

Preventive Care & Relief

of / from

Miscellaneous conditions

FOLLOWING TIPS ARE BASED ON COMMON SENSE AND EXPERIENCE

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Prevention & Relief

The average American *is led* [italics added for emphasis] to believe that money can create drugs for the cure of heart disease, cancer, and mental disease, but he makes no worthwhile effort to recognize, let alone correct, the mismanagement of his everyday life that contributes to the high incidence of these conditions.

- Rene Dubos (*The Mirage of Health*, New York 1979)

We are all in mental agreement with the age old saying, ‘prevention is better than cure’, but most frequently that is as far as it goes. Our societal values emphasize dis-ease care instead of prevention. World-Watch magazine (March/April 2003) issue highlighted this fact under its column, ‘Matters of Scale’ by referring to the figures: National Cancer Institute in the USA annually spends \$1 million for promoting fruits and vegetables; McDonald’s alone promotes its products with an annual advertising budget of a whopping \$800 million.

This booklet describes simple prevention/relief routines and procedures for some common maladies.

Acidity

1. Avoid/minimize tea
2. Avoid chillies
3. Avoid drinking very hot liquids

4. One of the yogic practices, *kunjla kriya* or *gajkarni*, is an effective procedure to help in cases of acidity and even ulcer by removing excessive acid and mucus from the stomach. As the name *gajakarani* suggests, elephants while in river, pond or lake can be observed gulping a lot of water and then vomiting it out. As a therapeutic measure, *kunjla* should only be practised under expert supervision and guidance.

Procedure: 1. Fill a 2 litre jug with warm water. Squat. Quickly drink until you feel the water filled up to the throat level.

2. Pressure-massage abdominal area with the left palm for a few moments, and then bend body forward at the waist. Continue to massage the abdomen and simultaneously tickle the uvula hanging over the back end of the tongue by the middle finger. Remove the finger as soon as the water begins to gush out. Repeat, until most of the water has been removed. At the end rinse mouth with lukewarm water.

Precautions: 1. *Kunjla* ought to be done in the morning before intake of food or drink.

2. Do not take bath for half an hour after *kunjla*. It is OK. to do *kunjla* after bath or shower.

3. If feasible, begin by learning the process from a Yoga expert.

Allergies

Seasonal allergies such as from pollen during spring and fall – running itchy stuffed nostrils, laboured breathing due to excess mucous, low energy level – respond well to a yogic cleansing routine, *jala neti* (cleansing nostrils with water flush).

Neti: Neti helps remove excess mucous, and keeps the nostril passage clear and moisturized. At first glance, the process may look a little bizarre, difficult and daunting, but in fact it is quite easy to learn and practise. All the same, if feasible, begin by learning initially from a Yoga practitioner.

Equipment: Special pots are available in the market-place for *neti*. It is very important that the spout should be well tapered (see picture). The purpose of a good taper is to seal the nostril with the spout. People sometimes claim that *neti* is too difficult, though the problem may very well be an incomplete seal of the nostril due to a faulty spout which allows passage of air.



Procedure: Fill the *neti* pot with lukewarm water. Dissolve half a teaspoonful of common salt. Blow your nose to eject

mucus and debris from the nostrils. Observe and determine which nostril you are breathing from at that moment. Right or left? Hold the pot in the same hand and insert the nozzle of the pot in to the same nostril from which you are breathing and make the taper snug so that no air can find passage into the nostril. Breathe through the mouth. Tilt your head to the opposite side. The water begins to flow out through the other nostril. Should the water enter your mouth, bend the head forward and downward. After half of the water has passed through, blow your nose and repeat the procedure through the other nostril until the pot is empty.



At the end, remove the remainder water by alternately blocking one nostril and blowing out of the other, four times from each side.

Finally practise a modification of *kapaalabhaati*.

Stand with body bent forward at the waist. Hold right wrist with the left palm at the back for balance. Blow out the air through the nostrils forcibly with four motions of the head. Jerk the



head up, blow out the air. Jerk the head left, blow out the air. Jerk the head to the right, blow out the air. Jerk the head down, blow out the air. This is one cycle. Do 10 to 12 cycles.

This helps remove even tiny droplets of water from the four sinuses at the base of the nostrils. Bouts of sneezing any time after the practice of *neti* signify that sinuses were not completely rid off the water. It may happen initially due to imperfect practice. If this occurs,

practise modified *kapaalabhaati* again.

