



National Institute of
Holistic Health (NIH)

Holistic 'n' Wellness

Health Tips | Articles | Expert Advice

ग्रीष्म ऋतु, उन्नत एवं स्वास्थ्य उपाय

विशेष
लेख

गर्मी के मौसम में शरीर और मन को
स्वस्थ, ऊर्जावान और संतुलित रखने के
प्राकृतिक एवं समग्र उपाय

- ✓ गर्मी से बचाव
- ✓ प्राकृतिक आहार
- ✓ घरेलू नुस्खे
- ✓ योग एवं प्राणायाम
- ✓ मानसिक स्वास्थ्य
- ✓ रोग प्रतिरोधक क्षमता
बढ़ाने के उपाय

गर्मी में होने वाली सामान्य समस्याएँ



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डिहाइड्रेशन



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त्वचा संबंधी
समस्याएँ

इस अंक में जानिए



गर्मी में शरीर को
ठंडा रखने के उपाय



ऋतुचर्या और
आयुर्वेदिक सुझाव



हाइड्रेशन और
हेल्दी ड्रिंक



योग से पाएँ
ऊर्जा और शांति



इम्युनिटी मजबूत
करने के उपाय

“ स्वस्थ शरीर
ही सुखी जीवन
की आधारशिला है। ”



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National Institute of Holistic Health (NIH)



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Chairman's DESK




National Institute of
Holistic Health (NIH)

Warm Greetings from NATIONAL INSTITUTE OF HOLISTIC HEALTH



It gives me immense pleasure to present the May 2026 edition of Holistic 'n' Wellness. This issue focuses on one of the most important public health concerns during seasonal changes — **Waterborne Diseases, Diarrhea, and Viral Fever**. These illnesses continue to affect millions of people every year, especially during summer and monsoon seasons, due to contaminated water, poor hygiene, and weakened immunity.



At NIH, we strongly believe that awareness, prevention, and holistic lifestyle practices are the keys to building a healthier society. Simple habits such as drinking clean water, maintaining hygiene, consuming nutritious food, practicing yoga, and strengthening immunity through natural living can significantly reduce the risk of many infectious diseases.



Yoga and holistic health sciences not only help in physical wellness but also improve mental resilience, immunity, and overall quality of life. Through this magazine, we aim to spread authentic health education, preventive awareness, and practical wellness guidance for every individual and family.



I am also delighted to warmly invite all delegates, yoga professionals, doctors, naturopaths, researchers, wellness experts, and students to participate in the **International Conference on Yoga & Holistic Health – 2026**, to be held in beautiful **Vietnam**. This international gathering will serve as a wonderful platform for academic exchange, cultural harmony, holistic healing practices, and global wellness collaboration.



Your valuable participation and contribution will help strengthen the mission of promoting holistic health worldwide. Let us come together to share knowledge, inspire healthy living, and create a healthier future for humanity.



Wishing all our readers good health, positivity, peace, and wellness.

With Best Wishes,

Dr. Vinod Kashyap

Chairman
National Institute of Holistic Health



You are Cordially Invited
to

INTERNATIONAL CONFERENCE ON

**YOGA &
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Understanding DIARRHEA & VIRAL FEVER



NATIONAL INSTITUTE OF HOLISTIC HEALTH (NIH)



Causes, Symptoms, Prevention and Holistic Healing Remedies

Seasonal changes, contaminated food and water, weak immunity, and poor hygiene are among the major causes of common infectious illnesses such as **Diarrhea** and **Viral Fever**. These health conditions affect millions of people every year, especially during summer and monsoon seasons. Although most cases are mild, neglect and improper care can sometimes lead to serious complications, particularly in children and elderly individuals.



Holistic health approaches focus not only on treating symptoms but also on strengthening the body's natural healing capacity through proper nutrition, hydration, yoga, naturopathy, rest, and healthy lifestyle practices.



WHAT IS DIARRHEA?

Diarrhea is a condition characterized by frequent loose or watery stools, often accompanied by abdominal cramps, dehydration, weakness, nausea, or vomiting. It commonly occurs due to bacterial, viral, or parasitic infections caused by contaminated food or water.









COMMON CAUSES OF DIARRHEA

-  Contaminated drinking water
-  Food poisoning
-  Poor hygiene
-  Viral or bacterial infections
-  Excessive oily or unhygienic food
-  Weak digestive system
-  Stress and anxiety



SYMPTOMS

-  Frequent loose motions
-  Stomach pain or cramps
-  Weakness and fatigue
-  Dehydration
-  Nausea or vomiting
-  Fever in some cases



Drink Clean Water



Wash Hands Regularly



Eat Fresh & Healthy Food



Boost Immunity












WHAT IS VIRAL FEVER?

Viral fever is a group of viral infections that increase body temperature and weaken immunity. It spreads rapidly through air, contaminated surfaces, or infected individuals.

COMMON SYMPTOMS

-  High body temperature
-  Headache
-  Body pain
-  Weakness and fatigue
-  Sore throat
-  Cough and cold
-  Loss of appetite

CAUSES

- Seasonal viral infections
- Low immunity
- Sudden weather changes
- Poor nutrition
- Lack of sleep and stress



HOLISTIC HEALTH REMEDIES FOR DIARRHEA & VIRAL FEVER

Holistic healing emphasizes natural recovery by improving immunity, digestion, hydration, and mental wellness.



1 PROPER HYDRATION

Hydration is the most important remedy for both diarrhea and viral fever.

DRINK:

- ✓ Boiled and cooled water
- ✓ ORS (Oral Rehydration Solution)
- ✓ Coconut water
- ✓ Lemon water with honey
- ✓ Rice water
- ✓ Herbal teas



AVOID:

- ✗ Cold drinks
- ✗ Excess caffeine
- ✗ Packaged sugary beverages



2 NATURAL & LIGHT DIET

During illness, the digestive system needs rest and nourishment.



RECOMMENDED FOODS

- ✓ Khichdi
- ✓ Rice and curd
- ✓ Banana
- ✓ Apple
- ✓ Boiled vegetables
- ✓ Vegetable soups
- ✓ Pomegranate juice
- ✓ Toast or soft foods

AVOID

- ✗ Oily foods
- ✗ Spicy foods
- ✗ Junk food
- ✗ Heavy fried meals



3 HERBAL & AYURVEDIC SUPPORT

Certain natural remedies may help improve recovery and immunity.

HELPFUL HERBS

-  Tulsi (Holy Basil)
-  Ginger
-  Giloy
-  Turmeric milk
-  Mint leaves
-  Cinnamon
-  Clove water



These herbs may help support digestion, reduce inflammation, and improve immunity naturally.

4 YOGA & BREATHING PRACTICES

Gentle yoga and pranayama can help improve circulation, digestion, immunity, and mental calmness.

BENEFICIAL PRACTICES







Avoid heavy exercise during fever or severe weakness.



5 REST & MENTAL WELLNESS

Proper rest is essential for healing.

-  Sleep 7-8 hours daily
-  Avoid stress and overwork
-  Practice meditation and relaxation
-  Maintain a positive mindset



Mental wellness plays a vital role in boosting immunity and speeding recovery.





PREVENTION TIPS

Small Steps Today, Healthy Life Tomorrow



TO PREVENT DIARRHEA



✓ Drink clean boiled water



✓ Wash hands regularly



✓ Eat freshly cooked food



✗ Avoid roadside unhygienic food



✓ Maintain kitchen cleanliness



TO PREVENT VIRAL FEVER



✓ Improve immunity naturally



✓ Maintain hygiene



✓ Avoid close contact with infected individuals



✓ Consume nutritious foods



✓ Practice regular yoga and exercise



Drink Clean Water



Wash Hands Regularly



Eat Fresh & Hygienic Food



Boost Immunity



Practice Yoga Daily



Stay Healthy, Stay Happy

CONCLUSION

Diarrhea and viral fever are common but preventable illnesses. Awareness, hygiene, proper hydration, healthy nutrition, and holistic lifestyle practices are essential for prevention and recovery.

Holistic health teaches us that true wellness comes from balancing the body, mind, and immune system naturally.

By adopting yoga, naturopathy, healthy food habits, and preventive care, we can build a stronger and healthier society.



STAY AWARE

STAY HYGIENIC

STAY HEALTHY



Be your own DOCTOR

by joining our

1 MONTH COURSE

Certificate Course in **HOLISTIC HEALTH** (C.C.H.)



DURATION:
1 MONTH



FEE:
5000

SYLLABUS:

CCH01



Human Physiology

CCH02



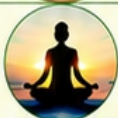
Naturopathy

CCH03



Dietetics

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Yoga Methodology

CCH05



Acupressure



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Introduction to NATUROPATHY and MUD THERAPY



WHAT IS NATUROPATHY?

Naturopathy — also called Naturopathic Medicine or Nature Cure — is a comprehensive system of healthcare that recognizes the body's inherent capacity to heal itself and seeks to support, stimulate, and enhance that capacity through the use of natural agents and methods. The foundational principle of Naturopathy is expressed in the Latin phrase *Vis Medicatrix Naturae* — the Healing Power of Nature.

Unlike conventional allopathic medicine, which primarily focuses on suppressing symptoms through pharmaceutical interventions, Naturopathy addresses the root causes of disease by restoring the body's natural balance, eliminating accumulated toxins, correcting nutritional and lifestyle deficiencies, and supporting the body's own regenerative mechanisms.

Naturopathy recognizes that disease is not an invasion by an external enemy but a signal from the body that its internal balance has been disturbed. The role of the Naturopath is not to fight disease but to remove the obstacles to health — the accumulated toxins, the poor diet, the lifestyle imbalances, the emotional stresses — and then allow the body's extraordinary intelligence to do what it is designed to do: **heal itself completely.**



THE SIX PRINCIPLES OF NATUROPATHY

1 VIS MEDICATRIX NATURAE



The healing power of nature is the foundation. The body heals itself when given the right conditions and support. The naturopath's role is to facilitate and support this natural process.

2 TOLLE CAUSAM



Identify and treat the cause, not merely the symptom. Symptoms are messages from the body — suppressing them without addressing the underlying cause prolongs and deepens disease.

3 PRIMUM NON NOCERE



First, do no harm. Choose the gentlest, least invasive interventions first. Work with the body's natural processes rather than against them.

4 DOCERE



The Naturopath is primarily a teacher — educating patients about the principles of health and empowering them to maintain their own well-being through lifestyle and self-care.

5 TOLLE TOTUM



Treat the whole person — physical, mental, emotional, and spiritual. Health and disease cannot be understood in isolation from the whole human being.

6 PREVENTARE



Prevention is the highest form of medicine. Build health and vitality rather than waiting for disease to develop and then attempting to cure it.

WHAT IS MUD THERAPY?

Mud Therapy — known as *Mritika Chikitsa* in Sanskrit — is the systematic therapeutic application of specific types of mineral-rich natural mud to the human body for the prevention, treatment, and management of a wide range of health conditions.

It is one of the five principal elements of classical Naturopathy treatment, corresponding to the *Prithvi* (Earth element in the *Pancha Mahabhuta* (Five Great Elements) system of Indian natural science.

Mud therapy harnesses the remarkable physical, chemical, and energetic properties of natural earth and clay to produce therapeutic effects ranging from local anti-inflammatory and analgesic action to systemic detoxification, nervous system regulation, metabolic improvement, and deep psycho-physical relaxation.



MUD PACK
Helps in detoxification, skin problems & stress relief.



MUD BATH
Improves circulation, relieves pain & reduces inflammation.



MUD POULTICE
Effective for joint pain, swelling & injuries.

-  Natural Detoxification
-  Reduces Pain & Inflammation
-  Improves Blood Circulation
-  Calms Mind & Relaxes Body
-  Strengthens Immunity



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History and Ancient Roots of MUD THERAPY



Prehistoric Origins

The use of mud for healing is among the oldest known medical practices of humanity, predating written records by many thousands of years. Archaeological evidence from prehistoric sites around the world consistently shows the use of clay and mud in healing rituals, wound care, and therapeutic practices.

Even in the animal kingdom, many species instinctively apply mud to their bodies. Elephants roll in mud to protect their skin and regulate body temperature. Wild animals instinctively eat certain clays when ill — a behaviour called geophagy that has been documented in hundreds of species. These observations suggest that the therapeutic properties of mud are not a human invention but a natural phenomenon that our ancestors, observing the natural world, learned to apply systematically.



“ Mud is nature’s most ancient medicine — simple, silent, and profoundly healing. ”

ANCIENT CIVILIZATIONS AND THEIR MUD HEALING TRADITIONS



Ancient Egypt (3000+ BCE)

- Egyptian papyri dating to 3000 BCE describe the use of Fango and Nile clay for treating wounds, skin diseases, joint inflammation, and fever.
- Egyptian physicians used clay preparations mixed with medicinal herbs as poultices for infected wounds — an early form of antimicrobial therapy.



Ancient Greece & Rome

- Hippocrates (460–370 BCE), the Father of Medicine, described the therapeutic use of warm mud baths for arthritis, muscle pain, and skin conditions.
- Roman thermal baths incorporated Fango (volcanic mud from the Euganean Hills) as a standard treatment.



Ancient India — Vedic Period

- The Charaka Samhita and Sushruta Samhita describe the use of Mritika (clay) for treating skin diseases, wounds, burns, inflammation, and as a cooling treatment for fever.
- Indian naturopathy has consistently used mud as one of its primary therapeutic agents.



Ancient China

- Traditional Chinese Medicine incorporated mud and clay applications in treating skin diseases, rheumatic conditions, and as a vehicle for herbal medicines applied topically.
- Chinese balneotherapy traditions include mud baths as a standard component of treatment.



Dead Sea Tradition

- The therapeutic properties of Dead Sea mud have been recognized for over 2,000 years.
- Dead Sea mud therapy remains one of the most researched and clinically validated forms of mud therapy in the modern world.



European Spa Tradition

- The European spa tradition — particularly in Germany, Austria, Hungary, and Italy — developed sophisticated mud therapy protocols over centuries.
- German spa (Bad) traditions incorporated Fango mud therapy as a central treatment for rheumatic and musculoskeletal conditions.





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Mud Pack — Methodology and Applications




TYPES OF MUD PACKS AND THEIR INDICATIONS

1 Abdominal Mud Pack

The abdominal mud pack is the single most widely used mud therapy application in Indian Naturopathy.

It involves applying a thick mud pack over the entire abdominal region from the lower ribs to the pubic area. Applied at cool to room temperature (22–26°C) and left in place for 20–30 minutes. Its effects are profound and wide-ranging.

- Reduces abdominal heat and congestion — directly cooling the inflamed digestive organs.
- Stimulates peristalsis and relieves constipation through a reflex mechanism.
- Reduces liver congestion and supports hepatic detoxification.
- Has a calming effect on the enteric nervous system (the 'gut brain'), reducing digestive-related anxiety and spasm.

 Indicated for: Constipation, indigestion, hyperacidity, liver disorders, IBS, obesity, diabetes management, gynecological conditions.




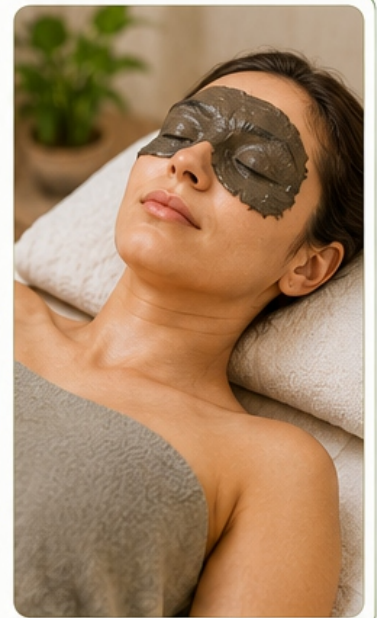
2 Eye Mud Pack

A thin, cool mud pack applied over closed eyes for 15–20 minutes.

