

Alternate Remedies - Major Diseases

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Alternate Remedies – Major Diseases

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25.01 / Asthma

1.1 Asthma means short drawn breath. It is an allergic condition resulting from the reaction of the body to one or more allergens and it is the most troublesome respiratory disease.

1.2 Causes:

- i) Allergy caused by weather conditions, food, drugs, perfumes and other irritants, dust.
- ii) Food: wheat, eggs, milk, chocolates, beans, fish, sea food etc.
- iii) Psychological factors, emotional insecurity.
- iv) Hereditary.

1.3 Symptoms:

- i) Patients appear to be gasping for breath. They have **more difficulty in breathing out** than breathing in. This is caused by spasms or sudden involuntary muscular contractions of the smaller air passages in the lungs.
- ii) Most asthmatics have more difficulty at night or early morning.

2.0 Food Remedies:

2.1 One teaspoon of **honey** can be taken in a cup of milk or water. (Provided the patient is not suffering from diabetes)

2.2 Four **figs** should be washed thoroughly with warm water and soaked overnight. They should be taken first thing in the morning along with the water in which they were taken. This remedy should be followed for 3 months.

2.3 The juice of one **lemon** + water should be taken with meals.

2.4 The soup of drumstick leaves (shevagyacha pala) should be taken daily:

Method: Handful of fresh leaves + 180 ml water should be boiled for 5 minutes. After it gets cold, add little salt, pepper and lime juice.

2.5 A teaspoon of fresh ginger juice + a cup of fenugreek decoction + honey should be taken in the morning & evening. (The decoction of fenugreek can be made by mixing one teaspoon of seeds in a cup of water)

2.6 Ten **garlic** cloves boiled in 30 ml milk should be taken daily. (Excellent remedy for early

- stage of asthma). Observe the side effects of garlic and then continue the remedy with or without modification.
- 2.7 Steaming **ginger tea** with two minced garlic cloves in it should be taken in the morning & evening.
- 2.8 Drink water which has been kept overnight in a copper vessel. Copper vessel should be thoroughly cleaned every day.
- 2.9 During the asthma attack, mustard oil mixed with a little camphor should be massaged over back & the chest.
- 2.10 Horse gram (Kulith) soup should be taken daily.
- 2.11 **Food to be avoided:**
- i) Foods which produce phlegm: rice, sugar, lentils, curd, milk, refined wheat flour, pulses.
 - ii) Fried and difficult to digest food, strong tea, coffee, pickles, sauces, refined and processed food, artificially flavoured food such as jellies, pastries, chocolates, deserts etc. Avoid cold drinks & cold water.
- 2.12 The proportion of raw vegetables and fruits should be more.
- 2.13 **Food to be consumed:**
- Old rice, Jawar, wheat, Horse gram (Kulith), Moong, snake guard (Padawal), garlic, tandulja, chukka leaf Veg, etc.
 - Drink warm water and warm fluids such as soups.
- 2.14 Regular fasting once a week.
- 2.15 Do not take heavy dinner.
- 3.0 **Other Measures:**
- 3.1 Deep breathing.
- 3.2 Fresh air, dry climate.
- 3.3 Light exercises, body posture should be correct.
- 3.4 Early morning walk.
- 3.5 Constipation should be avoided. Refer Tips given separately.
- 3.6 Try to avoid mental agitation and keep calm. Refer tips for Stress Management.
- 3.7 Do not open your mouth while exhaling. Let the breath escape through lips only

partially opened.

- 3.8 Water with copper or silver content should be boiled to $\frac{1}{4}$ before consumption.
- 3.9 Hot water bath to be taken.
- 3.10 Hot water gargles at bed time.
- 3.11 In between asthma attacks: Drakshasav: 2 teaspoons 4 times a day.
- 3.12 Bio compound Tablets No.2: 4 tablets 4 times a day.
- 3.13 Make one small tablet of dry ginger powder and Gud and consume not more than 4 tablets in a day.
- 3.14 One teaspoon honey to be taken once a day. (Provided the patient is not suffering from diabetes)
- 3.15 Shankhavati: 2 tablets with warm water after meals.

