



ANNUAL REPORT 2022-2023



NISARGOPCHAR GRAMSUDHAR TRUST





Nature Cure Ashram

**Urli Kanchan, Pune 412 202
Maharashtra | INDIA**

Phone: 020-26926298 / 230 / 250

**Email: enquiry@nisargopcharashram.com
website: www.nisargopcharashram.org**



Nature Cure Ashram, Urulikanchan, Pune.



Mahatma Gandhi, Shri.Balkoba Bhawe and Shri.Manibhai Desai came to Urli Kanchan on March 22nd, 1946, to establish Nisargopachar Ashram.

Shri Krishna Chandra Agarwal also came from Sevagram Ashram and served as a trustee while managing the accounts and library.

Later many volunteers who were inspired to serve the neglected rural communities came forward to ashram and a few among them devoted their entire life as sevaks who were Smt.Gangaben Bhate, Shri.Vishnupant Gokhale,Smt. Hoshiyariben Bohare, and Shri.Ganesh Behade. With strong foundation laid by these noble Gandhian's, the ashram has completed 76 years for serving the humanity.





The Logo, the unique design of the logo symbolizes the basic principles of nature cure. Panchamahabhut as Earth (Prithvi), Water(jala), fire(Agni), Air(vayu) and Space (Akash) which supports the life forces in nature.

Two petals with a dot at the center represents human life which is dependent on these elements for survival and wellness which is underlying principle of naturopathy.

The green petals represents our precious natural resources, blue color is synonymous with the sky and orange edges of the motif symbolize the fire.





Nature Cure Ashram

CONTENTS

Section 1	The Progress
Section 2	Article on naturopathy and healthy living
Section 3	Article on yoga and its role in health management
Section 4	Case studies





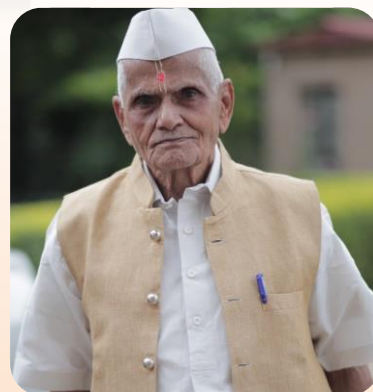
Board of Trustees



Shri. Hrishikesh A. Mafatlal
Chairman



Dr. Narayan G. Hegde,
Managing Trustee



Shri. Dnyanoba T.
Kanchan, Trustee



Shri. Girish G. Sohani,
Trustee



Dr. Abhishek Devikar,
Director &
Trustee Secretary



Mahatma Gandhi's Faith in Nature Cure

Community Health - Key to Prosperity

Gandhiji was well aware of the poverty in rural India since his childhood. However, when he read a book titled 'Unto This Last' on political economy and social reform, written by a British art critic, John Ruskin, he got an insight into poverty. This book became the basis of Sarvodaya movement for the upliftment of the rural communities in India. Gandhiji was aware that ill-health was a big burden on rural people, as they lose their daily wages during sickness and often have to sell their assets to receive medical treatment. With this background, while mooted the concept of building modern villages across the country, Gandhiji said, 'An ideal village will be so constructed as to lend itself to perfect sanitation. The village lanes and streets will be free of filth. In the absence of closed drainage systems, villages can become the breeding ground for parasitic diseases and malaria'.

Gandhi's Faith in Nature Cure

Gandhiji did believe in all the systems of medicine but preferred nature cure. He himself had struggled with personal health problems, but got treated himself through nature cure, or by fasting and experimenting with dietetics. Gandhiji said, 'Human body is a wonderful and perfect machine. If it gets out of order, it can set itself right without medicine, provided it is given a chance to adjust itself. If we are not self-disciplined in food habits or if our mind is agitated by emotion or anxiety, the body cannot eliminate all the refuse. This turns into toxins that shows different symptoms which we call disease'.

Gandhiji was concerned about the ignorance of a majority of the people, including the literates about their body and illness, who do not realise that both excess of indulgence or excess of denial can cause disease. People fall in the loop of eating more, having digestion issues, visiting a doctor, taking medicine and becoming completely fine, and repeat again.



During his stay in South Africa, Gandhiji suffered from rheumatic inflammation and Dr. P.J. Mehta treated him. He was also given medicines to remove tiredness, but it had some side effects. This strengthened his faith in Nature Cure. Then he read three important books on naturopathy, namely 'Return to Nature' by Adolf Just, 'New Science of Healing' by Louis Kuhne and 'My Water Cure' by Father Sebastian Kneipp and understood the science behind naturopathy. After gaining confidence, Gandhiji took up two major risks. In 1902, his second son, 10-year-old Manilal, had a severe attack of typhoid, combined with pneumonia and signs of delirium at night.

The doctor said medicine would have little effect, but eggs and chicken broth might help. Gandhiji told the doctor that as they were vegetarians, it was not possible for them to adopt these food in their meals. Thereafter, he tried Kuhne's treatment of hip bath for 3 minutes giving orange juice mixed with water for three days. But the temperature persisted up to 104°F. That particular night, Manilal became restless. However, Mahatma Gandhi had faith in hydrotherapy. Hence, keeping trust in God, he gave his son a wet sheet pack and wrapped him in a wet sheet, keeping only his head out and then covered him with two blankets, and placed a wet towel on his forehead. His body was burning like hot iron and there was no perspiration. Unable to face the situation, Gandhiji went out for some time, chanting Ramanama. He said, 'As human beings are possessing mind and soul, in addition to the treatment of the body, reciting of Ramanama is the best nature cure treatment.'

When Ramanama is taken from the heart, it derives help from an incomparable power. It is so powerful that the atom bomb is nothing compared to Ramanama. This power is capable of removing all pains (Harijan, 13-10-'46).' Gandhiji said that God has many names like Ishwara, Allah, Khuda, etc. Each can choose the name that appeals most to him. But the recitation must be born of faith (Harijan, 3-3-'46).

After a while, Manilal started perspiring profusely and the temperature started receding. The fever continued mildly for 40 days during which period, he was kept on diluted milk and fruit juices. Manilal finally got well and turned out to be the healthiest person. Later in 1909, when Kasturba was suffering from anaemia, the doctor advised that the only way to save her was by giving beef broth, but she refused.



Then Gandhiji successfully treated her with naturopathy. Hence, although he had confidence in nature cure, the concern was how to take it to the villages, for the benefit of millions of poor.

Gandhiji wrote, 'To fall ill should be a matter of shame for anyone. Illness implies some error or other. He whose body and mind are perfectly sound, should never suffer from illness. An evil thought is also an indication of illness. Therefore, we should guard ourselves against evil thoughts. All mental and physical ailments are due to one common cause of excess of food, anger and lack of sleep. So, a common remedy consisting of a natural diet, sun and water bath with plenty of fresh air will help, but with a faith in the divine power. According to Gandhiji, nature cure is a way of life, which does not sell the cure, but it teaches the right way of living. That knowledge, will not only help us to cure, but also to prevent from falling ill in the future.

Thus, in a way, Nature Cure begins where doctor's treatment ends. Nature cure does not require external medicines or sophisticated equipment, as it uses basic elements of our existence: Earth, Water, Space, Sunlight and Air, responsible for our survival and for cure of any disease. This is for treating the ailing body. For treating the mind, Gandhiji felt that Ramanama is the best medicine.

Nature Cure for Villagers

With such vast knowledge and rich personal experience, Gandhiji was determined to reach millions of poor who were living in distressed conditions due to ill-health. His Nature Cure was designed solely for villagers in villages. In 1945, Gandhiji stayed at the Nature Cure Clinic and Sanatorium in Pune for 3 months with Sardar Vallabhbhai Patel, who was unwell. During this stay he decided to set up a Rural Nature Cure centre at Urulikanchan village. On March 22, 1946, Gandhiji came to Urulikanchan and set up the Nature Cure Centre at a farmhouse. He sent Shri. Balkoba Bhave, younger brother of Acharya Vinoba, as the Head and Shri Manibhai Desai as the Chief Manager of the Ashram. There were about thirty patients on the first day. Gandhiji examined 5-6 of them and prescribed for them various treatments and advised them to recite Ramanama. In the evening, Gandhiji conducted prayer meeting, by reciting five selected Bhajans. Later, Gandhiji wrote, 'It was at Urulikanchan I asserted that the surest remedy for all our ills was Ramanama (Harijan, 22-6-'47).



Nature Cure Ashram at Urulikanchan

Over the last 75 years, the tradition set by Mahatma Gandhi has been continued. The daily schedule starting from 5 am, keeps the inmates busy till 9 pm. The schedule covers prayer, massage, yoga, sun bath and mud therapy, followed by hydrotherapy, mud pack on eyes, special yoga, hydro and physiotherapies for specific diseases, lecture, bhajan and meditation. Apart from a healthy *Satvik* diet, patients are told to incorporate various herbs rich in anti-oxidants, mineral and vitamins in their daily diet.

In 2022-23, the total number of patients who availed the services of the Ashram were 9067, of which, 78% were indoor patients and 22% were outdoor patients. Over the years, the disease profile of patients admitted has changed significantly. During this year, Over 22 per cent patients have been suffering from obesity and overweight, followed by type 2 DM (13%), hypertension, (12%), digestive disorders (7%), lumber spondylitis (5%), Musculo-skeletal pain (4.5%), and other ailments.

These diseases indicate that increasing pressure of stress, bad food habits, lack of physical exercises and environmental pollution are the reasons for poor health. Hence, prayer and meditation play an important role in healing these diseases. The Ashram continues to recite bhajans selected by Gandhiji during the evening prayer. These Bhajans remind us the preaching of Gandhiji and our moral obligations to remain good human beings.

The Ashram has introduced several new therapies and published books on various aspects of Naturopathy based on the experiences of the doctors. Special audio-visuals have also been developed for online training and meditation. Training is an important activity to popularise naturopathy. Over 97% patients who have availed treatment at the Ashram have expressed their satisfaction as they could get cured or bring the health problem under control. This reaffirms our faith in nature cure for improving the health of common people in the future.

Dr. Narayan G. Hegde
Managing Trustee, Nature Cure Ashram,
Urulikanchan, Pune



Will 2023 bring new global health progress?

The year 2022 started with the largest global surge in Covid-19 cases since the start of the pandemic spurred by the spread of the Omicron variant. Despite the rising cases as we head towards the end of the calendar year, the focus on global health has widened beyond Covid-19, to enhancing the resilience of health systems to restore progress on health-related sustainable development goal and mitigate the effects of future pandemic threats. We enter the year 2023 with a question that “Will 2023 bring new global health progress, or will the world fail in delivering the promise of health for all?”

Global harmony was challenged in several other ways this year, including Russia’s attack on Ukraine and the food crises and increasing financial it caused. Although Covid-19 cases declined through much of 2022, the global public consciousness did not carry much threat though its impact still being deeply felt. Knowing the burden of disease in the post covid world, we need to make concerted efforts as a response and recovery from such outbreaks which will continue to occur as a result of the Climate change and will lead to major disruption in health care delivery system.

Our motto should be working towards having a living and working conditions that are conducive to lifelong health and wellbeing. Clean, unpolluted air, organic fresh food supply and advancement towards the core principle of Sustainable development. Health systems have a critical role to play yet one has to play his part and work on their both physical and mental health by incorporating healthy practice and routine to ensure good immune response during health crisis which means health behaviors in the direction of an enhanced engagement in one’s own self-management of health.

It’s high time that each one of us understands our strengths and weaknesses and work on those grey areas by adopting an easy and practical approach offered by Ayurveda, Homeopathy, Siddha, Unani or Sowa rigpa.



Naturopathy is one of the ancient AYUSH systems of medicine which offers an individual the right knowledge to understand his composition, things suits them most, objects to refrain from and choose a path towards healthy and happy life.

We take the pride and privilege that through Naturopathy & Yoga, we have helped thousands of patients to combat various health concerns raised due to covid-19 during the last three years.

The customized naturopathic diet, regular sun baths, the hydrotherapeutic measures, customized Yog asanas, pranayama's, manipulative therapies like Massage, Neurotherapy, fasting therapy and right nutrition along with counseling has been the pillars of treatment for over 77 years at Nisargopchar Ashram. This concept of healing was preached by father of nation Mahatma Gandhiji himself, where he suggested Naturopathy to be a future of medicine during the era of non-communicable diseases and thus It holds true and relevant more so in the current times. To stay healthy as you re-integrate into the post covid world, we recommend you ensure balanced nutrition to performance level. Keep your mind and body running well.

Diet plays a crucial role in either increasing or reducing stress down to cellular level. The fuel you put in your body can work as a defense against illness and help your body work at its peak

Regular exercise can reduce your chance of getting either a virus or a long-term disease. Exercise can increase your immunity to certain illnesses while also reducing the stress hormones, which can increase your susceptibility to disease. It helps strengthen your muscles-including the heart and lungs thus better preparedness to fight illness.

When you integrate back into normal life, you must be intentional about your water intake. You must hydrate yourself often and adequately as it helps you rid your body of toxins, making sure your body functions properly and helps prevent illness. Adequate water intake enables your brain to produce the necessary chemicals like serotonin or melatonin for optimal emotional and sleep health.



Sun exposure to get enough vitamin D has shown a gateway to many health benefits. Consistent exposure can help reduce the risk of illness, infections, some cancers, as a preventive measure and it has many therapeutic health benefits as well. Stress has been shown to weaken the immune system, dampening its ability to function. Taking care of mental health can help you avoid mood disorders like depression or anxiety and less prone to feel lethargic or unmotivated. Both the lengths and quality of sleep have been shown to impact immune health. Your body needs sleep to fight infectious diseases, putting you at a higher risk when exposed to viruses. In today's world, one has to be self-motivated in order to stick to a healthy routine and lifestyle. A group activity and familial approach always works best when it comes to diet, exercise, yoga, sleep and positive mindset. In the end, it feels worthwhile because health is beyond wealth, possessions and or accomplishments.

It is health which is real wealth and not pieces of silver or gold said Mahatma Gandhiji.