Use only clean, fine-particle mud for the eye area.

Immediately soothing and deeply relaxing.


 Indicated for: eye strain, conjunctivitis (non-acute), dark circles, puffiness, headache associated with eye strain, and general eye fatigue.



3 Head and Scalp Mud Pack

Application of cool mud to the scalp and forehead reduces cerebral heat, relieves headache, and has a calming effect on the nervous system.

Duration: 20–30 minutes.


 Indicated for: headache, migraine, hypertension, scalp conditions (dandruff, seborrheic dermatitis), hair fall, insomnia, and mental stress.



4 Joint and Local Mud Packs

Mud packs applied to specific joints (knee, shoulder, wrist, hip, ankle) or muscles.


Warm mud packs (38–42°C) are used for chronic arthritis and degenerative joint disease. Cool mud packs are used for acute inflammation, post-injury swelling, and conditions with excess heat.

 Indicated for: arthritis, sprain, strain, muscle pain, sports injuries, bursitis, tendonitis, and inflammatory conditions.



5 Spinal Mud Pack

Application of mud along the entire spine — from sacrum to neck.

 Indicated for: spinal pain, sciatica, disc disorders, nervous system disorders, and chronic fatigue.



Benefits of Mud Therapy (In General)

- | | | | | |
|---|--|---|---|---|
|  |  |  |  |  |
| Reduces inflammation and pain | Detoxifies and eliminates toxins | Improves circulation and lymph flow | Calms the nervous system and mind | Strengthens immunity and vitality |

STEP-BY-STEP MUD PACK PROCEDURE

-  Prepare the treatment area: clean table covered with a plastic sheet, then a cotton sheet.
-  Prepare the mud to appropriate consistency and temperature. Test temperature on inner wrist.
-  Position the patient comfortably — supine (on back) for abdominal and head packs; prone (face down) for spinal packs.
-  Expose only the treatment area; cover the rest of the body with sheets to maintain warmth and modesty.
-  Apply mud pack in an even layer of 1.5–2.5 cm thickness over the treatment area.
-  For mobile areas (limbs, joints), wrap the mud pack with a dampened cloth to maintain contact and prevent premature drying.
-  Leave in place for the prescribed duration — typically 20–45 minutes.
-  Monitor the patient throughout the session — assess comfort, skin reaction, and vital signs.
-  Remove the mud pack with a clean, damp cloth. Do not use soap immediately after removal.
-  Pat the skin dry gently. Allow the patient to rest for 30–60 minutes before resuming activity.

“From the earth we come, to the earth we heal.”



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Diet and Lifestyle

During MUD THERAPY

Eat Pure • Live Light • Heal Naturally



RECOMMENDED FOODS DURING MUD THERAPY

- **Fresh fruits and vegetables** — particularly alkaline-forming fruits (watermelon, cucumber, leafy greens) that support the detoxification process.
- **Whole grains** — brown rice, millets, oats, barley — as primary carbohydrate sources. Easily digestible and supportive of healthy bowel function.
- **Vegetable soups and broths** — hydrating, mineral-rich, and easily digestible during the therapy course.
- **Sprouted legumes and seeds** — high in enzymes that support digestion and detoxification.
- **Tender coconut water** — excellent mineral replenishment and alkalizing effect.
- **Warm herbal teas** — particularly ginger, turmeric, and cumin — that support digestion and reduce inflammation.
- **Adequate water intake** — minimum 2–3 litres of pure water daily to support the eliminative process.



Fresh Fruits



Fresh Vegetables



Whole Grains



Vegetable Soup



Sprouted Legumes



Tender Coconut Water



Herbal Tea



Adequate Water Intake

FOODS TO AVOID DURING MUD THERAPY

- **Meat, fish, and eggs** — their metabolic byproducts increase the eliminative burden and counteract the detoxifying effects of mud therapy.
- **Refined sugar, white flour, and processed foods** — pro-inflammatory and create metabolic toxins that increase the detox burden.
- **Alcohol and stimulants (coffee, strong tea, tobacco)** — interfere with nervous system regulation and detoxification.
- **Fried and heavy foods** — slow digestion, congest the liver, and reduce the effectiveness of abdominal mud pack treatment.
- **Excessive salt** — counteracts the osmotic drawing effects of mud therapy.



Meat, Fish & Eggs



Refined Sugar & Processed Foods



Alcohol & Stimulants
(Coffee, Tea, Tobacco)



Fried & Heavy Foods



Excessive Salt

LIFESTYLE RECOMMENDATIONS



Rest is Essential

Adequate rest — including the mandatory post-treatment rest period — is not optional. Mud therapy initiates significant physiological changes that require energy to complete.



Moderate Exercise

Gentle yoga, walking, and pranayama complement mud therapy beautifully. Avoid intense exercise within 2 hours of mud treatment.



Sunlight

Daily sunbathing (20–30 minutes, avoiding midday) supports Vitamin D synthesis and enhances the mineral activation that mud therapy initiates.



Mental Rest

Meditation, yoga nidra, and pranayama support the parasympathetic activation that mud therapy promotes. Avoid stressful activities immediately before and after treatment.



Sleep

7–9 hours of quality sleep nightly is essential during a mud therapy course to maximize tissue repair and regeneration.

“The right diet and lifestyle are the wings that help mud therapy heal you completely.”



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Precautions, Contraindications, and SAFETY GUIDELINES



Safety First, Healing Always

! ABSOLUTE CONTRAINDICATIONS — DO NOT USE MUD THERAPY

- Open wounds, ulcers, or broken skin in the area of application — serious risk of infection.
- Acute febrile illness (high fever above 38.5°C) — systemic warm mud therapy can worsen fever dangerously.
- Acute inflammatory conditions with active infection (cellulitis, septic arthritis, osteomyelitis).
- Severe cardiovascular disease — heart failure, unstable angina, recent myocardial infarction (full body mud bath is absolutely contraindicated).
- Active tuberculosis or other serious systemic infections.
- Known allergy to the specific mud type being used.
- Advanced kidney disease or kidney failure.
- Bleeding disorders or anticoagulant therapy (for vigorous applications).
- Pregnancy — full body mud bath is contraindicated; specific local applications may be used only with great caution and medical clearance.
- Epilepsy — risk of seizure in hydrotherapy and thermal therapy contexts.



Open wounds or broken skin



Acute fever (high temperature)



Active infection or inflammation



Severe heart disease



Active tuberculosis



Allergy to mud



Pregnancy



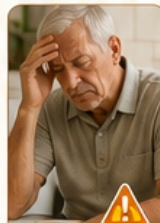
Kidney disease or failure



Epilepsy

! RELATIVE CONTRAINDICATIONS — USE WITH CAUTION AND MODIFIED PROTOCOLS

- Controlled hypertension — avoid full body warm mud bath; local applications with careful supervision are acceptable.
- Diabetes mellitus — reduced skin sensation increases burn risk with warm applications; careful temperature monitoring is essential at all times.
- Elderly patients — reduced thermoregulatory capacity; shorter treatment times, lower temperatures, and more frequent monitoring are required.
- Severe anaemia — patient may experience dizziness with full body treatments; begin with local applications.
- Hyperthyroidism — iodine-rich marine muds may stimulate the thyroid; use non-iodine-containing muds instead.



Elderly Patients



Controlled Hypertension



Diabetes Mellitus



Severe Anaemia



Hyperthyroidism

🛡️ CRITICAL SAFETY GUIDELINES FOR PRACTITIONERS



Critical Safety Rule: NEVER leave a patient unattended during mud therapy — particularly during warm mud bath or full body applications. Monitor vital signs and subjective response throughout every treatment session.



Always take a complete patient history before beginning mud therapy — including medications, allergies, recent surgeries, and all chronic conditions.



Perform a patch test with the specific mud to be used 24 hours before the first application in new patients.



Document all treatments in patient records — mud type, temperature, duration, area treated, patient response.



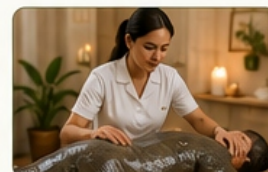
Maintain strict hygiene standards — NEVER reuse mud, use clean applicators, maintain clean treatment surfaces.



Know the emergency procedures for hyperthermia, vasovagal response (fainting), and allergic reaction.



Keep emergency contact numbers and basic first aid equipment readily accessible in the treatment area at all times.



Vietnam

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INTERNATIONAL CONFERENCE ON YOGA & HOLISTIC HEALTH

Health of Body • Peace of Mind • Harmony of Life



Date:
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Venue:
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VIETNAM

Dr Vinod Kashyap

Chairman-NIH



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HELIO THERAPY IN NATUROPATHY

Surya Chikitsa - सूर्य चिकित्सा

The Science of Healing with Sunlight — A Complete Reference



INTRODUCTION TO HELIO THERAPY

DEFINITION AND MEANING

Heliotherapy is the systematic, medically informed, and purposefully applied use of natural sunlight for the prevention, treatment, and management of human disease. The word derives from the Greek Helios (the Sun god) and therapeia (healing, service). In Indian naturopathic tradition, it is known as *Surya Chikitsa* — “solar therapy” — and in its most spiritually integrated form as *Aditya Upasana* — worship and communion with the solar principle.

Heliotherapy is one of the oldest healing modalities known to humanity, practiced in every ancient civilization with a recognized medical tradition, and today validated by a robust and rapidly expanding body of photobiology research. It is classified as one of the five primary treatment modalities of classical Naturopathy — the others being hydrotherapy (water), mud therapy (earth), fasting (internal purification), and air therapy (wind and breathing) — corresponding to the *Pancha Mahabhutas*, the five great elements of Indian natural philosophy.



Vitamin D Synthesis



Strengthens Immunity



Elevates Mood (Serotonin)



Regulates Circadian Rhythm



Improves Circulation



Supports Bone & Metabolic Health

CORE DEFINITION — HELIO THERAPY

Heliotherapy is the therapeutic, systematic, and scientifically guided application of natural solar radiation to the human body for the purpose of preventing and treating disease, optimizing physiological function, restoring homeostasis, supporting immune competence, regulating hormonal balance, and promoting complete physical, mental, and spiritual wellbeing. It works through the biochemical, neurological, endocrine, and bioenergetic effects of the full spectrum of solar radiation on human tissues, cells, and consciousness.

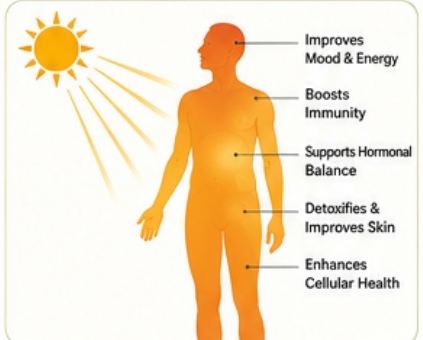


THE FOUNDATIONAL PRINCIPLE



Heliotherapy rests on the most fundamental principle of Naturopathy: *Vis Medicatrix Naturae* — the Healing Power of Nature. The Sun is the primary and most abundant source of natural healing energy available to all life on Earth. Every living organism on this planet has evolved in the presence of sunlight; every biochemical process in the human body has been shaped by millions of years of adaptation to the solar cycle. To use sunlight therapeutically is to align the healing process with the most fundamental organizing intelligence of all terrestrial biology.

Unlike pharmaceutical interventions — which introduce foreign molecules into the body's biochemistry — heliotherapy works by triggering the body's own innate, evolved, and precisely calibrated photobiological responses. Sunlight does not heal the body from outside; it activates the body's own healing intelligence from within.



WHY EVERY YOGA TEACHER MUST UNDERSTAND HELIO THERAPY



◆ Yoga teachers who understand heliotherapy can design daily schedules and retreats that harness the Sun's healing properties systematically and safely.



◆ Understanding photobiology enables teachers to explain the science behind *Surya Namaskar's* timing, direction, and its effects on the body's circadian rhythms and endocrine system.



◆ Heliotherapy knowledge allows yoga teachers to offer their students evidence-based guidance on sun exposure, Vitamin D, seasonal mood management, and lifestyle alignment with natural light cycles.



◆ The Vedic and Upanishadic philosophy of *Surya* enriches and deepens yoga teaching with a philosophical understanding of sunlight that transcends the purely physical.



**Surya Namaskar —
A Daily Communion
with the Sun**



ॐ भास्कराय विद्महे
महाविकाराय धीमहि
तन्नो आदित्यः प्रचोदयात् ॥

We meditate on the illuminator, the great giver of light. May that Aditya (the Sun) enlighten our intellect.



National Institute of Holistic Health (NIH)

HISTORY OF HELIOTHERAPY



Ancient Civilizations and Solar Healing

The therapeutic use of sunlight is as old as human civilization itself. Every major ancient culture that developed a systematic healing tradition also developed systematic practices of solar healing — not as mystical superstition but as the practical expression of careful observation of the natural world.

ANCIENT EGYPT (3000–1000 BCE)



- Sun worship was central to Egyptian culture — the Sun God Ra was the giver of life and health.
- Sunbaths and solar rituals were prescribed for skin diseases, weakness, and general vitality.

ANCIENT GREECE (600–300 BCE)



- Hippocrates, the Father of Medicine, prescribed sunbaths for arthritis, depression, and many chronic diseases.
- Greek physicians used heliotherapy along with diet, exercise, and baths as core elements of treatment.

ANCIENT INDIA (VEDIC PERIOD)



- The Vedas glorify the Sun (Surya) as the source of prana, health, intelligence, and longevity.
- Surya Chikitsa is described in Ayurvedic texts for skin diseases, tuberculosis, bone disorders, and general rejuvenation.

ANCIENT CHINA (2000 BCE AND BEYOND)



- Traditional Chinese Medicine used sun exposure to balance Yin–Yang, warm the meridians, and strengthen Qi.
- Sunbathing was recommended for joint pain, spleen weakness, and chronic fatigue.

INDIGENOUS TRADITIONS



- Indigenous cultures worldwide used sunrise and midday sun exposure for healing, purification, and spiritual alignment.
- Sun dances, sun gazing (at sunrise), and solar ceremonies were common.



Across all ancient traditions, the Sun was recognized as the supreme healer — the visible form of life-giving energy on Earth.

THE MODERN HELIOTHERAPY ERA — 19TH AND 20TH CENTURY



NIELS RYBERG FINSEN
(1860–1904)
Danish Physician



Nobel Prize in Physiology or Medicine 1903



The formal scientific era of heliotherapy begins with Niels Ryberg Finsen (1860–1904), a Danish physician who scientifically demonstrated the bactericidal effects of ultraviolet light and developed the first clinically validated phototherapy system — using concentrated ultraviolet light to treat Lupus Vulgaris (cutaneous tuberculosis).

His work earned him the Nobel Prize in Physiology or Medicine in 1903 — the first Nobel Prize ever awarded for a therapeutic modality that could be classified within the naturopathic tradition.

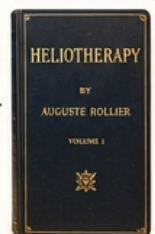


AUGUSTE ROLLIER
(1874–1954)
Swiss Physician



The Swiss physician Auguste Rollier (1874–1954) established the most famous heliotherapy sanatoriums in Leysin, Switzerland — high in the Alps where the combination of altitude, clean air, and intense solar radiation created optimal conditions for heliotherapy.

