



Day-9 B

Student Induction Program

HOLISTIC HUMAN HEALTH

HOLISTIC HUMAN HEALTH

UNDERSTANDING	APPLICATION - PROGRAM FOR SELF REGULATION	
1. UNDERSTANDING HUMAN BEING	KEEPING BODY & MIND IN HARMONY	
	NURTURING	PROTECTING
2. INDICATORS OF HEALTH	1. INTAKE	1. CLOTHING
3. PURPOSE OF HOLISTIC HEALTH	2. ROUTINE	2. FOOTWEAR
4. HARMONY IN HEALTH	3. LABOUR	3. SHELTER
5. PRINCIPLES GOVERNING THE BODY	4. EXERCISE	
	5. ASANA & PRANAYAM	
	6. MEDITATION	

HEALTH OF FAMILY

HEALTH OF SOCIETY & NATURE

UNDERSTANDING INDIVIDUAL CONSTITUTION

UNDERSTANDING THE CONCEPT OF REGENERATION AND REVITALISATION

UNDERSTANDING THE CONCEPT OF REPRODUCTIVE AND SEXUAL HEALTH

Returning Body Back to Harmony

Introduction

- Whenever there is a disturbance happening inside, the body send signals about the impending disease much before the manifestation of the disease.
- If we observe these signals carefully we can alter our food and lifestyle to correct the disturbances and prevent any diseases from manifesting.

Early Indicators of Disease

Fever:

Laziness, lachrymation, yawning, heaviness, mental fatigue, uncertainty about liking and disliking for fire, sun, wind and water, indigestion, anorexia, depletion in strength and complexion, and slight change in conduct. – these are the premonitory signs and symptoms of Fever

Skin Diseases:

Premonitory signs and symptoms of Skin Diseases are as follows:
numbed skin patch, excessive perspiration or absence of perspiration,
discoloration and elevation of the patches in the skin, itching,
continuous pricking pain, excessive pain in the ulcerated parts;
instantaneous appearance and continued persistence of these ulcers;
and burning sensation

Swelling/Oedema/Inflammation:

Premonitory signs and symptoms of oedema are increased temperature, burning sensation and dilatation of the vessels of the locality

Piles/Haemorrhoids:

Indigestion, weakness, gurgling sound in the lower abdomen, emaciation, frequent eructation; weakness in the thighs, straining and voiding less of stool, anaemia these are the premonitory signs and symptoms in the development of piles

Respiratory problems:

The premonitory signs and symptoms of Respiratory problems are as follows:

1. Constipation with flatulence;
2. Pain in the sides of the chest;
3. Pain in the cardiac region; and
4. Decline of the respiratory functions

Cough/ Cold:

The following are the premonitory signs and symptoms of bronchitis:

1. A feeling of congestion in the throat
2. Itching sensation in the throat and
3. Obstruction to the movement of food in the throat or difficulty in swallowing

Vomiting:

The premonitory signs and symptoms of vomiting are:

1. Nausea with uneasy feeling in the cardiac region;
2. Excessive salivation; and
3. Aversion for food

- Any deviation from normal functioning of human body is an early indicator of a future disease.
- To prevent the manifestations dietary corrections, change in life style and home remedies will be useful.
- If the symptoms are not subsiding then we should know when to consult a doctor.

Protective Measures

- Correction of Diet
- Correction of lifestyle

Activity

- Share your experiences about home remedies used by grand parents or parents to relieve minor health problems.
- Tell names of few spices and herbs which are found in kitchen and in the backyard
- Can you list a few uses of spices and herbs.

Home Remedies

Understanding Home Remedies

- Is this alternative to main therapy?
- Is this an alternative to visit a doctor?
- What are the limitations of it?
- What are the methods or ways to practice it?

- How the home remedies developed?
- How it is helpful and to what extent?

- Home remedies is outcome of a very long experiential knowledge which is passed through generations.
- The knowledge is passed not by theoretical teaching but by demonstrating it practically.
- It is a boon for us but at the same time it can be dangerous if not practiced properly.

- At present, it can be learned under the guidance of experienced Ayurveda Vaidyas.
- All your kitchen items and surrounding plants are very potent medicine, if you know, how to use it.
- Sincere efforts is must.
- It should never be misused.

