



NURTURING VITALITY THROUGH
NATUROPATHY

Walking on an untrodden
path is the key to health
- Sushruta

NATIONAL INSTITUTE OF NATUROPATHY

Ministry of AYUSH, Govt. of India

NURTURING VITALITY THROUGH **NATUROPATHY**



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effortless living

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PREFACE



Prof. (Dr). K. Satya Lakshmi

Nature-cure concepts and vocabulary is pragmatically metamorphosing in to a widely accepted terminology used in the public discourse. For example, Cleansing to detox, Vitality to immunity, Diet to nutrition, Fasting to autophagy, Enema to colon irrigation, etc.

However, time and again we are forced to re-visit our original texts and treatises to re-position ourselves in new challenges, particularly in the present context of Covid-19 that has catapulted life in so many ways.

November 18th being Naturopathy Day, declared by Ministry of AYUSH two years back, commemorating the commitment of Mahatma Gandhi to spread the system of Naturopathy to reach every citizen of this country, more importantly the poorest of the poor.

NIN this year is observing the 3rd Naturopathy Day by popularizing the concept of Vitality, which is seen as an alternative to the concept of Immunity, although the word is largely being used, misused and even abused in recent days. Vitality is the inherent capacity in each individual that preserves and promotes health, prevents and cures diseases.

Vitality is the capacity of the organism to live, grow or develop.

In general it is understood as ‘energy’. Energy is described in Western culture as vigor, life, spirit, passion, power, and electromagnetism. In India this vital energy is known as **pranashakti**. The Hebrew name for vital energy is **ruah**, for the Chinese it is **chi**.

“Nurturing Vitality through Naturopathy” is the crux of this year’s campaign starting from November 2020 to October 2021. Every month one topic will be debated, discussed and understood by involving public. NIN in close association with all stake holders in the field of Yoga & Naturopathy will undertake this task, month wise in order given below. Fasting for life, Vegetarian Diet, Air Baths, Elimination of toxins, Elemental Therapies, Sun exposure, Mental Wellbeing, Yoga and Spiritual Health, Sleep, Rest and Relaxation, Environmental health, Physical Culture, C3- Compassion, Charity and Community work (Social Health).

The Discussions will carry the following aspects of ‘Vitality’.

- Identify causative factors that drain the vital energy
- Identify causative factors that block the free flow of the vital energy
- Suggest approaches to remove the blocks in the flow of this vital energy
- Suggest approaches to the seeker to empower the innate healing ability to work at its highest potential

Vital energy is spent at each moment to carry out various day to day activities. When we become aware of this and optimize or economize vitality, we are facilitating ourselves to conserve it during its need.

We, from NIN appeal to all stakeholders to take this message in a big way to people by organizing befitting programs from your respective units of operations.

INTRODUCTION

The primary principle behind Nature Cure is the understanding that every life has innate healing and self-restoring abilities. Thus Naturopaths believe that the body can be healed through its Vital force by abiding to Nature's laws. Vitality is the life force present in our body which is responsible for all activities in the body including breathing, metabolic functions, movement, pumping of the heart, brain activity, digestion; etc. Vitality is the amount or quantum of energy we are blessed with at the time of conception. This energy can't be generated but effective use of it can restore health.

The nature cure practitioner works with health seekers to:

- Identify causative factors for the drain of the vital energy
- Identify causative factors that block the free flow of the vital energy
- Suggest approaches to remove the blocks in the flow of this vital energy
- Suggest approaches to the seeker to empower the innate healing ability to work at its highest potential

Every living organism, including human being is blessed with a cumulative energy at the time of conception called vital energy. All along the life, energy is spent for various activities such as: physiological, emotional, occupational, recreational, reproductive, etc.

Hence through this document we will understand the concepts of the vital energy and how to use this energy economically.

ABOUT VITALITY

- Vitality is the quantum of life energy that each one of us is blessed with at the time of conception
- This quantum of energy received cannot be increased
- During rest and sleep we automatically recuperate a certain amount of this vital energy
- Vital energy is spent at each moment to carry out various day to day activities
- When we become aware of this and optimize or economize vitality, we are facilitating Ourselves to conserve it during its need.

OPTIMIZING THE SPEND OF VITAL FORCE/ENERGY

As the saying goes penny saved is penny earned, optimal use of our vitality is indeed conservation of vitality. Optimal spend happens when our lifestyle is in alignment with the laws of nature. As much as we realign ourselves closer to the nature's laws, we become healthier and happier. Below are major themes through which we could strengthen our alignment.

AMPLE ACTIVITY

Each one of us need to ensure that we are engaging in ample and adequate physical activity that serve as exercise for all parts of our body. A combination of one or more of these on a regular basis is recommended for our overall health and wellbeing.

- Practicing yoga asanas, stretches
- Brisk Walking, Jogging, Sprinting, Running
- Skipping, Swimming
- Gardening,

We need to be aware of engaging the entire body in any of these activities we undertake, rather than focusing on specific parts of the body. When we engage ourselves in such activities, we actively improve the circulation within our body. Better circulation means better flow and little or no hindrances. Our individual health is directly proportional to the freeness of the flow of energy possible in the body.

ADEQUATE REST

Just as we emphasize on exercising, resting is an equally important aspect of living. We need to provide mind and body adequate rest. The benefits of the exercise can be realized only when there is adequate rest. The rest could take multiple forms such as still lying, relaxation in any posture, deep relaxation or sleep. Interim rest during intense activity can also facilitate to bring in the sharpness and focus to the work being done. Practicing stillness when there is intense mental activity also helps one anchor oneself.

POSITIVE FIVEFOLD FOOD

We are made up of the five elements namely—Space, Air, Fire, Water and Earth. Internal repair or self-healing happens when we supply these building elements in abundance to the vital energy.

• Utilizing space for our nourishment:

1. Rest, Relaxation and Sleep help us connect with the space within – Sound Sleep is a primary contributor to maintain balance of this element
2. Periodic short fasts – Undertaking regular short or intermittent fasts provide the necessary physiological rest to the body and facilitates effective internal cleansing, repair and rejuvenation

• Nourishing ourselves with Air:

1. By exposing ourselves to fresh, open spaces with ample clean air, free of pollution
2. Practicing breath facilitating techniques like deep chest breathing, pranayama etc.
3. Air Bath or exposing oneself fully to fresh and clean air can help in the nourishment.



- **Nourishing ourselves with Fire /Light**

1. Connecting ourselves with the gentle rays of the sun during dawn and dusk
2. Practicing Sun Gazing
3. Practicing sun basking – ensuring that the head is covered and the body is not over heated

- **Nourishing ourselves with Water**

1. Starting the day with few sips of water to gently awaken the system
2. Drinking clean, pure and untreated water with chemicals such as rainwater, fresh spring water
3. Periodic refreshing freshwater baths, exposure to rivers, streams or waterfalls
4. Engaging in relaxing hydro therapies such as spinal bath, hipbath

- **Nourishing ourselves with Earthly Food:**

1. Eating plant-based diet
2. Practicing regular intake of food rich in life, water and fiber - raw vegetable salads and fruits
3. Having soaked nuts and sprouts
4. Thoroughly chewing the food eaten

POSITIVE MIND

It is understood that physical health is preceded by mental health. Maintaining a positive mind ensures us to be balanced even while we face the fluctuations of life. Remaining stress free and balanced is a key to being healthy. Some techniques that help in maintaining a healthy mind include:

1. Observing one's own breath
2. Practicing mindfulness in activities undertaken
3. Meditation

CREATIVE OCCUPATION

Engaging in a creative occupation that is of good to self and others is the primary vehicle to fulfill one's life purpose. All the vitality or life energy that is conserved has to be utilized to facilitate the ultimate blossoming of the self.

Creative occupation is a lifelong process and sometimes begins for some people after their occupational retirement. While it might be necessary to engage in an occupation to fulfill financial needs, spending quality time on our personal creative occupation is an absolute necessity to maintain holistic wellness.

KEY SKILLS TO BUILD

In these modern days, we are far from being aligned with nature and its laws. So, it becomes necessary to acquire knowledge about the laws of nature and building skills to remain aligned with the laws of nature. Here we give a brief about the nature's laws and the basic skills required to align ourselves.

UNDERSTANDING THE LAWS OF NATURE

- **Thy Food is Thy Medicine:** What can be eaten as food can only be consumed as medicine. It has to be understood that what is food for the healthy is medicine for the sick and what medicine is for the sick is food for the healthy.
- **Satvic/ Ahimsa/ Non-Violence:** Every individual remains in their balance and ensures that alignment is done gradually not drastically. There are no enforcements, rather realized adherences.
- **Near Term and Long-Term Impact:** Every action has to be evaluated for their near term and long term impact. Actions that are beneficial in both near and long term are to be pursued. Actions that do not have a positive near-term impact, but with a positive long-term impact also to be pursued. Actions that result in good near-term impact and negative long-term impact are to be avoided. Needless to say actions resulting in negative near term and long term impact are to be avoided.
- **Self-Reliance:** Every life relies on oneself for its existence. Each one is expected to fulfill their healthy actions by themselves to the extent possible in the limits of ahimsa.
- **Plant Based:** It is understood that plant-based foods are preferred. It is also understood that mineral that is not produced by the plant kingdom is not absorbed by the human body.
- **Holistic:** All the approaches towards health should be holistic and should ensure the overall wellbeing of the seeker.
- **Universal:** All principles are applicable for each one of us – sick or healthy without any exceptions
- **Unity:** Health and disease is ONE. Health manifests as disease to restore health. Just like the appearance of light eliminates the darkness, the improvement of health removes the diseases.
- **Verifiable:** Any approach to improve health, happiness and wellbeing of the individual, must have referential evidence in the past, backed by experiential evidence and not empirical evidence.
- **Purity:** Each one of us should strive to maintain the purity of the body, by abstaining from drugs, addictions or any such actions that deteriorate health in the short term or long-term.

LISTENING TO THE VOICE OF THE ORGANISM

Every life has its own voice or signs to communicate its needs. Most often we either do not pay attention to these signs/indicators or do not know how to interpret them. These voices/ signs/ indicators can be of many types like regular physiological indicators or exceptional indicators.

VITAL INDICATORS

Vital Indicators are the primary indicators that throw light on the overall wellbeing. These are dynamic and indicative of the present state of health. Observation of these parameters several times during the day or across multiple days gives us an understanding of the overall well-being and the vitality spend/used.

DURATION OF SLEEP:

Duration of sleep is a very important factor in restoring vital energy. During rest, relaxation and sleep, body can recuperate and revitalize the vital force. The normal recommendation of sleep is around 6 to 8 hours. Untimely sleep, erratic sleep pattern, excessive sleep will drain the vital energy and will impact the vitality negatively.

QUALITY OF SLEEP:

Quality of sleep is determined by many sub parameters such as the soundness of the sleep, how one gets to sleep – is sleep natural or does one need any inducers/medicines to get to sleep, how long does it take for one to fall asleep from the time of hitting the bed, if you get up in the middle are you able to get back to sleep easily and immediately, etc.

AGILITY:

Agility refers to the briskness throughout the day to engage in activities, do we need rest during the day, is tiredness felt during regular activities, is there an interest to engage in an activity, degree of lightness or sluggishness, all these fall in this category.

TIME OF ELIMINATION:

When do we feel the urge to eliminate our bowels is a primary indicator. The frequency of elimination, how soon we honor our elimination urges are some baseline parameters to look out for, to understand our selves better. When the bowel movements are triggered is important. There are two things about the bowel movement; the time of elimination and quality of elimination. The parameters to look for to understand elimination are - do you have the urge of elimination immediately after waking up or it is delayed and is there a need for some external agents to initiate elimination to understand vitality levels. If the bowel movements are regular and clear shows that vital energy is functioning at the optimal level or not. Irregular, unsatisfactory bowel movements could be the sign of lowered vitality. The ease of elimination, the smell, the texture of elimination are some key attributes that tell us a lot about inner health. Elimination is not only bowels but also sweat and urine.

QUALITY OF HUNGER & SATIATION:

The frequency of hunger and intake of food, the gaps between meals, why we tend to eat, what we tend to eat, how we feel hunger, can we differentiate between hunger and emptiness of the stomach are all parameters that can indicate a lot about our behavior and bodily needs. Hunger is one such physiological indicator through which body demands for food. So what is hunger? – It is a real feeling of little discomfort, sweet sensation of hunger pangs in the stomach when body is in need of food. Each one of us is born with an innate sense of hunger but while growing up we get conditioned to ignore this feeling of hunger and satiation, because we stop listening to our body signals and most of the time we simply tend to eat without even realizing whether we are hungry or not. Many of us may never have allowed ourselves to experience true hunger not knowing what exactly it feels like. Eating without hunger will tax the body and the vitality levels negatively. So to maintain health and vitality to the optimum levels one need to pay attention to the quality of hunger and feeling of satiation. So we need to

learn to differentiate between true hunger and perverted/false hunger. True hunger cannot wait for hours, it demands to be fed, but if it's only an urge with some external stimuli it usually passes away within few minutes. So paying attention to this important vital indicator of hunger is important to understand and maintain vital energy.

MENTAL POISE:

The balance with which we can perform our actions determines the mental poise. The rate of happiness we experience, the rate of positive emotions (peace, harmony, goodness, gratitude, etc.) we experience versus the rate of negative emotions (fear, anger, hatred, jealousy, grief, etc.) we experience, the duration we are engrossed in these emotions, the intensity of these emotions are some indicators of our inner strength and balance.

It is often said that physical health is preceded by mental health. Maintaining a positive mind will ensure to stay balanced even while we face vicissitudes of life. Remaining stress free and balanced is a key to being healthy. Some techniques that can help in maintaining a healthy mind is by observing one's own breath, relaxation, mindfulness and some meditation practices.

DISTRIBUTION OF HEAT:

Maintaining the homeostasis is a primary physiological function. The distribution of heat in the body is one of the indicators. Check the distribution of heat in the head, torso and extremities. Equal distribution of heat is a sign of flow. Unequal distribution of heat is an indicator of any encumbrance in the flow.

