

Alternate Remedies - Chronic Diseases

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Alternate Remedies – Chronic Diseases

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26.01 /Arteriosclerosis

1.1 It refers to the thickening of the walls of the arteries. It is usually preceded by atherosclerosis, a kind of fatty infiltration in the inner lining of the blood vessel walls. Arteriosclerosis results in the loss of elasticity of the blood vessels and narrowing of the smaller arteries, which interferes with a free circulation of the blood.

1.2 Causes:

- i) Lack of physical exercise.
- ii) Excessive intake of white sugar, refined foods and high fat diet rich in cholesterol.
- iii) Other diseases such as High Blood Pressure, Obesity and Diabetes.
- iv) Emotional stress.
- v) Hereditary.

1.3 Symptoms:

- i) The symptoms vary according to the arteries involved. Signs of inadequate blood supply generally appear first in the legs. There may be numbness and coldness in the feet and cramps and pains in the legs after light exercise.
- ii) If coronary heart arteries are involved, the patient may experience sharp pains in the chest. (Characteristics of angina pectoris.)
- iii) If arteries leading to kidneys are involved, the patient may suffer from High BP and kidney disorder.
- iv) When arteries leading to brain are involved, haemorrhage may be caused in the brain tissues.

2.0 Food Remedies:

2.1 Lemon: Shredded lemon peel of one lemon should be added to soups or sprinkled over salad / vegetable etc. Daily

2.2 Juice: Beet juice, carrot juice & spinach juice Daily

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)

- 2.3 Honey:** Glass of water + 1 teaspoon of honey + 1 teaspoon of lemon should be taken before going to bed. Daily
If you are also suffering from diabetes, please consult your doctor before resorting to this remedy.
- 2.4 Ishabgul:** 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.
- 2.5 White onion:** 2 small onions should be consumed daily. Onion helps to increase good cholesterol namely HDL. Daily
- 2.6 Garlic:** 1-2 peels, raw or cooked to be consumed daily. Daily
- 2.7 Alsi:** Alsi powder 1 spoon to be taken with lukewarm water. Daily
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.
- 2.8 Decoction of coriander seeds:** 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
- 2.9** 8-10 glasses of water should be consumed every day. Magnetized water brings better results. It improves kidney functioning. Daily
- 3.0 Diet:**
- 3.1** 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.
- 3.2** Dinner should be taken at least 2 hours before going to bed.
- 3.3** Vegetables oils, particularly safflower oil, flax seed oil, olive oil should be used as cooking medium.
- 3.4 Foods to avoided:** 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, Farsan, curd, Powa, Papad, panner, ice-cream, hard drink, beer.

- 3.5 One small potato cooked in the pressure cooker should be eaten with lunch & dinner. Potato should be consumed without adding salt & oil. Daily
- 3.6 **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.
- 3.7 Bread should be avoided. You may consume ladi pav as it contains wheat bran. Chapattis should be made without oil.
- 3.8 Yellow part of egg should not be consumed.
- 3.9 Vegetables containing fiber namely Gawar, French beans (Farasbi), ladies finger (Bhendi) should be consumed at least once-twice every week. Every week.
- 3.10 **Green gram (Moong) soup:** One cup hot soup should be taken preferably daily. The recipe of making soup is as follows. Daily.
¼ small bowl of sprouted Moong + 2 cups of water + one pepper + small piece of ginger + ½" dalchini + one clove + 1 peel of pounded garlic should be kept on a slow fire and allowed to simmer till the water is reduced to one cup. The soup should be strained and taken when hot. Cooked Moong from the soup can also be consumed separately.
- 4.0 **Tissue Remedies:**
- 4.1 **Magaphos-6x / 12x:** 4 tablets should be dissolved in small qty. of lukewarm water and taken after meals. Twice a day.
- 4.2 **Kaliphos-6x / 12x:** 4 tablets to be consumed thrice a day. Tablets should be placed below the tongue. (4-4-4) Thrice a day.
- 4.3 **Bio-compound no. 4:** 4 tablets to be taken three times a day if difficulty is experienced in passing stools.(4-4-4)
- 5.0 **Bach flower Remedies:**
- 5.1 **Gorse:** 3 pills to be consumed thrice a day. Pills to be placed below the tongue. (3-3-3) Thrice a day.

6.0 Hasta Mudra:

- 6.1 **Aapan Wayu Mudra:** This Mudra is equivalent to sorbitrot tablet Daily.
prescribed by doctor.

This Mudra should be done by right palm as indicated below:

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.

This Mudra should be done 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.

- 6.2 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.

7.0 Exercise:

- 7.1 Slow / medium speed walking preferably in the morning and evening Daily.
for at least 20-25 minutes.

- 7.2 Yogasanas.

- 7.3 **Deep breathing:** (10-15 times by each nostril.) Four steps are involved in 10 times a
deep breathing namely, breathing in / retaining the breath / breathing day.
out / pause before next breath. Retaining & pause can be practiced
slowly. Breathing out should take more time than breathing in.

