

## Living Healthy with a SMILE



Smiles and Smiles to go in UTSAV @ Soma Wellness.

A remarkable thing about life at Soma Wellness, Ooty, something that distinguishes it from ordinary, is that when you walk around and see UTSAV participants interacting with each other and the organizers, you are very likely to see most of them smiling. It often includes laughing too, but incredibly, there are smiles while doing yoga, at the restaurant, smiles at the recreation centre, even while just walking down on the way to wellness centre. While it's not

everyone at every minute, it's almost unsettling how regularly you encounter a smiling face during your day at Soma Wellness.

Recently a father and her daughter touring the camp noticed it as well. The daughter said, "Everyone here is so nice and friendly," referring to the smiling greetings she got throughout the Soma Wellness Centre.

The best way to understand this phenomenon, of course, is to attribute the smiles to how the

participants are feeling at the wellness centre, to how relaxed and happy they are here.

All of the activities that we have during UTSAV program contribute to this happiness, as does the fantastic healthy food, and beautiful mountain setting, but we suspect this feeling is essentially derived from our spirited commitment to their health than from what we have or what we do.

Put differently, it's our relationships with the caring group of people around us, based upon respect for one another that inspires this deep feeling of comfort and happiness. It's the people who make Smiling the language of Soma Wellness. Knowing you belong to this community of "caring and friendly" folks is a powerful force. Feeling it, you can't help but smile. We would say we are all fortunate to feel it, and smile, everyday at Soma.



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"Your day will go the way the corner of your mouth turns" - Unknown.

## Diabetes - A Metabolic Nutritional Disorder

Diabetes mellitus is a metabolic nutritional disorder, characterized by an abnormally elevated level of blood glucose. It results from an absolute or relative lack of insulin which leads to abnormalities in carbohydrate metabolism as well as in the metabolism of protein and fat.

Diabetes is a disease known to the medical world since time immemorial. Its incidence is, however, much higher at present than ever in the past. This especially true in case of more advanced countries of the world due to widespread affluence and more generous food supply.

Diabetes incidence is greatest in middle or older aged persons.

### Symptoms

The two characteristic symptoms, namely, copious urination and glucose in the urine give the name to the disease. The normal volume of urine passed daily is about 1 to 1.5 L, but in the diabetic condition it can vary from 4 to 20 L. The urine is of pale color, has an acidic reaction and sweetish odor. The quantity of sugar

present in it varies from 1.25 decigram to 2.5 gram the total per day. A diabetic feels hungry and thirsty most of the time, does not put on weight, though he eats every now and then, and gets tired easily, both physically and mentally. He looks pale, may suffer from anemia, constipation, intense itching especially around the genital organs, palpitations and general weakness.

### Causes

Diabetes has been described by most biological doctors as a "prosperity" disease, primarily caused by systematic over-eating and consequent obesity. Not only the overeating of sugar and refined carbohydrate but also of proteins and fats, which are transformed into sugar if taken in excess, is harmful and may result in diabetes. Too much food taxes the pancreas and eventually paralyzes its normal activity. It has been estimated that the incidence of diabetes is four times higher in persons of moderate obesity and 30 times higher in persons of severe

obesity.

Grief, worry, and anxiety also have a deep influence on the metabolism and may cause sugar to rise in blood and appear in the urine. The disease may be associated with some other grave organic disorders like cancer, tuberculosis and cerebral disease. Heredity is also a major factor in the development of the disease.

### Treatment

Any successful method of diabetes treatment should aim at removal of the actual cause of the disease and building up of the whole health-level of the patient. Diet plays a vital role in such a treatment. The primary dietary consideration for a diabetic patient is that he should take a low-calorie, low-fat, alkaline diet of high quality natural foods.

Cooked starchy foods should be avoided as in the process of cooking, the cellulose envelopes of the starch granules burst and, consequently, the starch is far too easily absorbed in the system. The excess absorbed has to be got rid of by the kidneys and

appears as sugar in the urine. With raw starchy foods, however, the saliva and digestive juices in the small intestine regulate the quantities required to be changed into sugar for the body's needs. The unused and undigested portion of raw starchy foods does not become injurious to the system, as it does not readily ferment.

