous donors. The list of donors who have donated over Rs. 10,000 is presented in Table 8.

**Table 8. List of Donors**

Sr. No.	Names of Donors	Amount (Rs.)
1	Mrs. Asha Asrani, c/o Prakash Valecha, Mumbai	4,00,000.00
2	Mr. Prakash Valecha, Mumbai	2,50,000.00
3	Mr. Gautam Choksi, Ahmedabad	2,00,000.00
4	Dr. Arjunker A. Rathi, Ahmedabad	1,00,000.00
5	Mrs. Shalini P. Valecha, Mumbai	1,00,000.00
6	Vikram Tea Processor Pvt. Ltd. Jalna	1,00,000.00
7	Mr. Shivnarayan M. Pandey, Bhopal	51,000.00
8	Mr. Shivaji B. Zaware, Pune	51,000.00
9	Ambica Steel Syndicate, Ahmedabad	50,000.00
10	Mrs. Kusum Gala, Mumbai	51,000.00
11	Mr. B.C. Jain, Mumbai	25,000.00
12	Mr. Jagannath B. Shetty, Pune	25,000.00
13	Mukul Madhav Foundation, Pune	25,000.00
14	Sharada Vishnu Charitable Trust, Pune	15,000.00
15	Mr. Anand Bang, Gadchiroli	11,050.00
16	Mr. Rajendra Rastogi, Kanpur	11,000.00
17	Mrs. Sandhya Sangwai, Akola	11,000.00
18	Mr. Prakash Soni, Mumbai	20,000.00
19	M.M.G.H. Gala Charitable Trust, Mumbai	10,000.00
20	INYGMA, PUNE	15,000.00
21	Mr. Ulhas Argekar, Thane	10,000.00
22	Mrs. Shanta P. Lohia, Mumbai	10,000.00
23	Dr. Rekha S. Desai, Ahmedabad	10,000.00
24	Mr. Jayesh Gandhi, Mumbai	10,000.00
25	Mr. T.V.S. Kutty, Mumbai	10,000.00

## Ashram Management Team

The activities of the Ashram are efficiently managed by a team of professionals, under the direction of the Trustees. The team consists of the following members as presented in Table 9.

**Table 9. Ashram Management Team**

Sr. No.	Name	Designation
<b>Naturopathy</b>		
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 Upadhyay	Naturopath
8	Dr. Ganesh Agrahari	Junior Naturopath
<b>Yoga</b>		
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
<b>Finance and Administration</b>		
12	Mr. R.L. Bhalke	Coordinator Finance and Administration
13	Mr. P.P. Kumbhar	Finance Coordinator
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 (2018-19) is presented below:

Expenditure	Amount (Rs.)	Income	Amount (Rs.)
To Operative Expenses	40,66,349	By Operational Income	4,09,41,364
To Expenses in respect of Properties	3,40,34,913	By Interest	33,68,442
To transfer to		By Donations	12,04,247
i. Ward and Facilities	83,00,000	By Other Income	19,17,857
ii. Community Welfare Fund	9,33,300	By Dividend on Shares	2,352
To Surplus	99,700		
<b>Total</b>	<b>4,74,34,262</b>	<b>Total</b>	<b>4,74,34,262</b>

---

## Section 2

# NATUROPATHY TREATMENTS

## Naturopathy for Holistic Health Care

Climate change is an important health related issue during recent years, faced by human beings and leading to various health concerns. Floods, Tsunamis, rise in temperature, are all because of the abuse of nature by human beings to fulfill their greed. The nature is complicated and we, human beings, being the most intelligent of all other life forms, should understand that the need of the hour is to “Live Naturally” which means avoiding anything and everything which is unnatural. Otherwise, nature will not spare humanity and will cause extreme damage to our health through natural disasters and hamper the quality of life.

Various health condition like Asthma, allergies, digestive disorder, stress induced ailments, neurological disorders and other water, air and food-borne diseases are on the rise due to which the overall performance as an individual is affected. It is disheartening to note that we are growing scientifically while leaving behind our ancestral knowledge of living in harmony with nature. No wonder, Diabetes, Heart Disease and various types of Cancers are on the rise.

Sensitization of our citizens, especially the youth can be a step to achieve the important goal of preventing damage to Mother Nature. Effective ways of communication must be developed to reach out to the masses and all the naturopathy and yoga centres can be the pioneers where disseminating of knowledge should be initiated, as health seekers (sadhakas) and nature lovers coming to the Ashram, can become the Ambassadors to create awareness at large.

I believe that if each one of us starts practicing Naturopathy and Yoga in our daily routine, preserve nature and strictly follow the rules of natural living, we can certainly create and conserve a better environment for the future generation. It has been a continuous and sincere endeavour of the Nisargopachar Ashram and its team to bring the achievements, milestones and case studies they have successfully treated, before all

its readers as it will be of great utility to health seekers. I would like to extend our heartfelt thanks to our Chairman and Trustees for their continuous guidance and support. I also compliment all the contributors of this report for their excellent in-depth articles and case studies which have been deliberately written in a simple language for the convenience of readers.

During the last few years, we have seen radical advances in all the departments at the Ashram. As newer instruments are being added to our treatment centres, we are making use of this Progress Report to keep our readers updated about the achievements and new initiatives taken up during the year for the Sadhakas and health seekers to the Ashram. I am sure, this publication will be useful for all the professionals promoting naturopathy and those who want to adopt Naturopathy in their daily practices.

Wish you all happy reading. Any feedback positive or otherwise, is welcome.

**Dr. Abhishek A. Devikar**  
Director

# Observations on Important Diseases Treated at the Ashram

## Musculoskeletal Pain

Dr. Abhishek Devikar

### Introduction

Musculoskeletal pain (MSP) is caused by repetitive strain, overuse and work-related exertion. These injuries include a variety of disorders that cause pain in bones, joints, muscles or surrounding structures. The pain can be acute or chronic, localized or generalized.

### Epidemiology and Economics

MSP affects 33% of adults and accounts for 29% of loss of workdays. Low back pain is the most prevalent and common work-related injury. The incidence of over exertion and injury due to lifting, are 1.3 times higher in men. Among women, injury rates are 3 times higher for carpal tunnel syndrome, 2.3 times higher for tendonitis, and 2 times higher for injuries caused by repetitive motion. The economic burden of MSP is second to cardiovascular disease.



### Types of MSP

There are mainly 5 types of musculoskeletal pains which may vary from person to person. All kinds of muscular or bony pain with unknown causes, can be grouped under these categories:

**Neuropathic (Nerve) Pain:** This pain is caused by damage, injury or dysfunction of nerves due to trauma, surgery, disease or chemotherapy. It is described as pain which is burning and may be associated with tingling and numbness or itching or with other medical conditions or other forms of pains.

**Orofacial Pain:** This pain includes pain associated with joints, muscles and nerves anywhere in the head, neck, face, mouth, gums or teeth.

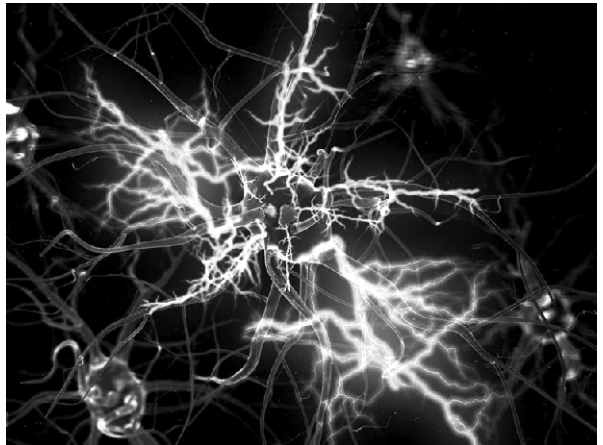


**Pelvic Pain:** Pelvic pain affects about 20% women and 8% men. Pelvic pain can be associated with a range of symptoms, including bloating, bowel and bladder troubles, muscle spasms, fatigue, anxiety and low mood.

**Visceral pain:** Visceral pain can occur in any internal organ and can result from any kind of malfunction or problem within an organ. It includes chronic chest pain, chronic pelvic pain, functional abdominal pain, pancreatitis, bladder pain and bowel pain. In some cases, there is no reason for this kind of pain.

### **Patho-physiology and Clinical Features**

The patho-physiology of musculoskeletal pain could be due to swelling, tissue degradation, painful condition with warmth, poor functioning of the part, feeling of uneasiness and neurosensory disturbances. Continuous strain causes pooling of chemicals which in the long run, aggravates pain and discomfort. The pain can be acute or chronic, focal or diffuse in the musculoskeletal or associated neural tissues.



Clinical symptoms include local symptoms of pain or widespread and persistent pain, tenderness, peripheral nerve irritation, weakness, limited motion and stiffness. The symptoms progressively increase with chronicity of disease, with an increase in increased tender points. Symptoms are exacerbated by work-related or personal stress, for example, poor control over one's work, difficult relationships and time pressure. Symptoms may vary from morning to evening. At first, symptoms subside with cessation of work (between shifts, over weekends and during vacations). As exposure persists and tissue injury progresses, symptoms may be insufficiently relieved by rest and constant pain may develop.

### **Diagnostic Criteria**

Local and then later intermittent or persistent pain in musculoskeletal tissues can be tested using various scales and questionnaires. Blood Investigations such as Serum C-reactive protein, interleukin-6, or tumor necrosis factor alpha may be helpful in diagnosis.

## Management

Nerve pain is one of the most difficult to treat of all chronic pain conditions. However, appropriate treatment can reduce disability and improve overall well-being. Reduction in work load, increased duration of rest and stress management which is also known as bio-psycho-social approach, helps significantly as it aims to address all the factors that influence the pain experience.

## Naturopathy and Yoga

Naturopathy is a system of medicine where various elements of nature are used to treat various lifestyle and non-communicable diseases. Here, the interventions focus mainly on techniques to enhance the capacity of the mind to affect the body e.g. counselling, meditation, prayer and creative therapies such as mud and neurotherapy, biologically-based therapies such as nutritional supplements, naturopathic nutrition and diet. Manipulative body based methods like massage, acupuncture, aromatherapy, chiropractic and osteopathy are very effective.

## Aim of the treatment

The aim of the treatment is to reduce Pain, Inflammation, Stiffness and to improve the Quality of Life.

## Treatment Approach

### Hydrotherapy

Treatments	Duration	Frequency
Steam Bath	3 minutes	Alternate days
Full body massage	60 minutes	daily
Full Mud bath	45 minutes	Weekly twice
Ice pack on the affected areas	5 minutes	daily
Neutral immersion bath with Epsom salt	10 minutes	Alternate days

### Physiotherapy and Acupuncture

Treatment	Duration	Frequency
Acupuncture	30 minutes	10 sessions
Ultrasound to affected areas	8 minutes	5 days
Cervical/Lumbar Traction	10 minutes	5 days

## Diet Therapy

2 days of boiled food followed by 3 days of fruit diet and 3 days of liquid diet (Fasting). Normal diet was resumed gradually through intake of fruits, soup and vegetables and khichdi.

Time	Diet	Quantity
6.00 am	Almonds + Walnuts	4 almonds + 2 walnuts
7.00 am	Kadha + Jaggery	200 + 10 ml
8.00 am	Carrot Juice	200 ml
9.00 am	Turmeric juice	60 ml
10.30 am -	Jowar roti + subzi + soup/chutney	1 + 100 gm + 100 ml + 10 gm
12 noon	Fruits	200 gm of prescribed fruit
	Lemon Honey Water	200 ml
3.00 pm	Kadha + jaggery/Tender coconut water	200 + 200 ml
4.00 pm	Carrot Juice	200 ml
5.30 - 6.00 pm	Jowar roti/Khichdi + sabzi + soup/chutney	1 + 100 gm + 100 ml + 10 gm
	Fruits	200 gm of prescribed fruit
	Lemon Honey Water	200 ml
	Fruits	200 gm of prescribed fruit
	Juices	200 ml

## Yoga Therapy:

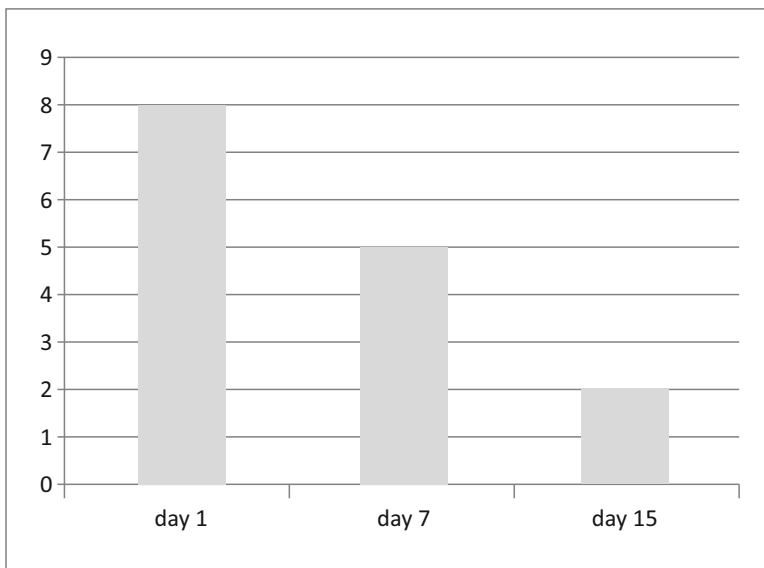
Asanas	Pranayamas	Meditation and relaxation techniques
Sukshma vyayamas	Anulomviloma	Yoga Nidra
Shashankasana	Brahmari	Breath awareness
Tadasana		Deep relaxation
Ardhkatichakrasana		
Paschimotanasana		

## Follow up Advice:

- To continue the prescribed Diet, Yoga and Exercises as a part of the lifestyle
- To follow the don'ts such as stressful situations, sugar, milk, refined oil, refined wheat flour and unhealthy, fast food.

### Analysis of MSP cases during the year 2018-2019:

We have analyzed 100 MSP cases at the Ashram during the year 2018-2019. The outcomes were measured on the basis of Visual Pain Analogue scale (a scale where 0 is marked for the lowest amount of pain and 10 is the maximum pain experienced). The data was collected on day one and at the end of the 15<sup>th</sup> day of stay and the analysis showed significant improvement in pre and post readings as shown in the graph below:



### Conclusion

With our experience, complete recovery from this condition is difficult. Usually, a stay of 2 weeks ensures good relief from the symptoms. One should follow a healthy lifestyle, regular yoga and exercise to manage this condition. ■

# Rheumatoid Arthritis

Dr. Ameya Devikar

Rheumatoid arthritis (RA) is a systemic, debilitating, chronic inflammatory autoimmune disorder affecting approximately 1% of the world population. The disease may also affect other parts of the body. This may result in a low red blood cell count, inflammation around the lungs and inflammation around the heart. The inflammation causes the tissue that lines the inside of the joints (the synovium) to thicken, resulting in swelling and pain in and around the joints.



Figure 1: severe joint deformity in Rheumatoid arthritis.

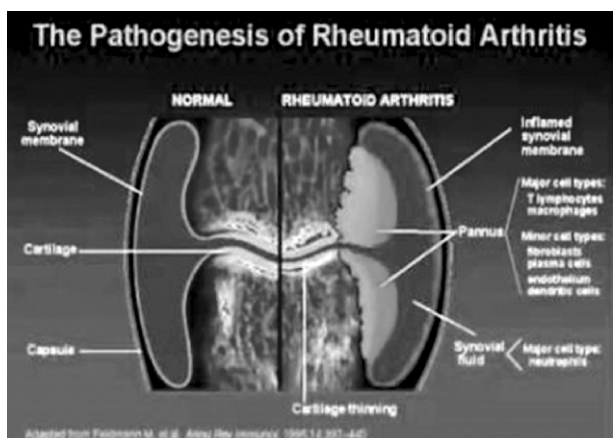
## Incidence and prevalence

The prevalence of RA in India is in 1% population, increasing with age, peaking between the ages of 35 and 50 years. Women are affected by RA approximately 3 times more often than men.

