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Dr. Abhishek Devikar

Case-1

Management of Alcoholic Liver Disease

Alcoholic liver disease is a common, but preventable, disease. The liver breaks down alcohol. If you drink more than it can process, it can become seriously damaged. The effects of alcohol on the liver depend on how much and how long you have been drinking.

Alcoholic liver disease is common, but can be prevented. There are 3 types. Many heavy drinkers progress through these 3 types over time:

- Fatty liver. Fatty liver is the build-up of fat inside the liver cells. It leads to an enlarged liver. It's the most common alcohol-induced liver problem.
- Alcoholic hepatitis. Alcoholic hepatitis is an acute inflammation of the liver. There is death of liver cells, often followed by permanent scarring.
- Alcoholic cirrhosis. Alcoholic cirrhosis is the destruction of normal liver tissue. It leaves scar tissue in place of the working liver tissue.

History:

A male patient Mr.AS has presented with a case of Alcohol abuse resulting in alcoholic Liver Disease. His blood parameters like Liver enzymes and Bilirubin levels have been very high. He has presented with symptoms like extreme weakness, nausea, vomiting, weight loss and yellowish discoloration of skin and conjunctiva.

Treatment:

The main aim of the treatment was to reduce the symptoms and to reduce the inflammation in the liver and improve the liver functions.

Diet Chart:

Time	Diet	Quantity in ml/gm	Days No:
7 am	Kadha + Jaggery	100+10	18
8 am	Carrot Juice+ Ashgourd Juice	200	18
9 am	Amla+Haldi juice	40	18
10.30 am	1. Jowar Roti+ Soup +Sabzi+ Chutney	1+100+100+10	4
	2. Soup+ Sabzi+ Chutney	100+100+10	6
	3.Fruits (Papaya, Pomegranate)	200/2	4
	4. Juices	200	4
3 pm	Kadha+Jaggery	100+10	18
4 pm	Carrot Juice+ Ashgourd Juice	200	18
5.30 pm	1. Jowar Roti +Soup + Sabzi+ Chutney	200+200+10	04
	2. Soup + Sabzi+ Chutney	100+200+10	06
	3. Fruits(Pomegranate, Apple)	200/2	04
	4. Juices	200	04

Naturopathy Treatments:

Treatments	Frequency (Number of days)	Duration (Minutes)
Massage	Daily	45
Hip Bath	Alternate Days	15
Enema	Alternate Days	5
Neutral Abdomen pack	Alternate Days	15
Gastro Hepatic Pack	Alternate Days	10

Results Achieved:

PARAMETERS	DAY 1	DAY10	DAY18
GGT	90	48	30
AST	76	69	35
ALP	225	198	160
TOTAL BILIRUBIN	7.6	4.2	2

Follow up Advice

He was advised to abstain from alcohol and was given counseling regarding the ill effects of it and how it can be life threatening to him. He was given a diet chart to be followed at home.

Case - 2 Management of Sinusitis

Introduction:

Sinusitis is a condition in which the cavities around the nasal passages become inflamed.

Symptoms

- Runny nose
- Stuffy nose
- Facial pain or pressure
- Headache
- Mucus dripping down the throat (post-nasal drip)
- Sore throat
- Cough
- Bad breath

History:

A female Sadhaka named R.T came to Ashram for 14 days with complaints of Sinusitis since one year. She has a history of allergic rhinitis since childhood.

Treatment:

The main aim of the treatment was to reduce the symptoms and improve the immunity.

Diet Chart:

Time	Diet	Quantity in ml/gm	Days No:
7 am	Kadha + Jaggery	100+10	18
8 am	Carrot Juice	200	18

9 am	Tulsi+Adulsa/ Haldi	100/40	18
10.30 am	1. Jowar Roti+ Soup +Sabzi+ Chutney	1+100+100+10	8
	2. Soup+ Sabzi+ Chutney	100+100+10	6
	3.Fruits (Papaya, Pomegranate)	200/2	4
3 pm	Kadha+Jaggerry	100+10	18
4 pm	Carrot Juice	200	18
5.30 pm	1. Jowar Roti +Soup + Sabzi+ Chutney	200+200+10	10
	2. Soup + Sabzi+ Chutney	100+200+10	8

Yogic Practices:

Sr. No.	Practices	Details	Duration (Minutes)
1.	Asanas a. Tadasana b. ArdhaChakrasana c. Gomukhasana d. Bhujangasana e. Dhanurasana f. Matsyasana	3 times each	30
2.	Pranayams a. Anulmvilom b. Brahmari	12 rounds 12 rounds	15 15

3.	Kriyas a. Jalaneti b. Vamana c. Kapalbhati	Twice a week Once a week Daily 50 strokes	30
4.	Meditation	Alternate days	45

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1.	Massage	Daily	45
2.	Steam Bath	Alternate Days	7
3.	Enema	Alternate Days	5
4	Acupuncture	Daily	30
5	Facial Steam	Daily	3

Results Achieved:

At the end of 14 days inflammation in her sinus and headache has reduced.

Follow up Advice:

She was advised to follow a satwik diet which comprises of lots of fresh fruits and less spicy home cooked meals and avoid using milk and milk products and anything that is cold. She was also given a yoga module with emphasis on breathing exercises and Kriyas to be followed at home.



Dr. Ameya Devikar

Case - 1

Management of Post Cancer (Invasive Ductal Carcinoma) Rehabilitation

Introduction:

The most common type of breast cancer - accounting for roughly 70 to 80 percent of all cases - is called Invasive Ductal Carcinoma. IDC is a cancer that starts in a milk duct (the tubes in the breast that carry milk to the nipple) and grows into other parts of the breast.

History:

Ms. SSN, 27 years has been diagnosed with Invasive Ductal carcinoma of the breast. She had undergone lumpectomy (surgical procedure to remove the lump) and chemo therapy and radiation sessions.

She came to Nisargopchar Ashram with an intent to detoxify and reduce the side effects post her chemo therapy and radiation sessions. She had side effects like hair loss, extreme exhaustion, myalgia (muscle pain), weight gain and she was emotionally vulnerable, stressed and unable to sleep because of the same.

Treatments:

He underwent treatments for a period of 21 days where he was advised to be on a satvik diet that includes lots of boiled vegetables, soup, fruits and juices during her stay. He was given various Naturopathy treatments which included Acupuncture, and Hydrotherapy treatments along with customised yoga program.

Diet Chart:

Time	Diet	Quantity in ml/gm	Days No:
7 am	Lemon Water	200	21
8 am	Carrot Juice	200	21
9 am	Amla+Turmeric juice	60	21
10.30 am	Soup+Sabzi+Chutney+jowar roti	200+200+10+1	10
3 pm	Kadha+jaggery	200+10	21
4.00pm	Orange/pomegranate Juice	200	21
5.30 pm	Soup+sabzi+Chutney	200+200+10	10
	Fruits; Pomegranate/ Sweet lime/ Kiwi	2-3 nos	11
7.30pm	Warm water with Turmeric	200+a pinch	21

Yogic Practices:

Sr. No.	Practices	Details	Duration (Minutes)
1	Sookshma vyayamas	Asanas for loosening up the joints of the body.	15
2	Asanas (Tadasana, Ardhachakrasana Ardhakatichakrasana, Bhujangasana, Arduhashalabhasana,)	Supine, prone and sitting postures to stretch the muscles and improve the circulation	10
3	Pranayamas like- (Anuloma-Viloma, Bhramari)	To improve oxygen consumption by her body	20

4	Meditation (Breath awareness, OM)	Strengthening of mind, and relief from stress	10
5	Yoga Nidra	To relieve stress and improve sleep	5

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Massage	Daily for 21 days	45
2	Neutral Immersion Bath(with Epsom salt)	Daily for 21 days	10
3	Acupuncture	Daily for 10 days	30
4	Vichy Shower	Thrice a week	10
5	Neutral Spinal Spray	Daily for 21 days	15
6	Mud pack to abdomen	Daily 11 days	20

Results Achieved:

She started feeling better during the course of her stay. With massage and other water therapies her muscle pain and fatigue reduced considerably. Regular yoga practice, prayer and meditation helped her to have a positive outlook towards life. Her sleep was also taken care with the therapies.

Follow up Advice:

She was given a simple home based program inclusive of Diet, Exercise, Yoga and tips on lifestyle modification. She was explained the importance of prayer and positive attitude towards life.

Case - 2

Management of Post Covid Olfactory Dysfunction

Introduction:

Post covid olfactory dysfunction (PCOD) is thought to occur as a result of the coronavirus 2 (SARS-CoV-2) damaging the olfactory neuroepithelium, leading to loss of smell.

History:

Ms. A.A had contracted covid in December 2021. She had symptoms like fever, cough and cold and loss of taste and smell at that point of time. With medications she recovered in ten days except for her sense of smell. She came to Ashram for post covid rehabilitation and to see if something could be done for regaining her sense of smell.

Treatments:

She underwent treatments for a period of 21 days where he was advised to be on a satwik diet that includes lots of boiled vegetables, soup, fruits and juices which aimed at detoxifying and reducing the inflammation in her body post covid. She was prescribed massage and few hydrotherapy treatments for improving circulatory changes in the body. She was introduced to yoga sessions too.

Our main concern was her loss of smell. For this we introduced her to Jalaneti (nasal irrigation) which is a yogic kriya thrice a week.

There are strong evidences that support the effectiveness of olfactory training in reversing anosmia. Here the patient is made to smell 4 different odours thrice a day for ten minutes. The scent we used is eucalyptus, lemon, coffee and clove.

Diet Chart:

Time	Diet	Quantity in ml/gm	Days No:
7 am	Lemon Water	200	21
8 am	Carrot Juice	200	21

9 am	Amla+Turmeric juice	60	21
10.30 am	Soup+Sabzi+Chutney+jowar roti	200+200+10+1	10
3 pm	Kadha+jaggery	200+10	21
4.00pm	Orange/pomegranate Juice	200	21
5.30 pm	Soup+sabzi+Chutney	200+200+10	10
	Fruits; Pomegranate/ Sweet lime/ Kiwi	2-3 nos	11
7.30pm	Warm water with Turmeric	200+a pinch	21

Yogic Practices:

Sr. No.	Practices	Details	Duration (Minutes)
1	Sookshma vyayamas	Asanas for loosening up the joints of the body.	15
2	Asanas and Surya Namaskaras	Supine, prone and sitting postures to stretch the muscles and improve the circulation	20
3	Pranayamas like (Anuloma-Viloma, Bhramari)	To improve oxygen consumption by her body	20
4	Meditation (Breath awareness, OM)	Strengthening of mind, and relief from stress	10
5	Yogic Kriyas(Jala Neti)	To reduce inflammation	5

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Massage	Daily for 21 days	45
2	Neutral Immersion Bath(with Epsom salt)	Daily for 21 days	10
3	Facial steam (Nilgiri oil)	Thrice a week	5
4	Vichy Shower	Thrice a week	10
5	Neutral Spinal Spray	Daily for 21 days	15
6	Mud pack to abdomen	Daily 11 days	20

Results Achieved:

Following the above protocols our patient started improving, she could perceive smell after 2 weeks of training.

Follow up Advice:

She was asked to continue jalaneti once a week and olfactory training daily for another 2 weeks. We had follow up calls after 2 weeks and found that Ms. A.A could reverse her post covid olfactory dysfunction.

