

Nature Cure for Jaundice

◆ [Ed: General information about Causes, symptoms and types of Jaundice has been dealt with elsewhere in this issue. Here we shall only see the naturopathic angle].

NATUROPATHIC TREATMENT: Naturopathy gives much emphasis on bed rest & restricted diet and no use of medicine, since many medicines cause damage to liver.

RECOMMENDED DIET:

Drink lots of liquids- plain boiled water, fruit juices, rice soup, dal, fresh curd of skimmed milk. No spicy or oily food for a minimum period of two to three weeks.

SPECIFIC FOODS: White pumpkin juice, pomegranate, coconut water, roasted gram to provide proteins, sugar

cane juice, soup of french beans, sweet potato, sabudana-kanji hastens recovery especially under guidance of a therapist.

OTHER MEASURES:

Since pt is on liquid diet, an alternate day plain water enema is essential to cleanse the bowels.

Regular hot and cold packs.

Occasional cold compresses on the head will keep the body cool & prevent headaches.

In the second week of treatment, substitute enema with mud pack & cold hip bath, which will also reduce abdominal pain.

PERSONAL EXPERIENCE: In the year 1986, both my son and I, were down with jaundice. We took good rest & naturopathic treatment ie all of the above without a single dose of medicine. We could resume work within just two weeks. The diet regime was then continued for a further period of two more weeks and since then there is absolutely no health problem. □

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