

SKM YOGA

YOGA TEACHER TRAINING MANUAL

Compiled by Dr. Shivam Mishra | Founder, SKM Yoga

DISEASES & NATUROPATHY

A Complete Guide to Natural Healing

Understanding, Treating & Preventing Disease Through Nature's Own Medicine

Naturopathy
Heal with Nature

Yoga Therapy
Heal with Movement

Diet & Lifestyle
Heal with Food

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PREFACE

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Nature is the greatest physician. Every human civilization — from the ancient Rishis of India to the physicians of Greece, from the healers of China to the traditional doctors of Africa — has understood that the body possesses an innate, extraordinary intelligence that, when properly supported, is capable of healing itself of virtually every disease it encounters. This truth, suppressed by the dominance of pharmaceutical medicine over the last century, is the foundational principle of Naturopathy.

The word 'Naturopathy' comes from 'Natura' (nature) and 'Pathos' (suffering) — it literally means 'nature heals suffering.' Naturopathy does not treat disease with drugs or surgery but works with the body's own healing intelligence by removing obstacles to health — poor diet, accumulated toxins, emotional stress, lack of exercise, disturbed sleep — and by providing the conditions and tools that the body needs to restore its natural balance.

For students of the SKM Yoga Teacher Training Program, this book is not merely academic reading. It is a practical, working manual that bridges ancient naturopathic wisdom with modern understanding of the human body. As yoga teachers, you will regularly encounter students suffering from chronic diseases — hypertension, diabetes, digestive disorders, arthritis, respiratory conditions, hormonal imbalances, and mental health challenges. Your ability to guide them toward natural healing modalities — as a complement to whatever medical treatment they are receiving — can be life-changing for them.

This book covers over 40 major diseases and health conditions, organized by body system. For each condition, you will find: a clear explanation of the disease and its naturopathic understanding, a complete dietary protocol, hydrotherapy treatments, yoga asana recommendations, pranayama, lifestyle modifications, and herbal/home remedies. The treatments described draw from the full spectrum of naturopathic modalities: diet therapy, fasting, hydrotherapy, mud therapy, massage, yoga, pranayama, sunlight therapy, and psychotherapy.

This knowledge must be applied with wisdom, compassion, and always in cooperation with the patient's medical team. Naturopathy is not a replacement for emergency medicine or surgery when these are genuinely needed. It is, however, the most powerful and most complete system of preventive medicine and chronic disease management available to us — and it is the birthright of every human being who chooses to reclaim it.

Let every yoga teacher who studies this manual become a living bridge between the ancient healing wisdom of India and the urgent health needs of the modern world. Sarve Bhavantu Sukhinah — May all beings be happy and healthy.

With healing blessings,
Dr. Shivam Mishra
Founder, SKM Yoga | New Delhi

Introduction: The Naturopathic Philosophy of Disease

What is Naturopathy?

Naturopathy (also called Naturopathic Medicine or Nature Cure) is a system of healing based on the belief that the body has an inherent ability to heal itself, given the right conditions. Naturopathy does not attack disease from outside (as drugs do) but works from inside — strengthening the body's own defenses, removing the causes of disease, and supporting the healing processes that the body is always trying to accomplish.

The World Health Organization (WHO) defines Naturopathy as a system that combines centuries-old natural, non-toxic therapies with modern scientific knowledge about health and disease. India officially recognizes Naturopathy (along with Yoga) under the AYUSH Ministry, and the BNYS degree (Bachelor of Naturopathy and Yogic Sciences) is a recognized five-year medical qualification.

The Five Fundamental Principles of Naturopathy

1. **Primum Non Nocere** — First Do No Harm. Naturopathic treatments use the least force necessary and avoid harmful side effects.
2. **Vis Medicatrix Naturae** — The Healing Power of Nature. The body has an innate intelligence that constantly strives toward health.
3. **Tolle Causam** — Treat the Cause, Not Just the Symptom. Symptoms are the body's language for describing an underlying imbalance.
4. **Docere** — The Physician as Teacher. The naturopath educates the patient about their own health and healing.
5. **Treat the Whole Person**. Disease affects the whole person — body, mind, emotions, and spirit — and healing must address all levels.
6. **Preventive Medicine**. The highest goal of naturopathy is prevention — building such a strong foundation of health that disease cannot take hold.

The Naturopathic Understanding of Disease

In naturopathy, disease is not something that 'attacks' a person from outside. It is the result of an internal imbalance — an accumulation of toxins (Ama in Ayurveda), a deficit of vital force (Prana), or a breakdown in the body's regulatory mechanisms due to wrong diet, wrong lifestyle, emotional

stress, or environmental factors. The naturopath asks not 'what is wrong with this person?' but 'why has this person's body lost its capacity to maintain health?'

The Concept of Vital Force / Prana

Every naturopathic system — European Nature Cure, Ayurveda, Traditional Chinese Medicine, Homeopathy — recognizes a life force or vital energy that animates the body and sustains health. In Yoga and Ayurveda this is called Prana. When Prana flows freely and abundantly, health is natural. When Prana is depleted, blocked, or imbalanced, disease results. All naturopathic treatments are ultimately methods of restoring Pranic balance.

The Concept of Toxemia

The great American naturopath John Tilden argued that all disease arises from a single cause: Toxemia — the accumulation of toxic waste products in the body that the eliminative organs (bowels, kidneys, lungs, skin, liver) have failed to remove. Modern science validates this in the form of oxidative stress, chronic inflammation, and metabolic syndrome. Naturopathic treatment is fundamentally a process of detoxification — removing the accumulated toxins through fasting, diet, hydrotherapy, and exercise.

The Six Naturopathic Modalities

Modality	Description & Application
Diet Therapy	The foundation of all naturopathic treatment. Food is medicine. Specific diets are prescribed for each condition.
Fasting Therapy	Controlled fasting (water fast, juice fast, mono-diet) to rest the digestive system and accelerate detoxification.
Hydrotherapy	Use of water at varying temperatures, pressures, and states for therapeutic effects on body systems.
Mud Therapy	Application of healing clay/mud to the body for its drawing, cooling, and mineralizing properties.
Massage Therapy	Therapeutic manipulation of soft tissues to improve circulation, lymphatic flow, and nervous system function.
Yoga & Pranayama	Physical, breath, and meditative practices to restore Pranic balance, detoxify, and strengthen the body-mind.
Sunlight & Air Therapy	Therapeutic use of sunlight (heliotherapy) and fresh air to stimulate vitamin D, improve mood, and detoxify.
Herbal Remedies	Use of medicinal plants, roots, and natural compounds to support specific body systems and healing processes.

How to Use This Book

This book is organized by disease condition, grouped by body system. Each disease chapter contains: a naturopathic understanding of the condition, dietary protocol, hydrotherapy treatments, yoga asana and pranayama recommendations, lifestyle modifications, and specific home remedies. The treatments given are for educational purposes and represent standard naturopathic practice.

 **Important Note**

This book is an educational resource for Yoga Teacher Training students. The treatments described are for general wellness guidance and should always be applied in consultation with a qualified naturopathic physician, especially for serious or chronic conditions. Naturopathy works best as a complement to, not a replacement for, conventional medical care in acute or emergency situations.

PART ONE

DISEASES OF THE DIGESTIVE SYSTEM

Constipation • Acidity • Ulcers • IBS • Liver Disorders • Piles

The digestive system is, in naturopathic philosophy, the most fundamental system of human health. The great naturopath V.G. Rele stated: 'Death begins in the colon.' Modern science confirms this in the form of the gut-brain axis, the gut microbiome, and the understanding that 70-80% of the immune system resides in the digestive tract. For the yoga teacher and naturopathy student, the digestive system is always the first point of attention in any healing protocol.

Disease 1

CONSTIPATION*Vibandha – The Most Common Yet Most Neglected Digestive Disorder***Naturopathic Understanding**

Constipation is defined as fewer than three bowel movements per week, accompanied by hard, dry stools and difficulty in passing them. In naturopathy, constipation is not merely a symptom — it is understood as the root cause of a vast range of other diseases including headaches, skin problems, joint pain, fatigue, hormonal imbalances, and even mental health conditions. When the colon fails to eliminate waste regularly, toxic material is reabsorbed into the bloodstream — a process naturopaths call 'autointoxication' or self-poisoning.

The naturopathic causes of constipation are: insufficient dietary fiber, inadequate water intake, sedentary lifestyle, emotional stress (which contracts the bowel), suppression of the urge to defecate, overuse of laxatives (which create dependency and weaken bowel muscle tone), and consumption of processed, refined, and devitalized foods.

Dietary Protocol**Foods to Eat (Increase)**

- High-fiber vegetables: spinach, bitter melon, drumstick, beans, peas, broccoli
- Fruits: papaya, guava, figs (fresh or soaked overnight), prunes, pears with skin
- Whole grains: whole wheat, brown rice, oats, bajra, jowar — never refined flour (maida)
- Soaked seeds: 1 tablespoon flaxseed soaked overnight in water — drink with the water
- Warm water: 2-3 liters per day. Begin each morning with 2 glasses of warm water before any food
- Cow's ghee: 1 teaspoon in warm milk at bedtime — lubricates and stimulates bowel
- Triphala churna: 1 teaspoon in warm water at bedtime — the cornerstone Ayurvedic laxative

Foods to Avoid (Eliminate)

- All refined/white flour products: bread, biscuits, pastries, noodles, white rice
- Processed and packaged foods: anything with preservatives or artificial additives
- Dairy excess: excess milk, cheese, paneer — constipating; limit to one serving per day
- Tea and coffee in excess: dehydrating; limit to 1 cup per day
- Fried foods, red meat, eggs — slow and difficult to digest

Hydrotherapy Protocol

Complete Hydrotherapy Protocol for Constipation

- ✦ Cold Hip Bath (Sitz Bath): 15-20 minutes daily at 15-18°C — the single most effective treatment for chronic constipation
- ✦ Abdominal Cold Compress: Cold wet towel applied to abdomen for 20 minutes, covered with dry flannel
- ✦ Warm Enema (when needed): 500-1000 mL warm water at 37°C — for immediate relief in severe cases
- ✦ Hot and Cold Alternate Abdominal Compress: 3 min hot / 1 min cold × 5 cycles — stimulates bowel peristalsis
- ✦ Full Wet Sheet Pack (Stage 3 — Heating): 60-90 minutes — for chronic toxemia and constipation
- ✦ Abdominal massage under hot fomentation: 15 minutes clockwise massage while warm towel on abdomen

Yoga & Pranayama Protocol

Essential Asanas

Asana	Therapeutic Effect & Duration
Pavanamuktasana (Wind-Relieving Pose)	Hold 30-60 seconds each side. Directly compresses colon, stimulates peristalsis. Practice morning before breakfast.
Trikonasana (Triangle Pose)	Hold 30 seconds each side. Stimulates liver and colon. Reduces stress-related constipation.
Ardha Matsyendrasana (Spinal Twist)	Hold 30-45 seconds each side. Massages ascending and descending colon alternately. Most important asana for digestive health.
Mandukasana (Frog Pose)	Hold 30-60 seconds. Compresses abdominal organs, stimulates entire digestive tract.
Mayurasana (Peacock Pose)	10-15 seconds, build gradually. Dramatically increases blood flow to abdominal organs. Powerful digestive tonic.
Shalabhasana (Locust Pose)	Hold 20-30 seconds × 3. Stimulates all abdominal organs. Strengthens bowel musculature.
Ustrasana (Camel Pose)	Hold 20-30 seconds. Stretches the entire front of the body including colon.
Dhanurasana (Bow Pose)	Hold 15-30 seconds × 3. Rocks the body on the abdomen, providing a powerful massage to the colon.

Pranayama & Kriyas

- Kapalbhati Pranayama: 3-5 minutes daily. The pumping action of the abdominal wall directly massages the colon and liver. This is the most powerful pranayama for digestive health.
- Agnisara Kriya: 3 rounds of 20-30 pumps. Rapidly pumps the abdomen in and out — stimulates all digestive organs.

- Nauli Kriya: Advanced practice — lateral churning of abdominal muscles. Extremely powerful for constipation.
- Shankhprakhshalana: Yogic intestinal wash — drink 16 glasses of warm saline water alternated with 6 specific asanas. Performed under supervision. Cleanses entire GI tract.
- Uddiyana Bandha: Abdominal lock — creates powerful negative pressure that draws up the abdominal contents, stimulating the colon.

Lifestyle Modifications

7. Establish a fixed toilet time every morning — train the body's circadian rhythm. Even if you don't feel the urge, sit for 5-10 minutes at the same time daily.
8. Never suppress the urge to defecate when it arises — this is the primary cause of chronic constipation.
9. Walk briskly for 30-45 minutes every morning before breakfast. Walking stimulates bowel peristalsis.
10. Drink 2 glasses of warm water immediately upon waking, before brushing teeth.
11. Reduce emotional stress — the bowel is extraordinarily stress-sensitive (the gut-brain axis).
12. Use an Indian-style squat toilet or place a footstool under your feet when using a Western toilet — the squatting position is the anatomically correct position for defecation.