Dr Abhishek Devikar
Director & Trustee Secretary



Daily Activity Schedule

Time	Activities
5.00 am – 5:30 am	Invocation (seeking oneness with the Self through prayer)
5.15 am -6.15 am	Yoga session (yoga sadhana)
6:15 am - 7:00 am	Yoga session (yoga sadhana)
6:00 am – 7:00 am	Yoga session (Prerna mandhir)
7:00 am – 8:00 am	Herbal tea or kaadha
8:00 am – 9:00 am	Veg and fruit juices
8.30 am – 9.00 am	Sun bath and mud therapy
9.00 am - 9.30 am	Amla, turmeric and wheat grass juice
9.00 am -11.00 am	Hydrotherapy
9.00 am -11.00 am	Physiotherapy
10.30 am - 12.30 pm	Lunch - Natural diet
12.30 pm – 1.00 pm	Mud pack on eyes
1.00 pm – 2.00 pm	Silence Period, self study.
2.15 pm - 2.45 pm	Yoga includes pranayama/ deep breathing/ special session
2.30 pm – 5.00 pm	Hydrotherapy, Physiotherapy, Acupuncture, Neurotherapy, Library
3:00 pm – 4:00 pm	Herbal tea, juices
4.30 pm – 5.30 pm	Discourses on Naturopathy, Yoga and Holistic health
5.30 pm – 6.00 pm	Orientation of new patients
5.30 pm - 6.30 pm	Dinner
6.30 pm – 7.00 pm	Walk/Leisure time/Recreation
7.15 pm – 7.45 pm	Prayer
7.45 pm – 8.45 pm	Meditation / Trataka /Swadhyaya (self-study)
9.30 pm onwards	Silence Period Rest



Section I

Progress

Nisargopchar Gramsudhar Trust strives to provide an equitable and integrated model of healthcare, by empowering the common man with knowledge of healthy lifestyle in line with the nature's principles for health being laid by the experts in the field of Naturopathy & Yoga including Father of nation Mahatma Gandhiji who established Nature Cure Ashram in the year 1946.

Considering comprehensive health care, The Trust has been working on both physical and mental health of IPD patient, health check up camps, naturopathy and yoga awareness camps, training of traditional health practitioners towards community health in rural as well as urban areas. We are grateful to all CSR groups, donors, agencies and stakeholders who have been kind, supportive and participative.

Our deep-felt gratitude to the people whom we serve as they are the pivotal force and purpose behind our work. As per the planning made previous year, we were able to incorporate technology-based innovations in health care.

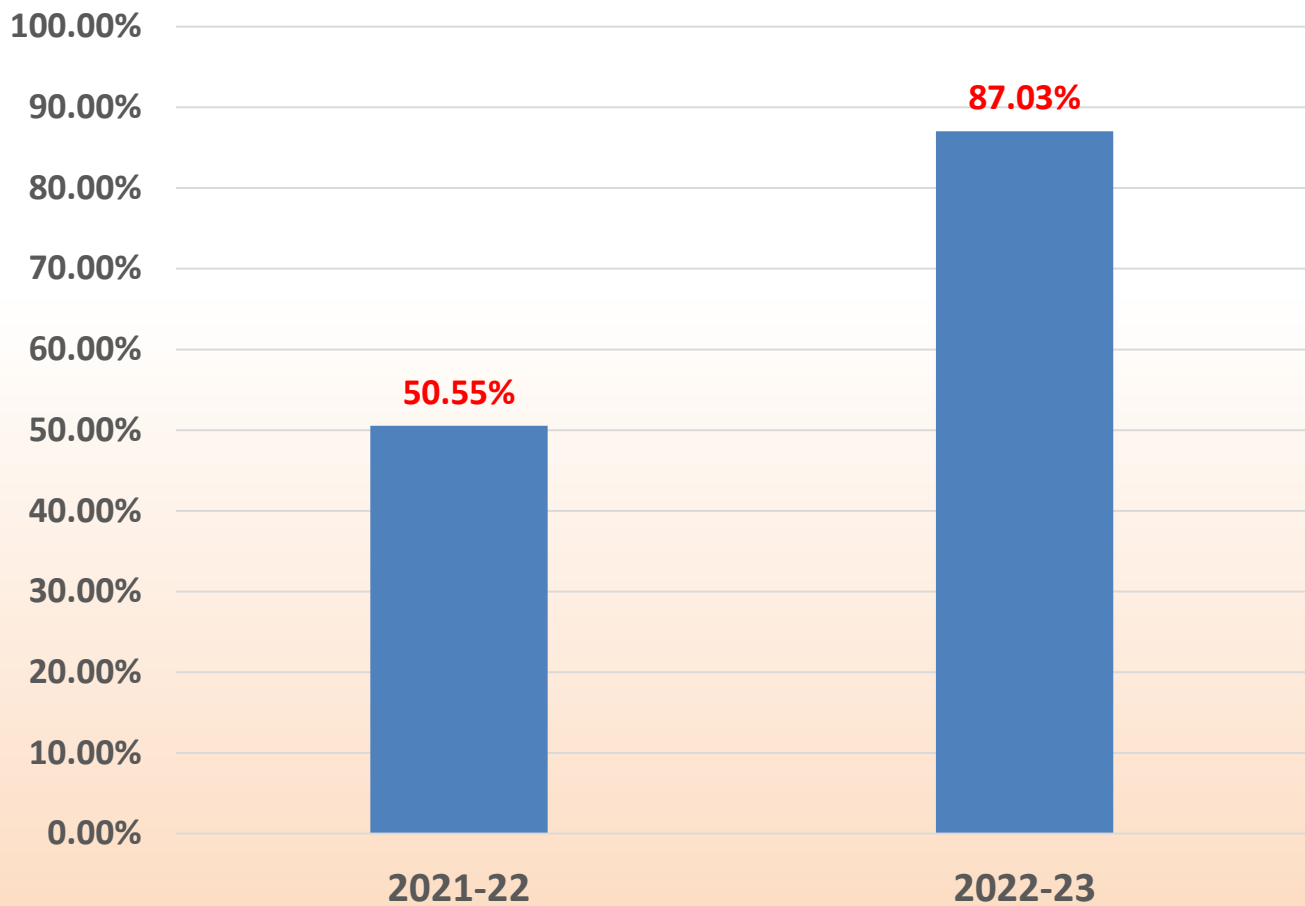
In the coming years, we are looking for more technology-based applications for reducing workload as well as cover more population within a short span of time.

The challenges and changing dynamics in the sector have made us emerge stronger and oriented us to stay connected and firmly grounded in the principles we have believed in. We immensely thank our dedicated team and march ahead with renewed vigor to serve our community better. There are diverse projects planned for the year ahead aiming at health care for the poor and infrastructure development to provide better health care services to the sadhakas of Ashram.

We are pleased to share Annual progress report of the Nisargopachar Gramsudhar Trust for the period 1st April'2022 to 31st March'2023. During the year, 7108 indoor patients were treated with various Naturopathic and Yogic interventions ranging from 7 days to 60 days



Chart showing day wise accommodation % during the year



This year, 84.72% were from urban areas, 14.99% from rural areas and

foreign nationals this year were 0.28%. There were 1959 OPD patients

compared to 43 patients in the previous year. Out of which 54.21% were from

urban population and 45.78% were from rural areas.



**Table 1. Indoor Admissions during period
1st April'2021 to 30th March'2022**

	PATIENT	URBAN	RURAL	MALE	FEMALE	TOTAL PATIENTS TREATED	%
YEAR 2021-2022	INDOOR	3896	45	1613	2308	3921	50.55
YEAR 2021-2022	INDOOR	6042	1066	3024	4084	7108	87.03
	PATIENT	URAN	RURAL	MALE	FEMALE	TOTAL PATIENTS TREATED	%
YEAR 2021-2022	OUTDOOR	37	6	24	19	43	-
YEAR 2021-2022	OUTDOOR	1062	897	1001	958	1959	-

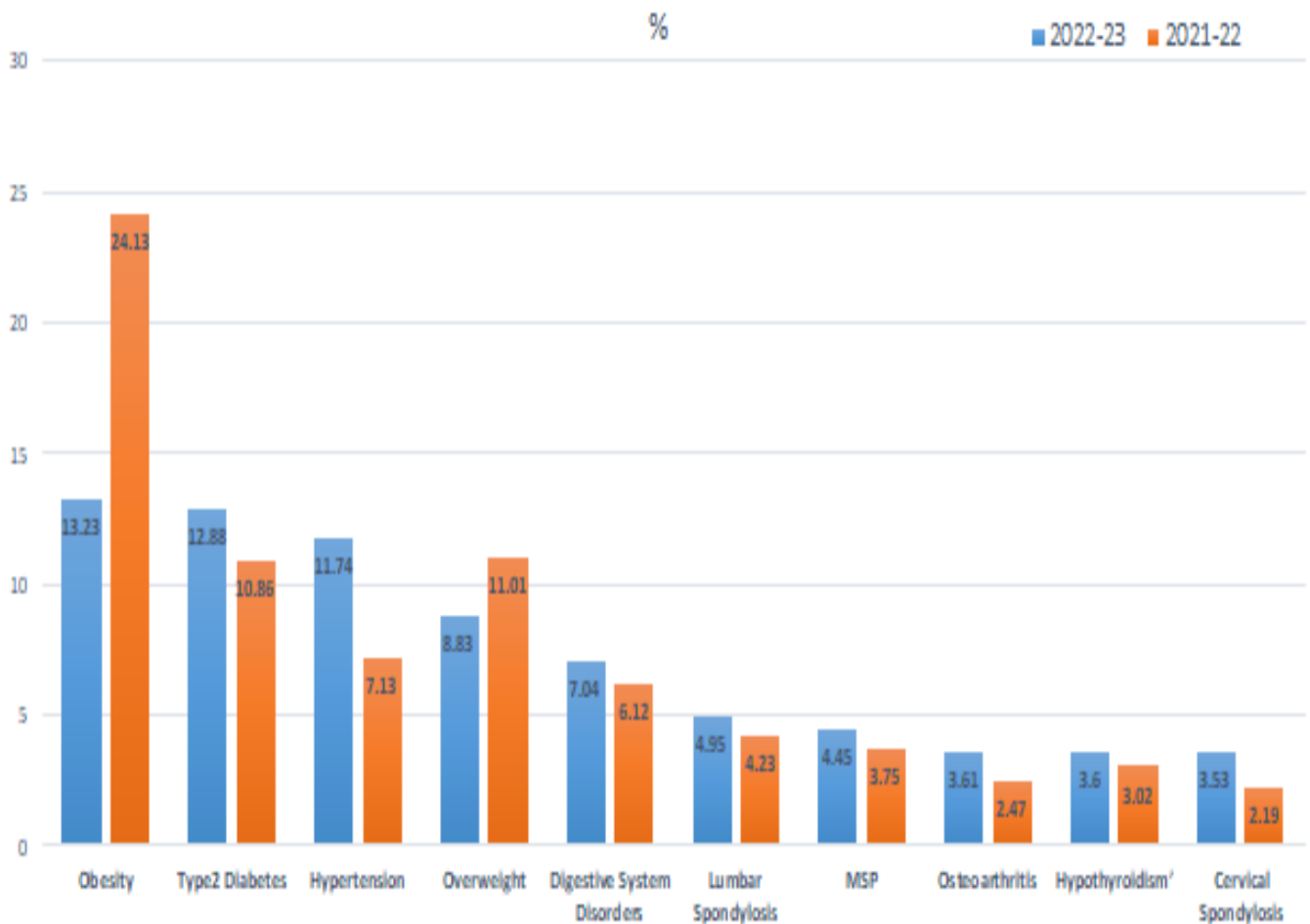


Table 2. Disease wise Chart showing patient-disease ratio during the year 2021-2022

S.NO	DISEASES	NO. OF PATIENTS	%
1	Obesity	941	13.23
2	Type2 Diabetes	916	12.88
3	Hypertension	835	11.74
4	Overweight	628	8.83
5	Digestive System Disorders	501	7.04
6	Lumbar Spondylosis	352	4.95
7	MSP	317	4.45
8	Osteoarthritis	257	3.61
9	Hypothyroidism	256	3.60
10	Cervical Spondylosis	251	3.53
11	Neurological Diseases	233	3.27
12	PPH	229	3.22
13	Respiratory Diseases	193	2.71
14	Skin Disorders	162	2.27
15	CAD	154	2.16
16	Rheumatoid Arthritis/Autoimmune disorders	140	1.96
17	Post Covid Rehab	137	1.92
18	PCOD	135	1.89
19	CKD	89	1.25
20	Insomnia	74	1.04
21	Fibromyalgia	69	0.97
22	Psychiatric Diseases	67	0.94
23	Migraine	66	0.92
24	Urogenital Diseases	54	0.75
25	Sinusitis	52	0.73
	TOTAL	7108	100%



Disease wise Chart showing Patient- Disease Ratio during the year 2022-2023 and 2021-2022



Utilization of Poor Patient Fund

To extend healthcare facilities to the under privileged and lower socio-economic groups, Ashram has been striving hard to reach out to larger groups and create awareness about its subsidized health schemes. During the year, we found a positive trend wherein there's 54.97% better turn around compared to the last year. A cumulative of Rs 7,95,461 was utilized this year benefitting 189 Sadhakas from rural population.



Table 3: Utilization of Poor patient fund during the year 2022-23

FUNDS UTILISED			
YEAR	GRAMIN NISARGOPCHAR	POOR PATIENT FUND	TOTAL AMOUNT
2022-23	5,53,118	2,42,343	7,95,461

Research and Development Activities

Every year by year, the team of doctors at Nisargopchar Ashram has been exploring the latest advancements and current trends in the field of Naturopathy and Yoga. Along with the ancient wisdom and rich treasure of knowledge, the practical insights have brought significant improvement in the management of various health conditions. This includes customized diets, a practical lifestyle modification plan, guidance on Yoga and exercise etc, which has shown immense patient satisfaction. Various new initiatives like introduction of new recipes, renovated massage center, powder massage and better facilities have been well appreciated by the patient groups.

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



Introduction of New Recipes:

Dr.Vandita along with other doctors at Ashram has incorporated few recipes in our diet center and has received good recognition from sadhakas in the last couple of months. The details are as under:

Juices like:

- Ash gourd & Insulin Plant juice.