- 7.4 **Shavasan:** South pole of curved magnet can be kept on the forehead Twice a
between the eyebrows for quick concentration and relaxation. day.
Shavasan should be done for at least 10 minutes.

7.5 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.

8.0 **Don'ts:**

8.1 Late nights.

8.2 Do not take tension, do not worry, avoid scolding.

8.3 Do not sleep immediately after meals.

8.4 Afternoon nap should be very short.

8.5 Do not smoke.

8.6 Do not consume hard drink, beer.

8.7 Do not exert pressure while passing stool.

8.8 Do not hold back urine.

9.0 **Music Therapy:**

9.1 You should listen to soft music of your choice. (Preferably only instrumental) Number of cassettes / CDs is available in the market. (Few recommended titles are Relaxation, Water, Wind)

9.2 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.

10.0 **Laughter Therapy:**

10.1 You should read comic books, Readers digest joke book, watch cartoon network, join laughter's club if possible.

11.0 Meditation:

- 11.1** 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.
- 11.2** 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.
- 11.3** You should take fresh look at the life. Few notes have been attached for your reference.
- 11.4** Count on your blessings in life.

26.02 / Arthritis (Osteoarthritis, Rheumatoid Arthritis)

1.1 The word 'Arthritis' means inflammation of joints. It is generally a chronic disease. Osteoarthritis is a degenerative joint disease which usually occurs in the older age group. Rheumatoid Arthritis is a serious disease which affects not only the joints of the fingers, wrists, hips, knees and feet but also the muscles, tendons and other tissues of the body.

1.2 Causes:

- i)** OA results from structural changes in the articular cartilage in the joints, usually those which are weight bearing such as the spine and knees.
- ii)** RA is due to an inflammation of lining of the joints. This is accompanied by swelling and eventually leads to deformity. The condition may be caused by hormonal imbalance, physical and emotional stress, infection, severe fright, shock and injury.
- iii)** Hereditary factors.

1.3 Symptoms:

- i)** OA - pain & stiffness in joints which increases after exercise.
- ii)** RA - it develops gradually over several months with persistent pain and stiffness in one or more joints. Ultimately the whole body is affected. Symptoms include anaemia, colitis, constipation, deformed hands & feet.

2.0 Food Remedies:

- 2.1** A medium size potato without peeling the skin should be cut into thin slices. These slices should be kept overnight in glass of water with cold water. The water should be drunk in the morning on an empty stomach.
- 2.2** A cup of fresh pineapple juice should be taken daily.
- 2.3** Drinking water kept overnight in copper container should be consumed next day. Copper container should be washed properly every day.
- 2.4** Garlic one peel to be taken raw or cooked daily.

- 2.5 Lime juice of one lemon + water to be taken first thing in the morning.
- 2.6 One teaspoon of castor oil with warm water/ milk to be taken daily. Or one teaspoon castor oil + ½ ginger powder (sunth) to be taken daily.
- 2.7 Warm oil (coconut or mustard) mixed with 3 pieces of camphor should be massaged on stiff and aching joints.
- 2.8 To eat ne banana daily.
- 2.9 Drink horse gram soup (kulith) and eat moong varan or soup daily.
- 2.10 Add dry ginger powder to the drinking water.
- 2.11 **Food to be avoided:**

- Milk & milk products, meat, fish, curd, instant food, udid products, sore food items.

3.0 **Other Measures:**

- 3.1 The body should be kept warm at all times. Joints should not be bandaged tightly. Take rest in acute inflammation in the joints.
- 3.2 Affected hand or feet may be kept in warm water wherein salt has been added for 15 minutes.
- 3.3 Take blue and red light on the affected part for 5 minutes twice daily.
- 3.4 Deep breathing for 15 minutes in the morning.
- 3.5 Apply clay pack on affected part of the body.
- 3.6 **Bio compound No. 19:** 4 tablets 4 times a day.
- 3.7 Two Triphala churna tablets at bed time.
- 3.8 **Punarnavasav:** 2 teaspoons 4 times a day by RA patients. It may generate excessive heat. Dose may be adjusted accordingly.
- 3.9 **Don'ts:**
 - i) Do not sleep directly under the fan or AC.
 - ii) Do not sleep in the afternoon.
 - iii) Get up early in the morning.
 - iv) Do not sleep on cotton / foam bed.
 - v) Rub each sole by nylon brush for 5 minutes in the morning & evening till heat is felt.

3.10 Dos:

- i) Make some movement of all affected joints daily.
- ii) Take bath with warm water.
- iii) Reduce weight.
- iv) Take 2 teaspoons castor oil once a month.
- v) Do fasting once a week.
- vi) Sleep on a firm bed or on a coarse blanket. (Ghongadi)
- vii) Take evening walk.

26.03 / Diabetes Mellitus

1.0 Diabetes Mellitus is characterised by an abnormally high 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 which leads to abnormalities in carbohydrate metabolism as well as in the metabolism of protein and fat or inability of body cells to use the available insulin.

