



Nature's Treasure

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8th Issue

July-Sept. 2026

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Among those who received
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For Nomination & More details Visit to
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8th Issue, July-Sept.2026

Editorial



Dr Sanjeev Pandey,
Editor-in-Chief

Monsoon Season: A Public Health Challenge Behind the Clouds

The monsoon ends the heat and revives landscapes. It also revives a set of predictable public health threats that we continue to underprepare for.

Every monsoon season sees a sharp rise in preventable illness. Contaminated water drives outbreaks of typhoid, hepatitis A, cholera, and gastroenteritis. Stagnant water becomes breeding ground for mosquitoes, fuelling dengue, malaria, and chikungunya. Persistent humidity and dampness increase fungal skin infections, ear infections, and respiratory viruses that spread faster in crowded, wet conditions.

These are not mysteries. The pathogens, transmission routes, and peak periods are well documented. Yet surveillance is reactive, drainage infrastructure is overburdened, and public messaging arrives after cases spike. Households often lack clear, timely guidance on water safety, waste disposal, and mosquito control.

Monsoon health security rests on three pillars.

1. **First, infrastructure** — safe drinking water, Chlorinated water, covered drainage, Solid waste management before the rains begin.
2. **Second, vector control** — systematic elimination of stagnant water and community-level larval checks, not just emergency fogging.
3. **Third, behaviour** — Boil/filter water, avoid high-risk food, keep dry, use repellents and nets.

Waterborne: Nearly 70% of all disease outbreaks reported by the Ministry of Health and Family Welfare are waterborne. 37.7 million Indians are affected annually, with 1.5 million diarrheal deaths in children, peaking June–September.

Diarrhoea : NFHS 2015–2016 data shows average prevalence at 8.8%, with district highs reaching 29.1%.

Vector-borne: Stagnant water drives dengue, malaria, and chikungunya surges each monsoon.

The gap : Patterns are known, but response stays reactive. Drains overflow, safe water access falters, and advisories lag behind case spikes. WHO's India malaria profile tracks trends, yet elimination efforts are undermined by seasonal infrastructure gaps. and breeding sites are the drivers, not just sanitation.

4. Monsoon Health Myths

Myth 1 : Tap water is fine if it looks clear.

Fact : Cholera, typhoid, and hepatitis A spread through clear-looking water. Boiling or certified filtration is essential during monsoon.

Myth 2 : Fogging stops dengue.

Fact : Fogging kills adult mosquitoes but not larvae. Eliminating stagnant water in coolers, pots, and tires is more effective.

Myth 3 : Only dirty areas get outbreaks.

Fact : NFHS data shows hotspots in districts across income levels. Contamination and breeding sites are the drivers, not just sanitation.

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“Introducing Pioneer Concept to Award”
“Sudarshan Awards - to honour Award to Awardees” Road Map

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For Female/Male/Students(F/M),
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Among those who received
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in any discipline, in any category

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From 25 June to 31 August, 2026

GLOBAL SUDARSHAN AWARDS
Celebrating 2 Years of Nature's Treasure
(A Bilingual (Hindi & English) quarterly e-Magazine Global Trust of India (GTI)-Initiative)
to honour Award to Awardees

ELIGIBILITY

1. Area/Subject/Stream -All Walks of Life
2. Awardees of all categories.
In last 20 Years (between 2006-25 June 2026)
3. Category- Female ,Male, Students ,Gen-Z*
*(Born between 1997-2012)

TIMELINE

Nomination online - duration 2 Months
(25 July to 25 Sept, 2026)
Awardees Selection Duration 1Mnth-till Oct. 2026
Announcmt. of Sudarshan Awardees -In Nov. 2026
Announcmt. of Award Ceremony -Date & Venue
in December, 2026

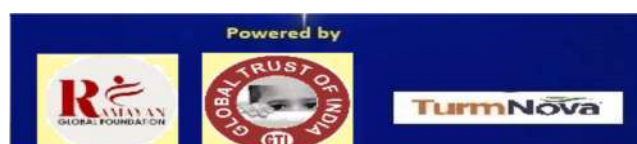
HOW TO APPLY

Online Nomination Via link or log in to www.gtitrust.in
Selection Committee decision will be final
In case of any tie*
*Preference will be given to GTI Faculty Life Member
*Preference will be given to GTI National Adv. Club Life Member

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**“Introducing Pioneer Concept to Award”
“Sudarshan Awards - to honour Award to Awardees” Road Map**

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For 36 years, Global Trust of India (GTI), as a milestone has launched multiple platforms, including Sankalp Health Education and Research Institute, and Cancer & AIDs Research Foundation for Quality Life (CARFQL) & **Nature’s Treasure (NT) - an e-magazine.**

Now, Nature’s Treasure (NT) e-magazine is proud to be completion of 2 Year, inspiring authors, researchers, individual unsung writers **across diverse disciplines.**

**On Completion of 2 years Nature’s Treasure (NT) e-magazine proud to announce
“Pioneer Concept to Award”
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NT vision is to honour luminaries from different walks of life both at **National & International Level.**

A. Eligibility:-

1. **Area/Subject/Stream -All Walks of Life**
2. **Awardees of all categories in last 20 Years (Between 2006 to 25June 2026).**
3. **Category- Female ,Male, Students ,Gen-Z (Born between 1997-2012)**

B. Procedure:-

1. **Nomination online - duration 2 Months (25 July to 25 Sept,2026)**
2. **Awardees Selection by selection committee - Duration 1 Month-till October,2026**
3. **Announcement of Sudarshan Awardees – in November,2026**
4. **Announcement of Award Ceremony date & Venue in December,2026**

C. Number of Award – 40 for each category

D. How to Apply

1. **Online Nomination through provided link or log in to www.gtitrust.in**
2. **General Nomination (processing Rs.1000/-* (Indian Citizen) US \$30* (Non-Indian Citizen)**
3. **For Students & Gen-Z nomination Rs. 500/-* (Indian Citizen) US \$15*(Non-Indians)**
to be deposited in bank account through UPI ID 8299497781@sbi at the time of nomination

***Nomination form Processing Expenses**

4. **After nomination guidelines & enrolment no shall be sent to registered candidate.**
5. **Selection Committee decision will be final.**
6. **In case of any tie**

***Preference will be given to GTI Faculty Life Member**

***Preference will be to given to GTI National Advisory Club Life Member**



राम का नाम जिनके अधर पर नहीं....



कवि रजत कुमार मिश्र

राम का नाम जिनके अधर पर नहीं
जिन्दगी के वो सच्चे सफर पर नहीं

राम मय ये हुआ सारा ससार
राम बिना सारा जीवन डी बेका
नाम वाला ये जादू बड़ा ही गजब
नाम लेते ही बन जाते कारन सब
ऐसा जादू किसी भी प्रकार में नहीं
राम का नाम

राम का नाम जिनके अधर पर नहीं
जिन्दगी के वो सच्चे सफर पर नहीं

ये चरण जब धुले सिया सग राम के
गम गये माय के वट व सग जाव के ।
राम के नाम से तैर गयी हर सिला
राम के नाम से बनका जीवन मिला
शांति जीवन करे वो इगार डी नहीं
राम का नाम

राम का नाम जिनके अधर पर नहीं
जिन्दगी के वो सच्चे सफर पर नहीं

करते है रात दिन व्यर्थ करते बड़ी
नाम लेते नहीं है घड़ी वो घड़ी
छल पधारी में रहता है जीवन को धन
राति रहता नहीं है मटकती यह मन
सत्संग भीर भजन का मसर डी नहीं
राम का नाम

राम का नाम जिनके अधर पर नहीं
जिन्दगी के वो सच्चे सफर पर नहीं

एक दिन सारा जीवन बिखर नाएगा
आज भी ना रहेगा ने कल आएगा
ने रहेगी यह काया ना रहेगा यह तन
फिर मिले ना मिले यह मानव तेजनी
आने रहते ना करता भजन कैयू नहीं
राम का नाम

राम का नाम जिनके अधर पर नहीं
जिन्दगी के वो सच्चे सफर पर नहीं



Ranjeev Srivastava
Retired Banker, Canara Bank



TRAVELOGUE

8th Issue, July-Sept., 2026

I, as a habitual traveller, have covered almost all the states of India, including Andaman and Lakshadweep. I have travelled by almost all the modes of transports even Cruise.

I also have travelled many countries of Europe viz. The Netherlands, France, Germany, Belgium, Austria, Italy, Switzerland, Poland, Vatican City, Luxembourg and Neighboring Nepal.

I visited all the places with my spouse and sometimes with children also. I also visited Poland with my wife and son. Before I describe about the most thrilling and horrifying place, let me share about the salt mine named “THE WIELICZKA” in Krakow in Poland. This is an amazing mine hidden from the world. This is also UNESCO world Heritage site, spread over underground galleries, situated about 450 feet deep, which could be covered in 2-3 hours. All the walls, galleries are made of pure salt, of different colours. The processes of mining are shown with the working models made up of salt. There is a huge hall called St Kinga’s Chapel, it is as big as a marriage hall, without any pillars. Entire mine is well ventilated and no suffocation felt. We can descend and ascend by lifts and stairs.

Now my visit to the most thrilling and horrifying place was AUSCHWITZ I, II, BIRKENAU, GERMAN NAZI CONCERNTRATION CAMPS, GAS CHAMBERS, and DEATH WALL all linked to World War II. It is symbol of holocaust and Nazi atrocities, mainly ADOLF HITLER, THE CRUELEST DICTATOR of the world ever.

We bought the entry tickets and taken audio tour. We started journey and visited the huge sheds depicting different exhibits and listening to the audio and a guide.

The whole complex is spread in vast area protected as UNESCO world heritage from 1979, it is a lesson to the whole humanity to desist from WARS. This is very heart touching place and we saw many persons were virtually crying profusely while seeing the place and details as displayed. It is a place where remains of racial genocide of about 1.5 million (15 lac) were starved, tortured and killed, are preserved. All prisoners were Jews, polis, Romani prisoners of war were captured from the different parts of Europe and were brought befooling them for better life, but were killed. The concentration camps and extermination center was established in 1940 by Nazi (Germany). However in the name of POW, innocent people including pregnant women, children, elders, handicapped, sick persons were kept like slaves, animals in the most brutal, inhuman, unhygienic conditions without proper food, medicines.

One very important is worth sharing, is that, if we travel to any country of Europe, we will not find any person discussing, practicing the RACIALISM. Because they have learnt a lot from racialism, war. They do not have any problem in travelling from one country to another without any check post, hindrances.

There were many barracks and huge chambers both side. They were the museums showing the photographs of people kept and killed, their hair which were cut, the utensils, the shoes, combs, the suitcase, baskets.

The toilets for use of 6-8 people together, bathing together, the bunk beds without mattresses.

The whole idea of Nazis, was to eliminate the whole community of JEWS as they were considered that they did not deserve to survive anywhere in the globe. The Nazi policy of spoliation, degradation and extermination of the Jews was rooted in a racist and anti-Semitic ideology.

They were brought in the goods trains at BIRKENAU, packed like animals, mercilessly. Where they were kept in barracks and were given hardly anything to eat.

They were gradually moved from barracks to gas chambers making them to believe that they are being taken to better place to live better lives. Then they were stuffed, wholly naked in the gas chambers. All the doors, windows were firmly locked without light and air. Then the tins of poisonous gas were thrown inside the gas chambers. I could see the signs of the scratch of nails of fingers on the walls, showing how they struggled to save their lives. They died slowly of suffocation and deadly gas.

We saw very small chambers where only 4 persons could stand without any space in between them, they did not have the space to bend or lie down. They were made to urinate and discharge stool in that condition, and ultimately died.

The newborn children were taken by NAZIS for their medical research as to how to enhance the race of Germans. The most notorious was Dr. Joseph Mengele, known as Angel of Death, He worked in Auschwitz, place his subjects in pressure chambers, tested drugs on them, froze them, attempted to change their eye colour by injecting the chemicals into the eyes of children and carried out brutal surgeries including amputation. Those who survived his experiments were always killed and dissected.

Any prisoner who tried to escape were caught and immediately shot dead, they were not able to flee as the whole boundary was fortified and was provided with barbed fencing with running high voltage current. Anyone who tried to flee were either shot dead or died due to shock of high voltage current.

Wall of death at Auschwitz is a haunting reminder of camps' brutal history. Prisoners were forced to run between the two walls, facing execution if they stopped or slowed down. Thousands were killed there.

There are chambers showing the long cut hair of women, their combs, brushes. The small milk bottles of children, small shoes, and what not. All that we could see was too much for anyone to plunge into deep sorrow and cry. The personal items in the collections are testimony to the lives of the victims before they were brought to the extermination camps, as well as to the cynical use of their possessions and remains.

BIRKANAU is a few kilometers away from Auschwitz, which consists of Barracks, Gas chambers, the railway station where the prisoners were brought by trains. Besides railway tracks and a few bogies are kept as heritage for the world to see the holocaust during the World War II. At the same place there is a crematorium of Jews, where the Jews come from all the corners of globe to pay their homage to the innocent Jews who were butchered by Nazis.