The diabetic should not be afraid to eat fresh fruits and vegetables which contain sugar and starch. Fresh fruits contain sugar fructose, which does not need insulin for its metabolism and is well tolerated by diabetics. Fat and oils should be taken sparingly, for they are apt to lower the tolerance for proteins and starches. Emphasis should be on raw foods as they stimulate and increase insulin production. Flesh foods find no place in this regimen, for they increase the toxemic condition underlying the diabetic state and reduce the sugar tolerance. Celery, cucumbers, string beans, onion and garlic are especially beneficial.

Cucumbers contain a hormone needed by the cells of the pancreas for producing insulin. Onion and garlic have proved beneficial in reducing blood sugar in diabetes. Recently scientific investigations have established that bitter melon (karela) is highly beneficial in the treatment of diabetes. It contains an insulin-like principle, known as plant-insulin which has been found effective in lowering the blood and urine sugar levels. It should, therefore, be included liberally in the diet of the diabetic. For better results, the diabetic should take the juice of about four or five fruits every morning on an empty stomach.

Another effective home remedy is jambul fruit known as jamun in the vernacular. It is regarded in traditional medicine as a specific against diabetes because of its effect on the pancreas. The fruits as such, the seeds and fruit juice are all useful in the treatment of this disease. The seed contain a glucoside 'jamboline' which is believed to have the power to check the pathological conversion of starch

into sugar, in cases of increased production of glucose they should be dried and powdered. This powder should be taken mixed with milk, curd or water. The most important nutrient in the treatment of diabetes is manganese which is vital in the production of natural insulin. It is found in citrus fruits, in the outer covering of nuts, grains and in the green leaves of edible plants. Other nutrients of special value are zinc, B-Complex vitamins and poly-unsaturated fatty acids. manganese can be procured from garlic, beet, cabbage and guava.

The patient should avoid tea, coffee and cocoa because of their adverse influence on the digestive tract. Other foods which should be avoided are white bread, white flour products, sugar, tinned fruits, sweets, chocolates, pastries, pies, puddings, refined cereals and alcoholic drinks. Exercise is also an important factor in the treatment of diabetes. Light games, jogging and swimming are recommended. Yogic asanas such as bhujangasana, shalabhasana, dha-

nurasana, paschimotanasana, sarvangasana, halasana, ardhmat-syendrasana and shavasana; yogic kriyas like jalaneti and kunjai; and pranayamas such as kapalbhati, anuloma-viloma and ujjai are highly beneficial.

Hydrotherapy and colonic irrigations form a very important part of treatment. The colon should be thoroughly cleansed every second day or so, until the bowel discharge assumes normal characteristics. Bathing in cold water greatly increases the circulation and enhances the capacity of the muscles to utilize sugar.

**The diabetic patient should eliminate minor worries from his daily life. He must endeavor to be more easy-going and should not get unduly worked up by the stress and strain of life.**

Share if you love someone with diabetes.



India has the largest number of people suffering from diabetes in the world about 35 million.

### TESTIMONIAL

Hi !

Myself Mahaveer Solanki, have been associated with PIYAS from March 2017.

I was diagnosed with Diabetes Mellitus this February and was told that insulin is my friend for life before joining the institute, but when consulted Dr. Neetu Jain and Dr. Mahendra, both explained me the condition. They put me on the right diet and exercise. And within 20 days I was able to quit insulin and have been monitoring my glucose levels since then and it is under control and getting closer to non-diabetic levels. It has been more than 2 months since I have taken insulin.

I was part of the UTSAV-U, May 2017 batch and had a fantastic experience and a new dimension to leading a much healthier lifestyle.

Thank you team PIYAS and UTSAV. Great work by the organizing team. Hope to be connected and will be glad to be associated in anyway possible.

I got my HbA1c test done today. It is in absolute normal range. It is 5.7 down from 11.4% earlier.

Regards,  
Mahaveer Solanki,  
Bangalore.