4.0 **Hasta Mudras:**

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

- **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.

4.2 **Surya Mudra (Mudra of Sun):**

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

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

- **Method:** Fingers of both palms should lock each other barring left thumb which should be left perpendicular.
- **Benefits:** Improves immunity, creates heat, burns body fat, provides relief in cold.

4.4 **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.

4.5 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.

5.0 Meditation:

5.1 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.

5.2 If finding it difficult to attain thought free mind, then visualize any pleasant event such as watching sun-rise, sun-set, sea, mountains, birds etc.

5.3 You should take fresh look at the Life.

5.4 Count on your blessings in Life.

6.0 Self Help:

6.1 Do not neglect common cold or any infection of the respiratory system.

6.2 Do not self medicate.

6.3 Ensure that there is adequate ventilation in the room.

6.4 Do not go near dusty or polluted area.

6.5 Do not smoke. Avoid passive smoking.

6.6 Do not keep pets at home.

6.7 Avoid pillows, beddings and furniture stuffed with silky fibres.

6.8 Avoid perfumes, cosmetics, incense spicks, mosquito coils and things with strong odours.

7.0 Pathological Tests:

7.1 CBC, ESR -Once a year

7.2 X ray, Allergy test

7.3 ECG once in 3 years.

25.02 / Cystitis (Inflammation of the Urinary Bladder)

1.1 The recurrence of **Cystitis** in some cases may be associated with **Kidney troubles**.

1.2 Causes:

- i) Infection in Kidneys, the urethra, vagina or prostate gland.
- ii) Severe constipation.
- iii) Kidney stones, stone in the bladder, enlarged prostate.

1.3 Symptoms:

- i) Continued urge to void and burning sensation on passing urine.
- ii) Feeling of pain in the pelvis and lower abdomen.
- iii) Thick, dark and stingy urine.
- iv) Unpleasant smell of urine.
- v) Urine may contain blood or pus cells.
- vi) Pain in the lower back.
- vii) Fever in acute condition.

2.0 Food Remedies:

- 2.1** A cup of cucumber juice + one teaspoon honey + one tablespoon fresh lime juice should be taken 3 times a day.
- 2.2** A cup of Radish leaves juice should be taken once in the morning for a fortnight.
- 2.3** A decoction of fresh 100 gram of ladies fingers and 200 ml water should be taken twice daily.
- 2.4** 100 ml of fresh Spinach juice + 100 ml of tender coconut water should be taken twice a day.
- 2.5** A teaspoon of lemon juice should be put in 180 ml. of boiling water. The mixture should be allowed to cool. 60 ml of this mixture should be taken every 2 hours till afternoon in 3 doses.

- 2.6 Solid foods should be avoided immediately.
- 2.7 In case of fever, the patient should fast on water and tender coconut water for 4 days.
- 2.8 In case of no fever, carrot juice should be taken every 3 hours. Ripe fruits may also be taken.
- 2.9 **Foods to be avoided:**
- Refined carbohydrates, salt with food and in cooking.
- 2.10 Drink plenty of water. Drink warm water occasionally.
- 2.11 Take 2 teaspoons of ghee with warm water twice a day.
- 2.12 One teaspoon of coriander seeds powder should be mixed in a glass of water and to be drunk after 3 hours.
- 2.13 **Gokharu churna:** ½ teaspoon with water thrice a day. Or Gokharu Kadha: One teaspoon thrice a day.
- 2.14 **Gokharu churna + Waiwarnna churna + Punarnava churna:** ½ table spoon thrice a day for a week. Continue the remedy if improvement is noticed.
- 2.15 **Soup of Kulith (horse gram):** One cup twice a day.
- 2.16 2 teaspoon honey to be taken on an empty stomach. (Provided the patient is not suffering from diabetes)
- 3.0 **Other Measures:**
- 3.1 Towel wrung in hot water to be placed on the stomach and covered by dry towel to retain warmth. (first 4 days)
- 3.2 Cold compress to abdomen for next 3 days.
- 4.0 **Pathological Tests:**
- 4.1 Urine analysis, Renal profile.

