

# **Disease-Free – Drug-Free Life Based on The Laws of Nature**

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*(Naturopath)*

## **The sick needs**

Teachers, not more doctors;  
Health education, not more hospitals;  
Guidance on living a balanced life, not just more  
treatments.

If even a fraction of the time and effort  
spent on medical treatments  
were redirected toward health education,  
society could become significantly healthier.

Now is the time to cultivate  
health consciousness within yourself  
And to inspire awareness in others.

## **Om Shanti**

### **Message of Good Wishes**

The book *Disease-Free, Drug-Free Life: Based on the Laws of Nature* is an invaluable resource for individuals seeking better health and well-being. In this enlightening work, Dr. Naresh Agrawal meticulously explains the laws of nature in a clear, simple, and accessible manner, making it easy for readers from all walks of life to understand and apply these principles to achieve lasting health.

Illness often arises from a lack of understanding and poor adherence to nature's laws. In its early stages, the disease presents mild symptoms, but due to ignorance about nature's digestion process, and continued poor dietary choices, these minor issues escalate. Over time, impurities accumulate in the body, disrupting its delicate balance and paving the way for more severe health conditions. By embracing a deeper understanding of nature's principles and aligning our habits accordingly, it is possible to restore the body's equilibrium, leading to a life free from diseases and dependence on medication.

In his book, Dr. Naresh Agrawal vividly illustrates how improper food combinations can lead to food rotting in the body instead of being digested properly, becoming a major contributor to the development of numerous diseases. He further emphasizes the transformative power of fasting, explaining how it simplifies the healing process by providing rest to the digestive system and other organs. This pause allows the body to activate its natural

healing mechanisms, promoting recovery and restoring balance to overall health.

Dr. Agrawal aims to empower individuals by fostering awareness of nature's digestion processes and the importance of proper food combinations. Through this understanding, he advocates for a life free from disease and dependence on medication. Drawing on his extensive experience, Dr. Agrawal shares practical and accessible principles rooted in nature's laws, offering a pathway to achieve and maintain lasting health.

We extend our heartfelt best wishes to Dr. Naresh Agrawal and hope his dedication, research, and hard work bring health and happiness to countless lives. May Lord Shiva bless him with the strength, wisdom, and success to continue his noble mission of serving society and promoting the principles of natural health and well-being.

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## Foreword

I have personally read the book “*Disease-Free, Drug-Free Life; Based on the Laws of Nature*” twice, and I find it incredibly valuable for individuals with diabetes. The author has made a commendable effort to explain the basics of carbohydrate metabolism in simple terms that anyone can understand. For diabetic patients, following the advice in this book could be profoundly beneficial. I wish the book much success and hope it reaches a wide audience.

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## **Message of Good Wishes**

The book *Disease-Free, Drug-Free Life: Based on the Laws of Nature* by Naturopath Dr. Naresh Agrawal promises to be a highly valuable resource for humanity.

Throughout the book's development, I had the privilege of staying in close contact with Dr. Agrawal, allowing me to observe his compassionate, human-centric approach toward patients and others—a rare quality in today's medical world.

With sincere prayers to Lord Dhanvantari, I extend my best wishes to Dr. Naresh Agrawal in his noble, sattvic mission to create a society free from disease and medication.

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# Index

1.	Preface	1
2.	1.0: More Food – A Path to Suffer from More Illness	5
3.	2.0: More the Cooking– More the Suffering from Diseases	7
4.	3.0 Factors More Important than Medicines in the Treatment of Diseases	9
5.	3.1 Medicine vs. Age	9
6.	3.2 Treatment in Intensive Care Unit (ICU) vs. Treatment at Home	10
7.	3.2.1 Treatment in ICU	11
8.	3.2.2 Treatment at Home	11
9.	3.2.3 Reasons for the Low Mortality Rate in Patients Treated at Home	12
10.	3.3 Medicine vs. Physical Rest, Deep Sleep, and Mental Rest	13
11.	3.3.1 Physical Rest	13
12.	3.3.2 Deep Sleep	14
13.	3.3.3 Mental Rest	15
14.	3.4 Medicine vs. Rest to the Digestive System	17
15.	3.5 Medicine vs. Faith and the Power of Mind	18
16.	3.6 Effect of Medicine vs. Effect of Food	19
17.	3.6.1 Side Effects of Rotten Food: More Harmful than Side Effects of Medicines	20
18.	4.0 The Interconnectedness of Soul, Mind, and Body	24
19.	5.0 Major Causes of Food Rotting	26
20.	5.1 Not Chewing Food Properly	27

21.	5.1.1 Proper Chewing of Carbohydrate Food	27
22.	5.1.2 Effect of Less Chewing on Carbohydrate Digestion	28
23.	5.1.3 Consuming Carbohydrate Food Against Food Combination Rules	29
24.	5.1.4 Identification of Two New Risk Factors for Diabetes	29
25.	5.1.5 Correct Way of Using Sour Foods: Tomato, Buttermilk, and Curd	33
26.	5.1.6 Importance of Dietary Precautions During Ayurvedic Treatment	36
27.	5.1.7 Relationship between Mind and Taste	37
28.	5.2 Lack of Proper Interval Between Meals	38
29.	5.2.1 Small Quantity Frequent Meals – Not Supported by Scientific Studies	40
30.	5.3 Overeating	42
31.	5.3.1 Affection, Culture, Habit	43
32.	5.3.2 Eating without Hunger	44
33.	5.3.3 Eating Contrary to the Indications of Nature During Illness	44
34.	5.3.4 Eating Heavy Meals	45
35.	5.4 Mistakes in Food Combination Rules	47
36.	5.4.1 Avoid Carbohydrates with Sour Food	48
37.	5.4.2 Avoid Fruits with Grains	48
38.	5.4.3 Avoid Milk with Fruits or Grains	50
39.	5.4.4 Avoid Tea and Coffee with Meals	53
40.	5.5 Some More Reasons for Food Rotting	54
41.	5.5.1 Eating Late at Night	54



42.	5.5.2 Consuming Refrigerated Foods & Chilled Beverages with Meals	54
43.	5.5.3 Mental and Emotional Factors	55
44.	5.5.4 Non-Vegetarian Food and Alcohol	55
45.	6.0 Food Rotting Triggers & Intensify the Diseases	56
46.	6.1 Risk Factors for Osteoporosis (Brittle Bone Disease)	56
47.	6.2 Production, Accumulation, and Elimination of Toxic Substances in the Body	57
48.	6.2.1 Metabolic By-products of Digestion	58
49.	6.2.2 Production of Excess Acid Due to Food Rotting	59
50.	6.2.3 Tea and Coffee	60
51.	6.3 Toxin Level – Disease Determining Factor	61
52.	6.4 Acute Disease - Natural Solution to Remove Accumulated Toxins from the Body.	62
53.	6.5 Law of Nature – Adequate Rest to All Organ Systems	63
54.	7.0 Rest to Digestive System - Nature's Best Way to Cure Diseases	65
55.	7.1 Rest to the Digestive System - By Consuming Fruits, Juices, and Vegetables	65
56.	7.2 Fasting – Nature’s Gift for Healing	66
57.	7.2.1 Special Technique for Fasting	67
58.	7.2.2 Additional Guidelines for Effective Fasting	70
59.	7.3 Health Benefits Associated with Fasting Duration	71
60.	8.0 Fever Management	73

61.	8.1 Some Interesting Facts about Fever	73
62.	8.2 What Happens During Fever	74
63.	8.3 Steps to Follow after a Fever is Detected	75
64.	8.4 Anti-Fever Herbal Decoction	77
66.	8.4.1 Characteristics of Anti-Fever Herbal Decoction	78
67.	8.4.2 Anti-Fever Herbal Decoction, Method of Preparation & Uses	79
68.	8.5 Additional Guidelines for Fever Management	80
69.	8.6 Hydrotherapy in Fever	81
70.	8.7 Post-Fever Dietary Guidelines	82
71.	8.8 When to Meet a Doctor	82
72.	9.0 Liver Cleanse Therapy	83
73.	9.1 Liver and its Functions	83
74.	9.2 Symptoms of Liver/Gallbladder Disorders	84
75.	9.3 Why Liver Cleanse?	85
76.	9.4 Ingredients for Liver Cleanse	86
77.	9.5 How to do a Liver Cleanse	86
78.	9.6 Additional Notes for Liver Cleanse Therapy	88

## Preface

Nature is an indestructible force, applying the same laws to everyone— a king or a pauper. Nature has provided all living beings with complete, self-sustaining mechanisms to live healthily, survive, and recover from illness.

However, instead of aligning with nature's disease-prevention principles, humanity often channels its efforts, resources, and energy into developing medicines and new treatment methods. Despite the abundance of hospitals, doctors, medications, and advances in medical science, the outcomes are clear: the prevalence of diseases continues to rise rather than diminish.

Illness originates due to the cumulative result of small, repeated mistakes made at home and is typically treated in hospitals with medicines prescribed by doctors. When these errors persist, the cycle of illness repeats. Among these errors, a key factor behind recurring health issues is food rotting within the digestive system.

When food rots during digestion, it causes harm comparable to consuming spoiled food. This process often results in symptoms such as excessive gas production, hyperacidity, indigestion, and flatulence. This contributes to the generation of *Aam-Dosha*, a toxic residue, that the body can't easily neutralize or eliminate, further leading to increased toxin accumulation in the body. These disturbances upset the delicate balance of *Vata*,

*Pitta*, and *Kapha*—the three fundamental energies (Doshas) that govern the body according to Ayurveda.

This booklet addresses key issues such as a lack of spiritual discipline, a restless mind, and improper food combinations that hinder digestion and harm health. Even if one prioritizes consuming pure, home-cooked meals, a lack of understanding of nature's food digestion system and the principles of food combinations can lead to food spoilage during digestion. In such cases, even *sattvic* food, known for its purity and positive influence, can take on *tamasic* qualities, negatively affecting the mind and body.

Food profoundly impacts the mind, and directly influences our thoughts, emotions, mental clarity, and overall well-being. This booklet emphasizes how improper digestion, food rotting, constipation, and the accumulation of toxins can disrupt the mind and harm overall health.

When food rots in the digestive system, it breaks down into harmful by-products such as alcohol, vinegar, and toxic acids. The body expends much energy to neutralize these effects, placing an undue burden and depletion of physical vitality. Over time, this strain accelerates the aging process, causing individuals to experience the effects of aging prematurely. By shedding light on these issues, the book provides valuable insights and actionable strategies to prevent these health challenges and promote holistic well-being.

Understanding nature's food digestion mechanisms and the rules of food combination empowers individuals to prevent significant food spoilage through simple adjustments to their eating habits. These minor yet impactful changes can help avoid one of the primary causes of disease, reducing the need for treatments and saving time, money, and energy. By embracing these principles, anyone can break free from the recurring cycle of disease, doctor, and medication.

Nature's healing system reveals that recovery can be accelerated when the energy conserved during digestion is redirected toward healing. This conserved energy serves as a potent healer and one of the most powerful, cost-free medicines. The booklet delves into the science and methods behind harnessing this natural healing energy, offering readers practical guidance to achieve lasting health benefits.

Additionally, the book delves into two newly identified risk factors for diabetes and uncovers a previously unrecognized cause of osteoporosis. It addresses long-standing questions, such as why individuals who abstain from non-vegetarian food, alcohol, and tobacco still face significant health challenges. These revelations offer fresh insights that can reshape one's understanding of health and nutrition.

Over the past 25 years, I have acquired valuable experience in improving lifestyles and treating diseases through naturopathy. However, the remarkable success achieved in the last three years using treatments grounded in the laws of nature has inspired me

to share this wisdom with a broader audience through this book. By applying these principles and treatment methods, individuals can heal various ailments effectively, while significantly reducing the time, money, energy, and dependence on medications.

The principles presented in this book, which cultivate a health consciousness aligned with the laws of nature, offer a powerful foundation for sustaining well-being. Following the successful release of three editions in Hindi and two in Oriya, the first edition of this book is now available in English. It is presented with the sincere hope of benefiting countless individuals, empowering them to embrace healthier lives by understanding the laws of nature and adopting preventive measures.

**Dr. Naresh Agrawal**

# **CHAPTER – 1**

## **1.0: More Food – A Path to Suffer from More Illness**

Food plays a crucial role not only in maintaining health but also in the development of diseases. Properly digested food meets the body's essential needs by providing energy and nutrients. However, food that ferments or decays in the digestive system increase the toxic load, can inadvertently invite diseases, and necessitates medical attention. The proportion of undigested or rotting food varies from person to person and, in some cases, can reach 50% or more, leading to serious health challenges.

Everyone harbours a deep desire to live a healthy life. Some believe they can achieve this by consuming adequate dry fruits, fresh fruits, cheese, milk, yogurt, milkshakes, dairy products, various cereals, and other nutrient-rich food items. However, individuals who rely on these nutritional foods also suffer from calcium deficiencies in bones, elevated uric acid levels, joint and nerve pain, general body aches, fatigue, shortness of breath, high cholesterol, thyroid disorders, hypertension, diabetes, bloating, acidity, and a multitude of other health issues. Despite the use of various medications, these health problems tend to increase rather than diminish.

**More Food = More Diseases**

**Variety Food = Variety Diseases**

**Less Food = Less Diseases**

**More Treatment = More Diseases**

On the other hand, individuals who prioritize their health often prefer simple, home-cooked meals. While they may appear to suffer fewer health issues, it cannot be assumed that they are entirely free from diseases. This is because the food consumed by a person is often not fully digested, leading some portions to undergo rotting or spoilage. Due to ignorance of the digestion process and food pairing rules, a significant portion of the food frequently rots, sometimes affecting the entire meal.

This leads to the formation of toxic residues in the body. Ultimately, the remnants of digestion are expelled as stool, but this process does not eliminate all toxins. Over time, these residual toxins accumulate in the body, gradually increasing the toxic load and potentially contributing to health problems.

