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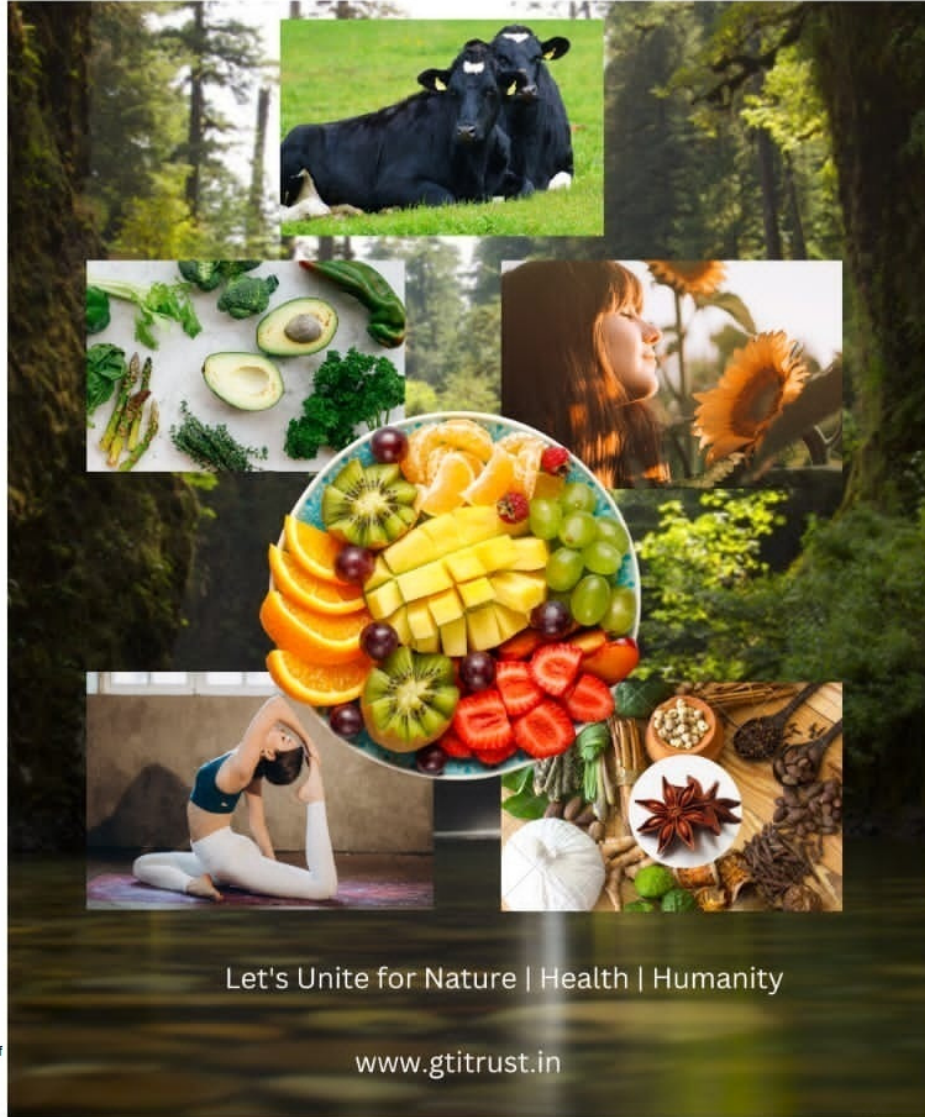
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✉ gnc24g@gmail.com

gnc24g@gtitrust.in



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Dr Pandey
ki
WellnessPathshala

20 September,2025 MTP Moment

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Dietician Ayushi Shukla

Editorial

Sarvey Santu Nirmayah -- (सर्वसंतुनिरामयाः)

The Vedas ordain that all human beings on Earth are to live a healthy life with a strong constitution and a clear intellect (Buddhi)

There are Natural laws of Health which are also the laws of cure and that by obedience of these laws Health and Healing are both obtained.

The body of a human being is made up of 5 Elements of nature viz akash (loosely translated as ether), air, Natural light (agni), water and Earth(meaning thereby the edible plant foods erupting out of earth). Each of these elements is the food of man. Thus food is fivefold. Any deficiency on the supply of any of these elements will result in internal imbalance or Ill health.

The nature talks about what activates every cell and tissue within the organism is the Jeevan shakti. The body's vitality

Natural life is essential for human health because the natural environment provides vital resources like clean air, water, and food, and is crucial for regulating the climate. Environmental health concerns include the negative impacts of pollution, climate change, and biodiversity loss, which exacerbate diseases and create instability. Conversely, spending time in nature is directly beneficial, improving mental well-being by reducing stress and depression, and physical health through increased activity and lower risks of chronic diseases.

Benefits of Nature for Human Health include Mental Well-being: Exposure to natural environments can improve mood, reduce stress, anxiety, and feelings of anger, and enhance cognitive function. Physical Health: Being in nature encourages physical activity like walking and hiking, which can lead to weight loss and reduced risks of chronic diseases. Nature contact can also lower cortisol, blood pressure, and heart rate. Immune System and Vitamin D: Contact with nature can positively affect the immune system and increase vitamin D levels, which are vital for bone health.

Nature is kind to man. The natural peaceful environment balances the The Mind Body and soul

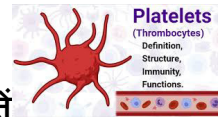
The fundamental principles of health and nature when understood by every health seeker and are put into practice with confidence The Ill can become well, the well can become better, the better can become best. Stop doing evil with your body , mind , nature and environment and healing power shall reassert itself.

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डॉ० ए०के० त्रिपाठी
पूर्व प्रोफेसर एवं विभागाध्यक्ष,
क्लीनिकल हिमैटोलॉजी विभाग,
किंग जार्ज चिकित्सा विश्वविद्यालय,
पूर्व निदेशक, डा. आर.एम.एल. इंस्टीच्यूट ऑफ मेडिकल साइंसेज
पूर्व निदेशक, एस.जी.पी.जी.आई
उ०प्र०, लखनऊ



ब्लड प्लेटलेट्स की मुख्य बातें

संख्या (Normal Range):

सामान्य रूप से 1.5 लाख से 4.5 लाख प्लेटलेट्स प्रति माइक्रोलीटर (μL) रक्त में होते हैं।

ब्लड प्लेटलेट्स बोनमैरो, अस्थिमज्जा में बनती हैं और उनकी औसत आयु 4 से 5 दिन तक होती है। सामान्यतः यह जितनी नष्ट होती हैं उतनी ही नई बन जाती है। यदि इनकी संख्या खून में कम हो जाती है तो उसके मुख्यतया दो कारण हो सकते हैं—

1. बोनमैरो (अस्थिमज्जा) में प्लेटलेट्स का कम बनना।
2. या प्लेटलेट्स का सामान्य से अधिक नष्ट होना।
3. उपरोक्त का कारण विटामिन की शरीर में कमी हो जाने से हो सकता है।

हमारे खून में तीन प्रकार की कोशिकाएं होती हैं

1. लाल रक्त कोशिकाएं
2. श्वेत रक्त कोशिकाएं
3. प्लेटलेट्स।

इन सभी का उत्पाद बोनमैरो (अस्थिमज्जा) में ही होता है ।

कोशिकाओं के सुचारु रूप से एवं पर्याप्त रूप से बनने के लिए अन्य चीजों के अलावा विटामिन बी की जरूरत होती है । इन विटामिनों में विटामिन बी 12 मुख्य है।

यह विटामिन जिसका नाम कोबलामिन भी है केवल दूध या उससे बने पदार्थ और मांसाहारी भोज पदार्थ में पाया जाता है।

वैसे हमारे शरीर में प्रतिदिन इस विटामिन को बहुत कम मात्रा में जरूरत होती है इसलिए खाने में कम होने के बावजूद भी लक्षण या रोग उत्पन्न नहीं होते हैं ।

अतः यदि कोई शाकाहारी व्यक्ति दूध या दूध पदार्थ का सेवन कम भी करता है तो भी उसे कोबलामिन की कमी की संभावना उतनी अधिक नहीं रहती है।

आजकल यह देखा जा रहा है कि शरीर में विटामिन बी 12 की कमी प्रायः पाचन तंत्र की में कुछ कमी की वजह से हो रही है। खाने में कमी के कारण नहीं।

अब प्रश्न यह है कि ऐसा कौन से कारण है जिनकी वजह से विटामिन बी12 भोज पदार्थ में उपस्थित रहते हुए भी पचकर शरीर में नहीं पहुंच पाता-

