

**Resetting of Disturbed**

# **LEG, SPINE & NAVEL**

**Dr. Chanchalmal Chordia**

Human body works with full co-ordination, co-operation, and harmony. Each and every portion of the body has got direct or indirect influence on remaining body. Therefore, malfunction of any portion will create imbalance in all other parts. This imbalance is not the same always. Sometime it is great enough to create illness, while the effect of others can be visualized by experience. Resetting of Disturbed leg, Spine and Navel Balance is very simple, safe and gives prompt relief, without any adverse effects. Where other treatments have failed or consume more money as well as time, such balancing is the only solution. Patients feel physically as well as mentally better due to proper unobstructed bio-energy flow in the body.

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**Chordia Bhawan, O/s. Jalori Gate,  
Opp. Thar Handloom, Gole Building Road,  
Jodpur-342003 (Raj.)**

**Phone : 0291-2621454, Mobile : 094141-34606**

E-mail: cmchordia.jodhpur@gmail.com, Website: www.chordiahealth.com

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# **RESETTING OF DISTURBED LEG, SPINE & NAVEL**

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## **PHYSICAL BALANCING OF BODY**

Physical balance of body is achieved when length of both the legs are equal and Navel Centre, Medula Oblengata (M.O.) and all the Vertabare of Spine are in their actual position, so that any nerve near spinal cord is not under any tension or pressure.

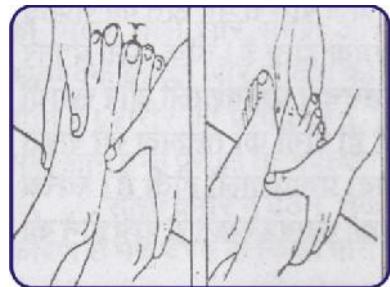
### **LEG BALANCE**

#### **Why Leg Balance is Necessary?**

Everybody is walking with his/her legs, but if the length of both legs is not same due to any reason, then pressure on both soles will not be same. Since human body is symmetrical on left and right by appearance and if one leg is slightly shorter than the other, then some part of the body will be under pressure, particularly while standing, moving, walking or running. If it continues for a long time then pain and various other problems may occur in the body. If such persons are having the habit of morning walk, then they cannot get full advantage of morning walk. On the contrary they may have to face new problems due to leg imbalance. Therefore, persons who are walking for maintaining good health must verify whether their both legs are equal or not.

#### **How to check Leg Balance?**

The person, whose leg balance is to be checked, must be made to lie down on his back, keeping both the ankles near to each other. Also keep all the toes of both feet in upward position. Now check whether centers of both ankles are exactly at same level with each other or some difference exists between them. Similarly whether top of both the big toes are at the same level or not? If they are not at the same level then legs are said to be imbalanced, as shown in Fig No. 1



#### **How to Balance Legs?**

Pull the big toe by hand whose level is lower till the level of both big toes becomes same,



as shown in fig No. 2. Sometime it may not possible to pull leg or due to any other problem in that leg. In such case following simple method is suitable.



First of all bend the knee of shorter leg and try to touch the same with abdomen as far as easily possible, as

shown in fig No.3. Afterwards press the bend knee with one hand keeping it in same position, turn sole of that feet towards other leg as far as it can move easily. **By this technic shorter leg become normal & length of both legs becomes equal.**

Sometime if it is not advisable to bend the shorter leg, then we have to make the longer leg shorter. For that bend knee of longer leg and try to touch the same from the abdomen as far as easily possible. After words without changing position of knee and pressing it with one hand, rotate sole of that foot towards outside as far as possible. **By this simple technic longer leg becomes shorter and thus both legs become equal.**

This process is to be repeated for few days till the time leg balance is achieved. Everybody should check their leg balance occasionally because it is one of the root causes of many diseases.

## NECK & SPINE BALANCE

### What is spine?

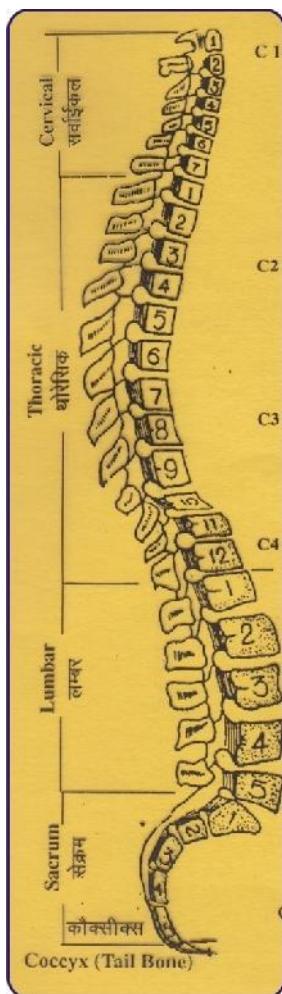
The spinal cord is the continuation of brain below the skull. It is a column of nervous tissue, protected in the vertebral column, a tunnel in the backbone, consisting of vertebrae (small bones) piled upon on another. The nerves originating from spinal cord act as channels to convey information from the peripheral nerves muscles and glands. **These spinal nerves receive sensations from the sense organs and they carry motor instructions to the muscles and glands of the body.**

Spine, starting below the skull, has cervical vertebrae. They control neck and arms. The 7th cervical is protruding vertebra at the base of the neck. It affects everything down up to the finger tips.

From the 7th cervical down are 12 thoracic vertebrae, ending near the waist line. Thoracic portion provides nerves to chest, region.

From waist line begin the 5 lumbar vertebrae. They provide nerves to the lower extremities of legs and feet. This is the lower back, having profound effect on organs in that region such as reproductive organs, digestive tract and lower limbs. Below the lumbar vertebrae are 5 fused sacral vertebrae, forming the sacrum and tail bone (coccyx). They supply nerves to organs of pelvis, the pelvis and buttock muscles. This area can affect many other parts, including head, when headaches occur.

Brain, Eyes, Ears, Sinus, Several sense organs, inlets for air and food, are accommodated in the head.



### What is Nervous System?

Nervous system acts like a communication network, connecting

all parts of body. Nervous system, in general, regulates rapid muscular and secretory activities of body.

A nerve is a bundle of insulated fibers, with a thread like appearance, serving the purpose like a telephone cable. There are two types of nerves (1) Sensory nerves, which enable body to experience senses of pain, heat, smell, cold etc. (2) Motor nerves, which move the muscles.

The Central Nervous system consists of Brain and Spinal Cord. The Peripheral nervous system consists of nerves, fibers, outside of brain and spinal cord.