Everyone needs to understand that symptoms such as bloating, acidity, indigestion, and flatulence are signs of food rotting during digestion. Unfortunately, many people underestimate these signs. Instead of addressing the root cause and taking steps to prevent food from spoiling, they rely on home remedies or medications prescribed by doctors, believing this is an adequate solution. However, this approach neither prevents the food from rotting nor alleviates its adverse effects. The body expends excessive energy in managing these side effects, as a result, leading to diminished physical vitality and accelerating the aging process.

The food rotting raises the levels of acids and toxins in the body, fostering an environment conducive to disease. This



increase in toxins often renders medications insufficient for complete healing. Therefore, good health cannot always be attained through wealth; otherwise, everyone would achieve wellness through financial means. To gain true health, we must understand and adhere to the laws of nature.

Chapters 5 and 6 of this book discuss the causes, side effects, and serious health problems associated with food rotting during digestion.

## **CHAPTER – 2**

### **2.0: More the Cooking– More the Suffering from Diseases**

Families that spend more time in the kitchen are often more prone to illness, as this extended time is usually dedicated to preparing various dishes or heavily processing meals to enhance flavor. When food is highly delicious or diverse, it often encourages overeating, which can result in improper digestion and lead to food spoilage within the digestive system.

The longer food is cooked or processed, the more its vitamins, minerals, and other nutrients are depleted. Methods such as frying, roasting, baking, and preparing dishes like parathas, puris, pakoras, and halwa require significant time and reduce the food's nutritional value. Furthermore, these cooking techniques make the food heavier to digest and more acidic, diminishing its capacity to neutralize acids. This results in the gradual buildup of excess acidic waste and toxins in the body,

increasing the risk of illness and the likelihood of developing various diseases for individuals and families consuming such foods.

For better health, a person should ensure that at least 30-40% of his total food intake consists of uncooked foods. This can be easily achieved by incorporating salads, fruits, and juices of vegetables or fruits into the diet. These foods retain their natural enzymes and abundant nutrients, essential for overall well-being.

Additionally, options such as vegetable soup and boiled vegetables can be beneficial, as they are minimally processed, and retain most nutrients. In serious disease conditions, remarkable health improvements have been observed when patients switch to a predominantly raw diet with a small portion of cooked food.

For healthy individuals, maintaining a balance between cooked and uncooked food is recommended for better health, with an increased emphasis on raw foods in cases of serious illness.

**“Food is the Most Powerful Weapon  
to Fight against Disease and Reverse It.”**

## **CHAPTER – 3**

### **3.0 Factors More Important than Medicines in the Treatment of Diseases**

Many people believe that treating diseases is impossible without medication. However, this perspective overlooks the significance of dietary habits, lifestyle factors, and adherence to the laws of nature. Medicines are often regarded as the primary solution for treating illnesses and restoring health, but this is not entirely accurate. Let's analyse the six key points below to deeply understand this concept, which is more vital than medicines in treating diseases.

#### ***3.1 Medicine vs. Age***

Healing in the elderly typically takes longer than in younger individuals, whether it involves wound recovery, repairing broken bones, or addressing other health problems. This is due to weaker physical energy and a greater accumulation of toxins in older individuals. When the natural healing power and vitality are diminished, medicines alone cannot expedite recovery.

While treating patients with medicines, doctors often face challenges in achieving the desired speed of treatment, equal outcomes for all patients, and providing consistent benefits, because nature possesses an inherent ability to heal diseases. True recovery occurs swiftly when this natural healing energy is harnessed effectively. Medicines yield positive results only when their mode of action aligns with the healing direction of nature.

However, if the treatment approach of medicines conflicts with nature's curative efforts, it disrupts the natural healing process, prolonging recovery, causing harm to the patient, and in some cases, leading to fatal outcomes.

This demonstrates that the healing energy of nature holds greater significance than medicines.

### ***3.2 Treatment in Intensive Care Unit (ICU) vs. Treatment at Home***

During strikes by medical professionals, emergency services for conditions such as heart attacks, paralysis, and accidents are typically maintained. However, outpatient clinic services are suspended, and numerous scheduled surgeries have to be postponed due to the limited availability of doctors.

During such times, patients are often advised to manage their care at home due to the limited availability of doctors. Interestingly, many patients who cared for themselves at home during these strikes reported faster recoveries and lower mortality rates.

Numerous research articles and survey reports published in medical journals have highlighted similar findings supporting these observations. By analysing this health improvement, we can gain valuable insights into the measures, principles, and natural laws that promote health and prevent diseases.

#### ***3.2.1 Treatment in Intensive Care Unit (ICU)***

It is frequently observed that food is immediately stopped for patients admitted to the intensive care unit (ICU). Instead, the body's need for water, energy, and nutrition is met through intravenous drips. Medications are promptly administered to stabilize blood pressure, heart rate, blood sugar levels, and temperature, and to address symptoms such as bloating, acidity, vomiting, headaches, body aches, and restlessness. If these symptoms fluctuate despite the use of medication, additional doses may be required to bring them under control. Patients in the ICU receive oxygen from cylinders. However, since the entire treatment is conducted in a closed room, the patient is inevitably deprived of sunlight.

### ***3.2.2 Treatment at Home***

On the other hand, patients are often compelled to care for themselves at home due to the doctors' strike. Due to their fragile health condition, they are usually provided only liquid food, avoiding all types of grains even porridge, khichdi (a light mixture of rice and Green Gram), or cookies.

For the digestion of food, the body temporarily redirects blood circulation from other parts to the stomach to assist the digestive system, in addition to utilizing its energy. This highlights that a significant amount of physical energy is consumed during digestion. When grains-based foods are avoided, the workload of the digestive system is reduced, thereby conserving energy.

According to nature's principles, nature immediately redirects this conserved energy toward healing diseases. By effectively utilizing this healing energy, the patient's restlessness, nervousness, and other symptoms stabilize more quickly. Additionally, it becomes less likely for these symptoms to fluctuate frequently.

The liquid diet provided to the patient helps prevent water and energy deficiencies in the body, which is crucial to avoid dehydration during illness. Continuous intake of liquids such as orange juice, other fruit juices, lemon water, coconut water, vegetable juice or soup, honey water, and lukewarm water is highly beneficial. The vitamin C and other essential minerals available in citrus juices enhance immunity, aiding the body in fighting diseases more effectively and promoting faster recovery.

To prevent oxygen deprivation at home, it is vital to ensure cross-ventilation by keeping windows and doors open, allowing fresh air to circulate. Additionally, patients recovering at home have the advantage of sunlight exposure, whereas those in the ICU are often deprived of this essential benefit.

By effectively harnessing both the energy from nature and the energy conserved from the digestive system, patients at home often experience a faster recovery than those in the ICU.

### ***3.2.3 Reasons for the Low Mortality Rate in Patients Treated at Home***

Grain-based foods are eliminated for patients treated in ICU and those recovering at home when unwell. However, despite the digestive system being relieved in both cases, the mortality rate is lower among patients recovering at home.

The primary reason for this difference lies in the approach to treatment. In the ICU, when a patient shows no improvement or symptoms fluctuate, doctors often resort to increasing medication and exert considerable effort to stabilize the patient. Sometimes despite intensive drug treatment, significant benefits are not observed. The excessive use of medications places additional strain on vital organs such as the kidneys and liver, diverting the conserved energy from digestion toward managing the side effects of these drugs, rather than addressing the actual disease.

Conversely, patients at home typically rely on fewer medications, enabling the body's natural healing energy to function without being disrupted by the medication's side effects. Consequently, this conserved energy is directly utilized for recovery, reducing the chances of complications and mortality risk.

### ***3.3 Medicine vs. Physical Rest, Deep Sleep, and Mental Rest***

In healing and recovery from illness, true and lasting health improvement is best supported by the body's natural healing processes rather than symptomatic relief provided by medicines, which are profoundly influenced by adequate physical rest, deep sleep, and mental relaxation.

### ***3.3.1 Physical Rest***

Rest plays a vital role in recovery. It is undeniably true that without adequate rest, relying solely on medication often falls short of achieving complete healing. Medicines can target specific symptoms or diseases but cannot substitute the comprehensive, restorative benefits that rest provides. When the patient takes physical rest, they conserve the energy usually spent on daily activities such as walking, working, speaking, and even visual processing. This conserved energy is then redirected by nature towards healing and repair, creating an environment where recovery can progress more swiftly and naturally.

### ***3.3.2 Deep Sleep***

Deep sleep plays a vital role in physical development and recovery, similar to how it supports a newborn's growth. After a deep sleep, a person wakes feeling healthier and more energized. Deep sleep eliminates internal fatigue, allowing the body to repair damaged cells efficiently, detoxifying, and balancing hormones. It is in this state that the immune system is most active. This restorative process accelerates healing, enabling quicker recovery from illnesses and injuries. Without sufficient deep sleep, the body's resilience weakens, and medicines may be less effective.

Unfortunately, today's youth often disrupt their natural biological rhythms by staying awake late into the night, leading to rapid energy depletion, premature aging, and the risk of



developing insomnia. Individuals need to obtain 6 to 8 hours of sleep, which must include the critical window from 10 PM to 2 AM, according to sleep science this timeframe is optimal for deep sleep. Deep sleep alleviates physical fatigue and enhances cognitive function and mental energy. Conversely, regardless of the long hours of sleep outside this natural window, physical fatigue is not adequately relieved, enthusiasm diminishes, and creativity is significantly impaired.

Long-distance air travelers frequently experience jet lag, which results from disruptions to their internal biological clocks and sleep cycle. The biological clock and sleep cycle are naturally regulated by sunrise and sunset. When these rhythms are disturbed, they profoundly impact digestion, physiology, behavior, and daily routines, leading to fatigue, insomnia, and other symptoms.

After 11:30 PM, the secretion of digestive juices diminishes until sunrise, which means that food consumed late at night may satisfy hunger but is poorly digested. Violating these natural rhythms ultimately depletes the body's energy.

In today's world, excessive internet use, mobile phones, movies, and short videos often disrupt mental concentration and sleep patterns. Adopting healthier habits and minimizing late-night screen time is essential for prioritizing proper sleep. Reducing screen exposure during illness enhances physical and mental rest, and supports and accelerates the healing process.

### **3.3.3 Mental Rest**

Achieving mental rest is essential for overall well-being and involves freedom from the burdens of negative and unnecessary thoughts. A calm mind is fundamental for experiencing true mental rest. When the mind is at ease, the body can more effectively channel its energy towards recovery and rejuvenation.

In medical terminology, the concept of **psychosomatic disorders** refers to physical illnesses that are believed to be influenced or exacerbated by mental factors. Research suggests that nearly all diseases can be classified as psychosomatic to some extent, highlighting the significant impact of mental states on physical health.

Achieving deep sleep becomes challenging without adequate mental rest, rendering physical rest ineffective. This can lead to excessive stress hormone release, elevated cortisol levels, suppressed immune responses, and disrupted digestion. Consequently, toxins accumulate in the body. These factors collectively complicate the treatment and prolong the patient's recovery process.

A restless mind, often driven by impatience and stress, can contribute to illness. Regular practice of Rajayoga meditation helps counteract this by fostering mental peace, enhancing concentration, lowering cortisol levels, reducing stress, and cultivating positive thoughts. This practice effectively channels mental energy, enabling the body to focus on healing.

Every home should have a dedicated space for meditation, allowing each family member to sit in silence and enhance concentration according to their available time. Unfortunately, the importance of having a meditation room is often overlooked. Regular meditation practices in a home foster an atmosphere of positive energy, benefiting the health and well-being of all family members. Additionally, meditation supports children in their studies by enhancing concentration and nurturing positive values.

Regular practice of Rajayoga meditation greatly enhances mental peace. Achieving greater mental tranquility requires individuals to cultivate positive changes in their thoughts and beliefs, fostering a harmonious and balanced mindset.

In essence, while medicines target specific disease conditions, their effectiveness is often limited without the support of physical rest, deep sleep, and mental rest. Together, these natural elements create an environment conducive to holistic healing, usually leading to faster and more lasting recovery than medicine alone can achieve.

### ***3.4 Medicine vs. Rest to the Digestive System***

When patients consume heavy, rich foods—such as halwa, puri, kachori, or oily and spicy dishes during illness, their health may worsen despite medication. For those recovering from serious ailments, reintroducing such foods increases the likelihood of complications and potential hospitalization. According to nature's principles, when the digestive system is

given rest, the energy usually expended on digestion is redirected toward healing the body. This accelerates recovery. Without this natural support, relying solely on medicines is often insufficient for effective treatment.

Digestion requires a substantial amount of the body's energy. In alignment with nature's laws, the body conserves energy by suppressing hunger signals when extra energy is needed for healing. Avoiding grain-based foods during this period allows the energy typically used for digestion to be redirected toward addressing health issues, eliminating toxins, and repairing cellular damage. This curative energy serves as the superior doctor and most potent form of medicine, promoting faster, safer, and more effective recovery than conventional therapies or medications. Without harnessing this natural healing energy and relying solely on medication, it becomes difficult to prevent the onset of new health issues or treat complex diseases.

Fruits, juices, soups, salads, and boiled vegetables are easier to digest than grain-based foods. Their digestion requires minimal digestive effort, with little need for digestive juices or hydrochloric acid. This lowers the energy required for digestion, allowing the digestive system to rest while providing ample nutrition. It enables the kidneys to effectively eliminate accumulated acid waste as these foods do not contribute to uric acid production. The energy conserved during this simplified digestion process is redirected toward detoxifying the body and repairing cells. That's why, individuals often feel lighter, more

refreshed, and energetic when consuming only fruits, juices, soups, salads, and boiled vegetables throughout the day.

Incorporating fasting or consuming primarily fruits and vegetables periodically provides rest to the digestive system effectively. Adopting these habits not only aids in disease prevention but also enhances recovery.