Breakfast Options:

- Millet Noodles. (Jowar)

Chutney's like:

- Amla chutney.
- Beet root and coconut chutney.
- Flaxseed and curry leaves chutney.
- Coconut and Groundnut chutney.
- Chakra Muni chutney.
- Bottle gourd Raita.

Soups like:

- Moong and Spinach Soup.
- Kulith soup.

Vegetables Like:

- Corn and Spinach.
- Matki.

Value addition: Drumstick leaves in soups, vegetables and chutney.



INTRODUCTION OF NEW THERAPY:

Powder Massage:

A unique therapy where powder is used as a medium to massage the specific body parts using a machine and various probes for efficacy. It is found useful in conditions like obesity, generalized myalgia, fibromyalgia, musculoskeletal pain and chronic fatigue syndrome measures helps by relaxing the muscles and improving the peripheral circulation.

Training Programs

Nisargopchar Ashram has been conducting training programs on Naturopathy & Yoga for Traditional health practitioners, Massage training courses for people with poor socio-economic status and Training of Interns, Training of fitness enthusiasts as well as health seekers who wish to serve the community by organizing Yoga batches for common man in the remote areas. The details are as follows:

The Yoga Instructor Course

To popularize Yoga among the rural population of Uruli Kanchan and nearby areas, one-year Yoga Instructor course affiliated to Yashwantrao Chavan Open University (YCMOU) has been ongoing activity for last 15 years. This is one of the Trust's effort to improve the health of women in the interior villages of Urulikanchan and Pune district.



Table 4: Participation of students in the Yoga Instructor course during 2022-23

YEAR	YOGA BATCH		
	REGISTERED	APPEARED	PASSED OUT
2022-23	32	26	23

Online Yoga Programs

For the interested sadhakas, Ashram has been conducting Online Yoga batches. The first batch of Yoga is conducted by Dr. Bhagwati Mukhedkar for diseases like Diabetes, Asthma, Arthritis, etc and the Second batch is conducted by Mr. Tushar Jagdale for weight loss. The details are as under:

Table 5: Online Yoga Participants during the Year 2022-23

YEAR	YOGA BATCH		TOTAL
	DISEASE SPECIFIC	OBESITY	
2021-22	111	63	174
2022-23	273	141	414



Compulsory Rotatory Residential Internship Program (CRRIP)

- 74 Interns from 5 medical colleges were trained in Naturopathy and Yoga for a duration of 3 months each.

Table 6: Training of Interns during the year 2022-23

S.NO	INSTITUTES	INTERNS
1	Alvas College, Moodbidri, Karnataka	14
2	JSS college, Ooty, Tamil Nadu	17
3	SPMNYNC, Guntakal, Andhra Pradesh	19
4	Morarji Desai college of Naturopathy, Baroda	16
5	SRKMC, Kanyakumari, Tamil Nadu	8
	Total	74

Camps & Workshops

To educate and spread the concept of Naturopathy & Yoga various camps and workshops are organized where health seekers from several Institutes visit Ashram and take advantage of the facilities and undergo the theory as well as practical sessions. The details of few such camps are as under:



**Table 7: Camps and Visits conducted during the year
2022-23**

S.NO	GROUP	DAYS	PARTICIPANTS		
			MALE	FEMALE	TOTAL
1	Naturopathy Awareness Camp Sanmati Yoga Nisargopchar Wardha	3	10	06	16
2	Traditional Health Practitioner's Camp	5	20	05	25
3	Naturopathy Awareness Camp for vithamai Naturopathy Centre	5	10	20	30
4	Traditional Health Practitioner's Camp	8	28	03	315
5	Naturopathy Awareness Camp Sumati Shah Ayurvedic University	1	21	24	45
6	Sadhu Vaswani College of Nursing	1	40	28	68
7	Yoga Awareness Camp College of Engineering, Akola	1	37	28	65
8	P D Hinduja College of Nursing, Mumbai	1	0	58	58
9	MIT, ADT University	1	20	28	48
10	Farate Patil Ayurvedic College	1	83	52	135
11	Shri Shahu Mandir University	1	19	29	48
12	Sane Guruji College of Ayurveda, Pune	1	33	28	61
	TOTAL				914



Awareness Programs

To create awareness on Gandhian philosophy and sensitize people on important health related days, we have been organizing social engagements by celebrating World Health Day, World Heart Day, World Environment Day, World Diabetes Day, World Cancer Day etc. On these days an expert shares insights on the topic followed by sessions on Yoga, Naturopathy and diet is presented for the sadhakas and general public .

Gandhiji's Asthi Visarjan Divas

To pay homage to Mahatma Gandhiji , on the occasion of Asthi Visarjan Divas (12th February 2022) a special program was conducted at Bhawrapur under guidance from D.T.Kanchan. Students from different schools participated in the program where drawing and Essay writing competition was organized.

IDY Celebrations

International Yoga Day celebrated on June 21, 2022, at the Ashram, several schools and various community centers in Pune district were involved. More than 12000 persons actively took part in performing yoga as per the guidelines provided by the Ministry of AYUSH, Government of India. This program was conducted for both the IPD patients, the Inmates of Ashram and people in and around Urulikanchan benefitting over 600 participants. Nisargopchar Ashram partnered with the AYUSH ministry and conducted Yoga at Phugewadi Metro Station Pune. Our activities were widely covered by several newspapers of Pune.



National Naturopathy Day

A weeklong programs were organized to disseminate the basic concepts of Naturopathy and sessions were made open for the common man. The one-week program culminated on 18th November 2022 with a series of lectures and satwik diet. The event received good response from the sadhakas, participants and media as well.

Yoga for Women

The Yoga sessions were conducted as a regular routine for the women from interior and remote areas. At 4 locations, over 150 participants were practicing yoga. Efforts are made to have larger participation and more volunteers who can conduct similar activities at multiple locations.

Suryanamaskara Day

A special discourse and a live session was organized in collaboration with NIN, Pune and YCMOU to spread the awareness of Yoga specifically about Suryanamaskaras benefitting 100+ participants.

Events at Ashram:

- Various hybrid programs were conducted this year, the important ones included- Women's health, and Yoga from Menarche to Menopause,
- Stress management workshop for Ashram staffs was conducted in the month of January 2022
- A motivational speech by Mr.Kshirasagar, President Blind Association of Maharashtra was organized in the month of March 2022.



- A special evening prayer and knowledge sharing session was planned on the eve of Holi this year.
- An innovative session on “How to study and How to choose carrier path” was arranged for Ashram sadhakas as well as staffs in the month of February 2022
- A group discussion on “How to reverse Diabetes” was organized for Ashram Sadhakas.
- Dr Divya from NIN, Pune joined the Traditional health practitioner’s training camp for 3 days in the month of January to understand the unique model been run by Ashram for last several years.
- The Retired BAIF Employees visited Ashram in the month of January to learn about Naturopathy and various facilities Ashram has been offering.
- Mr. Nitin, a staunch follower of Gandhian principles who travelled the world to spread Gandhian thoughts was invited to talk and share his experience in the month of July 2022.
- A session on financial management was organized for the lower staffs to sensitize the about simpler yet effective saving options.
- Music Meditation on Flute by famous Flutist Bikramjeetji and his band called Naadbrahma.
- Hon Cabinet Minister of Tribal Affairs, Smt Renuka Singh with the MPs and MLA’ s visited Ashram in the month of September 2022.
- Dr Abhishek visited Govardhan Eco village in the month of to extend required support towards establishment of Naturopathy wing at their divine campus at Palghar
- Celebration of important days International women’s day, World environment day etc



Other Achievements

- Dr. Abhishek was awarded by Vigyan Prerna Puraskar by Babel Trust at Narayangaon
- Dr. Ganesh Agrahari took a session on Stress & Healthy Lifestyle for the program directors at BAIF, Warje, Pune
- Dr. Samruddhi Vyas was invited guest and speaker at Tilekar wadi to deliver a Talk on Women's health
- Dr. Abhishek was the Chairperson for the scientific session at the International conference organized by Central Council for Research in Yoga & Naturopathy at MIT, Pune
- Dr Kushan Shah represented Ashram in the IDY 2022 held at Mysuru along with other support staffs.
- Dr. Abhishek was invited as a speaker in an IDY program to talk on Yogic Diet and its relevance in current times organized by National Institute of Pune, ministry of AYUSH at Agha Khan Palace, Pune

Ashram Publications

An informative leaflet developed by Dr Hegde named as "Samsar Dharma" was published and kept available for sale.

New Initiatives

To improve the health outcomes and services to the sadhakas at Ashram, our team has been making effort to develop better facilities towards a pleasant and therapeutic stay of sadhakas. In order to achieve this goal, we have separate departments like Booking cell, Repair and Maintenance dept, Purchase dept which has enhanced the quality of services offered at Ashram.



Few important initiatives are as under:

- ❖ We have revamped the entire reception team which has improved the patient care services including prompt telephonic and email responses. Also, we could maintain good number of patients with quality services and significant results.
- ❖ We started with a foam roller-based stretches and exercise along with specialized therapeutic yoga for our sadhakas.
- ❖ We have started the YouTube channel of Ashram to spread awareness about Ashram and its activities.
- ❖ We introduced Table Tennis for the young sadhakas as a mode of recreation which helps them to keep physically active.
- ❖ Under the guidance of Dr Hegde, We have started using various herbs like kasundi, ajwain and drumstick leaves at the diet center which is receiving a lot of appreciation.
- ❖ In order to provide better facilities to the sadhakas, we have developed a sample room with new facilities, and which are now being replicated in the similar category of rooms
- ❖ To resolve the repair and maintenance issues, a thorough check up of all the rooms have been completed. And to attend minor complaints at the sadhaka room on immediate basis, we have launched a mobile number which is being displayed at the room wherein the complaints are attended on immediate basis.



- ❖ Although the legal formalities are in the last phase, as the canal pipeline is laid and functional, we could very conveniently use canal water which has resolved our water scarcity problem for the years to come.
- ❖ Extended working hours for doctors, and therapy center to ease patients' routine. Full-fledged treatments on Sunday made available for Sadhaka's.
- ❖ Ashram has been very fortunate have a good number of supporters and well-wishers, who have been very generous to support the ashram from time to time. They had been a source of encouragement for us to take various infrastructural development facilities and to improve the quality of the services. We are grateful to all or generous donors.



List of Donors who have donated more than Rs. 10,000 during the year is presented below:

SR.NO	NAME OF THE DONORS	AMOUNT IN RS
1.	KAMALGAURI AND SHRI MAGANLAL BHAT PUBLIC CHARITABLE TRUST	3,500,000.00
2.	BAIF	2,500,000.00
3.	VIKRAM TEA PROCESSOR PVT. LTD.	500,000.00
4.	CHROMEWELL ENGINEERING PVT. LTD.	500,000.00
5.	PRAKASH VALECHA	300,000.00
6.	GAUTAM K. CHOKSI	200,000.00
7.	JAIHIND EXPORTS PVT. LTD (MR. PRAKASH SONI)	100,000.00
8.	SATYAM MANAGEMENT CONSULTANCY	100,000.00
9.	SANJAY VASANT JOGLEKAR	100,000.00
10.	SUPRIYA GIRISH JOSHI	100,000.00



SR.NO	NAME OF THE DONORS	AMOUNT IN RS
11.	NENI TECHNOLOGIES PVT.LTD.	50,000.00
12.	NILESH MADHUKARRAO DESHMUKH	40,000.00
13.	SHARDA VISHNU CHARITABLE TRUST	25,000.00
14.	NILESH MADANLAL LOHIYA	20,000.00
15.	MISCELLANEOUS DONATIONS	20,150.00
16.	SAITEJ LIFE TRAINING INSTITUTE	7,000.00
17.	VINODKUMAR C.THAKKAR	5,555.00
18.	ALEXANDRE MACIUK	5,000.00
19.	SUDHIR JASVANTRAI VADODARIA	5,000.00
20.	NARHAR VISHNU DEO	5,001.00
21.	C.M.PATIL	5,000.00



Ashram Management Team

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

Ashram Management Team

SNO	NAME	DESIGNATION
Naturopathy		
1.	Dr.Abhishek Devikar	Director and Trustee Secretary
2.	Dr.Ameya Devikar	Chief Medical Officer
3.	Dr. Kushan Shah	Principal Medical Officer
4.	Dr. Gauri Shah	Senior Physiotherapist
5.	Dr.Samruddhi Vyas	Naturopath
6.	Dr. Vandita Bagul	Naturopath
7.	Dr. Ganesh Agrahari	Naturopath
YOGA		
7.	Dr.Bhagwati Mukhedkar	Senior yoga teacher and information officer
8.	Mr. Satish Sonawane	Co-Ordinator Treatment and Yoga
9.	Mr. Jalindar Wadekar	Senior Yoga Teacher
Finance and Administration		
10.	Mr.Pravin Kumbhar	Chief Finance Officer
11.	Mr. Mahesh Chavan	Executive administrative officer



ANNUAL ACCOUNTS

A summary of the Expenditure and Income incurred for the year (2022-2023) is presented below:

Expenditure	Amount (Rs.)
To Operative Expenses	21,71,242
To Expenses in respect of Properties	4,46,95,265
To Depreciation	45,00,931
To Transfer to	
i. Ward and Facilities Improvement Reserve	2,35,00,000
ii. Building Fund	1,00,00,000
ii. Community welfare Fund	16,59,000
Total Rs:	8,65,26,438



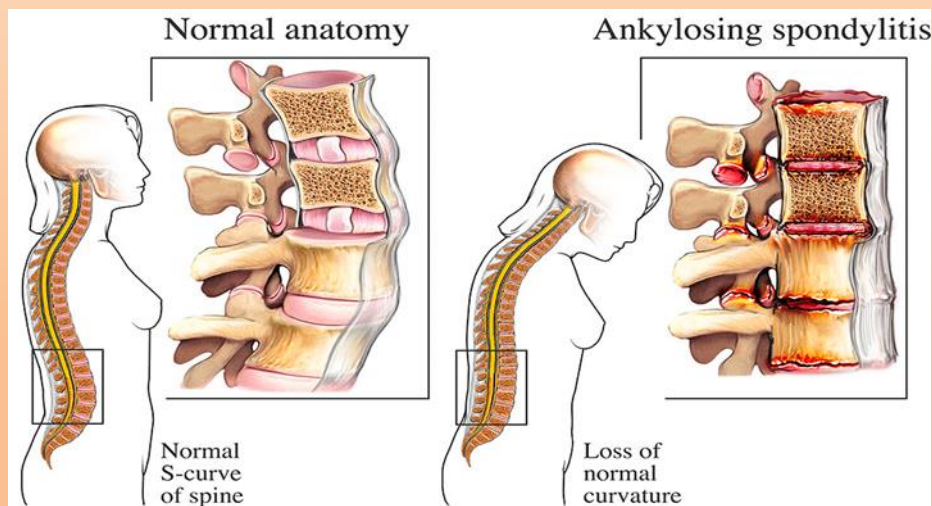
ANKYLOSING SPONDYLITIS

Dr Abhishek Devikar



Introduction:

Ankylosing spondylitis (AS) is a chronic, inflammatory disease of the axial spine that can manifest with various clinical signs and symptoms. Chronic back pain and progressive spinal stiffness are the most common features of the disease. In response to the inflammation, the body produces extra calcium around the bones of the spine. This can make extra bits of bone grow and cause your back and neck to be stiffer. It starts in people who are in their late teens or 20s. Involvement of the spine and sacroiliac (SI) joints, peripheral joints, digits, entheses (the sites where tendons or ligaments insert into the bone) are characteristic of the disease. Impaired spinal mobility, postural abnormalities, buttock pain, hip pain, peripheral arthritis, enthesitis (inflammation of the entheses, the sites where tendons or ligaments insert into the bone), and dactylitis ("sausage digits") are all associated with AS.



