CHAPTER – 6

THE CURATIVE MEASURES AND THERAPEUTIC APPLICATIONS PRACTISED IN THE NATURE CURE SYSTEM

6.1 Introduction

This chapter is based on the field study conducted by the researcher. The curative measures used in Nature Cure is classified under three groups (1) Natural methods based on the principle of Panchabhuta (2) Artificial methods which include the application of panchabhutas along with Massage and Yoga and (3) Other important methods, including 12 different approaches.

Various therapeutic methods are used by different Nautropaths, considering Nature Cure as a treatment method. Therapy is a medical term, which means retrieving the patient from physical pain and disabilities. But the aim of a Naturopath is to help the patient to restore the vital power, relieve him from pain and physical malfunctioning and also to make him fully capable of performing his social obligations. It is also meant to enhance the patient’s overall well-being, comfort, satisfaction and self realization.

In Nature Cure, the treatment process begins by building up a rapport between the patient and the Naturopath, for it is faith that awakens and stimulates Life Force in the psychosomatic organism that man is.
6.2 Natural Methods

Those who consider Nature Cure as a way of life strictly follow the Natural Methods, as a means for curing diseases discomforts and to maintain healthy body mind and spirit. The methods include (1) Earth Cure (2) Water Cure (3) Sun Cure (4) Air Cure and (5) Ether Cure. These five elements are based on the traditional concept of panchabhutas. Each human being has five sense organs, the ears, the skin, the eyes, the tongue and the nose. Through these sense organs, the external energy is absorbed by human beings. These five types of senses are the basis on which the entire universe is divided and classified in five different ways and which are the five mahabhutahas viz (1) prithvi (earth), (2) Jala (water), (3) agni(fire-sun), (4) wayu (air) and (5) akasa (ether/fasting) applications of panchabhutas are discussed below:

Earth Cure

Mother earth is enriched with many essential elements for the existence of the inhabitants. Mountains, rivers and forests are its bounteries. Mother earth has equipped herself to satisfy the needs of all species even before their creation. It has produced all the required materials before the birth of the species, such as rich vegetation or the herbivorous, which in turn provide food for the carnivorous, fruits and vegetables or men and animals etc.
It is a great wonder that every one gets its own required food in this earth. As a result of this, the ancient man worshipped the mother earth. A large number of human cells get destroyed daily. We should therefore take food, which would provide the essential materials for the formation of cells. Our food must consist of panchabhutas. The fruits and vegetables are the balanced food with these panchabhutas.

By sleeping on the earth, the entire body is aroused from its lethargy to a new manifestation of vital energy, so that it can now effectively remove old morbid matters and masses of old faeces from the intestine and receive a sensation of new health, new feeling of vigour and strength. Going barefooted all day long, except when it is very cold is regarded as a valuable step towards achieving good health and happiness. Men can draw vital energy and strength out of the earth through their feet. It is advisable to go entirely barefooted as often as possible, especially on the bare ground; but in rooms with painted floors it is better to wear chappals. The ancient people believe that the earth possesses a very great healing power. They have a custom to bury the sufferers of all kinds of diseases in the earth up to their necks, leave them there for some hours, and then help them to come out. Presumably the body might have absorbed certain minerals and some of the earth's magnetism, which helped in curing the diseases.

Every living being in this universe has its own natural food. Natural food is that which suits the structural and physiological
diversities of the species. Each animal selects its natural food by using its instincts. Fresh fruits and vegetables are the natural food for men. Men get food from plants. Plants produce the food from the mother earth. Plants are there to protect men by supplying food, clothing and shelter. Fruit bearing trees are the sources of man’s food. Plants receive panchabhutas directly. It gets water and minerals from the earth. Earth is the center of all human beings and animals. It is their duty and right to live in harmony with Nature. The real cause of all diseases is a life against Nature. By earth cure we use earth as a remedial measure. It is very effective in almost all the diseases. It is a basic therapy. So we cannot measure its effect from the patients. In this context, one is remained of the creation account in the Bible where it is stated that Man’s body is formed out of the dust of the earth’ hence there is perfect logic in finding a relation between man’s body and earth. Becomes barren and concerous. And also the yield are comparatively poisonous. Under the circumstances if we use bio-fertilizers in the soil, high yield and healthy living food materials will be the result. The overuse of plastics and similar materials also pollute the soil. The prevent the natural absorption of water and other natural elements and also create soil erosion.

In short, earth is important for the existence of life. Man is maintained by earth and he will be absorbed by the earth. In this context, the biblical narration is worth questing. “Oh man thou art
dust and thou will turn into dust." (Genesis) Hence we must protect
the earth from all sorts of destruction and damages for a better future.

**Water Cure**

Water is an essential constituent of the living cell. No living
thing can exist without water. The total water content of the adult
body weight is 60 to 70%. The water content of the tissues and organs
varies from time to time according to the loss and supply of water and
the degrees of activity. The main source of water is from food and
drink (exogenous water) and the end products of metabolism
(endogenous water). The channels of water lose are urine,
perspiration, respiration, faeces and diseases like diarrhea, cholera,
vomiting etc.

Water is the greatest solvent. It serves as a universal medium in
which the intra cellular and extra-cellular chemical reactions take
place. No chemical reaction takes place inside the body without water.
It also acts as a medium for various physical processes such as
osmosis, diffusion, filtration etc. Water is the source of hydrolysis
which is an important chemical process involved in digestion and
metabolism. Absorption of food materials from the intestine,
reabsorption from kidney tubules, the transportation of the various
food particles from place to place, the drainage and excretion of the
end products of metabolism, the manufacture of various secretions
such as enzymes, carrying the hormones to their places of activity are
easily regulated through water medium.
The body temperature is regulated by water through heat absorption, heat conduction and distribution and heat loss. It also prevents friction and drying and acts as a fine lubricant in the physiological structure. Water is also a powerful remedial agent, if it is used systematically and scientifically. Water is used for drinking which influences the circulation of blood, the process of excretion and the function of the alimentary system. External application of water affects the skin though it is a permeable membrane.

Water is used in a number of ways to cure various diseases. Some of them are described below:

**Water sniffing:**- It is a method for cleaning the nasal canal and nose by using water. Many of the diseases like diphtheria, measles, tuberculosis; fever, influenza, cough, cold etc. can often be prevented by taking good care of the nose. Nose care can be exercised through water sniffing. It is usually practiced as follows. A glass of water with or without a little quantity of table salt is taken. Some water is poured on the palm and inhaled through one nostril at a time. It comes out either from the same nostril or the other or through the moth. This sniffing process is repeated and practiced alternatively through the other nostril. This looses the clogged up mucus and dirt that has accumulated in the air passages. A special vessel is manufactured for water sniffing.
Eye bath:- Eye bath is very effective or curing most of the eye diseases. Eye bath stirs up the pathogenic deposits in the tissues. It provides greater opportunity for a free inflow of pure blood. Eyes are dipped in cold water three to four times a day or water is splashed in the open eye our or five times daily. This splashing of water on the open eyes has some physiological effect upon the circulation of blood, lymph and nerve currents as a vibratory massage. A special eye wash cup is used or the eye bath.

Stomach Wash:- Luke warm water is used for washing the stomach. Nature it self washes and cleanses the important canals or passages, but if the natural washing is incomplete, noxious materials and gases are deposited in the canal, which lead to diseases. Therefore stomach wash is essential to relieve any type of congestions. For washing the stomach, 4 or 5 glasses of water with a tablespoonful of salt in it are taken. The patient is asked to drink the saline water as much as possible. This process is done in sitting position. Water is retained for sometime. After standing erect for a few seconds and putting pressure by hand on the stomach, the content is vomited easily. If not, fingers are put in the throat and palate or the epiglottis is touched. In this way water comes out along with a large quantity of mucus and filthy substances. Stomach wash relieve many problems and is also an aid to reducing obesity as it helps to eliminate poisons and prevent all harmful accumulations in the system. It also acts on the kidneys and on the bowels very effectively.
Tub baths:- Special tubs have been devised for water cure methods. These tubs can be used for different types of baths such as spinal bath, hip bath, foot bath, genital bath, sits bath, steam bath and so on. These methods are elaborately discussed in the next part of this chapter entitled 'Hydrotherapy'. Head bath, use of wet packs, ice packs, trunk bath, friction bath, jet bath etc. are also included in the water cure methods.

Immersion bath:- The application of cold water on skin produces coldness of skin. It is because of the contraction of the capillaries and other small blood vessels. Sweat glands of the entire skin may suspend their activity after a cold bath. It is due to the reflex action. It diminishes heat elimination. A short cold-water application over the heart acts as a tonic. Drinking cold water may lessen the pulse rate ten to fifteen beats per minute and also lowers the blood pressure. Cold water increases respiration. A short cold bath or a few seconds increases muscular energy. It activates the nervous system and also moderates the rate of enzyme secretion. Heat may be applied to the body for therapeutic purposes in a variety of ways such as hot water, steam, hot air, and so on. Water is recognized as hot when it is above the temperature of the surface of the body or between 98 & 104°.

The good effects of water are the maintenance of the normal body temperature, relief of pain by the dispersal of congestions and temporary increase of vitality. These emerge from the vital reactions they produce. If there is no vital reaction, there is no benefit to health.
Hence it must be so used as to obtain the vital reaction. Though cold water is mainly used, it is not to reduce the body temperature but to raise the vital power to generate more heat than which is lost. In an abnormal body, there is unequal heat distribution hereby some parts are congested with stagnant blood and therefore hot, while others are poorly supplied with blood and so are cold. The baths described here are well suited or achieving this purpose.

**Sun Cure (Agni/Fire):**

Sunlight is almost equal to air in value for health. The sun is the soul of the whole world and the center of all its activities. The physical development of the earth is completely dependent on it. Without sunlight, vegetation would not grow; the air would not be purified; water would not be available; no life would be possible. In short, there would be no earth at all. All the energy of the world is derived from the sun. Sunrays have strong antiseptic and healing powers that even chronic diseases can be treated successfully with them. These rays also provide nutrition to the body and make it strong and healthy. Our ancestors knew the importance of sunrays and therefore they introduced sun worship like *Suryanamaskar* and many other such activities.

The sun’s healing and health giving properties were recognized and understood by ancient Egyptians, Greeks, Romans, Persians as well as Indians. The Greeks and Romans built Sun balconies (*Solaria*) in their country villages. The sun is our most important source of light
and vital energy for the very existence of life on this earth. The quality of every cell in our body, its growth and functions are all determined by the innumerable radiations, which flow from it. Sun is treated as the source of life and even God (Surya Bhagavan). The plants and animals need plenty of sunlight. It is unhealthy to live in a house devoid of sufficient sunlight. The sunbath may be taken by merely basking in the sun as animals do in the morning.

One theory is that the healing process through sunrays is brought about through the nervous system. Another theory states that the rays are absorbed by the blood. Whatever be the explanation, the sunlight has a psychological effect on the body and all forms of animal life are stimulated by the light treatment. Sunrays improve the digestive system. It gives relaxation to the muscles and that is why one feels relaxed after sunbath. One also develops immunity and robust health from sunlight through sunbath.

The skin is not only a mere covering, but also act as an organ having heat regulation capacity. Indirectly it influences the nervous, digestive, circulatory and excretory functions of the whole body. Sunrays increase the process of the elimination of impurities through the skin. Ultraviolet rays act rapidly on the skin. It can cause thickening of the corneum layer. Therefore the skin must be protected from over exposure to ultraviolet rays. The skin is capable of producing adequate amount of vitamin D in the form of claciferol and releasing it into the blood.
If the sunlight is intense, the retina may get damaged. In bright sunlight one may experience pain in the eyes or have disturbance of vision, photophobia, excess of secretion in the eyes and swelling. The fierceness of sunshine should be softened by covering the body with a piece of wet cloth by drenching it in cold water and by wearing a sunglass. Most of the circulatory complaints such as anemia and certain heart diseases may be easily accelerated due to radiation. Exposure to the ultraviolet rays increases most of the blood constituents. On the other hand these rays have a mixed impact and are also considered to be good for nerves. If taken promptly the illness is decreased and the pain and scarring reduced to a minimum. Therefore sunrays have a mixed impact. It has to be employed with mixed.

One of the good effects of the sunlight is the improvement of the blood circulation and the consequent equalization of heart through out the body, due to an increase in vitality and its penetration in all parts of the body, including the extremities. The sun bath is recommended within three hours after sunrise when heat is mild.

The patient should lie down on a bed-sheet spread on the ground, and for sometime remain almost naked or wearing minimum cloths but covered with a thin dry cloth or shawl, till he gets well warmed. Then he must cover with a wet cloth or a green banana leaf from the neck down to the knees or with two pieces of folded wet cloth, one covering the upper part of the face and the head, and the other the
lower part, so as to leave the nostrils open for breathing. The patient may start with 15 minutes of sunbathing and gradually increase it up to 40 minutes.

Walking in warm sunlight by protecting the head and upper parts of the both with wet cloth is an easy of sunbathing in the open. Sunlight can be used indirectly by drinking water, which is kept open in the sunlight. The proper way to expose the water to sunlight is by keeping the water in a shallow and wide mouthed vessel covered with a plantain leaf or cloth. The exposure is maintained for a whole day. The vessel is left in the open throughout the night, so that the cold air and night dew may add their own qualities to the water. This water is called *HAMSODAKAM*. This water may be taken in small dozes at intervals the next day.

*Surya Namaskaram – A Typical Exercise*

*Surya* or sun is the main source of energy. *Suryanamnaskaram* is a scientifically developed exercise to get maximum possible sunlight and freshness.

First stage:- Stand erectly facing the sun.

Second State:- Lift up the hands, bend at the hip and try to make and arch.

Third state:- Bend forward and touch the floor with the palms of both the hands, let the palms be in the sides of the feet, try to touch the knees with the nose or forehead. Do not bend the knees.
Fourth stage:- Feet ard hands be as they are, take the left leg as far back as possible, the knee can touch the ground, let the left to be touching the earth, lift the head and swing backward projecting the chest forward.

Fifth stage:- Bring the right leg also backward, lift the right and left knee, let the palms be firmly on the ground, hand comes forward ad eyes look down, the load of the body will be on the palms, toes, fingers. Lift the pelvic region as high as possible.

Sixth stage:- Let the palms be as they are, bend he hands and bring the body near the floor. Toes, knees, chest and forehead only should touch the floor. Toes, knees, chest and forehead only should touch the floor. Stomach should be lifted.

Seventh stage:- Throw the head backward and put he burden in the hip, let the weight on the hands be light, the spinal column is bent outward. The weight of the body is on the tows and hands.

Eighth stage:- Similar to fifth stage

Ninth stage:- Similar to fourth stage

Tenth state:- Similar to third state

Eleventh stage:- Similar to second stage

Twelfth stage:- Similar to the first stage.8

(See Appendix – 4)
Suryanamaskaram in stills life to digestive system, liver, stomach, spleen, intestine etc. It squeezes these organs and gives a gentle massage. Digestion is quickened and constipation is cured. Organs within the stomach remain in their right place. Bodily movements and breathing takes place harmoniously. Excess carbon dioxide and other toxins are thrown out of the respiratory system, quickens blood circulation, controls blood pressure, regulates the pulse rate and gives warmth to limbs. Skin becomes vibrant and shiny. It gives strength to all muscles. It makes a person look younger, handsome and makes him healthy and happy.

Air Cure

Since life depends on the supply of oxygen from the air, it is necessary to make sure that enough of this oxygen is obtained. Most of the people who think that they are criticized, breathe subnormally. The lungs are almost always in a deprived, rigid, inelastic state due to severe encumbrances. The breathing cannot be improved without restoring the lost elasticity of the lung tissues. If breathing exercises are practiced without setting right this serious abnormality, there may be injury to health. So the first thing to be done is to reduce the encumbrance sufficiently to permit proper breathing. The practice of pranayama (deep breathing) should improve breathing.

Clean air is often the best medicine for lungs, throat and all the air passages and also for the body as a whole. Air, at room temperature is considered to be the most wholesome air for breathing.
If the air happens to be very cold at any time, let it be breathed in, through the nostrils alone. The nostrils, in a healthy condition act as air conditioners. The cold air is warmed up when it reaches the lungs. If the atmospheric air is hot, the nostrils condition the air and send it to the lungs.