## Soma Wellness - A Deccan Hotels Initiative

Soma wellness, a Deccan Hotels initiative, is an exclusive wellness retreat spread over an area of 9 acres with 61 cottages, located in the heavenly precincts of a well connected Hill station, Udha-gamandalam or popularly called Ooty in South of India, which aims to combine fine living with a healing touch, Naturopathy & Yoga being the principal medium through which we communicate the message of "Healthy living". Soma provides guests an opportunity to address the root cause of the health problems, de-stress and detox in a tranquil environment by living a healthy lifestyle.

Here we practice authentic western and eastern Naturopathy therapies like diet therapy, mud therapy, water therapy, massage therapy, acupuncture, acupressure, yoga therapy, meditation, counseling etc. All treatments are customized according to the health condition. Each guest will have their progress monitored closely. Soma wellness is a dream project initiated and managed by the Prajna Institute of Yoga and Allied Sciences Team ably led by Dr. Neetu Jain, which has a proven track record in the field of yoga & nature cure.



**Black Salt (Kala Namak) -** A Healthy Alternative to Common Salt. It contains numerous trace minerals essential to humans and in the same proportion as that exists in our blood.

## Alternative Approaches to Pain Relief

Pain is a great leveler. The rich feel it. So do the poor, the happy, the sad, tall, and short. And, of course, doctors too. It's therefore not surprising to note that since the dawn of time, humans have attempted to discover ways to reduce pain. But what exactly is pain and how do we deal with it? Pain is a message sent by the body to the brain, signaling the presence of

disease, injury or strain. Without pain, you would be unaware of many problems - from torn ligaments to appendicitis. Pain is simply, Mother Nature's way of telling you something is wrong. Many of us kill the messenger with pain-killers, narcotics, anti-depressants and tranquilizers that take care of the symptoms, but not the cause of the pain.

This kind of treatment can not only mask symptoms of serious disease, but can also create a cycle of chronic pain.

Not all pain though, serves a useful function. While acute pain, as described above can alert us to a serious problem, chronic pain can linger long after an ailment or injury has healed in the body.

Examples of chronic pain include backache, migraines and arthritis. In these cases, pain management, as opposed to a cure, may become the goal of treatment. The psychological effects that accompany recovery from a disease or injury heighten chronic pain. A loss of confidence is often triggered by prolonged periods of rest and inactivity that cause a loss of physical strength, endurance and flexibility. Various treatments can help alleviate chronic pain. Some treatments do so on a purely physical level by interfering with signals from the nerves to the brain or desensitizing the nerves. The following sections are meant to introduce you to some of the ways of dealing with pain without relying on pain killers, narcotics, tranquilizers or anti-depressants.

For many people, particularly those in the western world, pain relief solutions such as acupuncture, and herbal medicine are novel concepts. The ancient Chinese Practice of acupuncture is based on the belief that health is determined by the level of chi (vital life energy) that is in the body. This energy is thought to move through the body through pathways called meridians, which connect to specific organs in the body. Acupuncturists insert needles into points on the body that connect to these channels to release blocked "chi" that might be the cause of pain. This practice is thought to stimulate endorphins, the body's natural painkillers and is useful for the treatment of a variety of disorders including backache, sinus pain, jaw pain, spinal disorders, withdrawal and mental disorders. Another important part of traditional Chinese medicine is herbal medicine. Herbs have been used for centuries for their pain relieving qualities. Meditation, which has also been practiced for

thousands of years, is a conscious attempt to calm the mind so that it is not cluttered with thoughts and anxieties that might be contributing to an unnecessary belief in the existence of pain. There are hundreds of different meditation techniques, but mostly they all fall into three categories: concentrative, mindful and transcendental meditation. Eating a well-balanced diet that includes fresh fruits and vegetables is thought to be the best way to raise your pain threshold or resistance to pain. A deficiency in any of the main vitamins (A, B, C, D or E) can cause chronic pain. A deficiency in calcium, iron, magnesium and other minerals may also lower your pain threshold. Sniffing or applying essential oils is thought to change an individual's brain chemistry so that pleasurable neurotransmitters called endorphins are released to relieve pain. Visualization and Guided imagery encourages one to think in pictures that eliminate negative thoughts thus raising levels of pleasurable brain chemicals, such as serotonin, decreasing anxiety and in-