Home Remedies

- Triphala: 1 teaspoon Triphala powder in warm water at bedtime — the most effective and safe Ayurvedic laxative.
- Warm milk with ghee: 1 cup warm milk + 1 tsp cow's ghee at bedtime. Lubricates and stimulates bowel.
- Soaked figs: Soak 3-4 dried figs overnight; eat in morning with soaking water.
- Castor oil: 1-2 teaspoons castor oil in warm milk at bedtime — for acute constipation. Not for daily use.
- Isabgol (Psyllium husk): 1-2 tablespoons in warm water before sleep — natural, safe, effective bulk laxative.

♥ Yoga Teacher's Tip

As a yoga teacher, observe which students consistently appear tense, have poor complexion, complain of headaches, or lack energy — these are often signs of chronic constipation. Teach Kapalabhati and Pavanamuktasana to all students as a daily practice. A student with a clean, regular-functioning colon will progress in yoga much faster than one burdened by toxemia.

Disease 2**ACIDITY & HYPERACIDITY***Amlapitta – The Modern Epidemic of Wrong Eating***Naturopathic Understanding**

Acidity (Hyperacidity or Gastritis) refers to excessive production of hydrochloric acid by the stomach's parietal cells, resulting in heartburn, acid reflux, belching, nausea, and upper abdominal discomfort. In Ayurveda this is called Amlapitta — aggravated Pitta dosha manifesting in the digestive system. The naturopathic view distinguishes between the symptom (excess acid) and the cause — and the cause is almost always dietary and lifestyle-related: wrong foods, wrong eating timing, eating under stress, smoking, alcohol, and non-steroidal anti-inflammatory drugs (NSAIDs). Naturopathy does not simply neutralize the acid (as antacids do) but removes the cause of excessive acid production. This approach, though slower-acting than antacids, produces lasting cure rather than temporary symptom suppression.

Dietary Protocol**Foods to Eat (Alkalizing, Cooling, Soothing)**

- Coconut water: 2-3 glasses daily — the most effective natural antacid
- Raw vegetables: cucumber, celery, ash gourd — cooling and alkalizing
- Banana: ripe banana coats the stomach lining and neutralizes acid
- Cold milk: 1 glass plain cold milk (not hot) provides immediate relief
- Tender coconut: both water and malai are soothing
- Watermelon and musk melon: cooling, alkalizing, high water content
- Boiled/steamed vegetables, khichdi, idli, dosa (without excess oil)
- Fennel (saunf): chew 1 teaspoon after meals — reduces acid and aids digestion

Foods to Strictly Avoid

- Spicy, hot, oily, and fried foods — directly stimulate acid production
- Citrus fruits (on empty stomach): lemon, orange, pineapple, tomato — acidic
- Tea, coffee, alcohol, carbonated drinks — major acid triggers
- Maida (refined flour), processed foods, pickles, vinegar
- Eating very late at night — stomach acid continues while lying horizontal
- Overeating — distends stomach, triggers excess acid

Hydrotherapy Protocol

Hydrotherapy for Acidity

- ✦ Cold Abdominal Compress: Cold wet towel on upper abdomen for 20 minutes — reduces gastric inflammation
- ✦ Neutral Sitz Bath (33-35°C): 20-30 minutes — sedates the nervous system, reduces acid-triggering stress
- ✦ Wet Pack on Abdomen: Cold pack on abdomen at bedtime — reduces overnight acid production
- ✦ Cold Spinal Bath: 15 minutes — regulates the vagus nerve which controls gastric acid secretion
- ✦ Steam Inhalation with peppermint: Reduces associated nausea and calms the nervous system

Yoga & Pranayama Protocol

- Sheetalī Pranayama: 10-15 repetitions — cools the entire system, specifically reduces Pitta/acid. Roll tongue, inhale cool air, exhale through nose.
- Sheethkari Pranayama: Alternative to Sheetalī. Inhale through teeth, exhale through nose. Cooling and alkalizing.
- Vajrasana: Sit in Vajrasana for 10-15 minutes after every meal — the ONLY posture recommended immediately after eating. Directly improves digestion and reduces reflux.
- Bhujangasana (Cobra): Gentle backbend — stimulates digestive fire gently. Hold 15-20 seconds.
- Supta Baddha Konasana: Reclined bound angle pose — deeply relaxing, reduces stress-related acid.
- Yoga Nidra: 30-minute session — profound relaxation reduces cortisol, which directly reduces acid secretion.

⚠ Warning / Contraindication

Avoid inversions (Sirshasana, Sarvangasana), strong forward bends, and Kapalbhāti during acute acidity episodes — these can worsen reflux. Resume after the acute phase has resolved.

Lifestyle Modifications

13. Never skip meals — an empty stomach produces acid that damages the gastric lining.
14. Eat smaller, more frequent meals (5-6 small meals) rather than 2-3 large ones.
15. Do not eat within 2-3 hours of bedtime. Elevate the head of the bed by 6 inches if nighttime reflux is a problem.
16. Eat slowly and chew thoroughly — well-chewed food requires less acid for digestion.
17. Manage stress through daily meditation, pranayama, and yoga — the vagus nerve directly links the brain and stomach.
18. Quit smoking and alcohol completely — both are powerful acid stimulants.

Home Remedies

- Aloe Vera juice: 30 mL pure aloe vera juice on empty stomach in morning — heals and cools gastric lining
- Coconut water: Most effective immediate natural antacid — drink 200-300 mL during acidity attack
- Cold milk: 1 glass plain cold milk — immediate relief (not for those with lactose intolerance)
- Fennel tea: 1 tsp fennel seeds boiled in water — post-meal digestive, reduces acid
- Licorice root (Mulethi): Chew a small piece or make tea — contains glycyrrhizin which soothes the gastric mucosa

Disease 3

IRRITABLE BOWEL SYNDROME (IBS)*Grahani – The Gut-Brain Disease***Naturopathic Understanding**

Irritable Bowel Syndrome is a functional bowel disorder characterized by chronic abdominal pain, bloating, alternating constipation and diarrhea, and passage of mucus with stools — without any structural or pathological abnormality of the bowel. It affects 10-15% of the global population and is significantly more common in people with anxiety, depression, and high stress levels.

The naturopathic understanding of IBS is as a gut-brain axis disorder: the digestive nervous system (the enteric nervous system, sometimes called the 'second brain') is hypersensitive, reactive, and dysregulated as a result of chronic stress, emotional trauma, food sensitivities, gut dysbiosis (imbalanced gut microbiome), and often a history of gut infections. Treatment must address all these levels simultaneously — which is precisely what an integrated naturopathy and yoga protocol can do.

Dietary Protocol**Low-FODMAP Naturopathic Diet**

FODMAPs are fermentable carbohydrates that are poorly absorbed and rapidly fermented by gut bacteria, producing gas and triggering IBS symptoms. The Low-FODMAP diet, combined with naturopathic principles, is the most evidence-based dietary approach for IBS.

- Allowed grains: Rice, oats, quinoa, cornmeal — avoid wheat and rye (high FODMAP)
- Allowed vegetables: Carrots, cucumber, zucchini, potatoes, bell peppers, spinach, ginger
- Allowed fruits: Banana (ripe), blueberries, kiwi, mandarin oranges, strawberries — in small portions
- Protein: Eggs, tofu, plain cooked fish, chicken — easily digestible
- Avoid: Onion, garlic, cabbage, cauliflower, broccoli, beans, lentils (in excess), apples, pears, watermelon — high FODMAP
- Probiotic foods: Homemade curd/yogurt (in small amounts), kanji (fermented rice water) — to restore gut microbiome
- Ginger tea: 2-3 cups daily — the most effective anti-IBS herb; anti-inflammatory and anti-spasmodic

Hydrotherapy Protocol

Hydrotherapy for IBS

- ◆ Warm Abdominal Fomentation: 20 minutes twice daily — relaxes bowel spasm during pain episodes
- ◆ Neutral Sitz Bath (33-35°C): 30 minutes — sedates the nervous system, the most important IBS treatment
- ◆ Cold Abdominal Compress at Bedtime: Reduces overnight bowel hypersensitivity
- ◆ Neutral Full Bath: 30-40 minutes — profound reduction in anxiety which is the root driver of IBS
- ◆ Castor Oil Pack on Abdomen: 60-90 minutes, 3x weekly — reduces inflammation and bowel hypersensitivity
- ◆ Warm Spinal Bath: 20-30 minutes — calms the enteric nervous system through spinal nerve stimulation

Yoga & Pranayama Protocol

IBS has a particularly strong response to yoga — multiple clinical studies have confirmed that yoga practice significantly reduces IBS symptoms, bowel hypersensitivity, and associated anxiety.

- Supta Pavanamuktasana: Reclined wind-relieving pose — most important yoga posture for acute IBS pain. Hold 1-2 minutes each side.
- Balasana (Child's Pose): 2-5 minutes — deeply calming for the nervous system and the bowel.
- Viparita Karani (Legs-up-the-wall): 10-15 minutes — activates parasympathetic nervous system, reduces bowel hypersensitivity.
- Anulom Vilom Pranayama: 15-20 minutes daily — the most powerful pranayama for autonomic nervous system balance.
- Bhramari Pranayama: 5-10 minutes — produces powerful vagal activation that immediately calms the gut.
- Yoga Nidra: 30-45 minutes daily — addresses the psychological root of IBS more effectively than any other single practice.
- Nadi Shodhana (Alternate Nostril Breathing): 10 minutes — balances sympathetic/parasympathetic tone.

Lifestyle Modifications

19. Establish a regular daily routine — consistent mealtimes, sleep times, and bowel times. The gut loves regularity.
20. Identify and eliminate personal trigger foods through a structured elimination diet.
21. Stress management is not optional in IBS — it is the primary treatment. Daily meditation and pranayama are non-negotiable.

22. Eat in a relaxed environment. Never eat while working, watching screen, or in emotional distress.
23. Consider psychological support — CBT (Cognitive Behavioral Therapy) has strong evidence for IBS.

Disease 4

LIVER DISORDERS*Yakrit Roga – Supporting the Body's Master Detox Organ***Naturopathic Understanding**

The liver is the body's master detoxification organ — processing everything we eat, drink, breathe, and absorb through the skin. It performs over 500 essential functions including: detoxifying blood, producing bile for fat digestion, synthesizing proteins, storing glycogen for energy, metabolizing hormones, and producing clotting factors. In naturopathy, the condition of the liver is central to the condition of health overall. A congested or compromised liver creates downstream problems in every body system.

Common liver conditions addressed in naturopathy include: fatty liver disease (NAFLD), hepatitis (especially B and C), elevated liver enzymes, liver congestion, and cirrhosis (early stages). The naturopathic approach is uniquely effective for fatty liver disease, which affects an estimated 25-30% of the global population and is almost entirely caused by diet and lifestyle.

Dietary Protocol**Liver-Healing Foods**

- Amla (Indian Gooseberry): Highest natural source of Vitamin C; dramatically improves liver function. 2-3 fresh amlas daily or 1 tsp amla powder with water
- Beetroot: Contains betaine which protects liver cells. 1 glass fresh beetroot juice daily
- Turmeric: Curcumin is the most potent liver-protective natural compound. 1 tsp in warm water with black pepper every morning
- Leafy greens: Chlorophyll in leafy greens neutralizes toxins and reduces liver load. Eat generously
- Garlic: 2-3 raw garlic cloves daily (best on empty stomach) — activates liver detox enzymes
- Lemon water: Juice of 1 lemon in warm water every morning — stimulates bile flow
- Papaya: Contains enzymes (papain) that support digestion and reduce liver inflammation
- Milk Thistle tea or capsules: Silymarin in milk thistle is the world's most researched hepatoprotective herb

Foods to Strictly Avoid

- Alcohol: Hepatotoxic. For liver disease, complete abstinence is mandatory
- Fried and oily foods: Saturated fats overload the liver and cause fatty infiltration

- White sugar and refined carbohydrates: Convert to fat in the liver (fructose conversion) — primary cause of fatty liver
- Processed meats, packaged foods, artificial additives — all require liver detoxification
- Excess protein (especially animal protein) — produces nitrogen waste that the liver must process

Hydrotherapy Protocol

Hydrotherapy for Liver Conditions

- ✦ Hot Fomentation over Liver Area (right upper abdomen): 20 minutes twice daily — increases blood flow and bile production
- ✦ Castor Oil Pack over Liver: 60-90 minutes, 4-5 times weekly — the most effective liver detox hydrotherapy
- ✦ Steam Bath / Sauna: Weekly (if no contraindication) — reduces liver load by eliminating toxins through skin
- ✦ Cold Abdominal Compress after fomentation: Brief cold application stimulates reactive hyperemia in liver
- ✦ Alternate Hot-Cold Compress over liver area: 3 min hot / 1 min cold × 5 — dramatically increases liver circulation
- ✦ Full Wet Sheet Pack (Stage 3): Weekly — systemic detoxification to reduce total toxin load on liver

Yoga & Pranayama Protocol

- Ardha Matsyendrasana: Hold 45-60 seconds each side — the most important yoga posture for liver health. Compresses and then releases the liver, improving blood flow.
- Paschimottanasana: Hold 60-90 seconds — compresses entire abdominal cavity including liver.
- Dhanurasana: Hold 20-30 seconds × 3 — rocks on abdomen, providing powerful massage to liver.
- Shalabhasana: Hold 20-30 seconds × 3 — stimulates liver and spleen.
- Kapalabhati: 5-10 minutes daily — the rhythmic pumping action increases liver circulation and bile flow.
- Bhastrika (Bellows Breath): 3-5 minutes — increases oxygenation of liver cells.
- Surya Namaskar: 12 rounds daily — warms and stimulates all abdominal organs including liver.