भोजन में उपस्थित विटामिन बी 12 सर्वप्रथम आमाशय में पहुंचता है यहां पर यह अम्ल की सहायता से इंट्रिंसिक फैक्टर से जुड़ जाता है और तमाम रसायनों के प्रभाव से बचता हुआ सीधे छोटी आंत के आखिर छोर पर टर्मिनल एलियम (Terminal ileum) में पहुंचता है।

जहां पर यह अवशोषित होकर रक्त में प्रवेश करता है और अंततः लिवर में स्टोर रहता है।

लिवर से ही समय-समय पर विटामिन बी 12 रक्त कणिकाओं के निर्माण के लिए बोन मैरो को आवश्यकता अनुसार उपलब्ध कराया जाता है।

अतः अब यह साफ जाहिर है कि विटामिन बी 12 की कमी होने से रक्त कोशिकाओं का उत्पादन प्रभावित होता है। ऐसी स्थिति में व्यक्ति में प्लेटलेट की कमी भी हो सकती है। जिसे थ्रॉम्बोसाइटोपेनिया (thrombocytopenia) कहते हैं।

अब आप यहां अंदाजा लगा सकते हैं कि हमारे शरीर में विटामिन बी12 की कमी क्यों होती है हमारे आमाशय में अम्ल यदि कम हो जाए तो विटामिन बी 12 की कमी हो सकती है ऐसा तब होता है जब हम एसिडिटी की दवा ओमीप्रोजोल जैसी दवाएं जैसी काफी दिनों तक लेते रहते हैं।

आजकल लोगों में इस दवा के लेने की आदत सी हो गई है क्योंकि तनाव, अनिद्रा, धूमपान, शराब या खानपान में बदपरहेजी की वजह से एसिडिटी की समस्या को ज्यादा हो रही है।

पान मसाला एवं तंबाकू के सेवन से भी यह समस्या बढ़ रही है लंबे समय तक पेट खराब रहने से भी विटामिन बी12 की पाचन प्रभावित होता है और इससे विटामिन बी 12 की कमी के लक्षण उत्पन्न हो सकते हैं।

इसलिए किसी व्यक्ति में प्लेटलेट्स की संख्या में गिरावट होने पर उसके रक्त में विटामिन बी 12 की मात्रा की जांच अवश्य करा लेनी चाहिए यदि यह कम निकलता है तो इसकी वजह से जैसा कि ऊपर बताया गया है जांच करने का प्रयत्न करना चाहिए कि जिस समस्या से हमेशा के लिए निजात मिल सके।

उचित तो यह है कि हमें उन चीजों का से बचना चाहिए जिनकी वजह से विटामिन बी₁₂ कम होता है।

विटामिन बी₁₂ की कमी के मुख्य कारण है

1. आमाशय में एसिड की कमी
2. आंतों में पाचन संबंधी खराबी
3. पान मसाला, तंबाकू, शराब का सेवन
4. भोजन में विटामिन की कमी

क्या प्लेटलेट्स की संख्या में कमी जन्मजात हो सकती है?

कभी-कभी पैदाइश के समय से ही बच्चों में प्लेटलेट की संख्या कम होती है इसे कंजेनाइटियल थ्रॉम्बोसाइटोपेनिया कहते हैं ।

बच्चों में ब्लीडिंग के लक्षण हो सकते हैं या हो सकता है कोई तकलीफ ना हो ।

यह परेशानी और भी भाई बहन में हो सकती है।

इसलिए यदि बचपन में किसी को प्लेटलेट्स कम है तो यह जरूर पता लगाने की कोशिश करनी चाहिए कि कहीं ये समस्या परिवार के अन्य सदस्यों में तो यह कमी नहीं है

प्लेटलेट्स की कमी के साथ बच्चों में अन्य प्रकार की विकृतियों हो सकती हैं जैसे कान और आंख में खराबीए हाथ की हड्डी में का ठीक से ना विकसित हो पानाए हृदय में विकृति प्रमुख हैं ।

प्रायः प्लेटलेट्स का आकार सामान्य से बड़ी या छोटी होती हैं।

प्लेटलेट्स कम होने पर (Thrombocytopenia):

लक्षण:

1. आसानी से खून बहना
2. मसूड़ों से खून
3. नाक से खून आना
4. शरीर पर नीले/बैंगनी धब्बे (Bruises)

प्लेटलेट्स बढ़ाने में मददगार आहार:

1. दूध या दूध पदार्थ का सेवन
- 2^o संमयित जीवन,संतुलित आहार—विचार
3. विटामिन C व B₁₂ युक्त आहार
4. तनाव, अनिद्रा, धूमपान,शराब या खानपान में बदपरहेजी से बचाव।



ABCD of Nutrition

Dr Sanjeev Pandey, CEO, GTI

DNHE, BNYS, DNYSc, PGDNYSc. MPH, MBA

Wellness Lifestyle Counselor

BASICS OF NUTRITION

Food is the main source of energy and raw material for growth and development of the human body. Nutrition is the science of foods, the nutrients and other substances therein; their action, interaction and balance in relationship to health and disease.

The daily requirement of food for an individual depends upon growth status (age, sex, height and weight) and as human beings; we require a variety of nutrients for the growth and development of our body. However, one particular food item may not provide all the essential nutrients required by our body as it may be a rich source of one nutrient but may be deficient in another. Therefore, **we need a wide variety of foods to meet our basic day-to-day requirements. Nutrition is not only about taking food, it is much beyond that.**

NUTRITION based on the total 8 pillars & steps, **out of those 6 are in our control and 3 steps are not in our control .**

A. The 5 pillars control in our control are:-

1. What to Eat
2. When to Eat
3. How to Eat.
4. How Much to Eat
5. Kitchen & Appliances Hygiene
6. How to Cook

B. 3 Steps not in our control, only could be managed by aforesaid 5 pillars

1. Digestion
2. Absorption
3. Assimilation

If any of them get compromised, desired nutrition cannot be achieved.

C. Key Points

1. To, aged people /children/ patients always liquefied, easily digestible & palatable food should be provided.
2. In any condition, served food should not be very hot or very cold state.
3. Seasonal and local fruits vegetables Cereals to be included in Diet

4. Spices, those are in powder form should not be added in start of Vegetables cooking, to be added in between or in last stage of cooking.
5. Most of the food grains/Dry fruits should be soaked in water for at least 30 to 45 minutes before using for cooking or blending.
6. At the time of cooking food items should not be in contact of extreme heat direct or indirect.
7. Food should not be go under repeated heating.
8. Green & leafy vegetable should be washed & cleaned before cutting.
9. Minimum use of preserve food in diet.
10. Items used in kitchen for cooking & in support keep them in hygienic condition.

The key to a good health is good nutrition and the cornerstone for good nutrition is a balanced diet. A balanced diet is one that contains different food items in the right proportions and amounts, so that all the nutrients are provided in required quantities. To ensure the same, it is advisable to include in the diet the food items from various food groups as indicated in the food pyramid.

D. Functional classification of food

- a) **Social Function – Fooding patterns help in building Social & Traditional Connect within society, family & countries, it also provide adequate nutrition to under privileged community .**
- b) **Psychological Function of food- Food presentation is very important for psychological motivation to provide Nutrition specially among Children, Adolescent, elder & patient groups**
- c) **Biological Function of Food**
 - **Energy giving foods (carbohydrates and fats)** - are responsible for providing energy for various activities.
 - **Body building foods (proteins and minerals)** - are responsible for tissue building, growth, repair and maintenance of the body.
 - **Protective foods (vitamins and minerals)** - play an important role in protecting the body against diseases.
 - **Regulatory foods (water and fibre)** - are responsible for regulating body processes like digestion, excretion, regulation of body temperature and electrolyte balance.



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Dt Priyanka Verma
Consultant Dietitian
Varanasi Uttar Pradesh India
Member: IAPEN INDIA
Association for Parenteral
and Enteral Nutrition,
Varanasi Chapter.

Walking is the best medicine.

We have already seen how walking works to build fitness, slimness, and cardiovascular health, and helps with relaxation. Fitness walking may also help with a whole range of medical conditions, from pregnancy to cardiac rehabilitation. We emphasise, however, that fitness walking may not be the prescribed remedy for all people, particularly those with a diagnosed medical problem, and that if you are in any doubt as to your ability to take part in this activity, you should discuss it with your doctor first.

Walking and pregnancy-

As the authors of the Exercise plus pregnancy program advise:-

'It is better to begin exercising today than to undertake one of the most Strenuous exercises of all - your labour and delivery - in an out of shape condition. It's a good idea to exercise while You're pregnant, and walking allows you to do so in the safest possible way'.