Rollier treated thousands of patients with tuberculosis, bone and joint diseases, and skin conditions using systematic, graduated sun exposure protocols that he documented in extraordinary detail. His two-volume work 'Heliotherapy' (1923) remains a classic reference for naturopathic physicians worldwide.



INDIA
20TH CENTURY



In India, the 20th-century revival of Naturopathy brought heliotherapy back into formal therapeutic practice.

Mahatma Gandhi was an enthusiastic advocate of sunbathing and wrote about its benefits in his health writings.

The establishment of naturopathic hospitals and colleges across India codified heliotherapy protocols that remain the basis of current Indian naturopathic practice.



“The Sun is the physician of all — if used with knowledge, reverence, and right timing.”
— Ancient Ayurvedic Wisdom





National Institute of Holistic Health (NIH)

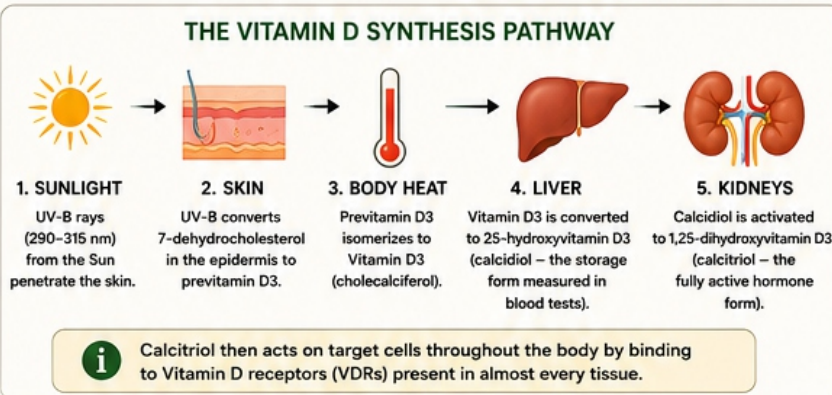
Vitamin D – The Sunshine Vitamin

Sunlight is Medicine • Vitamin D is Life



WHAT IS VITAMIN D?

Vitamin D is unique among vitamins in that it is not, in the strict sense, a vitamin at all — it is a steroid prohormone. A true vitamin is a compound that cannot be synthesized by the body and must be obtained through diet. Vitamin D, however, is synthesized by the human body in response to UV-B radiation from the Sun, and it is converted in the body into a fully functional steroid hormone (1,25-dihydroxyvitamin D3, or calcitriol) that regulates the transcription of over 1,000 human genes. Calling it a 'vitamin' significantly understates its biological importance and its dependence on sunlight.



SOURCES OF VITAMIN D

SUNLIGHT



Body's primary and most efficient source.

FOOD SOURCES



Fatty fish, egg yolk, mushrooms, liver, fortified foods.

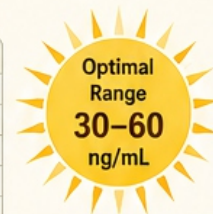
SUPPLEMENTS



Vitamin D3 (cholecalciferol) is the most effective supplement form.

RECOMMENDED VITAMIN D LEVELS (25-HYDROXYVITAMIN D)

Level (ng/mL)	Interpretation
< 20	Deficiency
20 – 30	Insufficiency
30 – 60	Optimal / Sufficient
60 – 100	High Optimal
> 100	Potential Toxicity (Avoid unless under medical supervision)



FUNCTIONS OF VITAMIN D



1. CALCIUM AND PHOSPHORUS METABOLISM

Vitamin D increases intestinal absorption of calcium by 30–40 times and promotes renal reabsorption of calcium. Without adequate Vitamin D, even a calcium-rich diet cannot maintain bone density. This is the most classically-recognized function of Vitamin D — prevention of rickets (children) and osteomalacia and osteoporosis (adults).

Key Benefits:

- Strong bones and teeth
- Prevents rickets, osteomalacia, osteoporosis
- Supports muscle function and reduces falls



2. IMMUNE REGULATION

Vitamin D is a master regulator of the immune system. It activates macrophages, enhances production of antimicrobial peptides (cathelicidin and defensin-beta2), promotes T-regulatory cell development (reducing autoimmune overactivation), and modulates the inflammatory response. Vitamin D deficiency dramatically increases susceptibility to respiratory infections, including tuberculosis, influenza, and — as recent research has confirmed — COVID-19.

Key Benefits:

- Strengthens immune defense
- Reduces risk of infections
- Modulates autoimmunity and inflammation



3. CARDIOVASCULAR HEALTH

Vitamin D receptors are present in cardiac muscle and vascular smooth muscle. Vitamin D regulates renin production (part of the blood pressure regulation system), reduces arterial inflammation, improves endothelial function, and reduces platelet aggregation. Meta-analyses confirm that Vitamin D deficiency is an independent risk factor for hypertension, heart failure, and stroke.

Key Benefits:

- Helps regulate blood pressure
- Improves heart and vascular function
- Reduces risk of heart disease and stroke

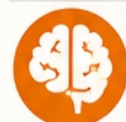


4. METABOLIC AND ANTI-DIABETIC EFFECTS

Vitamin D improves insulin sensitivity in peripheral tissues and supports beta-cell function in the pancreas. Multiple large-scale studies have confirmed that Vitamin D deficiency significantly increases the risk of developing Type 2 diabetes, and that Vitamin D supplementation improves glycemic control in deficient individuals.

Key Benefits:

- Improves insulin sensitivity
- Supports healthy blood sugar levels
- Reduces risk and complications of Type 2 diabetes



5. NEUROLOGICAL AND PSYCHOLOGICAL FUNCTION

Vitamin D receptors are abundant in the brain — particularly in the hippocampus, hypothalamus, and cortex. Vitamin D deficiency is associated with increased rates of depression, schizophrenia, autism spectrum disorder, and dementia. Vitamin D regulates the production of nerve growth factor (NGF) and the synthesis of neurotransmitters including serotonin and dopamine.

Key Benefits:

- Supports brain development and function
- Improves mood and reduces depression risk
- May protect against neurodegenerative diseases



6. ANTICANCER EFFECTS

Vitamin D promotes cell differentiation (healthy maturation) and apoptosis (programmed death of abnormal cells) while inhibiting cell proliferation and angiogenesis (formation of blood vessels that tumours require to grow). Epidemiological studies consistently show that higher Vitamin D levels are associated with significantly reduced risk of several cancers, including colorectal, breast, prostate, ovarian, and lung cancers.

Key Benefits:

- Inhibits cancer cell growth
- Promotes healthy cell differentiation
- Reduces risk of several common cancers



Remember:

Safe sun exposure is essential to maintain optimal Vitamin D levels and overall health.



Safety First:

Follow sun exposure guidelines to avoid sunburn and overexposure.



Holistic Health:

Vitamin D is a cornerstone of natural, preventive, and holistic healthcare.



National Institute of Holistic Health (NIH)

Vedic Philosophy of Surya Surya in the Vedas

The Sun is the Visible Form of the Invisible Divine



1. THE SUN IN THE VEDIC TRADITION

The Sun occupies a position of supreme importance in the entire Vedic tradition — exceeded only by Agni (fire, the priest-deity) in the frequency of Vedic hymn composition. As the most directly visible and immediately powerful cosmic force affecting human life, the Sun was the natural focus of the most sophisticated theological and philosophical reflection of the Vedic Rishis.

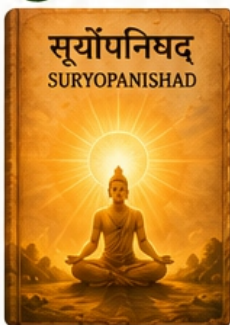
In the Rigveda, Surya is addressed with multiple names that each capture a different aspect of the solar principle: Surya (the self-luminous one), Savitr (the stimulator and activator), Pushan (the nourisher), Mitra (the friend and covenant-keeper), Vishnu (the pervader of all space), Indra (the sovereign of light), and Aditya (the son of Aditi — the infinite). This multiplicity of names reflects not theological confusion but the recognition that the Sun is so complex and multidimensional that no single name can capture its full reality.

Names of Surya in the Vedas

 Surya The Self-luminous One	 Savitr The Stimulator and Activator	 Pushan The Nourisher	 Mitra The Friend and Covenant-keeper
 Vishnu The Pervader of All Space	 Indra The Sovereign of Light	 Aditya The Son of Aditi (The Infinite)	<i>"Ekam sat viprā bahudhā vadanti."</i> — Rigveda 1.164.46



2. THE SURYOPANISHAD — THE SOLAR UPANISHAD



The Suryopanishad (also called the Suryatapaniya Upanishad) is a minor Upanishad associated with the Atharva Veda that is dedicated entirely to the philosophical and meditational understanding of Surya as Brahman — the Absolute Reality.

"Surya is Brahman — this is the teaching (Surya Brahma iti adesha)."

It describes Surya as the self of all beings (sarva-atman), the creator and destroyer of all things, the witness of all actions (sakshi), and the inner light of consciousness that illuminates all experience — not as a theological assertion but as a direct meditational instruction: when you look into the Sun with the inner eye of meditation, you see the same self-luminous consciousness that shines as your own awareness.

Key Declarations of Suryopanishad

- Surya is Brahman — the Absolute Reality.
- Surya is the self of all beings.
- Surya is the creator and destroyer of all.
- Surya is the witness of all actions.
- Surya is the inner light of consciousness.
- Surya is the external manifestation of the Atman — and the Atman is the internal sun.



3. THE GAYATRI MANTRA — THE SUPREME SOLAR PRAYER



No text in the entire yoga tradition is more important for the understanding of heliotherapy in its deepest philosophical dimension than the Gayatri Mantra — the most sacred of all Vedic mantras, found in the Rigveda (3.62.10).

It is addressed to Savitr — the solar deity in its aspect as the divine activator and illuminator of consciousness — and constitutes a daily meditation on the identification of the solar principle in the cosmos with the solar principle within the human mind.

Om Bhur Bhuvah Swah | Tat Savitur Varenyam | Bhargo Devasya Dhimahi | Dhiyo Yo Nah Prachodayat
"We meditate upon the divine, most excellent, most worthy radiance of the sacred Sun. May that divine Light illuminate, inspire, and guide our intellect and all our thoughts toward the highest truth." — Gayatri Mantra — Rigveda 3.62.10

ॐ भूर्भुवः स्वः ।
तत् सवितुर्वरेण्यम् ।
भर्गो देवस्य धीमहि ।
धियो यो नः प्रचोदयात् ॥



The Gayatri Mantra is traditionally practiced at three Sandhyas (junctions of day): Pratah Sandhya (sunrise), Madhyahna Sandhya (midday), and Sayam Sandhya (sunset). This thrice-daily solar meditation practice is simultaneously a heliotherapy protocol and a philosophical practice of deepening identification with the solar consciousness that is the source of all intelligence.



Pratah Sandhya



Madhyahna Sandhya



Sayam Sandhya



4. THE ADITYA HRIDAYAM — THE HEART OF THE SUN



The Aditya Hridayam (the Heart of the Sun) is a magnificent solar hymn found in the Yuddha Kanda of the Valmiki Ramayana. It was taught to Sri Rama by the sage Agastya on the battlefield, just before his decisive confrontation with Ravana, as a means of invoking the supreme power of the Sun for victory, health, and liberation.

From the heliotherapy perspective, the Aditya Hridayam is of extraordinary importance because it describes, in poetic and philosophical language, the complete spectrum of solar healing power:

He who is the cause of heat and cold; he who ends the night and begins the day; he who illuminates all; he who is the creator of all creatures; he who nourishes all; he who is the remover of disease, death, and fear; he who is the physician of all — salutations to the Sun who is the soul of all." (Aditya Hridayam 22–26)

The prescription given by Agastya to Rama is essentially a prescriptive heliotherapy protocol: face the Sun, recite the Aditya Hridayam three times with devotion, and then you will be victorious over all obstacles, free from all disease, and illuminated by the highest wisdom. The three recitations correspond to the three Sandhya practices — the three daily periods of solar healing in the Vedic tradition.

Threefold Solar Practice

Recite the Aditya Hridayam three times daily:



Morning (Sunrise)
Pratah Sandhya



Midday (Zenith)
Madhyahna Sandhya



Evening (Sunset)
Sayam Sandhya

Health • Victory • Wisdom • Liberation



National Institute of Holistic Health (NIH)

Contraindications, Precautions, and Safety Guidelines

Safe Sun, Healing Sun — Science, Awareness, and Respect



ABSOLUTE CONTRAINDICATIONS — HELIOTHERAPY MUST NOT BE USED

The following conditions represent absolute contraindications to standard heliotherapy. In these cases, the risks of sun exposure significantly outweigh potential benefits, and alternative naturopathic treatments should be prioritized. Always assess contraindications before beginning any heliotherapy programme.



Systemic Lupus Erythematosus (SLE): Photosensitivity is a cardinal feature of SLE — UV exposure triggers disease flares, worsens renal and systemic involvement, and produces characteristic butterfly rash exacerbation. Even brief UV exposure can trigger significant flares. Heliotherapy is contraindicated. (Exception: some naturopathic practitioners cautiously use very early morning indirect sun for Vitamin D with strict monitoring in stable SLE under medical supervision.)



Xeroderma Pigmentosum (XP): A rare inherited condition of impaired DNA repair — even minute UV exposure produces rapidly accumulating DNA damage with extreme skin cancer risk. Absolute contraindication.



Active or Recent Skin Cancer: While heliotherapy may play a role in skin cancer prevention at low doses, patients with active or recently treated skin cancers (basal cell carcinoma, squamous cell carcinoma, melanoma) must avoid therapeutic sun exposure. Their individual UV response and repair capacity is already compromised.



Acute Photosensitizing Drug Use: Patients currently taking strongly photosensitizing medications (amiodarone, tetracyclines, fluoroquinolones, psoralens) should not undergo heliotherapy without specific medical guidance — risk of severe phototoxic reactions at doses that would be harmless in non-sensitized individuals.



Acute Severe Febrile Illness: Adding the thermal load of sun exposure to an already febrile patient risks hyperthermia. Heliotherapy is contraindicated during acute fever above 38°C. As fever resolves and the patient's condition stabilizes, heliotherapy can be gradually reintroduced.



Severe Porphyria: The various porphyrias produce extreme photosensitivity through accumulation of photosensitizing porphyrin molecules in the skin. Sun exposure produces severe blistering and systemic reactions in severe porphyrias.



RELATIVE CONTRAINDICATIONS — MODIFY AND MONITOR



Fair Skin Type I–II in High UV Environments: Not a contraindication but requires significantly reduced exposure times and more careful monitoring. Use graduated protocols starting with 3–5 minutes and increasing slowly.



Children: Children have thinner skin and often higher UV sensitivity. Heliotherapy for children requires shorter sessions, lower UV index conditions, and careful supervision. Children under 6 months should have minimal direct sun exposure.



Elderly Patients: Reduced thermoregulatory capacity, thinner skin with reduced repair capacity, and often multiple medications require modified protocols with shorter sessions, better monitoring, and emphasis on the gentler morning sun.



Cardiovascular Disease: The vasodilatory and cardiac loading effects of full-body sun exposure require caution in patients with severe cardiovascular disease. Short, moderate-intensity sessions in mild weather are acceptable; intense summer midday exposure is contraindicated.



Autoimmune Skin Conditions Other than SLE: Some autoimmune skin conditions (dermatomyositis) may be photosensitive. Assessment and graduated protocols with close monitoring are required.



ESSENTIAL SAFETY GUIDELINES FOR EVERY HELIOTHERAPY SESSION



1. Patient Assessment: Before every course of heliotherapy, take a complete history including skin type, current medications (check for photosensitizers), current diagnosis and disease status, previous reactions to sun exposure, and any family history of melanoma or skin cancer.



