P.O.E.M.

Protocol
Of
Emergency
Medicine

Innovation Award 2024 Winner



Handbook

Dr. Biswaroop Roy Chowdhury

A HiMS Medical Academy initiative...

HIIMS Medical Academy

India's only institution integrating ancient wisdom with modern medical sciences



3 month Online

Certification course in Integrated Medicine (CIM)

Certification Partner:

SHRIDHAR UNIVERSITY
Pilani, Rajasthan

Knowledge Partner:

Vietnam

Mode:
Weekend Online / Correspondence

Be your Own Doctor

2 Year In-Campus

Diploma in Naturopathy & Yogic Sciences (DNYS)

Affiliated with: **Tilak Maharashtra Vidyapeeth**
Accredited by NAAC with B++ Grade
(Centre Code no 770)



Approved by Ministry of Ayush
Govt. of India

Eligibility: 10th pass

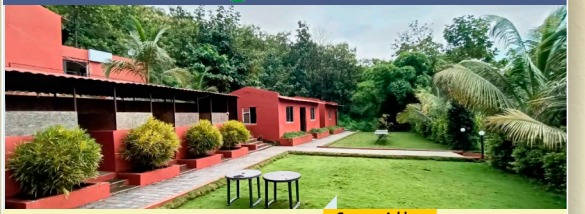
Campus Address
Khanapur Gaon, Manewadi Phata,
Opp. Kanade Kadba Kuti,
Khanapur – 412 025, Maharashtra, India

Heal the Humanity

4½ year degree course

Bachelor in Naturopathy & Yogic Sciences (BNYS)

Affiliated with: **Sunrise University**
UGC & Govt recognized 2F of
UGC ACT 1956 Degrees & Diplomas



Approved by Ministry of Ayush
Govt. of India

Eligibility: 12th pass with PCB

Campus Address
Khanapur Gaon, Manewadi Phata,
Opp. Kanade Kadba Kuti,
Khanapur – 412 025
Maharashtra, India

Superior than MBBS

For more information, go to: www.HIIMSMedicalAcademy.com or contact us at: +91.93122 86540

P.O.E.M. Protocol Of Emergency Medicine

A

HiiMS Medical Academy

initiative...

Dr. Biswaroop Roy Chowdhury

©Copyright Dr. Biswaroop Roy Chowdhury

India Office:
C/o India Book of Records
413A, HSIIDC, Sector-68,
IMT, Faridabad-121004,
Haryana, India
Ph.: +91-93122 86540

Malaysia Office:
Bishwaroop International Healing & Research Sendirian Berhad (1210164U)
No. 66A, Damai Complex, Jalan Lumut, Off Jalan Ipoh,
50400 Kuala Lumpur, Malaysia.

Vietnam Office:
C/o RICHS (Research Institute of Complementary Health Sciences)
01 Dang Van Ngu St,
10th Ward, Phu Nhuan Dist,
HCM city, Vietnam

Switzerland Office:
C/o Nigel Kingsley
Kraftwerkstr. 95, ch-5465,
Mellikon,
Switzerland

FOLLOW ME

Facebook: https://www.facebook.com/drbiswarooproychowdhury
YouTube: https://www.youtube.com/@drbiswarooproychowdhury
Twitter: https://twitter.com/drbrc_official
Bitchute: https://www.bitchute.com/channel/drbiswarooproychowdhury
Instagram: https://www.instagram.com/drbrc.official
Telegram: https://t.me/drbiswarooproychowdhury
Email: biswaroop@biswaroop.com
Website: www.biswaroop.com
Video Channel: www.coronakaal.tv

Edition: April 2024

Research: Rachna Sharma
Graphics Designer: Swapan Banik
Video Transcription: Sanjana Bhowmick
Technique Compilation: Kalpana Bourai–Sr. Nutritionist, Dr. Anamika Singh–BPT, Dr. Anu Bhardwaj–BAMS, PGDIP, Dr. Namita Gupta–MBBS, MD, Dr. Sanju Khari–BDS

Published by

DIAMOND BOOKS

X-30, Okhla Industrial Area, New Delhi-110020
Ph: +011-40712100 email: sales@dpb.in website: www.diamondbook.in

Dedication

Dedicated to my angel daughter Ivy,
loving wife Neerja
&
caring parents
Shri Bikash Roy Chowdhury
Shrimati Lila Roy Chowdhury

Contents

Introduction 1

Section-I

Identifying Symptoms of Medical Emergencies 3

Section-II

Medical Emergencies & Their Management 29

Section-III

Syllabus of 4½ years degree program (BNYS) 163

This Handbook is to be used as a reference of the H.E.L.P (Handling Extreme Life Conditions with Panchkarma) Certification Course. For complete understanding of the techniques given in this book, readers are suggested to join the H.E.L.P training program. For more details, go to:

www.biswaroop.com/help

Introduction

Within the pages of this book, we embark on a journey to unveil the treasured techniques of Ayurveda, long kept veiled from the general public and reserved solely for the practitioners and scholars of this ancient system of healing. Traditionally confined to the realms of study undertaken by students over a rigorous five-year course in Ayurveda, the depths of Panchkarma and other Ayurvedic methodologies remained in mystery. However, through the collaborative efforts of this book and my online courses, these once-guarded secrets are now accessible to all.

Termed as the Protocol Of Emergency Medicine (P.O.E.M.), the techniques elucidated herein were conceptualized by me two and a half years prior. Since the inception of the H.I.I.M.S. group of hospitals, these protocols have been diligently followed during moments of crisis across all our medical facilities.

Annually, without fail, we dedicate ourselves to refining and updating these techniques, ensuring they remain abreast of the latest advancements. Within the pages of this book lies the evolved rendition of the P.O.E.M. protocol, accompanied by a comprehensive chart detailing 68 medical conditions and their corresponding remedies. Embracing a multifaceted approach encompassing naturopathy, allopathy, ayurveda, nutritional management, and postural management, these remedies have been meticulously curated to address a spectrum of ailments.

Recognizing that the majority of medical emergencies stem from these 68 conditions, mastering their management equips one to offer assistance when needed most.

The techniques in this book are a collaborative effort, drawing upon the expertise of Ayurvedic practitioners, modern medicine doctors, physiotherapists, and medical nutritionists.

–Dr. Biswaroop Roy Chowdhury

Section-I

Identifying Symptoms of Medical Emergencies

Identifying Symptoms of Medical Emergencies

Before delving into treatments, it's crucial to recognize the symptoms to ascertain whether it's a medical emergency and then apply appropriate remedies.

Parameter	Warning Range	
Blood Sugar (mg/dl)	<70	≥500
Systolic B.P. (mmHg)	≤90	> 220
Temperature (°F)	<95°F	>102°F
Oxygen Saturation (%)	≤85%	
Pulse Rate per min	<40	≥130
Respiration Rate per min	≤8	≥28
Urine Output (ml)	≤20 ml/hr	

- **Blood Sugar:** Check the chart. If it's <70 or >500, it's an emergency.
- **Systolic Blood Pressure:** The patient's condition is critical if it's <90 or >200.
- **Temperature:** If it's <95°F or >102°F, the patient's health is compromised.
- **Oxygen Saturation:** If it's <85% and the patient experiences breathlessness, it's concerning.

Note: Silent hypoxia (or happy hypoxia) might not show signs of breathlessness. Avoid using oxygen cylinders in such cases as they can lead to pneumonia. Learn a safer method in this book to tackle emergencies.

- **Pulse Rate:** If it's <40 or >130 per minute, it's a cause for concern. Management is crucial within these ranges.
- **Respiration Rate:** If it's <8 or >28 per minute, it's worrisome.
- **Urine Output:** If it's <20 ml / hr, it's concerning.

Recognizing Additional Emergency Symptoms

Parameter	Warning Range
Conscious state and orientation	▪ Reduced conscious state ▪ Disoriented in time or place ▪ Seizures, hallucinations, delirium
Lips, mouth, airway, voice	Swelling of lips, tongue
Capillary refill test	> 4 second
Colour of skin	Very pale or yellow (jaundiced)
Responsiveness of pupils	Unresponsive to light stimulus
Diarrhoea	Copious, watery, bloody
Unresponsiveness	No pulse + No breathing → Cardiac Arrest / Death
Dialysis patients	Vomiting / Itching / Excessive swelling / Breathlessness / Delirium these symptoms indicates emergency dialysis

In addition to the parameters mentioned earlier, there are several other signs to identify emergencies:

- **Reduced Conscious State:** If the patient appears disoriented, experiences hallucinations, or suffers from seizures, it's a severe case.
- **Swelling in Lips or Tongue:** Swelling in these areas indicates a severe condition.
- **Capillary Refill Test:** To check for dehydration, perform a capillary refill test. Pinch one of the patient's nails for 5 seconds. Upon release, the nail should return to its pink colour within 2 seconds. If it takes longer than 3-4 seconds, it's an emergency.
- **Skin Colour Yellow:** Pale yellow skin indicates jaundice.
- **Unresponsive Pupil:** If shining a light on the pupil fails to produce any movement, it's concerning.
- **Watery and Bloody Diarrhoea:** This type of diarrhoea is a grave concern.

- **Absence of Pulse or Breathing:** If a person shows no signs of pulse or breathing and is unresponsive, it's an emergency, possibly indicating cardiac arrest.
- **Dialysis Indicators:** Symptoms such as vomiting, itching, excessive sweating, breathlessness, and delirium suggest dialysis. While our hospital focuses on making patients dialysis-free, dialysis may be recommended in dire circumstances if our protocols are unsuccessful.

Now let's learn about some of the key – postural therapies, panchkarma therapies, decoction / kadha preparation.

Postural Medicine

1. Hot Water Immersion (HWI)
2. Head Down Tilt (HDT)
3. Lower Leg Contrast Water Immersion (LLCWI)
4. Lower Leg Hot Water Immersion (LLHWI)
5. Head Up Tilt (HUT)
6. Lower Limb Hot Water Immersion

Panchkarma Therapies

7. Raktamokshana / Bloodletting
8. Agnikarma
9. Nasya
10. Shiropichu
11. Instant Emesis / Sadyo Vaman
12. Potli Preparation

Others

13. Decoction / Kadha preparation
14. TENS Therapy

These 14 procedures are key techniques which will be utilized frequently while handling emergencies.

Postural Medicine

1. Hot Water Immersion (HWI)



In Hot Water Immersion, the patient is made to sit in the bathtub with water level up to neck. A cold wet towel / cloth can be kept on the head. The temperature of the water is maintained at 40°C with the help of a thermostat panel and a geyser. The temperature is monitored with the help of a water thermometer. The patient is made to sit in the water from 40 minutes to 2 hrs depending upon the patient's tolerance as well as medical condition.

In case of discomfort the therapy should be immediately discontinued. To total up the time of 2 hrs in a day HWI can be done in two shifts of morning and evening preferably empty stomach or at least after a gap of 2 hrs after a meal. If the patients feel thirsty they can sip water slowly while sitting in the bathtub.

To watch the video for POEM protocol for Hot Water Immersion (HWI), scan the QR code

2. Head Down Tilt (HDT)



In Head Down Tilt therapy, the patient's head is positioned lower than the legs. You can achieve this by adding bricks under the bed to elevate the legs.

Start with a gentle 5° elevation, gradually increasing to 10° if no discomfort is felt. Depending on the medical condition, the therapy can be done continuously for up to 2 hours. If any discomfort arises, discontinue the therapy.

To watch the video for POEM protocol for Head Down Tilt (HDT), scan the QR code	

3. Lower Leg Contrast Water Immersion (LLCWI)



In Lower Leg Contrast Water Immersion therapy, you'll need two buckets—one filled with hot water at 42°C and the other with cold water at 12°C.

The patient begins by immersing lower legs upto knees in hot water for 4 minutes, then switches to cold water for 1 minute. This cycle is repeated for 30 minutes, always starting and ending with hot water.

To watch the video for POEM protocol for Lower Leg Contrast Water Immersion (LLCWI), scan the QR code

4. Lower Leg Hot Water Immersion (LLHWI)



For Lower Leg Hot Water Immersion therapy, you'll only need one bucket filled with water at a constant temperature of 42°C throughout the session.

The patient sits on a chair and immerses his/her legs in the water up to below the knee, continuing the therapy for at least 30 minutes.

To watch the video for POEM protocol for Lower Leg Hot Water Immersion (LLHWI), scan the QR code	

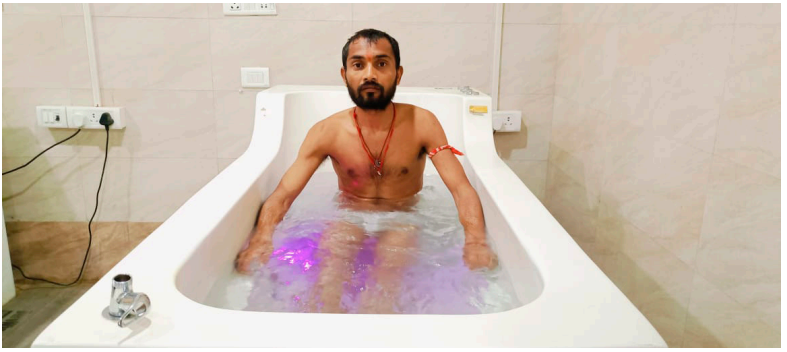
5. Head Up Tilt (HUT)



Head-up tilt therapy involves positioning the patient's head on the upper side and legs on the lower side. You can achieve this by adding bricks under the bed to create the desired elevation of 3°–5°. For optimal results, this therapy should be performed for extended periods, ideally overnight.

To watch the video for POEM protocol for Head Up Tilt (HUT), scan the QR code

6. Lower Limb Hot Water Immersion





For Lower Limb Hot Water Immersion therapy, you'll need a tub, a thermostat panel, and a geyser. The lower body should be immersed in water up to the waist level, maintaining a temperature of 40°C. This therapy can be performed for 1 to 2 hours, depending on the medical condition.

To watch the video for POEM protocol for Lower Limb Hot Water Immersion, scan the QR code



Panchkarma Therapies

7. Raktamokshana / Bloodletting



Siravyadhana (Vein puncture): The procedure of puncturing vein for therapeutic purpose is called Vein puncture. It is the main and most important method of bloodletting. In this method, the patient is made to lie down or sit in a comfortable position. The part chosen for the vein puncture should be tied with a tourniquet. With the help of needle / scalp, the vein is duly opened or punctured. The blood is allowed to flow onto a bowl. Usually, the bleeding stops by itself but, if the bleeding does not stop by itself, a pressure is applied with cotton for 2 to 3 minutes. In postoperative care, paste of turmeric powder mixed with honey is applied.

To watch the video for POEM protocol for Raktamokshana / Bloodletting, scan the QR code

8. Agnikarma



Agnikarma, also known as thermal cauterization, is a traditional therapeutic technique to relieve pain. Here's a step-by-step guide on how to perform it:

1. Select a small nail or pin and hold it with tweezers or a similar tool.
2. Position the flat end of the nail or pin directly at the site of pain in the patient's body.
3. Ignite a candle or any other suitable heat source.
4. Place the lit candle beneath the pointed end of the nail or pin.
5. Allow the heat from the candle to gradually warm the affected area where the nail or pin is placed.
6. Once the patient feels the warmth, remove the nail or pin from the area.
7. Wait for some time before repeating the process if necessary.
8. If treating multiple painful points, replace the used nail or pin with a new one and apply it to another area as needed.

To watch the video for POEM protocol for Agnikarma, scan the QR code

9. Nasya



Nasya is a traditional Ayurvedic practice used for nasal lubrication and cleansing. It can help alleviate various nasal and sinus-related issues and promote overall well-being.

1. **Prepare the Solution:** Mix the herbs / ingredients to create a solution with oil / water. Ensure the ingredients are well combined.
2. **Choose the Application Substance:** Use oil or clarified butter as recommended for the Nasya treatment. These substances are commonly used for their lubricating and soothing properties.
3. **Facial Massage (Optional):** If the situation is not urgent, massage the facial muscles around the sinus area for 1-2 minutes. This massage helps increase blood circulation and enhances the absorption of the Nasya solution.
4. **Positioning:** Instruct the patient to tilt his/her head back, with their nostrils facing the ceiling. This position allows for easy administration of the solution into the nostrils.
5. **Administer the Solution:** Use a dropper or cotton ball to apply 2-3 drops of the prepared solution into each nostril. Ensure the drops are delivered gently and evenly.

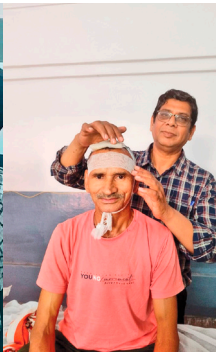
6. **Forehead Massage:** Gently massage the frontal forehead area after administering the solution. This helps distribute the solution and encourages its absorption.

To watch the video for POEM protocol for Nasya, scan the QR code



10. Shiropichu





Shiropichu is a therapeutic procedure involving the application of medicated oil on the head. Here's how to perform it:

Materials Needed:

- Cotton bandage (2x2 or 4x4)
- Shiropichu oil (medicated oil)
- Indirect heating in lukewarm water

Procedure:

1. **Preparation:**
   - Ensure the patient is seated comfortably on a chair.
   - Prepare a small bowl filled with the medicated oil required for Shiropichu.
   - Check the temperature of the oil to ensure it is lukewarm and not too hot.
2. **Application:**
   - The doctor, therapist, or attendant conducting the treatment should gently massage the patient's head with the medicated oil.
   - Take a cotton pad and pour some of the lukewarm medicated oil onto it.
   - Place the oil-soaked cotton pad on the vertex (top) of the patient's head.

- Use a square cloth or a shower cap to drape the head, ensuring that the cotton pad remains in firm contact with the scalp.

3. **Indirect Heating:**
   - Indirect heating can be achieved by immersing a towel or cloth in lukewarm water and then wrapping it around the patient's head.
   - This indirect heating helps the scalp absorb the medicated oil effectively and enhances the therapeutic benefits of Shiropichu.
4. **Aftercare:**
   - After the designated period, remove the cotton pad and gently massage any remaining oil into the scalp.
   - The patient may wash his/her hair after a few hours or as directed by the healthcare provider.

To watch the video for POEM protocol for Shiropichu, scan the QR code



11. Instant Emesis / Sadyo Vaman

Instant emesis is a technique used to expel unwanted material from the body.



How to Perform Instant Emesis:

1. Take 1-1.5 litres of lukewarm water.
2. Mix rock salt into the water.
3. Drink the entire mixture in one go.
4. After drinking, bend forward.
5. Insert two fingers into the mouth and stimulate the back of the throat.
6. You will then expel the water instantly, along with any excess unwanted toxins from the body.

To watch the video for POEM protocol for Instant Emesis / Sadyo Vaman, scan the QR code

12. Potli Preparation





Potli preparation is a traditional therapeutic practice using herbal ingredients to create a compress. Here's how to prepare and use a potli:

Ingredients:

- Carom seeds
- Rock Salt
- Fenugreek seeds
- Sand
- Dashmool Powder (a blend of ten Ayurvedic herbs)

Preparation:

1. **Combine Ingredients:**
   - Take all the listed ingredients and add them to a pan.
   - Mix the ingredients thoroughly.
2. **Heat the Mixture:**
   - Place the pan on a low flame and heat the mixture.
   - Continuously stir the mixture to ensure even heating.
   - Heat the ingredients until they melt entirely and form a cohesive mixture.
3. **Fill the Cloth:**
   - Once the mixture is ready, transfer it to a square cotton cloth.
   - Place the mixture in the center of the cloth.
4. **Bind the Cloth:**
   - Gather the edges of the cotton cloth and bind them tightly to create a potli (bundle).
   - Ensure the fabric is securely tied to prevent any spillage of the herbal mixture.

Application:

1. **Check Temperature:**
   - Before applying the potli to the patient, check the temperature of the bundle.
   - Ensure that it is warm and comfortable for application on the skin.
2. **Pat and Apply:**
   - Gently pat the potli on the affected areas of the patient's body.
   - Apply slight pressure while massaging the area with the potli to promote absorption of the herbal mixture into the skin.

3. **Massage Technique:**
    - Use circular or stroking motions to massage the affected areas.

Allow the warmth and herbal properties of the potli to penetrate deep into the tissues for therapeutic benefits.

To watch the video for POEM protocol for Potli Preparation, scan the QR code	

Others

13. Decoction / Kadha Preparation



Kadha, or herbal decoction, is a traditional remedy to boost immunity and promote overall well-being. Here's how to prepare it:

Ingredients:

- 200 ml water
- Herbs

Preparation:

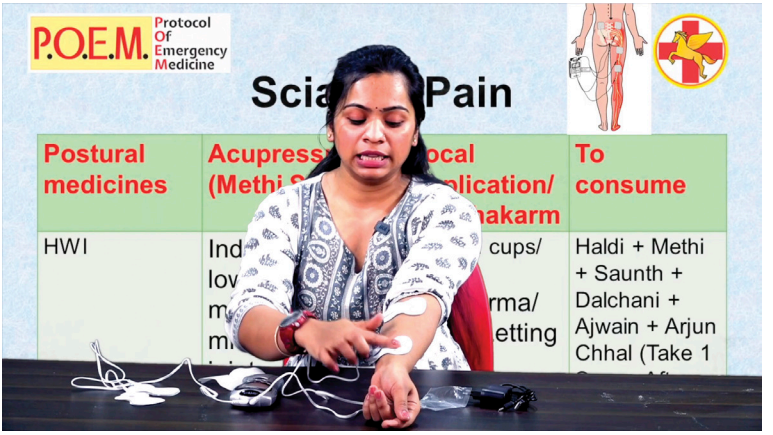
- Pour 200 ml of water into a saucepan and turn on the flame.
- Keep the flame low to prevent rapid evaporation.
- Once the water starts boiling, add your chosen herbs one by one.
- Alternatively, you can premix the herbs and add them to the boiling water.
- Cover the saucepan and allow the mixture to boil on low flame until it reduces to about ¼ of the original volume.
- This may take some time, so be patient and let the decoction simmer slowly.
- Once the decoction has reduced adequately, remove it from the heat.

Strain and Consumption:

- Strain the decoction using a fine sieve or cheesecloth to remove any solid particles.
- Allow the decoction to cool slightly before consuming it.
- Drink the warm kadha slowly.

To watch the video for POEM protocol for Decoction / Kadha Preparation, scan the QR code

14. TENS Therapy





Transcutaneous electrical nerve stimulation (TENS) is a pain relief method that uses a mild electrical current. A TENS machine consists of a small, battery-operated device with leads connected to sticky pads called electrodes, which are applied directly to the skin.

How to use TENS Therapy:

1. Plug in the cables to the port.
2. Ensure the unit is turned OFF.
3. Position the electrodes on the relevant part of your body. If the pain is in a broader area, use more than two electrodes.

4. Turn the unit ON and increase the intensity to a comfortable level.
5. Select your preferred mode of stimulation.
6. Leave the TENS unit on for the desired duration.
7. After the session, turn the unit OFF and remove the electrodes from your skin.

To watch the video for POEM protocol for TENS Therapy, scan the QR code



Section-II

Medical Emergencies & Their Management

01 Alcohol Intoxication

Local Application / Panchkarma	To Consume
Sadyo Vaman: Sugarcane Juice	Clarified butter: 250 ml

When an individual consumes excessive alcohol in a short period, it leads to intoxication, resulting in both behavioural and physical alterations. Symptoms may include dizziness, headaches, slurred speech, and vomiting.

Here are steps to address the effects of intoxication.

Local Application / Panchkarma

Sadyo Vaman



The patient is advised to drink 1.5 liters of sugarcane juice in one sitting. Now induce vomiting with the help fingers, aiding in removing toxins from the body.

To watch the video for POEM protocol of Alcohol Intoxication, scan the QR code

02 Angina / Heart Attack

Postural Medicine	Local Application / Panchkarma	To Consume
Heart safe posture (LLHWI / HWI)	Cold fomentation on forehead	Chew Ginger / Red chilly

Angina is a type of chest pain that can lead to a heart attack and, ultimately death. However, it's important to note that not every instance of chest pain is angina or a heart attack. Statistics reveal that out of every 700 cases of chest pain, one may result in death; out of every 100 heart attacks, 10 may be fatal; and for every 100 cardiac arrests, more than 90% may lead to death. It's crucial to understand that cardiac arrest is distinct from a heart attack, and not all chest pains indicate a heart attack. These conditions are mutually exclusive. For more in-depth information, refer to the book "The Last 4 Minutes."

Case 1: When Patient is Conscious

Postural Medicine

Heart-Safe Posture



If chest pain is suspected to be angina, specific protocols must be followed, including adopting a Heart-Safe Posture. Within 30 seconds of experiencing symptoms, the individual should sit on the floor with their back against a wall, folding both legs and

bringing them close to the chest (as demonstrated in the picture above). Give ginger to chew till tears start rolling out. Immediately after following this position, activation of acupressure points is recommended.

Postural Medicine

LLHWI (Lower Leg Hot Water Immersion)

If the patient is conscious, he/she can chew a piece of ginger for relief. Simultaneously, Lower Leg Hot Water Immersion Therapy should be prepared by heating water to 42°C. The patient needs to sit on a chair and immerse both legs in the bucket. This therapy helps to alleviate Angina symptoms.



Case 2: When Patient is Unconscious

If the patient is unconscious, therapies may not be feasible. In this case, perform acupressure and place red chilly paste under the

tongue. If the patient regains consciousness, continue with the protocols mentioned above.

To watch the video for POEM protocol for Angina / Heart Attack, scan the QR code	

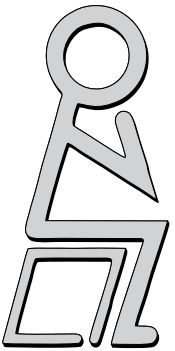
03 Asthma Attack

Postural Medicine	Local Application / Panchkarma	To Consume
Recovery Position	Sniff Camphor (Bhimseni) / Seasme oil + Rock Salt (Chest + Back) / Dhoomnasya / Sadyo vaman	Beetel Leaves Juice / Powdered Alum (Under Tongue)

During an acute asthmatic attack, the lungs undergo acute stress, often triggered by an allergic reaction or bronchoconstriction, leading to breathing difficulties. Our goal is to clear the mucus out of the lungs and promote bronchodilation.

Postural Medicine

Recovery Position



The initial and most crucial step is to position the patient in the 'forward bending position', also known as the recovery position. This position shifts the heart forward, creating more space in the chest cavity for the lungs to expand. This facilitates better airflow and restores oxygen supply.

Local Application / Panchkarma

Bhimseni Camphor Inhalation

Next, use Bhimseni camphor wrapped in a muslin cloth pouch or tissue paper and instruct the patient to sniff it. This action induces bronchodilation, facilitating easier breathing.

To Consume / Decoction

1. Alum or Betel Leaves (Sublingual Application)

Prepare alum powder and place it under the patient's tongue. Here's how to do it:

- Begin by washing the alum thoroughly.
- Once cleaned, dry and coarsely pound the alum.
- Roast the pounded alum stirring it continuously until it melts.
- Allow the melted alum to cool down, then transfer it to mortar and pestle.
- Grind the alum into a fine powder.
- When needed, place a pinch of the powdered alum under the patient's tongue.

Alternately Betel Leaves juice can be applied (Sublingual Application).

- Use betel leaves to extract the juice and placing it under the tongue.

2. After sublingually administering the alum or betel leaves, proceed to provide dhoom nasya—the smoke of thorn apple leaves (Dhatura plant). Burn a wick (prepared from thorn apple leaf) and allow the smoke to reach the patient, promoting bronchodilation for improved breathing.

Panchkarma

Dhoom Nasya

How to Perform Dhoomanasya:

- Prepare a wick by rolling a leaf of thorn apple (Dhatura plant).
- Light the wick using a candle or a lighter.
- Take a leaf of any plant or a small piece of paper and create a funnel / cone.
- Cover the lit end of the wick with the inverted funnel / cone.
- Direct the fumes into one nostril while inhaling deeply.
- Exhale the fumes through the mouth, avoiding exhaling through the nose.
- Repeat the process for the other nostril.
- Repeat the entire process 8-10 times for optimal results.