In a few cases some of the bones of the spine may fuse together because of the extra calcium. In serious cases this can make the spine abnormally curve forwards. While it mainly affects the neck and back, it can also cause pain and stiffness elsewhere in the body, including the hips, shoulders and feet.

Signs and Symptoms:

The characteristic type of back pain in AS is "inflammatory" in nature.

Inflammatory back pain typically exhibits at least four of the five following characteristics:

- Age of onset less than 40 years
- Insidious onset
- Improvement with exercise
- No improvement with rest
- Pain at night with an improvement upon arising.
- Spinal stiffness, immobility, and postural changes, especially hyperkyphosis (small amount of anterior curvature of the thoracic spine), is also commonly seen.

Evaluation:

Erythrocyte sedimentation rate (ESR)

- Elevated C-reactive protein (CRP)
- X Ray
- MRI



Differential Diagnosis:

Certain diseases and conditions can mimic ankylosing spondylitis (AS) and must be ruled out. These include, but are not limited to:

Mechanical low back pain

- Lumbar spinal stenosis
- Rheumatoid arthritis
- Diffuse idiopathic skeletal hyperostosis (DISH)

Prognosis:

While the younger age of onset in ankylosing spondylitis (AS) patients is associated with poorer function outcomes, severe physical disability is uncommon. Most patients remain fully functional and able to work. Patients with the severe, long-standing disease have greater mortality compared with the general population, predominantly due to cardiovascular complications.

Complications:

Ankylosing spondylitis (AS) has articular and extra-articular complications. These include:

- Chronic pain and disability
- Aortic regurgitation
- Pulmonary fibrosis
- Cauda equina syndrome
- Mood disorders



Management:

Conventional Management:

The treatment of AS is mainly composed of drug and surgical treatment. In clinics, NSAIDs and TNF-alpha inhibitors are the main drugs for AS. Once AS is not effectively controlled, more severe deformities may appear, and surgical treatment is needed.

Naturopathy Management:

The AYUSH systems of medicine, especially Ayurveda, Naturopathy & Yoga has shown promising results by checking the progression of diseases and relieving the symptoms thereby improving the quality of life and reducing the burden of disease.

The Naturopathic approach focuses primarily on arresting the inflammatory response in the joints, relieving the stiffness and pain in the body and correcting the auto-immune reactions which is considered to be the functional defect causing AS. It is believed that most of the cases of AS have either had a injury a road traffic accident as a response of which the body's immune mechanisms have got affected such that the body tries to fuse the joints and spine once for all. Various hydrotherapeutic measures, Massage therapy, Sunbathing, Acupuncture, Physiotherapy, Positive Ergonomics, Fasting Therapy and Yoga therapy to manage stress has shown to have significant improvement in restoring the normal health conditions in treatment of AS.



References:

1. Proft F, Poddubnyy D. Ankylosing spondylitis and axial spondyloarthritis: recent insights and impact of new classification criteria. *Ther Adv Musculoskelet Dis*. 2018 Jun;10(5-6):129-139. [[PMC free article](#)] [[PubMed](#)]
2. Bridgwood C, Watad A, Cuthbert RJ, McGonagle D. Spondyloarthritis: new insights into clinical aspects, translational immunology and therapeutics. *Curr Opin Rheumatol*. 2018 Sep;30(5):526-532. [[PubMed](#)]
3. Watad A, Cuthbert RJ, Amital H, McGonagle D. Enthesitis: Much More Than Focal Insertion Point Inflammation. *Curr Rheumatol Rep*. 2018 May 30;20(7):41. [[PMC free article](#)] [[PubMed](#)]
4. Mahmoudi M, Garshasbi M, Ashraf-Ganjouei A, Javinani A, Vojdanian M, Saafi M, Ahmadzadeh N, Jamshidi A. Association between rs6759298 and Ankylosing Spondylitis in Iranian Population. *Avicenna J Med Biotechnol*. 2018 Jul-Sep;10(3):178-182. [[PMC free article](#)] [[PubMed](#)]
5. van den Berg R, Jongbloed EM, de Schepper EIT, Bierma-Zeinstra SMA, Koes BW, Luijsterburg PAJ. The association between pro-inflammatory biomarkers and nonspecific low back pain: a systematic review. *Spine J*. 2018 Nov;18(11):2140-2151. [[PubMed](#)]



POST-TRAUMATIC STRESS DISORDER

Dr. Ameya Devikar



Post traumatic stress disorder is a serious and growing health issue. Not only do people with post-traumatic stress disorder experience debilitating symptoms of post-traumatic stress disorder, but they also have a higher prevalence of other psychiatric and physical co-morbid conditions such as depression, Insomnia, relationship issues etc. ⁽¹⁾

Post-traumatic stress disorder may occur when a person has been exposed to a traumatic event that involves actual or threatened death, serious injury, or threat to the physical integrity of self or others. People who acquire post-traumatic stress disorder after a traumatic event experience a constellation of symptoms that were not present before the trauma. Symptoms fall into 4 diagnostic criteria: intrusion, avoidance, negative alterations in cognitions and mood, and alterations in arousal and reactivity.

1. The Impact Phase:

This first phase—the impact phase—typically occurs soon after the individual has experienced or witnessed the given traumatic event. It can last as little as a few hours but may also persist for much longer, depending largely on the severity of the event. For example, someone who has lost their dear ones or escaped a major accident etc.

Individuals typically experience the following symptoms like shock, fear, helplessness, guilt, anxiety, and hyper vigilance.

2. The Rescue Phase:

The next phase is the rescue phase where the individual starts to come to terms with what has happened.



In this stage the individual is still dealing with the initial shock and distress and undergoes a range of difficult emotions and certain physical symptoms like denial, confusion, anxiety, flashbacks, nightmares, despair, hopelessness, sadness and anger.

3. *The intermediate Recovery Phase:*

The intermediate recovery phase is characterized by one's adjusting and returning to "normal" life again.

4. *The Long term Re construction Phase:*

This phase is all about rebuilding and continuing to deal with personal post-event problems. As an individual moves into this phase, they may become concerned about their future and would be in Fear and resentment.

Management of PTSD:

This complex nature of the disease always makes it difficult to treat. Trauma focused psychotherapy and counselling are the first line of treatment in such cases. Most of the time they avoid counselling sessions as the trauma related events can make them hyperactive and they find it difficult to cope with the memory of those previous traumatic events. ⁽²⁾

1. This is where Naturopathy and Yoga can be of great help. These therapies are beneficial due to the integrative approach and usually do not have any side effects. ⁽³⁾ The best modalities that can help in PTSD are Yoga Therapy
2. Massage
3. Hydrotherapy
4. Acupuncture
5. Dietary intervention
6. Herbal remedies



Yoga Therapy:

Mind - Body approach through yoga helps the individual in reducing the trauma related symptoms and balances the emotional dysregulation. Breathing exercises and relaxation techniques help in relieving anxiety and restlessness. Pranayama helps in improving concentration and reduce the despair and hopelessness that comes along with PTSD.

Massage Therapy:

Regular oil massages help in reducing anxiety and gives a calming and relaxing effect to the body and mind as it reduces stress hormones in the body and elevates dopamine and endorphin which are feel good hormones. ^(4,5)

Hydrotherapy:

Hydrotherapy treatments like neutral immersion bath, Hot foot bath and Vichy Shower help in relaxation and induces sleep thereby helping those with PTSD to rest and recoup.

Acupuncture:

Acupuncture, a modality of Chinese medicine, encompasses a group of therapies in which needles are inserted into subcutaneous tissue in order to restore balance within body systems. Various studies have proved the efficacy of acupuncture in reducing the symptoms of PTSD. Acupuncture also helps in getting a sound and restful sleep. ⁽⁶⁾

Herbal Remedies:

There are a vast variety of herbs that will help in coping up with the symptoms of PTSD. Herbs like Brahmi and Ashwagandha help in calming and relaxing the mind and induce good sleep. ⁽⁷⁾



References :

1. Complementary and alternative therapies for post-traumatic stress disorderA protocol for systematic review and network meta-analysis, MD,a , MMed,a , MD,b MMed,a and MDa,*
2. Echeburúa, E., De Corral, P., Sarusua, B., & Zubizarreta, I. (1996). Treatment of acute posttraumatic stress disorder in rape victims: An experimental study. *Journal of Anxiety Disorders*, 10, 185-199. doi: 10.1016/0887-6185(96) 89842-2.
3. Kim SH, Schneider SM, Kravitz L, Mermier C, Burge MR. Mind-body practices for post-traumatic stress disorder. *J Investig Med*. 2013;61(5):827–34
4. MacFarlane, Alexander C., and Giovanni De Girolamo, “The Nature of Traumatic Stressors and the Epidemiology of Post-Traumatic Reactions” in: van der Kolk, Bessel A., Alexander C. McFarlane, and Lars Weisaeth, (Eds), *Traumatic Stress, The Effects of Overwhelming Experience on Mind, Body and Society*, New York: Guilford Press, 1996, p. 141.
5. Kim SH, Schneider SM, Kravitz L, Mermier C, Burge MR. Mind-body practices for posttraumatic stress disorder. *J Investig Med*. 2013;61(5):827–34
6. Hollifield, M. (2011). Acupuncture for posttraumatic stress disorder: Conceptual, clinical, and biological data support further research. *CNS Neuroscience & Therapeutics*, 17, 769-779. doi: 10.1111/j.1755-5949.2011.00241.x.
7. Efficacy of Brahmi vati in generalised anxiety disorder – Randomized double-blind comparative clinical trialSiddhi G. Khot a, Basavaraj R. Tubaki b, Varsha B. Gonugade b



OSTEOARTHRITIS

Dr Kushan Shah



Osteoarthritis is a degenerative joint disease that can affect the many tissues of the joint (1). Historically, osteoarthritis (OA) was known as a “wear and tear” condition, generally associated with aging. But we know now that it is a disease of the entire joint, including bone, cartilage, ligaments, fat and the tissues lining the joint (the synovium). Osteoarthritis can degrade cartilage, change bone shape and cause inflammation, resulting in pain, stiffness and loss of mobility. OA can affect any joint, but typically affects hands, knees, hips, lower back and neck(1). Its signs and symptoms typically show up more often in individuals over age 50. There are ways to manage OA to minimize pain, continue physical activities, maintain a good quality of life and remain mobile.

Risk factors:

- Older age: The risk of osteoarthritis increases with age (2).
- Gender: Women are more likely to develop osteoarthritis.
- Obesity: Carrying extra body weight contributes to osteoarthritis in several ways, and the more you weight, the greater your risk.
- Joint injuries: Injuries, such as those that occur when playing sports or from an accident, can increase the risk of osteoarthritis.
- Repeated stress on the joint: If your job or a sport you play places repetitive stress on a joint, that joint might eventually develop osteoarthritis.
- Genetics: Some people inherit a tendency to develop osteoarthritis.

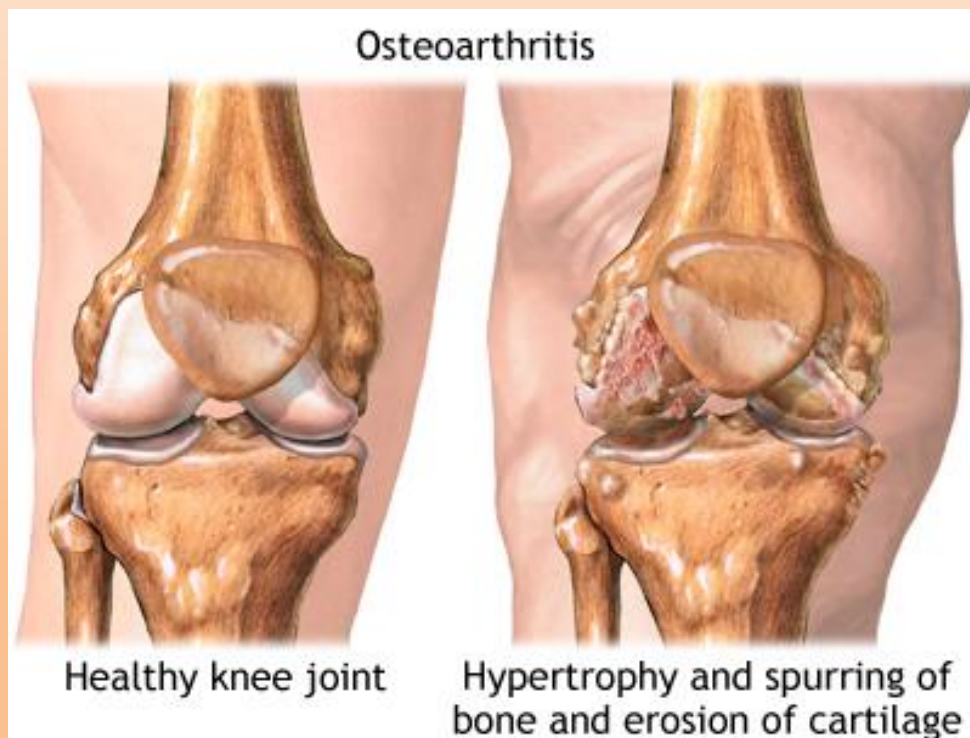


Symptoms:

- Pain or aching in a joint during activity, after long activity or at the end of the day
- Joint stiffness usually occurs first thing in the morning or after resting.
- Limited range of motion that may go away after movement.
- Clicking or popping sound when a joint bends (2)
- Swelling around a joint.
- Muscle weakness.
- Joint instability.