Table 6-1

Types and Action of Air (Vayu)

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Type</th>
<th>Location</th>
<th>Normal function</th>
<th>Ailments caused by its variation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Prana</td>
<td>Heart &amp; Lungs</td>
<td>Breathing and Swallowing of food</td>
<td>Hiccup, bronchitis, asthma, cold, harshness of voice</td>
</tr>
<tr>
<td>2</td>
<td>Udana</td>
<td>Throat</td>
<td>Speech and Voice</td>
<td>Various diseases of eye, ear, nose &amp; throat</td>
</tr>
<tr>
<td>3</td>
<td>Samana</td>
<td>Stomach &amp; small intestine</td>
<td>Helps in the action of digestive enzyme assimilation of end products of food &amp; their separation in to various tissues</td>
<td>Indigestion diarrhea and defective assimilation</td>
</tr>
<tr>
<td>4</td>
<td>Apana</td>
<td>Colon and organs of pelvis</td>
<td>Elimination of stool, urine, semen &amp; menstrual blood</td>
<td>Disease of bladder, anus, testicles and obstinate urinary diseases including diabetes</td>
</tr>
<tr>
<td>5</td>
<td>Vyana</td>
<td>Heart</td>
<td>Helps in the functioning of circulatory channels like blood vassals</td>
<td>Impairment of circulation and diseases like fever and diarrhea</td>
</tr>
</tbody>
</table>

Source: Fundamentals of Ayurvedic Medicine, Vaidya Bhagwan Dash
Pranayama may be done either in the morning or in the evening. The individual can sit or stand erect. The dress worn at the waist may be kept slightly loose so that no pressure is felt on the abdomen. The act of breathing consists of four stages (1) expulsion of foul air from the lungs, (2) a brief pause for resting the lungs, (3) drawing in the fresh, pure air from outside and (4) retention of it in the lungs. Through these four stage the blood could get rid of carbonic acid gas and takes the life giving oxygen in its place. These stages are named Rechaka, Outer Kumbhaka, Puraka and Inner Kumbhaka. Of these, the rechaka is biologically more important, because it is an act of elimination whereby the air spaces in the lungs are emptied of the foul air containing the carbonic acid gas thrown out from the blood. Rechaka has much more importance in practicing better breathing. If the emptying process is made as thorough as possible, then more fresh air is drawn in and more oxygen is obtained by the next puraka. Hence it is recommended that the person who practices the pranayama should confine his attention to do the rechaka and the outer kumbhaka in its proper form, leaving the puraka and inner kumbhaka to proceed automatically. The regular practice of pranayama is said to increase the longevity of man.

For certain patients and those of subnormal health, the practice of rechaka alone will be sufficient. Pranayama should be practiced on an empty stomach, it can also be practiced during spinal bath or
waling. The pause after the *rechaka* called outer *kumbhaka* is necessary for giving sufficient rest to the lungs.

The mode of holding fingers of the right hand for doing *pranayama* is also important. With the right thumb, the right nostril is gently closed and the individual should do the *rechaka* through the left nostril slowly and gently, without any strain, till the lungs are almost emptied. When the *rechaka* is completed thus, the outer *kumbhaka* is done with the nostrils closed gently by the fingers. The *puraka* is then done through the left nostril. Then comes the inner *kumbhaka* with both the nostrils gently closed. Again the *rechaka* is done gently but to the fullest extent possible. After one *pranayama* is over one can have a few normal breathing and then start the next *pranayama*. For doing the *rechaka* and the *puraka*, breathing through the nostrils can be alternated.13

With the regular practice of this kind of *pranayama*, and with the observance of the principles of Nature Cure in daily life, the health level of the health seeker would go up progressively and he would stand to benefit in every way.

Air bath is another useful means of utilizing or for improving one's health. To take an air bath, the air should be comfortably cool and enjoyable. In summer such a bath can be taken early in the morning or late in the evening or even at night, when the breeze is pleasantly cool. In winter air bath should be taken a little later in the
day when it is not very cold. It should always be practiced in the shade and not in sunshine.

During air bath, one should have the least possible clothing on the body so that the air could play upon the skin. The duration of the air bath may be left to the convenience of the person. Generally half an hour to one hour a day may be enough. It could be followed by a spinal bath or a regular bath in water. Air bath gives freshness to skin, nervous system and the circulatory system. We must be very much conscious about selecting our dresses. Proper aeration is an important factor hence clothes made of white cotton or khadi is the best. The dress should be light as well as loose. The dress should have the capacity to absorb what is eliminated by the skin throughout the day.

**Ether Cure**

Ether Cure is otherwise called fasting cure. The word 'fasting' has been derived from the old English 'feastan', which means to fast, observe self-control, be strict. Fasting is a scientific method of treatment for a disease in which a patient takes neither solid nor liquid food (except water) or a short time or a longer time.

Fasting is an overhauling process, which is constructive in nature. It is Nature's own way of cleansing and regenerating the body and mind. It is merely digestive or physiological rest during which the body is enabled to devote all its energies for eliminating the
accumulated waste and poisonous matter from the body system. It is the quickest and the most efficient method of relieving the body of an overloaded food poisoned system. It is a sort of ‘tapa’, a method of self-purification.

**Fasting can be explained in the following manner.**

F - fight against disease  
A - accumulated morbid matter  
S - stimulation  
T - treatment  
I - internal power of healing  
N - normal functioning  
G - goal of life

The body is made up *panchabhutas*. Among which ether (space) is very essential for the existence of life. Because of this phenomenon (fasting) a person’s internal and external activities are carried out without any flow. Ether in the mind is the place of *pran*. Each cell has some space. When this space is filled with morbid matter, one becomes sick. So to eliminate the morbid matter in the space, fasting become essential from time to time.

**Fasting gives complete rest to the digestive system.** It is a method of purifying body and mind. It is an important natural method of eliminating waste matter from the body and increasing the vital force. In fasting there is abundant rest for regenerating health and radical cure of disease and hence we shall discuss how and when to
fast. In fasting, the vital power released from its usual heavy labour of
digestion becomes available for lightening the encumbrances of toxic
filth deposited in various parts of the living body. The fasting must be
looked upon as an expiratory activity called 'prayaschitta' for eating
counter to the divine laws of health.18 Fasting is advisable for curing
destructive diseases mental disorders, addiction and so on.

When a person is said to fast it means complete abstinence from
all kinds of food. Fasting should not be confused with starvation.
Fasting as we shall see later is beneficial and constructive where as
starvation is harmful and destructive. Therapeutic fasting or fasting
for health begins with absolute abstinence from food and ends when
the elimination of toxic waste and the regeneration of diseased tissues
have been accomplished.

Egyptians considered fasting essential for the preservation of
health and the prolongation of life. Fasting has a mystical value and is
regarded as a necessary step to spiritual upliftment. Fasting was
recognized as a therapeutic measure by Hippocratus also.

When animals feel sick, they do not seek food and reject it when
it is offered to them, but the human being is afraid to miss his meal
clinging to the fallacy that he must eat to keep up his strength.
Fasting is merely a digestive and physiological rest, during which the
body is enabled to devote all its energies to eliminate accumulations of
waste and poisonous matter from the system. Fasting therefore is a natural way of cleansing and regenerating the body and mind.

A fast should be undertaken only after a careful study and a good deal of experience on the subject. However simple the principle of fasting may appear, it should never be conducted without the supervision of a qualified Naturopath. Not only has fasting to be conducted scientifically, but also the breaking of a fast together with the preliminary diet is requires thorough knowledge of the subject, otherwise it may lead to grave consequences resulting in permanent damage to the alimentary tract and even to the whole system.

In short fasting has prime importance in the natural way of living. Our traditional physicians taught that “langhanam pradhamsadham” i.e., abstinence from food is the actual medicine for a diseased person.

6.3. Artificial Methods

Important artificial methods are grouped under five heads. They are:- (1) Mudtherapy, (2) Hydrotherapy (3) Chromotherapy, (4) Massage and (5) Yoga. Mud therapy is the application of natural soil on the body or on the affected area. Hydrotherapy is the treatment by water under different temperatures and in various tubs or vessels. Chromotherapy is the advanced usage of sunlight with colour variation. Massage is the traditional method of health care in which patients are treated by pressuring the muscles and joints and
squeezing out morbid matter through the process of excretion. Yoga is a scientific method of treatment, which keeps an individual healthy and happy. The above-discussed five systems are the artificial derivatives of the natural health care measures.

**Mud therapy**

The earth is our mother. She patiently suffers and excuses the crimes committed by us, like a mother. The earth is the only source to produce all the eatables including herbs, which are used in various ailments. Various microelements and salts are hidden in earth, which help us in different forms. Our bodies possess these materials and hence we find a close relationship between body and earth.

In modern times, people detach themselves from the earth and doing manual labour, due to the misconception of the dignity of labour. This creates many health problems. According to Ayurveda, black clay is very helpful in healing wounds, removing cough, blood impurities, gastric problems and urinary infections. Mud activates our intestinal and abdominal functions. Mud removes leprosy and its application is helpful for curing joint pains. In short mud helps the body to regain all elements in a balanced position and removes all impurities.

Walking barefooted is regarded as a valuable step towards achieving better health and happiness. Men can draw vital energy and strength out of the earth through their feet. The advantage of mud
treatment is that it is able to retain moisture and coolness for longer periods than cold-water packs or compresses. The cold moisture in the mudpacks relaxes the pores of the skin, draws the blood into the surface, relieves inner congestion and pain, and promotes heat radiation and eliminates morbid matter.

Mudpacks have been considered as a valuable treatment for diseases relating to general weakness and nervous disorders. It can also bring down fever and is beneficial in the treatment of scarlet fever, measles and influenza. The mudpack is prescribed for swellings, eye and ear troubles, gout, rheumatism, stomach troubles, kidney and liver malfunctions, diphtheria, sexual disorders, headache, toothache and general aches and pains. Mud has certain special characteristics to remove all body odours. It has the capacity for keeping a clean and hygienic environment. It has the power to absorb morbid matter and provide energy. It helps in the improvement of mental health. Mud bath is found to tone up the skin by increasing the circulation and energizing the skin tissues. Frequent mud baths improve the complexion, clear spots and patches on the skin and the scars due to skin disorders or small pox.

The best clay used in mud therapy is 'ochre'. It becomes soft when water is poured in it. It does not have crystals of the limestone or pebbles. It is neither too soft nor too hard. Pindol clay is also used but as it is too soft so sand is mixed with it. Brick clay and Multani clay are used in certain cases.
The mudpacks used for treatment is prepared scientifically. Clay should be put in sunlight, crushed very well, pebbles and stones are removed with the help of a sieve. It may be put in a drum or bucket. It should be mixed with pure water one or two hours before treatment. The clay once used should not be refused. Mudpacks are of various types. Mudpack can be for the stomach, head, chest, neck, spinal cord, eyes and the body as a whole. A pit measuring to the length of the patient is prepared and water is poured into it. Then the patient be asked to lie in it, keeping the head lifted up a little. The whole body may be covered with clay. This treatment should not last for more than an hour.

Mud treatment is also helpful for curing cholera, constipation diarrhea, piles, pain in stomach, kidney and bladder stone etc. Mudpack is used in emergency situations. If a person is deeply injured, mudpack can be used immediately.

Mud treatment should be adopted in conjunction with a proper scheme of diet and other natural treatments.

Mud therapy is a natural therapy in which mud is used to treat physical and mental disorders. It is also applied for improving health. It is a unique type of treatment through which foreign matters or accumulated waste in the body is thrown out by using various curative methods. It is used not only as a treatment system but also to promote health and energy to the body.
Hydrotherapy

Hydrotherapy is an important therapeutic method of Nature Cure. In this system water is used in different forms and conditions to relieve physical and mental illness and replace vital energy. There is no doubt that water is the most important of all remedial agents.

Water is a powerful remedial agent, if it is used consciously. If it is used without a proper understanding of physiology, it may cause great harm. Water is used for drinking which promotes the circulation of blood and the process of excretion. External application of water refreshes the whole body. In both ways i.e., internal and external applications, the nervous system is energized. Water is used in a number of ways to cure various diseases. The following are the important methods.

Hot foot bath:- There is a harmonius relationship among each and every part of the body. If any part becomes ill it affects others also. Hot bath is used on the same principle that it relieves congestion of the whole areas of the body. In this treatment, a foot tub is half filled with hot water. This water is always on a temperature higher than that of the body. Legs are put in the tub and he is asked to move his foot as well as the legs. This therapy is given for 20 to 30 minutes. A cold compress to the head is also used make the therapy more effective. This type of treatment is very effective in relieving cold, nervous tension and headache. It is an excellent therapy for relieving pelvic cramps.
Cold foot bath:— Instead of hot water, cold water also can be used for this leg bath. It is very effective in relieving headache, fatigue, mental pressure and laziness as well as nervous nature. The water should not be very cold. 15 to 20 minutes bath is sufficient for providing freshness.

Hip-bath:— The tub which is used for hip bath is oval in shape and one end of it is raised so that the patient can rest his back against it. The cold water is filled up to 4-5 inches so that it touches the navel when the patient sits in it. His feet will be outside the tub and he can take support of a stool to put his legs. The patient is asked to place his back against the raised portion of the tub. He is asked to rub his abdomen by a towel from the right to left. Pressure is not used. Hipbath can be taken for 10 to 20 minutes depending on the health of the patient. Hot hipbath is also taken whenever it seems to be essential for the patient. But after the bath he must sit in a cold tub for a few seconds. This type of treatment can be used as a contributory method with other natural curative measures.

Genital bath:— For genital bath, the patient is asked to sit on a stool. He takes hold of the foreskin of his penis with two fingers and rubs it lightly with a soft piece of cloth, which is dipped in cold water often. This process is continued for ten to twenty minutes. The female patients are asked to rub the lips of the vagina likewise. It is very useful for curing sexual problems.
Hot packs and fomentation: In this treatment system, a piece of blanket or flannel, large enough to cover the chest or leg or any part on which we want to apply is selected. It is dipped in a very hot water and wrung out as dry as possible. The chest or the other part to be treated is first covered with a dry towel. Then a hot pack is applied over this and another dry towel is laid on top. This is left for five minutes or until it is cooled. Then chest or the part is rubbed with a rough towel. Hot packs and fomentation are useful for curing cold, cramps, bronchitis, laryngitis and pleurisy. Injury to the back muscles may be treated in this way. This form of treatment is most suitable in cold and respiratory infections.

Ice-packs: Injured joints are treated by this method. A light towel is wrapped around the part of the body to be treated. Then a small piece of ice is packed over the area. The ice pack relieves pain and reduces the swelling. Ice pack is helpful for stopping bleeding from wounds.

Hot and cold, sits bath: In this method of treatment, two hipbath tubs are placed side by side. One containing 4-5 inches of hot water and the other containing same amount of cold water. The patient first gets into the hot sits, sits in it for a few minutes, then gets out and sits in the cold sits, for one minute, then goes back to the hot. This process is repeated five or six times. The hot and cold sits baths are very effective for curing the disorders connected with kidney, bladder, sex organs, and the diseases like colitis, dysentery and piles.
Cold-sponge:- In this method, a towel is wrung in cold water and using this the whole body is rubbed. This process is continued for 10 to 15 minutes. The towel must be wrung in cold water often.

Spinal bath:- For spinal bath, the tub used is 4 or 5 feet long, two feet wide and one foot high. Head and feet are kept outside the tub. Water is filled up about five inches so that the back of the patient is dipped in water. (Use either cold or hot water) Twenty to thirty minutes of bath is enough to relieve pain in the back or spine.

Medicated steam inhalation:- In this process take a kettle and fill it with water to its 2/3 capacity. Add a little oil of eucalyptus or compound tincture of benzoin or vicks or herbal plants like ocimum and then boil the water. Steam comes up freely through the mouth of the kettle. A newspaper cone or tube is used to inhale the steam. This treatment should be carried on for 20 to 30 minutes. It is very helpful in relieving congestion in the nose and throat. It may loosen the heavy secretions that gather in the chest in cases of bronchitis. It also relieves bad cough and throat itching.

