

**Arteriosclerosis (Narrowing of the arteries) & High blood Cholesterol**

<b>Sr. No.</b>		
<b>1.0</b>	<b>Food Remedies:</b>	
1.1	<b>Lemon:</b> Shredded lemon peel of one lemon should be added to soups or sprinkled over salad / vegetable etc.	Daily
1.2	<b>Juice:</b> Beet juice, carrot juice & spinach juice Beet Juice qty. 500 ml. Carrot & spinach juice (300 ml. +200 ml) OR To eat cooked beet (2 small) carrot (2 Nos) spinach (1/2 Judi)	Daily
1.3	<b>Honey:</b> Glass of water + 1 teaspoon of honey + 1 teaspoon of lemon should be taken before going to bed. If you are also suffering from diabetes, please consult your doctor before resorting to this remedy.	Daily
1.4	<b>Ishabgul:</b> 2 teaspoon of fine Ishabgul to be added to small glass of water and should be consumed immediately. At times, Ishabgul produces flatulence. In that case qty. can be reduced. Ishabgul helps to reduce cholesterol.	Twice a week.
1.5	<b>White onion:</b> 2 small onions should be consumed daily. Onion helps to increase good cholesterol namely HDL.	Daily
1.6	<b>Garlic:</b> 1-2 peels, raw or cooked to be consumed daily.	Daily
1.7	<b>Alsi:</b> Alsi powder 1 spoon to be taken with lukewarm water. Alsi seeds are available with grocery shop. The same should be mildly roasted on slow fire and powder to be made in mixer after cooling. This remedy helps to reduce cholesterol.	Daily
1.8	<b>Decoction of coriander seeds:</b> It can be prepared by boiling two tablespoons of dry seeds in a glass of water and straining the decoction after cooking. It helps to reduce cholesterol.	Daily
1.9	8-10 glasses of water should be consumed every day. Magnetized water brings better results. It improves kidney functioning.	Daily
<b>2.0</b>	<b>Diet:</b>	
2.1	The patient should take several small meals instead of a few large ones. Your daily diet should be divided in 4-5 small parts to be taken at periodic intervals.	
2.2	Dinner should be taken at least 2 hours before going to bed.	
2.3	Vegetables oils, particularly safflower oil, flax seed oil, olive oil should be used as cooking medium.	
2.4	<b>Foods to avoided:</b> Butter, cream, ghee, animal fat, meat, salt, refined and processed foods, condiments, sauces, pickles, strong tea, coffee, white sugar, white flour and all products made from them, Farshan, curd, Powa, papad, panner, ice-cream, hard drink, beer.	
2.5	1 small potato cooked in the pressure cooker should be eaten with lunch & dinner. Potato should be consumed without adding salt & oil.	Daily
2.6	Following fruits can be consumed: Pomegranate (Dalimb), Grapes, and Apple. Apple though good for health affects stool. Pomegranate juice helps to reduce cholesterol.	Daily one fruit.
2.7	Bread should be avoided. You may consume ladi pav as it contains wheat bran. Chapattis should be made without oil.	
2.8	Yellow part of egg should not be consumed.	
2.9	Vegetables containing fiber namely Gawar, French beans (Farasbi), ladies finger (Bhendi) should be consumed at least once-twice every week.	Every week.