The fortified walls, barbed wire, railway sidings, platforms, barracks, gallows, gas chambers and crematoria at Auschwitz Birkenau show clearly how the Holocaust, as well as the Nazi German policy of mass murder and forced labour took place. The collections at the site preserve the evidence of those who were premeditatedly murdered, as well as presenting the systematic mechanism by which this was done. Later the Nazis destroyed some of the chambers, before Russian army could reach.

We also visited Krakow, Poland the place where there was factory where Mr. Oskar Schindler had played a heroic role to take all possible steps to protect the prisoners from barbaric, ruthless and brutal end of them. Schindler's name is known globally a mark of courage in the world of Brutality, out of curiosity; I also bought a book on this subject and watched a film named "The Schindlers' List (OSCAR WINNER X7), Now available on OTT Prime Video. However it does not cover the whole story but a part of brutality of Nazis. The real culprit is Adolf Hitler who was very open about his hatred of Jews. Talking to a journalist, he said "once I am really in power, my first and foremost task will be the annihilation of the Jews. As soon as I have the power to do so, I will have the gallows built in rows..... Then the Jews will be hanged indiscriminately, and they will remain hanging until they stink; they will hang there as long as the principles of hygiene permit.

The Auschwitz camp complex has survived largely unchanged since its liberation in January 1945. The remaining camp buildings, structures and infrastructure are a silent witness to history, bearing testimony of the crime of genocide committed by the German Nazis. They are an inseparable part of a death factory organized with precision and ruthless consistency.

The above description is not in detail, but short. Being unable to give details in full, with emotions, experience and lessons we draw from this holocaust, due to space limitations.

Please watch the film “Schindler’s List” on Amazon prime to get a glimpses of atrocities.



8th Issue, July-Sept.2026



Dt. SHALU KUSHWAHA
Bsc Nutrition and dietetics

Case Study of Seconary Infections

CASE STUDY

GENERAL INFORMATION

PATIENT NAME: Ram Chabile

DATE OF ADMISSION: 02/02/2026

WARD NO.: Male Ward

DIAGNOSIS: Sepsis (suspected, likely secondary to infection such as UTI / GI source), Type 2 Diabetes Mellitus – uncontrolled, Acute Kidney Injury (early / evolving)

DEMOGRAPHIC DATA

Gender: Male

Income level: Below ₹7 lakh per year

Education level: High School

Marital status: Married

Religion: Hindu

Geographic location: Lucknow, India

ANTHROPOMETRIC DATA

Age: 58 years

Height: 167 cm

Weight: 62 Kg

Body Mass Index (BMI):
22.9

Chief Complaints

Severe abdominal and gastric pain
Urological distress
Systemic illness symptoms
Extremely high blood sugar

History of Present Illness

Sepsis
Acute Kidney Injury (AKI)
Acute Gastritis
Severe Hyperglycemia

Past Medical History

Type II Diabetes Mellitus (T2DM)
Hypertension (HTN) Benign Prostatic
Hyperplasia (BPH)
Renal Calculi:

Clinical Findings

Blood sugar levels fluctuating:
Very high values: **379 mg/dL, 497 mg/dL**
Episodes of hypoglycemia: **47 mg/dL**

Laboratory Investigations

Hematology:

Hemoglobin: **8.3 g/dL** ↓ (Anemia)
TLC: **6400 cells/mm³** (within range but
infection still possible)

Biochemistry:

Creatinine: **1.29 mg/dL** (borderline ↑ →
kidney involvement)
Sodium: **131 mmol/L** ↓
Potassium: **5.0 mmol/L** (upper normal)
Chloride: **104 mmol/L**

SEPSIS

Sepsis is a life-threatening medical emergency. It happens when an infection you already have—in your skin, lungs, urinary tract, or elsewhere—triggers a chain reaction throughout your entire body.

Normally, your immune system fights a local infection. In sepsis, the immune system stops fighting just the "invader" and starts attacking the body's own tissues and organs.

Symptoms

Medical professionals often use the acronym **TIME** to identify the signs of sepsis:

- **T — Temperature:** Higher or lower than normal. You may feel very cold or have shivering.
- **I — Infection:** You may have signs of an infection or have recently undergone a medical procedure.
- **M — Mental Decline:** Confusion, sleepiness, or difficulty waking up.
- **E — Extremely Ill:** Patients often describe a "feeling of impending doom" or say, "I feel like I might die."

Other physical signs include:

- **Low Blood Pressure:** The heart struggles to pump blood.
- **High Heart Rate:** The heart beats faster to compensate for low pressure.
- **Shortness of Breath:** Breathing becomes rapid.
- **Low Urine Output:** A sign that the kidneys are beginning to struggle or fail.

The Causes of Sepsis

Any type of infectious germ can lead to sepsis. The most common "starting points" for the infection are:

1. **Lungs:** Pneumonia.
2. **Kidneys/Bladder:** Urinary tract infections (UTIs) or kidney stones that block urine flow.
3. **Gut:** Appendicitis, peritonitis, or gallbladder issues.
4. **Bloodstream:** Infections from IV lines or catheters.
5. **Skin:** Infected wounds or burns.

Dietary Support During and After Sepsis

Because sepsis causes the body to go into a "hyper-metabolic" state (it burns energy very fast to fight), nutrition is vital for recovery:

- **High Protein:** Needed to repair the damage to tissues and muscles.
- **Hydration:** Controlled IV fluids are used in the hospital to maintain blood pressure.
- **Easy Digestion:** Since the gut often slows down during sepsis, soft or liquid-based nutrients are preferred during early recovery.

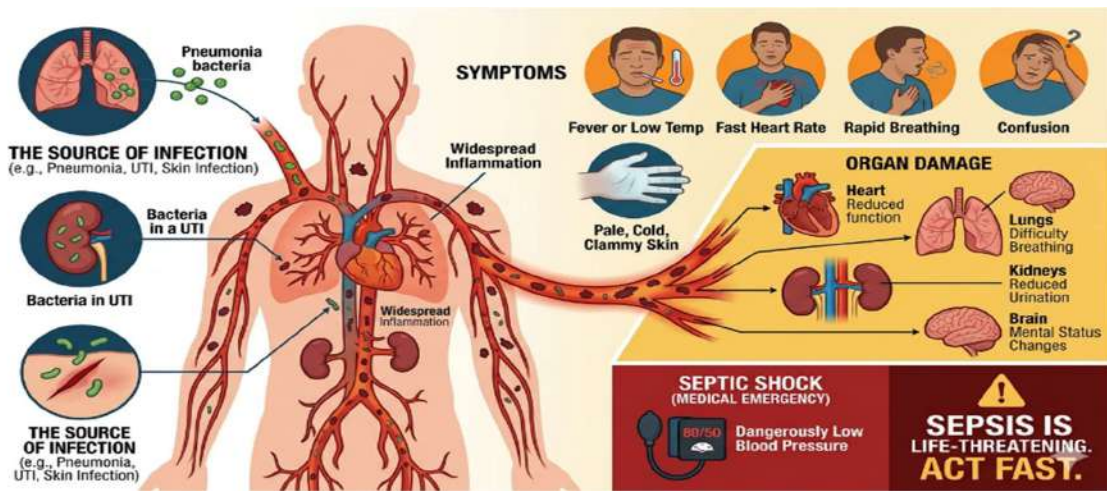


Fig 1.1

Acute Kidney Injury

Acute Kidney Injury (AKI) is a sudden episode of kidney failure or kidney damage that happens within a few hours or a few days. Unlike chronic kidney disease, which develops slowly over years, AKI is an abrupt "shutdown" of the kidneys' ability to filter waste from your blood.

How It Works (The Mechanism)

Your kidneys act as the body's filtration system. In AKI, the "filters" (nephrons) stop working because of a lack of blood flow, direct damage to the kidney tissue, or a blockage that prevents urine from leaving the body.

Common Causes

AKI is usually caused by another serious medical event. It is generally categorized into three types:

1. **Pre-renal (Before the Kidney):** Issues that reduce blood flow to the kidneys.
 - **Examples:** Severe dehydration, heavy bleeding, or **Sepsis** (where blood pressure drops too low).
2. **Intrinsic (Inside the Kidney):** Direct damage to the kidney tissue.
 - **Examples:** Severe infections, certain toxic medications (like some antibiotics or heavy use of painkillers), or autoimmune diseases.
3. **Post-renal (After the Kidney):** Blockages that stop urine from draining out.
 - **Examples:** **Kidney stones**, an enlarged prostate (BPH), or tumors.

Symptoms of AKI

Because the kidneys regulate fluids and chemicals, symptoms often affect the whole body:

- Reduced Urine Output
- Fluid Retention
- Shortness of Breath
- Confusion and Fatigue

- Irregular Heartbeat

Dietary Management for AKI

When the kidneys are injured, they cannot handle "heavy" nutrients. The diet must be strictly controlled to prevent toxins from reaching dangerous levels:

- **Limit Potassium:** High potassium can stop the heart. Avoid bananas, potatoes, spinach, and tomatoes.
- **Limit Sodium (Salt):** Salt causes the body to hold onto water, which increases swelling and blood pressure.
- **Protein Control:** While the body needs protein to heal, too much protein creates "urea," a waste product the kidneys might not be able to clear.
- **Fluid Monitoring:** In AKI, doctors often restrict how much water a person can drink because the kidneys aren't "peeing it out," which can lead to fluid overloading the heart and lungs.

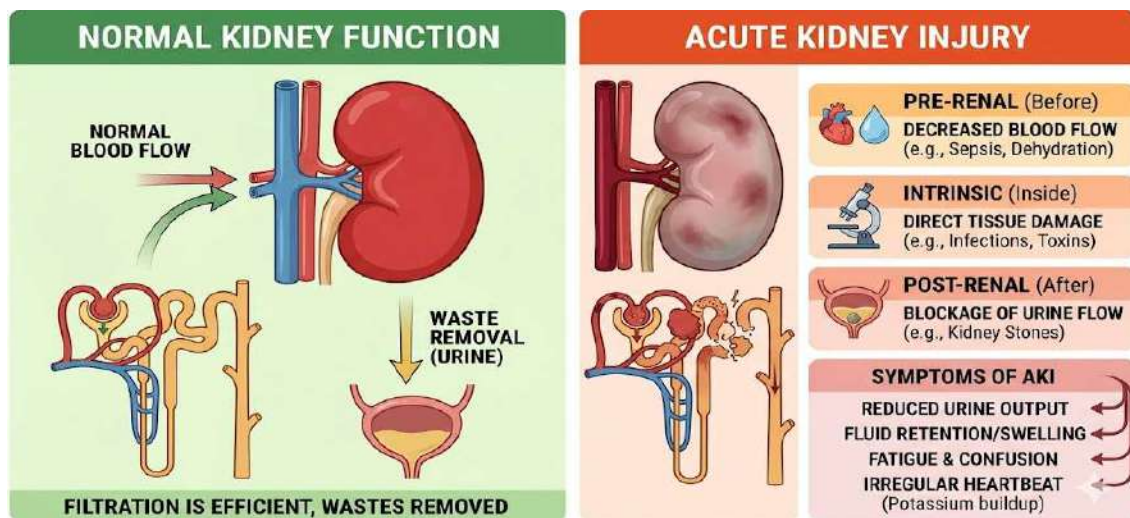


Fig1.2

Acute Gastritis

Acute Gastritis is a sudden inflammation or swelling of the lining of the stomach. To understand it easily, think of the stomach lining as a "protective coat" that keeps strong digestive acids from damaging the stomach wall. Gastritis happens when that coat gets worn thin or damaged.

The Causes (How the "Coat" Gets Damaged)

There are three main ways the stomach lining gets irritated:

- Infections
- Medications
- Irritants
- Stress

The Symptoms (How it Feels)

When the lining is inflamed, the stomach acid touches the sensitive wall, causing:

- Burning Pain:
- Nausea
- Fullness
- Bloating

Why It Matters

If Acute Gastritis isn't treated, it can lead to **Stomach Ulcers** (deep sores in the lining) or even internal bleeding.

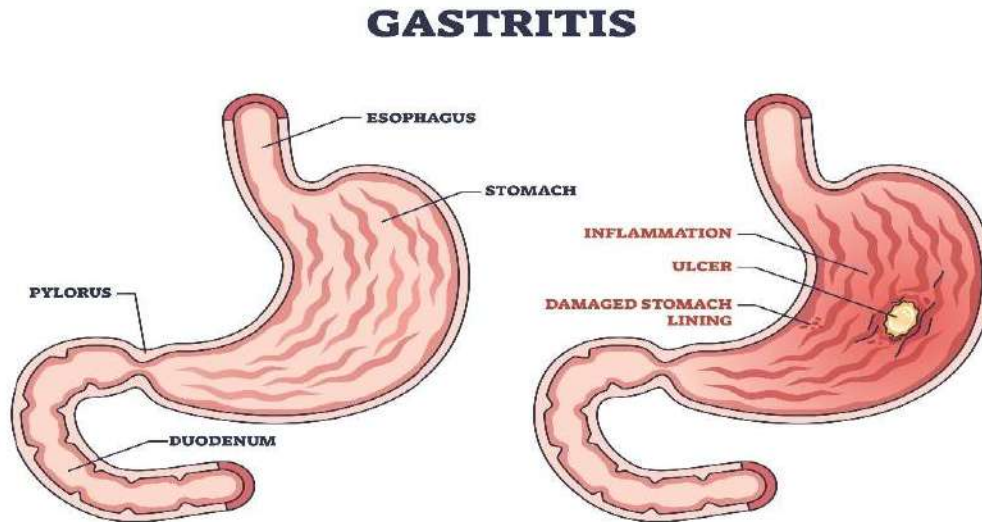


Fig1.3

Type 2 Diabetes Mellitus

Type 2 Diabetes Mellitus (T2DM) is a long-term condition where your body has trouble turning the food you eat into energy. To understand it simply, think of it as a problem with a **"Lock and Key"** system in your body.