Liver Detox Protocol (Supervised)

The following is a standard naturopathic liver detox program to be conducted under professional supervision:

24. Days 1-2: Water and coconut water fast only

25. Days 3-5: Juice fast (beetroot, carrot, cucumber, amla, ginger juice)
26. Days 6-7: Fruit diet (papaya, watermelon, citrus fruits)
27. Day 8 onwards: Gradual reintroduction of cooked vegetables, then whole grains
28. Throughout: Daily castor oil packs, morning lemon-turmeric water, milk thistle supplement

Disease 5**PILES (HEMORRHOIDS)***Arsha – Swollen Veins That Signal a Constipated Lifestyle***Naturopathic Understanding**

Hemorrhoids (Piles) are swollen and inflamed veins in the rectum and anus. Internal hemorrhoids occur inside the rectum; external hemorrhoids are under the skin around the anus. In naturopathy, piles are understood as a downstream consequence of chronic constipation, excessive straining at stool, low-fiber diet, sedentary lifestyle, prolonged sitting (especially on Western toilets), pregnancy, and chronic liver congestion (which increases portal venous pressure).

The naturopathic approach does not merely treat the hemorrhoids locally but addresses their root causes — particularly constipation and portal venous congestion — while providing local soothing and healing treatments.

Dietary Protocol

- High-fiber diet: As described for Constipation. This is the most important dietary measure.
- Adequate water: 2-3 liters daily. Dry stools are the primary mechanical cause of hemorrhoid development.
- Radish juice: 1/4 cup raw radish juice daily — traditional Ayurvedic remedy for piles
- Buttermilk with rock salt: 2-3 glasses daily — cooling, reduces rectal inflammation
- Fig (Anjeer): Soak 3-4 figs overnight; eat in morning with water. Softens stool.
- Avoid: Spicy food, alcohol, refined foods, red meat, constipating foods

Hydrotherapy Protocol**Hydrotherapy for Piles**

- ✦ Hot Sitz Bath (40-43°C): 15 minutes twice daily — most important local treatment. Relaxes anal sphincter, reduces pain and swelling
- ✦ Cold Sitz Bath after Hot: 2-3 minutes — reduces bleeding (if present) and swelling
- ✦ Alternate Sitz Bath: 3 min hot / 1 min cold × 5 — promotes healing through vascular exercise
- ✦ Cold Perineal Compress at Night: Applied to perineum overnight — reduces swelling and itching
- ✦ Neem Water Sitz Bath: Neem leaf decoction in sitz bath — antimicrobial, reduces inflammation
- ✦ Alum Water Sitz Bath: 1 tsp alum in warm water — tightens and tones the hemorrhoidal tissue

Yoga Protocol

- Ashwini Mudra: Rapid contractions of the anal sphincter — 50-100 times, 3 sets. Strengthens sphincter, improves venous return from the rectum.
- Mula Bandha (Root Lock): Sustained contraction of perineal muscles — held during pranayama. Reduces hemorrhoidal congestion.
- Sarvangasana (Shoulder Stand): 3-5 minutes daily — inverts the body, draining blood away from the rectal veins. Most effective yoga posture for hemorrhoids.
- Viparita Karani: Simpler inversion for those unable to do full shoulder stand.
- Uttanapadasana: Strengthens abdominal muscles and reduces straining.

⚠ Warning / Contraindication

During acute bleeding hemorrhoids, avoid: inversions, strong abdominal exercises, Kapalbhathi, and any treatment that increases abdominal pressure. Hot sitz bath is safe and helpful. Cold compresses control bleeding.

Home Remedies

- Triphala: 1 tsp at bedtime — ensures soft stools, removes primary cause
- Castor oil: Apply topically to external hemorrhoids — soothing and anti-inflammatory
- Aloe vera gel: Apply to external hemorrhoids — cooling, anti-inflammatory, promotes healing
- Witch hazel: Applied topically — astringent, reduces swelling and bleeding
- Neem oil: Antimicrobial, reduces itching and inflammation when applied locally

PART TWO

**DISEASES OF THE CARDIOVASCULAR
SYSTEM**

Hypertension • Heart Disease • High Cholesterol • Obesity

Cardiovascular disease is the world's leading cause of death. Yet the scientific evidence overwhelmingly shows that 80% of cardiovascular disease is preventable through lifestyle modification — the domain of naturopathy and yoga. The four conditions covered in this section — hypertension, heart disease, high cholesterol, and obesity — are closely interconnected and respond dramatically to naturopathic treatment.

Disease 6

HYPERTENSION (HIGH BLOOD PRESSURE)*Raktachap Vriddhi – The Silent Killer That Yoga and Naturopathy Can Reverse***Naturopathic Understanding**

Hypertension is defined as persistent blood pressure above 140/90 mmHg. It is called the 'silent killer' because it causes no symptoms until it has already damaged the heart, brain, kidneys, and blood vessels. Over 1.3 billion people worldwide have hypertension, and India bears one of the highest burdens. Conventional medicine manages hypertension with lifelong drugs. Naturopathy and yoga can, in most cases of essential hypertension (not caused by organ disease), normalize blood pressure without drugs — or significantly reduce the medication needed.

The naturopathic causes of hypertension include: excess sodium intake, obesity, sedentary lifestyle, chronic stress (the largest single modifiable cause), excess alcohol, smoking, and dietary deficiency of potassium, magnesium, and calcium.

Dietary Protocol – DASH Diet Adapted for Indian Naturopathy**Foods to Emphasize**

- Vegetables: All vegetables, especially celery (contains phthalides that dilate arteries), spinach, beets
- Fruits: Banana (high potassium), watermelon (contains L-citrulline, dilates blood vessels), pomegranate
- Garlic: 2-3 raw cloves daily on empty stomach — reduces BP by 8-10 mmHg in studies. Contains allicin.
- Hibiscus tea (Gurhal): 2 cups daily — clinical studies show 7-10 mmHg reduction in BP
- Flaxseed: 2 tablespoons ground flaxseed daily in water or food — omega-3s reduce BP
- Reduce sodium to < 2000 mg/day: Reduce salt in cooking by 50%, eliminate pickles, processed foods, papads
- Increase potassium: Coconut water, banana, sweet potato, avocado — counteracts sodium's BP-raising effect

Foods to Strictly Avoid

- Salt and high-sodium foods: Pickles, papads, processed foods, restaurant food, soy sauce — the primary dietary cause
- Alcohol: Directly raises blood pressure. Complete abstinence required.

- Caffeine: Reduces by 1 cup per day. Can raise BP significantly in some individuals.
- Red meat and saturated fats: Increase arterial stiffness over time
- White sugar and refined carbohydrates: Cause insulin resistance which raises BP

Hydrotherapy Protocol

Hydrotherapy for Hypertension

- ✦ Neutral Full Bath (33-35°C): 20-30 minutes daily — reduces sympathetic tone and peripheral resistance. Most important treatment.
- ✦ Cold Spinal Bath: 15-20 minutes daily — reduces sympathetic nervous system activation
- ✦ Contrast Foot Bath: 3 min hot / 1 min cold × 5 — reduces peripheral vascular resistance over time
- ✦ Cold Compress to Forehead and Nape of Neck: Reduces hypertensive headache, dilates carotid vessels
- ✦ AVOID: Very hot baths, sauna, cold full immersion baths — these create dangerous BP spikes
- ✦ Wet Sheet Pack (Stage 2 — Neutral): Profound sedation, significantly reduces BP acutely

Yoga & Pranayama Protocol – Clinical Evidence

Yoga has one of the strongest evidence bases of any lifestyle intervention for hypertension. Multiple meta-analyses show that regular yoga practice reduces systolic BP by 5-10 mmHg and diastolic by 3-8 mmHg — comparable to a medication dose.

Best Asanas for Hypertension

- Savasana: 20-30 minutes daily — the single most powerful yoga posture for reducing blood pressure. Produces complete relaxation of the cardiovascular system.
- Paschimottanasana: Hold 1-2 minutes — reduces cardiac output through compression of abdominal vessels.
- Baddha Konasana: Hold 2-3 minutes — reduces peripheral vascular resistance.
- Viparita Karani (Legs-up-the-wall): 10-15 minutes — reduces peripheral resistance, calms the nervous system.
- Supta Baddha Konasana: 5-10 minutes — deeply relaxing, reduces sympathetic tone.
- Balasana (Child's Pose): 3-5 minutes — calms the nervous system, reduces BP.

Pranayama for Hypertension

- Nadi Shodhana: 20 minutes daily — the most evidence-backed pranayama for BP reduction. Balances sympathetic/parasympathetic nervous system.
- Bhramari: 10 minutes daily — produces immediate BP reduction through nitric oxide release and vagal activation.

- Chandra Bhedana (Left-Nostril Breathing): 10 minutes — activates right hemisphere and parasympathetic nervous system.
- Sitali/Sitkari: 10 minutes — cooling pranayama that reduces Pitta and lowers BP.

⚠ Warning / Contraindication

Avoid Kapalabhati, Bhastrika, Suryabhedha, breath retention (Kumbhaka), Sirshasana, and all strong inversions in hypertension. These can acutely raise blood pressure and are potentially dangerous. Clear all pranayama with the student's physician if BP is above 160/100.

Lifestyle Modifications

29. Stress management is the most important single lifestyle intervention for hypertension. Daily yoga, pranayama, and meditation are non-negotiable.
30. Walk briskly 45 minutes daily. Regular aerobic exercise reduces BP by 5-8 mmHg.
31. Achieve ideal body weight — every kg of weight loss reduces BP by approximately 1 mmHg.
32. Quit smoking completely — nicotine causes immediate and significant BP spikes.
33. Sleep 7-8 hours per night. Sleep deprivation activates the sympathetic nervous system and raises BP.
34. Reduce screen time and social media — these chronically activate the stress response.

Home Remedies

- Garlic: 2 raw cloves with water every morning. Most evidence-backed natural antihypertensive.
- Hibiscus tea: 2 cups daily (not during pregnancy). Multiple clinical trials confirm BP reduction.
- Methi (fenugreek) water: Soak 1 tsp methi seeds overnight; drink water in morning. Reduces BP.
- Arjuna bark tea: Terminalia arjuna — Ayurvedic cardiac tonic. 1 cup daily of bark decoction.
- Amla juice: 30 mL daily on empty stomach — powerful antioxidant that improves arterial health.

Disease 7

CORONARY HEART DISEASE*Hridaya Roga – Reversing the World's Biggest Killer Naturally***Naturopathic Understanding**

Coronary Heart Disease (CHD) involves the narrowing of the coronary arteries that supply blood to the heart muscle, usually due to atherosclerosis — the buildup of cholesterol-rich plaques in the arterial walls. CHD is the leading cause of death worldwide. The landmark Ornish Program — a supervised naturopathic intervention combining plant-based diet, yoga, stress management, and group support — demonstrated in peer-reviewed research that CHD can actually be reversed through lifestyle measures. This scientific proof of naturopathy's power to reverse heart disease (not merely prevent it) is one of the most important medical discoveries of the 20th century.

Dietary Protocol**Heart-Protective Foods**

- Plant-based diet: The single most powerful dietary shift for heart health. Eliminate or dramatically reduce animal products.
- Omega-3 rich foods: Flaxseed, chia seeds, walnuts, fatty fish (salmon, mackerel) — reduce inflammation and triglycerides
- Oats: Beta-glucan in oats reduces LDL cholesterol by 5-10% when eaten daily
- Garlic: 2-3 raw cloves daily — reduces cholesterol, prevents platelet aggregation (blood clot formation)
- Arjuna (*Terminalia arjuna*): Daily tea — the most important Ayurvedic cardiac tonic; strengthens heart muscle
- Pomegranate juice: 200 mL daily — reduces arterial plaque in clinical studies
- Green tea: 2-3 cups daily — powerful antioxidant, reduces LDL cholesterol
- Turmeric: Anti-inflammatory — prevents plaque formation and inflammation of arterial walls

Yoga Protocol – The Ornish Model

The Ornish Program, which has FDA recognition for cardiac rehabilitation, uses exactly these components: yoga, meditation, dietary change, group support. As yoga teachers, this is the most clinically validated validation of your work's capacity to literally save lives.