2.10	<b>Green gram (Moong) soup:</b> 1cup hot soup should be taken preferably daily. The recipe of making soup is as follows. ¼ small bowl of sprouted Moong + 2 cups of water + one pepper + small piece of ginger + ½” dalachini + one clove + 1 peel of pounded garlic should be kept on a slow fire and allowed to simmer till the water is reduced to 1 cup. The soup should be strained and taken when hot. Cooked Moong from the soup can also be consumed separately.	Daily.
<b>3.0</b>	<b>Tissue Remedies:</b>	
3.1	<b>Magaphos-6x / 12x:</b> 4 tablets should be dissolved in small qty. of lukewarm water and taken after meals.	Twice a day.
3.2	<b>Kaliphos-6x / 12x:</b> 4 tablets to be consumed thrice a day. Tablets should be placed below the tongue. (4-4-4-)	Thrice a day.
3.3	<b>Bio-compound no. 4:</b> 4 tablets to be taken three times a day if difficulty is experienced in passing stools.(4-4-4)	
<b>4.0</b>	<b>Bach flower Remedies:</b>	
4.1	<b>Gorse:</b> 3 pills to be consumed thrice a day. Pills to be placed below the tongue. (3-3-3)	Thrice a day.
<b>5.0</b>	<b>Hasta Mudra:</b>	
5.1	<b>Aapan Wayu Mudra:</b> This Mudra is equivalent to sorbitrot tablet prescribed by doctor. <b>This Mudra should be done by right palm as indicated below:</b> First finger should be bent and placed at the root of thumb. Second finger, third finger and thumb should touch each other. Little finger should be kept straight. This finger formation yields internal pressure on the artery, which helps to strength heart muscles. <b>This Mudra should be done</b> at least for 15 minutes at a time, twice a day. Mudra can be done while taking walk, climbing staircase, watching TV etc. The effects of the Mudra can be felt in 20 days time.	Daily.
5.2	Following procedure should be followed in addition to doing above Mudra by right palm while climbing staircase. You should specifically breathe in on one step and breathe out on next step.	
<b>6.0</b>	<b>Exercise:</b>	
6.1	Slow / medium speed walking preferably in the morning and evening for at least 20-25 minutes.	Daily.
6.2	Yogasanas.	
6.3	Deep breathing. (10-15 times by each nostril.) Four steps are involved in deep breathing namely, breathing in / retaining the breath / breathing out / pause before next breath. Retaining & pause can be practiced slowly. Breathing out should take more time than breathing in.	10 times a day.
6.4	Shavasan. South pole of curved magnet can be kept on the forehead between the eyebrows for quick concentration and relaxation. Shavasan should be done for at least 10 minutes.	Twice a day.
6.5	You should monitor your pulse rate. Your pulse rate after any activity should not exceed say 135 per minute. (220 less your age say 60 =160. 85 % of 160 =136) You should practice to count your pulse after say 20 minutes walk. Whenever your pulse rate goes beyond above limit, you may feel Angina pain. Once you get the judgment of this, you can be more confident of doing your daily chores.	

<b>7.0</b>	<b>Don'ts:</b>	
7.1	Late nights.	
7.2	Do not take tension, do not worry, avoid scolding.	
7.3	Do not sleep immediately after meals.	
7.4	Afternoon nap should be very short.	
7.5	Do not smoke.	
7.6	Do not consume hard drink, beer.	
7.7	Do not exert pressure while passing stool.	
7.8	Do not hold back urine.	
<b>8.0</b>	<b>Music Therapy:</b>	
8.1	You should listen to soft music of your choice. (Preferably only instrumental) Number of cassettes / CDs are available in the market. (Few recommended titles are Relaxation, Water, Wind) The average cost of a CD is Rs.290/- and cassette Rs.75/-	
8.2	Music helps to calm the brain. Whenever we are tense, blood rushes to left side of the brain. Whenever you listen any music, blood supply to right side is accelerated which eventually calms the brain.	
<b>9.0</b>	<b>Laughter Therapy:</b>	
9.1	You should read comic books, Readers digest joke book, watch cartoon network, join laughter's club if possible.	
<b>10.0</b>	<b>Meditation:</b>	
10.1	You should meditate at least for 15-20 minutes twice a day. You should sit in the comfortable position, close the eyes, concentrate on the breath, & try to attain thought free mind.	
10.2	If finding it difficult to attain thought free mind, then visualize any pleasant event such as watching sun-rise, sea, mountains, birds etc .You can recollect the memories of your USA trip and the places visited.	
10.3	You should take fresh look at the life. Few notes have been attached for your reference.	
10.4	Count on your blessings in life.	
<b>11.0</b>	<b>Auto biography:</b>	
11.1	You can write small incidents/ pleasant moments of your life, which you remember easily. Spend say 20-25 minutes fro writing not more than say 2 pages. You will experience & enjoy all your life once again. Your writing can also inspire & guide young generation.	