## Signs and Symptoms:

- Pain or ache in more than one joint
- Stiffness in more than one joint.
- Weight loss
- Fever
- Fatigue or tiredness
- Weakness
- Tenderness and swelling in more than one joint.

**Pathophysiology:** Rheumatoid Arthritis is an autoimmune disease where the body's own cells work against the joints, releasing inflammatory mediators which result in destruction of the tissues and joints.



## Diagnosis:

### Blood Test

- a. Erythrocyte sedimentation rate (ESR)
- b. C Reactive Protein P (CRP)
- c. Anti citrullinated cyclic peptide (Anti CCP)

All these will be elevated and positive in patients with RA.

**Aim of the treatments at the Ashram** – The treatments at the Ashram aim at reducing the following:

- Inflammation
- Pain
- Stiffness
- Improve the quality of life
- Prevent complication
- Prevent remission

### Treatment given at the Ashram:

#### Hydrotherapy Treatments:

Treatments	Duration	Frequency
Neutral immersion bath with Epsom salt	20 minutes	Alternate days
Steam Bath	7 minutes	Alternate days
Neutral arm and foot bath	10 minutes	Daily
Cold packs to the affected joints	10 minutes	Daily
Neutral Epsom salt packs on affected joints	10 minutes	Daily

#### Physiotherapy and Acupuncture:

Treatments	Duration	Frequency
TENS	10 minutes	5 days
Cold Compress	5 minutes	5 days
Wax bath	5-7 minutes	5 days
Acupuncture	30 minutes	10- 15 days

## Diet Therapy

Time	Diet	Quantity
6.00 am	Methi seeds soaked overnight in water	10 + 100 ml
7.00 am	Kadha + Jaggery	200 + 10 ml
8.00 am	Carrot Juice	200 ml
9.00 am	Raw potato juice	50 ml
10.30 am -	Jowar roti + subzi + soup/chutney	1 + 100 gm + 100 ml + 10 gm
12 noon	Fruits	200 gm of prescribed fruit
	Juices like sweet lime	200 ml
3.00 pm	Kadha + jaggery	200 + 10 ml
4.00 pm	Carrot Juice	200 ml
5.30- 6.00 pm	Jowar roti + subzi + soup/chutney	1 + 100 gm + 100 ml + 10 gm
	Fruits	200 gm of prescribed fruit
	Juices	200 ml

## Yoga Therapy:

Asanas	Pranayamas	Meditation and relaxation techniques
Sukshma vyayamas	Anulomviloma	Om meditation
Tadasana	Brahmari	Breath awareness
Tiryak tadasana	Bhastrika	Deep relaxation
Ardha chakrasana		Yoga Nidra
Namaskarasana		

## Follow up Advice:

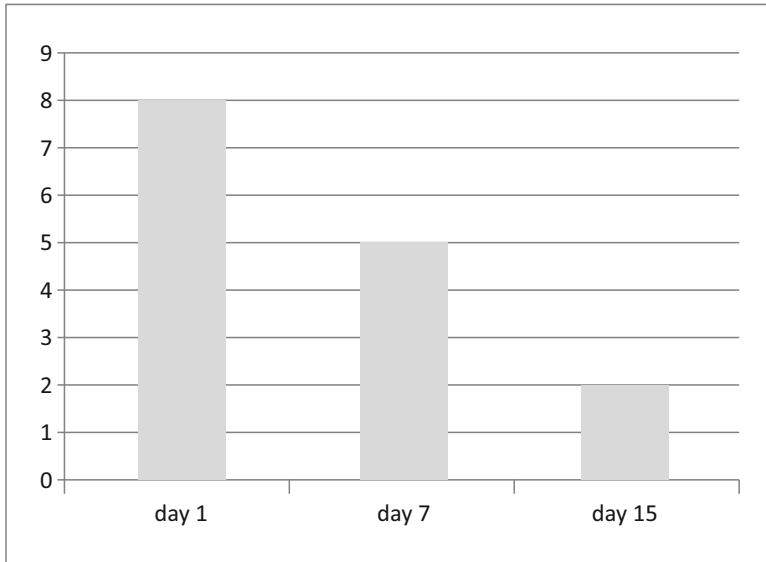
- To continue yoga and exercises
- To have nutritious diet devoid of sugar, milk, excess oil, salt and spices

## Analysis of RA cases during the year 2018-2019:

We have analyzed 100 RA cases at the Ashram during the year. The outcomes were measured on the basis of Visual Pain Analogue Scale. The Visual Analogue Scale (VAS) consists of a straight line with the endpoints defining extreme limits such as 'no pain at all' and 'pain as bad as it could be'. The patient is asked to mark his pain level on the line



between the two endpoints. The data was collected on day one and on the end of 15<sup>th</sup> day of stay and analyzed, which showed a significant improvement in pre and post readings.



**Conclusion:**

An integrated approach of treatments, with an emphasis on diet and yoga helps in considerable improvement in pain and quality of life in patients with Rheumatoid Arthritis. ■

# Diabetes Mellitus

Dr. Kushan Shah

## What is Diabetes Mellitus?

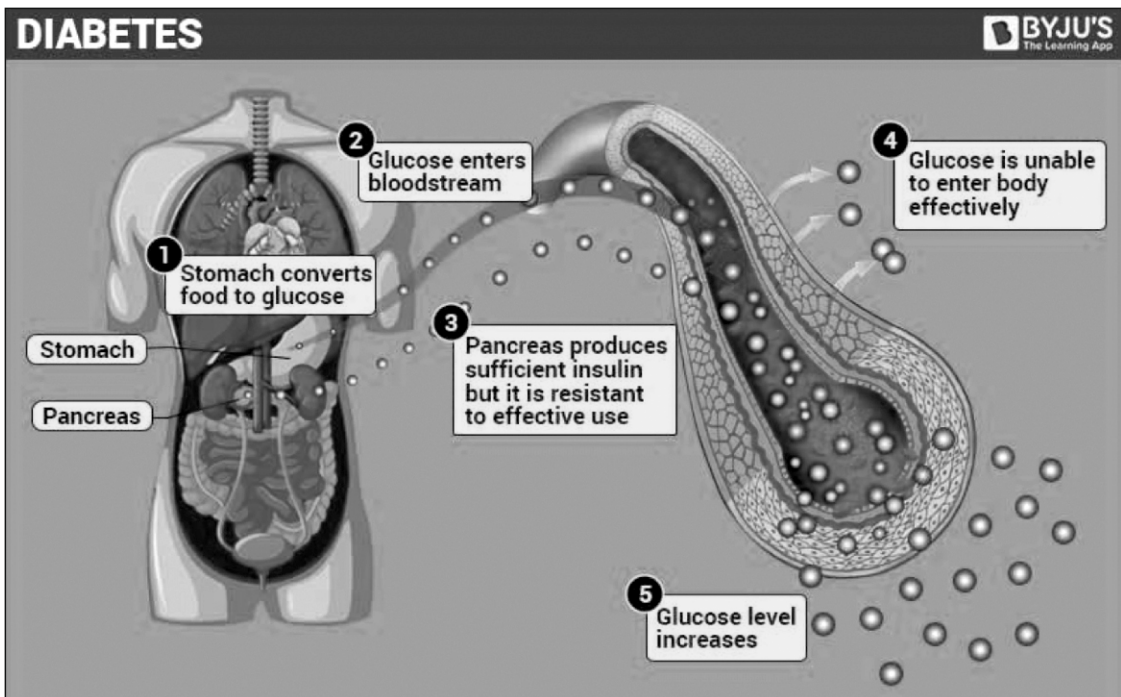
Diabetes mellitus is a chronic condition or a disease that affects the body's ability to use the energy found in the food. It is referred to as Diabetes. It is the condition where the pancreas gland does not generate enough insulin required by the body to make energy.

## Prevalence of Diabetes:

- The number of people with diabetes has risen from 108 million in 1980 to 422 million in 2014.
- The global prevalence of diabetes among adults over 18 years of age has risen from 4.7% in 1980 to 8.5% in 2014
- Diabetes prevalence has been rising more rapidly in middle and low-income countries.
- Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke and lower limb amputation.
- In 2016, an estimated 1.6 million deaths were directly caused by diabetes. Another 2.2 million deaths were attributable to high blood glucose in 2012.
- Almost half of all deaths attributable to high blood glucose occur before the age of 70 years. WHO estimates that diabetes was the seventh leading cause of death in 2016.
- Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use, are ways to prevent or delay the onset of type 2 diabetes.
- Diabetes can be treated and its consequences avoided or delayed with diet, physical activity, medication and regular screening and treatment for complications.

## Post-Pathology:

The body breaks down the carbohydrates and sugar and then converts it into a special sugar called Glucose. This glucose is used to fuel up the body. But our body needs insulin, to convert this glucose into energy. Hence, during this condition, as the body does not produce insulin, it leads to high blood sugar levels in the body known as Diabetes Mellitus. This condition is usually related to the pancreas, an organ which is involved in producing insulin.



### Classification:

- Type 1 Diabetes Mellitus – It is one type of Diabetes where the pancreas fails to produce enough insulin in the body and destroys the immune system. It is known as insulin-dependent diabetes. This process involves injecting the insulin through the skin.
- Type 2 Diabetes Mellitus – Also known as insulin resistance diabetes, this type of diabetes is a condition where the pancreas produce some insulin in the body. But the produced insulin is not sufficient as per the body's requirements and the cells are resistant to it. This condition is known as Type 2 Diabetes Mellitus.

Gestational diabetes – This is a type of diabetes which usually occurs when a pregnant woman develops high blood sugar levels without a previous history of diabetes.

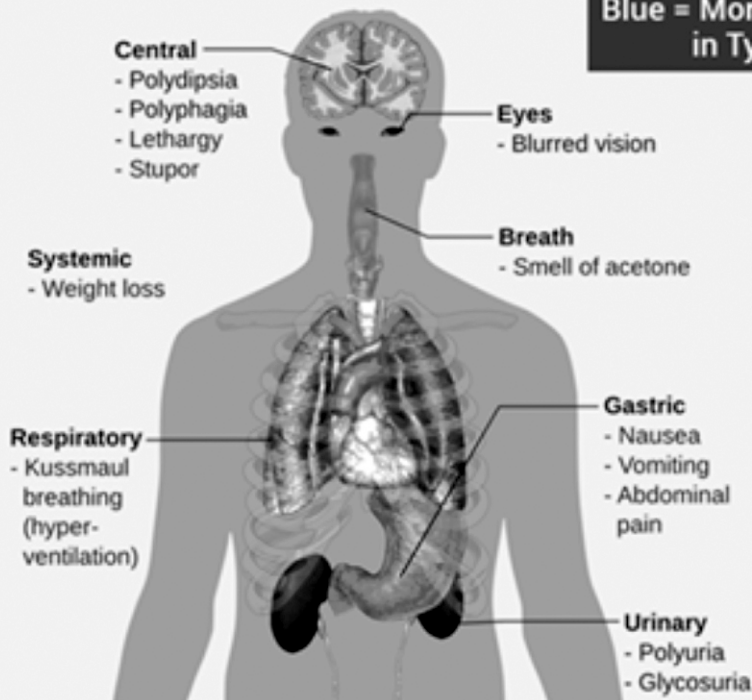
### Symptoms:

The above diagram shows the areas affected and the symptoms by Diabetes. The common symptoms associated with Diabetes are below:

- Increased thirst
- Weight loss
- Increased urination

# Main Systems of Diabetes

Blue = More Common in Type 1



- Hunger due to starvation of cells
- Fatigue
- Slow healing of wounds
- Yeast infections
- Tingling sensation in the feet or the toes

## Complications of Diabetes Mellitus

The smallest blood vessels of the body are damaged by the production of high blood sugar levels. This, in turn, leads to a decrease in the blood flow level in the body resulting in the death of tissues. This condition also affects the other parts of the body such as the heart, kidneys, nervous system, etc. Hence, it has a large effect on the immune system of the body by completely damaging it.

### Diagnosis:

Early diagnosis can be accomplished through relatively inexpensive testing of blood sugar.

## Protocol for Treatment of Diabetes Mellitus

- Frequently testing your blood sugar levels.
- By planning your meals accordingly.
- Performing exercises regularly.
- Injecting insulin and other medications when required.

Hence, by proper treatment and care, this disease can be considerably reduced.

**Different treatments protocols during treatments are given below:**

### Diet Protocol during Study:

Sr. No.	Time	Prescribed food
1	7 am	Herbal Tea with milk + Fenugreek seeds
2	8 am	Bottle gourd juice
3	9 am	Amla and turmeric mix Juice
4	11.30 am	1 Jowar Bhakri + Boiled Vegetable + Soup + Chutney + Butter milk or Raw Diet (Platter of Salad)
5	3 pm	Herbal Tea with milk
6	6.30 pm	1 Ragi Bhakri + Boiled Vegetable + Soup + Chutney + Butter milk
7	9 pm	Papaya

The diet helps to reduce blood sugar level and also improves insulin sensitivity.

### Therapeutic Yoga:

Sr. No.	Asana	Pranayama	Meditation	Yogic Relaxation
1	Manduk Asana  Trikonasan (triangle pose) Tadasan (palm tree pose) Ardhamatsyendrasan Ushtrasan Bhujangasan Makarasan Pavanmuktasana Shavasana	Anulom vilom  Chandra bhedan Surya bhedan Bhastrika Sheetali / Sitkari	Meditation on manipur chakra  Aum chanting	Yoga Nidra

## Naturopathy Modalities:

Sr. No.	Modalities	Frequency
1	Massage therapy	Daily
2	Enema	Alternate Day
3	Steam Bath	Daily
4	Mud bath	Daily
5	Sun bath	Daily
6	G.H. Pack	Alternate day
7	Kidney Pack	Alternate day

## Follow up advise:

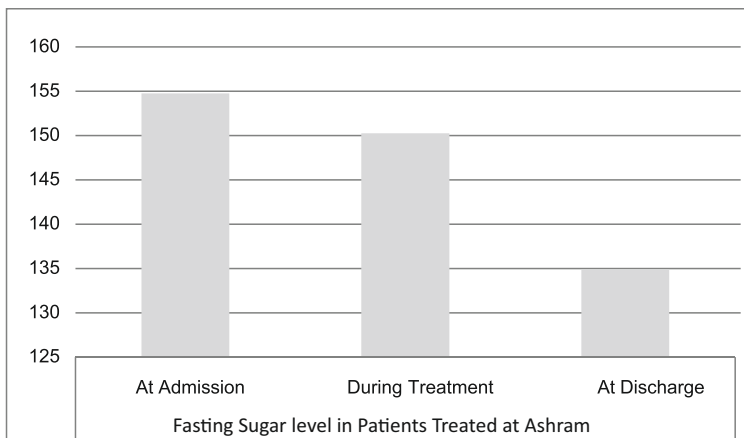
- Advised to follow given diet and lifestyle management.
- Monitor blood sugar values periodically.
- Fibrous diet such as intake of salad and high fibre fruits help to reduce blood sugar levels.
- Practice yoga regularly.
- Walk 4 km daily.