25.03 / Kidney Stones

1.1 **The kidney stones** are formed from the chemicals usually found in the urine such as uric acid, phosphorus, calcium and oxalic acid. Stones may form and grow because the concentration of a particular substance in the urine exceeds its solubility.

- Most kidney stones are composed either of calcium oxalate or phosphate. (common in case of infection) Sometimes kidney stones are of uric acid, sodium.
- Kidney stones are generally formed in kidney, ureter (urine passes through this tube), bladder or pelvic.

1.2 **Causes:**

- i) Defects in general metabolism. Stones usually occur when the urine becomes highly concentrated due to heavy perspiration or insufficient intake of fluids.
- ii) Sedentary life style.
- iii) Wrong diet. Excess intake of acid forming foods, white flour, sugar products, meat, tea, coffee, spices, rich foods and overeating.
- iv) Lack of Vitamin A and an excessive intake of Vitamin D.

1.3 **Symptoms:**

- i) Stones cause severe pain in their attempt to pass down the ureter on their way to bladder. The pain is first felt in side and thereafter in the groin and thighs.
- ii) Frequent desire to urinate, painful urination, and scanty urination.
- iii) Nausea, vomiting, sweating and chills.
- iv) Blood may pass through urine.

2.0 **Food Remedies:**

2.1 **Basil:** One teaspoon each of basil juice and honey should be taken for 6 months. Kidney stones will be expelled from the urinary tract.

- 2.2 Celery:** Its regular intake prevents future stone formation.
- 2.3 Pomegranate:** A table spoon of the seeds grounded into a fine paste can be taken along with a cup of kulith (horse gram) soup. This remedy will dissolve gravel in kidneys. Two table spoons of kulith should be used for preparing the cup of soup.
- 2.4 Soup of Kulith (horse gram):** One cup twice a day.
- 2.5 Foods to consumed:**
- Sugar cane juice, coconut water, Neera, butter milk, grapes, pomegranate, sweet lemon, orange, apples, water melon.
- 2.6 Foods to be avoided:**
- Alcoholic beverages, pickles, cucumber, radish, tomato, spinach, asparagus, onions, beans, cabbage, cauliflower, meat etc.
- 2.7** Drink minimum 1.5 to 2 litres of water every day.
- 3.0 Other Measures:**
- 3.1** Hot water bag may be applied across the back in the region of the kidneys to relieve the pain. Remedy to be done for not more than 5 minutes at a time with a gap of one hour.
- 3.2 Gokharu churna:** ½ teaspoon thrice a day. Or Gokharu Kadha: 1 teaspoon thrice a day.
- 3.3 Triphala Tablets:** 2 tablets at bed time.
- 3.4 Gokharu churna + Waiwarnna churna + Punarnava churna:** ½ table spoon thrice a day for a week.
- 4.0 Pathological Tests:**
- 4.1** Urine analysis, Stomach X-ray, Ultra sonography (USG), Kidney stone culture, Renal profile.

25.04 / Low Blood Pressure

1.1 Introduction:

It refers to the **fall in blood pressure below normal**. It is a condition in which the action of the heart in forcing the blood through the arteries is weak.

1.2 Causes:

- i) Faulty nutrition. Malnutrition can result from a diet deficient in calories, proteins, vitamin C or almost any one of the B Vitamins.
- ii) Loss of blood.
- iii) Slow bleeding in gastrointestinal tract, kidneys or bladder.
- iv) Emotional problems.
- v) Prolonged disappointment and frustration.

1.3 Symptoms:

- i) Lethargy, weakness, fatigue and dizziness.
- ii) The patient may faint, especially if arterial pressure is lowered further when he assumes erect position.