### ***3.5 Medicine vs. Faith and the Power of Mind***

The patient's belief in their doctors, treatment, and medication significantly impacts recovery speed. If a patient lacks trust in doctors, treatments, or medications, recovery tends to be slower. Conversely, when a patient has strong faith in the doctor and the prescribed medicine, recovery has been achieved even when a non-active substance, or placebo, is administered. This phenomenon is known in medical terms as the **Placebo Effect**.

There are instances where medical science lacks a specific treatment or substantial research for certain diseases. However, even in such cases, some patients have managed to heal themselves by harnessing the power of their mind, faith in divine power, belief in the healing power of nature, self-confidence, and positive thinking.

All of this illustrates that faith significantly enhances the effectiveness of medicine. The healing power of faith often surpasses that of the medication itself.

### ***3.6 Effect of Medicine vs. Effect of Food***

Both food and medication have a profound impact on health, but the role of diet is often more powerful. If an individual is careless about diet for just a few days, health issues that were once under control with medication can quickly spiral out of control. This illustrates the significant influence of food on health, often exceeding that of medication alone.

Sometimes, managing health problems requires an increased dosage of medications. This might provide short-term relief, but higher dosages often deplete physical energy and overall physical vitality leaving the body weaker over time. This approach, however, reflects a common tendency in medical treatment today: placing an overemphasis on medication while neglecting the role of diet. The prevalent belief in medication as the sole path to recovery, tempts people to opt for pills over dietary changes, viewing them as a quick fix.

Claims such as “This is an excellent drug,” “a newly launched, effective remedy,” or “the perfect health supplement with numerous success stories” often lure people into a cycle of quick-fix solutions. Eager to improve their health, individuals invest considerable time and money in such promises, believing they’ve found the ultimate answer to their health issues. Unfortunately, People often fail to recognize that the harmful effects of poorly digested or spoiled food can cause far more damage than the side effects of medications.

To truly improve health, one must address the unhealthy eating habits that contribute to recurring illness. A better diet can be just as therapeutic as medication, significantly reducing the need for prescriptions and lowering the risk of illness. This approach advocates for a more holistic treatment strategy that integrates dietary improvements with medical treatment, ultimately fostering better health outcomes.

### ***3.6.1 Side Effects of Rotten Food: More Harmful than Side Effects of Medicines***

When a medication is used for a prolonged period, its effectiveness can diminish, leading to a need for higher doses to manage the same health issue. This often sets off a cycle where increasing medication brings temporary relief but may also introduce additional health complications. It's widely accepted without hesitation that as people age, health challenges tend to increase, and the risks associated with long-term medication are also viewed as an inevitable outcome.

After thorough analysis, it has been found that the adverse effects of food rotting during digestion are significantly more severe than the side effects of medications. As food decomposes, it transforms into harmful substances such as alcohol and toxic acids. The body expends a considerable amount of its natural energy to counteract these harmful effects, depleting physical vitality and accelerating signs of aging. Instead of adopting healthier eating habits and improving their daily routines, many individuals shift the responsibility for their health onto medical

science and medications to address the consequences of their lifestyle mistakes.

For instance, consider a person struggling with both hypertension and knee pain. People often manage knee pain with remedies like massage, heat application, and medications periodically. These treatments ease the discomfort for a short period. With this temporary relief, people avoid reflecting on the underlying causes of their health issues, instead preferring to maintain their busy lifestyle.

In addition, this person drinks three to four cups of tea or coffee daily. While it might seem harmless, excessive tea consumption can raise uric acid levels, worsening knee conditions and other joints. Gradually, the knee pain intensifies, making movement increasingly challenging. Despite noticeable health deterioration, most prescriptions rarely encouraged them to quit their tea or coffee habit.

The accumulation of toxins from rotting food and increased uric acid levels can damage the body's strong structures, such as cartilage, thereby exacerbating knee problems. When the damage becomes extensive, doctors may recommend knee replacement surgery.

Tea consumption can also reduce the elasticity of blood vessels, impairing blood circulation throughout the body. Food rotting can lead to an increase in LDL cholesterol and can amplify the effects of oxidative stress. As a result, blood pressure



levels may rise, often requiring increased medication. Over time, this can lead to a situation where, despite higher doses of medication, blood pressure remains difficult to control. For some patients, this progression may also contribute to the gradual onset of diabetes, heart disease, fatty liver, or other health complications.

### ***Understanding the Role of Eating Habits in Health Loss***

It is important to assess the reason for health deterioration, which primarily stems from the side effects of blood pressure medications or the role of poor dietary choices was more significant. The adverse effects of food rotting in the digestive system and unhealthy eating patterns contribute significantly to the accumulation of toxins in the body. This toxic buildup not only exacerbates existing diseases but also elevates additional health issues, often necessitating higher dosages of medication to manage symptoms effectively.

If individuals maintained healthier eating habits, the progression of diseases, the need for escalated medication, or the onset of additional illnesses would be significantly reduced. In this health deterioration, the contribution of the adverse effects of poor dietary choices outweighs the side effects of the medication.

The seriousness of the side effects of food has always been taken very lightly by blaming the deterioration of health on the side effects of medicines. It is far more effective to focus on

improving one's diet to prevent and manage health issues after understanding this misconception rather than solely relying on medication.

“For the most part, the health profession  
has either ignored or else denounced fasting.  
Fasting is a fad or it is quackery.  
They do not study it, do not employ it, and  
do not endorse it. On the contrary, they declare  
that "the sick must eat to keep up their strength.”

## **CHAPTER – 4**

### ***4.0 The Interconnectedness of Soul, Mind, and Body***

The relationship between the soul, mind, and body is fundamental to understanding health and disease. When a patient's life cannot be saved in the hospital, the doctor may ask the family to take the body back, but the term "patient" is no longer used. This shift in terminology—from "patient" to "body"—highlights the absence of the soul, which is the essence of consciousness. When the soul departs from the body, taking its energy along, the physical form—composed of the five elements—becomes lifeless. This transition marks the end of the body's vitality, leaving it devoid of consciousness and life force.

Mind, intellect, and impressions are considered subtle powers of the soul. The mind itself has four dimensions: Thoughts, Emotions, Attitudes, and Memories (T.E.A.M.). When these aspects are influenced by negative or waste thoughts, it disrupts the flow of the soul's energy. This disruption can lead to

blockages in energy within the body, resulting accumulation of toxins particularly in that area. Over time, these toxins can manifest as physical diseases. That's why it is crucial to maintain a positive and empowered mindset by practicing Rajyoga Meditation.

The root cause of many diseases lies in the accumulation of toxins and their detrimental effects on the body. These toxins primarily result from rotting food and heightened mental agitation. Practices like yoga, pranayama, and exercise play a crucial role in preventing the buildup and increase of these harmful substances, promoting both physical and mental well-being.

However, while significant emphasis is placed on the regular practice of yoga, pranayama, and exercise, the importance of dietary changes is equally highlighted. Unfortunately, modern individuals often prioritize physical activities while neglecting the crucial aspect of diet modifications. Without adopting healthier eating habits, achieving complete and sustainable health is **unfeasible with** consistent yoga, pranayama, and exercise alone.

Harmonizing the energies of the soul, mind, and body is essential for achieving and maintaining optimal health.

“The Dis-Ease (Loss of Ease) that cannot be Cured  
by Outer Methods Like Medicines or Surgery,  
If one wants to Heal or Cure it,  
he has to go Within (In + Curable).”

## **CHAPTER – 5**

### **5.0 Major Causes of Food Rotting**

The food rotting during digestion can be as harmful as consuming spoiled food. Many people mistakenly attribute this issue to a weak liver or disturbed digestive system and seek various treatments. These treatments often provide temporary relief, but these health problems frequently resurface. By disregarding nature's healing methods and principles, individuals focus their time, energy, and resources on developing medicines and new treatment methods. The concerning trend is that despite the abundance of hospitals, doctors, medications, and scientific research, the prevalence of diseases continues to rise. The root cause of many illnesses lies in the overlooked problem of "rotting food" during digestion.

Health problems, regardless of severity, often originate from the cumulative outcome of repeated small errors over an extended period that violates nature's health principles. Once these natural health principles are understood, adhering to them becomes effortless, enabling one to maintain good health in a simple and achievable manner.

Several factors contribute to food rotting during digestion. Four key factors stand out and deserve detailed discussion. Although they may appear simple, these factors represent fundamental principles of health. By exploring these factors, we can better understand the significant negative consequences that arise when these fundamental health principles are neglected.

## **Main Reasons for the Food Rotting:**

*5.1 Not Chewing Food Properly*

*5.2 Lack of Proper Interval Between Meals*

*5.3 Overeating*

*5.4 Making Mistakes in Food Combination Rules*

### **5.1 Not Chewing Food Properly**

No matter how nutritious and delicious food may be, if not chewed properly, it can hinder digestion and absorption, ultimately leading to food rotting in the digestive system.

After a deep analysis of this aspect, two new contributing risk factors for diabetes have been identified, which medical science has not yet widely recognized. Recognizing these factors could pave the way for more effective prevention and treatment strategies, offering new insights into the management of diabetes.

In today's fast-paced lifestyle when people are under work pressure or short on time, they often eat hurriedly without giving sufficient attention to chewing. This habit can have serious health repercussions and negatively impact the digestion of carbohydrates. To illustrate the importance of chewing, let's examine how carbohydrate digestion is influenced in three different situations:

### ***5.1.1 Proper Chewing of Carbohydrate Food***

Carbohydrate-rich foods such as chapatti (Indian flatbread), rice, and potatoes digestion begin in the mouth. When chewed thoroughly, Amylase enzymes released from saliva break down carbohydrates, resulting in a sweeter taste due to conversion into maltose. This sweet flavor indicates the initial stage of digestion.

Conversely, foods such as pulses (legumes), which are high in protein, do not taste sweet when chewed. This is because the chemical breakdown of proteins happens in the stomach's acidic environment, whereas carbohydrates require an alkaline environment for efficient digestion. When the digestive system predominantly provides an acidic environment, the digestion of carbohydrates is significantly impaired.

This is where the fascinating digestion process begins. Once food is consumed, carbohydrates, which require an alkaline environment for digestion, come into contact with the stomach's acidic environment. Proper chewing increases saliva production, delivering more alkaline content to the stomach along with the food. This additional saliva takes longer to be neutralized by stomach acids, allowing carbohydrate digestion to continue till the active alkaline environment is available. Meanwhile, protein digestion proceeds smoothly in the acidic environment.

Therefore, effective carbohydrate digestion requires that the food is chewed properly and eaten in an alkaline environment.

### ***5.1.2 Effect of Less Chewing on Carbohydrate Digestion***

If a person chews food inadequately, only a small amount of saliva reaches the stomach along with the food. When this limited saliva comes in contact with stomach acid, it quickly loses its alkaline properties, hindering the progression of carbohydrate digestion.

When carbohydrate-rich food is exposed to the stomach's acidic environment for 3-4 hours continuously, it begins to rot and this process cannot be halted. Flatulence, indigestion, gas, and acidity are the clear signs of rotting food within the digestive system.

Therefore, it is crucial to pay careful attention to the process of chewing food thoroughly.

### ***5.1.3 Consuming Carbohydrate Food Against Food Combination Rules***

According to nature's digestion process, carbohydrate-rich foods require an alkaline environment (alkaline pH) in saliva for proper digestion. Sour foods alter the pH of saliva when consumed being acidic in characteristics. Sour foods like buttermilk, curd, tomato, tamarind, sour pickles, dry mango powder, or lemon alter the pH of saliva, making it more acidic, thereby diminishing the effectiveness of active components of salivary amylase, essential for carbohydrate digestion. Consequently, even when carbohydrate-rich foods are chewed thoroughly, their digestion is impaired when consumed alongside sour substances, leading to the decomposition of the food.

#### ***5.1.4 Identification of Two New Risk Factors for Diabetes***

Insulin resistance is a major contributor to the development of diabetes. It occurs when cells of muscles, fat, and liver don't respond well to insulin and cannot take up glucose easily from the blood, creating an environment where insulin resistance can lead to prediabetes and ultimately type 2 diabetes.

In type 2 diabetes while the pancreas may produce sufficient insulin, the cells in the body lack to respond effectively. Over time, as insulin resistance escalates, the requirement for insulin to maintain normal blood sugar levels increases significantly. When the pancreas cannot produce enough insulin to meet this demand, medications are often used to stimulate further insulin production rather than addressing the underlying cause of insulin resistance, which places an additional workload on the pancreas.

Relying solely on medication to control blood sugar can indeed be detrimental to diabetic patients over time. Over time, the increased need for medication is often rooted more in insulin resistance than pancreatic dysfunction. Eventually, if the pancreas is damaged and beta cells fail to produce sufficient insulin, the only remaining option is to administer insulin externally.

Medical science has recognized numerous causes of insulin resistance and has proposed various strategies to mitigate them, including exercise, yoga, pranayama, and dietary modifications. While these methods offer some benefits, the root cause of



insulin resistance development is distinct from these interventions. If the root cause of insulin resistance is known, it should be possible to prevent it successfully. Let us try to understand the new causes of insulin resistance from this discussion.

Carbohydrates are easier to digest than protein and fat-rich foods. However, many people tend to rot a significant portion of carbohydrates due to ignorance of their effective digestion process. Dietary recommendations suggest that 45% to 65% of total caloric intake should come from carbohydrates to maintain optimal long-term health. Recent studies also indicate that prolonged reduction of carbohydrate intake, coupled with increased protein consumption, may negatively impact overall health over time.

Amylase is an enzyme that facilitates the digestion and chemical breakdown of carbohydrates. This process begins in the mouth with the secretion of salivary amylase. The efficacy of salivary amylase can be enhanced in two ways:

### **1. Secretion of Large Amounts of Salivary Amylase:**

This can be achieved through proper chewing. The more thoroughly food is chewed, the more saliva will mix with it before it reaches the stomach.

### **2. Alkaline Environment for Salivary Amylase Activity:**

The sensitivity of salivary amylase is highest when food is consumed in an alkaline environment. However, the presence of sour foods can diminish the effectiveness of this enzyme.

