

NATURE THERAPY TO CURE DISEASES

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Nature therapy is a method of treatment, which is done by following natural rules and by using natural things in their natural form.

Nature has made all the creatures with an arrangement to fight out the diseases and become disease free. This system works in the body round the clock without stopping.

When we do not follow the rules of nature, do not sleep on time and eat food at irregular timings then we fall ill. In case of some external factor like an accident does not happen then we are fully responsible for our illness.

Our body is composed of five main elements namely, earth, water, sky, air and fire. These elements and their energy circulate in our body and in every action automatically, but if there is any type of obstruction in this movement it takes the form of a disease. It is necessary and also logical to cure these disequilibria through nature therapy only. Nature therapy is the treatment of soul, mind and body whereas other therapies are just treatment of the body.

The reason for outcome of disease is unnatural life style and presence of foreign particles in the body. If we think about this a little we come to know that disease is not our enemy, but it increases when we do not cure it properly and make it incurable.

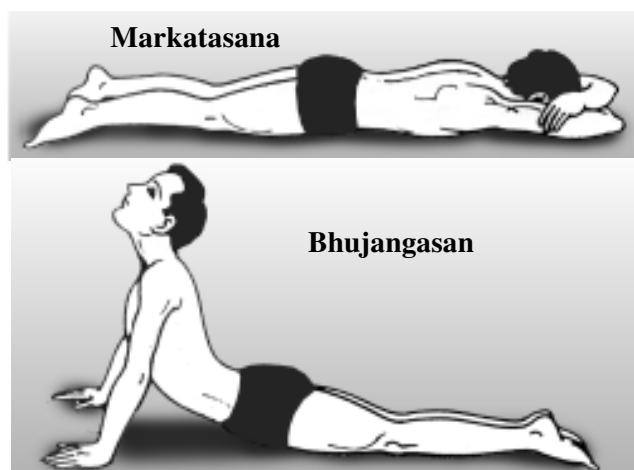
All the diseases are one though they are known in different names, there is difference in only their form and symptoms, like imbalance in food, polluted faecal matter, which makes the blood impure and some people suffer from diarrhea, fever, gout, skin diseases etc. If the foreign particles do not get removed from the body automatically then there are thrown out in the form of vomiting, loose motions, fever etc. This prevents their presence in the body and keeps the body healthy. This takes place naturally in the body. Therefore nature is our healer. However chronic problems will certainly take some time to heal. The reason being that the disease becomes incurable only when we do not take care on time or do not give proper treatment.

Lot of research has been done in the field of nature cure, following some natural remedies like fasting, Yog,

pranayam, water treatment, mud package treatment, sunrays therapy, pranic healing, reiki, acupressure etc. can always keep us healthy. This maintains the equilibrium of five elements and energy in our body and keeps it healthy and disease free.

We can adopt some simple natural therapies and prevent illness and can also get the benefit in case of ordinary diseases and also in severe conditions.

Wake up early in the morning (between 3 and 5 am), drink two glasses of stale water, finish the morning chores and go for morning walk, practice simple exercises, yogasanas like Makarasana, Tadasana,



Markatasana, Bhujangasana, Shavasana etc, pranayam like Kapalbhathi, Bhastrika, Anulom-Vilom, Udgeet and pranav etc.). This is very beneficial. It maintains the energy level and keeps the body active.

Lie down on stomach and stretch the feet, join the elbows and stretch it straight, keep the chin on the chest, look straight, stop the breathe inside as much as possible and raise the legs as high as possible. This is beneficial for spine, backache, spinal pain, constipation etc.

Keep fast at least once a week. Drink only lemon juice and lukewarm lemon juice with one teaspoon of honey to overcome weakness. It cures indigestion and removes foreign particles.

Wear loose and comfortable clothes and sit in an open place, which does not get direct sunlight. In sum-

mer season, sit naked for 10 to 15 minutes and for 20 to 25 minutes in winter season. This gives mental peace and strengthens vital life energy.

Scrub the body nicely daily and take bath with fresh water. Pour cold water on head, and lukewarm water in winters. Add one teaspoonful table salt in one bucketful water and take bath, this is very beneficial. Then take bath with normal water. It keeps the body fresh, overcomes lethargy and opens the pores. It maintains the body temperature and removes foreign particles from the body.

