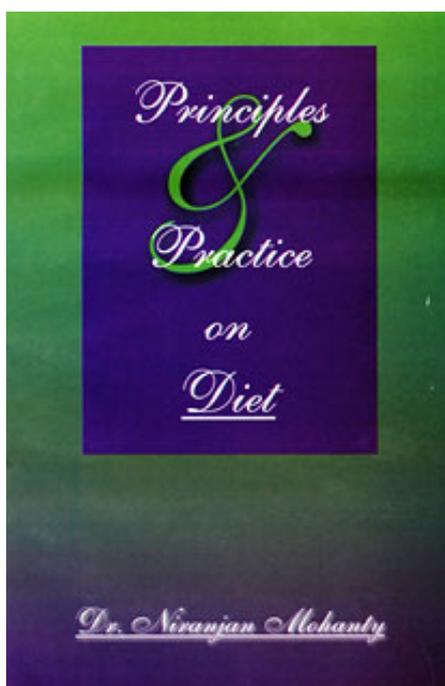


Niranjan Mohanty

Principles and Practice on Diet

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CONTENTS

1. Preface	
2. Dietetic principles of various systems of medicines.	1
3. Diet for healthy persons of various age group.	18
4. Balanced diet.	20
5. Dietetic management for various diseases.	25
6. Diseases of the digestive system.	25
i) Peptic ulcer	26
ii) Flatulence	29
iii) Constipation	32
iv) Diarrhoea and Dysentery.	34
v) Malabsorption syndrome.	37
vi) Ulcerative colitis.	38
7. Diseases of the liver and biliary tract.	40
i) Jaundice.	40
ii) Viral Hepatitis	40
iii) Severe Jaundice Viral Hepatitis or Obstructive Jaundice.	42
iv) Mild to moderate Jaundice Viral Hepatitis or Obstructive Jaundice.	43
v) Hepatic precoma and Coma.	44
vi) Cirrhosis of liver.	44
vii) Cholelithiasis.	46
8. Diseases of the kidney and urinary system.	48
i) Nephritis.	48
ii) Nephrotic syndrome.	50
iii) Pyelonephritis, Pyelitis, Urethritis,	52
iv) Acute renal failure.	53
v) Chronic Renal failure	54

v) Renal calculi.	57
9. Diseases of the cardiovascular system.	58
i) Atherosclerosis.	58
ii) Hypertension.	59
iii) Congestive cardiac failure.	62
10. Diabetes	64
11. Gout.	70
12. Anaemia	72
13. Underweight	73
14. Obesity.	75
15. Common digestive ailments in infants.	78
i) Constipation.	78
ii) Diarrhoea	74
iii) Vomiting	80
iv) Colic	80
16. Diet in old age.	81
17. Diet for children	82
18. Diet for school children	83
19. Kwashiorkor (PEM)	83
20. Acid and Alkaline foods.	84
21. Tube feeding	85
22. Intravenous feeding	87
23. Bibliography.	90

PREFACE

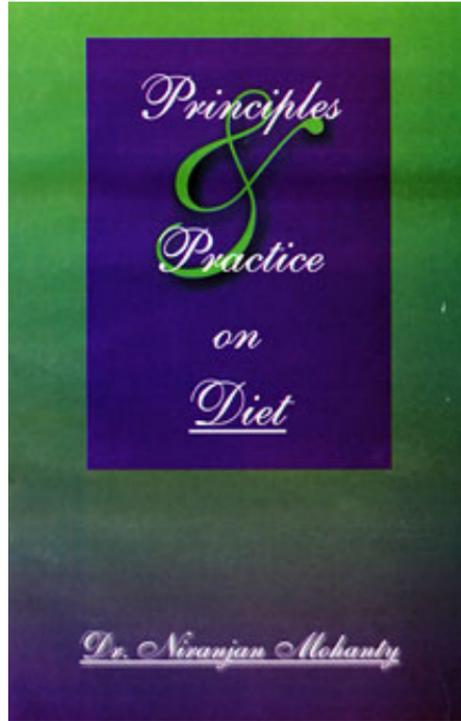
New concepts, new strategies and new tools resulting from new discoveries are added year after year. There by the frontiers of medicine is being extended each year by addition of new discoveries. The same is visualised in the field of nutrition too.

In last few decades by rediscovery of vitamins and minerals the knowledge in this area has enormously expanded - But unfortunately the doctors who are neophytes get panic to answer to their clients when they ask about the diet. It is because sufficient coverage are not been given in the four walls of their class room and also little exposure to this subject during their training. To my mind, this area should get rightful place in medical education for better prospective of medical profession.

In each branch of medical science there is visible growth and they are facing tremendous challenge in dealing/treating with patients. The treatment is not only confined with simple application of medicament. It associates all auxilsary measures and prescription of specific diet for specific patient too. Hence it is felt urgently needed/imperative to provide a hand book ready with all practitioners on their table to consult it while giving dietary prescription to the patients.

In the frame work of this literature attempts have been made to discuss the principles of diet in three main disciplines of medicine. Then disease wise the principles and practices on diet have been delineated.

We hope our attempts will surely meet the necessity.



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