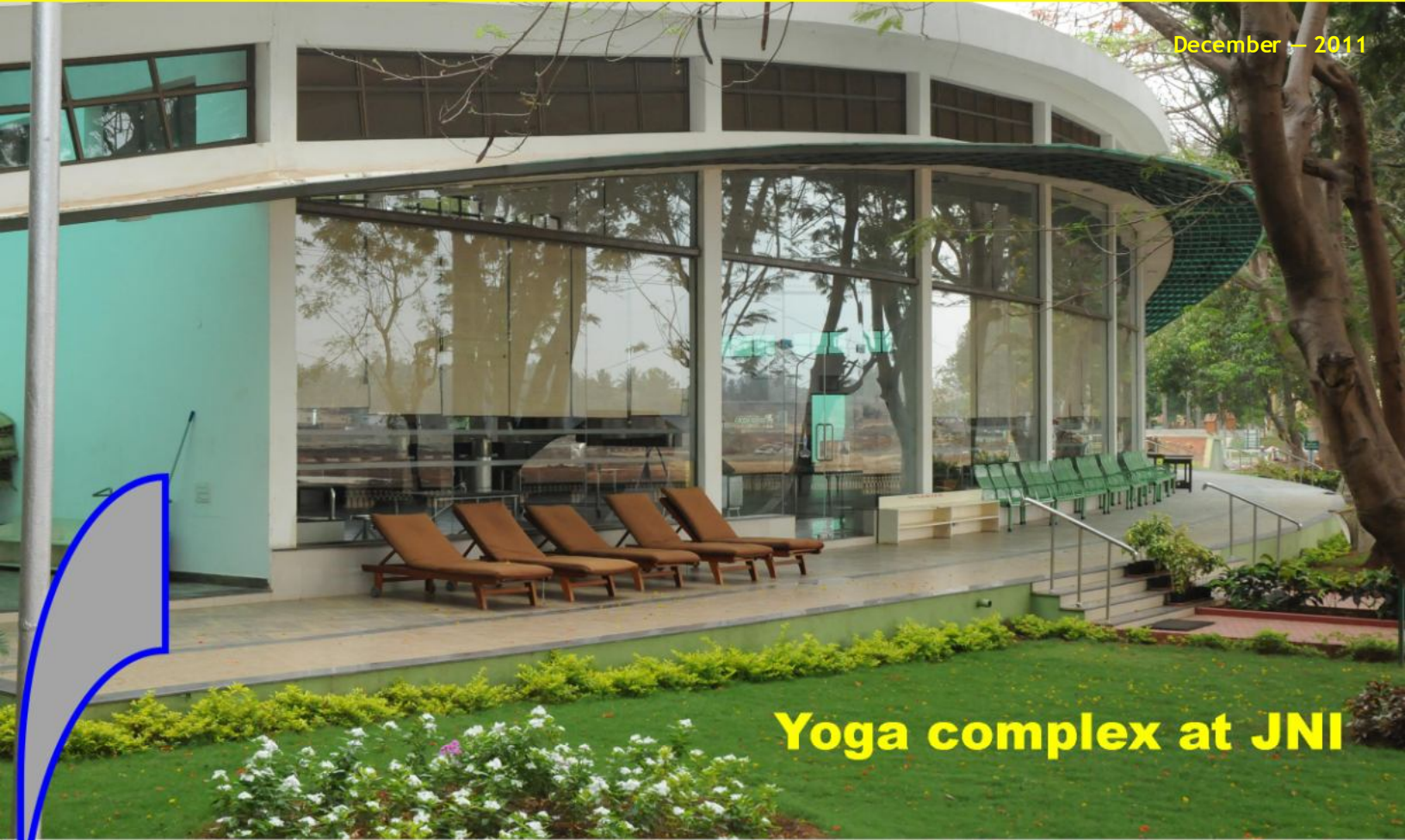


THE ESSENCE OF NATURE

December -- 2011



Yoga complex at JNI

Want vibrant Health? Go Back to Nature



PRANAYAMA SESSION



**A Newsletter from
Jindal Naturecure Institute**

Walking Reduces Diabetes by 58 %

By Dr. Raja, DMS, JRCH

In today's fast paced life, people are leading a very unhealthy lifestyle. The increasing rate of heart diseases, stress-levels, lack of sleep are caused due to the fast paced lifestyle.

People are so busy after material success that they forget how to enjoy it. They have no time for their health also. There is a popular saying "If wealth is lost, nothing is lost, but when health is lost everything is lost." Time is ripe that people should concentrate on their health and well-being.