Steam bath:- A special wooden or fibre box (5 x 4 x 4) is used for steam bath. The patient is asked to sit on a stool inside the box. Head is seen above the surface of the box. The patient is asked to sit almost naked. A wet towel is put on his head. Steam is made by keeping a kettle 1/3 filled with water on a stove. Steam is sent through a rubber tube inserted in the box chamber. The patient sits inside for
20 to 30 minutes. After the bath is over, he rubs his whole body with a towel or he takes general bath after sometime. Steam bath is very helpful for curing cough, cold, obesity, blood disorders and skin diseases. It accelerates sweating and speed up the process of elimination of morbid matters through excretion.

**Enema:** Enema is very useful for cleaning the stomach and curing the problems like, constipation, high blood pressure, and fever. For the enema, a special kind of container called enema pot is used. Water of about the body heat (98° F) is filled in the pot. After this, the nozzle is well greased with Vaseline or mustard oil, and inserted through the anus. The pot is placed 4 to 6 feet above the ground. His hands are kept 4 inches lower than the hip portion. The water in the pot is allowed to run into the bowel. When all the water has entered into the rectum, the nozzle is removed. The patient should be allowed to remain in the same position for a few seconds. The stomach may be rubbed with a soft wet cloth from right side to left and vice-versa. All the waste materials accumulated in the bowel are ejected with water and the patient feels relieved and happy.²⁴

**Wet sheet pack:** This type of treatment consists in enveloping the body with a cold wet sheet and preventing evaporation by the careful protection with a dry wrapping. For this, one large double blanket, one single blanket, two large linen sheets and a linen towel and water at a temperature of 60-70° F are required.
A sheet is folded lengthwise and laid across a couch near its head. The upper edge of the sheet covers the lower third of a thin cotton or spread out and placed across the couch so that one end hangs over the other side about two feet. The linen sheet, dipped in water, is now wrung out and then spread out upon the blanket. The patient lies down upon the sheet in such a way that the upper edges of the wet sheet project three inches above the shoulders. The patient is asked to raise both arms above his head. Now the sheet is drawn across the body. From the hips down the edge of the sheet is wrapped around the leg. Thus the body is completely and closely enveloped by the sheet. Now the blanket is wrapped. The head should be thoroughly cooled by wetting with cold water while the body is being wrapped. Water may be poured on the head to keep it wet. This pack is useful in many chronic diseases and also for general health improvement. Instead of cold water, hot water may also be used. The cooling pack, sweating pack, dry pack, half pack, hot pack etc. are used for curing various diseases along with other natural measures.

**Douches:** A douche consists of a single or multiple column of water directed against some portion of the body. A douche has pressure and it may be cold or hot. Douches are classified under different heads.

The horizontal jet is the most useful method and is widely employed. It consists of a single stream varying in diameter from a millimeter or less to an inch or even more. In this douche, water may
be applied at any tolerable temperature for curing purpose. This is very useful.

In the hot douche the temperature of water varies from 100 to 110° F. and is applied for 15 to 30 seconds. Its effects last for a long time. In the natural douche, the temperature of water is kept between 92 to 97° F. and duration is 20 to 30 minutes. The alternate douche consists of the application of the hot water followed by a short cold-water application.

The rain douche may be considered as simple shower bathing. The ascending douche consists of a jet or spray directed upwards from feet. The descending douche is just the opposite of it. The circular douche is also applicable for various ailments.

**Spinal bath:** The spinal bath is given in tub specially made for them. Like the hipbath, it is also given at cold, neutral or hot temperatures. A perforated tube is provided at the centre of the tub in order that the constantly emanating ascending jet will give a gentle massage to the whole spinal column. This tub is not only comfortable but also helps to maintain constant water temperature. The gentle massage of the fine water columns are capable of giving quick results. In cold-water spinal bath, the temperature of water will be 18 to 20° C. In neutral water, 34 to 36 °C and in hot water the temperature will be 40 to 45°C.
**Immersion bath:** It is also known as the full bath. It is administered in a bath tub made of porcelain or enameled iron or fibre glass. The tub should be properly fitted with hot and cold-water connections to administer the bath at cold, neutral and hot conditions. Before entering the bathtub, the patient’s head, neck and chest should be made wet with water and the head should be protected with a moist towel. In the cold immersion bath, the temperature will be 18 to 24°C. In neutral, 32 to 36°C and in hot, the temperature will be 40 to 45°C. In short, water is scientifically used in hydrotherapy for curing various diseases and it reinstates the lost health.

**Chromo therapy**

In the Vedas, the Sun is praised greatly and it is rightly too. Our cosmos exists because of the sun. All the living beings get their energy from the sun, and this energy is abundant and unlimited. So we should make the maximum use of it. The sun looks white, but it has seven colours named violet, indigo, blue, green, yellow, orange and red. Out of which first three create cool effect on the body and are also antiseptic. The last three colours create heat and the green colour is neutral.

Chromo therapy means healing through the simple and effective use of colour. It has been used for ages in treating various diseases. Different colours of the sunlight are separated through refraction, and used for curing various diseases.
Chromo therapy is a natural means by which we can preserve health and increase energy and also cure diseases, both physical and mental. This method of treatment has been developed by Dr. Edwin D. Babit, M.D. of U.S.A. who wrote the book "The Principles of Light and Colour". The power of red glass and red chamber to excite, cheer and eventually vanquish the respondent lunatics was proved during the long continued experiments of Dr. Ponza, Director of lunatic asylum in Alexandria. He used blue and sometimes violet glass with excellent results in numerous cases.

Sun cure or colour therapy, however remained completely non existent for a long time until 1666, when Issac Newton showed that a ray of white sunlight when passed through a prism, splits into a band of seven colours called the spectrum. It ranges from red at one extreme through orange, yellow, green, blue, indigo to violet just like a rainbow. He thus discovered that the white light of the sun is composed of seven different colours. Later, scientists found that in addition to the visible rays, the sun emits many invisible rays at either end of the spectrum. Those at the lower end are termed infrared and the upper end termed ultra violet rays.

The pioneer of the modern chromo therapy is Niels Finsea of Denmark. Following the discovery in 1877 of the bacterial action of solar ultra violet energy, Finsea studied the possibility of assisting the healing of wounds with visible light. He subsequently used red light to
inhibit the formation of small pox scars and in 1893, founded the Light Institute for the photo-treatment of tuberculosis.

The sun transmits energy in the form of rays. Sunlight is composed of seven different colours as seen in the rainbow and can be made visible by dispersing sunlight through a prism. The light of the sun comes from the tiny particles of matter called atoms. Atoms absorb energy in tiny bundles called photons. Photons with different amounts of energy make up light of different colours. The most energetic light photons make blue light and the least energetic ones form red light. Other colours of light have photons with energies between the energy of red and blue light. White light is a mixture of photons with energies that cover the whole range of visible light. The energy that excites atoms in the sun to emit photons comes from atomic reactions inside the sun that change matter into energy.

All visible rays have the capacity for penetration. The longer the wavelength, the deeper is the penetration. The penetrating powers of the rays are important for their medicinal properties, which are conveyed through the skin to the underlying blood vessels. The basis of chromo therapy is the absorption of radiation. The effects are produced at the point where the rays are absorbed. Light is administered to the body through skin and mucus membrane.

The upper half of the scales of colour substances are called electrical particles. They are soothing, anti septic and cooling, blue to
blood, violet to the nerves, indigo to both blood and nerve. Green is also a mixed colour partaking of the nerve- animating qualities of yellow and the blood cooling properties of blue.

The lower half of the scale of colours are called thermal, meaning heating and are animating, stimulating and warming, red to the blood, yellow to the nerves, orange particles of the nature of both red and yellow and is therefore stimulating and animating both blood and nerves.

The effects and importance of various colours are briefly explained as:-

(1) Red is warming in action. It stimulates the sympathetic nerves system. This colour is used in common cold, weakness, bronchitis rheumatic fever, low blood pressure anemia, sluggishness, paralysis, white spots, arthritis, tuberculosis etc. It should not be used in inflammatory or excited conditions.

(2) Green is germicidal in action. It is used to treat defective sight, wounds, sinuses, sexual irritability, involuntary seminal loss, leucorrhoea, epilepsy, dysentery, heart problems, skin problems, cancer, influenza, syphilis, pain in eyes etc. It is used generally as complementary with red or blue rays.

(3) Blue is antiseptic and a good sedative by nature. It may also be used as local anesthesia. It is useful in chronic bronchitis, cataract, skin diseases, malnutrition, whooping cough, measles, ulcers in
mouth, cholera, swelling in brain problems of nerves, insomina, mental depression, problems of bleeding etc. Dr. Edwin Babit calls this blue colour as the worlds best antiseptic and that is why the blue sky during the day has such beneficial influences on the world.

(4) Orange is warm in nature. It stimulates the blood vessels and nerves and it can be used continuously to slow pulse rate. It cures gall bladder stones, hernia appendicitis, acute syphilis, leucorrhoea, asthma, swelling in trachea, gout, mental nervousness, epilepsy etc.

(5) Indigo is sedative by nature. It is used in advanced tuberculosis, problems of the eyes, nose, throat, facial paralysis, diseases of lungs, constipation and problems of nervous system etc.

(6) Violet has the capacity to increase the count of red blood cells. It is used for curing acute tuberculosis, nervous problems, insomina, anemia, tumors, cataract, problems of bones and bone marrow, blindness, diarrhoea, cancer etc.

(7) Yellow is laxative. It stimulates the brain, liver, and spleen. It is used in sluggishness of nerves, chronic constipation low blood pressure, hysteria, impotency, diabetes, leprosy etc.

Coloured water can also be used internally to get the beneficial effects of colours. The coloured water is prepared by mixing the required colours with pure water in a dry wooden vessel. It must be kept in the open air where the sun rays can fall directly on the vessel. The time taken may be 4 hours to a few days.
There are many techniques for using sunrays for therapeutic purposes. Some are extremely simple while others are complex. The healing powers may be exerted externally or internally or from both simultaneously.

Sometimes the therapy is administered through coloured food with radiated water. This solarised treatment is not as simple as it appears since every organ in the body is affected differently. Different stages of infection need different colours for treatment. The action is very gentle sometimes taking 2, 6, 12 or 24 hours. In chromo therapy, the different colours of visible light are used separately or in combination for treatment. The required colours are obtained by the use of appropriate filters.

Certain substances are transparent to some radiation and opaque to others. The plain glass of a window is transparent to all visible radiations. A red plane would absorb most of the visible radiations except the red one. That is why red can be seen through it. The other colour radiations are stopped from reaching the eye due to absorption by the glass. Similarly with other coloured glasses other radiations can also be made possible.
Table 6-2

Relationship Between Colours and Vitamins

<table>
<thead>
<tr>
<th>Colours</th>
<th>Vitamins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>Vitamin B-12</td>
</tr>
<tr>
<td>Red and orange</td>
<td>Other B vitamins</td>
</tr>
<tr>
<td>Yellow</td>
<td>Vitamin A</td>
</tr>
<tr>
<td>Lemon</td>
<td>Vitamin C</td>
</tr>
<tr>
<td>Violet</td>
<td>Vitamin D</td>
</tr>
<tr>
<td>Scarlet</td>
<td>Vitamin E</td>
</tr>
<tr>
<td>Indigo</td>
<td>Vitamin K</td>
</tr>
</tbody>
</table>

Source: Light and Colours: W.J. Colville

Table 6-3

Influence of Colours on Specific Glands

<table>
<thead>
<tr>
<th>Colours</th>
<th>Glands</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>Liver</td>
</tr>
<tr>
<td>Orange</td>
<td>Thyroid</td>
</tr>
<tr>
<td>Yellow</td>
<td>Choroids</td>
</tr>
<tr>
<td>Lemon</td>
<td>Pancreas and thyroid</td>
</tr>
<tr>
<td>Green</td>
<td>Pituitary</td>
</tr>
<tr>
<td>Blue</td>
<td>Pineal</td>
</tr>
<tr>
<td>Indigo</td>
<td>Parathyroid</td>
</tr>
<tr>
<td>Violet</td>
<td>Spleen</td>
</tr>
<tr>
<td>Scarlet</td>
<td>Ovary</td>
</tr>
</tbody>
</table>

Source: Light and Colours: W.J. Colville

Massage

Man's natural tool is his hand, which he has always instinctively used in order to alleviate pain. Whenever he is struck, strung or seized with cramps, he involuntarily puts his hand to the inflected spot in
order to protect it or to rub, knead or massage it. 'Massage is the methodical manipulation of the surface of the body by the hands of the operator'²⁶ It is often combined with passive and active movements.

The effects of massage are manifold. It softens and relaxes hardened and congested parts. It forces out the stagnant and impure blood out of the tissues and brings in a fresh supply of blood loaded with oxygen and nourishment and thus ensuring rapid combustion and enough elimination.

The beneficial effects of massage are exerted in different ways and for different purposes. Applied gently, it has a soothing action upon the nerves of sensation. If applied forcefully, it has the effect of quickening the circulation of lymph and blood, hence leading to the rapid elimination of waste products from the muscles and results in the curing of diseases. Other forms of massage causes muscular contractions and so provides exercise for the muscles in cases where movements of the whole body are not desired.

While it is apparent that one effect is to relax the muscles of the body, the other is to improve circulation by clearing up the poisons from the muscles. Other effects are the stimulating nerve activity, increasing lung activity, quitting and soothing the nervous system and breaking up deposits in joints. There is still another result of massage which is least understood and that is the transmission of vitality from
the healer to the patient by laying in the hand of the healer on the patient

Generally speaking, massage increases the changes in the tissues and stimulates excretion and thus increasing the bodily nutrition and activity, known by the general name ‘metabolism’.27

The word massage is derived from the Greek word ‘massier; which means kneading, pressing, rubbing etc. According to J.M Jussawalla, massage is a term, which is used, for a group of systematic and scientific manipulations of bodily tissues, which are best performed with the hands for the purpose of affecting the nerves and muscular system and the general circulation.28 Massage is a method of Nature Cure in which patients are treated by pressurizing the muscles and joints and excreting morbid matter by the process of blood circulation.

It is the oldest of all techniques for relieving pain, shaping the organs, regenerating the tissues and correcting all internal functions. It has its origin in the natural instincts of animals. In all kinds of therapeutic approaches, there are some links which massage alone can maintain. It is used both in normal and abnormal physical conditions. Everybody knowingly or unknowingly does massage. The basic aim of massage is to return to the normal condition of the body. It helps in improving digestion, absorption and assimilation and thus keeps the body healthy. Regular massage makes the body beautiful,
tender and soft. Daily massage removes the weakness of the body and brings freshness.

The scientific and careful practice of massage improves the digestive system, strengthens the bones, activates and strengthens the shoulders, neck, spine and back. Massage helps to increase the circulation of blood and lymph, and easily eliminates the morbid toxic matters from the body due to the resultant perspiration and proper urination. It activates the nervous system and improves the functions of the skin. Massage can cure paralysis, polio, headache etc. It strengthens the muscles and above all it improves the vital power of the whole body.