## Analytical Study on DM at Ashram after above treatment protocol:

Following Table is a documentation of the data of 100 patients treated at the Nisargopachar Ashram for Type-2 DM. The age group of the patients was between 50 to 60 years and all the patients were treated for 10 to 15 days. Their Mean Fasting Sugar was 154.75 on admission and 134.93 at the time of discharge and their mean of Post-Pandrial was 213.27 on admission and 166.5 at the time of discharge.

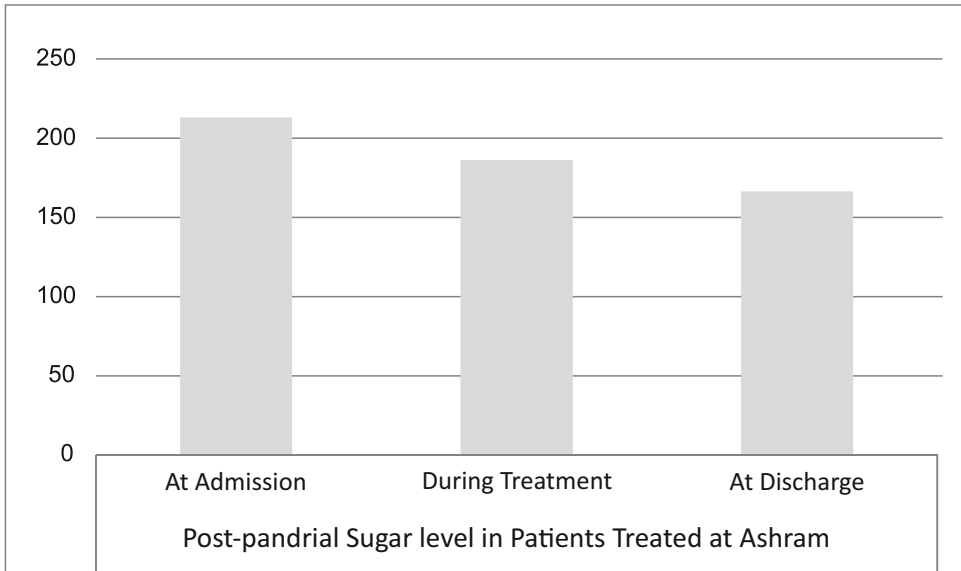
## Fasting Sugar:

No. of patients	On admission	During treatment	On discharge
100	154.75	150.25	134.93



## Postprandial

No. of patients	On admission	During Treatment	On Discharge
100	213.27	180.23	166.5





# Osteo-Arthritis of Knee

Dr. Gauri Shah

Osteo-Arthritis (OA) is a very common condition which can affect any joint in the body. It is most likely to affect the joints that bear most of our weight, such as the knees and feet. Joints that we use a lot in everyday life, such as the joints of the hand, are also commonly affected. OA of knee is very common, because knee has to take extreme stresses, twists and turns, while bearing the body weight. It often affects both knees.

## Prevalence of Knee Osteo-Arthritis:

OA is one of the top 5 chronic diseases in India, which affects about 4-6% adult population. It is an age-related, chronic and slowly progressive joint disorder which ultimately leads to joint failure. However, it is not a disease of aging because about 45% people above 100 years, do not have any pain due to OA. It is considered as a disease caused by dynamic reaction of the joint to a variety of biomechanical and biochemical factors. The ligaments surrounding the joint become lax, joint capsule thickens, joint fluid becomes less viscous, muscle undergo wasting and become weak. These changes ultimately lead to joint failure.

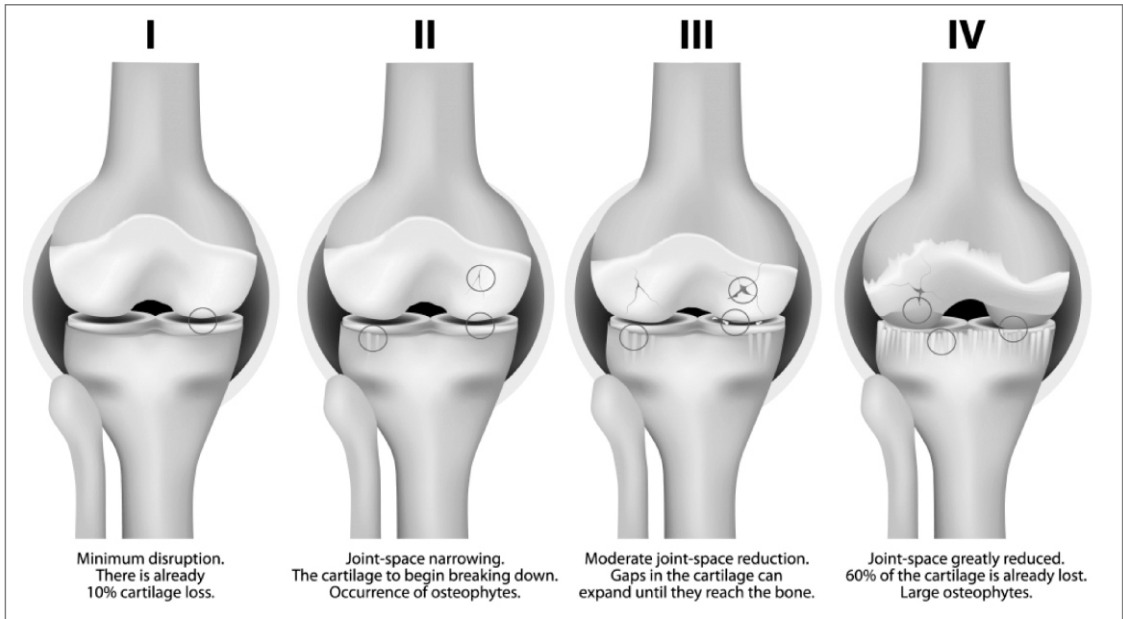
## Symptoms

OA symptoms often develop slowly and worsen over time. Signs and symptoms of Osteo-Arthritis include:

- Pain: Joint may hurt during or after movement.
- Tenderness: Joint may feel tender when light pressure is applied on it.
- Stiffness: Joint stiffness may be most noticeable while waking up in the morning or after a period of inactivity.
- Loss of flexibility: Patient may not be able to move the joint through its full range of motion.
- Grating sensation: Patient may hear or feel a grating sensation while moving the joint.
- Bone spurs: These extra bits of bone, which feel like hard lumps, may form around the affected joint.



## Physiopathology



- Development of OA is dependent on interactions between several factors, which is an interplay between systemic and local factors.

## Risk factors

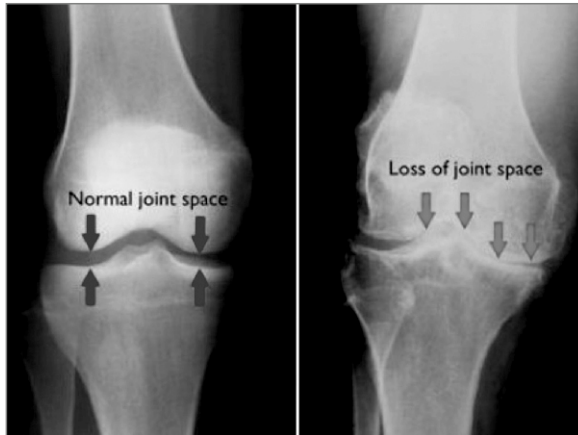
Factors which increase the risk of osteoarthritis are:

- Older age: The risk of osteoarthritis increases with age.
- Sex: Women are more likely to develop osteoarthritis.
- Obesity: Carrying extra body weight contributes to osteoarthritis as increased weight puts added stress on weight-bearing joints, such as hips and knees. In addition, fat tissues produce certain proteins that may cause harmful inflammation in and around the joints.
- Joint injuries: Injuries, which occur while playing or during accident may increase the risk of osteoarthritis. Even old injuries, seemingly healed, can increase the risk of osteoarthritis.
- Occupations: If the job creates repetitive stress on a particular joint, that joint may eventually develop osteoarthritis.
- Genetics: Some people inherit a tendency to develop osteoarthritis.
- Bone deformities: Some people are born with malformed joints or defective cartilage, which can increase the risk of osteoarthritis.

## Imaging tests

Pictures of the affected joint can be obtained during imaging tests.

**X-rays:** Cartilage does not show up on X-ray images, but cartilage loss is revealed by a narrowing of the space between the bones in your joint. An X-ray may also show bone spurs around a joint. Some people may have X-ray evidence of osteoarthritis before they experience any symptoms.



**Magnetic Resonance Imaging (MRI):** MRI is not commonly needed to diagnose OA but may help to provide more information in complex cases.

### Complications of OA Knees:

- Rapid, complete breakdown of cartilage resulting in loose tissue material in the joint.
- Bone death (osteonecrosis) - which may require surgery to remove the affected part of the bone
- Stress fractures (hairline crack in the bone that develops gradually in response to repeated injury or stress)
- Bleeding inside the joint
- Infection in the joint
- Deterioration or rupture of the tendons and ligaments around the joint, leading to loss of stability

### Protocol of Treatment for OA:

The goals of Osteo-Arthritis treatment include alleviation of pain and improvement of functional status. Optimally, patients should receive a combination of non-pharmacologic and pharmacologic treatment.

## Management:

Sr. No.	Modalities of Physiotherapy and Acupuncture	Effects
1	Physical therapy	A physical therapist can guide individualized exercise to strengthen the muscles around the joint, increase the range of motion and reduce pain. Regular gentle exercise such as swimming or walking, will also be effective.
2	Transcutaneous electrical nerve stimulation (TENS)	An electrical current passing through skin, controls pain by numbing some of the nerves endings in the spinal cord.
3	Wax Bath	Form of heating therapy can be applied on the affected joints, for joint pain relief and ease stiffness.
4	Thermo therapy	Use of warm and cold temperatures to reduce pain and stiffness in the joints.
5	Manual therapy	Performed by a physical therapist. Stretching techniques help to keep the joints flexible and supple. Not using the affected joint may weaken the muscles, further worsening stiffness.
6	Acupuncture	Acupuncture can relieve pain and improve the function of the joints. For acupuncture, hair-thin needles are inserted into the skin at precise spots on the body.

## Diet Therapy:

Sr. No.	Time	Prescribed food
1	7 am	Herbal Tea with milk + Fenugreek seeds
2	8 am	Carrot juice
3	9 am	Amla and turmeric juice
4	11.30 am	1 Jowar Bhakri + Boiled Vegetable + Soup + Chutney + Butter milk or Fruit Diet (Papaya, Apple, Figs, Sapota (chikoo))
5	3 pm	Herbal Tea with milk
6	6.30 pm	1 Ragi Bhakri + Boiled Vegetable + Soup + Chutney + Butter milk
7	9 pm	Papaya or Apple

## Therapeutic Yoga:

Sr. No.	Asana	Pranayama	Suddhi kriya	Meditation	Yogic Relaxation
1	Bhujangasana	Anulom vilom	Kapal bhati	Meditation for 30 min	Yoga Nidra
2	Uttanpadasana	Bhastrika		Om chanting	
3	Salbhasana				
4	Tadasana				

### Follow up advise:

Lifestyle changes can make a significant difference in osteoarthritis symptoms. Other home treatments can also help, as recommended below:

**Exercise:** Exercise can increase endurance and strengthen the muscles around the joint, making the joint more stable. Walking, biking or swimming can be carried out, but should be stopped if new joint pain develops and resumed after 2-3 days, with lower level of intensity.

**Lose weight:** Obesity or even overweight increases stress on weight-bearing joints such as knees and hips. Even a small amount of weight loss can relieve pressure and reduce pain. Healthy diet combined with daily exercise will be helpful.

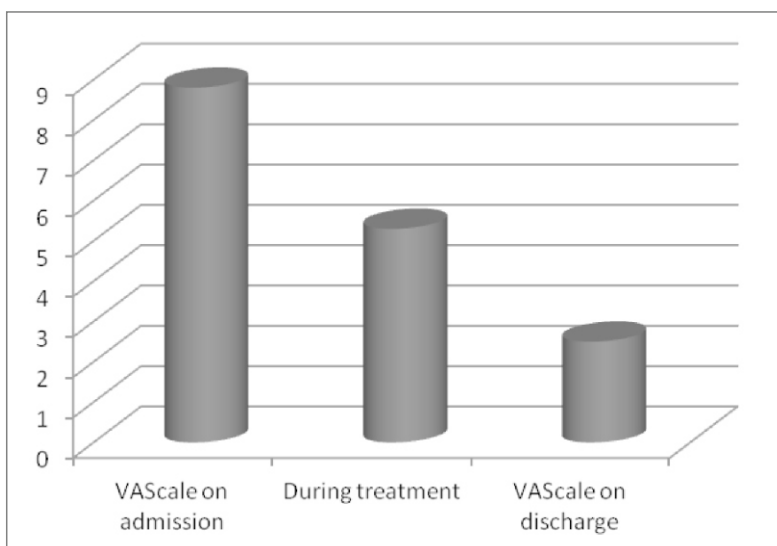
**Use hot and cold to manage pain:** Both hot and cold can relieve pain in the joints. Hot relieves stiffness and cold relieves muscle spasms and pain.

### Analytical Study on OA:

The Table of analysis of 100 patients, in the age group of 50 to 65 years, who were treated at the Ashram for 15 days, is given below. The data shows the mean value of Visual Pain Analogue Scale (VPAS) taken before and after treatments.

VPAS taken before Mean treatment and after Mean treatment.

No. of patients	VPAS on admission	During treatment	VPAS on discharge
100	8.8	5.3	2.5



# Hypertension

Dr. Samruddhi Vyas

## Introduction:

High blood pressure (BP) is ranked as the third most important risk factor for attributable burden of disease in south Asia. Hypertension (HT) exerts a substantial public health burden on cardiovascular health status and healthcare system in India. HT is directly responsible for 57% of all stroke deaths and 24% of all coronary heart disease (CHD) deaths in India. The World Health Organization (WHO) rates HT as one of the most important causes of premature death worldwide.

## Prevalence

In 2005, 20.6% men and 20.9% women in India were suffering from HT. WHO in 2008 reported that prevalence of BP was in 32.5% Indians. Recent studies have reported that HT is prevalent in 25% urban population and 10% rural population in India.

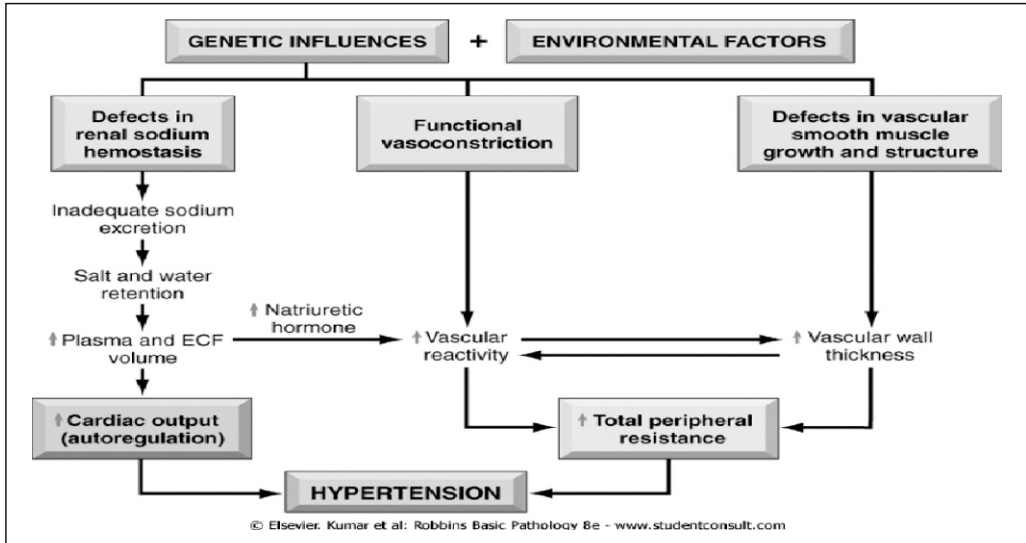
## Definition of Hypertension:

Hypertension is sustained elevation of BP Systolic blood pressure 140 mm hg and Diastolic blood pressure 90 mm hg. Systolic is the stage when the heart beats and pumps, pushing blood through arteries, to increase the blood pressure. Diastolic is the condition when heart relaxes, before refilling the blood for pumping again.

