

Elimination of Pragyaparadh

Enlivening the 40 aspects of Veda in the physiology

## **Disorders of the muscles and bones (musculoskeletal disorders)**

### **Osteoarthritis**

- Osteoarthritis of the knees
- Osteoarthritis of the spine
- Osteoarthritis of the low back and/or hips
- Osteoarthritis of the neck and/or shoulder
- Osteoarthritis of the wrists, thumbs and/or fingers
- Osteoarthritis of the ankles, heels and/or feet
- Osteoarthritis of the elbows
- Osteoarthritis of another area

### **Rheumatoid Arthritis**

- Rheumatoid Arthritis of the wrists, small joints of the hands, thumbs and/or fingers
- Rheumatoid Arthritis of the knees
- Rheumatoid Arthritis of the ankles, heels and/or small joints of the foot
- Rheumatoid Arthritis of the shoulders and/or neck
- Rheumatoid Arthritis of the hips
- Rheumatoid Arthritis of the elbows
- Rheumatoid Arthritis of the jaw
- Rheumatoid Arthritis of another area

### **Back pain**

- Back pain: neck and/or shoulders
- Back pain: upper back
- Back pain: mid back
- Back pain: lower back & hip

### **Disk-related problems**

- Disk-related problems of the neck and/or upper back
- Disk-related problems of the mid back
- Disk-related problems of the lower back

### **Stress fracture**

- Stress fracture of the upper extremities
- Stress fracture of the lower extremities
- Stress fracture of another area

### **Other musculoskeletal disorders**

- Frozen shoulder
- Heel spurs
- Helping the healing of a bone break
- Sciatica
- Spondylitis of the neck
- Torn meniscus

## **Pain as the primary problem**

### **Headache**

- Tension headache

Migraine headache  
Cluster Headache  
Other Headache

## **Neuralgia**

Neuralgia (nerve pain) or pinched nerve in the head  
Neuralgia (nerve pain) or pinched nerve in the neck  
Neuralgia (nerve pain) or pinched nerve in the upper back  
Neuralgia (nerve pain) or pinched nerve in the mid back  
Neuralgia (nerve pain) or pinched nerve in the lower back  
Neuralgia (nerve pain) or pinched nerve of the upper extremities  
Neuralgia (nerve pain) or pinched nerve of the lower extremities  
Neuralgia (nerve pain) or pinched nerve of another area

## **Pain from Cancer**

Pain from cancer in the head  
Pain from cancer in the chest area  
Pain from cancer in the abdominal area  
Pain from cancer in the back area  
Pain from cancer in the upper extremities  
Pain from cancer in the lower extremities  
Pain from cancer in another area

## **Pain Syndrome and Carpal Tunnel Syndrome**

Pain syndrome of the head area  
Pain syndrome of the chest area  
Pain syndrome of the abdominal area  
Pain syndrome of the upper back  
Pain syndrome of the mid back  
Pain syndrome of the lower back  
Pain syndrome of the upper extremities  
Pain syndrome of the lower extremities  
Pain syndrome of another area  
Carpal tunnel syndrome

## **Pain following Herpes Zoster**

Pain following herpes zoster in the head area  
Pain following herpes zoster in the chest area  
Pain following herpes zoster in the abdominal area  
Pain following herpes zoster in the back area  
Pain following herpes zoster in the upper extremities  
Pain following herpes zoster in the lower extremities  
Pain following herpes zoster in another area

## **Gastrointestinal disorders**

### **Gastritis, Ulcers, Hyperacidity**

Gastritis with hyperacidity  
Gastritis: achlorhydric (without acid)  
Gastric ulcer  
Duodenal ulcer

Hyperacidity

## **Irritable Bowel Syndrome**

Irritable bowel syndrome

Irritable bowel syndrome with constipation

Irritable bowel syndrome with diarrhea

Irritable bowel syndrome with abdominal pain

## **Liver enlargement, Hepatitis, Anemia, Anorexia**

Liver enlargement

Hepatitis (except type B)

Anemia (due to poor digestion)

