



## Yogic Cure for Common Diseases

By Dr Phulgenda Sinha

Orient Paperbacks, New Delhi, India. Softcover. Book Condition: New. Yoga states that diseases, disorders and ailments are the result of faulty ways of living, bad habits, lack of proper knowledge of things related to individual's life, and improper food. The diseases are thus the resultant state of a short or prolonged malfunctioning of the body system. The yogic process of treatment comprises three steps: (i) Proper diet, (ii) Proper yoga practice, and (iii) Proper knowledge of things which concern the life of an individual. The book, based on the author's successful experience of treating several hundreds of patients suffering from common, chronic diseases, contains a comprehensive and illustrated step-by-step guide to better health through yoga and is complete with diet charts. The book discusses the background, nature and cause of each disease, medical and yogic treatments, diet and the yogic path to health. Yoga's holistic approach to therapy and the effectiveness of yogic methods in establishing good health are explained herein. Printed Pages: 196.

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