Several external agents such as oil, powder, ice, hot bag, towels, cold packs, electric massager etc. are used in clinical massage. Massage is also classified under various subtitles of a rhythmic succession of shocks carried out in the direction of the lymphatic flow, (a) Petrissage - The muscles are grasped between the forefinger and the thumb lifted from the bone and squeezed The movement is repeated from above to below (b) Kneading - In this method the fingers, thumb and palms of the hands embrace the larger muscles, coaxing them into movement Pressure is applied in a wave like manner (c) Friction wringing - It involves small circular movements performed either with the tips of the finger or thumb. It stimulates the smaller tissues. The movements are made in an upward direction, (d) Tapolement - It involves hacking, beating, clapping, pounding, shaking, boating and
digital vibrations. Hacking consists of light quick blows. The edges of the hands are brought down in short, rapid alternative strokes, firstly one hand, then with the other coming into sharp contact with the muscles. In beating, the hands are lightly closed and then brought down from the wrists for stimulating contact with the tissues. Clapping is pure wrist movement performed with palm’s surface of the hands kept closely relaxed. Pounding is a quick movement done with the ulnar border of the loosely closed hand by means of flexion and extension of elbow. In shaking, the limb is held firmly and shaken in a manner designed to give freedom of action and restore normal conditions. Beating is similar to pounding. In digital vibrations, the middle fingers are placed on the painful parts and very rapidly and lightly vibrated.29

Since many illnesses result from the stress and strains of daily life, massage therapy is very effective as it calms and soothes tension and brings balance in human beings, both inner and external. Massage helps the free flow of blood and lymph in the body. It decreases blood pressure and heat rate and produces relaxation and a state of well being (see Appendix -5)

Yoga

The practice of Yoga is very ancient and the time of its origin and doctrine cannot be dated with accuracy. The word ‘Yoga’ is mentioned in Rig Veda and some of its methods are found in Vedic literature which dates back to thousands of years before Christ. One
A description of Yoga and its definition is found in the ancient Hindu epic, *Bhagavad Gita* that defines Yoga as

1. **Samatvam Yoga uchhayak** - i.e., yoga is balance and harmony of the mind and body.
2. **Yoga karmana kanshalam** - i.e., yoga is skill in work.

There are 4 basic forms of yoga:

- *Karma yoga*, *Jnana yoga*, *Bhakti yoga* and *Raja yoga*.

The first three forms are originated from *Bhagavad Gita* The fourth form is the creation of Sage Patanjali, the father of yogic science.

**Basic Forms of Yoga**

```
Yoga
  |   |
  Karma Yoga  Jnana Yoga  Bhakti Yoga
```

(Right attitude towards work) (Pursuing knowledge) (Spiritual salvation)

Source Yoga Sutra- Patanjali

```
Yoga
  |   |
  Health Yoga  Mantra Yoga  Laya Yoga
```

(Body & Mind Control) (Recitation of mantras as an aid to meditation) (Arousal of Kundalini by practice)

Source Yoga Sutra- Patanjali

**Basic Elements of Yoga (Ashtangas)**

1. **Yama** - Disciplinary or moral restraints
2. **Niyama** - Spiritual observances
3. **Asana** - Movement and postures of the body for promotion of perfect health. (To bring about harmony in the body)
4. **Pranayama** - Rhythmic breathing or regulation of breathing process (control of bio-energy or prana)

5. **Prathyahara** - Withdrawal of mind from external objects

6. **Dharatja** - Concentration of mind on one object for a brief period (mental control)

7. **Dhyana** - Meditation or concentration of mind on one object for a long period

8. **Samadhi** - Attainment of supreme harmony (with mind and body).

Yoga is classified into 3 based on the principles of preparing our self physically and mentally for the achievement of proper harmony.

a. Moral preparation through *yama, niyama* and *pranayama*

b. Physical preparation through *asanas* and *prathyahara*.

c. Real yoga through *dharana, dhyana* and *samadhi*

In short yogasan as and *pranayama* are the two important branches of complete yoga.

**Pranayama** is the breathing exercise for achieving respiratory control and it has four units.

1. **Puraka** - Refers to inhalation of oxygen to the fullest capacity of lungs

2. **Kumbhaka** - Refers to the steady state of holding air with full retension of lungs

3. **Rechaka** - Refers to the total exhalation of air emptying both lungs to the maximum

4. **Shunyaka** - Refers to holding the state of exhalation (Emptying the lungs)

Prevention of ill health or disease is more logical than allowing it to occur and then struggle to cure it. We must remember the old saying that 'prevention is better than cure.' *Yogabhyasa Kriyas* and the
regular practice of asanas prepares an individual's body to an ideal state which not only prevents the disease but also tunes the whole body system to a level that it can effectively neutralise or fight to reduce the impact of the disease and thereby by promoting its early resolution. Also in yoga one finds maximum emphasis on basic hygiene through strict body discipline and various purification processes. This aspect contributes in the prevention of the disease to a large extent.

The advantage in the promotion of health through Yoga is that besides attaining physical fitness it offers positive mental health. The importance of positive mental health must be duly stressed. In fact medical science can never boast of positive physical health without sound mental health. Unfortunately this important aspect, though accepted theoretically, is generally overlooked in the present therapeutic methods.

As Yoga includes both these aspects, its integration in the prevention of diseases and the promotion of positive physical and mental health deserves a place of pride in any health care programme. Yoga has a positive influence on both external as well as internal functions of the body.

Both therapists as well as patients must recognize the value of Yoga and Nature Cure techniques to deal with the health problems of the modern age. Yoga has attained worldwide interest now-a-days.
Until a few years ago it had a very limited appeal. Yoga was taught and practiced in ashrams under the direct supervision of a Guru.

This view of Yoga has recently undergone vast changes. Yoga taught by these persons set 'emancipation' as the highest goal of their life. Today many people are interested in yoga. There arise a question, how yoga attained such wide popularity. There are two reasons behind this. The popular and conventional method of solving human problems have been found to be increasingly inadequate and as such the need for a new approach was felt. Secondly, the awareness that yoga provides answers to some of our immediate and distinct problems better than anything else is increasing. The problems which are faced today were never felt so acutely in the past. Yoga is of great utility in these changed circumstances. That is why yoga, which had remained obscure and little known for centuries, has all of a sudden come into the limelight.

Yoga is not a religion, although it stands for a religious experience, which is common to all religions. It contains an inquiry which is highly religious as it grasps the basic religious urge of man, the urge to lead a virtuous life. Yoga can make us ideally suited to our scientifically developed complex world by enriching our minds with knowledge and wisdom and controlling our savage animal instincts.

Today people do not approach Yoga in a philosophical manner. They want to apply yoga in their daily life in order to enjoy life by
finding an answer to some of their health problems. Yoga has not been used widely as a therapy but it as a way of achieving perfect health for all parts of the body.

In recent years a hitherto less known cause of disorders has become evident. It is the lack of equilibrium or co-ordination between the functions of the body and mind, or rather, the influences of one on the other. These are called stress disorders or psychosomatic disorders. They manifest themselves when there is constant interference in the functioning of an organ caused by tension, anxiety or fear. These disorders cannot be cured only by treating the affected part. In addition, the mind is also required to be trained in such a way that it overcomes stress and keep up its peace and calm even in disturbing circumstances.

Prevention and cure are the two principal means of man's continuous fight against disease. Among the treatment of various diseases modern medicine has gained prime importance. But the drugs used for treatments in this system have certain side effects. But other systems of medicines, like herbal medicine, Yoga, Nature Cure etc., do not have any side effects. Yoga therapy and Nature Cure seems to have certain things in common. Yoga and Nature Cure are better suited for functional and psychosomatic disorders and also for some chronic ailments. It should also be remembered that the preventive aspect of yoga and Nature Cure is of greater value than the curative aspect.
Mixing of Yoga and Nature Cure treatment is useful in giving greater relief to various diseases. Yoga has propagated various *asanas*, *pranayama*, *shuddhikriyas* and *meditation*, in order to keep the whole body fit and clean. *Asanas* are meant to minimise the *Rajoguna* which is the cause of instability. This helps to bring out changes and also influence the inner organs in the body. *Pranayama* may be defined in very general terms as controlled breathing for cleansing the body internally and thus providing health. Through *meditation* the mind is controlled. To be physically fit, mental relief is essential.

Yoga brings about proper harmonisation of physical, mental, psychological and spiritual aspects of an individual. The basic aim of Yoga is to acquire intelligent and absolute control of mind through self-development of physical and mental faculties.\(^{(34)}\) (See Appendix-5)

### 6.4 Other Important Methods

Many Nature Cure Centres practicing various other methods of treatments along with Natural and Artificial methods. These methods are classified under the title, Other Important Methods. The discussed methods are: Acupressure, Acupuncture, Magneto therapy, Reiki, Psychotherapy, Counselling, Aromatherapy, Chiropractic and Stimulotherapy.

**Acupressure**

Acupressure or reflex therapy is a science giving specific types of pressure on certain reflex points in the body for a specific time.\(^{(35)}\) It is
a method for healing many ailments and it gives relief to many people. It is the science of natural healing in which massage is given to the reflex points at the soles and at the top of the feet to relieve physical pain. In the feet there are reflex areas, which relate to all parts of the body. By massaging various areas of the body imbalances are corrected and the body returns to good working order.

Acupressure or reflex therapy is broadly classified into hand acupressure and foot acupressure. Hand acupressure or hand reflexology, which has become popular in the western world since the late 1960s is an ancient self health technique that has been widely used for thousands of years. It is an easy method for restoring health. This technique can be used by anyone in normal health for several times daily. Hand acupressure points have both a diagnostic and therapeutic value. Hand acupressure, is thought to work by affecting the flow of vital energy throughout the system. A complete healthy network of energy carrying channels is said to terminate at the tip of the fingers. At the end of each channel there is an organ or gland and the other end is an acupressure point. Life force moves along these channels, like electricity, to its various terminals. When life force (bio-energy) moves either quickly or slowly along the channels the malfunctions, symptoms and sufferings are eliminated. When a useful acupressure point is triggered and stimulated it appears to restore at least temporarily a more normal balanced flow of bio-energy.
Foot acupressure or foot reflexology is an ancient self health technique that has been widely used throughout the Orient for thousands of years and which has become popular in the western world since the 1960s. The mode of approach and the methods of application are similar to that of hand acupressure.

In the massage and pressing of the reflex areas there is an increase in the blood circulation to the corresponding parts of the body and this is beneficial since it is through blood circulation that the various parts of the body nerve supply the nutrients. Waste products are also removed from the body through the eliminating systems. By pressing and massaging of reflex areas, nerve tension is reduced and that affects the whole body especially the diseased organs. In addition to its use as a treatment for ill health, reflex therapy can be used to maintain good health. Through the accurate diagnosis obtained from massaging the reflex areas of the feet or the hands, health problems can be detected early and this can be treated at a very early stage (See Appendix-5)

**Acupuncture**

Acupuncture is a system of treatment, which is known also as needling. It is a form of surgical procedure devised in China. It is the insertion of fine steel, silver or gold needles into selected areas of the skin. Insertion of the needles in different ways results in weak or strong stimulus administered to the body.
The rules of acupuncture are numerous and these laws must be observed to reach each medium having chronological position, which it always occupies, as the life force flows through the body. The meridian of an organ is composed of all points in the body by which the organ in question is primarily affected. The energy circulating through the entire body regulates the circulation of the blood, ingestion and the auto protection of the organism. It also flows along the meridian. If it is hindered or blocked as a result of external or internal circumstances, an abnormal surplus or lack of energy results. Since it is supposed to relieve internal congestion and to restore the equilibrium of the bodily functions, acupuncture has been used for a variety of diseases especially for the treatment of arthritis, headache, lethargy, cold etc. Acute neuralgia or sciatica is treated successfully with acupuncture. The needles are pushed into the sciatic nerve and left there for twenty minutes. The insertion causes very little pain. Acupuncture at times plays an important role in surgery not as general anesthetic agent as hypnosis, but as local anesthetic agent. One of the most vital concepts is that of the unity or the wholeness of the body. It is designed to restore the balance of the energies once again and in the process restore the wholeness of the unity of the entire body.

Apart from using Acupuncture as a means of anesthetic agent it is also used as a therapy because it is suitable for treating a wide variety of diseases. It is often used in combination with modern medical process. It generally takes effect very quickly, particularly in
the alleviation of pain and often proves efficacious than chemotherapeutical preparations. It is a boon in malignant cases after surgery as a substitute to chemotherapy. Acupuncture therapy has been combined with modern methods of treatment. Electrical and galvanized needles are also used (Electro acupuncture and galveno acupuncture) Veterinarians also use acupuncture successfully in the treatment of animals

Magneto therapy

Magneto therapy is the system of treating patients through magnets. Not only magnets but also magnetized water has worked as a beneficial medicine in many cases. A magnet not only attracts iron but also attracts all materials in the human system, blood, phlegm, black bile and yellow bile. The magnet therefore is useful for curing internal and external diseases. Magnetology is both a science and an art. As a science it is based on a natural force like electricity and as an art it involves the selection of magnets of different strengths to different parts of the body to relieve different ailments. The earliest mention of the magnet as a healing agent occurs in Atharva Veda.

The treatment with magnets is not a new system like other therapies, such as acupuncture hypnotism etc. This system was forgotten and became almost extinct because of various reasons. But it has been growing popular in the West although its progress is slow in India. This led laymen without proper qualifications and scientific background practicing it. Magneto therapy is used as complementary
or supplementary to other systems of medicine as and when needed. It has proved beneficial in certain diseases especially in rheumatic and muscular aches and pains as it has the power of draining pains out of the body. There appears to be a close affinity between the principles of magneto therapy and the practice of acupuncture, acupressure, zone therapy etc. The trigger points could also be considered as magnetic points for application of magnets on the human body.

Mantra therapy (Gayathri Mantra)

The exponents of Mantra Vidya know well that the words coming out from the mouth are uttered from different parts such as larynx, tongue, teeth, lips and the roof of the tongue. During this utterance, the nerve fibres of different parts of the mouth from which sound emits, stretch out and their effects spread to different parts of the body. This process extends to several glands on which there is pressure of such utterances. There are several big and small glands in the body where the store of power lies. The Gayatri Mantra is the chief mantra in which there are twenty-four letters, which are related to twenty-four glands located in the body.

The terminology of Gayatri mantra has been framed systematically by selecting such words, which on account of the speciality of their sequences and entanglement create peculiar power currents of its own. The Gayathri mantra activates the capillaries of the mouth and some specific glands. The following is the effect and
importance of Gayathri Mantra on the granthis and the power contained in it. (See Appendix-5)

Table 6-4

Relation Among the Muntraksharas, Granthi and Properties

<table>
<thead>
<tr>
<th>No.</th>
<th>Letter</th>
<th>Name of Granthi</th>
<th>Power contained in it</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tat</td>
<td>Tapini</td>
<td>Success</td>
</tr>
<tr>
<td>2</td>
<td>Sa</td>
<td>Success</td>
<td>Bravery (Parakram)</td>
</tr>
<tr>
<td>3</td>
<td>Vi</td>
<td>Visha</td>
<td>Maintenance (Palan)</td>
</tr>
<tr>
<td>4</td>
<td>Tur</td>
<td>Tushti</td>
<td>Welfare (Kalyan)</td>
</tr>
<tr>
<td>5</td>
<td>Va</td>
<td>Varda</td>
<td>Yog</td>
</tr>
<tr>
<td>6</td>
<td>Re</td>
<td>Revati</td>
<td>Love</td>
</tr>
<tr>
<td>7</td>
<td>Nni</td>
<td>Sochshima</td>
<td>Money</td>
</tr>
<tr>
<td>8</td>
<td>Yam</td>
<td>Gyan</td>
<td>Brilliance (Tej)</td>
</tr>
<tr>
<td>9</td>
<td>Bhar</td>
<td>Bharya</td>
<td>Defence (Raksha)</td>
</tr>
<tr>
<td>10</td>
<td>Go</td>
<td>Gomati</td>
<td>Intellect</td>
</tr>
<tr>
<td>11</td>
<td>De</td>
<td>Devika</td>
<td>Suppression (Daman)</td>
</tr>
<tr>
<td>12</td>
<td>Va</td>
<td>Varali</td>
<td>Devotion (Nishta)</td>
</tr>
<tr>
<td>13</td>
<td>Sya</td>
<td>Sinhani</td>
<td>Power of relation (Dharma)</td>
</tr>
<tr>
<td>14</td>
<td>Dhee</td>
<td>Dhyan</td>
<td>Pran</td>
</tr>
<tr>
<td>15</td>
<td>Ma</td>
<td>Maryada</td>
<td>Self- restraint (Sanyasm)</td>
</tr>
<tr>
<td>16</td>
<td>Hi</td>
<td>Chitta</td>
<td>Tap</td>
</tr>
<tr>
<td>17</td>
<td>Dhi</td>
<td>Medha</td>
<td>Far sightedness</td>
</tr>
</tbody>
</table>
Ohm is the name of God; the path to attain God and to please Him is to follow the rules given by Him. He remains unaffected by censure or praise. Man is the maker of his own happiness and unhappiness. Considering that God is everywhere, sins should not be committed even secretly. Service to humanity is the service to God. It purifies the soul and the person experiences 'Sat, Chit and Anand.