Failure to maintain the effectiveness of salivary amylase through these methods leads to two significant issues:

### **1. Decomposition of Carbohydrates**

Carbohydrates are not adequately digested, they begin to rot in the stomach, resulting in symptoms such as flatulence, indigestion, excessive gas production, and acidity.

### **2. Development of Insulin Resistance**

After the initial digestion process in the stomach, food proceeds into the small intestine for further digestion. In nature's digestion process, pancreatic amylase plays a key role in breaking down any incompletely digested carbohydrates that reach the small intestine. However, when a significant portion of carbohydrates remains undigested in the stomach, the demand for pancreatic amylase increases, placing an added burden on the pancreas.

This scenario marks the onset of an insulin-resistant environment. Even if carbohydrates have begun to rot in the stomach, their digestion continues in the small intestine with the aid of pancreatic amylase. However, the digestion of these partially rotten carbohydrates generates more toxins and provides lower-quality nutrients. The cells become weak when these

inferior-quality nutrients are used for cellular functions and development.

As cells weaken and toxin accumulation rises, combined with other lifestyle and psychological factors, an insulin-resistant environment develops gradually. This environment is a primary risk factor for various diseases, including diabetes, heart disease, obesity, and fatty liver disease.

**Thus, improper chewing of food and consuming carbohydrate-rich foods alongside sour foods emerge as two significant risk factors for diabetes**—risk factors that have not yet been widely recognized in medical science.

The rotting of carbohydrates during digestion significantly contributes to insulin resistance, which can be effectively prevented by chewing food thoroughly, maintaining proper intervals between meals, avoiding overeating, consuming carbohydrate foods without sour accompaniments, and adhering to other food combination rules.

By addressing these fundamental risk factors linked to an insulin-resistant environment, individuals can substantially reduce their risk of diabetes and related conditions associated with metabolic syndrome. Furthermore, simplifying diabetes prevention and treatment can be achieved by taking measures to alleviate the allosteric load on the pancreas. This can be effectively accomplished through the special fasting technique

recommended for diabetic patients, explained in detail in Chapter 7.2.1.

### ***5.1.5 Correct Way of Using Sour Foods: Tomato, Buttermilk, and Curd***

After understanding the principles of nature's digestion process, sour foods and carbohydrate-rich foods should be consumed in a way that prevents the rotting of carbohydrates. To optimize digestion and prevent the decomposition of carbohydrates, it's essential to understand the proper way to incorporate sour foods like tomatoes, buttermilk, and curd into our meals. The health issues often arise from the simultaneous consumption of sour foods with carbohydrates, leading to their rotting. However, eating them separately prevents the rotting of carbohydrate-rich foods.

#### ***Tomatoes***

Tomatoes are an excellent health tonic, offering numerous benefits when consumed correctly. To maximize their health potential, it is important to avoid combining tomatoes with pulses and curry preparations while consumed along with carbohydrate-rich foods like rice, chapatti, potato, etc. Instead, tomatoes should be consumed separately to preserve their nutritional efficacy.

Lycopene, a powerful antioxidant found in tomatoes, is particularly effective in sun protection, improved heart health, and cancer prevention. Additionally, tomato is an excellent liver tonic, promoting overall liver health.

The best ways to enjoy the benefits of tomatoes include incorporating them into salads, as juice or soup, pairing them with fruits, fruit juices, vegetable juices, and vegetable soup. For optimal results, tomato soup or juice can be enjoyed in the morning or evening, two hours before or five hours after meals but, avoid consuming it with meals.

When preparing food in an organization, a practical solution is to serve tomato chutney separately rather than adding tomatoes directly to the entire vegetable dish or pulses. This approach caters to diverse preferences, allowing those who want to enjoy sour flavors can use tomato chutney as desired, while those who wish to avoid it can easily opt out. This method ensures flexibility and inclusivity in meal planning, accommodating individual dietary choices without compromising the overall dining experience.

## ***Salad***

Salads should ideally be consumed before meals rather than during or after meals. If a carbohydrate-rich meal is to be followed right after a salad, it's best to avoid adding lemon. The sourness from lemon can interfere with carbohydrate digestion and may take around 30 minutes to dissipate.

While including tomatoes in salads, it is advisable to consume tomatoes in the beginning followed by other varieties of salads to minimize the sour effect of tomatoes, making it almost negligible. This sequence aids in balancing the overall

digestive process and reduces the potential for acidity or discomfort caused by their sour nature.

However, having sprouts or salads as a replacement for a meal—without combining any carbohydrate-rich foods—is perfectly fine adding tomatoes and lemon, as these enhance flavor and digestion. On the other hand, adding fruits to sprouts is not advisable, as it can lead to the rotting of the fruit, which disrupts the digestion of the entire meal.

### ***Buttermilk and Curd***

According to Ayurvedic practices, takra (buttermilk) prepared using the traditional Bilona method (Curd is churned slowly with a wooden churner called a Bilona to separate the butter from it) is beneficial when consumed either 20-30 minutes before or in small quantities after meals. Consuming a large volume of buttermilk immediately after meals can suppress digestion. However, mixing and blending curd with water, commonly known as Lassi, and drinking such lassi or buttermilk alongside meals can lead to food rotting, which is detrimental to health.

Since buttermilk prepared with the traditional bilona method is not widely available, it is advisable to consume buttermilk or curd at least one hour before or two hours after meals. If the goal is to gain health benefits from buttermilk, ensure it is prepared from fresh curd. Sour buttermilk can cause health issues, including increased body and joint pains and digestive problems.

Consumption of curd, buttermilk, and its preparations should be avoided during night-time as it may cause multiple health problems like excess mucus formation, respiratory disorders, fever in children, worsened joint pain for people with arthritis, digestive issues, and disrupted sleep. If buttermilk or curd is used in cooking to prepare vegetables or curry, it is better to consume it separately rather than combining it with the meal. Curd helps to maintain a healthy balance of beneficial gut flora even when consumed occasionally in small amounts.

That's why carbohydrates should be consumed separately from sour foods for optimal digestion.

#### ***5.1.6 Importance of Dietary Precautions During Ayurvedic Treatment***

In Ayurvedic treatment, patients are often advised to avoid consuming sour items alongside their medications. This recommendation is not just a dietary guideline but a critical aspect of ensuring the treatment's effectiveness. It is explained that without this precaution, the medicines may not be as effective in supporting the treatment process. Many patients adhere to this guideline only for the duration of their medication due to a lack of understanding of its significance. However, this restraint plays a vital role in preventing food rotting, which is a key contributor to the development of various diseases.

Indigestion, gas, and acidity are clear signs of food rotting in the digestive system. If consuming curd, buttermilk, and sour

foods with meals were genuinely healthy and supportive of digestion, there would be no need to advise restraint when taking them alongside medicines. This caution is emphasized to prevent food from rotting.

When food rots during digestion, the formation of excess gas disturbs Vata; acidity disturbs Pitta, and poor digestion is associated with the formation of Kapha. This contributes to the generation of *Aam-Dosha*, a toxic residue, that the body can't easily neutralize or eliminate, further leading to increased toxin accumulation in the body. This intensifies the disturbance of the body's natural balance of the three Doshas—Vata, Pitta, and Kapha—further exacerbating health problems.

Every dietary moderation suggested during medication is the golden rule for maintaining health. Therefore, it is essential to continue adhering to these precautions recommended in diet even after recovery to preserve the balance of Vata, Pitta, and Kapha.

#### ***5.1.7 Relationship Between Mind and Taste***

The relationship between the mind and taste is intricate and fascinating. When individuals are repeatedly offered their favorite dish, they often find that their desire for that dish diminishes over time.

The intense desire to eat a particular delicious dish and the longing for its taste resides in the mind, not on the tongue. When the opportunity to eat that dish arises, the desire is fulfilled, and



the sense of satisfaction and pleasure is experienced by the mind rather than the tongue.

The conflict between the mind and taste resolves with the acceptance of the need for a change in diet. One begins to enjoy the taste and flavor of the new dishes within a few days. By understanding this science of taste and the interplay between the mind, changing food habits becomes much easier.

## ***5.2 Lack of Proper Interval Between Meals***

The digestion time for different foods varies significantly. Understanding this helps emphasize the importance of maintaining minimum intervals between meals, allowing the body sufficient time to process the previous meal effectively.

Digestion begins in the mouth as soon as food is consumed and continues in the stomach for about 3-4 hours, during which the stomach's muscular action, acids, and enzymes prepare a thick liquid called Chyme. After this, the further digestion and absorption of nutrients are carried out in the small intestine for 1-2 hours. Finally, any remaining food passes into the large intestine before being expelled from the body as stool. The duration of this entire digestive process can vary based on the type of food consumed, metabolic rate, medication, and certain health conditions.

To promote optimal digestion, it is crucial to observe specific time gaps between meals:

- **5-6 hours** between meals that contain grains or from grains to fruits
- **2-3 hours** between fruits to fruits or from fruits to grains

Carbohydrate-rich foods typically take about five hours to move through the stomach and small intestine, while fatty foods require around six hours, and protein-rich foods can take 6 to 8 hours. In contrast, when foods like fruits, juices, soups, or boiled vegetables are consumed separately, these can pass through the digestive system in 2-3 hours.

For example, if someone eats a handful of almonds and cashews, these protein-rich foods will require approximately 5-6 hours for proper digestion, regardless of the small quantities. Similarly, irrespective of whether one consumes half a chapatti or two, both will take about five hours to digest due to the nature of the food rather than the quantity.

Once food is consumed, adding more food to the digestive system before the initial food is fully digested can lead to food rotting. This is analogous to the cooking process: if rice is being cooked and, midway, two additional bowls of uncooked rice are added to the pot, the entire rice gets spoiled. Similarly, people who habitually snack or eat frequently throughout the day often experience disturbed digestion.

Even if the gap between meals is extended, it does not adversely affect health, provided the body is comfortable and hunger is not forced.

Therefore, maintaining a proper time gap between meals is crucial; otherwise, the food begins to rot.

### ***5.2.1 Small Quantity Frequent Meals – Not Supported by Scientific Studies***

Hunger is nature's way of signaling that the digestive system is ready to process new food. Typically, genuine hunger arises once the food digestion process and nutritional absorption in the small intestine are completed. However, many people, even after their digestion is complete and their stomach is empty, fail to experience true hunger for extended periods. Despite this, they continue to eat.

According to nature's laws, the body suppresses hunger when it needs extra energy for healing. By recognizing this signal and temporarily avoiding grain-based foods, the energy normally used for digestion is redirected toward recovery. The more frequently we consume grain-based foods, the more time nature has to spend on digestion, and the energy spent on healing reduces significantly. This can also disrupt beneficial gut bacteria, potentially leading to persistent digestive issues.

Diabetes and acidity patients are often advised to eat smaller meals more frequently. This approach may provide short-term relief but can lead to long-term adverse effects. For instance, if a healthy person adopts this practice, they may eventually experience issues such as constipation, gas, acidity, and body aches. Eating at short intervals neither resolves acidity nor other

health issues; it also fails to eliminate the need for medication and often exacerbates symptoms over time. Similarly, diabetic patients who adopt this eating pattern often experience uncontrolled blood sugar levels and develop additional health complications within a few months.

Notably, no scientific study has conclusively proven that frequent eating benefits diabetes, acidity, weight loss, or other health conditions. Instead, this practice may disrupt the body's natural digestive and metabolic rhythms, exacerbating health problems rather than resolving them.

Traditional wisdom emphasizes the importance of dietary moderation in maintaining good health. It is often said that *Yogis*, who live with balance and discipline, prefer to eat once a day; *Bhogis*, who indulge in sensory pleasures and enjoy food, eat twice a day; and *Rogis* (sick persons), who become ill due to excessive indulgence and a lack of self-discipline, consume food three or more times a day.

Consuming grain-based meals thrice daily keeps the body engaged in digestion for 18-20 hours, leaving minimal energy for natural healing processes. No chronic illness has ever been cured by merely consuming grain-based foods thrice a day along with regular use of medication. However, incorporating a weekly fast into one's routine can significantly improve health outcomes. Fasting serves as a potent remedy and powerful medicine for a sick person. Reducing grain-based foods during illness promotes

faster and more sustainable recovery, echoing the essence of traditional wisdom.

Instead of consuming grain-based meals four to five times daily at short intervals, patients were guided to maintain a proper gap between meals and eat only when experiencing genuine hunger. They were advised to limit grain-based meals to twice daily and replace the remaining meals with healthier alternatives like fruits, juices, soups, and salads. To optimize digestion, fruits, juices, and soups were recommended to be consumed either 2–3 hours before or 5–6 hours after grain-based meals.

Additionally, a weekly fast from 6 am to 6 pm was introduced with specific modifications to ensure safety and comfortability for diabetic patients. By adhering to these practices, patients experienced significant health improvements in a short period, including reduced dependency on medication. This improvement is attributed to several key factors: preventing the food from rotting during digestion, efficiently utilizing the body's natural energy for healing, and minimizing toxic accumulation.

By adhering to these natural principles, especially during illness, a patient can facilitate their recovery and restore health more effectively. Ensuring a minimum interval between meals is essential. On the other hand, longer intervals do not adversely affect health. The key is to listen to the body's genuine hunger signals and eat only when truly hungry, rather than indulging in frequent or unnecessary meals.

## ***5.3 Overeating***

After food consumption, the body relies on digestive juices and enzymes to process the food effectively. However, these enzymes are naturally produced in limited quantities. When a person overeats, the digestion process slows down due to insufficient availability of these enzymes and disrupts the stomach's natural churning mechanism. Consequently, undigested food begins to ferment and rot, leading to issues like indigestion, gas, and toxin buildup in the body.

The desire to overeat often stems from factors such as taste, habitual eating patterns, stress, or even the influence of certain medications. Overeating disrupts the digestive process, leading to immediate issues like indigestion, gas, acidity, flatulence, and restlessness. Long-term side effects include a heightened risk of obesity, lifestyle-related diseases, cancer, and other chronic health problems. Let's explore additional causes of overeating.