Some useful tips and common remedies

Indigestion

- 5 gm. crushed rhizome of Ginger (Adrak) with salt or jaggery twice daily before meal.
- 10 ml. juice of pomegranate fruit (dadima), 1 gm. Black salt must be taken.
- Fried Jira powder (cumin seeds)with honey or sugar to hold inside mouth for some time before food
- 2 gm. powder of cinnamon bark (dalchini) with water twice a day.
- 20 ml. decoction prepared from 5 gm. coarse powder of coriander(dhania) with a pinch of ginger powder thrice a day.
- 3-6 gm. powder of fried Jeera (cumin seeds)and rock-salt with warm water thrice daily.
- 1-2 gm. powder of cove (Laung)with warm water.
- 5-10 ml. lemon juice with a pinch of salt and pepper before food.
- 3-5 gm. Powder of fennel seeds with powder of fried Jeera and rock-salt with warm water thrice daily (saunf)
- 5-10 ml. tulsi juice twice or thrice daily

Abdominal Pain

- 5 ml. juice of Ginger (Adrak) in a glass of butter milk with lemon & salt
- 1 gm. Powder of Carom (Ajvain) seeds with luke warm water twice or thrice a day.
- Stir and dissolve asafoetida powder in water and apply on & around umbilicus. 1 gm. Hing fried in ghee with butter milk twice a day.
- If pain is due to diarrhoea 2 gm. powder with warm water should be taken 4-5 time a day. It reduces the motility of intestine thereby reducing pain..
- 3-5 gm. Saunf powder with buttermilk 3-4 times daily.
- 3-5 gm. powdered Amla fruit rind twice a day with milk. (Amla)

Loss of appetite

- 1 gm. powder of Carom (Ajvain) seeds with warm water to be taken 1/2 hour before meals.
- 2 gm. powder of equal parts of Dalchini and Ajvain for chewing in three divided doses before food.
- Mixing half spoon of Hing and Jeera powder with food.
- 5-10 ml. karela (bitter gourd) juice with butter milk 1-2 times.
- Honey with a pinch of pepper powder three to four times a day
- 20 ml decoction made from neem leaves should be given on empty stomach for 3 days.
- 5ml. lemon juice with salt and a pinch of pepper before meals.
- 3-5 gm. powder of roasted saunf with butter milk, little pepper powder & salt twice daily.
- 5-10 ml.tulsi juice twice or thrice daily

Flatulence(gas)

2 gm. Carom (Ajvain) seeds powder with equal quantity of Saunf powder with warm water.

6 ml. garlic juice with honey twice a day.

Diarrhoea/Dysentry

- 10 ml. decoction of pomegranate fruit skin thrice a day.
- Pomegranate fruit may be eaten in plenty. (Dadima)
- Ash of the Elaichi skin 2 gm. with a little honey 4-5 times a day.
- A pinch of Jayphal powder or fruit rubbed on a clean surface with milk or water should be given 3-4 times a day.
- 1-2gm. powder of fried jeera with 250 ml. butter milk four times daily.
- White onion chopped & fried in ghee should be eaten with rice.

Hyper-acidity

- 10 ml. juice of Pomegranate fruit twice a day.
- Even the Pomegranate fruit can be eaten.
- 3-5 gm. powdered fruit rind of Indian gooseberry twice a day with milk. or 10-20 ml. fruit juice twice a day. or 3-5 gm. powdered fruit rind twice a day with milk (Even raw Amla can be eaten).
- 5-10 gm. ghee boiled with jeera should be taken with rice during meals.
- Tender coconut water twice daily.

Vomiting

- 1-2 gm. powder of cinnamon with honey thrice a day in divided doses
- 250-500 gm. powder of elaichi seeds fried in ghee thrice daily with honey
- Ash of the Elaichi skin 2 gm. with a little honey 4-5 times a day.
- 5-10 ml lemon juice mixed with water, sugar and a pinch of salt
- frequently in small quantities.

Constipation

- 3-5 gm. powdered fruit rind of Indian gooseberry twice a day with milk. or 10-20 ml. Indian gooseberry fruit juice twice a day.
- 5 ml. ghee put in a cup of warm milk should be taken with sugar at bed time.