Bhooor is Pran. It exists in all living beings. Man should therefore consider all living beings like himself. We should not discriminate on account of caste, creed, family, country or sex. Only good or bad work can be the cause for discrimination. Bhuvah is the destruction of all the sufferings. All work should be done with the feeling of dutifulness. Man's duty is only to do his karma, the reward rests with God. Discharging one's duty with full honesty leads to real happiness.

Swaha means steadiness of one's mind. We should bear pain and happiness with patience and should not become restless on
account of sorrow, suffering anger, worry etc. By saving the inner soul from these bad effects, one can get physical, mental and spiritual peace.

_Tat_ indicates that, He alone is wise who knows the secret of life and death. One should not commit sins in this short life as it gives internal pain.

_Savitur_ suggests that we should be strong like the sun. We should possess strong power in the form of health, knowledge, wealth, efficiency, organization, courage and truth.

_Vareniyam_ suggests that every man should always proceed towards excellence. The thought moulds a person. We should therefore associate ourselves only with the best of persons, thoughts, events and do _karma_ if we want to become excellent beings.

_Bhargo_ indicates that man should pure. He should guard against sins because all the sufferings are the results of sins.

_Devasya_ suggests that man can become God-like by having divine vision. This vision can be obtained by serving all living beings and working for their welfare.

_Dheemahi_ implies that we should keep with in us all types of sacred powers because they give us permanent happiness.

Wealth does not give real happiness. The sacred powers are the virtues of fearlessness, foresightedness, wisdom, steadfastness, generosity, self-restraint, truth, non-violence, patience, love etc.
Dhiyo suggests that we should acquire knowledge and thereby gain intellect.

Yohna suggests that we should utilize only the minimum power and resources which we possess for our use and utilize the rest selflessly for the benefit of weaker people.

Prachodayat means that man should inspire himself and others to follow the path of truth.

The cause of all sufferings is ignorance, infirmity and inadequacy of essential commodities. The feeling of selfishness, greed, ego, anger etc deviate a man from his duty. His thoughts and acts get polluted and it leads to sufferings. On account of ignorance he is unable to understand the basic purpose of his own activities and those of the world. In short ignorance is the cause of all sufferings. (See Appendix - 5)

Physiotherapy

The advancement in the methods of evaluation technology in the field of investigations and surgical procedures has revolutionized the orthopedic management of a patient. Physiotherapy with its unique non-pharmacological, exercise oriented national approach, has assumed the role of a non-separable entity from the body of orthopedic science. Today orthopedic physiotherapy stands out as a distinct and independent specialty. According to Prof P. Chandra, Prof, of orthopedics, All India Institute of Medical Science, "Orthopedic
surgeon should never pick up a knife unless he is a complete physiotherapist. Physiotherapy is now an integral part of orthopedic practice. In fact orthopedics is incomplete without physiotherapy. Orthopedic-physiotherapy is one of the major specialties of the science of physiotherapy and plays a significant role in restoring the full functioning of the body at the earliest.

Physiotherapy is the treatment of disease or its after effects by means of various physical modalities like remedial exercise, heat (thermo therapy), cold (cryo-therapy) judicious use of electrical currents, water (hydrotherapy), wax (wax therapy) etc. The basic aim of physiotherapy is to provide maximum possible physical independence. Exercise forms the basis of physiotherapy for the relief of symptoms and to improve functions of the body or its functioning capacity.

The word 'exercise' originated from the word 'ex' meaning out and the word 'erc' derived from 'arcere' meaning to lock. Thus exercise means to unlock or to free a part to move. The origin of exercise as a therapy measure dates back to the pre-historic period. In ancient Greece, interestingly enough, there existed a class of gymnasts, besides philosophers and priest physicians, who practice physiotherapy. They also studied the effects of diet and exercise in the human body. The knowledge about the relationship between body movements and muscles is found in a book on Articulations by Hippocrates. In his book he has very often used the word 'exercise'.
Physiotherapy has several systematically designed and scientifically proved procedures of exercise, which promote optimal physical fitness. Physical fitness tones up all the systems and organs of the body to prevent diseases, facilitating the process of recovery. Physiotherapy helps the prevention of cardio-respiratory diseases, obesity, hypertension, diabetes etc. Physiotherapy helps the prevention of the life threatening cardio-respiratory and vascular complications following major surgical procedures, amputations, prevention of the secondary muscular skeletal complications following injuries or diseases, burns, etc.\(^5\)

**Music therapy**

It is indeed the truth that everything in nature has music. Music is immanent, as God Himself, in everything. The musical notes \(Sa, Ri, Ga, Ma, Pa, Dha, Ni\), when sung produce vibrations in the body and these vibrations have different originating points in the nervous system.

\(Sa\) - *Muladhara* (Lower end of the spinal cord)  
\(Ri\) - *Swadishhana* (Just above Muladhara)  
\(Ga\) - *Manipuraka* (Above swadisthana, behind nabhi)  
\(Ma\) - *Anahata* (Heart region)  
\(Pa\) - *Vishuddha* (Throat region)  
\(Dha\) - *Atmachakra* (Between the eye brows)  
\(Ni\) - *Sahasraram* (A: the head region)\(^5\)

Indian music system is thus based on yoga principles. The vibrations produced by various notes have impact on the brain.
In many parts of the world, there are many legends and recorded accounts of how music was used for therapeutical purposes. From instances like Tanser, the musician in the court of Emperor Akbar, experiencing burning sensation all over his body when he was ordered to sing the raga 'Dheepak' In South India, one of the Saivite Saints Thirugnana Sambandar, had cured a mysterious fever which had afflicted the people of a village by his sheer singing power. In Greece, Babylonia, Arabia etc. doctors used to treat auditory defects, rheumatic complaints etc. through music even as early as 2000 BC.

Table 6-5

Relation Between Swara and Disease

<table>
<thead>
<tr>
<th>No.</th>
<th>Swara</th>
<th>Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>So</td>
<td>Heat related</td>
</tr>
<tr>
<td>2</td>
<td>Ri</td>
<td>Water related (Kapha)</td>
</tr>
<tr>
<td>3</td>
<td>Ga</td>
<td>Fire (Ushriam) Blood related</td>
</tr>
<tr>
<td>4</td>
<td>Ma</td>
<td>Pittam</td>
</tr>
<tr>
<td>5</td>
<td>Pa</td>
<td>Cancer</td>
</tr>
<tr>
<td>6</td>
<td>Dha</td>
<td>Sexual disorders</td>
</tr>
<tr>
<td>7</td>
<td>Ni</td>
<td>Polio, Paralysis etc</td>
</tr>
</tbody>
</table>

Source. A leaflet of Dr. Omanakutty

The report in the journal "Royal Society of Medicine" in February 1993, states that music can ameliorate the Alzheimer's disease. In India, various centres of raga sold research are working on the impact
of *ragas* on plants and animals. It is observed that *raga* *Anandabhairavi* is capable of reducing blood pressure. According to Sri. Ganapathi Sachithananda Swamy, the following *ragas* have certain curative powers.

- **Kalyani** - Reduces tension
- **Malahari**
  - **Mathosh** → Favourable vibrations in nervous system (centres)
- **Visrambari**
- **Shanmugha priya** - For speech therapies
- **Peela** - Indigestion^{54}

Musicians like Dr. M. Balamuraleekrishna, T.V. Gopalakrishnan, Kunnakkudi R. Vaidyanathan etc. are engaged in observing the effects of music on human beings, animals and plants.

**Reiki**

The word Reiki means universal life energy. It is defined as that power which acts and lives in all created matter. The word consists of two parts. The syllable ‘rei’ describes the universal boundless aspect of theistic energy while ‘ki’ is in itself part of rei being the vital life force energy which flows through all living beings.^{55} It is one of the highest forms of energy in existence. Once a person has been opened up to become a ‘Channel for Reiki, energy will flow through his/her hands of its own accord and he/she will retain this ability for the rest of his/her life.
Reiki is not a religion as it holds no creed or doctrine nor does one have to believe in it since even a baby animal and plant can receive a Reiki treatment. One does not have to chant any mantra or prayer or even practice meditation. It has nothing to do with the calling up of ghosts or demons. It is only a natural but concentrated form of cosmic energy. One of the greatest benefits of Reiki treatment is that you can treat yourself and many have noted that pain is relieved and get a sensation of peace. Vitality and security are found. Reiki affects each individual in a different manner and it helps to regenerate organs and to rebuild tissues and bones. Reiki works on three levels viz., physical, mental and spiritual.56

Reiki supports the body’s natural ability to heal and vitalize both body and soul. Reiki re-establishes spiritual equilibrium and mental well-being. Reiki balances the body’s energies, loosens up blocked energy and promotes a state of total relaxation.57 It cleanses the body of poisons. Reiki works with animals and plants too. It adjusts itself according to the needs of the recipient. It is an extremely pleasant wholistic method of healing. Reiki can never do any danger in any way.

Psychotherapy

Psychotherapy is the psychological treatment of a person who has psychosomatic problems and for whom general methods have failed to work effectively. Psychotherapy includes anything that is said or done by a Naturopath which is aimed at favourably influencing the thinking, feeling and acting of the patient and helping him towards
happiness, efficiency and health. Efforts are made to understand the personality structure of patients, the mental mechanism which is at work and the specific relationship of psychological situations in the precipitation of the illness.

Counseling

Counseling is a technique of psychotherapy. It is the personal help directed towards the solution of a problem which a person feels that he cannot solve himself. It is a psychological help in which information and clarifications are used for making the patient aware of the problems. A Naturopath attempts to modify behaviour directly by manipulating environmental contingencies by the use of reward and punishment. His techniques include punishment for maladaptive behaviour, self exposure to feared situations and positive enforcement for learning new competencies.

Aromatherapy

Aromatherapy is the treatment with smells. It is the practice of using essential oils extracted from plants to improve and enhance health and appearance. It is generally used to relieve depression and stress. It was first practiced by the Chinese 3000 years ago. But the word aromatherapy was coined by the French chemist Rene Maurice Gatteposse who discovered the healing powers of essential oils used in aromatherapy.
There are several ways of getting the beneficial effects of aromatic oils. Some people use them orally. Some use inhalations and others apply the oils to the skin. Through massage the oils are passed through the skin. Thus treating local conditions stimulating or relaxing the patient and at the same time having beneficial effects on the whole body. Asthma, Bronchitis, Cold, Fever, Sinusitis etc., can be cured through aromatherapy.60

Chiropractic

It is an entirely manipulative therapy designed to maintain the spinal cord and nervous system in good health without the use of surgery or drugs. It is used to relieve low back pain and a number of other disorders that are associated with the spinal column and with the nervous system. The word chiropractic had been derived from the Greek word 'cheir' (hands) and procticose (done by). Thus chiropractic means 'done by the hands'.61 It is the examination and treatment of the vertebral column only.

It is a skill in which spinal joints are manipulated by hand in order to rebalance the body's function. It is based on the basic principle that modern life produces abnormalities in the joints and muscles because of accidents, imbalances of mental and physical stresses. This method is used to treat low back pain, slipped disc, neck pain, shoulder and arm pain, headache, asthma, emotional stress and strain, etc.
Stimulotherapy (Vibrotherapy)

Hand stimulation consists of an extremely fine tremor that reaches the deeper tissues of the patient when mechanical stimulations or vibrations are used. The best effects are usually produced by a fine tremor or thrill though when a larger area is to be treated the greater may be the stroke of each vibratory movement. The general principle of stimulatory technique is that all functions and organs of the body are controlled by nerves located principally in the spinal cord. Secondly if a diseased condition exists stimulation of these centres tends to bring about a restoration of normal functions. The chief effect of stimulation is circulation and vibration. It is not really massage but it involves many of the fundamental principles of massage.

Stimulation, if properly given without overdoing it, is beneficial to the whole body. It is a good supplementary treatment and not a whole curative method.

6.5 Therapeutic application of Nature Cure

Nature Cure system of health care is elaborately described in the previous chapters. We have already seen the concept of Nature Cure, its philosophy, principles, diagnostic methods, curative methods of different approaches etc. In this chapter, twenty-five common diseases are taken and their curing methods in Nature Cure System, commonly used by the majority of Naturopaths are analysed. The different
Nature Cure Centres of Kerala follow different therapeutic methods for curing disease. The general approaches to the various views are tried to be presented here.

**Common Cold**

Common cold is an inflammation of the upper respiratory tract due to toxic accumulation. This disease usually lasts for three to ten days. The initial symptom of cold is the soreness of the throat and congestion of the nasal passage. After affecting the throat and nose, it spreads to other parts of the body. Usual symptoms are running nose, sneezing, rise in temperature, uneasiness, headache, throat irritation, body pain and loss of appetite.

Lowered vitality, allergic disorders of the nose and throat, lack of sleep, depression, dust and other irritating inhalations are the main causes for the development of cold. The real cause of this illness is the toxic condition of the body brought about by wrong food habits such as excessive intake of starch, carbohydrates, proteins and other acid-forming foods. Cold is nature's simplest way of expelling toxic waste from the body system. The duration of the illness depends on the amount of poisons accumulated in the body and the rapidity with which they are expelled.

The use of drugs for curing cold leads to many other problems. The proper treatment for cold is to control diet. The best way to begin the treatment is to put the patient on fast for two days. Nothing should be taken during this period except warm water mixed with lemon juice, or honey or tender coconut water. Liquid diet and fruit juice are necessary to neutralize the acid condition of the blood and hot water helps to clear the kidneys. Lemon/orange juice is highly recommended. Warm water enema may be used daily to cleanse the bowels during this period. The second step starts with fresh fruit diet with the fruits such as apples, grapes, oranges, lemons, pineapple, melon, etc., when he
has good appetite. The patient is advised to avoid meat, fish, eggs and such fatty food. Sprouted grains, raw and fresh vegetables etc. may be used as the third step. Ginger coffee helps in curing coughs and throat irritation. Hot water bath, steam inhalation spinal bath etc. will help to relieve the congestion of nasal tissues. Mild sunbath, pranayama, brisk walk, sound sleep etc. are also helpful.

Constipation

It is a common disturbance of the digestive tract. The bowels do not move regularly or they are not completely emptied when they move. It is the real cause of many diseases. Constipation results in weakening of the vital organs and lowering of the resistance of the entire system. It causes many chronic diseases such as Appendicitis, Rheumatism, Arthritis, High BP, Cancer, Piles, Cataract and so on.

The most common symptoms of constipation are infrequency, irregularity or difficulty in evacuation due to hard fecal matter. Other symptoms are coated tongue, foul breath, loss of appetite, headache, dark circles under the eyes, depression, pimples on the face, ulcer in the mouth etc.

The most important cause of constipation is the wrong diet and the unhealthy style of living. Wholesome foods contain a good percentage of roughage which is most essential in preserving natural balance of the foods and proper alimentary movements and for easy elimination. Much of the food we take today is very deficient in natural minerals. Insufficient intake of water, consumption of meat in large quantities, exorbitant use of strong tea and coffee, insufficient chewing, overeating, irregular eating at short intervals, mental tension, poor bowel function etc. are the general causes of constipation. Other causes include use of purgatives, acidity, ulcer, use of drugs for treating other ailments, etc.
The treatment for constipation is simple. The patient must use a simple diet which consists of unrefined food such as whole grain, cereals, bran, honey, green and leafy vegetables, sprouted grains, fresh fruits, such as grapes, papaya, mango, gooseberries, guava, oranges etc. Dry fruits such as figs, apricots, dates etc. are also helpful. Sugar and sugary foods should be strictly avoided. Regular drinking of water is beneficial for cleaning the entire alimentary system and curing constipation. Water should be taken either half an hour before or half an hour after meals. Some sort of yogic asanas are also helpful in preventing constipation.

Fatigue

It is a temporary or chronic feeling of tiredness. The person, who has to work overtime on certain occasions, sacrificing rest and sleep, may feel temporary fatigue. This condition may be remedied by adequate rest. Chronic fatigue is a serious problem, which requires a comprehensive plan of treatment.

