

## 1. Rheumatoid Arthritis

### **Definition:**

Rheumatoid arthritis is a chronic, systemic inflammatory auto immune disorder that may affect many tissues and organs, but principally attacks synovial joints.

### **Causes:**

- Accumulation of morbid matter in the body which is of acidic nature.
- Psychological stress.
- Genetic.
- Environmental factors.
- Wrong eating/ living/ thinking habits are the principal causes of this painful disease.

### **Preventive/ Health Promotive Measures:**

- Maintain Stress-free life and relaxed State of mind
- Avoid undue pressure on joints.

### **Curative Tips:**

- Enema
- Sukshma Vyayama to the affected joints.
- Hot fomentation when pain exists.
- Ice cold applications to reduce swelling and congestion.
- Hot full Immersion Bath-20 mts
- Jacuzzi-30 mts
- Sun Bath.
- Plantain leaf bath-45 mts
- Bare Foot Walking
- Hot oil application and light massage to affected joints.
- Full wet sheet pack – 30 mts.
- Hot arm & Foot bath-20mts

- Partial Hot Mud Application.
- Epsom salt bath.
- Laughing Therapy.
- Long & Intermittent fasting on juices and fruits.
- Avoid stress, anger, worry, hurry, depression, anxiety etc.
- Regular Yoga Practices such as Asanas, Pranayamas like Suryabhedana pranayama, Nadishodhana pranayama, Bhramari pranayama. Relaxation techniques.
- Prayer /Meditation twice in a day.

**Definition:**

Osteoarthritis (OA) also known as degenerative arthritis or degenerative joint disease, is a group of mechanical abnormalities involving degradation of joints, including articular cartilage and subchondral bone.

**Causes:**

- Aging
- Obesity
- Diabetes
- Injury to joints, as a result of an accident or orthodontic operations
- Congenital disorders of joints

**Preventive/ Health Promotive Measures:**

- Strengthening exercises to strengthen the muscles around the joints.
- Prevent undue pressure over the weight bearing joints.
- Regulate the body weight.
- Resistance exercise to knees to strengthen the muscle and increase the range of motion.

**Curative Tips:**

- Partial massage to Knees.
- Local steam to knees.
- Ice massage/ Cold mud application to knees in case of swelling.
- Hot mud application to knees for pain.
- Mustard pack.
- Hot leg pack-30 mts
- Full Wet sheet pack-30 mts

- Sun bath.
- Acupuncture.
- Hot fomentation when pain exists.
- Long & Intermittent fasting on juices and fruits.
- Regular Quadriceps strengthening exercises
- Regular Yoga Practices such as Asanas, Pranayamas like Suryabhedana pranayama, Nadishodhana pranayama, Bhramari pranayama. Relaxation techniques.

### 3. Osteoporosis

#### **Definition:**

Osteoporosis is a condition characterized by a decrease in the density of bone, decreasing its strength and resulting in fragile bones.

#### **Causes:**

- Vitamin D deficiency.
- Malnutrition.
- Excess alcohol.
- Tobacco Chewing & Smoking.
- Female - estrogen deficiency, menopause or oophorectomy.
- Men-decrease in testosterone levels has a comparable (but less pronounced) cause.

#### **Preventive// Health Promotive Measures:**

- Regulate the body weight to prevent early wear and tear.
- Regular intake of Calcium and Vit- D rich foods
- Prevent undue pressure over the weight bearing joints
- Expose body to sunlight / fresh air as far as possible

#### **Curative Tips:**

- Regular sun bath for 20-30 minutes.
- Regular intake of calcium and isoflavonoid rich foods.
- Alternate cold and hot treatment to tone up and strengthen the supporting tissues.
- Full immersion bath -20 mts.
- Gentle Full Body Massage
- Full Mud bath – 30 mts.

