

Pathy Gallery

Each pathy is a unique roadway to wellness

Know briefly about different therapies, the books and resources to go into depth, and the specific diseases each of these therapies address well.

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Acupressure

Acupressure is a form of traditional Chinese medicine that involves applying pressure to specific points on the body to relieve pain, promote relaxation, and improve overall health. It is based on the belief that there are energy pathways called meridians throughout the body, and by stimulating certain points along these meridians.

Most effective for:

[Magrine](#), [Psoriasis](#), [Arthritis](#)

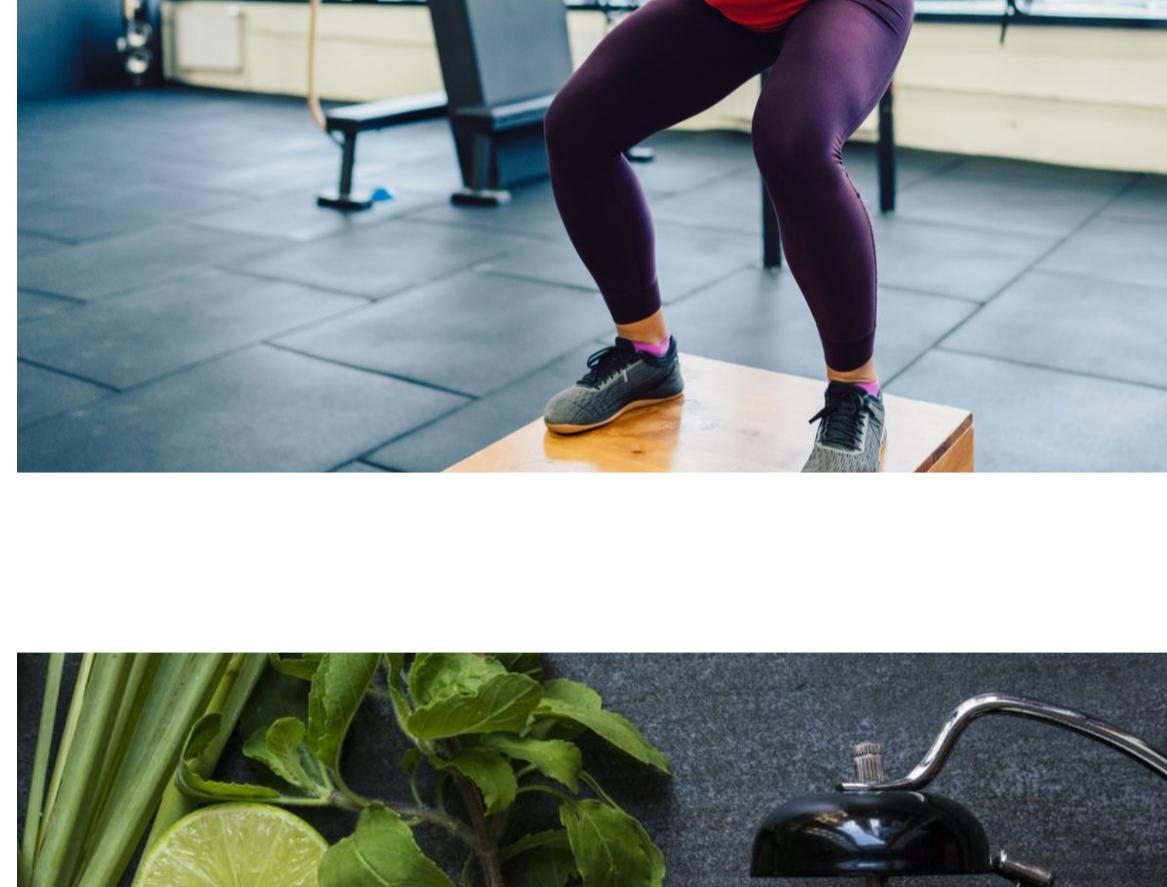


Ayurveda

Ayurveda is a traditional system of medicine that originated in India over 5,000 years ago. It emphasizes a holistic approach to health and wellness, focusing on the balance of body, mind, and spirit. Ayurvedic treatments include herbal remedies, dietary changes, massage, and yoga to promote overall well-being.