- Gentle Hatha Yoga: 1 hour daily — focus on Savasana, gentle forward bends, chest openers, Pranayama

- Surya Namaskar (slow): 12 rounds — gentle cardiac rehabilitation, improves heart rate variability
- Savasana: 20-30 minutes — the most powerful single yoga practice for cardiac patients
- Yoga Nidra: 30-45 minutes daily — reduces cortisol, adrenaline, and inflammatory markers
- Anulom Vilom: 20-30 minutes daily — improves heart rate variability, reduces sympathetic activation
- Bhramari: 10-15 minutes — activates vagus nerve, improves cardiac rhythm

⚠ Warning / Contraindication

ALL cardiac patients must practice under medical clearance and ideally in a specialized cardiac yoga program. Avoid Kapalbhata, Bhastrika, strong inversions, Kumbhaka (breath retention), and intense heat treatments. Begin with extremely gentle practices and progress very gradually.

Disease 8**OBESITY**

Sthaulya – The Metabolic Disease That Responds Best to Naturopathy

Naturopathic Understanding

Obesity is defined as a Body Mass Index (BMI) above 30. India has over 135 million obese people, and the numbers are growing rapidly. In naturopathy, obesity is understood not as a character failing or a simple matter of 'calories in, calories out' but as a complex metabolic disorder driven by processed food addiction, hormonal dysregulation (especially insulin resistance), gut microbiome imbalance, chronic inflammation, emotional eating, and sedentary lifestyle. The naturopathic treatment is simultaneously the most natural and the most comprehensive — and produces sustainable results without the side effects of weight loss drugs or the risks of bariatric surgery.

Dietary Protocol

Naturopathic Weight Management Diet

- Sattvic, whole-food diet: No processed foods. Everything fresh, whole, and naturally produced.
- Eliminate: All white sugar, refined flour (maida), fried foods, packaged foods, soft drinks — these are the four primary obesity-drivers
- Intermittent Fasting: 16:8 protocol (eat within an 8-hour window, fast for 16 hours) — the most evidence-backed dietary intervention for sustainable weight loss
- High-fiber, low-calorie-density foods: Vegetables, fruits, legumes, whole grains — eat to fullness without excess calories
- Protein adequacy: Dal, legumes, tofu, eggs (if non-vegetarian) — protein increases satiety and preserves muscle mass during weight loss
- Drink water before meals: 500 mL water 30 minutes before each meal — reduces calorie intake by 13% in studies
- Reduce meal frequency: 3 meals, no snacking — allows insulin to fall between meals, promoting fat burning

Hydrotherapy Protocol

Hydrotherapy for Obesity

- ◆ Hot Steam Bath or Sauna: 3-4 times weekly — dramatically increases metabolic rate, eliminates toxins through sweat
- ◆ Cold Shower after Steam: Essential — prevents excessive fatigue and hardens the body

- ✦ Hot Full Body Bath (40-42°C): 15 minutes — raises body temperature, increases caloric burn
- ✦ Contrast Shower (Scotch Douche): Alternating hot/cold — stimulates thermogenesis (fat burning)
- ✦ Abdominal Hot and Cold Alternate Compress: Stimulates abdominal circulation and fat metabolism
- ✦ Kneipp Walking: Cold water walking — activates brown fat thermogenesis

Yoga & Pranayama Protocol

- Surya Namaskar: 12-24 rounds daily — the most complete yoga workout for weight management. 12 rounds = 156 yoga asanas in 10-12 minutes.
- Kapalbhati: 10-15 minutes daily — every exhalation pumps the abdominal muscles and massages visceral fat. Studies show significant waist reduction with sustained Kapalbhati practice.
- Power Yoga / Vinyasa Flow: 45-60 minutes — sustained dynamic practice that elevates heart rate into fat-burning zone
- Ardha Chandrasana, Trikonasana, Virabhadrasana series: Weight-bearing standing poses that build muscle and increase metabolic rate
- Navasana (Boat Pose): Hold 30-60 seconds — builds core strength and stimulates thyroid through compression
- Sarvangasana: 3-5 minutes daily — stimulates thyroid gland directly; thyroid governs metabolic rate
- Bhastrika Pranayama: 5-10 minutes — increases oxygen delivery and metabolic rate

Lifestyle Modifications

35. Walk 10,000 steps daily — non-negotiable. Use a pedometer or phone to track.
36. Sleep 7-8 hours per night. Sleep deprivation dramatically increases ghrelin (hunger hormone) and decreases leptin (satiety hormone).
37. Eat without screens — mindless eating doubles calorie intake. Practice mindful eating with full attention.
38. Address emotional eating — identify stress triggers, boredom eating, and comfort eating through yoga and counseling.
39. Join a group — social support is one of the strongest predictors of successful and sustained weight loss.

PART THREE

DISEASES OF THE RESPIRATORY SYSTEM

Asthma • Bronchitis • Common Cold & Sinusitis • Tuberculosis

The respiratory system is the interface between the inner body and the outer world — every breath is an exchange with the environment. In naturopathy, the lungs are not only organs of gas exchange but the primary organs of Prana — vital life force. A life lived with shallow, rapid, anxious breathing depletes Prana and weakens immunity; a life of deep, conscious, regulated breathing builds vital force and protects against disease. This is why Pranayama is arguably the most powerful single tool in the naturopath-yogi's therapeutic toolkit.

Disease 9

BRONCHIAL ASTHMA*Tamaka Svasa – Conquering the Breath-Stealing Disease***Naturopathic Understanding**

Bronchial Asthma is a chronic inflammatory disease of the airways characterized by recurrent episodes of wheezing, breathlessness, chest tightness, and coughing. During an asthma attack, the bronchi (air passages) become inflamed and narrowed, trapping air in the lungs and making exhalation difficult. In naturopathy, asthma is understood as a disease of three overlapping factors: allergic hypersensitivity, mucus accumulation, and autonomic nervous system dysregulation — all three of which respond to naturopathic treatment.

The extraordinary success of yoga in managing asthma is one of the most well-documented examples of yoga therapy's clinical effectiveness. Multiple randomized controlled trials have shown that regular pranayama practice reduces asthma attack frequency, severity, and medication requirements — sometimes dramatically.

Dietary Protocol**Anti-Asthma Diet**

- Anti-inflammatory, mucus-reducing diet: Eliminate all mucus-forming foods
- Fresh vegetables and fruits (non-citrus): Rich in antioxidants that reduce bronchial inflammation
- Ginger: Anti-inflammatory, bronchodilatory. 2-3 cups of strong ginger tea daily.
- Turmeric: Powerful anti-inflammatory. 1 tsp with warm water/milk daily.
- Honey: 1 tsp in warm water 3 times daily — traditional and effective for bronchial soothing
- Garlic: 2-3 raw cloves daily — reduces bronchial inflammation
- Avoid: Dairy products (highly mucus-forming), cold foods and drinks, fried foods, preserved foods, sulfite-containing foods (wine, dried fruits, processed meats)
- Avoid: Bananas (in some patients — highly mucogenic), rice in excess
- Trial elimination of wheat and gluten — wheat sensitivity is common in asthmatic patients

Hydrotherapy Protocol**Hydrotherapy for Asthma**

- ◆ Hot Steam Inhalation with Eucalyptus/Carom Seeds: 15 minutes — bronchodilatory, expectorant, clears mucus

- ✦ Warm Chest Fomentation: 20 minutes twice daily — relaxes bronchospasm, improves breathing
- ✦ Hot Foot Bath with Mustard: 20 minutes — derivative effect, draws congestion away from bronchi to periphery
- ✦ Warm Full Bath (38°C): 15 minutes — relaxes the whole body including bronchial muscle
- ✦ Cold Chest Compress at Night: Overnight cold compress on chest — reduces overnight bronchial hypersensitivity
- ✦ AVOID: Cold full baths, very cold applications to chest — can trigger bronchospasm
- ✦ Wet Sheet Pack (Stage 2): Once weekly — reduces overall allergic reactivity and inflammation

Pranayama Protocol – The Heart of Asthma Yoga Treatment

Pranayama is THE most important yoga treatment for asthma. The following should be practiced daily, consistently, for minimum 3-6 months to see significant results. Practice on empty stomach, in fresh air.

- Nadi Shodhana (Alternate Nostril Breathing): 20-30 minutes daily — the most important pranayama for asthma. Balances autonomic nervous system, reduces allergic reactivity, improves lung function. Begin with 1:1 ratio (equal inhale/exhale); gradually develop to 1:2 (double exhale duration).
- Bhramari (Humming Bee Breath): 10-15 minutes — produces nitric oxide in the sinuses and bronchi, which is a natural bronchodilator. Humming during exhale reduces breathing rate, calms nervous system.
- Ujjayi Pranayama: 10-15 minutes — creates a therapeutic back-pressure in the airways that prevents collapse and improves gas exchange. The 'oceanic' sound helps the practitioner extend the exhale.
- Anulom Vilom: 15-20 minutes — balances the two hemispheres of the brain and the two branches of the autonomic nervous system.
- Viloma Pranayama (Interrupted Breathing): Begin with interrupted exhale. Develops conscious control of exhalation — the specific deficit in asthma.

⚠ Warning / Contraindication

Kapalbhati, Bhastrika, and any pranayama that emphasizes forceful exhalation MUST be avoided during or immediately after an asthma attack. These can trigger bronchospasm. These practices should only be introduced gradually during the stable, symptom-free period.

Asana Protocol

- Matsyasana (Fish Pose): Chest opener — opens the bronchi, counteracts the forward-hunched breathing pattern of asthmatics. Hold 1-2 minutes.
- Setu Bandhasana (Bridge Pose): Expands chest, strengthens respiratory muscles. Hold 30-60 seconds × 3.

- Bhujangasana (Cobra): Gentle chest expansion, stimulates adrenal glands which produce natural anti-inflammatory hormones. Hold 15-30 seconds.
- Ustrasana (Camel): Advanced chest opener — practice gradually. Hold 15-30 seconds.
- Savasana: 20-30 minutes — complete muscle relaxation including bronchial muscles. Essential daily practice.
- Yoga Nidra: 30-45 minutes — reduces overall allergic reactivity through deep parasympathetic activation.

Lifestyle Modifications

40. Identify and eliminate ALL asthma triggers in the home: dust mites, mold, pet dander, cockroach allergen, chemical fragrances, tobacco smoke.
41. Use HEPA air purifiers in the bedroom. Sleep with windows closed in high-pollen seasons.
42. Practice pranayama outdoors in early morning when air is cleanest.
43. Maintain nasal hygiene with Jala Neti — clear nasal passages filter air more effectively and prevent mouth-breathing (which bypasses the air-warming and filtering function of the nose).
44. Regular sunlight exposure daily — Vitamin D deficiency is strongly associated with asthma severity.

Disease 10

SINUSITIS & COMMON COLD*Pratishyaya – Clearing the Head Through Nature***Naturopathic Understanding**

Sinusitis is inflammation of the air-filled cavities (sinuses) around the nasal passages. Acute sinusitis usually follows a viral upper respiratory infection (common cold); chronic sinusitis involves persistent inflammation lasting more than 12 weeks. In naturopathy, chronic sinusitis is understood as a consequence of: excess mucus-forming diet (dairy excess, refined foods), repeated suppression of acute infections with antibiotics (which destroy the protective nasal microbiome), structural factors (deviated septum, nasal polyps), and reduced immunity.

Dietary Protocol

- Eliminate dairy products completely during acute sinusitis — dairy is the most mucus-forming food
- Warm liquids: Warm water, ginger tea, tulsi tea, turmeric milk — thin mucus and support drainage
- Spicy foods (in moderation): Ginger, garlic, chili, horseradish — natural decongestants
- Vitamin C rich foods: Amla, guava, citrus — support immune function and reduce inflammation
- Avoid: Cold foods, ice cream, cold drinks, refrigerated foods — increase mucus production

Hydrotherapy Protocol**Hydrotherapy for Sinusitis & Cold**

- ✦ Jala Neti (Nasal Irrigation): Twice daily with warm saline — THE most effective treatment for sinusitis
- ✦ Steam Inhalation with Eucalyptus/Peppermint: 15 minutes, 3 times daily — opens sinuses, kills pathogens
- ✦ Hot Foot Bath with Mustard: 20 minutes — powerful derivative effect, drains congestion from head to feet
- ✦ Cold Compress on Forehead and Sinus Areas: 10-15 minutes — reduces sinus inflammation and pain
- ✦ Alternate Forehead Compress: 2 min hot / 30 sec cold × 6 — drains sinus congestion
- ✦ Throat Pack: Overnight cold compress on throat — reduces associated throat inflammation

Yoga Protocol

- Jala Neti: Daily nasal irrigation — the most important yogic treatment for sinusitis

- Kapalbhati: 5-10 minutes — forceful exhalations clear nasal passages and sinuses
- Suryabhedha Pranayama: Right nostril breathing — warms and opens the nasal passages
- Bhastrika: Short rounds — acts like a bellows to clear the respiratory passages
- Adho Mukha Svanasana (Downward Dog): 1-2 minutes — inversion brings blood to the head, drains sinuses
- Uttanasana (Forward Fold): 1-2 minutes — same drainage effect as above

Home Remedies

- Ginger steam: Fresh ginger slices in hot water for steam inhalation — most effective natural decongestant
- Turmeric milk: 1 tsp turmeric + pinch of black pepper in warm milk at bedtime — anti-inflammatory, immune support
- Garlic: 2-3 raw cloves — powerful antimicrobial, kills nasal pathogens
- Honey: 1 tsp every 2-3 hours during acute cold — antimicrobial, soothes throat
- Tulsi (Holy Basil): 10-12 fresh leaves boiled in water — drink 3 cups daily during acute infection

PART FOUR

METABOLIC & ENDOCRINE DISEASES

Diabetes • Thyroid Disorders • Hormonal Imbalances

Metabolic diseases — diabetes, thyroid disorders, hormonal imbalances — represent the fastest-growing disease category in India. They arise from the collision of an ancient genetic constitution with a modern lifestyle characterized by processed food, chronic stress, sedentary behavior, and disconnection from natural rhythms. They are also among the conditions that respond most dramatically to naturopathic intervention — provided the intervention is comprehensive, consistent, and sustained.