- The obvious function of insulin is to control the concentration of glucose in the blood. If insulin is inadequate or absent, the glucose in the blood can not enter various body cells or can't be converted into glycogen & fat, which are stored in the liver, muscles and adipose tissue respectively.

- The sugar accumulated in the blood finally spills over into the urine.

There are two types of diabetes.

- Juvenile or insulin dependent diabetes mellitus (IDDM)
- Maturity onset or non-insulin dependent diabetes mellitus. (NIDDM)

2.1 Causes:

- i) Hereditary.
- ii) Obesity.
- iii) Incorrect dietary habits.
- iv) Inadequate physical work.
- v) Viral infection.
- vi) Effects of certain hormones.
- vii) Side effects of certain drugs.
- viii) Illness.
- ix) Psychological factors.

2.2 Diabetes Symptoms:

- i) Excessive & frequent Urination.
- ii) Dryness of mouth & excessive thirst.
- iii) Excessive hunger.
- iv) Loss of weight.
- v) Weakness, fatigue & body ache.
- vi) Mental fatigue & lack of concentration.

- vii) Wound infection & delayed healing.
- viii) Easy susceptibility to infections of the skin, gums and respiratory system.
- ix) Intense itching all over the body, especially that of the genital parts.
- x) Frequent changes in the sharpness of vision and the spectacle number.
- xi) Numbness of limbs and an abnormal increase or decrease in skin sensations.
- xii) Sexual debility or impotence.
- xiii) Diabetic unconsciousness.
- xiv) Sudden weigh again after 45 years.
- xv) Coronary heart disease
- xvi) Cerebral haemorrhage
- xvii) Suffering from anaemia, constipation

2.3 Complications of Diabetes:

(1) The dreadfulness of diabetes lies in its complications.

(2) Acute or short term complications:

i) Diabetic coma (unconsciousness) arises when

- Blood sugar level rises to high (hyperglycaemia)
- Blood sugar level plunges too low. (Hypoglycaemia)

ii) Boils and carbuncles.

iii) Gangrene.

(3) In the long run, diabetes disrupts the functioning of almost all the systems of the body:

i) Complications of the nervous system:

- Touch sensation may become acute or dull
- Decrease in the efficiency of urinary bladder

ii) Complications of the excretory system:

- Inflammation of kidneys

iii) Complications of the cardiovascular system:

- The inner surface of the blood vessels gets deposited not only with cholesterol but also with calcium resulting into narrowing of blood vessels.
- Blood pressure will increase over the over the years.
- The above condition may lead to heart attack or paralysis.

- iv) Complications of the eye and retina:
 - Gradual diminutions of vision as small vessels (capillaries) are affected.
- v) Complications of the reproductive system.
- vi) Complications of the respiratory system such as TB.
- vii) Complications of the digestive system.
 - Nausea & vomiting, diarrhoea, gall stones.
- viii) Complications of the feet.
- ix) Others such as skin disease etc.

2.4 Skin & Foot care:

In diabetes, care of the skin and the feet assumes paramount importance. The following factors endanger a diabetic's skin and feet.

- Increased chances of contracting an infections
- Inadequate blood supply
- Impaired sensations

i) Skin Care:

Extra care should be taken while scratching the skin or while shaving. If the skin is injured, the wound should not be allowed to get infected. It should be washed with clean water, disinfected with a cotton swab soaked in alcohol and lightly bandaged with a cotton cloth. Adhesive tapes should never be used to cover a wound.

ii) Foot Care:

A Diabetic should care for his feet more than his face.

- Foot injury should be prevented.
- The feet should be washed twice a day with soap & warm water. In diabetics, the skin between the toes easily gets injured or infected with fungus.
- A diabetic should never move barefooted. In home, he should wear light slippers.
- Cotton socks should be worn.
- A diabetic should not sit cross-legged (with one knee lying above the other) for a long time.
- A diabetic should cut his nails with great care.
- A diabetic should never cut corns on his soles himself.
- A diabetic should spend about 10 minutes every day keeping the entire legs elevated and doing foot and ankle exercises.

iii) Avoid afternoon sleep.

2.5 Home Remedies for Diabetes Control: Also Refer document 08 –Diabetes:

3.0 Diet:

- a) A diabetic's diet should be such as would supply sufficient---
 - i) Energy -giving nutrients like carbohydrates, proteins and fats.
 - ii) Vitamins and minerals which are necessary for the body and for the control of diabetes.
 - iii) Calories to the body to attain or maintain ideal body weight.
 - iv) The diet should help to avoid or control the complications of diabetes.

b) Total Quantity of Food to be consumed: (Unit: Cal/Kg)

	Sedentary Life	Moderate physical activity	Severe physical activity
Obese	20-25	30	35
Shapely	30	35	40
Lean	35	40	45-50

Ideal weight: one kg. per 1" of height (Max) / Height in Cms less 100 (Min)

Total food should be consumed in 4/5 almost equal parts during the day.