- Note: 1. *Neti* is almost a must in these times of rising pollution.
 2. It almost always provides remarkable relief in cases of seasonal allergies.
 3. If *kunjla* (see above) is also practiced, then *neti* should be done after *kunjla*.
 4. If feasible, begin by learning the process from a Yoga expert.

For general allergies, a simple food supplement may provide significant relief: Soak four almonds overnight in water and peel off and masticate thoroughly with 7-11 white pepper corns before breakfast. If you cannot stand the sharp taste of white pepper, then grind and sprinkle white pepper on food.

Cancer

Risk of that dreaded scourge, cancer, may be reduced by following some simple lifestyle discriminations.

General Suggestions:

1. Eliminate processed foods including tinned, frozen, ready-to-eat meals. As far as possible, eat freshly prepared meals from organic raw ingredients, that is, foods grown without the use of chemical fertilizers, insecticides & pesticides.
2. Avoid or minimize consumption of meats, coffee, tea, chocolate, soft drinks, refined sugar, alcohol, tobacco.
3. Limit protein & fat intake.
4. Avoid artificial colours, flavours & preservatives in food, and man-made chemicals indoor and outdoor, in cosmetics or soaps.
5. Avoid tight clothes such as shoes, belts, elastic underwear.
6. Massage all parts of the body regularly.
7. A statistically proven 'risk factor for cancer is trauma or repeated irritation' anywhere in the body, cautions Dr. Wrynn Smith. For example, the bridge of the nose where eyeglasses sit is one of the most frequent sites of skin cancer.

In addition to general suggestions for the entire system, preventive measures and techniques to reduce risk of specific cancers are described below:

Cancer of the Colon

A. Eliminate constipation:

1. Eat lots of whole grain foods such as bread, pasta, etc. Limit intake of oils and butter. Eliminate or minimize processed foods in diet.
 2. Chew well.
 3. Moderate amount of liquid (warm or hot water is excellent) to be sipped with the meal.
 4. Avoid cold foods, and no cold liquids with meals.
 5. Walk 4-6 kms. a day, part in the morning, if feasible.
 6. Drink a glass of water just before going to sleep.
 7. Before leaving the bed, lie for some minutes on the abdomen.
 8. Drink a glass or two of normal or warm water after getting up. Walk until 'have to go'.
 9. Use *Indian*-style (squat) toilet.
 10. Respond to the urge to eliminate ASAP.
 11. A cup of warm whole milk 0.5–1 hour before bed time.
 12. Homeopathic *Nux Vomica* x30 at need.
- B. No tight belt around the waist. Avoid elastic underwear. They impede flow of blood, and more importantly flow of lymph.

Cancer of the Lung:

1. Make abdominal breathing natural. Follow the procedure described in the pdf file *Lung Dec 2020-2*

2. Practise *kapaalbhaati pranayama* for 2 minutes daily. The technique is detailed in the #1 above.

3. American Cancer Society has come up with a most appropriate slogan: ‘Cancer cures smoking!’ Depending on how much and for how long one has smoked, the risk of lung cancer could increase from 10 to 30 fold compared to non smokers.

4. Avoid breathing polluted air. Walk or ride bike on roads with least motorized traffic. As far as possible exercise in fresh air.

5. Minimize indoor pollution. Avoid or minimize paints, distempers, varnishes, carpet cleaners, cooking gas, air fresheners, fragrant detergents & soaps, insecticides, etc. in your immediate environment. Visit: <https://www.ewg.org/>

6. Avoid or minimize after shave lotions, deodorants, cosmetics, shampoos and the like. Go to and use only certified natural oils and fragrances. Visit: <https://www.ewg.org/skindeep/>

7. Strive to make your home as airy as possible.

8. Pay particular attention to the bedroom. Make it airy; avoid carpeting, if necessary use mosquito nets rather than mosquito repellents on a regular basis.