Alongside fumigation, you can prepare a mixture of 4 teaspoons of sesame oil (Til) and one teaspoon of rock salt in lukewarm water. Apply this mixture to both the front and back of the chest, focusing on the area where the lungs are closer to the back. After applying the oil mixture, cover your back with a towel dipped in hot water to create steam. This steam helps release mucus and promotes bronchodilation.

Local Application / Panchkarma

Instant Emesis

- Instant emesis is a technique used to expel excess mucus from the lungs within minutes quickly.



Refer to page 20 of section I for procedure of Instant Emesis.

To watch the video for POEM protocol for Asthma Attack, scan the QR code



04 Cardiac Arrest

Postural Medicine	Local Application / Panchkarma
Cardiac Compression	Automated External Defibrillator (AD)

Cardiac arrest, often described as a temporary death, is a critical medical emergency where immediate intervention is crucial to save a life. Determining whether it's a cardiac arrest must be done swiftly, within seconds, as it can mean the difference between life and death.

Here's how to assess if a person is alive or dead:

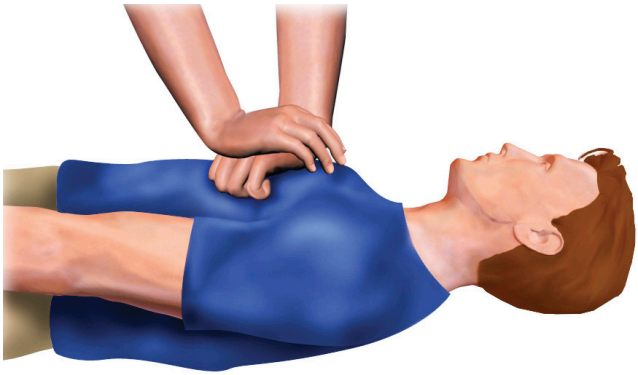
1. **Check for Motionlessness:** The person should be still and unresponsive.
2. **Assess Breathing:** Place your palms on the chest to feel movement and place a finger under the nose to detect breathing.
3. **Check for Pulse:** Use your other hand to feel for a pulse in the neck region.

If these assessments indicate that the person is indeed in cardiac arrest, immediate action is necessary to restore circulation and revive them. Even in the first few seconds of cardiac arrest, residual oxygen is still in the body, and the cells are viable. The key is to restore blood pressure to around 20 mmHg, which can restart circulation and potentially revive the person.

This can be achieved through Cardiac Compression, a technique involving rhythmic chest compressions to pump blood and restore circulation manually. Early initiation of Cardiac Compression significantly improves the chances of survival and recovery from cardiac arrest.

Postural Medicine

Cardiac Compression



Position Hands Over Sternum

How to perform Cardiac Compression:

Performing Cardiac Compression is a critical skill that can save lives during cardiac arrest. Here's how to do it effectively:

1. **Positioning:** Place the patient in supine position on a firm surface and kneel beside him/her.
2. **Hand Placement:** Position the heel of one hand on the lower half of the breastbone, in the center of the patient's chest. Place your other hand on the first hand, interlocking your fingers.
3. **Body Position:** Align yourself directly above the patient's chest.
4. **Compression:** Use your body weight (not just your arms) to press straight down on your chest. Ensure your arms remain straight. Push down by approximately one-third of the chest depth.
5. **Release:** Release the pressure entirely between compressions–each cycle of pressing down and releasing counts as one compression.
6. **Rhythm and Speed:** Maintain a steady rhythm of compressions at about 100 to 120 compressions per minute.
7. **Rotation:** If continuing compressions becomes physically challenging, a second person should be ready to take over and continue the cycle.

Local Application / Panchkarma

Automated External Defibrillator (AED)

Additionally, it's essential to have access to an automated external defibrillator (AED) if available. An AED is a portable device that can analyze the heart's rhythm and deliver an electric shock, if necessary, to restore normal heart rhythm.

By performing Cardiac Compression promptly and correctly, along with the use of an AED when available, you can significantly increase the chances of survival for someone experiencing cardiac arrest.

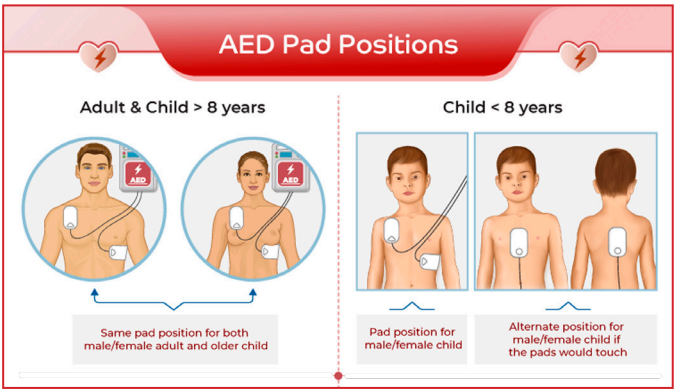


How to use an automated defibrillator:

Using an automated external defibrillator (AED) can be a lifesaving intervention in cases of sudden cardiac arrest. Here's a step-by-step guide on how to use an AED effectively:

1. **Activation:** Pull the green handle to activate your OnSite defibrillator. This turns on the device and prepares it for use.
2. **Preparation:** Remove any clothing covering the patient's chest. If necessary, cut clothing away to expose the chest area.
3. **Placement of Electrodes:** Look carefully at the pictures on the white adhesive pads. These images illustrate where to place the pads on the patient's chest. Typically, there are two pads—one on the upper right chest and the other on the lower left side of the chest.

4. **Pad Placement:** Remove the adhesive pads from their packaging and place them diagonally across the patient's bare chest, as indicated by the pictures. The upper pad should be positioned just below the collarbone on the right side of the chest, while the lower pad should be placed on the left side of the chest, just below the armpit.



5. **Analysis:** Once the pads are correctly placed, the AED automatically analyzes the patient's heart rhythm. Based on its assessment of the heart's activity, the device determines whether a shock is required.
6. **Follow Instructions:** If the AED determines that a shock is necessary, it will prompt you to stand clear and press the shock button. Follow the device's instructions carefully and ensure that no one touches the patient when the shock is delivered.
7. **Continue Cardiac Compression:** After delivering a shock, immediately resume chest compressions if necessary. Follow additional instructions provided by the AED until emergency medical help arrives.

To watch the video for POEM protocol for Cardiac Arrest, scan the QR code

05 Choking

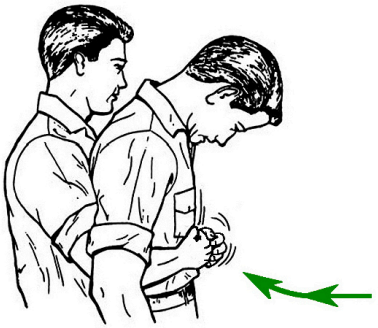
Postural Medicine

Abdominal thrust / Heimlich Maneuver

Choking is a common occurrence that can arise from various situations, such as throat obstruction, consumption of hot or cold substances, or swallowing foreign objects, especially among children. Moreover, talking while eating and coughing while drinking can also lead to food or liquid entering the windpipe, resulting in choking. Fortunately, there are two methods to assist a choking patient.

Postural Medicine

Abdominal Thrusts / Heimlich Maneuver / Back Blows



To perform abdominal thrusts Heimlich Maneuver on someone else:

- Stand behind the person and place one foot slightly in front of the other for balance.
- Wrap your arms around the patient's waist and tie them forward slightly.
- Make a fist with one hand and position it just above the patient's navel.

- Grasp your fist with your other hand and apply a quick, upward thrust into the stomach (abdomen) as if trying to lift the person.
- Continue giving abdominal thrusts until the blockage is dislodged.
- Check if the blockage has been removed and repeat the process as necessary.

Back Blows



To administer back blows to a choking adult:

- Stand to the side or just behind the choking person.
- Place your arm across him/her chest to support his/her body.
- Bend him/her over at the waist so he/she is facing the ground.
- Strike the person between his/her shoulder blades with the heel of your hand, delivering five separate blows.

To watch the video for POEM protocol for Choking, scan the QR code

06 Dog Bite

Postural Medicine	Local Application / Panchkarma	To Consume
Gravity Assisted Position	Ark Leaves milk + Jaggery + Honey + Castor oil	Aloe vera pulp

Treating a dog bite with a vaccine is unnecessary and risky. Here's what to do if a dog bites someone:

1. **Positioning:**
   - Make the person sit down and ensure the bitten area is either in a resting or hanging position.
2. **Cleaning:**
   - Clean the wound thoroughly with warm, running distilled water to remove dirt or debris.
3. **Application of Aloe Vera:**
   - Apply fresh aloe vera gel to the wound. Aloe vera has soothing and healing properties that can aid healing.

Local Application / Panchkarma

- Make a paste by combining the milk obtained from Sodom apple plant (aak), jaggery, honey, and castor oil.
- Apply these ingredients directly to the wound.
- This herbal mixture can promote faster healing and prevent infection in the bitten area.

To watch the video for POEM protocol for Dog Bite, scan the QR code

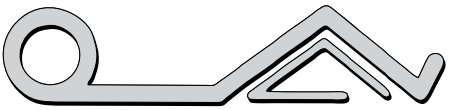
07 Electric Shock

Postural Medicine	Local Application / Panchkarma	To Consume
Recovery Position	Mustard Oil + Dry Ginger & apply / Ratanjot powder + coconut oil.	Coconut water / Lemon water

If someone receives an electric shock from high-voltage wires and becomes unconscious, follow these steps for immediate assistance:

Postural Medicine

1. Keep the patient in a supine position on the floor to ensure the body remains at zero voltage.



2. Elevate the patient's legs to enhance blood flow to the upper body, especially if the individual has low blood pressure. This can help the patient gradually regain consciousness.

Local Application / Panchkarma

If there are local burns resulting from the shock, apply the following paste:

1. Mix ½ teaspoon of dry ginger powder with 2 tablespoons of warm mustard oil. Let it cool.
2. Apply the mixture to the burned area and leave it on for 30 minutes to 1 hour.

To Consume / Decoction

1. Offer fluids such as coconut or lemon water to prevent dehydration, commonly after an electric shock.

2. If the patient experiences cardiac arrest due to the burns, perform cardiac compressions as necessary to maintain circulation and seek immediate medical assistance

To watch the video for POEM protocol for Electric Shock, scan the QR code	

08 Epilepsy Attack

Postural Medicine	Local Application / Panchkarma	To Consume
Recovery Position	2 drops of Holy Basil juice or Onion juice in the Nose / Dhampan / Blow Nasya with pepper / 2 second oil	Blow pepper

During an epilepsy attack, it's crucial to position the patient correctly to ensure his/her safety. Follow these steps to place the patient in the recovery position.



- Begin by placing the left hand on the right shoulder.
- Extend the right hand to the level of the head.
- Bend the left knee.
- Carefully roll the patient onto his/her right side.
- Position the left hand below the face for support.

Local Application / Panchkarma

1. Once the patient is in this position, prompt intervention is necessary. If available, administer "**2-seconds Oil**" to the patient, which stimulates the brain and aids in a quick recovery.
2. Alternatively, if "2-seconds Oil" is not accessible, perform the blow-nasya technique using pepper. Create a makeshift device by taping two straws together and shaping one end to fit into each nostril. Insert the modified straw into each nostril and blow pepper forcefully to stimulate the brain.
3. Another remedy involves using holy basil leaf juice. Soak cotton swabs in holy basil leaf juice and administer three drops into each nostril. If holy basil leaves are unavailable, onion juice can be used as a substitute.

These interventions aim to alleviate the symptoms of an epilepsy attack and aid in the patient's recovery.

To watch the video for POEM protocol for Epilepsy Attack, scan the QR code	

09 Poisoning

To Consume
Drink 30 ml Mustard Oil + 30 ml Onion juice. Vomit instantly

Poisoning is a severe and potentially life-threatening condition that can result from the consumption of certain foods or intoxicating substances. Fortunately, Ayurveda offers effective treatments to help manage this condition and bring the affected individual to a more comfortable state.

Panchkarma

Instant Emesis



Instant emesis is a method used to swiftly eliminate toxins from the body, aiding in the rapid expulsion of poison. Refer to page 20 of Section 1 of this book for more information on Instant Emesis.

To watch the video for POEM protocol for Poisoning, scan the QR code

10 Snake Bite

Postural Medicine	Local Application / Panchkarma	To Consume
Supine	Tourniquet / Bite Sunction cup	Castor plant leaves juice 20 ml + 5 ml water / apply soapnut powder as Aak (Sodom apple) leaves Aloe vera pulp locally

Snake bites can be life-threatening, especially when the type of snake is unknown. In such cases, immediate action is crucial to counteract and minimize the poison's effects. Here are some steps to take in the event of a snake bite.

Postural Medicine: Supine Position

Instruct the patient to lie down flat on the floor immediately, avoiding any movement of the legs to prevent increased blood flow, which may accelerate the spread of venom throughout the body.

Local Application / Panchkarma

Bite Suction Pump Kit



Use a cloth, rope, scarf, or bandage to create a tight constriction a few inches above the snake bite, ensuring a secure knot to halt blood circulation. Next, the suction cup from the snake bite kit is applied directly over the bite site to collect venom and blood. After allowing time for the suction cup to work, remove it after 5-10 minutes and cleanse the area.

To Consume / Decoction

Before removing the constriction, administer 20 ml of castor plant juice diluted with 5 ml of water to induce vomiting and expel any remaining venom.

To Apply to the wound after expelling poison: Apply a paste of Sodom Apple leaves mixed with aloe vera to the affected area.

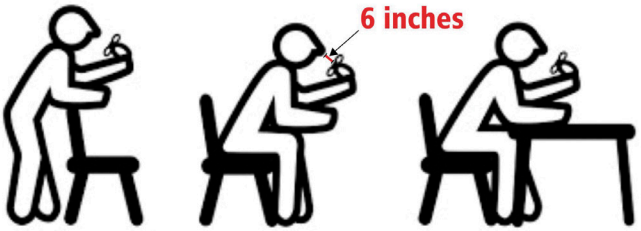
To watch the video for POEM protocol for Snake Bite scan the QR code	

11 SpO2< 85% Breathlessness

Postural Medicine	Local Application / Panchkarma	To Consume
Prone Ventilation	Sniff Bhimseni Camphor	Holy Basil Leaves + Dry Ginger + Turmeric + Cinnamon + Clove Carom + Black Pepper + Raisin + Garlic

Postural Medicine

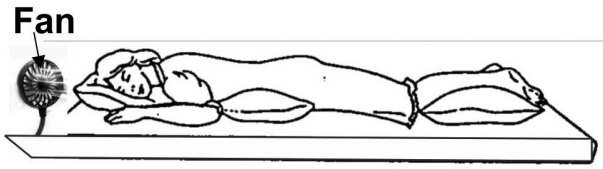
Prone Ventilation



In this scenario, merely observing on SpO2 level below 85% is insufficient; the patient must also exhibit signs of breathlessness. If the individual experiences breathlessness, a simple action such as leaning forward can help alleviate the situation. Additionally, gently fanning near the mouth region can provide relief within a few minutes if a hand fan is available.

Patients who cannot stand should be seated and encouraged to lean forward to facilitate better breathing. It's essential to ensure that the patient avoid leaning backward, which could exacerbate breathing difficulties.

If the patient's condition deteriorates to the point where he is too weak to sit, he should lie down on his stomach with their face turned to one side. Placing a fan near his mouth can aid in improving his breathing in this position.



Prone Ventilation

Local Application / Panchkarma

Ask the patient to sniff on to some Bhimseni Camphor.

To Consume / Decoction

- Holy Basil Leaves (5-7 grams)
- Dry Ginger
- Turmeric
- Cinnamon
- Clove
- Carom
- Black Pepper
- Raisins
- Garlic

Prepare a herbal decoction by combining the above mentioned ingredients, each in 1.5 grams. Mix these ingredients with 200 ml of water, then boil until it reduces to 50 ml. Finally, sip the decoction while it is warm.

To watch the video for POEM protocol for SpO2< 85% Breathlessness, scan the QR code

12 Stroke / Paralysis

Postural Medicine	Local Application / Panchkarma	To Consume
LLHWI	Virechan nasya	Chew Ginger till tears roll out

If you experience sudden unresponsiveness or weakness in one part of your body, it may indicate a stroke. To counteract the effects of paralysis resulting from a stroke, here are some recommended protocols:

Postural Medicine

1. **Lower Leg Hot Water Immersion (LLHWI):**



- Lower Leg Hot Water Immersion (LLHWI) involves immersing the lower legs in a bucket of water at a consistent temperature of 42°C for at least 30 minutes. The patient sits in a chair during the therapy, and the water level reaches below the knee.

To Consume / Decoction

- Chew Ginger

Chew a sizable piece of ginger. If tears start to flow while chewing, it signifies a reversal of the adverse effects of the stroke

Local Application / Panchkarma

Virechan / Nasya

1. **Virechan:** Give the patient one teaspoon of castor oil in one glass of warm water.
2. **Nasya:** Bermuda grass juice (Durva). For nasal administration, you can utilize bermuda grass juice. Prepare a paste of bermuda (common grass) with water. Using a cotton swab or dropper, administer the juice into the nostrils. Ensure the patient tilts his head backwards while administering the juice.

To watch the video for POEM protocol for Stroke / Paralysis, scan the QR code

13 Trigeminal Neuralgia

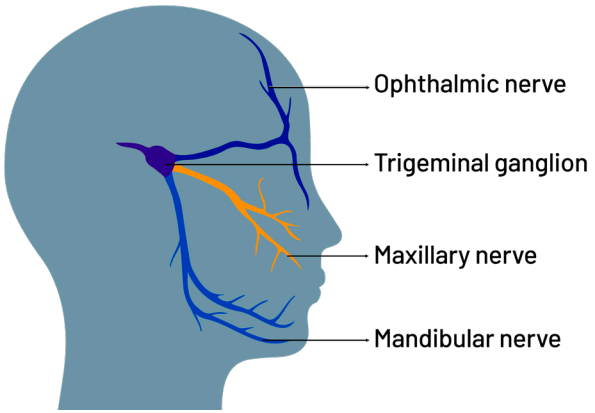
Local Application / Panchakarma	To Consume
Pratimarsh Nasya (Ksheerbala Taila / Clarified Butter)	Decoction: Dashmool

A chronic pain condition affecting the trigeminal nerve in the face. The trigeminal nerve carries sensation from the face to the brain. Though a rare occurrence, it can cause facial paralysis. Symptoms range from mild to severe facial pain, often triggered by chewing, speaking, brushing the teeth, or exposure to cold air.

What is the trigeminal nerve?

The trigeminal nerve is one of 12 pairs of nerves attached to your brain. It transmits touch and pain sensations from your face and head to the brain. There are three branches in the trigeminal nerve, all of which are responsible for transmitting nerve impulses to different parts of your face:

- **The ophthalmic branch:** The top portion of your face, including your forehead.
- **The maxillary branch:** Everything is in the middle of your face, including your cheeks, nostrils, and upper lip.
- **The mandibular branch:** The lower portion of your face, including your lower lip and jaw area.



Local Application / Panchkarma

Pratimarsh Nasya (Ksheerbala oil or Clarified Butter)

Here's how to perform nasal administration with Ksheerbala oil or clarified butter.

Application:

- Lie down comfortably or sit with the head tilted slightly backward.
- Instill 2-3 drops of Sheerbala oil or clarified butter into each nostril using a dropper.
- Ensure the drops reach the sinus area by tilting the head slightly backward and to the treated side.

Refer to page 16, section I of this book for more information.

To Consume / Decoction

Take Dashmool leaves – 5-7 gms / Powder – 1.5 gms

- Boil in 200 ml water
- Reduce to 50 ml
- Sip warm

To watch the video for POEM protocol for Trigeminal Neuralgia, scan the QR code

14 Broken Bones

Postural Medicine	Local Application / Panchkarma	To Consume
Splint / sling	Ayurvedic plaster	Turmeric + Fenugreek + Dry Ginger + Arjun Tree Bark

When faced with a hairline fracture, the instinct may be to rush to the hospital. However, you can effectively treat it at home using an Ayurvedic plaster.

Postural Medicine

Secure the fractured part with bandaging sling to restrict movement of the fractured part.

Local Application / Panchkarma

Ayurvedic Plaster



How to Make Ayurvedic Plaster:

Ingredients:

1. Powdered Fullers Earth (Multani Mitti)
2. Commiphora Resin dissolved in hot water
3. Powdered Lexi Porous Resin

Procedure:

1. Mix powdered Fullers Earth (Multani Mitti) with Commiphora Resin dissolved in hot water.

2. Melt powdered Lexi Porous Resin and then add it to the mixture prepared above.
3. Blend the ingredients thoroughly until a smooth paste is prepared.

There are 2 ways to apply this ayurvedic plaster

Application Method 1:

1. Clean the affected area thoroughly with clean water.
2. Apply the thick ayurvedic plaster generously over the fractured area.
3. Cover the area with a clean cloth or bandage to secure the plaster in place.
4. Allow the plaster to remain on the fracture for the prescribed duration, as advised by an Ayurvedic practitioner.
5. This herbal pack offers therapeutic benefits, unlike conventional plaster of paris.



Application Method 2:

1. Dilute the herbal mixture prepared above with hot water.
2. Soak bandages in the diluted mixture until saturated.
3. Apply the soaked bandages to the affected area and allow them to dry.
4. As the bandages dry, they will harden, functioning similarly to a plaster.
5. This method promotes internal healing and helps alleviate pain associated with the fracture.

By following this Ayurvedic remedy, you can effectively treat hairline fractures at home, promoting healing and recovery without hospitalization.

In case of major bone dislocation / fracture, secure the fractured part with sling bandage and please visit an expert.

To Consume / Decoction

- Turmeric powder
- Fenugreek seeds
- Dry Ginger
- Arjuna (Terminalia) Tree Bark

Prepare a decoction of the above mentioned ingredients and sip warm.

To watch the video for POEM protocol for Broken Bones, scan the QR code	

15 Burns

Local Application / Panchakarma	To Consume
Coconut oil + Amrit dhara / Coconut oil + Aloe vera / Potato paste / Milk Dhara Immediately Until Burning sensation subsides	Decoction: Marigold flower

Burns are tissue damage caused by heat, chemicals, electricity, radiation, or the sun. First-degree burns, and most second-degree burns heal with at-home treatments. Third-degree burns can be life-threatening and require specialized medical care.

Many things can cause a burn. Thermal sources, including fire, hot liquids, steam, and contact with hot surfaces, are the most common causes.

Other causes include exposure to:

- Chemicals, such as cement, acids, or drain cleaners.
- Radiation.
- Electricity.
- Sun (ultraviolet or UV light).

Burn degrees include:

- **First-degree** burns are mild (like most sunburns). The top layer of skin (epidermis) turns red and is painful but doesn't blister typically.
- **Second-degree** burns affect the skin's top and lower layers (dermis). You may experience pain, redness, swelling, and blistering.
- **Third-degree burns affect all three skin layers:** epidermis, dermis, and fat. They also destroy hair follicles and sweat glands. Because third-degree burns damage nerve endings, you probably won't feel pain in the area of the burn itself but rather adjacent to it. Burned skin may be black, white, or red with a leathery appearance.

Local Application / Panchkarma

1. For first and second-degree burns, pour milk or water.
2. The person can also apply coconut oil and Amrit Dhara.
3. The person can also apply potato paste.

To Consume / Decoction

For all the 3 types of burn, the following decoction works:

- Marigold petals
- Boil in 200 ml water
- Reduce to 50 ml
- Consume warm

To watch the video for POEM protocol for Burns, scan the QR code	

16 Cuts / Bleeding

Postural Medicine	Local Application / Panchkarma	To Consume
Anti gravity	Apply Alum, Dressing with Aloe Vera + Turmeric / Adhesive tape / Hemostatic Dressing	Morigold Decoction

If someone experiences a deep cut with severe bleeding, immediate action is necessary to control the situation.

1. **Positioning:**
   - For cuts on the leg, elevate the leg to an anti-gravity position.
   - For cuts on the hand, raise the hand above the level of the heart.
2. **Dressing:**



   - Apply pressure to the wound using a Hemostatic dressing gauze. Press firmly to control bleeding by absorbing plasma from the wound.
   - Securely wrap the gauze with a crepe bandage to maintain pressure on the wound.
   - After 30 minutes, remove the crepe bandage and sprinkle water on the wound area to facilitate easier removal.
   - After removing the dressing, apply alum dipped in water to the wound area for additional healing benefits.
   - Alternatively, apply a paste using turmeric and fresh aloe vera directly to the cut for its antiseptic and healing properties.

To Consume / Decoction

- Marigold petals
- Boil in 200 ml water
- Reduce to 50 ml
- Consume warm

To watch the video for POEM protocol for Cuts / Bleeding, scan the QR code



17 Head Injuries

Postural Medicine	Local Application / Panchkarma
W inclined / Dressing	Bermuda Grass Swaras Locally - Drop Nasya

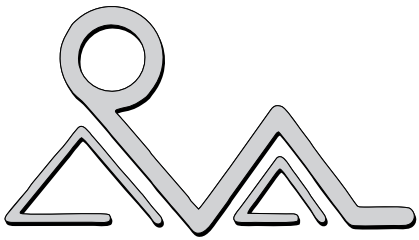
Head injuries, whether with bleeding or not, require careful attention and treatment. Here are some steps to address them:

Postural Medicine

W Recovery Position

If the person is injured on the head leading to profuse bleeding. If you put that person in W Recovery position it will lead to lesser internal pressure. As a result, the profuse bleeding will stop and healing will start quickly. So a head injury patient must not be asked to lie flat but at an inclination of 30° as part of the postural medicine. This will provide him with fast relief without any side effects whatsoever.

Sit in Recovery Position: W Recovery Position



Once the person is seated in recovery position apply compression on the wound with the help of bandage. A detailed video on ideal technique of application of compression bandage on head can be found by scanning the QR code given at the end of this medical emergency.



To watch the video for POEM protocol for Head Injuries, scan the QR code

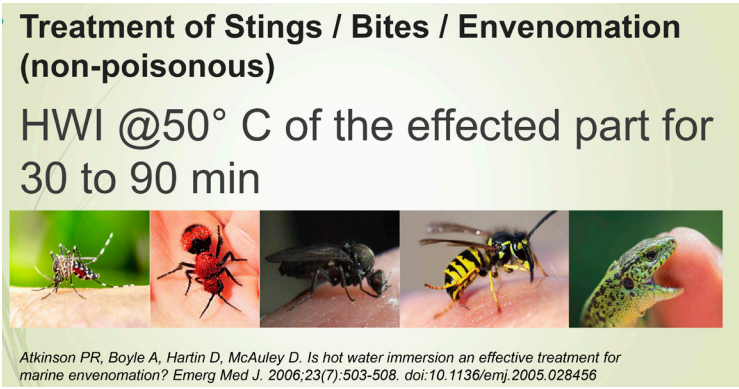
18 Insect Bite

Postural Medicine	Local Application / Panchkarma	To Consume
HWI at 50°C	Turmeric + Lemon / Mustard oil heat n apply / Rub Holy Basil leaves + Salt	5-6 Tender Peepal Leaves Juice

Insect bites are common and can cause pain, itching, and swelling. Here's a natural remedy to address this discomfort:

Postural Medicine

Hot Water Immersion



Hot Water Immersion technique comes handy in case of insect bites, stings, or envenomation as well. If the bites and stings are non-poisonous in nature, one can dip the affected part in water heated at a temperature of 50°C. The affected body part can be immersed in water for a period of 30 minutes to 90 minutes, depending on the severity of the pain and the sting. High temperatures destroy the foreign protein in the body thus, bringing down the pain and swelling, promote faster healing, and soothe the affected area.