Case - 3

Management of Text Neck Syndrome

Introduction:

It is a repetitive stress injury to the neck caused by having your head in a forward position for an extended period of time. This disrupts the curvature of the spine, neck, shoulder and the supporting ligaments. This results in sharp nagging pain in neck and shoulders, on and off headaches, nerve pain with tingling and numbness in arms and eye pain.

History:

Mr. V.K came to Ashram with the diagnosis of text neck syndrome. He was complaining of pain and numbness in his neck and arms. On examination there was a considerable amount of tightness in his shoulder and neck muscles and they were tender too. He is a teacher and during the pandemic he has been working online for long hours which resulted in this syndrome.

Treatments:

During his course of treatment he was explained the importance of posture correction and neck strengthening exercises. He also underwent all the treatments which were effective in reducing the muscle spasm and stiffness. He was also given special yoga session with props to reduce the muscle spasm.

Diet Chart:

Time	Diet	Quantity in ml/gm	Days No:
7 am	Kadha+jaggery	200+10	10
8 am	Carrot Juice	200	10
9 am	Amla+Turmeric juice	60	10
10.30 am	Soup+Sabzi+Chutney+jowar roti	200+200+10+1	10
3 pm	Kadha+jaggery	200+10	10
4.00pm	Pineapple Juice	200	10
5.30 pm	Jowar Roti+Soup+sabzi+Chutney	1+200+200+10	10

Yogic Practices:

Sr. No.	Practices	Details	Duration (Minutes)
1	Sookshma vyayamas	Asanas for loosening up the joints of the body.	15
2	Asanas Ardhakati cakrasana, kati çakrasana, gomukhasana, ardhamatsyendrasana, bhujangasana, salabhasana,matsyasana, setubandasana	Supine, prone and sitting postures to stretch the muscles and improve the circulation	10
3	Pranayamas like- (Anuloma-Viloma, Bhramari)	To improve oxygen consumption by her body	20
4	Meditation (Breath awareness, OM)	Strengthening of mind, and relief from stress	10

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Massage	Daily for 10 days	45
2	Steam Bath	Daily for 10 days	10
3	Neutral Immersion Bath(with Epsom salt)	Daily for 10 days	15
4	Ultrasound	Daily for 5 days	7

5	TENS	Daily for 5 days	10
6	Vichy Shower	Thrice a week	10

Results Achieved:

With 10 days of treatment the pain and stiffness has reduced.

Follow up Advice:

He was given a simple home based program with more emphasis on Posture correction, Exercise, Yoga and tips on lifestyle modification.



Dr. Kushan Shah

Case - 1
Management of Avascular Necrosis of hip Joint

Introduction:

Avascular necrosis is a disease that results from the temporary or permanent loss of blood supply to the bone. When blood supply is cut off, the bone tissue dies and the bone collapses. If avascular necrosis happens near a joint, the joint surface may collapse.

This condition may happen in any bone. It most commonly happens in the ends of a long bone. It may affect one bone, several bones at one time, or different bones at different times

History:

Mr. KA, 36 years old was admitted to Ashram with complain of left hip pain since last 2 years.

He was an IT professional and works on computer more than 15 hours in a day. He was admitted at ashram for 15 days.

Treatment:

As per the clinical findings we planned the following treatments for his betterment.

Diet therapy:

Time	Diet	Quantity in ml/gm	Days No:
6 am	Water	200ml	Daily
7 am	Milk + Kadha	100ml + 100 ml	Daily
8 am	Carrot Juice	200ml	Daily
9 am	Amla Juice + Haldi (Turmeric) juice	40ml + 40ml	Daily
10 am	Ragi Porridge as a breakfast	200gms	Daily
12 pm	1. Jowar roti + Boiled vegetable + Chutney + soup	1+100gm+10gm+100ml	Day 1-5
	2. Ragi roti + Boiled vegetable + Chutney		Day 6-12
	3. Fruits (Seasonal)+ Soup	300 to 500 gms	Day 13-15
3 pm	Milk + Kadha	100ml + 100 ml	Daily
6:30 pm	Jawar Roti + Boiled Vegetable + Chutney + Soup		Daily
9 pm	Milk	100ml	Daily

With this above Constructive diet therapy, patient was advised to drink 3 liter Water in a day. During his entire stay, she was on Constructive diet therapy.

Yoga Practices:

Asana	Pranayama	Meditation
Sukshma vyayam	Aum Chanting	Meditation for 45 min
Bhujangasana	Anulom Vilom	
Tadasana	Bhramari	
	Chandra Bhedan	

Naturopahy Theatments :

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Enema	Alternate day	
2	Full body Massage therapy	Daily	45
3	Steam Bath	Every alternate day	3
4	Mud pack on Abdomen	Daily	30
5	Immersion bath with hot water	Alternate day	20
6	Physiotherapy Two modalities given 1. Shortwave Diathermy 2. Ultra sound therapy With electro treatment he was also thought of Range of motion exercises and strengthening exercises.	Daily for first 5 days	10 min For each modalities and 20 min. exercise therapy
7	Acupuncture	Daily 10 days	20

Results Achieved:

- After treatment of 15 days He was improved up to 50 percent. His pain has reduced significantly and he was also able to walk good 500 mts. at a stretch comfortably.

Follow up advised:

- Consume small and frequent meals at regular intervals.
- Include whole grain cereals (wheat, rice), millets (ragi, jawar), corns and pulses in daily diet.
- Avoid carbonated beverages.
- Advised to have plenty of fruits and green leafy vegetables in daily meal pattern.
- Do regular yoga and meditation.
- Advised to continue Physiotherapy for longer duration of time.

Case - 2

Management of Crohn's disease

Introduction:

Crohn's disease is a chronic disease that causes inflammation in your digestive tract. It can affect any part of your digestive tract, which runs from your mouth to your anus. But it usually affects your small intestine and the beginning of your large intestine. Crohn's disease is an inflammatory bowel disease (IBD).

The cause of Crohn's disease is unknown. Researchers think that an autoimmune reaction may be one cause. An autoimmune reaction happens when your immune system attacks healthy cells in your body. Genetics may also play a role, since Crohn's disease can run in families. Stress and eating certain foods don't cause the disease, but they can make your symptoms worse.

History:

Mr. PS, 35 years old man was admitted to Ashram with known case of Crohn's disease since last 6 months. He was a working professional. He was having complaints of loose motion and constipation on and off. He was feeling weak after some exertion of work and significant loss of weight noticed. He was admitted at ashram for 15 days.

Treatment:

As per the clinical findings we planned the following treatments to relieve his symptoms and improve his condition.

Diet therapy:

Time	Diet	Quantity in ml/gm	Days No:
6 am	Water	200ml	Daily
7 am	Lemon Honey Water	1+ 2 tsp +200ml	Daily
8 am	Carrot juice	200ml	Daily

9 am	Buttermilk	200 ml	Daily
10 am	Oats	200gms	Daily-except day 8-11
12 pm	1. Jawar roti + Boiled vegetable + Chutney + soup + Butter milk	1+100gms+100gms+10gms+100ml	Day 1-3
	2. Fruit diet(All seasonal fruits) and pomegranate	300-500 gms	Day 4-7
	3. Alkaline Juice fasting	1200 ml in a day with plenty of normal temperature water	Day 8-11
	4. Fruit diet (All seasonal fruits) and pomegranate	300-500 gms	Day 12-13
	5. Jawar roti + Boiled vegetable + Chutney + soup + Butter milk	1+100gms+10gms+100ml+100ml	Day 14-15
3 pm	Pomegranate juice	200ml	Daily
6:30 pm	1. Jawar Roti + Boiled Vegetable + Chutney + Soup + Butter milk	1+ 100gms+ 10gms+ 100ml+ 100ml	Day 1-3
	2. Fruit diet (All seasonal fruits) and pomegranate	300-500 gms	Day 4-7
	3. Alkaline Juice fasting	1200 ml in a day	Day 8-11

	4. Fruit diet (All seasonal fruits) and pomegranate	300-500 gms	Day 12-13
	5. 1 Jawar roti + Boiled vegetable- + Chutney + soup + butter milk	1+ 100gms+ 10gms+ 100ml+ 100ml	Day 14-15

- Patient was on constructive, soothing, eliminative diet during his stay and advised to drink 2 liters of water in a day. While during eliminative (Juice fasting) diet we advised him to take rest and drink as much as water he can consume.

Yoga Practices:

Asana	Pranayama	Meditation	Bandha
Shalabhasana	Aum Chanting	Meditation for 45 min	Moola bandha
Bhujangasana	Anulom Vilom		
Ardhsalabhasana	Bhramari		
Baddha Konasana	Chandranadi pranayama		
Malasana			
Padmasana			
Supta Virasana			

Naturopathy treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Enema	SOS	
2	Full body Massage therapy	Daily	45
3	Steam Bath	Alternate day	3
4	Mud pack on Abdomen	Daily	30
5	Immersion bath	Alternate day	20
6	Abdominal Lapet	Daily	30
7	Vichy shower	Weekly twice	15
8	Hip bath (Neutral temperature)	Alternate day	15

Results Achieved:

- After treatment of 15 days his symptoms was reduced by 70 percent. There was no complain of loose motions and constipation, his motion was normal. He was also feeling energetic while discharge.

Medications:

Sr. No.	Name of medications	On admission	On discharge
1	T. Mesacol (Mesalazine-400mg)	1-1-1	0-0-0

Follow up advised:

- Drink plenty of water
- Do regular Pranayama, meditation, Physical exercises as advised.
- Have boiled food and reduce spices and spicy food in diet.
- Advised to consume seasonal fruits.
- Advised to adopt a probiotic diet frequently which helps to develop his gut flora.

Case - 3**Management of Generalized anxiety disorder
(GAD)****Introduction:**

It's normal to feel anxious from time to time, especially if your life is stressful. However, excessive, ongoing anxiety and worry that are difficult to control and interfere with day-to-day activities may be a sign of generalized anxiety disorder.

It's possible to develop generalized anxiety disorder as a child or an adult. Generalized anxiety disorder has symptoms that are similar to panic disorder, obsessive-compulsive disorder and other types of anxiety, but they're all different conditions.

Living with generalized anxiety disorder can be a long-term challenge. In many cases, it occurs along with other anxiety or mood disorders. In most cases, generalized anxiety disorder improves with psychotherapy or medications. Making lifestyle changes, learning coping skills and using relaxation techniques also can help.

History:

Miss MA, 18 years old was admitted to Ashram with complain GAD since last 2 years. She was an IT professional and works on computer more than 12 hours in a day. She was admitted at ashram for 15 days. She was having complaints of panic attack but very often. She was also complaining about nervousness, irritability and short temperness.

Treatment:

As per the clinical findings we planned the following treatments for her betterment.

Diet therapy:

Time	Diet	Quantity in ml/gm	Days No:
6 am	Water	200ml	Daily
7 am	Milk + Kadha	100ml + 100 ml	Daily
8 am	Bottle gourd juice	200ml	Daily
9 am	Pomegranate Juice	200ml	Daily
10 am	Ragi Porridge	200gms	Daily
12. m	1. Jowar roti + Boiled vegetable + Chutney + soup	1+100gm+10gm+100ml	1-5
	2. Ragi roti + Boiled veg.+ Chutney + soup	1+ 100gm+10gm+ 100ml	Day 6-12
	3. Fruits (Seasonal)+ Soup	300 to 500 gms	Day 13-15
3 pm	Milk + Kadha	100ml + 100 ml	Daily

6:30 pm	1. Jawar Roti + Boiled Vegetable + Chutney + Soup	1+100gms+10gms+100 ml	Day 1-12
	2. Fruits (Seasonal)+ Soup	300 to 500 gms	Day 13-15
9 pm	Milk + Turmeric	100ml	Daily

- With this above Constructive diet therapy, patient was advised to drink 3 liter Water in a day. During her entire stay, she was on Constructive and soothing diet therapy.