## Blood pressure at different stages of HT

Blood Pressure Classification	Systolic Pressure (mmHg)	Diastolic Pressure (mmHg)
Normal		< 120 < 80
Pre-hypertension State 1	120-139	80-89
Hypertension State 2	140-159	90-99
Hypertension	≥160	≥100

# Pathophysiology of Hypertension



## What are the Symptoms and Complications of Hypertension?

### Signs & Symptoms

- Severe headache
- Fatigue /confusion /dizziness
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Blood in the urine
- Pounding in neck or ears

It is often called Silent Killer because it is frequently asymptomatic until it has become severe.

### Main complications of persistent High Blood Pressure

- Brain**
  - Cerebrovascular accident (strokes)
  - Hypertensive encephalopathy: confusion, headache and convulsion
- Retina of eye**
  - Hypertensive Retinopathy
- Heart**
  - Myocardial infarction (heart attack)
  - Hypertensive cardiomyopathy: heart failure
- Kidneys**
  - Hypertensive nephropathy: chronic renal failure
- Blood**
  - Elevated sugar levels

## What Causes Hypertension?

Causes	Other contributing factors
<ol style="list-style-type: none"> <li>1. Smoking</li> <li>2. Overweight or obesity</li> <li>3. Lack of physical activity</li> <li>4. High salt consumption</li> <li>5. High alcohol consumption</li> <li>6. Stress</li> <li>7. Older age</li> <li>8. Genetics</li> </ol>	<ol style="list-style-type: none"> <li>1. Family history of high blood pressure</li> <li>2. Poorly managed stress, chronic kidney disease, Adrenal and thyroid disorders and Sleep apnea</li> <li>3. Low potassium in the diet</li> <li>4. Tobacco and medication for other ailments</li> </ol>

## Management of Hypertension Diet:

Time	Diet	Quantity	7 Days stay	15 Days stay
7 am	Black raisin water / warm water	200 ml	Daily	Daily
8 am	Carrot and bottle gourd juice	200 ml	Daily	Daily
9 am	Water melon juice	200 ml	Daily	Daily
10.30 am	<b>1. Normal Diet:</b> Jowar bhakri-1, Vegetable - 100 gm, Vegetable soup - 100 ml Butter - 20 gm <b>2. Raw Diet + vegetable soup</b> <b>3. Fruit Diet:</b> Pomegranate/Apple/ watermelon / Musk melon <b>4. Juice Diet</b>		Days 1,2 and 6,7 Days 3, 4 Day 5	Days 1,2; 13,14,15 Days 4,5,6 Days 7,8 and 12 Days 9,10,11
3 pm	Bottle gourd juice	200 ml	Day 1-2 and 8-18	
4 pm	Coconut water	1	Daily	
5.30 pm	<b>1. Normal Diet:</b> Vegetable soup 100 ml, Boiled vegetables 100 gm, Khichdi 100 gm, Chutney 10 gm <b>2. Fruit Diet:</b> Pomegranate / Musk melon/ Apple / Orange / Pomegranate / Pear (Fruits + Soup 200 ml) <b>3. Juice Diet</b>		Days 1, 2 and 6, 7 Days 3, 4, 5	Days 1, 2; 13,14,15 Days 4, 5, 6, Days 7, 8 and 12 Days 9, 10, 11

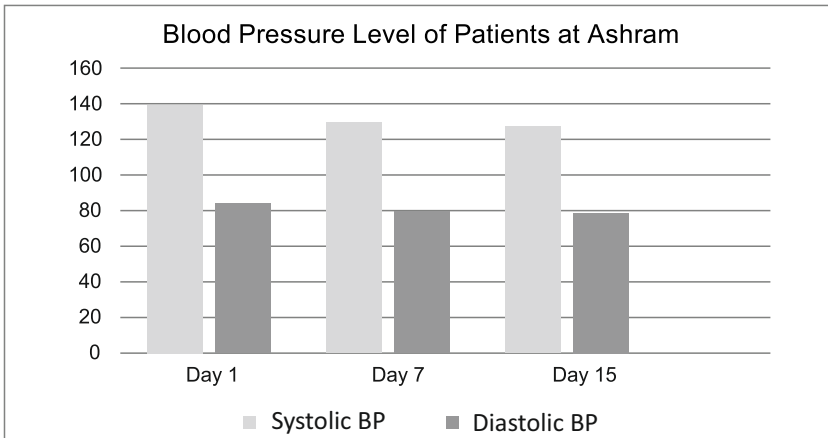


**Naturopathy Treatment:**

Sr. No.	Treatments	Frequency	Duration
1.	Enema	Alternate day	5-10 min
2.	Full body massage	45 min	Daily
3.	Spinal bath or spray	10-15 min	Alternate day
4.	Jacuzzi spinal bath	10 min	Alternate day
5.	Cold chest pack	15 min	Alternate day
6.	Ozone therapy	15 min	
7.	Sauna Bath	15min	

**Analytical study on Hypertension:**

Analysis of data of 100 HT patients was done for the age group between 30-70 years of age and all the patients were treated for 7-15 days. Their mean systolic blood pressure was 139.8 on admission and 127.59 at the time of discharge and their mean of diastolic was 84.02 on admission and 78.82 at the time of discharge.



**Follow up: Tips to Keep Healthy Blood Pressure**

- Keep weight in check
- Exercise regularly (average of 30 minutes a day and Yoga)
- Eat plenty of fruits and/or vegetables every day
- Reduce intake of salt, fat and sugar
- Stop smoking tobacco
- Stop intake of caffeine and alcohol
- Avoid Stress

# Lumbar Spondylosis

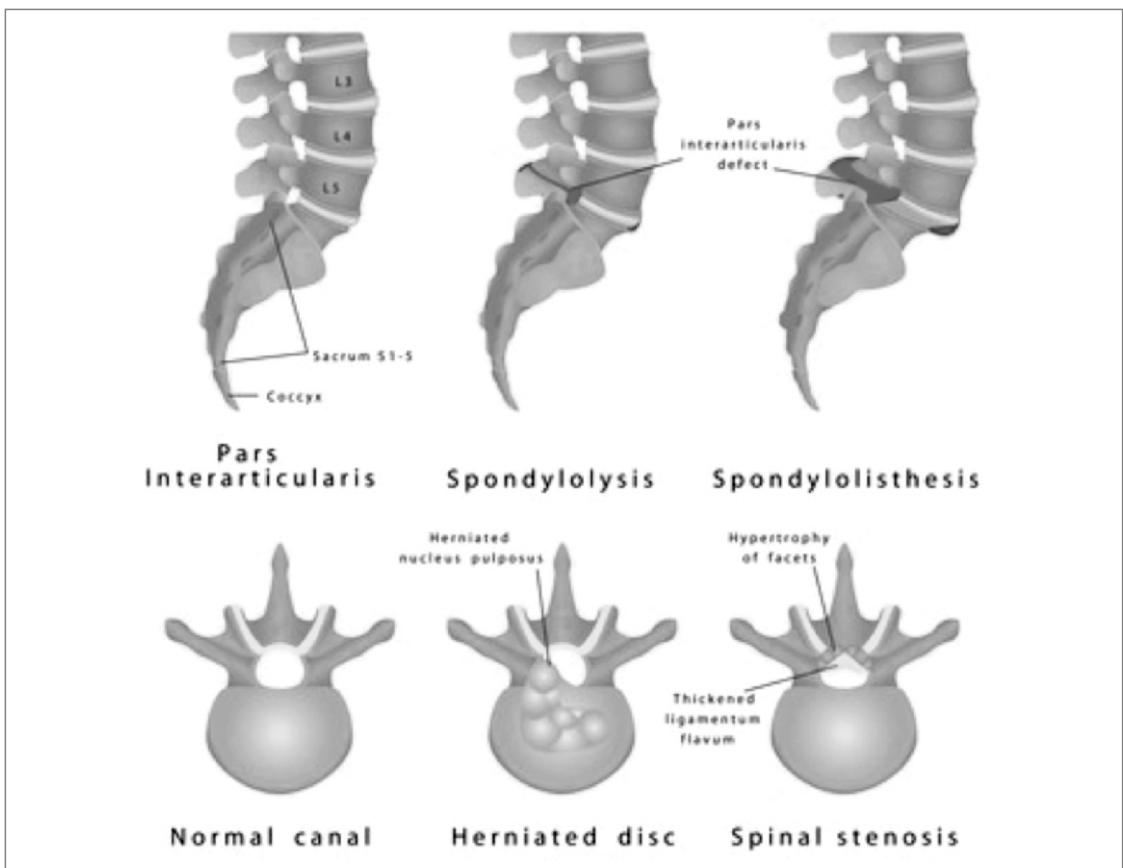
Dr. Lavanya Upadhyay

## Prevalence of Lumbar Spondylosis

Spondylosis is arthritis that affects the spine. Spondy means spine and losis means problem. So it is a problem of the spine, but treated as arthritis of the spine. Lumbar spondylosis is more prevalent among middle-aged and elderly, but affects 60 - 85% adults during some point in their life. Spondylosis can be referred by other names like spinal arthritis or spinal osteoarthritis.

## Pathophysiology

With aging, some people feel the pain of their aging spine, depending on the extent of change in the spine and how the changes affect the spinal cord or spinal nerves. Spondylosis can affect all regions of the spine, Spondylosis of neck (cervical spine, mid back thoracic spine), or lower back (lumbar spine).



## **What are the symptoms?**

There are often no symptoms. When there are symptoms, they appear as

- Pain that comes and goes
- Morning lower back stiffness after getting out of bed
- Pain that decreases with rest or after exercise
- Lower back tenderness or numbness
- Sciatica (mild to intense leg pain)
- Weakness, numbness or tingling in the lower back, legs or feet
- Difficulty in walking
- Bowel or bladder problems (may rarely occur if spinal cord is compressed).

## **Complications:**

If lumbar spondylosis projects into the spinal canal, spinal stenosis is possible.

Aortic aneurysm may cause pressure erosions of the adjacent vertebrae. If spinal cord is compressed, the patient may experience a loss of bladder or bowel control as well.

## **Diagnostic tools:**

Lumbar spondylosis is diagnosed by history of symptoms, physical examination and imaging tests. Following are the tests which produce various kinds of pictures of the body.

- X-Rays - Help to measure the extent of arthritis or injuries to the bones.
- MRI - Checks spinal nerves and disc problems.
- CT scan - Checks spinal canal, bones and joints.

## **Treatment:**

Pain and stiffness are first treated with ice or heat and with over-the-counter medicines. Physical therapy and daily exercises are helpful. If these treatments are not effective, other treatments are necessary, particularly in cases such as herniated disc or spinal stenosis. In some cases, a shot of medicine in the joint area may offer short-term relief. In severe cases, surgery may be an option.

## **Management:**

Treatments in naturopathy aim to relieve pain, improve mobility of the joints and prevent further degeneration of joints.

## Naturopathy treatments:

Yoga	Naturopathy	Diet
<ul style="list-style-type: none"> <li>● Sukshma vyayama</li> <li>● Sethubandhasan</li> <li>● Uttitapadasan</li> <li>● Bhujangasan</li> <li>● Shalabhasan</li> <li>● Vakrasan</li> <li>● Baddhakonasan</li> <li>● Ushtrasan</li> <li>● Marjarasan</li> <li>● Tadasan</li> <li>● Ardhakatichakrasan</li> </ul>	<ul style="list-style-type: none"> <li>● Full body massage 45 min</li> <li>● Steam bath 3-5min</li> <li>● Local steam 3 min</li> <li>● Hot compress on the lower back</li> <li>● Acupuncture</li> <li>● Physiotherapy</li> </ul>	<ul style="list-style-type: none"> <li>● Normal diet (Jowar/Nachani bhakri, subzi, chutney, soup)</li> <li>● Raw diet with soup</li> <li>● Cooked vegetables with soup and chutney</li> <li>● Fruit diet (300-500 gm fruits twice daily; mainly Papaya, Pomegranate, Apple and seasonal fruits)</li> </ul>

## Analysis of data:

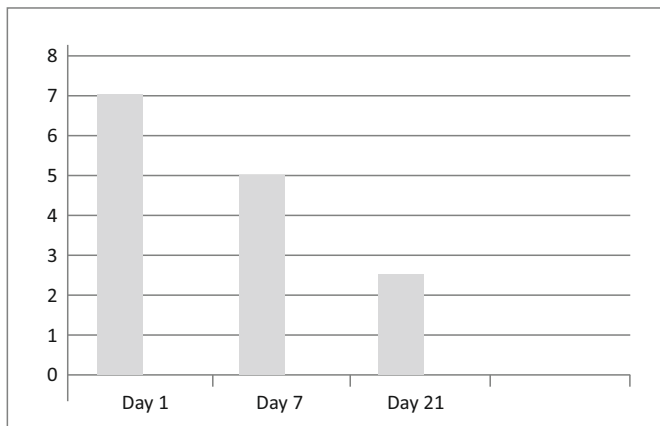
Data of 100 patients treated in the Ashram for Lumbar spondylosis for short duration (1-7 days) and long duration (8-21 days) showed that short duration treatment gave 57.5% pain relief and long duration treatment gave 70% pain relief.

## Follow up advice:

Patients with Lumbar spondylosis were advised to follow the exercises and yogic practices at home and continue with the prescribed diet and physiotherapy.

## Treatment Impact:

Parameters	Status on Admission	On discharge after 10 days	On discharge after 21 days
Pain Scale	100% (7)	57% (3.9)	35% (2.5)
Weight loss		3-4 kg	5-6 kg



## Ashram Surroundings and Events



Inauguration of Treatment Centre for Women  
by Shri. Sripad Naik, Union Minister of State, AYUSH, GoI



International Yoga Day



Training of Traditional Healers



## Facilities

### Treatment Centre for Women



## Treatment Facilities





## Treatment Impact

### Still's Disease (Refer Page 69)



### Hyperkeratotic Psoriasis (Refer Page 71)



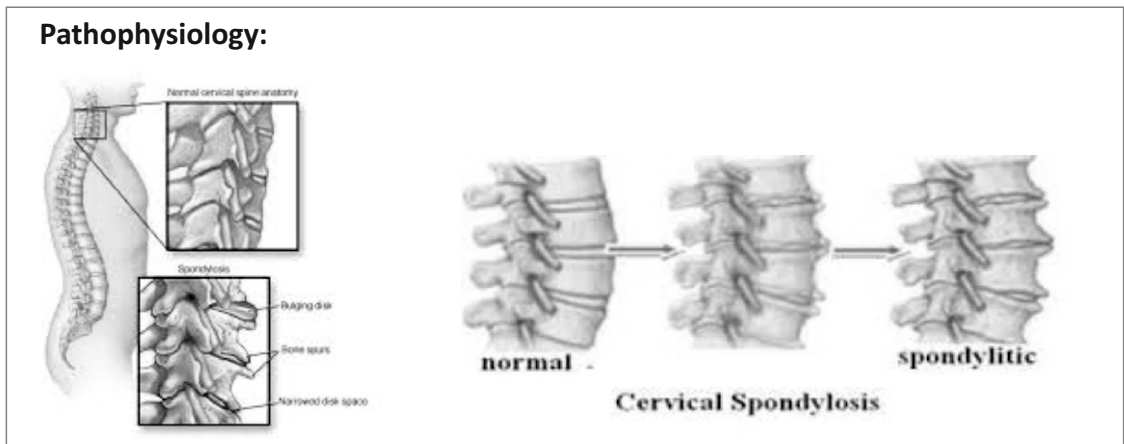


# Cervical Spondylosis

Dr. Vandita Bagul

**Prevalence:** Cervical spondylosis affects both men and women, but the degree of severity is high in males. About 13% population suffers from cervical spondylosis and the prevalence is high in the age group of 45 to 60 years.