Hiccough

- 1-2 Elaichi pods to be chewed frequently (not more than 4/day).
- 1-2gm. powder of pepper seeds with sugar twice daily.
- 1-2 gm. Of laung powder with honey in three divided doses.

Bleeding gums

- Fine amla powder should be gently massaged to gums after brushing at least twice a day regularly. (Amla)
- Pinch of pepper powder mixed with honey should be applied to gums after gargling with warm salt water twice a day.
- Apply mixture of ginger, pepper, rock salt, honey & Ghee to the gums twice a day
- The fruit skin should be crushed & rubbed gently twice a day regularly to the gums.

Tooth ache

- Keep fried Hing in carious tooth
- Crushed clove should be kept in carious tooth.

Bad breath

- Gargling with the warm decoction prepared from fruit skin 3-4 time a day.
- 1-2 Elaichi seeds to be chewed frequently (not more than 4 pods/day).
- Small piece should be chewed frequently.
- Little quantity of saunf should be chewed after food.

Sunstroke/ dehydration

- 20 ml. decoction prepared from coarse Dhania powder with sugar and a pinch of salt frequently.
- Tender coconut water should be taken frequently.
- Use plenty of onion for prevention of sun stroke

Fever

- 20 ml. decoction from 5 gm. Dhania powder with sugar 3-4 times a day.
- 30ml. decoction from handful of tulsi leaves & 5 gm. Dhania thrice a day.

Cold

- 10ml. decoction prepared from a piece of ginger every morning prevents recurrent attack of cold.
- 20 ml. decoction prepared from 5 gm. coarse powder of coriander seeds with sugar and turmeric powder thrice a day.(Dhania) or use of dhania powder as herbal tea every morning prevents cold, cough & problems related to digestion.
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- 20 ml. decoction prepared from 5 gm. Dhania, 1 gm Methi seed, little turmeric powder should be taken 2-3 times/day.
- 2 gm. turmeric powder with warm milk and sugar twice a day.
- Decoction of 1 gm. Of turmeric powder or use of Haldi in herbal tea prevents all allergic problems

Cough

- Little elaichi powder with a teaspoon full of honey 3-4 times day.
- Even chewing elaichi (Not more than 3 per day) frequently is help full in dry as well as productive cough.
- 2-5 gm. powder of dry rhizome of Ginger (Sunthi) with jaggery thrice a day in divided doses.
- Cinnamon chewing controls the throat irritation and helps in dry cough.
- Crushed garlic bulb boiled in water is to be taken with sugar.
- Clove powder to be chewed frequently
- Clove powder with honey 2-3 times in divided doses.

Sinusitis

- warm paste of Carom (Ajvain) seeds powder should be applied over forehead & little below the eyes in the morning.

Nasal block

- 1-2 gm Carom (ajvain) seeds powder should be put in steaming water & vapour should be inhaled; 2-3 time a day.

Aches & Pains

- 10-20 ml. decoction prepared from 2 gm. of dry rhizome of Ginger(sunthi) twice a day.

Headache

- Warm paste of dry rhizome of Ginger(Sunthi) should be applied over forehead upto three to four times a day
- To be rubbed with water on a rough surface & applied to forehead. (Dalchini)

Ear pain

- 2-4 drops of fresh warm juice of Ginger(ardrak) to be instilled in the ear (don't use when there is discharge)
- 2-4 drops of warm fresh garlic juice for instillation in ear twice a day (Don't use when there is discharge)
- or little garlic paste boiled in coconut or mustard oil should be filled in ear 2-3 times a day.
- Warm coconut oil prepared by boiling the powder of Clove(Laung) should be filled in ear twice daily (Do not use when there is discharge).
- 2-3 lukewarm tulsi drops 2 times daily (Do not use when there is discharge).

Acne

- Paste of Dadima seeds can be applied to affected part twice daily.
- Application of Haridra paste to the effected part twice a day.
- Use of Haridra with water, milk or cream on face gives glow to the skin & removes unwanted hair if used regularly.
- 5-10 ml. Karela juice in empty stomach once a day.