Local Application / Panchkarma

Here are some natural remedies to soothe and alleviate the discomfort caused by insect bites:

1. **Lemon and Turmeric Paste:**
   - Make a paste by mixing lemon juice and turmeric powder.
   - Apply this paste to the affected area.
   - Lemon's anti-inflammatory properties and turmeric's antiseptic properties can help reduce swelling and itching.
2. **Warm Mustard Oil:**
   - Apply warm mustard oil to the affected area.
   - Mustard oil has anti-inflammatory properties and can relieve itching and swelling caused by insect bites.
3. **Holy Basil (Tulsi) Leaves with Salt:**
   - Crush holy basil leaves and mix them with a pinch of salt.
   - Apply this mixture to the affected area.
   - Holy Basil (Tulsi) has antimicrobial properties that can help prevent infection, while salt can help reduce inflammation.

To watch the video for POEM protocol for Insect Bite, scan the QR code

19 Abdominal Pain

Postural Medicine	Local Application / Panchkarma	To Consume
HWI	Camphor oil around navel + hot fomentation / cold wet cloth bandage / Agnikarma / Bloodletting	Decoction of Coriander seeds + Dry Ginger + Fennel + Cumin + Carom + Black Salt + Ginger juice + Mint juice

Abdominal pain can arise from various causes, such as kidney stones, small tumors, infections, and more.

Here are a few approaches to relieve the discomfort:

Postural Medicine

Hot Water Immersion Therapy (HWI)*

Points to consider during Hot Water Immersion Therapy

1. **Water Temperature:** Maintain the water temperature at a constant 40°C.
2. **Water Level:** The water level should initially reach the waist. Gradually increase it until it covers the neck area.
3. **Duration:** The therapy should be performed for 1-2 hours, depending on the individual's medical condition. If any discomfort arises, discontinue temporarily and resume later.

These precautions ensure the safe and effective implementation of the therapy.

Local Application / Panchakarma

1. **Apply Camphor Oil:** Surround the navel with camphor oil and gently massage it into the skin. This helps in stimulating circulation and providing relief.

* Refer section I of this book for the details and procedure

2. **Hot Fomentation:** Apply hot fomentation to the abdominal area using a hot water bag wrapped in a damp, cold cloth. This can help ease abdominal discomfort and promote relaxation.
3. **Cold Wet Bandage**
   - **Prepare Cold Wet Bandage:** Soak a cloth in cold water, then wring it out to remove excess moisture.
   - **Apply to Abdomen:** Place the cold, damp cloth on the abdomen and leave it on for approximately 1 hour.
   - **Repeat as Needed:** If the cloth begins to warm up, repeat the process by rewetting it with cold water and reapplying it to the abdomen.

These local applications can provide relief from abdominal discomfort and promote overall well-being.

Agnikarma*

1. Position the flat end of the nail or pin at the site of pain on abdomen.
2. Place the lit candle beneath the pointed end of the nail or pin.
3. Allow the heat from the candle to warm the affected area gradually.
4. Once the patient begins to feel the heat, remove the nail or pin and wait for some time before repeating the process.
5. Replace the used nail or pin with a new one and apply it to another painful point as needed.

Raktamokshana / Bloodletting*

Bloodletting also helps in alleviating abdominal pain.

* Refer section I of this book for the details and procedure.

To Consume / Decoction

Coriander seeds, Cumin Seeds, Dry Ginger, Fennel Seeds, Black Salt, Ginger juice, Mint Juice, Carom.

Prepare decoction as per the process and sip warm decoction slowly for its beneficial effects. Can be repeated twice or thrice a day.

To watch the video for POEM protocol for Abdominal Pain, scan the QR code



20 Back Pain

Postural Medicine	Local Application / Panchkarma	To Consume
HWI	Suction cups / TENS / Agnikarma / Bloodletting	Decoction: Turmeric + Fenugreek + Dry Ginger + Cinnamon + Carom + Arjun Tree Bark

Back pain can be debilitating, but there are alternative methods to address it if Hot Water Immersion is not feasible.

Local Application / Panchkarma

Suction Cups:



One such approach is a local application using suction cups. Here's how to perform it:

1. **Preparation:** Ask the patient to lie down on his stomach.
2. **Select Cup Size:** Choose a suction cup size appropriate for the area of pain.
3. **Apply Suction:** Connect the pump to the top of the cup and pull vertically two times until the skin uplifts slightly.
4. **Increase Suction:** Every minute, increase the suction by half.
5. **Duration:** Keep the cups in place for 15-20 minutes.

TENS Therapy*



1. Position the electrodes on the back around the site of pain. If the pain is in a broader area, use more than two electrodes.
2. Turn the unit ON and increase the intensity to a comfortable level.
3. Select your preferred mode of stimulation.
4. Leave the TENS unit on for the desired duration.
5. After the session, turn the unit OFF and remove the electrodes from your skin.

Agnikarma*

Perform Agnikarma at the site of pain on the back. Caution should be taken not to repeat the procedure on the same site. Depending on the area of pain and intensity, the process can be repeated with a cold pin at a new site (around the painful area).

Raktamokshana / Bloodletting*

Bloodletting is also a powerful way for getting rid of back pain. The process has been explained in section I page 14.

* Refer section I of this book for details and procedure

To Consume / Decoction

- Turmeric
- Fenugreek Dry Ginger
- Cinnamon
- Carom seeds
- Bark of Arjun tree

1. Prepare a decoction by combining the above mentioned ingredients in 1.5 grams of quantity each.
2. Mix these ingredients in 200 ml of water and boil until the volume reduces to 50 ml. Once reduced, sip the warm decoction for relief.

To watch the video for POEM protocol for Back Pain, scan the QR code



21 Cancer Pain

Postural Medicine	Local Application / Panchkarma
LLCWI	TENS, Dry Potli Massage

Cancer pain can be excruciating, and patients often rely on potent painkillers like Morphine for relief. However, long-term use of these medications can have adverse effects and may even contribute to the progression of cancer. Therefore, it's crucial to explore alternative treatments to manage cancer pain effectively.

Postural Medicine

Lower Leg Hot Water Immersion (LLHWI)*



1. Lower Leg Hot Water Immersion (LLHWI) involves immersing the lower legs in a bucket of water at a consistent temperature of 42°C for at least 30 minutes. The patient sits in a chair during the therapy, and the water level reaches below the knee.
2. Repeat after 1 to 2 hrs incase relief is delayed.

* Refer section I of this book for the details and procedure.

Local Application / Panchkarma

TENS Therapy*

1. Position the electrodes on the relevant part of the body. If the pain is in a broader area, use more than two electrodes.
2. Select your preferred mode of stimulation.
3. Leave the TENS unit on for the desired duration.

Potli*

Ingredients:

- Carom
- Rock Salt
- Fenugreek
- Sand
- Dashmool Powder

Preparation:

1. Combine all the above ingredients in a pan.
2. Heat the mixture over a low flame.
3. Place the melted mixture in a square cotton cloth.
4. Bind the cloth tightly to make a potli (herbal pouch).
5. Before applying it to the patient, check the temperature of the potli to ensure it is comfortable.
6. Pat the potli gently and apply it to the affected areas as needed. Repeat for 20-30 minutes.

To watch the video for POEM protocol for Cancer Pain, scan the QR code

* Refer section I of this book for details and procedure.

22 Colic Pain

Local Application / Panchkarma	To Consume
Camphor oil around navel + Hot pack / Warm Mustard oil + Garlic	Decoction: Dry Ginger + Carom + Cumin + Mint

Colic pain is characterized by intense abdominal discomfort that can be so severe it leads to crying. Originating in the lower abdomen, it involves the small and large intestines. Fortunately, with the aid of Ayurveda and natural remedies, significant relief from colic pain can be achieved.

Local Application / Panchkarma

Camphor Oil

Camphor oil should be applied to the navel area for local relief, and a hot bag should be placed over it to help alleviate symptoms. This simple remedy can provide comfort to the patient.

To Consume / Decoction

- Dried ginger
- Carom seeds
- Cumin seeds and mint leaves

Add the ingredients mentioned above 1.5 gm each in 200 ml of boiling water and simmer until the liquid reduces to one-fourth of its original volume. Once the decoction has reduced, strain it through a sieve to remove any solid particles. Drink the warm decoction for its therapeutic effects.

To watch the video for POEM protocol for Colic Pain, scan the QR code

23 Diabetic Neuropathy

Postural Medicine	To Consume
LLCWI	Turmeric / Guava leaves decoction

Diabetic neuropathy pain or foot sores can cause over sensitivity, where individuals may not feel extreme heat or may find even a slight touch of cold painful. Several methods can be employed to alleviate this pain.

Postural Medicines

Lower Leg Contrast Water Immersion (LLCWI)*

The patient begins by immersing their feet in hot water (40°C) for 4 minutes, then switches to cold water (12°C) for 1 minute. This cycle is repeated for 30 minutes, always starting and ending with hot water.

To Consume / Decoction*

- Fresh turmeric or Guava leaves

Prepare a decoction using fresh turmeric or guava leaves, whichever is available. Take approximately 1.5 grams of raw turmeric or powdered turmeric. Mix the chosen ingredient with 200 ml of water and boil until it reduces to 50 ml. Sip the decoction while it is warm for optimal effectiveness.

To watch the video for POEM protocol for Diabetic Neuropathy, scan the QR code

* Refer section I of this book for the details and procedure.

24 Ear Ache

Local Application / Panchkarma

Warm onion juice & pour in the ear / Smoke of Turmeric + Garlic

Local Application / Panchkarma

- Onion juice
- Mustard oil
- Garlic cloves
- Turmeric powder

If you experience severe earache, you can try the following remedies:

1. Put a few drops of onion juice in the affected ear.
2. Make a paste using 2-3 garlic cloves, ¼ teaspoon of turmeric powder, and a few drops of mustard oil. Apply this paste onto a thick cotton cloth and roll it like a wick. Light the fabric so that smoke begins to emit. Then, create a funnel shape with a leaf to direct the smoke towards the ear.

To watch the video for POEM protocol for Ear Ache, scan the QR code

25 Fibromyalgia

Postural Medicine	Local Application / Panchkarma	To Consume
HWI	TENS + Potli / Painfree patch / Agnikarma / Bloodletting	Turmeric + Fenugreek + Dry Ginger + Cinnamon + Carom

Fibromyalgia is a chronic (long-lasting) disorder that causes pain and tenderness throughout the body, as well as fatigue and trouble sleeping.

Postural Medicine

Hot Water Immersion (HWI)*

The treatment should be conducted for 1-2 hours. If the patient experiences any discomfort during the session, stop immediately and resume later.

Local Application / Panchkarma

- TENS Therapy*
- Potli*
- Agnikarma*
- Bloodletting*
- Pain-free Patches

TENS Therapy

As explained in section I page 26 of this book

* Refer section I of this book for the details and procedure.

Potli Preparation*

Ingredients:

- Carom seeds
- Rock Salt
- Fenugreek
- Sand
- Dashmool Powder

Preparation:

As described in page 21 of section I of this book.

Agnikarma

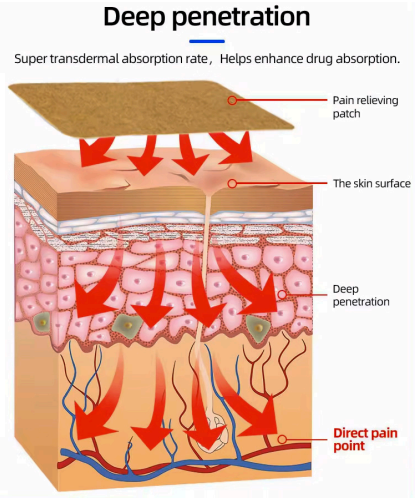
Refer to section I page 15 of this book to learn the detailed procedure to perform Panchkarma.

Raktamokshana / Bloodletting

Bloodletting refer to section 1 page 14 of this book to learn the detailed procedure.

Pain-free Patches:





These patches are readily available at medical or online stores and can be applied directly to areas experiencing pain.

* Refer section I of this book for the details and procedure.

The application is simple - just clean the skin, remove the protective film, and apply the patch for quick-acting relief and relaxation. Made with natural herbal ingredients and self-heating technology, these patches are safe and efficiently penetrate deep for effective relief.

To Consume / Decoction

- Turmeric
- Fenugreek
- Cinnamon
- Dry Ginger
- Carom

Instructions:

1. Take 15 grams of each ingredient.
2. Mix the above ingredients in 200 ml of water.
3. Boil and reduce to 50 ml and sip warm.

To watch the video for POEM protocol for Fibromyalgia, scan the QR code

26 Headaches

Postural Medicine	Local Application / Panchkarma	To Consume
Anulom - Vilom	Sandalwood / Aloevera Lepam	2 seconds oil, Ginger Decoction

It's essential to address headaches promptly, as they can arise from various causes, ranging from stress and hormonal fluctuations to more severe conditions like migraines or even brain tumours. Regardless of the underlying cause, there are effective ways to alleviate headaches. Let's explore some remedies for managing this common ailment.

Postural Medicine

Anulom Vilom Breathing Exercise



Performing the Anulom-Vilom breathing exercise, also known as alternate nostril breathing, can help improve your posture and overall well-being. Here's how to do it:

1. Find a comfortable seated position for meditation, ensuring your spine and neck are straight. Close your eyes to focus inward.
2. Clear your mind of any distractions, focusing solely on the present moment.
3. Rest your outer wrists on your knees.
4. Fold your middle and index fingers toward your palm using your right hand.
5. Place your thumb on your right nostril and your ring finger on your left nostril.
6. Close your right nostril with your thumb and inhale deeply through your left nostril, filling your lungs. Concentrate on your breath as you inhale.
7. Release your thumb and close your left nostril with your ring finger.
8. Exhale slowly and thoroughly through your right nostril.
9. Repeat the process, inhaling through the right nostril, then exhaling through the left.
10. Continue this alternate nostril breathing pattern for several minutes, focusing on the rhythm of your breath and the sensations it creates in your body.

To Consume / Decoction

To alleviate headaches, consider the following remedies:

- **Ginger Decoction:** Boil ginger in water and sip it slowly while it's warm. Ginger's anti-inflammatory properties can help ease headache symptoms.

Local Application / Panchkarma

1. **Sandalwood Lepam:** Mix Sandalwood powder (Chandan powder) with warm water to create a paste, then apply it to your forehead. Leave it on for 15 minutes.

Note: Avoid using Sandalwood lepam in case of sinus or nose blockages; instead, opt for steaming.

2. **2-Seconds Oil:** Sniffing 2-seconds Oil can provide instant relief from headache discomfort.



To watch the video for POEM protocol for Headaches, scan the QR code

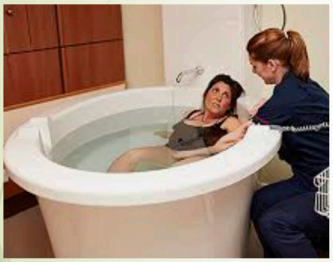
27 Labor Pain

Postural Medicine	Local Application / Panchkarma	To Consume
HWI @38°C	Tie Leaf of aak plant on forehead	Decoction (Cumin / Fennel + Cinnamon)

Postural Medicine

HWI @38°C

Water birth @37° Celsius, water upto nipple line



Hydrostatic counter pressure
+
Body heating
↓
Better O_2 transportation
↓
Lesser Labor pain

Immersion in water in pregnancy, labour and birth - Cluett, ER - 2002 | Cochrane Library

A randomised controlled trial evaluating the effect of immersion bath on labour pain. Elsevier, Midwifery (2009) 25, 286-294

Labor pain which is known as one of the highest level of pain one can experience. Therefore, just before the labor one must help put the pregnant woman in a bathtub at 38°C water up to the nipple line as shown in the image. Immersed in hot water, the pain sensation reduces drastically to the extent that the would-be mother does not feel the need of any painkiller or epidural. When you put the would-be mother in a bathtub it causes the hydrostatic counter pressure and the body heating causes more good oxygen transportation which leads to lesser labor pain and better delivery.

Local Application / Panchkarma



1. **Milkweed (Aak) Leaf on Forehead:**
    - Tie a milkweed (aak) leaf on the forehead of the woman experiencing labour pains.
    - Milkweed (aak) leaves are believed to have soothing properties that can help alleviate pain and discomfort during labor pain.

To Consume / Decoction

To help ease labor pain, the woman can consume a decoction prepared as follows:

- Mix 1.5 grams of either cumin or fennel seeds with 1.5 grams of cinnamon.
- Add this mixture to 200 ml of water in a saucepan and bring it to a boil.
- Let it simmer until the liquid reduces to 50 ml.
- Sip the decoction while it's warm to alleviate labor pain.

To watch the video for POEM protocol for Labor Pain, scan the QR code

28 Migraine

Postural Medicine	Local Application / Panchkarma	To Consume
Neck neutral	Sandalwood lepam / Nasya with 2 sec oil / Agnikarma / Bloodletting	Clove for fumes / Dry Ginger ¼th & Clove 3-4

A migraine headache can be debilitating, often accompanied by nausea, vomiting, and sensitivity to light and sound. Here are some techniques to alleviate migraine pain:

Postural Medicine

1. **Proper Posture:**
    - Maintain an upright sitting posture with your back straight, shoulders relaxed, and head aligned with your spine. Avoid slouching or leaning forward excessively.
    - When sleeping, use a supportive pillow to maintain proper neck alignment. Place the pillow beneath your neck to fill the gap between your head and shoulders.

Breathing Exercises for Migraine Relief

Performing the Anulom-Vilom breathing exercise, also known as alternate nostril breathing, can help improve your posture and overall well-being.

Local Application / Panchkarma

1. **2-Second Oil:**
    - Sniffing the 2-Second Oil can provide quick relief from migraine symptoms. Inhale the oil's aroma for instant soothing effects.

2. **Roasted Cloves:**
   - Inhale the fumes of roasted cloves to alleviate migraine discomfort. The aroma of cloves can help reduce headache intensity and promote relaxation.
3. **Sandalwood Lepam (Sandalwood Paste):**
   - Create a paste by mixing sandalwood powder with warm water to form a smooth consistency.
   - Apply this Sandalwood paste onto your forehead and temples, focusing on the areas affected by migraine pain.
   - Leave the paste on for about 15-20 minutes to allow its cooling and soothing properties to take effect.

To Consume / Decoction

1. **Cloves and Dry Ginger Decoction:**
   - Prepare a decoction by boiling cloves (laung) and saunth (dry ginger) in water.
   - Add a few cloves and a small amount of dry ginger to a pot of water and bring it to a boil.
   - Allow the mixture to simmer until the water reduces to a concentrated decoction.
   - Strain the decoction and consume it warm for relief from migraine symptoms.

To watch the video for POEM protocol for Migraine, scan the QR code

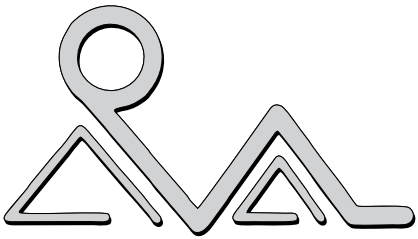
29 Painful Menstruation

Postural Medicine	Local Application / Panchkarma	To Consume
W Recovery Position	Hot fomentation / pain free patches / Root of Horse whip plant (lepam) or chaff plant	Powder of Radish seeds + Carrot seeds + Nigella seeds with warm water

Painful menstruation is a common issue experienced by many female, often attributed to underlying conditions such as endometriosis or adenomyosis. Below are several methods to alleviate this discomfort.

Postural Medicine

W Recovery Position



Have the patient sit in the W recovery position.

Local Application / Panchkarma

Chaff Plant Paste / Pain-Patches

1. Utilize the root of the Horse Whip Plant also known as chaff plant, commonly found in the vicinity, to create a paste. Apply this paste to the abdomen while the patient is in the W recovery position.



Chaff / Horse whip plant

2. Moreover, herbal pain patches can be carried and placed on the abdomen if the female is not at home. These patches are readily available in the market.

To Consume / Decoction

Additionally, the patient can alleviate the pain by consuming powdered radish, carrot, and nigella (kalonji) seeds with warm water. This blend aids in reducing discomfort.

To watch the video for POEM protocol for Painful Menstruation, scan the QR code

30 Piles Pain

Postural Medicine	Local Application / Panchkarma	To Consume
Sitz bath @42°C	Fresh Aloe vera in & out of Anus	Decoction Fenugreek leaves / Coriander leaves

One of the effective remedies is a sitz bath. Let's learn about it more and other processes to tackle this pain.

Postural Medicine

Sitz Bath



A sitz bath is a therapeutic warm water bath designed to alleviate discomfort in the perineal region. Soaking in warm water helps relax the anal sphincter muscles, promoting increased blood flow to the anal tissues. This can aid in healing and reduce symptoms such as pain, itching, and irritation associated with various health conditions.

To perform a sitz bath:

1. Use a tub large enough for the patient to sit in comfortably.
2. Fill the tub with hot water, ensuring the temperature is around 42°C (approximately 107° F).
3. Have the patient sit in the tub and soak the perineal area for 30 to 45 minutes.

Local Application / Panchkarma

- Apply fresh aloe vera gel on the anus.

To Consume / Decoction

- Fenugreek leaves
- Coriander leaves

Prepare decoction using fenugreek or coriander leaves 1.5 gms each in 200 ml water. Reduce to one-fourth. Strain and sip while warm.

To watch the video for POEM protocol for Piles Pain, scan the QR code



31 Sciatica Pain

Postural Medicine	Local Application / Panchkarma	To Consume
HWI	Suction cups / TENS / Agnikarma / Bloodletting	Turmeric + Fenugreek + Dry Ginger + Cinnamon + Carom + Arjun Tree Bark (Take 1 Spoon After Mixing)

Sciatica pain can cause acute discomfort for patients, often resulting from compression of the sciatic nerve. This compression may occur due to poor posture or being overweight. The pain typically radiates from the lower back through the buttocks and down the leg, sometimes reaching as far as the heels.

TENS Therapy*

Position the electrodes of TENS on the back. If the pain is in a broader area, use more than two electrodes.

1. Turn the unit ON and increase the intensity to a comfortable level.
2. Select your preferred mode of stimulation.
3. Leave the TENS unit ON for the desired duration

To Consume / Decoction

Prepare the decoction, combine the following ingredients and allow the patient to sip it while warm:

- Turmeric
- Fenugreek
- Dry Ginger
- Cinnamon
- Carom seeds
- Arjuna Bark powder

Mix 1 teaspoon of this mixture with warm water before consumption.

---

* Refer section I of this book for the details and procedure.

Agnikarma*

Perform agnikarma therapy on the affected part. Repeat the process on another site of pain.

Raktamokshanan / Bloodletting*

Bloodletting also alleviates pain to a great extent.

To watch the video for POEM protocol for Sciatica Pain, scan the QR code

* Refer section I of this book for details and procedure.

32 Severe Joint Pain

Postural Medicine	Local Application / Panchkarma	To Consume
LLCWI	Potli massage (Wet) / Mustard oil massage + Ginger / Suction cups, TENS / painfree patches	Turmeric + Dry Ginger + Black Pepper + Carom seeds

Here are the ways to treat severe joint pain.

Postural Medicine

Lower Leg Contrast Water Immersion (LLCWI)*

Apply LLCWI for 30 minutes, always starting and ending with hot water.

Local Application / Panchkarma

TENS Therapy*

- Apply the TENS unit for the desired duration.

Potli Preparation (Wet)*

Ingredients:

- Carom
- Rock Salt
- Fenugreek
- Sand
- Dashmool Powder

Preparation:

- Add all the above ingredients to a pan.
- Heat them on a low flame until they completely melt and blend.
- Once melted, put the mixture in a square cotton cloth.
- Bind the cloth tightly to make a potli (bundle).
- Before applying to the patient, apply any herbal oil to the affected areas.

* Refer section I of this book for details and procedure.

- Check the temperature of the potli to ensure it's not too hot.
- Pat and apply the potli on the affected areas for relief.

Suction Cups*

One such approach is a local application using suction cups. Here's how to perform it:

- **Preparation:** Ask the patient to lie down on their stomach.
- **Select Cup Size:** Choose a suction cup size appropriate for the area of pain.
- **Apply Suction:** Connect the pump to the top of the cup and pull vertically two times until the skin uplifts slightly.
- **Increase Suction:** Every minute, increase the suction by half.
- **Duration:** Keep the cups in place for 15-20 minutes.

Body Massage

Use mustard oil for massage. Add ginger to the oil while heating.

Agnikarma*

Perform agnikarma on aching joints repeating it at different sites around joints.

Raktamokshanan / Bloodletting*

Bloodletting can alleviate joint pain to a great extent. Perform carefully as instructed in section 1 page 14 of this book.

Pain-free Patches

Apply pain free patches on the joints and leave them on till relief is sought.

* Refer section I of this book for details and procedure.

To Consume / Decoction

- Turmeric
- Dry Ginger
- Carom seeds
- Black Pepper

Instructions:

1. Mix the above ingredients in 200 ml of water.
2. Boil the mixture and let it reduce to 50 ml.
3. Once reduced, strain the decoction.
4. Sip the warm decoction for relief.

To watch the video for POEM protocol for Severe Joint Pain, scan the QR code

33 Sprain

Postural Medicine	Local Application / Panchakarma	To Consume
RICE protocol	Potli (Salt or Sand) / Turmeric / Limestone lepam / Cold fomentation in every 2 hours for 15 minutes	Decoction: Dry Ginger + Holy Basil leaves

For a sprain, which is the stretching or tearing of ligaments connecting bones in your joints, with ankles being particularly vulnerable, the immediate course of action should be to follow the **'RICE protocol'**:

1. **Rest:** Cease any activities that cause pain to avoid further injury.
2. **Ice:** Apply ice to the affected area for 15 minutes every 2 to 3 hours to reduce swelling.
3. **Compression:** Wrap the injured area with an elastic medical bandage to decrease swelling and immobilize the joint.
4. **Elevation:** Keep the injured area raised above the level of your heart to help minimize swelling.

Local Application / Panchkarma

Cold Pack / Potli / paste of limestone or turmeric

1. Frequently apply a cold pack every 2 hours for 15 minutes.
    - The person can also opt for potli massage.

Potli Preparation

Ingredients:

- Sand
- Rock Salt (Rock Salt)

Preparation:

- Take a muslin cloth.
- Add salt or sand and wrap the cloth.
- Bind the cloth tightly griddle a potli (herbal pouch)

- Heat the cloth on a tawa.
- Before applying it to the patient, check the pot's temperature to ensure it is comfortable.
- Pat the potli gently and apply it to the affected areas as needed.

The person can also apply a paste of limestone or turmeric to the affected area.

To Consume / Decoction

- Dry Ginger – 1.5 gms
- Holy Basil (Tulsi) fresh leaves – 4-5 gms / Powder – 1.5 gms
- Boil in 200 ml water
- Reduce to 50 ml
- Sip warm

To watch the video for POEM protocol for Sprain, scan the QR code



34 Stone Pain

Local Application / Panchakarma	To Consume
TENS / Hot and Cold Compress	Holy Basil + Carom seeds + Cinnamon + Black salt and 2 drops of lemon

Stone pain, whether in the kidney or gallbladder, can be excruciating. To alleviate this discomfort, you can employ hot and cold compress therapy.

Local Application / Panchkarma

Hot and cold compress therapy

Here's how to perform the therapy:

1. Take a heating pad and wrap it with a wet cloth.
2. Prepare an ice pack.
3. Apply the hot pack to the area below the affected region and the cold pack above it.
4. Wrap the packs with a large cloth to secure them in place.
5. Repeat this therapy for one hour to help ease the pain associated with kidney or gallbladder stones.

TENS Therapy*

1. Apply TENS machine on the affected area to seek relief.

To Consume / Decoction

Ingredients:

1. Holy Basil leaves powder
2. Dry Ginger powder
3. Carom Seeds powder
4. Cinnamon powder
5. Black salt
6. Lemon

* Refer section I of this book for details and procedure.

Instructions:

1. Mix 1.5 grams of each powdered ingradient in a container.
2. Add a pinch of black salt to the mixture.
3. Squeeze the juice of one lemon into the mixture.
4. Mix well until all ingredients are thoroughly combined.
5. Take 1.5 grams of this mixture and mix it with warm water (200 ml).
6. Consume the mixture to experience relief.