The main cause of fatigue is lowered vitality or lack of energy due to wrong food habits. It is an indication that the cells of the body are not getting sufficient live atoms in the food to furnish them with a constant flow of needed energy. The habitual use of refined food such as white sugar, refined cereals and white flour products as well as processed, tinned and preserved food have a very bad effect on the system in general. Certain physical conditions like anemia (shortage of blood), insomnia (lack of sleep), mental tension and presence of intestinal parasites also cause fatigue. Ailments like low blood pressure, low blood sugar, general infections of body, liver damage, constant use of medicine, allergies etc., also cause fatigue.

The treatment for fatigue generally consists of the nutritional measures. The studies in this regard reveal that the people who eat small mid-meals suffer less from fatigue. The mid-meals may consist of fresh or dried fruits, vegetable juices, raw vegetables or
whole grain bread. The mid-meals should be small and taken in a specified time around 11 a.m. The patient must take an optimum diet made up of seeds, nuts, grains, vegetables and fruits. Sprouted grains, seeds, cereals are better when taken in raw form. The process of sprouting increases the nutritional value of food and many new vitamins are created and multiplied in seeds during sprouting. Lack of Vitamin B cause fatigue. The vegetarian diet, rich in Vitamin B are whole grain cereals, green leafy vegetables, nuts, banana, pulses and peas. Minerals like potassium, calcium, sodium, zinc etc. are needed for protection against fatigue. Raw vegetable juices like carrot, cucumber, beetroot etc. with honey is a panacea (ottamooli) against fatigue.

Diarrhoea

It is the frequent passing of loose or watery unformed stools, commonly known as loose motion. The intestine normally gets more than 10 litres of liquid per day, which comes from the diet and from secretions of the stomach, liver, pancreas and intestines. In case, if water is either not absorbed or is secreted in excess by the organs of the body, it is then sent to the colon where water-holding capacity is limited.

The main causes of diarrhoea are overeating, eating of unnatural food, putrefaction in intestinal tract, fermentation caused by incomplete carbohydrate digestion, nervous irritability, use of antibiotic drugs and excessive intake of laxatives. Other causes include parasites, germs, virus, bacteria or poison which has entered into the body through food, water or air; allergies to certain substances or even common foods such as milk, wheat, eggs and sea foods and emotional strain or stress in adults and fright in children. Diarrhoea may alternate with constipation. Diarrhoea for prolonged periods can lead to very serious complications such as weakening, dehydration and even death. The most advisable treatment for diarrhoea is complete fast for two days and absolute rest. Hot water and tender coconut water
may only be taken during this period. Fresh fruit juices may be taken after the acute symptoms are over. The diet may gradually include raw or semi-cooked vegetables, whole rice, sprouted grains etc. Carrot soup is another effective remedy for diarrhoea. It supplies water to combat dehydration, replenishes sodium, potassium, phosphorus, calcium, sulphur and magnesium. It checks the growth of harmful intestinal bacteria and prevents vomiting. Mango seeds are also valuable in curing diarrhoea. Dried mango seeds, powdered and boiled in water is effective in treatment of diarrhoea. For diarrhoea indigestion, dry ginger powder mixed with rock salt is a very good curative. Arrowroot water, Barley water, rice water, tender coconut water etc. are highly beneficial for diarrhoea.

Headache and Migraine

Headaches affect almost everyone at some time or the other. Most headaches are functional, caused by temporary upsets and are not related to any organic changes in the brain. A headache may be the nature’s warning that something is wrong somewhere in the body. The actual pain arises from irritation to nerve endings in the shoulder, neck and scalp muscles and also in the smooth muscles encircling the blood vessels, which serve these areas. The frequent use of pain-relievers causes nervous debility, weakens the heart and brings other complications. The common causes of headache are allergy, emotional reasons, eyestrain, high blood pressure, hangover, injection, low blood sugar, nutritional deficiency, tension, the presence of poisons and toxins in the body etc. The food products like milk and milk products, chocolates, chicken liver, alcohol and strong cheese can cause headache. Eyestrain is a common cause of headache. Intense tension/emotion can cause headaches. It is important that the negative feelings should not be bottled up, but should find some safe means of expressions. High blood pressure also can cause headache.
Migraine is an ancient and formidable malady. Migraine can be defined as a paroxysmal infection, accomplished by severe headache, generally on one side of the head and associated with disorders of digestion, liver and vision. It usually occurs when a person is under great mental tension. Migraine is also known as "sock headache"; nausea and vomiting can accompany the excruciating pain which lasts for as long as three days. Migraine usually gives warning before it strikes. When the headache occurs the patient may feel tingling, numbness in an arm or leg.

The treatment for headache and migraine is rather similar. The best remedy to prevent migraine and headache is to build up physical resistance through proper nutrition, exercise and constructive thinking. As a first step the patient should undertake a short fast. During the fast, citrus fruit juices, diluted with water may be taken six times daily. After a short fast, the diet should be fixed in such a way as to put the least possible strain on the digestive system. Breakfast should consist of fruits, both fresh and dried. Lunch should consist largely of protein foods. Starchy foods such as whole wheat bread, cereals, rice or potatoes should be taken at dinner along with raw salads. Spices, tomatoes, sour buttermilk and oily foodstuffs should be avoided. A glass of water with a teaspoonful of honey may be substituted for bed coffee. There are some water treatments also applied for curing headache and migraine. Cleansing enema, hot foot bath, cold throat pack, cold compress at the head, face and neck, spinal compresses, genital bath, cold spinal bath etc. are useful treatments. Some of the yogic exercises like pranayama, asanas etc., are also useful.

**Sinusitis**

It is an inflammation of the mucous membrane lining the paranasal sinuses. It often follows the common cold, influenza and other general infection. The sinuses consist of chambers contained in the bones situated in the head and face region. The frontal sinuses lie on the frontal bone directly above the eyes. The
maxillary sinuses are located on either sides of the nose under the cheekbone. The ethmoid and sphenoid sinuses are situated behind the nose on either side of it. These air sinuses lighten the weight of the skull and give resonance to the voice.

The symptoms of sinusitis are excessive or constant sneezing, a running nose, blockage of one or both nostrils, headaches and pressure around the head, eyes and face. Sinus headaches are usually felt in the forehead and in the face just below the eyes. The patient may suffer from a low-grade fever, lack of appetite, loss of sense of appetite, toothache and difficulty in breathing.

Sinusitis is caused by the congestion of the sinus passages by the over-secretion of mucus in the membranes lining the nose, throat and head. This over-secretion is due to irritation caused by toxins in the blood. The faulty food habit is the real cause of sinus trouble.

The treatment for sinusitis suggests the correcting of faulty food habits. The excess intake of salt should be avoided. It leads to accumulation of water in the tissues and expels calcium from the body. In chronic condition, the patient must practice repeated short juice fasts for two months with one week interval. The use of starchy foods must be reduced. The patient should avoid strong spices, animal fat and meat products. All cooked foods must be used fresh. The juices of carrot, cucumber, banana stem etc. are highly beneficial. Some types of water treatment also gives relief from sinusitis. Cold-water application over sinus will give relief from intense pain. Alternate hot and cold applications will also prove beneficial. Jalneti, nasal inhalations of steam, some of the yogasanas including pranayamas are found beneficial for curing sinusitis.

Anaemia

Anaemia is a common disease found among the human beings. The word anaemia means 'lacking of enough blood'. It denotes a
shortage of rich red blood cells due to the consumption of refined foods. Approximately one trillion new blood cells are formed in the bone marrow daily. The raw materials required in the production of these cells are iron, protein, and vitamins, especially folic acid and B12. The red colouring matter, called hemoglobin is a protein which is composed of an organic iron-compound called “heme”. The globin is a sulphur-bearing protein which makes up 96 per cent of the molecule. The formation of hemoglobin thus depends on adequate dietary supplies of iron and protein. Red cells have a lifespan of approximately 120 days and are destroyed and replaced daily. Each person should have 100 per cent hemoglobin or about 15 grams in 100 cc of blood, and a blood count of five million red cells per millimeter. A drop in the hemoglobin content results in anemia and a consequent decreased ability of the blood to carry oxygen to the tissues.

The principal symptoms of anaemia are; haggard looks with lines of strains, premature wrinkles, grayish skin and dull and tired appearance etc. Poor memory, weakness, dizziness, fatigue, lack of energy, shortness of breath on exertion, slow healing of wounds, headaches, mental depression, pale fingers, lips and ear lobes etc. are the supporting symptoms.

There are two main causes for anaemia. It can result from reduced or low formation of red blood cells either due to defects in the bone marrow or an inadequate intake of iron, vitamins and proteins. Heavy loss of blood due to injury, bleeding piles and heavy menstruation may also cause anemia. Lack of digestive enzymes for the digestion of iron and proteins may also result in anemia. Emotional problems, anxiety, worry etc. cause anemia because they interfere with the manufacture of hydrochloric acid in the body, which helps digestion. Anaemia can also be caused by a variety of drugs, which destroy Vitamin E, or by others which inactivate the nutrients needed in building blood cells. Chronic diseases such as tuberculosis when accompanied by hemorrhage
may result in anemia. Hookworms, pinworms, roundworms, tapeworms also cause anaemia.

Anaemia can be used and prevented easily. Diet is of the utmost importance in the treatment of anaemia. Almost every nutrient is needed for the production of red blood cells, hemoglobin and the enzymes required for their synthesis; Refined food, lime, white bread, polished rice, sugar etc. should be avoided. Iron should always be taken in its natural organic form: The use of inorganic form can prove hazardous because it destroys the protective vitamins and unsaturated fatty acids, causing serious liver damage and even miscarriage and delayed or premature births. The common food rich in natural organic iron are wheat, brown rice, green leafy vegetables, cabbage, carrot, celery, beet roots, tomatoes, spinach, fruits like apples, berries, cherries, grapes, raisins, figs, dates, peaches etc. The diet should be adequate in proteins of high biological value. Copper is also essential for the utilization of iron in the building of hemoglobin. Wheat gram and soyabeans contain some $B_{12}$.

A cold-water bath is a valuable curative measure in anaemia. Full sunbath is beneficial because it stimulates the production of red cells. Deep breathing, light exercise, yoga, massage etc. also cure anaemia.

**Epilepsy**

It is a chronic disease in which repeated fits and faintings occur with or without consciousness. It is a serious disorder of the central nervous system. It occurs in both children and adults. Mostly attacks occur in adolescent and in early adult life.

Epilepsy can be distinguished by the recurrent sudden attacks at irregular intervals. There are mainly two types of epilepsy known as *petit mal* and *grand mal*. Each has its own specific patterns. Petit mal is less serious and it comes and goes within a few seconds. The patient suffers a momentary loss of consciousness,
with no convulsions except sometimes a slight rigidity. Petit mal may occur at anytime in life but generally children are its victims. Grand mal comes with a dramatic effect. There are violent contractions of the arms, legs and the body accompanied by a sudden loss of consciousness. In a typical attack, the patient cries and falls to the ground, loses consciousness and develops convulsions.

Along with the convulsions foam comes out of the mouth. Other symptoms are biting on the tongue, distorted fixation of the limbs, rotation of the head and deviation of the eyes. There may be involuntary urination and bowel discharge. The attack may last several minutes and is usually followed by a deep sleep.

There are many causes for epilepsy. Digestive disturbances, intestinal toxemia and a strained nervous condition are very often the main causes of petit mal. Grand mal usually results from hereditary influences, serious shock or injury to the brain or nervous system. Meningitis, typhoid, and other diseases with prolonged high temperature can also lead to grand mal. Epilepsy may also result from certain food substances, circulatory disorders, chronic alcoholism, mental conflict, mineral deficiency etc.

The treatment may be started by following a strict dietary control. The patient must assume a cheerful, optimistic attitude, refrain from mental and physical exertion and worries. The patient should be placed in an exclusive fruit diet for the first two or three days. Then comes the fruit diet mixed with raw and semi-cooked vegetable diet. The diet should eliminate completely all-animal proteins. Green leafy vegetables and sprouted grains are beneficial. Mud packs and abdomen bath twice daily is beneficial. Cold baths daily, sunbath, Epsom-salt full immersion bath is also beneficial. The patient should avoid all types of excitements.
Appendicitis

Appendicitis is a common intestinal disorder. It refers to an inflammation of the vermiform appendix. This disease is generally seen among the people of age group between ten and thirty. It is common in developed countries than in underdeveloped countries. The worm-like appendix is about 8 to 10 cm long. It is made of the same tough fibrous outer covering that protects the entire alimentary canal. There is a layer of muscular tissues under the outer covering and a further layer of lymphoid tissues. The function of the appendix is to neutralize the irritating waste materials generated in the body or the organic poisons introduced through the skin or membranes.

Appendicitis usually begins with a sudden pain in the centre of the abdomen, which gradually shifts to the lower right side. The pain may be preceded by general discomfort in the abdomen, indigestion, diarrhoea or constipation. The patient usually has a mild fever varying from 100° to 102° F. The patient may vomit once or twice. The muscles of the right side of the abdomen become tense and rigid. The pain increases on the right side on pressing the left side of the abdomen. Coughing and sneezing makes the pain worse. If the inflammation continues to increase, the appendix may rupture and discharge its pus into the abdominal cavity which needs urgent operation. In the chronic state of appendicitis, the patient may suffer from recurrent pain in the right lower abdomen with constipation, loss of appetite and mild nausea.

Appendicitis is caused by a toxic bowel condition. An excessive amount of poisonous waste material is accumulated in the appendix. As a result, the appendix is irritated and over worked and becomes inflamed. It is an attempt on the part of the nature to eliminate the toxins. This condition is brought about by wrong food habits and enervation of the system. Inflammation of the
bowel lining due to the habitual use of drugs, is a potent factor in the development of appendicitis.

Rest is of utmost importance in the treatment of this disease. Complete bed-rest is quite necessary. The patient should be put into bed immediately at the first symptoms of severe pain, vomiting and fever. The patient should resort to fasting, which is the only real cure for appendicitis. Nothing except water should enter the alimentary system. Low enemas, containing about 1 ½ litre of warm water should be administered daily for the first three days to cleanse the lower bowel. Hot compresses may be placed over the painful area several times daily. Abdominal cold packs, made of a strip of wet sheet covered by a dry flannel cloth bound tightly around the abdomen, should be applied continuously until all the acute symptoms subside. When the acute symptoms subside by the third day, the patient should be given a full enema containing about 1 ½ litre of warm water and this should be repeated daily until the inflammation and pain have subsided. The patient can be given fruit juice from the third day. After three days of juice diet, the patient may take fruit diet for a further three or four days. During this period the patient should have three well-balanced meals containing seeds, nuts, grains, vegetables and fruits. An additional massage may also be beneficial. The surgical operation may be resorted to only in rare cases, when the appendix has become abscessed.

Arthritis

Arthritis is the inflammation of joints or a reaction of the joint tissues to some form of damage or injury. It is of two types. (1) Osteo arthritis i.e. the degenerative joint disease which usually seen in the older age group. The chief symptoms of Osteo arthritis are the pain and stiffness in the joints. Other symptoms include watery eyes, dry neck, leg cramps, allergies etc. The major causes include malnutrition, continuous physical stress, calcium deficiency etc. (2) Rheumatoid arthritis This disease affects the
joints of the fingers, wrists, hips, knees, feet, muscles and some other tissues of the body. This disease is nicknamed as “cooked food disease”. The major symptoms are anaemia, colitis, constipation, low blood pressure, deformed hands and feet. The main causes are hormonal imbalance, physical and emotional stress, infection, stroke and injury. Hereditary factors may also be responsible for this.

The treatment includes controlled diet. It may consist of a couple of fresh raw vegetables in the form of salad and at least two cooked vegetables. Cabbage, carrot, celery, cucumber, endive, lettuce, onion, radishes, tomatoes and watercress etc. may be used for a raw salad. The cooked vegetables may include asparagus, beetroot, cauliflower, cabbage, carrots, brinjal, peas, beans, tomatoes, etc. In severe conditions, the patient may be advised to undergo raw juice therapy. The alkaline action of raw juices dissolves the accumulation of deposits around the joints and other tissues. The bromelain present in pineapple reduces swelling and inflammation and hence it is a good fruit. Raw potato juice is also used as remedial measures.

