

## **LIFE STYLE AILMENTS AND HOMOEOPATHY**

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An epidemic of lifestyle-related diseases--such as diabetes, heart disease, cancer and obesity is sweeping world.

More than 60 percent of deaths in the Western Pacific region are due to lifestyle or noncommunicable diseases, WHO reported, adding that an estimated 30 million adults in the region suffer from diabetes and that they are being diagnosed at increasingly younger ages. The number of cases is projected to double by 2025.

WHO also said, that the problem is blamed on rapid transitions in dietary habits and activity patterns in addition to malnutrition among children, which is believed to contribute to diabetes in adulthood.

A research on the status of the urban Delhi population of 40 million has revealed a "not so rosy picture" of the city's health index.

According to the chart, 40 per cent of the population is overweight and one-third has high lipid count, insulin imbalance, abdominal obesity, high cholesterol levels that makes us prone to diabetes, heart problems and higher blood pressure.

This added to the urban stress and high pollution levels, lifestyle ailments, according to doctors, is catching relatively younger Delhiites and often even fatally.

"Teenagers are reporting with adult diabetics, 30-year-olds are falling prey to heart attacks and high stress levels are leading to fluctuating blood pressure in every third person. We are also seeing lifestyle ailments coming to India 10 years before it is seen in their western counterparts.

## THE WORLD AROUND YOU....

There is much suffering in the world today. The "standard of living" is rising everywhere, but the "standard of health" is at its lowest !!!!! Pay a casual visit to any hospital anywhere in the world and you will see what man's "standards" have come to.

Natural calamities apart, most of today's suffering is man-made.

The poor suffer from diseases of "deprivation". These include malnutrition (including beri beri, scurvy and extreme situations like marasmus, as in Ethiopia), blindness, and diseases caused by unsanitary living conditions like dysentery, cholera, typhoid, malaria and jaundice.

The rich, on the other hand, suffer from diseases of "plenty" or "excess". These include diabetes, rheumatism and arthritis, high blood pressure, heart trouble (cholesterol), kidney failure, asthma, osteoporosis, depression, skin problems, Parkinson's disease, prostate problems, cancer, acidity and ulcers, colitis, spondylitis, thyroid problems, migraine, obesity and its associated problems, multiple sclerosis, hemorrhoids (piles), sinusitis, septicemia - the list is endless.

There used to be a system, we believe, in ancient China, where the family

doctor was paid at the end of the month - but only if no one in the family had fallen ill during the month. If someone fell ill, it was the doctor's duty to get him well AND the doctor was NOT paid for that month. Why? Because he had not done his job properly! It was the doctor's job to practice "preventive" health care - to guide the family's food and living habits in a manner conducive to maintaining good physical and mental health. In other words, the doctor had a vested interest in your NOT FALLING SICK.

Today, we have reversed the process. We go to the doctor and PAY him when we are SICK. Let us be honest - the medical profession is not responsible for this - WE are, and only WE can change this.

When the words "health care" are used, we are programmed to think of vaccinations, inoculations, medical check ups, pap smear tests, biopsies, prostate tests, urine tests, blood tests, CT scans, Ultra sound scans, MRI's etc. - in fact the list is endless and the more it costs us to get these tests done, the more we feel satisfied that a "lot" is being done by us for our health! Notwithstanding all this, nations are getting sicker by the day.

While all governments all over the world have "health" ministries, "health" services, "health" insurance - health is quite conspicuous by its absence! What we have in fact are "disease" ministries, "disease" services, "disease" insurance and so on. Hundreds of billions of dollars are spent on "health care" annually, most conspicuously by countries that are at the forefront of medical technology. Yet - ill health, not health, is the order of the day.

Why? Because, dear brothers and sisters, health cannot be "bought" in a pharmacy. It doesn't "cost" money - it only demands an uncompromising quest for wellness. The pathway of peaceful and harmonious co-existence with Mother Nature and all her creatures is the ONLY way to wellness.

