

FNH

Food, Nutrition & Health

Volume 13 | Issue 1 | Jan-March 2022 | ₹ 20



- | Health, Nutrition And Lifestyle Diseases
- | Introduction To Juice Therapy
- | Food For Healing & Maintaining Health
- | The Traditional Bulgarian Medicinal Plants/herbs : A Brief Introduction
- | Psychological Challenges of Osteoporosis In Women



Fresh
aisa
Nature
jaisa

GREEN VEST

Now, for the first time in India a vest that is absolutely natural. Green. A revolutionary product made from pure **organic cotton**. Feel the touch of nature **on your body**.



....Go Green

T.T. Limited: Ph.: 011-45060708, Fax: 011-45060741, Email: export@tttextiles.com, Website: www.tttextiles.com



is a well known Trade Mark Registered & owned by T.T. Industries, New Delhi - 110005

RNI No.DELBIL/2010/32111
www.fnhindia.com

FOOD NUTRITION AND HEALTH

A Journal for Public Health
& Nutritional Improvement

Issue 01 Vol. 13
January-March 2022

Consulting Editor
Dr. Ramgopal, Ph.D.

Managing Editor
Dr. A.K. ARUN, M.D. (Hom.)

Editorial Board
Dr. Ramgopal, Ph.D.
A-66, Krishna nagar, New Pali Road,
Basani, Jodhpur 342005 (Raj.)

Dr. A.K. ARUN, M.D. (Hom.)
167A/GH-2, Paschim Vihar,
New Delhi 110063

Dr. Aditi Arun
167A, Ankur Apartments,
Paschim Vihar, New Delhi 110063

Dr. Vinayak Abbot
J-403, LGF New Rajinder Nagar,
New Delhi 110060

Dr. Shalini Mishra
Z133/4, Nimri Village, Shashtri Nagar,
Ashok Vihar, New Delhi 110052

Correspondence
Managing Editor
Food, Nutrition and Health
167A/GH-2, Paschim Vihar,
New Delhi 110063 (INDIA)
E mail: editor@fnhindia.com
www.fnhindia.com

Editorial

NUTRITION DURING PANDEMIC !

COVID-19 and climate change have exacerbated malnutrition in all its forms and threatened the sustainability and resilience of food systems around the world. At the Nutrition for Growth Summit in Tokyo on 7 – 8 December 2021, the World Health Organization has announced six new commitments to accelerate progress on the 2025 nutrition targets which have been pushed even further off course during the pandemic. These include:

- Expand initiatives to prevent and manage overweight and obesity;
 - Step up activities to create food environments that promote safe and healthy diets;
 - Support countries in addressing acute malnutrition;
 - Accelerate actions on anaemia reduction;
 - Scale up quality breastfeeding promotion and support; and
 - Strengthen nutrition data systems, data use and capacity.
- Today, one third of all people around the world are affected by at least one form of malnutrition. Over 40% of all men and women (2.2 billion people) are now overweight or obese. While unhealthy diets are linked to at least 8 million deaths per year.

“Malnutrition in all its forms is one of the world’s leading causes of death and illness,” said Dr Tedros Adhanom Ghebreyesus, WHO Director-General. “WHO is committed to supporting all countries to progressively expand access to essential nutrition services as part of their journey towards universal health coverage, and to strengthening sustainable food systems to support healthy diets for all people, everywhere.”

Despite incremental improvements across all forms of malnutrition over the past decade, this progress has digressed with growing rates of inequity, climate crisis, conflict, and global health insecurities.

The multiple burden of malnutrition, like stunting, wasting, micronutrient deficiencies, obesity and diet related noncommunicable diseases, are increasingly co-existing within

contd. from Pg 12...

Dr. A.K. Arun, M.D. (Homoeopathy)

Public Health Expert & Consultant

Chairperson of Health Education Art Life Foundation (HEAL), New Delhi

HEALTH, NUTRITION AND LIFESTYLE DISEASES

Prof. (Dr.) Ram Gopal

1. Introduction

International organizations like FAO, WHO (now also UNU) took up the task of defining human nutrient requirements through consultation of Expert Groups periodically since 1950. The FAO/WHO/UNU recommendations on human requirements of nutrients and their application were published in 2004. The ICMR Expert Group on “nutrient requirement and safe dietary intake” for the Indians met several times to carry out further revisions. India has entered the era of dual nutrition burden when under nutrition and micronutrient deficiencies remain as major public health problems, obesity is emerging as a major problem. The Expert Committee took these factors into account while working out the nutrient requirements and safe dietary intake of Indians. Major advances have occurred in food production and agriculture during the past 30 years in countries like India as a result of the widespread adoption of benefits of the Green Revolution. The numbers of people who are food deprived globally has dropped dramatically with the increase in the availability of cereals, although food insecurity is still a major problem in the developing world. The key to these dramatic gains of the Green Revolution is development and distribution of high yield seeds and necessary inputs such as fertilizers and irrigation to make them grow to their full potential. Transgenic crop technology is spreading faster than any other agricultural technology; though the furor about ‘terminator’ genes has died down, controversies about the potential risks of biotechnology persist, such as gene flow (the escape of inserted transgenic

into related crops or wild plants), the emergence of resistant pests, and fears that eating genetically modified foods might affect the health of consumers.

Diet and lifestyle behavior are the major factors that influence susceptibility to many diseases. Lifestyle diseases include type-2 diabetes, metabolic syndrome, obesity, atherosclerosis, Alzheimer’s disease, asthma, cancer, renal failure, stroke and osteoporosis etc. These diseases are the result of the fact paced lifestyle behavioral activities such as lack of exercise, skipping meals, excessive calorie/fat consumption, smoking and alcohol consumption, stress, lack of sleep etc. These diseases are classified as chronic non communicable diseases. The WHO projections of the mortality trajectory associated with NCDs, show ischemic heart disease to be the single most costly non communicable disease in India.

The rapid increase in prevalence of diet related chronic diseases including type-2 diabetes, obesity and hypertension worldwide possess an immense public health and medical challenge for the implementation of successful preventive and treatment strategies. Insulin resistance is an important risk factor for type-2 diabetes and is often associated with other metabolic abnormalities and cardiovascular risk factors. Moreover it is also an important risk factor for cardiovascular diseases.

2. Public Health and PSM

Johanna Peter Frank (1745-1821), a health philosopher of his time in England conceived public health as good health laws enforced by the police. The Public Health Act of 1848 in England was a

**Principal Director, Buddha Group of Institutions & Chairman, PSSS Research Council, Udaipur
Chairman, BAC, DMRC, ICMR, GOI, New Delhi, Chairman RAB, School of Oriental Medicine, TGOU
Chairman RAB, IRIIM, Howrah, Expert Member, DST, GOI, New Delhi
Former Director, DRDO, MOD, Govt. of India, New Delhi & Defense Lab, Jodhpur,*

fulfillment of his dream making state responsible for the health of people. The development of public health movement in America followed closely the English pattern. By the beginning of the 20th century the broad foundations of public health i.e. clean water; clean surroundings, wholesome condition of houses control of offensive trades etc were laid down in all the countries. The progress of public health has been slow in developing countries including India. The establishment of WHO provided a great boost to the public health movement in developing countries also.

Cholera, often called the ‘father of public health’ appeared time and again in England during the 19th century English epidemiologists studied the epidemiology of cholera in London and established the role of polluted drinking water in the spread of disease. Similarly careful observations of an outbreak of typhoid fever in the rural England concluded that the spread was by drinking water then came the demand from people for clean water. Now we all know that how safe water is associated with water borne and water related diseases. In developing countries WHO reports that 80% deaths of infants in rural areas is due to water borne diseases like cholera, typhoid, jaundice, stomach problems etc. On the other hand vector borne diseases like malaria, guinea worms and many parasites entering through fecal oral route are water related diseases.