9. Plan trips for long hikes in the mountains.

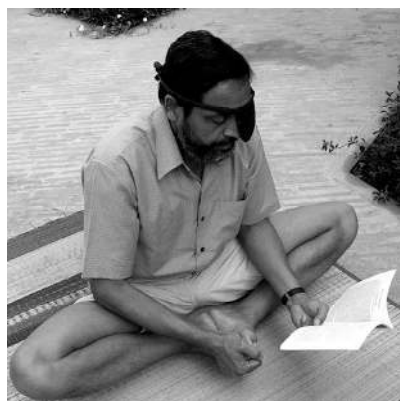
Cancer of the Prostate

“Prostate cancer is the second most commonly occurring cancer in men and the fourth most commonly occurring cancer overall.” [World Cancer Research Fund]

With age, utilization of the prostate gland diminishes and men above 50 are likely to develop disorders of the prostate such as frequent but impeded urination especially during the night. This is generally a consequence of prostate enlargement which could further progress into malignancy.

For an effective preventive measure against prostate enlargement:

Sit with legs outstretched. Fold legs at the knee. Grab feet with hands and place the soles of the feet against each other. Bring the heels as close to the body as possible. Sit in this posture for 15 minutes. Over time the knees, thighs and calves will gradually move closer to the ground [This is part of a regular yoga posture, the *Gorakshasana*, depicted in the illustration]. The chin-lock, pressing chin to the throat, shown here may be dispensed with if the posture is used merely against



prostate enlargement. As the thighs are pressed down, the pelvic floor is pushed up. This

upward pressure tones the urogenital diaphragm muscles responsible for keeping the prostate compressed and taut. [Frederic Martini, *Fundamentals of Anatomy & Physiology*, 3rd ed.; p 348]

Time-saving tip: It may not always be possible to find 15 minutes on a regular basis for this posture alone. Rather than holding your feet with two hands, use one hand to grab the feet. You can hold a book with the other. Wear loose clothing and make this posture a part of your daily activities such as reading, watching



TV, talking to friends or family. For instance, the picture on the left shows that you can read, exercise your eyes, and compress and tauten your prostate, all at the same time.

The important thing is to be regular. One can reduce the risk of prostate disorders significantly by practising this posture after the age of 30.

Cancer of the Skin – For preventive care:

1. Avoid extended skin exposure to intense sunlight.
2. Avoid unproven cosmetics and skin lotions. They may contain myriad chemicals with possible deleterious effects. A good resource to locate ingredients and their impact on human health is, <https://www.ewg.org/skindeep/>
3. Use pure natural oils for thorough massage. The important thing is to keep the skin smooth, supple and uncracked.
4. Skin is naturally slightly acidic to furnish protection from pathogens. Soaps are alkaline (basic). To restore acidity, rub oil mixed with drops of lime/lemon juice on the skin.
5. Avoid repeated irritation of any skin tissue. For example, spectacles on the bridge of the nose pose some risk due to extended contact.
6. Avoid tight clothing and elastic non-cotton undergarments.

Common Cold

The **common cold** is the most **common** human disease and affects people all over the world. Adults typically get 2-3 infections annually, and children may suffer from 6-10 **colds** a year (and up to twelve **colds** a year for school children). [Wikipedia]

1. As soon as you feel cold symptoms, immediately take a dose of homeopathic medicine, Aconite x30, repeat after 10 minutes, and again after 10 minutes. This means, 3 doses in 20 minutes, and then a dose after 3 hour intervals, if needed. This is usually effective within 24 hours. Caution: Generally speaking, homeopathic medicines are less effective if you drink coffee. Homeopathic medicines should be taken 20 minutes before or 20 min. after any eats or drinks except water.

2. If the cold is entrenched, try homeopathic medicine Arsenic Album x6 pills 6 times a day, until symptoms are gone.

3. Make a tea of black pepper, dried ginger powder, and *tulsi* [sweet basil, *Ocimum basilicum*] leaves. Need just a pinch of each. Drink this hot tea several times during the day, and especially before going to bed. All three herbs are warming in their innate effect and the concoction is generally efficacious in throwing the cold out.

4. Do *jal neti* (water cleansing of mucus from nostrils). It facilitates breathing by clearing the nasal passage, and helps kick out the virus and therefore the cold faster. Please see the section, *Allergies* above for details.

