

Ayurveda and Veganism (Some of the Most Significant Cases of Healing Among My Patients)

Isabel Arizmendi

Kerala Ayurvedic Health Care, India
Institute of Dietetics and Nutrition, Spain

Corresponding author

Isabel Arizmendi, Institute of Dietetics and Nutrition, Spain. Tel: +34 645 210 474; E-mail: isabelarizmendi9@gmail.com

Submitted: 21 June 2019; Accepted: 05 July 2019; Published: 26 July 2019

Creating My Protocol

After developing a personal protocol that combines, in addition to herbal and Ayurveda remedies, a vegan diet based on the predominant Dosha and blood type, may I present some of my most significant cases of healing among my patients:

Ovarian Cysts

A 23-year-old girl with serious problems of endometriosis and ovarian cysts called me to visit her (April 2014). She looked for me as a last resource before agreeing to undergo surgery. Year of birth: 1991. Blood type: B. Overweight. Kapha Dosha imbalance.

Procedure and Results

Homemade garlic tincture treatment (12 days according to dosage chart), 48 hr. fast, cinnamon tea, strict vegan diet in order to balance Kapha, aerobic exercise (biking, jogging). After four months following my instructions, her cysts had disappeared (with ultrasound that confirmed it). At least 8 more patients with severe ovarian cysts have recovered after treatment.

Vata Diabetes

53-year-old female patient with Vata diabetes (April 2016) (489 of glycaemic index in analytics). She came to my office the first time leaning on the walls because of the weakness. She had refused to continue with the insulin treatment (she felt dying after each application as her sugar levels dropped drastically after every injection.) The patient at that time weighed 35 kg. and was suffering of deep depression.

Blood type: B

Prakriti and Vikruti: 77 (92) % Vata, 15 (23) % Pitta, 8 (15) % Kapha

Procedure

Homemade spices mixture (turmeric, fenugreek and dehydrated AMLA), Neem tea, Cinnamon tea; strict diet omitting wheat bread, sweet fruit, rice (replaced with barley), Kizhi massage twice a week for 2 months (cooked rice, oats, mung dal), Pran mudra, apan mudra, ardha matsyendrasana.

Results

Patient began to improve from the first two weeks. Her glucose levels began to drop.

The first thing she noticed was the reduction of inflammation of her belly. The last thing to improve was the numbness of her foot and the skin of her leg. She remained faithful to her monthly consultation for the first six months. Later the consultations were more spaced.

Today she has a normal life. Her glucose is not over 120 - 140. She continues with her diet. Whenever she neglects it, she finds her glucose raises.

Dropsy

48-year-old patient with morbid obesity, weighing 140 kg, and suffering from dropsy, not responding to conventional medicines (March 2018). Strangely, the patient asked for help to control his anxiety attacks and not the rest of his ailments.

He was unable to get up from bed or from a chair. He had been in hospital recently due to cardiopulmonary congestion.

Year of birth: 1970

Blood type: O

Prakriti and Vikruti: 24 % Vata, 24(31) % Pitta, 52(61) % Kapha

Procedure

Besides a strict diet, Nettle decoction (1 l per day).

It was hard for him to stop eating bread and fried eggs.

For his anxiety episodes: Almond milk with saffron and agave syrup

For his insomnia: Oats milk with anis

Exercise raising arms and legs.

Pranayama

Results

The patient became better after the nettle treatment, which stopped the dropsy.

He started to lose weight rapidly. He informed me that he had been able to do crunches on his bed and started walking around his room.

Psychosis

37-year-old male patient suffering from severe psychosis attacks.

He told me everything began after becoming vegetarian and brahma acharya. His Pitta dosha was extremely imbalanced (Feverish, gastritis, nightmares, hallucinations). He had already been treated without result. At that moment he was having sleeping pills, antidepressants, digestives, and other allopathic drugs.

Prakriti: 38 % Vata, 54 % Pitta, 8 % Kapha

Procedure

Slowly started to reduce the allopathic drug doses. Anise and Cardamom tea for insomnia and depression. Almond milk with saffron and agave syrup for anxiety. Vegan diet for his blood type and Pitta dosha imbalance. Pranayama exercises, morning walk and yoga asanas.

Results

After one year, he continues his communication. He has had two imbalance episodes during this year, mainly caused by moving to a different city, change of diet, milk consumption, and careless fasting. I have told him how to continue with his regime, regardless of the conditions. He has followed my instructions and immediately recovered. He is happy and continues being a devoted brahmacharya.

Autism (Due To Vaccinaria Parasitosis)

Allow me to comment on these cases together, since, two children, one 1,5 and the other 3 years old came to me within a short period of time. Both diagnosed with autism due to vaccinal parasitosis. Both started to present autistic symptoms after receiving a combo of several vaccinations.

Procedure and Results

Second boy's mother had already started to make changes to a more natural diet previous to consultation. After changing into a vegan diet both children began to improve in their socialization and their cognitive ability. Last report from their mothers 6 months after last appointment.

Fertility

Two couples out from a group of 4 underwent the ayurvedic protocol at the same time.

They had been unable to get pregnant for several years. They had already undergone all kinds of conventional treatments without results.

Procedure and Results

After performing abstinence quarantine, dieting protocol, yoga, breathing exercises and meditation, they were able to procreate. Now they are happy parents.

Leukemia

A female patient, born in 1938, with Chronic Lymphocytic Leukemia.

Blood type: A

She had Lymphoma. Extraction of 2 neck ganglia, and then 6 sessions of intravenous chemotherapy in 2003.

After 11 years of taking maintenance chemotherapy her heart was affected and anaemia was generated.

Procedure

Following a vegan diet, including special Kichadi to fight anaemia. Treated with Ashwaganda, Triphala, Gokul, Tulsi, Amalaki, and Curcumin. Pranayama

Results

Anaemia rescinded in less than two months. After 18 months of treatment she is keeping her blood levels balanced. Last year she took two sets of chemotherapy only, in February and August. She

used to have 6 sessions per month. The last two have only been 2 sessions. She has not taken chemotherapy since last August. Her heart is severely damaged. She continues her Ayurveda treatment (Ashwaganda, Triphala, Amalaki, and curcumin).

Influenza H1n1 ...

Two cases of healing within 24 to 48 hrs. of treatment. One case, a young woman, with her test on hand wrote me to ask for treatment. The second case, I received a call from the mother. Also tests on hand, her 16-year-old son had just been diagnosed. Both patients were already vegan.

Procedure

Fasting immediately with only intakes of 250 ml of water mixed with 5 grs. of bicarbonate every 4 hrs. during 24 hrs. 2 litres of lukewarm water per day.

Results

For the first patient it took 48 hours to start feeling better. In only 4 days she came back to work. The second patient took only 24 hrs. When he himself called me to tell me that the fever had gone, that he felt much better, and asked me "Madam, can I eat beans? I'm hungry."

Copyright: ©2019 Isabel Arizmendi. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.