- Full Wet sheet pack - 45 mts
- Diet- Ragi porridge, Bajra , Drumstick Leaves, Soya milk, Cow's milk, Citrus fruits like Orange, Sweet lemon, Lemon juice, Gooseberry, Guava, etc.
- Regular Yoga practices such as loosening exercises, Breathing practices, Asanas, Pranayama, Relaxation techniques and Meditation.

## 4. Bronchitis

### **Definition:**

Bronchitis is inflammation of the mucous membranes of the bronchi, the airways that carry airflow from the trachea into the lungs.

### **Causes:**

Inhalation of:

- Irritating fumes or dust.
- Chemical solvents and smoke
- Including tobacco smoke
- Viruses cause bronchitis, including influenza A and B.

### **Preventive/Health Promotive Measures:**

- Maintain the ventilation of the house to avoid the dust accumulation.
- Sleep in reclining position in case of difficulty in breathing.
- Regular yoga practice for one hour duration including Asanas like Gomukhasana, Matsyasana, Bhujangasana etc. Pranayamas like Suryabhedana pranayama, Nadishodhana pranayama.
- Practice shat kriyas like Jal Neti, Sutra Neti, Vamana Dhauti, Vastra Dhauti once or twice a week.
- Avoid intake of mucus producing food.
- Regular intake of boiled water.

### **Curative Tips:**

- Enema
- Hot Arm & Foot bath – 20 mts
- Steam Bath – 15 mts
- Partial massage to chest and back.

- Hot/Neutral chest pack daily for 20-30 mins.
- Facial steam inhalation with eucalyptus oil/leaves twice daily.
- Neutral Immersion bath with friction.
- Regular Yoga practice for minimum one hour duration.
- Kriyas – Vastra Dhouti, Vaman Dhouti, Jal Neti, Sutra Neti to be done regularly.
- Regular sun bath and fresh air bath for 20-30 minutes.
- Short fasting for 2-3 days with juices and fruits.
- Diet – Lemon juice with honey, milk with turmeric, Tulsi decoction [15-20 leaves, 5gm ginger, 10 pepper, ½ teaspoon of pure turmeric powder are boiled for 10mins. Then filter it and add little black jaggery], Caraway seed (ajwain) decoction (1-2 teaspoon of ajwain and pepper powder is boiled in 250 ml of water for 10 mins. Filter it and then add black jaggery ).



## 5. Bronchial Asthma

### **Definition:**

Asthma is the common chronic inflammatory disease of the airways characterized by variable and recurring symptoms, reversible airflow obstruction, and bronchospasm.

### **Causes:**

- Environmental
- Genetic
- Air pollutants
- Stress
- Gene–environment interactions
- Hygiene hypothesis
- Socioeconomic factors

### **Preventive/ Health Promotive Measures:**

- Maintain the ventilation of the house to avoid the dust accumulation.
- Sleep in reclining position in case of difficulty in breathing.
- Regular yoga practice for one hour duration including asanas like Gomukhasana, Matsyasana, Bhujangasana, Dhanurasana etc. Pranayamas like Suryabhedana, Bhastrika, Bhramari and Kapalabhati kriya)
- Practice shat kriyas like Jal Neti, Sutra Neti, Vamana Dhauti, Vastra Dhauti, once or twice a week.
- Avoid intake of mucus producing food.
- Regular intake of boiled water.

### **Curative Tips:**

- Enema.
- Hot Arm & Foot bath – 20 mts
- Steam Bath – 15 mts
- Partial massage to chest and back.
- Hot chest pack daily for 20-30 mins.
- Facial steam inhalation with eucalyptus oil/leaves twice daily.
- Neutral Immersion bath with friction.
- Regular sun bath and fresh air bath for 20-30 minutes.
- Regular yoga practice for one hour duration.
- Kriyas – Vastra Dhouti, Vaman Dhouti, Jal Neti, Sutra Neti to be done regularly.
- Postural drainage
- Short fasting for 2-3 days with juices and fruits.
- Diet – Lemon juice with honey, milk with turmeric, Tulsi decoction [15-20 leaves, 5gm ginger, 10 pepper, ½ teaspoon of pure turmeric powder are boiled for 10 mins. Then filter it and add little black jaggery], Caraway seed (ajwain) decoction (1-2 teaspoon of ajwain and pepper powder is boiled in 250 ml of water for 10 mins. Filter it and then add black jaggery).