Dandruff

What is dandruff? Actually it is an accelerated shedding off of the top cell layers of the scalp. The outermost layer, epidermis, is 30 – 50 cells thick, of which the top few are dead keratinized protein cell layers. Normally about a single cell layer should shed off daily. If the skin is dry and brittle, more than one layer start peeling off as flakes (dandruff). One consequence of faster shedding off of the scalp cells is that the cells underneath too start dividing faster to compensate for the accelerated loss of top layers placing extra stress on the inner epidermis and dermis layers. Hair follicles, embedded in the dermis are unable to get sufficient nourishment, for

higher amounts of nutrients are siphoned off to support quicker cell division. Inadequate nutrients lead to weaker hair shafts resulting in shorter lifespan of the hair. [For relief from the negative consequences of dandruff, see the pdf, *Skin & Hair*]

Depression

Medically, depression is classified into two major categories. ‘Adjustment disorders’ are feelings of sadness, frustration from unsatisfied desires, problems of harmony in everyday life due to circumstances, family and friends, etc. These are low level depressions of short or longer duration. ‘Clinical depression’ symptoms are generally taken to be weight loss, disturbed sleep and early wake-up, lack of energy, and a feeling of overall hopelessness. [*Time* magazine, July 6, 1992, p. 42]

As the word ‘depress’ signifies, lack of energy is a common trait in all depressions. The body feels heavy and sluggish. The mind too is lethargic. There is a lack of interest in the surroundings. The joy of living is gone. Many depressions – even the ‘clinical’ ones – may be a consequence of factors other than merely psychological. Check out the nutritional and physiological factors below:

1. Shortfall of vitamins: Adequate amounts of vitamins must be available for the body to function properly. But one’s diet may be deficient. This is especially true of water soluble vitamins such as ‘C’, as they may pass out of the body rather quickly. Try a tablet of multivitamins daily. Also take 2 tablets of vitamin C 250 milligram, one each with breakfast and dinner. In case you are sensitive to acidity, use the ester-C variant. Follow this routine for a month and note any changes. If you feel much better, this may indicate one of the important causes of your depression.

2. Insufficient Iron (Anaemia): A frequent cause of depression is deficiency of iron in the blood. Iron deficiency has become quite pervasive today. Until a few decades ago, cast iron woks, ladles, etc. were regularly used in cooking [Jethro Kloss, *Back to Eden*, Twin Lakes, WI: Lotus Press 1995, p 505-06]. Supplemental iron was thus made available to the body. With the advent of stainless steel, aluminium, and other utensils, that age-old source of iron is lost today.

A good natural source of iron is raisins. When you feel devoid of energy, lackadaisical or depressed, thoroughly chew 25 - 30 raisins. Does it help? If it does, you may have iron deficiency. Soak 20-30 raisins in a little water overnight. Chew the raisins and drink the fluid before breakfast on a regular basis.

3. Salt imbalance: In hot weather one may lose excessive amounts of salt from the body through perspiration. Athletes and sportspersons are generally aware of this phenomenon and replenish their salt-intake through fortified drinks. For a simple way to determine whether your depression and sagging energy is due to a loss of salts or not, squeeze a whole lime or lemon in a glass of cool/cold water, and add rock salt (*saindha namak*) to taste. Stir and sip slowly. How do you feel after a little time?

4. Low blood sugar (hypoglycemia): Dr. Joseph Wilder of New York in the 1940s observed that patients suffering from low blood sugar exhibited many symptoms of dullness, anxiety and depression. [J. E. Rodale, ed., *Encyclopedia of Common Diseases*, Emmaus, Pennsylvania: Rodale Books, Inc. 1973, p 764-65]. Much of this problem is due to high consumption of simple carbohydrates (mostly refined sugar candies and beverages) which induce high speed production of insulin to metabolize the excessive sugar. All too frequently more insulin is poured into the blood than needed, and blood sugar drops below required level. Low blood sugar or hypoglycemia in turn leads to diminished energy, and depression sets in. To compensate for

their lack of energy, people frequently resort to the consumption of more sugared products precipitately raising blood sugar level again and thereby creating a vicious roller-coaster.

The solution is to eat complex carbohydrates such as cereals or bread, or fruits and raw vegetables, juices and lime water, etc., rather than soft drinks and refined sugar sweets, chocolates or candies.

5. Constipation: One of the primary causes of depression could be irregular and insufficient elimination of wastes. Accumulated body wastes act as poisons and impede proper functioning of the body. See ‘Eliminate constipation’ under “Cancer of the Colon” above.

