

1: Anxiety and Depression:

An anxiety disorder is when your anxiety gets out of control and starts to affect your life.

Having an anxiety disorder can be distressing and make it difficult for you to live your life the way you want. However, there are effective treatments available and effective ways to prevent anxiety.

People with anxiety often also have symptoms of depression. If you notice some of these symptoms, and you're concerned you might have an anxiety disorder, you should seek help.

Link 2: Is Mental Illness A Taboo?

No, mental illness is NOT at all a taboo. It is just like any other disease and is mostly completely curable with affection, sympathy, life style modifications and counseling.

Holistic approach has been proven to be extremely effective in treatment of mental health disorder.

3: What is Holistic Treatment?

Holistic medicine mainly focuses on treating the entire patient and not just a particular disorder. Holistic health care providers believe that an individual is made up of different parts including physical, emotional, environmental and spiritual aspects. All of these must be addressed and balanced to solve any issues, sickness or disorder, and to make a person whole.

Holistic providers use traditional medicine in tandem with alternative methods. This treatment focuses on the idea that each person can take charge of their own well-being, and love and support are the best healers.

Holistic principles include:

- Each patient should be treated as a person and not as their disorder or disease
- Everyone has the potential to better themselves
- Treatment works to fix the root cause and not just the symptoms
- Patient and health care provider work together to solve the problem.

There are many types of holistic medicine available today for nearly every disorder. Holistic methods are often used in combination with traditional therapy and/or pharmacology ranging from meditation to medication.

4: Methods Used In Holistic Care:

There are many terms that are often used when referring to holistic medicine, including “alternative,” “integrative” and “complementary” medicine as well as “natural healing.” It is important to recognize the difference between these terms.

Alternative medicine typically refers to anything outside of what is considered conventional and the definition of conventional seems to be widening.

Complementary medicine usually refers to the treatment that is used as the primary healing tool. Sometimes other non-invasive and non-pharmaceutical means are used to complement it.

Integrative medicine is a combination of conventional medicine and complementary medicine.

Natural healing mainly deals with the physical healing without using medications or invasive procedures.

5: The Scientific Analysis Of Holistic Treatment:

Principles of Cure

◇ Based on quantum physics, all matter is made up of energy and energy is made up of vibrations.

◇ Every human body (including the organs, cells, atoms, and sub-atomic particles of an individual) has its own frequency.

◇ Further, every human being has five bodies – physical body, energy body, mind body, causal body, and super-causal body; all these five bodies have their own frequencies.

◇ An individual’s thoughts have their own frequencies and thoughts are affected by the psychic impressions (residue of past traumas and negative situations – emotional and etheric toxins) stored in the causal body.

◇ An individual’s cells resonate with the frequency of that individual’s emotions (state of mind) which are in turn controlled by thoughts.

◇ When these frequencies go below a certain level, the individual manifests a disease.

At higher frequencies, the individual experiences excellent health.

◇ Energy exchange between individuals is a fact of nature – an individual can raise the frequency of another individual by transferring positive energy.

◇ **The human body is capable of producing the medicine needed for a cure from within, at healthy frequencies.**

◇ **By detoxifying the patient of physical, emotional, and *etheric toxins and raising cellular frequencies, it is possible to achieve a cure.**

The ***etheric body**, **ether-body**, **æther body**, a name given by **neo-Theosophy** to a **vital body** or **subtle body** propounded in **esoteric** philosophies as the first or lowest layer in the "human energy field" or **aura**.^[1] It is said to be in immediate contact with the **physical body**, to sustain it and connect it with "higher" bodies.

The English term "etheric" in this context seems to derive from the **Theosophical** writings of **Madame Blavatsky**, but its use was formalised by **C.W. Leadbeater**^[2] and **Annie Besant**^[3] due to the elimination of Hindu terminology from the system of seven planes and bodies. (**Adyar School of Theosophy**).

The term gained some general popularity after the 1914-18 war, **Walter John Kilner** having adopted it for a layer of the "human atmosphere" which, as he claimed in a popular book, could be rendered visible to the naked eye by means of certain exercises.^[4]

The classical element **Aether** of Platonic and Aristotelean physics continued in Victorian scientific proposals of a **Luminiferous ether** as well as the cognate chemical substance ether. According to Theosophists and **Alice Bailey** the etheric body inhabits an **etheric plane** which corresponds to the four higher subplanes of the **physical plane**. The intended reference is therefore to some extremely rarefied matter, analogous in usage to the word "spirit" (originally "breath"). In selecting it as the term for a clearly defined concept in an Indian-derived metaphysical system, the Theosophists aligned it with ideas such as the **prana-maya-kosha** (sheath made of **prana**, subtle breath or life-force) of **Vedantic** thought.