### **Relation between Spine and Central Nervous System:**

Every part of the body is controlled by nerves and all of these nerves connect directly or indirectly with the spine. Therefore, most of the problems in nervous system are related to spinal disturbances.

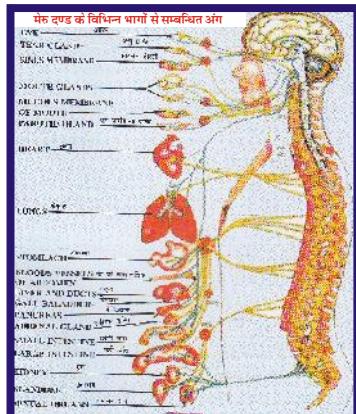
Spinal Cord is protected against any shock with a unique shock absorber called cerebrospinal fluid (CSF) & also by 33 Vertebrae piled upon each other like a cycle chain. Out of the 33 Vertebrae 24 Vertebrae are having separate moving capacity & flexibility. Out of the remaining nine, five join together & form sacrum & four join together to form coccyx.

There is some vacant space between each of the upper 24 vertebrae. In this space there is a seat which acts like a shocker or spring. This protects the vertebrae from damaging while bending or when they are under tension. This enables human-body to bend left and right, forward or backward. All the muscles on the back are also supported by spine and help in transferring messages of body to mind to body through sympathetic and parasympathetic nerves. There is a gap between upper 24 vertebrae of spine.

When the distance between two vertebrae is reduced or increased or when they touch each other, flexibility in spinal cord is affected, causing various diseases of spine like Stenos is, Spondylolisthesis, Slip Disc, Sciatica etc. Central Nervous System (CNS) and these vertebrae are main portions of Spine and collectively known as spinal cord, which is also situated inside the spine. From a small distance from this spinal cord on both sides pairs of nerves are terminating. These nerves control and govern all the organs and systems of body.

The spinal nerves are named and numbered according to length segments of the of spinal column, (1) Cervical (2) Thoracic (3) Lumbar (4) Sacral (5) Coccyx.

Sciatic nerve is the largest nerve cord, about 3/4 inch wide and is the continuation of the lower part of sacral plexus. It descends along with back of thigh to about its lower third, and then divides into 2 large branches going down along the sides of legs up to the heels. Causes of



sciatica pain can be inflammation of sciatic nerve, some misplacement along lumbar region, enlarged prostate, or injury to any other part of body affecting sciatic nerve.

The entire body below the neck, including the arms and the legs, is controlled by the spinal cord. Sensations from body parts traverse the spinal nerves, enter the spinal cord and then are relayed to the brain and other spinal centers. Messages from the cord or from the brain exit via spinal nerves to control the action of blood vessels, muscles and glands. Whenever there is a impingement or entrapment of spinal nerves, serious body disfunctions may occur. Pressure on nerves may be due to injuries, tight (hypertonic) muscles, fibrotic scar tissue, vertebral subluxations, and other causes.

## STUDY OF SPINE

### **Column-**

- A: Names of Vertebrae and nerves in the spine.
- B: The areas receiving nerve fibers from these nerves.
- C: Some of the conditions that can follow a pressure on or interference with nerves.

Various systems of body connected from Central Nervous System and possibilities of problems when flow of life energy is obstructed in Nerves.

<b>A</b>	<b>B (Affected Area)</b>	<b>C (Diseases)</b>
Cervical(1)	Blood supply to head, pituitary gland, Scalp, Bones of face, Inner & Middle Ear, Sympathetic Nervous System	Headaches, Nervousness, Insomnia, Head colds, High Blood Pressure, Migraine, Mental Conditions, Amnesia, Epilepsy, Infantile paralysis, Chronic Tiredness Vertigo.
Cervical(2)	Eyes, Optic Nerve, Auditory Nerve Sinuses, Mastoid bones, Tongue, Forehead	Sinus troubles, Allergies, Crossed eyes, Deafness, Erysipelas, Eye troubles, Ear ache, Fainting, Certain cases of blindness
Cervical(3)	Cheeks, Outer Eyes, Face bones, Teeth, Tri-facial nerve	Neuralgia, Neuritis, Acne or Pimples, Eczema
Cervical(4)	Nose, Lips, Mouth, Eustachian tube	Hay fever, Rose fever, Catarrh, Hard of hearing, Adenoids Blocked Eustachian tubes
Cervical(5)	Vocal cords, Neck, glands, pharynx, Heart	Laryngitis, Hoarseness, Throat, conditions like sore

		throat, quinsy etc.
Cervical(6)	Neck and shoulders, Muscles, Tonsils, Heart	Stiff neck, pain in upper arm, Tonsillitis, whooping cough, Croup
Cervical(7)	Thyroid gland, Bursa in shoulder, Elbows, Heart	Bursitis, Colds, Thyroid Problems, Goiter
Thoracic (1)	Arms from the elbows down including hands, wrists & fingers, Esophagus, Trachea Wind pipe, Heart	Asthma, Gough, Difficult breathing, Shortness of breath, Pain in lower arm and in the hands
Thoracic (2)	Heart including valves and covering, Coronary arteries	Functional Heart Conditions, Certain Chest Pains
Thoracic (3)	Lungs, Bronchial tube, Pleura, Chest, Breast, Heart Nipples	Bronchitis, Pleurisy Pneumonia, Congestion, Influenza, Grippe
Thoracic (4)	Gall Bladder, Common bile duct, Heart	Gall Bladder problems, Jaundice, Shingles
Thoracic (5)	Liver, Solar Plexus, Heart	Adverse Liver Conditions, Fever, Low blood pressure, Anemia, Poor Blood Circulation, Arthritis
Thoracic (6)	Stomach	Stomach troubles, including nervous stomach indigestion, Heart burns, Dyspepsia
Thoracic (7)	Pancreas, Islands of langernecka Duodenum	Diabetes, Ulcers, Gastritis
Thoracic (8)	Spleen Diaphragm	Leukemia, Hiccoughs
Thoracic (9)	Adrenals or Suprarenal	Allergies, Hives and an inadequate, reaction to stress
Thoracic (10)	Kidneys	Kidney troubles, Hardening of arteries, Chronic tiredness. Nephritis, Pyelitis, Fatigue
Thoracic (11)	Kidneys, Ureters	Skin disorders, like acne or pimples, Eczema Boils etc. Auto intoxication absorption of poison from the gastrointestinal canal
Thoracic (12)	Small intestines, Fallopian tubes, Lymph	Rheumatism, Gas pains,