Preventive and Social Medicine (PSM) developed in 18th century as a branch of medicine distinct from public health. PSM got a firm foundation only after the discovery of causative agents of disease and the establishment of the germ theory of disease. With the knowledge derived from bacteriology and virology it become possible to control diseases by specific measures such as blocking the channels of transmission e.g. quarantine, water purification, pasteurization of milk, protection and preservation of foods, disposal of sewage and hospital waste, destruction of insects and disinfection.

The development of laboratory methods for the early detection of disease outbreaks of epidemics was a further advance. Now with modern concepts of primary, secondary and tertiary prevention control and eradication of diseases has been possible. Presently medical universities/ colleges/ health centers are functional as department/ centers of ‘Community Medicine and Family Medicine’ and covering all aspects of PSM.

In the history of public health four distinct phases could be demarcated to cover major branches of modern medicine. These are **disease control phase, health promotion phase, social engineering phase and health for all phase**. Currently public health with other medical sciences and other health related sectors is engaged to manage life style diseases of present time.

3. Modern Medicine- Medical Revolution

After 1900 medicine moved faster towards specialization and a rational scientific approach to disease and nutritional aspects. With the control of communicable and non-communicable diseases the so called modern diseases such as cancer, diabetes, cardiovascular diseases, mental illness, drug abuse, obesity, acidity, disability and accidents came into prominence and have become the leading causes of death in industrialized countries due to modern life style. It is realized that there are other factors or causes in the etiology of life style diseases namely social, economic, genetic, environmental and psychological factors, which are equally important. The developments in modern medicine may be grouped under curative medicine, preventive medicine and social medicine.

Modern medicine divides man into mind and body and body into multiple organs. Each specialist cares each organ through appropriate investigations and procedures. Each system has functional significance for the entire human being (body) and not just for the malfunctioning of a part.

Malfunctioning or diseased part affects whole body like fever affects all parts, organs, tissues and cells. The cause lies from centre to circumference. Hence treatment focused on circumscribed problems or organs is totally inadequate. It is a false impression that allopathy is a panacea for all maladies that affect human health. Further in the present scenario, an average man is confused. The experts in each system fight each other and there is no coordination and cooperation. No single system of medicine can solve the health needs of our people. **Complementary, Alternative and unconventional Medicine (CAM)** is becoming increasingly popular all over the world. In Feb. 2013 the GOI, in collaboration with the **WHO South East Asia Region Office (SEARO)** organized an international conference on traditional medicine in New Delhi, at which participating countries agreed to cooperate, collaborate and mutually support each other by adopting the **Delhi Declaration on Traditional & Complementary Medicine (T&CM)**. Government of India through **AYUSH (2014)** has also spelled out to promote and propagate T&CM as signatory member state of **WHO decade programme (2014-2023)**.

Modern man is advancing day by day to more and more materialistic pleasure and comfortable life style, which is resulting into development of new diseases and epidemic of old diseases. In India health care delivery system is quite complex and needs serious look. Because in our country available health resources, present status of health services and trained health workers are inadequate in numbers to cover our vast area and populations. On other hand our traditional **ISM** developed in our context has been marginalized. Although our traditional **Vedic science of Ayurved, Yog and other related therapies** with proper understanding are fully capable to uproot the diseases. The present day need is to promote our traditional therapies through seminars, workshops and creating awareness through publications like **Food Nutrition and Health** instead of blindly following western model.

4. Ayurved-Yoga- Natural Lifestyle

Ayurved-Yoga- Natural living is the heart of Vedanta knowledge for development of holistic health and attainment of inner peace. Yoga devised and designed by *Rishi Patanjli* around 600 BC in essence results in –

- (i) Reduction of weight, waist girth, rate of respiration, heartbeat, lowering of blood pressure.
- (ii) Increase in chest girth and vital capacity of lungs, improved mental alertness, stable nervous system, sound body, better microcirculation and
- (iii) Development of a radiant and holistic personality.

In case of chronic ailments pro-nature therapies require a well planned treatment design. Generally following steps are recommended.

Step 1: detoxify body organ function through lymphatic and excretory systems.

Step 2: release stress through adrenal glands and solar plexus.

Step 3: balance energy flow throughout the body by proper stimulation plan.

Step 4: re-establish the normal functional status of the organ(s), gland(s), and nerve(s) related to the ailment.

Before 1960, only allopathic medicine was considered ‘scientific’ and other indigenous systems, though based on empirical knowledge, were labeled as ‘quackery’. Due to scramble for ‘appropriate technologies’, ideas have changed. Interest in Alternative Medicine is on the rise in America and other Western countries. There are more than 180 systems of **Alternative Medicine**. Ayurveda is being studied deeply. Homeopathy is already being practiced even by allopathic doctors. Psychotherapy, Hypnotism, Yoga, Nautropathy, Yogic Pranayama, Zero Therapy, Acupuncture, Electro Homoeopathy, Nutrition (Organic Food) etc. are vying for their own place. Everything seems to be tending towards holistic medicine in accordance with the concept of holistic health. Physical, mental, vital, intellectual and

spiritual - these are the **Five Levels of Being**. For medicine to be holistic, it should be universally applicable, cover all aspects of health, on all the five levels. Early Indian doctors conceived of holistic medicine on the basis of the *Taittiriya Upanishad* concept of **Vedantic Five Sheaths** - physical body, vital movements, mental thoughts, intellectual convictions and emotional feelings which cover, as it were, each individual soul. Yoga and natural living meet all the above aspects.

A survey research project report in 21 states on “**Status and Role of AYUSH and Local Health Traditions**” issued by National Rural Health Mission (NRHM), Ministry of Health and Family Welfare, Government of India; New Delhi in 2010 has underlined the National Policy on Indian System of Medicine and Homeopathy 2002:

“India possesses unmatched heritage represented by its ancient systems of medicine which are a treasure house of knowledge for both preventive and curative healthcare. The positive features of the Indian Systems of Medicine, namely, their diversity and flexibility ;accessibility; affordability; a broad acceptance by a section of the general public ; comparatively low cost; a low level of technological input and growing economic value have great potential to make them providers of health care that the larger sections of our people need”.

Yog & Naturopathy are holistic sciences based on the principle “**Natura Sanat**” (Nature is the healer and doctor). **Five doctors are 5 elements and 5 therapies:**

1. **AKASHOPASANA** : ETHER THERAPY (FASTING)
2. **TEJOPASANA** : FIRE THERAPY (SUN BATHING)

3. **JALOPASANA** : WATER THERAPY (USE OF WATER)
4. **YAYU UPASANA** : AIR THERAPY (FRESH AIR/ PRANAYAM)
5. **PRITHVI UPASANA** : EARTH THERAPY (NATURAL FOOD)

Yoga is a mirror in which we decorate our soul. Yoga is knowledge beyond religions. Yoga is *shashwat* (eternal) and *sanatan*. The reason for present problems is deprivation from Ayurved-Yoga-Natural Living-Spirituality. Yoga and Naturopathy are essential to solve our problems. Healthy body, pure mind and civilized society are the main target of Ayurved-Yoga-Natural Living-Spirituality. As a misconception all over world Yoga is practiced for controlling diseases and increasing sexual power. Yoga is disciplining and perfecting the way of life. Spirituality is not miracle but it is a process of complete transformation through Yoga and Natural Living. Yoga is not merely postures. It has 2 components: Lifestyle of Yoga & Yoga Techniques. We concentrate on **Yoga Techniques (postures) and not on Life Style of Yoga**.

World Health Organization has also stressed the need of blending **Traditional** and **Western Medicine** system highlighting role of Naturopathy and Yoga as follows:

“The two systems of traditional and Western medicine need not clash. Within the context of primary health care, they can blend together in a beneficial harmony. Using the best features of each system, and compensating for certain weaknesses in each. This is not something that will happen all by itself. Deliberate policy decision has to be made. But it can be done successfully”.