6. Periodic attacks of external influences: If suddenly, body starts feeling devoid of energy, and/or feels feverish, it could be due to the attack of viruses or bacteria from the environment or a temporary malfunction within the body. Try homeopathic medicine, Aconite x30: take a dose followed by another after 10 minutes and a 3rd after 10 more minutes, and one more after an hour. Thereafter, every 3 hours, if necessary, until depression and lack of energy are gone.

7. Insufficient sleep: Life is getting ever more hectic. There is never enough time to do all the things one has to do or one wants to do. To meet deadlines and cope with time pressures, people often tend to forego necessary rest and sleep. The body protests by evincing the symptoms of sluggishness, lethargy and dullness. Mood boosters, such as caffeinated beverages or medicines may help temporarily but frequent use of these palliatives interferes even more with deep sleep. GIVE YOUR BODY THE REST IT IS ENTITLED TO.

8. Thwarted Desires: Another cause of depression could be due to frustrated expectations. We are generally told that things come to us in relation to our own effort, and if we work hard we will succeed. But our effort is merely one of several causal factors for success in any enterprise. According to the Indian scripture, *Bhagavad Gita* [chapter 18], there are five causal factors which determine the outcome of any endeavour:

अधिष्ठानं तथा कर्ता करणं च पृथग्विधम्।

विविधाश्च पृथक्चेष्टा दैवं चैवात्र पंचमम्॥१८-१४॥

Adhishthaanam tathaa kartaa karanam cha prithagvidham;

Vividhaashcha prithakcheshtaa daivam chaivaatra panchamam. 18-14

The body [inclusive of mind and vitality], the doer [ego], various instruments to accomplish work, different kinds of endeavours, and fate [the working of forces outside the human ken].

शरीरवाङ्मनोभिर्यत्कर्म प्रारभते नरः।

न्याय्यं वा विपरीतं वा पंचैते तस्य हेतवः॥१८-१५॥

Shareeravaangmanobhiryat karma praarabhate narah;

Nyaayyam vaa vipareetam vaa panchaite tasya hetavah. 18-15

Whatever work anyone does with the body, speech, or mind, whether just or unjust, these five are involved in its fruition.

A not too infrequent experience in life is that similar effort exerted by two individuals of the same background gives different results; one succeeds, the other does not. The failure becomes a potent cause of frustration and depression. We refer to the same truth when we say that somebody was at the right place at the right time. Depression is caused by shouldering the burden of excessive blame or responsibility for one’s failure. If one were to truly accept factors beyond one’s control, one would find solace in the realization that one did all one could and carry on with one’s life. Not infrequently one realizes in life that a failure, seemingly devastating at that time, eventually turned out to be a blessing in disguise. For example, a friend seeking an academic job at a college in mid-west USA was turned down even though she was well qualified and her interview had gone well. She felt miserable. But very soon she got a better

position at a West Coast college, much more congenial to her temperament. She admitted that had she been offered, she would have accepted the first job and would have missed out on a rare opportunity.

An awareness of these five factors ought to be so cultivated, therefore, that it becomes an integral part of one's mindset. Then one can still make all the effort possible to accomplish an objective but will not go into depression if it does not succeed, realizing that factors and forces other than one's own enterprise do play an important role in the outcome.

Abraham Lincoln was surely referring to this truism when he wrote, "I claim not to have controlled events, but confess plainly that events have controlled me." [Abraham Lincoln, *Letter to A.G. Hodges*, April 4, 1864]

"To do at each moment the best we can and leave the result to the Divine's decision, is the surest way to peace, happiness, strength, progress and perfection."

– *The Mother* [Sri Aurobindo Ashram, Pondicherry]

Eyes

Allergic conjunctivitis: Individuals sensitive to dust, pollen, heat, etc., may develop painful conditions such as allergic conjunctivitis. Itchy red eyes are often accompanied by a sand-in-the-eye feeling due to white fibrous material produced as a response to the allergy. Earlier, prescription medicines contained steroid hormones, not recommended for prolonged application; although now other drugs have been developed to relieve this condition.

An effective herbal remedy is a simple spice, white pepper. Grind 7 corns of white pepper and take the powder with your breakfast. If you don't mind the slightly sharp taste, you can chew the pepper corns before breakfast. If you are prone to these allergies, use this for some months on a daily basis and thereafter two to three times a week.