SUPPLENESS:

The flexibility of the parts of the body, the tone of the skin, tone of the lips are parameters that indicate the adequacy and balance of the elements in the body. Stretching the body to become more supple and flexible offers many physical benefits. Such training allows for easier and deeper movements while building strength and stability. Stretching your muscles and joints also leads to greater range of motion, improved balance, and increased flexibility. Rigidity and stiffness are the indicators for lowered vitality. Therefore regular exercise and giving movements can help enhance and maintain vitality and prevent many musculo-skeletal disorders. Even skin color, and skin tone determines health, whereas uneven pigmentation and skin texture are signs of disturbance and might have caused due to internal disturbances due to lowered vitality. Therefore understanding these signs and addressing it will help enhance and maintain vital energy.

EXCEPTIONAL INDICATORS

Maintaining the stability or homeostasis is a primary physiological function to sustain life. In order to bring about this balance, body sometimes needs to initiate extraordinary processes of elimination to get rid of the accumulated filth or toxins in the body. What is given here is not an exhaustive list, but sometime to start with so that we are able to connect with ourselves.

These include dryness / cracks, itching, irritation, burning sensation, accumulation of fluids or mucous, patches in the skin, body odor, odor of the breath, odor of the burps and so on.

When there is accumulation of toxins, body triggers extra ordinary processes of elimination that result in acute conditions such as fever, aches, vomiting, diarrhea, cough and cold. When these acute conditions are addressed in line with Nature and its laws, health is restored. Addressing/treating these conditions in ways that are not in alignment with the nature's laws results in chronic conditions.

MODES AND INTERVENTIONS TO ENHANCE VITALITY

Vitality is the life force present which is responsible for all activities in the body. Reduced vitality is considered to be the cause of all diseases in human body. All the naturopathic therapeutic modalities are directed towards regaining this vital capacity fight against diseases. Vitality is affected by violating nature's law known as "natural hygiene" which includes sleep, good food, right exercise, prayer and fasting. Therefore treatments which are close to nature with natural elements can enhance vitality.

FASTING

Our bodies are gifted with self-defensive mechanisms that prevent and fight diseases. Fasting-voluntarily avoiding any kind of food for a period of time once in a while stimulates those mechanisms which reboot and repair the body. A periodic short fast of 1 to 3 days or intermittent fasting of feeding and fasting by having just 2 meals a day with a gap of 8 hours during the day time and 16 hours during dusk and nights can help replenish energy by giving the body needed physiological rest. It is derived from English word fasten meaning firm/fixed, holding onto something under fixed condition. Fasting will help eliminate the stored wastes from the body.

There is a general assumption that people get energy only when one consumes food. With this notion there is a repeated feeding for 3 to 4 times in a day. Our digestive and eliminative systems work continuously to process and assimilate. This leads to accumulation of wastes, therefore fasting can give the needed rest to the body for the eliminative channels to work optimally. In animal world fasting is a very important factor for their existence. The sick or wounded animal avoid any intake of food or fast to get recovered from wound/sickness. They also fast during winter/summer season (hibernation), mating season, after birth and when exposed to new environment.

A guided fasting with the help of a trained physician can help one yield optimal benefits without causing any untoward reactions. Therapeutically fasting is implemented by Naturopathy physicians in India for treating various diseases since many decades.

• *Fasting and Starvation*

Fasting and starvation are two different phenomena/process of abstaining food.

1. Fasting stage continues until the body supports itself by stored reserves in tissue.
2. The term 'starving' derived from Anglo- Saxon *sterfan*, this means to die- due to lack of food. Starvation begins when the body reserves are exhausted.
3. Fasting is to give up food with adequate reserves to nourish vital tissues: Starving is to abstain food after reserves are exhausted by sacrificing vital tissues. One must be very clear to differentiate between fasting and starvation stage with proper precaution and safety under expert guidance.

• *What happens when we do not eat?*

The bodily vital functions are continuous and use the essential energy materials stored (fat, glycogen) and supplied when needed irrespective of bodily structure (obese/thin) Eg: Animals while hibernating give birth/lactate and survive with **Minimum Activity in a safe atmosphere**. This process is known as **autolysis** carried by enzymes in the tissue. It is significant that during prolonged fasts no deficiency diseases (beriberi, pellagra, rickets and scurvy) develop, instead the biochemical balance is maintained and resorted back. The essential organs have repaired with no muscle loss and degenerations until the

starvation process started in the body. The bodily change happens according to each individual tissue composition, this is backed by many animal studies.

Fasting helps improve self-healing process. It gives physiological rest and enhances elimination and detoxification. After the process of fasting, it helps enhance physical strength and also improves cognitive functions. Fasting also stimulates adaptive cellular responses, reduces oxidative damage and inflammation, enhances energy metabolism inside the cell and reinforce cellular protection. Chronic fasting extends longevity in part by reprogramming metabolic and stress resistance pathways.

NINE BASIC STEPS TO FAST

- 1. Preparation-** Preparing oneself for fasting must be whole heartedly accepted without a fear towards it.
- 2. Rest -** Physical rest, mental rest, and sensory rest must be secured to improve elimination and repair of the individual by means of conserving energy.
- 3. Activity-** Mild activity can be performed only when aim of fasting is for weight loss and should be carried under supervision. Yet rest is always advised irrespective of the type of fasting.
- 4. Warmth-** It is always advised to keep oneself warm, chilling sensation might disrupt the process of elimination.
- 5. Water-** Water should be consumed only as much is needed or demanded by the body but not in excess. Water should not be too hot or cold, normal room temperature water may be consumed during fasting.
- 6. Bathing-** Cleanliness is very much important during the fast. Short duration bathing or sponging with luke warm water is advised.
- 7. Sunbathing-** Exposure to sun should be gradually increased from 5 min to 30 min(Front and back). It can be taken at any time of the day if the temperature is comfortable.
- 8. Purges –** Enema is taken only if needed and should not burden the body by over use.
- 9. Follow-up –** Any kind of discomfort, rules and regulations should be discussed clearly with the physician before, during and after fasting.

BREAKING THE FAST

The ideal moment to break the fasting is when the hunger returns with following symptoms:

1. Tongue clears up, Breath becomes sweet, clean taste in the mouth indicating the complete cleanse of body.
2. Strong desire to eat food It is always advised strictly that fasting should be broken carefully initially with juices followed by fruits and boiled diets (plane).

VEGETARIAN DIET



“Lamp eats darkness and produces black soot, what food quality one eats daily, so will one produce”

The gap is increasing between hi-tech and grass-root wisdom in the field of healing causing great hardship in accessibility, acceptability, affordability and accountability of the health. This gap has to be bridged only by a space specific, time specific, culture specific, person specific, multisystem approach to health, where credibility and authenticity of each system has to be evidence based in the total context. This is possible through the combination of Naturopathy and Yoga management with its rich philosophy and practice. Awareness to the physical, mental, and emotional attributes of the whole body is the essence of healing.

If we have good appetite and digestion, we will be able to digest any kind of food served to us. In case, if food is eaten, more than needed, or when there is no demand, or when the internal eliminatory and excretory system is not completely active or there is a reduced capacity of the body to do elimination under certain environmental pressure and powerful emotional influences, it leads to accumulation of such unassimilated remnant which constitutes foreign matter.

The process of changing behavior related to food requires continuous practical training. Biodiversity through different species of plants, animals, micro-organisms, each has a different role to play in boosting the productivity of ecosystem and maintenance of nature.

The term “vegetarian diet” refers to foods only of plant. However, the basic principles and philosophy of Naturopathy emphasize on the capacity of the human body to heal itself, where during the lifetime, body undergoes changes during the process of recuperation. For continuation of purposeful and meaningful existence of a human being, he is endowed with the capacity of vitality for surviving in a state of strong, active and energetic being.

Food is the building material which gives energy but does not increase vitality. Thus proper food selection is a practice to be adopted for economy of vital force by each and every human being which can be achieved with thorough practice and understanding.

A well planned vegetarian diet is a healthy way to meet the nutritional needs. Plant-based diet includes foods such as fruits, vegetables, whole grains, nuts, seeds, herbs and spices. **“We are what we eat”**- Every cell in our body is made from the nutritional content of our food. Plant-based diet is beneficial for human health because it promotes the development of more diverse microbial flora. Vegetarian diet helps to balance the gut micro biota and improves the gut health. Vegetarian diet or plant-based diet is rich in fibers which are complex carbohydrates found exclusively in plant foods. Being vegetarian does not always guarantee health. It is how you approach a vegetarian lifestyle that matters. A vegetarian who consumes legumes, fruits, seeds, vegetables, nuts will have different health profile than a vegetarian who consumes a diet high in refined carbohydrates like pasta cookies and cake. While following vegetarian diet we have to be mindful what we are putting in to our body because food has direct impact on vitality.

IMPORTANCE OF VEGETARIAN DIET:

1. Green Leafy Vegetables:

Green Leafy vegetables are chiefly the green leaves of certain species of plants which do not cause any gastrointestinal disturbances when they are consumed as food. It should be taken more by children, pregnant and nursing women to obtain much needed B-carotene, calcium and iron.

2. Carbohydrates:

Carbohydrates in leafy vegetables are high soluble because they are purely in the form of sucrose and glucose. Vegetable carbohydrates are superior to grains, cereals, pulses and nuts. They do not require much insulin to get metabolized in the body without any harm to the system even in Diabetics.

3. Fibers:

Fiber quality and content act as the mechanical intestinal expanders, draw more water and proteins in them and help the easy expulsion of waste in the form of stool. They are activated by the enzymatic action of certain bowel organisms and liberate carbon dioxide. Complaints of excess wind in the intestines can be prevented by addition of ginger and asafetida during cooking of green leafy vegetables. Such quality fiber intake prevents coronary heart disease, colon cancer and constipation.

4. Fats:

Fats found in vegetables are the chief source of unsaturated fats of superior quality when compared to animal fats. Moderation in consumption and intake in raw and natural form is of good benefit even for heart patients.

5. Minerals:

Minerals like calcium, phosphorus, iron, magnesium, copper, arsenic, potassium and other trace elements are in rich amounts, thus maintain the acid base balance of the hydrogen concentration of the body tissues and assist in the absorption of vitamins, proteins, fats and carbohydrates. Also, they help the body to eliminate excess of liquid and salt, and hence should not be cooked with more water and salt. The diuretic effect of spinach, radish, turnips etc. plays a healing role in complaints of water retention, edema in kidney and heart condition. Their content of Copper and permanganate are a must for blood formation.

6. Vitamins:

Vitamins are in rich amount in green leafy vegetables, Vitamin A (found in dark green leaves, reddish pink plants) and vitamin B in the form of Thiamine in the pale yellow stem of the plants, leaves and pulp of non-leafy vegetables. Vitamin C is largely found in the tender tips of the leaves as ascorbic acid. Vitamin D is made and stored in the leaves which are exposed to the sunrays and supply the daily needs to form strong healthy bones. Folic acid and vitamin P are also isolated easily from fresh vegetables, mostly from lettuce, red chilies, parsley, spinach, agathi leaves, cabbage, with their content of folates, helping to prevent megaloblastic anemia during pregnancy.

DIETETICS TIPS:

1. Buy the best vegetables, and in tender form and cook at the earliest
2. Wash under running tap water
3. Never cut into small pieces or let them stand long in water
4. Boil water before you put the vegetables, and cook for less than 10 minutes
5. Drink the solids and eat the liquids

6. Divide your capacity into 4 – 2 part food, 1 part water and 1 part air
7. Try to have 72% vegetables and 28% of pulses and fruits
8. Plan diet as per once energy requirement on physical and mental levels
9. One should include local and seasonal diet in their meal.

PRECAUTIONS:

1. Protein: Protein content can be complemented with limiting amino acid, as in case of khichdi, idly, dosa combination of eating
2. Calcium: Supplement with fortified soybean milk, or malted ragi
3. Iron: Use of ascorbic acid (Vitamin C) for enhancing their absorption. Eg: tamarind or lemon
4. Zinc: Its absorption can be improved by yeast fermentation to increase its availability
5. Vitamin D: Sun exposure should be learned from qualified nature cure practitioner to avail its healing effects
6. Riboflavin: Milk and dairy products, legumes and whole grains to be used to avail its availability.
7. Vitamin B 12: supplementation with fortified food or by yeast grown in b12 enriched media

Advantages of vegetarian diet:

1. Vegetarian diet is light to digest thus requires less energy to break and consume by the body
2. Vegetarian diet has more nutrient content and less waste products thus less waste and more energy is provided to the body. This keeps the digestive and excretory system in harmony.
3. Compared with non-vegetarians, vegetarians have a lower mean BMI (by about 1 kg/m²), a lower mean plasma total cholesterol concentration (by about 0.5 mmol/l), and a lower mortality from Ischaemic Heart Disease (by about 25%).
4. They also have a lower risk for some other diseases such as constipation, diverticular disease, gallstones and appendicitis.
5. Vegetarian diet could prevent death from Ischaemic Heart Disease.
6. Helps in lowering inflammation, prevent cancer and maintain optimal liver function.

AIR BATH

“Water is good; air is better but light is the best of all”- Arnold Rikli

As humans we all are connected to nature, we need to nurture vitality or pranashakthi to restore and revitalize our body. We are multisensory organisms and our physical and mental health is greatly influenced by environment. We cannot live without the basic requirements such as air, water, food etc. The healing power of fresh air/ vayu, one among the five great elements or panchamahabhoothas, is emphasized more in the traditional nature cure system of medicine.

Elemental therapies are more important to assist in maintaining good health and wellbeing through realigning our self with the laws of nature. Air bath is one among such activity to restore our health by conserving the vital energy. The idea of exposing our whole skin to air has been in practice since many years. The skin is the only organ which is exposed to external environment.

How to take Air bath:

Air bath can be taken from a minute to hours depending upon the climate and the ability of skin to warm-up. It can be practiced by exposing the body to fresh pleasant air. The duration may be changed according to the temperature and comfort and ability of a person. It can be taken daily for 20 minutes to 45 minutes which can be combined with the morning cold rub and exercises for its better effect. Exposing the skin to air with minimal clothes or by wearing thin cotton clothes (porous clothes) and walk in open grounds, gardens etc. to improve the vitality.