“The time has never been better and the reasons never greater for giving traditional medicine its proper place in

addressing the many ills that face all our modern-and traditional societies”.

Dr Margaret Chan

DG, WHO, Congress on Traditional Medicine, 2008, Beijing, People’s Republic of China

Challenges in health scenario are multidimensional. Holistic health in **Indian System of Medicine** as propounded in Vedic texts deals with well-being of **body, mind, intellect** and **soul**. Ayurveda describes holistic health as balance of *Dhatus, Doshas, Agnis* and Nature Calls and happiness and health of *Atma, Indriyas* and *Manah*. WHO also in agreement with Ayurveda defines human health, as “**Health is a state of complete Physical, Mental, Spiritual and Social well-being and not merely the absence of disease or infirmity**”. Let us look at our rapid decline. Pharmaceutical drugs are prescribed to mask our symptoms in the hope that with time our immune systems will do the actual healing. But our immune systems are being compromised by inadequate nutrition, over use of antibiotics and the chemical toxins our bodies absorb and store. We pass this immune system – weakening traits on to our offspring while they are still in womb. While we pretend that everything is normal, our toxic chemical legacy is producing ever – greater numbers of genetic defects in our species and in the animal life that surround us.

In pursuit of development of holistic health over the past one hundred years, our species have been engaged in a vast and complicated chemistry experiment using each one of us a guinea pig. The experiment has used our bodies, our health, our wealth and our goodwill to test the proposition that modern science can improve upon the foods and medicines of nature. **Randall Fitzgerald** in his book ‘**The Hundred Year Lie**’, Pleume Group 2007 (USA) has exposed how chemicals in everyday products are polluting our physical bodies. How to protect us from the chemicals that are destroying our health has been illustrated by factual chronology of the changes seen in the last one hundred years.

Our diets and our health from the womb to the grave are now shaped by three sectors of the economy – **the processed foods corporations, the medical/ pharmaceutical giants** and **the chemical industry**. By willingly participating in the risky synthetics some of us are falling sick or dying during this experiment. None of us have an excuse to play the innocent victim any more. Promoting life style management with **ATSM** and **natural organic food** is the only remedy. This popular and holistic concept of Medicare and healthcare was taught even to foreign students in the Universities of *Takshasila, Nalanda* and *Varanasi* during AD 500-600.

World Health Organization declared, ‘Health for all by 2000’ during 1978, which has brought miraculous development of allopathy from invention of various drugs for diseases, surgical procedures, instruments, vaccines, organ transplantation and now stem cell research and therapy. Patients, doctors and hospitals are increasing in number, thereby consuming large revenue in health care. Even in developed countries there are very high incidence of cardiac and carcinogenic disorders, hypertension, AIDS and psychological neurosis. To quote a few examples – modern medicine has wonderful remedies for diabetes from oral hypoglycemic agents to insulin pens and insulin pumps, but every minute 4-5 diabetics are detected in India and by 2025 there will be around 58 million diabetic patients with a growth rate of 195% (making India diabetic home), hypertension also is as high as 20%. Similarly there is alarming increase in incidences of psychological disorders like depression, anxiety, suicides, drug dependence etc. There is a lot of scientific data to support that continued occupational stress leads to precipitation and perpetuation of physiological and psychological maladies.

5. Medicine - Facts & Myths

- Healthy life style includes- healthy natural diet and eating habits, modest exercise program, positive attitude and mental poise through

regularity and obeying the laws of health and following yoga and meditation royal (noble) path to health and happiness.

- Medical community, pharmaceutical companies, chemists, physicians and staticians all form deadly partnership in propagation of drugs. Studies had shown researches in medicine are directed towards commercial returns rather than a therapeutic need. It is in the interest of pharmaceutical companies to develop treatment, which involve long term drug use rather than finding cures. Drug has become a big business only with profit orientation for medical community.
- Every new drug means a new disease. Patients cannot play as innocent victims. They are themselves equally responsible for drug abuse.
- At chemists shops over 60000 (drugs) allopathic medicine are generally available. As per research most of them were found unnecessary. Only about 250 medicines were believed to be essential/ life saving/ life supporting. Others are useless or harmful.
- Drugs change so fast and so often that today's wonder drugs are proved as blunder drugs. Best medicine becomes worst tomorrow. They come like a lion and disappear like a lamb.
- The doctor who prescribes drugs may know very little about it. Drugs are fast changing. More than half the drugs now in use were not in the market 5 years ago.
- More than ten percent of hospitalized cases are drug induced. The third leading cause of deaths in US is reported due to adverse reactions to drugs.
- All drugs are absolutely poisonous under all circumstances, whether in small or large dose. No drug is ever safe because no one can know all possible effects the drug may cause.
- All drugs are physiologically incompatible with the functions and structures of the body.
- Drugs are synthetic and hence are not natural to the body. Therefore every drug affects natural enzyme system in the body to accomplish a therapeutic result. Most of the times the body completes this process. Problems arise because the same drug affects other enzyme systems in harmful way.
- Drugs have multiple side effects. They weaken the defense mechanism of body and healing of body is paralyzed. Effects of drugs thus are not remedial or cure but disease producing. They are symptom suppressing. They do not act on the body, rather body acts on them. They are habit forming. Drug after drug is employed resulting in addiction and adversely affecting liver, kidney, heart, lungs, brain and all vital organs and lymph blood and protective fluids in the body. They produce imbalance on hormonal secretions.
- Herbal remedies are getting more and more popularity, following the disastrous effects of synthetic drugs. These are used as an alternative to drugs. Realistically, herbs and synthetic drugs are not worlds apart; actually they originate on the same continuum. They too have drug effect on the body and have side effects and toxicity like other drugs. Herbs have fewer side effects but they are not as potent as synthetic drugs.
- *Ayurvedic* physicians prescribe them like allopathic doctors, drug for every symptom-giving a long list of them to the patients. This sort of imitation- giving devoid those from the fundamental objects of *Ayurveda*, which is a science of life based on the principles of health through healthful living alone.
- Herbal medicines are used as natural supplements and natural remedies. Manufacturers market them as benefiting a natural body function and not as a treatment for disease process. We should get nutritional

supplements, vitamins, minerals and anti-oxidants from our food and not through pills.

6. WHO Decade Programme, LSD and their Mitigation

Every year worldwide 2 million people are killed due to work related injuries and diseases and another 160 million new cases of work related diseases occur including respiratory and CVD, cancer, hearing loss, musculoskeletal and reproductive disorders, mental and neurological illness. Global burden of diseases reported mortality from CHD in India at 1.6 million in the year 2000. A total of 64 million cases of CVD in 2015 including 61 million from CHD and rest due to stroke, rheumatic disease and congenital heart diseases. CVD the biggest cause of deaths worldwide accounts for nearly 40% of deaths each year. According to WHO (1990) & ICMR (2010 survey) CVD accounted for 63% of all deaths & India contributed 17 % to the world wide mortality. Causes of CVD are diverse but atherosclerosis and / or hypertension are the major / most common. Cancer, CVD and diabetes account for 52% of deaths and 38 % of disease burden in the WHO South East Asia region. Increase in the risk factor of CHD in younger ages in India is due to childhood obesity, physical inactivity and sedentary life style. Mothers BMI/obesity interacts with risk of obesity in children & development of MS in adult life. MS increases the risk of CVD, Type 2 diabetes & deaths due to CVD. Nearly 30% Indians have disorder. Treatment of MS begins with healthy eating habits, physical activity (pranayam & Yoga) and therapeutic diet (nutrition). Due to Globalization, Urbanization and increasing life span LSD are on rise in developing countries like India ICMR (2008) has increased the RDA of fruits and vegetables for Indians (Adult Reference Man) from 150gm (1989 guidelines) to 400 gm/day (150gm veg., 50gm green leafy veg., 100gm tubers and 100gm of fruits). Fruits & vegetables are important components of a healthy diet and their sufficient consumption along with Ayurved and yoga helps in preventing major diseases (CVD & Colon Cancer).