Anorexia

## **Dysentery, Colitis**

Infectious Dysentery

Inflammatory Dysentery

Colitis

## **Digestive problems**

Digestive problems with nausea

Digestive problems with diarrhea

Digestive problems with constipation

Digestive problems with abdominal ache or pain

Digestive problems with belching

Digestive problems with bloating

Digestive problems with weak digestion

Digestive problems with slow digestion

Digestive problems with excess acid

Digestive problems with general weakness

Constipation

Heartburn

Any other digestive problem

## **Ano-Rectal disorders**

Hemorrhoids, non-bleeding

Hemorrhoids, bleeding

Anal fissure

## **Respiratory problems**

### **Asthma**

Asthma

Asthma related to allergy

### **Bronchitis**

Bronchitis

Bronchitis with dry cough

Bronchitis: chronic cough with sputum production

Bronchitis related to allergy

### **Sinusitis**

Sinusitis

Sinusitis related to infection

Sinusitis related to allergy

## **Skin disorders**

### **Eczema**

Eczema of the face

Eczema of the scalp

Eczema of the chest

Eczema of the abdominal area

Eczema of the back area

Eczema of the upper extremities

Eczema of the lower extremities

Eczema of another area

### **Psoriasis**

Psoriasis of the face and/or scalp

Psoriasis of the chest

Psoriasis of the abdominal area

Psoriasis of the back area

Psoriasis of the upper extremities

Psoriasis of the lower extremities

Psoriasis of another area

### **Atopic Dermatitis**

Atopic dermatitis of the face

Atopic dermatitis of the scalp

Atopic dermatitis of the chest

Atopic dermatitis of the abdominal area

Atopic dermatitis of the back area

Atopic dermatitis of the upper extremities

Atopic dermatitis of the lower extremities

Atopic dermatitis of another area

### **Burning and/or itching sensations**

Burning and/or itching sensations of the face

Burning and/or itching sensations of the scalp

Burning and/or itching sensations of the chest

Burning and/or itching sensations of the abdominal area

Burning and/or itching sensations of the back area

Burning and/or itching sensations of the upper extremities

Burning and/or itching sensations of the lower extremities

Burning and/or itching sensations of another area

## **Cardiovascular disorders**

### **Hypertension**

Hypertension: primary

Hypertension: secondary (due to a systemic illness)

Hypertension: related to the kidneys

Hypertension: related to adrenal glands

## Peripheral Vascular Disease

- Peripheral vascular disease: poor circulation
- Peripheral vascular disease: poor circulation (cold extremities)
- Peripheral vascular disease: varicose veins

## Other cardiovascular problems

- Heart arrhythmia
- Ectopic heart beat (palpitations)
- Ectopic heart beat associated with anxiety
- Stable angina (heart condition)

## Mental problems

### Anxiety

- Anxiety
- Anxiety associated with sleep disturbance
- Anxiety associated with substance abuse
- Anxiety associated with substance abuse/alcoholism
- Anxiety associated with substance abuse/nicotine addiction
- Anxiety: sexual imbalance
- Anxiety: suppressed feelings
- Anxiety: lack of concentration and mental clarity
- Anxiety: obsessive-compulsive disorder
- Anxiety: lack of confidence and doubts
- Post traumatic stress syndrome with anxiety
- Emotional trauma
- Emotional trauma associated with sleeplessness
- Emotional and social immaturity
- Emotionally closed, withholding thoughts and feelings
- Defensiveness
- Tactile defensiveness (sensory integration problem)
- Self-doubt, self-dislike
- Doubt, worry, fear, tension and/or nervousness
- Fingernail biting
- Overly sensitive nervous system
- Mental blockage
- Indecisiveness
- Hyperactivity
- Overactive mind
- Lack of concentration, difficulty focussing
- Attention deficit hyperactivity disorder (ADHD)
- Inability to relax, difficulty letting go
- Lack of fulfillment of desires
- Weak inner wakefulness, unsteadiness, not always in the present
- Frightening thoughts that can't be stopped
- Overeating of wrong foods, undereating of right foods

### Depression

- Depression

Depression associated with sleep disorder  
Underlying sadness of varying intensity  
Lack of bliss  
Depression in heart area related to hormone change  
Depression associated with low lithium levels  
Monopolar depression  
Bipolar disorder  
Bipolar disorder with extreme restlessness, improper behavior, sadness  
Mania  
Severe emotional trauma with experience of betrayal, deceit, abandonment and grief  
Unhappiness with loss of will to live

## **Insomnia, disturbed sleep**

Insomnia: disturbed sleep  
Insomnia: disturbed sleep due to anxiety  
Insomnia: disturbed sleep due to excitation  
Insomnia: long term  
Restless, disturbed sleep  
Interrupted sleep due to excessive dreaming  
Insomnia from energy rising through body when trying to sleep  
Sleep disorder due to violent body jerking while falling asleep or sleeping  
Trouble falling asleep when sleeping alone  
Excessive sleep associated with emotional trauma  
Disturbed sleep due to sleep apnea