2. UV Index Monitoring: Check the UV index for the day and adjust session duration accordingly.

- On UV index 3–5 days, follow standard protocols.
- UV index 6–7 (high): reduce session time by 30%.
- UV index 8–10 (very high): reduce by 50% and restrict to early morning.
- UV index 11+ (extreme): non-essential heliotherapy should be postponed.



3. Head and Eye Protection Always: Wide-brimmed hat protecting face, ears, and back of neck at all times during sunbathing. UV-protective sunglasses for all sun exposure beyond brief solar gazing practices at sunrise/sunset.



4. Hydration: Minimum 500 ml clean water 30 minutes before heliotherapy session. Have water available during session. Monitor for signs of dehydration (dry mouth, dizziness, dark urine).



5. Skin Monitoring: Inspect the skin carefully after each session. Any redness, tenderness, or discomfort indicates overexposure — reduce next session duration and increase the gap between sessions. Blistering indicates severe overexposure requiring cessation of treatment and medical assessment.



6. Environmental Hazards: Monitor ambient temperature — sessions in temperatures above 35°C carry significant heat stroke risk, particularly for elderly, cardiovascular, or debilitated patients. Ensure access to shade. Never leave a patient unattended during heliotherapy.



7. Post-Session Rest: After heliotherapy, the patient should rest in shade for 30–60 minutes before resuming normal activity. Avoid showering for at least 30 minutes post-session to allow Vitamin D synthesis to complete.



Respect the Sun. Protect the Skin. Empower Healing.
Knowledge • Awareness • Moderation • Consistency





National Institute of Holistic Health (NIH)

Disease 1

CONSTIPATION

Vibandha — The Most Common Yet Most Neglected Digestive Disorder



NATUROPATHIC UNDERSTANDING



Constipation is defined as fewer than three bowel movements per week, accompanied by hard, dry stools and difficulty in passing them. In naturopathy, constipation is not merely a symptom — it is understood as the root cause of a vast range of other diseases including headaches, skin problems, joint pain, fatigue, hormonal imbalances, and even mental health conditions. When the colon fails to eliminate waste regularly, toxic material is reabsorbed into the bloodstream — a process naturopaths call 'autointoxication' or self-poisoning.

The natural causes of constipation are: insufficient dietary fiber, inadequate water intake, sedentary lifestyle, emotional stress (which contracts the bowel), suppression of the urge to defecate, overuse of laxatives (which create dependency and weaken bowel muscle tone), and consumption of processed, refined, and devitalized foods.

DIETARY PROTOCOL

FOODS TO EAT (INCREASE)

- **High-fiber vegetables:** spinach, bitter gourd, drumstick, beans, peas, broccoli
- **Fruits:** papaya, guava, figs (fresh or soaked overnight), prunes, pears with skin
- **Whole grains:** whole wheat, brown rice, oats, bajra, jowar — never refined flour (maida)
- **Soaked seeds:** 1 tablespoon flaxseed soaked overnight in water — drink with the water
- **Warm water:** 2–3 liters per day. Begin each morning with 2 glasses of warm water before any food
- **Cow's ghee:** 1 teaspoon in warm milk at bedtime — lubricates and stimulates bowel
- **Triphala churna:** 1 teaspoon in warm water at bedtime — the cornerstone Ayurvedic laxative.



⊗ FOODS TO AVOID (ELIMINATE)

- All refined/white flour products: bread, biscuits, pastries, noodles, white rice ✗
- Processed and packaged foods: anything with preservatives or artificial additives ✗
- Dairy excess: excess milk, cheese, paneer — constipating; limit to one serving per day ✗
- Tea and coffee in excess: dehydrating; limit to 1 cup per day ✗
- Fried foods, red meat, eggs — slow and difficult to digest ✗









PRANAYAMA & KRIYAS

- **Kapalbhati Pranayama:** 3–5 minutes daily. The pumping action of the abdominal wall directly massages the colon and liver. This is the most powerful pranayama for digestive health.
- **Agnisara Kriya:** 3 rounds of 20–30 pumps. Rapidly pumps the abdomen in and out — stimulates all digestive organs.
- **Nauli Kriya:** Advanced practice — lateral churning of abdominal muscles. Extremely powerful for constipation.
- **Shankhprakhshalana:** Yogic intestinal wash — drink 16 glasses of warm saline water alternated with 6 specific asanas. Performed under supervision. Cleanses entire GI tract.
- **Uddiyana Bandha:** Abdominal lock — creates powerful negative pressure that draws up the abdominal contents, stimulating the colon.









HYDROTHERAPY PROTOCOL






Complete Hydrotherapy Protocol for Constipation

- **Cold Hip Bath (Sitz Bath):** 15–20 minutes daily at 15–18°C — the single most effective treatment for chronic constipation. 
- **Abdominal Cold Compress:** Cold wet towel applied to abdomen for 20 minutes, covered with dry flannel. 
- **Warm Enema (when needed):** 500–1000 mL warm water at 37°C — for immediate relief in severe cases. 
- **Hot and Cold Alternate Abdominal Compress:** 3 min hot / 1 min cold x 5 cycles — stimulates bowel peristalsis. 
- **Full Wet Sheet Pack (Stage 3 — Heating):** 60–90 minutes — for chronic toxemia and constipation. 
- **Abdominal massage under hot fomentation:** 15 minutes clockwise massage while warm towel on abdomen. 

LIFESTYLE MODIFICATIONS

- 1 Establish a fixed toilet time every morning — train the body's circadian rhythm. Even if you don't feel the urge, sit for 5–10 minutes at the same time daily. 
- 2 Never suppress the urge to defecate when it arises — this is the primary cause of chronic constipation. 
- 3 Walk briskly for 30–45 minutes every morning before breakfast. Walking stimulates bowel peristalsis. 
- 4 Drink 2 glasses of warm water immediately upon waking, before brushing teeth. 
- 5 Reduce emotional stress — the bowel is extraordinarily stress-sensitive (the gut-brain axis). 
- 6 Use an Indian-style squat toilet or place a footstool under your feet when using a Western toilet — the squatting position is the anatomically correct position for defecation. 

HOME REMEDIES

- **Triphala:** 1 teaspoon Triphala powder in warm water at bedtime — the most effective and safe Ayurvedic laxative. 
- **Warm milk with ghee:** 1 cup warm milk + 1 tsp cow's ghee at bedtime. Lubricates and stimulates bowel. 
- **Soaked figs:** Soak 3–4 dried figs overnight; eat in morning with soaking water. 
- **Castor oil:** 1–2 teaspoons castor oil in warm milk at bedtime — for acute constipation. Not for daily use. 
- **Isabgol (Psyllium husk):** 1–2 tablespoons in warm water before sleep — natural, safe, effective bulk laxative. 



YOGA TEACHER'S TIP

As a yoga teacher, observe which students consistently appear tense, have poor complexion, complain of headaches, or lack energy — these are often signs of chronic constipation. Teach Kapalbhati and Pavanamuktasana to all students as a daily practice. A student with a clean, regular-functioning colon will progress in yoga much faster than one burdened by toxemia.





National Institute of Holistic Health (NIH)

Disease 2

ACIDITY & HYPERACIDITY

Amlapitta — The Modern Epidemic of Wrong Eating



NATUROPATHIC UNDERSTANDING



Acidity (Hyperacidity or Gastritis) refers to excessive production of hydrochloric acid by the stomach's parietal cells, resulting in heartburn, acid reflux, belching, nausea, and upper abdominal discomfort. In Ayurveda this is called Amlapitta — aggravated Pitta dosha manifesting in the digestive system. The naturopathic view distinguishes between the symptom (excess acid) and the cause — and the cause is almost always dietary and lifestyle-related: wrong foods, wrong eating timing, eating under stress, smoking, alcohol, and non-steroidal anti-inflammatory drugs (NSAIDs).

Naturopathy does not simply neutralize the acid (as antacids do) but removes the cause of excessive acid production. This approach, though slower-acting than antacids, produces lasting cure rather than temporary symptom suppression.

DIETARY PROTOCOL

FOODS TO EAT (ALKALIZING, COOLING, SOOTHING)

- Coconut water: 2–3 glasses daily — the most effective natural antacid
- Raw vegetables: cucumber, celery, ash gourd — cooling and alkalizing
- Banana: ripe banana coats the stomach lining and neutralizes acid
- Cold milk: 1 glass plain cold milk (not hot) provides immediate relief
- Tender coconut: both water and malai are soothing
- Watermelon and musk melon: cooling, alkalizing, high water content
- Boiled/steamed vegetables, khichdi, idli, dosa (without excess oil)
- Fennel (saunf): chew 1 teaspoon after meals — reduces acid and aids digestion








FOODS TO STRICTLY AVOID

- Spicy, hot, oily, and fried foods — directly stimulate acid production
- Citrus fruits (on empty stomach): lemon, orange, pineapple, tomato — acidic
- Tea, coffee, alcohol, carbonated drinks — major acid triggers
- Maida (refined flour), processed foods, pickles, vinegar
- Eating very late at night — stomach acid continues while lying horizontal
- Overeating — distends stomach, triggers excess acid









HYDROTHERAPY PROTOCOL

Hydrotherapy for Acidity

- **Cold Abdominal Compress:** Cold wet towel on upper abdomen for 20 minutes — reduces gastric inflammation. 
- **Neutral Sitz Bath (33–35°C):** 20–30 minutes — sedates the nervous system, reduces acid-triggering stress. 
- **Wet Pack on Abdomen:** Cold pack on abdomen at bedtime — reduces overnight acid production. 
- **Cold Spinal Bath:** 15 minutes — regulates the vagus nerve which controls gastric acid secretion. 
- **Steam Inhalation with peppermint:** Reduces associated nausea and calms the nervous system. 

YOGA & PRANAYAMA PROTOCOL

- **Sheetali Pranayama:** 10–15 repetitions — cools the entire system, specifically reduces Pitta/acid. Roll tongue, inhale cool air, exhale through nose. 
- **Sheetkari Pranayama:** Alternative to Sheetali. Inhale through teeth, exhale through nose. Cooling and alkalizing. 
- **Vajrasana:** Sit in Vajrasana for 10–15 minutes after every meal — the ONLY posture recommended immediately after eating. Directly improves digestion and reduces reflux. 
- **Bhujangasana (Cobra):** Gentle backbend — stimulates digestive fire gently. Hold 15–20 seconds. 
- **Supta Baddha Konasana:** Reclined bound angle pose — deeply relaxing, reduces stress-related acid. 
- **Yoga Nidra:** 30-minute session — profound relaxation reduces cortisol, which directly reduces acid secretion. 



WARNING / CONTRAINDICATION

Avoid inversions (Sirshasana, Sarvangasana), strong forward bends, and Kapalbhathi during acute acidity episodes — these can worsen reflux. Resume after the acute phase has resolved.








LIFESTYLE MODIFICATIONS

- 1 Never skip meals — an empty stomach produces acid that damages the gastric lining.
- 2 Eat smaller, more frequent meals (5–6 small meals) rather than 2–3 large ones.
- 3 Do not eat within 2–3 hours of bedtime. Elevate the head of the bed by 6 inches if nighttime reflux is a problem.
- 4 Eat slowly and chew thoroughly — well-chewed food requires less acid for digestion.
- 5 Manage stress through daily meditation, pranayama, and yoga — the vagus nerve directly links the brain and stomach.
- 6 Quit smoking and alcohol completely — both are powerful acid stimulants.



HOME REMEDIES

- **Aloe Vera juice:** 30 mL pure aloe vera juice on empty stomach in morning — heals and cools gastric lining. 
- **Coconut water:** Most effective immediate natural antacid — drink 200–300 mL during acidity attack. 
- **Cold milk:** 1 glass plain cold milk — immediate relief (not for those with lactose intolerance). 
- **Fennel tea:** 1 tsp fennel seeds boiled in water — post-meal digestive, reduces acid. 
- **Licorice root (Mulethi):** Chew a small piece or make tea — contains glycyrrhizin which soothes the gastric mucosa. 



YOGA TEACHER'S TIP

As a yoga teacher, observe which students consistently appear tense, have poor complexion, complain of headaches, or lack energy — these are often signs of chronic constipation. Teach Kapalbhathi and Pavanamuktasana to all students as a daily practice. A student with a clean, regular-functioning colon will progress in yoga much faster than one burdened by toxemia.





National Institute of Holistic Health (NIH)

Disease 3

IRRITABLE BOWEL SYNDROME (IBS)

Grahani — The Gut-Brain Disease



NATUROPATHIC UNDERSTANDING



Irritable Bowel Syndrome is a functional bowel disorder characterized by chronic abdominal pain, bloating, alternating constipation and diarrhea, and passage of mucus with stools — without any structural or pathological abnormality of the bowel. It affects 10–15% of the global population and is significantly more common in people with anxiety, depression, and high stress levels.

The naturopathic understanding of IBS is as a gut-brain axis disorder: the digestive nervous system (the enteric nervous system, sometimes called the 'second brain') is hypersensitive, reactive, and dysregulated as a result of chronic stress, emotional trauma, food sensitivities, gut dysbiosis (imbalanced gut microbiome), and often a history of gut infections.

Treatment must address all these levels simultaneously — which is precisely what an integrated naturopathy and yoga protocol can do.

DIETARY PROTOCOL

LOW-FODMAP NATUROPATHIC DIET

FODMAPs are fermentable carbohydrates that are poorly absorbed and rapidly fermented by gut bacteria, producing gas and triggering IBS symptoms. The Low-FODMAP diet, combined with naturopathic principles, is the most evidence-based dietary approach for IBS.

✓ Allowed grains: Rice, oats, quinoa, cornmeal — avoid wheat and rye (high FODMAP)	
✓ Allowed vegetables: Carrots, cucumber, zucchini, potatoes, bell peppers, spinach, ginger	
✓ Allowed fruits: Banana (ripe), blueberries, kiwi, mandarin oranges, strawberries — in small portions	
✓ Protein: Eggs, tofu, plain cooked fish, chicken — easily digestible	
✗ Avoid: Onion, garlic, cabbage, cauliflower, broccoli, beans, lentils (in excess), apples, pears, watermelon — high FODMAP	
✓ Probiotic foods: Homemade curd/yogurt (in small amounts), kanji (fermented rice water) — to restore gut microbiome	
✓ Ginger tea: 2–3 cups daily — the most effective anti-IBS herb; anti-inflammatory and anti-spasmodic.	

HYDROTHERAPY PROTOCOL

Hydrotherapy for IBS

- Warm Abdominal Fomentation:** 20 minutes twice daily — relaxes bowel spasm during pain episodes.
- Neutral Sitz Bath (33–35°C):** 30 minutes — sedates the nervous system, the most important IBS treatment.
- Cold Abdominal Compress at Bedtime:** Reduces overnight bowel hypersensitivity.
- Neutral Full Bath:** 30–40 minutes — profound reduction in anxiety which is the root driver of IBS.
- Castor Oil Pack on Abdomen:** 60–90 minutes, 3x weekly — reduces inflammation and bowel hypersensitivity.
- Warm Spinal Bath:** 20–30 minutes — calms the enteric nervous system through spinal nerve stimulation.

YOGA & PRANAYAMA PROTOCOL

IBS has a particularly strong response to yoga — multiple clinical studies have confirmed that yoga practice significantly reduces IBS symptoms, bowel hypersensitivity, and associated anxiety.