To address emerging threats to health new forms of actions **as initiated by ICMR** are needed. The potential for health promotion inherent in many sectors of society, among local communities and within families are required to be unlocked by promoting natural style of living. The need of hour is to strengthen *shashwat & sanatan* science of Vedic origin on *Advait* Model and standardization of the technique, process and protocol to suit present real time requirement (documentation of data sheet & case studies). Practitioners of Ayurved, Yoga and Nautroopathy are required to adopt it by associating holistic health research reforms (**CAM**) and **modern S&T methods**.

7. Medicine Science & Healthy Life

- Medicine is not an exact science because results are not as per prediction. Medicine is not and never was a science. It is a method of treating sick, anatomy, physiology, biology, pharmacology etc. are sciences based on demonstrable principles, but these are not medicines.
- **Dr. Jhon Mason Good** states, “The science of medicine is a barbarous jargon and the effects of our medicines on the human system, in the highest degree uncertain, except indeed that they have destroyed more lives than war, pestilence and famine combined.”
- **Dr. H. M. Shelton**- “Perhaps no other things has cost mankind more pain, misery and real sufferings than the idea that he should poison himself with drugs because he is sick.”
- We are living in the age where the powers (**NBC weapons of mass destruction**) of destruction have been developed beyond the range of imagination, drugs and other chemical agents have unlimited power to destroy. We are engaged in a war against diseases. We treat them as enemy to conquer instead treat disease as a friend and teacher and corporate with nature.

- Man in his false attempt to dominate nature in the field of biology had to face defeat in the form of incurable, chronic, degenerative diseases, viral attacks and genetic disorders. Nature started hitting him back.
- Healing process is a natural function of the body, which no external agency can usurp, body knows to make and use its own drugs when as and how required. Eliminate the cause of disease and body will do its own job.
- Natural and healthy lifestyle changes are the only remedy and alternate to escape the mad plight of drugs. Poor lifestyle habits are at grass root level of diseases.
- The vast trained manpower available in Food and Nutrition Departments of Home Science institutions should be effectively used in the formulation and implementation of the National Nutrition Programmes.
- We should strive hard to ensure that within the next ten years, diets across the country will conform to basic nutritional need.
- The body's natural immune systems and natural anti-oxidant defense system and natural repair system are the best **physicians designed** to protect our health- not the drugs.
- **India's National Health Policy and WHO T&CM decade program** along with Community Medicine and Family Medicine are committed to **meet goal of health** for all persons in the world.

8. References

- Bhaduri,S. (2000), 'Yog-sutra of Patanjali', D.K. Printworld (P) Ltd, New Delhi.
- Gopal Ram and Bakshi D. (2012) *Vedic Science of Human Aura for Medical Treatment and Attainment of Holistic Health*, International Vedic Conference and 15th India Conference of WAVES on " Veda and Thought Revolution" jointly organized by Dev Sanskriti University, Haridwar India, WAVES India and WAVES USA at Dev Sanskriti University, Haridwar India. March 14-17, 2012, Souvenir with Abstracts, p 39.
- Nagarathna, R. & Nagendra, H.R. (2004), 'Integrated Approach of Yoga Therapy for Positive Health', Swami Vivekananda Yoga Prakashan, 2nd Edition, Bangalore.
- **Status and Role of AYUSH and Local Health Traditions**" issued by National Rural Health Mission (NRHM), Ministry of Health and Family Welfare, Government of India; New Delhi, 2010.
- The Complete Works of Swami Vivekananda', (1995),Advaita Ashrama , Calcutta.
- Randall Fitzgerald, 'The Hundred Year Lie', Pleume Group 2007 (USA).
- Ram Gopal and Bakshi D, **Yoga Aided Integrated Therapies for Treatment of Coronary Heart Diseases**', Souvenir 21st INCOFYRA, S-VYASA Yoga University, Bengaluru, p.75-76, Jan 3-7, 2016.
- Ram Gopal. 'Natural Life Style', *Niramay Jeevan*, Issue: 07, Year 17, July 2013, p.25-28.
- Ram Gopal, **Public Health and Medical Revolution (Facts & Myths)**, Nisargopachar Varta, NIN Pune, AYUSH, GOI, Feb.2017, p.31-

□

INTRODUCTION TO JUICE THERAPY

Dr. Venkatraman Hegde, BNYS* Dr. Ajisha Krishnan, BNYS**

Nature has provided all the medicines in the naturally available common foods to overcome ailments of our body. Nature's remedies are pleasant to take and leave no harmful after effects.

Definition:

Juice is a liquid naturally contained in vegetable or fruit tissue, prepared by mechanical squeezing or macerating fresh fruits or vegetables without the application of heat or solvents.

Benefits of Juices:

- Juices contain all the substances needed for nourish ing the human organism
- Juices are rich in vitamins and minerals.
- Juices revitalize the blood stream.
- Juices activate the nerve cells
- Juices rejuvenate glands and organs
- Juices soothe the acid irritated tissues.
- Fresh fruit juices are the cleansers of the system
- Fresh vegetable juices are the regulators and builders of the body.
- Fresh juices taken on an empty stomach will be absorbed by the blood stream within 15 minutes after ingestion.
- Fresh juices if properly extracted are second next to raw honey in their ease and speed of assimilation.
- Fruit juices are extremely rich in alkaline elements. This is highly beneficial in normalizing acid-alkaline balance in the blood and tissues.
- Juices contain calcium, potassium and silicon which helps in restoring bio-chemical and mineral balance in the tissues and cells, thereby

preventing premature ageing of cells and disease.

- Raw juices contain certain natural medicines, vegetable hormones and antibiotics. For instance, bitter gourd are said to contain insulin-like substance. Certain hormones needed by the pancreas to produce insulin are present in cucumber and onion juices. Fresh juices of garlic, onions, radish and tomatoes contain antibiotic substances

Requirement of Juice:

- At least 8-10 ounces of juice are to be taken daily, the individual can select the juice formulae he likes the best or may vary under the particular ailment.

Advantages:

- Most of the vitamins and minerals are destroyed in the cooking of foods, so it may be concluded that they are best if consumed fresh and raw'.Fruit juices are good source of vitamins, while vegetable juices are good source of minerals.
- Juices contain antioxidants, which help to oxidize the free radicals present in the body.
- Large part of the nutritive value of the foods is lost by irrational preparation, particularly over cooking. The tender leaves and stems contain largest percentage of alkaline bases, hence should be consumed in the form of raw salads or juices.
- Fresh fruit juices are the cleansers of the system, while vegetable juices are regenerative and builders of the body.
- Fruits differ from practically from all other foods by the fact that their nutritive elements exist n the form of dextrin.

*Working President, **Lady Medical Officer, Nisarga Trust, Nadig Galli, Sirsi, U.K., Kamataka

- Vegetable juices, on the other hand, soothe the jaded nerves and work in a much milder manner. They carry away toxic matter in a gentle way.

Owing to their differing actions fruit and vegetable juices should not be used at the same time or mixed together. It is desirable to use juices individually. In any case not more than three juices should be used in any one mixture.

Therapeutic Properties of Juices

Vegetable Juices:

Carrot: Raw carrot Juice strengthens the immune system and promotes healthy cell growth. Improves eyesight, for loosened teeth, anti-carcinogen properties raw carrot juice helps prevent cancer great liver cleanser! OUNCE of juice provides more than ten times the RDA of Vitamin A and C. Useful for Bleeding gums, anemia, and rickets.