"Walking is man's best medicine," said Hippocrates, the father of medicines. No special skill or talent is required and no special equipments needed for walking. Only one thing you need to bring through, your daily dose of dedication!

The benefits of walking are free:

- ◆ You can leave that couch behind, get great exercise, improve health and fitness.
- ◆ Stress level is diminished & slowed down the aging process is slowed. Adds years to your life.
- ◆ A great way to control your weight. Your daily walking burns calories and you feel the difference within few days. Those calories



burned in turn increases your walking distance and speed.

- ◆ Reduces cholesterol, strengthens muscles and burns fat.
- ◆ Regular walking also increases your overall health by boosting your circulation, keeping your energy level up and your spirits high. You look and feel younger.
- ◆ Walking helps shape and tone your legs and butt, slims your waist & helps you sleep better.
- ◆ Thirty minutes of walking three times a week, nine easy ten minute walks throughout the day and week, either way it's enough to have a healthy effect on your B.P.
- ◆ walking 150 minutes per week and losing just 7% of you body weight can reduce your risk of diabetes by 58%!

◆ If you're just starting a walking programme, begin the first week by walking 20 minutes three times a week. For the next few weeks, increase your time to 30 minutes. As you feel more energetic and fit, add an extra session or two to your weekly walking program. Try to work up to five sessions a week, for 30 to 45 minutes each time. Remember to walk at a good clip.

Tips:

- ◆ Wear sturdy athletic shoes.
- ◆ Keep your head level as you walk & look straight ahead.
- ◆ Bend your elbows at about a 90-degree angle and keep them close to your sides. Swing arms back & forth as you walk.
- ◆ Let your heel strike the ground first, then roll from the heel to the ball of your foot. Push off with the ball of your foot for more momentum.
- ◆ Take long, smooth strides. Walk briskly.
- ◆ While walk, breathe deeply but naturally.
- ◆ Make your walk meaningful. Look around. Enjoy your surroundings.

Walk to remain FIT & FINE.



THE ESSENCE OF NATURE

Nature cure & Obesity

By Dr. Vinoda Kumary, Dy.CMO, JNI

Obesity is an excess amount of fat on the body. It is developed into a

global public health problem. Causes of Obesity are over eating, sedentary life, metabolic syndrome, hypothyroidism, familial obesity, cushing's syndrome. Complications of obesity are diabetes, osteoarthritis, gout, sleep-apnea, cancer, gall bladder disease/gall stones, liver disease & menstrual irregularity/infertility. Management of obesity includes diet, naturopathy treatments, yoga, exercises & counselling.

Benefits of Fasting includes digestive System Gets, physiological rest, elimination of toxins speed up, resistance power increases, mental power is enhanced, rejuvenation.

Thereafter:

6 am : 3 to 4 glasses of water

7 am : Lime Juice / Herbal drinks

8-9 am : Fruits + Salad + Sprouts

1-2 pm : Normal Lunch (cooked veg



phulka+Buttermilk/soup)

4 pm : Lime Juice

6-8 pm : Small Dinner (cooked veg+phulka+soup) or fruits+salad/steamed veg+soup.

Naturecure Treatments:

- ◆ Mud pack/towel pack/jelly pack
Abdomen pack
- ◆ Kidney pack/Gh pack
- ◆ Hip bath
- ◆ Immersion bath
- ◆ Oil massage
- ◆ Vibro massage
- ◆ Partial massage

- ◆ Steam /sauna bath

Yoga

Asanas

Pranayama

Kriyas

Meditation

Improve the muscle tone

Prevent fat accumulation

Stimulate internal organs

Relaxes the mind

Normalizes the hormonal secretion

Increases the confidence

Exercises:

Walking

Jogging

Swimming

Aerobics

gymnasium

For the prevention of further weight gain, person should know his ideal BMI.