Is it not ironical - we first spend money to acquire ill-health (through indiscriminate overindulgence) and then we spend more money and vast amounts of national and personal resources trying to regain our health?

Mind you, while we are visiting doctors and hospitals we continue to guzzle vast quantities of wrong foods and live lifestyles of indulgence and indolence, all of which only adds to our woes.

#### PRESENT DAY RESPONSE TO DISEASE...

Disease has overtaken us completely and we are all looking for quick-fix solutions.

Let us take an example - I have a headache. What is my response? I pop a painkiller into my mouth. The pain goes away - for the moment. A few hours, a few days, a few weeks later it returns. I pop some more pills into my mouth. At each recurrence, the pain gets worse, the frequency is greater and the duration is longer. Soon I have to increase the number of pills I take because the pain is no longer "responding".

This goes on getting worse until I am a full blown case of "migraine" operating at an efficiency level which is only a fraction of what God

intended for me. Worse still, I will develop hyperacidity (which is a side effect of pain killers) and maybe a full-blown ulcer. For this I will in turn start taking antacids which over a period of time will destroy my liver. The kidneys will be next in line - all quick-fix "solutions" have a domino effect until all our vital functions are destroyed.

Meanwhile, I will go on stuffing myself with some or all of the following disease producing "foods".

Indigestible foods, which act as slow poisons for our body e.g.. Milk, refined oils etc.

Foods of himsa or violence (non-veg.foods), which convert our bodies into putrefying burial grounds.

Carcinogenic (cancer causing), nerve-destroying additives like artificial colours, preservatives, flavors, MSG., all found in most packaged foods and drinks.

Caustic soda, formalin, urea, Oxytocin - (a female hormone) all in milk.

Irradiated foods, Microwave foods - the disastrous effects of which are only now being understood.

**HOW SHOULD WE RESPOND TO DISEASE?**

Let us go back to the example of a headache given above. Pain is NOT a disease. It is the body's way of telling me that a problem AT A DEEPER

LEVEL exists.

What does the body expect me to do?

The body expects me to respond in a more intelligent and responsible manner. The easiest and the best thing to do under the circumstances would be to abstain from normal food - just stay with diluted fresh fruit juice or fruit or a clear soup or best of all, just fast with lemon water and honey. Responding in this way opens up a communication channel between my body and me. Within a few hours I will know what the problem is. Most likely it is constipation or a sluggish liver.

Digesting what we eat takes up more "energy" than any other activity. When there is a headache, refraining from eating or eating only fruits (which digest themselves), is the kindest thing I can do for my body.

Elimination of waste matter from the body is vastly more important than eating. This function too needs "energy" The body would be most grateful if it could use its available resources of energy to get rid of the "garbage", which, to put it mildly, is raising a "stink" inside me. That stink is the "headache".

Let us say the headache was not due to constipation but was in fact due to clogged up sinuses (there are nine sinuses behind and around each eye). My response of "fasting" would still be the best response - clogged sinuses are "garbage dumps". When there is excessive mucous being produced by the body (milk and milk products are the main culprits), the body pours the

mucous into the sinuses to get it out of the way, so that normal body functions can carry on. Sinuses are empty air pockets - the body's built-in garbage bags - and the body intelligence uses them as such. When they are close to filling up, the resulting build-up of pressure in the forehead area results in the headache.

When I respond by fasting, the body takes advantage of the energy bonus to throw out the mucous. I might get severe cold symptoms with a heavy discharge from the nose. The headache backs off immediately. Being aware that it is better to have the garbage outside me than inside me - I am happy with my "cold". I continue to either fast with lemon water and honey, or I eat only fruits, boost my immune system with the Sanjeevinis, and if possible take a day off from heavy routine.

Once the garbage has been eliminated, I will be "in tune" with ME, with my inner Shakthi, and my instincts will begin to tell me what to eat.