Black pigmentation

- Black pigmentation over the face is common complaint in ladies especially around menopausal age. Jayphal rubbed in milk and applied on such areas is helpful.

Skin allergy

- 1-2 gm. powder of Carom (Ajvain) seeds with water twice daily
- 1-2 gm. powder of fried jeera with milk twice daily.
- Little pepper powder with coconut oil for local application
- 5-10 ml. karela juice in every morning on empty stomach
- 10 ml. juice of neem leaves with honey twice a day.
- 5-10 ml. tulsi juice twice or thrice daily

Dandruff/ Hair fall/Greying of hair

- Indian gooseberry (amla) Fruit rind soaked overnight in water for application on scalp two hours before bath. or paste prepared from fruit rind should be applied two hours before bath. (Amla)
- 1-2 fresh fruits eaten every morning prevents hair fall & early greying. (Amla)
- Scalp should be massaged with methi paste mixed in the water 2 hours before bath.
- Coconut oil boiled with methi powder should be used regularly.
- Use of methi paste acts as a good hair conditioner.

Wound/ulcer/burn

- Application of ghee over affected part frequently
- To be washed with decoction of Haldi & paste of haldi should be applied. Paste made by mixing with Ghee/coconut oil should be applied over affected part.
- Honey and ghee should be mixed and applied.
- Coconut Oil should be applied frequently
- Warm application of paste prepared from neem leaves over affected part.
- Tulsi Juice mixed with honey & Haldi powder for application.

Menstrual pain

- 1-2 gm. powder of Carom(Ajvain) seeds with warm milk thrice a day for 2-3 days

Hoarseness of voice

- 1-3 gm. powder of dry rhizome of Ginger(Sunthi) with honey in three divided doses.

Intestinal worms

- 3-5 gm. Dhania powder with jaggery twice a day for 5 days. (Dhania)
- 10 ml karela juice with jaggery in the morning for 3 days.
- 20 ml decoction made from hand full of neem leaves should be given on empty stomach for three days.

Stress

- External application of 25-50 gm. Of Indian goose berry Fruit rind ground in butter milk on the forehead.
- The aroma of cinnamon(Dalchini) has soothing action on mind. Crushed pieces may be kept in hanky or near the pillow.

Memory

- Use of ghee everyday in children improves memory.

Joint pain

- 5 gm paste of garlic bulb with honey or with food twice a day.
- Warm garlic paste mixed in any oil should be applied over the joint

Obesity

- One teaspoon honey with glass of normal temperature water in the morning.

Bodyache

- 2gm.Methi powder mixed with 2 gm. Jeera powder with warm milk and sugar twice daily.

When to visit a Doctor/Health Expert

Even when food and life style corrections along with home remedies are followed if the problems still persist then one should visit a doctor. Below points describe when to meet a doctor.

General Rules:

- When intensity of disease is severe or the symptoms goes on increasing even after initial care one must immediately consult a physician
- Any problem when not subsiding even after three days of initial care
- When the problem is recurring
- Even if the symptoms have subsided but overall condition is not as active as previous
- If there is any adverse reaction of any medicine

Common cold or flu

- If you experience any of these symptoms, meet your doctor:
- Painful swallowing (more than a sore or dry throat).
- Earache.
- A cough that lasts more than 2 or 3 weeks.
- Persistent or severe vomiting.
- A fever that doesn't go down or go away.
- Symptoms that last more than 10 days or get worse instead of better.

Diarrhoea

Occasional diarrhea (loose motions) is not uncommon. It is usually harmless and doesn't mean something is wrong. But there are signs to look for that could indicate a problem. These include:

- Diarrhoea that lasts more than 3 days.
- Black, tarry stools.
- Blood in your stool.
- Severe abdominal pain.
- Signs of dehydration (very dry mouth or skin, fatigue, decreased urination, confusion or irritability).

Headache

We all get headaches every once in a while. They usually go away with rest or with some home remedies. But headache can also be a sign of a serious condition, such as stroke or meningitis. If high fever, stiff neck, confusion, or trouble speaking or walking along with a headache, are present then immediately doctor must be consulted. If any of the following symptoms are present, then appointment with doctor can be scheduled:

- Headaches that are different than normal (more often or more severe).
- Headaches that get worse or don't get better after taking over-the-counter medicine.
- Headaches that keep you from working, sleeping, or participating in activities.