Disease 11

TYPE 2 DIABETES MELLITUS*Madhumeha – Reversing India's Fastest-Growing Disease Naturally***Naturopathic Understanding**

Type 2 Diabetes is a metabolic disorder characterized by chronically elevated blood glucose levels resulting from insulin resistance — the cells of the body fail to respond normally to insulin. India has the second-largest diabetic population in the world (77 million) and is projected to have 100+ million diabetics by 2030. Yet Type 2 Diabetes is, in the vast majority of cases, a lifestyle disease that can be prevented, managed, and in many cases reversed through naturopathic intervention.

The naturopathic understanding: Diabetes Type 2 is caused by a combination of (1) Pancreatic beta-cell stress from chronic overfeeding with refined carbohydrates and sugar, (2) Insulin resistance in liver, muscle, and fat cells caused by obesity, physical inactivity, and chronic inflammation, and (3) Gut microbiome dysbiosis that impairs glucose metabolism. All three causes are addressable through naturopathic means.

Dietary Protocol – The Anti-Diabetes Diet**Glycemic Index Approach with Naturopathic Principles**

- Eat whole, unprocessed grains ONLY: Brown rice, whole wheat, bajra, jowar — NEVER white rice or white flour
- Methi (Fenugreek): 1-2 tsp soaked overnight; eat seeds and drink water morning — reduces post-meal glucose spike by 25-30% in studies
- Karela (Bitter Gourd): 30-50 mL raw juice daily on empty stomach — contains insulin-like compounds (polypeptide-p, charantin)
- Jamun (Indian Blackberry): Fresh fruit or seed powder — reduces blood sugar. Jamun seed powder 1 tsp twice daily.
- Cinnamon: 1/2-1 tsp daily in food or water — improves insulin sensitivity
- Apple Cider Vinegar: 1 tablespoon in water before meals — reduces post-meal glucose spike
- Protein-rich foods with every meal: Dal, legumes, nuts, seeds, eggs — slow glucose absorption
- Eliminate completely: White sugar (including jaggery in excess), fruit juices, honey (use sparingly), white rice, maida, processed foods, soft drinks
- Intermittent Fasting: 16:8 or 18:6 — dramatically improves insulin sensitivity in Type 2 diabetes

Hydrotherapy Protocol

Hydrotherapy for Diabetes

- ✦ Contrast Foot Bath (MILD — 38°C hot / 20°C cold): Improves peripheral circulation — MUST use thermometer, never guesswork
- ✦ Warm Full Bath (38-40°C): 15 minutes — improves insulin sensitivity in Type 2 diabetes
- ✦ Spinal Cold Bath: 15 minutes — stimulates pancreatic function through spinal nerve reflexes
- ✦ Steam Bath (mild, 40-45°C): 10-15 minutes weekly — promotes weight loss and metabolic improvement
- ✦ CAUTION: ALL temperatures must be verified with thermometer for diabetic patients — neuropathy reduces pain sensation and severe burns can occur undetected
- ✦ Abdominal Cold Compress: Stimulates pancreatic area through spinal reflex

Yoga & Pranayama Protocol – Clinical Evidence

Multiple clinical trials confirm that yoga practice (minimum 45 minutes, 5 days/week) reduces HbA1c by 0.5-1.5%, improves insulin sensitivity, reduces BMI, and decreases medication requirements in Type 2 diabetics.

- Surya Namaskar: 12 rounds — activates every muscle group, dramatically improves glucose uptake by muscles
- Mandukasana (Frog Pose): Hold 30-60 seconds. Directly compresses the pancreas — most specific yoga posture for diabetes.
- Ardha Matsyendrasana: Hold 45-60 seconds each side — stimulates the pancreatic region
- Paschimottanasana: Hold 1-2 minutes — massages abdominal organs including pancreas
- Halasana (Plow Pose): 1-3 minutes — stimulates thyroid and pancreas through compression
- Dhanurasana: Hold 20-30 seconds × 3 — massages pancreas directly
- Kapalbhati: 10-15 minutes daily — reduces abdominal fat (visceral fat is the primary driver of insulin resistance)
- Anulom Vilom: 20 minutes daily — reduces stress-induced cortisol which worsens blood sugar control
- Yoga Nidra: 30 minutes — reduces stress hormones that elevate blood glucose

Lifestyle Modifications

45. Exercise is as important as any drug for Type 2 Diabetes: 150 minutes of moderate aerobic activity weekly + strength training 2x weekly. Exercise drives glucose into muscle cells independently of insulin.
46. Walk for 10-15 minutes after every meal — post-meal walking reduces blood glucose spike by 20-30%.
47. Monitor blood sugar at home: fasting glucose and post-meal glucose to understand the effect of different foods.

48. Maintain ideal body weight. For every 5-7 kg of weight loss, insulin sensitivity improves significantly.
49. Sleep consistently 7-8 hours per night. Sleep deprivation causes insulin resistance within days.

Home Remedies

- Karela juice: 30-50 mL daily on empty stomach — the most powerful anti-diabetic plant remedy
- Methi water: Soak 1-2 tsp overnight, drink with seeds in morning — reduces fasting glucose
- Jamun seed powder: 1 tsp twice daily in water — contains jambolin, an anti-diabetic compound
- Gudmar (Gymnema Sylvestre): 400-600 mg extract — reduces sugar absorption in intestine, regenerates beta cells
- Neem leaves: 5-10 fresh neem leaves on empty stomach — reduces blood glucose and improves insulin sensitivity

Disease 12

THYROID DISORDERS*Galaganda – Hypothyroidism & Hyperthyroidism Through Nature***Naturopathic Understanding**

The thyroid gland, a butterfly-shaped gland in the front of the neck, produces hormones (T3 and T4) that regulate metabolism, energy, temperature, heart rate, and virtually every organ system. Hypothyroidism (underactive thyroid — too little hormone) produces fatigue, weight gain, cold intolerance, constipation, depression, and dry skin. Hyperthyroidism (overactive thyroid — too much hormone) produces weight loss, palpitations, anxiety, insomnia, heat intolerance, and tremors.

India has over 42 million people with thyroid disorders, and the incidence is increasing rapidly — particularly in women. Naturopathic understanding attributes the rise to: iodine deficiency in inland areas, excess fluoride and chlorine in water (which displace iodine), autoimmune factors (Hashimoto's thyroiditis for hypothyroidism, Graves' disease for hyperthyroidism), chronic stress, and environmental toxins.

Dietary Protocol – Hypothyroidism

- Iodine-rich foods: Seafood (fish, prawns), iodized salt, seaweed, dairy — iodine is the primary raw material for thyroid hormone synthesis
- Selenium-rich foods: Brazil nuts (2 per day), sunflower seeds, brown rice — selenium converts T4 to active T3
- Zinc-rich foods: Pumpkin seeds, chickpeas, cashews — zinc is essential for thyroid hormone production
- Avoid raw goitrogenic vegetables in excess: Raw cabbage, cauliflower, broccoli, kale, radish — cooking destroys goitrogens. Cooked form is fine.
- Avoid soy in excess: Soy isoflavones can block thyroid hormone synthesis in iodine-deficient individuals
- Gluten-free trial: Many Hashimoto's patients show significant improvement on a gluten-free diet

Yoga Protocol

- Sarvangasana (Shoulder Stand): 3-5 minutes daily — the most important yoga posture for thyroid. Direct compression of the thyroid gland stimulates its function (helpful for both hypo and hyper, through regulatory effect on blood flow).

- Matsyasana (Fish Pose): 1-2 minutes — counterpose to Sarvangasana; stretches the thyroid area.
- Halasana (Plow Pose): 1-3 minutes — compresses the throat, stimulates thyroid.
- Ustrasana, Bhujangasana, Dhanurasana: Backbends that stretch the thyroid area and stimulate the gland.
- Ujjayi Pranayama: 15-20 minutes daily — the throat vibration directly stimulates the thyroid gland.
- Brahma Mudra: Slow neck rotations — increases blood flow to thyroid.

⚠ Warning / Contraindication

For hyperthyroidism (overactive thyroid): Avoid intense backbends, heated yoga, Kapalbhata, Bhastrika, and stimulating practices. Focus on cooling, calming practices: Sitali, Sitkari, Nadi Shodhana, Yoga Nidra, Savasana. Sarvangasana is contraindicated in hyperthyroidism.

PART FIVE

DISEASES OF THE MUSCULOSKELETAL SYSTEM

Arthritis • Back Pain • Osteoporosis • Sciatica • Cervical Spondylosis

Musculoskeletal conditions are among the leading causes of disability worldwide and are the conditions that bring the most people to yoga teachers. Understanding the naturopathic approach to these conditions — and the specific yoga protocols that address them — is among the most practically important knowledge a yoga teacher can possess.

Disease 13

ARTHRITIS*Sandhivata – Bringing Mobility Back to Stiff and Painful Joints***Naturopathic Understanding**

Arthritis is inflammation of one or more joints. The two most common forms are Osteoarthritis (OA — wear-and-tear degeneration of joint cartilage) and Rheumatoid Arthritis (RA — autoimmune destruction of joint tissue). India has over 180 million arthritis patients.

In naturopathy, OA is understood as the result of chronic joint loading (obesity), nutritional deficiency (especially Vitamin D, calcium, magnesium, collagen precursors), accumulation of uric acid and other toxins in joints, and poor local circulation. RA is understood as an autoimmune disease driven by gut dysbiosis, leaky gut, chronic inflammation, and often emotional patterns of self-attack. Both conditions respond well to naturopathy but through somewhat different approaches.

Dietary Protocol**Anti-Inflammatory Diet for Arthritis**

- Turmeric: 1-2 tsp daily with black pepper — curcumin is the most potent natural anti-inflammatory available. Reduces joint pain comparable to ibuprofen in studies.
- Omega-3 fatty acids: Flaxseed, walnuts, fish oil — powerfully anti-inflammatory, reduce joint swelling and morning stiffness
- Ginger: Fresh ginger in food and tea — blocks the same inflammatory enzymes (COX-2) as NSAIDs, without side effects
- Alkaline-forming foods: Most vegetables and fruits — an acidic body environment worsens arthritic inflammation
- Avoid nightshade vegetables: Tomato, potato, eggplant, bell pepper — alkaloids in nightshades worsen joint inflammation in susceptible individuals. Trial elimination for 3 months.
- Avoid: Uric acid-raising foods for gout (red meat, alcohol, organ meats, processed sugar, anchovies)
- Avoid: Processed foods, refined oils, white sugar — all pro-inflammatory

Hydrotherapy Protocol**Hydrotherapy for Arthritis**

- ◆ Warm Epsom Salt Bath: 20-30 minutes — magnesium absorption relieves muscle spasm and joint pain. 2 cups Epsom salt per bath.

- ✦ Hot Fomentation on Joints (Chronic Phase): 20 minutes twice daily — improves circulation and reduces chronic stiffness
- ✦ Cold Compress on Joints (Acute Flare): Ice pack 15-20 minutes — reduces acute inflammation and pain
- ✦ Contrast Joint Bath: 3 min hot / 1 min cold × 5 — for sub-acute phase; promotes joint healing
- ✦ Mud Pack on Joints: 30-45 minutes — drawing effect removes toxins from joint, reduces inflammation
- ✦ Warm Pool Therapy/Aquatic Exercises: Reduces joint loading while improving circulation

Yoga Protocol

Yoga is uniquely suited to arthritis management because it simultaneously improves joint mobility, strengthens the muscles around joints, reduces inflammation through stress reduction, and maintains functional independence.