Yoga Practices:

Asana	Pranayama	Meditation	Shuddhi kriya
Pawanmuktasana	Aum Chanting	Meditation for 45 min	Kapal bhati
Bhujangasana	Anulom Vilom	Yoga Nindra	
Katichakrasana	Bhramari	Trataka	
Tadasana	Chandra Bhedan		
Setubandhasana	Bhastrika		
Vipritkarni			

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Enema	Alternate day	
2	Full body Massage therapy	Daily	45

3	Spinal bath	Alternate day	10
4	Steam Bath	Every alternate day	3
5	Mud pack on Abdomen	Daily	30
6	Hip Bath at Neutral temperature	Alternate day	20
7	Neurotherapy	Daily for first 5 days	10
8	Acupuncture	Daily 10 days	20
9	Vichy shower	Weekly twice	15

Results Achieved:

- After treatment of 15 days she was improved up to 90%. Her frequency of panic attack and anxiety reduced significantly and she was also comfortable with her professional work without any complaints.

Sr. No.	Medicine name	On admission	On discharge
1	T. Zapiz 0.5 (Clonazepam)	0-0-1	0-0-0
2	T. Zapiz 0.25 (Clonazepam)	1-0-0	0-0-0

Follow up advised:

- Follow meal timing. Avoid skipping any meal especially breakfast.
- Avoid Junk food.
- Advised to have plenty of fruits and green leafy vegetables in daily meal pattern.
- Do regular exercises and meditation.
- Develop some hobby to reduce stress and divert mind from over thinking.



Dr. Vandita Bagul

Case - 1

Management of vestibular migraine

Introduction:

Vestibular Migraine is a condition in which pain is not compulsory but dizziness and balance problem will occur. Other times, the vertigo symptoms happen before, during, or after the headache. Sometimes, you might have migraines for years before the vertigo symptoms begin. But how it really happens is poorly understood. Researchers credit it to misfires between nerve cells in brain. Like traditional migraines, they're more common in women than men. Vertigo symptoms tend to first strike around age of 40. But the condition doesn't just affect adults. Kids can get it, too.

History:

Mrs MR Aged 53 was suffering from vestibular migraine since childhood. She had dizziness along with nausea. One sided headache with photophobia was there. Patient tried a lot of medicines and treatment modalities before coming to naturopathy. Her blood reports were normal. MRI Scan showed no abnormality. She usually suffered from migraine before the onset of menstruation.

Treatment:

The main aim of treatment is to reduce the pain and improve the health.

Diet chart:

Time	Diet	Quantity in ml/gm	Days No:
7 Am	Tulsi + ginger kadha with jaggery	100 ml + 10ml	15
8 Am	Bottle gourd juice	200 ml	15
9 Am	Pomegranate juice	200 ml	15
11 to 12 Pm	Jowar bhakri + boil veg + soup+ Chutney + butter milk	1+ 100gm+100ml +10gm+ 100ml	15
3 Pm	Tulsi + ginger kadha with jaggery	100 ml + 10ml	15
4 Pm	Carrot + bottle gourd juice	200 ml	15
5.30 Pm	Fruit diet (seasonal fruits) guava, apple, papaya, melons	200 to 250 gms	15

Yogic practices:

Sr. No.	Practices	Details	Duration (Minutes)
1	Pranayama	Anulom vilom	20
2	Meditation	Om meditation	Alternate days
3	Relaxation Technique	Deep relaxation technique	Alternate days
4	Kriyas	Jala neti and vaman	Twice a week

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Massage-Full body with til oil	Daily	45
2	Enema	Alternate	
3	Mud pack	Daily	15
4	Gastro-hepatic pack	Alternate	15
5	Hip bath	Alternate	15
6	Stem bath	Daily	5
7	Acupuncture	For 5 days	30

Results Achieved:

The satvik diet and naturopathy treatments showed good result. Patient didn't experience any episode of migraine post treatment.

Follow up advice:

She was advised to follow a diet free from preservative MSG (Monosodium glutamate), chocolates; coffee and cheese as they are triggers for migraine. Also do Kriyas i.e. jala neti and vaman twice a week for cleaning the congestion of nasal passage. A follow up visit was advised after 6 months.

Case - 2 Management of post covid allergic rhinitis

Introduction:

Allergic rhinitis is an atopic disease presenting with symptoms of sneezing, nasal congestion, clear rhinorrhea, and nasal pruritis. Symptoms are usually caused by allergic sensitivity to pollens from trees, grasses, or weeds, cat dander, or to airborne mold spores. A blood test will show high level of IgE antibodies if an allergy is present. In general there are 2 types of allergic rhinitis, Seasonal (occurs certain times of the year) and perennial (happens all year).

History:

Mr. AJ was suffering from allergic rhinitis post covid. He suffered from covid 1 year back and was hospitalized for 20 days. Since then he starts getting allergic rhinitis frequently. He uses to sneeze continuously along with running nose. His eyes used to become swollen, red, itchy and watery. He was on anti-allergic tablets which he was consuming daily. His physician diagnosed it as a complication post covid. Blood test showed high level of IgE antibodies.

Treatments:

One of the goals of therapy includes symptom relief, prevention or avoidance of environmental triggers.

Diet chart:

Time	Diet	Quantity in ml/gm	Days No:
7 Am	Tulsi + ginger kadha with jaggery	100 ml + 10ml	15
8 Am	Carrot juice	200 ml	15
9 Am	Tulsi + Adulsa juice	200 ml	15
11 to 12 Pm	Jowar bhakri + boil veg + soup + Chutney	1+ 100gm+100ml +10gm	15
3 Pm	Tulsi + ginger kadha with jaggery	100 ml + 10ml	15

4 Pm	Carrot + bottle gourd juice	200 ml	15
5.30 Pm	Boil veg + soup + chutney +	100gm+100ml +10gm	15

Yogic practices:

Sr. No.	Practices	Details	Duration (Minutes)
1	Asanas	Surya Namaskar	45
2	Pranayama	Bhastrika, Anulom vilom, surya bhedan	20
3	Relaxation Technique	Deep relaxation technique	Alternate days
4	Kriyas	Jala neti and vaman	Twice a week
5	Meditation	Om meditation	Alternate days

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Massage-Full body with til oil	Daily	45

2	Enema	Alternate day	
3	Mud pack	Daily	15
4	Abdomen pack	Alternate	15
5	Hip bath	Alternate	15
6	Stem bath	Daily	5
7	Acupuncture	Daily	30

Results Achieved:

At the end of 15 days patient got complete relief from recurrent rhinitis. Anti-allergic tablet was stopped completely. His IgE Level also reduced.

Follow up advice:

He was advised to follow satvik diet rich in fruits and vegetables at home. Yogasanas and Kriyas yoga were taught and were told to do regularly. Also reduce dust and mites in the home. Control molds indoors and out. Avoid exposure to plant, pollens and animals.

Laboratory investigation:

Sr. No.	Investigation	On Admission	On Discharge
1	IgE	255.60	123.0

Case - 3

Management of post viral arthralgia

Introduction:

Arthralgia is one of the common symptoms seen in RA and in mosquito-borne viral diseases such as dengue and Chikungunia infections. Studies have reported that both dengue and Chikungunia infections are associated with long-term persistent rheumatic symptoms including joints, muscle and bone pain. These joint pains can last up to three weeks, but a few subset of patient's joint pain persist up to 2 years. This phenomenon is more common in females and those with associated vitamin E, D and B12 deficiency.

History:

Mrs. NM aged 54 took admission with complaint of joint stiffness and pain post Chikungunia. She suffered from Chikungunia 6 months back. The knees, elbows, wrists, ankles and fingers were affected. Joint pain use to increases with movement and was worse in the morning. Swelling in knee joints was present.

Treatments:

Main aim of treatments was to relieve the symptoms associated with arthralgia and to make her immune system strong.

Diet chart:

Time	Diet	Quantity in ml/gm	Days No:
7 Am	Tulsi + ginger kadha with jaggery	100 ml + 10ml	10
8 Am	Carrot juice	200 ml	10
9 Am	Pomegranate juice	200 ml	10

11 to 12 Pm	Jowar bhakri + boil veg + soup+ Chutney	1+ 100gm+100ml +10gm	10
3 Pm	Tulsi + ginger kadha with jaggery	100 ml + 10ml	10
4 Pm	Carrot + bottle gourd juice	200 ml	10
5.30 Pm	Jowar bhakri + boil veg + soup+ Chutney	1+ 100gm+100ml +10gm	10

Yogic practices:

Sr. No.	Details	Duration (Minutes)
1	Sookshma vyamas	45
2	Bhramari, Anulom vilom	20
3	Yoga nidra	Alternate days

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Massage-Full body with mahanarayan oil	Daily	45
2	Enema	Alternate day	
3	Hot immersion bath with Epsom salt	Alternate day	15

4	Stem bath	Alternate day	5
5	Epsom salt pack on knees, wrist and ankles	Alternate day	15
6	Physiotherapy	Daily	10
7	Acupuncture	For 5 days	30

Result achieved:

At the end of 10 days there was significant reduction in pain and morning stiffness. Patient was able to perform her daily activities without discomfort. Swelling and joint mobility improved to considerable extent.

Follow up advice:

At home she was advised to practice mild joint loosening and strengthening exercise. A diet chart was given to follow. She was asked to exclude sour, processed items from food.



Dr. Samruddhi Vyas

Case - 1

Management of Morbid Obesity

Introduction:

Morbid obesity is a condition in which you have body mass index higher than 35. The 3 main causes of M. obesity are unhealthy diet pattern, lack of exercise, environmental factors and genetics.

History:

Ms. P. M. came with a complaint of increased weight and indigestion during the COVID-19 pandemic. She also experiences shortness of breath along with palpitations. Her second complaint is left ankle pain since 1 week. The weight gain was gradual in onset and steadily progressive in nature. The final weight achieved was 165.8 kg. So she decided to join naturopathy for getting healthy.

Treatment:

The detailed case history was taken with the consent of the patient. Blood pressure, heart rate, height, weight and other vital data were recorded. Body mass index was calculated. We instructed her to follow an eliminative and constructive diet and encouraged her to perform yogasanas and pranayama. She was advised as follows.