Exposure of skin to open fresh air enables the cool air current to stimulate the small capillaries which helps in constriction of blood vessels continued with a dilatation and that result in generating warmth in the skin and further it helps for elimination of toxins through skin. But overexposure to manmade environment is one of the major reasons of getting ill health as urbanization is creating more pollution.

Air bath not only helps in improving the circulation of skin and elimination it also helps to strengthen the immune function. It is one of the practice which gives optimum relaxation to our body and mind.

Man is made to live in the presence of air, water and light. Proper ventilation and air bath to skin ensures good circulation, perspiration and helps to detox the body perfectly, as skin is considered as an eliminative organ and breathing organ too. Fresh air is vital at all the times, especially in case of acute diseases when the vital processes are intensified, all of our systems will be working under high pressure, as elimination and detoxification will have to be promoted and the large quantities of morbid matters has to be eliminated. At this time admission of plenty of fresh air into the sick room and keeping the room well ventilated will help the body to heal fast. The entrance of fresh cool air through the windows or doors will help to refresh the room through expelling the heated or violated air in the room. In case of very cold climate or non favorable climate, the doors or windows may opened for several minutes while the patient's body and head is well protected. Exposure of patients body to air and sun light is found multi beneficial and will help to restore the health faster. As we have an understanding that man breathes through the pores of skin as well as with the lungs. That's why we say - Man as is naturally an 'air animal'. But when we cover our body with heavy clothing and less exposure to nature, our skin will not get the life giving influence of air and light which further enervates and weakens the skin and its capability of fulfilling the natural functions and tonicity. The skin is the organ for absorption as well as excretion. When the skin is exposed to fresh cool air, primarily a vasoconstriction happens followed by a vasodilatation, which helps to redirect the flow of blood toward the surface of body in large quantity.

When the circulation is boosted up the elimination of the morbid matter through the skin will be automatically increased.

When can we take air baths?

- During summer, exposing the body wearing thin cotton clothes in open air, especially in the morning or evenings will be better option.
- In other favorable seasons, air baths can be taken in the morning or several times during the day, if circumstances permit.
- In rainy and winter seasons, air baths can be taken in-door by keeping the doors and windows open or in verandahs. Air bath can be practiced by leaving the window open while sleeping, to provide a constant and plentiful supply of fresh air inside the room.

Where can we take air bath?

- It can be taken out doors especially where fresh cool air is there, in lawns, gardens, or place with more greeneries.
- If this provision is not available, it can be taken in house as well. Every house should have a facility of air and sun baths through verandahs or open windows or doors.
- Indoor pollution is also one of the serious threats to mankind, so keeping indoor plants helps to enhance the indoor air quality in urban population. The best way to take air bath in indoor area is in front of an open door or window or in balcony.

Benefits of air bath:

- Air bath helps to produce optimum relaxation to body as well as to the mind.
- Movement of air currents helps to improve circulation, perspiration and helps in detox.
- Air bath may help in production of endorphins which helps in reduction of pain in different parts of the body.
- Air bath is helpful in improving the skin tonicity and helps to exercise the skin for better Functioning.
- It helps to supply fresh air to lungs as well as to the skin.
- Assisted by the action of sun rays, air bath gives multiple benefits to body as well as to the mind.
- Air bath greatly influences the appearance of skin as well.
- Air massage soothes all vital functions through restoring the vital energy.

Precautions:

- Prolonged exposure to extreme hot or cold temperatures might produce altered effects which are the possible harmful effects.

How does 'ELIMINATION' help in improving vitality?

First, let us understand, what is elimination?

Elimination is a process of the body to get rid of toxins out of the body which it has accumulated over time or ingested from environmental causes. In Nature cure elimination is considered as a very important aspect of the existence of the human body or any creature on this planet without which survival is not possible. Naturopaths believe in the principle of “**Unity of Disease and Unity of Cure**”. Which says that there is only one cause of disease i.e. accumulation of unwanted substances in the body. In nature cure, it is known as morbid matter. And there is only one cure of any disease i.e. removal of these morbid matters out of the system or body. Thus, there are series of modalities which are mainly aimed at removing the toxins from the body and they are used extensively by the Naturopaths.

It is believed that acute diseases which we see for example cold, cough, fever etc are the body's efforts to remove toxins or the morbid matter from the body and the process should not be suppressed but promoted with the help of Naturopathy modalities which supports the body in doing so.

Human body has the ability to heal itself if given the right environment and support.

How does waste or morbid matter get accumulated in the body?

There are several ways by means of which the waste matter or the morbid matter gets accumulated in the system. The causes can be as below:

1. Unhealthy lifestyle (sleep time, wakeup time, mealtime)
2. External environment
3. Ingestion of adulterated food and water
4. Eating processed and junk food
5. Unhealthy hygienic habits
6. Improper bowel habit
7. Use of excessive medications
8. Lack of physical activity etc

Unhealthy lifestyle includes day to day activities like sleeping time, wakeup time, mealtime etc. it has been proved by the research that waking up early and sleeping little early at night balances the systems in our body and gives the body optimum time to rejuvenate itself. It actually increases our overall performance at multiple levels like mental, physical, intellectual etc. It also balances the circadian rhythm and thus helps in keeping us healthy for a longer duration of time.

External environment also plays a crucial role for maintenance of health. Nowadays, there is a constant surge in the levels of pollutants in air, and we are moving away from the natural environment. This ultimately makes our body susceptible to changes and disturbs our system.

Along with the external environment, there is a lot happening with our food as well. The amount of permitted colors and the adulterants used in the food are very dangerous in the long run. The chemicals used to improve the shelf life of the food get accumulated in the system if they are not eliminated properly by the body and may cause serious complications.

Same is the case with junk food which is prepared with some ingredients to enhance the taste factor. But, if used in larger quantities and for longer duration may cause problems. In addition, the junk food

takes longer time for complete digestion, again posing a burden to the system.

Similarly, the hygienic practices are also equally important to have a clean body free from unwanted pathogens. The hygienic practices like hand washing before and after food, after using washrooms, washing of vegetables and fruits before consuming them, taking shower regularly, keeping personal hygiene are good for staying healthy by keeping away the pathogens.

The reckless use of medications for small illnesses has also created a chemical load on the system. Popping pills every now and then, excessive use of antibiotics & analgesics and not letting our body to deal with it naturally, causes our system to not involve and make the process of elimination sluggish. Thus, leading to the accumulation of the chemicals in the body and in turn causing complication and compromising the health.

On the other hand physical activity also plays a crucial role in eliminating the morbid matter from the body along with making body fit for day to day challenges. Exercises not only strengthen the muscles and bones but also help to improve the physiological functions of the body. In the lack of the same, the circulation is not optimum and may lead to the accumulation of morbid matter and thus, disease.

Therefore, following the right kind of lifestyle will help in conserving the vitality which is reduced and compromised due to the toxins and periodic detoxification will help in maintaining vitality optimally. In the topic of elimination, we should also know the channels of elimination by which the body tends to remove the morbid and waste matter.

According to Naturopathy, there are 4 main channels of elimination through which body eliminates toxins, which are as follows:

1. Intestines:

Intestines are the organs which are responsible for the absorption of the digested food and also elimination of undigested and unwanted food from the body. Intestines work in a rhythmic movement called peristalsis which pushes food as it gets digested towards the outlet of the body i.e. Anus.

2. Urinary bladder:

Urinary bladder is an organ which removes toxins from the body in the form of urine. The blood is passed through the kidneys and it filters the blood and removes waste products like ammonia, urea, uric acid, chemical leftovers of medicines, etc.

3. Lungs:

Lungs are eliminative organs which are responsible in eliminating carbon dioxide and vapor from the body and helps in oxygenation of the blood. It is the gaseous form of detoxification.

4. Skin:

Skin is considered as the largest organ on the basis of surface area and is responsible for eliminating waste from the body in the form of sweat which again removes excess salt, urea and other chemicals. This is the reason the odor of the sweat changes when a person on under medications.

Thus, Naturopathy is aimed at activating these channels so as to eliminate toxins in the first place and give the body a chance to heal itself. Once, this is done, the body is subject to other modalities so as to tone its functions.

A clean body is a body with optimum vital force and the person with great vitality enjoys health to its maximum. Now let us go through the Naturopathy Detoxification methods which are capable of activating the 4 eliminative channels and removing toxins from the body.

Some of the ways to detox the body are fasting once in a week, regular sun baths for 20 -30 minutes, regular physical activity and certain hydrotherapeutic interventions.

For activating the intestines,

- Nature cure uses water enemas to trigger the peristalsis movements.
- Mud packs to the abdomen which tonifies the intestines and nearby organs so that their functions are balanced and the movements of the intestines is improved.
- Hydrotherapy treatments like cold water hip bath improve the overall function of the abdominal organs and thus, promote elimination of the waste optimally.
- Massage is yet another treatment which uses manual manipulation to improve the function of the tissues and elimination. Local massage to the abdomen is a powerful treatment to activate the functions of the intestines.

For activating urinary bladder,

- Cold hip baths, sitz baths, mud packs, kidney packs, local massage to the lower abdomen are some of the treatments which activate the urinary bladder to remove toxins through urine.

For activating Lungs,

- The hydrotherapy treatment called asthma bath improves lung capacity, massage to chest, pranayama and breathing exercises are some of the modalities which aim at removing toxins through breathing.

For activating skin,

The treatments like sun baths for 20 minutes, hydrotherapy treatment like steam baths, full wet sheet packs, full body massage etc. improves the overall function of the skin and aids in eliminating toxins.

Last but not the least is '**Fasting**' or '**langhanam**'. Which is considered as an ultimate detoxification method in Nature cure. Fasting is one such modality which has a capability of cleaning the whole body and getting rid of toxins. It is known to activate all the channels of elimination in the body. Fasting gives rest to our system and the energy conserved during fasting is directed automatically towards healing and detoxification. As therapeutic fasting requires a great amount of guidance, we should always practice it under guidance of a Naturopathy & Yoga physician.

All of these various therapies are called eliminative therapies which assist in elimination and thereby maintaining health and wellbeing. Various therapies like manipulative and massage therapies, heliotherapy (sun baths), mud therapy, hydrotherapy (water baths), acupressure and acupuncture are used to maintain and support health and wellbeing. These therapies can in turn help in maintaining and enhancing the vitality by addressing the root cause for any disturbances in the body.

Thus, elimination of toxins is a crucial function of the body which should happen naturally and if it doesn't happen so, we should give an opportunity to the body and support it by means of Natural methods and using nature cure. This is the correct way of healing and improving '**Vitality**' of the body.

"As we cannot tolerate garbage in our homes for long, in the same way we shouldn't tolerate garbage in our body for longer duration"

ELEMENTAL THERAPIES

Elemental therapies assist in maintaining health and wellbeing. Various therapies like manipulative and massage therapies, heliotherapy (sun baths), mud therapy, hydrotherapy (water baths), acupressure and acupuncture are used to maintain and support health and wellbeing. These therapies can in turn help in maintaining and enhancing the vitality by addressing the root cause for any disturbances in the body.

Primary principle in nature cure philosophy is the understanding that every life has its own innate healing and self-restoring abilities. Every living organism including us human beings are blessed with the quantum of life energy at the time of conception, which is called vital energy. Our bodies are made up of 5 elements namely space, air, water, fire and earth. Internal repair or self-healing happens when we supply these building elements in abundance to the vital energy in our body. By realigning ourselves with nature by the use of mud, water etc we can conserve our vital energy and maintain our health.

MUD THERAPY

One of the five elements of nature, mud represents Earth and it has tremendous impact on maintenance of health and prevention of diseases. Minerals and trace elements present in the mud are known for its renowned effects and healing properties as refreshing, strengthening and vitalizing.

So how do we nourish our bodies with the element Earth and enhance our vitality-

1. By eating plant based diet, foods which are rich in life, water and fiber like raw vegetables, salads, fresh fruits, sprouts, nuts, whole grains etc
2. By Grounding- It's a practice of connecting with earth's magnificent healing energy.
 - Bare-foot walking on grass, sand or mud
 - Lying/sleeping on the earth
 - Gardening with the bare hands
 - Hugging a living tree, leaning against or sit on it are some of the ways

What is mud therapy?

Mud therapy is one of the naturopathic treatments where mud is used as a medium to treat various physical and mental ailments. It can be applied directly on the body or in the form of a pack.

General effects of Mud therapy:

1. It helps improve the circulation, and relax the muscles.
2. Improves the digestive activity and sets right the metabolism.
3. Local application helps in relieving inflammation, swellings, pain and joint stiffness.
4. Excellent in skin conditions without open lesions.
5. Helps in bringing down the blood pressure.
6. It nourishes the skin and conditions the hair.
7. It cleanses, exfoliates, draws out toxins, hydrates and improves the flow of nutrients to the skin Surface.



Full mud bath



Local mud application

Contra indications of mud application:

1. Active bleeding or open wounds
2. Cardiac/respiratory insufficiency
3. Epilepsy
4. Acute high blood pressure
5. Chronic fever / All infectious diseases during contagious period
6. Venereal diseases in contagious state
7. Pregnancy

HYDROTHERAPY

Water is an elixir of life. It is said that, compared to other medicine, water is the best remedy to treat human ailments. As water cleanses, eliminates the toxins, reduces- heat, swelling, pain, burning, strengthens and relaxes the nervous system. Water not only has the effects on the body but also on the mind. Its de-stressing properties bring a sense of tranquility to human beings, being in water promotes a sense of well-being and helps to relieve the stress.

So how do we nourish our bodies with the element water and enhance our vitality-

1. By starting the day with few sips of water to gently awaken the system
2. By drinking clean and pure water such as rain water or fresh spring water
3. By periodically taking fresh water baths, like exposure to rivers streams, waterfalls etc.
4. By engaging in relaxing hydrotherapy baths such as spinal bath, immersion bath etc

What is water therapy?

Application of water by using its different temperatures at different pressures and forms to treat various physical & mental ailments.

Modalities in Hydrotherapy-

- 1) Baths- hip bath, spinal bath, immersion, steam/sauna bath etc
- 2) Compresses- hot or cold compress, alternate hot and cold compress etc.