To watch the video for POEM protocol for Stone Pain, scan the QR code	

35 Swelling due to Injury

Postural Medicine	Local Application / Panchkarma	To Consume
LLCWI	Turmeric & Fenugreek seeds paste / Castor Oil + Banana Leaf Wrap	½-1 Spoon of Dry Ginger Powder Decoction

Postural Medicine

Lower Leg Contrast Water Therapy (LLCWI)*

Perform LLCWI for 30 minutes twice a day.

Local Application / Panchkarma

- Contrast Compress Water Therapy
- Paste of castor oil, turmeric, fenugreek seeds, banana leaf

You can employ contrast compress water therapy to address swelling due to injury. Here's how to do it:

1. **Prepare Heating Pad and Ice Pack:**
   - Take a heating pad and an ice pack.
   - Wrap the heating pad with a wet cloth.
   - Apply the ice pack on the area above the injury and the heating pad below the injury.
2. **Apply Hot and Cold Packs:**
   - Place the wrapped heating pad below the swollen area.
   - Position the wrapped ice pack on the area above the swollen region.
   - Ensure the hot and cold packs are securely wrapped and applied to the appropriate areas.
3. **Wrap with a Big Cloth:**
   - Wrap the entire area with a large cloth once the hot and cold packs are in place.

* Refer section I of this book for details and procedure.

- This helps to secure the packs and maintain the temperature contrast.

4. **Duration of Therapy:**

- Keep the contrast compress water therapy in place for about one hour.
- Monitor the area for any discomfort or adverse reactions during the therapy session.

Contrast compress water therapy helps to reduce swelling by alternating between hot and cold temperatures, which can help improve blood circulation and reduce inflammation.

In addition to the contrast compress water therapy, you can apply castor oil to the affected area before following these steps. After applying the castor oil, create a paste using turmeric (haldi) and fenugreek seeds. Apply this paste to the affected area, then wrap it with a banana leaf for relief.



To Consume / Decoction

You can also prepare a decoction using ½ to 1 teaspoon of dry ginger mixed with warm water for internal support. Sip this decoction to help alleviate swelling and discomfort from within.

To watch the video for POEM protocol for Swelling due to Injury, scan the QR code



36 Swelling due to Kidney / Liver

Postural Medicine	Local Application / Panchkarma	To Consume
HDT / Leg Raise	Turmeric & Fenugreek seeds paste / Castor Oil + Banana Leaf Wrap	½-1 Spoon of Dry Ginger Powder Kadha

Swelling resulting from water retention in the kidney and liver is common. In patients with liver cirrhosis, swelling may be observed in the feet, legs, and abdomen area. For kidney patients, swelling can typically be identified by observing under the eyes, legs, and feet, and sometimes in the abdomen and chest regions as well.



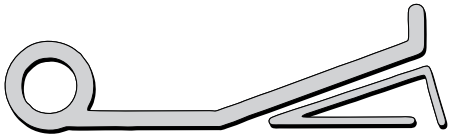
Pitting Test

To check for edema, gently press your finger on a swollen skin area for 5 to 15 seconds (pitting test). After releasing pressure, observe for a dimple (pit) in your skin. A pit indicates fluid buildup in your tissues, suggesting edema.

Postural Medicines

HDT / Leg raise*

1. Do a leg raise by placing a pillow under the legs.



Head Down Tilt*

2. Place the head of the patient on the lower side and the leg on the upper side.



Local Application / Panchkarma

For local application, start by applying castor oil to the affected area. Then, prepare a paste using turmeric (haldi) and fenugreek seeds. Apply this paste over the castor oil layer. Next, wrap the area with a banana leaf and expose it to sunlight. This treatment can help alleviate swelling and promote healing.

---

* Refer section I of this book for details and procedure.



To Consume / Decoction*

Mix ½ to 1 teaspoon of dry ginger powder with warm water to prepare the decoction. Stir well until the powder is fully dissolved in the water. This decoction can be consumed to help reduce swelling and alleviate discomfort. Drink it while warm for best results.

To watch the video for POEM protocol for Swelling due to Kidney / Liver, scan the QR code

* Refer section I of this book for details and procedure.

37 Toothache

Local Application / Panchakarma	To Consume
Apply clove oil / 2 second oil	Gargle: 4 clove + 1 glass water + 1 Pinch Alum / Chew Garlic

A toothache is a pain in or around your tooth. Minor toothaches can occur from temporary gum irritation that you can treat at home. More severe toothaches result from cavities, infections, or other dental conditions that won't get better on their own.

Local Application / Panchkarma

Clove oil / 2 second oil

You can apply clove oil / 2 second oil on the affected area.

To Consume / Panchkarma

Gargle

For gargling, make the following solutions:

- 4 clove
- 1 glass of water
- 1 pinch of alum
- Boil the above
- Gargle while warm

Gargle every 1 hour for 3-4 hrs.

To watch the video for POEM protocol for Toothache, scan the QR code

38 Acidity / GERD

Postural Medicine	Local Application / Panchkarma	To Consume
HUT	Cold wet cloth bandage on upper abdomen	Decoction: Fennel seeds + Cumin + Sweet wood + Dhaniya + Crystal sugar

Acidity and gastroesophageal reflux disease (GERD) are prevalent conditions where stomach contents ascend into the esophagus. GERD escalates from reflux when it triggers recurrent or severe symptoms or injury, potentially affecting the esophagus, pharynx, or respiratory tract. The symptoms can often mirror those of a heart attack. Here are measures to alleviate discomfort.

Postural Medicine

HUT



The patient can adopt the head-up tilt position (HUT) by tilting the bed up from one side by 5°. The patient should lie down overnight in this position. For the initial 30 minutes, the patient should lie on the left side, which helps minimize gastro reflux towards the mouth. Concurrently, activate the acupressure points for additional relief.

Local Application / Panchkarma

Wet Pack

Soak a cloth in cold water, wring it out, and apply it to the upper abdomen area. Leave it on for 30 minutes. Repeat the procedure as needed when the cloth begins to feel warm. This can help alleviate symptoms of acidity or GERD.

To Consume / Decoction

Prepare a decoction by combining the following ingredients, each in a quantity of 1.5 grams:

1. Fennel seeds
2. Sweet wood
3. Cumin seeds
4. Coriander seeds
5. Crystal sugar

Mix the above ingredients in 200 ml of water and bring it to a boil. Simmer until the volume reduces to 50 ml. Sip the decoction while it's warm to relieve acidity or GERD symptoms.

To watch the video for POEM protocol for Acidity / GERD, scan the QR code	

39 Anaphylaxis

Postural Medicine	To Consume
W Recovery Position	Virechan

Anaphylaxis is an acute, life-threatening hypersensitivity disorder, defined as a generalized, rapidly evolving, multi-systemic allergic reaction. This could happen due to certain foods, medicines and insect stings. Do the following to combat the situation.

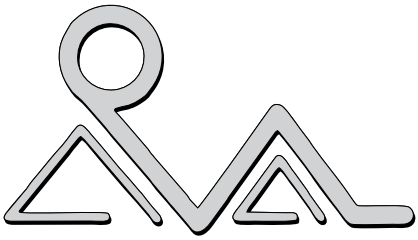
Symptoms

Anaphylaxis usually begins with skin symptoms of hives or itching. Within a few minutes, you may start experiencing more severe symptoms, including:

- Swelling in your throat, lips and tongue
- Shortness of breath
- Hives
- Difficulty swallowing
- Red rash
- Abdominal (belly) pain
- Chest tightness
- Cramps
- Diarrhea
- A feeling of doom or dread
- Vomiting
- Wheezing
- Fainting

Postural Medicine

W Recovery Position



To Consume / Decoction

Virechan with castor oil

Administer castor oil- 20 to 40 ml as per severity with warm water to easily eliminate toxins and prevent allergic reactions.

To watch the video for POEM protocol for Anaphylaxis, scan the QR code



40 Anxiety

Postural Medicine	Local Application / Panchkarma
LLHWI	Nasya & Shiropicchu with brahmi oil

Anxiety is characterized by feelings of fear, dread, and uneasiness, often accompanied by physical symptoms such as sweating, restlessness, tension, and a rapid heartbeat. While it can be a normal stress response to challenging situations, there are various methods to address anxiety, each offering distinct approaches. If one protocol is unavailable or unsuitable, alternative methods can be pursued.

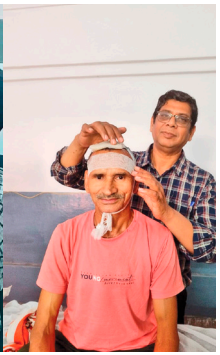
Postural Medicine

Lower Leg Hot Water Immersion (LLHWI)

Lower Leg Hot Water Immersion (LLHWI) at a consistent temperature of 42°C for at least 30 minutes. The patient sits in a chair during the therapy, and the water level reaches below the knee.

Local Application / Panchkarma





Shiropichu

Shiropichu comprises of two words: Shiro means head, and Pichu means swab or sterile cotton pad or a sterile cloth dipped in medicated oils. Shiropichu is a procedure of application of drug

on the Shiro (head). Allow the Shiropichu treatment to remain for the specified duration, usually around 30 minutes to 1 hour. After the treatment duration, carefully remove the bandage and wipe off any excess oil from the head. Optionally, the patient may wash their head with lukewarm water and mild shampoo to remove any remaining oil residue.

Nasya*

Nasya with brahmi oil can be done to relieve anxiety.

To watch the video for POEM protocol for Anxiety, scan the QR code



* Refer section I of this book for the details and procedure.

41 Blood Sugar <70 mg/dl

Postural Medicine
Fresh fruit juice

Blood sugar levels dropping below 70 mg/dL can pose a significant risk, particularly for individuals taking medications for blood pressure or insulin. Even during periods of fasting, the body maintains blood sugar levels by releasing stored glucose from the liver to prevent it from dropping too low.

To Consume / Decoction

Fresh Fruit Juice

If blood sugar levels drop below 70 mg / dL, the patient can consume fresh fruit juice (50-200 ml) and drink it to raise their blood sugar levels.

To watch the video for POEM protocol for Blood Sugar <70 mg/dl, scan the QR code

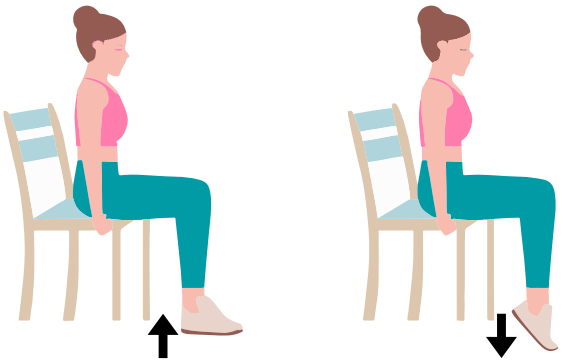
42 Blood Sugar >500 mg/dL

Postural Medicine	Local Application / Panchkarma	To Consume
Calf Muscle push-up	Neem Karela Therapy	Gurmar + Cinnamon + Fenugreek + Chirata + Vijaysar

It's a critical situation when blood sugar levels are dangerously high, exceeding 500 mg/dL. While administering insulin is typically recommended, here's an alternative method to provide relief without medication.

Postural Medicine

Calf Muscle Push-Up



The calf muscles play a significant role beyond simply aiding movement. They act as a secondary pump, assisting in blood circulation against gravity. When you're stationary, especially while sitting or standing, the gravitational force increases, placing a greater demand on the body to counteract it. This is where the calf muscles come into play.

By engaging in movements that involve the calf muscles–such as walking, flexing your feet, or even fidgeting while sitting–the veins within these muscles experience changes in diameter, promoting both vasodilation and vasoconstriction. This action effectively helps propel venous blood back toward the heart. Consequently,

this process supports the heart's function, aids in maintaining proper circulation, and ultimately contributes to sustaining life.

By activating the calf muscles you can control blood sugar even faster than insulin.

Local Application / Panchkarma



Neem-Karela Therapy

Ingredients:

- 500 grams of neem leaves
- 500 grams of karela (bitter gourd)

Instructions:

1. Grind the neem leaves and bitter gourd in a mixer with water to form a paste.
2. Pour the paste into a large tub or basin.
3. Dip your feet into the mixture for the therapy.

To Consume / Decoction

- Gurmar
- Cinnamon
- Chirata
- Fenugreek
- Vijaysar

Prepare a Kadha by combining the mentioned ingredients in quantities of 1.5 grams in 200 ml water.Boil the mixture and reduce it to 50 ml. Sip the decoction while it is warm.

To watch the video for POEM protocol for Blood Sugar >500 mg/dL, scan the QR code



43 Deep Vein Thrombosis (DVT)

Postural Medicine	Local Application / Panchkarma
LLHWI	Decoction: Punarnava + Cinnamon + Ginger + Manjishtha

Deep Vein Thrombosis (DVT) typically manifests with symptoms such as swelling in the feet and pain. Additionally, visible protruding veins may also be observed.

Postural Medicines

Lower Leg Hot Water Immersion (LLHWI)

Lower Leg Hot Water Immersion therapy at 42°C for 30 minutes will provide substaintial relief. Repeating everyday will bring permanent relief.

To Consume / Decoction

- Punarnava
- Ginger
- Cinnamon
- Manjishtha

Take 1.5 gms of each and mix in 200 ml of boiling water. Reduce to 50 ml. Sip warm.

To watch the video for POEM protocol for Deep Vein Thrombosis (DVT), scan the QR code

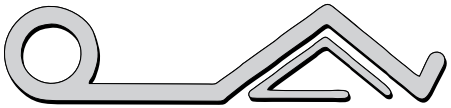
44 Fainting

Postural Medicine	Local Application
Recovery position	2 drops of Holy Basil juice in the Nose

Fainting can occur when a person is standing due to the gravitational force overpowering the heart's force, causing blood to be pulled down to the lower parts of the body. This leads to low blood pressure and subsequent dizziness, resulting in fainting.

Postural Medicine

Recovery Position



The individual should be laid down, and their legs should be elevated by one foot. This position helps to restore proper blood circulation.

Local Application / Panchkarma

Nasya

- Administer 2 drops of Holy Basil juice to the nose.
- Pinch. Within 2-3 minutes, the patient will be normal.

To watch the video for POEM protocol for Fainting, scan the QR code

45 Fatigue

Postural Medicine	Local Application
LLCWI	2 drops of Holy Basil juice in the Nose

Postural Medicine

Lower Leg Contrast Water Immersion (LLCWI)

Perform LLCWI for 30 minutes to beat fatigue.

To Consume / Decoction

- Turmeric
- Cumins seeds

Take 1.5 gms of each ingredient mentioned above. Mix the above ingredients in 200 ml of water. Boil and reduce to 50 ml. Sip warm

To watch the video for POEM protocol for Fatigue, scan the QR code



46 Fever >102° F

Postural Medicine	To Consume
LLHWI @42°C	Night Jasmine Leaves Decoction / Chirata Decoction

Regardless of the temperature, the following steps can help lower a fever. Fever is not a disease but rather an indication of an infection in the body, signaling the immune system's efforts to fight it. Lower Leg Hot Water Immersion Therapy can support the body in this process.

Postural Medicine

Lower Leg Hot Water Immersion (LLHWI)

Lower Leg Hot Water Immersion (LLHWI @ 42°C) for at least 30 minutes.

To Consume / Decoction

- Night Jasmine Leaves or Chirata.

Instructions:

1. Mix the above ingredients in 200 ml of water.
2. Boil and reduce to 50 ml.
3. Sip warm.

To watch the video for POEM protocol for Fever >102° F, scan the QR code

47 Heat Stroke

Postural Medicine	Local Application / Panchkarma	To Consume
HUT 5° / Recovery position	Cold towel on head	20 ml onion juice (Drink) / water (coconut / lemon)

Postural Medicine

HUT @ 5°



For 5° tilt put 1 brick each under the legs of the bed towards the head.

Local Application / Panchkarma

Cold wet towel on head

Dip a towel in cold water and place it on the head. Dip towel again in the water after 5 minutes, squeeze and place on the head. Repeat for 20 to 30 minutes.

To Consume / Decoction

- Onion Juice
- Coconut Water
- Lemon Water

You can give 20 ml of onion juice or coconut water or lemon water.

To watch the video for POEM protocol for Heat Stroke, scan the QR code

48 Hiccups

Postural Medicine	Local Application / Panchkarma	To Consume
Valsalva maneuver	Drop Nasya with Jaggery + Dry Ginger powder + Honey	Raisins + Roasted Asafoetida (Hing) / 1 Tsp Honey + 1 Tsp Lemon Juice

Hiccups are involuntary spasms of the diaphragm, often triggered by factors like consuming a large meal, drinking alcoholic or carbonated beverages, or sudden excitement. Here's how to perform the Valsalva Maneuver to alleviate hiccups:

Postural Medicine

Valsalva Maneuver



1. **Sit Down:** Find a comfortable seated position.
2. **Take a Breath:** Inhale deeply.
3. **Pinch Nose and Close Mouth:** Pinch your nose shut with your fingers and close your mouth tightly.
4. **Exhale Against Resistance:** Push the breath out forcefully against the closed mouth and nose, as if you're trying to strain or "poop." Hold this position for 15 to 20 seconds.
5. **Release and Breathe Out:** After holding for the designated time, release your nose or mouth and exhale normally.

Performing the Valsalva Maneuver can help interrupt the hiccup cycle by stimulating the vagus nerve and resetting the diaphragm's rhythm.

To Consume / Decoction

To alleviate hiccups, here are two simple remedies:

1. **Roasted Hing with Black Currant / Raisins:** Roast a small amount of hing (asafoetida) and add pieces of black currant or raisins (dried grapes). Ask the person experiencing hiccups to chew on this mixture slowly. Combining roasted hing and black currant / raisins can help ease hiccups gradually.
2. **Honey and Lemon Juice:** Mix 1 teaspoon of honey with 1 teaspoon of lemon juice. The person can consume this mixture to help alleviate hiccups. Honey and lemon juice have soothing properties that may help calm the diaphragm and stop hiccups.

These remedies offer natural and gentle ways to relieve hiccups without needing medication.

Local Application / Panchkarma

Drop Nasya*

Drop Nasya is a traditional Ayurvedic practice used for nasal lubrication and cleansing. It can help alleviate various nasal and sinus-related issues and promote overall well-being.

To watch the video for POEM protocol for Hiccups, scan the QR code

* Refer to section I of this book for details and procedures

49 High Blood Pressure

Postural Medicine	Local Application / Panchkarma	To Consume
LLHWI	Cold towel on head	Eat 4-5 Wood Apple (Belpatra), Black Pepper / ½ cup Bottle gourd juice

A blood pressure reading of 200/100 mmHg is considered high. In such cases, Lower Leg Hot Water Immersion (LLHWI) is recommended as an effective treatment option.

Postural Medicine

Lower Leg Hot Water Immersion (LLHWI)

For at least 30 minutes LLHWI should be done. Maintain temperature at 42°C.

While doing this procedure a cold towel can be put on the head.

To Consume / Decoction

- Wood apple leaves with black pepper
- Bottle gourd juice

1. Chew 4-5 wood apple leaves with black pepper
2. Alternately drink ½ cup lauki (bottle gourd) juice

To watch the video for POEM protocol for High Blood Pressure, scan the QR code

50 Itching

Postural Medicine	Local Application / Panchkarma	To Consume
HWI	Alum / Amritdhara + Coconut Oil / Aloe vera	Neem Kadha

Itching is a common condition characterized by an incessant urge to scratch the skin. It can manifest in various body parts and may vary in intensity from mild to severe. Causes may include dry skin, insect bites, and skin conditions such as eczema and psoriasis. It is also commonly observed in patients with kidney and liver issues. Here are some ways to address it.

Postural Medicines

Hot Water Immersion (HWI)

Hot water immersion at 40° for 1 hr or till comfortable.

Local Application / Panchkarma

- Alum
- Amritdhara
- Coconut oil
- Aloe vera gel

Apply alum or Amritdhara + Cold Press Coconut Oil or aloe vera gel on the itchy part. Repeat every hour till relief.

To Consume / Decoction

- Neem leaves

Neem leaves 1.5 gm, Boil in 200 ml water. Reduce to 50 ml and Sip Warm

To watch the video for POEM protocol for Itching, scan the QR code

51 Loose Motions

Local Application / Panchkarma	To Consume
Wet pack	Kadha: Cumin + Cinnamon + Fennel / Coconut Water

Loose motions, characterized by watery stools, are the body's natural response to expel toxins or irritants from the gastrointestinal tract. This condition can be caused by various factors, including infections (bacterial, viral, or parasitic), food intolerances, digestive disorders, and stress. While it's often temporary, maintaining hydration is crucial to prevent dehydration.

Local Application / Panchkarma

Wet pack

Wrap a cold, wet towel around the abdomen.

To Consume / Decoction

- Cumin Seeds
- Fennel Seeds
- Cinnamon
- Coconut Water

1. Boil above ingredients 1.5 gm each in 200 ml water
2. Reduce to 50 ml. Sip Warm

Alternatively, if the person cannot have kadha, they can consume coconut water.

To watch the video for POEM protocol for Loose Motions, scan the QR code

52 Low Blood Pressure

Postural Medicine	Local Application / Panchkarma	To Consume
HDT - 5°	Apply Sandalwood paste	Water + Jaggery + Rock Salt / Salt + Lemon / Coffee / boiled Raisin Chutney

A blood pressure reading of 70/50 mmHg is considered low. Here are some effective strategies to combat low blood pressure.

Postural Medicine: HDT @ 5°

Head Down Tilt (HDT)

In Head Down Tilt therapy, the patient's head is positioned lower than the legs. You can achieve this by placing bricks under the bed to elevate the legs.

Start with a gentle 5° elevation, gradually increasing to 10° if no discomfort is felt. Depending on the medical condition, the therapy can be done continuously for up to 2 hours. If any discomfort arises, discontinue the therapy.

Local Application / Panchkarma

Sandalwood paste

Apply Sandalwood paste on the forehead.

To Consume / Decoction

Here are some options for consumption to help combat low blood pressure:

1. **Lemon Water with Jaggery and Rock Salt:** Mix lemon juice with water and add jaggery and a pinch of rock salt to taste. This refreshing drink can help increase hydration and raise blood pressure.

2. **Black Coffee:** The caffeine in black coffee can temporarily raise blood pressure. However, it's essential to consume coffee in moderation and avoid excessive caffeine intake.
3. **Boiled Raisins Chutney:** Boil raisin (dried grapes) for 5 minutes on low flame, then grind them to make a chutney. Raisin is rich in nutrients and can help boost energy levels, which may alleviate symptoms of low blood pressure.

To watch the video for POEM protocol for Low Blood Pressure, scan the QR code

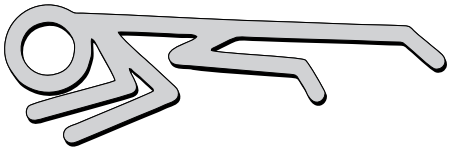
53 Motion Sickness

Postural Medicine	To Consume
Recovery Position	Chew ginger 1 gm in every 2-4 Hours

Motion sickness can occur during travel by car, air, or boat and typically dissipates once the motion ceases. This discomfort results from insufficient coordination between the inner ear and visual senses. Symptoms may encompass fatigue, uneasiness, dizziness, nausea, and vomiting.

Postural Medicine

Recovery position



The person needs to lie down with the face facing the floor to get relief.

To Consume / Decoction

- Ginger

Chew approximately 1 gm of ginger every 2-4 hours.

To watch the video for POEM protocol for Motion Sickness, scan the QR code

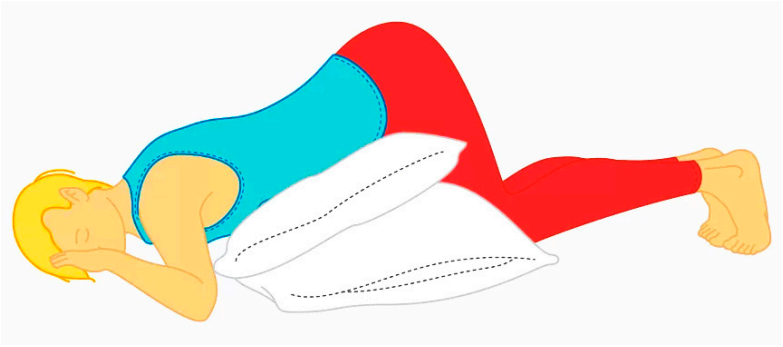
54 Mucus in Lungs

Postural Medicine	Local Application / Panchkarma	To Consume
Postural drainage / Percussions	Massage with Mustard oil + Carom + Fenugreek seeds + Garlic (chest & back)	Ginger + Turmeric (Kadha + Chew)

Mucus in the lungs is known as phlegm or sputum. It is a common symptom in chronic lung diseases such as COPD (including chronic bronchitis and emphysema), cystic fibrosis, bronchiectasis, NTM lung disease or asthma.

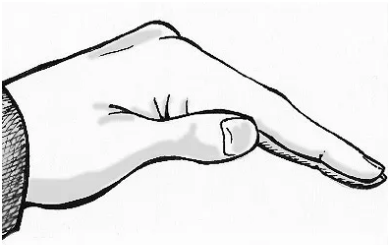
Postural Medicine

Postural Drainage / Percussions



Position two pillows under the abdomen and lie face down for 1-2 hours. This posture helps drain fluids.

Percussions



Correct Hand Position for Chest Percussion



Form a cup shape with your palms and gently tap the back of the patient while they are sitting. Perform this action for 2-3 minutes on each side of the shoulder blade to help clear the lungs.

Local Application / Panchkarma

Massage

Heat mustard oil with carom, fenugreek seeds and garlic and massage it on the chest and back.

To Consume / Decoction

- Ginger
- Turmeric
- Chew Ginger

Take 1.5 gms each, boil in 200 ml water, reduce to 50 ml and sip warm.

Apart from the above decoction, the patient needs to chew on ginger and turmeric.

To watch the video for POEM protocol for Mucus in Lungs, scan the QR code

55 Muscle Soreness

Postural Medicine	Local Application / Panchkarma	To Consume
LLCWI	Muscle release	Decoction: Ashwagandha

Postural Medicine

Lower Leg Contrast Water Immersion (LLCWI)

Lower Leg Contrast Water Immersion (LLCWI) for 30 minutes will give substantial relief.

To Consume / Decoction

Ashwagandha powder

Ashwagandha, as an adaptogen, helps your body to adapt to stress, therefore assisting recovery through improving muscle recovery by speeding up muscle growth, relieving pain, and reducing lactic acid levels.

Prepare a decoction of ashwagandha powder or leaves and sip while warm.

Local Application / Panchkarma

Muscle release



For muscle release, use a rolling pin or a cricket ball to roll over the sore area. Apply gentle pressure as you move the tool across the muscle, which can help alleviate tension and soreness.

To watch the video for POEM protocol for Muscle Soreness, scan the QR code	

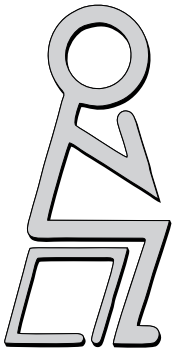
56 Nose Bleeding

Postural Medicine	Local Application / Panchkarma	To Consume
Recovery Positions	Cold Compression / 2-3 drops of Onion juice or Bermuda grass swaras in the nose	5-6 tender Peepal leaves juice

When confronted with sudden nosebleeds, swift action can help manage the situation effectively. Here are the initial steps you can take to assist the patient:

Postural Medicine

Recovery Position



- **Sit the Person Down:** Promptly seat the individual comfortably, preferably in the recovery position.

Local Application / Panchkarma

1. **Onion Juice:**
   - Administer drops of fresh onion juice into the bleeding nostril.
   - Onion juice possesses natural coagulant properties that can help stop bleeding by promoting blood clotting.