### ***5.3.1 Affection, Culture, Habit***

**Affection:** Food is essential for maintaining health. Many mothers, driven by emotional affection and the belief that eating more food will make their children stronger and healthier, feel satisfied when feeding them extra portions. However, this well-meaning gesture can sometimes do more harm than good. Instead of contributing to strength and vitality, excessive food intake can hinder proper digestion and negatively impact health.

**Culture:** Respecting food and preventing its wastage is deeply valued in many cultures. However, to avoid wasting leftovers after a meal, consuming extra food beyond one's hunger or need can lead to it rotting in the stomach. Nowadays, refrigerators have become an essential household appliance, helping to prevent food from spoiling externally. However, we often lack the same awareness in preventing food from spoiling internally during digestion. This is largely because the serious consequences of rotting food within the body remain poorly understood.

**Habit:** When food is delicious or people gather during social functions, it is common for many people to indulge in overeating pushing the digestive system beyond its limits. In such situations, many individuals turn to antacid medications to minimize the discomfort caused by gas, acidity, or indigestion. Such medicines may alleviate discomfort temporarily, but they cannot prevent the food from rotting in the stomach or safeguard the body from the harmful impact produced during this process.

Overeating has both short-term and long-term negative effects on health. Developing mindful eating habits, such as thoroughly chewing food and incorporating fasting, can help break the habit of overeating.

### ***5.3.2 Eating without Hunger***

Sometimes, there is little desire to eat, yet we choose to eat when our favorite dish or vegetable is being served, to finish

kitchen tasks, or simply out of habit because it's routine mealtime. Consuming food without genuine hunger often leads to food rotting. It is better to avoid eating in such situations or opt for lighter alternatives like fruits, salads, vegetables, juices, or soups.

### ***5.3.3 Eating Contrary to the Indications of Nature During Illness***

A loss of appetite is commonly observed during fever, diarrhoea, cold, and other illnesses. The body suppresses hunger signals through chemical messengers to prioritize its energy use in combating illnesses.

When we ignore nature's signals to abstain from food and consume grain-based foods, the body is subjected to a condition worse than food rotting, resulting in prolonged weakness even after the illness subsides. In such situations, one can aid recovery by consuming fruits, boiled vegetables, juices, or soups rather than bread, biscuits, and grain-based food. This approach is a far better choice to support the body's natural healing process.

### ***5.3.4 Eating Heavy Meals***

In the digestion process, the body employs not only the energy of the digestive system but also temporarily redirects blood flow from other body parts toward the stomach. However, the heavier and more complex the meal, the greater the energy required for digestion. Unfortunately, such meals often provide less nutrients relative to the energy expended, leading to a net



energy loss. This is why a person feels sluggish, lethargic, and sleepy after consuming a heavy meal.

Conversely, lighter foods such as fruits, juices, soups, salads, and boiled vegetables require minimal energy to digest, while providing abundant nutrients. As a result, individuals feel lighter, more energetic, and rejuvenated.

Certain dishes, often requiring significant time, effort, and costly ingredients in their preparation, are reserved for festivals or special occasions rather than included in everyday meals. When these delicious, rarely-made dishes become available, the tendency to overindulge arises.

This insatiable craving for tasty food can cloud judgement. People often ignore important considerations like nutritional factors, whether it could lead to constipation or digestive issues, and continue to eat more simply for pleasure rather than purpose, disregarding the impact on health, and encouraging others to do the same. Sometimes, this turns into a competitive urge to eat more, but later, the consequences of overeating cause regret and discomfort.

The issue of overeating extends beyond mere discomfort; it often sets the stage for constipation, which is widely regarded as the root cause of numerous health problems. In earlier times, rich and heavy foods were limited to special occasions. However, in modern times, such foods have become a common practice to eat frequently with desire.

Fast foods, pizza, burgers, chips, toast, bread, fried and refined flour items harm as much as heavy foods. Nowadays, *Kurkure (preparation from refined flour)* has become the everyday favorite snack of many children, which also harms their health. These foods may contribute to chronic constipation.

Severe constipation depletes intestinal energy and increases intestinal heat due to the stagnation of stool. This creates an ideal environment conducive to the growth of harmful bacteria. Over time, the stagnated stool begins to release toxins into the bloodstream, distributing and accumulating them in the body and causing widespread harm to health.

Switching from heavy, overly complex meals to lighter, easily digestible foods significantly improves digestion, reducing the likelihood of food rotting.

#### ***5.4 Mistakes in Food Combination Rules***

Proper digestion hinges on the availability of suitable digestive enzymes and the correct acidic or alkaline environment in the stomach. However, when different foods are consumed together requiring opposite environments for digestion, may not be digested effectively even though chewed properly. This is why understanding food combination rules is essential. Ayurveda and naturopathy offer deep insights into these rules, cautioning against incompatible food pairings that can disrupt digestion, and lead to toxin buildup and health issues.

The necessary food combination rules are suggested by applying the wisdom derived from Ayurveda and the extensive experience of many Naturopaths. These guidelines are especially suitable for modern lifestyles, considering the reduced need for physical exertion due to scientific advances. One can experience the benefits first-hand even when following these guidelines for a few days, significantly improving their digestion and feeling of well-being.

The lack of awareness regarding nature's food digestion system and food pairing rules often traps individuals in a cycle of disease, doctor, and medication. This happens because improper combinations lead to food rotting within the digestive tract, fostering toxin accumulation and health deterioration. By embracing these simple yet powerful principles of food digestion and compatible food pairings, individuals can independently prevent and resolve up to 80% of their health issues.

Here we will discuss four main points of this complex topic.

*5.4.1 Avoid Carbohydrates with Sour Food*

*5.4.2 Avoid Fruits with Grains*

*5.4.3 Avoid Milk with Fruits or Grains*

*5.4.4 Avoid Tea and Coffee with Food*

#### **5.4.1 Avoid Carbohydrates with Sour Food**

This has been discussed in detail earlier in Chapter 5.1.3

#### **5.4.2 Avoid Fruits with Grains**

Fruits are easy to digest, requiring minimal digestive effort and only a small amount of digestive enzymes and hydrochloric acid. When consumed separately, fruits typically remain in the stomach for about 30 minutes before passing to the small intestine, where the digestion of fructose and absorption of vitamins, minerals, and other nutrients continues for 1-2 hours.

When fruits or fruit juices are consumed alongside grain-based foods, it disturbs digestion. Grain-based foods require the release of hydrochloric acid (HCl) to facilitate their breakdown, with this acid activity persisting for 3–4 hours during the formation of chyme in the stomach. However, fruits and fruit juices, which are meant to be digested quickly, have to remain in the stomach for the same duration and be exposed to hydrochloric acid. This delay causes the fruits to ferment and rot. This rotting process not only affects the fruits but also causes the entire meal to spoil, leading to digestive disturbances such as gas, acidity, flatulence, indigestion, and a burning sensation in the stomach and chest.

Moreover, instead of aiding in eliminating excess acid from the body, this rotting process contributes to the accumulation of acidic waste, further disrupting the body's pH balance. When fruits begin to rot in the stomach after consumption, they become harmful rather than offering any health benefits.

Fruits, juices, and soups take around two hours to pass through the stomach and small intestine. If grain-based foods are consumed within this time frame after having fruits or juices, the

two types of food mix in the stomach and begin to rot, as their digestion processes and duration differ fundamentally.

To ensure proper digestion, fruits should be consumed either 2 hours before or 5 hours after a meal, rather than alongside cereals or milk. Additionally, if one wishes to consume fruits, juices, or soup again, it is essential to maintain a minimum gap of two hours. This helps ensure proper digestion and prevents the risk of fermentation. This same rule also applies to mangoes, the king of fruits.

### ***Sour & Sweet Fruit Combination Rule:***

It is essential to follow food-combining guidelines when combining multiple fruits in a fruit-based diet. Sour fruits, like oranges, sweet lime, and pineapple, should not be eaten with sweet fruits, such as bananas, sapodilla (Chikoo), or custard apples. These fruits require different (pH) and digestive environments opposite each other, and consuming them together can lead to rotting.

It is better to consume a single type of fruit at a time to support optimal digestion. Starting the day with sour fruits is an excellent choice and particularly beneficial when consumed in the morning. If one wishes to mix different types of fruits, follow the sweet-sour combination rule to maintain digestive harmony and prevent fermentation or discomfort.

### ***Avoid Vegetable Juice and Soup with Grain-based Foods***

Vegetables can be consumed as salads, cooked, or boiled form alongside meals. In these solid forms, vegetables are compatible with grain-based meals and support digestion effectively. However, they should not be consumed as juice or soup mixed with meals, as the digestion times of solid vegetables differ significantly from those of their juice or soup counterparts in liquid form.

Vegetable juices or soups are digested quickly as they are in liquid form, typically within two hours, and require minimal digestive effort or hydrochloric acid. In contrast, grain-based meals demand more time for digestion and significant amounts of hydrochloric acid. Consuming vegetable juice or soup together with grains can potentially lead to improper digestion and food rotting in the stomach, resulting in digestive disturbances. To ensure proper digestion, it is recommended to consume vegetable juice or soup either 2 hours before or 5 hours after meals.

#### ***5.4.3 Avoid Milk with Fruits or Grains***

According to nature's principles of digestion and food combination rules, milk and dairy products should not be consumed with grains or fruits. Foods like porridge, oats, cornflakes, chapati, rice, and fruits digest more quickly than milk. When these are consumed along with milk, the extended exposure of carbohydrates and fruits to the stomach's hydrochloric acid as required for the digestion of milk causes them to ferment and rot. This process increases acid waste in the

body, disrupting digestion and potentially harming overall health.

### ***Digestion of Milk:***

A newborn baby can digest milk from day one because of the lactase enzyme's presence in the intestines. This enzyme is specifically designed to break down lactose, the sugar found in milk, and is highly active in infants, allowing them to digest milk effortlessly. However, the infant cannot digest pulses, rice, or other grains, as their digestive system needs several months to mature and produce the necessary enzymes to digest these foods.

Lactase enzyme deficiency is common among approximately 70% of the adult population in Asia. This deficiency prevents individuals from fully digesting lactose sugar. When undigested lactose from the small intestine passes into the large intestine, where it ferments and begins to rot. This fermentation process can lead to symptoms such as flatulence, bloating, gas, and diarrhoea, known as lactose intolerance.

A person with lactose intolerance initially perceives their difficulty digesting milk as a temporary issue, expecting their digestion might improve over time to gain the nutritional benefits of milk. However, lactose intolerance is typically an irreversible condition. Consuming milk or dairy products in this state leads to improper digestion, causing the milk to ferment and rot in the stomach. This fermentation can result in discomfort, including bloating, gas, and diarrhoea, and negatively impact the digestive

system and overall health. To avoid these adverse effects, individuals with lactose intolerance are advised to eliminate milk and dairy products from their diet.

When food decomposes during digestion, it produces toxins that accumulate in the body, resulting in increased nutritional losses and deficiencies. The excess acids generated during this process are neutralized by alkaline minerals such as calcium, magnesium, and phosphorus, frequently sourced from the bones. Over time, this depletion of essential minerals can compromise bone health, increasing the risk of osteoporosis and other bone-related disorders.

For individuals concerned about calcium deficiency, consuming milk alone is not a guaranteed solution if food decomposition continues during digestion.

While incorporating milk into the diet, it is vital to ensure that it is sourced naturally and is free from genetic modification. According to Ayurveda, cow's and goat's milk are more beneficial and easier to digest than buffalo milk.

Vegans often lead healthier lives than individuals who consume large amounts of milk and dairy products.

To optimize the nutritional benefits of milk it is important to consume it in moderate quantities while adhering to proper food combination principles.

#### ***5.4.4 Avoid Tea and Coffee with Meals***



Consuming tea or coffee with meals prolongs the digestion of food by 1–2 hours, increasing the likelihood of food fermenting and rotting in the stomach. Additionally, tea and coffee interfere with the absorption of essential nutrients like calcium and iron, raising the risk of deficiencies over time.

A cup of tea or coffee causes the kidneys to work harder for several hours to expel the acids produced, placing additional strain on the kidneys and other excretory organs. This can lead to the accumulation of uric acid, resulting in stiffness in the body, damage to cartilage, and pain in areas like the knees, spine, waist, and neck.

Regular consumption of tea and coffee carries certain health risks. While green tea is often regarded as a healthier alternative due to its antioxidant properties and ability to improve metabolism and mental alertness, it still contains a significant amount of caffeine. Consuming green tea in moderation—about two to three cups daily—can offer health benefits. However, excessive consumption may result in caffeine-related side effects such as restlessness, elevated heart rate, kidney stones, and sleep disturbances.

To promote better health, consider replacing tea and coffee with herbal decoctions free from caffeine and tannins. Herbal tea made from cinnamon, mint leaves, cumin seeds, ginger, black pepper, clove, cardamom, or other calming herbs with stevia, jaggery as sweetener, or lemon offers a gentler alternative that

supports digestion and overall well-being without the adverse effects of regular tea and coffee consumption.

### ***5.5 Some More Reasons for Food Rotting***

Let's discuss some additional points commonly overlooked to avoid food rotting.

#### ***5.5.1 Eating Late at Night***

After 11:30 pm, the production of digestive juices in the body drops significantly and remains at its lowest until sunrise. Consequently, consuming food late at night may temporarily satisfy hunger, but this can result in poor digestion, discomfort, and the buildup of toxins in the body.

#### ***5.5.2 Consuming Refrigerated Foods & Chilled Beverages with Meals***

Consuming cold foods and beverages, such as ice cream, soft drinks, and chilled water, alongside meals can impair digestion and lead to food rotting. When cold food or beverages are consumed, the body's natural mechanism maintains temperature balance by drawing heat from surrounding body parts and the bloodstream. This process reduces blood flow to the eyes, which can negatively impact vision, increasing the likelihood of needing glasses or a higher prescription for spectacles. To prevent these issues, avoid consuming chilled water and cold beverages such as fruit juices, milkshakes, or iced coffee as part of your daily routine.