	circulation	Certain types of sterility Lymphatic congestion
Lumbar (1)	Large intestine or colon, Inguinal rings, Groin area	Constipation, Colitis, Dysentery, Diarrhea, Ruptures or Hernias
Lumbar (2)	Appendix, Abdomen and its contents upper leg, Cecum, Thighs	Appendicitis, Cramps, Difficult Breathing, Acidosis, Varicose veins
Lumbar (3)	Sex Organs, Ovaries, Testicles, Uterus, Bladder, Knee	Bladder troubles, Menstrual troubles, like painful or irregular periods, Miscarriages, Change of Life symptoms, Knee pains involuntary discharge of Urine
Lumbar (4)	Prostate gland, Muscles of lower back, Sciatic Nerve	Sciatica, Lumbago, Back-ache Frequent Urination
Lumbar (5)	Lower legs, Ankle, Feet, Toes, Arches	Poor Circulation in legs, Swollen ankles, weak or swollen ankles, and arches, cold feet, weakness in legs, leg cramps
Sacral	Hip bones, Buttocks	Sacroiliac strain, spinal curvatures
Coccyx	Rectum, Anus	Hemorrhoids or piles, Pruritus or itching, pain at the end of spine on sitting.

### Reasons for Spinal Diseases:

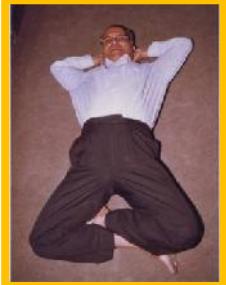
Nervous system of the human body is well associated with spine or backbone of the body. All the information and bodily senses are transferred to mind and the instructions given by mind to any concerning part for reacting accordingly also travel through central nervous system of body. Therefore, it is very much essential to keep spine in perfect condition so that central nervous system can function properly. Therefore, all negative emotions in particular Ego & unnecessary tensions etc. which are the root cause of spine imbalance, should be avoided. Certain accidents or jerks disturb the flexibility of spine. Spine also becomes imbalanced due to improper way of sitting, standing, sleeping & moving habits or doing any activity in wrong posture of body. Spine condition can also be disturbed by over activity of any parts of the body

beyond their capacities. Spine problems may develop diseases like sciatica, slip-disc, cervical spondolysis, joint pains and any other problem related to nervous system. In such cases doctors advise to wear collar or waist belt and have to lie down for long time. Sometime traction may also be given.

## How to Check Spine Condition?

To know the condition of spine ask the patient to lie down on his back with leg folded in sitting posture. The palms of both hands are kept below neck with fingers crossing each other. Ask patient to sit up without raising the knees. If he or she can sit comfortably, then spine condition is considered to be normal. In case it is not possible to sit, then it is assumed that problems in spine have developed.

In the second stage ask the patient to stretch the legs and lie down on neck back normally with both the legs

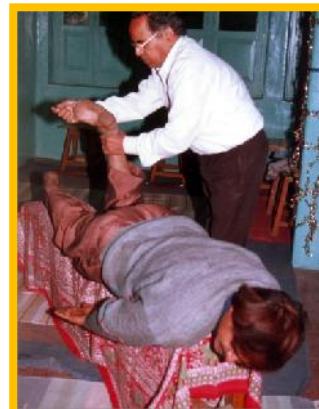


kept close to each other. Position of Palm & fingers remaining same as explained for first stage i.e. below neck. Again ask patient to sit up without raising legs. If the patient cannot sit up, then, it is assumed that spine problems have developed approximately 10 to 15%.

In the third stage ask the patient to remove both the palms of hand from neck and raise both the hands fully touching ears. Remaining portion of the body is kept in lying down position as in second stage. Ask patient to sit up without raising legs. If he can't sit, the problem in spine has developed

more than 20% and need immediate attention.

In the fourth stage, patient remains in same posture of 3rd stage but with the help of some body, both the legs are pressed near ankle joints and ask patient to sit up. If patient can't sit up then problem is more than 25%.



## **Balancing of Neck:**

For balancing cervical nerves of the body of a patient, ask him to lie down on his abdomen on a bench keeping portion of the neck outside in such a way so that it can be swing left and right as well as up and down freely according to its flexibility. Afterwards try to swing neck slowly towards left and right, as far as possible, without causing unbearable pain to the patient. Repeat the same for 5 to 7 times. Then swing the neck upward downward. Increase the speed of rotation very slowly so that the patient does not feel any in conveyance. While rotating neck upward downward, turn it suddenly to left or right, but not more than 50% up to which neck could have been swing previously. This sudden jerk will bring disturbed nerves in their original position and the patient will feel much relief. Simultaneously with such treatment M.O. centre comes in its original position and many problems related to Cervical can be overcome permanently without any side effect.

## **Spine Balancing:**

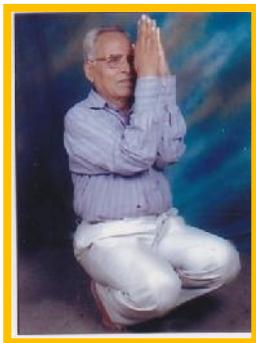
Again ask the patient to lie down on his abdomen as before then at a distance of one to one and half inch on both sides of spine, give pressure from top to bottom vertebrae, initially light pressure with palm, then slightly more but bearable pressure, and then with closed palms and thumbs and finally rotating pressure by thumbs of both palms clockwise and anticlockwise at every half inch distance from top to bottom of spine on both sides. By doing so toxins deposited close to spine will be removed and energy flow in central nervous system becomes normal.

Afterwards lift one leg slowly and bend it from knee and try its heal to touch the buttock, as far as possible. Repeat the same three to five times. Then follow the same process with the other leg. Then repeat the same process with both legs simultaneously. By doing so knee joints will be relaxed and any obstruction in the flow of bio-energy will be cleared. While bending knee the patient having pain in the legs may cry out in agony for a while, but later on there will be a great relief as the sciatic nerve gets released. Persons who have under goose knee replacement or any other operation should not bend the knee till the damaged portion of leg becomes normal.

Next, hold the portion near any ankle firmly by one hand and rotate the sole of that leg clockwise and anticlockwise, left and right, upward and downward. Repeat such rotation 5 to 7 times in all directions. Then hold the sole near toes firmly by one hand and rotate 5 to 7 times each toe of that foot in all the direction. Afterwards find out the tender points on each toe and press the same for few seconds. Repeat the same process with the other sole. By doing so heel and joints got relaxed and any toxin deposited surrounding these joints are removed and life forces starts flowing without any obstruction. With this simple treatment spinal cord will be relaxed chronic patients of sciatica, knees. Legs and back pain slip disc etc. can be cured permanently within few days of this simple technic of spine balance. Also by balancing legs neck and spine before any treatment, recovery rate of treatment becomes much faster.