In popular use it is often confounded with the related concept of the **astral body** as for example in the term **astral projection** - the early Theosophists had called it the "astral double". Others prefer to speak of the "lower and higher astral".

6: The Merged Approach:

No matter how modern we become, we cannot ignore the greatness and goodness of our traditions and this is exactly where holistic treatment plays an important role. While on one hand it welcomes the modern and

new inventions in the field of medicine, it strongly holds its base on the traditional values of our society.

Modern medical science is quite effective in providing treatment for acute conditions, but can only provide a symptomatic cure for chronic diseases. This is because modern medical science starts and ends with the physical body.

- The doctor also teaches mindfulness meditation to the patient that helps the patient to de-stress, detoxify and detach from the disease.
- Because of the yogic kriyas and meditation, the patient's own body starts secreting certain powerful hormones and healing substances that help the patient to rejuvenate.
- The patient continues to receive regular medical treatment, but also practices the kriyas and the meditation learned from the doctor.
- Further, the doctor helps the patient adopt a healthy diet containing high vibrational frequency foods that support the healing process.

Prana Kriyas

“Prana” is the Sanskrit term for what Dr. Shivanand calls, “LIFE FORCE ENERGY.” He has also called it BIO-ETHERIC ENERGY or BIOELECTRICITY. It is also known as COSMIC ENERGY.

“When you breathe without awareness, it is air. If you breathe with awareness, it is prana.” ~ Dr. Shivanand.

Meditation

“Meditation is the process of merging with the source of infinite cosmic power in the Universe. By doing so, a human being can be completely cured and become healthy, whole and complete”~ Dr. Shivanand.

Sookshma Kriyas and Prana Kriyas are preparatory steps for entering into a deep state of meditation. They open up the energy meridians and facilitate the easy flow of cosmic energy from the seven chakras into and throughout the five bodies.

The doctor is the living medicine:

“For physicians to always remain healthy and effectively treat their patients, their bodies should generate much higher frequencies than those of their patients and they should remain integrated with cosmic energy. Cosmic energy should continuously flow in the physician while treating the patient. This makes the physician a *Living Medicine* to potentially cure the patient.”

High vibrational frequency food:

Food is another dimension that needs to be addressed as part of the total healing process. A lot of the toxins found in the body are actually ingested through food. As the doctor and patient work on raising the frequency of the patient's physical and subtle bodies, it is important to detoxify as well.

High vibrational frequency food provides the highest form of nutrition and pranic energy while simultaneously helping to detoxify the body.

Adding a higher percentage of raw and green foods (they have higher pranic energy) and reducing the frequency of meals as well as portion sizes helps to maintain the adequate amount of cosmic energy in the body.

Role Of The Patient:

"In current treatment modalities, the patient remains a passive factor to receive the treatment (medication or surgical procedures), whereas the patient should actively participate in their treatment.

A patient actively participating in his/her own treatment under the care of a very healthy physician possessing higher frequencies and medication of the biomolecule* form (rather than simply a chemical molecular form) can potentially result in the actual cure of the disease instead of a merely symptomatic cure."

Every human being also has seven energy centers or vortexes, known as CHAKRAS in Sanskrit:

Root Chakra (At the perineum, base of the spine), Sacral Chakra (Just below the navel, in the genital region), Solar Plexus Chakra (In the navel area), Heart Chakra (Center of the chest), Throat Chakra (Base of the throat), Third Eye Chakra (Forehead area, between the eyebrows), Crown Chakra (Top of the head).

While gym workouts only address the physical body, the Sookshma (Subtle) Kriyas exercise the subtle bodies and help to activate the chakras through which human beings receive cosmic energy.

7: Benefits Associated With Holistic Treatment:

The main benefit of holistic medicine is that it serves to treat the whole person and not just the current symptoms. By working to find the root cause of an addiction, a person could be more likely to avoid relapse.

This treatment focuses on complete lifestyle change and not a quick fix. It requires a commitment from the patient and an understanding that each individual is responsible for their own well-being. This helps the patients to put themselves in complete control of their own life

Holistic medicine is NOT at all harmful and WITHOUT any side-effects. The treatment providers seek natural remedies and non-pharmaceutical answers.