Cervical spondylosis is caused by degenerative changes in the cervical spine. With advancing age, the cervical spine dehydrates and shrinks, resulting in bony projections along the edges of the bone. This is also known as bony spurs, which often pinches the spinal cord and nerve root.



## Signs and Symptoms:

- Pain and Stiffness of neck aggravated by movements
- Headache often at the back of the head
- Tingling and weakness in arms and hands
- Grinding sensation on turning the neck
- Vertigo or dizziness
- Limited range of movement

## Complications:

**Cervical spondylotic myelopathy:** This condition is more prevalent in patients above 50 years of age and occurs due to reduction in the diameter of the spinal canal. Symptoms are neck pain, arm pain, stiffness of fingers or legs, lack of bowel or bladder control.

**Cervical Radiculopathy:** Pinching of nerve of spine causes radiculopathy which leads to numbness, shooting pain and hypersensitivity. Damage can occur due to pressure from a ruptured disc, injuries and degenerative changes in the bone.

**Cervical stenosis:** Narrowing of the canal that carries the spinal cord nerve, due to trauma or degeneration. This causes neck pain, weakness, numbness and tingling in the extremities.

**Causes:**

- Heavy weight lifting repeatedly puts extra pressure on spine causing early wear and tear.
- Stiffness of ligament affects the movement of neck and causes degeneration.
- Leakage of internal cushioning material (herniation) causes numbness and pain.

Risk factors are aging, old neck injuries, genetic and occupations of gymnasts and athletes.

**Diagnostic methods:**

**Neck Flexibility assessment:** Cervical Spondylosis limits the range of motion in the neck. To observe this effect, ask the patient to tilt the head towards each side of the shoulder and to rotate the neck from side to side.

Radiology tests such as MRI or CT Scan are done in order to visualize the spine in greater detail and to rule out the degree of disc herniation. MRI can help in ruling out areas of nerve pinching.

X-Ray can be done to show location of bony spurs on intervertebral bodies in the spine. It is also done to rule out fractures, tumors and infections.

Myelogram: This test involves generating images using X-rays and CT scans after dye is injected into the spinal canal for better visualization.

**Management of Cervical Spondylosis at the Ashram**

Time	Diet Therapy
7 am	Tulsi Kadha and jaggery
8 am	Carrot juice / Bottle gourd juice
9 am	Pomegranate juice / Water melon juice
10.30 am	1 Jowar bhakri + Soup + Subzi + Chutney
3 pm	Tulsi kadha and jaggery
4 pm	Carrot juice / Bottle gourd juice

## Naturopathy Treatments

Treatment	Duration
Massage therapy	Massage daily with pain relieving oil for 45 minutes.
Steam bath	Steam bath daily 3 to 5 minutes.
Local steam	Local steam is given on affected area for 3 minutes.
Hot compress	Hot compress is applied on neck for 10 minutes
Physiotherapy	Daily physiotherapy which includes ultrasound, TENS, Interferential therapy, diathermy and traction.
Acupuncture	5 to 10 days of acupuncture was given.

## Yogic Management

Standing asanas	Tadasana, Ardha kati chakrsana, Ardh chakrasana, Meru asana.
Sitting asanas	Gomukh asana, Manduk asana, Danda asana, Shashank asana, Ushtra asana.
Reclining asana	Bhujangasana, Nauka asana, Shalabh asana, Bala asana, Pawan mukta asana.
Pranayamas	Deep breathing: 10 minutes Anulom vilom: 5 minutes Ujjayi: 5 minute Bhramari: 5 minute
Relaxation	Shavasana Yoga nidra

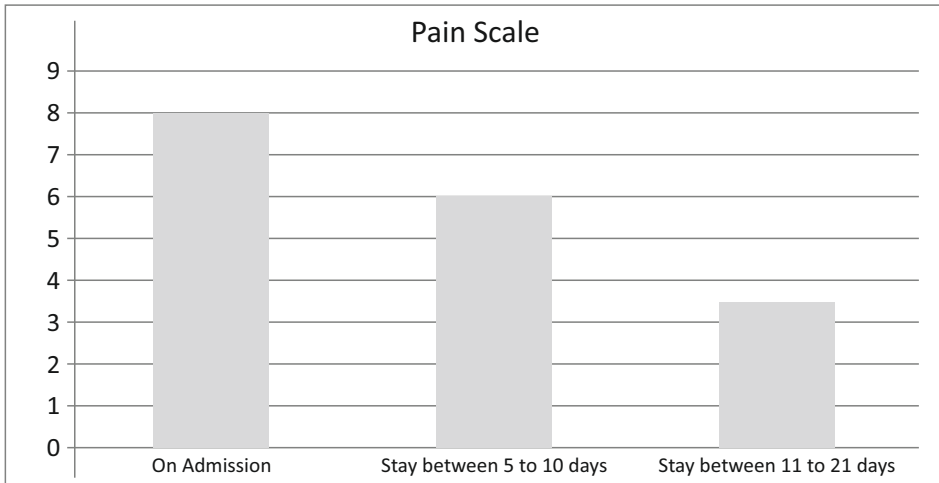
## Pain Analogue Scale:

On admission, the Cervical Spondylosis patients had a pain scale of 8 with stiffness, swelling and radiating pain. After 10 days of treatment at the Ashram, the pain scale reduced to 6 with significant symptoms of relief. The patients who undertook treatment for a longer duration of 11 to 21 days, experienced greater relief with the pain scale coming down to 3.5 at the time of discharge.

## Impact of Stay at the Ashram

Parameter	On Admission	Stay between 5 to 10 days	Stay between 11 to 21 days
Pain Scale	8.0	6.0	3.5

## Impact of Naturopathy on Cervical Spondylosis



### Follow up advice:

After 7 to 21 days of stay at the Ashram, the patients were advised to exercise regularly at home to strengthen the muscles, improve the range of motion and flexibility. Massage was also advised once a week to increase circulation, relieve tight muscles and release muscle spasm. Patients were also advised to maintain weight by following the diet chart given by the doctor at the Ashram.

### Special note:

- Take break while watching TV or working at the computer.
- Use seat belt or firm collar while travelling.
- Turn to a side while getting up from lying down position.
- Use thin pillows.
- Do not lie on the abdomen.
- Avoid lifting heavy weight.
- Use heating pad to relieve sore muscles.



# Obesity

Dr. Ganesh Agrahari

## Introduction

Obesity is when a person is carrying very high body fat. A person is considered to be obese if the body mass index (BMI) is 30 or greater. With less physically active lifestyle, with less walk and long hours of office work, some people have no opportunity to burn the calories. This results in storage of extra calories stored as fat. Lifestyle changes and regular exercise or reduction in food intake are the solutions to keep the body healthy.

Obesity is a condition of excessive fat accumulation in the body. It is a state in which the weight is more than 20% of the normal weight for a particular age.



Image courtesy-wellspring family medicine

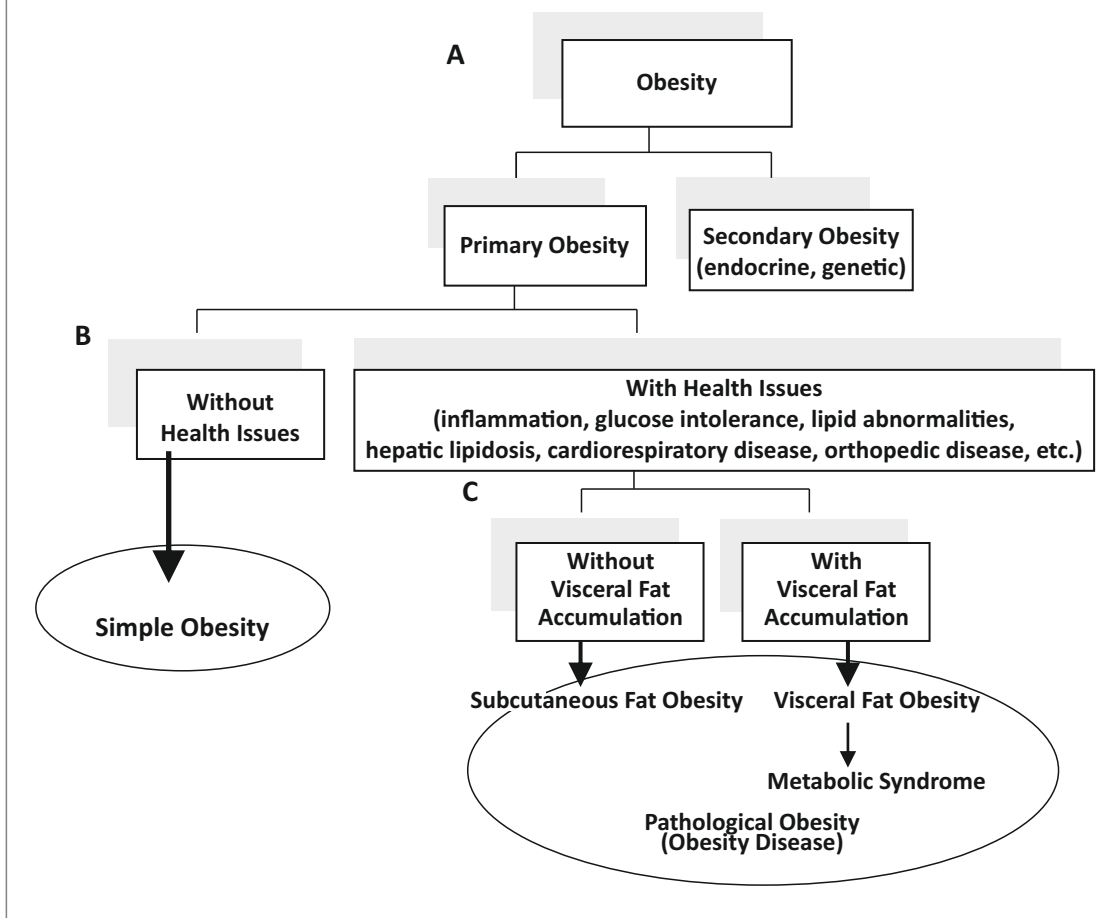
## Prevalence

Over 1.9 billion adults in the world are overweight, 650 million are obese and 2.8 million people die every year, due to overweight or obese condition. Consumption of energy dense food (unhealthy food), sedentary lifestyle, lack of health care services and financial support for treatment are the causes of high risk obesity and its consequences such as diabetes and ischemic heart disease. In India, more than 135 million individuals are affected by obesity, due to factors such as age, gender, geographical environment, socio-economic status, etc. Abdominal obesity is a major risk factor for cardiovascular diseases (CVDs). Prevalence of obesity among women is significantly higher than in men.

## Types of obesity:

- Generalized obesity
- Central obesity
- Gynoid obesity
- Android obesity

## Pathophysiology of Obesity:



## Symptoms:

- Breathlessness after work
- More perspiration
- Pain in back and joints
- Laziness
- Excessive sleep
- Fatigue
- Snoring
- Depression
- Increase in waist size

**Causes:**

- Sedentary lifestyle
- Overeating
- Excessive fried and fast food
- Lack of physical exercise
- Improper assimilation of food
- Excessive intake of alcohol and smoking
- Depression and stress leading to excessive sleep
- Hormonal imbalance
- Heredity

**Other Causes:**

- Hypothyroidism
- Cushing syndrome
- Polycystic ovarian syndrome

**Complications:**

- Osteoarthritis
- Diabetes
- Heart disease
- High blood pressure
- High level of cholesterol

**Diagnosis:**

**Using body mass index:** The most common way to determine if a person is obese is to calculate body mass index (BMI). BMI is an estimate of body fat based on comparing a person's weight to height.

BMI	Classification
< 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 - 34.9	Obesity (Class I)
35.0 - 39.9	Obesity (Class II)
> 40	Extreme Obesity (Class III)

**Anthropometric measurement of such body part:** Circumference of waist, hip, abdomen, chest, right and left arm and right and left thigh.

## Management of obesity:

### Diet Chart:

Time	Diet	Quantity
5-5.30 am	Lukewarm water	200 ml
7 am	Kadha +jaggery	100 + 10 ml
8 am	Carrot juice + Bottle gourd juice	100 + 100 ml
9 am	Amla juice + Turmeric juice	40 + 20 ml
10.30-12.30 pm	Jowar Roti + soup + subzi + chutney + butter milk	1 + 100 ml + 100 g + 10 g + 100 ml
3 pm	Kadha + jaggery	100 + 10 ml
4 pm	Carrot juice + Bottle gourd juice	100 + 100 ml
5.30-6.30 pm	Jowar Roti + soup + subzi + chutney	1 + 100 ml + 100 gm + 10 ml

### Fasting:

**Juice fasting:** Mosambi (Sweet lime) juice, Pineapple juice, Carrot juice, Bottle gourd juice, Amla + turmeric juice.

**Water fasting:** Lemon + honey + water; Coconut water; Plain water

### Naturopathy treatment:

Sr. No.	Treatment	Frequency	Duration
1.	Full body massage	Daily	45 min
2.	Steam bath	Daily	3-8 min
3.	Mud pack on abdomen	Daily	15 min
4.	Enema	Alternate day	-
5.	Eye pack	Daily	15 min
6.	Abdominal pack	Alternate day	30 min
7.	Neutral hip bath	Alternate day	15 min

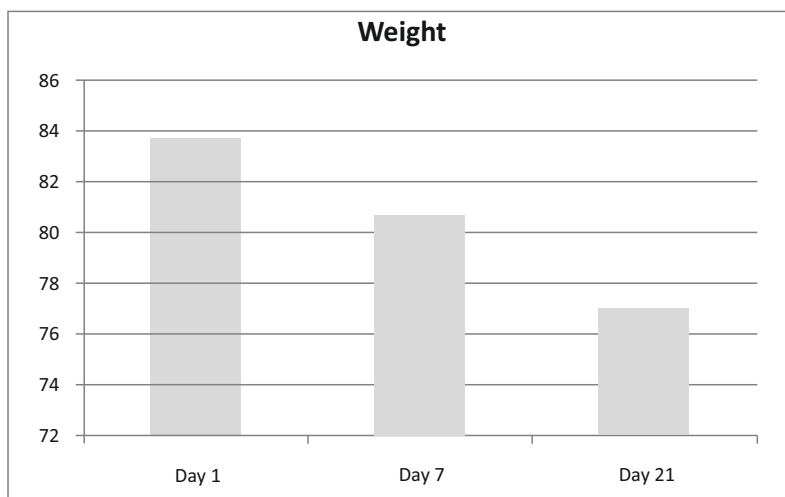
### Yogic practices:

Asanas	Surya namaskarasana, Trikonasana, Pavana muktasana, Naukasana, Salabhasana, Halasana, Viparit karniasana, Sarvangasana, etc.
Pranayama	Nadishodhana, Bhastrika, Kapalabhati
Kriyas	Kunjla kriya
Relaxation	Yoganidra
Meditation	Breath awareness



## Analytical Study of Obesity:

Data of 100 patients were analyzed into 3 categories based on the duration of their stay spread over 7-10 days, 11-16 days and 17-25 days. The average weight loss of patients was 3.5 kg, 4 kg and 5.5 kg, who stayed for 10 days, 11 to 16 days and 17 to 25 days respectively.