## Balancing of Spine by Asan (Posture)

By sitting 15 to 20 minutes in GODUHASAN and in NAMASKAR MUDRA central



nervous system can be balanced easily. Goduhasan is a sitting posture, in which to sit in such a way so that only all the toes of both legs are touching ground & knees are touching each other. Namskar Mudra is a posture of body in which palm to elbows of both hands are touching each other. By practicing both simultaneously and increasing duration or repeating these postures several times daily, central nervous system can be balanced easily. Therefore, by sitting in such a posture many nervous related diseases can be cured. By sitting in Padmasan, Vajrasan for long duration & sleeping in proper posture also helps in spine balance. By standing in TADASAN for sometime regularly also helps in spine balance.

## SPINE EXERCISES

The spinal exercises invented by Yog Mahrishi Swamiji Shri Deo Murtiji solve most of spine problems. People from all walks of life and of any group can easily perform these exercises. These exercises are equally beneficial to males, as well as females. By regular practice of these exercises diseased person becomes healthy & healthy person can remain healthy. These exercises give the combined benefits of various complicated and difficult. Asans which are in practice or recommended these days, but which may adversely affect, if not done properly.

We have observed that when a horse if tired after its routine work, it starts swinging on ground to overcome its tiredness by twisting and relaxing the spine. Similarly if spine is twisted in different positions many nerves related problems from sole to neck can be overcome easily. In all exercises position of the neck remains similar i.e. when body is twisted on any side, neck is turned toward opposite side touching chin to the shoulder of other side. Only postures and position of sole is changed in each exercise. Each and every exercise is to be done minimum 15 to 20 times or as per individual convenience. During each interval between two postures of the exercise, person should remain in Shavashan for minimum one minute. Do not twist body very hurriedly or with any jerk. Various positions of spine exercise are described as under.

Lie down on backbone on any hard surface keep both hands on sides perpendicular to the body in line of shoulders. There are few different postures in which sole position is changed.

**Exercise No. 1-** Keep the space between two soles, such that while moving both legs left and right, the biggest toe of one sole. Now move both legs touching ground towards left side in such a way so that biggest toe of right sole touches heel of left leg. Simultaneously turn neck in the opposite direction i.e. towards right such that chin touches the right shoulder. Repeat the same exercise by moving both legs on right side such that left biggest toe touches heel of right leg. Simultaneously turn neck towards left so as to touch left shoulder. This is one cycle. Repeat 15

to 20 cycles's minimum and afterwards take rest in SHAVASAN for short duration. Don't do exercise hurriedly.

**Exercise No. 2-** Bring both legs together so that both big toes touch each other from one side. Move legs and neck as previously left and right side. Repeat few cycles as earlier and afterwards take rest for sometime in SHAVASAN.

**Exercise No. 3-** Put right sole over left sole & repeat same exercise. Repeat same by putting left sole over right sole. After few cycles observe SHAVASAN as earlier.

**Exercise No. 4-** Everything remaining same as earlier. Only difference is that once heel or right leg is put between biggest toe & toe close to it of left sole & move both legs on left sole & move both legs on left side and neck on right side. After few such operations repeat the same with left heel on toes of right sole.

**Exercise No. 5-** Bend both legs in such a way so that both the sole are touching the ground and both knees are kept close to each other. Twist spine left & right as earlier.

**Exercise No. 6-** Position of legs is same but with a difference that both are separated in such a way so that if they are turned toward-left side on ground, knee of right leg touches heel of left leg and when both legs are turned towards right, knee of left leg touches so the heel of right leg. Repeat same for minimum 15 to 20 times. Method of neck movement along with leg movement is same as earlier.

**Exercise No. 7-** Left leg remaining straight touching ground and sole of the right leg is kept near the left knee in standing or horizontal position. Move both legs towards left such that right knee touches ground. Repeat the same with right leg straight sole of left leg is kept near knee of right leg and now move both legs such that left knee touches ground. Repeat same for minimum 15 to 20 times.

**Exercise No. 8-** Both knees are touched to chest and swing left & right with neck movement in opposite direction. In the last swing in same posture upward & downward on lumber.

After completing these exercises SHAVASHN should be done for few minutes. Regular practice of spine exercises will cure almost all the diseases related to central nervous system permanently. Everybody can learn these exercises very easily without much difficulty in few days of practice. It is preferable to practice these exercises with empty stomach or 4 to 5 hours after taking meal. The person having insomnia should practice these exercises before going to bed to get sound sleep.

In general person should practice these exercises after clearing morning stool. But persons who are suffering from constipation should practice spine exercises after drinking water in the morning. Spine exercise helps to bring disturbed navel centre to its original position. These exercises are very good for curing constipation, Gas, Laziness, Insomnia, Obesity, Diabetes and to Increase Height. Also so many other diseases related to central nervous system can be cured by these simple spine exercises.

## **Organ Exercises**

### **(Simple Effective Treatment of Muscular System)**

In a machine if any moving part or spring is not used regularly for a long time, it gets rusted, obstructing its easy movement in future. Similarly in our body also there are many muscles which are not moving regularly in various directions in which they can move, So they become stiff and their flexibility is reduced. When that motion is required, those muscles face problem in moving. There is every possibility of deposition of unwanted toxins over them. If these muscles are moved in all possible directions in which they can move or those muscles which are close to bones are massaged frequently then chances of toxin deposit or losing of their flexibility is reduced to minimum.

In organ exercise outer surface of the muscles of that particular part of the body is moved left and right, up and down, forward and backward, stretched and relaxed, expanded and shrunk, pulled and pushed etc. whichever movements are possible. By doing so, muscular system of that part of body becomes flexible, active, alert and helps in proper circulation of blood in that portion of body.

The purpose of all the Asans is same and by practicing them flexibility in particular portion of the body is improved. This will ultimately improve the blood supply & smooth flow of life energy in related organs.

For reader's convenience, methods for some of the organ exercises are described as under.

**Skull -** Rubbing by both palms.

**Face-** By smiling, laughing, Gargling (circulating liquid in closed mouth) with Water, Sunflower Oil or Self fresh urine, Blowing & Shrinking mouth, rubbing or massaging etc.

**Eyes-** Moving lids of eyes left and right, Upward and downward and all other directions whichever movement is as far as possible.