2.0 Food Remedies:

2.1 Beetroot: The patient should drink a cup of this juice (raw) twice daily.

2.2 Nutrients: Protein, Vitamin C and all vitamins of B group. Panthothenic acid is of particular importance.

2.3 Salt: The patient should take salty foods and half a teaspoon of salt in water daily.

2.4 In case of emergency, **Tea or coffee** with extra sugar should be taken.

2.5 Lemon juice with sugar should be taken daily.

2.6 Juice of green leafy vegetables with one spoon of honey per cup of juice. Two cup juice should be taken per day.

3.0 Other Measures:

3.1 Daily dry friction and sponging.

3.2 Deep breathing.

3.3 Light exercise such as walking, swimming, cycling etc.

3.4 Overwork, excesses of all kinds, needless worry and negative thinking must be avoided.

3.5 Water with Gold, Silver, and Copper content should be boiled & reduced to $\frac{1}{2}$ before drinking. (Two glass per day to be taken.)

3.6 Exercise with acupressure Roller.

25.05 / Malaria (Mosquito bite fever)

1.1 Malaria:

- Malaria is caused by Mosquito Bite by malaria-carrying mosquito which breeds in a stagnant water.
- There are 3 main types of Malaria, depending upon the parasites which cause it.
(i) Tertian fever, (ii) Quartan fever, (iii) Malignant tertian malaria

1.2 Causes:

- i) It is caused by a tiny parasite called Plasmodium which grows in the liver of a person for few days and then enters the blood stream.
- ii) Wrong diet and faulty style of living.

1.3 Symptoms:

- i) High fever which may occur every day, or on alternate days or every 4 th day.
- ii) Fever is accompanied by chills, headache, shivering, and pain in the limbs.
- iii) Temperature comes down after sometime with profuse sweating.

1.4 Complications:

- Kidney failure and dysentery.

2.0 Food Remedies:

2.1 Grape Fruit: It contains natural quinine like substance which can be extracted from the fruit by boiling grapefruit and straining in pulp.

2.2 Cinnamon / Dalchini: One teaspoon should be coarsely powdered and boiled in a glass of water with a pinch of pepper powder and honey. This can be used beneficially as a medicine.

2.3 Lime & Lemon: Pinch of lime should be dissolved in about 60 ml. of water and the juice of one lemon should be added to it. This water should be taken before the onset of the fever.

2.4 Holy Basil: Infusion (A liquid obtained by steeping the herb in water to extract the content) of a 15 leaves should be taken daily.

3.0 Other Measures:

3.1 Apply full sheet pack but keep the hands and feet warm with hot water bags or bottles.

3.2 Alternate hot & cold applications should be administered on the abdomen & over liver area.

➤ The above procedures should be completed two hours before the expected time of next fever attack.

3.3 As soon as the discomfort preceding an attack is noticed, the patient should drink warm water with lemon juice, take hot footbath for 15 minutes, go to bed and cover himself with blanket. This would prevent the rise of temperature.

3.4 Light diet. Fruits and green vegetables should be taken.

4.0 Pathological Tests:

4.1 CBC, ESR, Blood-smear for malarial parasites, Routine urine test, Routine stool test.

25.06 / Nephritis

1.1 Nephritis refers to an inflammation of the kidneys.

1.2 Causes:

- i) It usually follows some streptococcus infection of the throat or an attack of scarlet fever or rheumatic fever.
- ii) The underlying causes of this disease are wrong food habits and weak defence mechanism of the body.

1.3 Symptoms:

- i) Pain the kidneys extending down to the ureter.
- ii) Fever.
- iii) Dull pain the back.
- iv) Scanty and highly coloured urine.
- v) Puffiness in the face.
- vi) Swelling of the feet and ankles.
- vii) Finally rise in blood pressure and the patient may develop uraemia.

2.0 Food Remedies:

2.1 Carrot juice one glass mixed with a tablespoon of honey and teaspoon of fresh lime juice should be taken in the morning on an empty stomach.