- **Supta Pawanmuktasana:** Reclined wind-relieving pose — most important yoga posture for acute IBS pain. Hold 1–2 minutes each side.
- **Balasana (Child's Pose):** 2–5 minutes — deeply calming for the nervous system and the bowel.
- **Viparita Karani (Legs-up-the-wall):** 10–15 minutes — activates parasympathetic nervous system, reduces bowel hypersensitivity.
- **Anulom Vilom Pranayama:** 15–20 minutes daily — the most powerful pranayama for autonomic nervous system balance.
- **Bhramari Pranayama:** 5–10 minutes — produces powerful vagal activation that immediately calms the gut.
- **Yoga Nidra:** 30–45 minutes daily — addresses the psychological root of IBS more effectively than any other single practice.
- **Nadi Shodhana (Alternate Nostril Breathing):** 10 minutes — balances sympathetic/parasympathetic tone.

LIFESTYLE MODIFICATIONS

- Establish a regular daily routine — consistent mealtimes, sleep times, and bowel times. The gut loves regularity.
- Identify and eliminate personal trigger foods through a structured elimination diet.
- Stress management is not optional in IBS — it is the primary treatment. Daily meditation and pranayama are non negotiable.
- Eat in a relaxed environment. Never eat while working, watching screen, or in emotional distress.
- Consider psychological support — CBT (Cognitive Behavioral Therapy) has strong evidence for IBS.

HOME REMEDIES

- **Aloe Vera juice:** 30 mL pure aloe vera juice on empty stomach in morning — heals and cools gastric lining.
- **Coconut water:** Most effective immediate natural antacid — drink 200–300 mL during acidity attack.
- **Cold milk:** 1 glass plain cold milk — immediate relief (not for those with lactose intolerance).
- **Fennel tea:** 1 tsp fennel seeds boiled in water — post-meal digestive, reduces acid.
- **Licorice root (Mulethi):** Chew a small piece or make tea — contains glycyrrhizin which soothes the gastric mucosa.



National Institute of Holistic Health (NIH)

Disease 4

LIVER DISORDERS

Yakrit Roga — Supporting the Body's Master Detox Organ



NATUROPATHIC UNDERSTANDING



The liver is the body's master detoxification organ — processing everything we eat, drink, breathe, and absorb through the skin. It performs over 500 essential functions including: detoxifying blood, producing bile for fat digestion, synthesizing proteins, storing glycogen for energy, metabolizing hormones, and producing clotting factors. In naturopathy, the condition of the liver is central to the condition of health overall. A congested or compromised liver creates downstream problems in every body system.

Common liver conditions addressed in naturopathy include: fatty liver disease (NAFLD), hepatitis (especially B and C), elevated liver enzymes, liver congestion, and cirrhosis (early stages). The naturopathic approach is uniquely effective for fatty liver disease, which affects an estimated 25–30% of the global population and is almost entirely caused by diet and lifestyle.

DIETARY PROTOCOL

LIVER-HEALING FOODS

-  **Amla (Indian Gooseberry):** Highest natural source of Vitamin C; dramatically improves liver function. 2–3 fresh amlas daily or 1 tsp amla powder with water.
-  **Beetroot:** Contains betaine which protects liver cells. 1 glass fresh beetroot juice daily.
-  **Turmeric:** Curcumin is the most potent liver-protective natural compound. 1 tsp in warm water with black pepper every morning.
-  **Leafy greens:** Chlorophyll in leafy greens neutralizes toxins and reduces liver load. Eat generously.
-  **Garlic:** 2–3 raw garlic cloves daily (best on empty stomach) — activates liver detox enzymes.
-  **Lemon water:** Juice of 1 lemon in warm water every morning — stimulates bile flow.
-  **Papaya:** Contains enzymes (papain) that support digestion and reduce liver inflammation.
-  **Milk Thistle tea or capsules:** Silymarin in milk thistle is the world's most researched hepatoprotective herb.

FOODS TO STRICTLY AVOID



-  **Alcohol:** Hepatotoxic. For liver disease, complete abstinence is mandatory.
-  **Fried and oily foods:** Saturated fats overload the liver and cause fatty infiltration.
-  **White sugar and refined carbohydrates:** Convert to fat in the liver (fructose conversion) — primary cause of fatty liver.
-  **Processed meats, packaged foods, artificial additives** — all require liver detoxification.
-  **Excess protein (especially animal protein)** — produces nitrogen waste that the liver must process.

HYDROTHERAPY PROTOCOL

Hydrotherapy for Liver Conditions

-  **Hot Fomentation over Liver Area (right upper abdomen):** 20 minutes twice daily — increases blood flow and bile production.
-  **Castor Oil Pack over Liver:** 60–90 minutes, 4–5 times weekly — the most effective liver detox hydrotherapy.
-  **Steam Bath / Sauna:** Weekly (if no contraindication) — reduces liver load by eliminating toxins through skin.
-  **Cold Abdominal Compress after fomentation:** Brief cold application stimulates reactive hyperemia in liver.
-  **Alternate Hot-Cold Compress over liver area:** 3 min hot / 1 min cold x 5 — dramatically increases liver circulation.
-  **Full Wet Sheet Pack (Stage 3):** Weekly — systemic detoxification to reduce total toxin load on liver.

YOGA & PRANAYAMA PROTOCOL

-  **Ardha Matsyendrasana:** Hold 45–60 seconds each side — the most important yoga posture for liver health. Compresses and then releases the liver, improving blood flow.
-  **Paschimottasana:** Hold 60–90 seconds — compresses entire abdominal cavity including liver.
-  **Dhanurasana:** Hold 20–30 seconds x 3 — rocks on abdomen, providing powerful massage to liver.
-  **Shalabhasana:** Hold 20–30 seconds x 3 — stimulates liver and spleen.
-  **Kapalbhati:** 5–10 minutes daily — the rhythmic pumping action increases liver circulation and bile flow.
-  **Bhastrika (Bellows Breath):** 3–5 minutes — increases oxygenation of liver cells.
-  **Surya Namaskar:** 12 rounds daily — warms and stimulates all abdominal organs including liver.

LIVER DETOX PROTOCOL (SUPERVISED)

The following is a standard naturopathic liver detox program to be conducted under professional supervision:

- 1 Days 1–2**
Water and coconut water fast only.
- 2 Days 3–5**
Juice fast (beetroot, carrot, cucumber, amla, ginger juice).
- 3 Days 6–7**
Fruit diet (papaya, watermelon, citrus fruits).
- 4 Day 8 onwards**
Gradual reintroduction of cooked vegetables, then whole grains.
- 5 Throughout**
Daily castor oil packs, morning lemon-turmeric water, milk thistle supplement.

Consistency, patience, and correct lifestyle are the keys to reversing liver disease naturally. Support your liver today — it has supported you every single day of your life.





National Institute of Holistic Health (NIH)

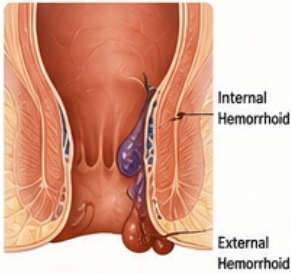
Disease 5

PILES (HEMORRHOIDS)

Arsha — Swollen Veins That Signal a Constipated Lifestyle



NATUROPATHIC UNDERSTANDING



Hemorrhoids (Piles) are swollen and inflamed veins in the rectum and anus. Internal hemorrhoids occur inside the rectum; external hemorrhoids are under the skin around the anus.

In naturopathy, piles are understood as a downstream consequence of chronic constipation, excessive straining at stool, low-fiber diet, sedentary lifestyle, prolonged sitting (especially on Western toilets), pregnancy, and chronic liver congestion (which increases portal venous pressure).

The naturopathic approach does not merely treat the hemorrhoids locally but addresses their root causes — particularly constipation and portal venous congestion — while providing local soothing and healing treatments.

DIETARY PROTOCOL

- ✓ **High-fiber diet:** As described for Constipation. This is the most important dietary measure.
- ✓ **Adequate water:** 2–3 liters daily. Dry stools are the primary mechanical cause of hemorrhoid development.
- ✓ **Radish juice:** 1/4 cup raw radish juice daily — traditional Ayurvedic remedy for piles.
- ✓ **Buttermilk with rock salt:** 2–3 glasses daily — cooling, reduces rectal inflammation.
- ✓ **Fig (Anjeer):** Soak 3–4 figs overnight; eat in morning with water. Softens stool.
- ✗ **Avoid:** Spicy food, alcohol, refined foods, red meat, constipating foods.



HYDROTHERAPY PROTOCOL

Hydrotherapy for Piles

- **Hot Sitz Bath (40–43°C):** 15 minutes twice daily — most important local treatment. Relaxes anal sphincter, reduces pain and swelling.
- **Cold Sitz Bath after Hot:** 2–3 minutes — reduces bleeding (if present) and swelling.
- **Alternate Sitz Bath:** 3 min hot / 1 min cold x 5 — promotes healing through vascular exercise.
- **Cold Perineal Compress at Night:** Applied to perineum overnight — reduces swelling and itching.
- **Neem Water Sitz Bath:** Neem leaf decoction in sitz bath — antimicrobial, reduces inflammation.
- **Alum Water Sitz Bath:** 1 tsp alum in warm water — tightens and tones the hemorrhoidal tissue.

YOGA PROTOCOL

- **Ashwini Mudra:** Rapid contractions of the anal sphincter — 50–100 times, 3 sets. Strengthens sphincter, improves venous return from the rectum.
- **Mula Bandha (Root Lock):** Sustained contraction of perineal muscles — held during pranayama. Reduces hemorrhoidal congestion.
- **Sarvangasana (Shoulder Stand):** 3–5 minutes daily — inverts the body, draining blood away from the rectal veins. Most effective yoga posture for hemorrhoids.
- **Viparita Karani:** Simpler inversion for those unable to do full shoulder stand.
- **Uttanapadasana:** Strengthens abdominal muscles and reduces straining.

WARNING / CONTRAINDICATION

During acute bleeding hemorrhoids, avoid:

- inversions (Sarvangasana, Headstand)
- strong abdominal exercises
- Kapalbhata and Bhastrika
- any treatment that increases abdominal pressure

Hot sitz bath is safe and helpful. Cold compresses control bleeding.



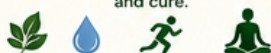
HOME REMEDIES

- **Triphala:** 1 tsp at bedtime — ensures soft stools, removes primary cause.
- **Castor oil:** Apply topically to external hemorrhoids — soothing and anti-inflammatory.
- **Aloe vera gel:** Apply to external hemorrhoids — cooling, anti-inflammatory, promotes healing.
- **Witch hazel:** Applied topically — astringent, reduces swelling and bleeding.
- **Neem oil:** Antimicrobial, reduces itching and inflammation when applied locally.

THE FOUNDATION: REMOVE CONSTIPATION — THE PRIMARY CAUSE OF PILES

Without regular, soft, easy bowel movements, no treatment for piles will give lasting relief.

High-fiber diet, adequate water, daily exercise, and stress management are the four pillars of prevention and cure.



DAILY BOWEL ROUTINE (ESSENTIAL)

- 2 glasses of warm water on waking
- Do not suppress natural urge
- No straining — relax and go naturally

Heal the cause, cleanse the system, soothe the tissues, and live pain-free.





National Institute of Holistic Health (NIH)

PART TWO

DISEASES OF THE CARDIOVASCULAR SYSTEM



Hypertension • Heart Disease • High Cholesterol • Obesity



Cardiovascular disease is the world's leading cause of death. Yet the scientific evidence overwhelmingly shows that 80% of cardiovascular disease is preventable through lifestyle modification — the domain of naturopathy and yoga. The four conditions covered in this section — hypertension, heart disease, high cholesterol, and obesity — are closely interconnected and respond dramatically to naturopathic treatment.

WHY NATUROPATHY & YOGA ARE POWERFUL FOR HEART HEALTH



Addresses Root Causes, Not Just Symptoms



Improves Blood Circulation and Vascular Health



Reduces Stress, Anxiety and Cortisol Levels



Supports Healthy Weight and Metabolism



Enhances Immunity and Overall Resilience

1. HYPERTENSION The Silent Killer



Persistently elevated blood pressure puts extra strain on the heart and blood vessels, increasing the risk of heart attack, stroke, kidney failure and other complications.

COMMON CAUSES

- High salt diet
- Chronic stress
- Sedentary lifestyle
- Obesity
- Genetic predisposition
- Lack of exercise

2. HEART DISEASE A Global Epidemic

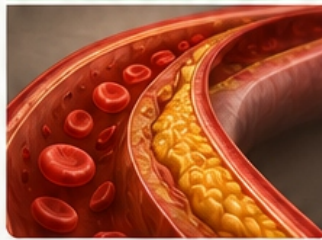


Includes coronary artery disease, heart attack, angina, arrhythmias and heart failure. The leading cause of death worldwide.

COMMON CAUSES

- High cholesterol
- High blood pressure
- Smoking & alcohol
- Diabetes
- Stress & anxiety
- Inactive lifestyle

3. HIGH CHOLESTEROL The Hidden Threat



Elevated LDL cholesterol leads to plaque buildup in arteries (atherosclerosis), restricting blood flow and increasing the risk of heart attack and stroke.

COMMON CAUSES

- Saturated & trans fats
- Refined carbohydrates
- Obesity
- Lack of physical activity
- Genetic factors
- Smoking

4. OBESITY The Root Multiplier



Excess body fat, especially around the abdomen, increases the risk of hypertension, heart disease, diabetes, fatty liver and many other conditions.

COMMON CAUSES

- Overeating
- Sedentary lifestyle
- High sugar & processed foods
- Poor sleep
- Stress
- Hormonal imbalance

HOW NATUROPATHY & YOGA TRANSFORM CARDIOVASCULAR HEALTH



PURE, PLANT-BASED DIET
Reduces cholesterol, blood pressure and inflammation.



HYDROTHERAPY
Improves vascular tone, reduces blood pressure and promotes detoxification.



REGULAR EXERCISE
Maintains healthy weight, improves metabolism and strengthens the heart.



YOGA & PRANAYAMA
Strengthens the heart, improves circulation, reduces stress and balances the nervous system.



STRESS MANAGEMENT
Lowers cortisol, the stress hormone, which damages the heart and blood vessels.



REST & GOOD SLEEP
Essential for heart repair, hormone balance and overall cardiovascular health.



*A healthy heart is not just about living longer,
It is about living better, with energy, clarity and joy.*





National Institute of Holistic Health (NIHH)

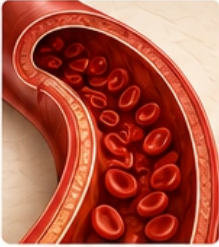
Disease 6

HYPERTENSION (HIGH BLOOD PRESSURE)

Raktachap Vriddhi — The Silent Killer That Yoga and Naturopathy Can Reverse



NATUROPATHIC UNDERSTANDING



High blood pressure damages blood vessels, heart, brain and kidneys silently over time.

Hypertension is defined as persistent blood pressure above 140/90 mmHg. It is called the 'silent killer' because it causes no symptoms until it has already damaged the heart, brain, kidneys, and blood vessels. Over 1.3 billion people worldwide have hypertension, and India bears one of the highest burdens. Conventional medicine manages hypertension with lifelong drugs. Naturopathy and yoga can, in most cases of essential hypertension (not caused by organ disease), normalize blood pressure without drugs — or significantly reduce the medication needed.

The naturopathic causes of hypertension include: excess sodium intake, obesity, sedentary lifestyle, chronic stress (the largest single modifiable cause), excess alcohol, smoking, and dietary deficiency of potassium, magnesium, and calcium.