**Ears-** Pulling & relaxing ear muscle in various directions.

**Teeth-** Press & release teeth for some time which will strengthen gums and teeth.

**Cheek and Chin-** Open mouth fully as far as possible and move cheek upward and downward left and right for some time.

**Neck and Shoulder-** Rotate in all possible directions in which it is capable of moving easily.

**Lungs-** Long and deep breathing, Laughing, Kapal Bhati & various other Pranayam, Twisting the encase right, forward and backward, Rubbing, Massaging etc.

**Legs and Hands-** Rotating all joints clockwise anticlockwise, forward, backward and rubbing by palms or massaging remaining portion.

**Abdomen-** Moving outward and inward.

**Back-** Twisting body left and right, Bend forward and backward, as far as easily possible.

**Movements Suitable for various organs of Body.**

**Rotating-** All joints (Toes, Fingers, Thumbs, Elbows Wrist, Shoulder, Ankle, knee, Pelvic, Neck etc.)

**Rubbing-** Sole, Palm, Legs and Arms, Face, Head, Chest etc.

**Stretch and Relax-** Eyes (all directions) Abdomen Inward and outward.

**Cheeks-** Upward & Downward, Left and Right.

**Pull and Relax-** Ears, Toes and Fingers.

**Press and Release-** Teeth muscle.

**Open and close/ shrink-** Palm, Mouth, Eyes and Rectum.

**Laughing-** Lungs, Neck and Face.

**Smiling-** Face

**Pull and Push-** Fatty Area of Body, Thigh, Hips Arms, Calves etc.

## **DETOXIFICATION BY SUCTION THERAPY**

Flexibility of any muscles is reduced due to deposition of toxins near that area. Such muscles start giving pain. Secondly few muscles cannot be moved as per our will and wish, which also become inactive after sometime. Such problems can be overcome by applying this therapy. Half Balls are generally used as cups, so system of suction therapy is also known as Cupping Therapy.

Cupping treatment is most suited to muscular problems like sprain, soft tissues problems, lower and upper backache, paralysis, polio, chest, legs and ailments. These cups can also be used to stimulate Acupressure/Acupuncture points associated with muscles.

Cupping at the chest can also be carried out to encourage elimination of excessive secretions from the lungs in chronic bronchitis and bronchiectasis and Parkinson's disease. In young girls, poorly developed breasts are improved by using such balls.

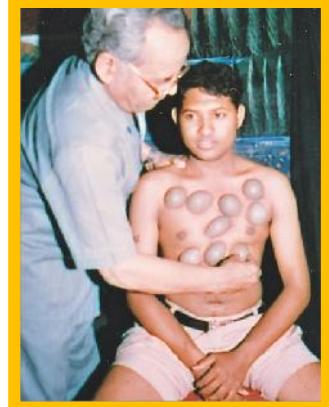
### **Method and Precautions which are necessary:**

1. Keep the cup on the selected point and press the same to create the vacuum by which suction is created in that area and the rim of the cup remains stuck to the body. Due to muscles suction flexibility is improved and blood supply in that area is increased. So a person gets relief from disease. While withdrawing the ball, one must not use force. But press the body skin around the rim of the ball, so that air can enter and ball is released.



2. It is not suction therapy in diseases like high fever, convulsions, ulcers or when there is an unhealed wound, Dr on hairy parts of the body. It is also to be avoided in case of pregnant patients.
3. Do not keep the ball more than 30 minutes in general and 10 to 15 minutes for the patients having soft skin. However such balls can be applied after few hours if required.
4. Blistering must be avoided. If blisters form after cupping, it is necessary to puncture them and evacuate the fluid

Patients who are treated with cups are reported to feel brighter in mind, lighter in body and altogether REJUVENATED.



## NAVEL BALANCE

### **Importance of Navel**

Navel Centre is one of the main Energy centres of life forces, where our body, mind and spirit unify. Even at the time of death when heart beat stops, life forces remain in Navel for few minutes and therefore, if Navel Centre is activated properly, sometimes a person can be revived again. By properly maintaining and regulating energy at Navel, we can remain in state of health and harmony. Navel plays most important role in development of human body from the very beginning of life. Even at the stage of embryo the fetus is nourished by Navel Energy & also body waste is eliminated through the Navel. It is the place where material & cosmic energies are received and transformed into life force energy. Navel centre has important role in controlling all the organs of the body but in particular organs below the diaphragm.

As per Patanjali Yoga, Navel is the main base for the formation of body through which cosmic energy is fed to the body continuously. Also as per Yoga, it is the place of fire. As per element theory, Navel Centre is the centre of Fire Element. Similarly as per Five Pran Theroy it is the place of SAMAN PRAN and as per Ayurveda it helps in controlling three DOSH i.e. VAT, COUGH & PITT.

In our religious faith Navel Centre is known as spiritual soul of the physical body and has very important role in awakening of Kundalini. By meditating on Navel area one can control on his Six Activities, desires and Mental Power increases. However, if Navel is seen for some duration in sleeping posture by raising neck slightly, Thyroid & Adrenal Glands are activated.

Just like lotus flower which shrinks during night, similarly the Navel is also more active in day time as compared to night. Since it is closely associated with digestive system, therefore it is advisable not to take dinner after sunset when Navel becomes less active.

### Functions of Navel:

The Navel Centre balances all life forces and is the centre of physical gravity while sitting, standing, walking and running or in any other posture of physical body. It can be considered as centre of body which plays most important role in the harmony of body, mind and soul.

