

# **DISEASES FROM IRREGULARITIES AND PREVENTION PRINCIPLES**

*By. Dr. Narendra Deo*

## **BODY OF FIVE ELEMENTS**

Our body is built of five elements Viz Earth, Water, Fire, Air & Space, These elements are part of the nature & do the body construction/ development, up to the age of 40 years & maintain body throughout the life span.

For body requirements, they are obtained from nature products like,

Earth element from - Food grains & cereals.

Water element from - Pure & fresh water, green vegetables etc.

Fire element from - Sun ripen fruits

Air element from - Fresh air, leaf vegetables & leaves.

Space element from - Small & long fasts.

The availability of these elements & their activities in the body are seen and shape as below:

Earth is - Available in body bones & flesh.

Water is - Available in blood, male & female reproductive organs, bone-marrow, etc. Activity is in blood-circulation & maintenance of body temperature etc.

Fire is - active in all organs of digestive system, production of heat & energy etc.

Air is - felt in body force. Activity is in lungs, heart & purification of blood etc.

Space is - available in hollow spaces of digestive organs & brain. Activity controls all glands of the body & also premature death. Generates electricity in brain etc.

## **IMPORTANT TO NOTE**

For proper functioning & maintenance of body & it's organs, we take these elements through food every day i.e. through seasonal eatable materials like bread, rice, cereals, vegetables, milk, curd , fats, fruits, water etc. Food so taken is processed by digestive organs in the following seven steps:

1. Liquid
2. Blood
3. Flesh
4. Fat
5. Bones
6. Bone- marrow
7. Semen.

Rest of the waste passes as stool through rectum, usually in cycle of 24 hours.

It is important to note that a healthy man can digest 40 kg of food in 45 days. As a result 1 kg of blood is produced & abstract from it is 20 gms of **semen**. In one inter-course, 5 gm of semen is discharged from body organ & it's recovery is in 25 days. This semen is not stored anywhere in the body, but is responsible for the strength of spinal cord- sciatica nerve, smartness, cheerfulness, powerful- memory etc.

## **DISEASES**

Firstly, when we start taking

- grains, cereals, vegetables, fruits etc. produced from chemical fertilizers & poisonous pesticides,
- unwanted fast food with preservatives,

- adulterated grains with uneatable foreign materials,
- chemically coloured vegetables & fruits
- polluted water & inhalation of polluted air

Secondly, doing irregularities in Ahar (food habits) & vihar (life style behavior), then

- the reactions in the body begin. The equilibrium of five elements is disbalanced. As a result the powerful mechanism of body organs starts expelling the poisons in the shape of fever, vomiting, dysentery, cough, swelling, burning, boils, pains etc. These outcomes are generally named as diseases and are categorised as **cureble & non-cureble diseases**.

### **TREATMENT:**

Without knowing the root cause of the disease, Doctors advise the patient to go for different kinds of heavy expenditure tests. On the basis of so obtained machine analysis, Doctor , prescribe medicines like antibiotics, painkillers etc. in abundance & advise to eat everything. These medicines in turn have side effects & now these are treated with other prescriptions without gaining any relief in original disease. This chain treatment continues. This system is purely commercial & is beyond the reach of **poor man**. Rich man, daily with heavy investment & middle man by saling their properties etc. on medicines- never get relief and depend on Doctors & medicines throughout life. Poor man in absence of treatment, rich & middleman in the chain treatment get the **premature death**, with one or the other reason.

### **TREATMENT BY AHAR-VIHAR(Food habits & life style behavior)**

The question arises how to escape the above system? can there be other methods, to keep the man healthy without medicines?

Yes. I have gone through number of books on "**Disease analysis & their cure**", mainly written by my Guru "**Acharya Shri Ram**" founder of Gyatri Tapobhoomi Mathura, UP, Shantikunj & Brahmverchas Sodh-Sansthan, Haridwar, Uttarakhand and also written by some other eminent authors. I have read in one of the book of "**Acharya Shri**", where in he writes:

Once he asked the diseases-"O, Sister! You are roaming hither & thither. Whomsoever you like, you attack & make him ill? What is this! Diseases replied- No. Whomsoever invite us we accompy him. The man by doing irregularities in Ahar-vihar, always calls us & we remain with him."

**Acharya Shri**, making exhibit of experiences said, the treatment of diseases is not by medicines. Though they can be taken in minimum quantity in times of emergency, but rooting out of diseases is possible by rectification in irregularities & adopting the preventive principles.

**Acharya Shri**, laid down preventive principles & said if these are followed strictly, you can avoid number of diseases. I along with my wife who is Homeopath too, have worked on these principles since 1998. We have cured thousands of patients by forcing them to adopt the preventive principles. In case of need we have advised the patients to take Homeopathic medicines.

Though there are number of principles but I am stating certain important preventions in short headed by "**Ahar & Vihar**"

Ahar means the way of eating food & Vihar - way of living style.