- 3) Packs- abdomen pack, knee pack, chest pack etc
- 4) Affusions
- 5) Irrigations- nasal irrigation, rectal or vaginal irrigation etc
- 6) Douches- hot or cold douche, alternate douche



Abdomen pack



Sauna bath



Spinal bath



Hip bath

General contra-indications for water therapy-

1. During menstruation
2. Recent surgeries,
3. Open/infectious wounds
4. Pregnancy

ACUPRESSURE

Acupressure is an ancient traditional healing science in which pain and discomfort are understood to be as sign of energy imbalance, which become illness. Acupressure approaches this energy imbalance with acupressure points which are located on Meridian, or a subtle energy channels that run throughout the body and connects all parts of the body together. This can be compared to vital energy concept in naturopathy. When vital energy circulates freely within the body without any obstruction, it fills up every cell with fresh oxygen and ample amount of blood supply which improves overall functioning of the body, relieves pain/discomfort. In a way acupressure helps to remove the obstruction in the flow of vital energy and enhances vitality.



What is Acupressure?

Acupressure involves application of manual pressure usually with finger tips or with the help of some instruments to specific points on the body with the goal of relieving pain/discomfort, to improve quality of sleep, to improve metabolism, to enhance immunity and also to maintain health and wellness.

How Acupressure works:

Acupressure helps in restoring the harmony in natural way. The obstructed energy can be corrected by increasing the flow of energy to various organs through acupressure. On the body surface, there are acupressure points called push buttons or trigger points. On stimulating these points energy balance is restored. Acupressure improves the circulation and hence the functions of all organs. Acupressure helps in releasing the nervous tension and revitalizes the hidden strength in the body.



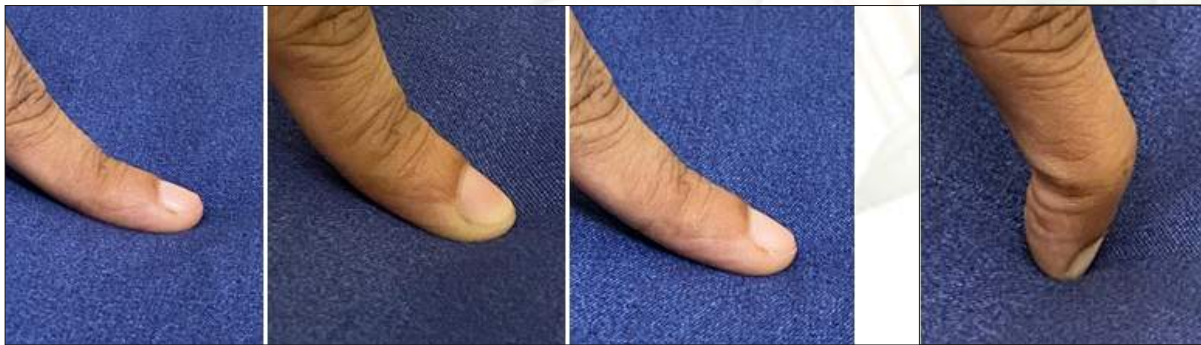


Fig: Correct method of acupressure

Fig: Incorrect pressure method

Acupressure can be given along the spine using pointed gadget. Areas like fingers, toes, upper portion of hands and feet and back side of the knee should be pressed by thumb and fingers. The pressure should be gentle but reasonably firm and strong.

ACUPUNCTURE

Acupuncture is an ancient Chinese method for treating disease, without the use of drugs, addressed to the energy level of the human organism. It is based on the use of specially made needles, which are inserted at absolutely specific points of the trunk, the head and the limbs called "**acupuncture points**". The advantage of this method is in the **treatment of disease without side effects caused by drugs**.

Apart from its healing potential, an unquestionable and well-known property of acupuncture is the treatment of pain and the analgesic effect. Frequently described as life force or vital energy of a living thing. As Qi is vital to life, if it's in poor condition, deficient in some way or not able to circulate freely throughout the body, then pain or ill-health may result. Truly defined by function, its existence is difficult to prove or disapprove, but Qi is essential to an understanding of Chinese medicine.

Effects of Acupuncture

1. Analgesia- acupuncture has a pain relieving effect, probably due to over-crowding of the motor gates with stimuli and on this basis acupuncture anesthesia too has been explained.
2. Sedation- acupuncture on certain points brings tranquility and sedation.
3. Immunity improvement- by acupuncture immunity improves and it probably works through some defense mechanism.



Acupuncture points & Meridians-

Each of the organs is represented by a channel and disease of a particular organ can be treated by using acupuncture points on the channel representing that organ. The meridians have a functional rather than an anatomical base. Meridian acupuncture is the most common form of acupuncture in use. It is based on the use of distal and proximal points to control pain or local imbalance.

Effects of Acupuncture

Analgesia- Acupuncture has a pain relieving effect, probably due to over-crowding of the motor gates with stimuli and on this basis of acupuncture anesthesia too has been explained.

Sedation- Acupuncture on certain points brings tranquility and sedation.

Immunity- Acupuncture improves immunity and it works through defense mechanism.

MASSAGE AND AROMATHERAPY



Massage and aromatherapy are two ancient healing modalities which were practiced extensively for maintaining general health and managing various health conditions. The word, 'Massage' was known by different names as follows; *makesh* in Sanskrit, the Hebrew, the *mashesh*, Greek roots as *masso* and *massin*, the Latin word *massa*, the Arabic as *mass'h* and the French word as *maser*.

Massage is the manipulation of superficial and deep layers of muscles and connective tissues of the body to enhance function which aids in the healing process, promotes relaxation and improves overall well being.

It is the Manipulation of the soft tissues of the body for the purpose of normalizing those tissues and it consists of manual techniques that include applying fixed or movable pressure, holding and movement of the body.

On the other hand, Aromatherapy is administered by using aromatic compounds or materials, which induces a psychological effect and helps to calm down the mind of the person. It is used as a complementary healing modality along with other therapies. The aromatic compounds used are mostly essential oils or blends of two or more aromatic substances mixed with oil or lotions. The aromatherapy

can be given as topical application, inhalation, massage or water immersion.

Massage and aromatherapy have tremendous health benefits which is the reason, this alternative and complementary modality is being used to a great extent along with other treatment modalities. Also, it gels easily with all the other treatments given to a person.

Now, let us understand what exactly is the Massage and Aromatherapy?

Massage therapy as mentioned earlier is a systematic manipulation of the body tissues which includes rubbing, pulling, wringing, rolling, beating, kneading the tissues using hands, knuckles and sometimes elbows of the masseur to apply appropriate movements with the right amount of pressure.

There are different types of massages which one may experience. Such as:

1. Swedish massage
2. Ayurvedic massage
3. Hot stone massage
4. Thai massage
5. Water massage
6. Vibro massage
7. Pregnancy massage
8. Reflexology
9. Sports massage
10. Acupressure massage

Swedish Massage:

The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart. Swedish massage techniques include: long strokes, kneading, friction, tapping, percussion, vibration, effleurage, and shaking motions.

Ayurvedic Massage:

Ayurvedic massage, also known as Abhyangha is usually performed by one or two therapists using a heated blend of herbal oils based on the Ayurvedic system of humors.

Hot Stone Massage

A stone massage uses cold or water-heated stones to apply pressure and heat to the body. Stones coated in oil can also be used by the therapist delivering various massaging strokes. The hot stones used are commonly Basalt stones (or lava rocks) which over time have become extremely polished and smooth. Heated, smooth stones are placed on certain points on the body to warm and loosen tight muscles and balance energy centers in the body. The massage therapist may also hold stones and apply gentle pressure with them. The warmth is comforting. Hot stone massage is good for people who have muscle tension but prefer lighter massage.

Thai massage:

Thai massage aligns the energies of the body using gentle pressure on specific points. Thai massage also includes compressions and stretches.

You don't just lie there--the therapist moves and stretches you into a sequence of postures. Thai massage is more energizing than other forms of massage.

Water massage:

Hydro massage is a type of massage based on the therapeutic use of warm water. The essence of hydro massage is applying massage techniques to the human body (thermally, mechanically, or chemically) through the water (which can be mineral, acerous or any other). Hydro massage helps to relax muscles, increase blood circulation, and relieve muscular pain and tension. Hydro massage therapy can help alleviate muscle and soft tissue injuries caused by low back pain, arthritis, chronic and acute pain, neck injuries, fibromyalgia, tendinitis and stress management and many more diseases and ailments.

Vibro massage

Vibromassage (also called vibratory massage, vibra-massage, and vibration therapy) is a type of massage based on the use of mechanical devices for vibration therapy, which pass vibration onto the body surface that is being massaged.

Pregnancy Massage:

Also called prenatal massage, pregnancy massage is becoming increasingly popular with expectant mothers. Massage therapists who are certified in pregnancy massage know the proper way to position and support the woman's body during the massage, and how to modify techniques.

Pregnancy massage is used to reduce stress, decrease swelling, relieve aches and pains, and reduce anxiety and depression. The massage is customized to a woman's individual needs.

Reflexology:

Although reflexology is sometimes called foot massage, it is more than simple foot massage. Reflexology involves applying pressure to certain points on the foot that correspond to organs and systems in the body. Reflexology is very relaxing, especially for people who stand on their feet all day or just have tired, achy feet

Sports Massage:

Sports massage is specifically designed for people who are involved in physical activity. But you don't have to be a professional athlete to have one-it's also used by people who are active and work out often. The focus isn't on relaxation but on preventing and treating injury and enhancing athletic performance.

Acupressure massage:

Acupressure is a traditional Chinese medicine (TCM) technique derived from acupuncture. With acupressure physical pressure is applied to acupuncture points by the hand, elbow, or with various devices.

These massage types vary from one another in terms of places of origin, type of manipulation used and the effect of massage desired.

Massage therapy can be easily combined with aromatherapy and used to keep one healthy and also rejuvenate one's body and relax the mind to the deepest level possible.

Massage and aromatherapy has a number of health benefits which are not only physical, but mental and psychological as well. Studies on the benefits of massage suggest that massage is an effective treatment in reducing pain, muscle tension and stress. Let us have a look at the health benefits which massage and

aromatherapy has to offer. Some studies have found that the massage is helpful in the following:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain

And, massage have been also found to provide benefits like:

- Reduced muscle tension
- Improved circulation
- Stimulation of the lymphatic system
- Reduction of stress hormones
- Relaxation
- Increased joint mobility and flexibility
- Improved skin tone
- Improved recovery of soft tissue injuries
- Heightened mental alertness
- Reduced anxiety and depression

One of the immediate benefits of massage is a feeling of deep relaxation and calm. This occurs because massage promotes the release of endorphins which are the brain chemicals (neurotransmitters) that produce feelings of wellbeing.

Levels of stress hormones, such as adrenalin, cortisol and norepinephrine, are also reduced during and after massage. Studies indicate that high levels of stress hormones impair the functioning of the immune system and thus, compromise the health. Massage is known to reduce stress thereby improving immune response of the body. All these effects and benefits are enhanced when massage is combined with aromatherapy which acts as a complementary modality for massage therapy.

Aromatherapy massage is used for a variety of different reasons, including relaxation, pain management, and improved mood. These are also some of the basic benefits of massage therapy. Adding essential oils is thought to enhance these benefits.



Some of the most popular and common essential oils used in aromatherapy include:

- Bergamot
- Cedar Wood
- Chamomile

- Eucalyptus
- Geranium
- Ginger
- Lavender
- Lemon
- Orange
- Peppermint
- Tea Tree

Aromatherapy is often added to a traditional massage session as an extra service. The massage therapist might diffuse an essential oil in the room during the session or they might add a few drops of oil to massage lotion/oil and apply it directly to the skin.

So, these were some of the benefits of massage and aromatherapy which plays a very crucial role in improving the quality of life of an individual and also reduce certain health problems when given in combination with the main line of treatment.

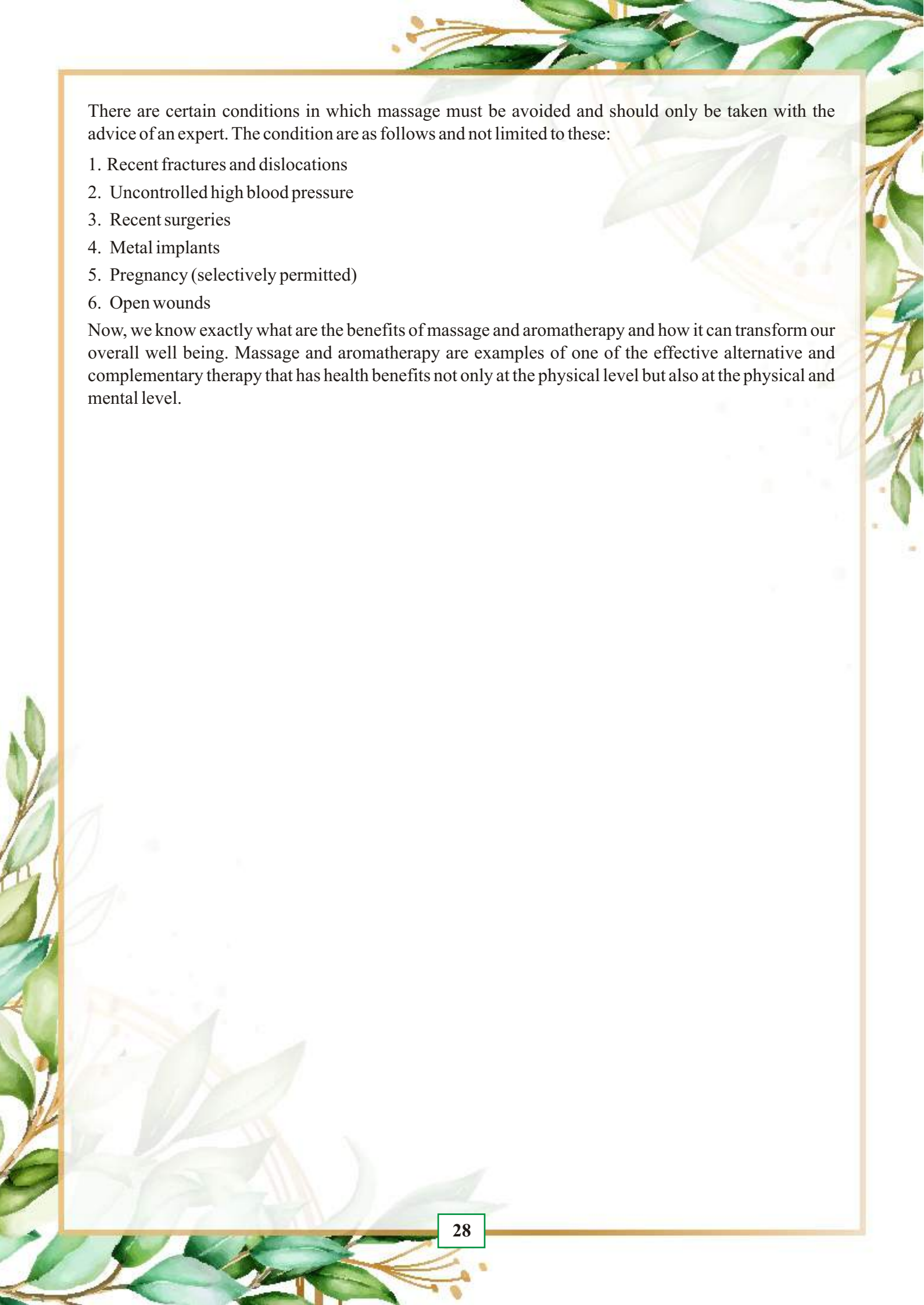
Now, let us see some more added benefits of the massage therapy and what it does to our body. Studies have shown that there are a number of local physiological changes seen in the body after and during the massage since massage involves touching and rubbing in a specific manner.