1. How It Works (The Mechanism)

- **The Sugar (Fuel):** When you eat, your body breaks down carbohydrates into sugar (glucose), which enters your bloodstream.
- **The Insulin (The Key):** Your pancreas creates a hormone called **Insulin**. Insulin acts like a "Key" that opens the doors of your cells to let the sugar in for energy.
- **The Problem (The Rusty Lock):** In T2DM, your cells become **Insulin Resistant**. It's as if the locks on the cell doors are rusty. The "Key" (insulin) doesn't work well, so the sugar stays stuck in your blood instead of feeding your cells.

2. Common Causes

T2DM usually develops over many years and is caused by a mix of factors:

- **Lifestyle:** Being overweight or physically inactive makes your cells more resistant to insulin.
- **Genetics:** If your parents or siblings have diabetes, you are more likely to have it.

- **Age:** The risk increases as you get older, especially after age 45.

3. The Symptoms (The Warning Signs)

- Excessive Thirst
- Frequent Urination:
- Blurry Vision:
- Slow Healing:
- Fatigue:

4. Dietary Management (The "Diabetes Plate")

The goal is to keep blood sugar steady and avoid "spikes."

- Choose Complex Carbs
- Fiber is Your Friend
- Watch the "Whites"
- Portion Control

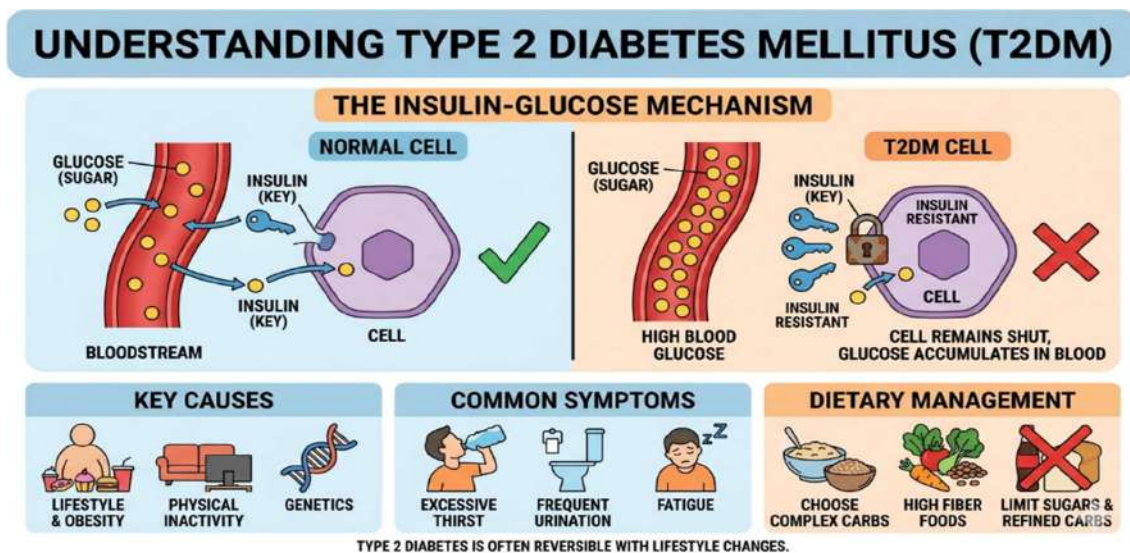


Fig1.4

Hypertension

Hypertension (HTN) is the medical term for **High Blood Pressure**.

1. How It Works (The "Garden Hose" Analogy)

- **The Pump:** Your heart is the pump that pushes water (blood) through the hose (arteries).
- **The Pressure:** "Blood Pressure" is the force of the blood pushing against the inside walls of your arteries.
- **The Problem:** If the pressure is too high for too long, it starts to damage the hose (arteries) and puts too much stress on the pump (heart).

2. Common Causes

In most cases, there isn't one single "reason," but rather a mix of factors:

- **Too much Salt (Sodium)**
- **Stiff Arteries**
- **Stress and Lifestyle**

3. Why is it called the "Silent Killer"?

Hypertension is dangerous because **it usually has no symptoms**. You can have very high blood pressure for years and feel perfectly fine. However, while you feel fine, the high pressure is quietly damaging:

- **The Brain:** Leading to strokes.
- **The Heart:** Leading to heart attacks or heart failure.
- **The Kidneys:** Damaging the delicate filters (leading to conditions like **AKI**).

4. Dietary Management (The DASH Diet)

The most famous diet for HTN is called the **DASH Diet** (Dietary Approaches to Stop Hypertension).

- **Lower the Salt:** Avoid pickles, papads, canned soups, and salty snacks. Try to stay under 1 teaspoon of salt per day.
- **Eat Magnesium-Rich Foods:** Nuts, seeds, and leafy greens help blood vessels relax and open up.
- **Focus on "Heart Healthy" Fats:** Use olive oil or mustard oil instead of heavy butter or palm oil.

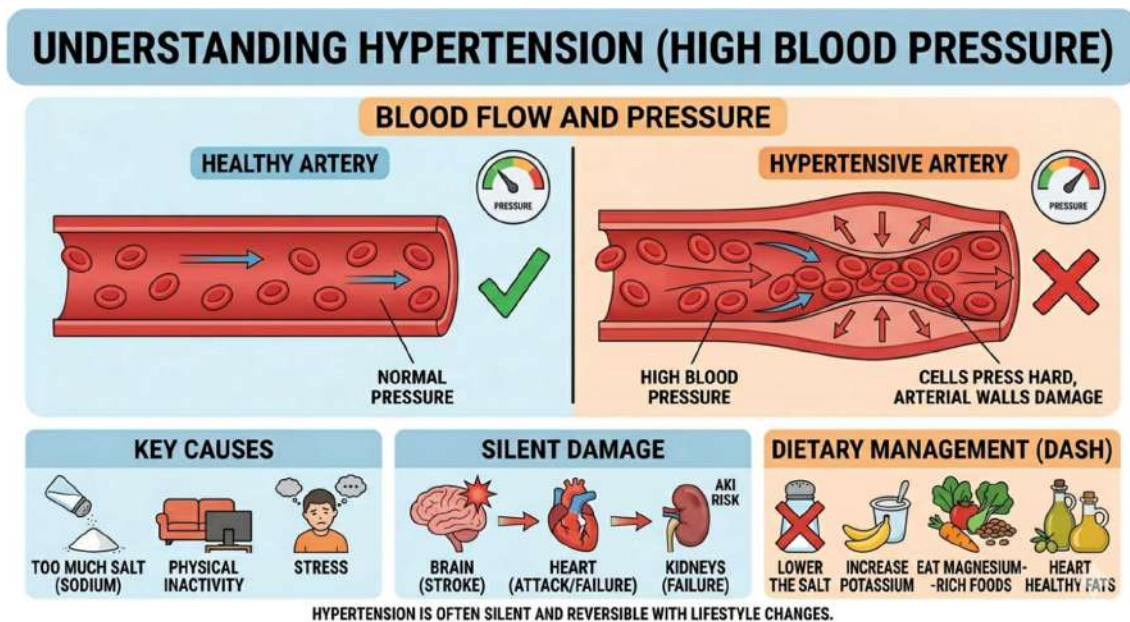


Fig1.5

GENERAL EXAMINATION AND BIOCHEMICAL INVESTIGATION

Date	Blood Pressure	SpO2	Temperature	Pulse Rate	FBS
02/02/26	128/80	96%	98.2 F	86bpm	379mg/dl
03/02/26	132/80	96%	98.2 F	84bpm	325mg/dl
04/02/26	126/90	98%	98 F	86bpm	285mg/dl

3 DAYS DIETARY RECALL OF THE PATIENTS

Nutrients	I Day	II Day	III Day
Energy (kcal)	1357	1361	1349
Protein (gm)	51.3g	47.6g	50g
Carbohydrates gm	226.6g	233g	226.4gg
Fat (gm)	27.3g	26.2g	26.9g

DIETARY MODIFICATIONS

Nutrients	RDA	MDA	Observed value	Difference Value
Energy (kcal)	2116 kcal	1400kcal	1356kcal	-44kcal
Protein (gm)	62g	40g	49.6g	+9.6g
Carbohydrates (gm)	264g	240g	228.7g	-11.3g
Fat (gm)	47g	31g	26.8	-4.2g

First Day Dietary Recall

Meal Time	Menu	Ingredients	Amount	CHO(g)	Protein(g)	Fat(g)
Early Morning	Tea Biscuit	Milk	50ml	2.3g	1.6g	0.05g
		Biscuit	9.72g	7.5g	0.7g	1.0g
Breakfast	Roti + Sabji	Wheat flour	70g	48.6g	8.5g	1.2g
		Bottle gourd	250g	8.8g	1.5g	0.3g
		Oil	5ml	0g	0g	5g
Midmorning	Fruit	Apple	50g	6.9g	0.15g	0.1g
Lunch	Roti + Sabji + dal + salad	Wheat flour	70g	48.6g	8.5 g	1.2g
		Bitter gourd	150g	6.3g	1.5g	0.3g
		Oil	5ml	0g	0g	5g
		Arhar Dal	20g	12.4g	4.4g	0.3g
		Cucumber	200g	7.2g	1.4g	0.2g
Snacks Time	Roasted chana	chana	50g	30g	11g	2.5g
Dinner	Roti + Sabji + Salad + curd	Wheat flour	35gm	24.7g	4.2g	0.6g
		Bottle gourd	250g	8.8g	1.5g	0.3g
		Oil	5ml	0g	0g	5g
		Cucumber	100g	3.6g	0.7g	0.1g
		Curd	100g	4g	2g	4g
Bedtime	Milk	Skimmed Milk	150ml	6.9g	3.7g	0.15g

Second Day Dietary Recall

Meal Time	Menu	Ingredients	Amount	CHO(g)	Protein(g)	Fat(g)
Early Morning	Tea Biscuit	Milk	50ml	2.3g	1.25g	0.05g
		Biscuit	9.72g	7.5g	0.7g	1.0
Breakfast	Daliya	Broken Wheat	50g	36g	6g	0.75g
			20g	1.4g	0.36g	0.02g
		Beans	5ml	0g	0g	5g
		Oil				
Midmorning	Fruit	Papaya	50g	5.4g	0.25g	0.15g
Lunch	Roti + Sabji + Dal + Salad	Wheat flour	70g	48.6g	8.5g	1.2g
		Tori	100g	3.4g	0.6g	0.1g
		Oil	5ml	0g	0g	5g
		Moong Dal	20g	12.6g	4.8g	0.24g
		Cucumber	100g	3.6g	0.7g	0.1g
Snacks Time	Roasted makhana + Tea	Makhana	50g	38.5g	4.9g	0.05g
		Milk	50ml	2.3g	1.25g	0.005g
Dinner	Roti + Sabji + Salad + Curd	Wheat flour	70g	48.6g	8.5g	1.2g
		Beans	100g	7g	1.8g	0.1g
		Oil	5ml	0g	0g	5g
		Cucumber	100g	3.6g	0.7 g	0.1g
		Curd	100g	4g	2g	4g
Bedtime	Milk	Skimmed Milk	150ml	6.9g	3.7g	0.15g

Third Day Dietary Recall

Meal Time	Menu	Ingredients	Amount	CHO(g)	Protein(g)	Fat(g)
Early Morning	Tea Biscuit	Milk	50ml	2.3g	1.25g	0.05g
		Biscuit	9.72g	7.5g	0.7g	1.0g
Breakfast	Roti + Sabji	Wheat flour	70g	48.6g	8.5g	0.05g
		Bottle gourd	250g	8.8g	1.5g	0.3g
		Oil	5ml	0g	0g	5g
Midmorning	Fruit	Apple	50g	6.9g	0.15g	0.1g
Lunch	Roti + Sabji + dal + salad	Wheat flour	70g	48.6g	8.5g	1.2g
		Bitter gourd	150g	6.3g	1.5g	0.3g
		Oil	5ml	0g	0g	5g
		Arhar Dal	20g	12.24g	4.4g	0.3g
		Cucumber	200g	7.2g	0.3g	0.2g
Snacks Time	Roasted chana	chana	50g	30g	11g	2.5g
Dinner	Roti + Sabji + Salad	Wheat flour	35gm	24.6g	4.2g	0.6g
		Bottle gourd	250g	8.8g	1.5g	0.3g
		Oil	5ml	0g	0g	5g
		Cucumber	100g	3.6g	0.7g	0.1g
Bedtime	Milk	Skimmed Milk	150ml	6.9g	3.7g	0.15g

RECIPE



Fig 1.6

Sprouts Salad

Ingredients (1 serving)

- Black grain
- Green pulses
- Tomato
- Onion
- Carrot
- Cabbage

Method

- Soak black chana overnight and boil it
- Wash and steam sprouts for 3–5 minutes
- Chop all vegetables
- Take a bowl and add everything
- Add salt, lemon juice, and spices
- Mix well and serve fresh

Nutrition Table

Ingredients	Amount	Carbs(g)	Protein(g)	Fat(g)
Black Grain	100g	57.3g	22.7	0.5
Grenn Pulses	50g	29.95	12.25	0.6
Tomato	50g	1.895	0.5	-
Onion	25g	1.8	0.45	-
Carrot	25g	1.6	0.0225	-
Cabbage	25g	1.28	0.36	-

Why this is good for diabetes

- **Low glycaemic index** → won't spike blood sugar suddenly
- **High fibre** → slows glucose absorption
- **Good protein** → helps keep you full and stable
- **No added sugar or unhealthy fats**



Original research

Title -

**Dr RAM KUMAR
(MDS, IMPLANTOLOGIST)
(ORAL CANCER SPECIALIST)
(OROFACIAL DISEASE SPECIALIST)**



Comparative analysis between soft and hard occlusal splint therapy in the management of myofascial and temporomandibular disorder pain

(A pilot study)

Abstract

Background & objectives: Temporomandibular disorders and myofascial pain have a multifactorial etiology and are characterized by clicking and pain in TMJ and myofascial muscles. The splints helps in distributing the heavy occlusal load associated with parafunctional habits, altering the occlusal equilibrium and correcting the condylar position. The objective of the study is to assess and compare the effectiveness of soft and hard occlusal splint therapy for the management of myofascial pain dysfunction (MPD) and TMJ disorder pain.