Diagnosis:

- X-ray: It can show joint, or bone damage or changes related to osteoarthritis (3)



Treatment:

Exercise:

Movement is an essential part of an OA treatment plan. Getting 150 minutes of moderate-to-vigorous exercise per week should be the goal.

- Strengthening exercises build muscles around painful joints and helps to ease the stress on them.
- Range-of-motion exercise or stretching helps to reduce stiffness and keep joints moving.
- Cardio exercises help improve stamina and energy levels and reduce excess weight.
- Balance exercises help strengthen small muscles around the knees and ankles and help prevent falls.
- Braces, shoe inserts or other assistive devices.

Self-Care:

Maintain a Healthy Weight: Combine healthy eating with regular exercise to maintain a healthy weight.

Control Blood Sugar: Many people have diabetes and OA. Having high glucose levels can make cartilage stiffer and more likely to break down. Having diabetes causes inflammation, which also weakens cartilage.

Maintain Range of Motion: Movement is medicine for joints. Make a habit of putting your joints through their full range of motion, but only up to the point where it doesn't cause more pain. Gentle stretching, raising and lowering legs from a standing or seated position can help.



Protect Joints: Make sure to warm up and cool down when doing exercise.

Relax: Find ways to reduce or avoid stress through meditation, listening to music, connecting with friends and family, doing fun activities, and finding ways to relax and recharge.



MUSCULOSKELETAL PAIN

Dr.Gauri Shah



Musculoskeletal pain refers to pain in the muscles, bones, ligaments, tendons, and nerves. You can feel this pain in just one area of the body, such as your back. You can also have it throughout your body if you have a widespread condition like fibromyalgia. Injury is the most common cause of musculoskeletal pain. Other causes include arthritis, overuse, poor posture, and referred pain that's radiated from another area.

The pain can range from mild to severe enough to interfere with your day-to-day life. It may start suddenly and be short-lived, which is called acute pain. Pain that lasts for more than 3 to 6 months is called chronic pain (1).

Some of the most common ones are:

- Arthritis and autoimmune conditions, including rheumatoid arthritis, psoriatic arthritis, lupus, osteo arthritis and ankylosing spondylitis.
- Osteoporosis
- Injuries such as fractures and dislocations
- Problems with the structure of bones or joints, such as scoliosis.



These are a few of the non-musculoskeletal disorders that cause pain in the bones, muscles, joints, and ligaments:

- overuse at work or while playing sports.
- poor posture
- prolonged bed rest, such as during an illness or after surgery
- infections of the bones, muscles, or other soft tissues
- certain tumors and cancers

Signs and symptoms:

The quality of the pain can vary based on where it's located.

Bone pain may be dull, sharp, stabbing, or deep. It's typically more uncomfortable than muscle or tendon pain.

Muscle pain can be intense and short-lived if it's caused by a cramp or powerful muscle contraction. The muscle may twitch or contract uncomfortably.

Tendon pain may feel sharp if an injury caused it. It usually worsens when you move or stretch the affected tendon and improves with rest.

Joint pain feels like an aching. It may be accompanied by stiffness and swelling.

Fibromyalgia causes multiple tender spots throughout the body.

Nerve compression pain may feel like tingling, pins and needles, or burning.



Other symptoms depend on the cause of the pain, and can include:

- Stiffness
- Soreness
- Swelling
- Redness
- Cracking or popping sound in the joint.
- Trouble moving the affected area.
- Weakness
- Fatigue
- Difficulty sleeping
- Muscle spasms or twitches
- Bruising

Treatment:

Hands-On Therapy:

- Therapeutic massage.
- Chiropractic/Osteopathic Manipulation
- Physiotherapy.

Complementary Therapies:

Acupuncture.

- Herbal, Vitamin and Mineral Supplements (2).



Aids and Devices:

- Orthotics
- Braces.
- Taping
- Lumbar Supports

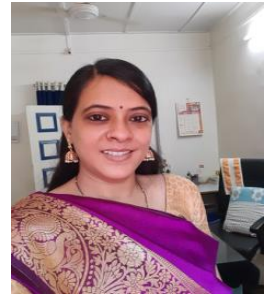
References :

1. <https://www.sciencedirect.com/topics/medicine-and-dentistry/musculoskeletal-pain>
2. <https://novusspinecenter.com/pain-conditions/musculoskeletal-pain>



MANAGEMENT OF IRRITABLE BOWEL SYNDROME

Dr.Vandita Bagul



Irritable bowel syndrome (IBS) is the most common reason for referral to gastroenterology clinics. 1 out of 10 people usually suffers from IBS. The disease is characterized by abdominal pain, diarrhea, constipation or a combination of both diarrhea and constipation, mucus discharge along with stools. Although the main cause of IBS is still unknown, experts believe that it may be caused by a combination of physical, emotional, and lifestyle factors. The onset of IBS-related symptoms often occurs during adolescence, with females being more susceptible than males in the development of IBS. ^(1, 2) Various risk factors associated with IBS are overeating, stress, severe gastrointestinal infection, intense anxiety and depression, ⁽³⁾ food sensitivity. Four bowel patterns may be seen with irritable bowel syndrome:

1. IBS-D (diarrhea predominant)
2. IBS-C (constipation predominant)
3. IBS-M (mixed diarrhea and constipation)
4. IBS-U (unclassified; the symptoms cannot be categorized into one of the above three subtypes)

People with bloating and increased gas (flatulence) should try to avoid foods such as beans, lentils, raw salads, insoluble fiber, dairy, gluten, processed foods and caffeine. Certain foods which contain vinegar, mustard, and ketchup should also be avoided. ⁽⁴⁾ As of now; there is no drug, drug combination or treatment plan that is universal for all IBS patients. This condition can only be managed by diet restrictions and lifestyle modifications.



Diet should include fermented foods such as yogurt, butter milk, curd. Root vegetables such as elephant yam, and gourds group of vegetables such as ash gourd, bottle gourd, ivy gourd are good for IBS as they are alkaline and easy to digest. Fruits such as apple, banana, pomegranate, chikoo, and muskmelon are advised.

IBS patients should take part in regular physical activity as it improves GI symptoms ⁽⁵⁾ such as brisk walking, slow jogging, and leisurely swimming. Meditation and mindfulness techniques have been shown to decrease inflammation; even decreasing C-reactive protein (a blood marker for inflammation) in patients with IBS and IBD. ⁽⁶⁾

Probiotics have been shown to convey positive effects on intestinal motility, sensitivity, and pain relief in IBS patients. ^(7,8) It has been shown in studies that physical treatments such as massage therapy and acupuncture may help to reduce symptoms and emotional signs. ⁽⁹⁾ Control your portion size. Instead of having one large meal at a time, divide it into smaller meals over the day. Good sleep and proper water intake is also important. Warm compress on the abdomen to relieve spasmodic pain is useful. It is a good idea to keep a food diary which can help you correlate the food you eat and your IBS symptoms.

References:

1. Mahmudi S, Pourshams A, Akbari M, Malekzadeh R. The prevalence of irritable bowel and gastroesophageal reflux disease among Tehran University students. *Govareh J.* 2003; 8:159–62. [Google Scholar] [Ref list]
2. Hatami KH, Pourshams A, Azimi K, Sarrafi M, Mehrabani M, Mostajabi P. et al. Dyspepsia, gastroesophageal reflux disease and irritable bowel syndrome among blood donors. *Govareh J.* 2003; 8:138–46. [Google Scholar] [Ref list]



- 3 O'Mahony SM, Clarke G, Dinan TG, Cryan JF. Gastrointestinal Pharmacology. Handbook of Experimental Pharmacology. Vol. 239. Cham: Springer; 2017. Irritable bowel syndrome and stress-related psychiatric co-morbidities: focus on early life stress; pp. 219–246. [PubMed] [Google Scholar] [Ref list]
- 4 Hasler WL, Owyang C. Irritable bowel syndrome. In: Textbook of Gastroenterology. Yamada, T(Ed). JB Lippincott, Michigan, 4th edition, 2003. p.1828. [Ref list]
- 5 Randomized Controlled Trial Am J Gastroenterol. 2011 May;106(5):915-22. doi: 10.1038/ajg.2010.480. Epub 2011 Jan 4. Physical activity improves symptoms in irritable bowel syndrome: a randomized controlled trial Elisabet Johannesson 1, Magnus Simrén, Hans Strid, Antal Bajor, Riadh Sadik
- 6 Clinical Trial PLoS One. 2015 Apr 30;10(4):e0123861. doi: 10.1371/journal.pone.0123861. eCollection 2015. Genomic and clinical effects associated with a relaxation response mind-body intervention in patients with irritable bowel syndrome and inflammatory bowel disease.
- 7 Gut Liver. 2009 Jun; 3(2): 101–107. Published online 2009 Jun 30. doi: 10.5009/gnl.2009.3.2.101 Effect of Probiotics on Symptoms in Korean Adults with Irritable Bowel Syndrome
- 8 Hun L. Bacillus coagulans significantly improved abdominal pain and bloating in patients with IBS. Postgrad Med. 2009; 121:119–24. [PubMed] [Google Scholar] [Ref list]
- 9 Schneider A, Enck P, Streitberger K, Weiland C, Bagheri S, Witte S. et al. Acupuncture treatment in irritable bowel syndrome. Gut. 2006; 55:649–54. [PMC free article] [PubMed] [Google Scholar] [Ref list]



OCD Induced Irritant Dermatitis

Dr.Samruddhi Vyas



Obsessive-Compulsive Disorder:

Is a health condition characterized by a pattern of unwanted, intrusive, and distressing thoughts, images, or impulses (obsessions) and repetitive behaviors or mental acts performed in response to these obsessions (compulsions). These obsessions and compulsions can significantly interfere with a person's daily life, causing distress, anxiety, and impairing their ability to function effectively. ^[1]

Obsessions :

These are recurrent and persistent thoughts, urges, or mental images that are intrusive and cause distress.

Compulsions :

These are repetitive behaviors or mental acts that individuals with OCD feel compelled to perform in response to their obsessions. The aim of these compulsions is to reduce the distress caused by obsessive thoughts or to prevent a feared outcome.

Irritant contact dermatites :

It is a form of skin inflammation caused by contact with substances and environmental factors that injure the skin, damaging the skin barrier. ^[2]



Cause: The irritant agent causes damage to the skin's protective barrier, mainly affecting the epidermal cells. This damage triggers the release of various mediators of inflammation, leading to the characteristic symptoms of redness, swelling, itching, and sometimes pain.

Common substances that can cause irritant contact dermatitis include harsh chemicals, detergents, solvents, acids, alkalis, and certain plants. Diagnosis is typically made based on the patient's clinical history, exposure to irritants, and the appearance of the affected skin. [2]

Symptoms:

Redness

1. Swelling
2. Dry, cracked, or scaly skin
3. Itching or burning sensation
4. Pain or tenderness
5. Blisters and pustules in severe cases

Here are some general management and treatment options:

1. Avoidance: Identify and avoid contact with the irritating substance.
2. Gentle cleansing: Use mild soaps and lukewarm water to cleanse the affected area.



3. **Moisturize:** Regularly apply moisturizers or emollients to keep the skin hydrated and promote healing.
 4. **Barrier creams:** Using barrier creams or ointments can protect the skin from further irritation.
 5. **Cold compresses:** Applying cool, damp compresses to the affected area can provide relief from itching and inflammation.
- Compulsive hand washing can be linked to irritant dermatitis due to the excessive exposure of the skin to water and irritants found in soap or detergents. Irritant dermatitis is a common skin condition that occurs when the skin's protective barrier is compromised or damaged by irritants, leading to inflammation and skin reactions. Repeated use of soaps, surfactants, detergents, or solvents: These substances used for domestic cleaning are weak irritants and are usually very well tolerated. Nevertheless, repeated exposure to these substances can lead to chronic cumulative ICD. ^[3]

References :

1. <https://www.ncbi.nlm.nih.gov/books/NBK553162/> obsessive-compulsive disorder: Hannah Brock; Manassa Hany. Last Update: May 29, 2023.
2. <https://dermnetz.org/topics/irritant-contact-dermatitis/> Authors: Vanessa Ngan, Staff Writer, 2003; Updated: Dr Kajal Patel.
3. Frequent Hand Washing for COVID-19 Prevention Can Cause Hand Dermatitis: Management Tips, Cristina Beiu , Mara Mihai , Liliana Popa , Luiza Cima , Marius N. Popescu.



ARTICLE SEBORRHEIC DERMATITIS

Dr.Ganesh Aghrahari



Introduction:

- Seborrheic dermatitis is defined as a chronic, recurrent, inflammatory skin condition characterized by erythema and skin flaking. It's actually a form of eczema and is also known as seborrheic eczema.
- It appears on the body a scaly rash on oily areas of the body like scalp, face, upper back, chest, and nose. The rashes usually develop on the scalp. On darker tones, the rashes often look pink, slightly purple, or lighter than the surrounding skin. It appears on the body where there is lot of oil-producing (high concentration of sebaceous glands). Unlike many people assume, seborrheic dermatitis is not contagious.



Seborrheic lesion on Neck and chest



Seborrheic lesion on face



Seborrheic lesion on scalp

Who gets seborrheic dermatitis?

- Seborrheic dermatitis can affect any aged people; most common in infants and adults between 30 – 60 years age. This skin disease is more common in males.
- In infants this condition usually clears on its own and doesn't come back. HIV infected or some neurologic disorders including Parkinson's disease people have higher risk of getting seborrheic dermatitis



Causes:

- The trigger is usually an inflammatory reaction to excess *Malassezia* yeast, also sometimes called *pityrosporum*.
- Usually caused by a combination of genetic and environmental factors.