Natural methods of weight reduction



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Heart disease kills 91 people/ hour

By Dr. Prakash Aiyyer, Dy.CMO, JNI

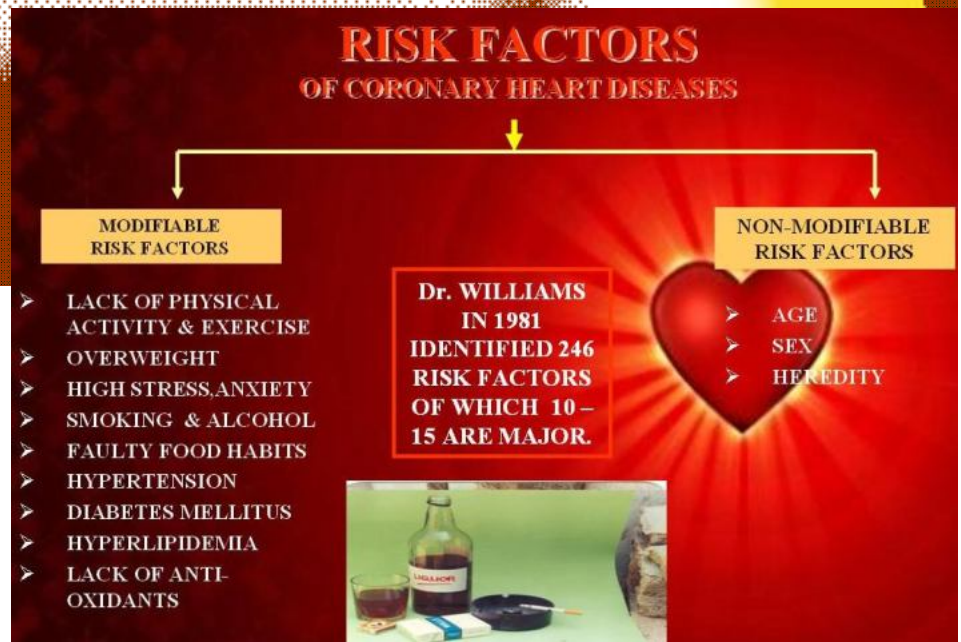
Young Indians below 40 have 10 times more heart attacks as compared to the west. 10% (6 crores) adult Indians are suffering from coronary artery disease.

30% (18 crore) adult Indians are at high risk. 91 people die every hour from heart related disease. By 2020 most of the Indians will be suffering from Heart Diseases. 90% of Indians cannot even afford invasive cardiac surgery and 100% cannot afford the emotional trauma.

The heart is one of the vital organs -vital because all other tissues and organs of the body depend on the hearts action to provide them with blood & oxygen. If the heart stop functioning for only a few minutes, changes take place, some of which cannot be repaired.

Functions of the Heart:

- ◆ 72 Beats Per Minute
- ◆ 5 Lts Of Blood Per Minute Which Increases On Demand
- ◆ Maintains Its Own Circulation Through Coronary Arteries.
- ◆ It Has Two Pumps. The So



Called Right Side Of The Heart Receives Blood That Is Returned From All Parts Of The Body And Pumps It Through The Lungs And Back Again To The Other Side Of The Heart. The Left Side Of The Heart Receives Blood That Has Just Acquired Its New Load Of Oxygen As It Passed Through The Lungs And Then Pumps It Under Pressure Through The System Of Arteries To All Parts Of The Body.

What is Heart Disease?

People live longer now than they did at the early century. The infectious diseases were under control resulting in longer life expectancy. The second reason why heart disease has become

more common is that the life style of average man includes several practices that are health destroying and that set the stage for the wear-out diseases.

What is Heart Attack?

Some part of the coronary artery system becomes suddenly closed so that it no longer carries blood to that portion of the heart which it serves. It is this sudden stopping of blood supply to the cardiac muscles that brings on the typical heart attack.

Heart attack is more common among men than women. Most of the Heart Attacks resulting from Coronary Heart Diseases (CHD).

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Changes in Lifestyle can reduce risk

Stress & Mental Tension

Most Important risk factor of CHD that excess stress can lead to the following:

- ◆ Increase in Blood pressure
- ◆ Increase in the Heart Rate
- ◆ Increased Blood sugar
- ◆ Increased cholesterol in blood
- ◆ Increased blood clotting
- ◆ Spasm of coronary & other arteries.

High Cholesterol

Cholesterol and diabetes are also important causes CHD.

Normal Values

Desirable range <200 mg/dl

High Risk > 230 mg /dl

HIGH BP

- ⇒ Normal BP in Adults Between 100/60 to 140/90 mm/hg
- ⇒ 20% to 30% of adults suffer from High BP

Obesity

CHD is 15 times higher in obese people than thin built people. Avoid fatty foods, too much sugar intake and do regular exercises.

Symptoms of Heart Attack

Chest pain, Breathlessness, shortness of breath, Sweating, Nausea & vomiting, Dizziness & Fainting, Heaviness/tightness in the chest and Weakness.

Is Surgery Inevitable?