## PRINCIPAL OF AHAR

1. Take food by simply sitting on mat laid on earth.
2. Be happy with available food & take it with peaceful & silent mind. You can chant **Gyatri Mantra** three times before starting meals.
3. Chew every piece of bread 24 times & rice-15 times. If your teeth are Weak, then dip the bread piece in vegetable or cereal soup & make it Soft. Chew it, how much you can do it easily.
4. Do not drink water while eating & immediately after finishing the meals. You can take water 1/2 Hr. before & one Hr. after meals.
  - Taking of water after one Hour is compulsory.
  - In summer intake of 4-5 liters of fresh & pure water & in winter 2-3 liters are necessary.
  - Sometimes so happens, that food material is dry, then you can take 2½ sips of water in the middle of meals.
  - The water can be purified by boiling it properly & take it at normal temperature.
5. Do not pack the Stomach completely during meals. Fill it to half level, Keep reserve 1/4th for water & 1/4th vacant.
  - Question arises, how to know the level? The signal in the shape of "**berping**" comes out when 1/2 level is achieved by meals.
  - Out of five elements the full functioning of **space element** is very necessary & this is achieved by Keeping fast once in a week. During fast take lemon-water as much as you can.
6. Taking **breakfast** is not necessary. If you want, then give importance to alkaline food like seasonal fruits, dry fruits, Sprouted cereals etc. This can be taken in between 8 to 9 AM.
  - After breakfast, **lunch** can be taken with a gap of 2-3 hours. Generally it can be taken up to 12'O Noon. Give preference to more vegetables & less cereals.
  - After lunch, do not take any solid food up to 3 Hours. If required seasonal fruits can be taken after 3 Hours.
  - **Dinner** can be taken after a gap of 6-7 Hours after lunch & should be completed up to 7-8 PM.
  - There should be a gap of at least 3 Hours after dinner & you can take 250 gms of leuk-warm milk before going to bed.
7. (i) Wash with running water 4 to 5 times, the produced grains, cereals, fruits, vegetables with fertilizers & pesticides. Dry them in Sun heat & use.  
(ii) Unseasonable & coloured Vegetables & fruits should not be eaten.  
(iii) Products from organic fertilizers should be given preference.
8. Avoid white colour eatables like Sugar, Salt, Maida (finest powder of wheat) & Dalda fat, as much as you can.
9. Use of cold drinks, Tea (prepared with milk & Sugar), cigarettes, alcoholic liquor etc. are harmful to health.

## PRINCIPLES OF VIHAR

10. Do not sleep immediately after taking dinner. Keep a gap of at least 3 Hours. While going to rest your head should either be in South or East direction.

11. Early to sleep & early to rise makes healthy, Wealthy & wise. You should leave the bed before Sunrise. Your bed-room should be airy, neat & clean.
12. Go bathroom to clean your bowls before Sunrise. Then clean your mouth with herbal toothpaste. Bed tea should be strictly prohibited. In place of it you can take One cup or more, of hot water.
13. Take daily bath in summer with fresh water. Old persons can use leukwarm water in winter.
14. Avoid using artificial means like cream, powder, perfumes etc. to look smart & beautiful.
15. Practice meditation & chant Gyatri Mantra to control negative thoughts.
16. Morning walk & exercises which may cause perspiration are necessary.
17. Avoid excessive sex habits. Married couple, for biological urge can go for inter course with a gap of 25 days. with family planning measures.
18. Avoid the habit of postponing the urge of Urine & to ease oneself.
19. Always keep kitchen & bathroom very clean.
20. Place to keep drinking water should also be clean & tidy.
21. Always keep food articles covered.

## **CONCLUSION**

I am confident on the basis of my experience, that if we follow the above preventive principles, Certainly we;

- Can keep ourselves away from diseases.
- Can root out the basic cause, of the controlled diseases by medicines like Asthma, HBP, diabetes etc.
- Can have a check on further advancement of diseases like cancer & AID.

I may further add that human body is basically vegetarian. Ordinarily Unbalanced & indiscipline food habits & life style are the root cause of all evils & diseases. Generally such habits are formed from childhood & it becomes difficult to leave them at a latter stage i.e. Old habits to die hard. Hence my advise to all my Brothers & Sisters, is to make out good habits towards Ahar-Vihar principles from today. Watch their reactions. You will definitely get the positive response. Kindly encourage the others to follow them. This will be your noble & selfless social work for uplifting the society from health point of view.

In the last, I pray to all of you for adopting the principles of Ahar-Vihar as narrated.

Ending my projection of thoughts, I will chant the Slogan  
" If we change, the world will change"  
" If we reform, the world will reform"

---

*This English translated paper was part of World U3A Conference on "Life long Learning & Aging with dignity" held at Chitrakoot, Distt. Satna, MP on Feb 8-10th, 2010*

### **Contact Details :**

**Dr. Narendra Deo**, 18/175, Indira Nagar, Lucknow (U.P.), India  
Mobile No.: 09451402349, E-mail : deonarendra740@gmail.com