



# NATURE CURE OF PARALYSIS

**P**aralysis makes a patient helpless in every way. The organs affected by paralysis stop working totally. In some cases the patient loses his consciousness also. Paralysis is a type of arthritis. Men are affected more than women by this disease. Lakhs of people are affected by this disease in India. If the patient affected by this disease is not treated properly either dies or remains disabled for ever. In an advanced country like America nearly 50 lakh people are affected by paralysis. When the main artery gets obstructed and the flow of blood in the brain is affected or when the nerve that supplies blood to the brain bursts then the patient gets the paralytic stroke. In an aged person the fat bundles up these arteries. As a result the walls of the arteries get blocked or become thick. Thus the brain fails to function smoothly due to lack of blood. As the brain does not get the blood required the person suffers a paralytic stroke. In case either the right or the left side of the body stops working and the whole body becomes inactive.

Before the stroke occurs it warns the patient about the danger which a man fails to understand. One should realise that if suddenly a part of the body becomes weak and again recovers on its own, it is an indication of paralytic stroke. Sometimes one has to make a special effort to move the right side or the left side of the body- this also is a warning of a paralytic stroke. In medical terms it is called T.I.A- Transient Ischemic Attack. At times due to the paralytic stroke the artery in the brain gets blocked, this is called Kairotic Artillery Stenosis. Paralysis are of two types- one is curable the other incurable. If the patient is very old or has hereditary problem then it can not be cured. If the paralytic stroke is caused by lack of activity, rise in the blood pressure, increase of cholesterol, not doing proper exercise, living in a polluted environment then it can be cured by medicines.

## Paralyses are of four types:

1. **Adhrang Ghat** – In this type of paralysis the lower portion of the body becomes lifeless and the patient can not pass the stool or urinate.
2. **Ekan Ghat** – In this case the oxygen gets aggravated and dries up

the arteries and the nerves. The affected area shrinks and becomes very weak and the patient has to suffer a lot.

3. **Sarwan Ghat** – A person becomes completely helpless in this case. Oxygen reaches the brain through the veins and dries up the area.

4. **Ardit Ghat** – It affects the brain and the look of the person. It makes a person completely ugly. Either the person loses his speech or his speech gets affected. His brain also stops working.

## Cause:

Paralysis can happen due to some defect since birth. It can happen due to excessive flow of blood in the brain, it can happen due to thrombosis or high blood pressure, due to imbolism, or blocks in the vein or due to grave head injury.

## Symptoms:

In the beginning of the disease the body organs become numb again and again. It becomes stiff and trembles. The patient gets sprain and his body becomes heavy and it starts shaking. He feels weak and the shape of his body becomes distorted.

His body stops working, face changes, His hearing power and memory gets affected. The tongue can not function properly and the food keeps falling from the mouth. He can not speak properly. He can not close his eyes or fist. He does not even come to know when he is passing the motion or urinating. In away he leads a dramatic life. His legs fail to carry his weight. As a result his body trembles while walking; he becomes unsteady and at times falls down.

#### **Treatment:**

1. Take ½ kg roughly grounded roots of sugarcane and boil it in water. When quantity of water reduces and becomes 1 kg strain it. Mix same quantity of Misri and six gram of each of piple, bamsalochan, black pepper, cardamom and mulethi. Keep it on

slow fire and stir it and make the syrup. Take 1-2 grams regularly it will help.

2. Grind the root of Akarkara into a fine paste. Mix it with mahua oil and massage it.
3. Drinking 20-40 ml. liter radish oil two to three times a day also helps to cure paralysis.
4. Mix 625 milligram of black pepper powder and 625 milligram of sunti powder with honey and take it twice and thrice a day. This cures the distorted shape of the face of a person affected by paralysis.

#### **Do's**

One should take drumsticks, garlic pomegranate, aranya oil, ghee from cow's milk, butter, coconut water, fruit juice, ripe palm fruit and dry raisin, should control one's blood pressure, and have seasonal fruits

and oil massage. Sun bathing is also very effective in this case. Should do *pranayam* and exercise according to the advice of the doctor. Should help the sugar under control, use less of salt and go for a walk regularly.

#### **Don'ts**

Should not smoke and drink, should not take stale food. Should not eat gas producing items and should not over exercise. Should not worry or keep away till late night. Should avoid anger and stay away from sexual activity.

A paralytic patient can be cured if he is taken to a qualified doctor in time and given proper treatment. There are hundred of yogic asana which can cure paralysis. One should get a proper qualified yogic teacher to get rid of the disease completely. Our institute has sure shot treatment for this disease.

## **EXERCISE REDUCES THE PROBLEM OF OSTEOPOROSIS**

**M**ost of the people over sixty had to face the problem of osteoporosis. According to Australian researchers brisk walk and weight reduction are most effective measure to control osteoporosis.

According to the researchers regular exercise can reduce 50 percent of the problems of osteoporosis.

A study of Melbourne University shows every one woman among two and every one man among three has to fight with this disease. Judy Stainmark osteoporosis expert says this disease causes two types of problems, physical and mental. The study says that this disease is increasing amongst the aged in great speed.

The researchers have advised the Australians to exercise regularly to reduce the danger of osteoporosis. Another osteoporosis expert Maria Fiatron says the main aim should be to exercise hands and legs, the lower portion of the body and the muscles of the thigh.

Yoga also helps in curing osteoporosis.