No, 80% of heart patients can be avoided from CABG (Coronary Artery Bypass Grafting). Surgery is determined not by the No. of affected arteries or by blockages, but by how well the left ventricular pump is working.

Prevention is better than cure

The risk factors can be corrected / modified following certain lifestyle changes:

- *Diet Control – Well balanced, low fat, high fibre etc
- *Correct your wrong habits – Smoking, alcohol, overeating
- *Regular physical exercise – Brisk walking, jogging, Yoga, Pranayama etc.
- *Avoid mental tension – Lack of self confidence and lack of concentration
- *Regular medical check-up – like ECG, routing blood tests.

Naturopathy

Hydrotherapy – Cold Hip bath, Spinal Bath, Massages are useful.

TAKE MORE: Seasonal fruits & juices, seasonal vegetables, fresh chutney, buttermilk, vegetable soups, tender coconut water as advised.

AVOID : Maida (white flour), artificial food & drinks, milk, sugar, chocolates, bakery products, fried stuff, non-vegetarian, alcoholic beverages, tea, coffee, smoking/chewing tobacco, zarda, pan masala.

REDUCE : Spices, chilies, pulses, salt in diet

DRINK : one glass of water every 2 hours (3 liters per day), on getting up in the morning, drink 3-4 glasses of water daily.

FAST : Once in a week on fruit juices/fruits

PRACTICE : Yoga, Pranayama, kriyas, walking, swimming etc

KEEP : Three hours gap between dinner & sleep

MEDITATE : For 20 minutes before going to bed & after getting up from the bed.



THE ESSENCE OF NATURE

Hospitality at JNI

By Sujaya Prabhu, PRO, JNI

Hospitality is the relationship process between a guest and host. And also refer to the act of hospitable. Hospitality service is the ability to welcome people of diverse background and offering them food, treatment, entertainment etc. as per the guest requirement. In hospitality services, guest should feel comfortable and welcoming.



IN JNI, when the patient comes, we welcome them with warm and offer them welcome juice. We make arrangement for the patient accommodation according to their booking in advance. Hence when they come they feel that they are whole heartedly welcomed. As the patient is coming from the journey and tired, we make them go by golf cart to their room. Also to make them aware of our facilities and the location, the boy explains the institute on his way to the patients room.

In the room also, we keep everything ready for the patient to feel comfortable. The boy who takes the luggage also explains inventory in the room, so that patient can understand the room facilities in better way.

The patient is directed by admission counter for their each and every step they need to

follow on admission. As the patient need to have his budget before coming, we inform the patient in confirmation letter that on arrival how much to be made on the admission date to avoid any hassles in arranging the fund, on arrival. This makes the patient to plan his budget. On arrival, the patient is briefed about our facilities, rules regulations to avoid any problem or misunderstanding in the stay. The instructions are given orally and also in writing.

Doctor also plan the patient treatment, food for the stay to have a proper result in the treatment. Each patient is checked and prescribed diet, treatment, yoga according to their need. Treatment section also gets information about each patient treatment to enable them to organize the treatment, manpower, water etc. Diet

centre also keep food according to each patient needs. Diet centre always ensure that patient should take their own diet and no indiscipline to avoid unhealthy effect as in naturopathy food is the medicine.

In JNI, other than treatment also we ensure that patient entertained in his free time. So we have provided library, recreation centre, badminton court. We also bring all patients in one platform by organizing evening programmes like cultural programme, different kinds of tournament, or games. We also educate them by organizing lectures, demonstration, and quiz competition. So that the patient feels that his time being utilized properly.

We always try to give all facilities at one place. In JNI, other than naturopathy and yoga, we also made arrangement of physio-therapy, acupuncture, gymnasium, investigation facilities. So one need not to run around different places. It also caters the need of all age groups and difference diseases.

More than the treatment, food, and other exercises, patient always feel that the institute air is full of love by each and every one working here.



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LIFESTYLE

Summary

Feature The Jindal Naturecure Institute in Bangalore claims that most ailments can be cured with meditation, yoga and an ironclad detoxification programme. *Komal Patwari* checks in.

Inside out: Detoxify your way to better health

Komal Patwari

May 1, 2010

Its 7.30 in the morning and Im huffing my way through what is supposed to be a light, airy posture that my yoga instructor calls The Butterfly. My legs wont stay bent at the knee, my soles refuse to touch and I keep rolling onto my back like a beetle, to the amusement of the other students. Im at the Jindal Naturecure Institute on the outskirts of Bangalore, India, and while the aim of my seven-day visit is to detoxify body and soul, all I can think of is a warm bed and hot buttered toast, given that breakfast at 5.30 this morning consisted of two pieces of dried gooseberry and a glass of coconut water.