## Follow up advice:

- Follow healthy diet.
- Drink plenty of water daily (at least 3 litres).
- Yogic exercise has to be practiced regularly for a minimum of 30 minutes daily.
- Intermittent fasting two days a week with adequate water intake is necessary for achieving and maintaining ideal weight.
- Walking daily in the morning for a minimum of 45 minutes.
- Oil massage followed by hot water bath should be done once a week.
- Monitoring the weight and calculating BMI will be very helpful to know how the follow up plan is working.

## Special Note:

- Maintain a healthy diet pattern to regularise weight.
- Exercise regularly.
- Maintain proper sleep-wake pattern.
- Avoid high-calorie fried and junk food and low nutrient food.
- Avoid caffeinated beverages after lunch time.

## Yoga and Asanas:

1. Ankle stretch breathing (improves lung capacity, increases nerve strength): 9 times
2. Hand in and out stretching (improves lung capacity): 9 times
3. Hand stretching breathing: 9 times
4. Tiger Breathing: 9-12 times
5. Bujangasana (cobra) breathing - keeps the abdomen strong and strengthens the spine: 6-9 times
6. Abdominal breathing: (used to control anger and anxiety): 9-12 times
7. Shalabasana (Locust) Breathing - Helpful for circulation of the spinal cord and legs: 6-9 times
8. Urdhva prasarita padasana breathing (raising of the leg) helps heart and head circulation: 9 times each side. ■

# Neuro Therapy

Mr. Satish Sonawane

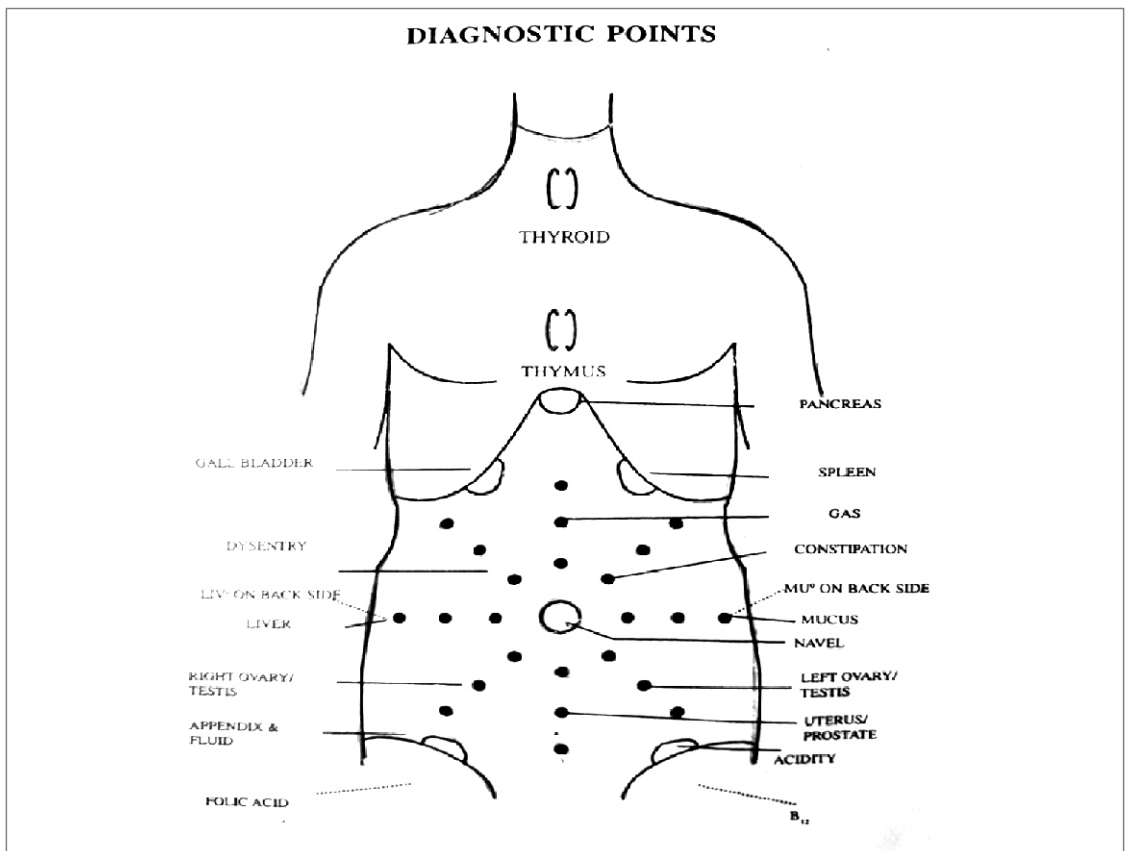
## Introduction

Neuro therapy is an important line of treatment. When a gland is not functioning in the body, it means that it is not getting required quantity of chemical (enzymes and hormones) supply and hence that part gets affected. In neuro therapy, glands are activated to release required quantity of chemicals, to facilitate normal functioning.

## Procedure

Neuro therapy is a treatment is given by feet. The therapist gives treatment by carefully standing on the patient with the support of two wooden chairs and exerts pressure on different parts of the body, based on the need of the patient.

**Contraindications:** Treatment should not be given to patients of heart ailments, Inter vertebral disc prolapsed, Osteoporosis and pregnant women.



## **Important Features of Neuro therapy**

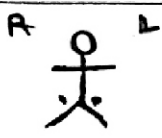
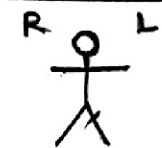






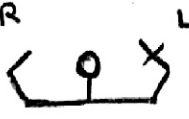
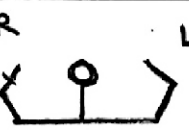
Most of the hormones act on specific instructions of endocrine glands. Our brain has 100 billion neurons and the spinal cord has 100 million neurons. Neurons of the brain form these chemicals in large quantities but due to certain problems in brain neurons, these chemicals are not formed and diseases such as Parkinsonism occur. Neuro therapy activates the nervous system of the brain and cures diseases occurring due to deficiency of chemicals prepared by the central nervous system.

Maintenance of acid base balance is a very important factor for keeping good health. Normal pH of blood is between 7.36 and 7.44. In most cases, according to neuro therapy, the cause of the disease is disturbance in the balance level of blood pH. Patient becomes normal when the blood pH is corrected.

## **Benefits**

430 patients were treated in 2018 with neuro therapy. Treatment was given for 5 days, 10 days and 15 days, based on the need of the patient. Treatment was given for neck pain, low back pain, sciatica and digestive problems. Most of the cases showed good relief in their health conditions.

TREATMENT POINTS

1	Pan (pancreas)		Trunk and thigh joint on both legs
2	Gal (Gall bladder)		On left thigh use one leg
3	Spl (spleen)		On right thigh use one leg
4	Liv (Liver)		On left thigh and left forearm Between elbow & wrist
5	Liv (for right kidney)		Left thigh & left sh. jt.
6	Mu (for left kidney)		Rt. Thigh & right sh. jt.
7	Gas only (stomach Gas)		From hip joint to knee on both thighs
8	Gas I (gas intestines)		From knee to ankle on calf muscles of both legs
9	Wd (white discharge) Man-Prostate problems Woman -Uterus problems		Elbow to wrist both sides
10	Rt. Ov Man-Rt. testis Woman-Rt. Ovary		Lt .elbow to wrist

# Yoga for All

Mr. J. J. Wadekar

Yoga means attachment, 'to join'. It is the union of Atma and Paramatma. Spiritual wisdom is the union of the soul and the divine. The meaning of divine is not only God. Divine also means the ultimate (high) soul (the power of knowledge), the highest place of wisdom in the universe. Yoga is an attempt to make supreme use of the knowledge and experience in the work.

"Yoga: Karmasu kaushalam". Skillfulness (excellence in karma) in karma is yoga. According to Maharishi Patanjali, 'Yog: chhitta vritti nirodha:' means controlling consciousness, desires or tendencies is called yoga.

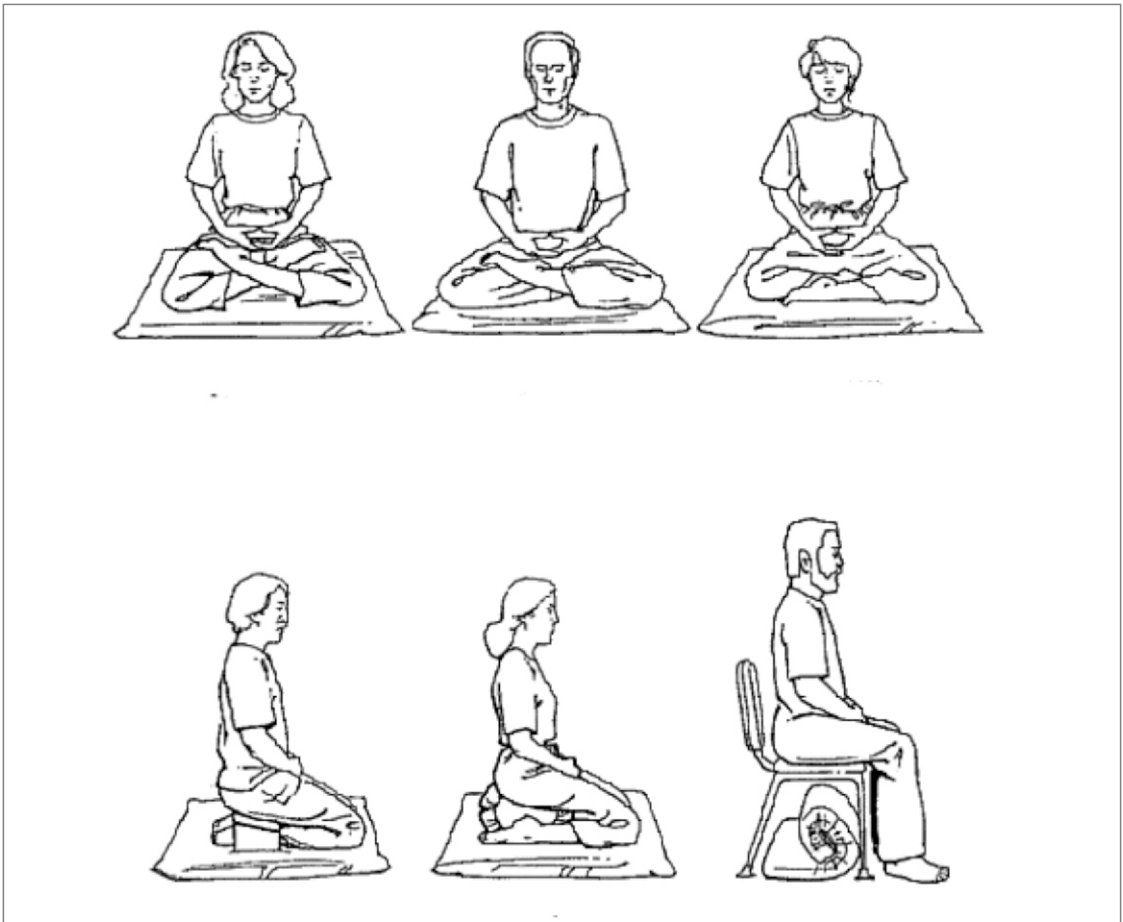
Yoga is not restricted only to asana, pranayama, Yoga meditation, purification and meditation. Yoga is a science, to bring a positive change in personality, with good thoughts, good will and good deeds. Yoga is an art, the art of living the life in which people are healthy and happy. If the body is healthy, then you have the world's biggest wealth. In today's modern life, yoga helps one to keep healthy and energetic. Yoga brings a sound (musical) life. Yoga is necessary for those people who sit and work.

Regular practice of yoga brings a positive change in the body. Digestive system, respiratory system, and heart functions improve. This is helpful to keep old age away. In one of the yogic kriyas, known as Hatha Yoga, it has been written that old age and death do not come soon. Regular yoga practice helps one to stay away from many diseases at physical and mental levels. Patanjali has said '*Satu dirghakal nairantarya satkara sevito drudha bhumi*' means "A practice is firmly established if it is done for a long time without interruption with honour and respect". Yoga increases memory and concentration. The mind remains clean. Nowadays, in a stressful and disturbed life, people cannot give time to health care and encounter many diseases. Yoga is a permanent remedy. Yoga is a precious gift, which combines the unity of mind and body and connects human beings with nature. A sense of anxiety, frustration and dissonance are removed from the mind.

Some people connect yoga with caste, religion or community but yoga is for everyone. Youth, old and young, women and men - all can do yoga. Yoga is the easiest way to stay physically and mentally healthy. Through yoga, we can build a healthy India. Yoga helps to improve muscle tone and the weak (slender) person becomes stronger. Muscle tends to get good exercise, reduces tension and brings sound sleep. Appetite will be better with improved digestion. Yoga reduces blood sugar levels and also reduces LDL or bad

cholesterol. Yoga enhances the immunity of the body, by which asthma, hypertension and Type 2 diabetes can be fully cured.

Yoga practice should start with Surya namaskara (sun salute). The seeker who is suffering from hypertension, lumbar spondylosis or slip disc, heart disorder and asthma can start with the first warm up exercise. After the practice of simple Yoga, asanas such as Uttanpadasan, Pawan muktasan, Setubandhasan, Bhujangasan, Shalabhasan, Vakrasan, Yogamudra, Ushrasaran, Marjariasana, Tadasan, Kati Chakrasana, Trikonasan, Konasan, Kapalbhati, Anulomavilom, Shitali, Shitkari, Yoga Nidra, meditation and Omkar Nad, can be practiced. Thus, regular practice of yoga gives great benefit. ■



# Meditation

Ms. Bhagwatidevi

## Introduction

Meditation is the seventh step in Ashtanga Yoga. Yam, Niyam, Asana and Pranayam come under Bahiranga Yoga. Antaranga Yoga includes Dharana, Dhyana (Meditation) and Samadhi.

## Procedure

Find a comfortable and steady meditation posture in which the head and neck are in alignment. Allow a sense of physical stillness to settle in. Hatha yoga postures facilitate strength and flexibility in the pelvis, hip joints and back. It is helpful to do selected Asanas and meditation. This will facilitate steadiness and stillness in the body and quietness in the mind.

## Meditative poses

Become aware of the flow of the breath. Relaxing the abdomen and sides of the rib cage, focus on the sensations of inhaling and exhaling. Allow the breath to become deep and diaphragmatic. Breathing becomes calm and natural, not forced. When you are aware of your breath for an extended period of time, you will notice that the breath starts to deepen naturally and becomes smooth. This relaxes your mind in preparation for turning inward in meditation. Your mind will start to calm down and distracting thoughts will retreat with the gentle flow of breath in and out.

- Step 1 - Sensations of the breath.
- Step 2 - Notice when the mind wanders.
- Step 3 - Bring the mind back to the point of focus.

Feel the breath at the tip of the nostrils. This is the beginning of formal concentration practice. The sensation of the breath in the nostrils is a calming practice that will make your meditation stable and grounded. Breath awareness in the nostrils connects you to the core energies of your body and mind, which creates a deep sense of quietness and joy. As you inhale, feel the breath entering the nostrils and as you exhale, feel the warm air moving out of the nostrils. Rest awareness in the sound of a mantra or music – A mantra is a word or sound that is used for concentration. A universal mantra, such as “So-ham” or “Om” can be practiced for meditating.