Avoid consuming refrigerated fruits or other cold items directly. Instead, allow them to return to normal temperature by keeping them for some time before consumption.

### ***5.5.3 Mental & Emotional Factors***

Emotional and mental states significantly influence the digestion of food. Excessive mental stress, emotional disturbances, depression, and anger can disrupt the secretion of digestive juices and hormones, negatively impacting digestion and overall well-being. Additionally, people experiencing depression often tend to overeat, and their emotions can drive cravings for specific tastes. When the mind is unstable, or in a state of hurry, individuals may fail to chew their food thoroughly, which impairs the digestive process and leads to food rotting in the stomach.

### ***5.5.4 Non-Vegetarian Food and Alcohol***

Consuming non-vegetarian food and alcohol disrupts the body's natural acid-alkaline balance, leading to a significant buildup of acid residues. These substances place excessive strain on the digestive system, liver, and kidneys, which must work harder to eliminate uric acid and other harmful by-products. Over time, this burden can contribute to serious health conditions such as liver cirrhosis, heart disease, high cholesterol, fatty liver, and joint damage due to elevated uric acid levels. Chronic pain in areas like the neck and lower back is also common. Prolonged

consumption further increases the risk of severe illnesses, including kidney failure, liver failure, and even cancer.

According to nature's digestive system, consuming excessive protein-rich foods alongside carbohydrate-rich foods disrupts digestion. Combining non-vegetarian foods with carbohydrate-rich foods like rice or chapati violates this natural principle, leading to the fermentation and rotting of carbohydrates.

For improved health and well-being, it is crucial to avoid these substances and adopt balanced, healthier dietary habits.

## **CHAPTER – 6**

### **6.0 Food Rotting Triggers & Intensify the Diseases**

A considerable amount of the body's energy is devoted to the digestion process. However, there are times when the nutritional benefits derived from the food are significantly outweighed by the energy required to digest it. This imbalance becomes particularly problematic as the energy spent on digestion is entirely wasted when the food begins to rot during digestion, causing substantial harm to the body.

Even vegetarian or sattvic food, when it begins to rot during digestion, produces harmful by-products such as alcohol, vinegar, and various toxic acids. These by-products are generated in much greater quantities than normal digestion, disrupting the

body's natural balance, and creating an acidic and toxic environment. This strains the digestive system and leads to common issues like indigestion, gas, acidity, and constipation.

The body naturally eliminates toxins through four primary pathways: respiration, sweating, urination, and defecation. When toxins are absorbed into the bloodstream or accumulate within cells, the energy required to process and eliminate these harmful substances often exceeds the body's ability to replenish them efficiently. This energy imbalance can strain the body's systems, leading to fatigue and potential health issues over time.

### ***6.1 Risk factors for Osteoporosis (Brittle Bone Disease)***

Excess acid production in the body, whether due to the rotting of undigested food or other metabolic factors, poses a significant challenge to maintaining pH balance. The body neutralizes these acids by using minerals from the blood. The body relies on minerals such as calcium, magnesium, and phosphorus, which are drawn from the bones to maintain and preserve the alkalinity of the blood. This compensatory mechanism leads to a depletion of vital minerals, contributing to body aches, bone pain, and the progressive weakening of bones over time.

Osteoporosis, a condition characterized by reduced bone density, cannot be effectively addressed by taking calcium supplements or medications. These interventions may temporarily replenish mineral levels but fail to address the root

cause. If we truly want to prevent osteoporosis, we must address the issue of food rotting in the digestive system. Preventing this is key to protecting bone health and overall well-being.

Numerous experiences have demonstrated that adjusting dietary habits to prevent food from rotting in the digestive system can lead to significant relief from bone and body pains in a short period, often without requiring additional medication.

## ***6.2 Production, Accumulation, and Elimination of Toxic Substances in the Body***

The kidneys play a vital role in maintaining the body's acid-base balance by filtering and excreting acids produced through diet and metabolic processes. Under normal conditions, the kidneys' ability to effectively eliminate toxins and acids is limited to a certain amount each day. However, if the production of acid from dietary intake and metabolic activities surpasses the kidneys' capacity to excrete it, the excess acid starts to accumulate in the body. Over time, a significant buildup of these toxic acids, including uric acid, can lead to various health problems.

Among the various factors contributing to the excessive production of acid in daily life, it is essential to understand three key factors discussed here.

### ***6.2.1 Metabolic By-products of Normal Digestion***

After digestion, the body generates various by-products as part of its normal metabolism. Proteins generate uric acid, fats produce fatty acids, carbohydrates create carbonic acid, and muscle activity leads to lactic acid. Additionally, other cellular processes contribute to a range of acidic by-products.

The kidneys and other excretory organs are naturally equipped to process and eliminate acids produced during digestion and metabolic activities within a few hours. Consequently, there is generally no immediate cause for concern, as the efficient system of the body ensures the handling of these waste acids produced from food and daily activities in normal conditions.

When food is overeaten, it can have serious consequences for overall health, leading to five major problems:

1. **Increased Energy Demand for Digestion:** Consuming more food forces to expend more energy for digestion, placing an undue strain on the digestive system.
2. **Reduced Energy for Healing:** As excess energy is diverted to digestion, the energy available for healing and regeneration reduces.
3. **Strain on Excretory Organs:** The additional acids produced during digestion from overeating burden the excretory organs.
4. **Fat Accumulation:** Excess calories from overeating are converted into fat, leading to obesity and elevating the risk

of associated conditions such as diabetes, heart disease, and joint problems.

#### **5. Higher Risk of Food Decay and Constipation:**

Overloading the digestive system can result in food rotting, and promote constipation, further negatively impacting overall health.

Consuming even a small amount of excess food can significantly harm health in various ways. To avoid these negative effects, it is essential to recognize the risks of overeating and take conscious steps to prevent it.

#### ***6.2.2 Production of Excess Acid Due to Food Rotting***

When food begins to rot in the digestive system, it produces an excessive amount of acids as compared to normal digestion. This excess acid leads to symptoms such as nausea, bloating, and acidity, often accompanied by heartburn and a burning sensation in the stomach and chest. In such cases, when vomiting occurs, it expels the spoiled food and acidic content from the stomach, providing immediate relief.

If rotten food passes into the intestines, the body attempts to eliminate it quickly through diarrhoea. However, if the body fails to remove these toxins through vomiting or diarrhoea, they may be absorbed into the bloodstream. Once absorbed, these toxic substances increase the workload on the kidneys, liver, and other excretory organs, which must work harder for days to eliminate these harmful substances from the body.



### **6.2.3 Tea and Coffee**

Many people experience a burning sensation in the stomach due to acidity after consuming tea or coffee. Instead of changing their habits, they often resort to alternative measures, such as drinking water beforehand or pairing tea or coffee with snacks. While such actions might provide short-term relief from the burning sensation and acidity, they do not reduce the actual acid production or mitigate its harmful effects.

The acids generated from a cup of tea or coffee place an additional burden on the kidneys, which must work harder for several hours to process and eliminate this.

In addition, habits such as drinking cold beverages, eating ice cream after meals, or consuming chilled water weaken digestion, leading to food rotting in the stomach.

Overeating leads to food rotting and can harm the body in multiple ways. True health can only be achieved by avoiding these detrimental practices and preventing the damage they cause.

### **6.3 Toxin Level – Disease Determining Factor**

A healthy body sustains an ideal balance of approximately 80% alkalinity and 20% acidity, ensuring that vital functions operate efficiently. The pH of healthy blood is slightly alkaline, around 7.4, which is crucial for cellular activities, enzyme function, and overall metabolic processes.

Disruption of this delicate acid-alkaline balance in the body is a major factor in developing numerous health issues. To maintain optimal health or recover from illness, it is essential to maintain this acid-alkaline balance in the body. Foods that are rich in alkaline properties only can maintain this equilibrium and support overall well-being.

The increasing accumulation of toxic substances and acids in the body not only intensifies the severity and complexity of diseases but also significantly heightens the risk of chronic and often incurable conditions. For instance, mild skin diseases, caused by minor accumulations of acid and toxins, can be effectively treated with a brief course of medication. However, conditions like psoriasis and eczema are more complex and persistent, emerging only when toxins and acids reach critical levels combined with other contributing factors. Addressing such complex conditions requires reducing the body's harmful acid and toxin levels. Relying solely on medication will not tackle the underlying cause.

Health issues such as knee pain, migraines, high blood pressure, and other ailments are often aggravated by the buildup of toxins and acids in the body. The greater the accumulation of acids and toxins, the more severe and persistent these health conditions become, often progressing into chronic health problems that are difficult to manage.

#### ***6.4 Acute Disease - Natural Solution to Remove Accumulated Toxins from the Body***

The accumulation of toxic substances begins in the developing fetus as early as in the mother's womb. After birth, nature initiates processes to expel these accumulated toxins rapidly. Remedies like fever, colds, and diarrhoea serve as natural mechanisms for cleansing and purifying the body, aiming to free it from potential diseases.

These symptoms are not diseases but part of nature's effort to cleanse the body and enhance its resilience. However, mistaking these natural processes for illnesses, people often resort to suppressing them with medications. This premature interference halts the body's natural detoxification, leaving toxins un-eliminated and potentially increasing the risk of future health issues.

If a fever exceeds 101°F (38.5°C), it can be harmful to the body. Similarly, excessive discharge of phlegm through the throat and nose can cause significant discomfort by obstructed airways, and prolonged diarrhoea can lead to severe dehydration and electrolyte imbalance, potentially life-threatening if not managed promptly. However, mild symptoms are neither life-threatening nor harmful.

These symptoms should be treated in a way that supports the body's natural detoxification process, ensuring effective toxin elimination while prioritizing safety and minimizing risks. True healing occurs when the body successfully expels accumulated toxins through its natural mechanisms, significantly reducing further buildup. These processes strengthen the immune system,

aid in restoring health, and promote long-term well-being. Such comprehensive results cannot be fully achieved through medication alone.

Comprehensive treatment methods and guidelines for managing fever are detailed in Chapter 8.

### ***6.5 Law of Nature – Adequate Rest to All Organ Systems***

Without adequate rest, no organ system can sustain continuous functioning. Recognizing this, nature has ingeniously provided mechanisms to ensure that every organ system receives the necessary time to recuperate. This principle applies even to the heart, a vital component of the circulatory system. Nature has designed the heart with a unique rhythm that allows it to rest even while it works, allowing it to function efficiently over time.

A normal heart beats approximately 72 times per minute. During each cardiac cycle, the heart muscles contract (Systole) to pump blood throughout the body, requiring energy and effort, which takes about 0.3 seconds. Following contraction, the heart relaxes, and the chambers refill with blood, where there is no workload on the muscles. This relaxation phase (Diastole) constitutes the heart's resting period and lasts about 0.5 seconds.

Remarkably, the heart spends more time in diastole than in systole in a healthy adult. Over a lifetime, this design enables the heart to rest cumulatively more than it works, ensuring its long-term efficiency and endurance.

Providing rest to the digestive system is essential for maintaining overall health and allowing the body's other organ systems to rest and recuperate. The digestive system is unique among bodily systems because its rest can only be achieved voluntarily—by consciously pausing food intake. This deliberate practice offers numerous benefits, transforming the digestive system into a powerful ally in promoting health and well-being.

**“The Side Effects Caused by Food Rotting during Digestion are much more Harmful than the Side Effects caused by Medicines.”**

## **CHAPTER – 7**

### **7.0 Rest to Digestive System - Nature's Best Way to Cure Diseases**

The notion that consuming small amounts of food, even in the absence of true hunger, can alleviate weakness and enhance health is a misconception that has inadvertently increased humanity's vulnerability to diseases. For centuries, the focus has predominantly been on food and medicine as primary means to maintain health. However, nature's approach to wellness diverges significantly from this common belief.

A fundamental principle of nature for maintaining optimal health is to allow the digestive system to rest periodically. This can be achieved by consuming easily digestible food, dedicating a day to eating fruits, juices, salads, soup, and boiled vegetables, or through fasting.

Each method provides unique benefits by alleviating the digestive system's workload, promoting recovery, and enhancing overall health. Fasting stands out as the most effective, offering unparalleled benefits for restoring vitality and well-being.

### ***7.1 Rest to the Digestive System - By Consuming Fruits, Juices and Vegetables***

The simplest way to give the digestive system a rest is by dedicating an entire day to consuming fruits and vegetables while avoiding grains. Focus on having fruits, fruit juices, salads, vegetable juices, vegetable soups, or boiled vegetables at intervals of at least three hours, ideally at 8 a.m., 11 a.m., 2 p.m., 5 p.m., and 8 p.m., limiting intake to five times throughout the day. The quantity of food can be adjusted according to hunger levels, ensuring balance without excess. Additionally, water can be consumed as needed throughout the day. If desired, at 8 p.m., you may add two chapattis with boiled vegetables, depending on hunger and preference.

Adopting a fruit or vegetable-based diet periodically can offer significant health benefits. This practice can be followed once a week or extended for 20-25 consecutive days, depending

on individual needs, ideally while staying at home. On days when only fruits or vegetables are consumed, one typically feels light and energized. Following this diet for an extended period can aid in reducing body weight, alleviating knee pain, managing migraines, improving fatty liver, lowering excess uric acid levels, and addressing various other health concerns.

## ***7.2 Fasting: Nature's Gift for Healing***

For someone who is ill, short-term fasting acts as the best doctor and nature's most powerful medicine. According to the laws of nature, when the body is in a state of illness, its priority of energy utilization shifts from digestion to healing.

During such times, nature often suppresses the sensation of hunger—a signal that the digestive system needs rest. Recognizing and respecting this natural cue can significantly enhance the body's ability to recover. Abstaining from grain-based foods during this time conserves digestive energy, redirecting it toward fighting illness and accelerating recovery.