## 6. Diarrhoea

### **Definition:**

Diarrhoea is the condition of having three or more loose or liquid bowel movements per day.

### **Causes:**

- Contaminated food or Drinking water
- Malnutrition
- Bacterial & Viral Infections
- Parasitic infections
- Food Intolerance
- Some medicines also react wrong way and cause diarrhoea.
- Intestinal diseases.
- Functional bowel disorders.

### **Preventive/Health Promotive Measures:**

- Avoid intake of unhygienic, stale and foul food.
- Proper hand washing before eating the food.
- Prevent dehydration by adequate fluid intake
- Rest and relaxation to avoid the frequency of passing stool.
- Avoid foods rich in dietary fiber which may increase the bowel movements.

### **Curative Tips:**

- Ice-cold Enema.
- Mud pack to abdomen – 30 mts
- Cold compress/Icebag over abdomen – 20 mts.
- Ice water sipping.

- Ice-cold compress over abdomen for 20-30 mins to reduce the peristaltic movement of bowel.
- Rest and relaxation to avoid the frequency of passing stool.
- Short fasting with only water with sufficient quantity of electrolytes (Salt and sugar).
- Diet – Soft diet like Khichidi, Curd, Banana, cold buttermilk, lemon tea, Boiled apple with peel removed, Pomegranate peel decoction (3-4 dry peels are boiled in 100ml water for 10 mins. Filter it and drink).

## 7. Amoebiasis

### **Definition:**

Amoebiasis is an infection of the intestines caused by the parasite *Entamoeba histolytica*.

### **Causes:**

- Malnutrition
- Alcoholism
- Cancer
- Older or younger age
- Use of corticosteroid medication to suppress the immune system

### **Preventive/ Health Promotive Measures:**

- Avoid intake of unhygienic stale and foul food.
- Proper hand washing before eating the food.
- Prevent dehydration by adequate fluid intake
- Rest and relaxation to avoid the frequency of passing stool.
- Avoid foods rich in dietary fiber which may increase the bowel movements.

### **Curative Tips:**

- Ice-cold Enema.
- Mud pack to abdomen – 30 mts
- Cold compress/Icebag over abdomen – 20 mts.
- Ice-cold compress over abdomen for 20-30 mins to reduce the peristaltic movement of bowel.
- Rest and relaxation to avoid the frequency of passing stool.
- Short fasting with only Butter milk with sufficient quantity of electrolytes (Salt and sugar).
- Diet – Soft diet like Khichadi, rice porridge, cold buttermilk, lemon tea, Boiled apple with peel removed, Pomegranate peel decoction (3-4 dry peels are boiled in 100 ml water boil it for 10 mins. Filter it and drink).

## 8. Psoriasis

### **Definition**

Psoriasis is a common skin condition that causes skin redness and irritation. Most people with psoriasis have thick, red skin with flaky, silver-white patches called scales.

### **Causes:**

- The exact cause remains unknown. There may be a combination of factors, including genetic predisposition and environmental factors.
- Bacteria or viral infections
- Dry skin
- Injury to the skin, including cuts, burns
- Stress
- Too little sunlight
- Too much exposure to sun (sunburn)
- Too much alcohol

### **Preventive// Health Promotive Measures:**

- Maintain stress free life and relaxed state of mind.
- Drink plenty of water.