Total allowance of calories should be obtained in parts as suggested below:

Morning breakfast : 20% of total calories

Lunch: 40 % of total calories

Afternoon snacks: 10 % of total calories

Late evening snacks or fruit etc.: 10 % of total calories

Dinner: 20 % of total calories

Emphasis should on the raw food as they stimulate the pancreas and increase insulin production.

c) Classification of foods:

i) Vegetables (Type-A)

- Cabbage, cauliflower, cucumber, brinjals, karelas, ladies fingers, tomatoes, raddish, chillies etc.
- Carbohydrate content is very low. Such vegetables can be taken as much as desired in raw form or not more than cupful if cooked.

ii) Vegetables (Type-B)

Carrots, onions, green peas, beet, raw mangoes.

- 100 grams (1/2 cup) = 7 Gms of carbohydrates & 2 Gms of proteins. = 36 calories.

iii) Fruits:

➤ **10 Gms. Of carbohydrates = 40 calories.**

Apple	small	80 Gms.
Banana	½ small	50 Gms.
Grapes	12 Nos	75 Gms.
Orange	one	100 Gms.
Sweet lime	one	100 Gms.
Pineapple	one cup	80 Gms.
Guava	one	100 Gms.

iv) Cereals:

➤ **Following specified quantity supply 15 Gms. Of carbohydrates & 2 Gms. Proteins = 68 calories.**

Jawar, Bajra, wheat flour	2.5 tablespoon	20Gms.
Boiled rice	½ cup	100 Gms.
Non-sweet biscuits		20 Gms.
Boiled potatoes	2 Nos.	100 Gms.
Sweet potatoes	¼ cup.	50 Gms.

v) Pulses:

One small container (katori or wait) of any cooked pulse supplies 125-140 calories.

vi) Fats:

Butter, ghee or oil	one teaspoon	5 Gms. = 45 calories
Cashew nuts, almonds, groundnuts		10 Gms. = 90 calories

vii) Milk:

One cup of milk or curd supplies 12 Gms. Of carbohydrates, 8 Gms. Of proteins and 10 Gms. Fat = 170 calories

viii) Non-Vegetarian food:

30 Gms. Of meat or fish or 50 Gms. Of egg supply 7 Gms. Of protein and 5 Gms. Of fats = 80 Calories.

d) Practical suggestions regarding diet:

- i) Diet control is extremely important and indispensable for diabetics.
- ii) Maintain the timings of your meals meticulously.
- iii) However busy or occupied you may be, never miss a meal. This is necessary to prevent low blood sugar.

- iv) Be on your alert about correct and incorrect foods even when you go to hotels, parties or visit relatives.
- v) While on tour to some distant place, keep handy fruits like apple, orange or sweet lime.
- vi) Even if you don't have an appetite, do not abstain from food during an illness. Have light food of your liking at fixed timing.
- vii) It is on the basis of your food intake, your doctor has prescribed the dose of anti-diabetic drugs. Therefore do not vary the total amount of food you consume during the day.

e) **Following food should be preferably consumed:**

- i) **Fruits:** Jambul, sweet lemon, Grapes, apples, Orange
- ii) **Vegetables:** Bitter gourd, Onions, Cabbage, White guard, French beans, Gawar
- iii) **Green leafy Veg:** Coriander, white basil, spinach. Parsley mint, raddish, methi, shepu, shevgyacha pala.
- iv) **Salad items:** Cucumber, carrot, tomatoes, onions, beet, lemon
- v) **Spices & Others:** Ginger, garlic, turmeric, amla, coconut water. Mohair, hing, methi seeds
- vi) **Fruit juices:** Carrot, Jambul

f) **Following foods should be avoided (Prohibited):**

- Sugar, glucose, honey, jam, chocolates, cold drinks, cakes, sweet biscuits, alcohol, sweetened milk, rice.

4.0 **Exercises, Yoga & Mudras:**

- i) **Before getting up from the bed:** vigorously rub the palms with each other for 20 times or till the heat is felt. Place the warm palms on the face for a few moments. Repeat this activity for 3 times.
- ii) **Brisk Walking** for at least 45 minutes daily.
- iii) **Yogasanas:** Few asanas which would give exercise to spinal cord and stomach should be selected. (Front, back, side wards, twist etc.)
Pranayam, Bhasrika
Deep breathing Right nostril & Left nostril

Eye exercises

Shavasan

Palms & feet should be given exercise with Acupressure Roller.

iv) **Suggested yagsanas for cure: (Also consult your Yoga teacher)**

- Bhujangasana, Shalabhasana, Dhanurasana, Sarvangasana, Halasana, Shavasana, Uddiyanbandh, Yogamudra, Trilokasana, Matsyasana.

v) **Mudras:**

- The following Mudras can be practiced preferably at the time of meditation or even while relaxing, watching TV, or while walking etc. Minimum duration 10 minutes.

- **Gyan Mudra (Mudra of Knowledge):**

Thumb & index finger should touch each other with the other three fingers stretched out.

- **Prithvi Mudra (Mudra of Earth):**

Thumb & the ring finger should touch each other with the other three fingers stretched out.

- **Linga Mudra (Mudra of Heat):**

Fingers of both palms should lock each other barring left thumb which should be left perpendicular.