For Osteoarthritis (especially Knee OA)

- Pavanamuktasana series: Gentle joint mobilization in supine position — begin every practice here
- Virasana (Hero Pose): Gently stretches knee joint — build gradually, use props
- Tadasana variations: Weight-bearing standing improves joint proprioception and strengthens quadriceps (the primary knee protectors)
- Setu Bandhasana: Strengthens hamstrings and glutes, reducing knee joint load
- Avoid: Deep knee bending (Padmasana, Vajrasana) in acute knee OA — use supported versions

For Rheumatoid Arthritis

- Gentle Hatha Yoga during remission — avoid all yoga during acute flares
- Yoga Nidra: 30-45 minutes daily — reduces autoimmune activity through profound stress reduction
- Savasana: 20-30 minutes — reduces systemic inflammation
- Anulom Vilom: 20 minutes daily — balances immune system function
- Swimming or aquatic yoga: Best exercise for active RA — no joint impact

⚠ Warning / Contraindication

NEVER apply heat to acutely inflamed, hot, red, swollen joints — this worsens inflammation. Use cold during acute flares. Yoga asanas should not be practiced during acute RA flares. Wait for remission, then introduce very gently.

Disease 14

CHRONIC BACK PAIN & SCIATICA*Katigraha – The Disease That Yoga Was Born to Heal***Naturopathic Understanding**

Low back pain is the most common musculoskeletal complaint worldwide and the leading cause of disability. Sciatica refers to pain radiating from the lower back down the leg along the sciatic nerve distribution — most commonly caused by compression of the L4, L5, or S1 spinal nerve roots by a herniated disc, spinal stenosis, or piriformis muscle spasm. Naturopathic understanding attributes chronic back pain to: weak core and paraspinal muscles, poor posture, excessive sitting (which increases disc pressure by 40% compared to standing), emotional stress (the mind-body connection in back pain is well-documented), nutritional deficiencies (Vitamin D, magnesium), and inflammatory conditions.

Hydrotherapy Protocol**Hydrotherapy for Back Pain**

- ✦ Hot Fomentation on Lumbar Area: 20-30 minutes twice daily — most immediate pain relief for muscular back pain
- ✦ Cold Spinal Bath: 15-20 minutes — reduces spinal nerve inflammation, relieves sciatica
- ✦ Warm Spinal Bath: 20 minutes — relaxes paraspinal muscles, reduces disc pressure
- ✦ Contrast Spinal Spray: Hot 3 min / Cold 1 min × 5 — promotes disc rehydration and healing
- ✦ Mud Pack on Lumbar Area: 30-45 minutes — anti-inflammatory, draws out metabolic waste from the area
- ✦ Neutral Full Bath: 30 minutes — reduces stress component of back pain

Yoga Protocol for Back Pain**Safe, Evidence-Based Practices**

- Balasana (Child's Pose): 3-5 minutes — decompresses the lumbar spine, most gentle and safe back pain posture
- Supta Pavanamuktasana: 1-2 minutes each side — gently stretches piriformis and sacroiliac joint
- Marjaryasana-Bitilasana (Cat-Cow): 3-5 minutes — pumps synovial fluid into discs, gentle mobilization
- Setu Bandhasana (Bridge Pose): Hold 30-60 seconds × 3 — strengthens gluteus maximus and hamstrings, reducing lumbar load

- Trikonasana: Hold 30 seconds each side — stretches paraspinal muscles and lateral trunk
- Bhujangasana: Hold 15-30 seconds — gently extends the spine, beneficial for disc herniation with central neurological symptoms
- Shalabhasana: Hold 15-20 seconds — strengthens paraspinal extensors
- Savasana with knees bent: Most therapeutic position for acute low back pain

Pranayama for Back Pain

- Nadi Shodhana: 20 minutes — reduces stress-induced muscle tension (the largest contributor to chronic back pain)
- Yoga Nidra: 30-45 minutes — body scan practice releases unconscious muscle holding in the back

⚠ Warning / Contraindication

Avoid in disc herniation: Strong forward bends (Paschimottanasana, Uttanasana), Halasana, any posture that increases lumbar disc pressure. Avoid in acute sciatica: Leg raises, Navasana, strong twists. All back pain protocols should be individualized — yoga teachers must not attempt to diagnose or treat disc herniation without proper training.

PART SIX

**MENTAL HEALTH & NERVOUS SYSTEM
DISORDERS**

Anxiety • Depression • Insomnia • Stress • Migraine

Mental health conditions represent the most rapidly growing health crisis of our time. Depression is projected to become the world's leading disease burden by 2030. Anxiety disorders affect 4% of the global population. Insomnia affects 30-40% of adults. These conditions arise at the intersection of neurobiological vulnerability, chronic stress, disconnection from nature and community, nutritional deficiency, and the pervasive pathology of modern sedentary life. Naturopathy and yoga together constitute the most comprehensive and effective non-pharmaceutical approach to mental health available — and as yoga teachers, you are on the front lines of the mental health crisis.

Disease 15

ANXIETY & CHRONIC STRESS*Chittodvega – The Disease of the Age That Yoga Specifically Heals***Naturopathic Understanding**

Anxiety is a state of chronic activation of the stress response — the sympathetic nervous system remains in a near-constant state of arousal, flooding the body with cortisol and adrenaline, creating a wide range of physical and psychological symptoms: racing heart, shallow breathing, muscle tension, digestive disturbance, sleep disruption, worry, irritability, and a pervasive sense of threat. In naturopathy, anxiety is understood as a whole-body condition requiring whole-body treatment — not merely a 'chemical imbalance' to be corrected with a pill.

Dietary Protocol

- Magnesium-rich foods: Dark leafy greens, pumpkin seeds, almonds, black beans — magnesium is the primary 'anti-stress' mineral; deficiency worsens anxiety dramatically
- Omega-3 fatty acids: Walnuts, flaxseed, chia — reduce neuroinflammation associated with anxiety
- B-vitamin rich foods: Whole grains, dal, nutritional yeast — B vitamins support neurotransmitter synthesis
- Probiotic foods: Yogurt, kanji, kefir — the gut produces 90% of serotonin; a healthy gut microbiome reduces anxiety
- Reduce/eliminate: Caffeine (coffee, tea, energy drinks) — directly activates sympathetic nervous system; reduce gradually to avoid withdrawal
- Avoid: Alcohol (initially sedating but worsens anxiety rebound), high sugar foods (create blood sugar spikes and crashes that mimic anxiety symptoms)

Hydrotherapy Protocol**Hydrotherapy for Anxiety**

- ◆ Neutral Full Bath (33-35°C): 30-45 minutes — the single most powerful acute anxiety treatment in naturopathy
- ◆ Cold Spinal Bath: 15-20 minutes — tones the autonomic nervous system, builds resilience to stress
- ◆ Warm Foot Bath with Lavender: 20 minutes before bedtime — transitions nervous system from sympathetic to parasympathetic
- ◆ Cold Morning Shower (graduated): Begin with 30 seconds, build to 2-3 minutes — trains the nervous system's stress resilience

- ✦ Wet Sheet Pack (Stage 2 Neutral): 30-45 minutes — profound sedation, used for acute anxiety attacks
- ✦ Full Mud Bath: Once weekly — deeply grounding, reduces cortisol, reconnects to nature

Yoga & Pranayama Protocol — The Most Evidence-Backed Natural Anxiety Treatment

Yoga is the most rigorously studied mind-body intervention for anxiety. Meta-analyses consistently show that regular yoga practice reduces anxiety scores by 30-50%. Pranayama in particular works through direct physiological mechanisms — slowing the breath slows the heart rate, stimulates the vagus nerve, and activates the parasympathetic nervous system.

Pranayama — The Primary Treatment

- Extended Exhale Breathing (4-7-8): Inhale 4 counts, hold 7, exhale 8. Activates parasympathetic system within 2-3 minutes. Most immediately effective anxiety relief technique.
- Nadi Shodhana: 20-30 minutes daily — the most evidence-backed pranayama for anxiety and stress. Balances brain hemispheres and autonomic nervous system.
- Bhramari: 10-15 minutes — produces immediate parasympathetic activation through vagal stimulation. The humming sound itself is deeply calming.
- Yoga Nidra: 30-45 minutes — produces brain wave changes from beta to alpha/theta states, equivalent to deep sleep. Dramatically reduces cortisol.
- Chandra Bhedana (Left Nostril Breathing): 10-15 minutes — activates parasympathetic, cooling, calming

Asanas

- Viparita Karani: 10-15 minutes — the most calming of all yoga postures. Gentle inversion activates parasympathetic.
- Supta Baddha Konasana: 5-10 minutes — heart opener in supine position, deeply calming
- Balasana: 3-5 minutes — fetal position activates deep sense of safety in the nervous system
- Savasana: 20-30 minutes with guided relaxation — complete physical and mental release
- Walking meditation: Slow, mindful walking — grounds scattered anxiety energy in the body

Lifestyle Modifications

50. Establish a daily routine: Anxiety thrives in chaos. Regular waking, meals, practice, and sleep times are profoundly stabilizing.
51. Daily time in nature: 30 minutes in green spaces reduces cortisol by 12% and adrenaline by 7% in studies.

52. Digital detox: Social media and news are anxiety amplifiers. Set strict daily limits.
53. Social connection: Chronic loneliness is as damaging to health as smoking. Regular meaningful human contact is essential.
54. Cold exposure: Regular cold showers build the nervous system's resilience to stressors.

Disease 16

DEPRESSION*Vishaada – Lifting the Darkness with Nature's Light***Naturopathic Understanding**

Depression is a mood disorder characterized by persistent sadness, loss of interest, fatigue, hopelessness, sleep and appetite disturbance, and in severe cases, thoughts of self-harm. It is not a character weakness but a complex biopsychosocial condition with neurobiological, nutritional, hormonal, and psychosocial dimensions. Naturopathic treatment addresses all these dimensions simultaneously — which is why it often produces more durable improvement than pharmaceutical treatment alone.

Dietary Protocol

- Omega-3 fatty acids: The most evidence-backed nutritional intervention for depression. EPA reduces depression symptoms significantly. Walnuts, flaxseed, chia, fatty fish.
- Tryptophan-rich foods: Turkey, eggs, pumpkin seeds, almonds — tryptophan is the precursor to serotonin
- B12 and Folate: Deficiency is directly linked to depression. Green leafy vegetables, eggs, dairy, nutritional yeast.
- Vitamin D: Most people with depression are Vitamin D deficient. Sunlight (30 minutes daily without sunscreen) and fatty fish, fortified milk.
- Probiotics: Depression is associated with gut dysbiosis. Yogurt, kefir, fermented vegetables.
- Avoid: Alcohol (is a depressant), processed sugar (mood crashes), processed foods, caffeine excess

Hydrotherapy Protocol**Hydrotherapy for Depression**

- ✦ Cold Morning Shower / Cold Affusion: Brief (30-90 seconds) cold shower — triggers release of norepinephrine (antidepressant neurotransmitter) and endorphins
- ✦ Cold Spinal Bath: 15-20 minutes — activates sympathetic system, stimulating and antidepressant
- ✦ Warm Full Bath followed by Cold Shower: Contrast treatment — energizes and uplifts mood
- ✦ Sunlight Bath (Heliotherapy): 30-45 minutes of morning sunlight on skin — phototherapy for depression is clinically proven
- ✦ Hot Steam Bath / Sauna: Weekly — increases brain-derived neurotrophic factor (BDNF), the brain's 'growth hormone'

Yoga Protocol

- Surya Namaskar: 12-24 rounds daily — the most important yoga practice for depression. Activating, warming, stimulating.
- Backbends (Bhujangasana, Urdhva Mukha Svanasana, Ustrasana, Dhanurasana): Open the heart and chest — physically counteract the collapsed, inward-turned posture of depression.
- Standing poses (Virabhadrasana series, Trikonasana): Build energy and confidence in the body — the 'power poses' of yoga.
- Kapalbhati, Bhastrika: Activating pranayamas — raise energy, increase oxygen delivery to brain, stimulate sympathetic nervous system (appropriate for depression, which involves sympathetic underactivity)
- Suryabhedha Pranayama: Right nostril breathing — heating and activating, directly antidepressant.
- Yoga Nidra (with positive intention/Sankalpa): Deeply reprograms the subconscious patterns of hopelessness and worthlessness.

Lifestyle Modifications

55. Daily sunlight: 30-45 minutes of morning sunlight — stimulates serotonin synthesis. Seasonal Affective Disorder (winter depression) responds dramatically to light therapy.
56. Vigorous daily exercise: 30-45 minutes of aerobic exercise is as effective as antidepressants for mild-moderate depression in multiple clinical trials.
57. Social engagement: Isolation amplifies depression. Yoga group classes are therapeutic not only for the yoga but for the social connection.
58. Service: Helping others is one of the most powerful antidepressants known. Regular volunteering or service significantly reduces depression.