DIETARY PROTOCOL — DASH DIET ADAPTED FOR INDIAN NATUROPATHY

FOODS TO EMPHASIZE

- Vegetables:** All vegetables, especially celery (contains phthalides that dilate arteries), spinach, beets.
- Fruits:** Banana (high potassium), watermelon (contains L-citrulline, dilates blood vessels), pomegranate.
- Garlic:** 2–3 raw cloves daily on empty stomach — reduces BP by 8–10 mmHg in studies. Contains allicin.
- Hibiscus tea (Gurhal):** 2 cups daily — clinical studies show 7–10 mmHg reduction in BP.
- Flaxseed:** 2 tablespoons ground flaxseed daily in water or food — omega-3s reduce BP.
- Reduce sodium to < 2000 mg/day:** Reduce salt in cooking by 50%, eliminate pickles, processed foods, papads.
- Increase potassium:** Coconut water, banana, sweet potato, avocado — counteracts sodium's BP-raising effect.

FOODS TO STRICTLY AVOID

- Salt and high-sodium foods:** Pickles, papads, processed foods, restaurant food, soy sauce — the primary dietary cause.
- Alcohol:** Directly raises blood pressure. Complete abstinence required.
- Caffeine:** Reduce by 1 cup per day. Can raise BP significantly in some individuals.
- Red meat and saturated fats:** Increase arterial stiffness over time.
- White sugar and refined carbohydrates:** Cause insulin resistance which raises BP.

HYDROTHERAPY PROTOCOL

Hydrotherapy for Hypertension

- Neutral Full Bath (33–35°C):** 20–30 minutes daily — reduces sympathetic tone and peripheral resistance. Most important treatment.
- Cold Spinal Bath:** 15–20 minutes daily — reduces sympathetic nervous system activation.
- Contrast Foot Bath:** 3 min hot / 1 min cold x 5 — reduces peripheral vascular resistance over time.
- Cold Compress to Forehead and Nape of Neck:** Reduces hypertensive headache, dilates carotid vessels.
- AVOID:** Very hot baths, sauna, cold full immersion baths — these create dangerous BP spikes.
- Wet Sheet Pack (Stage 2 — Neutral):** Profound sedation, significantly reduces BP acutely.



YOGA & PRANAYAMA PROTOCOL — CLINICAL EVIDENCE

Yoga has one of the strongest evidence bases of any lifestyle intervention for hypertension. Multiple meta-analyses show that regular yoga practice reduces systolic BP by 5–10 mmHg and diastolic by 3–8 mmHg — comparable to a medication dose.

BEST ASANAS FOR HYPERTENSION

- Savasana:** 20–30 minutes daily — the single most powerful yoga posture for reducing blood pressure. Produces complete relaxation of the cardiovascular system.
- Paschimottasana:** Hold 1–2 minutes — reduces cardiac output through compression of abdominal vessels.
- Baddha Konasana:** Hold 2–3 minutes — reduces peripheral vascular resistance.
- Viparita Karani (Legs-up-the-wall):** 10–15 minutes — reduces peripheral resistance, calms the nervous system.
- Supta Baddha Konasana:** 5–10 minutes — deeply relaxing, reduces sympathetic tone.
- Balasana (Child's Pose):** 3–5 minutes — calms the nervous system, reduces BP.

PRANAYAMA FOR HYPERTENSION

- Nadi Shodhana:** 20 minutes daily — the most evidence-backed pranayama for BP reduction. Balances symmetry /parasympathetic nervous system.
- Bhramari:** 10 minutes daily — produces immediate BP reduction through nitric oxide release and vagal activation.
- Chandra Bhedana (Left-Nostril Breathing):** 10 minutes — activates right hemisphere and parasympathetic nervous system.
- Sitali/Sitkari:** 10 minutes — cooling pranayama that reduces Pitta and lowers BP.

WARNING / CONTRAINDICATION

Avoid Kapalbhathi, Bhastrika, Suryabhedha, breath retention (Kumbhaka), Sirshasana, and all strong inversions in hypertension. These can acutely raise blood pressure and are potentially dangerous.

Clear all pranayama with the student's physician if BP is above 160/100.



LIFESTYLE MODIFICATIONS

- Stress management is the most important single lifestyle intervention for hypertension. Daily yoga, pranayama, and meditation are non-negotiable.
- Walk briskly 45 minutes daily. Regular aerobic exercise reduces BP by 5–8 mmHg.
- Achieve ideal body weight — every kg of weight loss reduces BP by approximately 1 mmHg.
- Quit smoking completely — nicotine causes immediate and significant BP spikes.
- Sleep 7–8 hours per night. Sleep deprivation activates the sympathetic nervous system and raises BP.
- Reduce screen time and social media — these chronically activate the stress response.



HOME REMEDIES

- Garlic:** 2 raw cloves with water every morning. Most evidence-backed natural antihypertensive.
- Hibiscus tea:** 2 cups daily (not during pregnancy). Multiple clinical trials confirm BP reduction.
- Methi (fenugreek) water:** Soak 1 tsp methi seeds overnight; drink water in morning. Reduces BP.
- Arjuna bark tea:** Terminalia arjuna — Ayurvedic cardiac tonic. 1 cup daily of bark decoction.
- Amla juice:** 30 mL daily on empty stomach — powerful antioxidant that improves arterial health.



You can control your blood pressure today — through the power of nature, yoga, and the right lifestyle.



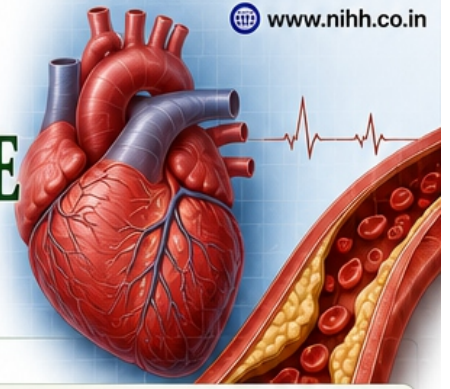


National Institute of Holistic Health (NIH)

Disease 7

CORONARY HEART DISEASE

Hridaya Roga — Reversing the World's Biggest Killer Naturally



NATUROPATHIC UNDERSTANDING



Coronary Heart Disease (CHD) involves the narrowing of the coronary arteries that supply blood to the heart muscle, usually due to atherosclerosis — the buildup of cholesterol-rich plaques in the arterial walls. CHD is the leading cause of death worldwide.

The landmark Ornish Program — a supervised naturopathic intervention combining plant-based diet, yoga, stress management, and group support — demonstrated in peer-reviewed research that CHD can actually be reversed through lifestyle measures.

This scientific proof of naturopathy's power to reverse heart disease (not merely prevent it) is one of the most important medical discoveries of the 20th century.







DIETARY PROTOCOL

HEART-PROTECTIVE FOODS

- ✓ **Plant-based diet:** The single most powerful dietary shift for heart health. Eliminate or dramatically reduce animal products. 
- ✓ **Omega-3 rich foods:** Flaxseed, chia seeds, walnuts, fatty fish (salmon, mackerel) — reduce inflammation and triglycerides. 
- ✓ **Oats:** Beta-glucan in oats reduces LDL cholesterol by 5–10% when eaten daily. 
- ✓ **Garlic:** 2–3 raw cloves daily — reduces cholesterol, prevents platelet aggregation (blood clot formation). 
- ✓ **Arjuna (Terminalia arjuna):** Daily tea — the most important Ayurvedic cardiac tonic; strengthens heart muscle. 
- ✓ **Pomegranate juice:** 200 mL daily — reduces arterial plaque in clinical studies. 
- ✓ **Green tea:** 2–3 cups daily — powerful antioxidant, reduces LDL cholesterol. 
- ✓ **Turmeric:** Anti-inflammatory — prevents plaque formation and inflammation of arterial walls. 

YOGA PROTOCOL — THE ORNISH MODEL

The Ornish Program, which has FDA recognition for cardiac rehabilitation, uses exactly these components: yoga, meditation, dietary change, group support. As yoga teachers, this is the most clinically validated validation of your work's capacity to literally save lives.

-  • **Gentle Hatha Yoga:** 1 hour daily — focus on Savasana, gentle forward bends, chest openers, Pranayama.
-  • **Surya Namaskar (slow):** 12 rounds — gentle cardiac rehabilitation, improves heart rate variability.
-  • **Savasana:** 20–30 minutes — the most powerful single yoga practice for cardiac patients.
-  • **Yoga Nidra:** 30–45 minutes daily — reduces cortisol, adrenaline, and inflammatory markers.
-  • **Anulom Vilom:** 20–30 minutes daily — improves heart rate variability, reduces sympathetic activation.
-  • **Bhramari:** 10–15 minutes — activates vagus nerve, improves cardiac rhythm.

WARNING / CONTRAINDICATION








ALL cardiac patients must practice under medical clearance and ideally in a specialized cardiac yoga program.

- Avoid Kapalbhathi, Bhastrika, strong inversions, Kumbhaka (breath retention), and intense heat treatments.
- Begin with extremely gentle practices and progress very gradually.
- Any discomfort, chest pain, dizziness, or breathlessness — stop immediately and consult your physician.
- Yoga is safe and powerful for heart patients when practiced correctly and under guidance.

LIFESTYLE MODIFICATIONS — THE 8 PILLARS FOR A HEALTHY HEART

-  **Whole, plant-based food**
Eat mostly whole foods, minimally processed.
-  **Daily Exercise**
Walk 45–60 minutes daily. Add gentle yoga and stretching.
-  **Stress Management**
Meditate, practice pranayama, and manage stress consciously.
-  **Healthy Weight**
Maintain ideal body weight.
-  **Quit Smoking**
Smoking damages arteries and accelerates heart disease.
-  **Avoid Alcohol**
Excess alcohol raises blood pressure and triglycerides.
-  **Good Sleep**
7–8 hours of quality sleep every night.
-  **Social Connection**
Strong relationships and support improve heart health.

HOME REMEDIES & NATURAL SUPPORT

-  **Garlic:** 2–3 raw cloves daily — reduces cholesterol, prevents clot formation.
-  **Arjuna tea:** 1 cup daily — strengthens heart muscle, improves cardiac function.
-  **Flaxseed:** 2 tbsp ground flaxseed daily — rich in omega-3, reduces inflammation.
-  **Pomegranate juice:** 200 mL daily — proven to reduce arterial plaque.
-  **Green tea:** 2–3 cups daily — antioxidant, improves endothelial function.



You cannot add years to your life, but you can add life to your years.
Nature, yoga, and the right lifestyle can heal your heart.





National Institute of Holistic Health (NIH)

Disease 8

OBESITY

Sthaulya — The Metabolic Disease That Responds Best to Naturopathy



NATUROPATHIC UNDERSTANDING



Obesity is defined as a Body Mass Index (BMI) above 30. India has over 135 million obese people, and the numbers are growing rapidly.

In naturopathy, obesity is understood not as a character failing or a simple matter of 'calories in, calories out' but as a complex metabolic disorder driven by processed food addiction, hormonal dysregulation (especially insulin resistance), gut microbiome imbalance, chronic inflammation, emotional eating, and sedentary lifestyle.

The naturopathic treatment is simultaneously the most natural and the most comprehensive — and produces sustainable results without the side effects of weight loss drugs or the risks of bariatric surgery.

DIETARY PROTOCOL

NATUROPATHIC WEIGHT MANAGEMENT DIET

- ✓ **Sattvic, whole-food diet:** No processed foods. Everything fresh, whole, and naturally produced.
- ✗ **Eliminate:** All white sugar, refined flour (maida), fried foods, packaged foods, soft drinks — these are the four primary obesity-drivers.
- ✓ **Intermittent Fasting:** 16:8 protocol (eat within an 8-hour window, fast for 16 hours) — the most evidence-backed dietary intervention for sustainable weight loss.
- ✓ **High-fiber, low-calorie-density foods:** Vegetables, fruits, legumes, whole grains — eat to fullness without excess calories.
- ✓ **Protein adequacy:** Dal, legumes, tofu, eggs (if non-vegetarian) — protein increases satiety and preserves muscle mass during weight loss.
- ✓ **Drink water before meals:** 500 mL water 30 minutes before each meal — reduces calorie intake by 13% in studies.
- ✓ **Reduce meal frequency:** 3 meals, no snacking — allows insulin to fall between meals, promoting fat burning.



HYDROTHERAPY PROTOCOL

Hydrotherapy for Obesity

- ✓ **Hot Steam Bath or Sauna:** 3–4 times weekly — dramatically increases metabolic rate, eliminates toxins through sweat.
- ✓ **Cold Shower after Steam:** Essential — prevents excessive fatigue and hardens the body.
- ✓ **Hot Full Body Bath (40–42°C):** 15 minutes — raises body temperature, increases caloric burn.
- ✓ **Contrast Shower (Scotch Douche):** Alternating hot/cold — stimulates thermogenesis (fat burning).
- ✓ **Abdominal Hot and Cold Alternate Compress:** Stimulates abdominal circulation and fat metabolism.
- ✓ **Kneipp Walking:** Cold water walking — activates brown fat thermogenesis.



YOGA & PRANAYAMA PROTOCOL

- **Surya Namaskar:** 12–24 rounds daily — the most complete yoga workout for weight management. 12 rounds = 156 yoga asanas in 10–12 minutes.
- **Kapalbhati:** 10–15 minutes daily — every exhalation pumps the abdominal muscles and massages visceral fat. Studies show significant waist reduction with sustained Kapalbhati practice.
- **Power Yoga / Vinyasa Flow:** 45–60 minutes — sustained dynamic practice that elevates heart rate into fat-burning zone.
- **Ardha Chandrasana, Trikonasana, Virabhadrasana series:** Weight-bearing standing poses that build muscle and increase metabolic rate.
- **Navasana (Boat Pose):** Hold 30–60 seconds — builds core strength and stimulates thyroid through compression.
- **Sarvangasana:** 3–5 minutes daily — stimulates thyroid gland directly; thyroid governs metabolic rate.
- **Bhastrika Pranayama:** 5–10 minutes — increases oxygen delivery and metabolic rate.



LIFESTYLE MODIFICATIONS

- 1 Walk 10,000 steps daily — non-negotiable. Use a pedometer or phone to track.
- 2 Sleep 7–8 hours per night. Sleep deprivation dramatically increases ghrelin (hunger hormone) and decreases leptin (satiety hormone).
- 3 Eat without screens — mindless eating doubles calorie intake. Practice mindful eating with full attention.
- 4 Address emotional eating — identify stress triggers, boredom eating, and comfort eating through yoga and counseling.
- 5 Join a group — social support is one of the strongest predictors of successful and sustained weight loss.



ADDITIONAL TIPS FOR SUCCESS

 Eat slowly and chew thoroughly.	 Stay hydrated throughout the day.	 Keep a food and progress journal.
 Weigh once a week, not daily.	 Practice gratitude and self-compassion.	 Set small goals. Be consistent.



Obesity is not about willpower. It is about healing your metabolism, nourishing your body, calming your mind, and transforming your lifestyle.