Local Effects of Massage:

1. Increase of blood and lymph circulation.
2. Increase in both constructive and destructive tissue change.
3. Absorption of waste or effused products.
4. Development of the muscles, ligaments, and other structures acted upon.
5. Increased heat production and tissue respiration.
6. Reflex or sympathetic effects upon the vasomotor centers and through them upon the large internal organs, the liver, spleen, stomach, intestines, kidneys, and the general glandular system of the whole body.

As we discussed about a number of health benefits of massage, there are some specific health conditions where massage works best and is indicated. These are as follows

1. Disorders of nutrition like anemia, malnourishment etc.
2. Fatigue
3. Rheumatism
4. Diabetes mellitus
5. Chronic conditions of heart
6. Reynaud's disease
7. Chorea, muscular dystrophy, pseudohypertrophy of muscles
8. Sciatica, trigeminal neuralgia, writer's cramp, migraine, hemiplegia, locomotor ataxia etc
9. Indigestion, constipation etc.
10. Acute inflammatory conditions of the liver.
11. Renal insufficiency, edema in renal conditions etc.
12. Amenorrhea, dysmenorrhea etc.
13. Pleurisy, emphysema, bronchial asthma etc
14. Some forms of eye and ear disorders like corneal ulcers, mild degree of deafness, acute and chronic nasal catarrh etc.



There are certain conditions in which massage must be avoided and should only be taken with the advice of an expert. The conditions are as follows and not limited to these:

1. Recent fractures and dislocations
2. Uncontrolled high blood pressure
3. Recent surgeries
4. Metal implants
5. Pregnancy (selectively permitted)
6. Open wounds

Now, we know exactly what are the benefits of massage and aromatherapy and how it can transform our overall well-being. Massage and aromatherapy are examples of one of the effective alternative and complementary therapies that have health benefits not only at the physical level but also at the physical and mental level.

SUN THERAPY / HELIOTHERAPY



Humans evolved in sunlight and had depended on sunlight for its life giving properties. Sunlight was used for medical purposes from time immemorial. Heliotherapy: The healing power of sun used as the treatment for various conditions and also to boost the immune system before the use of medicines is well documented. Until the past 200 years our ancestors lived outdoors most of the time acquiring the benefits of sun. Unfortunately with industrialization and indoor based work atmosphere, we hardly have any exposure to sunlight. Being in a tropical country like India, many of us suffer from vitamin D deficiency, osteoporosis and many other health conditions.

Our contemporary lifestyles are associated with long hours spent under artificial light indoors either at home or workplaces, use of sunscreen and covering up completely with clothing and usage of sunglasses decreased the exposure to sunlight and increase in more lifestyle diseases.

Connecting ourselves with the gentle rays of the sun during dawn and dusk for around 15 to 20 minutes. By practicing sun gazing, sun basking at the same time ensuring that the head is covered is not heated. Sun bath improves brain functioning, improves and helps to alleviate depression, good for bone health and improves sleep and mood. The most important benefit of sun bathing in today's time is it enhances immunity and help regulates blood pressure, reduces the risk of cancer and prevents vitamin D deficiency. Regular sun exposure enhances vitality and is an important indicator for good health.

There is increasing epidemiological and laboratory evidence demonstrating the local and systemic immuno-modulatory (primarily suppressive) effects of solar ultraviolet radiation (UVR) exposure in humans. Solar UVR exposure, at levels consistent with day-to-day activities, can influence immune function directly via chromophores present in the skin or indirectly, via its central role in the synthesis of vitamin D pre-cursors. The sun is a great booster of the immune system. When the needed ultraviolet rays penetrate the bodies, T-cells are activated, and this sparks a chain reaction throughout the immune system. As you know, the immune system is the army within the body that prevents unwanted pathogens.

Our overall health, including brain function, requires UV exposure. Make sure that you are getting indirect sunlight in your eyes during the early and late part of the day. You may never feel more energy than when you have been exposed to the sun.

There are hundreds of millions of people worldwide who are mildly or seriously depressed due to their sunless environments. When waking to the sun, our days seem to start that much better. We need Vitamin D from the sun and have discovered that 40% of the population studied lacks this immune system, bone building nutrient.

Every drop of life on earth begins with the ultraviolet rays that pour down on this planet. Our food, water, and sun exposure will nourish us with these rays. Our very existence depends upon a constant supply of these nourishing spectrums, and when we receive sunlight in its purest, unadulterated glory, our vitality is greatly enhanced.

From day to day our ambition should be wholeness and health. To maintain vitality, always include some time spent in nature. When we find ourselves confined to urban life, working long hours, we may not get the sunlight our bodies require. Under these conditions, the use of full-spectrum lighting is very useful.

The vitamin D in milk, as well as in most vitamin pills, is vitamin D2. Vitamin D2 is synthetic. It is not nearly as effective as the natural vitamin D obtained from sunlight, which is vitamin D3, or calciferol. In addition to the strong evidence that vitamin D3 prevents cancer, it has also been associated with improvement in diabetes, heart disease, arthritis, infertility, PMS, fatigue, depression Seasonal Affective Disorder (SAD), autoimmune disorders, and even obesity.

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Consistent, healthy, exposure to the sun reduces the need to consume as much food. Gaining energy directly from the source precludes the need to consume sunlight from the foods that we eat, so our need for food is diminished.

Sun Powered Vitality

Listed below are five ways to gain the vital ultraviolet rays of the sun:

1. Homes and offices should contain full-spectrum lighting, windows (which allow certain types of healthy UV rays in), and skylights. Using fountains, ponds and pools will help to reflect and refract sunlight and make it more available in your living and working environment.
2. Storing drinking water in glass containers and exposing it to direct or indirect sunlight will create molecular changes, which enhance the vitality of the water. This occurs when the sun's rays add extra electrons, which interact with the hydrogen molecules, causing an arching effect in the water's oxygen.
3. Wear colorful natural fiber clothing that will attract certain healthy ultraviolet rays. White and pastels attract more of these healthy rays; dark colors attract less. During outdoor activity, make sure that you are wearing the most beneficially colored garments.
4. Exercise in early morning and late-day light. Swimming is the most effective activity for those desiring the maximum sun-building energy.



5. Rest, relax and sleep outdoors, under natural shelters such as elevated cotton canvas, umbrellas, tents, huts, etc. This health-giving rest time can be conducted in the mid-day sun, since the covering eliminates the vast majority of the sun's rays.

We have a natural connection to living things. When we're out in nature, it's easy to feel like we belong in tune to the environment.

NOTE: Sun exposure and vitality. Most of the content for this article is directly taken from this article to keep the essence of the author – we acknowledge the author (Lindsay Johnson) for this content. Available at <https://hippocratesinst.org/learning-centre/blog/archive/sun-powered-vitality/>

MENTAL WELLBEING



In this era of internet, technology and social media - mental health awareness has influenced many people. Mental well-being is about the thoughts and feelings and how one can cope with ups and downs of everyday life. Mental wellbeing includes our emotional, psychological and social well-being; it reflects how we think feel and act. It also determines how we can handle stress, make relationship and make right choices.

Good mental well-being is not the absence of negative thoughts and feelings. We always face difficult and challenging situations that might cause anger, sad and at times may be overwhelmed, but how we manage those feelings matter. You are in good mental well-being if you are confident, build and maintain positive relationships have a sense of purpose, cope up with day to day life stresses.

There are many factors which affect our mental well-being and those factors are under our control. Our relationships – strong connects with family, friends and colleagues help to strengthen confidence and self-esteem. Small changes make big difference through good nutrition, regular physical activity vitality can be enhanced by practicing mindfulness. One need to understand and manage strong emotions, so that one would be able to handle it instead of getting overwhelmed.

The World Health Organization daescribes mental well-being as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

There was a man who:

- Failed in business at age 21
- Was defeated in a legislative race at age 22
- Failed again in business at age 24
- Overcame the death of his sweetheart at age 26
- Had a nervous breakdown at age 27
- Lost a congressional race at 34
- Lost a congressional race at 36
- Lost a senatorial race at age 45
- Failed in an effort to become vice-president at age 47
- Lost a senatorial race at age 49
- Was elected president of the United States at 52

And the man's name was Abraham Lincoln. Now you may compare the definition given by WHO with the life of Abraham Lincoln. He reconnected with his state of potential/abilities after each downfall in his life. His life was constantly flooding with stress and he efficiently dealt with all of them. His work was so fruitful for the community that he became a legend whom we will never forget. We all get ups and downs in our life but whatever happens life has to go on. Mahatma Gandhi is another great example for the same. Now the question is: "How did they do that?"

Let us understand this step by step. I would like to define “ultimate power” as the ability to define human needs and to fulfill them. This includes your needs as well as the needs of the people you care about. You should be able to produce the results that you desire the most and create value for others in the process. To tap in to the unlimited potential within you, your mind should be in a resourceful state. So, let us understand what is meant by a resourceful state of mind.

THOUGHTS (INTERNAL REPRESENTATION)

EMOTIONS → TEMPERAMENT → STATE OF MIND → BEHAVIOUR

Every thought we think whether consciously or unconsciously will trigger an emotion in our body. Feeling of a particular kind of emotion continuously creates a state of mind from which more similar kind of thoughts will appear and the state gets more rooted. A state can be defined as the sum of the millions of neurological processes happening within us, in other words, the sum total of our experience at any moment in time. Think back of a time when you felt very positive and all your problems seemed like a ‘piece of cake’ – is an example of positive state. Positive thought brings positive emotion and it results in a positive state of mind. All our behaviour becomes positive and productive under this. You will feel more relaxed and active. This can be called as *resourceful state*.

Now let us explore another example. You got scolded by your boss for the mistake of someone else. After reaching home, you saw your child pouring water on bed. Can you guess your reaction/behaviour towards this? Negative emotions take you into an *unresourceful state*.

In order to identify the present state of mind, just be mindful of your emotions for some time. Feeling of confidence, love, inner strength, joy, ecstasy, belief etc. denotes resourceful state while feelings like confusion, depression, fear, anxiety, sadness, frustration etc. leaves us powerless and represents unresourceful state.

So if we can choose our thoughts or internal representation, we can change our state.

Mastering internal representation

The next step is to deliberately choose the internal representation. Let us understand this through an example. As you are working in your office, your boss shouted at you for a silly mistake. While you are going through this experience, your sense organs are bringing signals of sound, vision and feelings to your brain. You can intellectually analyze this and represent this information in many ways like:

1. He is such a bad person – brings irritation in to your body.
2. He don't know how to respect people – brings anger in to your body.
3. He is crazy and needs some treatment – brings feeling of hatred in to your body.
4. He might be going through lot of stress, poor thing – brings feeling of compassion or loving kindness in to your body.

So mastering the art of choosing the internal representation of an event is the **secret to everlasting peace and happiness**.

In order to do this, we need to develop the skill of silencing the monkey mind. We cannot catch fish in muddy water. Our mind keep on thinking from the moment we wake up and it continues till we slumber. So, reducing the thoughts will take time and commitment. This process is called meditation. Meditation is an empty state of mind. We should not attempt to forcefully control our mind because it will drain our energy and the whole process will fail eventually due to the negative association created in the mind towards the process. Meditation should start with mindfulness in day to day activities.

Process of mindfulness & meditation:

Mindfulness is intentionally becoming aware in the present moment. With relaxed awareness, you may connect with your sense organs. See what you see, hear what you hear, feel what you feel, smell what you smell and taste what you taste without any thoughts. The whole process should be non-judgemental and one pointed where you are focusing on only one thing at a time. For example: while you are walking, become aware of the pressure felt on your feet, the way you are breathing, sensation of wind touching on your body etc. The tripod of mindfulness is:

- 1. Intention:** Without a strong intention, mindfulness will not happen by itself. There should be a strong commitment.
- 2. Attention:** The kind of attention that we need is “relaxed awareness”. It should not be concentrating with effort.
- 3. Attitude:** The attitude should be loving kindness. Have loving kindness towards yourself as well as towards every thought that pops up in your mind.

After mastering it in your day to day activities, you can take it to three higher levels:

- a) Mindfulness of your body: Watch how your body parts are feeling.
- b) Mindfulness of your thoughts: Watch your thoughts and thought patterns.

This helps in consciously switching/pivoting negative thoughts to positive thoughts.

- c) Mindfulness of your emotions: Watch how you are feeling emotionally.