2. **Bermuda Swaras Juice for Nasya:**
   - Prepare a paste of bermuda grass (Bermuda) with half a spoon of water.
   - Instill 2-3 drops of the juice into each nostril using a dropper or cotton ball.
   - Tilt the patient's head to ensure the juice reaches the sinus area directly.
   - Bermuda grass juice is believed to have cooling and soothing effects, potentially aiding in stopping nosebleeds.
3. **Cold Compression:**
   - Apply an ice pack or cold compress to the nose externally.
   - Cold compression helps constrict blood vessels and reduce blood flow, which may aid in stopping the bleeding.

To watch the video for POEM protocol for Nose Bleeding, scan the QR code	

57 Plantar Fasciitis

Postural Medicine	Local Application / Panchkarma	To Consume
LLCWI	Agnikarma / Bloodletting	Decoction: Giloy + Manjistha + Dashmool

Plantar fasciitis is an inflammation of a thick band of tissue that connects the heel bone to the toes.

The inflamed tissue runs across the bottom of the foot. Symptoms include stabbing pain near the heel. Pain might be worse in the morning and with prolonged standing, running or jumping.

Postural Medicine

Lower Leg Contrast Water Immersion (LLCWI)

Lower Leg Contrast Water Immersion therapy, for 30 minutes, always starting and ending with hot water.

Local Application / Panchkarma

Agnikarma*

Agnikarma on the soles of your feet if suffering from plantar fasciitis can bring great relief.

Raktamokshanan / Bloodletting*

Bloodletting is the intentional removal of blood from the body, allowing it to flow freely out of the system giving relief in plantar fasciitis pain.

To Consume / Decoction

- Giloy
- Manjistha
- Dashmool

* Refer to section I of this book for details and procedure.

To make a Kadha, combine the following ingredients in quantities of 1.5 grams each:

- Mix these ingredients in 200 ml of water and boil until the volume reduces to 50 ml. Once ready, sip the decoction to experience its potential benefits while it's warm.

To watch the video for POEM protocol for Plantar Fasciitis, scan the QR code	

58 Pulse Rate <40

Postural Medicine	Local Application / Panchkarma	To Consume
HDT	Massage Sole of foot with Mustard Oil	Decoction: Dry Ginger + Black Pepper

Here are the following ways to revive the normal pulse rate.

Postural Medicine

Head Down Tilt (HDT) @ 5°

In Head Down Tilt therapy, the patient's head is positioned lower than the legs. You can achieve this by placing bricks under the bed to elevate the legs.

Start with a gentle 5° elevation, gradually increasing to 10° if no discomfort is felt. Depending on the medical condition, the therapy can be done continuously for up to 30 minutes. If any discomfort arises, discontinue the therapy.

Local Application / Panchkarma

Massage

Massage the sole with mustard oil for 10–15 minutes.

To Consume / Decoction

- Dry Ginger
- Black Pepper Powder

To make a Kadha, combine the following ingredients in quantities of 1.5 grams each:

1. Dry Ginger
2. Black Pepper Powder

Mix these ingredients in 200 ml of water and boil until the volume reduces to 50 ml. Once ready, sip the decoction while it's warm.

To watch the video for POEM protocol for Pulse Rate <40, scan the QR code	

59 Pulse Rate >130

Postural Medicine	To Consume
Modified Valsalva Maneuver	Decoction: Cinnamon + Fenugreek

When a person's pulse rate exceeds 130 per minute, they may experience breathlessness, chest pain, and fainting symptoms. Here are some measures to help control the situation.

Postural Medicine

Modified Valsalva Maneuver



Here's how to perform Modified Valsalva Maneuver

1. Make the patient sit upright.
2. Instruct the patient to blow into the syringe with forced expiration while closing the glottis for 10 seconds.
3. Once the pressure is built up, quickly change the patient's position and ask them to lie down while raising their legs upright.
4. After 10 seconds, have the patient sit up again.

This maneuver generates increased pressure within the chest cavity, slowing the heart rate and potentially preventing abnormal rhythm.

To Consume / Decoction

- Cinnamon
- Fenugreek seeds

Sip warm decoction of cinnamon and fenugreek seeds to normalise high pulse rate.

To watch the video for POEM protocol for Pulse Rate >130, scan the QR code



60 Respiratory Rate <8

Postural Medicine	To Consume
Segmental breathing / Deep breathing	Decoction: Fenugreek Leaves / Coriander leaves

Respiratory rate, or your breathing rate, is the number of breaths you take per minute. The average respiratory rate for an adult at rest is 12 to 18 breaths per minute. Below 8 means Bradypnea, which is an abnormally slow breathing rate. It's a symptom of an underlying health condition, which may include hypothyroidism, head injuries, or opioid or heavy alcohol use. Associated symptoms may include dizziness, confusion, and feeling tired.

Postural Medicine

Segmental Breathing

Segmental breathing, or localized expansion breathing, is the exercise used to improve ventilation and oxygenation.

Divide your inhale into three parts:

1. Inhale one third of your breath, then pause for 5 seconds.
2. Inhale the next third of your breath and hold for 5 seconds.
3. Inhale the final one third of the breath and hold for 5 seconds.
4. Exhale slowly and lightly with one breath. Repeat for 5 to 10 minutes

The person also needs to practice deep breathing regularly to increase lung capacity.

To Consume / Decoction

Fenugreek leaves / Coriander leaves

- Fenugreek leaves, or dhania leaves – 5-7 gms
- Boil in 200 ml water
- Reduce to 50 ml
- Sip warm

To watch the video for POEM protocol for Respiratory Rate <8, scan the QR code

61 Respiratory Rate >28

Postural Medicine	To Consume
Pursed lip breathing	Sip warm water

Tachypnea is a medical term referring to rapid, shallow breathing that results from a lack of oxygen or too much carbon dioxide in the body. Infections, asthma, heat, and other factors can trigger it.

One reason a person breathes faster than usual is to take in more oxygen. The body's oxygen level may be too low, or the carbon dioxide level may be too high. The body tries to correct this by breathing more quickly.

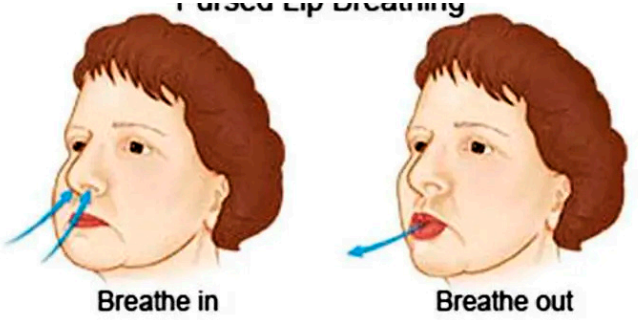
Certain illnesses affecting the lungs can reduce oxygen levels in the blood or raise the level of carbon dioxide, causing tachypnea.

These conditions include:

- Asthma
- Pneumonia
- Chronic obstructive pulmonary disease (COPD)
- Pneumothorax, which is a collapsed lung
- A pulmonary embolism, a blood clot or blockage in a lung's artery
- Pulmonary Fibrosis
- Cystic Fibrosis
- Lung Cancer
- Sleep Apnea

Postural Medicine

Pursed Lip Breathing



Purse-lip breathing is a technique that allows people to control their oxygenation and ventilation. The method requires a person to inhale through the nose and exhale through the mouth at a slow, controlled flow.

To Consume / Decoction

The person can drink warm water.

To watch the video for POEM protocol for Respiratory Rate >28, scan the QR code	

62 Severe Cold / Cough

Postural Medicine	Local Application / Panchkarma	To Consume
LLHWI	Jal neti / Nasya with anu oil	Kadha: Carom + Turmeric + Ginger + Jaggery + Clove + Black Pepper + Rock Salt

To deal with severe cough and cold do the following.

Postural Medicine

Lower Leg Hot Water Immersion (LLHWI)

Perform LLHWI for 30 minutes for effective relief in cold and cough. Repeat twice or thrice during the day as per need.

Local Application / Panchkarma

Nasal irrigation (Jal Neti) / Nasya



- 1 litre warm water
- 1 teaspoon of salt

How to do it:

- Fill a squeezy plastic sauce bottle and fill it with lukewarm water and add a quarter teaspoon of salt. (You could also reduce the

amount of salt if you feel uncomfortable, but a general measure would be one teaspoon of salt for one mug of water).

- Insert the spout into one nostril and slowly tilt your head sideways. Do not inhale as you are pouring the water through the nose. The water will flow around the septum and out through the other nostrils.
- Your nasal passage is getting cleansed. Pour half the water through one nostril, blow your nose vigorously, and clear your throat.
- Now insert the spout in the other nostril and repeat with the remaining half of the water.
- Though the water will mostly come out of your nostrils, some may also flow through your mouth, so make sure your mouth is wide open.

Nasya

Anu Oil will bring great relief.

To Consume / Decoction

- Turmeric
- Ginger
- Carom
- Black Pepper
- Jaggery
- Clove
- Rock Salt

1. Mix the above ingredients in 200 ml of water.
2. Boil and reduce to 50 ml.
3. Sip warm

To watch the video for POEM protocol for Severe Cold / Cough, scan the QR code

63 Severe Constipation

Postural Medicine	Local Application / Panchkarma	To Consume
Indian Squats Position	Enema / Virechan	Castor oil / Fresh Indian grossberry juice

Severe constipation refers to a condition characterized by infrequent and uncomfortable bowel movements. It typically involves the passage of small amounts of hard, dry stool, occurring less than three times a week. Making lifestyle adjustments, including regular exercise, can help alleviate this condition.

Postural Medicine

Indian Squat Position / Malasana



Indian Squat Position:

How do you sit in an Indian squat position?

The āsana is a squat with heels flat on the floor and hip-width apart (or slightly wider if necessary), toes pointing out on a diagonal. The torso is brought forward between the thighs, elbows are braced against the inside of the knees, and the hands press together in front of the chest in Añjali Mudrā.

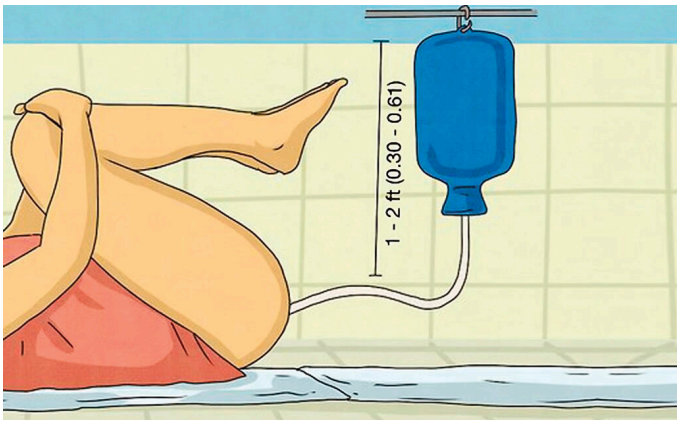
Malasana:



1. Squat with your feet as close together as possible. (Keep your heels on the floor if you can; otherwise, support them on a folded mat.)
2. Separate your thighs slightly wider than your torso. Exhaling, lean your torso forward and fit it snugly between your thighs.
3. Press your elbows against your inner knees, bringing your palms together in Anjali Mudra (Salutation Seal). Resist the knees against the elbows. This will help lengthen your front torso.
4. To go further, press your inner thighs against the sides of your torso. Reach your arms forward, then swing them out to the sides and notch your shins into your armpits. Press your fingertips to the floor, or reach around the outside of your ankles and clasp your back heels.
5. Hold the position for 30 seconds to 1 minute, then inhale, straighten the knees, and stand in Uttanasana.

Local Application / Panchkarma

Enema



Steps to give yourself an at-home enema

1. Stay hydrated. Drink 1 to 2 glasses of water before administering the enema
2. Prepare your space. Find a comfortable spot where you can lie down
3. Wash your hands
4. Lie down
5. Use a lubricant
6. Insert the enema
7. Hold the fluid in your rectum
8. Use the toilet

To Consume / Decoction

- Virechan
- Fresh Indian Gooseberry (Amla) Juice

Consume one teaspoon of castor oil with warm water or 50 to 100 ml of fresh Indian gooseberry (amla) juice.

To watch the video for POEM protocol for Severe Constipation, scan the QR code

64 Sleep Disorder

Postural Medicine	Local Application / Panchkarma	To Consume
HUT / LLHWI	Sole massage Sarso oil / Lavender oil massage behind ear / Nasya with Panchgavya ghrit	Cumin Steam / Decoction: Unripe banana

When experiencing sleepless nights and relying on medication, it indicates a sleep disorder. Here are various methods to address such situations, and you can apply whichever is available.

Postural Medicine

Head Up Tilt (HUT) / Lower Limb Hot Water Immersion

1. **Head Up Tilt (HUT) @ 10°:**



- Head-up tilt therapy involves positioning the patient's head on the upper side and legs on the lower side. You can achieve this by placing bricks under the bed to create the desired elevation of 10°. For optimal results, this therapy should be performed for extended periods, ideally overnight.

2. **Lower Limb Hot Water Immersion:** For Lower Limb Hot Water Immersion therapy, you'll need a tub, a thermostat panel, and a geyser. The lower body should be immersed in water up to the waist level, maintaining a temperature of 40°C.

This therapy can be performed for 1 to 2 hours, depending on the medical condition.

Local Application / Panchkarma

Sole massage / massage behind ear / Nasya

1. Massage lavender oil behind the ears
2. Massage the feet soles with mustard oil
3. Nasya with clarified butter or Panchgavya Ghrit

To Consume / Decoction

- Banana Decoction
- Fumes inhalation

Here's how to prepare a decoction using small, unripe bananas:

Ingredients:

- Small unripe bananas

Preparation:

- Cut the small unripe bananas into pieces.
- Add the banana pieces to 200 ml of boiling water.
- Boil the mixture until the water reduces to 50 ml.

Strain and Serve:

- Once the decoction is ready, strain it to remove any solid pieces.
- Consume the decoction while it's still warm for best results.

Cumin seeds' fumes Inhalation:

- Roast cumin seeds on a tawa and inhale the fumes.

To watch the video for POEM protocol for Sleep Disorder, scan the QR code

65 Stiffness

Postural Medicine	Local Application / Panchkarma	To Consume
LLCWI	Nasya with Anu Oil	Decoction: Night Jasmine Leaves

Here are the effective ways to deal with stiffness.

Postural Medicine

Lower Leg Contrast Water Immersion (LLCWI)

Lower Leg Contrast Water Immersion (LLCWI) for 30 minutes on the affected area shall bring relief.

Local Application / Panchkarma

Nasyam with Anu Oil

Nasya

Here's how to perform nasal administration with Anu Taila:

1. **Anu Oil Preparation:**
   - Ensure the Anu oil is at room temperature.
   - Shake the bottle well before use.
2. **Application:**
   - Lie down comfortably or sit with the head tilted slightly backward.
   - Instill 2-3 drops of Anu oil into each nostril using a dropper.
   - Ensure the drops reach the sinus area by tilting the head slightly backward and to the treated side.

To Consume / Decoction

- Night Jasmine leaves
- Take night Jasmine leaves – 2.5-3 gms.
- Boil the leaves in 200 ml water,
- Reduce to 50 ml.
- Consume warm

To watch the video for POEM protocol for Stiffness, scan the QR code

66 Temperature <95° F

Postural Medicine	To Consume
LLHWI at 45°C	Decoction: Night Jasmine leaves

Taking immediate recovery steps is essential when the body temperature drops below 95° F. Here's what you can do:

Postural Medicine

Lower Leg Hot Water Immersion (LLHWI) @ 45° C

Lower Leg Hot Water Immersion (LLHWI)@ 45°C for 30 minutes will raise the temp. of the body effectively bringing relief..

To Consume / Decoction

- Night Jasmine Leaves

Ingredients

- Night Jasmine leaves – 2.5-3 gms
- Boil the leaves in 200 ml water
- Reduce to 50 ml
- Consume warm

To watch the video for POEM protocol for Temperature <95° F, scan the QR code

67 Varicose Veins

Postural Medicine	To Consume
LLCWI	Decoction: Bael Leaves

Here are some effective ways to deal with varicose veins.

Postural Medicine

Lower Leg Contrast Water Immersion (LLCWI)

Lower Leg Contrast Water Immersion for 30 minutes, always starting and ending with hot water will bring relief in pain and stiffness in the blood vessels.

To Consume / Decoction

Ingredients:

- Aegel Marmelos (Bael leaves) – 4-5 gms
- Boil the leaves in 200 ml water
- Reduce to 50 ml
- Consume warm

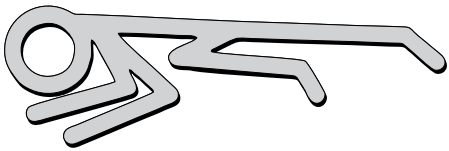
To watch the video for POEM protocol for Varicose Veins, scan the QR code

68 Vomiting

Postural Medicine	Local Application / Panchkarma	To Consume
Recovery Position	Cold wet bandage on stomach	Decoction: Clove + Cinnamon / Bark of Bael tree

Postural Medicine

Recovery Position



Local Application / Panchkarma

Cold pack

Apply cold wet bandage on the abdomen for 5-10 minutes.

To Consume / Decoction

- Clove
- Cinnamon
- Bark of aegle marmelos (Indian Bael)

Prepare decoction of any one of the above mentioned decoction and let the patient sip it slowly while still warm

To watch the video for POEM protocol for Vomiting, scan the QR code

When the matter is of life & death...



...make your own pocket life saving kit.

Section-III

Syllabus of 4½ years degree program (BNYS)

Bachelor in Naturopathy & Yogic Sciences (BNYS)

SEMESTER–1

Papers Code	Papers Name	Internal	External	Practical	Total
BNYS101	Human Physiology **PAPER - I**	40	60	100	100
BNYS102	Human Pathology **PAPER - I**	40	60	100	100
BNYS103	Principals of Naturecare **PAPER - I**	40	60	100	100
BNYS104	Phylosophy of Ashtang Yoga **PAPER - I**	40	60	100	100
BNYS105	Human Anatomy **PAPER - II**	40	60	100	100
Supplementary Module					
SM- 01	Food as Medicine (Based on DIP Diet)	30	-	20	50

BNYS 105 Human Anatomy Paper-I

Theory (90 Hrs)

Unit-1: Introduction of Bones of the Human Body of

Unit-2: Upper Limb: clavicle, scapula, humorous, radius, ulna, carpals, metacarpus & phalanges

Unit-3: Lower Limb: hipbone, femur, tibia, fibula, tarsus, metatarsus & phalanges

Unit-4: Skull: name the bone of skull and sutures between them

Unit-5: Thorax: ribs and their articulations • Vertebral Column: Cervical, thoracic, lumbar, sacral and coccyx vertebrae

Unit-6: Nine regions of the abdomen

BNYS 105	Human Anatomy	Paper-I

Practical

Labeled Diagrams of different organs and bones Viva

Reference books: Human anatomy part 1, 2, 3, 4 by B.D. Chaursiya

BNYS 101	Human Physiology	Paper-I

Theory (90 Hrs)

Unit-1: Brief Description of various organs systems

Unit-2: Cell : • Definition • Structure and functions the cytoplasm Organelles • Reproduction - Meiosis, Mitosis

Unit-3: The important physic-chemical laws applied to physiology

Unit-4: Diffusion • Osmosis • Bonding • Filtration

Unit-5: Dialysis • Surface Tension Adsorption • Colloid

Unit-6: Fundamentals of different Organ Systems in brief • Cardiovascular System • Respiratory System

BNYS 101	Human Physiology	Paper-I

Practical

Viva and diagrams of different Vital Organs

Reference books: Textbook of medical physiology by Guyton & Hall

BNYS 102	Human Pathology	Paper-I

Theory (90 Hrs)

Unit-1: Introduction of pathology • The Cell in health and disease. Cellular structure and metabolism • Inflammation – Acute and Chronic

Unit-2: Derangement of Body Fluids and Electrolytes. • Types of shocks • Ischemia • Infection • Neoplasm – Etiology and Pathogenesis

Unit-3: Introduction of hematology

a. formation of Blood erythropoiesis Leucopoiesis thrombopoiesis

Collection of Blood Anticoagulants Red cell count – hemocytometer, Methods and Calculation

Unit-4: WBC Count -- Methods i. Differential Leucocytes Count (DLC)-- Morphology of White Cells, Normal Values Rananocostry Stains • Staining procedures Counting Methods, Principle of staining

Unit-5: Hb estimation – Method Colorimetric Method Chemical Method Geometric Method S.G. Method Clinical Importance

BNYS 102	Human Pathology	Paper - I

Practical

Urine, Stool, Semen and C.S.F. – Collection, Handling, Examinations

(a) Absolute Eosinophil Count, PCV, RBC indices, ESR Estimation, Platelet Count

- Collection of Sample
- Hb estimation
- TLC and DLC
- RBC Count
- Peripheral blood film – staining and study of Malarial Parasite

II. Laboratory management – Sample Collection, Labeling, Transport,

Screening, Reporting and Dispatch of Reports.

Reference books:

Textbook of pathology by HARSH MOHAN

BNYS 104 Philosophy of Ashtang Yoga Paper-I

Theory (90 Hrs)

Unit-1: General Introduction to Yoga • What is Yoga?

Unit-2: Components of Yoga • The Six Purification process

Unit-3: Yoga Philosophy • Preksha Mediation

Unit-4: Yoga & Health

Unit-5: Theraputipic Basis of Yoga

BNYS 104 Philosophy of Ashtang Yoga Paper-I

Practicals

1. Practice of the Asanas, Pranayama, and Shat-kriyas

2. Visit to the yoga Ward in Hospital

Reference Books:

1. Yoga for Health – by Avadhutika Anandamitra
2. Yoga Therapy – by Dr. V. K. Ahluvalia & K.K. Suman
3. Yogasana & Sadhana – by Dr. Satyapal Grover
4. Preksha Yoga – by Dr. J.P.N. Mishra
5. Gherend Sanhita – by Aacharya Sri Niwas Sharma

BNYS 103	Principals of Nature Cure	Paper-I

Theory (90 Hrs)

Unit-1: Principles of Nature Care

Unit-2: History & Fundamental Principle of Naturopathy

Unit-3: Curative Power of Earth • Composition of Human body according to Ayurveda, Naturopathy, Yoga

Unit-4: Laws of Nature – Pancha Maha Bhutas, Shareera Dharmas – Ahara. Nidra, Bhaya, Maithunani • Definition of Prakarti and its types

Unit-5: Importance of the physical and mental hygiene

Unit-6: Introduction to Hydrotherapy – Properties and various forms in which water is used for therapy, Effect of different temperature on body and Treatments – Hip bath, Arm bath, Spinal bath, Steam bath, Foot bath, Immersion bath,

BNYS 103	Principals of Nature Cure	Paper-I

Practicals

Identification of Naturopathic equipment, diets

Reference books:

- Philosophy of Nature Cure – by Henry Lindlahr
- Human culture & cure – by Dr. E.D. Babbit
- Nature Cure Treatment – by I.N.Y.S. Publications, Bangalore
- Nature Cure BY DR. H. K. BAKHARU

Supplementary Module-101

Food as Medicine (DIP Diet)

- Diagnosis of Lifestyle illness
- Food –Medicine interaction
- Mechanism of Food in Body
- When the Food is Medicine
- Timeline of Recovery of common illness
- Food Calculation for overall nutrition
- Plants V/S Animal Food

Reference books:

1. Last Days of Diabetes – by Dr Biswaroop Roy Chowdhury
2. One Question that can Save your Life – by Dr Biswaroop Roy Chowdhury

Bachelor in Naturopathy & Yogic Sciences (BNYS)

SEMESTER–2

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Practical	Total
BNYS201	Human Anatomy **PAPER - II**	40	60	100	100
BNYS202	Human Physiology **PAPER - II**	40	60	100	100
BNYS203	Human Pathology **PAPER - II**	40	60	100	100
BNYS204	Principals Of Naturecare \ **PAPER - II**	40	60	100	100
BNYS205	Phylosophy Of Ashtang Yoga **PAPER - II**	40	60	100	100
SUPPLEMENTARY MODULE					
SM201	N.I.C.E (Network of Influenza Care Expert) Protocol / 3 Step Flu Diet	30	-	20	50

BNYS 201 Human Anatomy Paper-II

Theory (90 Hrs)

Unit-1: Brief description OF Anatomical position of the heart

- Pericardium of the heart
- Chambers of the heart
- Great vessels of the he

Unit-2: (Brief description)

- Tongue
- Teeth
- Oral cavity
- Pharynx
- Esophagus
- Stomach
- Small intestine
- Large intestine and its colons

Unit-3: Joints–Shoulder, Hip, Knee, Movements and muscle groups producing movements and other joints

Unit-4: Respiratory System- Introduction to Respiratory system, Larynx, Thoracic cage and diaphragm, Lung & Pleura, Trachea & Bronco pulmonary segments, Mediastinum

Unit-5: Circulatory System- Types of blood vessels, Heart & Pericardium, Coronary Circulation, over view of Mediastinum, Blood vessels of Thorax.

Unit-6: Excretory System- Urinary Blader, Ureter, Kidney

BNYS 201	Human Anatomy	Paper-II

Practical

Viva and diagrams of different Vital Organs

Reference books: Textbook of medical physiology by GUYTON & HALL

BNYS 202	Human Physiology	Paper-II (90 Hrs)

Theory

Unit-1: Fundamentals of different Organ Systems in brief • Cardiovascular System • Respiratory System

Unit-2: Fundamentals of different Organ Systems in brief Digestive System • Excretory System

Unit-3: Fundamentals of different Organ Systems in brief Reproduction System • Endocrine System

Unit-4: Fundamentals of different Organ Systems in brief Lymphatic System

BNYS 202	Human Physiology	Paper-II

Practical

Viva and diagrams of different Vital Organs

Reference books: Textbook of medical physiology by GUYTON & HALL

BNYS 203	Human Pathology	Paper-II

Theory (90 Hrs)

Unit-1: Hematology: • ESR • Methods • Factors – Affecting ESR • Normal Values • Importance • RBC – Indices S WBC • Platelets

Unit-2: Body Fluids (a) Urine • Method of Collection • Normal Constituents • Physical Examination • Chemical Examination

Unit-3: Stool Examination • Method of Collection • Normal Constituents and appearance • Abnormal Constituents (Ova, Cyst)

Unit-4: C.S.F. Examination • Physical Examination • Chemical Examination • Microscopy • Cell 1 Count Staining

Unit-5: Semen Analysis • Collection • Examination • Special Tests

BNYS 203	Human Pathology	Paper-II

Practical

Urine, Stool, Semen and C.S.F. – Collection, Handling, Examinations

(a) Absolute eosinophil Count, PCV, RBC indices, ESR Estimation, Platelet Count

- Collection of Sample
- Hb estimation
- TLC and DLC
- RBC Count
- Peripheral blood film – staining and study of Malaria Parasite

II. Laboratory management – Sample Collection, Labeling, Transport, Screening, Reporting and Dispatch of Reports.

Reference books: Textbook of pathology by HARSH MOHAN

BNYS 204	Principles of Nature Cure	Paper-II (90 Hrs)

Theory

Unit-1: Introduction to Mud therapy – Collection to composition of mud, Preparation of pack, Types of application and Effects of MUD on the body

Unit-2: Magnets Therapy, Introduction to Manipulative therapy

Unit-3: Fasting therapy, Old age problems and their management

Unit-4: Introduction to Nutrition 15.Natural diet – Raw diet and its benefits, Sprouts and its benefits, Advantage and disadvantages of cooked and uncooked food and diet for different disease and ages

Unit-5: Natural contraceptive methods

BNYS 204	Principales of Nature Cure	Paper-II

Practicals

Identification of Naturopathic equipment, diets

Reference books:

- Philosophy of Nature Cure – by Henry Lindlahr

- Human culture & cure – by Dr. E.D. Babbit
- Nature Cure Treatment – by I.N.Y.S. Publications, Bangalore
- Nature Cure BY DR. H. K. BAKHARU

BNYS 205 Philosophy of Astang Yoga Paper-II (90 Hrs)

Theory

Unit-1: Therapeutic Basis of Yoga

Unit-2: Nutrients & Yogic Diet, Four internal Dhoutis, Bahiskrita Dhouti, Danta Dhouti, Danta Mula Dhouti, Jihva shodhana Dhouti, hrid Dhouti, Vastra Dhouti, Vamana Dhouti

Unit-3: Neti Yog & Trataka, Kaphalabhati- Vamakrama, VyutKrama Sitkarma

Unit-4: Asanas as prescribed in the original text. Mudras and its benefits as prescribed in the original text.