Traditionally, pregnancy has been treated almost as an illness, with as much rest as possible being recommended, but there is now evidence to suggest that moderate exercise such as fitness walking can be beneficial to both the mother and child. And while a lot of medical attention is given to the health of pregnant women, monitoring the foetus, advice on nutrition, etc., relatively few recommendations are made as far as exercise is concerned. It is best to improve your cardiovascular fitness before becoming pregnant. Many women who become pregnant may already follow a fitness programme, but for others who have not exercised regularly, pregnancy is a strong motive for seeking the benefits of a fitness routine for both mother and child.

In Either Case, A Preg...

Traditionally, pregnancy has been treated almost as an illness, with as much rest as possible being recommended, but there is now evidence to suggest that moderate exercise such as fitness walking can be beneficial to both the mother and child. And while a lot of medical

attention is given to the health of pregnant women, monitoring the foetus, advice on nutrition, etc., relatively few recommendations are made as far as exercise is concerned. It is best to improve your cardiovascular fitness before becoming pregnant. Many women who become pregnant may already follow a fitness programme, but for others who have not exercised regularly, pregnancy is a strong motive for seeking the benefits of a fitness routine for both mother and child.

In either case, a pregnant woman should consult her doctor before commencing or continuing a fitness walking programme. A programme of exercise is not suitable for all pregnant women. If possible, try to become involved in a supervised walking programme where you can be carefully monitored. And in any case, consult your doctor about how far into your pregnancy you should continue exercising. A mother-to-be should listen to her own body, using common sense as a guide. Never push yourself too hard and just walk to feel better and maintain fitness. Strenuous exercise may decrease the blood's supply of oxygen to the developing foetus, causing premature births and miscarriages and so on, and it can cause an elevation in the pregnant woman's body temperature, which may damage the developing nervous system of the foetus. So remember to consult your doctor before exercising, even walking.

For those who have had little previous exercise, a target heart rate of 60 per cent of the maximum is sufficient to begin with, working up over several weeks to 70 per cent. This is a safe level and should not be exceeded.

Those who exercised regularly before pregnancy should not exercise any harder during pregnancy - again, a target heart rate of 70 per cent of the maximum is sufficient for conditioning. A mile or two daily is all that is needed to keep active and maintain fitness, while sedentary women should begin slowly at a pace of 2 miles per hour for 20 minutes.

Many women have found that walking makes them confident and positive about themselves and their pregnancy. As well as avoiding an excessive increase in weight by walking, this exercise can help women to cope with their everyday routine as easily as possible. Walking as a regular exercise during pregnancy can help prevent high blood pressure. Additionally, since walking tones the body, it can reduce backache, fatigue, and other discomforts often experienced during this time. Anxiety and stress can be alleviated, and, at a time when women often feel physically awkward, walking helps to make them feel good about themselves.

Avoid brisk exercise in hot, humid weather, and at all times drink plenty of water to avoid dehydration. Do not exercise for long periods, and if any unusual symptoms occur, stop walking immediately and consult your doctor.

After the birth, a well-toned mother will be able to return to her usual activities much sooner. This is important to be able to look after the baby and also for the mother's self-esteem - feeling strong and healthy after childbirth is a benefit that is valued highly. During this time, fitness Walking is an excellent form of exercise. Although you should check with your doctor first, generally speaking, you can start walking, initially at a gentle pace, as soon as your body feels ready. And as your strength gradually increases, the intensity and duration of your walking can build up slowly too, so that you have more energy to cope with all the new demands on your time, and are better prepared to cope with the numerous new stresses in your life.

Try To balance your diet over a week And Always have plenty of variety in your meals.

FIVE GOLDEN RULES FOR HEALTHY EATING

- * Eat fresh foods - keep away from processed foods
- * Increase your intake of fibre eat lots of fresh fruit and vegetables, cereals, pulses and grains
- * Cut right down on fats - particularly saturated fats
- * Decrease your intake of sugar and salt try other flavourings
- * Add variety to your diet make use of the many different vegetables, fruit and fish .



Dt. Ayushi Shukla
Fruitarian Vegan Nutritionist

Wellness /Ailments Management by Dietary Skills Application

Life as we know it is possible and became possible because certain favorable conditions are and were present. Some of these conditions include favorable temperature, food, presence of oxygen and other gases and minerals, presence of water, absence of lethal substances, etc.

Ailment management through dietary skill application involves using tailored nutrition plans to treat and prevent both acute and chronic illnesses like Diarrhea, high blood pressure, diabetes, heart disease, and certain cancers, a practice known as Medical Nutrition Therapy (MNT). A personalized diet, designed by a healthcare professional can significantly improve a patient's health outcomes by modulating metabolism and disease progression, complementing conventional medical treatments. Key strategies include adopting balanced diets rich in whole foods in their natural form, limiting harmful substances like acidic food items, added sugars and sodium, and adapting eating patterns to manage specific conditions.

Dietary Skills Manage Ailments ----

Personalized Nutrition Plans: A specific dietary plan based on a patient's diagnosis, individual needs, and health goals.

Evidence-Based Approach: These interventions are supported by scientific evidence, demonstrating their effectiveness in managing various acute & chronic conditions.

Evidence-based dietary interventions: The foundation of dietary skill application is solid research demonstrating the efficacy of nutritional changes in disease management. Proven strategies include:

The DASH diet: Designed to lower blood pressure, it emphasizes fruits, vegetables, and low-fat dairy while limiting saturated fat and sodium.

The micro-biome link: Editorial reviews have highlighted the complex and crucial link between diet, gut micro biota, and chronic diseases. A diet rich in fiber, unsaturated fatty acids, and polyphenols (like the Mediterranean diet) promotes a healthy, diverse microbiome, which helps reduce inflammation and supports overall well-being.

Plant-based diets: Studies show these diets can reduce all-cause mortality and lower the incidence of cardiovascular disease by improving metabolic profiles

Comprehensive Care: MNT is more than just dietary advice; it involves an in-depth nutritional assessment, a tailored nutrition plan, and continuous monitoring and adjustments.

Here are some proven Examples of Dietary Management by Ailment

Cardiovascular Diseases: Diets like the Mediterranean diet and DASH diet help manage high blood pressure and cholesterol by emphasizing heart-healthy foods and limiting harmful fats and sodium.

Diabetes: Nutritional therapy can significantly improve glycemic control and help prevent the worsening of type 2 diabetes.

Celiac Disease: A strict gluten-free diet is the only effective treatment for managing symptoms and preventing complications.

Cancer: Certain dietary interventions can enhance the effectiveness of cancer treatments and slow tumor growth and progression.

Key Principles of Dietary Management ---

Focus on Whole Foods: Emphasize a diet rich in whole foods, fruits, vegetables, and natural plant based proteins.

Limit Harmful Substances: Reduce intake of added sugars, saturated fats, and sodium.

Monitor and Adjust: Regular monitoring of progress and adjustments to the dietary plan are crucial for optimal results.

Today the strategic application of specific dietary skills in managing—and in some cases reversing—ailments

Applying dietary knowledge is a skill set that requires more than just knowing what to eat; it involves a personalized, strategic approach. Key skills for effective ailment management include: Medical Nutrition Therapy, Meeting the Nutrients requirement , Self - Monitoring with technology

Challenges of Dietary skill application ---

Despite the clear benefits, implementing effective dietary strategies is not without hurdles.

Healthcare system barrier : Limited clinician training- Integrated training is lacking for physicians, Inconsistent clinical Implementation - complex nature of nutritional intervention, poor patient adherence, high attrition rates hinder the translation of research into clinical practice.

Patient level barriers: Knowledge and motivation: Misinformation and a lack of understanding can make changing diet feel overwhelming. Factors like lack of time for meal preparation, feeling deprived, and an "all or nothing" attitude & mindset of patient

Socioeconomic constraints: The cost and availability of fresh, healthy food options can limit access for many people. Logistical issues in low-income areas can further exacerbate these challenges.

The future of dietary skill application ----

For dietary skill application to reach its full potential, a multi-pronged approach is necessary:

Integrative healthcare models: A collaborative approach where dietitians work closely with a multidisciplinary team of doctors, therapists, and other health professionals is needed to support patients in their health journey.

Advanced digital health tools: Further development of user-friendly, evidence-based digital applications will continue to empower patients with self-monitoring and personalized guidance.

Strengthened public health initiatives: Public health policies should increase access to nutritious foods and standardize nutrition guidelines, particularly for at-risk populations.

Prioritized education: Continued educational programs are crucial to raise awareness among the public and empower individuals to become active managers of their own health.

Recently, dietary interventions have emerged as promising adjunctive treatment strategies not only for cancer but also for neurodegenerative diseases, autoimmune diseases, cardiovascular diseases, and metabolic disorders. These interventions have demonstrated substantial potential in modulating metabolism, disease trajectory, and therapeutic responses.