This allows the body's natural healing mechanisms to focus more effectively on healing. When this conserved energy is harnessed through such practices, it acts as nature's ultimate healer and provides powerful medicinal effects—completely free of cost. As the body channels its resources toward detoxification, toxins are expelled more efficiently, and the healing process becomes swift and effective.

By embracing these natural principles, a person can escape the endless cycle of diseases, doctors, and medications, achieving health and vitality with ease and simplicity.

### ***7.2.1 Special Technique for Fasting***

There are various approaches to fasting, but the simple technique outlined here is rooted in nature's principle: redirecting the energy conserved from digestion toward disease prevention and healing. This method is designed to be practical and accessible, making it suitable for diabetics, healthy individuals, and those with other health conditions. This approach ensures ease of practice, allowing the digestive system to rest and support recovery. Moreover, this fasting technique transforms the fasting experience into a refreshing and enjoyable activity, promoting holistic benefits for both the body and mind.

This technique involves observing a one-day fast from 6 a.m. to 6 p.m., during which grains, fruits, and vegetables are avoided. Instead, it is essential to drink a glass of water every hour. One may choose between normal or lukewarm water based on personal preference or seasonal conditions, but cold water from the refrigerator should be strictly avoided.

It's highly beneficial to sip water slowly on fasting days, preferably using a spoon to regulate intake. To enhance the experience, one can add the juice of one orange or sweet lemon to a glass of water every two hours. Alternatively, coconut water



can be substituted once or twice during the day in place of plain water or diluted juice for added variety and hydration.

These diluted juices are gentle, requiring minimal energy for the digestive system to process. This enables the body to redirect its energy toward healing and detoxification without interruption, thereby optimizing the benefits of fasting and promoting overall well-being.

The fast can be broken at 6 p.m., ideally with sour foods from tomatoes, tomato soup, oranges, sweet lime, or their freshly prepared juices. Other options include fresh salads, mixed vegetable soup, or lightly boiled vegetables for a gentle and nutritious transition.

At 8 p.m., choose from fruits, salads, soups, or boiled vegetables for a light and nourishing option. Alternatively, if preferred, one may have a simple meal of two chapattis accompanied by boiled vegetables for a balanced and satisfying conclusion to the day.

By consuming five to six oranges or sweet lemons, one or two servings of coconut water if needed, followed by tomato soup, fruits, or salads at 6 p.m., and a light meal at 8 p.m., one can effectively harness nature's support in disease prevention while reaping the benefits of fasting. Practicing this type of fasting periodically, or even once a week, offers substantial health advantages and serves as a simpler alternative for those who find it challenging to adhere to daily intermittent fasting.

This fasting method is suitable even for individuals with diabetes or other health conditions. Diabetic patients are advised to skip their morning dose of diabetes medication on the fasting day while continuing all other essential medications. Diabetes medication can be resumed at dinner, adjusted according to the quantity consumed, and continued as per the regular dosage from the following day. Practicing this fasting method once a week can help diabetic patients achieve better blood sugar control and reduce the risk of complications. Additionally, individuals at risk of developing diabetes may lower their chances of onset by adopting this approach.

Periodically giving the digestive system a rest by consuming fruits, juices, or fasting as per individual convenience helps prevent the accumulation of toxins in the body. This aligns with nature's inherent laws for maintaining health and preventing illness. Unlike these natural methods, no medicine exists that can effectively prevent the onset of diseases or significantly reduce the likelihood of developing chronic conditions.

This fasting routine can be adapted to individual needs, whether practiced once a week or extended to four to five consecutive days during illness. The potential for harm from this practice is minimal, while the benefits are significant. One can enhance overall health and substantially reduce medical expenses by embracing this natural approach.

By understanding and embracing these laws of nature, individuals can harness nature's energy for efficient disease

prevention and treatment, ultimately achieving remarkable health outcomes.

### ***7.2.2 Additional Guidelines for Effective Fasting***

**Rest:** On fasting days, set aside some time for rest. Avoid strenuous physical activities to conserve energy and allow the body to focus on healing and rejuvenation.

**Avoid Tea and Coffee:** Drinking tea and coffee on fasting days is counterproductive, as they increase the workload on the kidneys by generating excess acids during digestion. This added strain interferes with the body's natural detoxification process. As a healthier alternative, herbal decoctions made with cinnamon, mint leaves, cumin, and ginger can be enjoyed. These soothing beverages support digestion and promote relaxation without hindering the body's cleansing efforts.

**Refrain from Grain-based Foods During Fasting Hours:** Greater health benefits can be achieved with simple adjustments to the fasting routine. On fasting days, refrain from consuming grains, fruits, or vegetables in solid form between 6 a.m. and 6 p.m. Instead, drink one glass of water every hour, slowly or sip by sip. Avoid having a grain-based meal at lunchtime; instead, opt for a light meal after 6 p.m. Consuming heavy or complex dishes immediately after fasting diminishes its benefits and can harm the body.

**Breaking the Fast Properly:** The benefits of fasting can only be fully realized by breaking the fast correctly. The ideal way to

break a fast is by consuming sour foods such as tomatoes, tomato soup, oranges, sweet lime, or other fruits, which places minimal strain on the digestive system. Avoid breaking the fast with milk, protein-rich foods, or sweet items, as these can overload the digestive system, potentially negating the benefits of fasting and even causing harm.

**Cleanse the Intestine:** On fasting days, the use of an enema is an effective way to cleanse the intestines and remove toxins. Alternatively, take a teaspoon of a mixture made with equal parts psyllium husk and Triphala powder before bed.

Fasting has been a timeless practice embraced by various religions, highlighting the importance of periodically resting the digestive system to maintain optimal health. By understanding the science behind fasting and practicing it systematically, one can prevent the onset of diseases and effectively manage existing health conditions. Incorporating this natural principle into daily life supports disease prevention and promotes overall vitality, balance, and well-being.

### **7.3 Health Benefits Associated with Fasting Duration**

A fasting state begins when the blood sugar level comes down enough and triggers the body to switch to utilizing stored fat for energy instead of glucose as its primary fuel source. As the fasting duration extends, the body undergoes deeper detoxification, promoting cellular repair and overall well-being.

- **8 hours:** The body starts switching the primary fuel source from glucose to fat.
- **12 hours:** A noticeable production of ketones begins, leading to mental clarity and suppressing feelings of appetite by reducing the secretion of the appetite hormone ghrelin.
- **13 hours:** A rise in Growth hormone levels begins, helps in fat burning, and can keep a person young by slowing down the aging process. In men, testosterone increases significantly, contributing to improved muscle strength and energy levels.
- **15 hours:** Growth hormone continues to rise. C-reactive protein (CRP) produced by the liver in response to infection or inflammation, begins to decline in the blood, corresponding to a response decrease in inflammation throughout the body.
- **17 hours:** Autophagy is activated, initiating the body's natural process of clearing damaged cells and regenerating newer, healthier ones. This mechanism plays a crucial role in reducing the risk of cancer development by eliminating dysfunctional cells before they become harmful.
- **24 hours:** Gut lining repair occurs via intestinal stem cell regeneration.
- **36 hours:** The body starts targeting stubborn fat, especially around the belly, for energy.
- **48 hours:** Dopamine receptor sites regenerate. A 48-hour fast, conducted once a quarter, is recommended for individuals

experiencing depression, anxiety, or other mental health challenges who seek to improve their well-being.

- **72 hours:** The whole immune system resets and recycles itself.

This process happens naturally—without drugs or supplements—demonstrating the power of fasting for longevity, fat loss, cellular repair, and overall well-being.

“For a Sick Person, Fasting for a Short Period  
is more Beneficial than getting Treatment  
from the Best Doctor and the  
Most Powerful Medicine.”

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## CHAPTER – 8

### Fever Management

These are the general guidelines for managing fever using Naturopathy in daily practice. While these guidelines may potentially protect and support overall well-being, always follow the specific instructions provided by your doctor for your condition. These guidelines are for informational purposes only and should not be considered personal medical advice.

#### ***8.1 Some Interesting Facts about Fever***

“Give me the power to produce fever and I'll cure all disease”  
-***Hippocrates.***

- **Avoid Fever-Reducing Medicines:** Fever is the body's natural defense mechanism against infections. Avoid fever-reducing

medicines like Aspirin, Acetaminophen, Ibuprofen, Paracetamol, and other Non-steroidal anti-inflammatory drugs (NSAIDs). Instead, use Anti-fever herbal decoction and follow complementary naturopathic guidelines.

- **Fever as a Protective Mechanism:** The principles of naturopathy consider fever as the friend of the body. By raising the body's temperature, fever acts as a natural warning system, signaling that something is going wrong in the body and requires attention and correction to restore balance and health. Therefore, fever is considered a positive symptom. There is no need to panic or worry about this.
- **Bacterial and Viral Growth Suppression:** Elevated body temperatures impede the growth of bacteria and viruses. A slight increase in body temperature can significantly slow down the reproduction of harmful microorganisms. Fevers above 104°F/40°C can drastically suppress viral activity and increase bacterial cell death by up to 200%, sometimes proving more effective than antibiotics.
- The immune system becomes more active at elevated temperatures, enhancing its ability to fight infections.
- Cancer cells cannot survive at temperatures of 104°F.

To prevent complications from fevers above 101°F/38.5°C, use hydrotherapy techniques like applying a cold, wet towel to the forehead, abdomen, back, or the entire body as directed. This helps regulate body temperature.

## ***8.2 What Happens During Fever***

A loss of appetite is commonly observed during fever. The body suppresses hunger signals through chemical messengers to prioritize its energy use in combating illnesses by ramping up immune cell production rather than focusing on digestion.

Protein is a critical component required to produce digestive enzymes and immune cells. To prioritize immune response, nature redirects protein resources toward the production of immune cells in two specific ways:

1. **Suppressing Digestive Activity:** Nature prioritizes using conserved proteins to produce immune cells over digestive juices. To achieve this, it suppresses hunger signals indicating that one should abstain from eating.
2. **Protein Extraction from Muscles:** When additional proteins are needed for immune cell production, nature extracts them from muscle tissue. This process often leads to muscle pain, a common symptom experienced during fever or illness.

When we ignore nature's signals to abstain from food and consume grain-based foods, the body is subjected to a condition worse than food rotting, resulting in prolonged weakness even after the illness subsides. In such situations, one can aid recovery by consuming fruits, boiled vegetables, juices, or soups rather than bread, biscuits, and grain-based food. This approach is a far better choice to support the body's natural healing process.

### ***8.3 Steps to Follow after a Fever is Detected***



### ➤ **Rapid Reduction of Symptoms by Avoiding Solid Foods**

Avoiding all grain-based foods including porridge, khichdi (a light mixture of rice and Green Gram), bread, and biscuits, can provide quick relief from discomfort and restlessness in the body. This approach allows the digestive system to rest, allowing the body to redirect conserved energy toward healing.

### ➤ **Boiled Vegetables for Low-Grade Fever (Up to 99.5°F)**

For fever up to 99.5°F, boiled vegetables can be given while avoiding solid grains.

### ➤ **Liquid Diet for Fever above 99.5°F**

For fever higher than 99.5°F, grain-based foods, even boiled vegetables, should be completely avoided, and the focus should shift to liquids that hydrate and nourish the body. Recommended options include plain water, coconut water, lemon honey water, herbal teas, herbal decoctions, diluted fruit juices, vegetable juices, vegetable soups, wheatgrass juice, etc.

➤ **Avoid Dehydration:** It is crucial to ensure that the patient remains adequately hydrated. This reduces risks of health deterioration and helps the body expel infections more effectively.

➤ **Avoid Fever-Reducing Medicines:** Avoid fever-reducing medications such as aspirin, acetaminophen, ibuprofen, paracetamol, and other Non-steroidal anti-inflammatory drugs (NSAIDs). While these medicines may lower fever, they do not address its root cause, often resulting in prolonged

weakness and a slower recovery that can take weeks or even months.

- **Herbal Decoction:** Use Anti-Fever Herbal Decoction instead of relying on fever-reducing medications. If the decoction is unavailable or along with the decoction, Ayurvedic remedies such as Maha-Sudarshan tablets or Giloy tablets can be safely taken on an empty stomach to help manage fever effectively.
- **Fresh Air:** As body temperature rises, the body requires more oxygen. To ensure proper airflow, keep the windows and doors of the patient's room open for cross-ventilation. Use curtains to block direct cold air from hitting the patient, ensuring their comfort.
- **Rest:** Prioritize sufficient rest to allow the body to recover effectively.

#### ***8.4 Anti-Fever Herbal Decoction***

1.	Holy Basil Leaf	5-6 leaves
2.	Mint Leaf	5 -6 leaves
3.	Cinnamon	02 grams
4.	Black Pepper	2-3 pieces
5.	Clove	1-2 pieces
6.	Ginger or Dry Ginger Powder	5-6 grams or 2 grams
7.	Curcumin Powder	1 gram
8.	Neem Leaf	½ - 1 leaf
9.	Cumin Seed	5 grams

10.	Black Jaggery/ Mishri/Sugar	8- 10 grams Taste to sweet
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#### **8.4.1 Characteristics of Anti-Fever Herbal Decoction**

- The anti-fever herbal decoction includes two powerful ingredients clove and ginger, both regarded as super medicines in Ayurveda, despite being hot in potency, they can still reduce fever effectively. Ginger is also renowned for its anti-inflammatory and pain-relieving properties. It effectively reduces swelling and alleviates body aches, the common symptoms of prolonged fever. Additionally, dry ginger combats the weakness caused by chronic fever.
- **Powerful Composition:** This herbal decoction, enriched with ingredients such as basil, cinnamon, black pepper, clove, ginger, turmeric, and neem, collectively provides 6 types of Antibacterial and 6 types of Antiviral effects, significantly enhancing the effectiveness of the decoction in combating fever and infections. Furthermore, the antibacterial and antiviral benefits target harmful pathogens while preserving the balance of beneficial gut flora.
- The antioxidant properties of cinnamon and the anti-allergic properties of black pepper further enhance the overall efficacy of the decoction, making it even more beneficial.
- In addition to its antiviral properties, neem is highly effective in purifying the blood and eliminating toxins and impurities from the bloodstream. This makes it especially beneficial in treating various fevers, including dengue fever.