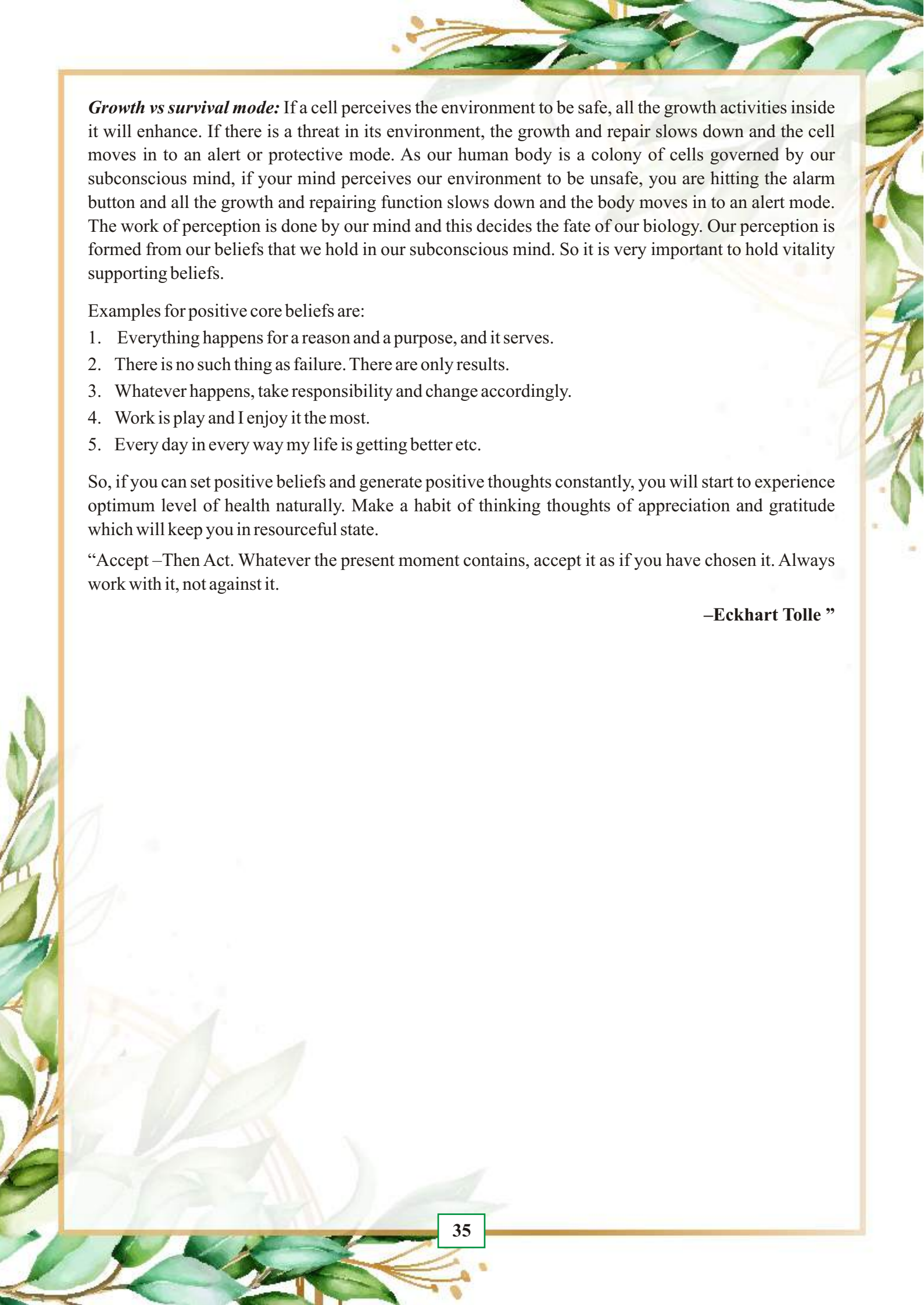
This opens door towards understanding your state of mind. Once you start staying in the present moment, you will begin to experience relaxation and peace as all the problems are either in the past or in the future. You will be out of psychological time or mind created illusionary probabilities that do not exist.

Sit comfortably and watch your normal natural breath. This process is called Anapanasati meditation or mindfulness of your breath. After acquiring the skill of day to day mindfulness, you can very easily become mindful of your breath. Efficient emotional regulation and enhanced stress tolerance capacity is a side effect of meditation. Your thoughts will decrease gradually and your mind empties. In yogic perception, Vitality is synonymous to pranic energy flow. According to yoga, when your mind empties, you will start receiving a balanced and high pranic flow in to the body and thus the person experiences peak vitality.

Physiology of how mind affects vitality

Our body is made up of trillions of cells. We are a colony and not a single unit. Each cell is an individual unit which is a miniature representation of human body. Cells are not in competition with one another for the most resources. Instead, they work collaboratively and cooperatively, allowing multi-celled organisms to evolve and thrive in changing environments. If we can understand the factors providing vitality and health to a single cell, we can unlock the secret to health of our human body. With the emerging researches done in the field of epigenetics, it is proven beyond doubt that we are no longer victims to our genetics. The key points that we need to understand are:

1. Genes do not control the functions in a cell but merely is a blueprint for making new proteins.
2. Genes can be switched on or off in accordance to the environment.
3. Our nutrition, stress and emotions can modify our genes.
4. Our emotions are the language of our subconscious minds, influencing our cells in ways we're just beginning to understand.



Growth vs survival mode: If a cell perceives the environment to be safe, all the growth activities inside it will enhance. If there is a threat in its environment, the growth and repair slows down and the cell moves in to an alert or protective mode. As our human body is a colony of cells governed by our subconscious mind, if your mind perceives our environment to be unsafe, you are hitting the alarm button and all the growth and repairing function slows down and the body moves in to an alert mode. The work of perception is done by our mind and this decides the fate of our biology. Our perception is formed from our beliefs that we hold in our subconscious mind. So it is very important to hold vitality supporting beliefs.

Examples for positive core beliefs are:

1. Everything happens for a reason and a purpose, and it serves.
2. There is no such thing as failure. There are only results.
3. Whatever happens, take responsibility and change accordingly.
4. Work is play and I enjoy it the most.
5. Every day in every way my life is getting better etc.

So, if you can set positive beliefs and generate positive thoughts constantly, you will start to experience optimum level of health naturally. Make a habit of thinking thoughts of appreciation and gratitude which will keep you in resourceful state.

“Accept –Then Act. Whatever the present moment contains, accept it as if you have chosen it. Always work with it, not against it.

–Eckhart Tolle ”

YOGA AND SPIRITUAL WELLBEING



Yoga, a philosophy, a practical discipline which can be applied to everyday activities of our life is a part of our culture. Yoga is one among six main systems of Indian philosophy called shad-darshanas, which has a very close connection to all the aspects of our health.

The word “yoga” is much more than what we hear or practice. It is the science and art of right use of body, mind and emotion. Regular practice of yoga helps to develop an appropriate attitude towards life. Attitude to change what can be changed, the strength to accept which cannot be changed and the wisdom to know the difference between right and wrong. We cultivate strength to let go of our problems and stress, and create a harmony between our body and mind. But for many, practice of yoga is restricted to asanas and pranayamas, which are only preparatory process which helps to sustain energy in the body. Yoga practice begins with the body, then the breath, the mind, and to the inner self.

Yoga is proved to be a scientific-spiritual discipline. We are very well aware of the physical and mental aspect of yoga. But when it comes to spirituality many think it is meant only for sadhakas or great yogis. Spirituality or spiritual wellbeing means to connect with oneself, others, God/supreme power and the environment, and attain the growth and progress in life and get established. Spiritual well-being is one of the key aspects of health as it helps in revisiting the truth about oneself.

We can achieve spiritual balance or wellbeing through yoga in different ways. One method is by balancing Pathanjali’s eight fold path of yoga, popularly known as Ashtanga Yoga, which are Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyana and Samadhi.

The word yama is often translated as, ‘moral discipline’ or ‘moral vow. These are moral principles or the do’s and dont’s. It consists of a set of ethics, which ensures that one interacts in a harmonious way with the surrounding community or call it as Social behavior. These ethical precepts are: *Ahimsa* (Non-injury or non-harming) ,*Satya* (truthfulness) , *Asteya* (abstention from stealing), *Brahmacharya* (walking in awareness of the highest reality) and *Aparigraha* (Non-possessiveness or non-grasping with the senses)

Niyama’sarehabits or inner discipline for healthy living and ‘spiritual existence’. Patanjali lists total of five Niyamas: *Shaucha* (Physical and mental cleanliness), *Santosha* (contentment), *Tapah* (training the senses, austerities), *Svadyaya* (self-study, reflection on sacred words) and *Ishvarapranidhana* (practicing devotion, surrendering of fruits of practice)

Asana is the practice that releases us from those past conditioning, stored in the body, to arrive in the present moment. Every thought, emotion, and experience of our day today life, leaves a subconscious imprint (*samskara*) in the mind. Through the practice of yoga asanas, the body is made “strong, light

and energized. Patanjali and other ancient yogis used asana only to prepare the body for meditation. Asana or Posture is mastered by freeing the body and mind from tension and restlessness and meditating on the infinite.”

Prana is the life force, also referred to as the inner breath or energy that exists everywhere and flows through each of us through the breath. The practice of *pranayama* is the study and exercise of one's breath to a point where it does not agitate the mind. We learn to let the movement follow the breath, which eventually leads to the body effortlessly riding the waves of the breath. Pranayama is preparation for concentration: Through these practices and processes of pranayama the mind acquires or develops the fitness, qualification, or capability for concentration

Pratyahara is the withdrawal of the senses of cognition and action from both the external world and the images or impressions in the mind field. The senses always follow the mind, if the mind truly goes inward, the senses will come racing behind. Pratyahara occurs during meditation, breathing exercises, or the practice of yoga postures or any time when you are directing your attention inward.

Concentration or *dharana* involves teaching the mind to focus on one point or image. In dharana, concentration is effortless. The training of concentration enables us to stay focused on whatever object is chosen. Concentration comes more easily by taking the effort to stabilize the mind and minimize distractions through kriya yoga, and by the practice of first five steps of Ashtanga yoga.

The repeated continuation, or uninterrupted stream of one point of focus is called absorption in meditation or Dhyana. In meditation there is a constant flow of impressions from the object and of awareness toward the object, without any effort. Typical objects chosen are the heart lotus, the inner sound, the breath, one's meditation deity (*ishtadevata*) or the *Supreme Being*.

When only the essence of the object, place, or point shines forth in the mind, where the image of the object is devoid of its own form, that state of deep absorption is called deep concentration or Samadhi. The ultimate goal of the eightfold path to yoga is *samadhi* or absolute bliss which is pure contemplation and super consciousness.

Practicing yoga with the above said ultimate objectives will eventually lead you to spiritual fulfillment or wellbeing, which is a state of great bliss. Also leading a life with compassion and kindness and following a yogic diet plays an important role in the achievement of all the above objectives.

Discussing further about yogic diet, people who wish to attain well-being in any aspects should prefer foods that promote their life span, increase virtue, strength, health, happiness, and satisfaction. Such foods are called Sattvic foods, which brings equanimity, happiness, creativity, a sense of serenity and calmness. While it is indicated that sattvic food should not be too spicy or salty. Certain spices such as turmeric, cardamom and cinnamon are regarded as sattvic. Sattvic foods maintain a balance that is beneficial to the body and the mind. To be specific we can describe sattvic food as fresh, juicy, light on digestion, rich in micro nutrients, fibre and cellulose, food that is in its natural form, which are calming, low in added fat, nourishing and taken in smaller quantities. The food varieties coming under Sattvic category are sprouted seeds, honey, legumes, fresh ripen fruits and vegetables, whole and unrefined grains, Fresh and pure dairy, Cold pressed oils, rock salt etc.

Practicing yoga with a spiritual outlook or going beyond the stretching of physical body helps us to transform and awaken our true inner self, realizing our highest potential and core values. Practicing yoga knowing the essence, improves spiritual wellbeing, mindfulness and enhances many other aspects of health.

SLEEP, REST AND RELAXATION

Sleep is essential for overall health and wellbeing for everyone. A sound sleep cannot be replaced with anything as a restorer of vital energy. Normal human sleep comprises two states i.e rapid eye movement (REM) and non-REM (NREM) and it is synchronous with the muscle relaxation and psychological activity of mind. Sleep is important because it helps restore the body, while REM sleep restores the mind and is important for both learning and memory. The following factors predictably alters sleep, such as age, previous sleep-wake history, phase of the circadian timing system, ambient temperature, drugs, environment, life style changes, and sleep disorders.

But off late due to environment and life style changes we are not getting proper sleep and so many of the people are facing health problems such as blood pressure, cardiac problems, digestive problems and mental health issues. Circadian rhythm is an internal biological clock, which gradually becomes established during the first months of life and it controls the daily ups and downs of biological patterns, including body temperature, blood pressure, and the release of hormones including melatonin, a hormone released in brain that plays a role in sleep. The interruption in Circadian rhythm influences many important functions in our body negatively.

There are many dimensions of sleep, the most important are duration of sleep and quality of sleep. One should sleep adequate enough so that we feel well rested and rejuvenated. The duration of sleep should be 6-8 hours per night for adults and teenage, for children's 10-12 hrs. The recommended hours of sleep are 10 pm to 6 am. Inadequate, untimely erratic patterns of sleep or excessive sleeping hours could also drain your vital energy and impact your life negatively.

Lack of Sleep will decrease the ability concentration, motor function, and performance of skills. Continuous or regularly disturbed sleep can also cause excessive daytime sleepiness, depression, and immune function compromise, if it is continue for long time leads to risk of death.

Sound sleep greatly contributes to maintain or balance internal homeostasis in our body and also a primary indicator which can throw a light on our overall wellbeing. To check on the quality of sleep the following parameters can be considered for e.g :

- Is your sleep through out night sound or disturbed?
- Do you fall asleep naturally or need to take any medication to get a sleep?
- How long does it take for you to sleep once on the bed?
- If you get up in the middle of the night, can you get back to sleep immediately?