Beetroot: Helps in bronchitis, anemia, fever, cough and cold

Cabbage: Helps in alleviating gastric and peptic ulcer, contains vitamin U

Pumpkin: Helps in prostate gland disorders, impotency, Sterility, Leukoderma.

Garlic: Medieval people used garlic as a cure for heart attack, Cancer and tumor.

Bitter gourd: As a cure for diabetes, eye troubles, stomach disorders and skin disorders. **Cucumber:** Used as a remedy in sunstroke, allergy, Insomnia, Heartburn.

Fruits:

Apple: As a cure for anemia, low vitality, general debility,

Fig: Effective remedy for menorrhagia, diabetes and Sore throat.

Cherry: Prevents kidney stones, as a cure for appendicitis, gout

Lime: Regarded as a “Heal all” fruits. Used as a remedy for diarrhea, dysentery, Jaundice, Liver trouble, bronchitis, asthma, general debility, prostate gland disorders, kidney disorders, and uterine troubles.

Papaya: cure for diarrhoea, dysentery, flatulence, dyspepsia. Raw papaya also used as a vegetable in diarrhoea and dysentery.

Pineapple: cure in acute constipation

Pomegranate: dyspepsia, cooling beverage fresh juice with clove as a effective remedy for cold, bronchitis, sore throat,

What Juice Can It Provide:

Is the fiber, eight ounce of carrot juice provides merely 2 gms of fiber, compared to the 8 gms of raw vegetable. Fiber is essential for digestion and also prevent from certain forms of cancer.” Drinking juice is isn’t a substitute for eating high fiber fruits, vegetables and whole grains.

Fruits and Vegetable Juices can be divided into Six Main Types:

- Juices from sweet fruits such as prunes and grapes.
- Juices from sub-acid fruits like apple, plum, pear, peach, apricot and cherry (iii) Juices from acid fruits like orange, lemon, grapefruit, strawberry and pineapple. (iv) Juices from vegetable fruits, namely, tomato and cucumber.
- Juices from green leafy vegetables like cabbage, celery, lettuce, spinach, parsley and watercress.
- Juices from root vegetables like beetroot, carrot, onion, potato and radish.

Precaution:

Certain precautions are, however, necessary in adopting an exclusive diet of raw juices:

1. All juices should be made fresh immediately

before drinking. Canned and frozen juices should not be used.

2. Only fresh ripe fruits and vegetables, preferably organically grown, should be used for extraction of juices.
3. Only as much juice as needed for immediate consumption should be extracted. Raw juices oxidize rapidly and lose their medicinal value in storage, even under refrigeration.
4. In case of incomplete extraction of juices, their effective power is proportionately reduced due to the absence of the vitamins and enzymes, which are left behind in fibre and the pulp.

The following broad rules apply when using mixtures of juices: Juices from sweet fruits may be combined

with juices of sub-acid fruits, but not with those of acid fruits, vegetable fruits or vegetables.

1. Juices from sub-acid fruits may be combined with juices of sweet fruits, or acid fruits, but not with other juices.
2. Juices from acid fruits may be combined with those of sub-acid fruits or vegetable fruits, but not with other juices.
3. Juices from vegetable fruits may be combined with those of acid fruits or of green leafy vegetables, but not with other Juices.
4. Juices from green leafy vegetables may be combined with those of vegetable fruits or of the root vegetable, but not with other juices.

□

contd. from Pg 1

the same community, household, and even within the same individual. With current trends projecting that one in two people will be malnourished by 2025, and an estimated 40 million children will suffer from obesity or overweight in the next decade.

In marginalized communities, child malnutrition and food insecurity are on the rise. Last year, 149 million children had stunted growth due to poor diets, lack of access to clean water and health services, and other accessibility issues. Among forty-five percent of children under 5 years of age that die, undernutrition was the underlying cause of death.

While there are positive signs of progress, such as the world being on track to hit the global target to increase exclusive breastfeeding by 2025, the COVID-19 pandemic fueled the nutrition crisis. This has particularly affected women and children, and brought unprecedented challenges and diversion of resources away from the global systems for nutrition, including health, food, social protection and humanitarian assistance infrastructure.

“Today, less than 1% of global development assistance focuses on nutrition,” said Dr Francesco Branca, Director of WHO’s Department of Nutrition and Food safety. “There needs to be accelerated action to end unhealthy diets and malnutrition, and WHO’s new commitments to the Nutrition for Growth Summit reflects this. The Nutrition for Growth Summit is a tremendous opportunity to accelerate action during the 2016-2025 Decade of Action on Nutrition.”

WHO continues to work within the three important Nutrition for Growth focus areas (health, food and resilience) by strengthening the normative guidance and supporting countries in their use; by monitoring and ensuring access to nutrition data; by providing support to governments and decision makers to integrate nutrition and food systems interventions into national universal health coverage plans, multisectoral systems and fiscal policies; and by ongoing work in emergencies settings.

□

FOOD FOR HEALING & MAINTAINING HEALTH

Prof. Dr. B.T. Chidananda Murthy*

Introduction: It is mentioned in our scriptures, the earth, in order of creation occupies fifth position. In order of preference also, we first need space, then air, heat, water and food. But, it is as important as other elements due its significant role for the acquisition, sustenance, maintenance, and restoration of health. Blood-lymph-hormones, the vital fluids for the body, cells, tissues, muscle organs, skin, bones etc. is the product of the food that we eat. The natural food taken moderately in accordance with the laws of eating for health, serves for growth & replacement of cells, supplies nutrients, known & unknown trace elements, enzymes of the body for their repair maintenance and sustenance of their health, to maintain, regenerate the vital forces or life force.

Hyperacidity, Constipation:- It is believed that constipation is a root cause of all diseases & it is to greater extent true in cases of digestive disorders. It is always better to go into the causative factors of the diseases & not give a pill or drug as remedy, which would only suppress the condition & later the very pill or drug becomes a poison to its side effects & as well as not treating the cause of the diseases.

There are certain symptoms & according to causative factors natural remedies can be advocated.

1. Pain is abdominal region, upper or lower, indicates acidity and constipation respectively, each one is the precipitator of the other.
2. Nausea - due to acidity - wrong eating, constipation.
3. Bloatingness (flatulence) sometimes vomiting due to acidity
4. Heartburn

5. Gastro- intestinal gas - constipation due to improper eating, improper elimination, worms etc.
6. Stress - adrenalin, the fight hormone increases the acid release in stomach cells of the mucosa, muscles are controlled partly by the nerves which comes through serosal membrane, the vagus nerve, which begins in the brain, blood vessels also come into the stomach which supplies oxygen - creates heart burn.
7. Smoking, excessive alcohol, spicy, preservative and processed foods.
8. Excessive sensory stimulus - which increases the normal production - gastrin - hormone stimulates & releases HCl and pepsin into the stomach, it also affects other glands, such as the pancreas to prepare the body for the nutrients, which will soon be absorbed into the blood stream. Gastrin is stimulated by smell, taste, seeing.

The above mentioned symptoms are indicative of the remedial measures, which needs to be natural live diet and not drugs or pills. There needs to be balance of acid-alkaline, to bring true health. Foods eaten should leave either alkaline as or acidic ash. Body is designed for alkalinity and acidic by function, Optimum health is dependent on being alkaline, too much acidic increases early degenerative diseases, early aging, premature death & suffering.