Warm coconut oil mixed with camphor should be massaged in case of stiff and aching joints. Sea bathing is considered beneficial in the treatment of arthritis. The natural iodine in the seawater is said to relieve arthritis pain. Iodine regulates the acid-alkaline balance in the blood and tissues, helps to repair and regenerate worn out tissues and nourishes the skeletal structure. Exercises such as walking, swimming etc., are beneficial. Practice of yogic asanas and yogic kriyas are also helpful. Cold water treatment should be avoided.

**Asthma**

It is a common and complicated respiratory disease. The asthma patient gets frequent attacks of breathlessness in between which he is completely normal. The patient suffering from asthma
appears to be gasping for breath. They have more trouble for exhaling than inhaling because the air passages of the small bronchi become clogged with mucus, thus making it difficult for the patient to breathe out. All asthmatics have more difficulty at night especially during sleep. Gradual attacks and severe attacks are common, and both produce chest pain and coughing, tightness in the chest, profuse sweating and vomiting. Foggy weather aggravates the symptoms.

Asthma is caused by allergic conditions resulting from reaction of the system to the weather, food, drugs, perfumes and other irritants, which vary with different individuals. Allergies to dust are the most common. Some persons are sensitive to the various forms of dust like cotton dust, wheat dust and paper dust, some types of pollens, animal hair, fungi and insects, especially cockroaches. Asthma may be caused by a combination of allergic and non-allergic factors including emotional tension, air pollution, infections and hereditary factors.

Modern medicines do not offer any effective treatment for this disease. Drugs and vaccines have only a limited role in alleviating the symptoms. The frequent use of drugs may give only temporary relief but it tends to make asthma chronic and incurable. The real cure lies in 'return to nature'. The real cure consists of stimulating the functioning of the excretory organs, adopting appropriate diet patterns to eliminate morbid matter and reconstruct the body, and practicing yogasanas and pranayama to permit proper assimilation of food to strengthen the lungs, digestive system and circulatory organs. The patient must use enema for cleaning the colon. Mudpacks and wet packs on the abdomen and chest may reduce the severity of the disease. Steam bath, hot footbath hot hipbath, sunbath etc. are also helpful. The patient should take only lemon juice with honey for a few days and thereafter start with a fruit juice diet to nourish the system and eliminate the toxins. Food materials like sugar,
lentils, curd and fried and other refined indigestible substances must be avoided. The raw vegetables and semi cooked food materials must be preferred. The patients should also try to live in tune with the nature. Air, sun and water are great healing agents. The patient should avoid dusty places, exposure to cold, food to which he is sensitive, mental worries and tensions. Asthmatic patients should be made to feel that they are not sick, and with slight adjustments, can live a full life.

**Bronchitis**

It is the inflammation of the mucus membrane lining the bronchi and bronchial tube within the chest. Bronchitis may affect nose and throat also. It is a disease endemic to cold, damp climates, but may occur anywhere. It may be of chronic type and acute type. The chronic types are more dangerous and brings about permanent damages to the lungs. In bronchitis, the larynx, trachea and bronchial tubes are acutely inflamed. The tissues are swollen due to irritation. Large quantities of mucus are secreted to protect the inflamed mucus membrane. There may be high fever and difficulty in breathing and deep cough.

The main causes of this disease are wrong food habits. The regular use of highly refined food items such as white sugar, refined cereals and flour products results in the accumulation of morbid matter in the system and collection of toxic waste in the bronchial tube. Smoke and dust also cause this disease. Use of drugs to suppress other diseases such as cold, influenza, cough, sneezing etc. also cause bronchitis.

The treatments include dietary control. Juice fast is very effective. Thereafter the patient should adopt fruit diet for five to seven days, taking each day three meals of fresh juicy fruits. After the fruit diet, the patient should follow a well balanced diet of seeds, nuts, grains, vegetables and also fruits. Unsweetened lemon water, cold or hot plain water etc. may be used as drinks. The
patient must avoid meat, sugar, tea, coffee, pickles, refined and processed food, soft drinks, ice cream, sugar products etc. A small quantity of turmeric powder mixed with coconut milk may be used three or four times a day. It is effective when the stomach is empty. Another effective remedy for bronchitis is taking thrice daily a mixture of dried ginger powder and pepper powder in equal quantities mixed with honey. Full immersion bath with hot Epsom salt water for about 20 minutes daily is very effective even for chronic bronchitis. Hot wet pack in the chest is also effective. Yogasana and pranayamc are beneficial.

**Colitis**

Colitis is the inflammation of the colon or large intestine. There are mucus colitis and ulcerative colitis. Mucus colitis is a common disorder of the large intestine. Ulcerative colitis is a severe prolonged inflammation of the colon or large intestine in which ulcers form on the walls of the colon, resulting in the passing of blood stools with pus and mucus.

The colitis usually starts in the lower part of the bowels and spread upwards. The first symptom is an increased urgency to move the bowel, followed by cramping pains in the abdomen and blood stained mucus in the stools. As the disease spreads upwards, the stool become watery and frequent and is characterized by recta straining. The loss of blood and fluid from the bowels results in weakness, fever, vomiting, loss of appetite and anaemia. The patient becomes usually malnourished and underweight because of the problems of constant diarrhoea, loose bowel movements, constipation, gas trouble etc. The improper assimilation of the ingested foods due to inflammatory conditions may cause deficiency diseases and other chronic problems like nervous irritability, depression etc.

Constipation is the major cause of colitis. It causes an accumulation of the hard fecal matter, which is never properly
evacuated. The chemicals used for purgation increases colitis. Severe stress may also produce colitis.

The treatment for colitis is very simple. Plain warm water or warm water mixed with a little olive oil should be taken as a first step for removing the toxic accumulation in the intestine and bowel. A juice fast for four or five days is the second step in the treatment. Papaya is the best fruit for preparing fruit juice. The bowels may be cleansed daily with warm water or saline water. Then the patient can consume raw, uncooked or semi cooked vegetables, sprouted grains, nuts fruits like banana, papaya, yogurt etc. Tender coconut water is the most suitable remedy for colitis. Regular pranayama and some sort of yogasana are helpful in preventing colitis.

Defective Vision

It is a common problem of the contemporary world. Reading in dim light, excessive reading without intervals, reading in moving vehicles, watching too much T.V or films, and eating too much artificial food etc. are the main causes for defective vision. This can be rectified by simple natural methods of treatment.

Different types of eyes and neck exercises can cure defective vision. The patient should keep the head still and relaxed, gently move the eyes up and down several times with two seconds interval. We should move the eyes up and down slowly and regularly as far as possible. Move the eyes from side to side as far as possible without using so much force or efforts. Hold your index finger about three inches in front of the eye and look from the finger to any other large object 10 or 15 feet away. Repeat this exercise ten to fifteen times. Rotate the eyes up gently and slowly in a circle then move them in the reverse direction. All eye exercises should be performed while seated in a comfortable position. Move the neck to both sides. Move the shoulders briskly in clockwise and anti clockwise briskly, drawing them up
several times as far as possible. Move the head to forward and backward as far as possible. Turn the head to the right and to the left as far as possible. These exercises loosen up stiff neck muscles and increase blood supply to the head, especially to the eyes. Sun bathing in the morning or evening is also helpful. Natural uncooked food items are the best diet. This includes fresh fruits such as papaya, orange, apple, grapes, cherry etc. and vegetables like, cabbage, potatoes, carrot, beetroot, cucumber etc. Sprouted grains are also beneficial. The patient must avoid highly refined, dried and fried foods. Also control the consumption of sugar. Some sort of yogasana and yogakriyas are also helpful.

**Diabetes mellitus**

Diabetes is a nutritional disorder characterized by the abnormally elevated level of blood glucose and by the excretion of the excess glucose in the urine. It results from an absolute or relative lack of insulin in which leads to abnormalities in carbohydrate metabolism as well as in the metabolism of protein and fat. The most commonly used tests are the determination of the blood glucose level and the two-hour post-prandial, i.e., after the meal. The normal fasting blood sugar content is 80-120 mg./100ml. of blood and this can go up to a level of 180 mg./100ml. of blood two hours after meals. Anything above these norms can be termed diabetic levels. Diabetes is found in all age groups. 80-85% of people is in the age range of 40 to 60 years.

A diabetic patient feels hungry and thirsty most of the time, does not put on weight, though he eats every now and then, and gets tired easily both physically and mentally. He looks pale, may suffer from anaemia, constipation, intense itching around the genital organs, palpitation and general weakness.

It is generally caused by overeating and consequent obesity. Not only the overeating of sugar and refined carbohydrates, but also of proteins and fats, which are transformed into sugar if taken in
excess. Too much food taxes the pancreas and eventually paralyses its normal activity. Grief, worry and anxiety also have an influence on the metabolism and may cause sugar to appear in the urine. This disease may be associated with some other chronic disorders cancer, TB, cerebral diseases etc. Heredity also a major factor in the development of this disease.

The treatment should be aimed at not only the removal of the actual cause of the disease but also the building up the health level of the patient. Diet plays a vital role in such a treatment. The diabetic patient should follow a vegetarian-alkaline diet of high quality natural food. Fruits, nuts and vegetables form a good diet for the diabetic patient. Cooked starchy foods, white sugar, fatty foods, meat, highly refined and fried foods etc. must be avoided. Fresh fruits contain sugar fructose, which does not need insulin for its metabolism and is well tolerated by the diabetics. Cucumber, string beans etc. are beneficial. One cup of string beans soup is equal to one unit insulin. Cucumbers contain a hormone needed by the cells of the pancreas for producing insulin. The fruits as such, the seeds and fruit juice are all-useful in the treatment of this disease. Tender coconut water is beneficial for weak diabetic patients. A diabetic patient should eliminate tension and worries from his daily life. They may use medicines if necessary for few days. Weekly blood test is ideal.

Peptic Ulcer

Ulcer always refers to an eroded lesion and may form in any part of the digestive tract which is exposed to acid i.e., gastric juice. The ulcer located in the stomach is known as gastric ulcer and that of duodenum is called duodenal ulcer and collectively called peptic ulcer.

The most common symptoms of peptic ulcer are sharp and severe burning sensation or pain and discomfort in the abdomen especially before or after meals. Peptic ulcer results from
hyperacidity which is a condition caused by an increase in hydrochloric acid in the stomach. Dietetic indiscretion like over eating, taking of heavy meals or highly spiced foods, coffee, alcohol and smoking are the main factors contributing to this condition. The ingestion of certain drugs, particularly aspirin, food poisoning, infections like influenza and gout may also cause ulcers. Emotional stress and strain also plays a major role in the formation of ulcers.

Diet is of utmost importance in the treatment of ulcer. The diet should be so arranged as to provide adequate nutrition, to afford rest to the disturbed organs, to maintain continuous neutralization of the gastric acid, to inhibit production of acid and to reduce mechanical and chemical irritation. The most effective remedy for peptic ulcer is bananas. Bananas neutralizes the over acidity of the gastric juice and reduces the irritation of the ulcer by quoting the lining of the stomach. Cabbage is considered to be another useful home remedy for peptic ulcer. Raw vegetable juices especially carrot and cucumber are beneficial for the treatment of the peptic ulcer. Any type of food and drinks which are either too hot or too cold must be avoided. Alternative hot and cold hip baths for ten to fifteen minutes and a mud pack application over the lower abdominal area for half an hour daily will help the ulcer to heal. The hipbath or mudpack must be taken in an empty stomach. Rectal enema is also advisable. Some yogasanas like vajrasana, uttanpadasana, pawanmuktasana, bhujangasana, paschimottanasana etc are helpful for curing ulcer. Pranayama is also a remedy for ulcer.

Psoriasis

It is one of the most stubborn skin diseases. It is a chronic disease characterized by thick, red, silvery, scaled patches of skin. The disease affects both sexes but is not contagious.
The symptoms such as irritating bright silvery scales, having itching appear on the skin. Areas usually involved are elbows, knees, the skin behind the ears, trunk and scalp. The disease may also affect the underarm and genital areas. The lesions of psoriasis are always dry and are rarely become infected.

The medical systems have not establishing the exact cause of psoriasis. Recent studies have shown that psoriasis involve an abnormality in the mechanism in which the skin grows and replaces itself. Heredity also plays a role in the development of psoriasis.

Since psoriasis is a metabolic disease, a cleansing juice diet for at least seven days is desirable as a beginning of the treatment. Carrots, beetroots, cucumber and grapes may be used for preparing juices. Luke warm water enema may be used for cleansing the bowels daily during juice diet. Animal fat including milk, egg and refined or processed food and food materials containing hydrogenated fats or white sugar, all condiments, tea and coffee etc. must be avoided. Regular seawater baths and application of seawater externally over the affected parts once a day is beneficial. The hot Epsom salt bath is curative. The disease-affected parts must be exposed to sunlight. The use of mudpacks is highly beneficial. Daily open-air exercises, deep breathing exercises, mid sunbath or walking in the sun are also beneficial.

**Jaundice**

Jaundice is one of the liver diseases resulting from an obstruction in the bile duct, or the mal function of the bile-producing liver cells. There are several forms of jaundice but all of them are marked by yellow discoloration of the skin and the eyes.

The liver is the largest gland and it acts as a vast chemical laboratory. It activates the hormones, synthesises many amino acids used in building tissues, and breaks proteins into sugar
and fat when required for energy. It produces lecithin, cholesterol, bile and blood albumin, which are vital for the removal of tissue wastes. It also stores vitamins and minerals. Bile, the secretion of liver, is a vital digestive fluid, which is essential for proper nutrition. It prevents decaying changes in food. Normally the production of bile and its flow is constant.

The mal functioning of the liver causes jaundice. It may be caused by an obstruction of the bile ducts, which discharge bile salts and pigments into the intestine. The bile then gets mixed with blood and this gives a yellow pigmentation to the skin. The obstruction of the bile ducts could be due to gallstones or inflammation of the liver called hepatitis. Other causes of jaundice are pernicious anaemia and certain diseases affecting the liver such as typhoid, malaria, yellow fever and tuberculosis.

The symptoms of jaundice are extreme weakness, headache, fever and loss of appetite, fatigue, severe constipation, nausea and yellow colouration of the eyes, tongue, skin and urine. The patient may also feel uneasy with slight pain in the liver region.

The simple form of jaundice can be cured rapidly by diet therapy and exercises. The patient should rest until acute symptoms of the disease subside. The patient should be put on a fruit juice fast for a week. The juice of lemon, grapes, pear, carrot etc. can be taken. A simple hot enema should be taken daily during the fast to ensure regular bowel elimination, thereby preventing the absorption of decomposed, poisoned material into the blood stream. The fruit juice fast may be discontinued after the severity of the disease is over and simple diet may be resumed on the following lines.

A glass of lukewarm water mixed with two teaspoons of lime juice or pure honey (or both) may be taken as bed coffee. The breakfast must contain raw fresh fruits like apple, papaya, grapes, mangoes, oranges etc. or their juices. The lunch should contain
whole-wheat flour *chapatis* or white/brown rice with raw salads, fresh leafy vegetables and fresh soup of carrot or beetroot. The dinner may consist of either simple fruits or chapatis or steamed food like *puttu* or *idiyappam* with raw or half cooked vegetables. Tender coconut water and honey water are very useful for satiating the thirst. Some kinds of water treatments are also found useful in curing jaundice, other than consuming large quantities of water. Alternate hot and cold compresses should be applied to the abdomen with 3 to 5 hours’ intervals. Certain *asanas* and *pranayama* are also useful for curing jaundice. Daily sun bathing is also a remedial measure.

Rheumatism is recognized as one of the most serious threats to health. It is a crippling disease, which causes widespread invalidism, but seldom kills. This disease refers to an acute or chronic illness which is characterized by pain and swelling of the muscles, ligaments and tendons or of the joints. It often affects the functions of the heart. Rheumatism can be classified into two i.e., muscular rheumatism which affects the muscles and articular rheumatism which affects the joints.