## UNDERSTANDING DISEASE

Negative emotions like resentment, jealousy and anger set off chemical reactions within us, which cause us to self-destruct. There are latent tendencies in all of us towards certain diseases, handed down through heredity. Our negative emotions trigger off storms within us, which wake up these latent tendencies and cause disease.

What is disease but dis-ease?

Our desires are like a fire - the more we feed them the more brightly they burn. Since desires cannot always be fulfilled, frustration, anger and resentment set in.

Disease is Mother Nature's response to our indulgence and our unmitigated efforts to self-destruct through over-indulgence. Disease is Nature's way of slowing us down. In Her compassion she warns us first with minor ailments that we are headed towards a precipice. When we stubbornly refuse to listen She limits us with severe illnesses.

Health, on the other hand, is a joyous journey back to harmony. Desires, material possessions, sense gratifications are viewed in their proper perspective. Love, faith, compassion, sharing and caring take the place of the negative emotions. This puts us in touch with our Inner Guide. If we are listening, if we tune in, the Inner Guide never fails to guide us.

In the Sanathana (timeless - natural) way of healing (in this we include Ayurveda, Naturopathy, Yoga, Acupuncture, Acupressure, Reflexology, Homoeopathy, Spiritual healing and all systems where the patient is treated holistically i.e. he is looked upon as being made up of body, mind and spirit and treatment is at all three levels), we awaken the body's own healing power - THAT Cosmic Energy which when balanced, sets right all disorders at all levels of existence. This healing power is known by various names - in Yoga we call it Prana; in Acupuncture it is known as Chi; in Homoeopathy and other natural systems it is known as the Vital Force.

Therefore, in Sanathana health care we would work towards keeping THAT healing power ALIVE, AWAKE AND ACTIVE.

YOU ARE WHAT YOU EAT.....

Sathwic food is the one that is capable of strengthening the mind as well as the body. It should not be too salty, too hot, too bitter, too sweet or too sour. It should not be taken while steaming hot. Food, which fans the flames of thirst, should be avoided. The general principle is that there should be a limit, a restraint. Food cooked in water should not be used the next day; it becomes harmful. Even fried articles should be consumed before they develop unpleasant odors.

"Rajasic food is the opposite of the Sathwic. It is too salty, too sweet, too hot, sour, and too odorous. Such food excites and intoxicates."

FOOD HABITS AND INSTINCT.....

Our food habits are guided by:

Our sense of taste

Conditioning through advertisements (remember, a lot of the knowledge that is acquired by the medical profession is also through advertising. This could be directly from the television or worse, in an indirect but more insidious way by vested interests who periodically come up with "studies" which are aimed at showing that "their product" is good for health). The

medical profession becomes an unwitting pawn in the hands of commercial interests.

Conditioning through social interaction. This also includes the conditioning we receive throughout our childhood.

Many eastern nations are known for their hospitality. In India we have a saying - "atithi devo bhava". (The unexpected visitor is God). We go all out to treat the visitor like "God". We lay out the delicacies before Him which, when chemically translated, are disease causing indigestible toxins. (Please refer to the relevant section on different "foods" to understand this).

There is a general lack of awareness about the harmful effects of such foods - but what is most disturbing and unfortunate is that even those who are aware continue to serve these indigestible foods. The excuse is that it is the done thing, that the visitor would take offence if he was not given a bottled drink to quench his thirst and sugared sweets made from milk to please his palate.

It is precisely this kind of conditioning and peer pressure that we have to rise above.

Our sense of taste was provided by God to be used as a tool to verify that we ingest only wholesome, balanced food. But due to our senses having taken control of us, all balance has been lost. We are now slaves to our 5 senses and our tongue has lost the discrimination - that instinct - to eat only

what is good for us.

In the wild, animals don't have doctors - their instinct tells them how to revert to a state of health when disease strikes. We too have the same instinct, hidden in the sense of taste, to revert to good health.

Given half a chance, the body will know how to heal itself.