Unit-5: Dhyana Yoga, Smadhi Yoga

BNYS 205 Philosophy of Astang Yoga Paper-II

Practicals

1. Practice of the Asanas, Pranayama, and Shat-kriyas

2. Visit to the yoga Ward in Hospital

Reference Books:

1. Yoga for Health – by Avadhutika Anandamitra
2. Yoga Therapy – by Dr. V. K. Ahluvalia & K.K. Suman
3. Yogasana & Sadhana – by Dr. Satyapal Grover
4. Preksha Yoga – by Dr. J.P.N. Mishra
5. Gherend Sanhita – by Aacharya Sri Niwas Sharma

Supplementary Module-02

N.I.C.E (Network of Influenza Care Expert) Protocol / 3 Step Flu Diet

1. Science, Commerce & Art of Disease X/ Infectious diseases
2. Diagnosis of Disease X/ Infectious Diseases
3. Treatment of Disease X/ Infectious Diseases
4. Truth of Vaccination & prevention of Disease X/ Infectious Diseases
5. Lesson from the past (Vaccine & Virus)
6. Solving the mystery of microbe-human relationship.
7. Disease X and its connection with H1N1.
8. How they create a Pandemic & how you can end a Pandemic.

Reference Books:

1. Naked Truth of Covid Test- By Dr Biswaroop Roy Chowdhury
2. COVID -19 – NICE Way to Cure Covid 19 – By Dr Biswaroop Roy Chowdhury
3. HIV-Greatest Lie of the 21st Century- By Dr Biswaroop Roy Chowdhury
4. Monkey Pox- Plandemic II Launched- By Dr Biswaroop Roy Chowdhury

Bachelor in Naturopathy & Yogic Sciences (BNYS)

SEMESTER–3

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Practical	Total
BNYS301	Preventive And Social Science Paper - I	40	60	100	100
BNYS302	Hydro And Mud Therapy Paper - I	40	60	100	100
BNYS303	Fasting And Nutrition - I	40	60	100	100
BNYS304	Principals Of Yogic Culture Paper - I	40	60	100	100
BNYS305	Magnto And Chroma Therapy Paper - I	40	60	100	100
BNYS306	Exercise Therapy Paper - I				
SUPPLEMENTARY MODULE					
SM 303	Zero Volt Therapy	30	-	20	50

BNYS 301 Preventive And Social Science Paper-I (90 Hrs)

Unit-1:

- Ancient Medicine, Scientific Medicine, Modern Medicine, Medical Evolution
- Concepts in Community Health, Concepts of Development, Concepts of Disease, Concepts of Prevention, Disease control & Eradication, Public Health, Social Medicine, Community medicine, Health Services, Planning and management, Development of Health services

Unit-2:

- Genetics
- Screening of Diseases, criteria for screening, sensitivity and specificity and specificity
- Epidemiology of communicable Diseases

Unit-3:

- Respiratory infection – small Pox, Varicella, Measles, Rubella, Mumps, influenza, Diphtheria, pertussis, tuberculosis
- Intestinal infections – Polio, viral hepatitis, cholera, acute diarrhoea Diseases, Typhoid, Food poisoning,
- Yellow fever, Japanese Encephalitis, Malaria, Filarial
- Rabies, Trachoma, Tetanus, Leprosy, STD, AIDS

Unit-4:

- Epidemiology of non-communicable diseases
- Hypertension, Cancer, Cardio-vascular Diseases, Diabetes, Obesity, Blindness, Rheumatic heart diseases and Accidents
- Demography & family planning –
- Demographic cycle, Population trends, Fertility related statistics, Health aspects of Family Planning, Contraceptive Methods and delivery system, National family welfare

BNYS 301 **Practical (3 Hrs week)**

- Insecticides
- Universe immunization programme
- Communicable diseases
- Insect borne diseases
- Microscope slides
- Environment and sanitation
- Field visits
- Water filtration plant

Text Books:

- Text Book of Preventive and Social Medicine – By J.E. Park & K. Park

- Text Book of Preventive and Social Medicine – By B.K. Mahajan & M.C. Gupta.

BNYS 302	Hydro and Mud Therapy	Paper-I (90 Hrs)

Unit-1:

- Introduction and history of Hydrotherapy
- Physical properties and chemical composition of water
- Importance of water to human body
- Effect of the application of hot and cold over reflex areas, Action and reaction, incomplete reaction, Condition thermic reaction, modified thermic reaction
- Hydrotherapy in preservation and promotion of health

Unit-2:

- Hydrotherapy in emergency conditions
- Function of magnesium sulphate – use in Hydrotherapy
- General Principles of Hydrotherapy
- Therapeutic significance of reaction
- Adaptation of individual cases
- Exaggeration of symptoms under treatment the untoward effects and how to avoid them

Unit-3:

Therapeutic action and use of Hydrotherapy

- Classification of Hydra tic effect, General Principle's excitation and Depression
- Primary excitation effects – when to apply and when not a apply
- Local Haemostasis effects
- Cardiac effects – Hydrate heart tonics
- Vitrine excitations, Emanogic effects

Unit-4:

- Vesicle excitation
- Intestinal excitation, peristaltic effects

- Secondary excitant effects
- Restorative effects
- Tonic effects of cold water, Physiological effects of cold water, cold water vs medical tonic, application in the following

Unit-5:

- Anaemia, Neurasthenia, Hypochondria, Cerebral congestion, Rheumatism, Diabetes mellitus ovular heart diseases
- Calorific and Diaphoretic effects of Hydrotherapy
- Importance of attention to the skin in chronic diseases – alternative & Qualitative effect – Hot baths in Brigit's diseases, Sweating baths in dropsy and obesity, Depurative or eliminative effects, Toxaemia in Rheumatism
- Expectorant effects of Hydrotherapy
- Diuretic effects Hydrotherapy – Bright's diseases Uraemia – Eclampsia, atonic Dyspepsia, Hyper acidity
- **The techniques of Hydrotherapy :-** Cold hip bath – Kelog's & Kunhe's sits bath, Shallow bath for males, females hand and arm bath , Graduated bath foot bath, hot and cold alternative Natural Bath, Leg bath, Non revulsive bath, Immersion bath, cold plunge bath, Whirl pool bath, Aeration bath, Vichy spray massage, Rapid bath, Brand bath, fever bath, river bathing, sea bathing

Unit-6:

- Various baths and air baths, Russian bath, Turkish bath, steam bath , local steam bath, steam inhalation , Hot air bath, local hot air bath, super-hot air bath, cold air bath, indoor and out-door baths
- Douches and their uses

BNYS 302 **Practicals (3 Hrs per week)**

- Demonstration of various therapeutic Procedure and treatment in Hydrotherapy during

- Clinical classes at the hospital, at the end of final B.Y.N.S. Course candidate should be in a Position to give treatments independently

Reference Books:

- Hand Book of Hydrotherapy – By show, Joel
- Hydrotherapy in Practice – By Davis, B.C. & Harrison, R.A
- Baths – By S.J.Singh
- Rational Hydrotherapy – By Dr. J.H. Kellogg

BNYS 303	Fasting and Nutrition	Paper I (90 Hrs)

Unit-1:

Introduction

- Theory of fasting in animals.
- Fasting of Ancient India.
- History of fasting in India and foreign country
- Science and Fasting.

The Philosophy of Fasting:

- The philosophy of sane fasting and philosophy of Therapeutic Fasting
- Life its existence in connection with health and diseases.
- Theory and physiological fact of fasting-
- Objections commonly raised in fasting therapy.
- Pros and cons of fasting.

Unit-2:

Physiology of fasting and starvation

- General Physiology
- Effect on metabolism of carbohydrates, fats and proteins during fasting
- Difference between fasting and starvation
- Difference between hunger and appetite

Rules & Regulations of Sane Fasting and Therapeutic fasting

Unit-3:

Introduction of Nutrition

- The nutritional basis of life
- History of Nutrition
- Life in connection with food.
- Food, Nutrition & Health introduction
- Composition of body in relation to nutrition.
- Components of the food and their classification Carbohydrates, Proteins, Lipids, Vitamins, Minerals and trace elements and water and Electrolytes
- Metabolism and energy needs of the body
- Energy balance and the regulation of the body weight

Unit-4:

Food Groups

- Cereals, Millet's and coarse grains, Pulses, Green leafy vegetables, Other vegetables, Roots
- Tubers, Fruits , Milk and Milk product, Sugar and Jiggery, Honey, Fats and oils, Spices
- Condiments, nuts and oils seeds and Fats and oils
- Nutritive value of food ingredients commonly used in India

Unit-5:

- Concept of health in naturopathy.
- Dietetic principles in naturopathy.
- Concept of wholesome diet.
- Medicinal value of foods.
- Natural Qualities / Properties / Character of food in naturopathy / Ayurveda/
- Modern nutrition.

Unit-6:

- Natural food & health.
- Importance of green vegetable, other vegetables, fruits & the ingredients.

- Chemical composition of different raw juices & their effects & uses.
- Wheat grass, beetroot cabbage, carrot, cucumber, lettuce, garlic, onion, tomato, pomegranate, grapes, apple, bittergourd, ashgourd, pumpkins etc.
- Sprouts their nutritive values & methods of sprouting
- Food values in raw states, Germination form & cooked form
- Comparison with raw & cooked food.
- Food combination & health.
- Health & herbs.
- Naturopathic hospital dietetics & their classification.
- Disease management with diet.
- Diabetes, Renal diseases, Anaemia, PEM, Peptic ulcer, Constipation, Malabsorption, Syndrome, Liver diseases like jaundice fatty liver etc. high B.P low B.P, Atherosclerosis, gallbladder disease, cancer, tuberculosis, and arthritis.

BNYS 303 **Practicals (3 Hrs per week)**

- Visit to the nutrition department of the hospital.
- Canteen duties at nature cure hospital.
- Knowledge of satvic food preparation at nature cure hospital.
- Visit to dietetics department of the hospital

Reference Books:

1. A complete guide of vitamins- Edited by J.I. Rodac & staff
2. The complete Book of food & nutrition by J. RODALA
3. Indian journal of nutrition & dietetics
4. Nutrition survey of India.
5. Clinical diabetes and nutrition by F.P Antia
6. Normal and therapeutic nutrition by Connane H. Robinson.
7. Nutrition diabetes by suohangine
8. Medical science of your food by aman

BNYS 304	Principals Yogic Culture	Paper-I (90 Hrs)

Unit-1: Principles of YOGIC CULTURE

Unit-2: History & Fundamental Principle of YOGIC CULTURE

Unit-3: Rules and Regulations for the practice of Yoga techniques

- Difference between Yogic and non-yogic physical practices
- Physiological effects of various asanas on different system of the body such as Skeletal, Respiratory, Muscular, Cardio-vascular, etc (in general)

Unit-4: Research on physiological aspects of yogasanas, Pranayama, Meditation, Concentration, Relaxation techniques, Kriyas, etc.

Unit-5:

- Surya namaskar and its importance in health and diseased conditions
- Mudras & Bandhas – their neuro muscular & glandular effects on the body.

Unit-6: THEORY OF PRANAYAMAS: Types of Prana & their function.

- **NADI:** Ida, Pingala, Sushumna, and upanadis, Preparatory Breathing Exercises Anuloma – Viloma and Nadi Shudhi
- **Types of Pranayamas:** Suryabheda, Ujjayi, Sheetkari, Sitali, Bhastrika, Bhramari, Moorcha and plavani theory and practice.
- Physiological & Psychological effects of Pranayamas
- Physiological and spiritual importance of shatkriya practice
- Physiological effects of shanka Prakshalana
- Importance of Pratyaharas • Techniques of Dharana.

BNYS 304	Practical (3 Hrs per week)

- Practice of Surya Namaskar
- Practice of Mudra & Bandhas

Reference Books:

- An autobiography of Yogi – by Paramahamsa Yogananda
- Yoga as Philosophy & Religion – by S.N. Dasgupta
- New perspectives in stress management
- Light on Pranayama by B.K.S, Iyengar

BNYS 305	Magneto and Chroma Therapy	Paper-I (90 Hrs)

Unit-1: History of chrome therapy..

Unit-2: Physiological chemical properties of sunlight

Unit-3: Effects of sunlight on vegetable & micro-organisms.

Unit-4: Sun Bath:-

1. Dr. Reiki methods of sun bath
2. Dr. Kuchen's methods of sun bath
3. Sun bath through of wet pack
4. Sun bath of children & aged persons
5. Sun bath with leaves
6. Oil Sun bath

Unit-5:

Practice of exercise in sunlight.

Unit-6:

- Chromo diagnosis & Chromo hygiene.
- Chromo philosophy
- Refraction
- Reflection
- Absorption

Unit-7:

The source of light- The sun forming resources- The solar atmosphere- Sun power- color effects- influence of sunlight on skin, muscles, digestiveorgans and bones.

Unit-8:

Chromo therapy prescriptions for different diseases:-

1. Headache
2. Ailments of the eyes
3. Ailments of the ears
4. Ailments of the mouth & throat
5. Ailments of the abdomen
6. Nasal ailments
7. Constipation & piles
8. Problems of sex organs in men
9. Backache
10. Severe pain in the knee
11. Pimples
12. Acne
13. Eczema
14. Baldness
15. Paralysis
16. Epilepsy
17. Rheumatism
18. Bed wetting at night
19. Leucorrhoea
20. Miscarriage
21. No menstruation
22. High fever
23. Pneumonia
24. Hypertension & hypo tension
25. Diabetes
26. Heart attack

BNYS 305 **Practicals (4 Hrs per week)**

- Case studies 50 with records.
- Visit to chromo therapy ward in the hospital.
- Clinical classes and Demonstration in the Nature cure Hospital
- Case studies 50 with Record, Demonstration of Equipments.

Reference Book:

- The principles of light and color Dr. E.D. Babbit
- Colour therapy by R.S.Amber
- The healing powers of chromo therapy by Hari om gupta
- Science of Facial Expression – By Louis Kuhne
- The New science healing – By Louis kuhne
- The Science and Practice of Iridology- By Bemard Jensen

- Iris diagnosis and Other Diagnostic Methods- By Henry Lindlahr

BNYS 306	Exercise Therapy	Paper-I (90 Hrs)

Unit-1: Introduction of Exercise Therapy Starting Positions-Fundamental Starting Positions, Derived Positions, Muscle work for all the fundamental starting positions.

- Manual Muscle Testing
- Goniometry

Unit-2: Classification of movements on details-Voluntary Movements, Involuntary Movements, Active & Passive movements

Unit-3: Techniques of relaxation, Principles of obtaining relaxation in various positions Types, factor responsible for good posture, factor responsible for poor development of good posture Crutch Gait- Introduction, Crutch Measurement, Various types of Crutch gait (in Delhi)

Unit-4: Principles & Techniques of re-education, walking aids Analysis of normal Gait with muscles work, various Pathological gaits

BNYS 306	Practical (3 Hrs Per Week)

- Demonstration of all elector therapy instruments
- Practice of exercise with minimum 100 of case with record

Text Books:

- Massage Books – By George Downing
- Massage – By Constant Young
- Massage Therapy – By Dr. J.H. Koloa
- The complete book of Massage – By Clare Maxwell Hudson
- Panchakarma Treatment of Ayurveda – By T.L. Devaraj Brain Massage, Revitalize mind body – By Howell, Kelly.

Supplementary Module – 03

Zero Volt Therapy

1. What is Electromagnetic Force/ EMF
2. EMF & Human Health
3. Direct Correlation between EMF & Lifestyle Disease
4. What is Earthing
5. Evidence of reversal of lifestyle diseases through Earthing
6. How to construct an 'Earthing Tool at Home'
7. Step by Step Earthing methods for various lifestyle diseases.
8. DIY (do it yourself)" Earthing Tool Kit

Reference Books:

1. Cure@Zero Volt – By Dr Biswaroop Roy Chowdhury

Bachelor in Naturopathy & Yogic Sciences (BNYS)

SEMESTER–4

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Total
BNYS401	PREVENTIVE AND SOCIAL SCIENCE PAPER - I	40	60	100
BNYS402	HYDRO AND MUD THERAPY PAPER - I	40	60	100
BNYS403	FASTING AND NUTRITION - I	40	60	100
BNYS404	PRINCIPALS OF YOGIC CULTURE PAPER - I	40	60	100
BNYS405	MAGNTO AND CHROMA THERAPY PAPER - I	40	60	100
BNYS406	EXERCISE THERAPY PART -I			
SUPPLEMENTARY MODULE				
SM-04	VASO STIMULATION THERAPY	30 + 20	-	50

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Total
BNYS401	PREVENTIVE AND SOCIAL SCIENCE PAPER - II	40	60	100
BNYS402	HYDRO AND MUD THERAPY PAPER - II	40	60	100
BNYS403	FASTING AND NUTRITION - II	40	60	100
BNYS404	PRINCIPALS OF YOGIC CULTURE PAPER - II	40	60	100
BNYS405	MAGNTO AND CHROMA THERAPY PAPER - II	40	60	100
BNYS406	EXERCISE THERAPY PART - II	40	60	100
	TOTAL MARKS			600

BNYS 401 (90 Hrs) PREVENTIVE AND SOCIAL SCIENCE Paper-II

Unit-1: Preventive Medicine in obstetrics, Pediatrics & Geriatrics – Antenatal, Postnatal care, Low birth weight, infant feeding, growth and development, growth chart, national health services, behavioral Problems, geriatrics.

Unit-2:

- Environment & Health - & occupational health
- Purification of water & water Quality Standards, Air, Ventilation, Lighting, Noise, Radiation, Air temperature & Humidity, Housing, Solid wastes disposal & control, excreta disposal, Water carriage system, sewage treatment,
- Entomology - Mosquito, housefly, lice, ichite , Cyclopes, Rat Flea, Rodents, Insecticides hazards, diseases,

Unit-3: Basic medical statistics censes, vital events, legislation, SRS, notification of diseases, measures of dispersion & centering, sampling. Tests of significance, Correlation & Regression.

Unit-4:

- Health education and communication.
- Health planning – management – international health organization planning cycle. Management methods & techniques, National health policy. Health planning in India, five year plan, health systems in India – at centre, state and district levels, Panchayat Raj. Rural development schemes.
- Health care of community – health systems and national health programmes. Levels of health care. Health for all primary health service and system, Voluntary health agencies, national health programmes.

BNYS 401	Practical (3 Hrs per week)

- Insecticides
- Universe immunization programme
- Communicable diseases
- Insect borne diseases
- Microscope slides
- Environment and sanitation
- Field visits
- Water filtration plant

Text Books:

- Text Book of Preventive and Social Medicine – By J.E. Park & K. Park
- Text Book of Preventive and Social Medicine – By B.K. Mahajan & M.C. Gupta

BNYS 402	Hydro and Mud Therapy	Paper-II (90 Hrs)

Unit-1:

- **Fermentation, compresses and packs:**- The hot water bag, the siphon hot water bag, the thermopore, the mustar fermentation, clay and glycerine poullice , charcoal poullice cotton poullice.
- The wet sheet pack, cooling pack, cold shower pack, sweating pack, dry pack, "half pack, hot blanket pack, evaporating pack, very cold compress, proximal compress, neutral compress, alternate compress, revulsive compress of ten days for injuries and eruptions, alternative ten applications to be head and spine, local packs, wet girdle pack, dry abdominal bandage

Unit-2:

1. Abdominal heating compress, Head pack, Spinal pack.
2. Hot and cold heart compress, Hot and cold lung compress
3. Hot and cold gastro hepatic compress
4. Hot and cold renal compress
5. Hot and cold intestinal compress

6. Hot and cold pelvic compress, Hot and cold abdominal pack
7. Hot and cold spinal pack h. Hot and cold heart pancreatic pack

Unit-3:

SPECIAL FORMS OF COMPRESS: Cephalic compress, chest pack, triangular chest pack, Half chest compress, joint compress, Pelvic pack, Foot pack, cold spinal compress, Towel chest pack.

Pericardial or cardiac compress, Hip pack, Leg pack, Perineal compress prone packs, Lumbar compress.

Unit-4:

Enema : Hot, Warm, Cold, graduated enema

- Procedures that increase oxidation
- Measures that encourage general and local metabolic activity
- Procedures that increase general blood movement and local blood supply
- Measures that increase heat production
- Measures that increase the elimination of heat
- Measures that combat bacterial development in blood
- Measures that increases/ lessen heat elimination
- Hydriatic in-compatibility
- Adaption of hydriatic prescription of individual diseases
- Hydrotherapy as a means of rehabilitation and health promotion measures
- Emergency treatment in Hydrotherapy.

Unit-5:

Internal use of water:

1. Irrigations and enema (Colon flushing)
2. Cold water drinking, Hot water drinking
3. Water emetic, irrigation of ear, Nasal irrigation, Vaginal irrigation, intra-uterine irrigation, rectal irrigation

Unit-6:

- Mud Therapy
- Introduction of Mud Therapy

- Classification of mud for therapeutic use Precautions for storing mud
- Methods of treatment of mud-applications, packing, hot poulities, effect of body
- Natural mud bath, full and partial mud packs, mud plaster, thermal bat dry pack and sand pack and sand baths
- Cosmetic uses of mud

BNYS 402 Practicals (3 Hrs per week)

- Demonstration of various therapeutic Procedure and treatment in Hydrotherapy during clinical classes at the hospital, At the end of final B.Y.N.S. Course candidate should be in a position to give treatments independently

Reference Books:

- Hand Book of Hydrotherapy – By show, Joel
- Hydrotherapy in Practice – By Davis, B.C. & Harrison, R.A
- Baths – By S.J.Singh
- Rational Hydrotherapy – By Dr. J.H. Kellogg

BNYS 403 Fasting and Nutrition Paper-II (90 Hrs)

Unit-1:

- Hygienic Auxiliaries of Fasting
- Air and Breathing, Enema, Bathing, Clothing, Water Drinking, Exercise, Fasting and
- Menial influence.
- Study of Patients during and after Fasting
- Crises during fasting and their management.
- Physiological effects of fasting.
- Study of the tongue, the breath, the temperature and pulse etc
- The loss and the gain of weight.
- How and when to break the fast
- Diet after the fast.
- Indication and contraindication of Fasting
- Therapeutic aspects of fasting

- Fasting in acute diseases.
- Fasting in chronic-diseases.
- Role of fasting in various diseases.
- Obesity and fasting.
- Fasting for preservation of health and prevention of diseases.

Unit-2:

- Nutritional Diagnosis and public health and nutrition
- Nutrition and six types of Rasas in Ayurveda.
- Nutritional programme
- Nutrition survey and methodology,
- Balanced diets and changes.
- Nutrition assessment, social aspects of the nutrition,
- Fortification and enrichment

Unit-3:

- Nutrition in Health
- Human nutritional requirements.
- Nutrition in pregnancy, Lactation, infancy, childhood and adolescence
- Nutrition and Immunity.
- Nutrition deficiency diseases, preventive & curative approach

Unit-4:

- Disease management with diet.
- Diabetes, Renal diseases, Anaemia, PEM, Peptic ulcer, Constipation, Absorption,
- Syndrome, Liver diseases like jaundice fatty liver etc. high B.P low B.P, Atherosclerosis, gall bladder disease, cancer, tuberculosis, and arthritis.
- Food allergy & dietary management.
- Diet & obesity.
- Dietary modification for specific condition.
- Dietary requirement for a different population groups with special reference to pregnancy, lactation, infancy.
- Seasonal changes in the dietary pattern in Ayurveda/ Naturopathy & modern nutrition

Unit-5:

- Food hygiene & health.
- Methods of cooking & preservation.
- Naturalistic approach towards vegetarian & non-vegetarian food.
- Harmful effects of the food colors preservatives, pesticides, artificial manures.
- Dietary fibre and its therapeutic effects (eg-Constipation, Ano-rectal disorders, Colonic disorders, GIT disorders, DM etc)
- Geriatric nutrition and diet
- Diet and exercise, sports, games, athletics.

Unit-6:

- Pediatric Nutrition
- Nutrition and life span
- Green vegetables and fruits.
- **Non- vegetarian diet:** its positive and negative aspects in Naturopathy.
- Customs and manners of eating different views and effects of emotional state on food utilization.
- **Kalpa therapy in naturopathy:** grapes, mango, milk etc.

BNYS 403 **Practicals (3 Hrs per week)**

- Visit to the nutrition department of the hospital.
- Canteen duties at nature cure hospital.
- Knowledge of satvic food preparation at nature cure hospital.
- Visit to dietetics department of the hospital

Reference Books:

- A complete guide of vitamins- Edited by J.I. Rodac & staff
- The complete Book of food & nutrition by J. RODALA
- Indian journal of nutrition & dietetics
- Nutrition survey of India.
- Clinical diabetes and nutrition by F.P Antia
- Normal and therapeutic nutrition by Connane H. Robinson.
- Nutrition diabetes by suohangine

- Medical science of your food by aman

BNYS 404	Principals of Yogic Culture	Paper-I I (90 Hrs)

Unit-1: Principles of YOGA CULTURE

Unit-2: History & Fundamental Principle of YOGA CULTURE

Unit-3: Rules and Regulations for the practice of Yoga techniques

- Difference between Yogic and non-yogic physical practices
- Physiological effects of various asanas on different system of the body such as Skeletal, Respiratory, Muscular, Cardio-vascular, etc (in general)

Unit-4: Research on physiological aspects of yogasanas, Pranayama, Meditation, Concentration, Relaxation techniques, Kriyas, etc

Unit-5: Surya namaskar and its importance in health and diseased conditions

- Mudras & Bandhas – their neuro muscular & glandular effects on the body.

Unit-6:

THEORY OF PRANAYAMAS: Types of Prana & their function.

- **NADI:** Ida, Pingala, Sushumna, and upanadis, Preparatory Breathing Exercises Anuloma – Viloma and Nadi Shudhi,
- **Types of Pranayamas:** Suryabheda, Ujjayi, Sheetkari, Sitali, Bhastrika, Bhramari, Moorcha and plavani theory and practice.
- Physiological & Psychological effects of Pranayamas
- Physiological and spiritual importance of shatkriya practice
- Physiological effects of shanka Prakshalana
- Importance of Pratyaharas
- Techniques of Dharana.

BNYS 404	Practical (5 Hrs per week)

- Practice of Surya Namaskar
- Practice of Mudra & Bandhas

Reference Books:

- An autobiography of Yogi – by Paramahamsa Yogananda
- Yoga as Philosophy & Religion – by S.N. Dasgupta
- New perspectives in stress management
- Light on Pranayama by B.K.S, Iyengar

BNYS 405 Chroma Therapy & Manipulative therapy Part- II

Unit-1: Introduction and History of Massage.

Rules, Regulations and characteristics of Massage

Structure especially concerned in massage and part of the body to be specially studied for the purpose are as follows:

- Skin, Muscular system, Heart and Circulations, Nervous system and skeletal system including joints

Unit-2: Effects of the pressure of hand and lubricants on the following systems:

- **Skin**

Muscular system – Nutrition and Development , Excitation of 'm', contraction of 'M' and muscular elector-excitability, removal of the fatigue from muscle

- On the ligaments and skeletal
- On the circulatory system
- On the nervous system
- On respiration – increase of respiratory activity and increase of tissue respiration
- On GIT – Improvement in appetite, improvement in secretion of digestive fluid, absorption and improvement in peristalsis.
- Excretory system
- Powdered Massage – Merits and demerits.

Unit-3: Massage (side effects and benefits)

- Basic therapeutic massage techniques, indication and contraindications of massage while applying to the patients.