- **Apana Vayu Mudra (Mudra of Heart):**

The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out.

vi) **Meditation:**

- Before retirement to bed (time should not vary from day to day), do some meditation and try to make your mind thought free for few minutes.
- Stop worrying and start living.
- Accept diabetes as your friend.

vii) Vitamin tablets: (Kindly consult your doctor before taking these supplements)

- **Beplex forte or Supradyn:** one tablet per day after lunch.
- **Vitamin C (Celin) 500 mg:** one Tablet every alternate day after breakfast.
- **Vitamin E 200 mg:** one Tablet every alternate day after breakfast.
- **Triphala Chuna:** two tablets every day at bed time.
- **Calcium 250 mg:** one tablet in the morning after breakfast.

5.0 Pathological Tests to be carried out: (Also consult your doctor)

Frequency: Y-Yearly, HY-Half yearly, Q-Quarterly

i	Routine Urine analysis	HY
ii	Routine Stool analysis	Y
iii	Complete Blood count (CBC)	Y
iv	Blood sugar: Fasting	Q
v	Blood sugar: Post lunch (PP)	Q
vi	Glycosylated hemoglobin	HY
vii	ESR	Y
viii	Renal Profile	Y
ix	Liver Profile	Y
x	Lipid Profile	Y
xi	Chest X-Ray	Once in 2 years
xii	ECG	Once in 2 years
xiii	Stress Test	Depending on symptoms.
xiv	Eye examination	Y

26.04 / Heart Diseases

1.1 The term coronary heart disease covers a group of clinical syndromes arising particularly from failure of the coronary arteries to supply sufficient blood to the heart. They include (i) angina pectoris (ii) coronary thrombosis or heart attack (iii) sudden death without infarction.

1.2 Causes:

➤ **Combination of following risk factors contributes to heart disease.**

- i) Wrong diet, faulty style of living and various stresses.
- ii) Elevated blood levels of cholesterol, triglycerides.
- iii) High Blood Pressure.
- iv) Elevated levels of uric acid levels (due to high protein diet)
- v) Diabetes.
- vi) Obesity.
- vii) Smoking.
- viii) Lack of physical exercise.
- ix) Constant worry and tension.
- x) Sudden decrease in Blood Pressure.

1.3 Causes for Atherosclerosis:

i) Unavoidable:

- Age, Sex, Hereditary

ii) Partly avoidable:

- Increased proportion of Homocystein, elevated levels of serum cholesterol, Triglycerides

iii) Avoidable:

- Smoking, Sedentary life, high BP, Obesity, Mental tension

1.4 Symptoms:

- i) Shortness of breath.

- ii) Chest pain or pain down either arm.
- iii) Palpitations, fainting, emotional instability.
- iv) Cold hands and feet.
- v) Frequent perspiration.
- vi) Fatigue.

2.0 Food Remedies, Exercises, Mudras & Other Measures:

2.1 Refer Food Remedies & other tips listed under Atherosclerosis, High Cholesterol, High Blood Pressure, and Diabetes.

3.0 Vitamins:

- 3.1 Vitamin E improves heart function by improving oxygenation of the cells. It also improves the blood circulation and improves muscle strength.
- 3.2 Vitamin C guards against high blood cholesterol.

26.05 / High Blood Cholesterol

1.1 Cholesterol, a yellowish fatty substance is one of the essential ingredients of the body. Most the cholesterol found in body produced by liver. About 20/30 % generally comes from foods we eat.

- Normal level of cholesterol varies between 150-200 mg per 100 ml of blood. In blood, cholesterol occurs in combination with certain lipids (fats) known as lipoproteins. LDL (Low density) is considered as harmful while HDL (High density) is considered as good cholesterol which helps in removing cholesterol from circulation and thereby reducing the risk of heart disease.

1.2 Causes:

- i) Hereditary disorder.
- ii) Consuming rich & fried food in excess.
- iii) Excessive consumption of milk, ghee, oil. Butter, cheese, cream, white flour, sugar, cakes, pastries, biscuits, ice creams, non-Veg, etc.
- iv) Stress – Type A personality.
- v) Life style addiction – tea, coffee, soft drinks, smoking, alcohol etc.
- vi) Obesity.
- vii) Diseases-diabetes, High Blood Pressure, Thyroid, Kidney.
- viii) Drugs-Diuretics, beta blockers, drugs for BP etc.