Diet Chart:

Time	Diet	Quantity in ml/gm	Days No:
7 am	Lemon honey water	200 ml	Daily
8 am	Carrot and bottle gourd juice	200 ml	Day 1-2 and 8-15
9 am	Green smoothie	100 ml	Daily
10.30 am	<p>1. Normal diet: Jowar bhakari +,vegetable + vegetable soup + buttermilk</p> <p>2.Fruits + boiled moong</p> <p>3.fasting: juice and buttermilk</p>	<p>1+ 100 gm + 100 ml + 100 ml</p> <p>300gm + 200 gm</p>	<p>Days 1-5 and 14-15</p> <p>Days 6-9 and 13</p> <p>Days 10 & 12</p>
3 pm	Kadha+ jagery	100 ml	Day 1-15
4 pm	Ash gourd juice	200 ml	Daily
5.30 pm	<p>1. Normal diet: Jowar bhakari + vegetable + Vegetable soup + chatani</p> <p>2. fruit diet with 100 gm Boil moong</p> <p>3.juice fasting:</p>	<p>1+ 100 gm + 100 ml + 100 ml + 10 gm</p> <p>300gm + 100 gm</p>	<p>Days 1-3</p> <p>Days 3-8 and 13</p> <p>Days 10-12</p>

Yogic Practices:

Sr. No.	Practices	Details	Duration (Minutes)
1.	Meditation	Om meditation	Alternate day
2.	Pranayama	Anulom-Vilom ,surya bhedan pranayama , kapalbhati (alternate day)	20 min Daily

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1.	Enema	Alternate day	All the day
2.	Abdomen mud pack	Alternate day	10
3.	Full body massage	Daily	60
4.	Full body steam bath	Daily	5
5.	Hot and cold compression on abdomen	Daily	10-15
6.	Abdomen pack	Daily	25

Results Achieved:

Regular follow up was done during the stay. At the end of 15 days there was reduction in weight and digestions also improved and pain of limbs also stopped. On discharge her weight was 157.4

Anthropometry:

	On Admission	On Discharge
Rt. Arm	16.3	15.1
Lf.arm	16.7	14.8
Chest	40.5	38.2
Waist	51	46
Abdomen	54	48
Hips	50.2	46.3
Rt. Thigh	28.5	27.3
Lf. Thigh	28.5	27.5

Follow up Advice:

Patient was advised to fallow a diet and yoga daily and enema ones a week.

Case - 2

Management of IBS

Introduction:

IBS is a group of systems that affect your digestive system. In this get excessive gas, abdominal pain and cramps. These conditions, also called disorders of the gut-brain interaction, have to do with problems in how your gut and brain work together.

History:

A 38 years old female join Nisargopachar ashram in 2018 with a known case of IBS. On admission, she complained of constipation and frequent blotting of the stomach with cramp pain and diarrhea sometimes. The patient was instructed to follow only fiber-rich diet.

Treatment:

A detailed case history was taken with the consent of patient. Blood pressure, heart rate measurement, details the type, frequency of symptoms associated with IBS, height and weight and other vital data were recorded. She was guided towards weight management and was encouraged to perform yogasanas and Pranayama. She was counseled on importance of positive thinking. Also she was advised as following

Diet Chart:

Time	Diet	Quantity in ml/gm	Days No:
7 am	Lemon honey water	200 ml	Daily
8 am	Carrot and bottle gourd juice	200 ml	Day 1-2 and 8-15
9 am	Green smoothie	100 ml	Daily
10.30 am	1. Normal diet: Jowar bhakari +,vegetable + vegetable soup + buttermilk	1+ 100 gm + 100 ml + 100 ml	Days 1-5 and 14-15
	2.Fruits + boiled moong	300gm + 200 gm	Days 6-9 and 13
	3.fasting: juice and buttermilk		Days 10 & 12
3 pm	Kadha+ jagery	100 ml	Day 1-15
4 pm	Pineapple juice	200 ml	Daily

5.30 pm	1. Normal diet: Jowar bhakari +,vegetable + vegetable soup + chatani	1+ 100 gm + 100 ml + 10 gm	Days 1-3
	2. fruit diet + Boil moong		Days 3-8 and 13
	3.juice fasting:	300gm + 100 gm	Days 10-12

Yogic Practices:

Sr. No.	Practices	Details	Duration (Minutes)
1.	Meditation	Om meditation	Alternate day
2.	Pranayama	Anulom-Vilom ,surya bhedan pranayama , kapalbhati (alternate day)	20 min Daily

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1.	Enema	Alternate day	All the day
2.	Abdomen mud pack	Alternate day	10
3.	Full body massage	Daily	60
4.	Full body steam bath	Daily	5

5.	Hot and cold compression on abdomen	Alternate day	10-15
6.	Hip bath	Alternate day	15

Results Achieved:

Regular follow up was done during the stay. At the end of 15 days there was reduction in weight and digestions also improved and crampy abdomen pain also stopped.

Follow up Advice:

Patient was advised to follow a diet and yoga daily and enema ones a week.



Dr. Ganesh Agrahari

Case- 1

Management of Post Covid Acute Myelitis

Introduction:

Myelitis is a inflammation of the spinal cord or of the bone marrow which can disturb the normal responses from the brain to the rest of the body, and from the rest of tyhe body to the brain. Inflammation in the spinal cord, can cause the myelin and axon to be injured resulting in symptoms such as paralysis and sensory loss. Most myelitis signs fast progression in muscle weakness or paralysis starting with legs and formerly arms. Sometimes the dysfunction of arms or leds causes instability of posture and difficulty in walking or any movement. Myelitis happens due to several reasons such as HIV, syphilis, tuberculosis but it can also be caused due to non-infectious or inflammatory pathway. Myelitis frequently follows after the infections or after vaccination.

History:

Mrs. SSK, 53, was diagnosed with Post Covid Acute Myelitis since 3 month. She was covid positive on April 1st 2021, after few days of recovery of covid she started having pain in her back and severe pain in both legs as well as weakness in both leg this happened the sensation of both legs was reduced and there was tingling and burning sensation in the feet due to which she had difficulty in walking and she was unable to climb the stairs and also her daily routine work. She had to take the support of a stick, wall and her daughter to walk. And after covid she also got

type -2 diabetes and shifted on diabetic medicine. She had history of hypothyroidism and complaint of obesity, Insomnia and Constipation. She was taking allopathic and homeopathic medicine which provided only temporary relief. She came to the ashram for treatment of 18 days.

Treatment:

On advice she underwent treatment for 18 days at NCA and was advised to be on a satvik diet and included a lot of boiled vegetables, soups, fruits and juices and following naturopathy treatments given, such as Hydrotherapy, Mud therapy, acupuncture, physiotherapy along with regular yoga and meditation for her improvement.

Diet chart:

Time	Diet	Quantity in ml/gm	Days No:
7 am	Kadha + jiggery	100 ml + 10ml	18
8 am	Carrot juice + Bottle gourd juice	100 ml + 10ml	18
9 am	Amla + turmeric juice	20ml + 20 ml	18
	Breakfast – Boiled moong / nachini page	100 gm	18
	Alternate day		
10.30 am	Jowar roti + sabji + chutney +soup	1 + 100 gm + 10 gm + 100 ml	1 – 5
to	Raw diet + soup	100 gm + 100ml	6 – 7
12.30 pm	sabji + chutney +soup	100 gm + 10 gm + 100 ml	8 – 13

	Jowar roti + sabji + chutney +soup	1 + 100 gm + 10 gm + 100 ml	14 - 18
4 pm	Carrot juice + Bottle gourd juice	100 ml + 10ml	18
5. 30 pm	Jowar roti + sabji + chutney +soup	1 + 100 gm + 10 gm + 100 ml	1 -5
	sabji + chutney +soup		6 -9
	Fruit diet (Papaya, pomogranate,apple) + Boiled moong	100 gm + 10 gm + 100 ml	10 – 12
	sabji + chutney +soup	300 – 500 gm + 100 gm	13 – 16
	Jowar roti + sabji + chutney +soup	100 gm + 10 gm + 100 ml	17 - 18
		1 + 100 gm + 10 gm + 100 ml	

Yogic Practices:

Sr. No.	Practices	Details	Duration (Minutes)
1	Sookshma vyayamas	Asanas for loosening up joints of the body	10 – 15

2	Asanas	Pawanmuktasana, Naukasana, Vajrasana, Bhujangasana, Setubandhasana, Tadasana, Vakrasana, Ushtrasana , Shalabh asana etc.	30
3	Pranayana	Anuloma – Viloma, Bhramari, ujjayi Suryabhedana	10 – 15
4	Bandhas	Jalandhar bandha	5
5	Meditation and yog nidra	Om kar meditation	10

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Full body massage	Daily	45
2	Enema	Alternate day	10
3	Mud pack application on abdomen	Daily	15
4	Steam bath	Daily	3 - 5
5	GH Pack	Alternate day	15
6	Kidney Pack	Alternate day	15
7	Local Steam on Lower back, and leg	Daily	2 - 3
8	Hot water Foot bath with Epsom	Daily	5 – 10
9	acupuncture	10 days	20

Physiotherapy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	TENS	10 days	10
2	Short Wave Diathermy (SWD)	10 days	10
3	Physiotherapy Exercises	18 days	30

Result Achieved:

On the time of discharge the result was she left her stick after 7 to 10 days of treatment and the walk pattern improve she was able to walk without wall and her daughter support. During treatment she felt fresh and energetic and naturopathy treatment given much good result in her other problems like insomnia, constipation and obesity during the treatment her blood sugar level become normal and we stopped her sugar medicine. Now her confidence and geared up to perform her daily activity perfectly. She was happy on discharge.

Follow up advice:

She was advice to follow the given diet chart and to take plenty of fruits and juices. Continue acupuncture treatment at a local acupuncture Centre and continue physiotherapy for strengthening and stretching exercise and practice regular yoga, pranayama and meditation.

Case- 2

Management of Perennial Allergic Rhinitis

Introduction:

Perennial allergic rhinitis is a chronic allergic condition. It is an inflammatory condition of the nose characterized by nasal obstruction, sneezing, itching, or rhinorrhea, occurring for an hour or more on most days throughout the year that causes nasal congestion and a runny nose. It doesn't go away throughout certain seasons or months of the year. Dust, mites, domestic pets, fumes are the most common cause of perennial allergic rhinitis. It is exaggerated due to environmental triggers which result in inflammation of the lining of the nose.

History:

Mr. BK, 65, was diagnosed with Perennial Allergic Rhinitis since 40 years. He came to the ashram with the complaint of running nose, sneezing, nasal dryness and nasal obstruction, difficulty in breathing. Due to this improper breathing he was not able to take sleep well. He had a history of hypertension. He had visited many hospitals and tried allopathic, homeopathic and Ayurveda treatment and he was taking nasal spray twice or thrice in a day which provided only temporary relief. He came to the ashram for treatment of 10 days.

Treatment:

The main aim of treatment was detoxification and maintaining the proper breathing pattern and reducing the nasal obstruction. He was given a satvik diet which included boiled vegetables, soup, fresh fruits and juices and also given the following naturopathy treatment such as hydrotherapy, massage therapy, acupuncture along with regular yoga, pranayama and meditation during his stay.