### **Curative Tips:**

- Enema
- Colon irrigation
- Cold Hip Bath – 20 mts.
- Rice gruel and turmeric paste application daily to reduce the scaling of skin
- Plantain leaf Bath – One hour.
- Alovera paste Application – 30 mts

- Neem paste & Neem oil application
- Epsom salt bath or Sea water bath
- Full wet sheet pack – 45 mts
- Steam Bath.
- Regular sun bath and fresh air bath for 20-30 minutes.
- Regular yoga practice for one hour duration.
- Long intermittent fasting with juices, fruit and raw diet.
- Diet – Raw diet therapy with sufficient intake of sprouts, salads, fruits.
- Strictly Avoid: Salt, Chilies, Spices, Sugar, Milk and Milk products, Oils.

## 9. Vitiligo

### Definition:

Vitiligo is a skin condition in which there is a loss of brown colour (pigment) from areas of skin, resulting in irregular white patches that feel like normal skin.

### Causes:

- Accumulation of morbid matter in the body which is of acidic nature.
- Psychological stress.
- Genetic.
- Environmental factors.
- It is thought to be due to an autoimmune problem, but the cause is unknown.

### Preventive// Health Promotive Measures:

- Maintain stress free life and relaxed state of mind.
- Regular sun bath and fresh air bath for 20-30 minutes.
- Avoid Stress, anger, worry, hurry, depression, anxiety etc.

### Curative Tips:

- Enema
- Regular Yoga practice for One hour duration including Pranayama & Meditation.
- Fasting one day in a week with only liquids – seasonal fruits and vegetable juices 4 to 6 glasses in a day or with water only.
- Fool Mud Bath – 1 hour
- Diet – Raw diet therapy with sufficient intake of sprouts, salads, fruits.
- Regular yoga practice for one hour duration.
- Avoid indulgence in all unnatural physical / psychological habits.
- Expose body to sunlight / fresh air as far as possible.



## 10. Eczema

### **Definition:**

Eczema is a chronic skin disorder that involves scaly and itchy rashes as well as blistering, weeping, or peeling of the skin.

### **Causes:**

- Hereditary
- Fungal infections
- Allergies
- Chemicals.
- Dust.
- Mites.
- Grasses, pollens, pets soaps.
- Shampoos, washing powders and cosmetics.

### **Preventive// Health Promotive Measures:**

- Follow the hygienic auxiliaries daily.
- Regular sun bath and fresh air bath for 20-30 minutes.
- Short fasting with juices and fruits.

### **Curative Tips:**

- Enema
- Colon irrigation
- Cold Hip Bath – 20 mts.
- Rice gruel and turmeric paste application .
- Plantain leaf Bath – One hour.
- Alovera paste Application – 30 mts
- Neem paste & Neem oil application

- Epsom salt bath or Sea water Bath
- Full wet sheet pack – 45 mts
- Regular sun bath and fresh air bath for 20-30 minutes.
- Long intermittent fasting with juices, fruit and raw diet.
- Diet – Raw diet therapy with sufficient intake of sprouts, salads, fruits.

## 11. Diabetes Mellitus

### **Definition:**

Diabetes mellitus is a condition in which the pancreas no longer produces enough insulin or cells stop responding to the insulin that is produced, so that glucose in the blood cannot be absorbed into the cells of the body.

### **Causes:**

- Obesity
- Sedentary Life Style
- Stress
- Genetic
- Chronic pancreatitis
- Pancreatectomy
- Alcohol Abuse

### **Preventive// Health Promotive Measures:**

- Maintain stress free life and relaxed state of mind.
- Instead of three meals per day maintain six small meals.
- Eat healthy food instead of junk food whenever hunger persists.
- Reduce the intake of Carbohydrate rich foods.
- Avoid afternoon nap.
- Regular Yoga practice for One hour duration

### **Curative Tips:**

- Enema
- Cold Hip bath daily for 20-30 mins daily.
- Hot/Neutral Abdomen pack - 20-30 mts .
- Mud pack to eyes and abdomen – 20 mts

- Gastro Hepatic Pack – 30 mts
- Partial Massage to Abdomen.
- Steam bath – 15 mts
- Under water Massage – 15 mts.
- Full Mud Bath – One hour.
- Sun Bath.
- Cold Full Immersion bath with friction.
- Intake of only low glycaemic food daily.
- Regular Yoga practice for One hour duration.
- Diet – low glycaemic index food like vegetables, whole cereals, Citrus fruits, millets, legumes etc., Bittergourd juice, Buttermilk with fenugreek powder, Soya milk, Lemon Water, Amla Juice & one time of raw food.
- Wheat Grass Juice
- Short & Intermittent Fasting with Salads, Sprouts and Fruits.