My experience with my patients provides compelling evidence that dietary interventions, including calorie restriction, fasting or FMD, protein restriction diet, WFPB Diet, High - Fruit based diet and high-fiber diet, have substantial potential for modulating metabolism, redirecting disease progression, and enhancing therapeutic responses. The successful healing of patients highlight the pivotal role of diet, an important environmental factor, in influencing metabolic disorders and the course of various diseases, such as obesity, cancer, neurodegenerative diseases, autoimmune diseases, CVD, and metabolic disorders.

In conclusion, the strategic application of dietary skills is shifting the paradigm of ailment management from passive treatment to proactive, personalized empowerment. By investing in better education, technology, and integrative healthcare, we can move towards a future where diet is a primary tool for preventing and managing & even reversing disease, rather than just an afterthought. May the sick Heal and live Healthy forever.



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Dr. Partha Ghosh

BNYS,PhD,NET, [M.SC](#) (GOLD MEDALIST),FWT & PET

The Holistic Approach to Health: Integrating Nature, Health, and Humanity

Abstract

A growing body of scientific evidence underscores a profound truth: human health is inextricably linked to our connection with the natural world. This comprehensive review synthesizes recent research from epidemiology, environmental psychology, and public health to examine the multidimensional benefits of nature contact for physical, mental, and community well-being. Analysis of longitudinal studies, randomized controlled trials, and large-scale cohort data reveals that exposure to natural environments is associated with significant improvements in immune function, cardiovascular health, stress reduction, cognitive restoration, and social cohesion. The findings indicate that nature contact represents a cost-effective strategy for addressing the growing burden of chronic diseases and mental health challenges. Despite this compelling evidence, modern lifestyles increasingly alienate humans from natural environments, creating what some researchers term a "nature deficit." This article argues for the formal integration of nature-based interventions into public health policy, urban planning, and clinical practice. By bridging the gap between environmental and health sciences, we can cultivate a more holistic approach to well-being that recognizes the interdependence of planetary health and human flourishing.

Keywords: Nature-Based Interventions, Holistic Health, Green Exercise, Mental Well-being, Social Cohesion, Urban Planning, Nature Prescriptions, Planetary Health, Preventive Medicine, Well-being.

1 Introduction

In an era of unprecedented technological advancement and urbanization, human society faces a paradoxical health crisis. While medical innovations have extended life

expectancy, the prevalence of chronic physical and mental illnesses continues to rise globally. Concurrently, modern lifestyles have increasingly alienated people from the natural environments in which humans evolved, creating what author Richard Louv has termed "nature deficit disorder" . This disconnect poses a fundamental question for public health: to what extent does our separation from nature contribute to contemporary health challenges?

The concept of holistic health—which addresses the interconnectedness of physical, mental, social, and environmental dimensions of well-being—has gained significant traction in recent years . This perspective recognizes that health cannot be compartmentalized but emerges from a complex interplay of factors. Within this framework, nature exposure represents a critical, yet often overlooked, determinant of health. Recent scientific investigations have begun to quantify the physiological and psychological mechanisms through which nature contact promotes well-being, moving beyond anecdotal evidence to establish a robust empirical foundation .

This article examines the latest scientific evidence supporting nature integration as a fundamental component of holistic health. By synthesizing findings from diverse fields including environmental psychology, epidemiology, urban planning, and immunology, we aim to provide a comprehensive assessment of how nature influences human health across multiple dimensions. The analysis explores specific mechanisms through which natural environments enhance physiological functioning, reduce stress, improve cognitive performance, and foster social connections. Furthermore, we discuss practical implications for healthcare systems, urban design, and public policy, arguing that the deliberate reintegration of nature into daily life represents a promising, cost-effective strategy for addressing pressing public health challenges.

2 Methodology

This review employs a systematic approach to synthesizing current scientific evidence on the nature-health connection. The analysis draws primarily on peer-reviewed studies published in reputable scientific journals, with particular emphasis on recent research

from 2023-2025 to ensure temporal relevance. Included studies encompass various methodological approaches: large-scale cohort studies, randomized controlled trials, systematic reviews, meta-analyses, and natural experiments .

The scope encompasses investigations into both direct and indirect pathways linking nature exposure to health outcomes. Direct pathways include physiological responses such as changes in immune function, cardiovascular activity, and nervous system regulation. Indirect pathways encompass psychological restoration, promotion of physical activity, and facilitation of social connections. Studies examining different types of nature contact—including wilderness experiences, urban greenspace exposure, virtual nature, and even natural soundscapes—were considered to provide a comprehensive assessment .

To ensure methodological rigor, priority was given to studies with robust designs that control for potential confounding variables such as socioeconomic status, pre-existing health conditions, and residential self-selection. Large-scale studies leveraging objective measures of both exposure (e.g., geospatial data on greenspace access) and outcomes (e.g., electronic health records, biomarker assessments) were particularly valued for their ability to demonstrate population-level effects . The resulting synthesis provides a nuanced understanding of the complex relationship between nature contact and human well-being across multiple domains.

3 Physical Health Benefits of Nature Exposure

3.1 Enhancing Immune Function

Perhaps one of the most remarkable physiological benefits of nature exposure involves the enhancement of immune system function. Research has demonstrated that spending time in forest environments—a practice known as "forest bathing" or *Shinrin-yoku*—significantly increases the activity of natural killer (NK) cells, a type of white blood cell that plays a crucial role in defending against viruses and cancer cells . This effect is attributed primarily to inhalation of phytoncides, antimicrobial volatile organic

compounds released by trees and plants. These compounds not only have direct antifungal and antibacterial properties but also stimulate human immune responses .

The immunological benefits of forest bathing appear substantial and lasting. Studies have documented increases in NK cell activity of approximately 50% following a three-day trip to a forested area, with positive effects persisting for up to 30 days after the experience . This suggests that regular nature contact could provide significant protection against various diseases. Additionally, time spent outdoors facilitates vitamin D synthesis through sunlight exposure, which supports immune health and bone strength while reducing vulnerability to infection .

3.2 Improving Cardiovascular Health

Nature exposure exerts profound benefits on cardiovascular function through multiple pathways. A comprehensive meta-analysis of nature-based interventions (NBIs) found significant improvements in key cardiovascular indicators, including reductions in diastolic blood pressure (mean difference: -3.73 mmHg) and heart rate (mean difference: -7.44 bpm) . These effects persisted across various populations, including those with existing cardiovascular conditions.

The cardiovascular benefits appear to stem from both physiological and behavioral mechanisms. The stress-reducing qualities of natural environments lower sympathetic nervous system activity, reducing vasoconstriction and cardiac workload . Simultaneously, attractive natural settings encourage physical activity, with studies showing that people tend to exercise longer and at higher intensities when in nature compared to indoor environments . This combination of direct physiological effects and activity promotion creates a powerful cardiovascular protective factor.

3.3 Reducing Risk of Chronic Diseases

Perhaps the most compelling evidence for nature's health-protective effects comes from large-scale longitudinal studies examining chronic disease incidence. A landmark Danish study following 57,053 middle-aged individuals for 20 years found that those

with the highest health scores—which included factors influenced by nature access, such as physical activity—experienced a postponement of major chronic disease diagnosis by more than seven years compared to those with unhealthy lifestyles .

The analysis further revealed that individuals with healthier lifestyles, supported by regular nature contact, had significantly fewer years of life with disability, especially with multimorbidity (men: -1.6 years; women: -3.3 years) . These findings highlight nature's role not merely in extending lifespan but in expanding healthspan—the proportion of life spent in good health. The implications for healthcare systems are substantial, as reduced hospitalization and disability translate to significant economic benefits alongside improved quality of life.

Health Domain Key Findings Proposed Mechanisms

Immune Function 50% increase in natural killer cell activity; effects persist up to 30 days
Phytoncide inhalation; vitamin D synthesis

Cardiovascular Health Reduction in diastolic blood pressure (-3.73 mmHg) and heart rate (-7.44 bpm) Reduced sympathetic nervous system activity; increased physical activity

Chronic Disease Prevention Major chronic disease diagnosis postponed by >7 years; fewer disability years Reduced inflammation; improved metabolic function; enhanced physical activity

4. Mental and Cognitive Benefits of Nature Contact

4.1 Attention Restoration and Cognitive Function

Modern life places considerable demands on directed attention, a limited cognitive resource that requires effort to maintain. Attention Restoration Theory posits that natural environments engage involuntary attention gently, allowing directed attention capacities to replenish . Recent research employing electroencephalography (EEG) provides physiological evidence for this effect, demonstrating that walks in natural settings

significantly improve executive control—a higher-order cognitive function critical for concentration, decision-making, and problem-solving .