Material and Methods: The study includes 40 diagnosed cases of myofascial pain and TMJ disorder pain. Selected patients were divided into 2 groups of 20 patients. 1st group were given hard splint and 2nd group were given soft splint and treated for 4 months. Follow-up visits were performed during the treatment at 1, 2, 3 and 4 months interval, measurements were recorded which include pain visual analog scores, tenderness of masticatory muscles and clicking of the temporomandibular joints.

Results: All parameters showed significant improvement in pain, tenderness & clicking score in both hard & soft splint groups during the follow-up period. The difference in improvement in pain & tenderness score between hard & soft splint group were statistically insignificant. However, the soft occlusal splints exhibited statistically superior results in clicking score after 4 months of use.

Conclusions: Both forms of occlusal splints (soft and hard) improved symptoms in patients with MPD and TMJ disorder pain. However the soft splint group exhibited superior results in clicking score.

Keywords: Occlusal splint; TMJ; Myofascial pain



Yoga for Healthy Ageing

By Dr. Anjali Joshi, Yoga Therapist, HCG Cancer Center, Nagpur

Abstract

Healthy ageing is a process of preserving functional ability, independence, and quality of life throughout the lifespan. As life expectancy continues to increase worldwide, the challenges associated with the ageing process need to be addressed with lifestyle-based strategies. Originated in India, the ancient spiritual practice of yoga is emerging as a scientifically validated holistic approach for preventive health care and healthy ageing. This article reviews the potential role of yoga in promoting healthy ageing and its benefits across physical, psychological, cognitive, and spiritual dimensions of health.

Yoga practices including postures, breath regulation, meditation, mindfulness and relaxation have been shown to improve physical health, mental wellbeing, cognitive function, spiritual wellness and overall quality of life. These practices regulate stress responses, and enhance emotion regulation through neurophysiological and psychological mechanisms.

Emerging research indicates that yoga reduces oxidative stress and chronic inflammation, improve immune function, support mitochondrial health, and promote neuroplasticity. Mindfulness and meditative practices further cultivate acceptance, gratitude, meaning, purpose, and spiritual well-being. Beyond its physical benefits, the philosophical foundations of yoga can empower individuals to navigate the ageing process with greater wisdom, resilience, dignity, and self-discovery. Through integration of physical, mental, and spiritual dimensions of health, yoga offers a practical and holistic approach to support healthy ageing.

Keywords: yoga; ageing; quality of life; asana; pranayama; meditation

Introduction

With advances in modern healthcare, life expectancy across the globe has significantly improved. However, with longevity, the real challenge is remaining healthy, functional, independent, and fulfilled through these years. In a society that glorifies youth, ageing is commonly linked with deteriorating health, being dependent, and having a decline in quality of life.

Ageing is an inevitable, complex biological process that involves physiological, psychological, and social changes that affect overall health and quality of life. The World Health Organization refers to healthy ageing as the process of developing and preserving the functional abilities that support well-being in later years.

To address the challenges associated with the ageing process, lifestyle-based strategies to promote healthy ageing are gaining increasing attention. Among these,

yoga is emerging as a comprehensive, evidence-based, and time-honored strategy for coping with the adverse effects of ageing and promoting longevity.

How Yoga Promotes Healthy Ageing

A growing body of scientific research has highlighted yoga's positive impact on healthy ageing across multiple dimensions of well-being. [1]

Physical Health

A recently published review has concluded that yoga practice improves many ageing-related concerns, such as flexibility, balance, movement, cardiovascular function, pain, and management of chronic conditions. [2] Yoga postures help preserve muscle strength, maintain bone density, and enhance flexibility, balance, posture, and joint mobility. These improvements are valuable in reducing the risk of falls, preserving independence, and promoting overall physical function. Additionally, regular practice can support both the prevention and management of conditions such as hypertension, diabetes, obesity, arthritis, and cardiovascular disease. [3,4]

Mental and Emotional Well-being

Prolonged stress can accelerate the ageing process and lead to a range of psychosomatic disorders. Yoga practice integrates movement, breath regulation, relaxation, and meditation to regulate the body's stress response. Recent research supports the effects of yoga on biochemical, neurophysiological, and neuroimaging-related biomarkers. [5] Yoga is emerging as a mono-therapy in mild to moderate depression and as an adjuvant in anxiety disorders and substance use disorders. This holistic approach also improves emotional resilience and self-esteem.

Cognitive Health

Age-related decline in memory and attention remains a major challenge for healthy ageing. Yoga and meditation practices have been shown to improve concentration, sharpen attention, and enhance mental clarity. Yoga-based mind-body practices have been recommended for the maintenance of cognitive functions, both in age-related and disease-related cognitive decline. [6] Scientific literature strongly suggests that meditation and mindfulness practices alter the structural and functional working of the brain. They promote neuroplasticity and enable the brain to develop and strengthen neural pathways throughout life. [7]

Spiritual Well-being

Mindfulness and meditation practices cultivate self-reflection, faith, acceptance, gratitude, peace, and a deeper sense of meaning in life. [8] To navigate through age-related challenges such as illness, loss, and grief, philosophical principles of yoga can empower individuals with greater resilience and understanding.

Health-related Quality of Life

Regular yoga practitioners experience improved sleep quality, higher vitality, self-confidence, and a greater sense of fulfillment. By developing a sense of purpose, social connection, and holistic wellness, yoga enriches overall quality of life. [1]

Potential Biological Mechanisms

Research evidence has proposed several neurobiological mechanisms to explain the anti-ageing benefits of yoga. One significant mechanism is reducing oxidative stress, which causes cellular damage, chronic diseases, and age-related degeneration. Yoga practices preserve cellular health and improve mitochondrial function, thereby increasing cellular energy production and efficiency. [9]

Another key mechanism is modulation of chronic inflammation, which has been strongly associated with the ageing process and a wide range of age-related diseases. Yoga practices reduce inflammatory markers and improve immune function. Research demonstrates that yoga practice improves the functioning of immune cells, including natural killer cells and T lymphocytes, in older individuals. [10]

Emerging evidence also suggests that regular yoga practice may have a crucial role in preserving telomere length, a marker of cellular longevity and vitality. [1] Although further research is still needed to strengthen the evidence base, existing findings support the biological mechanisms through which yoga may contribute to healthy ageing.

Yoga Practices for Healthy Ageing

A well-designed yoga routine for healthy ageing should integrate yoga postures, breathing practices, meditation, mindfulness, and relaxation techniques. Yoga postures help maintain flexibility, mobility, balance, coordination, and muscle strength. Pranayama practices such as slow, deep abdominal breathing, Anulom-Vilom, and Bhramari induce relaxation, improve concentration, and support cardiovascular health. Meditation and mindfulness cultivate self-awareness, emotion regulation, and mental clarity while reducing stress and anxiety. Om chanting and Yoga Nidra facilitate deep relaxation, improve sleep quality, and contribute to overall physical, mental, and emotional well-being.

Practice Considerations

If practiced carefully and under the guidance of a qualified professional, yoga is safe and well-tolerated. However, individuals having chronic diseases, osteoporosis, glaucoma, recent surgeries, or balance impairments should seek medical advice and practice under supervision. Yoga practices should be customized according to age, health condition, ease of movement, and functional capacity.

Modifications of yoga poses using chairs, wall support, cushions, bolsters, and other props improve comfort and safety in individuals with restricted movements. Restorative yoga for relaxation is also beneficial in rejuvenating the mind. Integrating breath awareness into daily activities, practicing mindfulness during daily activities such as walking, or engaging in brief yoga stretches during breaks can also help.

Conclusion

Healthy ageing is not about increasing the lifespan; it aims to maintain function,

independence, and quality of life. Yoga is a scientifically validated holistic approach for preventive health care and healthy ageing. Regular yoga practice improves physical function, psychological well-being, cognitive health, spiritual wellness, and quality of life. Yoga helps individuals navigate through ageing as an opportunity for personal growth, deeper wisdom, and self-discovery to be embraced with awareness and dignity.

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Chrono-nutrition: Synchronizing Food with the Body's Clock

Introduction

Nutrition science has traditionally focused on *what* we eat and *how much* we consume. However, emerging research highlights another critical dimension: *when* we eat. This concept, known as **Chrono-nutrition**, integrates nutrition with circadian biology, emphasizing the timing of food intake in relation to the body's internal clock. As modern lifestyles increasingly disrupt natural rhythms, chrono-nutrition offers a promising approach to optimize health, prevent disease, and enhance well-being.

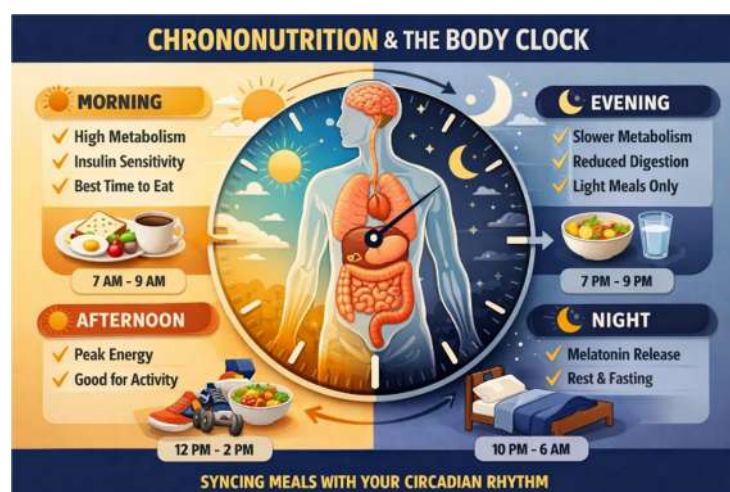
Definition

Chrono-nutrition is defined as the study of how meal timing, frequency, and distribution across the day influence metabolism, physiology, and overall health. It is rooted in circadian rhythms—biological processes that follow a 24-hour cycle, regulating sleep, hormone secretion, digestion, and energy utilization. In simple terms, chrono-nutrition explores the synchronization between the body's internal clock and dietary patterns, recognizing that eating at biologically appropriate times can improve metabolic efficiency.

Benefits

Chrono-nutrition provides several scientifically supported benefits:

- **Improved Metabolic Health:** Eating in alignment with circadian rhythms enhances glucose tolerance, insulin sensitivity, and lipid metabolism.





- **Weight Management:** Early-day eating is associated with better appetite regulation and reduced risk of obesity compared to late-night eating.
- **Enhanced Digestive Function:** The gastrointestinal tract exhibits time-dependent activity; consuming meals during peak digestive efficiency reduces discomfort and nutrient malabsorption.
- **Better Sleep Quality:** Avoiding late-night meals minimizes circadian disruption, supporting restorative sleep.
- **Reduced Risk of Chronic Diseases:** Proper meal timing lowers the risk of type 2 diabetes, cardiovascular disease, and metabolic syndrome.
- **Optimized Energy Levels:** Eating earlier in the day aligns with natural cortisol and melatonin cycles, promoting sustained energy and alertness.

Importance of Chrono-nutrition

The importance of chrono-nutrition lies in its ability to bridge nutrition science with chronobiology. Traditional dietary guidelines often overlook timing, yet evidence shows that irregular eating patterns can negate the benefits of healthy food choices. For example, consuming nutrient-rich meals late at night may still impair glucose metabolism. Chrono-nutrition emphasizes that *timing is as vital as quality and quantity*, making it a cornerstone of preventive healthcare and lifestyle medicine.