## Effects

- Meditation is effective in reducing blood pressure.
- Improves pain tolerance.
- Improves concentration.
- Reduces stress and promotes emotional health.
- Enhances self–awareness
- Improves sleep
- Increases immunity
- Improves happiness and general well being
- Improves breathing and heart rates
- Increases mental strength and focus

## Contraindications:

- Depression
- Psychiatric illness



# SUCCESSFUL CASE STUDIES

## Case 1. Management of Myotonic Dystrophy

Myotonic dystrophy is a long term genetic disorder that affects muscle function. Symptoms include gradual worsening of muscle loss and weakness. Muscles often contract and are unable to relax. Other symptoms are cataract, intellectual disability and heart conduction problems.

### History:

Mr. A, 45, was admitted to the Ashram with a complaint of weakness in both the legs and arms and back since 10 years. He was unable to walk without support and to hold any object. He also had difficulty in getting up from bed or from a chair. He was not able to do any of his routine activities without help. Due to this weakness in postural muscles, he had a tendency to fall frequently.

### Treatment

The main aim of the treatment was to develop muscle strength so that he could stand or walk independently.

### Diet Therapy:

Time	Diet/juices/fruits	Quantity
6 am	Soak raisins overnight	20 pieces
7 am	Kadha + milk + jaggery	50 ml
8 am	Carrot juice	200 ml
9 am	Sweet lime (mosambi) juice	200 ml
11 am	Normal diet (wheat roti-2 + Subzi 100 gm + Soup 100 ml + Chutney 10 gm + White butter)	
4 pm	Carrot juice	200 ml
6 pm	Normal diet (Khichdi 200 gm + Subzi 100 gm + Soup 100 ml + Chutney 10 gm + White butter)	
9 pm	Fruits (Apple / Papaya / Guava)	100 gm

## Physiotherapy / Hydrotherapy Treatments

Treatments	Duration	Frequency
Massage	45 minutes	Daily
Steam Bath	5 minutes	Daily
Enema	Every alternate day	Every alternate day
Physiotherapy: Exercise therapy— Specific muscle stretching - Strengthening exercises - Coordination exercises - Balance exercises	45 minutes	Daily
Acupuncture	30 minutes	Daily
Foot reflexology	20 minutes	Daily

**Result Achieved:** At the end of 21 days, his condition improved up to 70%. He was able to walk faster without support or any external device. His balance and strength of the back muscles also improved significantly, resulting in improved posture while standing and walking. His arm movements and strength in grip also improved. He was able to hold objects easily.

**Follow-up Advice:** At the time of discharge, he was advised to continue the stretching and strengthening exercise programme for a few more months and to also continue yoga to maintain flexibility. He was advised to take fresh fruits and juices. Along with the physiotherapy treatment, he was advised to take healthy diet.

**Dr. Gauri Shah**

## Case 2. Sjogren's Syndrome

Sjogren's syndrome is an autoimmune disorder. The immune system mistakenly attacks the body's own cells and tissues. In Sjogren's syndrome, the immune system first targets the glands that make tears and saliva. It can also damage other parts of the body such as joints, thyroid, kidneys, liver, lungs, skin and nerves.

**History:** A patient named Mrs. P, came to the Ashram with a complaint of multiple joint pain and dryness of eyes since 3 months. She had taken a course of steroids and wanted to try naturopathy as her pain persisted throughout the day and mainly in the small joints of palms, feet and the neck. She was finding it difficult to do her day-to-day activities.

**Treatments:** She was given the following treatments during her stay.

Treatments	Duration	No. of Days
Neutral immersion bath with Epsom salt	20 minutes	Alternate days
Steam Bath	7 minutes	Alternate days
Neutral arm and foot bath	10 minutes	daily
Cold Pack on affected joints	10 minutes	daily
Neutral Epsom salt pack on affected joints	10 minutes	daily
Acupuncture	30 minutes	daily

**Diet:**

Time	Diet	Quantity
6.00 am	Methi seeds soaked overnight in water	10 + 100 ml
7.00 am	Kadha + Jaggery	200 + 10 ml
8.00 am	Carrot Juice	200 ml
9.00 am	Raw potato juice	50 ml
10.30 am-	Jowar roti + subzi + soup/chutney	1+ 100 gm + 100 ml + 10 gm
12 noon	Fruits	200 gm of prescribed fruit
	Juices like sweet lime	200ml
3.00 pm	Kadha + jaggery	200 +10 ml
4.00 pm	Carrot Juice	200 ml
5.30-6.00 pm	Jowar roti + subzi + soup/chutney	1+100 gm+100 ml+10 gm
	Prescribed Fruits/Juices	200 gm /200 ml

**Yoga Therapy:**

Asanas	Pranayamas	Meditation and relaxation techniques
Sukshma vyayamas	Anulomviloma	Om meditation
Tadasana	Brahmari	Breath awareness
Tiryak tadasana	Bhastrika	Deep relaxation
Ardha chakrasana		Yoga Nidra
Namaskarasana		

**Results:** At the end of 21 days, there was a significant reduction in the pain and stiffness, although the dryness in the eye did not show much improvement.

**Follow up advice:** Advised to do regular yoga, regular Epsom salt packs and follow the prescribed diet, low in salt, sugar and refined flour.

**Dr. Ameya Devikar**

## Case 3. Management of Anterior Horn Cell Disease

**Introduction:** Anterior horn disease is a medical disorder affecting the anterior horn of the spinal cord. It is characterized by hypotonia, weakness, absence of reflexes and fasciculation. Most commonly affected muscles are distal and small muscles of arm and hand.

**History:** Mr. K, 50, was admitted to the Ashram with a complaint of weakness of both the upper limbs and hands since 5 years. He was not able to lift any object.

**Naturopathy Treatment:** The main aim of the treatment was to improve the muscle strength of the hand and thereby improve the grip.

### Diet Therapy

Time	Diet	Quantity
7 am	Kadha with milk	50 ml
8 am	Bottle gourd juice	100 ml
9 am	Amla and turmeric juice	50 ml
11 am	Normal diet (wheat roti 1 + vegetable 100 gm + soup 100 ml + chutney 10 gm)	-
4 pm	Coconut water	1
6 pm	Normal diet (Jowar roti 1 + vegetable 100 gm + soup 100 ml + chutney 10 gm)	500 gm
9 pm	Papaya / Any seasonal fruit	100 gm

### Physiotherapy

Treatments	Duration	Frequency
Massage	45 minutes	Daily
Steam Bath	Daily 5 minutes	Daily
Enema		Every alternate day
Physiotherapy - Faradic stimulation	20 minutes	Daily
Exercise therapy - - Strengthening exercises - Coordination exercises - Grip exercises	30 minutes	Daily
Acupuncture	30 minutes	Daily
Palm reflexology	20 minutes	Daily

## Yoga Therapy

Asanas	Pranayama	Suddhi kriya	Meditation
Uttanpadasana Pawanmuktasana Bhujangasana Salbhasana	Anuloma-viloma Bramari Omkar	Kapalbhati	45 min everyday

**Results Achieved:** At the end of 21 days, his condition improved up to 50%. His strength also improved.

**Follow up Advise:** He was advised to continue the muscle strengthening exercise and to take healthy diet at home.

**Dr. Gauri Shah**

## Case 4. Management of Photosensitivity

**Introduction:** Photosensitivity is an extreme sensitivity to ultraviolet (UV) rays from sun and other light sources. Most people are at risk of developing sunburn during long exposure to sunlight. Exposure to UV rays can also lead to skin damage and skin cancer. People who are photosensitive may develop skin rashes or burns, even after limited exposure to the sun.

**History:** Mr. M, 50, was admitted to the Ashram with a complaint of allergic rashes on extremities (upper and lower limbs) since two years. Due to this condition, he was unable to go out in extreme sunlight. The itching increased during night time and he was also not able to sleep well.

**Naturopathy Treatments:** The main aim was to reduce his symptoms and detoxification.

### Diet Therapy:

Time	Diet /juices /fruits	Quantity
6 am	Overnight soak raisins	20 pcs
7 am	Honey + water	2 tsp + 200 ml
8 am	Carrot juice	200 ml
9 am	Neem juice	100 ml
11am	Normal diet (Jowar roti 2 + Subzi 100 gm + Soup 100 ml + Chutney 10 gm)	
4 pm	Musk melon juice	200 ml
6 pm	Fruit diet (Guava, Apple, Sapota (chikoo), fresh figs	300-500 gm
9 pm	Fruits (Apple / Papaya / Guava)	100 gm

During his stay, he was on fasting on water for 6 days.

## Naturopathy Treatments

Treatments	Duration	Frequency
Massage – Coconut oil	45 minutes	Daily
Steam Bath	2 minutes	Twice a week
Enema		Alternate day
Full body mud bath	45 minutes	Daily
Tub bath (Neutral-with Epsom salt)	20 minutes	Daily
Abdominal Lapet	30 minutes	Daily

## Yoga Therapy

Asanas	Pranayama	Suddhi kriya	Meditation
Uttanpadasana	Anuloma-viloma	Kapalbhati	45 min daily
Pawanmuktasana	Bramari	Kunjal	
Bhujangasana	OM KAR		
Salbhasana	Shitali		
Surya Namaskara			

**Result Achieved:** At the end of 10 days, his condition improved up to 70%, His itching stopped completely and he was able to sleep. His blood parameters improved. After 5 days of treatment, he did not have a single episode of rash with itching inspite of being exposed to sunlight.

### Laboratory Investigations:

Sr. No.	Investigation	On admission	On discharge
1	IgE	700 UI/ml	200 UI/ml
2	ESR	50 mm/hr	20 mm/hr

**Follow-up Advice:** At the time of discharge, he was advised to continue a lifestyle management chart, walk regularly and to do regular exercises. He was also advised to take seasonal fruits, which can help to improve the immunity.

**Dr. Kushan Shah**

## Case 5. Management of Granulomatosis with Polyangitis (GPA)

### Wegner's Disease

#### Introduction:

Granulomatosis with polyangitis (GPA), formerly known as “Wegener’s Granulomatosis” (WG) is a long-term systemic disorder that involves both Granulomatosis and Polyangitis. It is a form of vasculitis (inflammation of blood vessels) that affects small and medium size vessels in many organs but most commonly the upper respiratory tract and kidneys. Therefore, the signs and symptoms of GPA are bleeding of the nose, stuffy nose, crusty nasal secretions and inflammation of the eye. Damage to the heart, lungs and kidneys can be fatal. The cause of GPA is unknown. Genetics has a role in GPA though the risk of inheritance appears to be low. GPA can occur in people of all ages. The peak age groups affected are 40-60 years. It affects men and women equally.

**History:** Mr. AS, 54, has been diagnosed with GPA since 4 years. He was unable to walk without the support of a stick. He had history of hypertension, sinusitis, Type 2 diabetes mellitus, insomnia, constipation and hyper acidity. He was underweight and also suffered from hearing problem. He had visited many neurologists and tried several systems of medicine, including Allopathic, Ayurveda and Homeopathy, without any relief. He came to the Ashram for treatment of 15 days.

**Treatment:** He was advised to be on satvik diet which included boiled vegetables, soup, fruits and oil-free diet and provided naturopathy treatments such as mud therapy, Hydrotherapy, acupuncture, physiotherapy along with regular yoga and meditation.

#### Diet chart:

Time	Diet	Quantity	Days
7 am	Almonds + walnut	4 pieces + 2 pieces	15
8 am	Carrot juice	200 ml	15
9 am	Tulsi + Adulsa juice and Boiled Moong	20 ml + 20 ml + 100 gm	15
9.30 am	Pomegranate juice	200 ml	
10.30 am - 12.30 pm	Jowar roti + Subzi + Soup + Chutney + Butter	2 + 100 gm + 100 ml + 10 gm 10 gm + 10 gm	15
3 pm	Kadha + jaggery	100 ml	15
4 pm	Carrot juice	200 ml	15
5.30 - 6.30 pm	Jowar roti + Subzi + soup + Chutney + Butter	2 + 100 gm + 100 ml + 10 gm 10 gm + 10 gm	15



### Yoga practices:

No.	Postures	Details	Duration
1.	Sookshma vyayamas	Asanas for loosening up joints of the body	10-15 minutes
2.	Asanas	Uttanpadasna, Udrakarsanasana Pawanmuktasanas, Makarasana	30 minutes
3.	Pranayama	Anuloma – Viloma, Bhramari, Ujjayi, Suryabhedan	10 minutes
4.	Meditation	Om meditation	10 minutes
5.	Kriyas	Jala neti Vaman	Twice a week Twice in 15 days

### Naturopathy treatment:

No.	Treatment	Frequency	Duration
1.	Massage	Daily	45 minutes
2.	Enema	Alternate day	10 minutes
3.	Mud pack application on abdomen	Daily	15 minutes
4.	Lapet (Abdomen)	Daily	30 minutes
5.	Facial steam with Nilgiri oil	Daily	5 minutes
6.	Physiotherapy: strengthening and stretching exercise	Daily	20 minutes
7.	Acupuncture	Daily	20 minutes

**Result achieved:** At the time of discharge, he had started walking without a stick and the walking speed had also improved. During treatment, he felt fresh and energetic. His other problems like insomnia and sinusitis had reduced. He gained confidence to perform his daily activities without any problem.

**Follow up advise:** He was advised to follow the given diet chart, take plenty of fruits and juices and continue acupuncture treatment at a local acupuncture centre. He was also asked to continue physiotherapy for strengthening the muscles and to practice yoga, pranayama, meditation and kriyas regularly.

**Dr. Ganesh Agrahari**

## Case 6. Management of Thrombocytopenia

**Introduction:** Thrombocytopenia is a condition characterized by abnormally low levels of thrombocytes, also known as platelets, in the blood. A normal human platelet count ranges from 150,000 to 450,000 platelets per micro litre of blood. Thrombocytopenia usually has no symptoms and is picked up on a routine blood count. Some individuals with thrombocytopenia may experience external bleeding such as nose bleeds or bleeding gums. Some women may have heavier or longer bleeding during menstruation. The cause of thrombocytopenia is dehydration, Vitamin B<sub>12</sub> or folic acid deficiency, systemic viral or bacterial infection, some medication and can also be hereditary.

**History:** Mrs. SL, 54, was diagnosed with Thrombocytopenia since 7 months. She came to the ashram with a complaint of hypothyroidism, underweight and hypovitaminosis. She experienced cramps in the body and loose motions ranging from 10 to 15 times a day. She had visited many hospitals and tried all systems of medicine, without any relief. On admission, there were some red and purple patches on her body due to decreased platelet count and hypovitaminosis (decreased vitamin D).

**Treatment:** She stayed for 21 days at the Ashram. The treatment focussed on increasing the platelet count and reducing purple red patches from her entire body, while controlling the motions. She was given naturopathy treatment along with constructive diet with a lot of fruits.