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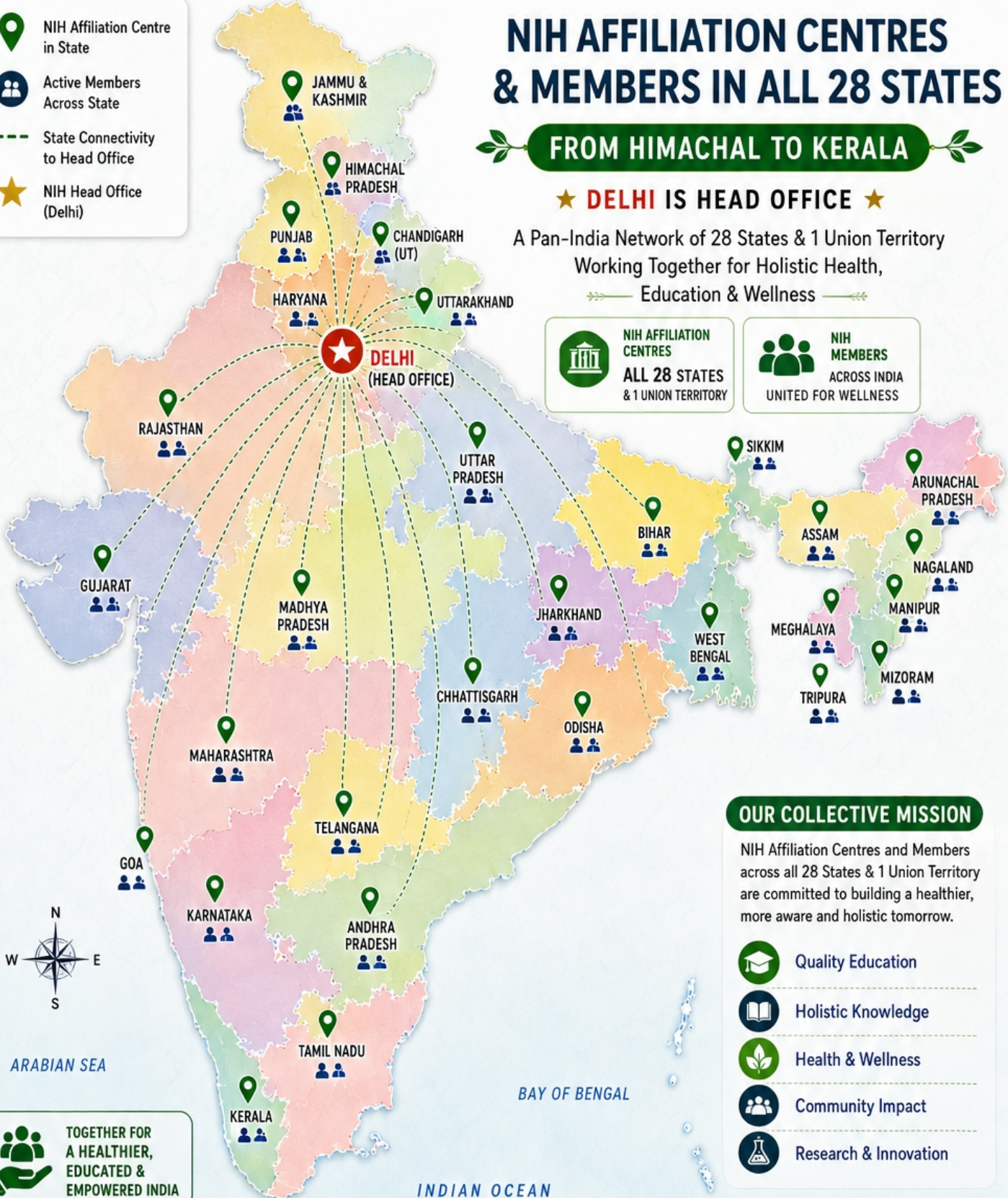


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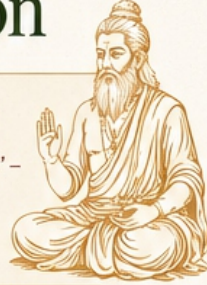
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Anna Brahma – Food as Divine Medicine in Indian Tradition

“ अन्नं ब्रह्मा, रसो विष्णुः, पक्वो देवो महेश्वरः

*'Annam Brahma, Rasam Vishnu, Pakto Devo Maheshwarah' –
'Food is Brahman (the creative principle), its essence is
Vishnu (the sustaining principle), and the fire of digestion
is Mahadeva (the transforming principle).'*



अन्नं न
निन्द्यात् ।
तद् ब्रतम् ॥
Never insult food.
That is a sacred
vow.

The Sacred Status of Food in Indian Culture

This ancient Sanskrit shloka, recited across India before meals, is not merely a religious formality. It is a precise philosophical statement about the nature of food and its relationship to the fundamental forces of creation, sustenance, and transformation that underlie all existence.

In the Indian tradition, food occupies a status unlike that accorded to it in perhaps any other culture on earth. The Taittiriya Upanishad devotes an entire section – the Bhrigu Valli – to the teaching that *Anna* (food) is the very foundation of Brahman, the ultimate reality. The text states: 'From food, verily, creatures are produced. By food, when born, they live. Into food they depart and they return.' This is not poetry about food – it is ontology. Food, in the Indian understanding, is the material expression of consciousness itself, the means by which the infinite becomes the finite, the unmanifest becomes the manifest.

The Charaka Samhita, the foundational text of Ayurvedic medicine, opens its discussion of food with the statement: '*Ahara* (food) is the supreme medicine for all living beings. All things that are obtained in life, life itself, complexion, strength, enthusiasm, health, satisfaction, growth, intelligence, and the senses – all of these are based on food.' This is the medical-scientific counterpart to the Upanishadic philosophical statement: food is not merely fuel for the body but the literal substance from which every dimension of human being – physical, energetic, emotional, intellectual, and spiritual – is continuously constructed and reconstructed.

Annaveedic Wisdom: The Ancient Science of Food as Medicine

The Indian tradition of diet therapy – which we may call *Annaveedic* wisdom, drawing on the Sanskrit *anna* (food) and *veda* (knowledge) – is at least 5,000 years old, making it one of the oldest systematic sciences of nutritional medicine in the world. This tradition draws from multiple source streams: the Vedas themselves, which contain hymns and prescriptions for nourishing foods; the Upanishads, which provide the philosophical framework for understanding the relationship between food, consciousness, and liberation; the Charaka Samhita and Sushruta Samhita, which codify the Ayurvedic science of food therapy in extraordinary clinical detail; the Yoga texts, particularly the *Hatha Yoga Pradipika* and the *Gherand Samhita*, which specify dietary requirements for successful yoga practice; and the vast tradition of regional folk medicine preserved by women healers, village *vaidyas*, and family elders across the subcontinent.

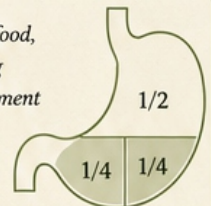
What makes this tradition unique is its insistence on understanding food not merely through the lens of its chemical components (though Ayurveda has a sophisticated biochemical understanding encoded in the concepts of *rasa*, *guna*, *virya*, *vipaka*, and *prabhava*) but through the total experience it creates in the human system – its effect on *Agni* (digestive fire), on the seven *dhatu*s (body tissues), on the three *doshas* (constitutional energies), on the mind, on the emotions, and on the quality of consciousness available to the practitioner. This is a whole-system understanding of nutrition that modern nutritional science is only beginning to approximate.



Mitahara: The Principle of Measured Eating

One of the most fundamental principles of yogic diet therapy is *Mitahara* – literally 'measured diet' or 'moderate eating.' The *Hatha Yoga Pradipika* states:

“ Half of the stomach should be filled with food, one quarter with water, and the remaining quarter should be kept empty for the movement of air (*prana*). This is called *Mitahara*, the diet of measure.



This is not a weight-loss prescription – it is a *prana*-management instruction. A stomach that is comfortably half to three-quarters full supports the optimal functioning of *Agni* (digestive fire), the smooth movement of the five *vayu*s (*pranas*), and the clarity of mind required for meditation and yoga practice.



The Bhagavad Gita also addresses moderation in eating directly:

“ नान्यश्नतस्तु योगोऽस्ति न चैकान्तमनश्नतः ।
न चाति स्वन्नशीलस्य जाग्रतो नैव चार्जुन ॥

*Natyashnatas tu yogo'sti na chaikantam anasnatah;
Na chati swapna-shilasya jagrato naiva charjuna.*

'Yoga is not for one who eats too much, nor for one who does not eat at all; it is not for one who sleeps too much, nor for one who keeps awake too long.'
(Chapter 6, Verse 16)



This teaching establishes moderate, regular, conscious eating as a prerequisite for effective yoga practice – not an optional lifestyle choice but a foundational discipline (*niyama*) of the yogic path.



शुद्धं भोजनम्
Pure food
purifies the body



दीप्यते अग्निः
Kindles
digestive fire



सच्चं प्रसादयेत्
Purifies mind
and emotions



प्रज्ञा प्रकाशते
Awakens wisdom
and clarity



ब्रह्मणि नयति
Leads to realization
of the Self



Food and the Three Gunas

The most important conceptual tool for the yoga teacher seeking to understand food is the framework of the three gunas -- the three fundamental qualities of Prakriti (nature) that pervade all of manifest reality: Sattva (clarity, purity, harmony), Rajas (activity, passion, movement), and Tamas (inertia, heaviness, darkness). The Bhagavad Gita devotes the entire 17th chapter to a detailed classification of foods according to their guna quality, establishing the direct connection between what we eat, how our mind functions, and what quality of consciousness is available to us.



SATTVIC FOODS— Fresh, light, easily digestible, grown in clean soil, naturally sweet or mildly pungent. Promote clarity, peace, compassion, creativity, and spiritual receptivity.

Examples: fresh fruits, vegetables, whole grains, dal, milk, ghee, honey, nuts, seeds.



RAJASIC FOODS— Spicy, salty, sour, bitter in excess. Excessively hot, stimulating, pungent. Promote activity, ambition, restlessness, emotional turbulence, and physical excitement.

Examples: chilli, strong spices, excessive salt, onion, garlic, coffee, tea, pickles in excess.



TAMASIC FOODS— Old, stale, over-processed, putrefied, leftover beyond 3 hours. Promote lethargy, dullness, depression, poor digestion, mental heaviness, and spiritual inertia.

Examples: reheated food, packaged/preserved foods, alcohol, heavily fried or processed foods.



Ahara as Sadhana: Eating as Spiritual Practice

In the Indian tradition, the way we eat is as important as what we eat. The manner and consciousness of eating -- called Ahara Vidhi (the correct method of eating) in Ayurveda -- is understood to profoundly affect the digestibility, nutritional value, and therapeutic quality of food.



The Charaka Samhita lists eight specific rules of Ahara Vidhi: eat food that is warm (*ushnasya*), oily (*snigdhasya*), in proper quantity (*matra*), after the previous meal has been digested (*jirnasya*), in a proper place (*desheshu*), with proper instruments (*kalaabhyam*), not hurriedly (*avadrutasya*), not too slowly (*atidrutta*), while maintaining awareness (*tanmanasya*), without talking or laughing excessively, while honouring the food (*anavahasitasya*), and always in a clean and peaceful environment (*anupayanam*).

As yoga teachers, this framework offers us an immediate, practical lens for assessing and advising on our students' diets. The goal of a yoga-supporting diet is to be predominantly Sattvic -- light, fresh, pure, and easily digestible -- with some Rajasic elements as needed for energy and vitality, and minimal Tamasic elements. The more deeply a student practises and the more advanced their practice becomes, the more the diet naturally tends toward pure Sattva.



The practice of eating as *sadhana* means bringing the same quality of present-moment awareness to the act of eating that we bring to asana or pranayama practice. This means:



No screens, no reading, no multi-tasking at mealtimes.



Taking a moment of gratitude before eating (as preserved in the tradition of the pre-meal shloka).



Eating slowly enough to taste and appreciate each mouthful.



Developing the sensitivity to feel when the stomach is pleasantly satisfied (before it is full).



The Core Principles of Sattvic Eating



Principle 1: Freshness (*Navina Ahara*)

Sattvic food is fresh. It is grown organically or naturally, harvested at peak ripeness, and prepared and eaten as close to the moment of harvest or cooking as possible. Ayurveda specifies that food should ideally be eaten within 3 hours of cooking – after this time, it begins to lose its pranic vitality and shift toward Tamasic quality. Leftovers, reheated food, tinned food, processed and packaged food, and food that has been stored for long periods are all considered Tamasic and should be minimised or avoided in a genuine Sattvic diet.



Principle 2: Purity (*Shuddha Ahara*)

Sattvic food is pure -- grown without toxic chemicals, prepared with clean hands and utensils, cooked with a calm and loving state of mind, and offered with intention and gratitude. The concept of purity in Ayurveda extends beyond physical cleanliness to include the energetic and emotional purity of the food's origins and preparation. Food prepared by a person in a state of anger, anxiety, or resentment carries that emotional vibration into the eater's system. This is why the tradition of preparing food as an act of devotion – *bhog*, or food offered to the divine before eating – is not merely religious formality but a profound energetic purification practice.



Principle 3: Appropriate Quantity (*Mita Ahara*)

The Sattvic diet is a moderate diet. As established in Chapter 1, the classical instruction is to fill the stomach half with food, one quarter with water, and leave one quarter empty for *prana*. Modern nutritional science confirms this wisdom through the Okinawan tradition of *Hara Hachi Bu* (eating to 80% capacity), which is associated with extraordinary longevity and low rates of chronic disease. Overeating – even of Sattvic foods – overwhelms *Agni*, produces *Ama*, and weighs heavily on both body and mind.



Principle 4: Seasonal and Local Alignment

Sattvic eating honours the seasonal rhythms of nature. Foods that are naturally produced in the current season in the local geographical region are always more Sattvic than imported, out-of-season foods, because they are aligned with the body's seasonal needs and carry the *prana* of the living, immediate earth rather than the depleted energy of long-stored or transported produce. The ancient Indian tradition of *Ritucharya* (seasonal regimen) provides detailed guidance on how to adjust diet with each of the six seasons of the Indian calendar.



Principle 5: Appropriate Food Combinations

A Sattvic meal is intelligently composed, avoiding the incompatible food combinations (*viruddha ahara*) described in Chapter 2. A well-composed Sattvic Indian meal naturally includes all six tastes, appropriate proportions of the three macronutrient categories, adequate fibre, and foods appropriate to the season and the individual's constitutional needs.

“
Food is not just what we put in our mouths; it is what we allow into our body, our mind, and our consciousness.
”

SIX TASTES OF A SATTVIC MEAL

	Sweet	Nourishing, building	Rice, sweet fruits, carrot, dates
	Sour	Stimulating, aids digestion	Lemon, curd, tamarind
	Salty	Balancing, softening	Rock salt, sendha namak
	Pungent	Stimulating, cleansing	Ginger, black pepper, radish
	Bitter	Detoxifying, lightening	Neem, methi, bitter gourd
	Astringent	Cooling, stabilising	Pomegranate, banana, lentils



When our food is Sattvic, our mind becomes Sattvic.
When the mind is Sattvic, meditation deepens. When meditation deepens, we know our true Self.





The Classic Sattvic Indian Meal: Dal, Sabzi, Roti, Chawal



The traditional Indian vegetarian meal - in its simplest and most classical form -- is a model of nutritional and Ayurvedic wisdom. The combination of *dal* (split lentil soup), *sabzi* (cooked seasonal vegetable), *roti* (whole grain flatbread), and *chawal* (cooked rice) provides a nutritionally complete meal that has sustained some of the world's longest-lived populations for thousands of years. Let us examine why this combination is so therapeutically powerful:



DAL provides protein (particularly essential amino acids), iron, folate, fibre, and probiotic compounds from its fermentation-supporting effects in the digestive tract. Combined with the grains of roti or rice, the amino acid profiles complement each other to provide a complete protein equivalent -- solving the protein-completeness question of vegetarian eating through natural culinary wisdom.



SABZI (seasonal vegetable preparation) provides vitamins, minerals, antioxidants, and additional fibre while simultaneously supplying therapeutic benefits specific to the vegetable used.