Chrono-nutrition and the Modern World

In today's fast-paced society, chrono-nutrition is more relevant than ever:

- **Shift Work and Irregular Schedules:** Millions of people work night shifts or rotating schedules, often eating at biologically inappropriate times. Chrono-nutrition provides strategies to mitigate health risks associated with circadian misalignment.
- **Urbanization and Technology:** Artificial lighting, screen exposure, and extended work hours disrupt natural rhythms, leading to late-night eating habits. Chrono-nutrition offers corrective measures.
- **Global Rise in Obesity and Diabetes:** With lifestyle-driven diseases escalating worldwide, chrono-nutrition emerges as a practical, non-pharmacological intervention.
- **Cultural Adaptability:** Chrono-nutrition can be integrated into diverse dietary traditions, making it globally applicable.

By addressing the temporal dimension of eating, chrono-nutrition aligns nutrition science with the realities of modern living.

Chrono-nutrition and Lifestyle Disorders

Lifestyle disorders such as obesity, diabetes, hypertension, and metabolic syndrome are strongly linked to poor eating habits and circadian disruption. Chrono-nutrition plays a crucial role in their prevention and management:



- **Obesity:** Late-night snacking and irregular meal timing contribute to weight gain. Chrono- nutrition encourages early-day calorie distribution, supporting weight control.
- **Diabetes:** Insulin sensitivity peaks in the morning and declines at night. Eating earlier improves glycaemic control and reduces diabetes risk.
- **Hypertension:** Chrono- nutrition helps regulate blood pressure by aligning sodium intake and vascular rhythms.
- **Metabolic Syndrome:** Structured meal timing reduces inflammation, oxidative stress, and hormonal imbalance associated with metabolic disorders.

Thus, chrono- nutrition is not merely theoretical—it offers tangible solutions for lifestyle-related health challenges.

Chrono-nutrition and Children

Children and adolescents represent a critical population for chrono-nutrition:

- **Growth and Development:** Proper meal timing supports hormonal regulation, bone growth, and cognitive development.
- **Academic Performance:** Breakfast consumption, aligned with circadian rhythms, enhances concentration, memory, and school performance.
- **Obesity Prevention:** Childhood obesity often stems from irregular eating and late-night snacking. Chrono- nutrition encourages structured meal patterns to reduce risk.
- **Sleep Quality:** Late meals interfere with melatonin secretion, leading to poor sleep and impaired learning.
- **Behavioural Health:** Consistent meal timing stabilizes mood and reduces hyperactivity or irritability in children.

By instilling chrono-nutrition principles early, children can develop lifelong healthy habits that protect against future lifestyle disorders.

Chrono-nutrition and Exercise

Nutrition and exercise are deeply interconnected, and their timing relative to circadian rhythms plays a decisive role in health outcomes. Just as the body metabolizes food differently depending on the time of day, physical performance and recovery also vary across the 24-hour cycle. Chrono-nutrition provides a framework to align eating patterns with exercise schedules for optimal results.

- Exercise Performance and Meal Timing:** Morning exercise often benefits from a light carbohydrate-rich breakfast to fuel activity, while evening workouts may require careful planning to avoid late-night heavy meals that disrupt sleep. Chrononutrition emphasizes consuming energy-dense foods earlier in the day to support training and recovery.
- Muscle Protein Synthesis:** Protein intake is most effective when distributed throughout the day, particularly after exercise. Aligning protein consumption with circadian peaks in muscle repair enhances recovery and growth.
- Metabolic Flexibility:** Exercising in a fasted state (such as early morning before breakfast) can promote fat oxidation, while fed-state exercise supports endurance and performance. Chrononutrition helps balance these strategies by considering both timing and individual goals.
- Hormonal Regulation:** Cortisol and growth hormone follow circadian rhythms. Eating and exercising in sync with these hormonal cycles improves energy utilization, reduces stress, and supports anabolic processes.
- Weight Management and Lifestyle Disorders:** Combining chrono-nutrition with exercise timing reduces obesity risk, improves insulin sensitivity, and enhances cardiovascular health. For example, exercising in the late afternoon, when body temperature and muscle strength peak, paired with an early dinner, optimizes metabolic outcomes.



Chrono-nutrition and Work

Work patterns, whether traditional office hours, remote work, or shift-based employment, strongly influence eating habits and circadian alignment. Chrono-nutrition provides valuable insights into how meal timing can support productivity, mental focus, and long-term health in the workplace.

- Cognitive Performance:** Eating breakfast aligned with circadian rhythms enhances alertness, memory, and decision-making during morning work



hours. Skipping or delaying meals often leads to reduced concentration and fatigue.

- **Energy Management:** Midday meals timed appropriately prevent post-lunch dips in energy. Chrono-nutrition encourages balanced meals earlier in the day to sustain productivity without causing lethargy.
- **Shift Work Challenges:** Night-shift employees often eat at biologically inappropriate times, increasing risks of obesity, diabetes, and cardiovascular disease. Chrono-nutrition offers strategies such as light, nutrient-dense meals during shifts and avoiding heavy food intake close to bedtime.
- **Stress and Hormonal Balance:** Workplace stress elevates cortisol levels, which interact with circadian rhythms. Eating at consistent times stabilizes hormonal fluctuations, reducing stress-related metabolic disturbances.
- **Workplace Wellness Programs:** Incorporating chrono-nutrition into corporate wellness initiatives can improve employee health, reduce absenteeism, and enhance overall productivity. Structured meal breaks aligned with circadian biology foster healthier work environments.

Chrono-nutrition and Stress

- Stress is a pervasive factor in modern life, influencing both physical and psychological health. Chrono-nutrition offers a unique perspective on how meal timing can modulate stress responses and support resilience.
- Cortisol Regulation:** Cortisol, the primary stress hormone, follows a circadian rhythm—peaking in the morning and declining throughout the day. Eating meals aligned with this rhythm stabilizes cortisol secretion, reducing stress-induced metabolic disturbances.
- Blood Sugar Stability:** Irregular eating patterns and late-night meals can cause fluctuations in blood glucose, which exacerbate stress and anxiety. Chrono-nutrition emphasizes structured meal timing to maintain stable energy levels and reduce irritability.
- Gut-Brain Axis:** The microbiome interacts with circadian rhythms and stress pathways. Eating at consistent times supports gut health, which in turn improves mood regulation and reduces stress-related disorders.
- Sleep and Recovery:** Stress often disrupts sleep, and poor sleep amplifies stress. Chrono-nutrition helps by avoiding heavy meals close to bedtime, thereby supporting melatonin release and restorative sleep.
- Workplace and Academic Stress:** Students and professionals under pressure often skip meals or eat at irregular times. Chrono-nutrition encourages balanced, timely meals to sustain concentration, reduce fatigue, and buffer against stress.



In essence, chrono-nutrition is a synergistic approach: eating at biologically appropriate times fuels activity, while exercise reinforces circadian alignment, creating a feedback loop that supports long-term health. Chrono-nutrition is not only helpful for one particular age group or disease condition, it is beneficial for everyone at large.

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Healing PCOS Through Natural Hygiene and a Fruitarian Lifestyle: A Case Study



Dt. Ayushi Shukla

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Abstract

Polycystic Ovary Syndrome (PCOS) is a multifactorial endocrine and metabolic condition characterized by menstrual irregularities, insulin resistance, ovarian dysfunction, infertility, weight gain, and various metabolic disturbances. Conventional management often emphasizes symptom control through medications and hormonal interventions. Natural Hygiene offers a contrasting perspective, viewing PCOS as an adaptive response to chronic physiological burden arising from inappropriate diet, digestive overload, toxemia, insufficient rest, emotional stress, and departures from biologically appropriate living.

This article examines PCOS through the lens of Natural Hygiene principles and presents a case study of a woman who adopted a predominantly fruitarian lifestyle along with complementary Natural Hygiene practices. Improvements were observed in body weight, digestive function, menstrual regularity, energy levels, and overall well-being. The case illustrates how dietary simplification and alignment with natural laws may support the body's self-regulatory and restorative processes.

Introduction

Polycystic Ovary Syndrome (PCOS) affects an estimated 6–13% of women of reproductive age worldwide and is recognized as one of the most common endocrine disorders. Clinical manifestations may include irregular menstrual cycles, anovulation, infertility, insulin resistance, obesity, acne, excessive hair growth, and psychological distress.

From a conventional medical standpoint, PCOS is considered a complex condition involving genetic, hormonal, metabolic, and environmental influences. Natural Hygiene, however, approaches the condition from a broader biological perspective. Rather than focusing primarily on the ovaries or hormonal markers, Natural Hygiene examines the overall health of the organism and seeks the underlying causes that impair normal physiological function.

Natural Hygiene proposes that health is the body's normal state and that disease processes emerge when the organism is burdened by chronic violations of natural law. According to Shelton, Fry, and other Natural Hygiene educators, restoration of health occurs not through treatment of symptoms but through removal of causes and provision of the conditions necessary for normal living. Within this framework, PCOS is viewed as a manifestation of systemic imbalance rather than an isolated reproductive disorder.

Natural Hygiene teaches that the human body is inherently self-healing when provided with its biological requirements and relieved of unnecessary burdens.

Pioneers such as Dr. Herbert Shelton and Dr. T.C. Fry emphasized that health is not created by treatments but by removing obstacles to health and supplying the conditions necessary for normal physiological functioning.

The Natural Hygiene View of PCOS

Natural Hygiene does not regard PCOS as a disease entity that must be suppressed or controlled. Instead, it views the syndrome as the body's attempt to adapt to prolonged physiological stress and internal imbalance.

According to Natural Hygiene principles, several factors may contribute to the development of PCOS:

Chronic Toxemia

Natural Hygiene teaches that years of consuming highly processed cooked foods, dairy products, concentrated fats, refined sugars, stimulants, and Medications, excessive protein create a state of chronic toxemia. The accumulation of metabolic waste is believed to interfere with normal cellular function and hormonal regulation.

Digestive and Metabolic Burden

Frequent eating, overeating, poor food combining, and consumption of foods that are difficult to digest may divert large amounts of vital energy toward digestion. As digestive efficiency declines, systemic health may deteriorate, affecting endocrine and reproductive function.

Reduced Nerve Energy and Vitality

Shelton emphasized that all healing and regulation depend upon adequate nerve energy. Frequent painkillers, surgery, medications Chronic stress, sleep deprivation, sedentary living, emotional conflict, and environmental excesses may reduce the body's adaptive capacity and impair normal ovarian function.

Insulin Resistance as a Consequence of Lifestyle

While conventional medicine recognizes insulin resistance as a central feature of many PCOS cases, Natural Hygiene interprets this disturbance as a consequence of long-term toxins, dietary and lifestyle practices that burden the organism and impair metabolic efficiency.

Hormonal Imbalance as a Secondary Manifestation

Natural Hygiene views hormones as messengers responding to the body's overall condition. Thus, abnormal hormonal patterns are considered secondary manifestations of deeper systemic imbalance rather than the primary cause of the disorder.

The primary objective of a Natural Hygiene program is therefore not hormonal manipulation but restoration of normal physiological conditions through biologically appropriate living.

Why Fruits?

Natural Hygiene considers fresh fruits to be the most biologically appropriate food for humans because they are:

- Rich in water
- Easy to digest
- Naturally cleansing
- High in antioxidants
- Abundant in vitamins and minerals
- Low in metabolic waste

Fruits require minimal digestive effort, allowing the body to redirect energy toward repair, restoration, and normal regulation.

Case Study -- 37 Days of Transformation (December 14, 2020 --January 18, 2021)

Patient Profile -- Dr Prajakta Patil

Age: 19 years

Weight -50 kg

Medical Diagnosis: Rare form of lean-type PCOS

History:

- colds , coughs & throat inflammation
- Diagnosed with Appendicitis in 2011
- Took painkillers At the age of 14 years did appendectomy in July 2015 Ruptured appendix was removed and pus was drained
- Followed by surgery Acne strated
- Missed periods for 6 Months Took treatment from gynaecologist for 2.5 years
- Diagnosed with rare type of Lean-type PCOS as weight was only 50 kg
- Despite dieting and exercising she struggled to lose weight.

No natural periods, only induced bleeding from medication

Symptoms of hirutism ,hairloss and elevated DHEAs & Testosterone levels started

Hormonal medications made her feel constantly tired without offering a true solution,she stopped them and tried Homeopathy forca year with no results and then moved to ayurveda but nothing worked

Periods delayed for 6 month despite doing personal Yoga course

In December 2020 she found Eat fruits and Heal and started her Fruitarian journey under the guidance of Fruitarian Gaurav Goyal

Previous Lifestyle

Breakfast: Milk home made breakfast

Lunch: Normal Indian cooked meal

Evening: Maharashtrian snacks sometimes outside food

Dinner: Homemade cooked food cereals vegetables

Additional factors:

- Sedentary lifestyle
- Late sleeping habits
- Minimal sunlight exposure

Fruit diet Intervention

Phase 1: Simplification

The participant stopped

- Refined sugar
- Dairy products
- Grains pulses
- All cooked food
- Fried foods
- Processed foods
- Tea and coffee

Phase 2: Predominantly Fruitarian Diet

Started eating Fruits throughout the day according to Real Hunger no timings

All seasonal Water-rich and dense fruits were included

Like Watermelon or papaya mono-meal , Sweet fruits magi Banana Chikoo

First 10 Days on Fruit diet were challenging she battled cravings and soon began to feel better physically and mentally. By day 37 , something incredible happened and she got her first natural periods in Five years - without any medication . She states " January 18,2021, is the date I'll never forget. It marked two milestones , my healing from PCOS and my first day of medical College.