Diet chart:

Time	Diet	Quantity in ml/gm	Days No:
7 am	Kadha + jiggery	100 ml + 10ml	10
8 am	Carrot juice	200 ml	10
9 am	Amla + Haldi juice	20ml + 20 ml	1 -4
	Tulsi + Adulsa juice	20ml + 20 ml	5 - 10
10.30 am to 12.30 pm	Jowar roti + sabji + chutney +soup	1 + 100 gm + 10 gm + 100 ml	10
3 pm	Kadha + jaggery	100 ml + 10 ml	10
4 pm	Ash gourd juice	200 ml	1 – 5
	Orange juice	200 ml	6 - 10
5. 30 pm	Jowar roti + sabji + chutney +soup	1 + 100 gm + 10 gm + 100 ml	1 -
	Khichadi + sabji + chutney + soup	100gm + 100gm + 10gm + 100 ml	4 - 10

Yogic Practices:

Sr. No.	Practices	Details	Duration (Minutes)
1	Sookshma vyayamas	Asanas for loosening up joints of the body	10 – 15

2	Asanas	Pawanmuktasana, Naukasana, Vrikshasana, Trikonasana, Ardha Chandrasana, Halasana Sarvangasana, Matsyasana Vajrasana, Bhujangasana, Setubandhasana, Tadasana, Vakrasana, Ushtrasana , Shalabhasana etc.	30
3	Pranayana	Anuloma – Viloma, Bhramari, ujjayi Suryabhedana, Bhastrika	10 – 15
4	Bandhas	Jalandhar bandha	5
5	Meditation and yoga Nidra	Om kar meditation, Deep relaxation technique	10
6	kriyas	Jala neti, Kunjal	5

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Full body massage	Daily	45
2	Enema	Alternate day	10
3	Mud pack application on abdomen	Daily	15
4	Steam bath	Daily	3 – 5
5	Pack (abd)	Daily	30
6	Neutral hip bath	Alternate day	15
7	Facial steam with Nilgiri oil	Daily	5

8	acupuncture	10 days	20
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Result Achieved:

After 4 days of treatment patient was happy and he got symptomatic relief and he was feeling fresh, at the end of 10 days he was able to take proper breathing and sleep without any difficulty, his nasal obstruction, sneezing running nose was completely gone he got 70% relief.

Follow up Advice:

He was advised to follow the given diet chart with lots of fresh and seasonal fruits and juices and practices regular yoga and pranayama. He was also advised to take plenty of water and to avoid the cold and freeze products, banana, cold drinks, oily, spicy, fried and junk food.

Case - 3

Management of Meniere’s disease

Introduction:

Meniere’s disease is a disorder that disturbs the inner ear. The ear is responsible to hearing and balance. The condition cause vertigo, specific types of dizziness in which you feel still you’re spinning sensation. It also leads to hearing problems and a ringing sound in the ear. Vertigo may cause severe nausea and imbalance. Attack can last 20 minutes or as long as 24 hours, or might get several in a week. Meniere’s disease usually affects only one ear. The cause of Meniere’s disease isn’t known, but researchers believe it’s caused by changes in the fluid in tubes of the inner ear. Other suggested causes include autoimmune disease, allergies and genetics.

History:

Mrs. PC, 54, was diagnosed with Meniere's disease since 2 years. She came to the ashram with the complaint of constant dizziness, episodic vertigo, earache, ear noise and occasional deafness. Her problem started with mild vertigo then convert in to the severe attack of vertigo and later she had frequent attacks of vertigo. There was continuous tuning ringing sound in her ear; mainly the right ear, associated with giddiness and heaviness in the head. The complaints worsen in the morning while she getting up and turning head sideward suddenly. She had history of hypertension and complaint of grade -2 obesity. She had visited many hospitals and tried allopathic, homeopathic and Ayurveda treatment but no relief in her symptoms and now she was on Tablet vertin 16 mg thrice daily, but despite taking the tablet Vertin there were complaints of vertigo and noises ringing in her ears. She admitted in the ashram for treatment of 15 days.

Treatment:

She stayed for 25 days at the ashram. The treatment focused on reduced her vertigo and along with weight. She was given the following naturopathy treatment such as hydrotherapy, massage therapy, acupuncture, and physiotherapy along with regular yoga, pranayama and meditation during his stay.

Diet chart:

Time	Diet	Quantity in ml/gm	Days No:
7 am	Lemon + honey +water	1 tsp + 2 tsp + 200 ml	15
8 am	Carrot juice + Bottle gourd juice	100 ml +100ml	15
9 am	Amla + turmeric juice	20ml + 20ml	1 -7
	Green juice	200ml	8 - 15

10.30 am to 12.30 pm	Jowar roti + sabji + chutney + soup	1 + 100 gm + 10 gm + 100 ml	1 - 2
	Raw diet + soup	100 gm + 100ml	3 - 6
	sabji + chutney +soup	100 gm + 10 gm + 100 ml	7 - 9
	Fruit diet (Papaya, pomogranate, guava, apple)	300 - 500 gm	10 -13
	Jowar roti + sabji + chutney + soup	1 + 100 gm + 10 gm + 100 ml	14 -15
3 pm	Lemon + honey +water	1 tsp + 2 tsp + 200 ml	15
4 pm	Carrot juice + Bottle gourd juice	100 ml +100ml	15
5. 30 pm	Jowar roti + sabji + chutney +soup	1 + 100 gm + 10 gm + 100 ml	1 - 2
	sabji + chutney +soup	100 gm + 10 gm + 100 ml	3 - 6
	Fruit diet (Papaya, pomogranate, apple)	300 - 500 gm	7 - 13
	Jowar roti + sabji + chutney + soup	1 + 100 gm + 10 gm + 100 ml	14 -15

Yogic Practices:

Sr. No.	Practices	Details	Duration (Minutes)
1	Sookshma vyayamas	Asana for loosening up joints of the body	10 – 15
2	Asanas	Pashimottanasana, Halasana, Viparitarini, Balasana, Pawanmuktasana, Vajrasana, Pawanmuktasana, Setubandhasana, Shavasana etc.	30
3	Pranayana	Anuloma-viloma, Nadi shodhana	10
4	Mudras	Shanmukhi mudra	3-5
5	Meditation and yog nidra	Om kar meditation	10

Naturopathy Treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Full body massage	Daily	45
2	Enema	Alternate day	10
3	Mud pack application on abdomen	Daily	15
4	Steam bath	Daily	3
5	Pack (abd)	Daily	30
6	Vichy shower	Weekly twice	15
7	acupuncture	10 days	20

Physiotherapy: Isometric neck exercises.

Result Achieved:

After 6 days of treatment patient was happy and she got symptomatic relief her headache was completely gone and vertigo also getting relief, along with this the ringing sound in her ear also reduced. We tapered her Vertin tablet and advise to take once a day. After the 9 days of treatment she was feeling fresh and active to perform her daily activity without giddiness. Patient was happy at the time of discharge she get 50 % relief during g her 15 days stay.

Follow up Advice:

She was advised to take healthy diet along with fresh fruits and juice and also practices regular yoga and pranayama and isometric neck exercises at home.



Dr. Gauri Shah

Case - 1

Management of Impingement syndrome (Swimmer's shoulder)

Introduction:

The impingement syndrome is a shoulder pain caused by connective tissue rubbing on a shoulder blade. It is caused by inflammation from repetitive shoulder activities like swimming, injury or aging.

History:

Mr KP, age 39 years, was admitted to Ashram for 15 days. He had severe pain and stiffness in right shoulder joint after getting jerk while swimming session. He was unable to lift the shoulder above 100 degree.

Treatments:

- Aim of the treatment:
- To reduce pain in shoulder joint.
- To reduce joint stiffness and improve range of motion
- To reduce swelling
- To make his daily activities smooth and pain free.

Diet therapy:

Time	Diet	Quantity in ml/gm	Days No:
6 am	Water	200ml	Daily
7 am	Honey Water	2 tsp+ 200ml water	daily
8 am	Carrot juice	200ml	daily
9 am	Pineapple Juice	200 ml	Daily
10 am	Ragi (Eleusine coracana) Porridge	200gms	Daily
11am	Jawar roti + Boiled vegetable + Chutney + soup	1+ 100gms+ 10gm+ 100ml	Day 1-10
	Fruit diet (Seasonal fruits)	300-500 gms	Day 11-13
	Jawar roti + Boiled vegetable + Chutney + soup	1+ 100gms+ 10gm+ 100ml	Day 14-15
3 pm	Honey water	2 tsp+ 200ml water	Daily
6:30 pm	Jawar Roti + Boiled Vegetable + Chutney + Soup	1+ 100gms+ 10gm+ 100ml	Day 1-10
	Fruit diet (All seasonal fruits)	300-500 gms	Day 11-13
	Jawar Roti + Boiled Vegetable + Chutney + Soup	1+ 100gms+ 10gm+ 100ml	Day 14-15

Yoga Practices

Asana	Pranayama	Meditation
Sukshma vyayam	Aum Chanting	Meditation for 45 min
Tadasana	Anulom Vilom	Trataka
Gaumukh asana	Bhramari	
	Chandra Bhedan	

Naturopathy and Physiotherapy treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Enema (every alternate day)	Alternate day	
2	Full body Massage therapy (Avoiding painful area)	Daily	45
3	Steam Bath Every alternate day	Every alternate day	3
4	Mud pack on Abdomen	Daily	30
5	Ice Application	Daily	3
6	Shoulder joint mobilization Active shoulder exercises	Daily	20
7	Interferential therapy	Daily	10
8	Ultra Sound Therapy	Daily	8
9	Acupuncture	Daily	20
10	Immersion bath with Hot water	Daily	15

Results Achieved:

- After treatment of 15 days he was improved 90%. There was significant reduction in pain.

Pain analogues scale	On admission	On discharged
1-10	9	1

NOTE: Pain analogues scale use to understand the pain management and severity of pain. In that 10 is consider as severe pain and 1 is to be mild or no pain.

Follow-up advice:

His range of shoulder movement was improved up to 170 degree. And he was able to lift the shoulder without much discomfort. At the time of discharge he was given specific shoulder exercise program for one more month.

Case- 2 Management of Parkinson's disease

Introduction:

Parkinson's disease is a brain disorder that causes unintended or uncontrollable movements, such as shaking, stiffness and difficulty with balance and coordination. As disease progresses people may have difficulty walking and talking.

History:

Mr. RA, age 58 years, was admitted in the Ashram foe 10 days with the complaint of tremors In the both hands, slow and imbalance in walking since 3 years.

Treatments:

The main aim of the treatment was to reduce tremors, improve hand gripping strength and by this improving gripping and also improve balance in walking.

Diet therapy:

Time	Diet	Quantity in ml/gm	Days No:
6 am	Water	200ml	Daily
7 am	Milk + kadha	100ml + 100ml	Daily
8 am	Carrot juice	200ml	Daily
9 am	Amla and Turmeric juice	100 ml	Daily
10 am	Boiled Sprouts	200gms	Daily
11am	Jawar roti + Boiled vegetable + Chutney + soup	1+ 100gms+ 10gm+ 100ml	1-5
	Fruit diet (Seasonal fruits)	300-500 gms	6-8
	Jawar roti + Boiled vegetable + Chutney + soup	1+ 100gms+ 10gm+ 100ml	9-10
3 pm	Milk + kadha	100ml + 100ml	Daily
6:30 pm	Jawar Roti + Boiled Vegetable + Chutney + Soup	1+ 100gms+ 10gm+ 100ml	1-5
	Fruit diet (All seasonal fruits)	300-500 gms	6-8
	Jawar Roti + Boiled Vegetable + Chutney + Soup	1+ 100gms+ 10gm+ 100ml	9-10

Yoga Practices:

Asanas	Pranayama	Meditation
Uttanpadasana	Anuloma-viloma	45 min everyday
Pawanmuktasana	Bhramari	
Bhujangasana	Omkar	
Salbhasana		

Naturopathy and Physiotherapy treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Enema	Alternate day	
2	Full body Massage therapy	Daily	45
3	Steam Bath	Every alternate day	3
4	Mud pack on Abdomen	Daily	30
5	Vichy shower	Weekly twice	15
6	Exercise therapy: <ul style="list-style-type: none">• Strengthening exercises• Balancing exercises• Coordination exercises• Gait training• Hand gripping exercises	Daily	20
7	Acupuncture	Daily	20

Results achieved:

At the end of 10 days, his condition was improved up to 50%, His hand gripping strength was improved. He was able to walk with good balance.