ROTI (whole wheat flatbread) provides complex carbohydrates, B vitamins, fibre, and, when freshly made, significant pranic energy.



CHAWAL (cooked rice), particularly when slightly undercooked to preserve its water content, is considered in Ayurveda to be one of the most easily digestible and Sattvic grain preparations available.

THE POWER OF SATTVIC SPICES



Turmeric – anti-inflammatory, detoxifying, and enhances digestion.



Cumin – kindles digestive fire, reduces bloating, aids assimilation.



Coriander – cooling, digestive, balances pitta, supports elimination.



Ginger – stimulates agni, improves circulation, relieves ama.



Asafoetida (hing) – reduces gas, supports digestion, sattvic alternative to onion-garlic.



When spiced appropriately with turmeric, cumin, coriander, ginger, and asafoetida (hing) – and when eaten with a small amount of homemade ghee - this simple meal represents a nutritional and therapeutic masterpiece: high in protein, complex carbohydrates, fibre, vitamins, and minerals; anti-inflammatory and digestive through its spice content; grounding and nourishing through its ghee and grain content, and completely, naturally vegetarian.

“
Simplicity on the plate
creates clarity in the mind,
lightness in the body,
and steadiness in practice.
”













Eat with gratitude. Cook with love. Live in harmony.
This is the essence of Sattvic living.





Foods to Favour *in a Yogic Diet*



Food Category	Best Sattvic Choices for Yoga Practitioners
 Grains	Fresh roti (whole wheat), basmati rice, oats, millet (bajra, jowar), barley, amaranth, quinoa
 Dals & Legumes	Moong dal (especially split yellow), masoor, chana dal, urad dal; well-cooked and well-spiced
 Vegetables	All fresh seasonal vegetables, particularly leafy greens, gourds, root vegetables, cruciferous vegetables
 Fruits	All fresh seasonal fruits; particularly amla, pomegranate, papaya, banana, apple, guava, mango, dates
 Dairy	Fresh cow's milk, homemade ghee, lassi (diluted buttermilk), paneer (fresh); avoid aged cheeses
 Spices	Turmeric, cumin, coriander, ginger, fennel, cardamom, cinnamon, cloves, hing (moderate)
 Sweeteners	Raw jaggery (gur), raw honey (not heated), dates, raisins-avoid refined white sugar
 Oils	Cold-pressed sesame oil, cold-pressed mustard oil, coconut oil; ghee is most highly recommended
 Nuts & Seeds	Almonds (soaked), walnuts, sesame seeds, pumpkin seeds, flaxseeds, chia seeds
 Herbal drinks	Tulsi tea, ginger tea, warm turmeric milk (<i>haldi doodh</i>), CCF tea, fresh coconut water

Foods to Reduce or Avoid

- Stale, reheated, or leftover food (*Tamasic* – loses *prana* rapidly after cooking)
- Heavily processed, packaged, or preserved foods (contain *Ama*-producing chemical additives)
- Refined white sugar and products made with it (rapidly depletes *Ojas* and depletes minerals)
- Deep-fried foods in excess (*overwhelms Agni* and produces *Ama*)
- Excessive onion and garlic (*Rajasic* and *Tamasic* in large quantities – disturb mental clarity)
- Excessive caffeine – coffee, strong tea (*depletes Ojas*, disturbs *Vata* and *Pitta*)
- Soft drinks and artificially sweetened beverages (*Tamasic*, *Ama*-producing, mineral-depleting)
- Refined maida (white flour) products – bread, biscuits, noodles (nutrient-stripped, *Tamasic*)
- Alcohol in any form (*highly Tamasic* – veils the mind and damages the liver and subtle body)



MEDITATION

FOOD FOR MIND AND SOUL



YOGA is too small a word which has a vast ocean in it. Yoga, its eight limbs-Yam, Niyam, Pratyahar, Asan, Pran ayam, Dharana, Dhyan and Samadhi all have yet further branches.

While we make our body disease free and pure of all the impurities by practicing these first five limbs of Yoga, we prepare it for yet another thrilling experience called Meditation, with the remaining three limbs ie. Dhama, Dhyan and Samadhi, By Asans and Pranayam, we master our physical movements, blood circulation, right type of breathing and purify our body.



Meditation would rather call it a food for the mind and soul. It is a process of nourishing our inner self i.e. soul. Meditation brings about transformation in our lives.

When we practice meditation, we observe many changes in ourselves. My suggestion for beginners is to pen down all the feelings, thoughts and turbulence and above all, the things that affect you the most. After you plunge yourself in mediation for a few days, the first thing you observe is that you have become calmer slowly. The turbulence of mind is subsided gradually.

Some beautiful changes you may notice:



Secondly, You feel almost the same way in sad and happier time you stop getting excited in both the situations.



The third thing you may notice is that your problem solving skills have Improved. Most of the problems that you face, you are able to solve yourself -like your inner self guides you what to do in a particular situation.



Another wonderful experience that thrills you is that you are seldom perturbed by what people think and say about you. Instead, your journey is inverted to-wards inside rather than outside. Every time, a curious you, will stir your soul means look deep within for any clarification.



You always find yourselves in a blissful state who has conquered all the passions and worldly desires.



“ ———
The quieter you become, the more you can hear the voice of your soul.
——— ”

To experience the wonders of meditation, begin the day with Yogasans and Pranayams. Now, it is time to come to a tranquil state.



Though there are many ways to meditate, like by focusing on breadth, concentrating on Agya Chakra, (between the brows) or on a light or by chanting. You can try every type and adopt what suits you the best.



The simple way is to sit in a comfortable pose, close your eyes and focus on your breathing. You will notice turbulence in the mind with lot of thoughts coming and going. Do not feel bad about that. Just witness and do not interfere. Let them come and go as guests.

By focusing on inhaling and exhaling process of breathing, slowly and gradually your attention is drawn from the outside world and you are drawn towards the present moment. After a few days, during meditation, the mind comes to a thoughtless state ie. pure state of mind and the ultimate state. Soul stirring process starts here itself. This state of mind helps you achieve anything. You are suddenly aware of what you want from life and how to get the same.



The calmer state of mind that we get through mediation, leads us to the right di rection of karma and purity of soul leads us to spirituality where we visualize the ultimate goal of life ive, to know our trueselt.



“ **Remember,** It is not a religion. It is all a science science of well being and science of integrating body, mind and soul. But to live life a worth, **practice religiously** for a few minutes regularly.



Author:
RITA HASSIJA



DHANURASAN



As the name implies “Dhanurasan” means a bow like pose.



HOW TO DO

- Lie down on the abdomen with your forehead on the ground.
- Fold the knees and hold the ankles with your hands.
- Exhaling, raise the knees from the ground as high as possible.
- Then Inhaling, raise the neck and the trunk.
- Keep your focus on the Swadhinshan Chakra.
- Take normal breathing and stay in this position for a while, at least to the count of 30.
- Return slowly and rest in shithil asan.
- While doing this asan, one should try to keep the knees closer and while holding the ankles keep all the fingers and thumb together.



Focus on
Swadhinshan
Chakra



“ A strong back is the bow,
steady mind is the string,
and your awareness is
the arrow.

”

BENEFITS



This asan promotes digestion, helps in curing ailments of kidney and liver.



Also stimulates muscles of neck, shoulders, arms, lungs, calves, thighs, knees and feet.



Since it impacts water element of the body, it helps regulating blood pressure and tones up the nervous system.



as well as glandular system.



Our pelvic region and abdomen get good massage.



Digestive system gets strengthened.



Spine becomes flexible.



This asan also helps flatten the tummy.



It is also beneficial for women with menstrual and uterus relating disorders.



This asan is good for all ages but those who have difficulty in doing initially, can practice by holding the knees one by one and gradually they will be able to do with both the ankles simultaneously.

LIMITATIONS



Dhanurasan should be avoided by the people who recently have any injuries or surgeries related to knees, lower back and abdomen to spine.



Author: 
RITA HASSIJA





मानसिक तनाव से मुक्ति के उपाय :

बिजी शेड्यूल और भागदौड़ भरी लाइफ के कारण आजकल कोई किसी न किसी चीज को लेकर परेशान है। ज्यादा सोचने, टेंशन लेने, तनाव, स्ट्रेस के कारण दिमाग पर बुरा असर पड़ता है, जिससे आप डिप्रेशन या माइग्रेन के शिकार भी हो सकते हैं। इतना ही स्ट्रेस या तनाव का असर आपके मूड पर भी पड़ता है और आप चिड़चिड़े और गुस्सैल हो जाते हैं। कुछ लोग स्ट्रेस होने पर शॉपिंग करते हैं या कुछ खा लेते हैं लेकिन हर कोई तो ऐसा नहीं कर सकता। ऐसे में क्यूं न कुछ ऐसे टिप्स अपनाएं जाएं, जिससे आपका तनाव भी मिनटों में छूमंतर हो जाए और आपको कोई परेशानी भी न झेलनी पड़े। आज हम आपको कुछ ऐसे ही आसान से टिप्स देंगे, जिससे आपकी सारी टेंशन और स्ट्रेस मिनटों में दूर हो जाएगा।



“ शांत मन, स्वस्थ जीवन यही है तनाव मुक्त जीवन। ”



Author: Dr. Parth Pandya

1



मेडीटेशन

स्ट्रेस, तनाव, और टेंशन को दूर करने के लिए यह सबसे अच्छा उपाय है। इसे करने के लिए हमेशा शांत जगह चुनें और वहां बैठकर ओउम का जाप करें। आप चाहें तो कुछ पॉजिटिव भी सोच सकते हैं। रोजाना मेडीटेशन करने से आप न सिर्फ तनाव से दूर रहेंगे बल्कि यह आपको सेहतमंद भी रखेगा।



2



गहरी सांस लें

जब भी आपको तनाव, टेंशन या स्ट्रेस हो तो ब्रेक लेकर अपनी सांस पर ध्यान दें। अपनी आंखों को बंद करके एक हाथ को नाभी पर रखें और दूसरे हाथ से नाक के एक छिद्र को बंद कर लें। अब धीरे-धीरे सांस छोड़ें और दोबारा सांस लेकर उसे फिर धीरे-धीरे छोड़ दें। इससे आपका सारा स्ट्रेस गायब हो जाएगा।



3



अपने पर ध्यान देना

अपने स्ट्रेस को एक साइड रखकर सबसे पहले अपने आप से यह पूछें कि ऐसे परेशान होने से क्या होगा? इसके अलावा अपने ध्यबहार पर भी ध्यान दें और अगर उसमें कोई कमी नजर आए तो उसे सुधारने की कोशिश करें। इसके अलावा आप अपने स्ट्रेस को दूर करने के लिए अपना पसंदीदा खाना भी खा सकते हैं। जब भी आप खुद को एंजॉय करते हैं तब अपने सेंस पर फोकस करें। तनाव अपने आप ही गायब हो जाएगा।



4



लोगों के साथ समय बिताना

अवसर तनाव या स्ट्रेस होने पर आप अकेला रहना पसंद करते हैं लेकिन इससे आपकी समस्या और भी बढ़ सकती है। इसलिए लोगों से बातचीत करें। अपनी फैमिली और फ्रेंड्स के साथ समय बिताना। ऐसा करने से आपको हल्का महसूस होगा और एक ताकत अंदर से आएगी जो आपको कुछ नया करने या सोचने की शक्ति प्रदान करेगा। इससे आपको अपनी समस्या का हल भी मिल सकता है।



5



ठण्डे पानी से नहाये :

तनाव दूर भगाने का यह मेरा सबसे कारगर हथियार है। मुझे जब भी तनाव घेरता है तब मैं तनाव से निकलने के लिए ठण्डे पानी से नहाता हूँ, आपको जब भी तनाव घेरे आप ठण्डे पानी से नहाये और जमकर नहाये। जब ठण्डे पानी की धारा हमारे शरीर में पड़ती है तो हमारा शरीर हमारे तनाव के लेवल को कम कर देता है और हमारे अंदर तनाव को कम करने के हारमोस प्रोड्यूस हो जाते हैं।



याद रखें : तनाव से भागने की नहीं, समझने की जरूरत है। छोटे-छोटे उपाय अपनाएं और जीवन को खुशहाल बनाएं।





गहरी नींद ले :

गहरी नींद लेना तनाव दूर करने का सबसे उपयुक्त तरीका होता है. आप खुद इसे आजमा के देख ले. जब हम गहरी नींद लेते है तो तब हमें काफी relax मिलता है और हम बेहतर महसूस करते है. आप जब भी तनाव महसूस हो आप एक अच्छी सी नींद ले. वैसे एक दिन में हर व्यक्ति को 7 से 8 घंटे की नींद अवश्य लेनी चाहिए.



Author: Dr. Parth Pandya

“ शांत मन, स्वस्थ जीवन यही है तनाव मुक्त जीवन । ”



आज हर व्यक्ति खुद को सफलता के लिए तैयार कर रहा है. अपनी life को बेहतर बनाने में लगा हुआ है. एक विद्यार्थी जहाँ अपनी परीक्षा में अच्छा करना चाहता है वहीं एक बिजनेसमैन अपने बिजनेस में मुनाफा कमाना चाहता है. हम सब लोग एक Better Life के लिए Preparing करने में लगे हुए है.



लेकिन सफलता की इस Race में कब हम लोग तनाव की चपेट में आ जाते है पता ही नहीं चलता. माता - पिता को अपने बच्चो के भविष्य की फ्रिंकर है तो एक Youth को अपने Career की. कोई अपनी Relationship से संतुष्ट नहीं तो कोई अपनी Job से परेशान है. यानी कहने का अर्थ यह है कि अधिकतर लोग आज अपना जीवन टेंशन में बिता रहे है. लोगो के पास सारी सुख - सुविधा होने के बाद भी वे परेशान है. तनाव के अधिक बढ़ जाने से लोगो को कई प्रकार के मन के रोग हो रहे है जिसमें चिंता, हिस्टीरिया, डिप्रेशन, पैनिक और डिसऑर्डर आदि शामिल है.



तनाव का मतलब क्या है :

तनाव शरीर की वह स्थिति होती है जब हमारी लाइफ में अचानक कोई बदलाव हो जाता है जिससे हमारे शरीर में भावनात्मक और शारीरिक प्रतिक्रिया होती है. जब हमारे मस्तिष्क को अच्छी तरह से आराम नहीं मिल पाता है तो हमारा Mind थक जाता है और थका हुआ माइंड हमें Stress की ओर ले जाता है.

इस कारण से यह तनाव हमारे शारीरिक, मानसिक और मनोवैज्ञानिक कार्यप्रणाली को गड़बड़ा देती है और हमारे कई हार्मोन्स को बढ़ा देते है.



तनाव के अधिक बढ़ जाने से व्यक्ति डिप्रेशन में चले जाता है

तनाव में रहने के लक्षण क्या हैं :

वैसे तो तनाव के कई सारे लक्षण होते है लेकिन यहाँ हम आपको कुछ प्रमुख लक्षण बता रहे है जो किसी व्यक्ति के तनाव में होने की स्थिति को दर्शाता है.

- *. नींद का गायब रहना.
- *. पाचन क्रिया का धीमा हो जाना.
- *. रक्त संचार का ठीक न होना.
- *. वजन घट जाना.
- *. दिल का तेजी से धड़कते रहना.
- *. अचानक ब्लड प्रेशर बढ़ जाना
- *. थकान महसूस करना.
- *. मन का उदास रहना.
- *. सांसे अचानक तेज होना.



तनाव को पहचानें, समय पर संभालें,
स्वस्थ रहें, सफल बनें और खुशहाल जीवन जिएं।

Author:
Dr. Parth Pandya



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