The onset of the acute type of rheumatism is characterized by fever and rapid pulse with intense soreness and pain. In the acute muscular type the tissues become so sensitive that even the weight of the cloth aggravates the pain. Acute rheumatism is extremely painful but it leaves no permanent defects, if treated properly. It may settle into a chronic state under a wrong mode of treatment. The symptoms of chronic muscular rheumatism are pain and the stiffness of the affected muscles. In case of chronic articular rheumatism pain and stiffness are felt in one or more joints of the body, with swelling in most cases.

The chief cause of rheumatism is the poisoning of the blood with acid wastes, which results in imperfect elimination and lowered vitality. Meat, white bread, sugar, and refined cereals leave residue of acidic toxic wastes in the system. These acidic wastes
are not neutralized due to the absence of sufficient quantities of alkaline mineral salts in the foods items taken. When the vitality is low, the acid wastes are concentrated around the joints and bony structure where they form the basis of rheumatism. In certain cases infection from the teeth tonsils and gall bladder may produce rheumatism. This disease is aggravated by exposure to cold water.

In the case of acute rheumatism, the patient should be put on a short fast of orange juice and water for 3 or 4 days. The bowels may be cleansed with warm water enema during juice fasting. Then the patient is advised to follow a strict diet for 2 weeks. During this period orange or grapes may be taken for breakfast. Lunch may consists of raw salad of any vegetables of that season, with raisins, prunes, figs or dates and for dinner one or two steamed vegetables such as cabbage, carrot, cauliflower etc. and a few nuts or some sweet fruits may be taken. Starchy food must be avoided. The patient should take ripe fruits and fresh vegetables in abundance. Potato is highly beneficial for curing rheumatism. Lemon is also beneficial. Hot packs, hot tub bath, steam bath, dry friction and spongy bath etc are some of the curing methods. Hot Epsom- salt bath and light massage is also beneficial. Deep breathing of fresh air and light out door exercises are also considered as suitable treatment for curing rheumatism.

Piles

Piles are varicose; they are inflamed condition of the veins inside or just outside the rectum. It is one of the most common ailments today. In external piles there is a lot of pain but not much bleeding. But internal piles discharge lot of dark blood.

Pain when passing stool, slight bleeding in the case of internal trouble and a feeling of soreness and irritation after passing stool are the usual symptoms of piles. The patient cannot sit
comfortably due to itching, discomfort and pain in the rectal region.

The usual cause of piles is chronic constipation and other common bowel disorders. The pressure applied to pass stool from the constipated bowel and the congestion caused by constipation ultimately lead to piles. The use of purgatives to relieve constipation by their irritating and weakening effect on the lining of the rectum, also result in enlargement and inflammation of veins and bleeding of the mucus lining Prolonged periods of standing or sitting, strenuous work obesity and general weakness of the tissues of the body are the other contributory causes of piles. Mental tension is also another cause. In addition to this, there is probably a hereditary factor also involved in the development of piles.

Simple fasting is the best remedy for this disease. The whole digestive tract must be given a complete rest for a few days and the intestines thoroughly cleansed. The patient must adopt a fruit diet for at least seven days. After this the patient may adopt a diet of natural food aimed at securing soft stools. The most important food remedy for piles is dry figs. Three or four figs should be soaked overnight in water after cleansing them thoroughly in hot water. They should be taken as the first meal in the morning along with water in which they were soaked. They should also be taken in the evening in the similar manner. This treatment should be continued for three or four weeks. This treatment facilitates easy evacuation of faces and keeps the alimentary canal clean. The pressure of the anus having thus been relieved, the hemorrhoids also gets contracted. Mango seeds are regarded as an effective remedy for bleeding piles. The seeds dried in shade, powdered, and kept stored for use as medicine. This powder is used in small quantities with honey. Cold sits bath helps the vein to shrink and tones up their walls. Cold perennial douche and cold compress applied to the rectal area etc. are also beneficial
Exercises and some *yogic kriyas like jalneli* and *vamandhouti* and some of the asanas like *sarvangasana, halasana, gomukhasana* etc. are very helpful for curing piles.

**Kidney Stone**

The kidneys are reddish, soft and bean shaped organs lying below the waist on either sides of the spinal column. Their function is to purify the blood. The formation of stones in the kidneys or urinary tract is a common disease. The stones are formed from the chemical substances, usually found in the urine, such as uric acid, phosphorus, calcium and oxalic acid. They may vary in consistency from grit, sand and gravel-like to the size of bird's eggs. The stones are formed and they grow because the concentration of a particular substance in the urine. This disorder occurs more frequently in middle age, with men more than women.

Urinary stones are of two types namely, primary stones and secondary stones. Primary stones are not ordinarily formed due to infection and are formed in acidic urine. They usually result from alcoholism, sedentary life, constipation and excessive intake of nitrogenous foods. Secondary stones are due to local infection and are formed in alkaline urine. Most kidney stones are composed either of calcium oxalate or phosphate.

The formation of stones in the kidneys is the result of defects in the general metabolism. They usually occur when the urine becomes highly concentrated due to heavy perspiration or insufficient intake of liquids. They are aggravated by a sedentary life style. The other causes are wrong diet, excess intake of acid-forming food, white flour and sugar products, meat, tea, coffee, condiments and spices, rich foods and overeating. Lack of vitamin A and an excessive intake of vitamin B may also lead to the formation of stones.
Kidney stones usually cause severe pain in their attempt to pass down through the urine on their way to the bladder. The pain is first felt on the side and thereafter in the stomach and the thighs. Other symptoms of kidney stones are a desire to urinate frequently, painful urination, scanty urination, nausea, vomiting, sweating, chills and shocks. The patient may also pass blood with the urine. Sometimes, large stones may remain in the kidneys without causing any trouble and these are known as silent stones.

The proper and successful treatment is dietary regulations. The patient should avoid food, which irritate the kidneys. Alcohol, condiments, pickles, meat, gravies and carbonate water, like soda etc should be avoided. The patient should take a low protein diet. A liquid diet is more preferable. A patient must take 3000 ml. or more liquid food a day Lukewarm enema, followed by a hot bath is useful. The head should be kept cold with cold application. Genetal bath, abdominal bath, hipbath etc. are also useful.

Practice of some asanas and pranayama is also important for curing kidney stone.

Nephritis

Nephritis refers to the inflammation of the kidneys. This disease can become progressively worse and result in death, if not treated properly in the initial stages.

The general symptoms of nephritis are pain in the kidney region extending down to the bladder fever, back pain and scanty reddish brown coloured urine The urine may often contain blood, albumin, damaged kidney cells etc. There may be frequent urination especially during the night.

The main causes of nephritis are the wrong dietary habits, excessive use of alcoholic drinks, the suppressive treatment taken to treat diseases earlier, the habitual use of chemical agents of all
kinds for the treatment of indigestion and other stomach disorders and frequent use of aspirin and other pain killers. Nutritional deficiencies can also lead to nephritis. Nephritis also occurs due to the shortage of vitamin E and B complexes.

Fasting is a safe treatment method for curing nephritis. Through fasting, the toxins and systemic impurities responsible for setting up the inflammatory kidney conditions are removed rapidly. The patient may resort to juice fasting for 5 to 8 days, depending on the vitality of the patient. Vegetable juices such as carrot, banana stem and cucumber may be used during this period. Tender coconut water also can be used. A lukewarm water enema may be taken each day while fasting to cleanse the bowels of the toxic filth. After ordinary fast and juice fast, the patient may adopt fruit diet. Then the patient may gradually embark upon a well-balanced low protein vegetarian diet with emphasis on fresh fruits and raw and cooked vegetables. (Oranges and orange juice are very useful). The fruits like papaya and bananas have a healing effect on kidneys. Use balanced vegetables regularly. Smoking and drinking should be avoided. Water treatments like epsom salt bathing, stomach bath, enema, hipbath etc. are also useful.

**Liver Cirrhosis**

It is one of the most serious hepatic diseases characterized by a significant loss of cells. The liver contracts gradually and becomes hard and leathery. The liver is the vast chemical laboratory in the human body. It produces bile, cholesterol, lecithin, blood albumin vital to the removal of tissue wastes and prothrombin essential to the clotting of blood. It inactivates hormones that are no longer needed, synthesizes many amino acids used in building tissues and breaks proteins into sugar and fat when required for energy. It stores vitamins and minerals. It destroys harmful substances and absorbs poisons and toxic substances. The progressive
degeneration of liver structure and function may ultimately lead to hepatic failure and death.

In the beginning stage of liver cirrhosis there may be no symptoms except frequent attacks of gas and indigestion, with occasional nausea and vomiting. There may be some abdominal pain and loss of weight. In the advanced stage, the patient develops a low-grade fever, a foul breath, jaundiced skin and distended veins in the abdomen. Reddish hair like markings, resembling small spiders, may appear on the face, neck, arms and trunk. The abdomen becomes bloated and swollen, the minds get clouded and there may be considerable bleeding from the stomach.

Use of alcoholic beverages over a long period is the most important cause of this disease. Recent researches indicate that the average duration of alcohol intake to produce cirrhosis is 10 years and the dose is estimated to be in excess of 500 ml. of alcohol daily. Poor nutrition can be another factor in the development of cirrhosis. The intake of highly seasoned food, habitual taking of quinine for a prolonged period in tropical climate, and drug treatments for syphilis, fever and other diseases etc. are the other causes of liver cirrhosis.

The treatment for cirrhosis is rather complicated. The patient must abstain absolutely from all sorts of alcoholic substances. In the primary phase the patient should undergo a pure juice fast for six or seven days for cleaning the liver. Fresh ripe papaya, red beets, grapes etc. are used for preparing the juice. The secondary phase is a complete fruit diet, which include apple, grapes, orange, pineapple etc. After these two phases, the patient may gradually embark upon a well balanced diet of three basic food groups' namely (1) Fresh vegetables. (2) Seeds, nuts and grains and (3) fresh and wholesome fruits. Sprouted grains are also good. All types of fats and oils must be excluded from the diet for
three months. The patient should avoid highly refined food, fried food and sugar. Light exercises and daily water bath is advisable.

Cancer

Cancer is the most dreaded disease refers to all malignant tumours caused by the abnormal growth of a body cell or group of cells. It is one of the major killers in the world. The majority of cancers occur in the age group 50-60.

The American Cancer Society has described seven general dangerous symptoms, which may indicate the presence of cancer. They are: (1) a sore that does not heal (2) change in bowel or bladder habits (3) unusual bleeding or discharge (4) thickening or lump in the breast or else where (5) indigestion or difficulty in swallowing (6) obvious change in a wart or a mole and (7) a persistent and nagging cough or hoarseness. Other symptoms may include unexplained loss of weight, particularly in older people, a change in the menstrual periods, especially bleeding between periods.

The exact cause of cancer is not known. About 80 percent of cancers are caused by environmental factors. Forty percent of cancers of males in India are linked with tobacco. The consumption of pan, betelnut, tobacco and slaked lime has been linked with lung and throat cancers. Consumption of alcoholic drinks oesophagus, stomach and liver cancers. Occupational exposure to industrial pollutants such as asbestos, nickel, tar, and high doses of X-rays can lead to skin and lung cancers and leukemia (blood cancer). Vital infection, trauma, hormone imbalance, malnutrition, faulty diet etc. also cause cancer. Meat eating may cause cancer.

The effective treatment of cancer consists of a complete change in diet, besides total elimination of all environmental sources of carcinogens, such as smoking, tar, nickel, asbestos, contaminated water and unscientific food. This disease can be prevented and
even treated by natural wholesome foods. As a first step, the patient should cleanse the system by thoroughly relieving constipation and tuning up all the organs of elimination - the skin, lungs, liver, kidneys, bowels etc. Enemas may be used to cleanse the colon. For the first two days the patient should take only fruit juices after a day's water fast. Then for three or four days the patient should include fruits such as orange, grapes, lemon, apple, pineapple, tomatoes etc. in the diet. After this exclusive fruit diet, the patient can use raw vegetables and half cooked vegetables in the diet. The vegetable is carrots, green leafy vegetables, cabbage, cucumber, beetroot, tomatoes and sprouted seeds and grains. The 20 years old ongoing Japanese study in cancer found that people who ate green and yellow vegetables every day had a decreased risk of developing cancers. The other useful measures are plenty of rest, complete freedom from worries and mental stress, plenty of fresh pure air and mild sunbath.

Heart Problems

The term coronary heart diseases covers a group of clinical syndromes arising particularly from failure of the coronary arteries to supply sufficient blood to the heart. They may be 'angina pectoris', 'coronary thrombosis' or 'heart attack (sudden death)'. Heart disease is becoming common in recent years. Heart attacks have become the number one killer in western countries.

The common symptom of heart disease is the breath suffocation, which is caused by the blood being deprived of the proper amount of oxygen. Another common symptom is the chest pain or pain downs either arms. Other symptoms are palpitation, fainting, emotional instability, cold hands and feet, frequent perspiration and fatigue.

The basic cause of heart disease is wrong dietary habits, faulty style of living and various stresses. Different studies have identified some of the major risk factors in coronary heart disease.
They are the elevated levels of cholesterol and other fatty substances in the blood, blood pressure, elevated levels of uric acid (mainly caused by high protein diet), certain metabolic disorders like diabetes, obesity. Smoking, and lack of physical exercises are also the causes. These risk factors separately or collectively cause heart disease. These risk factors can be controlled by changing one's life style and readjusting the diet.

The fundamental conditioning factor in all heart diseases is the diet. A corrective diet designed to alter body chemistry and to improve the quality of general nutritional intake can reverse the degenerative changes, which have occurred in the heart and blood vessels. All white flour products, sweets, chocolates, canned foods, soft drinks, squashes, all hard fats of animal origin such as butter, cream and fatty meat etc. should be avoided. Salt and sugar should be reduced substantially. The patient should also avoid tea, coffee, alcohol and tobacco. The essential fatty acids which reduce levels of serum cholesterol and minimize the risk of arteriosclerosis can be obtained from sunflower oil, corn oil etc. The best food items are raw vegetables, seeds and unrefined grains. Fresh fruits and vegetables are highly beneficial in the treatment of heart diseases. Honey has marvelous properties to prevent all sorts of heart disease. It tones up the heart and improves the circulation. It is also effective in cardiac pain and palpitation of the heart.

Vitamin E is essential for the heart patients. It improves the blood circulation, muscle strength and promotes the proper functioning of the heart. Most of the whole meal products and green vegetables possess vitamin E. In addition to vitamin E, vitamin B, C etc. are also important in curing heart and circulatory disorders. The following daily diet is suggested for a heart patient. A day starts with a glass of lukewarm water mixed with lemon or honey. Then fresh fruits like apples, oranges, grapes, melons etc. Fresh juice or tender coconut water is use for satisfying thirst.
The lunch should include raw vegetable salad and vegetables like carrot, tomato, cucumber, beetroot etc. with white rice or chapati. The dinner must be taken before 7 p.m. and that must be simple i.e., a cup of fresh juice or soup. Some water treatments are also used for curing heart problems. Simple pranayama and certain asanas are also helpful for curing heart problems.

6.6. Conclusion

This chapter is based on the field study conducted by the researcher. It deals with the curative measures and therapeutic applications of Nature Cure. Though Nature Cure is a way of life in the strict sense, it is also practiced as a treatment for curing various ailments. But there is not uniformity among the Naturopaths in terms of their stream of thought and mode of approach. Hence the curative measures are classified into three, viz., natural methods, artificial methods and other important methods. The natural method are based on the panchabhuta principle and categorised as Earth Cure, Water Cure, Sun Cure, Air Cure and Ether Cure. Another five derivatives, viz. Mud therapy, Hydrotherapy, Chromotherapy, Massage and Yoga, are grouped under artificial methods. In addition to these, twelve other methods are discussed and classified as other important methods.

Nature Cure is treated as a way of life rather than a system of treatment. But for the sake of public interest, majority of the Naturopaths follow the modern system of nomenclature for identifying diseases. Hence, twenty-five selected diseases are named under the modern system of nomenclature, its causes, symptoms and curative measures. An analysis of the above diseases show some similarities in their causes, symptoms and treatment methods and, it seems to prove the natural law of unity of disease and unity of cure.
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