Follow-up advice:

At the time of discharge, He was advised to continue particular strengthening and balancing exercise program. He was also advised to take healthy diet at home.

Case- 3**Management of Bell's Palsy****Introduction:**

Bell's palsy is a condition that causes a temporary weakness or paralysis of the muscles in the face. It can occur when the nerve that controls your facial muscles becomes inflamed, swollen, or compressed.

History:

Mrs JK, age 42 years was admitted in the ashram for 10 days, with the complaint of right side facial muscle paralysis since 10 days. On admission she was unable to close her eyes, was unable to smile on right side, speech was sluggish. She was on medications but there was not much relief.

Treatments:**Diet therapy:**

Time	Diet	Quantity in ml/gm	Days No:
6 am	Water	200ml	Daily
7 am	Milk + kadha	100ml + 100ml	Daily
8 am	Ash gourd juice	200ml	Daily
9 am	Pomegranate juice	200 ml	Daily
10 am	Oats	200gms	Daily
11am	Jawar roti + Boiled vegetable + Chutney + soup + Buttermilk	1+ 100gms+ 10gm+ 100ml + 100ml	1-10
3 pm	Honey water	2 tsp + 200ml	Daily
6:30 pm	Wheat Roti + Boiled Vegetable (2 + Chutney + Soup + Buttermilk	1+ 100gms+ 10gm+ 100ml + 100ml	1-10
8 to 9 pm	Milk with jaggery and turmeric	200ml	1-10

Yoga Practices:

Asanas	Pranayama	Meditation
Tadasana	Anuloma-viloma	45 min everyday
Pawanmuktasana	Bramari	Yog Nindra
Shavasana		
Sukshama vyayam		

Naturopathy and Physiotherapy treatments:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Full body Massage therapy	Daily	45
2	Steam Bath Every alternate day	Every alternate day	3
3	Mud pack on Abdomen	Daily	30
4	Faradic & galvanic Electrical stimulation	Daily	20
5	Exercise therapy: <ul style="list-style-type: none">• Facial muscle strengthening exercises	Daily	45
6	Acupuncture	Daily	20
7	Facial Massage	Daily	20

Results achieved:

At the end of the treatment, Her condition was improved up to 90%. She was able to close her eyes completely, was able to speak normally. She had gained her confidence back.

Follow up advice:

At the time of discharge, she was advised to follow particular exercise program for one more month to get complete recovery. Also advised to do regular yoga and pranayama for good health.

ARTICLES

GUT HEALTH



Dr. Ameya Devikar

Gut bacteria are an important component of the microbiota microbes called as gut microbiome, ten times more than the human ecosystem in the human gut, which is colonised by trillions of cells. Gut bacteria play an important role in human health, such as supplying essential nutrients, synthesising vitamin K, aiding in the digestion of cellulose, and promoting formation of blood vessels and enteric nerve function. However, they can also be potentially harmful due to the change of their composition when the gut ecosystem undergoes abnormal changes in the light of the use of antibiotics, illness, stress, ageing, bad dietary habits, and lifestyle which can cause many chronic diseases, such as inflammatory bowel disease, obesity, cancer, and autism.

How to fix the gut?

1. Fiber:

The gut microbiome thrive mostly on fiber. A balanced meal can provide a required daily allowance of 30g of fiber. Good source of fiber are

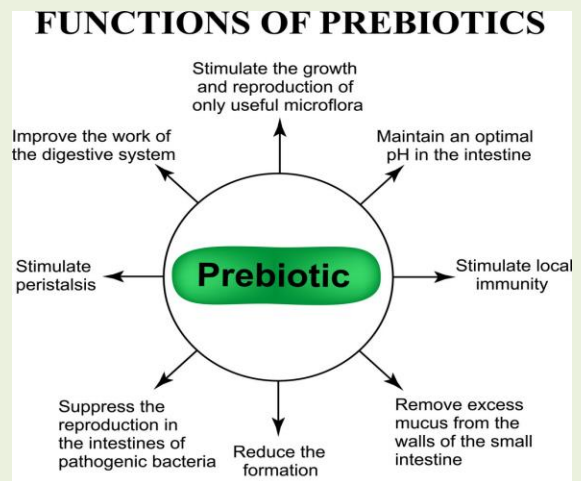
- Fruits like Apple, Pineapple, Guava etc
- Vegetables like carrots, beetroot, green leafy vegetables etc
- Legumes like beans , peas, chickpeas, lentils
- Nuts and seeds like almond, walnuts, peanuts, chia seed, flax seed, sesame seeds
- Whole grains like millets, brown rice, whole wheat

2. Prebiotics:

Prebiotics are non-digestible food ingredients that help the gut bacteria to thrive and thereby improving the overall health of the individual.

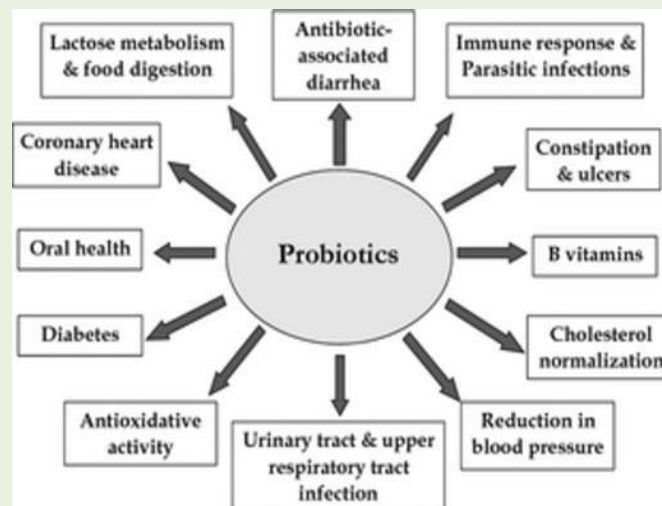
The sources of prebiotic are -

- Garlic
- Onion.
- Apples
- Bananas
- Oats
- Flax seeds
- Psyllium husk/isabgol



3. Probiotics:

Probiotics are defined as ‘live microorganisms which when administered in adequate amount offers health benefits to the human being.



Some of the beneficial effects of probiotic consumption include improvement of Probiotics, their health benefits and applications for developing healthier foods: a review Ravinder Nagpal, Ashwani Kumar, Manoj Kumar, Pradip V. Behare, Shalini Jain, Hariom Yadav.

intestinal health by the regulation of microbiota, and stimulation and development of the immune system, synthesising and enhancing the bioavailability of nutrients, reducing symptoms of lactose intolerance, and reducing the risk of certain other diseases. Examples of probiotics are Lactobacilli and Bifid bacteria.

Sources of probiotics are -

- Curd
- Buttermilk
- Homemade pickle in the right quantity
- Left over rice porridge from previous night

4. Playing outdoor:

The soil contributes to the human gut microbiome—it was essential in the evolution of the human gut microbiome and it is a major provider of beneficial gut microorganisms. In recent decades, however, contact with soil has largely been reduced which together with a modern lifestyle and nutrition has led to the depletion of the gut microbiome with adverse effects to human health.

Playing with mud can build up your gut, especially in your children. If you do not have access to a garden, order organic mud online and create a mud pit. Make sure that the mud is free from animal poop and urine.

Conclusion:

When the gut bacteria undergo some imbalance, several diseases may occur. Immunoregulatory activity is the main function of gut bacteria in the pathogenesis of these diseases. Diet-induced dysbiosis affects disease susceptibility, including IBD (Irritable Bowel Disease), diabetes, and obesity. In recent years, prebiotics and probiotics have been widely used in the treatment of some diseases, and have shown great effects. Gut bacteria have important impacts on human health and diseases, they can be used as a novel target to prevent and treat many chronic diseases.

SEVEN POWERFUL CONCEPT OF WELL-BEING

In India and other industrialized countries, being radiantly healthy is simply a matter of choice. But a joyful, rewarding life is not just a matter of choosing to exercise regularly and eat properly. To fully enjoy all the benefits of improved health, we need to transform all aspect of our lives.



Dr. Kushan Shah

Current research indicates that our thoughts, beliefs and expectations have great influence on our well-being, especially our immune system. By learning to live a balanced life and handle stress, each of us can become the master of our life.

Here are seven steps you can take to improve your outlook on life, enhance your self-esteem and strengthen your immune system all at the same time, take these seven transforming steps and open the door to a world rich with exciting possibilities for fulfillment.

1. **Keep fit:** Get plenty of exercise, sleep, pure water and nutritious foods. Avoid the use of caffeine, nicotine, alcohol, and other drugs that interfere with your immune system and your body's ability to function normally.
2. **Learn to relax:** Keep your stress level under your control. Get involved in sports and recreational activities. Pursue a hobby. Learn deep relaxation techniques, such as meditation, yoga, and breathing exercises.
3. **Rid yourself negative emotions:** Prolonged feelings of anger, depression, helplessness, and hopelessness trigger the release of substance that can suppress the immune system. Find a way to clear up your negative feelings as thoroughly and quickly as possible.
4. **Visualize your goals and dream daily:** Your thoughts determine your experiences. Each of us has the freedom to accept and embrace whatever thoughts we choose. You possess within the silence of your being the ability to think, create, and become whatever you want to become. So take your thoughts off the negative and think only about those things you want to be part of your life.

5. Find time each day to be alone: Embrace and enjoy the peace of your own company. If you improve all the outside factors, it will be of little value unless you also look inward for peace and harmony. Too often we look outside ourselves for our worth and forgot that nothing will ever be enough until we are enough. When we recognize that we are already enough, then everything will be enough.
6. Simplify your life: Simplification is to your life what a good rejuvenation program is to your body; they both seem to purify. You do not have to continually go faster and push harder in life just because everyone else is. You have a choice. When you go faster and continually push harder, without keeping life in perspective, you grow more and more insensitive to your needs and the needs of those around you. This is a sickness of epidemic proportions. A hurry or busy sickness. Slow down. Play more at this game called life. And be more concerned with your integrity and your experience of life than with how you look to people.
7. Develop a sense of humor: A healthy degree of emotional detachment and hearty laughter every day can stimulate the immune system. Laughter is the lubricant of life. It is what enables you to experience the fullness and joys of life. Being able to laugh at yourself and the incongruities of everyday situations is the best way to quell stress and to enjoy life.

A healthy lifestyle is more than eating right and exercising regularly. Make a commitment to yourself to enrich each day from a physical, mental, emotional, and spiritual standpoint. By putting this balance into your life, you will reap the rewards of getting more out of living. Happily and healthfully.

MINDFUL EATING



Dr. Vandita Bagul

Mindful eating means being fully attentive to your food - as you buy, prepare, Serve, and consume it. This concept is based on Zen Buddhism. In recent years, Eating has become a mindless act, often done quickly. This can be problematic, since it takes your brain up to 20 minutes to realize you're full. If you eat too fast, the fullness signal may not arrive until you have eaten too much. This is very Eating mindfully involves most of your physical and emotional senses to experience and enjoy the food choices you make. This helps to increase gratitude for food, which can improve the overall eating experience. The practice of mindfulness has helped thousands of people to live more intentionally and develop the skills necessary to manage chronic pain, disease, depression, sleeping problems, and anxiety.