When we are not in harmony with nature, when we are violating God's bounty at every step, when our planet, mother earth, the animals, the underprivileged, are all crying out at the abuse heaped on them by us for our own selfish ends - our instincts become numbed and slowly die.

We will have to rise above the conditioning we are constantly being bombarded with, through the media and through social and peer pressure. We will have to return to nature and to harmony - harmony with our surroundings and with ourselves. Slowly but surely, our instincts will begin to re-awaken and guide us to a state of vibrant health.

**HOW DO WE REMOVE DISEASE AND RETURN TO VIBRANT HEALTH?**

We can regain our health and vitality by following the Pathway to Harmony.

The only lasting way to return to good health (it is possible!), is through acute awareness of what is causing dis-ease in our lives. An honest self-examination is called for and with courage and determination we must

embark on a Programme of change. What do we change?

Remove all that is wrong and dis-ease promoting from our Diet and Lifestyle.

Add all that is good and health promoting to our Diet and Lifestyle.

There are many arguments about whether man is herbivore (vegetarian), carnivore (meat-eater) or omnivore (one who can eat and digest both). In actual fact, there is mounting evidence to suggest that man was a fruitivore! It is possible to live only on a combination of fruits and nuts and never suffer any malnutrition - in fact we would probably live in the "pink" of health.

However, fruits as they are eaten at present by most of the world, can be positively harmful.

Most people eat fruits:

- (a) after food,
- (b) combined with milk for dessert,
- (c) cooked or stewed or baked.

This is not right.

Fruit must be eaten on an empty stomach.

Fruit must never be combined with milk or grains.

Fruit must be had uncooked.

Why? This becomes clear when we understand how fruit is digested in the body.

After being chewed well in the mouth, fruit enters the stomach for a short period (15 to 20 minutes for most fruits, 1/2 hour for bananas,) and then proceeds to the intestines where it digests itself with its own enzymes. If it is eaten after a meal it sits on top of the food and ferments because it does not get a clear passage to go down to the intestines. Not only is the fruit rendered completely useless -it can become a cause of acidity, indigestion, gas, colic, constipation and other diseases.

For this same reason it must not be combined with any other foods. The other foods need to sit in the stomach for several hours for digestion.

Cooking the fruit destroys its self-digesting enzymes and it becomes a burden for the body.

In fact acidity, colic, indigestion, constipation can all be helped substantially by eating fruits atleast 1/2 hour before food. Chronic sufferers of these problems should abstain from having any cereal, bread, roti or paratha for breakfast - they must have only fresh fruits.

When "dying" of hunger, fruits are your best bet. They provide energy very quickly and efficiently without using up valuable energy reserves of the body (other foods use massive amounts of energy in the process of digestion).

## MAN TO AIM FOR MUKTI

Man seeks to cross the ocean of Samsara by penance, pilgrimages to sacred shrines, scriptural studies and exercises in meditation. But all these are of no avail without service to good people.

All these spiritual exercises are comprehended by Seva (service). For the achievement of the four main goals of life, (the Purusharthas of DHARMA- Right conduct, ARTHA- acquisition of wealth, KAAMA - fulfillment of desires, and MOKSHA- Liberation), health is essential. Without good health a man cannot accomplish even the most trivial thing. Hence, health is wealth.

## CAUSE OF DISEASE

However, because of the influence of the Kali age, man is a prey to all kinds of ailments and has no peace of mind despite the possession of every conceivable kind of wealth and comforts. There is no dearth of doctors. In spite of the availability of so many amenities, why is man afflicted with diseases? Indeed, more than physical ailments, mental diseases are growing limitlessly.

Mental sickness caused by tension and worry gives us so many bodily ailments. Man today is afflicted with discontent. As one set of desires is satisfied, other desires go on cropping up. If desires are reduced, contentment will grow. Moreover, because of the perversions of the Kali age, the five basic elements (ether, air, fire, water and earth) are polluted.

The water we drink is impure. The air we breathe is polluted. As a consequence the mind gets polluted.