Digestive issues

Digestive issues can include problems in the upper digestive tract (esophagus and stomach), as well as the lower tract (intestines). If you experience any of the following, call your doctor:

- Feeling like food is caught in throat or chest.
- Heartburn that doesn't go away, gets worse, or doesn't get better with medicine.
- Difficult or painful swallowing.
- Hoarseness or sore throat that doesn't go away.
- Nausea that won't go away.
- Vomiting blood or bile (green).
- Severe or persistent abdominal pain.
- Constipation or diarrhea that won't go away.
- Stools that are black or bloody.

Skin problems

- Bleeding from the lesion/affected area
- Pus discharge
- Numbness
- Discoloured patches
- Non-healing ulcer
- Excessive itching
- Foul smell
- Recurrent lesion
- Associated with any other problem or disease

Dental Problem:

- Dental cavity
- Bleeding gums
- Excess toothache
- Non-healing mouth ulcer or recurrence of mouth ulcer
- Excessive dryness of the mouth
- Discolouration of the tongue

Eyes Problem:

- Excessive lacrimation
- Redness of eye
- Blurred vision
- Non-healing lesion
- Difficulty in reading from normal distance

Underweight

- BMI below 16 (BMI = weight in kg/height in meter²)
- Weight loss due to any diseases
- Associated with any complications like weakness , loss of appetite etc

Obesity

- BMI above 30
- Obesity secondary to any diseases
- Associated with complications like breathlessness, fast heart beat etc.

Anaemia

- Haemoglobin below 9 g/dl
- Breathlessness, weakness

Back pain

Most back pains will go away in a few weeks without treatment. It often gets better by using some home remedies and rest. Applying hot fomentation to the area that hurts often helps. But sometimes it is a sign of a problem. Doctor consultation is necessary if there is

- Constant pain.
- Pain that spreads down one or both legs, especially if it goes past your knee.
- Pain with weakness, numbness, or tingling in one or both legs.
- Pain plus unexplained weight loss.
- Pain with swelling or redness on your back.
- Pain with a fever.

Head injury

Getting a bump on the head could be minor. But it also could cause a concussion. Look for these signs of concussion and meet doctor if you any of the below symptoms are present after head injury.

- Dizziness and balance problems
- Nausea and vomiting.
- Confusion.
- Concentration and memory problems.
- Feeling sluggish or foggy.
- Sensitivity to light or noise.
- Sleep problems.
- Mood changes.

Menstrual problems

A woman's monthly period can have a big impact on her life, especially if there are problems. Meet doctor if there are any of these symptoms:

- Period suddenly becomes irregular.
- No period in 3 months or more.
- Bleeding between periods.
- A period that lasts much longer than usual or is much heavier than usual.
- Severe or disabling cramps.

Mental health issues

Mental health is an important part of our overall health and should never be ignored. Having issues with mental health is also very common and treatable. Meet doctor if any of these signs of trouble with mental health are experienced.

- Feelings of depression or sadness that don't go away.
- Feeling extreme highs and lows.
- Having excessive fear, worry, or anxiety.
- Withdrawing from social interactions.
- Changes in eating or sleeping.
- Inability to cope with daily problems.
- Delusions or hallucinations.
- Substance abuse.
- Thoughts of hurting yourself or others.

Other symptoms

Some symptoms are hard to categorize, but they are still important to take note of. The following symptoms could be signs of a problem that may need be addressed by a doctor:

- Dizziness or feeling like you are going to faint.
- Shortness of breath.
- Heart palpitations.
- Unexplained weight loss.
- Fatigue that won't go away.
- Severe sweating, especially cold sweats.
- Swelling in the ankles or legs.
- Rash along with a fever (100.4 C or higher).
- A new or changing mole or other skin change.

When to visit a Doctor/Health Expert

- When intensity of disease is severe or the symptoms goes on increasing even after initial care one must immediately consult to a physician
- Any problem when not subsiding even after three days of initial care
- When recurrence of the problem
- Even when the symptoms are subsided but not active as previous
- If there is any adverse reaction of any medicines

Thank You