How to practice:

1. Be a smart shopper who prepares the list, read the labels and pay attention to quality rather than quantity.
2. Eliminate distractions by turning off the TV, mobiles and notifications.
3. Distinguishing between true hunger and non-hunger triggers for eating.
4. Start with a small portion on your plate, so you don't feel obligated to finish it all.
5. Take small bites, chew slowly and try consciously savoring each bite.
6. At the beginning, middle, and end of your meal, assesses your hunger and satisfaction.
7. Appreciate all of what it took to bring food to your plate.
8. Let hunger pangs guide you're eating, not your emotions. Substitute a physical activity for a snack until you are actually hungry.
9. Keep healthy food choices, such as fresh fruits and vegetables, readily available in refrigerator to encourage healthy eating habits.
10. Stop eating when you feel 80% full - by eating mindfully, you should feel full a lot quicker.

Benefits:

1. Easier digestion
2. Reduce calories
3. Less binge eating
4. Reduce food cravings
5. Weight loss
6. Improves the symptoms of type 2 diabetes mellitus
7. Good for digestive disorders
8. Better absorption of nutrients
9. Improves gratitude
10. Eliminates emotional eating

EDIBLE SEEDS IN HUMAN DIET FOR IMMUNITY DEVELOPMENT

Adequate nutrients are required for all cells to develop immune systems. Seeds are rich in proteins, healthy fat, fibers and minerals such as magnesium, potassium, calcium, iron and zinc and contain vitamins such as B1, B2, B3 and E. Among minerals including zinc, selenium and amino acid like glutamine play a vital role on developing immune system in the body.



Dr. Samruddhi Vyas

COMMON SEED USED IN DIET:

Pumpkin seeds

- Good for arthritis, Help to reduce Inflammation, Reduce the risk of diabetes, Treat insomnia, Prevent hypertension, Improve body metabolism, Prevent Eye disorder, Plant base Omega-3-fats ,Improve prostate health, Good for postmenopausal women.

Flax seeds

- Managed life style disorder, anti-diabetic, improves hypercholesterolemia, hyperinsulinemia, hyperlipidemia, and hyperleptinemia, prevent cancer, improve bone health, manage kidney diseases, regulate bowel movements prevent constipation, improve elasticity of skin.

Sesame seeds

- Blood sugar lowering activity, Lipid-lowering activity, Anti-cancer activity, Blood pressure-lowering activity, Liver protective activity, anti-inflammatory, antifungal activity, antibacterial activity, antioxidant activity.

Sunflower seeds

- Good for epidermal health, Reduce weight, assists in hair care, Balance hormone levels, Prevent cancer, Treat insomnia, Improve gastrointestinal health, Treat Anxiety and depression.

Oat seeds

- Its rich in fiber, Promote weight loss; it boosts immune system, Rich in protein, Prevents diabetes, and Lower cholesterol.

Barley seeds

- Help to protecting Heart health. Keep intestine healthy, Prevent osteoporosis, Provides skin care, Protect against gallstones, Boosts immune system, Help to prevent Asthma.

Quinoa seeds

- High protein value, Help to maintain weight, Improve Digestion, Prevent bone diseases, Regulates glucose level in the blood, Protect vital organs, loaded with minerals.

Mustard seeds

- Loaded with vitamins and minerals, Prevent cancer, Provide relief from headache, Good for cardiovascular health, Strengthen bone, teeth and gum, Prevent ageing.

How can you add Edible seed to diet?

- One way to eat the seeds is to roast them and then eat them whole or mix them into a smoothie.
- Edible seeds can also be eaten raw or used as a topping on salads.
- Another way to eat them is to grind them up and use them to make a pesto sauce or sprinkle it over roasted vegetables.
- They can be included in recipes, such as muffins, breads, pancakes and juices.
- People often eat them as snacks.

GOLDEN MILK (Natural Turmeric, Milk)



Dr. Ganesh Agrahari

Introduction:

- Golden milk, also known as haldi doodh in Hindi or as turmeric milk in popular culture. Golden milk has been a part of Indian tradition for centuries. This drink is bright gold, stemming from yellow turmeric mixed into white milk.
- Golden milk is a multicultural drink originating in Asian countries and consumed for its anti-inflammatory properties and pungent flavor. Also highly known as either “golden milk latte” or “turmeric tea”.
- Golden milk is a traditional Ayurvedic drink prepared with turmeric root (or ground turmeric), milk (originally prepared with cow’s milk, but can also be prepared with plant-based and dairy-free milk like almond and coconut), and it can be sweetened with honey or jaggery.
- Golden milk is a healthy Indian drink mostly made with just two ingredients – milk and turmeric powder. This is a traditional age-old preparation for fever, cold and coughs and is still accomplished broadly in most Indian homes.
- People have been drinking turmeric milk since their childhood. This drink is known to build immunity and fight against disease, cold or when you are in need to boost your immunity.

- Turmeric is customary in Ayurveda for its health benefits. It is whispered that drinking turmeric milk before going to sleep maintains all kind of sickness. This golden milk is popular in western countries and they call it as turmeric latte or golden milk.
- Golden milk contains antibacterial, antiseptic, anti-inflammatory and anti - cancer properties. It has a various range of potential health benefits and, therefore, may be a valued addition to a balanced diet.
- Golden milk is a great source of Protein, Antioxidants, Curcumin, Magnesium ,and Calcium.

Ingredient:

- 1 glass (200 ml)Milk,
- Add ¼ - ½ tsp. of Turmeric powder
- Jaggery / Honey- as per taste
- ¼ tsp. of cinnamon powder (Optional)
- 1 pinch of black pepper powder (Optional)

Nutritional value:

Nutritional value of Turmeric:

- 1 tablespoon of ground turmeric powder contains 29 calories, 6 grams of carbohydrate, and 2 grams of fiber, 1 gram of fat and slight protein. It contains around 16% of your everyday iron desires (2.8 mg) and 26% of your everyday manganese needs (0.5 mg).
- Turmeric also contains vitamins like B3, C, E, and K. it also contain other minerals other minerals such as calcium, copper, iron, magnesium, potassium, and zinc.

Nutritional Value of Cow Milk:

- 100 ml of cow milk contains 67 kcal, 3.2 grams of protein, 4.1 grams of fat, 4.4 grams of lactose, and 120 mg of calcium.
- Cow's milk is a good source of protein and calcium, as well as nutrients containing vitamin B12 and iodine. It also has magnesium, which is essential for bone development

and muscle function, and whey and casein, which have been found to play a role in decreasing blood pressure.

Preparation:

- 1 - Add milk to a pan on medium heat. After one or two minute (when the milk is little lukewarm) add turmeric powder to it.
- 2- Then add jaggery / honey as per taste
- 3- Whisk all ingredients together and bring to a low simmer for 2- 3 minutes. You don't need to boil it but it should be pleasantly hot throughout.
- 4- Remove pan from heat, cover pan with a pan cover or lid and let it sit down for another 5 minutes for the flavors. Strain the golden milk by a strainer into serving cups.
- 5- Don't let it cool down completely but also no requisite to burn the tongue. So drink the milk warm or as your required temperature it suits you well.
- 6- You can add other healing ingredients such as cinnamon or black pepper to turmeric milk, which will enhance not only its medicinal potential but also its taste, making it healthier and more palatable.

Health benefits:

- Golden milk is an excellent blood purifier and cleanser.
- It Relieves chest congestion.
- Fights against cough and cold.
- Improves digestion.
- Helps with a healthy glowing skin.
- Promotes relaxation and lowers anxiety level.
- Protects against oxidative damage and insomnia.
- To improve memory and brain function.
- Improving bone health.
- Fight off various infections and build (and boost) immunity due to its antibacterial properties.
- Golden milk has anti-inflammatory properties, which reduce inflammation and joint pain from osteoarthritis and rheumatoid arthritis.

- Golden milk gives benefits to patients with depression - Curcumin boosts BDNF (brain-derived neurotrophic factor) levels in the brain, so helping patients with depression. Curcumin as well boosts up the brain's neurotransmitters serotonin and dopamine.
- To protect against heart disease - curcumin increases the function of blood vessels linings is named endothelial function, proper endothelial function is significant for a healthy heart.
- Anti-ageing effects - Anti-oxidant properties of curcumin in turmeric prevent damage to cells and thus slow down ageing.
- Preventing cell damage - antioxidant properties of Curcumin repair cell damage and help reduce the risk of many illnesses.

Best Time to Drink Turmeric Milk:

Turmeric milk is best effective when taken before bedtime. The warm milk helps to soothe and relax the body, while the turmeric works to shrink inflammation and promote healing. Drinking turmeric milk before bed can also help to increase sleep quality and reduce stress levels.

Conclusion:

Golden milk is also known as turmeric milk, possesses a variety of health benefits from relieving cancer symptoms to healing wounds, turmeric holds a plethora of health benefits. The main active ingredient in turmeric, curcumin takes powerful anti-inflammatory properties and a very strong antioxidant. It has been accredited with a variety of health benefits due to its medicinal properties.

EXERCISE FOR LIFE

Why is physical activity important?

Exercise and physical activity is good for everyone, including older adults. No matter how good is your health and physical abilities; you can gain a lot by staying active. In fact, studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.



Dr. Gauri Shah

Here are few benefits of daily exercises:

- Increased strength – Exercise improves muscular strength and the nerves that are used to lift heavy objects. This does not necessarily mean that a person will get bigger; muscles can become stronger without increasing noticeably in size.
- Exercise controls weight -Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.
- Improved energy – With improved blood flow, less fat, and fewer stress hormones in the bloodstream, the body is more free to conduct its daily operations. When the body does not have to put as much work into functions such as breathing and pumping blood through the heart, you will feel the additional energy.
- Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer
- Resistance to physical accidents – The majority of health conditions in the senior community occur as a direct or indirect result of a fall. Physically fit older adults are less likely to fall or injure themselves during routine activities.
- Better posture – People who exercise generally have more balance and will have an easier time maintaining good posture because of the strength of their bones and muscles.
- Improvement in chronic conditions – People with conditions that might otherwise disable them or exacerbate physical or mental issues may see their strength and stamina improve

through exercise, with a reduction in symptoms related to issues as varied as bone density loss, arthritis, Alzheimer's disease, depression, and anxiety.

- Reduced blood pressure – Exercise reduces blood pressure, and can even help people with diagnosed hypertension experience fewer symptoms.
- Improved mood – Exercise is well known to be a general mood enhancer.
- Increased focus – If the body is in shape, the mind is much better able to focus on tasks.
- Less stress – Exercise allows the body to work off stress, which has the added benefit of getting rid of the stress hormones that can lead to heart problems.

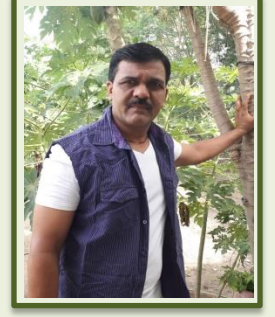
Here are few types of exercises:

- Walking, bicycling, or dancing. Endurance activities increase your breathing, get your heart pumping, and boost chemicals in your body that may improve mood.
- Yoga. This mind and body practice typically combines physical postures, breathing exercises, and relaxation.
- Tai Chi. This "moving meditation" involves shifting the body slowly, gently, and precisely, while breathing deeply.
- Activities you enjoy. Whether it's gardening, playing tennis, kicking around a soccer ball, etc, choose an activity you want to do, not one you have to do.