Certain food listed below causes acid-alkaline imbalance and disease :

1. **Sugar** - no nutrition except calorie & carbohydrate. It produces acidity & for its

* Former Director, Central Council for Research in Yoga & Naturopathy 61-65, Institutional Area, Janakpuri, New Delhi-110058

- digestion it need bone calcium.
2. **Excessive Spices** - They are medicinal valued foods, if consumed in excess & in wrong method or form for example : Frying as masala, its value is lost & creates acidity and constipation.
 3. **Excessive oils**: either deposit as adipose tissue or trigly cerides & cholesterol, which harms the body in many ways.
 4. **Alcohol** - Spoils the liver function, reduces sexual activity, creates dehydration, reduces memory, only instantly it suppresses the stress & emotions, hence people feel it to be a elixir, instead it is a slow poison.
 5. **Soft drinks** - Creates acidity, takes away bone calcium.
 6. **Excessive Tea / Coffee (Note: green Tea is highly beneficial)** : - If taken with milk and sugar & minimum boiled it is helpful in mild dosages. If not it creates acidity, irregular heartbeat, in pregnancy it contributes to excretion of calcium, anemia, increased cholesterol, ulcers - erodes mucosal lining.
 7. **Non Vegetarian foods** : acidic in nature (high in purines & lacks fiber) creates colon cancers, urecemia, cholestrol, heart problems, diabetes, high blood pressure, lowest life expectancy.
 8. **Ice cream** : acidic and it contains harmful chemicals - Diethyl glycol (paint remover), Aldehylie - 17 (used in dyes, plastic & rubber), piperonal (vanilla) used to kill lice, ethylacetate (cleaner for leather and textiles) - damages liver, lungs and heart, Amyl Acitate - oil paint solvent, Benzylacetate - is used as solvent for nitrate salt, flavours used, causes cancer.
 9. **Excessive Milk** : Important factor - quality of milk depends upon the food of the animal milked - for example cows eat dust-bin products, plastic paper etc. It has 8-10 times higher calcium & phosphorus than human milk & obviously god made milk for its infants 65% of it consists of saturated fatty acids. Lacks iron and vitamin C, casein in milk is three times high, causes mucus formation.
 10. **Preservatives colouring & flavouring items** : Causes acidity due to monosodium glutamate (MSG) causes brain damage, it imbalances sodium-phosphorus balance. Sulfur is toxic & sulphur dioxide is poisonous gas. Causes degeneration of digestive tract lining.
 11. **White bread** : Leads to constipation & piles
 12. **Reheat or non heated frozen foods** : acidic non nutritious .
- As mentioned earlier, it is important to have acid-alkaline balance by eating. 75% alkaline ash forming food - fruits, vegetables, dryfruits, sparingly use of starchy food, low protein & 25 % - cereals, legumes, cheese, milk, coffee, tea, non-veg, etc. More important is the combination of foods and at time not more than two types of foods have to be taken. Too many combination over boiled cooked food, heavily spiced food, fried frozen & reheated food all amounts to high acidity. Hence, cooking methods also is very important factor in diet therapy .
- We all need food to be cooked in minutes & consumed, but do not oblige for raw foods. Though we know that by cooking most of the nutrients are lost but it adds flavour, taste, variety to our food; it also destroys the certain harmful bacteria, legumes, cereals, protein can be easily digested. Frying & roasting causes heavy loss of nutrients, Steaming, boiling and baking with low heat are advisable. While cooking , adding cooking soda causes severe loss thiamine , riboflavin. Pressure cooking also is also not advised in ordinary cooking the temprature can raise upto 95degree F- 102degree F, but in pressure cooking it raises to 112 degree& 115 degreeF. Hence, atleast vegetables should not be cooked in Pressure cooker & there are some

practices, where directly they cook in pressure cooker without the vessels, which needs to be avoided.

Proper combination is another aspect of diet therapy, though in daily practice it becomes very difficult, carbohydrates & sour items are not good combinations, nuts, oils, sour ,carbohydrates a usual combination in Indian cuisine has to be avoided. Proteins go well with green vegetables. Milk has to be taken alone for better digestibility. Too hot & too cold items should not be consumed together.

Raw Diet is very important as there is lot of enzymes, which control life. Enzymes are catalysts that control the rate of reactions as well accelerate, retard or modify all cell functions to supply energy and nutrients. There are metabolic function - inside cell & enzymes like catalase, dismutase, thrombin, plasmin and ribonuclease & digestive enzymes - inside the digestive tract are produced by the body from raw materials we get from food in our diet and also for recycling of the body's own raw material. To function they need the help of co-enzymes found in food that has not been refined, pasteurized or heated too high or too long.

Metabolic enzymes can be destroyed by infection smoking, pollutants, increase UV rays, ambient radiation (microwave, cellular phones, pagers, drugs, carcinogenic or toxic contaminants in our food or water. Its deficiency leads to OA, RA, multiple Sclerosis, osteoporosis, cystic breast disease, fibrosis, myocardial infarct, thrombosis, arteriosclerosis, immune deficiencies & Alzheimer's disease.

Digestive enzymes are pancreatic, maltase, lactose, phytase, cellulase, bromelain are destroyed by same agents as mentioned above ,stress, and caffeine . It creates symptoms of bleaching, burping etc. lactose intolerance. Inadequate digestive enzymes leads to chronic inflammation, fibromyalgia, infections, herpes, increase or decrease in weight, migraine, glossitis, skin allergies & rashes etc. Hence

consuming ample of fruits, raw vegetables, sprouts, suffices all the enzymes required by the body. They ensure digestion of food, elimination of unwanted toxic metabolites & environmental, contaminants, enhanced healing in injury and pain following athletic activity & enhanced healing following surgery and reduces degenerative diseases.

Some Medicinal Valued Food :

Foods consumed according to the needs of individual in this context to his health or diseases and the value of composition of the foods etc. contribute to the medicinal value of food. For example bitter gourd is to control hyperglycemia & its effect on digestive system is laxative or even purgative sometimes. A diabetic due to various reasons is suffering from diarrhea though bitter gourd is good for diabetic, at that acute condition he is not advised bitter gourd. This understanding in every moment of activity is essential. An another example, today I have no hunger, instead of eating the routine food like rice, dhal, vegetable etc. vegetable soup or jeera water according to the cause. The body and mind gets rest & healing from the suffering & then we can regain to normal diet.

1. **Aloe Vera :** Helps in acidity, digestion, absorption, assimilation of nutrients, enhances immune system, detoxifies the toxins, beneficial in ulcers, potent-anti inflammatory, has antibacterial, anti viral, anti-fungal, anti-parasitic effect on the body.
2. **Amla (goose berries) -** Rich in vitamin 'C', it is 15 times more than of lemon. It is antioxidant. It has cooling effect, it brings vigorous healing effect in the body. Good in cold, cough, bronchitis, bronchial asthma.
3. **Ash Gourd:** Helps in reducing weight, acidity also neutralises blood acidity. Ulcers, stomatitis, skin allergies, burning micturition, can be treated effectively with this Juice.
4. **Apple:** It is good in anemia, gout, pyorrhea, ulcers, diabetes, cough, cold, colitis, asthma,