2.0 Food Remedies:

- 2.1 Lemon:** Shredded lemon peel of one lemon should be added to soups or sprinkled over salad / vegetable etc. or pickle made of lemon without peeling, without oil may be taken. Daily
- 2.2 Ishabgul:** One teaspoon of fine Isabgul to be added to small glass of water and should be consumed immediately. At times, Ishabgul produces flatulence. In that case qty. should be reduced. Twice a week
Ishabgul helps to reduce cholesterol.
- 2.3 White onion:** 2 small onions preferably white should be consumed daily. Onion helps to increase good cholesterol namely HDL. When HDL increases, LDL level is reduced. Daily

- 2.4 Garlic:** one cooked clove of garlic to be chopped and added to your share of vegetable at the time of meals. Or added to Green Gram soup. (Refer 1.18) Daily
- 2.5 Alsi:** Alsi powder $\frac{1}{2}$ teaspoon to be taken with lukewarm water. Daily
Alsi seeds are available with grocery shop. The same should be mildly roasted on slow fire and powder should be made in mixer after cooling. This remedy helps to reduce cholesterol. Frequency may be reduced if acidity is experienced. (Refer 1.6)
- 2.6 Decoction of coriander seeds powder:** one teaspoon dhana powder + $\frac{1}{2}$ teaspoon Jeera powder + $\frac{1}{4}$ teaspoon liquorice (Jesthmadh) to be added to one glass of water and kept for 3 hours. During summer, the mixture can be kept in a fridge to avoid fermentation. The mixture should be consumed after straining. Alsi powder may be added to this mixture along with other powders. Daily
- 2.7** One small (famously known as Sansari potato - of the size of table tennis ball to be washed properly and cooked with skin in the pressure cooker) To be consumed **without adding salt & oil.** Alternate days.
Potato contains potassium necessary for the body. **Do not consume potatoes added to vegetables cooked.**
- 2.8** Pomegranate juice of reputed company is readily available with the chemist. Keep it in the fridge. Drink 2 teaspoons daily. Daily.
Pomegranate juice helps to reduce cholesterol.
- 2.9** Fish of the following variety can be consumed in moderation by cooking. (Bangada, Rawas, Pedwa, Washi, Kati.) Once a week
Not to be fried. These fish contain high omega-3 acids which help to reduce cholesterol. (Refer 10.4 E vitamin tablet)
- 2.10 Salad:** Raw or steamed: Any one -two items in rotation. Carrot, Daily
cabbage, tomato, cucumber, sprouted seeds (3 teaspoons)
- 2.11 Vegetables containing fiber** namely Gawar, French beans (Farasbi), Every
ladies finger (Bhendi) should be consumed at least once-twice every Week.
week.
- 2.12** Eat **green leafy vegetables** without over cooking. Just cook enough to soften them. (Red math, spinach, methi, radish leaves etc.) Thrice a week.

- 2.13 Eat boiled and steamed vegetables to the extent possible.**
- 2.14** Chapattis should be made without oil. Daily
- 2.15** Consume Paratha (Bhakari) made of Jawar, Bajra, finger millet as an alternative to chapatti.
- 2.16** Bread should be avoided. You may consume ladi pav as it contains wheat bran.
- 2.17** Dalia (lapsi – wheat rawa) may be taken instead of rice.
- 2.18 Green gram (Moong) soup:** one cup hot soup should be taken preferably daily. The recipe of making soup is as follows. Daily.
- ¼ small bowl of sprouted Moong + 2 cups of water + one pepper + small piece of ginger + ½" dalchini + 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.
- 2.19** 8-10 glasses of water should be consumed every day. Daily
- 2.20** 5 seeds of dry methi should be added to moong/matki/masoor etc. kept for sprouting.
- 2.21** Chapattis made of Besan (Chana Dal flour) and Wheat flour w/o oil. Daily
- 3.0 Diet:**
- 3.1** 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.
- 3.2** Dinner should be taken at least 2 hours before going to bed.
- 3.3** Vegetables oils, particularly sunflower, safflower oil, sesame, soyabean, canola, corn, almond oil, olive oil should be used as cooking medium. Consumption of oil should be restricted to 500 ml. per person per month.

- 3.4 Foods to avoided:** Milk, Butter, cheese, cream, ghee, animal fat, meat, chicken, beef, eggs, salt, refined and processed foods, condiments, sauces, pickles, strong tea, coffee, white sugar, white flour and all products made from them, Farsan, wafers, biscuits, curd, **rice**, sugar, Powa, sabudana, Papad, panner, ice-cream, hard drink, beer etc.
- 3.5 Following fruits can be consumed in moderation:** Pomegranate (Dalimb), Grapes, Papai, guava, banana, orange, sweet lemon, peach, per and Apple. Apple though good for health affects stool. Daily one fruit
- 3.6 Yellow part of boiled egg should not be consumed.** White portion of boiled egg may be consumed occasionally. One egg contains 300 mg cholesterol mostly found in yellow portion. Once in fortnight.
- 3.7** Tea / coffee consumption should not exceed 2 cups a day. Daily
- 3.8 Salt consumption should be reduced. Additional salt should not be taken.** Daily
- 3.9** Rasgira Ladoo, satucha peeth, oats, (5 peanuts + 10 chanas + one small wati kurmura,) 2 Marie biscuits may be taken in moderation between meals, whenever you feel hungry.
- 3.10 Sugar should be avoided.** Use sugar free tablets. Daily
- 4.0 Exercise:**
- 4.1 Brisk walking** preferably in the morning for at least 30 minutes. Duration should be increased to 50 minutes by 4 th week. Daily
(Ideal Speed: one km in 10 minutes.)
- 4.2 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. Daily before morning walk.
- 4.3 Shavasan.** Shavasan should be done for at least 10 minutes at bed time. Daily

4.4 You should monitor your pulse rate. Your pulse rate after any physical activity should not exceed say 155 per minute. (220 less your age say 35 =185. 85 % of 185=157) You should practice to count your pulse after say walk. Whenever your pulse rate goes beyond above limit, you may feel tired. Once you get the judgment of this, you can be more confident of doing your daily chores.