creasing the effectiveness of the immune system. Guided imagery has been used successfully to manage the pain of headaches, sinus problems, arthritis and cancer. Biofeedback combines a variety of relaxation methods, such as guided imagery and meditation with use of an instrument that monitor the individual's responses to the therapy. Hydrotherapy and various other Natural treatment methods also work excellently for pain relief especially chronic ones. It is difficult to imagine a world without pain; Given that pain is probably always going to be a part of our world, it is of critical importance that we understand various methods that exist to manage that pain. For some of us, that remedy may lie in traditional realm, while for others it will be through prescription drugs or some other alternative. It is important to note that the above suggestions do not represent cures for conditions, but more represent strategies and opportunities to manage chronic pain. It is also recommended that you consult with your health practitioner before embarking on any pain management program .



### UTSAV - Design Your Own Health

In our March 2017, '3-Day UTSAB' we had a total of 33 participants. They were from different parts of India as well as other countries with diabetes mellitus, hypertension, ischemic heart disease, high cholesterol, asthma, joint pains, backaches, obesity, allergies, kidney problems, prostate problems, osteoporosis, constipation, PCOD, gallstones, anxiety, fears, etc. As usual we had huge success and we can even say that with every program it gets better and better. In this UTSAB many people discovered the energy that they had. Mornings

were bright and sunny. During the morning session, yogic practices were a regular feature and became effortless for many. Everyone achieved some weight loss, with the highest being 3 kg in 3 days. The participants discussed with our doctors to reduce medication. Many participants reduced several medications, and if we do not count the thyroxine and vitamins B12 and D, 15 people were off of some medications by the end of the program. The body feels so free without medications! The rate, at which the body heals, depends on the disease, the dura-

tion, age of the participant and the type of medications. It can also depend on the mental make-up. Stress is known to cause diseases and it takes some time for personal growth and development. They are all on the healthy path now. This has surely been one of the most enjoyable moments of their lives. They met as strangers and now have become a family of UTSAB, connected forever! The participants had consultations, health analysis, and naturopathy treatments. The evenings ended with amusement, dancing and singing sessions, relaxation sessions, and house games. The ses-

sions were very interactive and several participants gained new and useful insights. Food was enjoyed immensely. Several people shared their experiences on the last day and that they have started to enjoy the naturopathy food wholeheartedly and that now it will be easy for them to maintain this diet. They don't miss tea, coffee or sugar that they were so used to before. They are eating less, feel satisfied and realize that they were over-eating before. One of our participants shared that he was free of his back pain and participated in dancing, what he considered an absolute miracle! Many

of them noticed that some of the problems that they came with have disappeared now completely. Following is a synopsis of what and how many of the participants felt on the third day:

*"Got over tea, coffee, sugar and other addictive substances"*

*"Higher energy levels"*

*"Lost weight despite eating"*

*"Decreased medications"*

*"Bloating and gas reduced"*

*"Woke up early and easily and sleeping better"*

*"No headaches"*

*"Feel lighter"*

*"Smiled a lot."*

### उत्सव का सारांश

जीवन बहता पानी, नहीं पल भर रुक सकता

जीवन उत्सव कर लो, ये उत्सव सिखलाता

इन साँसों पे हम हैं टिके, इन साँसों को तुम जानों

जागृत हो कर हर पल, हर क्षण को पहचानों

तुम जीत के खुद का मन, आत्म रमण में रम जाओ

प्रकृति ने जो है दिया, तुम उससे प्रेम करो

भोजन में वो अपनाओ, जो सात्विक प्राकृतिक हो

मुस्कुरा के हर पल तुम, रोगों से मुक्ति पाओ

ये जीवन हमारा है, मुस्कान हमारी है

हर पल मुस्काने से, बदली जिन्दगानी है

उत्सव ने सिखा दिया, मुस्कान मंत्र है दिया

प्रभा गुलेच्छा

बैंगलोर

### Fig Facts



- Maintains weight.
- Lowers blood pressure.
- Promotes reproductive health.
- Boosts heart health.
- Prevents constipation.
- Prevents osteoporosis.
- Regulates blood sugar.