## MATTER AND MIND

Today man has to understand the true relationship between matter and mind. When one is asked about the mind, he says, "Don't mind". When he is asked about matter, he answers: "It doesn't matter". By this sort of casualness man is failing to understand mind and matter. Only when man understands the nature of the mind can he recognize the true nature of humanness. What is the mind? It is not something negative. It is positive. It represents the power of the Atma, the power of thought (Sankalpa). It can travel any amount of distance in space. It is capable of exploring the powers of atom. The mind is capable of recognizing the truth that is valid for the three categories of Time-the past, the present and the future. The mind is therefore very essence of life. It is the source of all strength. Man today is indifferent to the importance and the powers of the mind.

## SEARCH FOR HAPPINESS

Man is seeking happiness from birth to death. The search starts with education. But education does not confer happiness. He desires a job but that does not make him happy. He then seeks marriage as the means to happiness. Happiness eludes him because the wife claims equal rights. Then he declares, "My life is a total darkness". It is the ego that is the cause. As a man grows, his egoism also grows. One after another, desires go on increasing. Their fulfillment doesn't bring him the happiness he seeks. Where is this happiness or bliss (ananda) to be found? It does not

exist in material objects. It is not to be found in the pleasures. The truth is that man is the embodiment of bliss. He is searching for it outside himself. This is the mark of ignorance. When he is the embodiment of bliss, how can he secure bliss outside himself? Today, inspite of all his wealth, man is unhappy. He is perpetually racked by lack of peace. Patients come to me from all over the world. Each of them asks: "I want peace". Here are three words "I", "want", "peace". "I" is ego. "Want" is desire. Remove the ego and desire, you will have peace. Ego and desire have enveloped peace When the covering is removed, peace will manifest itself.

## HEALTH AND HAPPINESS

Man can lead a blissful life only when he enjoys health. Wealth can offer comforts but not peace. Wealth can provide a multi-storeyed mansion but not sound sleep. Wealth can provide bodily comforts, but physical comforts do not produce bliss. Air conditioners and mattresses may give comfort to the body. But when there is no peace of mind, of what use are these comforts? The body is like a water bubble, the mind is like a monkey, don't follow the body or the mind, follow the conscience. Man today is not following the conscience. He is sticking to the body and mind, which are useless. He must enquire into the problem, "Who am I?" He will discover that the body, the senses and the mind are all the instruments and he is their master. The master has today become a slave of his body and mind, which should be his servants. You are the soul. Make it the basis for all your actions.

## HUMAN VALUES

Today man is forgetting his essential humanness. The first requisite is for man to realize Human Values: Truth, Righteousness, Peace and Love. For a bulb to light, you need a connecting wire, a switch and electric current. For man, that current is Truth or God. It is energy. This divine energy has to flow through the wire of Dharma (Righteousness), reach the bulb of Peace (Shanti) and produce the light of Love. Love is God. Live in Love. Love is everything. Without Love, Life is a living death for man. Love expresses itself in many forms in relation to different persons, but is essentially one. Today Love is tainted by selfishness, whether in relation to mother, the spouse or the children or others. Man's selfishness is polluting the entire society. Attachment to others is natural. But there should be a limit to it. When this limit is exceeded, it becomes a disease. This is true in every case. Because of man's excessive desires, he is prone to diseases of every kind.

## HEAD AND FOOD

The most common source of illness amongst people today is "Tension". What is the cause of tension? It is indulgence in excess of various kinds. Men must learn to moderate the hectic pace of living. Hurry causes worry and worry causes disease. "Hurry, worry and curry (fatty food)" are the causes of heart diseases. Therefore the first requirement is control of food and head (the mind). When you control these two, there will be no room for illness.