In a carefully controlled study, participants who walked for 40 minutes in an arboretum showed significantly greater improvement in executive control compared to those walking similar distances in urban environments . This suggests that the restorative effects stem specifically from nature exposure rather than exercise alone. The implications are particularly relevant for knowledge workers and students, whose cognitive performance depends heavily on these executive functions. Regular nature breaks may represent an efficient strategy for maintaining cognitive performance throughout the day.

4.2 Stress Reduction and Emotional Well-being

Exposure to natural environments produces rapid and measurable reductions in physiological stress markers. Research has demonstrated that even brief nature contact (20-30 minutes) significantly lowers cortisol levels, with the most substantial decreases occurring within the first 30 minutes of exposure . This physiological relaxation response is accompanied by self-reported improvements in mood and reductions in anxiety.

Natural soundscapes appear particularly effective in promoting psychological restoration. A 2024 study found that listening to natural sounds alone (such as birdsong) was associated with the lowest levels of self-reported anxiety and stress, while the same soundscapes combined with traffic noise diminished these benefits in a dose-response relationship with traffic speed . This research highlights the importance of not just visual but auditory nature experiences for emotional well-being, suggesting that preserving natural soundscapes in urban planning may yield mental health dividends.

4.3 Clinical Applications for Mental Health

The mental health benefits of nature contact have progressed beyond general wellness promotion to structured clinical applications. Green Social Prescribing—the practice of

supporting people with mental health needs through nature-based activities—has demonstrated significant effectiveness in large-scale implementations . In a major English initiative involving 8,339 participants with mental health needs, engagement in nature-based activities such as gardening, conservation projects, and green exercise led to significant improvements in life satisfaction and feelings that life is worthwhile, while reducing anxiety to levels comparable with national averages .

These interventions proved remarkably cost-effective, with an average cost of \$640 per participant—substantially lower than many conventional therapies while producing comparable or superior outcomes for certain populations . The success of such programs has led to calls for greater integration of nature-based approaches into mainstream mental healthcare, particularly as a complement to traditional treatments for depression, anxiety, and trauma-related conditions.

Domain Key Findings Practical Applications

Cognitive Restoration Improved executive control after nature walks; enhanced creativity and problem-solving Nature breaks for cognitive performance; green spaces near workplaces and schools

Stress Reduction 20-30 minutes in nature significantly reduces cortisol levels; natural sounds lower anxiety Prescribed nature exposure for stress management; acoustic planning in urban environments

Mental Health Treatment Green Social Prescribing improved life satisfaction and reduced anxiety in 8,339 participants Nature-based therapies for depression and anxiety; community green programs

5. Community and Social Dimensions of Nature Connection

5.1 Fostering Social Cohesion and Community Resilience

The benefits of nature contact extend beyond individual well-being to strengthen the social fabric of communities. Shared green spaces function as social magnets that facilitate informal interactions among community members, fostering trust, reciprocity,

and collective identity . These spontaneous encounters in parks, community gardens, and other natural settings create opportunities for social bonding that might not occur in more structured environments, ultimately enhancing social capital—the networks and relationships that support community resilience.

This community-building function of nature spaces proved particularly valuable during the COVID-19 pandemic, when parks and greenspaces became crucial venues for safe social interaction while indoor gatherings remained restricted. The heightened appreciation for nature access during this crisis period highlighted its role not as a luxury but as essential community infrastructure, comparable to schools, libraries, and healthcare facilities in its contribution to public well-being . This recognition has inspired calls for more equitable distribution of greenspaces as a matter of social justice.

5.2 Nature Access and Health Equity

Access to nature remains unevenly distributed across socioeconomic and demographic lines, contributing to health disparities. Research consistently shows that marginalized communities—particularly low-income neighborhoods and communities of color—have less access to quality greenspaces than affluent white communities . This "nature gap" compounds other health disparities, as these populations simultaneously face greater exposure to environmental stressors such as pollution and heat island effects while having fewer resources to counteract these challenges.

Addressing this inequity requires deliberate policy interventions. Successful initiatives include: 1) Creating parks and greenspaces in nature-deprived neighborhoods; 2) Ensuring safe access through improved transportation and design; 3) Engaging community members in the planning process to ensure spaces meet local needs and cultural preferences . When implemented thoughtfully, these approaches can transform nature access from a privilege into a universal resource, with particular benefit to populations bearing the greatest health burdens.

5.3 The Built Environment: Integrating Nature into Daily Life

Urban planning decisions significantly influence population-level nature exposure and its associated health benefits. A groundbreaking 2025 natural experiment tracking 2,112,288 smartphone users across 7,447 relocations demonstrated that moves to more walkable neighborhoods with better access to greenspace resulted in sustained increases in physical activity—approximately 1,100 additional daily steps—compared to moves to less walkable areas . This effect held across different genders, ages, and body mass index values, suggesting universal benefits.

These findings provide robust evidence for causal relationships between built environment features and health behaviors, addressing methodological limitations of earlier cross-sectional studies . The implications for urban planning are substantial: integrating nature into urban design through street trees, parks, green corridors, and accessible natural features represents a powerful population health strategy. When combined with walkability improvements, these nature integrations create synergistic benefits that promote active lifestyles while providing the direct physiological benefits of nature contact.

6. Implementation and Future Directions

6.1 Nature Prescriptions and Healthcare Integration:

The compelling evidence for nature's health benefits has inspired the formal integration of nature contact into clinical practice through nature prescription programs. These initiatives, increasingly adopted by healthcare providers worldwide, involve clinicians prescribing time in nature to prevent and manage various health conditions . Successful implementation requires collaboration between healthcare systems, community organizations, and environmental agencies to ensure patients have accessible options for fulfilling these prescriptions.

The UK's Green Social Prescribing model demonstrates the potential of this approach at scale, with thousands of participants showing significant improvements in mental health outcomes . Key success factors include: 1) Standardized protocols for dosing and

monitoring nature exposure; 2) Referral pathways connecting clinical settings to nature providers; 3) Training for healthcare professionals on nature's therapeutic applications; 4) Community-based organizations capable of delivering structured nature experiences . As evidence accumulates, nature prescriptions may become standard preventive medicine for conditions ranging from hypertension to depression.

6.2 Urban Planning and Policy Implications:

Translating the science of nature-health connections into practice requires fundamental shifts in urban planning paradigms. Rather than treating nature as decorative or recreational, cities must recognize greenspace as critical infrastructure for public health . This perspective justifies significant investment in creating, maintaining, and equitably distributing natural assets throughout urban areas.

Promising strategies include: 1) Rewilding initiatives that reintroduce natural processes into urban areas, enhancing biodiversity while creating health-promoting environments ; 2) Transit-oriented development that combines walkability with nature access; 3) Green schoolyards that replace asphalt with natural elements, benefiting children's cognitive development and physical activity; 4) Zoning reforms that mandate minimum greenspace standards in new developments . These approaches recognize that population health is profoundly shaped by the everyday environments where people live, work, and play.

6.3 Research Gaps and Future Directions:

Despite significant advances, important questions remain about the optimal implementation of nature-based health interventions. Future research should address: 1) Dose-response relationships: determining the optimal duration, frequency, and intensity of nature exposure for different health outcomes; 2) Mechanistic studies: elucidating the physiological pathways through which nature exposure influences health; 3) Equity-focused research: identifying strategies to ensure nature benefits reach all populations; 4) Long-term effects: tracking health outcomes over extended periods to establish lasting benefits .

Additionally, more investigation is needed into how virtual nature experiences—through advanced technologies like virtual reality—might supplement or enhance real-world nature contact, particularly for populations with limited mobility or access . As climate change alters natural environments, understanding how to maximize resilience while preserving nature's health benefits represents another critical research frontier.

7. Conclusion:

The scientific evidence is unequivocal: connection with nature is not merely a leisure preference but a fundamental determinant of human health and well-being. Across multiple domains—from immune function and cardiovascular health to cognitive performance and mental well-being—regular contact with natural environments produces measurable, often substantial benefits. These effects operate through diverse biological and psychological mechanisms, reducing stress, promoting physical activity, enhancing social connections, and restoring cognitive capacities depleted by modern life.

This understanding necessitates a paradigm shift in how we conceptualize health promotion. Rather than treating nature as separate from human health systems, we must recognize the inextricable links between planetary health and personal well-being. This holistic perspective suggests that protecting natural environments is not merely an environmental imperative but a public health necessity. Likewise, integrating nature into healthcare, urban planning, and daily life represents a powerful, cost-effective strategy for addressing pressing health challenges, from chronic disease to mental health crises.