To get a good sleep or induce sound sleep one should follow the below rules:

1. Try to go to sleep and get up at the same time every day, this helps to set up your body internal clock and optimize the quality of sleep.
2. Avoid overeating and stimulants like tea, coffee, alcohol in late evening and before bed. All these may interfere with your sleep cycle that can cause digestive burn or gas trouble.
3. Avoid any bright screens of gadgets before one or two hours of bed time, because blue light imitate by these gadgets disturbs these sleep pattern
4. Calm down your mind with some relaxation technique or meditation just before the bed. this will clear your mind of unnecessary thoughts and improve the quality of sleep
5. Keep your room dark, well ventilated, quiet and your bed comfortable and not overheated room doing this will create the peaceful environment which will send a powerful signal to your brain that it's to calm down and let go off all the worries of the stress.

6. Wear a light cloth, porous material so that the body may eliminate the toxins easily.
7. Avoid excitement or extraordinary strain just before bedtime.

In this fast world we try to do things very fast until we achieve our goal or satisfaction without break and that leads to tiredness both mentally and physically. However if we do not pay attention to our body and mind and deny ourselves of rest and relaxation, we can find ourselves getting sick and deteriorating both physically and mentally. So rest is important in our life to keep our self-healthy. Resting could be simple lying down, relaxation in any posture like Shavasana or through any relaxation technique. Adequate rest, relaxation and sleep help us to conserve our vitality.

Efficient rest and relaxation will only happen when you do it consciously. If you try to lie down and relax with a bunch of thoughts bombarding your mind, you will never be able to experience any relaxation. This happens because of the deep wiring of your mind with the body. So mental relaxation is the foundation for physical relaxation. The process of conscious rest and relaxation can be done in 3 steps:

1. Choose any comfortable supported posture. You can choose to sit on a back supported chair or lie down on bed with proper head support. This will enable you to release any muscular tension that you are holding in your body.
2. Be mindful of your body: When your awareness flows in to your body, the mind automatically slows down. This will induce a natural sense of relaxation throughout the body.
3. From here, you can deepen your breathing and maintain a comfortable rhythm. Keeping your awareness in your breath and deepening the relaxation with every exhalation will enhance the level of relaxation. This process may be done for at least 20 minutes to obtain maximum benefit. Using relaxing instrumental or meditation during the process will further enhance the quality of rest and relaxation.

Relaxation differs from rest, in that relaxation is our mind's way of rejuvenating, and can assist in reducing the arousal we experience from stress and/or anxiety. This means that while rest occurs we are asleep, relaxation occurs while we are awake, and involves us engaging in activities that we enjoy. In our strenuous modern life, we have forgotten the art of relaxation which is most important for the conservation of vital energy. When we relax, the flow of blood increases in our body giving us more energy. It helps us to have a calmer and clearer mind which aids positive thinking, concentration, memory and decision making. Relaxation slows our heart rate, reduces our blood pressure and relieves tension.



ENVIRONMENTAL HEALTH AND VITALITY



Humans interact with the environment constantly. These interactions affect vitality, quality of life, years of healthy life lived, and health disparities. The natural environment is the thin layer of life and life supports that contains the earth's air, soil, water, and living organisms. The connection between protecting the natural environment and safeguarding human health has been well recognized. The World Health Organization (WHO) defines environment, as it relates to health, as “all the physical, chemical, and biological factors external to a person, and all the related behaviors.” Environmental factor represents a ubiquitous, yet frequently manageable, category of modulators that can influence Vitality in humans and ultimately disease susceptibility and health of an individual. The effect of various environmental exposures, such as toxic chemicals, air pollution, and biological agents on the human body, is commonly perceived as the central problem in environmental health. However, maintaining a healthy environment extends beyond controlling these hazards.

A direct connection between the environment and health is the potential enhancement of our physical, mental, and social well-being through our daily exposure to the natural environment. People's nearly universal preference for contact with the natural world—plants, animals, natural landscapes, the sea, and the wilderness—suggests that humans as a species may find tranquility in certain natural environments and may derive health benefits from them (Frumkin, 2001). Recent research has confirmed this link. For instance, hospitalized post-surgical patients (Ulrich, 1984), employees (Kaplan, 1992), and prisoners (Moore, 1981) have been shown to gain health benefits from exposure to views of nature. Health benefits have also been reported from viewing plants in gardens, interacting with animals (including pets), and participating in wilderness experiences (Frumkin, 2001). This evidence of health benefits from contact with the natural world suggests a broader paradigm of environmental health that includes health-giving environmental exposures (Frumkin, 2001). Many environmental problems stem from our failure to value the natural environment

IMPORTANCE OF ENVIRONMENTAL HEALTH

Maintaining a healthy environment is central to the vitality in humans, increasing quality of life and years of healthy life. Globally, 23% of all deaths and 26% of deaths among children under age 5 are due to preventable environmental factors. Environmental factors are diverse and far reaching. They include:

- Exposure to hazardous substances in the air, water, soil, and food
- Natural and technological disasters
- Climate change
- Occupational hazards
- The built environment

Poor environmental quality has its greatest impact on people whose vitality status is already at risk. Therefore, environmental health must address the societal and environmental factors that increase the

likelihood of exposure and disease. Under Natural methods of treatment for the human ailments, vitality is recommended to be enhanced by way of return to nature which is nothing but the establishment of normal habits and surroundings. This necessitates

- a) Extension of consciousness by popular general and individual education
- b) The constant exercise of reason, will and self-control
- c) A return to natural habits in thinking, breathing, eating, dressing, working, resting and in moral, sexual and social conduct.

Thus the key to man's health lies largely in his environment. In fact poor vitality in human beings can be traced to adverse environmental factors. And Health for all are concerned with healthy environment and healthy lifestyle and require initiatives by the individual, family and the community. The first step in optimizing vitality is the elimination through environmental control of those factors which are harmful to health.

ELEMENTS OF THE ENVIRONMENT AND THEIR LINKAGES TO HEALTH.

Water and sanitation:

Easy access to adequate sanitation and sufficient amounts of safe water for drinking and hygiene at all dwelling places is essential to human vitality and thereby well-being and should be a prerequisite for a decent life. Measures recommended for sustainable water management and the prevention, control and reduction of water-related diseases by WHO are

- Ensure adequate supplies of wholesome drinking-water;
- Secure adequate sanitation of a standard that sufficiently protects human health and the environment;
- Protect water resources used as sources of drinking-water, and their related water ecosystems, from pollution;
- Provide adequate safeguards for human health against water-related diseases;
- Establish and maintain effective surveillance and early warning systems for monitoring and responding to outbreaks or incidents of water-related diseases

Air

'Breathe Fresh' is everyone's birth right. But like the weather, quality of air changes day to day and influences our vitality. Air pollution harms human health, particularly in those already vulnerable because of their age or existing health problems. Evidence shows that air pollution at current levels is responsible for a significant burden of deaths, hospital admissions and exacerbation of symptoms, especially for cardiorespiratory disease. Exposure to air pollutants is largely beyond individuals' control and requires action at the national, regional and even international levels. Exposure to airborne pollution is the fourth leading cause of premature death globally, and ~5.5 million people die prematurely from air pollution each year. Air pollution also reduces the quality of one's overall health. Decreasing air pollution is an important step in creating a healthy environment.

Dealing with air pollution is a very complex matter. It requires initiatives at multiple levels involving policy, implementation and public participation. The best answer is to move away from individual ways to community-centric approaches to reduce air pollution.

Climate change

Climate change affects human vitality, well-being and life on earth. It may lead to an amplification of current health problems, as well as new risks and pressures for the environment and the social and economic determinants of health. Direct impacts of climate change results through progressive

temperature increases, heat waves, storms, forest fires, floods or droughts. Indirect impacts are mediated through the effects of climate change on ecosystems and productive sectors such as agriculture, the distribution of plant and animal species, and water and food quantity and quality. Promotion of safe walking and cycling is a way both to reduce climate change gas emissions and to promote health. Protecting health in an environment challenged by climate change can be achieved through committed action towards mitigation of and adaptation to climate change at global level.

THE BUILT ENVIRONMENT

It refers to the human-made environment that provides the setting for human activity, ranging in scale from buildings to cities and beyond. It has been defined as "the human-made space in which people live, work and recreate on a day-to-day basis. It also refers to physical environments that are designed with health and wellness as integral parts of the communities. Features of the built environment appear to impact human vitality—influencing behaviors, physical activity patterns, social networks, and access to resources. Inadequate housing causes or contributes to many preventable diseases and injuries, including respiratory, nervous system and cardiovascular diseases

CHEMICAL SAFETY

The unsound way of using chemicals are posing significant risks to human vitality. Use of chemicals has become inevitable in the growth and development. The evidence is growing that hazardous chemicals contribute both to health disorders throughout the life-course and to the increased prevalence and incidence of non-communicable diseases including cancer, urinary and reproductive system diseases, cardiovascular and respiratory diseases, allergies, neurodevelopmental and congenital defects and endocrine disruption. Minimizing the adverse effects of chemicals on human health and the environment can be achieved by:

- Replacing hazardous chemicals with safer alternatives, including non-chemical ones;
- Reducing the exposure of vulnerable groups to hazardous chemicals, particularly during early stages of life;
- Strengthening capacities for risk assessment and research to secure a better understanding of Human exposure to chemicals and the associated burden of disease; and
- Applying the precautionary principle where appropriate.

Over and above the list enlisted above the other environmental factors which influence the vitality in human includes ventilation, lighting, housing, waste management etc. Sustainable development plans in all areas should be considered for the free flow of vitality in to the body and its free distribution.

PHYSICAL CULTURE



Physical cultures are constructed from a variety of pre-existing practices ranging from long established pastimes to bodily movements like calisthenics, gymnastics, military exercise, and dance and tend to have a particular cultivating purpose in mind. As in a definition of Physical culture, physical cultures are primarily about the development of the body; its purpose extends to the promotion of valued cultural values through the body. Historians of physical cultures understood that development through the physical exercise is a very powerful medium of bringing cherished social and cultural values, beliefs. There are evidence documented examples in history of different era of ages.

BACKGROUND OF PHYSICAL CULTURE:

History of Physical Culture in India has background from vedic ages where there were no particular system of physical culture. In the age of Ramayana people started great deal of care with development of bodily strength. The greatest example was hanuman who developed the bodily strength through monkey tricks. Mahabharata age, had contributed a lot in developing Indian physical culture and included chariot movement, elephant riding, horse riding, running. In the ages of puranas, the physical culture was started nurturing where the guru – shishaya concept took a lead to practice the physical activities to live healthy life like, Deep –breathing exercise called as Pranayama was taught by teachers to their students to keep harmony between body and mind.

In western continent included, Eugene Sandow's Institutes of Physical Culture, the Swedish 'Ling' System, and the German Turnverein movement had contributed in developing the physical culture. In the current era, physical cultures continued in developing the contemporary examples, including Parcours, Crossfit, and Nordic walking. Numerous understanding of physical cultures as body–mind cultivating practices have related with the definition of social movements which Barkan as an organized effort by a large number of people to bring about or impede social, political, economic, or cultural change.

Influence of physical culture for the harmonious development of body and mind:

Physical culture acts as vital tool for development of the individual, which are transmitted through genetically and cultivate in the process of life under the control of education, activity and the environment. Physical culture has a form of motor activity like physical exercises that can effectively develop the physical and mental skill, and optimize the state of health and wellbeing.

Many researchers interpreted that spiritual aspect, sound mental development knowledge, and self-confidence can be cultivated through physical culture practices depend on the health and vitality of children. Therefore, it is important to develop physical culture specifically in childhood, which will allow the body to gather the strength and ensure harmonious development of the personality.

Of course, physical activity or culture is of vital importance for the development of mental processes,

reason is that there is a very near relationship between the brain and the work of the muscular system. Specific nerve endings are located in the skeletal muscles or close by joints get activated, when muscle contracts, and send active impulses to the brain during feedback. Studies confirmed that many brain functions depend on muscular activity. On the one side, the task of impulses coming from muscles is to signal the brain to perform the movements. On the other side, specific nerve cells continuously increase the general tone of the cortex part of the brain, as a result of which its overall functional ability increases. Physical Culture leads to influence the positive emotions, vitality, and creates a good mood. Therefore, it is very clear why a person who knows the “taste” of physical exercise and sports, looks to engage in regular exercise.

PROMOTING VITALITY THROUGH PHYSICAL CULTURE & EDUCATION:

As an approach to developing physical education and physical culture, and to promote vitality emphasized on active living and involving in tasks that feel good, fun oriented, and can be incorporated into daily life. Vitality is in relation to do with wellness and health consciousness; it also has to do with energy, motion, and the specific action. It is feeling alive, innervated, and invigorated in specific postures, positions, gestures, motions, and expressions of the body. Vitality refers, in other words, to the corporeal constitution of active and healthy living.


The father of Physical Culture Mr. BarnnardMacffedden had mentioned referring to physical culture and vitality in his books called *Vitality Supreme*, “Inactivity is non-existence. It means death. Our bodily powers and organs were given to us for a definite purpose. Failure to use them brings serious penalties. There can be no real health with physical stagnation”. In continuation to explain the exercise or physical culture for vitality building the author mentioned that to maintain physical activity as a culture, an average amount of exercise at intervals or regular need to be performed in order to keep fully alive. It is not just for exercise sake of muscle strength, but for the sake of health and wellbeing. To live fully literally means living thoroughly and person cannot live fully unless all the bodily process involved in the various functions of the body is active.

Functional activity promotes pure blood, of superior quality, and when one is unable to give the muscular system its proper use, the functions of bodily organs becomes stagnate, and then the blood becomes filled with impurities of various metabolic end products, and under such circumstances the body is not really alive. When the blood and bodily organs are carrying a number of dead cells and other metabolic waste products once body is not entirely alive. In continuation of the same process the minute cells that carry the bodily dead tissues lose their vitality, and are flowed up by the venous blood and carried to the various organs which take part in the work of elimination. Now these dead cells and minute corpuscles hangs in the tissues if one lives an inactive life. Therefore it is true that you are half dead if you do not give the muscular system its proper use.

Vitality means strength and endurance and to live strong and long, naturally indicates functional and organic vigor. Body cannot perform activity unless the organs of the body are incorporated with at least a normal degree of strength and endurance which are performing their functions harmoniously. To be vital means the body is full of energy that means that body possess the vibrating, pulsating power with life in all its fullest forms.