- and urine inconsistency. However it is always advised seasonal and fresh because storage reduces lot of nutrients, it also has soluble fiber which reduces blood cholesterol.
5. **Aniseed (Saunf):** It is an ancient practice to give Saunf after the meals. It help in easy digestion, reduces flatulence, helps to eliminate the wind from stomach and intestine. It is having soothing effect on stomach. It is used as flavoring agent in many of the sweet dishes. It improves the lactation of nursing mothers.
 6. **Asafoetida (Hing) :** It is used very commonly as a flavoring agent and also for its digestive properties in Indian cuisine. It relieves spasm, indigestion. It has expectorant and analgesic properties. It brings mental alertness and sharpens memory.
 7. **Beet root:** It is rich in potassium, Sodium, magnesium & Iron. The Juice or the syrup prepared by adding organic jaggery helps to treat anemic conditions.
 8. **Banana Pit :** The soft white fibrous portion of banana tree is used in southern part of India as a vegetable. It has diuretic effect which helps to remove the renal stones. Due to its fibrous content the vegetable is filling as well as low calorie.
 9. **Bitter Gourd:** It helps in neutralizing high sugar levels in the blood. It acts as a laxative if taken with other vegetables and also as a purgative if the juice is taken in an empty stomach.
 10. **Bishops weeds (Ajwain):** It helps in all spasmodic disorders. The decoction of Ajwain, saunf, dhania seeds each of them about 1/2 tsp. in one liter of water boiled for 10-15 minutes gives a good decoction & can be given two to three times a day to relieve gastritis, constipation, indigestion, worm infestations. It also helps in bronchitis, asthma, viral fevers, migraine, skin irritation etc. It is also an antioxidant.
 11. **Carrot:** It is rich in vitamin A, folic acid, sodium, potassium and vitamin C. It is effective in anemia, acidity, underweight, growth etc. Mixed juice of celery, carrot beet, tomato is good to treat most of the diseases. It can be taken as morning drink.
 12. **Cabbage:** A good source of vitamin C, best to be eaten raw. Its juice is good to heal ulcers & hence it is also called vitamin 'U'.
 13. **Coriander:** It is rich in vitamin A, B1, B2, Niacin & C. Its diluted juice - 100 ml & one table spoon honey / organic jaggery powder helps in anemic condition.
 14. **Cumin seeds (jeera):** highly beneficial in treating digestive disorder, morning sickness and indigestion. 1 tsp. of powder mixed with 1 tsp. honey can be given to children for better digestion. The decoction of jeera acts diuretic, anthelmintic (against worm infestation), jaundice, vomiting and nausea. 1/4 tsp of powder taken in diluted buttermilk helps to control dysentery, diarrhoea & every diarrhoea in colitis, insomnia, relieves colicky pain. It is good for lactating mothers. It is used in the seasoning as a flavoring agent but it entirely loses its medicinal value.
 15. **Curry leaves :** juice of 50-100ml with two table spoons honey or organic jaggery powder is useful in anemic conditions, deworming etc, 2-3 tsp juice in 100 ml diluted buttermilk 1/4 tsp. of cumin powder & pinch of salt is a good appetiser & soothing to the stomach. People who complain of bloated feeling immediately after food should take this half an hour before the meals.
 16. **Drumstick leaves:** Raw juice mixed with cold milk is good to relieve chronic constipation. It has to be taken at night 100ml diluted juice with 100 ml of boiled & cooled milk without taking the dinner. It is good for anemic conditions, worms and diabetes. Soup of the

- leaves or vegetable is also highly beneficial.
17. **Fenugreek (Methi) :** The seeds are rich in amino acids, choline, essential oil, saponin, volatile oil. It also contains-calcium, phosphorus, iron, caroline, thiamine, niacin, riboflavin etc. It is good blood and body cleanser, antibiotic, anti-ulcer, anticancer, antidiarrhoeal. Research also shows that it is very effective in diabetes to control sugar levels. It helps menstrual and menopausal problems & it helps the nursing mother for better lactation.
 18. **Gauva:** It is rich in Iron & vitamin C, It is beneficial in constipation. Good for growth. Chutneys, jams are good for children but prepared with either molasses or honey or organic jaggery, not sugar.
 19. **Grapes:** juice or fruit is rich in vitamin A & B, minerals - potassium, iron, calcium, manganese, chlorine, flourine, sulphur & phosphorus. It contains proteins, carbohydrates. It is good for liver & kidneys, helps in detoxification, Purifies the blood. Though it is sour in nature, it is highly alkaline in action due to the presence of alkaline salts.
 20. **Ginger** It is used only as a flavoring agent, without realizing the immense medicinal value it possesses. It is blood purifier, Blood thinner (anti coagulant). It reduces gastric secretion in the stomach. It helps in jaundice, cough, cold, colicky, nausea, travel sickness etc. It can also work like antibiotic, anti-inflammatory, decongestant, expectorant and antispasmodic, hence it is beneficial in asthma , cold & cough, fevers, diabetes, hypertension worm infestations. TB, typhoid etc.
 21. **Lemon :** rich in vitamin C, cures Scurvy, It is best cleanser, good disinfectant, antibacterial, antidote for many of the toxic substance in the body. It is good for asthma, cold, cough, sinusitis, pyorrhoea, stomatitis, It also helps to reduce fat in the body & blood.
 22. **Parsiley:** It has calcium, phosphorus, Iron, manganese, vitamin A, B, C, It is good for insomnia, anemia, liver problem & asthma. It is good diuretic.
 23. **Lemon grass:**
 24. **Liquorice (Jasthimadh):** It is a multipurpose, popular flavoring agent. The root of the plant is used for laxative and expectorant purpose. It is good for skin, antibacterial, anticancerous, diuretic & antipyretic affect. It helps to relieve muscular pains.
 25. **Mint (Pudina):** Tasty, good aroma herb used commonly in Indian cuisine in form of chutneys, sauces & in vegetable etc. It is good for gastritis, liver, Kidneys, bladder, It is good appetizer, kills harmful bacteria, gems.
 26. **Onion:** It has a lot of medicinal value but the way it is used in Indian cuisine is totally anti-medicinal. It has to be consumed raw in form of salads, chutneys etc. but not frying. It reduces cholesterol, diuretic, antiseptic, anti-inflammatory.
 27. **Papaya :** It is alkaline in nature, It has vitamin A,B,C& d, calcium, phosphorus & iron. It is very good for all digestive disorders - acidity, indigestion, constipation, It is beneficial for kidney stones.
 28. **Pineapple :** Good source of vit A,C, B. Its enzymes bromelain is good for digesting proteins. It is good anti-inflammatory, pneumonia, bronchitis. It is good liver rejuvenator.
 29. **Pepper:** It is good for cold cough fever, muscular pain, amnesia and bronchitis. It has a stimulating action on the digestive actions. It acts like antibiotic effect.
 30. **Poppy seeds:** (khus Khus) It contains oxalic acid & opium - which has 25 alkaloids. It is high in protein. It is good for fever inflammation, insomnia, body aches.

31. **Spinach (palak)** : It is a very nutritive leafy vegetable rich in vitamin A & C. It is good source of protein, fiber, calcium, phosphorus etc. It is beneficial in constipation anemia and gastritis.
32. **Tulasi (Basil)** : Every Indian household pray offerings by planting this herb in front of every house. It is also believed to be air purifier. It has antiseptic, antibacterial, anti-fungal effect. Good in skin diseases, cold cough, even in malaria, it is effective, It is effective, It is beneficial in circulatory, excretory & urinary system. It is a multipurpose herb, name any disease and Tulasi is the remedy.
33. **Turmeric**: It is a very common coloring and flavoring agent in Indian cuisine & not only that, it is used for Pooja (prayer offerings and rituals)

if we see the practices, which were interwoven in the lifestyle, it gives them antiseptic, antifungal, antibacterial, blood purifier, expectorant, antipyretic & analgesic effect. Can any drug or pill imitate the nature's product to such an extent. It is good for all intestinal disorders, boils, skin disorder, anemia, cold and cough etc.