Additional Lifestyle Practices

- Rest and Sleep
- Adequate hydration according to thirst

Observed Changes in 37 Days

- Improved bowel movements
- Reduction in fatigue
- Increased energy
- Better sleep
- Weight reduction
- Acnes vanished and got clear skin
- Improved mood stability
- Significant decrease in cravings
- Enhanced emotional well-being

- Increased vitality and physical activity

She continued the Fruitarian lifestyle. Today in 2026 she is completely healthy. Her periods are regular , her hair is thick and healthy , skin glows and the body is back in natural shape lean muscle mass.

Possible Mechanisms

While Natural Hygiene attributes recovery primarily to restoration of normal physiological conditions, modern scientific understanding suggests several factors that may contribute:

- Weight reduction improves hormonal sensitivity.
- Increased intake of natural ideal human diet (fruits) support metabolic health.
- Higher fiber consumption can influence hormone metabolism.
- Improved sleep positively affects endocrine function.
- Reduced processed food intake may improve insulin regulation.

These changes coincided with improvements in overall well-being.

Limitations

This report represents a single case study and should not be interpreted as proof that a fruitarian diet cures PCOS

Individual responses vary based on:

- Genetic factors
- Severity of the condition
- Lifestyle history
- Adherence level
- Overall health status

Conclusion

Natural Hygiene proposes that health is restored when the body's biological needs are met and unnecessary burdens are removed. In this case study, a predominantly fruitarian lifestyle combined with proper rest, emotional balance, and simple food combining was associated with substantial improvements in symptoms commonly associated with PCOS.

The Natural Hygiene perspective on PCOS differs fundamentally from conventional symptom-centered approaches. Rather than viewing the syndrome as an isolated hormonal disorder, Natural Hygiene regards it as a manifestation of systemic imbalance arising from excess medicines (toxin) exposure , chronic dietary excesses, digestive burden, lowered vitality, inadequate rest, emotional stress, and departures from natural living.

The case presented in this article demonstrated meaningful improvements in menstrual regularity, skin, hair, body weight, digestion, energy, and overall well-being following the adoption of a predominantly fruitarian lifestyle and Natural Hygiene practices. While such observations cannot establish causation, they suggest that dietary simplification and adherence to fundamental health principles may support the body's inherent capacity for self-regulation.

Further scientific investigation is needed to evaluate the effects of fruit-based and Natural Hygiene approaches in women with PCOS. Nevertheless, this case highlights an important principle emphasized throughout Natural Hygiene literature: when the causes of physiological disturbance are removed and the requirements of life are adequately supplied, the body often demonstrates remarkable restorative potential.

Whether viewed through the lens of Natural Hygiene or modern lifestyle medicine, the case highlights the potential value of dietary simplification, natural living, and supporting the body's innate capacity for self-regulation.

Key Natural Hygiene Principles for Women with PCOD

1. Eat whole, fresh, natural foods.
2. Emphasize juicy, ripe fruits.

3. Stop all dairy , processed foods and stimulants.
4. Obtain adequate sleep and rest.
5. Receive daily sunshine and fresh air.
6. Engage in regular physical activity.
7. Cultivate emotional balance.
8. Trust the body's self-healing capacity.

"Health is not something that must be manufactured; it is the natural state that emerges when life's requirements are properly supplied."

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Monsoon Wellness - Food Precautions, Immunity Boosting, and Protection from Water-Borne Diseases

The arrival of the monsoon is often welcomed with joy and relief. After months of scorching heat, the cool breeze, dark clouds, rhythmic sound of rainfall, and earthy fragrance of wet soil create a refreshing atmosphere. For many, the rainy season symbolizes renewal, comfort, and a closer connection with nature. However, while monsoon brings beauty and pleasant weather, it also introduces several health challenges that should not be ignored. Increased humidity, stagnant water, contaminated food, and unsafe drinking water create ideal conditions for the spread of infections and disease-causing microorganisms.

Every year, healthcare facilities witness a rise in seasonal illnesses during the rainy months. Cases of diarrhoea, food poisoning, typhoid, hepatitis, cholera, dengue, malaria, and various respiratory infections increase significantly. The reason is simple: rainwater often mixes with sewage, garbage, and drainage systems, contaminating food and water sources. Moisture in the environment also accelerates bacterial and fungal growth, making food spoil faster. Therefore, monsoon is not only a season to enjoy but also a time to be extra cautious about health, nutrition, and hygiene.

One of the biggest health risks during monsoon is water-borne disease. Unsafe drinking water becomes a major source of illness when water pipelines are damaged, water storage is poor, or contamination occurs through flooding. Even clear-looking water may contain harmful bacteria, viruses, or parasites invisible to the naked eye. Consuming contaminated water can lead to diarrhoea, vomiting, stomach cramps, dehydration, jaundice, or severe infections such as cholera and hepatitis A or E. These illnesses can become particularly dangerous for children, older adults, pregnant women, and people with weakened immunity.

Ensuring access to safe drinking water is therefore one of the most important preventive steps during the rainy season. Water should preferably be boiled, filtered, or purified before consumption. Boiling remains one of the most effective and affordable methods to eliminate disease-causing organisms. Proper storage is equally important because purified water can become contaminated again if handled carelessly. Drinking water should always be stored in clean, covered containers, and direct hand contact with stored water should be avoided. Even ice cubes sold by roadside vendors may be unsafe if prepared from contaminated water, so beverages from unreliable sources should be consumed with caution.

Food hygiene becomes another major area of concern during monsoon. The combination of warmth and moisture creates ideal conditions for bacterial multiplication. Food that remains exposed for long periods becomes vulnerable to contamination. Leftover meals, improperly refrigerated foods, and uncovered dishes can quickly become breeding grounds for harmful microbes. Eating freshly prepared food is one of the simplest and most effective ways to reduce health risks during this season.



Home-cooked food prepared under hygienic conditions is always safer than outside food during the rainy months. Meals should ideally be consumed soon after cooking. Leftovers, if stored, must be refrigerated promptly and reheated thoroughly before reuse. Foods that smell unusual, appear discoloured, or show signs of fungal growth should be discarded immediately. Consuming spoiled food to avoid wastage can lead to serious illness.

Street food deserves special caution during monsoon. Rainy weather often increases cravings for fried snacks, spicy chaats, pakoras, golgappas, and hot beverages. While these foods may feel comforting, roadside food preparation may not always follow hygienic practices. Contaminated water, improper storage, exposure to flies, and repeated use of cooking oil significantly increase the risk of food-borne infections. Cut fruits, raw chutneys, open salads, and ice-based drinks sold in unhygienic environments are especially risky. Limiting such foods during monsoon can prevent many avoidable infections.

Fruits and vegetables remain essential for good health, but proper cleaning becomes more important during the rainy season. Fresh produce may carry mud, pesticide residues, worms, or harmful microorganisms. Washing fruits and vegetables thoroughly under running clean water helps reduce contamination. Leafy vegetables require extra care because dirt often remains trapped in folds and surfaces. Whenever possible, fruits should be peeled before eating. Raw salads should only be consumed when prepared under strict hygienic conditions using safe water.

Apart from hygiene, strengthening immunity is equally important during monsoon. Immunity is the body's natural Defense system that helps protect against infections. A strong immune system improves the body's ability to fight seasonal pathogens and recover faster. Nutrition plays a fundamental role in maintaining immune strength.

A balanced diet rich in vitamins, minerals, antioxidants, and protein is essential for immune resilience. Vitamin C is particularly important because it supports immune cell function and acts as a powerful antioxidant. Foods such as amla, lemon, guava, oranges, tomatoes, and bell peppers are excellent sources of vitamin C. Among these, amla stands out as a highly potent immunity-supporting food due to its exceptional antioxidant value.

Protein is another vital nutrient required for strong immunity. Many people underestimate the role of protein in immune function. Antibodies, enzymes, and tissue repair mechanisms all depend on adequate protein intake. Poor protein intake can weaken the body's Defense mechanisms. Pulses, milk, curd, paneer, eggs, soy products, fish, chicken, nuts, and seeds are valuable protein sources that should be included regularly in the diet.

Gut health also contributes significantly to immunity. A healthy digestive system improves nutrient absorption and supports immune regulation. Probiotic foods such as curd and homemade fermented foods help maintain beneficial gut bacteria. These friendly bacteria strengthen digestive health and may enhance resistance to infections. However, dairy products should always be consumed fresh and stored properly during humid weather.

Traditional Indian foods and spices provide additional support for seasonal wellness. Ingredients such as turmeric, ginger, garlic, tulsi, black pepper, and cinnamon have been valued for generations for their antimicrobial and anti-inflammatory properties. Incorporating these ingredients into daily cooking, soups, herbal teas, or warm milk preparations may support overall health and comfort during the rainy season.



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The type of food consumed during monsoon also matters. Heavy, oily, overly spicy, and excessively processed foods may burden digestion and cause discomfort. Warm, freshly cooked, light meals are usually better tolerated. Foods such as khichdi, dal, soups, steamed vegetables, porridge, and lightly spiced home-cooked meals provide nourishment while being gentle on the digestive system. Eating smaller balanced meals at regular intervals may further improve digestion and energy levels.

Good hygiene practices remain among the strongest defence's against seasonal disease. Handwashing with soap and clean water before meals, after using the toilet, after returning home, and before food preparation significantly reduces infection risk. This simple habit prevents the transfer of harmful microbes from contaminated surfaces into the body.

Household hygiene is equally important. Kitchens, bathrooms, and storage spaces should remain clean and dry. Damp surfaces encourage fungal growth and microbial contamination. Dustbins should remain covered, and waste disposal should be timely. Wet clothing and damp footwear should be dried quickly to prevent fungal infections of the skin and feet.

Mosquito control becomes especially important during monsoon because stagnant water serves as an ideal breeding site. Water collected in coolers, buckets, flowerpots, tyres, rooftops, or drainage areas can rapidly increase mosquito populations. Regular inspection and removal of stagnant water are critical to preventing mosquito-borne illnesses such as dengue and malaria.

Children, elderly individuals, and pregnant women require extra protection during monsoon. These groups are more susceptible to dehydration, infections, and complications. Parents should monitor children closely for fever, vomiting, loose motions, or poor appetite. Older adults and pregnant women should seek medical attention early if symptoms appear.

Monsoon can be a beautiful and enjoyable season when approached with awareness and preventive care. Safe food handling, clean drinking water, strong hygiene practices, and immunity-supportive nutrition together create a powerful shield against seasonal illness. Prevention begins with simple daily habits. Small precautions today can prevent major health complications tomorrow.

Rain brings life, freshness, and joy—but health must remain a priority. By making informed food choices and adopting preventive practices, families can fully enjoy the season while staying safe, healthy, and resilient.

Disclaimer -This article is intended solely for educational and awareness purposes. It does not replace professional medical advice, diagnosis, or treatment. Individuals with symptoms or health concerns should consult a qualified healthcare professional.

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TITLE: PCOD is Now a Days Considered PMOS: What Every Doctor Needs to Know? A Case Report

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ABSTRACT

Background: Polycystic Ovarian Disease is increasingly recognized as Polycystic Metabolic Ovarian Syndrome due to strong metabolic component. Many doctors still focus only on reproductive aspects.

Case Presentation: A [26]-year-old female presented with oligomenorrhea, hirsutism and weight gain. BMI [32.4] kg/m², WHR [0.92]. Fasting insulin [28.5] μ IU/ml, HOMA-IR [6.8] indicating severe insulin resistance. LH:FSH ratio [3.2:1], total testosterone [89] ng/dl. Lipid profile showed TG [210] mg/dl, HDL [38] mg/dl. USG confirmed polycystic ovaries.

Management: Lifestyle modification + Metformin 500mg BD + OCP. After 3 months, BMI [30.1] kg/m², HOMA-IR [4.2], cycles regular.

Conclusion: This case emphasizes that PCOD should be considered PMOS. Every doctor must screen for insulin resistance and metabolic syndrome in all PCOD patients, not just treat menstrual irregularity. Early metabolic intervention prevents T2DM and CVD.

Keywords: PCOD, PMOS, Insulin Resistance, HOMA-IR, Metabolic Syndrome, Case Report

INTRODUCTION

PCOD affects 8-13% reproductive-age women. Traditionally viewed as ovarian disorder, but recent evidence shows metabolic dysfunction is the primary driver. Term PMOS - Polycystic Metabolic Ovarian Syndrome - is gaining acceptance because insulin resistance and obesity precede ovarian manifestations. This case report highlights why every doctor must think "metabolic first" in PCOD.