## **12.Hypertension**

### **Definition:**

Hypertension or high blood pressure is a cardiac chronic medical condition in which the arterial blood pressure is elevated.

### **Causes:**

- Stress.
- Alcohol abuse & Smoking.
- Obesity.
- Genetic.
- Atherosclerosis
- Diabetes.

### **Preventive// Health Promotive Measures:**

- Maintain stress free life and relaxed state of mind.
- Reduce the intake of salt and high salted foods.
- Satvik diet
- Breathing exercises and cooling Pranayama daily.
- Neutral Chest pack for 20 mins daily.

### **Curative Tips:**

- Enema.
- Full Body Massage (Reverse Direction)
- Mud pack to Eyes and Abdomen – 20 mts
- Ice massage to Head & Spine.
- Cold Trunk pack – 30 mts.
- Cold/Neutral Spinal Bath - 15 mts.
- Cold Hip Bath – 20 mts.
- Neutral under water massage.
- Cold Immersion Bath – 20 mts

- Diet – Fasting with beetroot juice or grape juice, Lemon Water, one time of Raw Food.
- Regular Yoga practice for One hour duration including Breathing practices, Pranayama, Relaxation Techniques & Meditation.

### 13. Obesity

#### **Definition:**

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems.

#### **Causes:**

- Faulty Dietary habits.
- Sedentary lifestyle.
- Genetic.
- Medical and psychiatric illness.
- Social determinants.

#### **Preventive// Health Promotive Measures:**

- Avoid eating when tensed or depressed.
- Chew the food properly before swallowing.
- Do not drink water while eating. Drink water only 15-30 mins after food.
- Sit in vajrasana after meals for atleast 5- 10 mins.
- Regular Yoga Practice for minimum one hour duration
- Take leisure walk after lunch/dinner.
- Avoid nap in the afternoon.

#### **Curative Tips:**

- Enema.
- Mud pack to Abdomen in the empty stomach for 15-20 mins.
- Cold hip bath daily in the early morning for 10-15 mins.

- Full body massage.
- Steam bath/Sauna Bath - 15 mts.
- Full Mud bath – One hour.
- Circular Jet Spray/ Cold Jet Massage – 15 mts.
- Sun bath.
- Regular Yoga practices including Suryanamaskara, Asanas such as Dhanurasana, Sarvangasana, Chakrasana, Ushtrasana etc.
- Bhastrika, Kapalabhati, Surya Bedhana Pranayam daily.
- Vamana Dhauti, Laghu Shankhaprakshalana once in a week.
- Long and Intermittent fasting with juices and fruits.
- Diet – low glycemic index food like vegetables, whole cereals, Citrus fruits, millets, legumes etc



## 14. Hepatitis

### **Definition:**

Hepatitis is a medical condition defined by the inflammation of the liver and characterized by the presence of inflammatory cells in the tissue of the organ.

### **Causes:**

- Alcohol.
- Viral hepatitis
- Contaminated water
- Toxins: Amanita toxin in mushrooms, carbon tetrachloride, asafetida
- Drugs

### **Preventive// Health Promotive Measures:**

- Maintain sanitary condition in and around the house.
- To follow overall healthy and fitness habits.
- Intake healthy and nutritive food.
- Drink adequate water (3-4 liters of water daily)

### **Curative Tips:**

- Neem Enema
- Mud pack to abdomen – 30 mts.
- Cold Abdomen pack – 20 mts.
- Hot Hip bath for 15-20 mins regularly.
- Fasting with only liquids ,seasonal fruits and vegetable juices 4 to 6 glasses in a day or with water only.