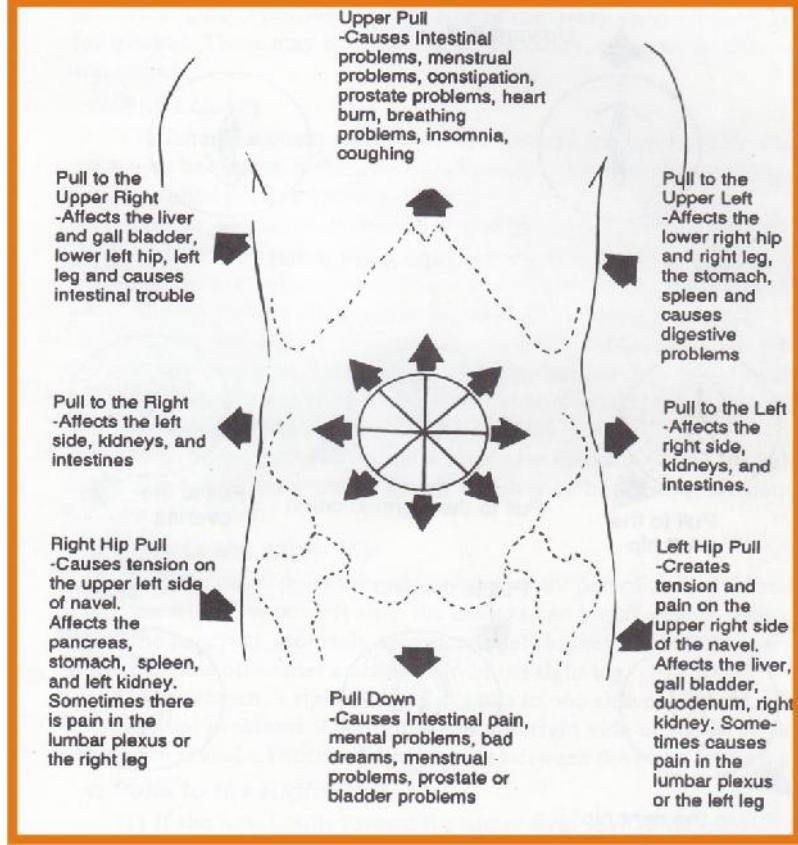
### Location of Navel Centre:

It is located in the area near the centre of abdomen. It is not visible in physical body as it

is situated in subtle body. Therefore, modern science hesitates to accept the presence and role of Navel center for human health.

### Symptoms of Healthy Navel Area:

Navel can be compared to a funnel which consists of three parts, Side Walls and Bottom. Healthy Navel should be rounding, centered & symmetrical. It should be firm and springy, neither hard nor soft. The side walls of rim should be symmetrical. The area around Navel must be even and free from tensions, blockages, cramps, knots etc.



Pulling of Navel may affect superficial tissues or a specific organ or system. Usually the pulling affects the body's center both superficially and deeply to involve more than one organ or system. Any pulling distorts the body's center and the first system to be influenced is the Navel center life forces. When Navel center is displaced the center of physical body also becomes off center, creating an imbalance in the organs.

Navel center plays an important role in controlling all the organs. It is possible to know a great deal about the body, in particular organs below the diaphragm, about the condition of the abdominal area by examining the shape of the navel.

Organs in the direction in which Navel center is pushed becomes over active whereas organs situated opposite to that direction become under active. Thus disturbing the flow of bio energy causing various problems in those relative organs.

### **How to check correct position of Navel Center?**

There are so many methods in practice to check whether Navel center is at correct place or not. One of the simplest and reliable method is as under :-

In the morning, with empty stomach person whose Navel Center is to be checked should lie down on his back. If we feel a throbbing sound like heart or pulse beats in center on pressing navel with thumb and fingers joined together, it is O.K. But if it is not in center then navel center is assumed to be off center.

### **Reasons for displacement of Navel Center**

Navel center is displaced when excess weight is lifted or when there is severe gas trouble. It may also be disturbed due to sudden jerks while walking, standing or running. Sitting continuously and sleeping in wrong bodily posture may also disturb navel. A number of problems and diseases which can't be diagnosed by other modes of treatment can be cured simply by bringing back navel to its position.

### **Why Navel is distorted?**

If there is any obstruction in energy flow at the Navel center or if it is displaced and becomes off center due to tangles, knots, blockages or stagnation, then side walls and area of navel may become puffy, curved or pulled in one or more directions. Thus required energy to the organs will not be available. So by keeping Navel center free from blockages, the energy can flow easily, powerfully in various meridians throughout the body assuring good health, rejuvenation, longevity etc. improving vitality self healing capacity of body.

## **DIFFERENT NAVEL PULLS AND THEIR EFFECTS**

### **(A) Pulls towards left Hip**

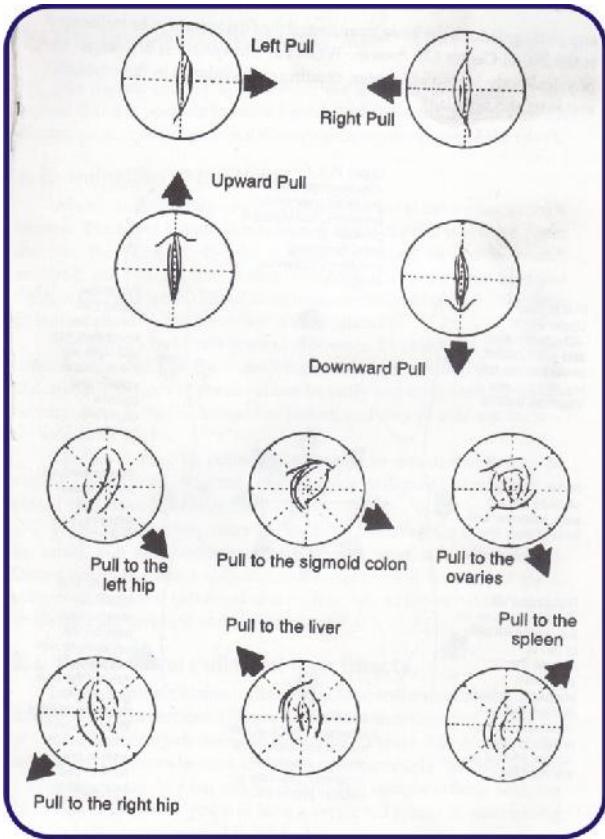
- (1) A navel that pulls toward the lower left side can be related to tension in the upper right side. This can affect the liver, gall bladder, duodenum, and right kidney and may cause pain in the lumbar plexus or the left leg.
- (2) If the left ovary is pulled off its center, it can cause menstrual problems.

### **(B) Pulls Down**

When the navel pulls downward toward the center of the groin, there may be tension in the solar plexus and upper chest.

This can cause indigestion and chronic pain. It also could cause pressure against the intestines, possibly creating mental problems and bad dreams since the small intestine is the paired organs of the heart, any digestive problems can cause the heart to over beat.

The pull can affect the upper and lower side, so there could be pain in the lower side. Tension can cause the intestines to lock together.



Women can experience menstrual and fertility problems if the cervix pulls off-center.

In man a tumor near the pubic bone, or below the bladder, near the prostate gland can develop, which may cause prostate or bladder problems.

### (C) Pulls to the Right Hip

- (1) If the navel pulls toward the lower right part of the pelvic and is tense toward the upper left side, It can affect the pancreas stomach, spleen and left kidney, and could pull the lumbar off center, causing pain in the right leg.
- (2) In women, right ovary pulls to one side which can be the cause of menstrual problems.