⚠ Warning / Contraindication

Depression can be a life-threatening condition. If any student expresses thoughts of self-harm or suicide, the yoga teacher MUST refer immediately to a mental health professional or emergency services. Yoga and naturopathy are powerful tools for mild-moderate depression and as adjuncts to treatment for severe depression — but they are not substitutes for psychiatric care in severe cases.

Disease 17

INSOMNIA*Anidra – Restoring the Body's Most Fundamental Healing Process***Naturopathic Understanding**

Sleep is the body's primary healing and restoration process. During sleep, the brain clears metabolic waste (through the glymphatic system), the immune system consolidates, growth hormone is released for tissue repair, and memories are processed and consolidated. Insomnia — difficulty falling or staying asleep — therefore creates a systemic healing deficit that manifests across every body system. In naturopathy, insomnia is understood as a disruption of the natural circadian rhythm caused by: chronic stress, excessive artificial light exposure at night, irregular sleep schedules, excess caffeine, emotional processing disorders, and nutritional deficiencies.

Dietary Protocol

- Magnesium-rich foods at dinner: Dark leafy greens, pumpkin seeds, almonds — magnesium activates GABA receptors, the brain's primary inhibitory system
- Tryptophan-rich evening snack: Warm milk with honey, a small portion of banana, or a handful of walnuts — tryptophan converts to serotonin and then melatonin
- Chamomile or Ashwagandha tea: 1 cup 30 minutes before bed — both have clinically proven sleep-promoting effects
- Avoid: Caffeine after 2 PM (or noon for sensitive individuals — caffeine's half-life is 5-7 hours)
- Avoid: Heavy meals within 3 hours of bedtime — digestion competes with sleep
- Avoid: Alcohol — though sedating initially, alcohol destroys REM sleep quality

Hydrotherapy Protocol**Hydrotherapy for Insomnia**

- ✦ Neutral Full Bath (33-35°C): 30-45 minutes one hour before bedtime — the most powerful single naturopathic treatment for insomnia
- ✦ Warm Foot Bath with Lavender: 20 minutes before sleep — promotes drowsiness through peripheral vasodilation
- ✦ Cold Spinal Bath (in morning): 15 minutes — improves daytime energy and regulates the sleep-wake cycle
- ✦ Cool Forehead Compress at Bedtime: Reduces mental hyperactivity, promotes sleep onset
- ✦ Wet Sheet Pack (Stage 2 Neutral): For severe insomnia — profound sedation, wrap for 45-60 minutes, patient goes directly to sleep afterward

Yoga & Pranayama Protocol

- Yoga Nidra: 30-45 minutes at bedtime — the most effective yoga treatment for insomnia. Produces theta brain waves (deep drowsiness state). Clinical studies show Yoga Nidra improves sleep quality comparably to sleep medications, without side effects.
- Nadi Shodhana: 20-30 minutes in the evening — balances nervous system, reduces mental chatter
- Bhramari: 10-15 minutes — immediate calming of hyperactive mind
- Viparita Karani: 15-20 minutes with blanket support — deeply calming, reduces cortisol
- Supta Baddha Konasana: 10-15 minutes — deeply relaxing restorative posture
- Savasana with progressive muscle relaxation: 20-30 minutes — systematic release of physical tension that prevents sleep

Sleep Hygiene Protocol

59. Consistent sleep and wake times — even on weekends. The body's circadian clock does not know weekends.
60. No screens (phone, tablet, TV, computer) for 60-90 minutes before bed. Blue light suppresses melatonin production.
61. Keep bedroom cool (18-20°C), dark, and quiet. These conditions signal the body that it is time to sleep.
62. No work, arguments, or stimulating conversation in the bedroom. The bedroom is only for sleep and intimacy.
63. No exercise within 3 hours of bedtime (gentle yoga is fine and beneficial).
64. A warm, dark, quiet bedroom with fresh air is the ideal sleep environment.

PART SEVEN

WOMEN'S HEALTH CONDITIONS*Menstrual Disorders • PCOS • Menopause • Fertility Support*

Women's health conditions represent a uniquely significant area for the yoga teacher, as many women come to yoga specifically because of menstrual discomfort, hormonal imbalances, fertility challenges, or menopause. The naturopathic approach to women's health is founded on understanding the profound sensitivity of the female hormonal system to lifestyle, diet, stress, and environmental factors — and the extraordinary power of specific yoga practices and naturopathic treatments to restore hormonal balance.

Disease 18

MENSTRUAL DISORDERS & PCOS*Artava Dushti – Restoring the Rhythm of the Female Body***Dysmenorrhea (Painful Menstruation)****Naturopathic Understanding**

Dysmenorrhea (painful periods) is experienced by 50-90% of menstruating women worldwide. Primary dysmenorrhea (no underlying pathology) is caused by excessive prostaglandin production causing uterine cramping. Secondary dysmenorrhea is caused by conditions such as endometriosis, fibroids, or PCOS. The naturopathic approach addresses excessive prostaglandin production through anti-inflammatory diet, reduces uterine spasm through hydrotherapy, and supports hormonal regulation through yoga.

Hydrotherapy**Hydrotherapy for Dysmenorrhea**

- ✦ Hot Hip Bath (40-43°C): 15-20 minutes at onset of pain — most effective natural treatment for menstrual cramps
- ✦ Hot Foot Bath: 20 minutes — derivative effect, draws blood to feet and away from uterus, reducing cramping
- ✦ Hot Fomentation on Lower Abdomen: 20 minutes — anti-spasmodic, immediate pain relief
- ✦ Alternate Hip Bath: Hot 3 min / Cold 1 min × 5 — for irregular/scanty periods (stimulates circulation)
- ✦ Cold Hip Bath: Not during flow — prescribed between periods to regulate the next cycle

Yoga Protocol for Dysmenorrhea

- DURING painful periods: Supta Baddha Konasana, Supta Virasana, Balasana — gentle, restorative, pain-relieving
- BETWEEN periods: Regular practice of Ardha Matsyendrasana, Setu Bandhasana, Sarvangasana, Uttanasana — regulate the hormonal cycle
- Bhramari and Nadi Shodhana: 15-20 minutes during painful days — analgesic through vagal activation
- Yoga Nidra: 30-45 minutes — dramatically reduces pain perception and prostaglandin response

PCOS (Polycystic Ovary Syndrome)**Naturopathic Understanding**

PCOS affects 10-15% of women of reproductive age and is the most common hormonal disorder in women. It is characterized by: insulin resistance, elevated androgens (causing acne, excess facial hair, hair loss), irregular or absent periods, and multiple ovarian cysts. In naturopathy, PCOS is understood as a metabolic-endocrine disorder driven by insulin resistance — the same root cause as Type 2 Diabetes — combined with chronic inflammation and stress.

Dietary Protocol for PCOS

- Low-glycemic diet: Same as diabetes — eliminate sugar, refined carbohydrates, avoid high-GI foods
- Spearmint tea: 2 cups daily — clinically shown to reduce androgen levels in PCOS
- Cinnamon: 1 tsp daily — improves insulin sensitivity, restores menstrual regularity
- Flaxseed: 2 tbsp daily — reduces androgen levels, improves hormonal balance
- Avoid: Dairy (contains growth hormones and IGF-1 that worsen PCOS), soy, processed foods

Yoga Protocol for PCOS

- Sarvangasana: 3-5 minutes — stimulates thyroid and reproductive glands
- Supta Baddha Konasana: 10 minutes — specifically stretches and stimulates the ovarian area
- Malasana (Garland Pose): Hold 2-3 minutes — opens the pelvic floor, improves ovarian blood flow
- Chakki Chalanasana: Rotating abdominal exercise that stimulates reproductive organs
- Kapalbhati: 10 minutes — reduces abdominal fat (major driver of insulin resistance in PCOS)
- Anulom Vilom: 20-30 minutes daily — reduces stress-related cortisol which worsens PCOS

PART EIGHT

SKIN DISEASES

Eczema • Psoriasis • Acne • Urticaria • Fungal Infections

In naturopathy, the skin is considered the third kidney — a major organ of elimination. Skin diseases are rarely just skin problems: they reflect internal imbalances — particularly in the liver, colon, and immune system. The skin erupts when these deeper systems are overloaded. Treating only the skin surface without addressing internal toxemia produces only temporary results.

Disease 19

ECZEMA, PSORIASIS & ACNE*Kushtha – Healing Skin from the Inside Out***Eczema (Atopic Dermatitis)****Naturopathic Understanding & Protocol**

Eczema is an inflammatory skin condition with intense itching, redness, weeping, and crusting. Naturopathically, it represents a combination of impaired gut barrier function ('leaky gut' allowing food antigens to enter the bloodstream), allergic hypersensitivity, and liver overload. The skin manifests what the gut and liver cannot process.

- Diet: Eliminate the most common eczema triggers for 8 weeks: dairy, gluten, eggs, nightshades, soy. Trial reintroduction one by one. Anti-inflammatory omega-3s are essential.
- Probiotics: Lactobacillus rhamnosus supplementation has the strongest clinical evidence for reducing eczema severity — repair the gut first.
- Hydrotherapy: Lukewarm oatmeal baths (1-2 cups colloidal oats in tepid water) — most soothing and anti-pruritic treatment for eczema. AVOID HOT WATER — worsens itching.
- Mud therapy: Healing clay pack on skin — drawing and anti-inflammatory. Use neem clay or multani mitti.
- Neem: Neem oil or neem leaf water bath — antimicrobial, anti-inflammatory, reduces itching dramatically

Psoriasis**Naturopathic Protocol**

Psoriasis is a chronic autoimmune skin condition with rapid skin cell turnover producing thick, scaly plaques. Naturopathically linked to gut dysbiosis, leaky gut, liver overload, and emotional stress.

- Sunshine: 20-30 minutes of direct sunlight daily on affected areas — UV light dramatically slows the accelerated skin cell division of psoriasis
- Dead Sea mineral bath: Salt water baths with magnesium-rich salts — the most researched natural treatment for psoriasis
- Turmeric: Internally and as a paste on plaques — powerful anti-inflammatory and anti-proliferative
- Eliminate: Alcohol completely, red meat, processed foods, gluten (trial), dairy (trial)
- Yoga and stress management: Psoriasis flares with stress — yoga practice directly reduces flare frequency

Acne Vulgaris

Naturopathic Protocol

- Internal cleansing: Acne reflects bowel toxemia, liver overload, and hormonal imbalance. Address constipation, liver health, and diet before treating the skin surface.
- Diet: Eliminate: high-glycemic foods, dairy (strongly associated with acne through IGF-1 and hormones), chocolate, fried foods, processed foods
- Spearmint tea: 2 cups daily — reduces androgens that stimulate excess sebum
- Steam facial: 5 minutes once weekly — opens pores, facilitates sebum drainage
- Neem pack or turmeric-honey face mask: Applied 3x weekly — antimicrobial, anti-inflammatory
- Neem leaf internally: 5-10 fresh leaves daily on empty stomach — blood purifier, reduces acne from within
- Kapalbhata pranayama: 10 minutes daily — improves liver function and reduces the toxemia that manifests as acne

Disease 20

KIDNEY STONES & URINARY INFECTIONS*Mutrakricchra & Ashmari – Flushing the Urinary System***Kidney Stones – Naturopathic Understanding**

Kidney stones (renal calculi) are hard mineral and salt deposits that form inside the kidneys. Most common types are calcium oxalate, uric acid, and struvite stones. Naturopathically, they form from: dehydration (concentrated urine deposits minerals), excess animal protein, excess salt, vitamin B6 deficiency, excess vitamin C in supplement form, and low magnesium intake.

Dietary Protocol – Kidney Stones

- Water: The single most important measure. Drink minimum 3-4 liters daily. Dilute urine prevents crystal formation.
- Lemon juice: Citrate in lemon juice inhibits calcium oxalate crystal formation. Juice of 2 lemons in water daily.
- Reduce animal protein: Uric acid and calcium stone formation is directly related to animal protein consumption
- Reduce sodium: High salt intake increases calcium in urine
- Reduce oxalate foods (for calcium oxalate stones): Spinach, beets, nuts, chocolate, tea — limit, don't eliminate
- Magnesium-rich foods: Pumpkin seeds, almonds — magnesium inhibits stone formation

Hydrotherapy & Yoga**Hydrotherapy for Kidney Stones & UTI**

- ◆ Hot Fomentation over Kidney Area (lower back): 20-30 minutes — relieves renal colic pain, improves ureteral peristalsis
- ◆ Hot Hip Bath: 15-20 minutes — relaxes ureteral smooth muscle, helps pass small stones
- ◆ Kidney Spinal Reflex Treatment: Hot compress at T10-L2 level — reflexly increases renal blood flow
- ◆ For UTI: Cold Sitz Bath: 15 minutes 2x daily — reduces urethral and bladder inflammation
- ◆ Cranberry juice: Not technically hydrotherapy but the most evidence-backed natural UTI prevention

- Yoga: Ustrasana, Shalabhasana, Pawanmuktasana — improve kidney circulation and ureteral peristalsis
- Kapalbhata: 10 minutes — increases renal blood flow through abdominal pressure changes

- For UTI specifically: Viparita Karani 10 minutes — drains bladder area, reduces inflammation
- Adequate hydration: The most important single measure — drink 3-4 liters water daily

SPECIAL CHAPTER

THERAPEUTIC FASTING

Upavasa – The Most Powerful Tool in Naturopathy

The Science of Therapeutic Fasting

Fasting is the voluntary abstinence from food for a defined period for therapeutic or spiritual purposes. It is the oldest and most universal natural healing practice in human history — recognized in Ayurveda (Upavasa), Yoga (as part of Niyama — Tapas), Christianity, Islam (Ramadan), Judaism (Yom Kippur), and virtually every traditional healing system. Modern science has validated the mechanisms of therapeutic fasting through the discovery of autophagy (the cellular self-cleaning process activated by fasting), for which Yoshinori Ohsumi won the 2016 Nobel Prize in Physiology or Medicine.