5.0 Hasta Mudra:

5.1 Gyan Mudra (Mudra of Knowledge):

Daily

- **Method:** Thumb & index finger should touch each other with the other three fingers stretched out.
- **Benefits:** Improves concentration, helps to increase memory and prevents insomnia. Anger can be controlled and reduces depression.

5.2 Surya Mudra (Mudra of Sun):

Daily

- **Method:** Bend the ring finger & hold with thumb.
- **Benefits:** To create body heat, improve digestion, reduce fats.

5.3 Apana Vayu Mudra (Mudra of Heart):

Daily

- **Method:** The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out.
- **Benefits:** It strengthens the heart and regularizes palpitation, regulates excretory system and redeems gastric trouble.
- **This Mudra should be done by right palm.** This finger formation yields internal pressure on the artery, which helps to strength heart muscles.

- 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.

Daily

5.4 The above Mudras should be done at least for 15 minutes at a time, twice a day. Mudras can be done while taking walk, climbing staircase, watching TV etc. The effects of the Mudra can be felt in 20 days time.

Daily

- 6.0 Don'ts:** Daily
- 6.1 Late nights.
- 6.2 **Do not take tension, do not worry, avoid scolding.**
- **Diabetes, Cholesterol, overweight are closely related to mental tension and worries, depression etc.**
- 6.3 Do not sleep immediately after meals.
- 6.4 Afternoon nap should be avoided.
- 6.5 Do not consume hard drink, beer.
- 7.0 Music Therapy:**
- 7.1 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.300/-)
- 7.2 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.
- 8.0 Laughter Therapy:**
- 8.1 You should read comic books, Readers digest joke book, watch cartoon network or join laughter's club.
- 9.0 Meditation:** Daily
- 9.1 You should **meditate** at least for 15 minutes twice a day. You should sit in the comfortable position, close the eyes, concentrate on the breath, & try to attain thought free mind.
- 9.2 If finding it difficult to attain thought free mind, then visualize any pleasant event such as watching sun-rise, sea, mountains, birds etc.
- 9.3 **You should take fresh look at the Life.**
- 9.4 **Count on your blessings in Life.**
- 10.0 Vitamin Supplement:**
As directed by Doctor or as follows:
-

	<u>Vitamin Tablet</u>	<u>Brand name</u>	<u>Power</u>	<u>Dose</u>	<u>Note</u>
10.1	Multi vitamin	Supradyn	---	0 - 1 - 0	2
10.2	B Complex	Beplex forte	---	0 - 1 - 0	2
10.3	Ascorbic acid – C vitamin	Celin	500 mg.	1 - 0 - 0	3, 5
10.4	E Vitamin	Evion	200 mg.	1 - 0 - 0	4, 5
10.4	OR E Vitamin	EEE 200 Cadila	200 mg +Omega-3 Fatty Acid	1 - 0 - 0	4, 5
10.5	Calcium	Shelcal	250 mg.	0 - 0 - 1	
10.6	Liv 52	Liv 52	---	0 - 1 - 0	6

Note

- 1** **Vitamin supplement should be taken by a person of 45 years and above.**
- 2** Multi vitamin and B complex tablets should be taken alternatively. i.e. one month multi vitamin tablets and next month B complex tablets.
- 3** C vitamin to be taken on alternate days. Only 10 tablets per month.
Keep gap of one month and then repeat.
- 4** E vitamin to be taken on alternate days. Only 10 tablets per month.
Keep gap of one month and then repeat.
- 5** C vitamin and E vitamin can be taken in alternate months.
- 6** Liv 52: Twice a week.

26.06 / High Blood Pressure

1.1 High BP is regarded as silent killer. BP is measured with an instrument called sphygmomanometer in millimetres of mercury. The highest pressure reached during each heart beat is called systolic pressure and the lowest between two beats is known as diastolic pressure. Most young adults have BP around 120/80. BP should be measured regularly. Blood pressure is merely the pressure that the blood exerts on the blood vessels, while circulating.

- Cardiac output = stroke volume x heart rate.
- $BP = \text{Cardiac output} \times \text{peripheral resistance}$.
- Cardiac output & peripheral resistance are inversely proportional which tries to maintain BP at normal value.
- A person should be termed as a patient of high BP only if his BP is found increased on 3 or more occasions.

1.2 Causes:

- i) Stress & faulty style of living. (Type A behaviour)
- ii) Smoking
- iii) Excessive intake of tea, coffee, refined foods etc.
- iv) Obesity and sedentary life style.
- v) Excessive intake of common salt. Eating high fat and low fibre diet.
- vi) Hereditary.
- vii) Kidney problem.