Some other causes are-

- Stress
- Hormonal changes or illness
- Harsh detergents, solvents, chemicals, and soaps
- Cold, dry weather or a change in the season
- Some medications, including psoralen, interferon, and lithium.

Symptoms:

- Flaking skin or dandruff
- Patchy of flaky white or yellow scales on top of greasy skin
- An irritable rash which looks dark in brown and black skin and lighter in white skin
- Ring shaped rash
- Itching

Treatment Options:

Allopathy(1)

- Antifungal ointments and creams which contain ciclopirox and ketoconazole.
- Glucocorticoid cream and lotion
- Medicated shampoo and hair products such as anti-fungal shampoo, which contains pyrrithion zinc, selenium sulfide, ketoconazole, coal tar, salicylic acid etc.
- Oral medications like itraconazole, fluconazole, terbinafine and some additional steroids.



Ayurvedic: [2]

In Ayurveda seborrheic dermatitis occurs due to the increase in kapha and vayu doshas inside your body and is known as Darunak in ayurveda. Abhyangam, murdha thaila, virechan nasyam are effective treatments for seborrheic dermatitis. Marichyadi thailam is highly recommended for external application on the skin.

Herbology:

- Aloe vera have anti-inflammatory and anti-itch properties that may be beneficial in seborrheic dermatitis. In the form of gel or juice etc. [3]
- Boiled neem water gives instant relief from itchiness and discomfort that come along with dandruff. They have antibacterial and antifungal properties; neem leaves have anti-inflammatory effect, and it is a good blood purifier. [4]
- Coconut oil softens skin; reduces dryness, flaking, itching and inflammation of the skin. It can be used directly or mixed with equal quantity of olive oil. [5]

Naturopathy Treatments:

Nutrition / Diet therapy: [6]

- Healthy dietary choices are important for overall health. Green leafy vegetables, fruits that contain antioxidants, such as cherries, strawberries, blueberries, and high sources of vitamin c foods, almond, olive oil sweet potatoes etc. are reduces the inflammation and helpful for skin diseases.
- Studies shows that high fruit intake had lower odds of having seborrheic dermatitis fruits consumption might reduce the seborrheic dermatitis condition via consumption of wide variety of vitamins and other compounds (e.g., flavonoids, antioxidant) that reduces inflammation. Psoralen is highly present in citrus fruits which increase sensitivity of the skin. This increased sensitivity to UVR could have a positive effect on seborrheic dermatitis.



- Anti-inflammatory or Mediterranean diet is helpful in inflammatory conditions. Seborrheic dermatitis is an inflammatory condition, and this diet may improve the reduction of inflammation. The Mediterranean diet emphasizes fruits, vegetables, legumes, and whole grains, and uses of a low-fat diet. Olive oil should be used in cooking. The Mediterranean diet is in fact also an anti-inflammatory diet. [3]

Fasting:

Study-based results shows, after intermittent fasting decreased the severity of seborrheic dermatitis. [7]

Mud therapy:

Our data suggest that a single mud application in patients suffering from seborrheic dermatitis may improve the values of stratum corneum hydration, skin surface pH and sebum content. Also, our limited clinical data suggest that mud treatment may represent an alternative to the treatment of seborrheic dermatitis. [8]

Hydrotherapy:

- In hydrotherapy uses of hot and cold-water therapy in different technique which strengthens the immune system, decreases inflammation, reduces the itching, dandruff, flakiness, redness in skin disorder, like Rosacea, atopic dermatitis and seborrheic dermatitis. [9]

Self care/ Prevention:

- Be gentle when washing your skin.
- Shampoo as often as your dermatologist recommends.
- Use alcohol-free skin and hair care products.
- Reduce stress.
- Protect your skin from cold, dry weather.



- Learn (and avoid) what triggers your flare-ups.
- Take an anti-inflammatory dietary approach: reduce intake of refined carbohydrates.

Conclusion:

Although seborrheic dermatitis can be chronic conditions, there are many options treatment available to successfully manage your symptoms and get relief. It may take a long period of time to resolve. In adults, the condition is frequently chronic and long-term maintenance treatment is often necessary. After your initial flare-up is under control, you may go weeks, months, or even years without experiencing any symptoms.

References:

[1] GARY W. CLARK, MD, MPH, SARA M. POPE, MD, MPH, AND KHALID A. JABOORI, MD
Diagnosis and Treatment of Seborrheic Dermatitis
Am Fam Physician. 2015; 91(3):185-190

[2] Dr.N.K.Chawla
Ayurve daSeborrheic Dermatitis Ayurvedic Treatment
12 November 2017

[3] Apple Bodemer, MD (2014, updated 2020). Seborrheic Dermatitis
Whole Health Library VA » Health Care » Whole Health Library » Tools » Seborrheic Dermatitis
U.S.Department of Veterans Affairs

[4] By India.com Lifestyle Staff | Edited by Juhi Kumari
How to Use Neem Leaves to Get Rid of Dandruff
Published: August 25, 2020, 5:53 PM IST

[5] Dr. Sunita Chowdhary, L.C.E.H., M.D.[Hom]
Home Remedies for Skin Allergies
the Medindia Medical Review Team on Oct 20, 2022



- [6]** Martijn G.H. Sanders ¹, Luba M. Pardo ¹, Rebecca S. Ginger ², Jessica C. Kiefte-de Jong ^{3 4}, Tamar Nijsten ¹ Association between Diet and Seborrheic Dermatitis: A Cross-Sectional Study Journal of Investigative Dermatology Volume 139, Issue 1, January 2019, Pages 108-114
- [7]** Nicola Luigi Bragazzi, Khaled Trabelsi, Sergio Garbarino, Achraf Ammar, Hamdi Chtourou, Alessia Pacifico, Piergiorgio Malagoli, Hristina Kocic, Can intermittent, time-restricted circadian fasting modulate cutaneous severity of dermatological disorders? Insights from a multicenter, observational, prospective study First published: 24 February 2021
- [8]** C Comacchi, J Hercogova A single mud treatment induces normalization of stratum corneum hydration, transepidermal water loss, skin surface pH and sebum content in patients with seborrhoeic dermatitis J Eur Acad Dermatol Venereol. 2004 May; 18(3):372-4.
- [9]** Riya Bhargava¹, D.S.V. Sindhuja², Poorvi³ Hydrotherapy and Its Application in Oral Medicine 1, 2, 3 Department of Oral Medicine and Radiology, Manav Rachna Dental College, Faridabad, Haryana, India.



HURTHLE CELLS NEOPLASM AND ITS MANAGEMENT

Dr. Shravani Sanga



Introduction:

Thyroid neoplasm is a neoplasm or tumor of the thyroid gland. It can be benign such as thyroid adenoma or malignant such as thyroid cancer. Hurthle cell neoplasm of the thyroid gland is one of the lesser-known thyroid cancer types. It used to be considered a variant of follicular thyroid cancer. It shares certain similarities with follicular cancer of the thyroid, like clinical presentation and pattern of metastatic spread.

These Hurthle cells are also known as oncocytes or Askanazy cells. Hurthle cells can be seen in follicular thyroid tumors as well as other types of thyroid disorders, including non-malignant conditions to a varying degree. Thyroid tumors are classified as Hurthle cell neoplasms when more than 75% of the tumor consists of Hurthle cells.

However, in 2017 the World Health Organization classified it as a distinct tumor type owing to significant histopathological and molecular differences with follicular thyroid cancer. Hurthle cell thyroid cancer is now defined as a follicular thyroid cell “derived” cancer and not a variant of follicular cancer itself.

Hurthle cell carcinoma represents about 5% of all differentiated thyroid carcinomas. It is seen more frequently in females and generally diagnosed after the age of 40.



Symptoms:

They may start as lumps or bumps on your thyroid that make noticeable lumps on the front of your throat. Noncancerous and cancerous Hurtle cell tumors may cause similar symptoms.

- Difficulty breathing or swallowing (dysphagia).
- Feeling as if you're choking.
- A painful lump in the front of your throat below your Adam's apple..
- Swollen lymph nodes.
- Fatigue and unintentional or unexplained weight loss.
- ***Risk factors:***

Include Having a family history of thyroid cancer, long-term iodine deficiency, exposure to radiation.

Diagnosis:

Done by physical examination, history taking both medical and family medical history and asking about the current symptoms.

Tests include blood test- A high thyroglobulin level is a sign of Hurtle cell carcinoma. positron emission tomography (PET) scan to look for cancer cells. Fine needle aspiration (FNA). This technique is sometimes referred to as needle biopsy. Computed tomography (CT) scan.



Treatment:

- Surgery is the most common treatment for this condition. Depending on your situation, surgeons may remove all or part of your thyroid gland.
- Hormone therapy removes cancer cells or stops them from growing.
- Radioactive iodine therapy, this treatment kills thyroid cancer cells.
- Targeted drug treatments use medications that attack specific weaknesses within cancer cells. ⁽¹⁾.

Naturopathic overview:

Acc.to Henry Lindlahr “loss of vitality, accumulation of morbid matter and inadequate composition of blood and lymph were the primary causes of disease.” “Environmental chemicals have a wide range of effects on immune system function, ranging from decreased cell-mediated immunity (with a decrease in ability to fight infections and tumors) to increased sensitivity (allergy) and autoimmunity ⁽²⁾

References:

1. <https://my.clevelandclinic.org/health/diseases/21055-hurthle-cell-carcinoma>.
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7219459/>
3. <https://www.verywellhealth.com/information-about-free-radicals-2249103#:~:text=Free%20radicals%20have%20a%20lifespan,like%20heart%20disease%20and%20cancer>.



4. <https://www.google.com/url?client=internal-element-cse&cx=016954971634618662353:wmtt92xk46o&q=https://www.traditionalhydrotherapy.com/Techniques/AlternateCompress.html&sa=U&ved=2ahUKEwjP6pzM6MKAAXUjyjgGHdDoBboQFnoECAYQAQ&usg=AOvVaw3DjmeU8xuDW55nfdJfByyh>
mudras: Journal of Pharmacognosy and Phytochemistry 2019;



Case Studies

Case Study: Management of Ankylosing Spondylitis

History:

A patient named RC aged 37 years had been suffering from Neck pain, back pain and hip joint pain for the last 4 months due to his traveling job. The pain kept on shifting with aggravation during physical stress. He has been consulting physicians who gave him painkillers and anti-spasmodic, but the relief lasted for a transient period. Over the last 4 months, even the pain killers were not effective which made him think of a long-term sustainable solution. He visited Nisargopchar Ashram's OPD and after a thorough case taking, blood work and x-ray his condition was diagnosed as Ankylosing Spondylitis.

Based on his physical condition and the reports he was suggested 21-day IPD treatment protocol towards recovery.

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 and later on Fasting for 7-10 days. He was given various Naturopathy treatments which included Acupuncture, Physiotherapy, recovery ball workouts, counseling for stress management and Hydrotherapy treatments along with customized yoga programs.



Diet program:

Time	Diet	Quantity (ml/gm)	Days (no)
7 am	Kadha+jaggery	200+10	11
8 am	Carrot + Ash gourd juice	200	11
9 am	Awla Turmeric+ Raw Potato juice	60	11
10.30 am	Soup+Sabzi+Chutney+Ragi roti	200+200+10+1	05
3 pm	Kadha+jaggery	200+10	11
4 pm	Pomegranate juice	200	11
5.30 pm	Jowar Roti+Soup+sabzi+Chutney	1+200+200+10	05
	Tender coconut water (Twice daily)	200	10
	Lemon water with honey (four times daily)	5+200+2tsp	10



Yoga schedule:

Sr. No.	Practices	Details	Duration (minutes)
1.	Sukshma vyayamas	Asanas for loosening up the joints of the body.	15
2.	Asanas (Tadasana, Ardhachakrasana, Ardhakatichakrasana, Bhujangasana, Ardhashalabhasana,)	Supine, prone and sitting postures to improve the range of movement and reduce inflammation	10
3.	Pranayamas like- (Anuloma-Viloma, Bhramari)	To improve the oxygen saturation and spasm	20
	Meditation (Breath awareness, OM)	Strengthening of mind, and relief from stress	10



Naturopathic treatment:

Sr. No	Treatments	Frequency	Duration (minutes)
1.	Massage therapy with Steam Bath	Daily for 11 days	45 +8 mins
2.	Neutral Immersion Bath (with Epsom salt)	Daily for 11 days	10
3.	Acupuncture	Daily for 10 days	30
4.	Neutral Vichy Shower	Daily for 11 days	20
5.	Exercise therapy	Daily for 11 days	15
6.	Mud pack to abdomen	Daily 11 days	20



Results:

After 21 days of Naturopathic and Yogic treatments, his VPAS showed relief in pain and stiffness from 10 to 4. Also, he learnt to relax in a natural way. He felt rejuvenated and relaxed. His inflammatory markers have also shown significant improvement.

Markers	CRP	ESR
Before	95	176
After	22	43

Follow up advice:

He was given a simple home-based program inclusive of Diet, Exercise, Yoga and tips on lifestyle modification to avoid relapse of the condition.

REPORTED BY

DR. ABHISHEK DEVIKAR



Case Study: Post Traumatic Stress Disorder

Introduction :

Post traumatic stress disorder is a serious and growing health issue. Not only do people with post-traumatic stress disorder experience debilitating symptoms of post-traumatic stress disorder, but they also have a higher prevalence of other psychiatric and physical co-morbid conditions such as depression, Insomnia, relationship issues etc.

History:

A patient named Ms. P.S came to Ashram with a known case of Post Traumatic Stress Disorder following the death of her father due to covid.

She has presented herself with extreme levels of anxiety, depression and restlessness and is unable to sleep through the night. She has several crying episodes throughout the day and feels extremely sad and has developed fear of losing her close ones.

Treatments:

A detailed case study was taken, and treatments were planned to handle her anxiety, restlessness and sleep issues. Treatment modalities included Massages, hydrotherapy treatments, Yoga Therapy, Prayer, Acupuncture, and counselling.

She was given the following Diet during her stay.