2.2 Bananas may be taken.

2.3 Grapes

2.4 Coconut water: Tender coconut water may be taken once or twice a day.

- **In case of kidney failure, coconut water should not be taken.**

2.5 Foods to be avoided:

- Vegetables containing large quantities of oxalic acid such as spinach and rhubarb, Chocolate & Coca products, Common salt

2.6 5 to 6 small meals should be taken instead of few large meals.

2.7 Water with silver content: 8 glasses should be boiled & reduced to 2 glasses and taken.

2.8 2 small spoons of honey may be taken on an empty stomach when urine problem is

felt in initial stages. (Provided the patient is not suffering from diabetes.)

2.9 ½ cup black tea to be taken first thing in the morning for about 20 days. The remedy should be continued till first urine of the day becomes clean and odourless.

- Boil one cup of water. Add one teaspoon tea (Darjeeling Mammory tea powder). Boil the water + tea till it reduces to ½ cup. Strain the tea then add ½ cup water and drink the tea.

3.0 Pathological Tests:

3.1 CBC, ESR, Renal Profile, Kidney biopsy.

25.07 / Peptic Ulcer (Stomach Ulcer)

1.1 A **peptic ulcer** refers to an erosion of some portion of inner lining of the stomach and the adjoining intestinal tract called the duodenum.

- The ulcer located in the stomach is known as a gastric ulcer and that located in the duodenum is called a duodenum ulcer.

1.2 Causes:

- i) Hyper acidity which is caused by increase in the hydrochloric acid in the stomach.
- ii) Over eating, heavy meals, consuming highly spicy foods, coffee, alcohol.
- iii) Smoking.
- iv) Side effects of Drug.
- v) Food poisoning.
- vi) Gout.
- vii) Emotional disturbances.
- viii) Mental Stress.

1.3 Symptoms:

- i) Sharp and severe pain and discomfort in the upper part of the abdomen.
- ii) Gastric ulcer pain: an hour after meals and rarely at night.
- iii) Duodenal ulcer pain: between meals when stomach is empty. This pain can be relieved by food especially cold milk.
- iv) As the disease progresses: excessive flatulence (gas), mental tension, insomnia.

2.0 Food Remedies:

2.1 Patients who are in the advanced state of the disease should take a diet of 2 **bananas** with a glass of **milk** 4 times a day. (Provided the patient does not have allergy for banana)

2.2 The citric acid and mineral salts present in **lemon juice** helps in digestion.

2.3 250 grams of **cabbage** should be boiled in 500 ml water till it is reduced to half.

This water should be allowed to cool and taken twice daily. OR 125 ml cabbage juice + 125 carrot juice.

- 2.4 A tea made from **fenugreek seeds** may be taken twice a day.
- 2.5 Goat's milk: one glass (raw/without boiling) 3 times a day.
- 2.6 Shatavari churna: ½ teaspoon + ¼ cup milk after breakfast, lunch and dinner.
- 2.7 Diet: Simple, non spicy food, especially consisting of milk, cream, butter, fruits, fresh raw and boiled vegetables.
- 2.8 Eat frequent well balanced meals. Don't go for more than 3 hours without eating.
- 2.9 Avoid carbonated drinks, tea and coffee.
- 2.10 **Foods to be taken:**
 - Sprouts, fruit juice, honey, sweet potatoes, pumpkin, home made butter.
- 2.11 Pay special attention to your dinner menu as the secretion of hydrochloric acid is greatest at night.
- 3.0 **Other Measures:**
 - 3.1 Deep breathing.
 - 3.2 Get rid of worries and stay cheerful.
 - 3.3 Cultivate regularity in habits- be it work, exercise or rest.
 - 3.4 Yogasanas: Vajrasana for 5 minutes after meals.
 - 3.5 **Homeopathy:** Nux Vom 30: 4 tablets 4 times a day.
Allopathic: Gelucil one tablet in acute condition. Habit should not be formed.