- Massage and its effects – Nutrition, Haematogenesis, Phagocytosis, increase in the number of blood corpuscles and Absorption of increased inflammatory exudates, change in the weight of the person, obese or emaciated
- Different Massage manipulations, classification and their detail explanation, uses and contra-indication, ii) Manipulative treatments in stress management, Shiastu in manipulative therapy (Acupressure)
- Manipulation and life extension
- Dry Brush massage.

Unit-4: Movement of Joints:

- Flexion, Extension, Abduction, Abduction, Supranational, Circumspection and Deviations – Medical and Lateral
- **Massaging in local areas under special circumstances:-**
- Massage of Abdomen
- Massage to liver
- Massage to stomach
- Massage to heart
- Massage to head
- Massage to spine
- Special type of massage in different diseases

Unit-5: Massage to women, infants and children and elderly person.

- Massage for prevention of diseases and maintenances of natural beauty.
- Ayurvedic massage – terminology, Methods and Manipulations

BNYS 205B **Practicals (3 Hrs per week)**

- 35 demonstration classes
- 10 demonstration in panchkarma
- Each students should do 35 massages
- Coronary artery blockage
- Jaundice
- Gall stone
- Hepatitis
- Cirrhosis of liver
- Spleenomegaly
- Diabetes
- Kidney stone
- Renal failure
- Urinary tract infection
- Prostate enlargement
- Encephalitis
- Meningitis
- Cervical spondylitis
- Migraine
- Epilepsy

Reference Book:

- Science of Facial Expression – By Louis Kuhne
- The New science healing – By Louis kuhne
- The Science and Practice of Iridology- By Bemard Jensen
- Iridiagnosis and Other Diagnostic Methods- By Henry Lindlahr

BNYS 406 Exercise Therapy Part - II (90 Hrs)

Unit-1: Techniques of relaxation, Principles of obtaining relaxation in various positions Types, factor responsible for good posture, factor responsible for poor development of good posture, Principles & Techniques of re-education, walking aids Analysis of normal Gait with muscles work, various Pathological gaits Crutch

Gait- Introduction, Crutch Measurement, Various types of Crutch gait

Unit-2: Exercise:

- Mobilization Exercise
- Strengthening Exercise
- tretching Exercise

Unit-3: Elector therapy

- Shortwave Diathermy
- Microwave Diathermy
- Ultrasonic Therapy
- Interferential Therapy

Unit-4: Infrared Radiation Therapy

- Ultraviolet Radiation Therapy
- Basic Principles of trans cutaneous nerve stimulation & interferential therapy

BNYS 206B **Practical (3 Hrs per week)**

- Demonstration of all electrotherapy instruments
- Practice of exercise with minimum 100 of case with record

Text Books:

- Massage Books – By George Downing
- Massage – By Constant Young
- Massage Therapy – By Dr. J.H. Koloa
- The complete book of Massage – By Clare Maxwell Hudson
- Panchakarma Treatment of Ayurveda – By T.L. Devaraj Brain Massage, Revitalize mind body – By Howell, Kelly.

Supplementary Module -04

Vaso Stimulation Therapy

- Fever
- High BP
- Joint Pain
- Stiffness
- Heart Attack/Angina
- Weakness/Fatigue
- Itching
- Anxiety

Reference Book: Let Your Second Heart H.E.L.P – By Dr. Biswaroop Roy Chowdhury

Bachelor in Naturopathy & Yogic Sciences (BNYS)

SEMESTER–5

Theory

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Total
BNYS501	ACUPUNCTURE-PAPER- I	40	60	100
BNYS502	MANIPULATIVE AND ACUPRESSURE - PAPER -I	40	60	100
BNYS503	MODERN DIAGNOSTICS METHODS AND FIRST AID - PAPER-I	40	60	100
BNYS504	DIGNOSTICS METHODS OF NATUROPATHY - PAPER-I	40	60	100
BNYS505	PAEDIATRICS - PAPER-I	40	60	100
BNYS506	YOGIC PSYCHOLOGY - PAPER-I	40	60	100
SUPPLEMENTARY MODULE				
SM-05	GRAD System	50	-	50

Practical

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Total
BNYS501	ACUPUNCTURE-PAPER- I	40	60	100
BNYS502	MANIPULATIVE AND ACUPRESSURE - PAPER -I	40	60	100
BNYS503	MODERN DIAGNOSTICS METHODS AND FIRST AID-PAPER-I	40	60	100
BNYS504	DIGNOSTICS METHODS OF NATUROPATHY - PAPER-I	40	60	100
BNYS505	PAEDIATRICS PAPER-I	40	60	100
BNYS506	YOGIC PSYCHOLOGY - PAPER-I	40	60	100
	TOTAL MARKS			600

BNYS 301A Acupuncture Paper- I (90 Hrs)

Unit-1:

- Definition of Acupuncture
- History of Acupuncture

Unit-2:

- The traditional Chinese Diagnosis Method.
- Contra indication and complication of Acupuncture

Unit-3:

- The concept of meridians
- Lung meridians (Lu meridians)
- Large intestine (L I meridians)
- Stomach meridians (St Meridians)
- Spleen meridians (Sp meridians)
- Heart meridians (H meridians)

Unit-4”

- The concept of meridians
- Small intestine (S I meridians)
- Urinary bladder (U B meridians)
- Kidney meridians (K meridians)
- Pericardium meridians (P meridians)
- Sanziao meridians (Sj meridians)
- Gallbladder meridians
- Liver meridians (Liv meridians)

BNYS 501 Acupuncture Paper- I (5 hours per week)

Practical

- Demonstration of needling Techniques & Electric-stimulation Mexibustion
- Study of 100 cases with Record
- Visit to Acupuncture ward in the Hospital

Reference Books:

- Clinical Acupuncture – by Anton Jayasurya
- Principles & practice of Acupuncture – by Dr. J.K.Patel
- Shiatsu – by Ohashi

BNYS 502 Manipulative and Acupressure Paper -I (90 Hrs)

Unit-1:

- History of Acupressure
- Principle of Acupressure

Unit-2:

- Procedure of Acupressure
- Various methods of application of Procedure of Acupressure

Unit-3:

- Disease of Eye-
- Glaucoma
- Night blindness, Day blindness, Colour blindness

- Diplopia
- Cataract

Unit-4:

- Disease of Ear
- Otitis media
- Tinnitus

Unit-5:

- Disease of Mouth, Throat & Nose
- Tonsillitis
- Adenosis
- Tooth Ache
- Gingivitis
- Sinusitis
- Epitasis
- Cervical Pain, Shoulder pain, Lumber pain, Sciatica pain

Unit-6:

- Disease of Heart
- Hypertension & Hypotension
- Angina Pectoris

BNYS 502	Manipulative and Acupressure	Paper-I

Practical

- Demonstration of Acupressure instruments & Techniques
- Study of 100 cases with Record
- Visit to Acupressure ward in the Hospital

Reference Books:

- Acupressure Prakriti Rog Upchar – by Dr. Attar Singh

BNYS 503 Modern Diagnostics Methods and First Aid Paper-I

(90 Hrs. per week)

Unit-1: Introduction to the science of Modern Diagnostic

Unit-2:

- Examination of the Patient
- Approach to a Patient
- History taking and case sheet writing
- Symptomatology
- Examination of Vital Data
- Importance of height, weight, abdominal girth

Unit-3:

- General physical examination
- Examination of breasts, back, spine and genitals
- Systemic examination of the patient like Abdomen (Digestive system),
- Cardiovascular System,
- Respiratory System,
- Renal System (Urinary system),
- Central nervous system,
- Loco motor system,
- Examination of ear, nose and throat and Gynaecological examination for female only

Unit-4:

- Ultrasonography
- Computerized tomography scans (CT scan)

BNYS 503 Modern Diagnostics Methods and First Aid

Practical (3 Hrs. per week)

- History Taking & Physical Examination of cases
- Case Sheet writing in different general cases

Reference Books:

- Hutchison's Clinical Methods
- Manual of Clinical Methods – by S.P.Shanker
- Clinical Diagnosis – by Jal Vakil

BNYS 504 Diagnostic Methods of Naturopathy Paper-I

(90 Hrs. per week)

Unit-1: Introduction to the science of facial expression

Unit-2: Characters of Healthy Body – Normal Functions and Normal figure

Unit-3: Foreign Matter theory:

- Definition of foreign matter, the process of accumulation of foreign matter in the body, , encumbrance and changes caused in the body due to the accumulation of foreign matter and general pathology of foreign matter.

Unit-4: The nature: origin and cure of diseases of children for their unity and developments.

Unit-5: Bad habits support the accumulation of foreign matter in the body like tobacco, alcoholic drinks, coffee and tea-opium.

Drug addictions – Ephedrine heroin, injection etc., suppression of diseases v/s Elimination of morbid and diseased germs from the system

BNYS 504 Diagnostic Methods of Naturopathy Paper-I

Practicles (3 Hrs. per week)

- Study of 100 cases with record
- Visit to the Naturopathy ward in hospital

Reference Books:

- Nature cure by Dr. H.K. Bakhru
- Naturopathy by Dr. Om Prakash Sexena

BNYS 505 Paediatrics Paper-I (90 Hrs. per week)

Unit-1:

- Definition & introduction of PEDIATRICS
- Growth & Development
- Factors affecting growth Growth Table & Growth Chart

Unit-2:

- Disorders of Growth & Development
- Cause of short structure
- Learning Disabilities
- Nutrition
- Nutritional Disorders
- Under Nutrition
- Vitamin Deficiencies

Unit-3:

- New Born Infants
- Normal Full Term New Born Infants
- Prevention of prenatal Hazards
- Physiological Jaundice of the New Born
- Respiratory Distress in the new Born
- Neonatal Seizures
- Congenital Malformations
- Anaemia
- Bleeding Disorders

Unit-4: Immune-deficiencies:

- Prophylactic immunisation

Program on immunisation of following diseases:

- T.B.
- Diphtheria Pertussis
- Polio
- Hepatitis B
- Measles Mumps Rubella (MMR)
- Typhoid Fever

Unit-5:

- Fluid & Electrolyte Disturbances
- Principles in Management of Dehydration
- Regulation of Body Water Electrolyte Acid Base

BNYS 505 **Paediatrics Paper – I**

Practicals (3 Hrs. per week)

- Various toys & instruments used for children
- Different types of therapies used in paediatrics
- Case studies (25) with record

Recommended Text Books:

- Essential Paediatrics -- O.P.Ghai

BNYS 506 Yogic Psychology Paper-I (90 Hrs. per week)

Unit-1:

- What is Yoga Therapy?
- Basic Principles of Yoga Therapy
- Role of Shatkriyas in health management

Unit-2:

- Yogic therapy for Cardio- vascular diseases,
- Psychic diseases, Mental retardation,

- Neuron Muscular diseases, Digestive disorders,
- ormonal disorders, Respiratory diseases,Metabolic disorders,
- Obstetrics & Gynaecological disorders Meditation & its applications on psychosomatic disorders

Unit-3:

Therapeutic effects of yoga relaxation techniques:

- Quick relaxation technique
- Instant relaxation technique
- Deep relaxation technique
- Yoga nidra

Unit-4:

- Correction of displaced nabhi
- Therapeutic benefits of Yogic sukshma vyayam, sthula vyayam, shaktibandha series, pavana-muktaana series & sudarshana kriya
- Advanced techniques of Yoga Therapy Pranic Healing & Reiki therapy (Basics only)

Unit-5: Yoga and mental health – total integration of Personality, correct mental behaviour andAttitude, hormonal relationship of body and mind, self-content Yoga & Diet

BNYS 506	Yogic Psychology	Paper-I

Practical (10 Hrs per week)

- 50 Demonstration Classes of Yoga Techniques.
- Demonstration of Hasya Yoga

Reference Books:

- Yogic Therapy – by Dr. Vinekar, Govt, of India Publication
- Yogic Therapy – by Dr. Giarde
- Psychology – by Robert A. Baron
- Hand Book of Behaviour Modification & Therapy – by Plenum Press

- Stress and Mental Disorders – by Adams J.E., Raven Press, New York
- Counselling and Guidance – by Adams J.T.,Mac Million co
- Yogic Sukshma Vyayama – by Swami Dhirender Brahmachari
- Hasya Yoga Vigyan – by Jiten Kofli, Dr. Ram Avtar, Dr. R.K. Verma

Supplementary Module-05

Gravitationl Resistance & Diet (GRAD System)

- Reversing the symptoms of Chronic Kidney Disease
- How to interpret KFT report
- Symptoms V/s Blood report
- Transition from Dialysis to HWI (Hot Water Immersion)

Reference Book: End of Transplant – By Dr Biswaroop Roy Chowdhury

Bachelor in Naturopathy & Yogic Sciences (BNYS)

SEMESTER–6

Theory

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Total
BNYS601	ACUPUNCTURE-PAPER- II	40	60	100
BNYS602	MANIPULATIVE AND ACUPRESSURE - PAPER -II	40	60	100
BNYS603	BNYS603 MODERN DIAGNOSTICS METHODS AND FIRST AID - PAPER-II	40	60	100
BNYS604	DIGNOSTICS METHODS OF NATUROPATHY - PAPER-II	40	60	100
BNYS605	PAEDIATRICS - PAPER-II	40	60	100
BNYS606	YOGIC PSYCHOLOGY - PAPER-II	40	60	100
SUPPLEMENTARY MODULE				
SM-06	Circadian Rhythm	30	-	30

Practical

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Total
BNYS601	ACUPUNCTURE-PAPER- II	40	60	100
BNYS602	MANIPULATIVE AND ACUPRESSURE PAPER -II	40	60	100
BNYS603	MODERN DIAGNOSTICS METHODS AND FIRST AID-PAPER-II	40	60	100
BNYS604	DIGNOSTICS METHODS OF NATUROPATHY - PAPER-II	40	60	100
BNYS605	PAEDIATRICS PAPER-II	40	60	100
BNYS606	YOGIC PSYCHOLOGY PAPER-II	40	60	100
	TOTAL MARKS			600

BNYS 501 Accupuncture Paper-II

Theory (90 Hrs per week)

Unit -1: The concept of meridians

- Du meridians
- Ren meridians

Unit -2:

- Auricular Therapy.
- Scalp Acupuncture

Unit -3: Treatment of diseases:

- Head ache,
- Facial paralysis,
- Hemiplegic,
- Paraplegia,
- Asthma.
- Hypertension,
- Nausea
- Vomiting,
- Leucorrhoea,
- Frozen shoulder,
- Psoriasis,

Unit -4: Treatment of diseases:

- Night blindness,
- Hysteria,
- Sexual impotence,
- Low back ache,
- Pain in knee joint,
- Warts,
- Sciatica pain,
- Alopecia
- Areats

Unit -5: Treatment of diseases:

- Cervical spondylosis,
- Sprain & Strain,
- Toothache,
- Deafness & Tinnitus,
- Rhinitis &Sinusitis,
- Amenorrhea,
- Retention of Urine.
- Anxiety,
- Epilepsy,
- Splenomegoly,
- Toothache,
- Stomatitis,
- Whooping cough

BNYS 601 Acupuncture Paper- II

Practical (3 Hrs per week)

- Demonstration of needling Techniques & Electric-stimulation Mexibustion
- Study of 100 cases with Record
- Visit to Acupuncture ward in the Hospital

Reference Books: Clinical Acupuncture – by Anton Jayasurya

- Principles & practice of Acupuncture – by Dr. J.K.Patel
- Shiatsu – by Ohashi

BNYS 602 Manipulative and Acupressure Paper- II

Theory (90 hrs. Per week)

1. Introduction and History of Massage.

- Rules, Regulations and characteristics of Massage

- **Structure especially concerned in massage and part of the body to be specially studied for the purpose are as follows:** Skin, Muscular system, Heart and Circulations, Nervous system and skeletal system including joints

2. Effects of the pressure of hand and lubricants on the following systems:

- Skin
- Muscular system – Nutrition and Development , Excitation of 'm', contraction of 'M' and muscular elector-excitability, removal of the fatigue from muscle
- On the ligaments and skeletal
- On the circulatory system
- On the nervous system
- On respiration – increase of respiratory activity and increase of tissue respiration
- On GIT – Improvement in appetite, improvement in secretion of digestive fluid, absorption and improvement in peristalsis.
- Excretory system
- Powdered Massage – Merits and demerits.

3. Massage (side effects and benefits)

- Basic therapeutic massage techniques, indication and contraindications of massage while applying to the patients.
- Massage and its effects – Nutrition, Haematogenesis, Phagocytes, increase in the number of blood corpuscles and Absorption of increased inflammatory exudates, change in the weight of the person, obese or emaciated
- Different Massage manipulations, classification and their detail explanation, uses and contra-indication, ii) Manipulative treatments in stress management,
- Shiastu in manipulative therapy (Acupressure)
- Manipulation and life extension
- Dry Brush massage.

4. Movement of Joints:

- Flexion, Extension, Abduction, Abduction, Suppuration, circumduction and Deviations – Medical and Lateral
- **Massaging in local areas under special circumstances:**
- Massage of Abdomen
- Massage to liver
- Massage to stomach
- Massage to heart
- Massage to head
- Massage to spine
- Special type of massage in different diseases.

5. Massage to women, infants and children and elderly person.

- Massage for prevention of diseases and maintenance of natural beauty.
- Ayurvedic massage – terminology, Methods and Manipulations

BNYS 602 Manipulative And Acupressure Paper- II

Practicals (10 hrs. per week)

- 35 demonstration classes
- 10 demonstration in panchkarma
- Each students should do 35 massages
- Coronary artery blockage
- Jaundice
- Gall stone
- Hepatitis
- Cirrhosis of liver
- Spleenomegaly
- Diabetes
- Kidney stone
- Renal failure
- Urinary tract infection
- Prostate enlargement
- Encephalitis
- Meningitis
- Cervical spondylitis
- Migraine
- Epilepsy

BNYS 603	Modern Diagnostic Method & First AID	Part- II

Theory (90 Hrs per week)

Unit-1: Introduction to the science of Modern Diagnostic

Unit-2: Routine and Special Laboratory investigation for urine, stools

Unit-3:

- Blood examination like Peripheral smear, Total WBC count, differential
- WBC count E.S.R. Hb%, Blood Sugar, Blood urea, serum uric acid, serum lipid profile, Serum Creatinine liver function last

Unit-4: Radiological investigation and Contrast Radiography

Unit-5: ECG – Electrocardiography, Echo-cardiography, Coronary angiography and – Electro-encephalography (EEG)

Unit-6: Diagnostic Thoracocentesis

Unit-7: Thyroid T3, T4, TSH estimation.

Unit-8:

- Ultra – sonography
- Computerized tomography scan (CT scan)

BNYS 603	Modern Diagnostic Method & First AID	PART - II

Practical (5 Hrs per week)

- History Taking & Physical Examination of cases
- Case Sheet writing in different general cases
- Visit to 20 pathology & Radiology department

BNYS 604 Dignostics Methods Of Naturopathy Paper-II

Theory (90 Hrs per week)

Unit 1: Process of elimination of foreign matter.

Unit 2 : Importance of Nature care treatments and the digestive process natural dietetics.

Unit 3: The importance of Nabhi Pareeksha, the methods of Nabhi Pareeksha & mthe techniques of correction.

Unit 4:

- Introduction to Iridology
- Definition of Iridology

Unit 5: Instructions in methods of application:-

- Technique in Iris reading – The normal and abnormal Iris, colour of the Iris
- Study of density of the iris
- Case histories according to Iridology.

BNYS 604 Dignostics Methods Of Naturopathy Paper-II

Practicals (3 Hrs per week)

- Clinical classes and Demonstration in the Nature cure Hospital
- Case studies 50 with Record, Demonstration of Equipments.

Recommended Text Books:

- Science of Facial Expression – By Louis Kuhne
- The New science healing – By Louis kuhne
- The Science and Practice of Iridology- By Bemard Jensen
- Iridiagnosis and Other Diagnostic Methods- By Henry Lindlahr

BNYS 505 Paediatrics Paper-II

Theory (90 Hrs per week)

Unit -1: Gastrointestinal System •Vomiting

- Constipation
- Abdominal Pain
- Acute Chronic Diarrhea
- Hepatomegaly
- Jaundice

Disorders of Cardiovascular System

- Congestive Heart Failure
- Rheumatic Fever • Hypertension in Children

Unit -2: Respiratory System

- Cold & Cough
- Nasal Discharge
- Sore Throat
- Epistaxis
- Pneumonia & Bronchitis
- Bronchial Asthma
- Foreign Body Aspiration

Unit -3: Disorders of Kidney & Urinary Tract

- Renal Function in Neonatal & infants
- Hematuria
- Urinary Tract Infection
- Renal Failure
- Central Nervous System
- Bacterial & Tubercular Meningitis
- Coma
- Convulsion & Epilepsy
- Mental Retardation

Unit-4: Endocrine & Metabolic Disorders

- Diabetes Mellitus

- Obesity
- Goiter
- Delayed Puberty
- Cerebral Paslsy

Unit-5: Disorders of the skin

- Diaper Rash
- Urticaria
- Eczema
- Dandruf

BNYS 505 Paediatrics Paper-II

Practicals (3 Hrs per week)

- Various toys & instruments used for children
- Different types of therapies used in pediatrics
- Case studies (25) with record

Recommended Text Books:

- Essential Pediatrics - O.P.Ghai

BNYS 606 Yogic Psychology Paper-II

Theory (90 Hrs per week)

Unit-1: Personality : Nature, development & integration, stress – its causes, effects and control, Historical perspective, identifying psychological disorders like Anxiety disorders, Dissociative Disorders, Personality Disorders, Schizophrenia, Therapy for psychological

Unit-2: Dissociative Disorders, Personality Disorders, Schizophrenia, Therapy for psychological disorders like Psychotherapy – Nature and Forms, yoga as a form of Psychotherapy, Therapy of interpersonal relations and Behavior

therapy and methods of administering questionnaires & their scoring. Pain analogue scale, Personality questionnaire, etc

Unit-3: Hasya Yoga

- Why Hasya Yoga ?
- Principles of hasya Yoga
- Hasya Yoga Meditation
- Hasya Yoga – A Natural Cosmetic
- Hasya Yoga for Corporate, Students, Ladies, Senior Citizens
- Scientific Rationale of Hasya yoga
- Hasya Yoga Exercise – Key to health

Unit-4:

- Personality test & its scoring,
- Case taking
- Counsolling technics

BNYS 606	Yogic Psychology	Paper-II

Practical (3 hrs per week)

- 50 Demonstration Classes of Yoga Techniques.
- Demonstration of Hasya Yoga
- Visit to 100 psychology counselling

Reference Books:

- Yogic Therapy – by Dr. Vinekar, Govt, of India Publication
- Yogic Therapy – by Dr. Giarde
- Psychology – by Robert A. Baron
- Hand Book of Behaviour Modification & Therapy – by Plenum Press
- Stress and Mental Disorders – by Adams J.E., Raven Press, New York
- Counseling and Guidance – by Adams J.T.,Mac Million co
- Yogic Sukshma Vyayama – by Swami Dhirender Brahmachari
- Hasya Yoga Vigyan – by Jiten Kofli, Dr. Ram Avtar, Dr. R.K. Verma

Supplementary Module-06

Circadian Rhythm

- Science of Circadian clock
- Circadian Clock and disease connection
- Preparing customized circadian chart
- Cancer – Tumour, its progression and regression

Reference Books: The Circadian Doctor - By Dr Biswaroop Roy Chowdhury

Bachelor in Naturopathy & Yogic Sciences (BNYS)

SEMESTER–7

Theory

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Total
BNYS701	Gynaecology Paper- I	40	60	100
BNYS702	Obstetrics Paper-I	40	60	100
BNYS703	Physical Fitness And Rehabilitation Paper-I	40	60	100
BNYS704	Yogic Therapy And Diagnostics Methods Of Yoga Paper – I	40	60	100
BNYS705	Magenment Of Disease Through Yoga And Naturopathy Paper-I	40	60	100
SUPPLEMENTARY MODULE				
SM-07	Based On P.O.E.M (Protocol Of Emergency Medicine)	50	-	50

Practical

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Total
BNYS701	Gynaecology - Paper- I	40	60	100
BNYS702	Obstetrics - Paper-I	40	60	100
BNYS703	Physical Fitness And Rehabilitation - Paper-I	40	60	100
BNYS704	Yogic Therapy And Diagnostics Methods Of Yoga – Paper – I	40	60	100
BNYS705	Magenment of Disease Through Yoga and Naturopathy -Paper-I	40	60	100

BNYS701 Gynaecology Paper- I

Theory – (90 Hrs.)

Unit 1:

- Anatomy, physiology and development of female reproductive organs
- Anatomy of female genital tract,
- Physiology of ovulation & menstruation

Unit 2:

- Puberty
- Adolescence and related gynecological problems
- Sexual development & disorders of sexual development

Unit 3:

- Menopause & related problems
- Common disorders of menstruation
- Primary & secondary amenorrhoea

Unit 4: Infertility –male & female

BNYS 701	Gynaecology	Paper- I

PRACTICAL: (5 hrs. per week)

- History taking of gynaecological cases
- Demonstration of physical examination of Gynaecological cases
- Demonstration of various equipment used in Gynaecology

Recommended Text Books:

- Shaw's text Book of Gynaecology
- Text Book of Gynaecology – C.S. Dawn

BNYS 702	Obstetitrics	Paper-I

Theory (90 Hrs.)

Unit 1: Anatomy of female generative organs and pelvis

Unit 2:

- Maturation and of Fertilization of ovum
- Diagnosis of pregnancy, Differential diagnosis of pregnancy
- Foetus in normal pregnancy

Unit 3: Ante-natal care

Unit 4:

- Physiology and stages of labour and mechanism of labour
- Phenomena of normal puerperium,
- Care of Puerperium
- Care of new-born child

Unit 5:

- Hypertensives gravidarum,
- Anaemia in pregnancy,
- Diseases of urinary system,
- Diabetes in pregnancy
- Diseases and abnormalities of foetal membrane and placenta

BNYS 702 Obstetitrics Paper-I

Practical

- History taking of anti-natal and Obstetrics cases
- Demonstration of physical examination of anti-natal
- Demonstration of conduction labour, normal delivery and use of minor instrument during Delivery
- Demonstration of various equipment used in obstetrics

Recommended Text Books:

- Clinical Obstetrics – By Modular and Menon
- Text Book of Obstetrics – by C.S. Daw
- Text Book of obstetrics – By D. C. Dutta

BNYS 703 Physical Fitness and Rehabilitation Paper-I (90 Hrs)

Unit-1:

- Definition of exercise
- Definition of fitness
- Exercise and its uses
- What is prohibited for exercise?

Unit-2:

- Curing diseases with exercise
- Exercise of neck and chest
- Exercise of chest & arms
- Exercise of heart, stomach and liver

Unit-3:

- Exercise of the back
- Exercise of the hip region
- Exercise of the women
- Walking
- Swimming
- Push-ups
- Mugdar

- Wrestling

Unit-4:

- Horse riding
- Running
- Games
- Gardening
- Dancing
- Singing

Unit-5:

- Introduction to Physical fitness
- Pain gate theory

BNYS 703 Physical Fitness and Rehabilitation Paper – I

Practical (3 Hrs. per week)

- Visit to the Physical exercise department of hospital.
- 100 Demonstration classes of Physical Techniques

Reference Book:

1. Science of Nature life by Dr. Rakesh
2. Physical Education by Dr. Ajmer Singh
3. Prakartik Chikitsha by Dr. Om Parkash Saxena

BNYS 704 Yogic Therapy and Diagnostics Methods of Yoga Paper – I

Theory (90 Hrs.)