Its ironclad regimens like these that are responsible for the polarised opinions on the institute, started in 1978 as a charitable health care centre by steel magnate Sitaram Jindal and dedicated, as its promotional material says, to provide relief, prevention and cure to the suffering of humanity from ... diseases otherwise incurable. The incurability of these diseases is debatable (the institute does not accept patients with cardiac issues or addictions), but what makes Jindal, as it is colloquially known among patrons, unique is its claim – and efforts to prove – that most diseases can be cured without traditional medication. To cure patients ailments, Jindal prescribes instead a dose of early rising, yoga, an organic diet and physical activity taught under a school of medicine called naturopathy. The system has worked for many of the thousands who have visited the institute over the years to be cured of everything from chronic gastroenteritis to arthritis, leading to its near cult following among patrons. People fly in from all over the globe to be treated by the institutes in-house team of doctors, many of whom have specialist degrees in naturopathy, yoga and acupuncture. The institute is particularly popular among Bollywood actors, although I didnt see any during my stay.

After yoga I make my way to the womens spa and treatment centre for the first treatment of the day, a mud pack placed on my abdomen and eyes to draw out toxins and germs, which cannot survive the cold, according to V V Bharathi, my naturopathy doctor at the institute. Naturopathy, an offshoot of Ayurveda, is an increasingly accepted form of medicine in India, with a rise in universities offering degrees in the science.

Since it is my first day at the centre, I stop by to visit Dr Bharathi on my way to my treatments. A kindly woman with thick glasses and jasmine in her hair, her easy manner has helped ease my fears about being a carrier



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RESPONSE

of Hepatitis B, a disease I contracted when I was two. While the virus lies dormant, there is a risk of it one day attacking the liver, so when my doctor in Bangalore recommended I try a stint at Jindal to learn new ways of staying healthy without medication, I decided to give it a try. Dr Bharathi tells me that it isn't uncommon for patients afflicted with Hepatitis B to remain permanent carriers and that as long as I watch my diet, avoid alcohol and listen to my body, I'll be fine. She tells me that I have abnormally low blood pressure and must always be sure to eat large, healthy meals, then prescribes me a seven-day diet that includes little more than fruit, salad, watery broth and dates for dessert. My dismayed expression is met with a knowing smile – A rubbish bin cannot be cleaned if you keep stuffing it with more rubbish, she says. Things are looking up by the third day: my skin, spotty from too many late nights, is clear and I'm beginning to appreciate the simplicity of primarily raw, organic meals. The constant hunger pangs have abated, I've conquered The Butterfly, and my treatments have been mostly pleasurable, save an enema on the first day. Normally a night owl, I'm having some trouble with the mandatory 5am walks, but those are becoming easier with the 10.30pm lights out. Given how little there is to do, I'm surprised at the ease with which I fall asleep every night. The food has something to do with it, I'm sure; all the ingredients are produced on the organic farm on part of the property, including the milk and cheese. The treatments help too; they range from hot and cold sitz baths – great for insomnia, Dr Bharathi tells me – to traditional Swedish massages and deep cleansing mud packs made – and discarded – daily from fresh soil on the farm.

The institute is spread out over 120 acres with walking tracks, parks and swings dotting the paths from the treatment centre to the yoga hall, dining room and rooms. I spend my time between treatments reading a book from the well-stocked library on a swing by the lake or in the gazebo, where patients take their mid-afternoon juice and socialise. Most of my time at the gazebo is spent with Shahnaz Shah from the western Indian state of Gujarat. She first visited 12 years ago when she was afflicted with rheumatoid arthritis that caused her fingers to curl into themselves, making daily activities painful. She claims that Jindal cured her arthritis completely. I don't have the words to describe how grateful I am to have found this place, she tells me. My doctors back home don't have an explanation for it – all I did was incorporate yoga into my daily routine and change my diet. Within my first year, I had weaned myself off my medication. It's a relief to never have to wake up again with that feeling of impending dread that comes with not being able to move your joints.

The departure from traditional forms of therapy can take getting used to and not everyone is convinced, like a patient I meet in the treatment centre while waiting for the therapist. Suffering from a cocktail of afflictions including spondylitis, osteoarthritis and a bad knee requiring several surgeries, she blames the yoga instructors here for exacerbating her back problems. Her arthritis seems to have improved since she checked in one week ago, she says, but she's not convinced.