25.08 / Prostate Disorders (Enlarged prostate, Prostatitis)

1.1 A large percentage of men over 50 years of age suffer from prostate trouble of one form or the other.

1.2 Causes:

- i) Pressure on the pelvis either due to standing or sitting.
- ii) Aging.
- iii) Exposure to cold & chill, infectious diseases. (Acute trouble)
- iv) Excessive sexual excitement.
- v) Constipation.

1.3 Symptoms:

- i) Interference with the passage of urine.
- ii) Need to void the urine frequently during the night sleep.
- iii) Dull aching pain in the lower back, pain in hips, legs & feet.

2.0 Food Remedies:

2.1 **Pumpkin seeds** are rich in unsaturated fatty acids. The patient should eat about 75 grams of pumpkin seeds per day. The seeds may be taken in the form of a powder sprinkled over cooked vegetables or mixed with wheat flour to make chapattis.

2.2 **Vegetable Juices:** Carrot juice 500 ml. OR Carrot juice 300 ml. + Spinach juice 200 ml. to be taken daily.

2.3 **Zinc:** About 30 milligrams of mineral should be taken daily.

2.4 **Vitamin E** rich foods should be consumed liberally. E.g. wholegrain products, green leafy vegetables, eggs, milk, all raw and sprouted seeds OR E Vitamin tablet 400mg. per day for 15 days. May be continued after a gap of 10 days.

2.5 Foods to be taken:

- Snake guard, All fruits but grapes in particular, coconut water, buttermilk after removing butter, Spices (ginger powder, pepper, dalchini to be used in cooking)

2.6 Foods to be avoided:

- Highly seasoned foods, spices, salt in excess, sauces, red meats, cheese, fried foods, alcohol, tobacco, too much of tea & coffee.

2.7 Water should be drunk every hour.

3.0 Other Measures:

3.1 Alternate hot & cold hip baths.

3.2 Avoid irregularities in eating & drinking, long periods of sitting, vigorous exercise.

3.3 Constipation should be avoided.

3.4 Gokharu churna: ¼ teaspoon with warm water, twice a day.

4.0 Pathological Tests:

4.1 Routine Urine analysis

4.2 Prostatic fraction test.

25.09 / Rheumatism

1.1 Rheumatism refers to an acute or chronic illness which is characterised by pain and swelling of the muscles, ligaments and tendons or the joints.

1.2 Causes:

- i) Presence of toxic waste products in the blood.
- ii) Infection from teeth, tonsils and gall bladder.
- iii) The disease gets aggravated by exposure to cold water.

1.3 Symptoms:

- i) Fever, intense soreness and pain (Acute condition)
- ii) Pain and stiffness of the affected muscles. (Chronic condition)

2.0 Food Remedies:

2.1 Potato juice: Two teaspoons of juice should be taken out by pressing mashed raw potatoes and taken before meals.

2.2 ½ cup of potato peelings should be thoroughly washed and boiled in 500 ml of water till it is reduced to half. The decoction should then be strained and glass of the same should be taken 4 times a day.

2.3 Lemon: Juice of 2 lemons should be taken daily.

2.4 Foods to be avoided:

- Meat, fish, white bread, sugar, tea, coffee, alcohol, sauces, pickles, rich & indigestible food.

3.0 Other Measures:

3.1 Deep breathing

3.2 Hot packs to the affected part.

3.3 Light outdoor exercises.

3.4 The affected parts should be bathed twice daily in hot water containing Epsom salts, after which olive oil should be applied.

- 3.5 Dampness and cold should be avoided.
- 3.6 **Bio compound tablets no. 19:** 4 tablets 4 times a day till improvement is noticed.
- 3.7 **Homeopathy tablet-Rus Tox 30:** 4 tablets 4 times a day till improvement is noticed.
- 3.8 **E vitamin 200 mg:** One tablet every alternate day for two months.
- 3.9 **Shelcal 250mg:** One tablet daily in the evening.