For incidence of focusing error and related problems: Pl visit <http://www.nirankaragarwal.com/preventivehealthcare.html>;

And ebook *Eyes & Vision Care Relief Repair* at <<https://www.amazon.in/Eye-Vision-Care-Nirankar-Agarwal-ebook/dp/B01ENV4CDW>>

Fever

Simple and mild fever due to cold, weather or climate change, or fatigue, responds well to rest, and herbal tea concoction described under "Common cold" above.

Biochemic tissue salt combination 11 is also helpful.

Gum infections, pyorrhea, gingivitis

Please refer to "Teeth & Gums – Care and Relief" at <<http://www.nirankaragarwal.com/preventivehealthcare.html>>

In general, one of the best long term remedy to keep your gums healthy is to do a daily two minute massage.

Hernia (Men)

It is a good idea to eat or drink while sitting rather than standing or on the run. A look at human anatomy provides a rationale for this sage advice. Passage for arteries, veins and duct deferens (channel for the movement of the sperm) between the abdominal cavity and the testicular sac in men is provided by the inguinal canal. In inguinal hernia, this canal's diameter gets enlarged

and the abdominal contents, mostly the small intestines, pass into the testicular sac.[Frederic H. Martini, *Fundamentals of Anatomy & Physiology* 1995]

Eating or drinking while standing or walking may place greater stress on the muscles of the abdomen, and if the muscle tissue is weak, the sudden pressure may initiate the process of enlargement of the diameter of inguinal canal.

Hypoglycemia or Low Blood Sugar

Perhaps a major cause of low blood sugar and depleted energy is overuse of refined sugar products resulting in a roller-coaster: too much sugar consumption boosts insulin production and, if more insulin-than-needed is produced, then blood sugar falls below sufficient level to uphold normal energy generation. The solution is to cut down on simple sugars and resort to consumption of complex carbohydrates (whole grain products). Substitute candy, cakes, chocolate and soft drinks, by breads, whole grain cookies, fruits and vegetables.

Injury

Homeopathic medicine Arnica x30 or x200 is excellent for injuries to muscles, bones, or in cases of wounds. As an adjunct to topical treatment (Arnica ointment is excellent for many injuries, not wounds), its use reduces pain and discomfort, and speeds recovery.

For cuts and wounds oozing blood, topical application of homeopathic Calendula ointment is very effective.

Massage

Massage is beneficial for the entire body in general. It optimizes circulation of blood and other fluids, and provides a toning up of tissues, nerves, muscles, and bones. Self-massage is in a class by itself, as it supplements the exercise regimen as well.

With age muscle fibres shorten in length & diameter, lose flexibility and are unable to completely recover from injury. Rather scar tissue begins to form.

Since the reduction in muscle performance diminishes at the same rate for all individuals irrespective of age, it is important to develop excellent muscle tone early in life. For only so can one expect good muscle tone to persevere into the old age.

In addition to regular exercise, massage is probably the best tonic for the muscles. Rather than depending on others to massage your body, do it yourself. This has several advantages:

1. Regularity: Dependence on others may be fraught with delays and omissions.
2. Expense: Not everyone can afford professional masseuse.
3. Workout: Massaging one's own body benefits not only the muscles worked upon but also the circulatory and respiratory systems. It has the further advantage of providing a workout to additional muscles and joints, for example, of hands.
4. Self-help: will diminish the attitude of passivity and reinforce self-reliance.

Nose Bleed

The problem of nose-bleed may be due to several causes. Rupture of the extremely flimsy blood capillary membranes is quite a common occurrence. A moist environment within the nostrils is generally maintained by the body, but humidity in the environment is reduced during cold and/or dry weather or due to air pollution. Inhalation of dry air leads to brittle capillary walls in the nostrils.

A simple easydo routine is to apply a drop of *ghee* [clarified butter] or pure natural oil (sesame, yellow mustard, almond) inside both nostrils with the help of index and ring fingers with a circular motion two to three times a day during the period of nose-bleed. Thereafter, apply the oil in the nostrils in the same manner once a day. This preventive measure is likely to abolish the occurrence of nose-bleed altogether if the problem was due to dryness.