KRIYA

If you follow the nature with proper lifestyle than you will be face from all diseases like that if you follow yoga on daily basis and proper way that's make you good person.

युक्ता आहार विहारस्य, Means your food, lifestyle and all the habits should be related to yoga. If you are not healthy then your immunity will go to become low and that attracts disease.



Mr. J.J. Wadekar

देहे सर्वत्र चोष्णस्य समता तोघवं सुखमं
क्षत तीक्ष्मा गाढनिद्रा मनसोऽपि प्रसन्नता
शरीरे कर्मसामर्थ्यं अनालस्यंच कर्मस
स्वतस्वेदोगमकाले स्वस्थांलक्षयन्ति हि.

That means, if you want to stay healthy than you have to follow this rules in your daily life.

- 1) Your stomach should be clean properly.
- 2) Your weight should be maintained.
- 3) Your skin should be clean.
- 4) Avoid laziness and day sleep.
- 5) Hungriness should be proper and real.
- 6) Deep sleep.
- 7) Your body should be relaxed that means pain free.
- 8) Mental happiness.

For this all rules achievement in ancient book of yoga Gherandsanhita give the first preference to Kriya. After the physical and mental peace and perfection and purification you are capable to practice Asana, Pranayama, and Dhyana.

Another Name of Shuddhikriya is the ShatKarma that means six type of kriya (action).

धौतिबस्तिस्तथा नेतिनैतिकी त्राटकं तथा
कपालभातिश्चैतानि षट्कर्मानि समाचरेत्

That means Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati these are 6 types of kriyas.

These 6 types of kriyas also have some sub divisions...

1) Dhauti-

- a) Antadhauti
- b) Dantdhauti
- c) Hrudhdauti
- d) Mulshodhan

a) Antadhauti-

- A) Vatsar
- B) Varisar
- C) Bahiskrut
- D) Vanhisar

b) Dantdhauti-

- A) Dantmul
- B) Jihvamul
- C) Kapalrandra
- D) Karnrandra

c) HrudDhauti-

- A) Vaman
- B) Dand dhauti
- C) Vasra Dhauti

2) Basti -

- A) Jalbasti
- B) Stal basti , Shusk basti (Sankhaprakshalan)

3) Neti-

- A) Jalneti
- B) Sutra neti, Raber neti

4) Nauli-

- A) Wam nauli
- B) Dakshin nauli
- C) Madya nauli

5) Tratak-

- A) Samipratk
- B) Durtrata

6) Kapalbhathi-

- A) Vatakram Kapalbhathi
- B) Shitkram Kapalbhathi
- C) Vyutkram Kapalbhathi

- Jalneti helps to cleans your forehead & Nasal passage mucus related diseases like blockages of nose, sinusitis, Rhinitis, Allergies of dust, Headache, Running nose this all diseases should be cure by Jalneti & Sutraneiti.
- Trataka helps to clean the vision & improve the eye sight. It helps to increase facial glow also.
- Dhauti helps to clear your abdominal region. It's helpful to reduce your gas & hyperacidity like issues. After practice of Dhauti you will feel relax whole day. Its helps to increase digestive problem.
- It helps to increase immunity, which is helps to cure frequent cold & cough its helps to balance your Doshas & clean your nerve blockages.

- Kapalbhata helps to reduce a tiredness and lazzyness. It is good for balancing our Vat – Pitt – Kaff. You started feel lightness in your body, and feeling energetic whole day. If you practice daily kapalbhata than your body should be free cold & cough.
- Nauli kriya helps to improve your digestion, and it helps side effects of some diseases like Obesity, Constipation, Hyperacidity, Indigestion and Diabetes also.
- So Kriya is the most important part of Yoga. Learn first kriya with guidance our yoga Guru. Than do practice. Practice is most important of kriya.

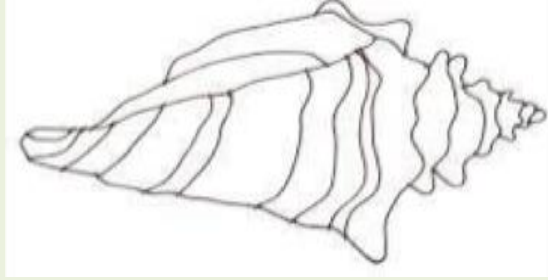
SHANKHAPRAKSHALA KRIYA

वातसारं वाररसारं वन्हिसारं बहिष्कृतम
घटस्थ ननमराथामय अहतधौनतश्चतु वमर्धा ॥
(घेरण्डसंहिता प्रथमोऽध्यायः- श्लोक क्र.14)



**Dr. Bhagwati Devi
Mukhedkar**

Among the six siddhikriyas, Dhauti i.e. Sankha Prakshalan is the kriya entire alimentary canal is cleansed. The structure of the intestines in our body is round like a conch shell; hence its name is Shankhaprakshalan.



The following yogasana should be practiced -

Tadasana

Tiryaka Tadasana

Katichakrasana

Tiryak Bhujangasana

Udarakarshanasana

Lerman syrup

Make syrup by mixing warm water, lemon and salt.

One medium sized lemon and one teaspoon of salt should be kept in one liter of warm water. Do not make this mixture too sour or salty.

A variation of the above yoga practice is to perform one asana four times after taking two glasses of syrup.

Then complete one rotation again. Due to these asanas, the initially ingested syrup passes from the stomach to the small intestine.

It empties the stomach. So again drink two glasses of syrup as above. Then two rounds should be done again.

In this way the sequence should continue. For those who have a light stomach, after taking four to six cups of syrup, the stomach will be cleared. For those who have a heavy stomach, after taking ten to twelve glasses of syrup, the stomach is cleared.

The activity should be stopped as soon as the stomach feels cleared.

Shavasana is required for one hour afterwards. Do not do any movement and do not sleep.

Post activity meal thin khichdi of mung bean and ghee. Papad, pickles, chutney should not be taken with these.

Effects within the body:

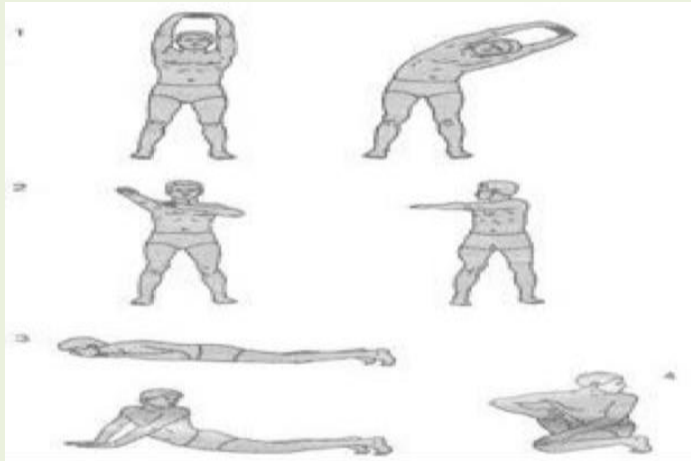
Dehnirmalkarakam (देहनिर्मलकरकं – हठप्रदीपिका)

- Stomach, small intestine, large intestine, rectum are cleansed.
- The thirty feet long passage from the mouth to the anus is completely emptied and cleaned.
- Improves digestion
- It is used to purify the blood

The following persons should not perform this procedure-

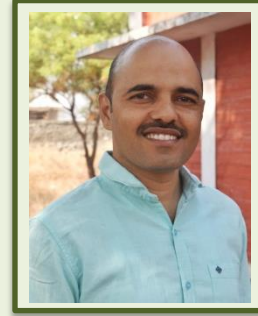
- Men and women below sixteen years and above sixty years.

- Pregnant women.
- Menstruating women.
- Heart disease, high blood pressure, ulcers, colitis, disabled person.



LAUGHTER YOGA

Laughing and crying are the basic expressions of human beings. We try to connect with ourselves by resorting to expressions of humor. Connecting with yourself is yoga. The name of adding the expression of your own humor to yourself is "Laughing Yoga or Hasya yoga".



Mr. Tushar Jagdale

There are three unique uses of Laughing / Hasya yoga, which take us slowly to ourselves:-

- In the first practice, you have to laugh loudly while looking in front with your mouth open (two minutes).
 - In the second practice, keeping the lips lightly close, the laughter is to be pushed forward. Keep your eyes open during the practice (two minutes).
 - In the third practice, the eyes are to be kept lightly closed, the lips will remain close. In this situation, laughter has to be carried forward.
- In the end, sit quietly for two minutes and observe your physical and mental state.

Tips - In this experiment, it is necessary to have your full attention on your nose and lips.

BENEFITS OF LAUGHING YOGA

- There is a deep and prolonged laxative experience similar to the purification of the respiratory tract. Hitch helps in keeping the stomach soft.
- We feel a deep sense of fear of life and ego at the umbilical region. Laughing yoga is very beneficial to reduce its stress.
- Physical and mental stress is removed instantly.

REFERNCES FOR LAUGHING YOGA

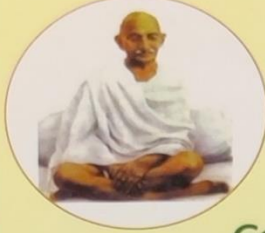
- Head becomes calm and cool, stomach soft and feet warm (Nisargopchar).
- If thirty two blooms then seventy two thousand will open (Famous saying).
- Hasiba Kheliba, Kariba Dhyanam (Guru Gorakshanath's teachings on living life).
- As instructed by Gautam Buddha, his disciple Sariputra, focusing on

Manifestation of laughter, described it in six forms :-

1. In the third form, he has called Vihishita. It is done with an open smile, a little smile is also involved.
2. He has called the fourth form Upahsita i.e. loud laughter in which there is a voice.
3. He has called the fifth form as 'Ahansita' in which tears also come from the eyes with loud laughter.
4. He has called the sixth form 'Atihansita' in which with a loud noise in the body is rolling.

Laughing at oneself is the beginning of life
transformation.

Ashram presents Instrumental Recital of
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BLISS



Gandhiji's favourite Bhajans

◆ Vaishnava Jana to ◆ Raghupati Raghava Rajaram

for
Meditation

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Pandit Shirish Upadhye

Accompanied by his disciples
Shri. Anup Kulthe, Ms. Divija Joshi and
Shri. Prateek Tiwary (Guitar)

Supported by : Shri. Ajay Parad

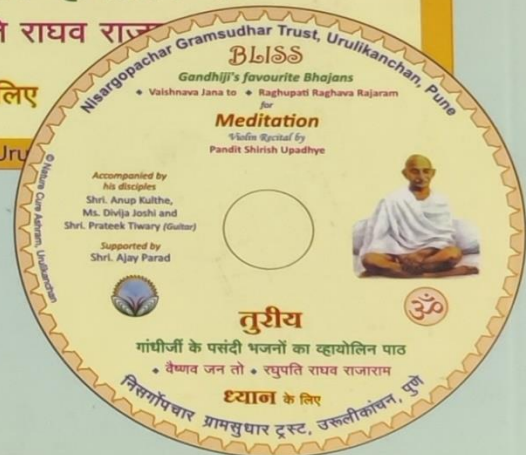
तुरीय

गांधीजी के पसंदी भजनों का व्हायोलिन पाठ

◆ वैष्णव जन तो ◆ रघुपति राघव राजाराम

ध्यान के लिए

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THANK YOU!