## **Forgetfulness**

Forgetfulness  
Poor memory  
Difficulty focussing attention on subject at hand and maintaining overall picture

## **Anger**

Anger  
Impatience, volatility  
Oppositional defiance disorder (ODD)  
Oppositional defiance disorder with ADD or ADHD  
Emotional intensity that manifests as irritability  
Frustration with and intolerance of others

## **Dementia**

Dementia from Parkinson's Disease  
Dementia from Alzheimer's Disease  
Dementia from old age

## **Schizophrenia**

Light Schizophrenia  
Schizophrenia  
Schizophrenia with depression and mood swings

## **Other mental problems**

Emotional instability  
Severe mood swings

Emotional instability related to sadaka pitta  
Negative emotions  
Strong emotional reactions  
Mental imbalance  
Emotional discomfort and restricted eating behavior  
Attention Deficit Disorder (ADD)  
Dyslexia: slow and difficult reading  
Grief  
Phobia  
Phobias with delusions (voices, visions, impulsive behavior)  
Autism  
Mental dullness, brain fog, lack of clarity  
Panic disorder / panic attacks

## **Eye problems**

Chronic itching and/or redness of the eyes  
Chronic pain of the eyes  
Pressure around the eyes  
Fatigue of the eyes  
Eye problems due to systemic weakness  
Visual weakness  
Visual weakness: due to old age  
Visual weakness: cataracts

## **Gynecological disorders**

### **Menstrual disorders**

Menstrual disorders: dysmenorrhea (excessive pain with menstruation)  
Menstrual disorders: abnormal menstruation associated with menopause  
Menstrual disorders: associated with migraine  
Menstrual disorders: excessive menstrual flow

### **Premenstrual Syndrome**

Premenstrual syndrome resulting in headache  
Premenstrual syndrome resulting in emotional imbalance  
Premenstrual syndrome resulting in digestive difficulties

### **Menopausal difficulties**

Menopausal difficulties: hot flashes  
Menopausal difficulties: abnormal menstruation  
Menopausal difficulties: dryness  
Menopausal difficulties: emotional imbalance

### **Other gynecological problems**

Vaginal discharge (leukorrhea)  
Uterine fibroids (benign uterine tumors)

## **Numbness**

Numbness affecting the upper extremities  
Numbness affecting the lower extremities

Numbness affecting another area

## **Paralysis**

Paralysis involving the face

Paralysis involving speech

Paralysis involving the neck and shoulders

Paralysis involving the upper extremities

Paralysis involving the lower extremities

## **Endocrine disorders**

### **Diabetes, kidney disorders**

Diabetes

Juvenile Diabetes

Kidney disorder caused by infection

Kidney disorder caused by inflammation (nephritis and nephrosis)

Kidney disorder caused by obstruction

Kidney disorder caused by diabetes or other systemic disorders

Kidney stones

### **Thyroid problems**

Thyroid problems: overactive (hyperthyroidism)

Thyroid problems: underactive (hypothyroidism)

Thyroidal duct cyst

Thyroid nodule

### **Adrenal gland problems**

Adrenal gland problems

Adrenal gland problems associated with hypertension

## **Immunological disorders / Allergies**

Allergy: itching eyes

Allergy: tearing eyes

Allergy: congestion in the nose and sinuses

Allergy: congestion in the lungs

Allergy: itching skin

## **Parkinson's Disease**

Parkinson's disease with tremor

Parkinson's disease with stiffness

Parkinson's disease with a gait disorder

## **Benign tumors**

Benign tumor located in the abdominal area

Benign tumor located in the upper extremities

Benign tumor located in the lower extremities

## **Dental pain**

Dental pain caused by infection in the teeth

Dental pain caused by infection in the gums



## Wounds

- Wound to the face
- Wound to the head
- Wound to the chest
- Wound to the abdominal area
- Wound to the upper extremities
- Wound to the lower extremities

## Ear disorders

- Ringling of the ears (tinnitus)
- Chronic external ear infection (with discharge and itching)
- Hearing problems

## Urological disorders

- Prostatitis
- Benign Prostatic Hypertrophy

## Other disorders: Tonsillitis, General Weakness ...

- Tonsillitis
- General weakness
- Chronic fatigue syndrome
- Vertigo (dizziness)
- Inflammation of the glands
- Inflammation of sweat glands

## Cancer

- Cancer located in the head
- Cancer located in chest area
- Cancer located in the abdominal area
- Cancer located in the upper extremities
- Cancer located in the lower extremities
- Cancer located in another area