Obesity

Recent figures show that nearly one third of the US population is obese. Of these, almost a quarter – some 21 million are almost morbidly obese (about 100 pounds, 45 Kg., or more overweight) [*Reader's Digest* U.S. Edition, October 2002, p 165; *Time* magazine, January 27, 2003, p 43]. Despite much debate, scientific research, exhortations, and numerous diet & life-style programs, the number of obese individuals continues to rise.

There are many causatory factors for this state of affairs. Rather than depending on the medical science to find a solution, we should fight this battle on several fronts concurrently.

1. Diet: The number one causatory factor is our diet of highly processed foods which does not furnish various nutrients in the right proportions. Syntheses of complex molecules required for optimal functioning of the body systems are only partially successful. It is like constructing, say, a table with insufficient number of legs. The table is not properly functional and even when propped up with the help of bricks, is likely to topple over at the first nudge.

To offset the disproportionate ratio of ingredients, our body sends message of shortfall by the only way intelligible to us. It signals that it is hungry – it can't yet say, hey! I am hungry for this vitamin or that mineral – it just says I am hungry, and we take it as a signpost to stuff ourselves with more of what we find tasty.

Processed foods are very nearly the equivalent of what, *Ayurveda*, the ancient Indian system of medicine, brands as tamasic [inert, lifeless] foods. Which means that they induce inertia not only in the material body but also in the mind leading to lessened will-power. That may indeed be the reason why a sustained exercise regimen is not followed. [Please see discussion of this topic in *Diet & Nutrition* under the section, *Food: An Ancient Wisdom Perspective*].

2. Confused priorities: In this age of time-starved schedules, we ought to set our priorities by doing a cost/benefit analysis. How often do people spend inordinate amounts of time in games & sports instead of maintaining a regular exercise schedule for health? Games provide meagre benefits in proportion to the time spent. [Please see the discussion in *Exercise*]

3. Lack of discrimination: Our children from an early age should be trained in analysis and discrimination. In a free democratic society, everyone has to lookout for one's own interests. Businesses and celebrities do; for us too it should become second nature to consider our own interests – our health – before we accept anyone's word as to what is good for us. We should be able to recognize the danger to our health by the barrage of promotions, for no matter how much anyone professes to care for your health, their own self-interest naturally takes precedence.

What can one do?

First of all determine how much overweight you are. Is your skeletal frame large, medium, or small? What is your height? Use the standard formula to calculate your BMI and find your ideal weight from the table. The table gives a fairly wide range of body weight for the same height to account for variations in skeleton size. The upper limits are for individuals of large frame, the middle values for those of medium frame and the lower values for those of smaller bone structure in each category. Keep the figure in your awareness.

There are no quick solutions. But a predominantly vegetarian diet of *whole foods* [please see the chapter, *Diet & Nutrition* to reinforce awareness of which food category to avoid] in conjunction with a persistent exercise regimen, should secure good results. In this context, TimeSaving-WalkingPlus™ can prove to be of inestimable help. See the narrative in *Exercise*. The exercises described therein are based on experience and common sense. TSWP provides a real workout with greater benefit than running or jogging. The rationale for this has been discussed in there, but it cannot be overemphasized that brisk walk before breakfast should result in shedding excess weight faster, and holding it at the optimum level.

All theoretical knowledge is, however, of secondary importance. The crux of the solution is your determination, your willpower to persevere – not for one day, one week, one month, or one year but as much as it takes to get you back in shape and keep it there. You may derive help by closely perusing, *Awareness, Subtle Anatomy and Health* as an aid to stick fast to your resolution.

Prostate disorders

Over half of the 60+ men are a victim of prostate disorders which might eventually end up as cancers. The malady begins with prostate enlargement.

Pl go back to the section “Cancer of the prostate” for prevention and relief for prostate disorders.

Skin - itchy blisters (Contact Dermatitis)

Usual skin disorders are a result of a breakdown of body's two main defences, the keratinized layers of epidermis which have an acidic surface, and impeded secretion of the sebaceous glands, the oily sebum which surrounds the hair and makes the skin supple and crack free. Minimize use of soaps and detergents, cosmetics and hair dyes. [J.E. Rodale, *loc.cit.*, p 277]

Pure oils such as almond, sesame, coconut, olive, mustard, mixed with a few drops of lemon or lime juice massaged in to the skin restore the pH and suppleness.

Sleep

Early to bed and early to rise, makes a man healthy, wealthy, and wise.