## IMPORTANCE OF THE EYE

It is known that in the eye there are millions of cells that react to light rays. If any of these cells are affected, the vision is affected. For man the eye is the most important organ for comprehending the Universe. Hence the eye has to be regarded as a sacred instrument. You cannot change creation, but by changing your vision you can get the proper view of creation. Here is an illustration. Once there was a king, who developed an acute stomach trouble. All the medicines administered by doctors were of no avail. He then approached a great yogi, who told him that for his stomach ailment he had to treat the sight. He should see nothing but green everywhere. The Yogi left and the king ordered that all places in his kingdom should be painted green. Some time later, the yogi returned and found that people were engaged in splashing green everywhere. When asked for the reason, they told him that they were carrying out the king's orders. The yogi went to the king and told him that to see everything green, all that was needed for him was to wear green glasses. It was absurd to attempt to paint everything green.

## THE VISION OF LOVE

Similarly if we change our vision, we will experience peace. When people view the world with the vision of love, they will have peace. All diseases will be cured. Most diseases have their origin in the mind. Everything has a psychological basis. When a person feels that something is wrong with him, he develops an illness. A healthy mind is needed for a healthy body. But it is not enough to be physically healthy. Man needs God's grace also (Daivaanugraham). To acquire God's grace you have to cultivate the love of God. Love has become today a kind of show. Genuine love should

emanate from the heart. Start the day with love, spend the day with love, end the day with love, that is the way to God. If you develop love disease will not come near you.

## PROPER BALANCE

Proper balance must be maintained throughout life. There must balance in respect of knowledge and several other things. Young college students pollute their knowledge by seeing bad things, listening bad things, and by bad thoughts. Their minds are perverted by addiction to films. They should learn to lead pure lives. Only then they will experience bliss and health.

Self-restraint is essential to maintain health. Regulate your habits. Develop good manners, which are the mark of a true man. Duty is God. Everyone has to develop the manners required in daily life. The manners should be such that they confer self-satisfaction. You should conduct yourself properly not for the sake of others but for your own sake. When there is self-satisfaction there will be self-realization. For all these you must have self-confidence. Most people today have no confidence in themselves and are perpetually racked doubts. In Jesus' time there was one doubting Thomas. But today all are doubting Thomases. Everyone is doubting every other.

## HEALTH AND BLISS

For every man two things are essential: Good health (Arogya) and happiness (Ananda). Health for the body and bliss for the spirit. With these two wings you can soar to any height. You need both the things, for which

you must secure God' s grace. To get Gods grace, you have to engage yourself in sacred action. Bear in mind the three P's : PURITY, PATIENCE, PERSEVERANCE. With these three you are bound to acquire good health and bliss.

## BUISNESS

In every sphere commercialization is rampant. Education a business. Music is a business, health is a business. The whole world has become a market place. Welfare services should be free for all. There are numerous people who cannot afford the cost of medical treatment. Doctor should render free treatment to such persons. My words should not be misunderstood. Even in the earning of incomes, there should be a limit. Many doctors lack determination. They join a hospital on a good salary. But after a month or so, when another hospital offers a higher salary they go over to the new hospital. How long are you likely to stay in the other hospital? When you go like this, you forfeit the confidence of hospital management. Even workers behave in this way. They shift from place to place. The right thing is to stick to a job for three to four years. Then your work will secure automatic recognition.

## DOCTORS AND PATIENTS

Doctors are obsessed with salaries. They should be more concerned about patients. When they concentrate on their patients, they will develop into excellent doctors. Inspire confidence in the patients. Then any medicine you give will work wonders. The patients will hail such a doctor as a "good

doctor". A "good doctor" in due course becomes a "God doctor". "Vaidyo Narayano Harih", it is said. The doctor is Divinity himself. Doctors should render service in this spirit. Service is God. Very good work is being done in my HOMOEOPATHIC HEALTH CENTER as well as elsewhere. India would not be what it is without good people. Without meritorious people, can the world experience light? There are good and bad people in the world. All should become good and develop into Godly men. The same Atma is present in everyone. Doctors should look after the patients with the same care they would show to their kith and kin. Then all would experience equal happiness.