Diet Chart:

Time	Diet	Quantity (ml/gm)	Days (no)
7 am	Kadha+Jaggery	200	14
8 am	Carrot Juice+Ashgourd ice	200	14
9 am	Amla+Turmeric juice	60	14
10.30 am	Soup+Sabzi+Chutney+jowar roti	200+200+10+1	14
3 pm	Kadha+jaggery	200+10	14
4.00pm	Pomegranate Juice	200	14
5.30 pm	Khichdi+soup+sabzi+Chutney	100+100+100+10	10
	Fruits; Pomegranate/ Kiwi	2-3 nos	11

Yoga Chart:

Sr. No.	Practices	Details	Duration (minutes)
1	Asanas and Surya Namaskaras	Supine, prone and sitting postures to stretch the muscles and improve the circulation	20-30
2	Pranayamas like- (Anuloma-Viloma, Bhramari)	To improve oxygen consumption by her body	20
3	Meditation (Music and mantra)	Strengthening of mind, and relief from stress	10



Treatments:

Sr. No	Treatments	Frequency	Duration (minutes)
1	Massage	14 days	45
4	Vichy Shower	Twice a week	10
5	Neutral Spinal Spray	14 days	15
6	Mud pack to abdomen	14 days	20
7	Neutral Immersion Bath	14 days	15
8	Acupuncture	14 days	30

Results Achieved:

Ms. P.S was in a much better condition at the end of 14 days. Her anxiety levels have reduced considerably, and she was able to get 4-5 hours of uninterrupted sleep. Her crying episodes have reduced, and she was able to calm down a lot with mantra chanting and prayers.

Follow Up Advice:

She was advised to follow regular yoga, prayers and meditation back home. We also advised her to go for massage once a week and warm water bath at bedtime followed by a hot foot bath and Brahmari pranayama to help her get sound sleep.

Reported By:

Dr.Ameya Devikar



Case Study: Management of Osteoarthritis

Introduction:

Osteoarthritis (OA) is the most common form of arthritis. It is a degenerative disease affecting the whole joint, and any joint can be affected but OA most commonly affects the knees, hips, hands, neck, and low back. Diet changes, Physical therapies can help significantly. OA can be isolated to one joint, generally a weight bearing joint such as the hip or knee, but it often affects multiple joints. OA can lead to significant problems with mobility with middle aged and elderly people and is probably the most common cause of disability in elderly people in the developed world.

History:

Mrs. AA, 55 years old, was admitted to Ashram with complaint of pain in the knees since last 5 years. She was having morning stiffness and pain in the knees, unable to walk properly. When she tries to walk 1 km at a stretch the pain aggravates, and restriction of mobility starts. She took all conservative treatments but got relief for some days. She was with the ashram for 15 days.



Diet chart:

Time	Diet	Qty in ml/gm	Days No
6 am	Water	200ml	15
7 am	Milk + Kadha	100ml + 100 ml	15
8 am	Carrot juice	200ml	15
9 am	Tulsi-Adulsa juice (Herbal juice)	200ml	15
10 am	Ragi Porridge	200gms	15
12 pm	1. Jowar roti + Boiled vegetable + Chutney + soup	1+100gm+10gm +100ml	1-5
	1. Ragi roti + Boiled veg.+ Chutney + soup	1+100gm+10gm + 100ml	6-12
	1. Fruits (Seasonal)+ Soup	300 to 500 gms	13-15
3 pm	Milk + Kadha	100ml + 100 ml	15
6:30 pm	1. Jawar Roti + Boiled Vegetable + Chutney + Soup	1+100gms+10g ms+100ml	1-12
	1. Fruits (Seasonal)+ Soup	300 to 500 gms	13-15
9 pm	Milk + Turmeric	100ml	15

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



Yoga Practices:

Sr No.	Practices	Details	Duration (Minutes)
1	Asanas a) Pawanmuktasana b) Bhujangasana c) Makrasana d) Tadasana e) Salbhasana	4 times each	40
2	Pranayama a) Aum chanting with breath consciousness b) Anuloma viloma c) Bhramri d) Surya bhedan e) Bhastrika	15 rounds each	30
3	Meditation	Alternate day	45



Naturopathy and Physical therapy Treatments:

Sr No.	Therapy	Frequency	Duration
1	Enema	Alternate day	
2	Full body Massage therapy	Daily	45 min
3	Steam Bath	Every alternate day	3 min
4	Mud pack on Abdomen	Daily	30min
5	Physiotherapy · IFT · Ultrasound · Muscle strengthening exercises	Daily	45 min
6	Acupuncture	Daily 10 days	20 min
7	Vichy shower	Weekly twice	15min
8	Mustard application on knees	Daily	20 min

Results Achieved:

After treatment of 15 days, she improved up to 90 percent. Her pain has reduced significantly, and She was also able to do routine activities without pain.



Medications:

Name of medicines	On admission	On discharge	Result
T. Aceclopara	0-1-0	0-0-0	She was able to manage her daily routine activities without medications.

Follow-up Advises:

- 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.
- Do regular physical therapies for strengthen the muscles.

Reported by

Dr Kushan Shah



Management of Musculoskeletal Pain

Introduction :

Musculoskeletal pain is defined as acute or chronic pain that affects bones, muscles, ligaments, tendons, and even nerves, and the pain associated with musculoskeletal (MSK) disorders is a common medical and socioeconomic problem worldwide.

History:

Mr. SG, 47 years old, was admitted to the Ashram with complaints of lower back pain since last 2 years. He was an engineer and had to stand and travel the whole day for work. He was admitted at ashram for 10 days.

Treatment:

Aim of the treatment:

- To reduce pain.
- To reduce stiffness and improve range of motion.
- To make his daily activities smooth and pain free.



Diet chart:

Time	Diet	Quantity in ml/gm	Days No
7 am	Milk + Kadha +jaggery	100+ 100	10
8 am	Carrot Juice	200	10
9 am	Amla Juice + Haldi (Turmeric) juice	40+ 40	10
12 pm	Jowar roti + Boiled veg + Chutney + soup	1+100+10+100	1-3 & 8-10
	Fruits (Seasonal)+ Soup	300 to 500	4-7
3 pm	Milk + Kadha	100 + 100	10
6:30 pm	Jawar Roti + Boiled Veg + Chutney + Soup	1+100+10+100	10



Yoga Practices:

Sr. No.	Practice	Effects	Duration
1	Asanas: Bhujangasana Pawanmuktasana Setubandhasana Salabhasana gomukhasana	To improve flexibility & strength of back muscles	Daily
2	Pranayama: Anulomvilom Omkar bhramari	For relaxation and to improve oxygenation	daily
3	Meditation	For relaxation	Daily 45 mins



Naturopathy Treatments:

Sr No.	Therapy	Frequency	Duration(mins)
1	Full body Massage therapy	Daily	45
2	Steam Bath	Daily	5
3	Mud pack on Abdomen	Daily	30
4	Immersion bath with hot water	Daily	20
5	Physiotherapy:	Daily for first 5	
	a. Shortwave Diathermy	days	15
	b. Interferential therapy		10
6	Acupuncture	Daily 10 days	20
7	Exercise therapy:	Daily 10 days	10
	Back muscles stretching and strengthening exercises		
8	Results Achieved: Vichy Shower	Twice a week	10

After treatment of 15 days, He was improved up to 90 percent. His pain has reduced significantly, and he was also able to do routine activities without pain.

Follow up advised:

At the time of discharge, he was given a specific stretching and strengthening exercise program to be done daily twice in a day.

Reported by

Dr. Gauri Shah



Case study: Irritable Bowel Syndrome

Introduction :

Irritable bowel syndrome is a common disorder in which a person suffers from altered bowel habits and patterns. Sometimes it is constipation whereas sometimes it will be loose motion. The symptoms include cramps, bloating and flatulence, abdominal pain. The exact cause of IBS is unknown but may occur due to bacterial infection, overly sensitive colon or immune system, early life stress, family history and changes in gut microbes.

History:

Miss AG Aged 26 was suffering from IBS for 1 year. She uses the toilet 7 to 8 times a day with cramps in abdomen. Her stomach was always bloated, and she used to experience heaviness post prandial. She also lost 5 kg in 1 year. Her blood reports, stool test and colonoscopy were normal. As per her family physician it was stress induced IBS as she had a lot of pressure at the workplace. Also, she used to consume a lot of caffeine in the form of coffee which acts as a stimulant for IBS. Often, she used to take antispasmodic, antibiotics, and anti-diarrheal tablets.

Treatment:

The main aim of treatment is to relieve the symptoms and prevent further complications.



Diet chart:

Time	Diet	Quantity	Days
7 Am	Plain honey water	2 teaspoons + 200ml	15 days
8 Am	Ash gourd juice	200 ml	15 days
9 Am	Pomegranate juice	200 ml	15 days
11 to 12 pm	Jowar bhakri + boil veg + soup + buttermilk	1+100gms+100ml+ 100ml	15 days
3 Pm	Plain honey water	2 teaspoon + 200 ml	15 days
4 Pm	Bottle gourd juice	200 ml	15 days
5.30 Pm	Jowar bhakri + boil veg + soup+ buttermilk	1+100gms+100ml+ 100ml	15 days

Yogic practices:

Serial No.	Practices	Details	Duration
1	Yoga	General yoga practices	Daily 45 minutes
2	Pranayama	Anulom viloma, Sheetal, Shitkari, Bhramari	Daily 20 minutes
3	Meditation	Om meditation	Alternate days
4	Relaxation techniques	Deep relaxation technique	Alternate days



Naturopathy practices

Serial No.	Treatments	Frequency	Duration
1	Massage-Full body with till oil	Daily	45 minutes
2	Mud pack	Daily	15 minutes
3	Steam bath	Daily	5 minutes
4	Abdomen pack	Daily	15 minutes
5	Hip bath	Daily	15 minutes
6	Acupuncture	For 5 days	30 minutes

Result achieved:

At the end of 15 days, patients' frequency of using the toilet reduced to 2 times a day. Also, she gained 1 kg weight.

Follow up advice:

She was advised to practice meditation and relaxation techniques daily at home. As caffeine stimulates gastric mucosa, it was told to cut it completely. Probiotics should be part of daily diet. Raw foods and non-veg were completely prohibited. Her medications were completely stopped. A follow up after 3 months was advised.

Reported by

Dr. Vandita Bagul



Case study: Irritant Dermatitis

History:

Mrs. AK, a 43-year-old woman, had been living with OCD for three years before the pandemic began. Her primary obsession was the fear of contamination, particularly from germs and viruses. As the COVID-19 pandemic emerged, her symptoms worsened significantly, and her compulsion to wash her hands became relentless.

Her hand-washing ritual included washing her hands for at multiple times a day, using harsh soaps and hot water. As a result, she developed irritant dermatitis, characterized by dry, red, and itchy skin on her hands. The condition was painful and caused significant distress, prompting her admission to an Ashram for treatment.

COVID-19 Education and Safety Measures:

To address Mrs. AK's fear of COVID-19, the Ashram provided her with accurate information about the virus, transmission, and safety measures. This education was essential in reducing her excessive hand-washing behavior, as she gained a better understanding of how to protect herself without resorting to compulsive habits.

Treatments: Upon admission, the primary goals were to manage her OCD symptoms and provide relief for the irritant dermatitis



Diet chart:

Time	Diet	Quantity in ml/gm	Days
7am	Milk + jaggerry	100 ml + 10	20
8am	Carrot juice	200 ml	20
9am	Pomegranate juice	200 ml	20
10:30- 12:30	Jowar roti + Sabji+chutney+Soup+butter	2 + 100 gm + 10 gm + 100 ml +10	1-20
3pm	Honey water	200 ml + 2 spoons	20
4pm	mosambi juice	200 ml	9
	Pineapple juice	200 ml	11
5:30- 6:30pm	Jowar roti + Sabji + Soup + Chutney + butter	1 + 100 gm+ 100 ml+10gm+10 gm	1-9 and 17-20
	Khichadi + Soup + Sabji +Butter +Chutney	100 gm + 100 ml + 100 gm + 10gm+10gm	10-16



Naturopathy Treatment:

Sr. No.	Treatments	Frequency (No. of days)	Duration (Minutes)
1	Massage	Daily	45
2	Hip bath (Neutral)	Daily	15
3	Neutral Immersion Bath (Epsom salt)	2 /week	15
4	Spinal spray (Neutral)	Daily	15

Yogic practices:

Sr. No.	Asana	Pranayama	Relaxation
1.	Sookshma vyayamas	Aum chanting	Meditation 45 min (Alt day)
2.	Matsyasana	Anulom vilom	Trataka (Alt day)
3.	Bhujangasana	Bramari	
4.	Ustrasana	Ujjayi	
5.	Vakrasana		



Medication:

Sr. no.	Name of medication	On admission	On discharge
1	Tab.Flivaris 50 mg	0-0-1	0-0-0
2	Tab. Clox 0.25mg	0-0-1	0-0-0

Result:

Over 20 days of treatment, Mrs. AK showed significant improvement in both her OCD symptoms and irritant dermatitis. Her hand-washing rituals reduced in frequency and duration, and her skin started to heal with the dermatitis gradually subsiding.

Follow up Advice:

Lifestyle Modifications: home base program given for a healthy lifestyle that includes regular exercise, a balanced diet, and sufficient sleep. Physical activity can help reduce stress and anxiety, which may benefit OCD symptoms.

Reported by

Dr. Samruddhi Vyas



MANAGEMENT OF SEBORRHEIC DERMATITIS

Introduction:

- Seborrheic dermatitis is defined as a chronic, recurrent, inflammatory skin condition characterized by erythema and skin flaking. It's actually a form of eczema and is also known as seborrheic eczema.
- It is a common condition that appears on the body a scaly rash on oily areas of the body like scalp, face upper back and nose. The rashes usually develop on the scalp. On darker tones, the rashes often look pink, slightly purple, or lighter than the surrounding skin.
- Seborrheic dermatitis appears on the body where there is a lot of oil-producing (high concentration of sebaceous glands).
- It usually causes symptoms like itching, skin dryness or oiliness, and other common changes in skin texture such as scalp dandruff. Unlike many people assume, seborrheic dermatitis is not contagious.
- She had a 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 for 18 days.