Realizing this potential requires cross-sector collaboration among healthcare providers, urban planners, policymakers, educators, and community organizations. By deliberately reintegrating nature into the fabric of our communities and institutions, we can create environments that naturally promote health rather than undermine it. The path forward involves both technological innovation and a return to fundamental biological needs—

creating future communities where technological advancement and nature connection coexist synergistically to support human flourishing.

As research continues to refine our understanding of nature's health benefits, one conclusion seems increasingly clear: fostering deep, meaningful connections between people and the natural world may be among the most important investments we can make in collective well-being. The challenge ahead lies not in proving that nature matters for health, but in building societies that honor this essential relationship through every planning decision, clinical practice, and policy initiative.

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प्राचीनकाल से ही जौ को मंगल सूचक मानते रहे हैं। ग्रैमिनी परिवार का यह श्रेष्ठ पोषक अनाज है। आयुर्वेद की दृष्टि से जौ रुक्ष शीतल क्षुधावर्द्धक वीर्य वर्द्धक कफ व पित्त नाशक तथा मल-रोधक है।

यह कषाय तथा मधुर इस युक्त, शीतल, जठ राग्नि को बढ़ाने वाला, कण्ठ स्वर को उत्तम करने वाला, बलकारक, रक्तविकार तथा तृषा को शान्त करने वाला है।

यहाँ पर मैं नवरात्रि में घर-घर उगाये जाने वाले जौ के ज्वारे के सम्बन्ध में आपसे बात करने जा रही हूँ। नवरात्रि वास्तव में हमारे पुरखों द्वारा खोजा गया एक अनुपम, आरोग्य, रक्षा एवं रोग निवारण का वैज्ञानिक प्रयोग है। स्वास्थ्य के क्षेत्र में हमारे पुरखों द्वारा की गई एक अत्यंत क्रांतिकारी विचाराधारा है।

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- प्रतिरक्षा प्रणाली को सशक्त करने वाला एवं ग्रोथ हार्मोन को उद्धीपन के रूप में भी जौ का ज्वारा कार्य करता है।
- बुढ़ापे को रोकने वाला एण्टी आक्सीडेंट एवं एण्टी एंजिंग एन्जाइम की दृष्टि से भी यह अत्यन्त उपयोगी होती है।
- जापान फार्मेस्यूटिकल डेवलपमेन्ट एण्ड बायोलॉजी डिपार्टमेन्ट के अनुसंधान कर्ताओं के अनुसार – जौ के ज्वारे में एक खास तत्व होता है जो विभिन्न कैंसरकारी तत्वों फ्री रेडिकल्स से क्षतिग्रस्त कोशिकाओं व उत्तकों तथा डी0एन0ए0 की मरम्मत कर देता है।

(2)

आधुनिक जीवन शैली जनित विभिन्न दबावों से उत्पन्न शरीर में जहरीले रसायन फ्री रेडिकल्स के चलते शरीर के जेनेटिक तत्व डी0एन0ए0 को क्षतिग्रस्त करते हैं।

- ज्वारे का रस उम्र बढ़ाता है।
- ज्वारे का रस कमाल का सूजननाशक है।
- ज्वारे का रस कैंसर पैदा करने वाले पदार्थों के कैंसरकारी प्रभाव को रोकता है।
- यह अल्सर को ठीक करता है।
- इसका रस अग्नाशय की सूजन को ठीक करता है।
- इसका रस चमड़ी के रोगों से रक्षा तथा उसे ठीक भी करता है।
- खून की नलियों में जमने वाले कोलेस्ट्रॉल आदि को हटाकर धमनी की कठोरता (एथेरोस्क्लेरोसिस) को दूर रखता है।

ऑर्गेनिक तरीके से उगाये गये जौ के ज्वारे का प्रयोग बच्चों से लेकर बूढ़े तक के लिए आवश्यक है। इसमें विटामिन B, साइट्रिक एसिड, रोजहिप्स, वि0 A.C. पेक्टिन आदि तथा कुछ ऐसे खास तत्व होते हैं जो चयापचय को अप्रत्याशित ढंग से सुधारते हैं।



NutriCorner



Nature's Treasure

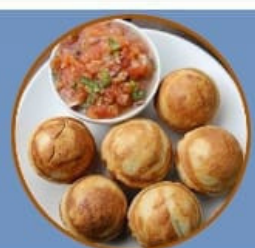
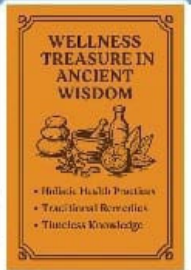
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Holistic Yog-Holistic Health

July -September, 2025





Dr Sachidanand Jha

Ayurvedachary, N. Delh, Bharat

मिलावट के जहर से ऐसे बचे जानिए आप भी

1. जीरा (Cumin seeds)

जीरे की परख करने के लिए थोड़ा सा जीरा हाथ में लीजिए और दोनों हथेलियों के बीच रगड़िए। अगर हथेली में रंग छूटे तो समझ जाइए कि जीरा मिलावटी है क्योंकि जीरा रंग नहीं छोड़ता।

2. हींग (Hing)

हींग की गुणवत्ता जांचने के लिए उसे पानी में घोलिए।

अगर घोल दूधिया रंग का हो जाए तो समझिए कि हींग असली है। दूसरा तरीका है हींग का एक टुकड़ा जीभ पर रखें अगर हींग असली होगी तो कड़वापन या चरपराहट का अहसास होगा।

3. लाल मिर्च पाउडर (Red chilli powder)

लाल मिर्च पाउडर में सबसे ज्यादा मिलावट की जाती है। इसकी जांच करने के लिए पाउडर को पानी में डालिए, अगर रंग पानी में घुले और बुरादा जैसा तैरने लगे तो मान लीजिए की मिर्च पाउडर नकली है।

4. कॉफी (Coffee)

कॉफी की शुद्धता जांचने के लिए उसे पानी में घोलिए।

शुद्ध कॉफी पानी में घुल जाती है, अगर घुलने के बाद कॉफी तली में चिपक जाए तो वो नकली है।

5. हींग (Hing)

हींग की गुणवत्ता जांचने के लिए उसे पानी में घोलिए।

अगर घोल दूधिया रंग का हो जाए तो समझिए कि हींग असली है। दूसरा तरीका है हींग का एक टुकड़ा जीभ पर रखें अगर हींग असली होगी तो कड़वापन या चरपराहट का अहसास होगा।

Follow 6Tip & show love to your Heart:-

1. Do Regular 45-50 Isotonic Exercise or 3-5 Km walk.

2. Include 1 full plate salad in your Lunch & Dinner.

3. Use pure Mustered oil or regional oil seed oil or rice brawn oil as cooking medium avoid refined oils.

4. Reduce calories of your sandwiches, Burgers, Chapattis by using lot of green leafy vegetables as filler/ mixing desi gram flour & jau flour with white flour in 3:2:1 ratio respectively.

6. Listen soothing music & keep smiling from inside.

Note:- Do practice of Pranayam & Meditation regularly.



Mrinalini Singh
Dietician

गर्मियों में तरबूज खाने के फायदे-

1. तरबूज खाना हमारे शरीर के लिए बहुत फायदेमंद होता है।
2. यह शरीर को हाइड्रेटेड रखने, पाचन में सुधार करने, त्वचा और आंखों के स्वास्थ्य को अच्छा रखने में मदद करता है।
3. हृदय स्वास्थ्य को बेहतर बनाने में मदद करता है।
4. तरबूज में पानी की मात्रा अधिक होती है, जो गर्मियों में शरीर को ठंडा रखने में मदद करता है।
5. तरबूज में विटामिन सी और एंटीऑक्सिडेंट भी होते हैं, जो प्रतिरक्षा प्रणाली को मजबूत करने और शरीर को बीमारियों से बचाने में मदद करते हैं।

Privanka Verma
Dietician

1. Absolutely! Not only is curd safe to eat during pregnancy, but it also offers some fantastic benefits for expecting moms:
2. The calcium in curd supports both your own bone health and your growing baby's bone development.
3. The probiotics help boost your immune system, which is especially important when you're pregnant.



Dr Partha Ghosh
BNYS, MD

Ayurvedic Nutritional Wisdom for Holistic Health:-

1. Eat Fresh & Seasonal- Prioritize locally sourced, organic produce to align with nature's rhythms.
2. Honor Your Digestive Fire (Agni) – Eat only when hungry, and avoid overeating to maintain metabolism.
3. Balance the Six Tastes- Include sweet, sour, salty, pungent, bitter, and astringent flavors in meals.
4. Warm & Nourishing Meals- Favor cooked, warm foods over cold or processed alternatives for better Digestion.
5. Mindful Eating – Chew slowly, avoid distractions, and eat in a peaceful environment.
6. Spice It Right – Boost digestion with ginger, cumin, fennel, and turmeric.
7. Smart Food Combining – Avoid incompatible pairs like milk with sour fruits or fish with dairy.
8. Hydrate Wisely – Sip warm water or herbal teas (ginger, cumin, coriander) throughout the day.

