

YET ANOTHER UTSAV - U (DESIGN YOUR OWN HEALTH)



Participants of UTSAV-U with Dr. Neetu Jain, Dr. Mahendra Balar, Mr. Rajesh Jain, Dr. Malini, Dr. Sudhin, and Mrs. Prabha Gulecha.

Yet another UTSAV-U (Design Your Own Health) was successfully completed on September 24, 2017. A total of 30 members from Bangalore, Delhi, Mumbai, Coimbatore, Rajasthan, Chennai, Ooty and Dubai were part of it.

Experts from Prajna Institute of Yoga & Allied Sciences (PIYAS) had come to Soma Wellness, Ooty, to educate participants on various aspects of health and disease and guide them through the right ways of living so that they spread this awareness around and many more lives are prevented from

illnesses. The main highlight of this camp was the talk given by Dr. Mahendra Balar, Integrative Medicine Consultant, from Bangalore. He spoke on the management of various chronic diseases and one of the main topics discussed though was autoimmune diseases. The participants were made aware of the different methods of prevention and management with simple and effective naturopathy treatments. The other topics included general health and hygiene, importance of yoga, diet, relaxation and meditation, and preven-

tion from diseases by Dr. Neetu Jain, the team lead. The talks were followed by the different queries that participants asked with respect to the lecture and a one-on-one consultation with each participant beginning with taking in the basic demographic details of each one to understand their health related concerns and help them. This session was further followed by counseling.

The participants were very enthusiastic which further lead Mr. Rajesh Jain, one of the trustees of SS Navyas Trust, to conclude that more camps like this will be taken up in the future. He stated that these camps served the purpose of empowering the participants with enough information and awareness with regards to their health and problems confronted by them. Moreover, he felt that the aim of imparting the right kind of healthy living strategies was fulfilled successfully with the help of UTSAV-U.

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EDITORIAL TEAM

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FIGHTING SICKNESS LIKE A JAIN by SPARSH JAIN

(Article reproduced as published in 'Yound Minds,' USA-wide Jain Youth Magazine by YJA.)

The Parallelisms of Jainism and Naturopathy/Nature Cure

"I do not know if there is rebirth or not, or life after death. But if it's true, then I would like to be born in India as a Jain" – Albert Einstein

Living life and following the lifestyle practices of a Jain not only gives one spiritual gratification, but also acts as the best way to live healthy and disease free. The ideologies of Jainism run parallel to the ideologies of naturopathy and prove to be useful to preserve a healthy body that fosters the mind and instigates healthy thinking, which in turn forms the basis of shedding karmas to attain eternal bliss. It is common knowledge that following Jainism paves way for purity of health and thought. Not only does it help to prevent diseases, it also contributes towards speedy recovery from major and minor illnesses. The practice of Ahimsa is the true essence of Jainism. Jain principles teach that our universe is filled with a profusion of life and that every living organism is

of importance and that any harm, even unintentional caused to any organism affects the order of the entire universe. We have come a long way – from limiting consumption of dairy products to even becoming vegan. We understand that any harm caused to animals, directly or indirectly is unacceptable. But when it comes to illness, how do we not bat an eye before taking medicine? We're aware that medicines undergo animal testing to check for toxicity levels, and yet we continue to consume medicine? If you think that there is no other alternative, think again. I'd like to provide a very simple example about water fasting – a marvelous technique that we practice, both in Jainism and Naturopathy.

A "Fast" Recovery

Nature cure is deep-rooted on the understanding that the human body is made of 5 elements – earth, water, fire, air and space. If it is made up of these 5 elements, then why can't these elements be used for self-healing and cure

of diseases? Take this for an example – if you have a tear in your cotton shirt, are you going to use wool, or polyester to stitch that tear? Or would you use cotton to stitch the cotton shirt? It is this rudimentary belief along with the self-healing properties of the human body that leads to the science of nature cure or naturopathy. In Jainism, water fast is done to purify the soul of past karma and for attaining salvation (jainworld). This means that one only consumes water and refrains from eating anything. Ancient medical systems acknowledged the significance of fasting for sustaining good health and for curing illnesses. It was observed that animals seldom get sick because they live on natural food and resources. Even if some animals do get sick, they resort to fasting to cure themselves (Patenaude, 2009). Similarly, this principle can be applied to the human body too. When the body is resting, specifically during sleep, it is mending and healing itself. Water fasting is a great way to

boost this rest. Our entire digestive system works continuously to process the food we eat. During water fasting, we give a break to the digestive system. It is imperative to understand that roughly 30% of the human body's energy is used solely by the digestive system. During water fasting, this energy becomes available and re-directs itself to perform necessary repair work in the body. Toxins are formed in the body due to improper digestion and food habits. These toxins are then transported to the various organs through our blood. Diseases have at least some of their origin in accumulation of these toxins in those organs. If we keep eating during our illnesses (for example fever), the body never gets a chance to throw out these toxins, because the intestine is constantly processing the food. Through water fasts, the body gets a chance to eject these toxins through the intestine, the lungs and the skin. Fasting improves immunity and gives longevity.