### (D) Pulls to the Upper Right Side

- (1) If the navel pulls toward the upper right side of the pelvic, the left side of the small intestine can feel tight and painful. Problems along that line can occur at both superficial and

deep level. This can affect the function of the intestines and the right and left kidneys.

- (2) A right side pull can cause tightness in the upper right side and affect the liver and gall bladder. The pull could cause tightness in the left leg and hip and can affect the sigmoid colon.

### (E) Pulls to the Upper Left Side

- (1) A naval that pull to the upper left side can cause tightness in the lower right side, pull the lumbar plexus off center, and cause pain in the right. There is the possibility of problems in the pancreas, stomach, spleen, and left kidney.
- (2) In women, menstrual problems can occur.
- (3) This pull suggests problems in the ileocecal valve and the digestive process.

### (F) Pulls to the left Side

If the navel pulls to the left side of the pelvic, the right side of the intestine can feel tight and painful. This can cause a problem on the centerline, both deeply and superficially, and the kidneys may be affected.

### (G) Pulls to the Upper Right Side

- (1) A naval that pulls to the upper right side can cause tightness in the lower left side, pull the lumbar plexus off center, and cause left leg pain. There could be problems in the liver, gall bladder, and right kidney.

- (2) In women, menstrual problems can occur.
- (3) This pull suggests problems with the sigmoid colon and the digestive process.

#### **(H) Pulls up**

- (1) A navel that pulls up, can pull the navel pulse above the umbilicus, when it should be below. This can cause bad digestion, constipation, acidity, diseases of the heart, and an irritating personality.
- (2) In women, this can pull the cervix off center and cause menstrual problems.

#### **How to detoxify Navel Area?**

1. Simplest way to remove blockages in Navel area is to practice long & deep abdominal breathing.
2. Massaging Navel area clockwise and anticlockwise for few minutes also helps in removing toxins. If the abdomen is tense, hard and cold than clockwise massage gives better results, but if Navel area is soft, weak or sick anticlockwise massage is good.
3. Abdominal Exercises i.e. moving abdomen in all directions like, left and right or forward and backward gives early results.
4. Direct touching of seeds of fenugreek on navel area also removes congestion blockages.
5. Drinking of self Urine when stomach is empty and after half an hour if one drinks approximately one to one and half liter water, intestines get cleaned and Navel area becomes toxin free.
6. Laughing daily for few minutes in morning is also very helpful for such problems.
7. UDIYAN and MOOL BANDH is also very much helpful in detoxification of Navel area.
8. By chanting AUM, SOHAM, NAMOKAR MANTRA etc. for few minutes continuously with suitable interval with deep breathing will also help in detoxification of Navel Area at much faster rate.
9. By practicing KAPALBHATI or BHASTRIKA PRANAYAM continuously for few minutes also remove toxins deposited in Navel Area.
10. Sitting in GODUHASAN with NAMASKAR MUDRA for few minutes releases the tensions of nerves connected to navel and thus helps in detoxification of Navel Area.
11. Spine & Abdominal Exercises also help in removing toxins in Navel Area.
12. Total Fasting for few days gives complete rest to digestion system that will remove toxins deposited in Navel Area easily.
13. By drinking one to one and half liter of water in the morning with empty stomach as per the capacity will also detoxify Navel Area.
14. By long and deep breathing Navel Area can be detoxified.

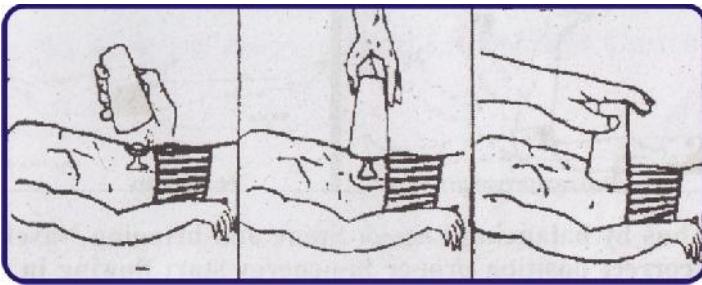
## How to Bring Navel Center to its original position

### By Lamp Flame Method

Many methods are in practice to bring back disturbed Navel center to its original position. One of the most simple and reliable method, which is done with empty stomach only. Ask patient to lay down on his back. Put piece of around coin on the navel. Over it put a lamp or candle & cover it with a glass by pressing gently for few seconds. When oxygen inside the glass is consumed, flame will put off and vacuum is created inside the glass, Sucking glass by navel surface area. Navel center is pulled towards its center due to suction of air inside the glass. When Navel center comes to correct position, then glass is released automatically Duration or time of releasing glass depends upon the problems of an individual. If congestion in that area is not more it will take less time but if it is more, than it may like more time or may not release at all in the beginning. After that patient must be given some solid food which is easily digestible, before getting up.

However, if glass is not released even after longtime, than press navel surface near the

periphery of glass so that air will enter inside glass and it will be released. Repeat same process on next morning. Go on doing continuously same process till the time glass does not stick when flame is put off.



Thus by Navel Balancing i.e.

bringing it to center in correct position, flow of bio energy is improved and most of the diseases related to abdomen can be cured. Also good harmony between body, mind and soul is established.

### By Putting Ice on Navel

1. Disturbed Navel Center can be brought back to its original position by putting ice- block on navel in the morning with empty stomach. Due to coldness navel area shrinks thus navel center comes to its original position.

### NAVEL BALANCING BY YOGIK EXERCISE

2. Navel center can come to original position by some Yogik Exercises also. After doing King & Queen Spine Exercise, if Paschimotan Asan and Nokasan is done, shifted Navel Center comes to its original position.

Thus by balancing Legs & Spine and bringing Navel to its correct position, proper bio-energy starts flowing in the body, making treatment of abdominal and Spinal Diseases very simple, quick and permanent without any adverse effects.