1.3 Symptoms:

- i) Pain at the back of the head and neck in the morning which soon disappears.
- ii) Dizziness, palpitations, pain in the region of heart, frequent urination, nervous tension, fatigue, difficulty in breathing.

1.4 Hazards of High BP:

- i) Atherosclerosis (hardening of blood vessels)
- ii) Heart failure
- iii) Detrimental effects on kidney
- iv) Arteriolar inflammation
- v) Reduced life expectancy.
- vi) Aorta becomes thin.

2.0 Food Remedies:

- 2.1 Lemon is the rich source of vitamin P which is essential for preventing capillary fragility. ½ lemon juice should be consumed in a day.
- 2.2 The vitamin P content in the fruit is helpful in toning up the arteries. 10 grape fruits (Bedana) should be soaked in the water for 30 minutes and eaten daily.
- 2.3 The seeds of watermelon dried or roasted should be taken in liberal quantity. A substance extracted from watermelon seeds helps in lowering BP. The said substance may be added to vegetable or Dal.
- 2.4 One clove of garlic, raw or cooked should be taken daily.
- 2.5 Brown rice has low fat, low cholesterol and low salt content. Calcium in the brown rice relaxes the nerves system and helps to relieve the symptoms of high BP.
- 2.6 One small potato should be boiled with skin and consumed. Potato is rich in potassium but not in sodium salt.
- 2.7 Carrot & spinach juice is also beneficial.
- 2.8 A teaspoon of fresh amla juice + one teaspoon of honey should be taken in the morning.
- 2.9 Or ½ teaspoon amla churna can also be taken with honey.

2.10 Food to be avoided:

- Salty & fried items, fast food, eggs, meat, papad, pickles.

- 2.11 One small white onion should be consumed daily with each meal.

3.0 Other Measures:

- 3.1 The patient should get 8 hours of sound sleep.

3.2 Overstrain, worries, tension, anger and haste should be avoided.

3.3 The patient should develop a calm and cheerful attitude.

3.4 Shavasan should be done thrice a day.

3.5 Excess weight if any should be reduced.

3.6 Massage: direction should be away from the heart.

3.7 **Gyan Mudra (Mudra of Knowledge):**

- Thumb & index finger should touch each other with the other three fingers stretched out.

Prithvi Mudra (Mudra of Earth):

- Thumb & the ring finger should touch each other with the other three fingers stretched out.

Apana Vayu Mudra (Mudra of Heart):

- The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out.

3.8 Deep breathing.

3.9 Whistle. (Breath out from mouth and teeth.)

3.10 Acknowledge the anger, don't suppress your anger

26.07 / Palpitation (irregular heart beats)

1.1 Palpitation is a state in which the heart beats forcibly and may be irregularly. It is a distressing condition but is not always serious.

1.2 Causes:

- Palpitation may occur due to number of factors most of which may not be related to the heart itself.
- i) Anything which increases the work load of the heart may bring on this condition.
- ii) In many cases, it is caused by anxiety.
- iii) Over eating, constipation, flatulence (Gas)
- iv) Excessive smoking.

1.3 Symptoms:

- i) The patient feels a real discomfort in the front of the chest. The pulse rate may become faster than normal.

2.0 Food Remedies:

- 2.1 The patient should take **juice of grapes** at frequent intervals.
- 2.2 Ripe **Guava** should be eaten daily on an empty stomach.
- 2.3 The patient should take glass of **water** + teaspoon of **honey** + $\frac{1}{2}$ **lemon juice**, before going to bed.
- 2.4 Diet should be simple with emphasis on fresh fruits, raw or lightly cooked vegetables.
- 2.5 Butter milk should be taken daily.

2.6 Foods to be avoided:

- Tea, coffee, alcohol, chocolate, soft drinks, all white flour preparations /products, sugar, white rice etc.

3.0 Other Measures:

- 3.1 Active exercises such as brisk walking, swimming, cycling etc.

3.2 Meditation, relaxation exercises.

3.3 Yogasanas: Shavasana

3.4 **Dhyanamudra: 15 minutes.**

- **Method:** Thumb & index finger should touch each other with the other three fingers stretched out.
- **Benefits:** Improves concentration, helps to increase memory and prevents insomnia. Anger can be controlled and reduces depression.

3.5 **Prithvi Mudra (Mudra of Earth):**

- **Method:** Thumb & the ring finger should touch each other with the other three fingers stretched out.
- **Benefits:** Equilibrium is set between body & mind.

3.6 **Apana Vayu Mudra (Mudra of Heart):**

- **Method:** The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out.
- It benefits the heart. It works like injection in the reduction of heart attack. It is as powerful as sorbitate tablet. It reduces the gas content in body.
- **Benefits:** It strengthens the heart and regularizes palpitation, regulates excretory system and redeems gastric trouble.

3.7 **Bio compound No. 16:** 3 tablets 3 times a day.

Kali Phos 30: 4 tablets 3 times a day.

Rescue remedy: 4 tablets at bed time.