– Benjamin Franklin

Our body rejuvenates itself during sleep. It mends the damage to the cells and tissues from wear and tear, for, during this quiescent state more resources can be spared for growth and repair. Over millennia our bodies have adapted to rest during the night and those are typically the hours most suitable for sleep.

The big foes of sleep today are TV, social media, and manifold gadgetry, which one way or another thrive on emotionalism, sensationalism, and excitement of all kinds including physical, physiological, vital and mental. For deep sleep these are sheer anathema, especially if indulged in at late hours before going to bed. The excitement of the body and the mind leads to only fitful repose. And the energy your system could have utilized to repair or build cells, tissues and organs is pilfered by the restlessness. In all cultures people were always advised to read religious, spiritual or other uplifting literature before going to bed. Lack of sleep in the short run may lead to crankiness, fatigue, constipation, disorientation, lack of concentration and weaker memory. In the long run insufficient sleep may lead to myriad chronic diseases, for then due to



persistent overstrain the body can't rejuvenate.

Requirement of sleep in general is recommended to be 7 – 8 hours. Find your own optimum by observing as to 'how you feel' after your repose at different levels of time. Do you feel up and ready to go? or you need a stimulant to *wake you up*?

Pure air, a mattress neither too soft nor yet too hard, darkness and quiet, are some of the factors that induce deeper slumber. Place a pot or two of Snake plant (*Sansevieria trifasciata*) near your bed to provide a rich oxygen environment.

Throat

Many conditions such as infections, colds, fever, viral fever, etc. begin with a scratchy throat and a tongue coated with bacteria and/or viruses. A thorough cleaning of the tongue and the throat can dramatically reduce the frequency and the severity of these common as well as seasonal ailments. More routines to aid removal of throat maladies are also described below.

1. Cleansing: After cleaning teeth, rub a soft toothbrush over the tongue. Go as far back to the base of the tongue as you can. Finish by rubbing the tongue with three – index, middle, ring



– fingers. Gargle with water in between the rubbings and afterwards.

2. Strengthen throat muscles

a) Throw out tongue,. Daily 3 sessions of 15 strokes

b) Puff up mouth with air. Daily 3 sessions of 15

Strong and pliable muscles facilitate expulsion of foreign debris and body waste.

3. Ujjayi pranayama : Constricting the muscles of the throat breathe in deeply through the nostrils. Keeping the muscles constricted, expel the breath slowly through the nostrils keeping the mouth shut. A mild continuous sound similar to a cat's purr (or a gentle snoring sound) is audible during its correct practice. Do this ten times.

This *pranayama* can be done while sitting, standing or even walking. In the beginning however it may be advisable to sit so that one can concentrate better.

Benefits: This breathing exercise also strengthens the throat muscles. If practiced immediately at the onset of soreness, it may even get rid of the soreness altogether. Vocal cords are massaged both by constriction and by the expiring air. Therefore *Ujjayi* can be very beneficial for singers and orators.

4. Take homeopathic medicine, Aconite x30, 3 doses at 10 minute intervals. Thereafter, every three hours until soreness disappears.

Urinary Tract Infections (UTI)

The most frequent UTI, cystitis, is caused by the bacteria, E. Coli, present in the human faeces. Symptoms include burning and pain on urination, a feeling of residual urine after urination, and in advanced stages trickles of blood with the urine.

Women are afflicted by UTI more often than men due perhaps to the close proximity of urethra & vagina to the rectal opening. Noted author Dr. Gayle Olinekova therefore advises to wipe from front to back while using the toilet paper so as to diminish the probability of infection. [Dr. Gayle Olinekova, *Power Aging – Staying Young At Any Age*, New York: Thunder's Mountain Press 1998, p 258]

Preventive care: Remarkably sensible and better is, of course, the use of water for cleansing, using Indian toilet or Bidet. It not only prevents UTI but also helps reduce the risk of hemorrhoids, piles and colon cancer.

Because toilet paper may not completely remove all faecal matter particles, men too are at risk of UTI, for bacteria may stick to underwear and find its way into the urinary passage.

Aspiration

विश्वं पुष्टं ग्रामे अस्मिन्ननातुरम् ॥

– *Yajurveda* 16:48

In this village [global village],
may all sentient beings be robust and healthy