Cause, Symptoms , Diagnosis, & Treatment of following diseases through Yoga & Yogic Therapy:

1. Headache
2. Hernia & Hydrocele
3. Hypertension
4. Heart Diseases
5. Hepatitis
6. Hysteria & Fainting
7. Acidity
8. Allergy
9. Asthma
10. Anemia

11. Arthritis
12. Appendicitis
13. Anxiety
14. Black Water Fever
15. Beriberi
16. Constipation
17. Cervical Spondylitis
18. Cough & Cold
19. Coronary Heart Disease
20. Carbuncle
21. Colitis
22. Diarrhoea
23. Diabetes
24. Duodenal & Gastric Ulcer
25. Dyspepsia
26. Displacement of the Uterus
27. Eczema
28. Fever
29. Gas Trouble
30. Goiter
31. Gall Stone
32. Gonorrhea
33. Insomnia
34. Itches
35. Impotency

BNYS 704 Yogic Therapy and Diagnostics Methods of Yoga Paper – I

Practicles (10 Hrs. Per Week)

- Study of 100 cases with record
- Visit to the yoga Ward in hospital

Reference Books:

- Preksha Yoga by Dr. J.P. Mishra
- Yoga Therapy by Dr. V.K. Ahluwalia
- Yoga se Rog Nivaran by Swami Shivananda, Saeaswati

BNYS 705 Management of Disease through yoga and Nephropathy Paper-I

Theory (90 Hrs)

Unit-1: Cause, Symptoms & Treatment of SYSTEMIC diseases

Unit-2:

1. Headache
2. Hernia & Hydrocele
3. Hypertension
4. Heart Diseases
5. Hepatitis
6. Hysteria & Fainting

7. Acidity
8. Allergy
9. Asthma
10. Anemia
11. Arthritis
12. Appendicitis
13. Anxiety
14. Black Water Fever
15. Beriberi
16. Constipation
17. Cervical Spondylitis
18. Cough & Cold
19. Coronary Heart Disease
20. Carbuncle
21. Colitis
22. Diarrhoea
23. Diabetes
24. Duodenal & Gastric Ulcer
25. Dyspepsia
26. Displacement of the Uterus
27. Eczema
28. Fever
29. Gas Trouble
30. Goiter
31. Gall Stone
32. Gonorrhea
33. Insomnia
34. Itches
35. Impotency

BNYS 705 Management of Disease through Yoga and Nephropathy Paper-I

Practicals (10 Hrs per week)

- Study of 100 cases with record
- Visit to the Nephropathy Ward in hospital, various Nephropathy institutes

Reference Books:

- Nature cure by Dr. H.K. Bakhru
- Nephropathy by Dr. Om Prakash Sexena

Supplementary Module-07

P.O.E.M (Protocol of Emergency Medicine)

Emergency & Pain Management of:

- Bleeding
- Broken Bones
- Burns
- Choking
- Epilepsy /Seizures
- Eye Injury
- Fainting
- Head Injuries
- Sprains and Strains
- Unconsciousness
- Snake bite
- Child Birth

Reference Books:

- P.O.E.M Protocol of Emergency Medicine- By Dr. Biswaroop Roy Chowdhury

Bachelor in Naturopathy & Yogic Sciences (BNYS)

SEMESTER-8

Theory

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Practical	Total
BNYS801	Gynaecology PAPER - II	40	60	100	100
BNYS802	Obstetrics PAPER - II	40	60	100	100
BNYS803	Physical fitness & Rehabilitation PAPER - II	40	60	100	100
BNYS804	Yogic therapy & Diagnostics methods of Yoga PAPER - II	40	60	100	100
BNYS805	Management of Disease through Yoga & Nephropathy PAPER - II	40	60	100	100
SUPPLEMENTARY MODULE					
SM-08	Based on Ayurvedic Panchkarma	50	-	100	150

Practical

PAPERS CODE	PAPERS NAME	INTERNAL	EXTERNAL	Practical	Total
BNYS801	Gynaecology PAPER - II	40	60	100	100
BNYS802	Obstetrics PAPER - II	40	60	100	100
BNYS803	Physical fitness & Rehabilitation PAPER - II	40	60	100	100
BNYS804	Yogic therapy & Diagnostics methods of Yoga PAPER - II	40	60	100	100
BNYS805	Management of Disease through Yoga & Nephropathy PAPER - II	40	60	100	100

BNYS 801 Gynaecology Paper-II

Theory (90 Hrs)

Unit-1: Breast and gynaecologist

Unit-2:

- Fibroid uterus
- Hormonal therapy in gynecology

Unit-3:

- Diseases of urinary system
- Trophoblastic diseases
- Disorders of menstruation
- Prolapsed of uterus
- New growths of uterus
- Diseases of ovary

- Pelvic inflammatory diseases

Unit-4: Treatment of various gynecological disorders by natural way

BNYS 801	Gynaecology	Paper-II

Practical (3 Hrs per Week)

- History taking of gynecological cases
- Demonstration of physical examination of Gynecological cases
- Demonstration of various equipment used in Gynecology.

Reference books:

- Shaw's text Book of Gynecology
- Text Book of Gynecology – C.S. Dawn

BNYS 802	Obstetrics	Paper-II

Theory (90 Hrs)

Unit-1: Abortion,

- Ectopic pregnancy, Ante-partum haemorrhage, Placenta previa and P.E.T (Pre-eclampic toxaerpia).
- Occipito – posterior position, Breech presentation, Prolapse of the cord, compound.
- Presentation multiple pregnancy, Contracted Pelvis, management of labour in contracted pelvis and complications of 3rd stage of labour

Unit-2:

- Asphyxia neonatorum, Preterm baby and Congenital malformations.
- Obstetrical Operations like Forceps, Caessarpreansection and induction of abortion and labour.

Unit-3: Puerperal Infections

- Ultra sonogram in obstetrics and contraception – types procedures Gynecological diagnosis.
- Diseases of vulva.
- Diseases of vagina

Unit-4: Sexually transmitted diseases in female

BNYS 802	Obstetrics	Paper – II

Practical (3 Hrs per Week)

- History taking of anti-natal and gynecological cases
- Demonstration of physical examination of anti-natal
- Demonstration of conduction labour, normal delivery and use of minor instrument during Delivery
- Demonstration of various equipments used in obstetrics.

Reference books:

- Clinical Obstetrics – By Modular and Menon.
- Text Book of Obstetrics – by C.S. Daw.
- Text Book of obstetrics – By Dutta

BNYS 803	Physical Fitness & Rehabilitation	Paper-II

Theory (90 Hrs)

Unit-1: Introduction to Human Development

- Gross motor development
- Fine Motor development
- The development of drawing and writing
- Developmental milestones of daily living skills
- Cognitive development
- Perceptual Development
- Generalization
- Language mediation for motor development

- Social & emotional development
- Development of play in 0 - 6 years
- Visual development
- Development of hearing

Unit-2: Counselling

- Nature, meaning & scope of guidance & counselling
- Role of home & type school
- Techniques of guidance & counselling with reference to disabled
- Vocational guidance for disabled
- Individual problems and stress management through counselling

Disability & Rehabilitation-Related Issues Causes & Prevention Of Impairments:

- **Disability:** genesis, magnitude, futuristic trends
- Disability types and causes
- Disability limitation & prevention
- Preventable disabilities strategies & approaches
- Early detection & intervention
- **Rehabilitation:** Definition, aims, objectives & Philosophy of
- rehabilitation
- Rehabilitation approaches and systems
- Different models of service delivery
- Community based rehabilitation concepts & approaches

Unit-3: General Medical Conditions

- Neurology
- Pediatrics
- Skin
- Medical conditions
- Psychiatric conditions

Unit-4: Physical Agents And Exercise Therapy

- Exercise therapy
- Heat and cold therapy
- Electro therapy

Fabrication of Various Supportive And Substitutive:

- APPLIANCE
- Above knee prostheses
- Below knee prostheses Above knee caliper
- Below knee caliper

Mental Retardation-Nature And Needs:

- Assessment and Evaluation
- Special Education for Children with M.R
- Curriculum and Educational Intervention
- Problem Behaviour in Persons with Mental Retardation and it management

BNYS 803	Physical Fitness & Rehabilitation	Paper – II

Practical (3 Hrs Per Week)

Rehabilitation Therapy Cerebral Palsy And Other Neurological Conditions Recent Advances In Equipments Related To Physiotherapy

Reference book: Textbook of Rehabilitation

BNYS 804	Yogic Therapy and Diagnostics Methods of Yoga	Paper-II

Theory (90 Hrs.)

Cause, Symptoms, Diagnosis, & Treatment of following diseases through Yoga & Yogic Therapy:oInfluenza

36. Cholera
37. 3. Kidney Stone
38. Leucoderma
39. Lumbago
40. Leprosy
41. Menstrual Disorders
42. Menopause
43. Mental Health
44. Malaria
45. Nervous Debility
46. Obesity
47. Old Age Problems

48. Piles
49. Polio
50. Psoriasis
51. 17. Premature Graying Hair
52. Pleurisy
53. Pneumonia
54. Pyorrhoea
55. Sciatica
56. Stress
57. Sterility
58. Spleen Disorders
59. Tonsillitis
60. Thinness
61. Varicose Veins
62. Typhoid
63. Tooth Trouble
64. Tuberculosis
65. Tumour

Practicals

- Study of 100 cases with record
- Visit to the yoga Ward in hospital

Reference Books:

- Preksha Yoga by Dr. J.P. Mishra
- Yoga Therapy by Dr. V.K. Ahluwalia
- Yoga se Rog Nivaran by Swami Shivananda, Saeaswati

BNYS 805 Management of Diseases Through Yoga & Nephropathy Paper-II

Theory (90 Hrs)

Unit-1:

- Types of Encumbrance – Front Encumbrance, right side Encumbrance
- Front & right side Encumbrance, left side Encumbrance, mixed or whole Encumbrance, their descriptions, general characters & possible diseases in the concerned encumbrance & their treatment.
- Cause, Symptoms & Treatment of SYSTEMIC diseases

1. Influenza
2. Cholera
3. Kidney Stone
4. Leucoderma
5. Lumbago
6. Leprosy

7. Menstrual Disorders
8. Menopause
9. Mental Health
10. Malaria
11. Nervous Debility
12. Obesity
13. Old Age Problem
14. Piles
15. Polio
16. Psoriasis

Unit-2: Cause, Symptoms & Treatment of SYSTEMIC diseases

1. Premature Graying Hair
2. Pleurisy
3. Pneumonia
4. Pyorrhoea
5. Sciatica
6. Stress
7. Sterility
8. Spleen Disorders
9. Tonsillitis
10. Thinness
11. Varicose Veins
12. Typhoid
13. Tooth Trouble
14. Tuberculosis
15. Tumour

Unit-3:

1. Diphtheria
2. Dropsy
3. Dysentry
4. Eczema
5. Epilepsy
6. Falling of Hair
7. Fatigue
8. Gastritis
9. Gastro-Enteritis
10. Glaucoma
11. Goitre
12. Gout
13. Headache & Migraine
14. Heart Diseases
15. Hiatus-Hernia
16. High Blood Cholesterol
17. High Blood Pressure
18. Hydrocele
19. hypoglycemia
20. Impetigo
21. Indigestion
22. Influenza
23. Insomnia
24. Intestinal Worms
25. Jaundice
26. Kidney stone
27. Leucoderma
28. Low Blood Pressure
29. Malaria
30. Measles
31. Meningitis
32. Mumps
33. Muscle Cramps
34. Neurasthenia
35. Neuritis
36. Nephritis
37. Obesity

BNYS 805	Management of Diseases Through Yoga & Nephropathy	Paper-II

Practicals (3 Hrs per Week)

- Study of 100 cases with record
- Visit to the Nephropathy Ward in hospital & various nephropathy institutes

Reference books:

- Philosophy of Nature Cure – by Hentry Lindlahr
- Human culture & cure – by Dr. E.D. Babbit
- Nature Cure Treatment – by I.N.Y.S. Publications, Bangalore
- Nature Cure BY DR. H. K. BAKHARU

Supplementary Module-08

Ayurvedic Panchkarma

- Nasyam - (Nose and respiratory disorders like sinusitis)
- Knee Pichu - (joint pain, arthritis, injury pain)
- Shiropichu – (brain & nervous system, Stress, anxiety, sleep disorders, headaches, migraine)
- Lepam - (skin disorders, pain management)
- Netra Prakshalan – (Eyes and Vision related disorders like cataract, glaucoma etc.)
- Karnapuran – (ear related disorders like tinnitus, ear pain, dizziness)

Reference Books:

- POEM (Protocol of Emergency Medicine) – By Dr.. Biswaroop Roy Chowdhury
- The Circadian Doctor – By Dr. Biswaroop Roy Chowdhury

Read /Subscribe

Fortnightly

Digital Magazine



Chief Editor: Prof. Ainapur Purushottam

To read, go to:

www.biswaroop.com/biswas

You don't need medication,
you just need education

One Month Online Certification Training
on

Zero Volt Therapy
(Earth Therapy)

Certification partner:

Licensed by Ministry of Science & Technology
Research Institute of Complementary Health Sciences
Vietnam

SYLLABUS

- What is electromagnetic force/EMF?
- History & Chemistry of EMF.
- EMF & human health.
- Direct correlation between EMF & Lifestyle Diseases.
- What is earthing?
- Evidence of reversal of lifestyle diseases through earthing.
- How to construct an 'Earthing Tool at Home'?
- Step by step earthing methods for various lifestyle diseases.
- DIY (Do It Yourself) 'Earthing Tool Kit'.
- Correcting your circadian rhythm.



Mode of Training: Online Take-Home Material: DIY earthing tool kit

To register go to: **www.biswaroop.com/zvt**

For more detail:
Mail us: **biswaroop@biswaroop.com**
Call & WhatsApp us: **+91-9312286540**

Hospital & Institute of Integrated Medical Sciences
HIIMS

SHRIDHAR UNIVERSITY
WAY TO TRANSFORM
Pilani,Rajasthan

Dayanand Ayurvedic College
सर्वे सन्तु निरामयाः
Jalandhar

Professional Certification Course

in

Circadian Clock & Ayurvedic Panchkarma (CCAP)

Dual Certification

Introduction: First ever training on the modern understanding on the noble prize winning science (2017) of circadian clock with the amalgamation of the ancient wisdom of Ayurvedic Panchkarma Therapies, to help humanity come out of the trap of modern life style diseases.

Total Duration: 3 Months

Mode of Training: Once in a week – Online Classes

- 7 days contact hands on training at Dayanand Ayurvedic College, Jalandhar
- 3 days apprenticeship at HIIMS Hospital (Delhi / Chandigarh / Mumbai / Lucknow / Jaipur)

Content:

- 22 Therapies of Ayurvedic Panchkarma
- Science of Circadian clock
- Circadian Clock and disease connection
- Preparing customized circadian chart
- Cancer – Tumour, its progression and regression
- Practical case studies

To register go to www.biswaroop.com/ccap

CALL US: +91-9312286540 MAIL US: biswaroop@biswaroop.com

Dr. B's
Manually Dehusked Unpolished Organic Foxtail Millets

These are not just regular foxtail millets; these are manually dehusked, unpolished organic foxtail millets. This is a perfect way to get a great taste while reclaiming your health with the help of Dr. Biswaroop Roy Chowdhury's recommended diet.



Net Wt.: 4.5 kg

MRP: ₹ 1000

Buy online at:
www.biswaroop.com/shop

Dynamic Memory Pvt. Ltd.
413A, HSIIDC, Sector-68, IMT, Faridabad-121004 (Haryana)
Mob.: +91-9312286540 E-mail: biswaroop@biswaroop.com

3 Months Online Certification

on

Advance Nutrition Therapy

from

Lincoln University College, Malaysia

Overview: From common cold to Cancer, from headache to heart attack, you can be your own healer. This training comes with a unique tool kit packed with 28 ingredients, the right combination of it can work as a medicine for more than 60 kinds of common illnesses. This training will empower you with skills to heal and make you realize that your home is the best place to reclaim your health.

Duration: 3 Months

Content:

- Diagnosis of Lifestyle Illnesses
- Diagnosis of Infectious Diseases
- Food–Medicine Interaction
- Mechanism of Medicine in Body
- Mechanism of Food in Body
- When the Food is Medicine
- When Medicine is Poison
- Common Kitchen Herbs and their Medicinal Usages
- Timeline of Recovery of Common Illnesses
- Food Calculation for Overall Nutrition Plants V/S Animal Food

Take-Home Material:

- Hospital in a Box
- Game of Life Chart
- Snake Ladder Nutrition Game
- Reference Book



Course Fee: **INR 21,000/- (including GST + Courier)**

Mode of Training: **Online / viva (oral examination) through a video call**

To register go to www.biswaroop.com/mn

CALL US: +91-9312286540 MAIL US: biswaroop@biswaroop.com

देश का सरदर्द करे दूर

2 SECONDS OIL

Headache

relief in 2 steps

Step 1 Open the cap **Step 2** Sniff the oil

न खाना **न पीना** **न लगाना**

सिर्फ सूंघकर करे सरदर्द को गायब

The box contains:

- 2 Seconds Oil bottle
- Certificate of Commitment
- Mini book 'देश का सिरदर्द करे दूर' 'Relieving Nation's Headache'



A Dr. BRC Product

To buy, go to
www.biswaroop.com/shop

Let every morning be the Hunza Morning

If you have decided to pick only one of my suggestions for the sake of your health, then take this suggestion:

Stop consuming tea specially, morning tea. The early morning tea makes the inner lining of your intestinal wall acidic, as after a long night of fasting your stomach is empty and craving for food. An acidic stomach on a regular basis is the single biggest cause of all kind of inflammatory and lifestyle diseases including arthritis, Diabetes etc.

How to stop craving of tea → Switch to Hunza Tea

Hunza Civilization: Hunza people are the Indians living at extreme northwest of India in Hindu Kush range. They are known to be one of the world's healthiest civilizations, often living up to the age of 110 years.

How to prepare Hunza Tea (serves four)

Ingredients:

- ☐ 12 Mint leaves(Pudina)
- ☐ 8 Basil Leaves(Tulsi)
- ☐ 4 Green cardamom (Elaichi)
- ☐ 2 gm Cinnamon (Dalchini)

Instructions:

- ☐ Take 4 cups of water in a tea pan
- ☐ Add all ingredients, simmer it for 10 mins
- ☐ Add a dash of lemon juice and serve hot or cold

For those who are too lazy to collect the above ingredients (to make their own hunza tea) may order



114 Cups of Hunza Health

₹ 400/-
(Including Courier charges)

You may place your order at:

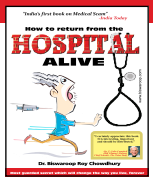
Dynamic Memory Pvt. Ltd.
413A, Sector-68, IMT,
Faridabad-121004 (Haryana) - India
Mobile No.: +91-9312286540
E-mail: biswaroop@biswaroop.com

Log on to www.biswaroop.com/shop to buy products

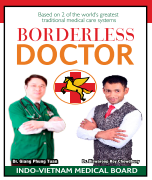
Books by Dr. Biswaroop Roy Chowdhury



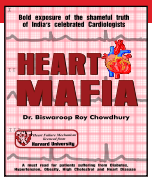
Price: ₹ 250/-
(Courier charges extra)



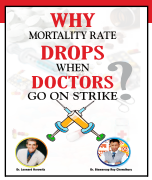
Price: ₹ 95/-
(Courier charges extra)



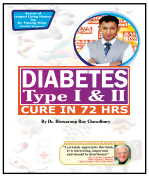
Price: ₹ 150/-
(Courier charges extra)



Price: ₹ 150/-
(Courier charges extra)



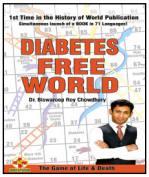
Price: ₹ 200/-
(Courier charges extra)



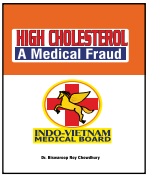
Price: ₹ 150/-
(Courier charges extra)



Price: ₹ 195/-
(Courier charges extra)



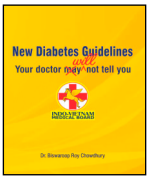
Price: ₹ 100/-
(Courier charges extra)



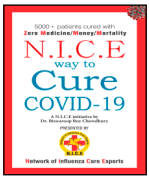
Price: ₹ 100/-
(Courier charges extra)



Price: ₹ 150/-
(Courier charges extra)



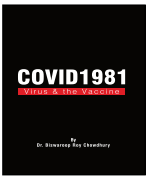
Price: ₹ 100/-
(Courier charges extra)



Price: ₹ 250/-
(Courier charges extra)



Price: ₹ 100/-
(Courier charges extra)



Price: ₹ 175/-
(Courier charges extra)



Price: ₹ 150/-
(Courier charges extra)



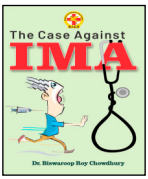
Price: ₹ 100/-
(Courier charges extra)



Price: ₹ 175/-
(Courier charges extra)



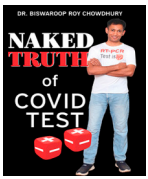
Price: ₹ 150/-
(Courier charges extra)



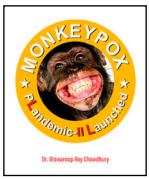
Price: ₹ 150/-
(Courier charges extra)



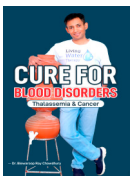
Price: ₹ 225/-
(Courier charges extra)



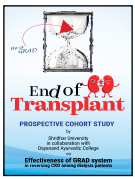
Price: ₹ 200/-
(Courier charges extra)



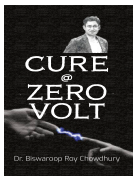
Price: ₹ 100/-
(Courier charges extra)



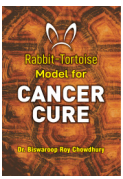
Price: ₹ 200/-
(Courier charges extra)



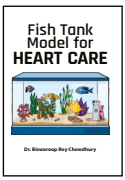
Price: ₹ 200/-
(Courier charges extra)



Price: ₹ 175/-
(Courier charges extra)



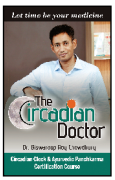
Price: ₹ 250/-
(Courier charges extra)



Price: ₹ 250/-
(Courier charges extra)



Price: ₹ 350/-
(Courier charges extra)



Price: ₹ 250/-
(Courier charges extra)



Price: ₹ 250/-
(Courier charges extra)

Buy online at:
www.biswaroop.com/shop

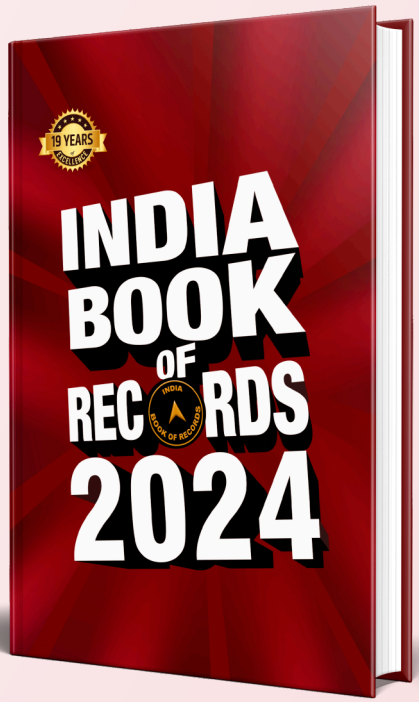
(Available in Hindi/English, in leading online stores)

Dynamic Memory Pvt. Ltd.

413A, Sector-68, IMT, Faridabad-121004 (Haryana)-India • Mob.: +91-9312286540 • E-mail: biswaroop@biswaroop.com

Extraordinary Feats...

...Extraordinary People





For making or breaking a record

go to www.indiabookofrecords.in/apply

India Book of Records

413A, HSIIDC, Sector-68, IMT, Faridabad-121004 (Haryana)
Mob.: +91-99994 36779, E-mail: ibr@indiabookofrecords.in
Website: www.indiabookofrecords.in

3 Days Residential

CURE @ 72hrs Program

Hospital & Institute of Integrated Medical Sciences

HiMS

Call/Whatsapp:
+91-7827710735



Hot Water Immersion

Panch Karma

Living Water

Light Therapy

For more details, go to

Camp with Dr. BRC

Asia's Biggest (1000 Bedded) Integrated Medicine Hospital



Venue: HIIMS-NCR Meerut

- Diabetes
- High B.P.
- Heart Disease
- Joint/Body Pains
- Obesity
- Swelling
- Parkinson
- Low Immunity
- Constipation



Zero Volt Therapy

DIP Diet

Circadian Timeline

www.biswaroop.com/72hrs

Zero Volt Therapy Kit

Zero Volt Foot Mat



- Foot Mat (19 x 12 inch)
- Earthing Copper Rod
- Connecting Copper Wire (10 meter)
- Continuity meter
- Carry Bag

Zero Volt Bedsheet



- Bedsheet (75 x 36 inch)
- Earthing Copper Rod
- Connecting Copper Wire (10 meter)
- Copper connecting wristband
- Continuity meter
- Carry Bag

Zero Volt Yoga Mat



- Yoga Mat (74 x 30 inch)
- Earthing Copper Rod
- Connecting Copper Wire (2 meter)
- Continuity meter
- Carry Bag

To stay disease free, one needs to be grounded with the mother Earth most of the time. In urban cities, it seems difficult to achieve this target. With the invention of Zero volt bedsheet and mats, one can be grounded even while sleeping & sitting at home.

Buy online at: www.biswaroop.com/shop

Dynamic Memory Pvt. Ltd.
413A, HSIIDC, Sector-68, IMT, Faridabad-121004 (Haryana)
E-mail: biswaroop@biswaroop.com

Phone & WhatsApp: +91-9312286540

Dr. BRC's invention to reverse Chronic Kidney Disease

GRAD Dialysis Tub

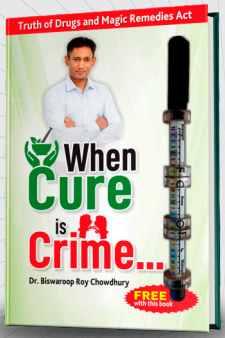


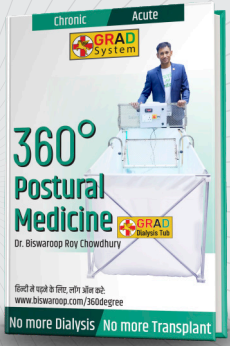
- Pain Management
- Cancer Therapy
- Self Dialysis
- Heart Attack prevention
- Curing Insomnia & Depression
- Reversing Parkinson/Alzheimers CKD & Fibromyalgia

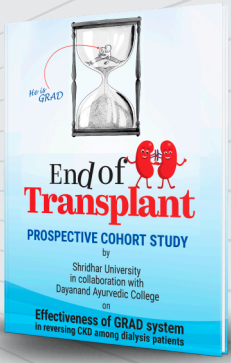


To buy GRAD Tub, go to www.biswaroop.com/shop

To access the pre and post reports of success stories and to learn the science of GRAD Dialysis tub, read the following books:







The above books are freely accessible at www.biswaroop.com/ebook

To consult Dr. BRC, go to www.biswaroop.com/VOPD

P.O.E.M. is a set of techniques which can be used with minimal training by a layman in 68 emergency medical conditions to give relief to a person-in-distress. It is the brainchild of Dr BRC, where he integrated the ancient wisdom with modern medical sciences to get a patient centric outcome that too with inexpensive household and kitchen items. The P.O.E.M. protocol is routinely followed in HIIMS group of hospitals as a part of I.C.U. to manage emergency medical conditions and is also the part of syllabus of the 4 ½ year Bachelor's degree / BNYS Program and Diploma / DNYS course at HIIMS Medical Academy, India.

About the Author

Dr. Biswaroop Roy Chowdhury is the creator of the Mathematical Model of nutrition, known as the DIP diet, which has been proven effective in diabetes, hypertension, obesity, bone diseases, and chronic kidney diseases through clinical trials in India (Ayush Ministry), Nepal (National Health Ministry), and Malaysia (Lincoln University). Furthermore, he received the Innovation Award – 2024 (WASME & Ethiopian Embassy) for his gravity & heat-based invention, the GRAD system, to reverse chronic kidney diseases.

Dr. Biswaroop Roy Chowdhury, an engineering graduate, holds post-graduation in Diabetes and PhD (Hon.) in Diabetes & Chronic Kidney Disease. With an impressive portfolio of 31 published books, he successfully oversees the HIIMS group of Hospitals & Medical College which actively engage in healthcare endeavours across India, Vietnam and Malaysia.

DIAMOND BOOKS