- Drinking of tulsi decoction (Tea) [15-20 leaves, 5gm ginger, 10 pepper, ½ teaspoon of pure turmeric powder are boiled for 10mins. Then filter it and add little black jaggery]. This decoction should be taken 4-6 times daily.
- Be on light diet – fruits, vegetable soups, fruit juices, lemon water with honey.
- Drink sugarcane juice 2-3 glass per day.

## 15. Urolithiasis

### **Definition:**

Urolithiasis is the condition where urinary calculi/stone are formed in the urinary tract.

### **Causes:**

- Reduction in fluid intake.
- Urinary tract inflammation.
- Increased exercise with dehydration.
- Medications that cause hyperuricemia (high uric acid) and a history of gout.

### **Preventive// Health Promotive Measures:**

- Follow Naturopathy and yogic life style.
- Drink adequate amount of water (3-4 lits per day).
- Wash the vegetables properly with lukewarm water before use.

### **Curative Tips:**

- Hot Hip Bath – 20 mts.
- Mud Pack– 20 mts.
- Kidney Pack-30 mts
- Hot Spinal Bath/ Spray- 15 mts.
- Take adequate amount of diuretics like barley water/ plantain pith juice/Dhania water.
- Short fasting with juices and fruits for 3-4 days (Lemon Juice, Butter Milk, Barley Water etc.)
- Reduce the intake of calcium rich foods and few vegetables like tomato with more seeds, brinjal etc.
- Diet –Boiled vegetables and soup are good to increase the frequency of urination.

## Rasayana (Rejuvenating)

### Definition:

Rejuvenation is the hypothetical reversal of the aging process.

Rejuvenation is distinct from life extension. Life extension strategies often study the causes of aging and try to oppose those causes in order to slow aging. Rejuvenation is the *reversal* of aging and thus requires a different strategy, namely repair of the damage that is associated with aging or replacement of damaged tissue with new tissue. Rejuvenation can be a means of life extension, but most life extension strategies do not involve rejuvenation:

Rejuvenation process can be followed 7-10 days once in a year as below:

- Total Fasting for 2-4 days on plenty of water and lemon honey water for 3-4 times daily.
- Break the fast with fruit juices for 1-2 days followed by papaya, grapes, orange etc.
- Follow fruit diet for 1-2 days.
- Consume raw foods like salads, sprouts, fruits, raw chutney, butter milk for one day.
- Be in cooked diet for one time and one time in raw diet.
- Along with this, take the Naturopathy treatments like Enema, Mud pack to eyes and abdomen, Full body massage, Steam bath, Sauna bath, Sun bath, Full Mud Bath, Full immersion bath etc.
- Avoid indulgence in all unnatural physical / psychological habits.
- Daily practice of Yoga for one hour duration.
- Practice shat kriyas like Jal Neti, Sutra Neti daily, Vamana Dhauti weekly once, Shankhprakashana monthly once.
- Maintain rest and relaxation and peaceful state of mind by chanting Bhakti songs, reading spiritual books.
- Expose body to sunlight / fresh air as far as possible.
- After dinner walk for 30 mts.

## 17. Malaria

### **Definition:**

Malaria is a parasitic disease that involves high fevers, shaking chills, flu-like symptoms, and anemia.

### **Causes:**

*P. falciparum* is the most common cause that is transmitted from one human to another by the bite of infected *Anopheles* mosquitoes

### **Preventive// Health Promotive Measures:**

- To follow overall healthy and fitness habits.
- Intake healthy and nutritive food.
- Maintain sanitary condition in and around the house.
- Use mosquito repellents and mosquito net.
- Have nets in the doors and windows.