Take mud package twice in a year for special benefits. It is better to add sand of wrestling ground or pond mud, dig a two feet deep hole near the pond and extract the mud. Soak this mud in a big vessel full of water. Finish the morning chores the next morning and sieve the wet mud. Apply this lep on the body and let it dry in the sun. rub nicely with towel when it gets dry and take bath with normal water.

This mud bath is very beneficial for the body, it gives sufficient coolness to the body, removes foreign particles, overcomes stress, maintains activeness and strength in the whole body, and is also beneficial for the hair. It is beneficial both physically and mentally.

Rub both the hands against each other nicely twice

daily and keep the warm palms on the eyes, clap hands loudly, rub the nose with index finger and behind the ears, interlock the fingers and press them for long time, this circulates energy in all the body parts and activates all the body parts.

Look straight as far as possible while walking and keep the spine straight, it activates the body.

Keep finger in the navel and rotate it 20-25 times in clockwise and anti-clockwise direction, it maintains the balance and also improves digestion process. Do this on empty stomach.

Go to bed early and wake up early in the morning. It is beneficial for the health.

It is necessary to focus on food in case of normal condition or sickness. We should eat pure food on the basis of our digestion strength, we should be free of worries at the time of eating food and have positive attitude. The food should be simple and easily digestible. Avoid junk food. Drink sufficient amount of water after one hour of meals.

Avoid heavy and late meals at night, do not take milk with fish, do not take squash with mango, aged people and pregnant woman should take milk and fruits during fasting. It maintains energy level in the body. Take sprouts for breakfast, like gram, Moong, you can also mix raisins to increase the taste.

YOG REVOLUTION IN THE WORLD....

चाहे भारत देश हो, अथवा कहीं विदेश।
हर जन मन की पत्रिका, बनी योग सन्देश॥
मकसद इसका स्वस्थ हों, जग के सारे लोग।
निश्चित ही है योग से, भागेंगे सब रोग॥
इसके हर आलेख से, बढ़ता है नवज्ञान।
रोगमुक्त सबको करे, योग गुणों की खान॥
रामदेव जी का यही, है सबसे आह्वान।
योग करें यदि लोग सब, होगा जग कल्याण॥

तन की, मन की, व्याधि हर, योग करे झट दूर।
देता है यह शक्ति नव, मानव को भरपूर॥
दिन-प्रतिदिन जब उम्र भी, ज्यों-ज्यों बढ़ती जाय।
त्यों-त्यों बढ़ते रोग में, केवल योग उपाय॥
तन को दे नवस्फूर्ति नित, सुबह-सुबह व्यायाम।
मन निर्मल पावन करे, प्रतिदिन प्राणायाम॥
रोगमुक्त हो योग से, बच्चे वृद्ध जवान।
अब तो सम्मुख योग के, नतमस्तक विज्ञान॥

जड़ी-बूटियों ने किये, असाध्य रोग निदान।
बिना शुल्क उपचार है, कुछ न योग समान॥
योग क्रान्ति से विश्व में, पहुँचा यह संदेश।
स्वस्थ सुखी सम्पन्न हों, जग के सारे देश॥
तुम कपालभाति करो, या अनुलोम-विलोम।
मिटें योग से रोग सब, कहे सभी से 'व्योम'॥

योगेश वर्मा 'व्योम'

Synopsis: Yog Sandesh magazine has become the choice of all the people whether in India or abroad. Its main aim is to see the people healthy, free of diseases. Every article of this magazine is informative, Yog is the treasure of qualities, which keep the people disease free. Ramdev Baba invites everybody to practice Yog and serve the society. Yog relieves all the mental, physical diseases. It gives new strength and energy. When the age increases with each passing day, Yog is the only solution to fight out the diseases. Daily exercise in the morning gives new energy to the body. Pranayam purifies the mind and makes clean. The young and old become healthy with the help of divine science, Yog. herbs and medicinal plants have relieved incurable diseases, there is no other free treatment like Yog. Yog revolution has spread this message in the world that everybody should be healthy and happy. The poet advises people to practice Kapalbhati, Anulom-Vilom to overcome all the diseases.

Yogesh Verma 'Vyom'