CASE PRESENTATION

A [26]-year-old unmarried female presented with irregular menses 2 years, excessive facial hair and 12kg weight gain in 1 year.

Clinical Findings: Height [158]cm, Weight [81]kg, BMI [32.4] kg/m², BP [130/86] mmHg. Waist [94]cm, Hip [102]cm, WHR [0.92]. Ferriman-Gallwey score [16/36] for hirsutism. Acanthosis nigricans present - clinical marker of insulin resistance.

Investigations:

- USG: Bilateral enlarged ovaries with peripheral follicles "string of pearls"
- Hormones: LH [14.2] mIU/ml, FSH [4.4] mIU/ml, LH:FSH [3.2:1], Testosterone [89] ng/dl
- Metabolic: FBS [102] mg/dl, Fasting Insulin [28.5] µIU/ml, HOMA-IR [6.8]
- Lipids: Total Cholesterol [198] mg/dl, TG [210] mg/dl, HDL [38] mg/dl, LDL [118] mg/dl

Diagnosis: PCOD as per Rotterdam criteria + Metabolic Syndrome + PMOS phenotype

DISCUSSION - PMOS ANGLE

This case clearly demonstrates PCOD is not just ovarian disease but Polycystic Metabolic Ovarian Syndrome. Three key points every doctor must know:

1. Insulin resistance HOMA-IR [6.8] was severe despite age only [26] years. Metabolic dysfunction starts early.
2. Acanthosis nigricans was present - free clinical test for insulin resistance. No lab needed.
3. BMI [32.4] and WHR [0.92] show central obesity is core feature of PMOS, not secondary.

Current guidelines still call it "ovarian syndrome" but this patient proves metabolic screening is more urgent than ovulation induction. If we treat only periods, we miss diabetes and heart disease risk.

Management with metformin improved HOMA-IR from [6.8] to [4.2] in 3 months, proving insulin sensitization is key treatment in PMOS.

CONCLUSION - WHAT EVERY DOCTOR NEEDS TO KNOW

1. Rename conceptually: PCOD = PMOS. Think metabolism first, ovaries second.
2. Screen every PCOD patient for HOMA-IR, BMI, WHR, Lipid profile even if young and lean.
3. Acanthosis nigricans = Red flag for insulin resistance. No test needed.
4. Early metformin + lifestyle prevents progression to diabetes.

This paradigm shift from PCOD to PMOS will save millions of women from future metabolic complications.

INFORMED CONSENT: Written informed consent obtained from patient for publication of clinical details and photographs.

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Lord Hanuman: An Epitome of Devotion, Power, and Yogic Excellence

Lessons in Leadership, Communication, and Holistic Mastery for the Modern World

By **Dr. Rahul Misra** Author of *Ramayan: An Epicentre of Management and Skills*

Introduction: The Timeless Relevance of Hanuman

Lord Hanuman stands as an eternal symbol of strength, wisdom, and complete yogic mastery. In the present age, where mental and physical well-being are paramount, society can draw profound lessons from Hanumanji on harmonizing karma (righteous action) with yoga (discipline, focus, and inner balance). The Valmiki Ramayana repeatedly illustrates his deep meditation, unwavering concentration, and supreme command over mind, space, and time. Through his supramental abilities and absolute devotion to Prabhu Shri Rama, Hanuman triumphed over countless adverse and challenging circumstances.

Revered by names such as Sankatmochan (the reliever of distress), Bajrang Bali, and Vayu Putra (son of the Wind God), Hanuman is the son of Anjana and Kesari. As a pivotal character in the Ramayana, he personifies devotion, power, and wisdom. When his personality is examined through the prism of today's corporate landscape, the traits of any successful Chief Executive Officer or senior executive closely mirror Hanuman's qualities: masterful communication and linguistic prowess, keen intelligence, remarkable adaptability, and a profound sense of self-accountability.

Hanuman's Linguistic Prowess: A Model for Effective Communication

One of Hanuman's most celebrated yet often underappreciated attributes is his extraordinary command over language. His linguistic abilities enabled him to bridge diverse worlds—from celestial sages to demon kings, from royal courts to the Vanara realms—making him an exemplar of adaptive and persuasive communication.

Multilingual Mastery

Hanuman was a true polyglot, proficient in Sanskrit, Prakrit, Dravidian languages including Telugu and Kannada, and the various dialects of the Vanaras. This multilingual fluency allowed him to communicate with precision, respect, and effectiveness across cultural and social boundaries throughout the Ramayana.



Eloquence and Persuasive Power

Beyond mere fluency, Hanuman possessed rare eloquence. He could articulate complex ideas, emotions, and arguments with clarity, beauty, and persuasive force. His address to Ravana in the demon king's court—urging the return of Sita to Rama—is renowned for its rhetorical brilliance, moral clarity, and emotional resonance.

Grammar, Rhetoric, and the Art of Impactful Expression

Hanuman's linguistic expertise extended to a sophisticated understanding of grammar and rhetoric. He masterfully employed similes, metaphors, logical structures, and vivid imagery to render his messages memorable and compelling. This skill transformed his words into instruments of influence, inspiration, and transformation.

Hanuman as a Grammarian and Custodian of Sanskrit

Traditional accounts credit Hanuman with a significant role in the preservation and dissemination of Sanskrit. He is said to have acquired the refined language from the Gandharvas (celestial musicians) and imparted it to the Vanaras, thereby elevating their discourse and cultural expression.

Certain traditions even link Hanuman to the legendary grammarian Panini, portraying him as a disciple who assisted in the compilation of the Ashtadhyayi—the foundational text of Sanskrit grammar that continues to shape linguistic studies to this day. Whether viewed as historical fact or sacred legend, these narratives underscore Hanuman's profound association with language, knowledge, and intellectual discipline.

Living Examples of Linguistic Excellence in the Ramayana

- **The Debate with Ravana (Sundara Kanda):** Hanuman fearlessly enters Ravana's assembly and engages the demon king in a sophisticated intellectual and moral debate. Using precise grammar, impeccable logic, and rhetorical mastery, he dismantles Ravana's justifications and eloquently champions Rama's righteous cause.
- **Comforting Devi Sita in Lanka:** When Hanuman first meets Sita in captivity, he consoles her with words of extraordinary sensitivity, poetry, and reassurance. His language conveys deep respect, empathy, and unwavering devotion, restoring hope and affirming Rama's imminent arrival.
- **Reporting His Exploits to Rama's Camp:** Following the dramatic burning of Lanka, Hanuman returns and delivers a vivid, structured, and captivating narrative of his journey. His ability to recount intricate events with clarity, drama, and emotional intelligence keeps his listeners enthralled, demonstrating leadership in communication.

The Embodiment of Strength, Intelligence, and Knowledge



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Hanuman transcends the archetype of the powerful warrior. He is the ideal devotee (bhakta), a loyal and selfless friend, and a wise counsellor whose counsel is sought by Rama himself. His character represents the perfect integration of physical strength (bala), intellectual acumen (buddhi), and spiritual knowledge (jnana).

In an era where leadership is often reduced to metrics and outcomes, Hanuman reminds us that true excellence arises from the harmonious development of body, mind, and spirit. His life exemplifies how unwavering focus, ethical communication, adaptability, and deep devotion to a higher purpose can overcome even the most insurmountable obstacles.

As explored in depth in Dr. Rahul Misra's work *Ramayan: An Epicentre of Management and Skills*, the Ramayana serves as a rich repository of management principles. Hanuman's journey offers contemporary leaders timeless strategies for effective communication, crisis management, team motivation, ethical decision-making, and the cultivation of emotional and spiritual intelligence.

Conclusion: Emulating Hanuman in the Modern Age

Lord Hanuman's legacy extends far beyond mythology. He offers a living blueprint for holistic success—where linguistic finesse meets moral courage, where physical power is guided by wisdom, and where personal ambition is surrendered to a higher dharma. In the corporate world and beyond, professionals who cultivate Hanuman's qualities—mastery of communication, intellectual sharpness, adaptability, self-accountability, and balanced living—position themselves not merely as successful executives but as inspiring leaders who uplift those around them.

May we all strive to embody a fraction of Hanuman's devotion, strength, and wisdom in our personal and professional lives. In doing so, we honor an ancient ideal while building a more conscious, effective, and harmonious modern world.

— End of Article —



Food as a Natural Coolant: Evidence-based foods for combating heat stress during the Indian summer

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Every year, as the mercury climbs past 40°C across large parts of India, millions of people struggle with fatigue, dehydration, heat exhaustion, and heatstroke. The scorching Indian summer — stretching from April to June, and even longer in states like Rajasthan, Telangana, and Assam — takes a serious toll on our bodies. While air conditioners and cold drinks offer temporary relief, the most sustainable way to stay cool comes from within: what we eat and drink.

This article draws on nutritional science and traditional Indian wisdom to help you build a summer diet that genuinely keeps your body temperature in check, restores lost electrolytes, and keeps your energy levels steady.

Why does food matter in summer?

When the outside temperature rises, the human body works hard to maintain its core temperature at around 37°C. It does this mainly through sweating. But sweating causes us to lose not just water, but also essential electrolytes like sodium, potassium, and magnesium. If these are not replenished, the result can be muscle cramps, dizziness, weakness and in severe cases, heatstroke.

Beyond hydration, research shows that certain foods have a thermogenic effect — meaning they generate heat when digested — while others are cooling in nature. Foods rich in water content, antioxidants, and electrolytes are especially valuable in summer. Additionally, the gut microbiome, which plays a role in immunity and inflammation, is known to be sensitive to heat stress, making a light, probiotic-rich diet all the more important. ¹

*Key science: A 2019 review published in *Nutrients* confirmed that dietary patterns rich in fruits, vegetables and fermented foods are linked to better thermoregulation and reduced heat-related illness.¹*



Top foods to beat the heat:

1. Coconut Water — Nature's electrolyte drink: Coconut water is perhaps the most celebrated summer drink across tropical India, and for very good reason. It is rich in potassium (approximately 600 mg per cup), sodium, magnesium, and natural sugars — making it far superior to most commercial sports drinks, which are often loaded with artificial additives.

A 2012 study published in the Journal of the International Society of Sports Nutrition found that coconut water was as effective as a commercial sports drink in rehydrating participants after exercise, without causing nausea or stomach discomfort.²

- Ideal time: First thing in the morning or after being outdoors.
- Tip: Choose fresh green coconut over packaged varieties for maximum electrolyte content.

2. Watermelon — About 92% water in every bite: Watermelon is not just refreshing — it is a nutritional powerhouse for summer. With a water content of about 92%, it helps maintain hydration while also supplying lycopene, a powerful antioxidant that protects cells from the oxidative stress caused by heat.

A study in the American Journal of Hypertension (2012) found that watermelon extract reduced blood pressure and arterial stiffness in obese adults — important findings since cardiovascular strain increases in hot weather.³ It also contains L-citrulline, an amino acid that helps improve blood flow and muscle recovery.

- Ideal serving: Fresh slices, chilled, mid-morning or as an afternoon snack.
- Bonus: The white rind is also edible and packed with nutrients — one should not discard it.

3. Curd (*Dahi*) — The Indian probiotic powerhouse: Curd has been a staple of Indian summer meals for thousands of years, and modern science backs this tradition strongly. Yoghurt and curd are rich in probiotics — live bacteria that support gut health — and the gut is particularly vulnerable during heat stress.

Research published in Frontiers in Nutrition (2020) showed that probiotic supplementation helped reduce core body temperature and improve heat tolerance in athletes training in hot conditions.⁴ Plain homemade curd also provides high-quality protein, calcium, and riboflavin.



- **Best eaten as:** Chaas (buttermilk with cumin and mint), raita, or plain with rice and a pinch of salt.
- **Avoid:** Flavoured, store-bought yoghurt with added sugar should be avoided as these are far less beneficial.

4. Mint (Pudina) — Natural coolant: Mint contains menthol, a compound that activates cold-sensitive receptors in the skin and mouth, producing an immediate sensation of coolness. This is not just a feeling — it has a measurable physiological effect. A study in the International Journal of Sport Nutrition and Exercise Metabolism found that consuming peppermint reduced heart rate and perceived temperature during exercise.⁵

In Indian kitchens, mint is traditionally added to *chaas*, chutneys, sharbat, and raita — all of which serve the dual purpose of flavouring and cooling.

- **Quick cooling recipe:** Mint leaves, lime juice, a pinch of black salt, and chilled water are blended to prepare a simple and effective summer cooler.⁵
- **Raw Mango (*Kacha Aam*) — The Heatstroke Shield:** Aam panna, made from raw mango, has long been consumed as a traditional remedy against sunstroke in India. Modern research supports this practice. Raw mangoes are rich in Vitamin C, potassium, and malic acid, all of which help replenish electrolytes lost through sweating and protect the liver from heat stress.

A study in Food Chemistry highlighted that raw mango contains higher concentrations of ascorbic acid and polyphenols compared to ripe mango, making it especially useful for combating oxidative stress in summer.⁶

- **Traditional preparation:** Raw mangoes are boiled, the pulp is extracted, and it is blended with water, black salt, roasted cumin powder and sugar or jaggery.
- **Note:** *Aam panna* has a very low glycaemic index when made with monk fruit sugar, making it a good option for people watching blood sugar levels.