### **Curative Tips:**

- Neem water enema
- Cold Hip Bath – 20 mts.
- Mud Pack to Abdomen & Eyes – 30 mts
- Practice Vamana Dhauti with neem water
- Drinking of tulsi decoction (Tea) [15-20 leaves, 5gm ginger, 10 pepper, ½ teaspoon of pure turmeric powder are boiled for 10 mins. Then filter it and add little black Jaggery ]. This decoction should be taken 4-6 times daily.
- Be on light diet – fruits, vegetable soups, fruit juices, lemon water with honey.
- Keep Ice bag over the head and hot water bags on the body especially over back/ sole/palm during shivering.
- Take warm bath twice a day.

## **18. Menopausal Syndrome**

### **Definition:**

Menopausal Syndrome means cessation of menstruation. A woman is usually considered to be menopausal if she has not had a menstrual period for 6 months and there is no other underlying cause.

Menopause is a term used to describe the permanent cessation of the primary functions of the human ovaries.

### **Causes:**

Menopause is a natural event that normally occurs between the ages of 45 and 55.

### **Preventive/ Health Promotive Measures:**

- Barefoot walking on grass with dews.
- Cold Hip bath for 20-30 mins daily.
- Cold shower regularly.
- Barefoot walking on grass with dews .
- Regular intake of healthy food to prevent generalized weakness.
- Anulom-Viloma Pranayama daily.
- Regular Yoga practice for minimum one hour duration.
- Short fasting with wheat grass juice, beet root juice, grapes juice.
- Yoga and Naturopathy based life style modification.
- Maintain stress free life and relaxed state of mind.

### **Curative Tips:**

- Enema.
- Cold Hip Bath – 20 mts.
- Full body massage .
- Warm/ Neutral water bath before sleep.
- Hot foot & Arm Bath – 20 mts.

- Neutral immersion bath/Under water massage/Whirlpool bath once or twice in a week.
- Sun Bath.
- Barefoot walking on grass with dews.
- Head massage, acupressure to reflex points on Palm, feet and head to induce sleep.
- Regular intake of Soya milk, Honey Water, Wheatgrass juice .
- Drink at least three liters of water in a day, (300 ml. at 2 hours interval)
- Fasting one day in a week with only liquids – seasonal fruits and vegetable juices 4 to 6 glasses in a day or with water only.
- Avoid Stress, anger, worry, hurry, depression, anxiety etc.
- Regular Yoga practice for minimum one hour duration
- Yoga Nidra/Relaxation techniques daily before sleep.
- Anulom-Vilom Pranayama/ Bhramari Pranayama before sleep.

## 19. Eye Diseases

### **Definition:**

It is an impairment of health or a condition of abnormal functioning of the Eye

### **Causes:**

- Age-related macular degeneration
- Diabetic Retinopathy
- Retinitis Pigmentosa
- Optic nerve atrophy

### **Preventive/ Health Promotive Measures:**

- Do eye exercises like moving only the eyeball up and down, sideways, rotation and in oblique direction for 5-10 times with palming in between.
- Eye washing with simple water or Triphala water.
- Avoid reading in dim light for long hours.
- Avoid working on computer for long hours without break
- Wash the eyes with cold water and blink the eyes frequently for 30 – 60 times in between computer work.
- Avoid watching TV in nearer distance and with brighter colors.
- Do palming (rub both the palms and place it on the eyes like a cup) to remove the tiredness of the eyes after excessive work.

### **Curative Tips:**

- Mud pack to eyes for 10 -20 mts daily.
- Early morning sun gazing for 10-15 mins. with palming in between.
- Bare foot walking on the grass with dews and on acupressure track.
- Diet – Carrot juice with honey/ Gooseberry juice (Amla) regularly.



- Intake of Vitamin A rich foods like Carrot, Papaya, green leafy vegetables etc.
- Sukshma Vyayama for head and neck region regularly.
- Practice shatkriyas like Jal Neti & Sutra Neti regularly.
- Practice Nasikagra Dhristi (Nose tip gazing)/Bhrumadhya Dhristi (Eyebrow centre gazing) for 2-3 mins. daily with palming in between.
- Padahastasana, Sarvangasana, Matsyasana are important asanas to be practiced to improve the blood circulation in the head region.