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It improves glow and texture of the skin. A healthy body can go a long way to shed karmas and attain eternal bliss. If the proper path of living through Jainism & Naturopathy is shadowed, our birth as human could certainly prove to be more valuable and purposeful. Therefore, we need to rekindle the physical and spiritual forces within us with all earnestness and thrive through Naturopathy & Jainism to realize our objective before it is too late. If you're wondering where you could go to learn and practice some of these treatments and practice, there's a program designed just for that. UTSAV is a monthly 3-day program run at the Deccan Park Resorts, Ooty, Tamil Nadu, India, which goes into greater depth about holistic wellness, and I highly recommend you participate, to become a healthier and happier Jain. - piyasyoga@gmail.com

A PRAYER FOR HEALING



Dr. Neetu Jain and UTSAV-U participants during prayer and Satsang session in the Yoga Hall of Soma Wellness, Deccan Resorts.

In August 1998, Duke University reported that a study of 4000 North Carolinians ages 65 or over found those who participated in religious activities are 40 percent less likely to have high blood pressure which increases risk of heart disease. Research has

shown that religious people are less depressed, have healthier immune systems and deal better with addictions than the non-religious. Invoking divine intervention has been a standard approach to healing across cultures for thousands of years. Medical

researchers, reluctant until recently to acknowledge a link between faith and recovery, are now concluding that, indeed, praying may make sick people better. A team at the National Institutes of Health (NIH), USA, reviewed more than 250 studies published since

the 19th century and found a positive connection between prayer and healing for nearly every kind of cancer, cardiovascular disease, hypertension, colitis, and enteritis. Many people feel profoundly calm after praying. Prayer is deeply relaxing, and those who do it regularly are, in effect, meditating.

NIH recently convened a panel to determine the merits of integrating conventional medicine with behavioral and relaxation therapies to treat hypertension. The team found that the conflation of therapies, of which prayer was a key component, "can lower one's breathing rate, heart rate, and blood pressure." Thus there is ample proof that prayer works and many scientific studies have been conducted that validate this observation.

COMING
SOON!



@
Chamrajpet
Bangalore

ARDHAMATSYENDRASANA



Ardhamatyendrasana - Half Spinal Twist

- Makes back muscles supple.
- Improves digestion.
- Activates pancreas and therefore useful in diabetes mellitus.
- Relieves lumbago.
- Tones large number of nerves in the region of the back.

Note: Expert guidance is needed to practice yoga.

NORMAL BLOOD PRESSURE

Normal range of blood pressure: 100 to 140 (Systolic) & 60 to 90 (Diastolic).

For people below 50 years of age: 100/60 to 140/90 mm of Hg. For people above 50 years of age: 100/60 to 160/90 mm of Hg.

120/80 and Age + 100 etc., as presumed by people, are not correct. Blood pressure is never constant throughout the day.

BENEFITS OF APRICOT



- Excellent source of vitamin A.
- Good source of soluble fiber.
- High in potassium..

CONQUERING HORMONAL IMBALANCES - A CASE STUDY

Ms. AB, a 19-year-old engineering student, reported irregular periods, stress, weight gain and acne over her face. She had history of menstrual irregularity for 4 years and described having bad side effects of medicines. She decided to try something natural for her problem. She presented to Prajna Institute of Yoga & Allied Sciences and consulted Dr. Neetu Jain. Her treatment was focused on regular yoga for 6 months, naturopathy treatments, and dietary changes. At the time of presentation, AB's female hormone panel results were significant for increased

levels of prolactin of 44.90 ng/ml. Six months later her repeat prolactin level was 7.31 ng/ml (within normal range). She had regular cycles after a very long time in her menstrual history. Her acne breakouts were much less. Last but not the least, she lost considerable weight.