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Others find it difficult to adhere to the strict dietary requirements. Sahiba Chawla, who has lived in Canada, Singapore and Jakarta all her life, has suffered from daily chronic stomach upsets since she moved to New Delhi a few months ago. The treatments seem to have helped – she hasn't been ill since she checked in a few days ago, a source of relief – but she's not sure she can follow the diet when she checks out, especially the stipulation that bans patients from meat. I don't know how realistic that is, she says.

Others, like Lucian Evans from Sydney, take to this way of life with greater ease. Evans made her first trip here two years ago and has been a vegetarian since. Since I've given up meat, I haven't had gastric attacks or hyperacidity, she says. This diet makes sense to me. Besides, I don't think you're expected to follow it exactly. It's up to you to pick the aspects you'd like to hang on to. It's not that difficult to find organic produce nowadays, for example. Evans recalls suffering from bouts of depression and insomnia after her divorce, which led to anxiety attacks. She found her cure for them in the yoga she was taught here two years ago, and now teaches back in Sydney.

It's strange to think that breathing and moving your body in certain ways can have this profound impact on how you think, she muses. I nod, thinking of how yoga has been a catalyst of sorts during my stay. After the first day I took to it with relative ease and I find that I feel quite at peace after each session. Stretching releases toxins, I am told by the resident yoga doctor, Rajeev Rajesh, and helps release the mind from the constant subconscious focus on illness within the body.

At first, my mind is rather quiet, but on the fourth day during the meditation that follows yoga, I find myself accosted by a barrage of thoughts. Being told that meditation involves calm stillness, I try to push them out of the way. Giving in, I find myself thinking about the concept of forgiveness. I have been struggling with a close family relationship for years – anger, Dr Rajesh tells me, is toxic to the solar plexus chakra, which directly affects the liver. It dawns on me during my yoga session that forgiveness can be as simple as trusting that a higher power, whatever that may be, takes care of injustice, freeing me from its constant burden. When I leave for my treatments I feel like a weight has been lifted off my chest. As Dr Rajesh tells me when I relate the experience to him, the simplicity of the act of forgiveness holds the key to great change. He may be right. Meanwhile, I've lost three inches in seven days and while Dr Bharathi tells me most of it is water weight, flushed out by the diuretic effects of the mud packs and ayurvedic massages, she says that if I stick to the diet and yoga I'll be able to sustain it. Since moving back from Dubai two years ago I've been unable to lose the stone I put on while there and while I don't think I can maintain a primarily raw diet of fruit and vegetables with no salt, I do intend to stick to the yoga. I've become better at performing kriya, yogic exercises that increase lung capacity, making breathing correctly during yoga easier. While the kriya – which involves pouring water through one nostril and out the other – sounded gruesome at first, it turned out to be the one I



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enjoy the most.

The experience here at Jindal seems to be polarising, as are the opinions on the place. Maybe this is because Jindal in many ways is the quintessential Indian experience – part Ayurveda spa, part quack therapy, part spiritual retreat and completely subjective. Visitors seem to love or hate it, with little room for middle ground; the former manifest in fervent believers who return every year, the latter in once burned, twice shy patients who revert to the Western school of medicine and never look back. What sets Jindal apart from other Ayurvedic institutes around Bangalore is its focus on treating both body and mind, which their doctors claim leads to exponentially quicker results.

Perhaps the best way to determine Jindal's benefits lies in the results, or lack thereof. Mine include inch loss, brighter skin and an introduction to what I hope will be a permanent relationship with yoga, which I've been told increases the liver's immunity, with a revelation or two thrown in for good measure.

Jindal Naturecure Institute (www.jindalnaturecure.org) is a 40-minute drive from the city centre.

FROM JINI KITCHEN

CABBAGE TIKKI

Calories - 448

Serves - 7

INGREDIENTS

WHOLE WHEAT FLOUR-100 gm

YEAST - $\frac{1}{2}$ TSP

CABBAGE - 50 gm

SALT - TO TASTE

JAGGERY - $\frac{1}{2}$ TSP

CORIANDER LEAVES - A FEW

METHOD

- ◆ Dissolve yeast in warm water & make a dough mixing all the ingredients.
- ◆ Mix well. Allow it to rest for 2 hrs. Then divide into balls, flatten on a baking tray & bake at 215° for 15 - 20 minutes.



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