## 20. Insomnia

### **Definition:**

Insomnia is difficulty getting to sleep or staying asleep, or having non refreshing sleep for at least 1 month.

### **Causes:**

- Life events such as fear, stress, anxiety, emotional or mental tension, work problems, financial stress, birth of a child and bereavement.
- Use of antibiotic drugs
- Use of psychoactive drugs
- Alcohol
- Excess intake of Coffee.

### **Preventive/ Health Promotive Measures:**

- Maintain stress free life and relaxed state of mind.
- Consume easily digestible food at the dinner time.
- Maintain a gap of 2 hours in between food and sleep.
- Avoid late night dinner.
- Take leisure walk after dinner – 30 mts daily.
- Warm/ Neutral water bath before sleep.
- Avoid reading fictional books and late night watching TV

### **Curative Tips:**

- Hot Foot & Arm Bath – 15 mts
- Head massage, acupressure to reflex points on palm, feet and head to induce sleep.
- Full body massage.

- Neutral immersion bath/Under water massage/Whirlpool bath once or twice in a week.
- Warm/ Neutral water bath before sleep.
- Take leisure walk after dinner for half an hour.
- Drink a glass of hot milk before sleep
- Yoga Nidra/Relaxation technique daily before sleep.
- Practice Nadishodaana/ Bhramari Pranayama/ full Yogic breathing before sleep.
- Regular Yoga practice for one hour duration.

## 21. Leucorrhoea

### **Definition:**

Leucorrhoea is a medical term that denotes a thick, whitish or yellowish vaginal discharge.

### **Causes:**

- Vaginal infection or STDs
- Inflammatory conditions of vagina or cervix
- Estrogen imbalance

### **Preventive/ Health Promotive Measures:**

- Yoga and Naturopathy based life style modification.
- Maintain Hygiene of genital region.
- Regular intake of healthy food to prevent generalized weakness.

### **Curative:**

- Cold Hip Bath – 10 mts daily
- Mud pack to abdomen – 20 mts.
- Barefoot walking on grass with dews.
- Vaginal douche with warm neem water decoction daily.
- Nadishodhana Pranayama for 10 mins. daily.
- Regular Yoga practice for one hour duration.
- Yoga Nidra/Relaxation techniques daily.
- Short fasting with wheatgrass juice, beetroot juice, grapes juice.
- Diet – Raw diet therapy with sprouts, salads and fruits and dry fruits.

## **GENERAL GUIDELINES OF NATUROPATHY & YOGA**

### **To Avoid:**

- Coffee, tea, smoking, tobacco chewing, pan masala, jarda, alcohol, soda etc.
- Non vegetarian food, eggs.
- Frozen / processed / fast / preserved / refined / coloured / flavoured / deodorized Food / Bottled aerated drinks.
- White flour (Maida), White sugar etc.
- Saturated fats / hydrogenated oils.
- Overeating / untimely eating.
- Late lunch / dinner, late sleep.
- Oily and fried foods.
- Stress, anger, worry, hurry, depression, anxiety etc.
- Polluted Air, Noise.
- Avoid indulgence in all unnatural physical / psychological habits.
- Water immediately before and after food.
- Yeast, sauce, ketchup, vinegar, monosodium glutamate containing foods.
- Tannin containing foods.
- Acidic food

### **To Follow:**

- Regular eating of natural diet preferably two times in a day.
- Chew well and eat with a peaceful mind.
- Drink at least three liters of water in a day, (150 ml. at 1 hour gap)
- Practice exercise in any form.
- Fasting one day in a week with only liquids – seasonal fruits and vegetable juices 4 to 6 glasses in a day or with water only.
- Prayer / Yoganidra / meditation or relaxation twice in a day.
- Expose body to sunlight / fresh air as far as possible.