Ms. Akhila Bhargav
Engineering Student

TESTIMONIALS

“It all started with my husband and me attending the amazing session of UTSAV in Ooty during the month of March 2017 and we were given a **new direction towards the understanding of disease, ailments and treatment**, rather we were awakened. We spread this in a very small way to our kids Dhruv and Drishya, attended full session in Bangalore, they absorbed the magic immediately and continue their practice. It then slowly moved to my sister and her family of 4 who are continuously benefitting staying in close proximity to Dr. Neetu Jain. Last week after immense push we insisted that my mother gets treated for her severe asthma, the day to day struggle she goes on with wheezing associated with her thyroid condition. My mother has also started and reaping the benefits of Dr. Neetu, her magic touch. She is now on track and getting cured without her pills and inhaler. I am indebted to Dr. Neetu

and her entire family and have an emotional connect, most of all the pain my mother went through and the relief she will be blessed with this nature cure devoid of drugs. With my family experience I am glad that I could spread the awareness of drugless cure and to a small extent, shift my family's mindset and see them smile without pain.”

*Mrs. Manju Kartik
Dubai, UAE*

“Thank you Dr. Neetu. Under your guidance, I **lost 13+ kg.**

My cardiac condition also improved with ejection fraction going up from 43% to 60% now. Thank you Dr. Neetu Jain and Team PIYAS.”

*Mr. Ashok R Jain
Bangalore, India.*



“I was **suffering with severe stomach ailments.** Since last 25 years, I was addicted to medicines like pantoprazole, etc., and taking one to two pills everyday. I came to know about Dr. Neetu Jain through my cousin who was under her treatment and experiencing wonderful recovery from his spine problem for which he came to her from Apollo Hospital bed, denying surgery. Just during a short telephonic discussion, I had with Dr. Neetu, she explained me the root cause of my stomach ailments and I was so impressed that I reached Ooty within two days from Kolkata leaving behind my very busy schedules in the month of March, 2017. I took treatment for 12 days there and then very strictly and honestly followed her simple instructions for next three months. I am now fit and fine, living a healthy life.

and that too without any medicine. It is true, still I do face minor health problem, whenever, I overlook her given instructions constantly. But the biggest gain for me is now I have understood the cause of disease, the way of treatment and have the mental strength to overcome. In whatever manner or in whatever words, I appreciate about Dr. Neetu, it will be very, very less than what health benefits, I have derived from her treatment. I am grateful to entire PIYAS team, especially Dr. Neetu, Dr. Malini, and my cousin, Mr. Sunil Churoria, who introduced me to Dr. Neetu Jain.”

*Mr. Sanjeev Kumar Baid
Associate Vice President
Emami Biotech Ltd.
Emami Agratech Ltd.
Kolkata,
India.*

DID YOU KNOW?

Bitter gourd or karela is not really a vegetable but a fruit.

- Helps maintain blood sugar levels.
- Lowers bad cholesterol.
- Boosts immune system.



GERIATRICS & NATUROPATHY

Geriatrics is a branch of multidisciplinary work-medicine that focuses on prevention and treatment of disease in elderly. Modern geriatrics really began with "Mother" of Geriatrics, Dr. Marjory Warren. After her residency at Isleworth Infirmary, she took over the workhouse next door and formed the West Middlesex County Hospital. She felt that merely keeping elderly people fed until they died was not enough - they needed diagnosis, treatment, and care. Geriatrics is also one with a rich history of

multidisciplinary working, valuing all the professions, not just medicine but also many alternative medicines. Naturopathy is best suited amongst different types of alternative medicines especially for elderly. Old age is the period of manifestation of decline of various organ systems in the body. This varies according to various reserves in the organs, for example, as smokers consume their respiratory system reserve early and rapidly. Many people cannot differentiate between disease and

aging effects, for example, renal impairment may be a part of aging but renal failure is not. Also urinary incontinence is not a part of normal aging, but it is a disease that may occur at any age and is frequently treatable. An integrated approach with an aim to treat disease and to decrease effects of aging on the body is essential for optimal benefits. The decline in physiological reserve in organs makes elderly develop diseases (such as dehydration and gastroenteritis) and be liable to complications from mild

problems. Fever may cause confusion leading to a fall and to a fracture of neck of Femur (breaking her/his hip). Drugs are eliminated mostly by the Kidneys or the Liver, either of which maybe impaired in elderly. Thus functional ability, independence and quality of life issues are of greater concern. There is a big role for Naturopathy which is easy to follow and most importantly without any side effects. The absence of any side effects is perhaps the most important reason for its growing popularity in the present scenario.

We care, nature cures
Holistic Living our mission.

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