



NATURAL CURE FOR HIGH CHOLESTEROL

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Chronic diseases can be avoided if high cholesterol is controlled from a younger age. The increasing rate of obesity, high blood pressure, and high cholesterol is being seen in young people.

High cholesterol is a silent killer, which does not give any indications. Cholesterol level should be checked every five years after the age of 20.

Causes of High Cholesterol

Food intake, obesity, lack of physical work results in cholesterol. Men have more cholesterol level when compared to women. Consumption of alcohol also increases cholesterol. Besides, it could be also due to hereditary reasons.

Tips to avoid cholesterol

- Most of the cholesterol is produced in the liver and rest comes through our food. Therefore it is necessary to avoid fat rich food that increases cholesterol.
- Avoid fried food made from milk products. Increase intake of fiber rich, as it is good for health. Consume chapattis made from whole wheat or other grains. Include cereals, oats, fruits and

vegetables in breakfast. Oats reduces cholesterol from fats and helps in digestion.

- Take a walk for half an hour. Take the staircase instead of lift. Walk down up to the market instead of using vehicle.
- Avoid Vanaspati ghee, which is the source of Transfats acids, and is bad for health.
- Avoid food products made from refined flour. It creates imbalance in insulin, and increases cholesterol. It has almost zero fiber content.
- Products made from soy, like – flour, milk help in decreasing the cholesterol level.
- Fruits should be consumed along with their skin because it contains nutritious fiber. It does not allow the cholesterol level to increase.
- Coriander, mustard seeds, curry leaves decreases the cholesterol.
- Consumption of ginger also helps in reducing the cholesterol.
- Cholesterol is not the only cause of heart attack. Infection of arteries cause heart attack. Increase of homocysteine in blood, stress and lack of vitamins can also cause heart attack. The other reasons for heart attack can be excess physical strain, stress, air pollution, smoking, polluted food products and water. External and internal stress can also lead to heart attack.

Food products, which reduce cholesterol

- Groundnuts decrease the cholesterol level. It contains vitamin A and E, Folic acid, calcium, magnesium, zinc, iron and fiber in balanced ratio. Regular consumption of groundnuts makes man fit and healthy, it reduces cholesterol level. Consumption of groundnuts and groundnut oil makes man healthy.
- Soybeans also reduce cholesterol. It also reduces the possibility of breast cancer. 20-30gms of soybeans should be consumed daily in case of Osteoporosis and prostate cancer. It can be in the form of milk, flour, curd or ice cream.

How to reduce cholesterol

- Avoid fast food and junk food. Consume double toned milk. Full cream milk contains saturated fats, which increases cholesterol.
- Fruits, vegetables, Isabgol, wholegrain, contain fiber. The fiber helps control cholesterol and avoids constipation.
- Standard cooking oil should be used to prevent cholesterol. Balanced diet contains 30% fats; fats are of three types –saturated, mono saturated fats and poly saturated fats. Saturated fats increases the cholesterol level, it should be consumed in limited

quantity. Unsaturated fats reduce the cholesterol level. Sunflower, soybeans, corn, castor, ground-nuts, mustard and cottonseed oil should be used alternatively. It is good for health. Cooking in vegetable ghee, pure ghee, butter, coconut oil and palm oil should be avoided, as they are full of saturated fats. Never use hydrogenated vegetable ghee. It increases cholesterol. Products can be steamed, baked or grilled instead of deep fry.

- Avoid eating cake, biscuits, pastries, sweets, jam, honey, marmalade, sweet pickles, chutney, chocolates, horlicks, bornvita, tubes – beetroot, sweet potato

which are rich in calories. It increases fat on waist and hips along with cholesterol.

- Leafy vegetables, cereals, grains do not contain cholesterol. Vegetarian food is better than non-vegetarian food. If the food is taken in balanced quantity with essential nutrients, vitamins and minerals then vegetarian food can be consumed.
- Onions, raw vegetables, salad – carrot, radish, tomato, onions, and cucumber can be consumed for breakfast. They contain less calories and essential nutrients. Savories, biscuits, snacks increase cholesterol.
- Scientifically ginger is a plant that

belongs to alium family. Regular consumption of ginger decreases the cholesterol level.

- Consumption of 50 gm whole barley in the form of mash or chapatti is good for health.
- Consumption of niacin controls the cholesterol made from the liver.
- Exercise is good for physical and mental health. Exercise decreases the L.D.L level. It helps in functioning of heart and lungs.

Yogic treatment

Sarvangasana, Uttanapadasana, Matsyasana, Dhanurasana should be practiced regularly. Kapalbhati, Nadi shodhan, Anulom-Vilom pranayam should be practiced daily.

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