- A decoction made from these potent ingredients provides rapid relief from fever, often showing noticeable improvement with the first dose. It also targets the root cause by eliminating toxins from the blood, which contribute to the fever. This treatment method is much safer and more effective, allowing the patient to recover fully within 2–3 days while feeling healthier and more revitalized, without lingering weakness. In contrast, relying on fever-reducing medications may lead to recurrent fever-like sensations and prolonged weakness.

#### ***8.4.3 Anti-Fever Herbal Decoction, Method of Preparation & Uses***

- **Preparation:** Add the listed ingredients to 300ml of water and boil until the volume reduces to 150ml. Strain the mixture and drink it while still warm for maximum effectiveness.
- **Dosage:** During fever, consume the decoction three times a day. To prevent the onset of fever, take it once or twice daily.
- Half an hour after consuming the decoction, drink lukewarm water with half a lemon. The vitamin C in lemon boosts immunity and aids in flushing toxins from the bloodstream. This process supports kidney function, ensuring a more effective detoxification.
- It is also effective in alleviating body aches and stiffness when taken twice a day.
- Additionally, this herbal decoction serves as a healthier alternative to regular tea or coffee and can be enjoyed daily for its numerous health benefits.

- This herbal decoction is highly effective in managing common fevers, and infectious fevers including malaria and typhoid, making it a versatile and potent remedy. It is equally beneficial in addressing viral fevers such as dengue, chikungunya, corona, and the common cold, owing to six rich antiviral properties.

### *8.5 Additional Recommendations for Fever Management*

- In addition, incorporating Giloy (Guduchi) in the decoction, tablet form, or Amritarishta in liquid form can significantly enhance recovery. Its antioxidant properties help to prevent and manage fever but also assist in platelet decline, particularly in dengue.
- Similarly, the Ayurvedic Maha-Sudarshan tablet, taken in a dose of 2 tablets twice a day, is highly effective in reducing fever, including persistent fevers like typhoid.
- Even after the fever subsided, continuing the Anti-fever herbal decoction and either Maha-Sudarshan tablet or Giloy tablet once or twice daily for 10 days ensures sustained recovery and long-term health benefits.
- Take 1 teaspoon of Amalki Rasayan powder or Gooseberry powder on an empty stomach. Its high vitamin C content significantly boosts immunity and helps reduce fever.
- Take 1 teaspoonful of mixed Triphala powder and Psyllium Husk before bedtime. Triphala keeps the intestines clean and effectively reduces all types of fevers, including persistent fevers like typhoid and malaria.

- To combat the weakness that often follows a fever, Ashwagandha—whether in tablet, powder, or Ashwagandharishta liquid form—can be taken for 15-20 days to restore energy, strengthen the body, and promote a quicker, more complete recovery.

## **8.6 Hydrotherapy in Fever**

- Applying a cold water sponging provides immediate relief to the patient by helping reduce fever and inducing sleep.
- **Temperature-specific guidelines for cold sponging**

Apply a wet towel soaked in cold water for 10-20 minutes. Ensure the towel is wrung out well to avoid dripping water. Replace the towel every 5-7 minutes as it warms up. Cover the patient with a blanket or woollen shawl during the procedure to ensure comfort and prevent exposure to cold air. For fevers above 101°F, ice packs may be used instead of just cold water.

- **99.5°F to 101°F:** Place a cold wet towel on the forehead and abdomen.
- **101°F to 104°F:** Extend the application to cover the forehead, abdomen, and the area from shoulders to the waist.
- **Over 104°F:** Apply a wet sheet to cover the forehead, abdomen, and the body from the shoulders to the ankles for about 20 minutes, ensuring to replace the sheet every 5-7 minutes as it heats up. Cover the patient with a blanket or woollen shawl during the procedure to ensure comfort and prevent exposure to cold air.

## **8.7 Post-Fever Dietary Guidelines**

Once the fever has subsided to 98.6°F, carefully reintroduce food to support recovery. Start with a vegetable soup containing small, soft pieces of vegetables. Wait 30 minutes after consumption to check if the fever returns.

If the fever does not return, serve vegetable soup again, and wait another 30 minutes to ensure no signs of fever recurrence. If the fever remains absent, begin with easily digestible foods like khichdi or porridge.

### ***8.8 When to Meet a Doctor?***

If the fever exceeds 102°F and does not subside within two days, or if the patient's condition worsens suddenly, becomes highly restless, or a child continues crying without relief, it is essential to seek a doctor's advice immediately.

The above suggestions can be practiced alongside medication, but it is better to refrain from taking medicine unless there is an increase in temperature and other symptoms.

## **CHAPTER - 9**

### **9.0 Liver Cleanse Therapy**

Due to increasing pollution, parasitic infections, and a lifestyle that contradicts nature's laws, toxins gradually accumulate in the body. The kidneys and liver like vital organs are affected significantly by this toxic buildup. However, the

remarkable feature of these organs is their resilience—they can continue functioning even when three-fourths of their capacity is compromised. This resilience often masks the signs of illness, making it difficult to detect any underlying problems until the damage becomes severe.

Eliminating toxins from the body—a process known as detoxification therapy—can address nearly 90% of health problems.

### ***9.1 Liver and its Functions***

The liver is the second largest organ in the body after the skin, typically weighing around 2 kilograms in an adult. Its dimensions are approximately 21–22 cm in width, 15–17 cm in length, and 10–12 cm in depth. Composed of soft, reddish-brown tissues, the liver is encased in a protective fibrous capsule in the upper right portion of the abdomen.

The liver's primary function is to produce bile. It also plays a critical role in metabolizing carbohydrates and nitrogenous waste products. The liver manages numerous complex digestive processes, often called the body's chemical factory. It transforms harmful or foreign substances into beneficial components. For instance, the liver converts glucose into glycogen for storage and later reconverts glycogen back to glucose when the body requires energy, releasing it into the bloodstream. Additionally, it synthesizes proteins by converting amino acids.

### ***9.2 Symptoms of Liver/Gallbladder Disorders***



- **Gallstones:** Gallbladder stone formation is a common condition that can cause various digestive issues, with excessive gas in the stomach being a frequent symptom.
- **Bile Flow Disruption:** While bile continues to be produced in the liver, blockages due to the formation of gallstones may prevent it from reaching the gallbladder, leading to impaired digestion and potential liver damage.
- **Liver Clogging:** Liver clogging can lead to various health issues, including pain in the lower chest, conditions like asthma, and a wide range of allergies.
- **Gallbladder Removal:** In some cases, it is necessary to remove the gallbladder to eliminate stones. However, while this resolves the issue of stones, it frequently results in chronic indigestion.

### ***9.3 Why Liver Cleanse?***

1. **Toxin Removal:** Toxins accumulate in the liver vessels due to consuming cooked foods, unhealthy eating habits, and environmental pollutants. Cleansing helps eliminate these harmful substances effectively.
2. **Gallstone Relief:** Liver cleansing can remove gallstones, negating the need for surgery. It improves liver function, eases bile production, enhances food metabolism, and reduces allergies.

3. **Energy Restoration:** A liver cleanse can restore energy levels to those experienced five years ago.
4. **Cholesterol Management:** Blood works to maintain consistent cholesterol levels throughout the body. After a liver cleanses, bad cholesterol is removed from the liver, prompting the blood to draw cholesterol from the coronary arteries. This process clears the arteries and significantly reduces the risk of heart attack for up to six months.
5. **Comprehensive Benefits:** Liver cleansing addresses a wide range of issues, including facial blemishes, acne, allergies, irritability, blood sugar imbalances, hormonal disruptions, bone density loss, depression, skin dryness, facial hair growth, fatigue, cysts, hair loss, headaches, hot and cold sensations, obesity, insomnia, menstrual irregularities, leg muscle pain, thyroid disorders, anxiety, sciatica, arthritis, swelling, fibroids, and other gynecological problems.

#### ***9.4 Ingredients for Liver Cleanse***

1. Extra Virgin Olive Oil – 250 ml: For a liver cleanse, it is important to use extra virgin olive oil. Ensure the label explicitly states "extra virgin" to differentiate it from other grades like light, extra light, pomace, or virgin. 250 ml of extra virgin olive oil is required to perform a cleanse.
2. Magnesium Sulphate (Epsom salt,  $\text{MgSO}_4$ ) 20 grams – 04 Packets: Four packets of Magnesium Sulphate, weighing 20 grams each, are required for a liver cleanse. Magnesium

Sulphate (Pharmaceutical grade), available at pharmacy stores, can be used for this purpose.

3. Any one type of Sour fruit – 1.5 kilograms (Kg): A liver cleanse requires 1.5 kg of one sour fruit, such as oranges, sweet lime, or pineapple.

### ***9.5 How to do a Liver Cleanse***

The liver cleanse process can be carried out by following these steps effectively.

#### **18 Hrs Liver Cleanse Therapy Schedule**

<b>Day 1:</b>	
1:00 pm	Have a light, easily digestible lunch by 1:00 PM. After that, avoid eating until the liver cleanse is complete. However, one may drink water as needed.
6:00 pm 1 <sup>st</sup> Dose	20 grams Epsom Salt + 200ml Water, You May add ½ lemon
8:00 pm 2 <sup>nd</sup> Dose	20 grams Epsom Salt + 200ml Water, You May add ½ lemon
10:00 pm 3 <sup>rd</sup> Dose	175 ml Extra Virgin Olive Oil + 175ml juice (Sweet Lemon or Orange or Pineapple Juice) Blend both the oil and juice in a mixer grinder for 5 seconds. After drinking this mixture, lie down on your right side for 30 minutes to allow it to work effectively.

<b>Day 2</b>	
6:00 am 4 <sup>th</sup> Dose	20 grams Epsom Salt + 200ml Water, You May add ½ lemon
8:00 am 5 <sup>th</sup> Dose	75 ml Extra Virgin Olive Oil + 75ml juice (Sweet Lemon or Orange or Pineapple Juice) Blend both the oil and juice in a mixer grinder for 5 seconds. After drinking this mixture, lie down on your right side for 30 minutes to allow it to work effectively.
10 am 6 <sup>th</sup> Dose	20 grams Epsom Salt + 200ml Water, You May add ½ lemon in water
11 am onwards The course Ends	Start with coconut water, fruit juices, or fresh fruits at 11 am. After 2 hours, one can have a light and easily digestible lunch or repeat fruits. Enjoy a light dinner as most people experience proper hunger by this time.

**Expected Symptoms during a liver cleanse:** Diarrhoea occurs, some feel nauseous and some may even vomit. Don't be afraid of this. This is a sign that the cleanse has been successful.

**After a liver cleanse:** LDL cholesterol is often expelled through green diarrhoea during a successful cleanse. This process can significantly reduce the risk of a heart attack for the next six months and provides relief from allergies. Additionally, gallbladder stones may be removed without requiring any surgical intervention. The cleanse also boosts the body's

immunity and offers remarkable, comprehensive benefits for all health conditions, promoting overall wellness.

### ***9.6 Additional Notes for Liver Cleanse Therapy***

Liver Cleanse Therapy is a powerful detoxification process that can be completed at home in 18 hours. Its benefits far outweigh those of other therapies. To maximize its effectiveness, allocate time for rest during and after completing the cleanse.

Here are some important considerations and tips to ensure a safe and effective cleanse:

#### **Special Instructions:**

- 1. For Diabetic Patients:** Avoid taking diabetes medicines during the cleanse. If sugar levels drop, eat half an apple to stabilize them.
- 2. Stomach Upset or Weakness:** Symptoms of stomach upset or weakness caused by Epsom salt usually subside completely within two days.
- 3. For Excessive Loose Motions:** Rehydrate with coconut water or oral rehydration salts (ORS) as needed.
- 4. For Patients with Piles:** Apply ointment of piles multiple times during the cleanse to alleviate discomfort.
- 5. Nausea or Vomiting:** These symptoms are common but not a cause for concern. One can chew a few mint leaves, cumin, coriander seeds, or an antacid syrup as required and can continue the cleanse.

**6. For Ulcer Patients:** Take 2–3 teaspoons of antacid syrup before and after each dose of Epsom salt to protect the stomach lining.

**7. Morning Start Option:**

If someone prefers to begin the liver cleanse process in the morning rather than following the standard schedule, the following adjustments can be implemented:

- Begin the first three doses at 6:00 AM, 8:00 AM, and 10:00 AM.
- Take the remaining three doses at 4:00 PM, 6:00 PM, and 8:00 PM, following the same sequence.
- To support the cleansing process, it is highly recommended to rest between 12:00 PM and 4:00 PM.

This modified schedule offers greater flexibility while preserving the effectiveness of the liver cleanse.

**8. Repeat Liver Cleansing:** If necessary, another liver cleanse can be performed after a minimum gap of two weeks for severe health issues.

**9. For Maintenance in Healthy Individuals:** Normal individuals can undergo liver cleanse therapy once or twice a year to mitigate the effects of lifestyle factors.

**10. Age Guidelines:**

- Anyone above 15 years should consider doing a liver cleanse at least once to gain its benefits.

- Children between the ages of 8 and 15 may perform a liver cleanse when necessary. However, it is essential to use only half the recommended quantities of Epsom salt and extra virgin olive oil specified for adults. Always ensure proper supervision and consult with a healthcare professional before initiating the cleanse.

**11. Rescheduling cleanse:** If unavoidable circumstances prevent someone from completing the remaining doses of a liver cleanse, it does not cause any harm. They can reschedule the cleanse and restart from the first dose at a more convenient time.

By following these guidelines, Liver Cleanse Therapy can be safely and effectively performed to promote optimal health and well-being.

“Cutting Out Bad Habits Is  
Far More Effective Than Cutting Out Organs.”

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