Physical Culture therapy

Physical culture therapy is related to the restoration of disorders, improve functional abilities, quality of life, as well as the prevention and complications of the disease. A main feature of therapeutic physical culture in comparison with other methods of healing methods is that it uses physical exercises as the main therapeutic agent applied in accordance with the objectives of treatment, clinical signs and symptoms, the degree of general physical performance. This method uses innate quality of a person - physical activity, for the development.



Yoga is an ancient discipline cultural practice and was designed to keep balance and health to the physical, mental, emotional, and spiritual dimensions of the individual which promote overall wellbeing of the individual. Yoga therapy was considered as the two way disease preventing and therapeutic system that prior to 20th century, the application of yoga as a therapeutic intervention, was started to take an advantage of the various psycho physiological benefits of the practices. The physical exercises by adopting posture i.e asana may help in increasing physical flexibility, coordination, and strength, while controlled breathing practices i.e pranayama and meditation may calm the mind to develop greater awareness, thus result into living a quality of life. Other beneficial of adopting yoga is controlling psychosomatic disorders, blood pressure, metabolic regulation, and improvement in mood

For people with severe psychological health problems participating in physical activity may lead to improvement in quality of life. One of the cumulative report of 16 studies concluded that physical activity as an intervention for people with moderate to severe mental illness could establish a positive connection as physical activity can improve quality of life through social means of interaction, meaningful use of time, purposeful activity.

COMPASSION, CHARITY AND COMMUNITY WORK!!



(Courtesy: The University of Kansas)

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

Dalai Lama

Compassion is as essential to life as the air we breathe. For in the absence of compassion, how many kind, selfless and courageous deeds would have happened in the past?

Imagine a society without Mother Teresa, Mahatma

Gandhi, Nelson Mandela, Rabindranath Tagore, Martin Luther King Jr, and many others. Compassion is the natural instinct within us all, compassion within us stops when we lack mindfulness and are not present in life.

Mahatma Gandhi says that ***Compassion is the muscle that gets stronger with use!***

Compassion is ultimately the embodiment of the realization that all life is one continuum and that what benefits the authentic well-being of others also benefits ourselves. Compassion, along with the core foundation practice with mindfulness, is the key ingredient of authentic living, and one of the signatory states of inner wellness.

Compassion may have ensured our survival because of its tremendous benefits for both physical and mental health and overall well-being. Many studies suggest that connecting with others in a meaningful way helps us enjoy better mental and physical health and speeds up recovery from disease; furthermore, research also found that compassion has shown that it may even lengthen our life span.

The reason a compassionate lifestyle leads to greater psychological well-being may be described by the fact that the act of giving is pleasurable.

Compassion is the concept that is deeply embedded in our human consciousness. It proved to be crucial in vitalizing our well-being. ***The best way to find yourself is to lose yourself in the service of others.***

Mahatma Gandhi

Charity stimulates the reward areas in the brain, creating positive feelings. Giving in various forms not only benefits the person you are helping, but also instills a sense of improved happiness. Studies have shown that giving is beneficial to combat stress, depression and anxiety, and can also keep you mentally stimulated, increase self-confidence and provide you with a sense of purpose.

Most people believe that giving others is a wonderful idea. It's a prosocial behavior that shows kindness, empathy and support. However there's also more to it than that; when you give to others it can have a direct positive effect on your own mental well-being. Small acts of kindness towards

People, or larger acts – such as volunteering in your local community – can give you a sense of purpose and make you feel happier and more satisfied about life.

Sometimes we believe in wellbeing in terms of what we have: Our comfort, our income, our home, our car, our job. But it shows that what we do and the way we believe actually has a meaningful impact on mental health and wellbeing. Positive mental wellbeing means feeling good about self and the world around you and being able to get on with life in the way you want. Supporting and helping other people, and working with them towards a shared goal, has been shown to be good for our mental health and wellbeing.

Charity will help your child understand the impact of giving back to the society. Children will observe everything you do, so by following your example, they can experience the benefits of charity. Charity helps in promoting resilience, well-being to future generations and vitalizing to self and others.

Community work influences Mental health heavily and our quality of life. So it makes sense that mental health, just like physical health, needs to be taken care of and maintained. And one way that it can be maintained is through finding a sense of joining the community for better work.

Community or community work can be defined in many ways, but when simplified down to its most important element, community work is all about connection and dedication. Community is not just a group of people, it's a feeling. It's feeling connected to others, feeling accepted for who you are and feeling supported.

One of the better-known benefits of volunteering or doing community work is the impact on the developing better community. Selfless action of volunteers is often the glue that holds a community together. Volunteering lets you connect to your community and make it a better place. Helping out with the easiest tasks can make a great difference to the lives of people, animals, and organizations in need.

Community work provides many benefits to both mental and physical health.

Community work can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You get a natural sense of accomplishment when you do good for others and the community. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about self, the more likely you are to have a positive view of life and future goals. It reduces the risk of depression, which is another important benefit of selfless act. A key risk factor for depression is social isolation. Volunteering or doing social work keeps you in regular contact with others and helps you develop a solid support system for yourself and for others, which in turn protects you against stress and depression when you're going through hard times. Working with pets and other animals has shown to alleviate mood and reduce stress and anxiety. Community work is good for your health at any age. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants. Volunteering or doing social work has also been shown to lessen symptoms of chronic pain or heart disease.

Compassion, Charity and Community work are the solid pillar that sparks and nourishes the vitality for developing Emotional, Mental and Physical wellbeing of people.

VITALITY QUESTIONNAIRE

Physical and Physiological Spend

1. When do you get to sleep and when do you wake up?

- a. I sleep early and get up early (Sleep by or before 10 PM and wake up by or before 6AM)
- b. I sleep late and wake up late (Sleep by midnight and wakeup between 7 and 8 AM)
- c. Sleep during dawn and wakeup mid-morning (Sleep between 3 and 4 AM, Wakeup by 10 or 11AM)
- d. Erratic Sleep – Sleep and wake up anytime of the day
- e. I sleep late, but wake up early (Sleep by 11 PM and wakeup by or before 6AM)

2. How is your sleep quality?

- a. Sound Sleep through the night
- b. Sound Sleep with bio breaks – Can get to sleep immediately after the break
- c. Disturbed Sleep – need to wake up for nature calls, and can't get to sleep soon after
- d. Little Sleep – Can sleep for 3 – 4 hours and then wakes up
- e. No Sleep – Cannot sleep without a sleeping pill or sleeping aid

3. How active are you during the day?

- a. Very Active throughout the day
- b. Active through the day, but need a short nap during the noon
- c. Active for less than 4 hours of the day
- d. Active for less than 2 hours of the day
- e. Inactive or in bed most of the time

4. When is the bowel movement triggered?

- a. Immediately on wakeup
- b. Less than 2 hours after wakeup
- c. Once daily – any time of the day
- d. Once in a couple of days or once in a few days
- e. Need a laxative regularly to eliminate

5. What is the quality of the stools?

- a. Easy to eliminate - Well formed, smooth stools
- b. Moderately easy to eliminate – well-formed but with cracks
- c. Slightly difficult to eliminate – lumpy stools
- d. Difficult to eliminate – Hard and separate lumps that look like nuts
- e. Involuntary elimination - Watery, No solid pieces

6. What type of food do you take in?

- a. Plant based food
- b. Lacto-Vegetarian food
- c. Ovo-Vegetarian food
- d. Non-Vegetarian Food
- e. Mostly Processed Food

7. When do you tend to eat?

- a. Hunger based, Well-Spaced meals (3 – 4 hours gap) and healthy servings
- b. Time based, Well-Spaced (3 – 4 hours gap), healthy serving size
- c. Time based, Small portions of food, but multiple snacks in between
- d. Convenience based, Small portions of food, but multiple snacks in between
- e. Emotions based, eat large servings when I am angry, stressed or out of balance

8. Do you have any addictive habits?

- a. No addictions
- b. Occasional indulgence
- c. Yes, mildly addicted to caffeine, tobacco or alcohol or other substances
- d. Yes, strongly addicted
- e. Yes, intense addiction and cannot live without the addictive substance

9. Do you have any practice of physical workout?

- a. Everyday practice of mild physical workout for 30 mins to an hour
- b. Everyday practice of intense physical workout for 30 mins to an hour
- c. Moderate Workout 3 – 4 times a week for 30 mins to an hour
- d. Intense workout 3 – 4 times a week for 30 mins to an hour
- e. No such practice

10. If you are a woman and in the fertile span, how is your mensural health?

- a. Regular Cycles once in 25 – 30 days with little or no pain and normal flow
- b. Regular Cycles, Heavy Bleeding and Prolonged periods
- c. Regular Cycles, very mild bleeding, or flow
- d. Painful Cycle, PMS or PMDD
- e. Irregular Cycles – Cycles inconsistent and more than 35-day interval if not intervened

Environmental exposure and spend

11. What kind of environment are you in most part of the day?

- a. Open, fresh environment with little or no pollution
- b. Closed environment with good ventilation
- c. Crowded environment with conditioned air and moderate exposure to fresh air
- d. Conditioned air, with little or no exposure to fresh air
- e. Exposure to radiations or chemically toxic environments

12. How exposed are you to sunlight?

- a. Aware of the impact of sunlight and practice sun basking regularly
- b. Ample Exposure to sunlight regularly
- c. Moderate Exposure to sunlight few times a week
- d. Little exposure to sunlight
- e. Not exposed to sunlight

13. What type of water do you drink?

- a. Fresh rain or spring water that is unprocessed
- b. Fresh water from well that is unprocessed
- c. Tap water that is treated with basic chemicals
- d. RO water, Bottled water
- e. Polluted water

14. Do you do one or more of these practices ; Barefoot walking, Lying on the earth, Sleeping on the earth, Gardening with bare hands, Hugging a living tree, lean against or sit near a living tree, Swimming in the streams or lakes or rivers

- a. Almost regularly- everyday
- b. twice or more in a week
- c. once a month
- d. once in a while during vacation
- e. Never

15. Do you have any fasting practices as part of your lifestyle?

- a. Intermittent short fasts with a guided procedure to break the fast
- b. Skips food only when sick or when there is no hunger
- c. Yes, short fasts for a day or two, as prescribed by the religion
- d. Yes, prolonged fasts as prescribed by the religion once in every year
- e. No fasting practices

Psychological, Emotional and Occupational Spend

16. How connected are you with others?

- a. Handful of friends, deep relationships
- b. Countable friends, long lasting relationships
- c. Many friends, surface level relationships
- d. Not easy to mingle or connect with others
- e. Lonely and Isolated

17. What kind of feelings do you experience most often in a day?

- a. Happiness, Joy, Bliss
- b. Peace, Harmony, Gratitude
- c. Fear, Anxiety
- d. Anger, Hatred
- e. Shame, Guilt

18. How do you feel about yourself?

- a. Loving, Caring and Forgiving
- b. Centered and Confident
- c. Proud, Optimistic
- d. Dependent on others
- e. Unworthy, Worthless, Helpless

19. How soon can you come to terms with a difficult situation?

- a. In a few minutes
- b. In a few hours
- c. In a few days
- d. Not able to easily come to terms with
- e. It lives with me forever

20. Which of these statements would you agree with?

- a. My work leverages my creative, intellectual, and cognitive abilities
- b. My full potential is not leveraged at work, but I fulfill them through my creative passion
- c. My creative, cognitive and intellectual abilities are rusted
- d. I feel overburdened with work and its pressures
- e. I am not motivated enough to work on my abilities

SCORING GUIDE

S.no	Questions	a	b	c	d	e	Score
1	When do you get to sleep and when do you wake up?	5	4	3	2	1	
2	How is your sleep quality?	5	4	3	2	1	
3	How active are you during the day?	5	4	3	2	1	
4	When is the bowel movement triggered?	5	4	3	2	1	
5	What is the quality of the stools?	5	4	3	2	1	
6	What type of food do you take in?	5	4	3	2	1	
7	When do you tend to eat?	5	4	3	2	1	
8	Do you have any addictive habits?	5	4	3	2	1	
9	Do you have any practice of physical workout?	5	4	3	2	1	
10	If you are a woman and in the fertile span, how is your mensural health?	5	4	3	2	1	
11	What kind of environment are you in most part of the day?	5	4	3	2	1	
12	How exposed are you to sunlight?	5	4	3	2	1	
13	What type of water do you drink?	5	4	3	2	1	
14	Do you have one or more of these practices on a regular basis?	5	4	3	2	1	
15	Do you have any fasting practices as part of you lifestyle?	5	4	3	2	1	
16	How connected are you with others?	5	4	3	2	1	
17.	What kind of feelings do you experience most often in a day?	5	4	3	2	1	
18	How do you feel about yourself?	5	4	3	2	1	
19	How soon can you come to terms with a difficult situation?	5	4	3	2	1	
20	Which of these statements would you agree with?	5	4	3	2	1	
21	Which of the below are true now?	5	4	3	2	1	

Interpreting the Results

1. When the overall score is:

- Above 70, then you are already on the right path
- Between 50 and 70, then habitual changes might be needed to optimize the spend
- Between 35 and 50, mandate certain changes to optimize the spend
- Less than 35, indicates need for immediate corrective actions

2. When the physical score is:

- Greater than 40, indicates the individual is already set on the optimal path
- Between 15 and 40, indicates certain drains could be optimized through habit changes
- Between 5 and 15, indicates moderate drain, and need for corrective actions in the short term
- Lesser than 5, indicates heavy drain and the need for immediate corrective actions

3. When the environmental score is:

- Greater than 20, indicates the individual is already set on the optimal path
- Between 10 and 20, indicates certain drains could be optimized through habit changes
- Between 5 and 10, indicates moderate drain, and need for corrective actions in the short term
- Lesser than 5, indicates heavy drain and the need for immediate corrective actions

4. When the psychological, emotional, and occupational score is:

- Greater than 25, indicates the individual is already set on the optimal path
- Between 10 and 25, indicates certain drains could be optimized through habit changes
- Between 5 and 10, indicates moderate drain, and need for corrective actions in the short term
- Lesser than 5, indicates heavy drain and the need for immediate corrective actions



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