

Efficacy of Short Term Naturopathy and Yogic Interventions on Post-Surgical Management of Gastric Outlet Obstruction: A Case Report

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Treatments with Naturopathy were expected to increase the impacts of analgesia, elimination and circulation. Acupuncture provided for symptomatic pain relief [UB 15, GB 14, Liv 3, Du 20]. Yoga therapy aimed at keeping the mind of the patient relaxed. Neutral Enema has been provided for 5 days on alternate days. Administration of 500 ml to 1 litre of water helps to relieve large intestine diseases, ulcerative colitis, improve digestive conditions, etc [10]. Intake of raw vegetable juices and fruit juices with 6 servings per day, bipolar magnetized water in an empty stomach (20 ounces) and pomegranate juice (200 ml) is solely included in diet treatment (Table 2). Ginger and salt moxa were provided over the abdomen once daily for 3-4 minutes.

Therapies	Sessions	Duration
Hydrotherapy		
Neutral Enema	10	Approx. 15-30 min
Mud therapy		
Mud pack to Abdomen and Eyes	2	20 min
Ginger Moxa with salt (abdomen)	10	3-4 min
Acupuncture [UB 15, GB 14, Liv 3, Du 20]	20	20 min
Yoga		

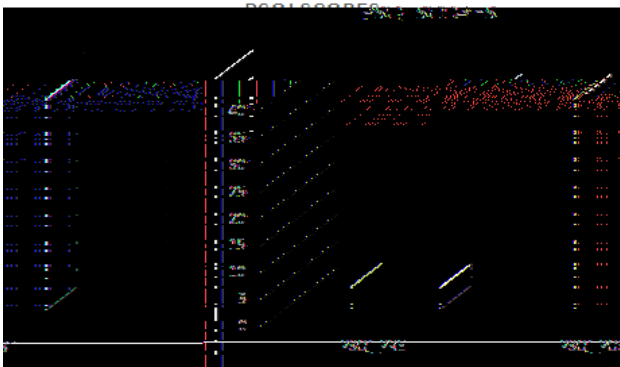


Figure 3 YPSQI Scoring post-evaluation showed improvements in the quality of sleep.

Figure 4 illustrates the pre and post-assessment of QOL Scoring

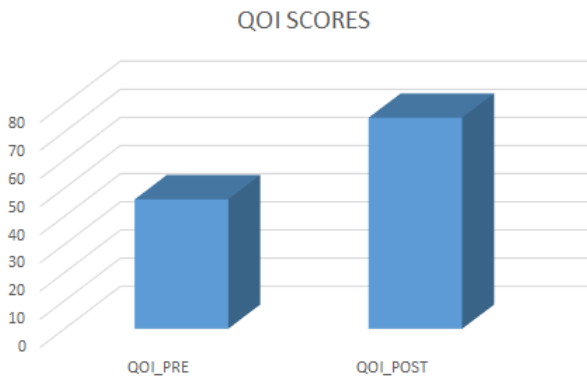


Figure 4 Quality of life has been greatly enhanced during the evaluation of post-documentation. Y

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