Most effective for:

[Magrine](#), [Psoriasis](#), [Arthritis](#)

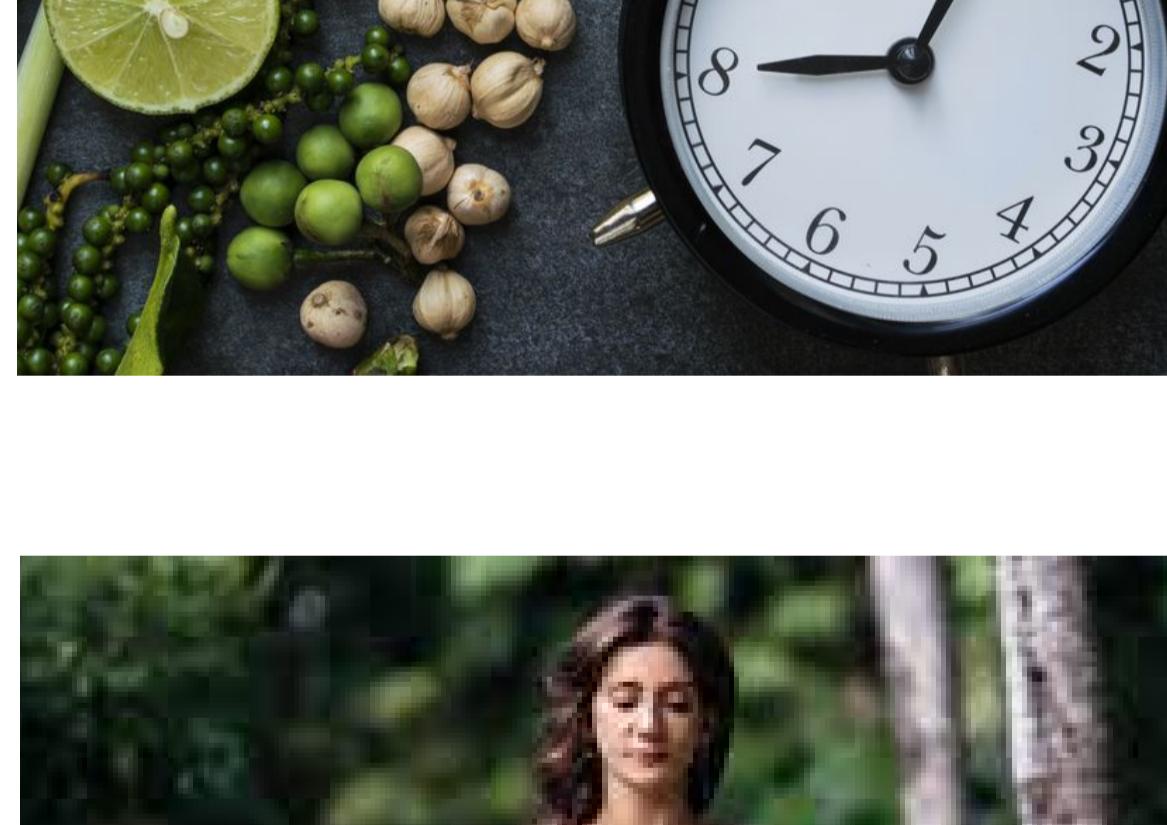


Exercise

Exercise is a engage in a range of physical activities such as jogging, high-intensity interval training, cycling, swimming, or attending a group fitness class. Remember to warm up before and cool down afterward to prevent injury and aid in recovery.

Most Effective for:

[Magrine](#), [Psoriasis](#), [Arthritis](#)



Fasting

Fasting involves voluntarily abstaining from food or drink for a certain period of time, often for religious, health or personal reasons. It can have benefits such as weight loss, improved metabolism and reduced inflammation. Eating, on the other hand, is the act of consuming food and drink for nourishment and energy to sustain the body's functions.

Most effective for:

[Magrine](#), [Psoriasis](#), [Arthritis](#)



Yoga

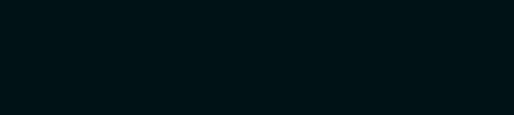
Yoga is a physical, mental, and spiritual practice that originated in ancient India. It involves a series of postures, breathing techniques, and meditation to promote physical and mental well-being. Yoga can improve flexibility, balance, strength, and reduce stress and anxiety. It is suitable for people of all ages and fitness levels.

Most effective for:

[Magrine](#), [Psoriasis](#), [Arthritis](#)

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 0522-2981000

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