"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need." – Ayurvedic Proverb



Dr Sanjeev Pandey
Lifestyle Mangmt.
Counsellor
CEO, GTI

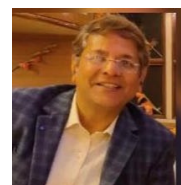
Tips to overcome Anidra (Insomnia)

1. Include 70% Yogic foods (Non-irritant food) in your diet plan- viz: Fruits, dry fruits, Germinated grains & cereals
2. Finish your Dinner up to 7:00 PM.
3. Take a Cup of Fresh juice of Green Dhania before going to sleep.
4. In morning take overnight soaked 2 Badam + 2 Akhrote + 2 Anjeer.

Note:- Do practice of Pranayam & Meditation regularly

To Avoid Constipation Follow the Tips:-

1. 90% constipation state is due to less water intake.
2. Do Gargle with Lukewarm water for 2-3 minutes before brushing your teeth.
3. Make habit to ask for water wherever you visit irrespective to season
4. Mix a pinch of salt in one glass (200ml) normal/ Lukewarm water and add to it fresh lemon juice (10ml) & drink every day morning.
5. Make 2 Dried figs part of your breakfast.
6. Make sure to avoid foods made of white flour (maida) and white sugar.
7. Include at least one ROTI of Multigrain flour (Jau+Channa+Genhu) in your Lunch & Dinner



Rajeev Khanna
Business Coordinator
Gelnova Laboratories India Pvt.Ltd
(Makers of TurmNova-Turmeric Lozenges)

Inflammation is the body's natural response

Inflammation is the body's natural response to injury or infection, involving immune system activation to protect and heal affected tissues. If it is untreated it can lead to serious health issues. It typically causes redness, swelling, pain, and heat as part of the healing process and most importantly it causes the loss of function therefore it can not be avoided. Inflammation is the result of a injury which could be caused by physical, thermal, environmental, chemical, pathological and most importantly physiological injury due to formation of free radicals which causes the oxidative stress lead to inflammation and further this inflammation causes the oxidative stress and makes a vicious cycle.

Chronic inflammation, however, is a prolonged, persistent inflammatory response that lasts for months or years. Unlike acute inflammation, its symptoms are less obvious and can include fatigue, body pain, depression, gastrointestinal issues, and weight changes. Chronic inflammation can damage healthy cells, tissues and organs over time and is associated with many serious diseases including cardiovascular disease, diabetes, cancer, autoimmune disorders, neurodegenerative conditions, and chronic kidney disease. Factors contributing to chronic inflammation include infections, autoimmune reactions, prolonged exposure to irritants, lifestyle factors like smoking, stress, and genetic predisposition. It is a major cause of disability and mortality worldwide because it underlies multiple chronic diseases. Therefore there is a need to treat the underlying cause of inflammation.

As you know that Inflammation, if untreated, can lead to serious health issues. Therefore there is a need to treat the root cause of Chronic Inflammation and *TurmNova* treats the root cause of inflammation at transcriptional level. Unlike *NSAIDs* and *Steroids drugs TurmNova* acts at *transcriptional level,* TurmNova inhibits the *TNF-Alfa* cytokines which is responsible for the activation of transcription factor *NFkB*, is inhibited and transcription (synthesis) of pro inflammatory cytokines like *IL-1, IL-2, IL-6, TNF-Alfa* and *pro inflammatory enzymes* like *COX2, LOX & iNOS* do not take place and more importantly unlike *NSAID* and *Steroids, Curcumin* doesn't inhibit *COX1,* so there is no *gastric upset, renal toxicity and thrombogenic effects* with *TurmNova*. *TurmNova* has a potent anti inflammatory and antioxidant effects. Therefore *TurmNova* is a *safer and effective* alternative to *NSAID* and *Steroids.*



Dt Abha Awasthi

शरीर आयरन की कमी से समस्याएं व उपचार

आयरन हमारे शरीर के लिए एक महत्वपूर्ण पोषक तत्व है, जो हीमोग्लोबिन के निर्माण में मदद करता है और ऑक्सीजन को शरीर के विभिन्न भागों तक पहुंचाने में महत्वपूर्ण भूमिका निभाता है। आयरन की कमी से एनीमिया हो सकता है, जिससे थकान, चक्कर और कमजोरी होती है। गर्भवती महिलाओं और किशोरियों को आयरन की अधिक आवश्यकता होती है, इसलिए उनके आहार में आयरन से भरपूर खाद्य पदार्थों को शामिल करना बहुत जरूरी है।

आयरन की दैनिक आवश्यकता

- गर्भवती महिलाएं: 27 मिलीग्राम प्रति दिन
- किशोर लड़कियां (14-18 वर्ष): 15 मिलीग्राम प्रति दिन
- किशोर लड़के (14-18 वर्ष): 11 मिलीग्राम प्रति दिन
- वयस्क महिलाएं (19-50 वर्ष): 18 मिलीग्राम प्रति दिन
- वयस्क पुरुष (19-50 वर्ष): 8 मिलीग्राम प्रति दिन
- स्तनपान कराने वाली महिलाएं: 9-10 मिलीग्राम प्रति दिन
- बच्चे (1-3 वर्ष): 7 मिलीग्राम प्रति दिन
- बच्चे (4-8 वर्ष): 10 मिलीग्राम प्रति दिन

आयरन से भरपूर खाद्य पदार्थ

- फलियां: सोयाबीन, दाल, राजमा, टोफू, चना
- हरी पत्तेदार सब्जियां: पालक, बथुआ, ब्रोकली
- नट्स और बीज: बादाम, काजू, अखरोट, कद्दू के बीज
- सूखे मेवे: खुबानी, किशमिश, आलूबुखारा
- मांस और मछली: चिकन, मटन, मछली, सीप
- अन्य: गुड़, तिल, अनार, आंवला

आयरन के अवशोषण को बढ़ाने के लिए सुझाव

- विटामिन सी से भरपूर खाद्य पदार्थों का सेवन करें, जैसे कि संतरा, टमाटर, शिमला मिर्च।
- आयरन युक्त खाद्य पदार्थों को साथ में लें।
- भोजन के बाद चाय या कॉफी पीने से बचें।

- आयरन सप्लीमेंट लेते समय विटामिन सी युक्त खाद्य पदार्थों का सेवन करें [3][2][1]।

आयरन की कमी का पता लगाने के लिए टेस्ट

- **हीमोग्लोबिन टेस्ट:** यह टेस्ट रक्त में हीमोग्लोबिन की मात्रा को मापता है।
- **फेरिटिन टेस्ट:** यह टेस्ट रक्त में फेरिटिन की मात्रा को मापता है, जो आयरन के भंडारण के लिए जिम्मेदार होता है।
- **आयरन टेस्ट:** यह टेस्ट रक्त में आयरन की मात्रा को मापता है।
- **ट्रांसफेरिन सैचुरेशन टेस्ट:** यह टेस्ट रक्त में ट्रांसफेरिन की मात्रा को मापता है, जो आयरन को शरीर के विभिन्न भागों तक पहुंचाने में मदद करता है।

आंकड़े

- महिलाएं: भारत में लगभग 50% महिलाएं आयरन की कमी से ग्रसित हैं।
- पुरुष: लगभग 25% पुरुष आयरन की कमी से ग्रसित हैं।
- बच्चे: 5 साल से कम उम्र के लगभग 70% बच्चे आयरन की कमी से ग्रसित हैं।
- गर्भवती महिलाएं: लगभग 75% गर्भवती महिलाएं आयरन की कमी से ग्रसित हैं।
- किशोर: लगभग 50% किशोर आयरन की कमी से ग्रसित हैं।

आयरन की कमी से होने वाली बीमारियाँ

- एनीमिया: आयरन की कमी से एनीमिया हो सकता है, जिससे थकान, चक्कर और कमजोरी होती है।
- बालों की समस्याएं: आयरन की कमी से बालों की समस्याएं हो सकती हैं, जैसे कि बालों का झड़ना, बालों का सफेद होना।
- त्वचा की समस्याएं: आयरन की कमी से त्वचा की समस्याएं हो सकती हैं, जैसे कि त्वचा का शुष्क होना, त्वचा का फटना।
- पाचन समस्याएं: आयरन की कमी से पाचन समस्याएं हो सकती हैं, जैसे कि कब्ज, दस्त [3][6][1]।

आयरन की कमी का उपचार

- आयरन सप्लीमेंट: आयरन सप्लीमेंट आयरन की कमी को पूरा करने में मदद कर सकता है।
- आयरन युक्त खाद्य पदार्थ: आयरन युक्त खाद्य पदार्थों का सेवन करने से आयरन की कमी को पूरा किया जा सकता है।
- आयरन के अवशोषण को बढ़ाने के लिए सुझाव: विटामिन सी से भरपूर खाद्य पदार्थों का सेवन करें, आयरन युक्त खाद्य पदार्थों को साथ में लें, भोजन के बाद चाय या कॉफी पीने से बचें।
- घरेलू उपचार: आंवला, पालक, अनार का जूस पीने से आयरन की कमी को पूरा किया जा सकता है।

REPORT

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NetProFaN
NETWORK OF PROFESSIONALS
OF FOOD AND NUTRITION



Global Trust of India (GTI) is an Organisation with excellence in Public Health Education, Training & consultancy. GTI have strong panel of esteemed subject expert.