6. Cucumber — Cool, crunchy and hydrating: Cucumbers are about 96% water and are a rich source of silica and potassium. They are also known to contain cucurbitacin, a compound with anti-inflammatory properties. Their high water and fibre content make them an excellent food for maintaining hydration and promoting digestive health during summer.

A study in Nutrition Research found that consuming high water-content vegetables like cucumbers was associated with better hydration status throughout the day, particularly in



erly individuals who are more susceptible to dehydration.⁷ Sliced cucumber can be consumed with a dash of chaat masala and lemon, in raita, or blended into a cooling soup.

7. Kokum — The Unsung Hero of Summer: *Kokum* (*Garcinia indica*) is widely used in coastal Maharashtra, Goa and Karnataka, though it remains less known in other parts of India. It makes a tangy, cooling sherbet called *solkadhi* or simply *kokum sharbat*. Kokum is rich in hydroxycitric acid (HCA) and anthocyanins, both of which have anti-inflammatory and antioxidant properties.

A study published in the Journal of Ethnopharmacology documented kokum's gastroprotective properties and its traditional use in preventing heat-induced digestive disorders.⁸ A glass of kokum sharbat in the afternoon is one of the best traditional strategies for summer gut health.

8. Sattu — Bihar's Ancient Energy Drink: *Sattu*, made from roasted Bengal gram (chana), is one of the most underrated summer superfoods in India. A glass of *Sattu* sharbat with water, lemon juice, and black salt provides protein, fibre, complex carbohydrates, and iron — all while being naturally cooling.

Sattu has a low glycaemic index, which means it releases energy slowly without spiking blood sugar. Research in the Indian Journal of Traditional Knowledge has noted that *Sattu* is an economical and nutritionally dense food particularly suited for hot climates.⁹ *Sattu* is especially recommended for outdoor workers, farmers, and students during exam season in summer.

Foods to avoid in summer: Just as important as knowing what to eat is knowing what to limit. The following foods are known to increase body heat or worsen dehydration:

- **Fried and heavily spiced foods:** Capsaicin in chillies and fat in fried foods raise metabolism and body temperature.
- **Excess caffeine and alcohol:** Both are diuretics that increase fluid loss through urination.
- **Red meat:** Protein-rich red meat has a high thermogenic effect, generating more heat during digestion compared to vegetables or legumes.
- **Processed and packaged foods:** High in sodium, these promote water retention and raise blood pressure, increasing heat strain on the cardiovascular system.



the bottom line: India's traditional food wisdom has always understood what modern science is now confirming: certain foods cool the body, replenish lost nutrients and protect us from heat-related illness. From the coconut groves of Kerala to the raw mango trees of Assam, nature has placed the right ingredients right at our doorstep. This summer, instead of reaching for a cold sugary drink, reach for a glass of *Aam panna*, a bowl of curd, or a slice of watermelon. Your body — and your gut — will thank you for it.

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Note: This article is for educational purposes. Please consult a registered dietitian for personalised dietary advice.



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MONSOON WITHIN

Rains Mirror Your Body's Journey Through Perimenopause to Menopause

A Yoga & Ayurveda Perspective by Deepti, Dhairyam Yoga | Written for GT Trust

Do you feel it too? The moment the first monsoon clouds roll in, something inside you seems to shift along with the sky — energy dips, sleep turns lighter, joints complain a little more than usual. In Ayurveda, this isn't just in your head. It has a name.

Varsha Ritu, the rainy season, is known to aggravate Vata dosha — the subtle energy of air and space that governs movement, change and your nervous system. Digestion slows, the mind grows restless, and the ground beneath you (quite literally, with all that rain) feels a little less steady.

Now sit with this for a moment: if you're somewhere in your forties or fifties, this same Vata rise may already be happening inside you — season or no season. Perimenopause and menopause are, in many ways, an inner Varsha Ritu. One that doesn't last a few weeks, but several years.

WHAT IS PERIMENOPAUSE? WHAT IS MENOPAUSE?

Perimenopause is the runway into menopause — often beginning in your late thirties or forties, as your ovaries start producing hormones less predictably. Cycles shorten, lengthen, skip, or change in flow, sometimes years before anything else feels different.

Menopause itself is just one point in time: the day marking twelve months since your last period, arriving on average around age fifties. Everything before it is perimenopause; everything after is postmenopause. Together, this transition can stretch four to ten years. Not a storm — a whole season of yoga for hormonal balance and self-care.

THE SYMPTOMS YOU DIDN'T KNOW WERE CONNECTED

Here's what nobody warns you about: this shift is quiet, and it's so easy to misread. That ache in your knees — "just age," you tell yourself. The 3 a.m. wide-awake stare at the ceiling — "just stress." The fog in your mind mid-meeting — "just a lot on my plate." Sound familiar?

Dry skin, thinning hair, sudden anxiety, a heart that races for no reason — we quietly file each of these under everyday explanations, rarely tracing them back to the one thread underneath: a hormonal shift that, in yogic and Ayurvedic terms, is Vata imbalance in motion. As estrogen and progesterone begin fluctuating, they touch sleep, mood, metabolism and your stress response all at once — which is exactly why the symptoms feel so scattered, and so easy to dismiss as unrelated.



A GENTLE NOTE ON HRT

Hormone Replacement Therapy helps many women, and this isn't a piece against it. But it isn't a universal answer, and it isn't right for every body. Some women can't take it because of existing health conditions; others choose not to, or find it doesn't fully settle their symptoms. Large studies, including the Women's Health Initiative, found real risks for some women on hormone therapy — which is exactly why more women are seeking well-researched, natural, lifestyle-rooted support alongside their medical care, not instead of it. This is where yoga and Ayurveda quietly step in.

AYURVEDA'S FIVE GIFTS FOR THIS SEASON OF CHANGE

- 1. Ahara — your daily food:** Favour warm, moist, freshly-cooked meals: ghee, warm soups, cooked root vegetables, soaked nuts, just as Varsha Ritucharya (the seasonal rain routine) recommends. Cold, dry, raw and packaged foods only add to Vata's dryness, deepening anxiety and disturbing sleep.
- 2. Vihara — your daily rhythm:** Give your day a spine: regular sleep and wake times, warm oil self-massage or Abhyanga, staying warm and covered. A steady routine is deeply reassuring to a nervous system already navigating hormonal unpredictability.
- 3. Yoga & Pranayama — breath and movement:** Slow down on the mat. Forward folds, gentle hip openers and restorative poses calm an overactive Vata, while pranayama practices like Nadi Shodhana (alternate-nostril breathing) and Bhramari (humming-bee breath), along with Yoga Nidra (yogic sleep), are known to ease cortisol and steady the nervous system — gently supporting hot flashes, restless nights and mood swings.
- 4. Rasayana — rejuvenative herbs:** Classical formulations like Ashokarishta, Shatavari and Ashwagandha have long supported women through this transition, and are increasingly studied for how they ease menopausal symptoms and build hormonal resilience. Always take these under a qualified practitioner's guidance.
- 5. Panchakarma — seasonal cleansing:** Under expert supervision, Basti (a medicated-oil therapy) is considered Ayurveda's foremost tool for pacifying Vata (in the early perimenopause stage) and is traditionally timed to the rains — a season when your body is, quite literally, ready to be cleansed and recalibrated.

THE RAIN AS AN INVITATION

Perhaps this is the real gift of Varsha Ritu returning each year, right in the middle of your own hormonal season of change: a living reminder to pause. The rains outside ask you to slow down, eat warmer, sleep deeper, move gently. Your body, moving through perimenopause and menopause, is asking for exactly the same thing.

So this monsoon, let the rain be more than weather. Let it be your invitation — to come indoors, to tend the hearth of your own body, and to care for your internal world with the same devotion you give the earth outside your window.

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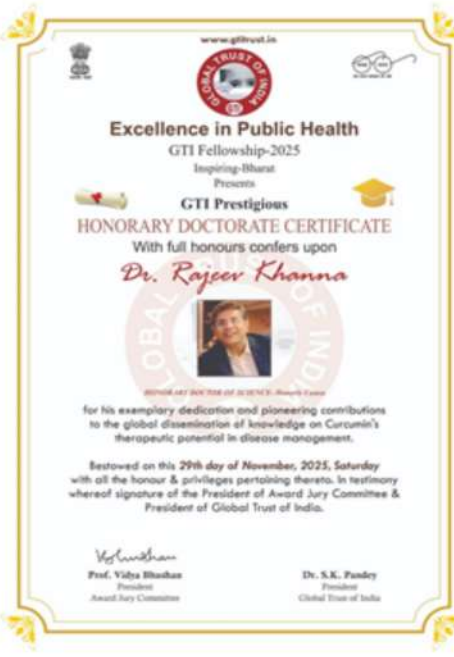
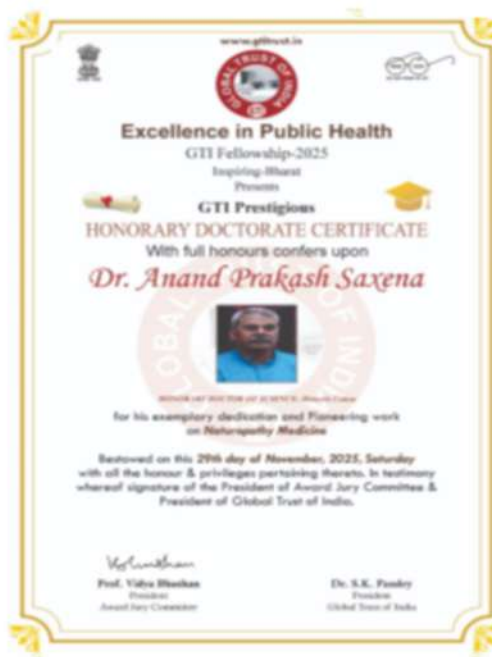
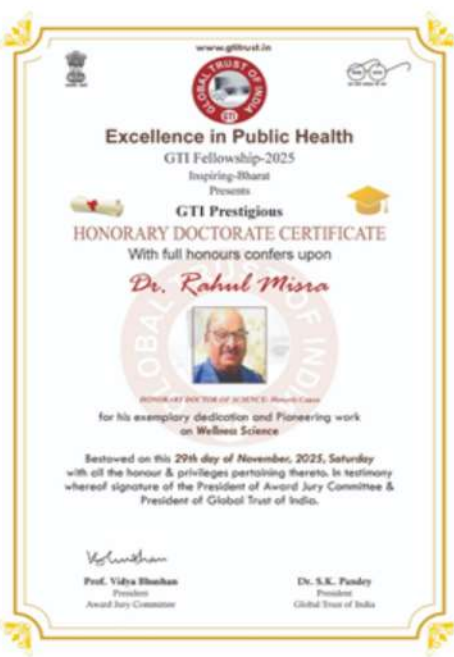
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List of Eminent personalities have Honoured

During 14 March 2026 Seminar on “Psychological & Clinical Nutritional Management for Lifestyle Health Issues ” in Collaboration of NetProFan,UP Lucknow Chapter- A Campaign FSSAI,GOI “EAT RIGHT INDIA” & Ramayan Global Trust. Following 4 eminent personality have been honoured with HONORARY DOCTORATE AWARD

1. Dr R Prasad (Ex Jt. Director, UP Tourism) in field of WELLNESS TOURISM
2. Dr Rahul Mishra in field of Wellness Sciences
3. Dr Anand Prakash Saxena , in field of Naturopathy Medicine
4. Dr Rajeev Khanna for his pioneer work on Curcumin’s Therapeutic potential in disease Management



During 14 March 2026 Seminar on “Psychological & Clinical Nutritional Management for Lifestyle Health Issues ” in Collaboration of NetProFan,UP Lucknow Chapter- A Campaign FSSAI,GOI “EAT RIGHT INDIA” & Ramayan Global Trust. and 13 honoured with Excellence award .

1. Dr R A S Kushwaha , Professor , Respiratory Medicine, KGMU, Lucknow Lucknow,UP,India
2. Dr Rachana Mishra, **Prof. Deptt. Nutrition I.T College, Lucknow**
3. Yogacharya Dr Ramesh Chandra
4. Yogacharya S. K. Dubey
5. Dr. Sachidanand Jha-Traditional Medicine
6. Dt. Shalini Srivastva ,Sr. Dietician KGMU,Lucknow Lucknow,UP,India
7. Dr Shallu Gupata , Naturopath
8. Dt. Kalpana Singh , Assitt. Prof. Department of Diet & Nutrition , Integral University,Lucknow,UP,India
9. Dr Ananya Kashyap , Assistant Professor, Department of Community Science, H.P.B. Girls’ College Golaghat, Assam, India
10. Dt. Ayushi Shukla, Vegan & Fruitarian Diet Expert
11. Dt. Shefali Agarwal Ex Dietician ,VLCC, Lucknow,UP,India
12. Dt. Ranu Singh Community Nutritionist National Executive Committee Member , IAPEN INDIA
13. Dr Atul Kumar Mishra, Naturopath