### Diet chart:

Time	Diet	Quantity	Days
6 am	Raisins (soaked overnight)	20 pieces	21
7 am	Honey + water	200 ml + 2 teaspoon	21
8 am	Pomegranate juice	200 ml	21
9 am	Papaya leaf juice + Boiled Apple	40 ml + 1	21
10.30 am- 12.30 pm	Jowar roti + Subzi + Chutney + Buttermilk + Soup	1 + 100 gm + 10 gm + 100 ml	1-3
	Rice + Butter milk		4-7
	Dal + Rice + Subzi + Curd		8-17
	Rice + Curd + Subzi		18-21
1 pm	Tender Coconut Water	1	21
3 pm	Honey water + Boiled Apple	200 ml + 2 teaspoon + 1	21
4 pm	Pomegranate juice	200 ml	21
5.30 pm - 6.30 pm	Jowar roti + Subjz + Soup + Chutney + Butter milk	1 + 100 gm + 100 ml + 10 gm + 100 ml	1-3
	Khichdi + Soup + Subzi + Butter milk	100 gm + 100 ml + 100 gm + 100 ml	4-21

## Yoga practices:

No.	Postures	Details	Duration
1.	Sookshma vyayamas	Asanas for loosening of joints	10 minutes
2.	Asanas	Naukasana, Setubandhasana, Katichalasana, Tadasana, Vakrasana, Ushtrasana, Bhujangasana, Vajrasana, Pawanmuktasana, Udarakarsyasana	30 minutes
3.	Pranayama	Anuloma – Viloma, Bhramari, Ujjayi,	15 minutes
4.	Bandhas	Uddiyanbandha, Moolabandha	5 - 8 minutes
5.	Meditation and Yog Nidra	Om meditation	10 minutes

## Naturopathy treatment:

No.	Treatment	Frequency	Duration
1.	Massage	Daily	45 minutes
2.	Mud pack application on abdomen	Daily	15 minutes
3.	Packs (Abdomen)	Alternate day	30 minutes
4.	Hot and Cold Compress on abdomen	Alternate day	18 minutes

**Result achieved:** At the time of discharge, the red patches were almost gone. The bowel movement was normal and heamogram count had also improved. She was active and able to perform her daily activity without experiencing any cramps. During her treatment, she felt fresh and energetic and she was happy at the time of discharge.

**Follow up advice:** She was advised to follow the given diet chart and practice regular yoga and pranayama. She was also advised to take plenty of fruits and to avoid milk, refined flour, sugar, excess salty, fried, oily and spicy food, fermented and bakery products.

**Dr. Ganesh Agrahari**

## Case 7. Neurogenic Bladder

Neurogenic bladder is the name given to a number of urinary conditions in people who lack bladder control due to a brain, spinal cord or nerve problem. It can also be caused by infection of the brain or spinal cord, heavy metal poisoning, stroke, spinal cord injury or major pelvic surgery. Neurogenic bladder is bladder dysfunction (flaccid or spastic) caused by neurologic damage. Symptoms include overflow in continence, frequency and urgency.

**History:** Mrs. VG, 68, came to the Ashram with a complaint of overactive bladder, and pain in the lumbar region and right leg, since 2 years. On admission, she was using a catheter due to overflow of urine incontinence. She had visited many hospitals and tried Allopathic and Ayurveda treatment without any relief.

**Treatment:** She was treated for two weeks and advised to be on a satvik diet, which included boiled vegetables, soups, fruits and oil-free diet. Naturopathy treatments such as hydrotherapy, mud therapy, acupuncture and physiotherapy were given along with meditation.

**Diet chart:**

Time	Diet	Quantity	Days
6 am	Raisins soaked overnight	20 pieces	12
7 am	Honey water	200 ml + 2 teaspoon	12
8 am	Carrot juice	200 ml	12
9 am	Turmeric juice	40 ml	12
10.30 am - 12.30 pm	Jowar roti + Subzi + Chutney + Soup	1 + 100 gm + 10 gm + 100 ml	1-12
3 pm	Honey water	200ml + 2 spoon	12
4 pm	Carrot juice	200ml	12
5.30 pm - 6.30 pm	Khichdi + Soup + Subzi Jowar roti + Subzi + Soup + Chutney	100 gm + 100 ml + 100 gm 1 + 100 gm + 100 ml + 10 gm	1-6 and 11-12 7-10

**Yoga module:**

No.	Postures	Details	Duration
1.	Pranayama	Anuloma – Viloma, Bhramari, Ujjayi,	15 minutes
2.	Meditation and Yog Nidra	Om meditation	10 minutes

**Naturopathy treatment:**

No.	Treatment	Frequency	Duration
1.	Massage	2 weeks	45 minutes
2.	Hot and Cold Compress on abdomen	Alternate days	15 minutes
3.	Kaegel Exercises	Daily	35-40 minutes
4.	Acupuncture	10 days	25 minutes
5.	Physiotherapy	10 days	10-15 minutes

**Result achieved:** After 7 days of treatment, the catheter was removed. There was significant reduction in pain and she able to do her daily activity without any urge for incontinence. She was happy to follow the diet and tips given at the time of discharge.

**Follow up advice:** She was advised to follow the given diet chart and practice pranayama. She was advised to take fruits and juices, avoid milk, refined flour, sugar, excess salty, fried, oily, spicy, bakery and fermented foods.

**Dr. Samruddhi Vyas**

## Case 8. Still's Disease

**Introduction:** Still's disease, a rare disorder featuring inflammation, is characterized by high spiking fevers, salmon colored rash that comes and goes and arthritis. Still's disease is also referred to as systemic onset juvenile idiopathic arthritis. Still's disease was first described in children, but it is now known to occur, much less commonly, in adults (referred to as Adult Onset Still's Disease or AOSD).

**History :** Master A, 19, was admitted to the Ashram for 15 days with complaint of multiple joint pain in the knees, ankles, elbows, wrists and interphalangeal joints, associated with swelling and red rashes on the arms and foot. The patient had a history of Still's Disease since 3 years.

**Treatment:** At the time of admission, the patient's hematological and arthritis profile revealed Hb-11.3, WBC-16,000, ESR-60, RA factor-16, Vit D-8.3. The patient was under Folitrax (once a week) and Wysolone (10 mg) twice a day.

The main goal of the treatment was to reduce the joint pain, inflammation, occurring of rashes and to bring the hematological levels back to normal.

### Diet:

Time	Diet	Quantity	Days
5.00 am	Warm water	200 ml	15 days
7.00 am	Tulsi Kadha+ jaggery	50 ml	
8.00 am	Carrot juice	200 ml	
9.00 am	Pomegranate juice	200 ml	
	Boiled Moong	100 gm	

Time	Diet	Quantity	Days
10.30-12.30 pm	Normal diet- Jowar Bakri (2)		1-15 days
	Cooked vegetables	100 gm	
	Vegetable soup	100 ml	
	Chutney	10 gm	
3.00 pm	Tulsi Kadha + Jaggery	50 ml	
4.00 pm	Carrot juice	200 ml	
5.30 pm - 6.30 pm	Khichdi	100 gm	
	Cooked vegetables	100 gm	
	Vegetable soup	100 ml	
	Chutney	10 gm	

### Yogic Practices

No.	Postures	Details	Duration
1	Asanas	Uttan apadasan, Katichalan, Bhujangasan, Shalabhasan, Vakrasan, Tadasan, Ardha Kati chakrasan, Sukshma Vyayama Suryanamaskar (chair)	45 min daily
2	Pranayamas	Anulom Vilom, Bhramari	10 min daily
3	Meditation	Awareness of breathing	10 min daily

### Naturopathy Treatments

No.	Treatment	Frequency	Duration
1	Full Body Massage	Daily	45 min
2	Mud Pack	Daily	15 min
3	Neem water Bath	Daily	15 min
4	Full immersion bath with Epsom salt	Daily	10-15 min
5	Local steam	Daily	3 min
6	Neutral Hip bath	Alternate days	10-15 min
7	Arm and foot bath with Epsom salt	Alternate days	10-15 min

**Results achieved:** At the end of 15 days, there was considerable reduction in the rashes and joint pain. All the parameters were under normal levels and the steroids were stopped.



**Follow up advice:** Patient was advised to follow the given diet, Epsom salt bath on alternate days and continue with yoga, exercises and physiotherapy. After 2 months, patient had a follow up session where the steroids were completely stopped under medical supervision and the patient was able to perform all his day-to-day activities with ease.

**Dr. Lavanya Upadhyay**

### Case 9. Hyperkeratotic Psoriasis

**Introduction:** Hyperkeratotic Psoriasis or Palmoplantar Psoriasis is a type of psoriasis that affects the palms (hands) and soles (feet). Hyperkeratotic Psoriasis, like other forms of psoriasis, is an autoimmune condition; a problem with the immune system which causes cells to develop too quickly. Here, the plaques affect the skin of the palm of the hands and soles. The exact cause of Hyperkeratotic Psoriasis is not known, but it is probably due to a combination of genetic and environmental factors. Certain sweat glands also play a role.

**History:** Mrs. B, 46, was admitted to the Ashram for 10 days with itching and dryness in both the feet since 3 years. The lesions were dry, flaky and crusting which created a lot of discomfort while walking. Patient had no history of any systemic illness and was not under any medication for the symptoms.

**Treatment:** The main goal of the treatment was to reduce the dryness, restore the normal skin texture of the feet and to prevent further recurrence.

### Diet

Time	Diet	Quantity	Days
5.00 am	Warm water	200 ml	Day 1-2
7.00 am	Tulsi Kadha + Jaggery	50 ml	
8.00 am	Carrot + bottle gourd juice	100 ml	
9.00 am	Watermelon juice	200 ml	
10.30 am - 12.30 pm	Normal diet- Jowar roti - 1	1	
	Cooked vegetables	100 gm	
	Vegetable soup	100 ml	
	Chutney	10 gm	
	Raw diet	100 gm	
	Vegetable soup	100 ml	
3.00 pm	Tulsi Kadha + Jaggery	50 ml	Days 1-2
4.00 pm	Muskmelon juice	200 ml	
5.30 pm - 6.30 pm	Cooked vegetables	100 gm	
	Vegetable soup	100 ml	
	Chutney	10 gm	
	Fruit diet (Papaya, Pomegranate, Apple, Muskmelon)	300-500 gm	Days 3-9

### Yogic Practices:

No.	Postures	Details	Practices
1	Meditation	Om meditation	Alternate days
2	Pranayamas	Anulom vilom, Chandrabhedana Pranayamas	20 min daily

### Naturopathy treatments

No.	Treatments	Frequency	Duration
1	Full body Massage except soles	45 min	Daily
2	Neutral Enema	10 min	Alternate days
3	Mud pack (including feet)	Daily	15 min
4	Steam bath	Daily	3 min
5	Rice haldi paste application	Daily	20 min
6	Cold abdominal pack	Daily	30 min
7	Arm and foot bath with Epsom salt	Daily	15-20 min



**Results achieved:** At the end of 10 days, there was considerable reduction in itching and dryness and the skin had become clearer.



**Follow up advice:** The patient was advised to follow a healthy diet, continue with Epsom salt foot bath every alternate day and rice haldi and turmeric application, twice a week.

**Dr. Lavanya Upadhyay**

---

## REFERENCES

1. Lim SS, Vos T, Flaxman AD, Danaei G, Shibuya K, Adair-Rohani H, *et al.* A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990-2010: A systematic analysis for the Global Burden of Disease Study 2010. *Lancet* 2012; 380:2224–2260 [PMC free article] [PubMed] [Google Scholar]
2. Leeder S, Raymond S, Greenberg H, Liu H. A race against time. The challenge of cardiovascular disease in developing economies. New York: Columbia University; 2004 [Google Scholar].
3. Srinath Reddy K, Shah B, Varghese C, Ramadoss A. Responding to the threat of chronic diseases in India. *Lancet* 2005; 366:1744–1749 [PubMed] [Google Scholar].
4. Gupta R. Trends in hypertension epidemiology in India. *J Hum Hypertens* 2004; 18:73–78 [PubMed] [Google Scholar].
5. Non communicable diseases country profiles 2011. [http://www.who.int/nmh/countries/ind\\_en.pdf](http://www.who.int/nmh/countries/ind_en.pdf) [Accessed 10 May 2013] [Google Scholar].
6. Kumar, V., & Robbins, S. L. 1. (2007). Robbins basic pathology (8th ed.). Philadelphia, PA: Saunders/Elsevier
7. Effective natural remedies for High Blood Pressure.
8. <https://www.ayuruniverse.com/blogs/ayurveda-for-osteoarthritis/1188/>
9. <https://teachmesurgery.com/orthopaedic/principles/osteoarthritis/>
10. [https://www.slideshare.net/abd\\_ellah\\_nazeer/presentation1pptx-radiological-imaging-of-osteoarthritis](https://www.slideshare.net/abd_ellah_nazeer/presentation1pptx-radiological-imaging-of-osteoarthritis)
11. [mayoclinic.org](http://mayoclinic.org)
12. [qispine.com](http://qispine.com)
13. <https://byjus.com/biology/diabetes-mellitus/>
14. <http://cureandcarehomoeopathic.com/ailments-d.html>
15. Pathogenesis of RA- image courtesy- Med school radio
16. RA - deformed hand- picture courtesy - Web med
17. Neuropathic pain: Dr John Lee, Pain concepts, 2013
18. Pathophysiology of Lumbar Spine: Matthias Proost

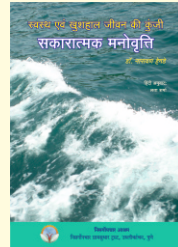
## BOOKS ON NATURE CURE AND GOOD HEALTH



### Positive Attitude for Good Health and Happiness

Physical and mental aspects of health with solutions for leading a stress-free life.

English, Hindi and Marathi, Rs.120



### Nature Cure for All: Natural Remedies for Health Disorders

Therapies and management of common diseases through natural remedies.

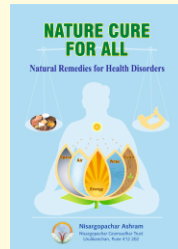
English, Rs. 200, Pages 236



### Nature Cure

Principles of nature cure, functioning of the Ashram, treatments, natural recipes, positive and healthy living.

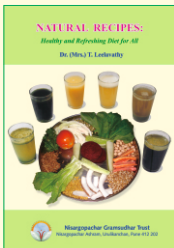
English, Hindi and Marathi, Rs. 60, Pages 136



### Nature Cure for Obesity

Balanced diet, exercises and yoga for overcoming obesity.

English, Rs. 60, Pages 120



### Natural Recipes: Healthy and Refreshing Diet for All

Fourth Revised Edition, focussing on improved health through intake of healthy soups, salads and juices.

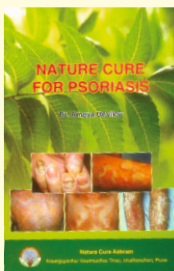
English, Rs.100, Pages 144



### Essence of Nature Cure: Focus on Women

Describes the effects of various therapies with emphasis on food habits, healthy lifestyle and yoga, beneficial for women.

English, Rs.100, 136 pages



### Nature Cure for Psoriasis

Types of psoriasis and effective treatment through nature cure.

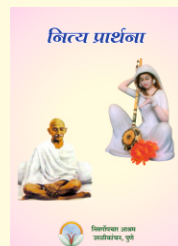
English, Rs.60, Pages 74



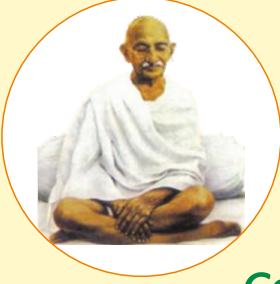
### Nitya Prarthana

Revised Edition; Important prayers of the Ashram.

Hindi, Pages 48



Ashram presents Instrumental Recital of  
Gandhiji's Bhajans for Meditation



BLISS



Gandhiji's favourite Bhajans

◆ Vaishnava Jana to ◆ Raghupati Raghava Rajaram

for

**Meditation**

*Violin Recital by*

**Pandit Shirish Upadhye**

*Accompanied by his disciples*

Shri. Anup Kulthe, Ms. Divija Joshi and

Shri. Prateek Tiwary (*Guitar*)

*Supported by* : Shri. Ajay Parad

तुरीय

गांधीजी के पसंदी भजनों का व्हायोलिन पाठ

◆ वैष्णव जन तो ◆ रघुपति राघव राजाराम

**ध्यान के लिए**

© Nature Cure Ashram, Urukanchan