Some of the fruits, vegetables, herbs, spices discussed above have high benefits as diet for healing, maintaining health & prevents diseases. Hence, they are needed to be consumed in most natural live forms rather than frying, roasting etc. which makes them loose all the medicinal values of such highly beneficial products of Mother Earth perfect gift to mankind. □

THE TRADITIONAL BULGARIAN MEDICINAL PLANTS/ HERBS : A BRIEF INTRODUCTION

(9 most popular traditional medicinal plants)

Dr. Mauna Kaushik*, Trayan Slavchev, Galina Tosheva, Denitsa Daskalova

ABSTRACT

Bulgaria (Българска Република, officially the Republic of Bulgaria (Република България, Republika Bulgaria, is a country in Southern Europe . Bulgaria borders five other countries Romania to the north (mostly along the Danube), Serbia and the Republic of Mesedonia to the west, and Greece and Turkey to the south. The Black defines the extent of the country to the east. With a territory of 110,994 square kilometers (42,855 sq mi), Bulgaria ranks as the 16th largest country in Europe. Several mountainous areas define the landscape, most notably the Stara Planian (Balkan) and Rodopi mountain ranges, as well as the Rila range, which includes the highest peak in the Balkan region, Musala . In contrast, the Danubian plain in the north and the upper Thracian plain in the south represent Bulgaria's

lowest and most fertile regions. The 378-kilometer (235 mi) Black Sea coastline covers the entire eastern bound of the country. Bulgaria's capital city and largest settlement is Sofia , with a permanent population of 1,378,000 people.

The paper reports on 9 medicinal plants traditionally used in Bulgaria.

Application of medicinal plants in human life is constantly increasing. Some of the plants are applied in practice for the treatment of cardiovascular, gastrointestinal, respiratory, urogenital and other disorders. The popular plants used for treatment are growing in different regions in Bulgaria. Bulgaria is the fourth largest producer of medicinal herbs in the world, exporting a total of 12 000 tons per year, most of it to the European Union and the United States. □

*Devam Foundation, Bulgaria and India

EFFECT OF VARIOUS YOGIC INTERVENTION STRATEGIES ON BODY IMAGE OF UPPER MIDDLE CLASS HOUSE WIVES

Sanjib Kumar Bhowmik*, Prof. Manika Debnath**

ABSTRACT

Body image is a person's mental "picture" of her or his body. Nearly everyone has a body image, and almost everyone judges that image as good, or less good, by comparing her or his body image to a standard of the "ideal body" communicated to individuals by their culture and people who are important to them, such as lovers, family, and friends. Many women are excessively concerned about their body image and tend to have low body esteem because they believe themselves to be overweight. Books, films, TV, and popular magazines (especially women's magazines) consistently send messages that our society esteems thin women and disdains heavy ones. Whereas maintaining appropriate body size is associated with good health, attempting to achieve an unrealistic ideal of slimness is oppressive to many women. Failure to meet unrealistic standards leads many women to judge themselves as unattractive and lowers their self-esteem. The word "Yoga" means "union". Yoga is a form of practices based on belief that the body and breath are intimately connected with the mind. By controlling the breath and holding the body in steady poses or asanas, yoga creates harmony. Yoga practices consist of proper breathing, proper asana, proper relaxation, proper diet, positive thinking and meditation. The asanas are designed to ease tensed muscle to tone up the internal organs and to improve the flexibility of the body's

joints and ligaments. The purpose of the study was to investigate the effect of various yogic intervention strategies on body image of upper middle class house wives. The subjects were 50 upper middle class house wives from Gwalior city. The age of the subject range between 35 - 45 years. The subjects were equally assigned to random sampling procedure into two groups, i.e. experimental group and control group. The experimental group participated in practices of various yogic intervention strategies programme. The duration of the training programme was three months. Marilou Bruchon- Schweitzer's Body Image questionnaire (19 questions) was administered in the beginning and at the end of every month to obtain data. Training was given 5 days in a week; each session scheduled for one hour. The significance of mean difference between the pre-test and post-test means of body image was analysed using ANCOVA. Further trend analysis was used to see the trend effect. The level of significance chosen was 0.05. The experimental group showed significant improvement as a result of training programme of various yogic intervention strategies, whereas control group did not show any significant improvement.

Key Words : ANCOVA, Body Image, Yogic intervention strategies.

□

* Lakshmbai National Institute of Physical Education, (Deemed University), Gwalior

PSYCHOLOGICAL CHALLENGES OF OSTEOPOROSIS IN WOMEN

Dr. Kavita Ghanshyam*

ABSTRACT

Understanding the psychological challenges of osteoporosis - and knowing how to cope with them - are important goals for all women who suffers from osteoporosis. Living with pain or disability can be as taxing on the mind as it is on the body and with osteoporosis, the emotional challenges can begin even before an injury occur. Osteoporosis is a disease in which the bones loose their density and bone marrow also reduces. The bone structure also develops some kind of deformity. The bones become fragile and break due to slight pressure or injury. This occurs mainly due to the calcium deficiency. It is more common in old aged people and especially women. Women are more prone to this disease when compared to men. The main reason being that after menopause estrogen content reduces in the body and the fluid content in the bones also reduces. In our society, where the girls are given less nutritious food and less milk when compared to boys. The women who get less calcium diet in their childhood suffer from this disease in their old age. As per the growing age the sex hormones reduce and calcium content also decreases. This is the reason that in our country, the cases of elbow fracture are also high among women. Most of the women don't even know they have osteoporosis, because it often is referred to as a silent disease. But when they are diagnosed with osteoporosis, they are

often daunt, very fearful, lots of anxiety tends to set in, because they just can't believe that they have this disease. Some of the most common problems that occur after a fracture are pain — chronic low back pain, for instance — the immobility that occurs with the pain, and, most often, trouble with depression that ensues from that lack of independence. The depression stems from all the physical changes as well as the emotional changes that come along with the disease. The fact that a woman's — as well as a man's — appearance may change with osteoporosis, because they get the humped back, the chronic pain that sets in that leads to their immobility, all of that tends to cause a depression in the individual.

Therefore it is necessary to be aware osteoporosis diseases & its effect on human beings. The best way to treat osteoporosis is prevention (it is more successful than treatment because it is easier to prevent loss of bones density than to restore density once it has been lost. Healthy life style i.e. proper nutrition, exercise, and safety issues to prevent falls that may result in fractures is good options. It is equally important to provide information to weaker section's women of the society how they can enrich their common food without change in food habits and any financial burden.

□

* Guest Faculty, Deptt. Of Psychology, V.R.G. P.G. College, Morar, Gwalior



*With
Best
Compliments*



पावर फाइनेंस कॉर्पोरेशन लिमिटेड

(भारत सरकार का उपक्रम)

पंजीकृत कार्यालय : ऊर्जानिधि, 1 बाराखंबा लेन, कनॉट प्लेस, नई दिल्ली – 110 001

फोन नं. 011-23456000, फैक्स : 011-23412545 वेबसाइट : <http://www.pfcindia.com>

हम बेहतर कल की संभावना सृजित करते हैं

The Global Forum for Health Research estimates that less than 10% of research funds are spent on the diseases that account for 90% of the global burden of disease. Worldwide about \$56bn (£37.3bn) per year is spent on health research by both the public and private sectors.³ The funding of research studies by the industry, with explicit or implicit conflict of interest has been a growing trend. In USA, pharmaceutical companies spent approximately \$23 billion on clinical research in 2001 as compared with \$18 billion from the National Institute of Health. A study, which analyzed research papers published in two prestigious journals, namely New England Journal of Medicine (NEJM) and Journal of American Medical Association (JAMA), found that private corporations funded approximately 1 out of every 10 original manuscripts published in these journals. This creates a conflict of interest. The study also found that 32.6% (NEJM) and 25.9% (JAMA) articles had one or more authors with a conflict of interest (COI). Interestingly, authors with COI were 10 to 20 times less likely to present negative findings than those without COI. The observation that negative findings are less commonly reported among studies funded by private corporations raises troublesome ethical questions. Researchers appear to be failing to promote both the benefits and negative side effects of commercial products they review or simply failing to submit negative studies for publication because they are viewed as uninteresting. On the other hand, editors are not proactively examining the possibility of bias from author relationships with private corporations. Since such research is conducted in collaboration with prestigious researchers, institutes and even government agencies, very few questions are raised.