## :-: चोरडिया प्रकाशन की पुस्तक :-

( लेखक - डॉ. चंचलमल चोरडिया )

क्र.सं.	विवरण	सहयोग राशि
1.	आरोग्य आपका ।	260 रु.
2.	स्वस्थ रहें या रोगी फैसला आपका ?	40 रु.
3.	शरीर स्वयं का चिकित्सक	15 रु.
4.	मौलिक चिकित्सा कौनसी	10 रु.
5.	भोजन और स्वास्थ्य	20 रु.
6.	क्या हम स्वस्थ रहना चाहते हैं ?	15 रु.
7.	आपका उपचार आपके पास	10 रु.
8.	पीने योग्य शक्तिवर्धक पानी	10 रु.
9.	प्रभावशाली स्वावलम्बी लीवर शुद्धिकरण चिकित्सा	10 रु.
10.	स्वास्थ्य का अमूल्य खजाना : मानव मूत्र	20 रु.
11.	UROPATHY	15 रु.
12.	Resetting of Disturbed LEG, SPINE & NAVEL	21 रु.
13.	आपका आरोग्य आपके पास	25 रु.
14.	प्रभावशाली अहिंसक चिकित्सा पद्धतियाँ ( प्रथम संस्करण )	40 रु.
15.	सुखी जीवन का मूलाधार अहिंसक जीवन शैली	15 रु.
16.	प्रभावशाली उपचार हेतु सही निदान आवश्यक	10 रु.
17.	नाड़ी तंत्र एवं मांसपेशियों का उपचार ।	15 रु.
18.	बिना दवा मधुमेह ( डायबिटीज ) का प्रभावशाली उपचार	20 रु.
19.	मांसाहार कितना उचित ?	10 रु.
20.	स्वास्थ्य हेतु सम्यक् चिन्तन आवश्यक ।	10 रु.
21.	सजगता ही स्वास्थ्य है ।	10 रु.
22.	प्रभावशाली स्वावलम्बी उपचार ।	10 रु.
23.	स्वास्थ्य का दर्पण आरोग्य आपका	15 रु.
24.	निर्दोष, स्वास्थ्यवर्धक जीवन शैली	11 रु.
25.	हम कितने शाकाहारी ?	6 रु.
26.	निर्दोष श्रमणोपचार	15 रु.
27.	हम कितने अहिंसक ?	10 रु.
28.	भोजन हेतु पशु हिंसा अनुचित	10 रु.
29.	स्वास्थ्य मंत्रालय स्वावलम्बी चिकित्सा पद्धतियों के प्रति कितना सजग ?	20 रु.
30.	प्रभावशाली अहिंसक चिकित्सा पद्धतियाँ ( संशोधित संस्करण )	45 रु.
31.	जीवन है अनमोल । ( भजन संकलन )	20 रु.
	( लेखिका - श्रीमती रत्न चोरडिया )	
32.	आत्म-वैभव	25 रु.
33.	आपका उपचार आपके घर ।	25 रु.
34.	मृत्यु एक महोत्सव ।	15 रु.
35.	दो कदम लक्ष्य की ओर ।	11 रु.

( नोट : पोस्टेज एवं डिलेवरी शुल्क अतिरिक्त )

## शारीरिक असंतुलनों की अभिव्यक्तियाँ

शरीर में जब कोई रोग उत्पन्न होता है, तो उसके संकेत बाह्य रूप से अभिव्यक्त होने लगते हैं। जैसे- भूख न लगाना अथवा बहुत अधिक लगाना, अनिद्रा अथवा अति निद्रा आना, शरीर से खांसी, हिचकियाँ, डकारें, गैस बनना, हाँफने की आवाज, निद्रा में खराटे भरने जैसी ध्वनियाँ निकलना, जल्दी बोलना अथवा हकलाना, हाथ पैर अथवा शरीर के किसी भाग में कम्पन होना, शरीर का ठण्डा अथवा गरम हो जाना, बहुत अधिक पसीना आना, चेहरे पर तनाव, भय अथवा दुःख की अभिव्यक्ति होना, मोटापा, गंजापन, समय से पूर्व बालों का सफेद हो जाना आंख, कान, नाक आदि इन्द्रियों की क्षमता कम हो जाना, मल-मूत्र का विसर्जन नियमित न होना इत्यादि, तो असंतुलन की ऐसी अभिव्यक्तियाँ हैं, जिन्हें हम रोग समझ उपचार द्वारा स्वस्थ करते हैं। परन्तु कुछ ऐसे असंतुलन होते हैं, जिनकी प्रत्यक्ष अभिव्यक्ति नहीं होती। अतः हम शरीर में उपस्थिति को प्रायः रोग का कारण नहीं मानते। इसी कारण प्रायः अधिकांश चिकित्सा पद्धतियों में उनका संतुलन करना पूर्णतया उपेक्षित होता है, परन्तु जिनको बहुत ही सरल ढंग से संतुलित किया जा सकता है। जैसे- पगथली का ठण्डा रहना। उठते-बैठते, चलते-फिरते पीड़ा की अनुभूति होना। एक पैर का बड़ा अथवा दूसरे का छोटा हो जाना। गर्दन और नाभि केन्द्रों का अपने स्थान से हट जाना। रीढ़ के मणकों के आस-पास अवरोध आ जाने से नाड़ी संस्थान संबंधी रोगों का प्रकट होना। मानसिक तनाव, अपाचन, अनिद्रा, थकान, कमजोरी अथवा अन्य किसी भी रोग का हो जाना आदि। जब तक इन असन्तुलनों को पुनः संतुलित नहीं किया जाता तब तक कोई भी चिकित्सा पद्धति पूर्ण प्रभावशाली ढंग से कार्य नहीं कर सकती। जिस प्रकार फूटे हुए घड़े को भरने से पूर्व उसका छिद्र बन्द करना आवश्यक होता है। बिना छिद्र बंद किये, कितना ही पानी क्यों न डाले, घड़ा स्थायी रूप से भरा हुआ नहीं रह सकता। मोटर कार को चलाने से पूर्व उसके चक्कों में हवा का उचित दबाव आवश्यक होता है। गाड़ी बहुत ही अच्छी हो, चालक भी बहुत अनुभवी हो, परन्तु जैसे चक्कों में वायु का दबाव बराबर न हों, ऐसी गाड़ी में निर्विघ्न यात्रा कर गन्तव्य स्थान पर पहुँचना संदिग्ध होता है। ठीक उसी प्रकार शारीरिक और मानसिक संतुलन के अभाव में कोई भी उपचार स्थायी और प्रभावशाली नहीं हो सकता। जिस प्रकार खेती में बीज होने से पूर्व खेत की सफाई एवं उस पर हल जोतना तथा खाद देना आवश्यक होता है। ठीक उसी प्रकार उपचार से पूर्व कुछ सरल शारीरिक संतुलन से उपचार प्रभावशाली और स्थायी हो जाता है। कभी-कभी तो असंतुलन दूर होते ही रोगी को तत्काल जो राहत मिलती है वह अच्छी से अच्छी दवा से भी ज्यादा होती है। स्वस्थ अवस्था में भी नियमित निरीक्षण कर संतुलन बनाये रखने से रोग होने की संभावना कम हो जाती है।