Public is vast umbrella covers 80% community medicine & 20% shares medical & research interventions.

Community medicine- Philosophy, Sociology, Epidemiology social, mental, spiritual, environmental Health, Religion, Traditions, Behavior , practices & Preventive tools- Hygiene & Sanitation rather all walks of Life.

Collectively, we can say it - Wellness – Art of Healthy Living or Healthy Lifestyle Management rather- Nature Cure & Yog.

So, GTI focused on to upgrade Public Health through Naturopathy & Yoga, because this is only route to achieve Millennium Health Goal.

GTI observations revealed that, we can count on finger that how many Dietician (Clinical & Traditional) are hardly earning their livelihood through their own stream.

VISION STATEMENT

1. To transform professional into a productive human recourse
2. To create benchmark in holistic professionalism system with a vision to create such flexibility which will meet the primary demand of the business development & prosperity

In order to cater the challenging environment round the globe, the 'GLOBAL TRUST FOUNDATION (GTI) WITH HUMAN TOUCH will create a knowledge & consultancy platform which will stand on creativity, competence, challenge & single window solution in Public Health.

Preface

In Sept.2025 a Road Map of Masters Training Programme (MTP) drafted through one year monthly Webinar in collaboration with “NetProFAN” , FSSAI (govt. Of India, initiative) lucknow up-chapter, Technical support of department of physiology KGMU Lucknow,UP,Bharat to achieve ultimate Goal of Employability, Financial Security, Social Security, Recognition, upgrade Genuine Human Resource in Diet & Nutrition stream.

MASTER’S TRAINING PROGRAMME

-:Venue:-

Kalam Centre

King Gorge Medical University (KGMU)

Lucknow, UP, Bharat

-:Date:-

20 September, Saturday,2025

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A FSSAI, Govt of India Initiative

NetProFaN
NETWORK OF PROFESSIONALS
OF FOOD AND NUTRITION

Technical Support by Department of Physiology, KGMU, Lucknow, UP, Bharat

Master's Training Programme (MTP) by Certified Dietitians & Nutritionist
on
Clinical & Traditional Nutrition

Chief Guest
Dr. Shraddha Singh
Prof. & Head, Physiology, KGMU, Lucknow

Guest of Honour
Dr. R A S Kushwaha
Prof. Respiratory Medicine, KGMU, Lucknow

Venue:- Kalam Center, KGMU, Lucknow
Date:- 20 Sept., 2025; Sat. --- Time :- 9AM - 5 PM

Organising Chairman
Dr. Sanjeev Pandey
CEO, Global Trust of India (GTI)
Wellness Lifestyle Counsellor

Organising Co-Chairman
Dr. A P Saxena
GM Marketing
Global Trust of India (GTI)

Organising Secretary
Dr. Shalini Srivastva
Convener, NetProFaN FSSAI (GOI), UP, Lucknow Chapter
Senior Dietician, KGMU, Lucknow

-:Support:-

TurmNova
Dietitians Patented Turmeric Lozenges

Dr. पाण्डेय की वेलनेस स्वास्थ्य पाठशाला

Nature's Treasure
अमरुत चूर्ण
हिन्दी / अंग्रेजी उच्चारणिक टि-पॉकेट

Masters Training Programme (MTP) aims to

1. Upgrade the skills of Dietician & Nutritionist for EMPLOYABILITY through Clinical & Tradition Training
2. To create skilled Master Trainers. Why, MTP? Masters Training Programmers (MTPs) are a very specialized type of tailor-made type of training modules to produce Master Trainers (MT) - having unique qualities, dedication & sincerity to create future trainers not only educators,

REPORT

On 20 Sept. 2025, MTP on clinical & traditional nutrition organised by Global Trust of India (GTI) & NETProFAN, FSSAI (Govt.Of India, initiative), Lucknow UP-Chapter at Kalam Centre KGMU Lucknow UP Bharat, in technical collaboration with department of physiology KGMU Lucknow, UP Bharat. Chief Guest was Dr. Shraddha Singh, Prof. & Head, department of physiology KGMU Lucknow & Guest of Honour was Dr. Ram Awadh Singh Kushwaha ,Prof. Department of Respiratory Medicine . KGMU Lucknow, UP Bharat.

Out-come

Total trainee were 72, not from only up (from Lucknow, Baharaich , Gonda , Unnao) but from three states of Bharat, UK, Bihar & Delhi & from Nepal.

Three unsung warrior honoured with award namely

1. **Sr.Dt. Shalini Srivastava , KGMU Lucknow, UP Bharat. - GTI Nutrition Warrior (Female) Award -2024-25** For her dedicated work for Clinical Diet & Nutrition And Community Food for 25years.
2. **Dt. Kalpana Singh , Integral University, Lucknow UP Bharat. - GTI Nutrition Educator Award -2024-25** For her dedicated work for Clinical Diet & Nutrition And Community Food for 25years.
3. **Dr Sachidanand Jha Shandilya , New Delhi Gti Traditional Nutrition Warrior Award (Male)- 2024-25** for his dedicated work on traditional diet & Nutrition knowledge awareness for more than three decades

Training Given As Per Following Schedule:-

Time	Programme	Topic	Faculty
9 AM- 9:45	Kit distribution & Breakfast		
10 -10:45 AM	Inauguration Lighting the Lamp National Anthem	Distinguish Guests Address Awards Vote of Thanks	Chief Guest Guest of Honour Special Guest Org. President Org. Chairman Org. Co-Chairman Org. Sec.
15 Min Break			
11-11:30 AM	MTP	Food catering Management - Entrepreneurship	Dr Rachna Mishra Prof. ,Deptt. Nutrition I.T College, Lucknow
11:30AM-12:00	MTP	Clinical Nutrition and it's applications Skills	Dt.Shalini Srivastava Sr Dietician KGMU,Lucknow Convener Netpro.Fan Up Chapter Fssai India

12:00-12:30PM	MTP	Nutrition Science behind Traditional Nutrition - Super Foods	Dr Neelam Singh Prof.& Head , Deptt. Nutrition I.T College, Lucknow Chief Convener Netpro.Fan Up Chapter Fssai India
12:30-01:00PM	MTP	Mother & Child care and Measures for Health Issues like Obesity, BP & Diabetes	Dr Rajeev Mishra RHTC Training Incharge Deptt. ofCommunity & Public Health,KGMU, Lucknow
01:00 – 1:30 PM	MTP	Women's Health -Pre & Post Pregnancy Nutrition	Dr. P L Shankhwar Deptt. of Obst. & Gynecocology KGMU Lucknow
Lunch Break for 30 Minutes			
02:00-2:30 PM	MTP	Chronic Inflammation and it's Dietary treatment options.	Mr. Rajeev Khanna CEO, TurmNova
02:30-3:00 PM	MTP	ABCD of Nutrition	Dr Sanjeev Pandey CEO, Global Trust Of India
3:00- 4:00 PM	MTP	Q&A Session	
4:00-5:00 PM	Valedictory session	Certificate & Award Distribution , Announcements	

RECOMMENDATIONS:

- 1. Nutrition Counsellor Groups/ consortium should be formed at Rural & Urban level.**
- 2. Nutrition Master Trainer human recourse Bank should be formed at Rural & Urban level.**
- 3. Nutrition Campaign Warrior Groups/ consortium should be formed at Rural & Urban level.**
- 4. Need Assessment workshops must be conducted for at Rural & Urban Community.**
- 5. Dieticians & Nutrition practitioners must be exposed to more professional environment.**
- 6. At regular interval Masters Training Programmes must be organised.**
- 7. Time to time refresher trainings should be organised for Dieticians,Nutrition practitioners.**
- 8. Dieticians & Nutrition practitioners Faculty Development Programme should be organised to upgrade.**

Few Moment of MTP