Holistic treatment is more cost-effective as it uses therapies and mindfulness techniques over other more expensive methods that may not be as effective long-term.

8: Finding The Right Treatment:

Holistic treatments use different methods of both conventional and alternative medicine with the main focus being that this will help the person ultimately to build a better and balanced self esteem.

The four main elements that are in prime focus while helping the patients through the recovery process are:

- ◇ Mind**
- ◇ Body**
- ◇ Soul**
- ◇ Environment**

This method of treatment typically explores the cause or mindset that caused the disorder. All kinds of negative thoughts should be erased and replaced with positive ones. Holistic medicine also encourages group and individual therapy to help with redirecting thoughts and changing behaviors.

9: Why Us:

During her long experience, renowned Counselor & Holistic Healer Indu Sharma, having a team which includes physician from modern medicine, psychologist, yoga practitioner, dietitian, laugh therapist and others, an exceptional name in Delhi, rather India and neighboring countries, also has collected the same experience, only boosting the year old ancient Indian Mythological concept that body machine is more computerized than any man made machine and it is the only machine having power of self repairing/healing.

The most important feature of that is prevention is better than cure, the best policy and one stitch in time saves nine. In general if a person goes with proper diet and life style which enhance the internal immune system and boost up the disease defense mechanism, which in turn not only save one from many unwanted sufferings, but also help body reverse for diseases influenced by environment.

Along with her experienced team members of various fraternity and expose to mass from versatile socio-economical-cultural group made her more confident on the age old belief; on top of that knowledge in nutrition and attending lots of national & international seminars & workshops – a continuous process of updating with new research & invention, she found that even taking of tablets for supplements like vitamins or minerals is only profitable when those are essentially required for some acute outburst of chronic sufferings and body already in a state of huge deficiency for more than one vitamins or minerals and a mark able gap of electrolyte imbalance.

What one eats directly affects the structure and function of one's brain and body, ultimately, one's mood.Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function — and even a worsening of symptoms of mood disorders, such as depression.

In the short term, poor and inadequate nutrition contributes to stress, tiredness and our capacity to work, and over time, it can contribute to the risk of developing some illnesses and other health problems such as: being overweight or obese. Tooth decay. High blood pressure, up to stroke & sudden organ failure.

Behavioral and social issues that impact on health include smoking, alcohol, poor diet leading to obesity or malnutrition, lack of physical exercise, sexual behavior and problems resulting from drug taking. ... Lifestyle diseases linked with the way people live their life. This is commonly caused by alcohol, drug and smoking abuse as well as lack of physical activity and unhealthy eating. Diseases that impact on our lifestyle are heart disease, stroke, obesity, type II diabetes and so on.

Use medicine as mechanical way is not the solution.

Not only Physical but also Psychological, Social & Spiritual ~ a holistic healing support required to nourish immunity & enhance will power to fight disease.

People should go with nature law and that heals body in a unique way. Depending on acceptance of situation and knowing that many a things not control by ours, one can reduce both mind & body pain up to an

extent. Working with Palliative team of cancer care institutions and pain clinic of AIIMS during the practice it was practically confirmed and reconfirmed once & again, by the members of our health team.

The other feature was found during the long practice tenure in India & abroad that “following guideline is typical but precision & customized treatment attract succeed” as everyone is customized though the common phenomena exists to all.

Our health care team strongly believes that any decision should not only based on medical condition but also depending on one’s age, physical status, overall economic-social-familiar status including mental maturity level & spiritual belief.

Treatment along with taking medicine for acute status, Diet, Herbs, Yoga, Meditation, Reflexology, Laugh, Life style & Spirituality are also equally required for proper healing, as body only be healed when mind supports that. Optimum soothing mechanism only works and healthy healing progress when body-mind works in harmony- the hormones secrets proportionately and we can attain 1948 WHO definition of health “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Modern medical science is quite effective in providing treatment for acute conditions, but can only provide a symptomatic cure for chronic diseases. This is because modern medical science starts and ends with the physical body.

We strongly believe that the team of healers & physicians only can guide and direct the person, rest depends on the willingness & will-power of the person and the implementation, which is solely with the person specific, as that is “Your body, Your mind, Your dignity, Your eagerness, Your priority, Your active role ~ You to decide.....”

The aim is to “assist & guide you to BRING BACK YOUR CONFIDENCE..... HONOR...PEACE...SMILES...& FAMILY HARMONY.....by relieving PAIN & SUFFERINGS.....”