### Trivia - Strange & Interesting

Think about this. You may not realize it, but it's 100% true.

1. At least 2 people in this world love you so much they would die for you.

2. At least 15 people in this world love you in some way.

3. A smile from you can bring happiness to anyone, even if they don't like you.

4. Every night, SOMEONE thinks about you before they go to sleep.

5. You mean the world to someone.

6. If not for you, someone may not be living.

7. You are special and unique.

8. When you think you have no chance of getting what you want, you probably won't get it, but if you trust God to do what's best, and wait on His time, sooner or later, you will get it or something better.

9. When you make the biggest mistake ever, something good can still come from it.

10. When you think the world has turned its back on you, take a look: you most likely turned your back on the world.

11. Someone that you don't even know exists, loves you.

12. Always remember the compliments you received. Forget about the rude remarks.

13. Always tell someone how you feel about them; you will feel much better when they know and you'll both be happy.

14. If you have a great friend, take the time to let them know that they are great.

"Thanks for your time."

"No act of kindness, no matter how small, is ever wasted."

### ARDHA MATSYENDRASANA



- Helps to tone up the muscles of the back.
- Trims abdominal fat.
- Regulates and prevents ailments of the gastrointestinal system.
- Normalizes the secretions of the pancreas, kidneys, liver and adrenal glands.

**Note:** Expert guidance is needed to practice yoga.

Dr. Neetu Jain with other delegates in South Korea.



Dr. Neetu Jain during a yoga session in South Korea with wives of Ambassadors from around 30 countries including USA, UK, Japan, France, etc.



Case Study - Venous Ulcers

A 30-year-old man presented to Prajna Institute of Yoga & Allied Sciences (PIYAS) with refractory venous ulcers on his lower limb which were managed by conventional medical treatment with negligible improvement in the past 2 years. He was started on naturopathy treatment and regular yogic practices at PIYAS. He had remarkable improvement after 1 month of treatment. Pictures were taken before and after treatment as shown below.

Before



After



Before



After



Dr. Neetu Jain seen addressing the participants in the Yoga Hall at Prajna Institute of Yoga & Allied Sciences, Bangalore.

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My mother used to ask me what the most important part of the body is. Through the years I would take a guess at what I thought was the correct answer. When I was younger, I thought sound was very important to us as humans, so I said, "My ears, Mommy." She said, "No. Many people are deaf. But you keep thinking about it and I will ask you again soon." Several years passed before she asked me again. Since making my first attempt, I had contemplated the correct answer. So this time I told her, "Mommy, sight is very important to everybody, so it must be "Our eyes." She looked at me and told me, "You are

learning fast, but the answer is not correct because there are many people who are blind." Stumped again, I continued my quest for knowledge and over the years, Mother asked me a couple more times and always her answer was, "No. But you are getting smarter every year, my child." Then one year, my grandfather died. Everybody was hurt. Everybody was crying. Even my father cried. I remember that especially because it was only the second time I saw him cry. My Mom looked at me when it was our turn to say our final good-bye to my Grandfather. She asked me, "Do you know the most important body part yet, my





dear?" I was shocked when she asked me this now. I always thought this was a game between her and me. She saw the confusion on my face and told me, "This question is very important." It shows that you have really lived in your life. For every body part you gave me in the past, I have told you were wrong and I have given you an example why. But today is the day you need to learn this important lesson." She looked down at me as only a mother can. I saw her eyes well up with tears. She said, "My dear, the most important body part is your shoulder." I asked, "Is it because it holds up my head?" She




replied, "No, it is because it can hold the head of a friend or a loved one when they cry. Everybody needs a shoulder to cry on sometime in life, my dear. I only hope that you have enough love and friends that you will always have a shoulder to cry on when you need it." Then and there I knew the most important body part is not a selfish one. It is sympathetic to the pain of others. People will forget what you said. People will forget what you did. But people will never forget how you made them feel. Good friends are like stars...You don't always see them, but you always know they are there.

**We care, nature cures  
Holistic Living our mission.**



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