History:

Mr. H.S, 28, was diagnosed with seborrheic dermatitis for 6 years. He came to the ashram with a complaint of dandruff on scalp, beard, chest and underarms with scaly rash, itching, skin flaking and dryness of affected region.



He was covid-19 positive in April 2021, after few days of recovery of covid-19 he becomes obese because of his sedentary lifestyle, and he also want to reduce his weight. He consults with many dermatologists (Allopathy/ ayurvedic and homeopathy) they give him some medicines, steroids and ointments and soaps which provided only temporary relief. He came to the ashram for treatment of 16 days.

Treatment:

The main aim of treatment was detoxification and maintained the proper breathing pattern and reduces the nasal obstruction. He was given 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	1-12 and 15 -16 days
8 am	Bottle guard juice Carrot + Bottle guard juice	200 ml 100+100 ml	1-7 8-12 and 15 – 16 days
9 am	Amla + Haldi juice	20ml + 20 ml	1 -12 and 15 – 16 days



10.30 am. to 12.30 pm	1 Jowar roti + sabji + chutney +soup + buttermilk 1 Raw diet + buttermilk 1 Fruit diet (Papaya, pomogranate, guava, apple, muskmelon, watermelon pear)	1 + 100 gm + 10 gm + 100 ml + 100 ml 100 gm + 100ml 300 to 500 gms	1-2 and 16 th days 3 - 5 6 – 7 and 15 th days
3 pm	Kadha + jaggery	100 ml + 10 ml	1-12 and 15 – 16 days
4 pm	Carrot + Bottle guard juice Watermelon juice	100+100 ml 200 ml	1 – 7 and 15 – 16 days 8- 12
5. 30 pm	1 Jowar roti + sabji + chutney + soup + buttermilk 1 sabji + chutney +soup 1 Fruit diet (Papaya, pomegranate, apple, muskmelon, watermelon pear)	1 + 100 gm + 10 gm + 100 ml + 100 ml 100 gm + 10 gm + 100 300 to 500 gms	1 – 2 and 16 th days 3 – 5 and 15 th days 1. - 7

Fasting:

- **Juice fasting:** mosambi (Sweet lime) juice, Pineapple Juice, Carrot juice, Bottle gourd juice, Amla + Turmeric Juice + Watermelon juice (8– 12days)
- **Water Fasting:** Lemon + honey + water; Tender Coconut Water; Plain Water (13 – 14 days)



Yogic practice:

Sr. No.	Practices	Details	Duration (Minutes)
1	Sookshma vyayamas	Asanas for loosening up joints of the body	10 – 15 minutes
2	Asanas	Pawanmuktasana, Naukasana, Vrikshasana, Trikonasana, Ardha Chandrasana, Halasana Sarvangasana, Matsyasana Vajrasana, Bhujangasana, Setubandhasana, Tadasana, Vakrasana, Ushtrasana , Shalabh asana etc.	30 minutes
3	Pranayana	Anuloma – Viloma, Bhramari, ujjayi Suryabhedana, Bhastrika	10 – 15 minutes
4	Bandhas	Jalandhar bandha	5 minutes
5	Meditation and yoga Nidra	Om kar meditation, Deep relaxation technique	10 minutes
6	kriyas	Jala neti, Kunjal	5 minutes



NATUROPATHY TREATMENTS:

Sr. No.	Treatments	Frequency (Number of days)	Duration (Minutes)
1	Full body massage with coconut oil	Daily	45 minutes
2	Enema	Alternate day	10 minutes
3	Mud pack application on abdomen	Daily	15 minutes
4	Full body mud bath	Thrice a week	20 – 30 minutes
5	Neutral immersion bath with Epsom salt	Alternate day	15 minutes
6	Neem water bath	Daily	
7	Steam bath	Daily	3 minutes
8	Pack (Abd)	Daily	30 minutes
9	Hot and cold compress on abdomen	Alternate day	15 minutes
10	Application of Rice and Turmeric gruel on affected area	Alternate day	15 minutes
11	Vichy shower	Weekly twice	10 minutes



Result:

After 5 days of treatment patient was happy and he got symptomatic relief and he was feeling fresh, at the end of 11 days there was considerable reduction in itching, and the flaking had also reduced and dandruff, dryness of affected part completely gone at the end of juice and water fasting, his skin become much clearer and normal. He also reduced 9 kg weight on his target level. On his discharge time he was extremely happy and satisfied with the treatment.

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 milk, fermented, white flour, too many sweets, freeze products, cold drinks, oily, spicy, tinned, canned, and packaged food, wafers, pickles, fried and junk foods.

Reported by

Dr. Ganesh Agrahari.



Case Study: Management of Hurthle Cells Neoplasm

Case History:

Patient Mrs. AA 59 years old admitted in ashram for consecutively for 3 times in March(6th-15th), April (3rd- 18th) and June (. The primary complaint of the patient was Hurthle cell neoplasm (left lobe) diagnosed in December 2022. She was also suffering from stress induced hypertension for 1 year for which she was on medication. Also, she had a complaint of hyper acidity and disturbed sleep.

The neoplasm of the patient was diagnosed to be benign (non-cancerous) hence she was not advised any medication by doctors. She was advised to follow a healthy lifestyle.

Treatment: the main goal of the treatment was detoxification as the root cause of the neoplasm is to be the foreign toxic accumulation inside the body. The stress level of the patient was considered to be the cause hence treatment was planned accordingly.



Treatments :

Sr. No.	Treatments	Details	Results
1.	Yoga Therapy	Customized disease specific Yoga session included asanas and pranayama to enhance the thyroid gland function	Improve thyroid function by enhancing the hormone levels.
2	Mudras	45 minutes daily Gnana mudra, Surya mudra, ksepna mudra	Helps in emotional regulation and reduces negative thoughts. improves the thyroid gland function. ⁽⁵⁾
3.	Steam Bath	In cabinet for 5 mins daily	Induces perspiration enhances elimination and increases blood circulation
4.	Massage therapy	Full body massage for 45 minutes daily	Physical, mental relaxation and reduction in swelling.
5.	Diet therapy	Satvik diet which included more of fruits and boiled vegetables	Helpful in maintaining the nutritional level in the body and reduces the free radical production and oxidative stress in the body. ⁽³⁾
6.	Mud therapy	Mud application on stomach and neck regions	Absorbs toxins and eliminates through skin. Has anti-inflammatory action and softens the hard tissues and improves circulation.
7.	Hydrotherapy	Cold pack on neck	Stimulates the nerve and blood supply to the thyroid organ ⁽⁴⁾
		Hot and cold compress on abdomen	Reduces excessive stimulation and acid secretion. Enhances digestion. Improves toxic elimination and increases nutritional absorption.
		Hot foot bath	Sedative effect to improve sleep and induce relaxation.



Sr. No.	Treatments	Details	Results
8.	Meditation	Daily 30 mins relaxation meditation included AUM chanting and mindful breathing with visualization	Helps in reducing stress, anxiety and increases the coping mechanism of the mind and body. Elevates mood and improves psychological health. ⁽⁶⁾

Diet Advised:

5 am	Black raisins 10 soaked overnight in water	Daily	
7 am	Tulsi kadha with milk and jaggery	200 ml	Daily
8 am	Ash gourd juice	200 ml	Daily
9 am	Amla and turmeric juice	40 ml	Daily
10.30 am	Normal diet – sorghum millet (jowar) Bhakri with vegetable, chutney, buttermilk	1+ 100gm+20gms + 100ml	Daily
1 pm	Tender coconut water	1	Daily
3 pm	Tulsi kadha with jaggery and milk	200 ml	Daily
4 pm	Pomegranate juice	200 ml	Daily
6:30pm	Kichadi with vegetable, soup and chutney	100gms 100gm+20gms + 100ml	Daily



Her vital parameters blood pressure, pulse rate and weight were monitored at regular intervals. She was also advised to do barefoot walking on the grass at least 10 mins in a day. She was also advised to have fruits like papaya, pomegranate, guava and apple if necessary. During the time of discharge the patient was given advice of dietary and lifestyle modifications to be done back home.

Result:

The patient was on medicine Prolomet xl for her blood pressure which was stopped after 7 days of treatment in the first visit to ashram. She has been given dietary advice to be followed at home during every visit along with the treatment which can be continued at home including neck compress, yoga meditation relaxation and mudras practice to be done regularly.

DATE	LEFT LOBE OF THYROID MEASUREMENT
17-12-2022	7.15x4.11x3.28
03-02-2023	4.8x4.5x4.0
20-03-2023	5.2x4.6x3.7
11-04-2023	4.3x3.8x3.3

*Reported by
Dr. Shravani Sanga.*



NEW INITIATIVES

PRERNA MANDIR FOR YOGA AND SPIRITUAL SESSIONS



DEDICATED RECEPTION TEAM



NEW TREATMENT CENTRE FOR FEMALES



RENOVATED TREATMENT CENTRE FOR MALES



PEBBLE POOL



HERBAL GARDEN



RENOVATED DORMITORY ACCOMODATION



AC ROOMS



PARKING FOR SADHAKAS



UTILITY STORE



Our Publications:

1 .Positive Attitude for good health and happiness:

Importance of this book: This book taught us about effective way to develop attitude in a positive way. Book fulfills the requirements of the reader in which how we can develop intellect and positive attitude. This book is important for all the generations as this era gives us technology but with the stress and psychological diseases, so we are presenting this book to change your mind towards living your life in a stress free way.

2. Nature Cure for All (Natural Remedies for health Disorders):

Importance of this book: This book propagates the philosophy and concept of Naturopathy. Our doctors have carefully studied the impact of various naturopathy treatments and have developed a package of best practices for treating different ailments. To create awareness about the strength of nature cure, this book which covers various therapies as well as management of common diseases through natural remedies, is expected to benefits the general public.

3. Natural Recipes:

Importance of this book: Healthy food is the key to good health. Most of the treatments in naturopathy prescribe a suitable diet like soup, salads and juices, which are critical components of healthy food. As these foods have excellent properties for improving health while serving instant refreshing foods; readers can be immensely benefitted by trying out most of these recipes. The book also describes the nutritive value of common food consumes by us. The readers who all are health conscious must read and implement these all recipes in day to day life.

4. Nature cure:

Importance of this book: We can say about this book is a day at the ashram. Here, in this book we mentioned about all the details about the ashram and day to day activities. With a view to popularize the functioning of the Nature cure ashram and introduce the basic principles of nature cure, the ashram published this book. By reading this book we can understand how to modify our lifestyle and become healthy.



5. Nature cure for Obesity:

Importance of this book: With the objective of helping people suffering from obesity and those who are likely to become obese due to wrong eating and living habits. This book is an ideal blend of authentic theories with practical solutions which can be learned and practiced by common people. It emphasizes on balanced diet, various exercises and yoga to overcome Obesity. We hope our readers can take advantage to read and practice in daily life.

6. Nature cure for Psoriasis:

Importance of this book: The book has been brought out in a simple style to enable the common people to understand the details and cope up with the problems. The ashram has been receiving large number of psoriasis patients and we hope the book will be helpful to the patients to understand the conditions and treatment modalities by this book.

7. Super foods for better health:

Importance of this book: This book explains about the fruits, vegetables and herbs for home remedies also, describes the health benefits of various fruits and herbs and how they can be benefitted. After reading this book we can learn how our kitchen can help us to get rid from various diseases. In Naturopathy, combination of diet is foremost important to understand. The ashram has come out with book to help every Sadhakas to understand the preventive and curative aspects of health issues by the help of food and herbs.

8. Essence of Nature cure – Focus on Women:

Importance of this book: Here in this book we describe how to practice Naturopathy, its philosophy and implementation of modalities. This book surely helps to common people as well as students to understand the multiple modalities its importance and concept.

9. Shami Tree:

Importance of this book: The Shami tree is a fiction book, which motivates young parents to understand their moral obligations and promote spiritual and cultural values among their growing children in this modern era.



BOOKS ON NATURE CURE AND GOOD HEALTH



Positive Attitude for Good Health and Happiness

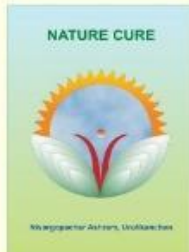
Physical and mental aspects of health with solutions for leading a stress-free life.

English and Marathi (Rs. 100), Hindi (Rs.120)



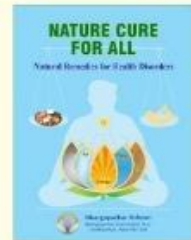
Nature Cure for All: Natural Remedies for Health Disorders

Therapies and management of common diseases through natural remedies. English, Rs. 200, 252 pages



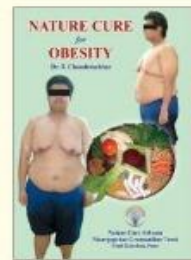
Nature Cure

Principles of nature cure, functioning of the Ashram, treatments, natural recipes, positive and healthy living. English, Hindi and Marathi, Rs. 100, Pages 136



Nature Cure for Obesity

Balanced diet, exercises and yoga for overcoming obesity. English, Rs. 150, Pages 124



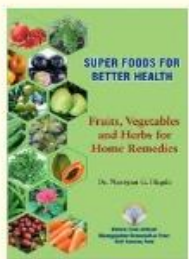
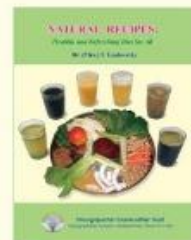
Essence of Nature Cure: Focus on Women

Describes the effects of various therapies with emphasis on food habits, healthy lifestyle and yoga. English, Rs.100, Pages 136

Natural Recipes: Healthy and Refreshing Diet for All

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

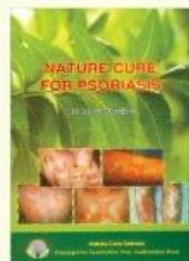
English, Rs. 100, Pages. 144



Super Foods for Better Health - Fruits, Vegetables and Herbs for Home Remedies

Health benefits of super foods.

English, Rs. 400, Pages 164



Nature Cure for Psoriasis

Types of psoriasis and effective treatment through nature cure. Marathi, Hindi, English, Rs.60, Pages 72

Nitya Prathana

Revised Edition: Important prayers of the Ashram.

Hindi/Marathi, Rs.40, Pages 48