Types of Therapeutic Fasting

Type of Fast	Description & Therapeutic Use
Water Fast	Only water consumed. Duration: 1-7 days under supervision. Most powerful detoxification. Used for serious chronic diseases, inflammatory conditions, high toxemia.
Juice Fast	Fresh fruit/vegetable juices (no fiber). Duration: 3-21 days. Provides nutrients while resting digestive system. For most chronic diseases, weight management.
Fruit Fast	Only fresh fruits. Duration: 3-7 days. Gentler than juice fast. Excellent for liver conditions, skin diseases, digestive disorders.
Mono Diet Fast	One food only (e.g., watermelon, grapes, papaya). Duration: 2-5 days. Provides specific nutrients of that food while resting the digestive system.
Intermittent Fasting	16:8, 18:6, or 5:2 protocols. Ongoing lifestyle practice. Strong evidence for metabolic disease, weight management, longevity.
Ekadashi Fast	Traditional Hindu fortnightly fast on the 11th day of each lunar fortnight. Reduces food intake — psychological, spiritual, and physiological benefits.

Physiological Benefits of Fasting

- Autophagy: Cellular self-cleaning — removal of damaged proteins, dysfunctional organelles, and intracellular pathogens. Reduces cancer risk, slows aging.

- Ketosis: After 16-24 hours of fasting, the body switches from glucose to fat as primary fuel. Burns stored fat, reduces inflammation, produces ketones that are neuroprotective.
- Gut rest: The digestive system gets complete rest — allows healing of intestinal lining, reduces leaky gut, allows gut microbiome to rebalance.
- Hormone reset: Insulin levels fall dramatically — reverses insulin resistance. Growth hormone surges — promotes tissue repair.
- Immune system renewal: Prolonged fasting has been shown to trigger stem-cell-based regeneration of the immune system.
- Mental clarity: Most fasters report significant improvement in mental clarity, creativity, and spiritual awareness during fasting — ketones are a cleaner fuel for the brain than glucose.

Yoga During Fasting

Yoga practice during fasting should be gentler than usual — the body is directing its energy internally for healing. Recommended practices during fasting:

- Gentle Hatha Yoga: 30-45 minutes — maintain joint mobility and circulation without excessive demand
- Pranayama: 30-45 minutes — the most important practice during fasting. Pranayama accelerates detoxification through the respiratory system and supports the emotional challenges of fasting.
- Yoga Nidra: 45-60 minutes — supports the deep rest that optimizes the body's healing during fasting
- Meditation: Extended meditation sessions — fasting significantly deepens meditative states
- Avoid: Intense vigorous yoga, strong inversions, dynamic/power yoga during extended fasting

Breaking a Fast — The Most Critical Phase

How a fast is broken is as important as the fast itself. Breaking a fast incorrectly can negate much of its benefit and cause digestive distress.

65. Day 1 after fast: Only fresh fruit juice or coconut water. Small sips, frequently.
66. Day 2: Add fresh fruits — watermelon, papaya, orange. No solid heavy foods.
67. Day 3: Add cooked vegetables (no oil, no spice), light khichdi (rice and dal, lightly cooked).
68. Day 4-5: Gradually reintroduce normal diet, beginning with sattvic, easily digestible foods.
69. Never: Break a fast with: fried foods, meat, bread, dairy in excess, or large meals.

⚠ Warning / Contraindication

Fasting of more than 24 hours should always be conducted under the supervision of a qualified naturopath. Contraindications to fasting include: severe underweight, anorexia nervosa, active

tuberculosis, pregnancy and breastfeeding, uncontrolled diabetes with medications, very young children, and elderly patients with multiple organ disease.

SPECIAL CHAPTER

MUD THERAPY (MRITTIKA CHIKITSA)

Prithvi – Earth as Medicine

Mud therapy (Mrittika Chikitsa) is the therapeutic use of healing clay and earth for health and disease treatment. It is one of the five principal naturopathic modalities and one of the oldest healing practices in human history. The word 'Spa' comes from the Latin 'Sanitas Per Aquam' (health through water) but historically mineral spas have always combined water with the mineral-rich mud of the earth.

Therapeutic Properties of Healing Clay

- **Absorptive capacity:** Clay has a negative electrical charge and an enormous surface area (1 gram of montmorillonite clay has 800 square meters of surface area). This absorbs positively charged toxins, bacteria, and heavy metals like a powerful magnet.
- **Mineral richness:** Healing clay contains dozens of essential minerals in bioavailable form — silica, calcium, magnesium, iron, potassium — that can be absorbed through the skin.
- **Cooling effect:** Mud has a high heat capacity and as it dries it continuously evaporates water, producing a sustained cooling effect on inflamed tissues.
- **Anti-inflammatory:** Clinical studies show mud therapy reduces inflammatory markers including IL-6, TNF-alpha, and prostaglandins.
- **Draws out toxins:** Applied over congested organs, mud draws out metabolic waste products and reduces local inflammation.

Types of Mud Application

Application	Procedure & Indications
Mud Pack (Local)	Wet healing clay applied 1-2 cm thick to specific body part (abdomen, eyes, joints, back). Covered with cloth. 30-60 minutes. Headache, fever, eye strain, joint pain, skin conditions.
Full Body Mud Bath	Entire body coated with mineral mud and exposed to sun until dry (30-60 min). Then shower. Skin diseases, psoriasis, arthritis, detoxification.
Abdominal Mud Pack	Large mud pack covering the entire abdomen. 45-60 minutes. Constipation, liver disease, digestive disorders, obesity.
Eye Mud Pack	Cool mud applied gently over closed eyelids. 15-20 minutes. Eye strain, conjunctivitis, headache, sinusitis.
Head Mud Cap	Wet clay paste applied to the scalp. 30-45 minutes. Headache, dandruff, hair loss, hypertension.

Spinal Mud Pack	Applied along the spine. 30-45 minutes. Back pain, spinal inflammation, nervous system conditions.
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 **Important Note**

The clay used in naturopathic mud therapy should be sourced from uncontaminated, natural deposits — free from industrial pollutants, pesticides, and heavy metals. In clinical settings, commercially purified healing clay (multani mitti, bentonite, montmorillonite) from reliable sources is used. Never use garden soil or urban earth.

Quick Reference: Disease and Naturopathic Treatment Summary

Disease	Primary Naturopathic Treatments	Key Yoga/Pranayama
Constipation	Cold hip bath, abdominal cold compress, high-fiber diet, Triphala, warm enema (acute)	Kapalbhati, Pavanamuktasana, Ardha Matsyendrasana, Nauli
Acidity	Coconut water, cold abdominal compress, Vajrasana after meals, Aloe Vera, neutral sitz bath	Sheetali, Sitkari, Vajrasana, Yoga Nidra
IBS	Neutral bath, castor oil pack, warm fomentation, low-FODMAP diet, probiotic foods	Bhramari, Nadi Shodhana, Yoga Nidra, Supta Pavanamuktasana
Liver Disorders	Hot fomentation on liver, castor oil pack, steam bath, Amla, Turmeric, juice fasting	Ardha Matsyendrasana, Kapalbhati, Dhanurasana
Piles	Hot sitz bath twice daily, high-fiber diet, Triphala, Aloe vera topical	Ashwini Mudra, Mula Bandha, Sarvangasana, Viparita Karani
Hypertension	Neutral full bath, cold spinal bath, contrast foot bath, low-sodium diet, garlic	Nadi Shodhana, Bhramari, Chandra Bhedana, Savasana
Heart Disease	Plant-based diet, Arjuna tea, gentle yoga, neutral bath, Omega-3 foods	Savasana, Yoga Nidra, Anulom Vilom, gentle Surya Namaskar
Obesity	Steam bath, contrast shower, hot full bath, low-GI diet, intermittent fasting	Surya Namaskar (12-24 rounds), Kapalbhati, Bhastrika, Sarvangasana
Asthma	Steam inhalation with eucalyptus, warm chest fomentation, hot foot bath, anti-dairy diet	Nadi Shodhana, Bhramari, Ujjayi, Matsyasana, Anulom Vilom
Sinusitis	Jala Neti twice daily, steam inhalation, hot foot bath, eliminate dairy	Kapalbhati, Suryabheda, Adho Mukha Svanasana
Diabetes Type 2	Contrast foot bath (mild), karela juice, methi water, low-GI diet, intermittent fasting	Mandukasana, Ardha Matsyendrasana, Kapalbhati, Surya Namaskar
Thyroid (Hypo)	Iodine-rich diet, Sarvangasana, cold spinal bath	Sarvangasana, Matsyasana, Ujjayi Pranayama, Halasana
Arthritis	Epsom salt bath, warm fomentation, mud pack on joints, anti-inflammatory diet	Gentle Pavanamuktasana, Anulom Vilom, Yoga Nidra, aquatic yoga
Back Pain	Hot fomentation, warm spinal bath, cold spinal bath, mud pack on lumbar area	Balasana, Marjaryasana, Setu Bandhasana, Nadi Shodhana
Anxiety	Neutral bath, cold spinal bath, warm foot bath, magnesium-rich diet	Bhramari, Nadi Shodhana, Yoga Nidra, Viparita Karani
Depression	Cold morning shower, sunlight bath, steam sauna, omega-3 rich diet	Surya Namaskar, backbends, Kapalbhati, Bhastrika, Suryabheda
Insomnia	Neutral bath at bedtime, warm foot bath, cool forehead compress	Yoga Nidra, Bhramari, Nadi Shodhana, Viparita Karani

Dysmenorrhea	Hot hip bath (during pain), hot foot bath, hot fomentation on abdomen	Supta Baddha Konasana, Bhramari, Yoga Nidra
PCOS	Low-GI diet, eliminate dairy, spearmint tea, cinnamon, castor oil pack	Sarvangasana, Supta Baddha Konasana, Kapalbhathi, Anulom Vilom
Eczema/Skin	Oatmeal lukewarm bath, mud pack, neem water bath, elimination diet	Yoga Nidra, Nadi Shodhana, Savasana (stress reduction)
Kidney Stones	Hot fomentation on kidney area, hot hip bath, 3-4 L water daily, lemon juice	Ustrasana, Shalabhasana, Kapalbhathi, Pavanamuktasana
Fatty Liver	Castor oil pack, hot fomentation on liver, steam bath, plant-based diet, juice fast	Ardha Matsyendrasana, Kapalbhathi, Dhanurasana, Paschimottanasana

The Philosophical Foundation: Panchamahabhoota in Naturopathy

The Indian naturopathic tradition is built on the foundation of the Panchamahabhoota — the five great elements: Earth (Prithvi), Water (Jala), Fire (Agni/Tejas), Air (Vayu), and Space/Ether (Akasha). Disease is understood as an imbalance of these five elements, and treatment involves using these same five elements in their most therapeutic forms to restore balance.

Element	Naturopathic Modality	Diseases Primarily Treated
Prithvi (Earth)	Mud Therapy (Mrittika Chikitsa)	Skin diseases, arthritis, headaches, fever, digestive disorders
Jala (Water)	Hydrotherapy	All conditions — cardiovascular, respiratory, digestive, metabolic, neurological
Agni (Fire/Sun)	Sunlight/Heliotherapy, Color Therapy	Depression, rickets, Vitamin D deficiency, skin diseases, infections
Vayu (Air)	Pranayama, Air Baths, Walking	Respiratory conditions, mental health, cardiovascular, all conditions
Akasha (Space)	Fasting, Silence, Meditation	Deep detoxification, spiritual healing, chronic disease reversal

When a patient comes with any disease, the skilled naturopath assesses which of the five elements is depleted, excess, or imbalanced — and prescribes accordingly. This framework, thousands of years old, is not mere metaphor: it is a sophisticated classification system for the fundamental qualities of healing interventions that modern science is only beginning to understand.

Sarve Bhavantu Sukhinah

Sarve Santu Niramayah – May all beings be free from disease.

This book is dedicated to every yoga teacher who will use this knowledge to serve the healing of their students, their communities, and the world. Nature is the greatest physician, and you are her humble instrument.

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