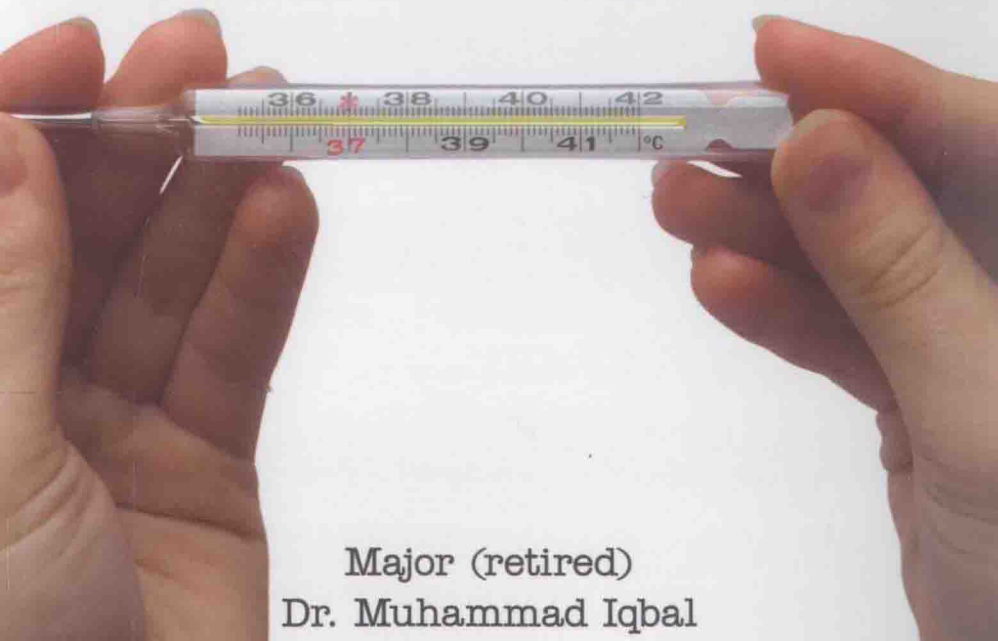


HEALTH PHENOMENA

How and why advancement
in civilisation has disturbed
our physical & mental health



Major (retired)
Dr. Muhammad Iqbal

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*How and Why Advancement in
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Physical and Mental Health*

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*In the name of ALLAH, The Most Beneficent,
The Most Merciful*

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Preface

This book is based on my original, independent and unique research work in medicine. Ever since childhood I used to suffer from recurrent attacks of winter respiratory diseases. This study was possible through study of an increase in sensitivity of nerves which precedes and follows winter respiratory diseases. This study started in year 1968/1969. In year 1982 while I was in the field during my Army service I was successful in preventing an imminent attack of winter respiratory disease through treating indigestion and constipation. An indigestion and constipation if it persists starts Pathological increase in sensitivity of nerves. This pathological increase in sensitivity of nerves thus occurs due to disturbance or depression of hormones. This disturbance or depression of hormones causes an increase or decrease in appetite and an indigestion and constipation.

Disease in our body thus occurs due to disturbance or depression of hormones which causes an increase or decrease in appetite and an indigestion and constipation. An animal thus does not suffer from any disease due to bacteria or viruses as through balance of hormones his body remains in a decongestive state. This decongestion not only checks bacterial growth but through balance of hormones prevents an increase or decrease in appetite or an indigestion and constipation. An animal thus does not suffer from metabolic and congestive disorder. Metabolic and Congestive disturbance occurs only in a civilized human being.

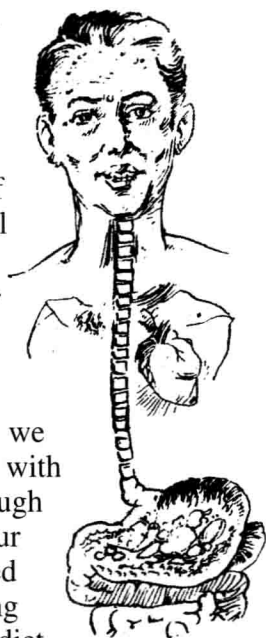
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After my retirement in April 1985 I did private practice for 20 years during which I verified my conclusions. This verification was possible through the study of pathological increase in sensitivity of nerves that precedes and follows indigestion and constipation and an attack of common cold during winter season. The conclusion of my study is that pathological increase in sensitivity of nerves which occurs during the disturbance or depression of hormones due to physical and mental factors and not bacteria and viruses, play an important role in causing disease. Disturbance of hormones occurs when we suffer from obesity with acute congestion or loss of weight with sub-acute congestion.

An Introduction to Theory

This book is based on my unique study of an increase in sensitivity of nerves which precedes and accompanies disease in our body. Our physical and mental health depends on balance of hormones. Balance of hormones is maintained in an animal due to his natural living and taking a roughage-rich diet – such an animal does not suffer from pathological increase in sensitivity of nerves which causes disease in our body. When we don't suffer from an increase or decrease in appetite or from indigestion and constipation our physical and mental health is maintained through balance of hormones. When our physical and mental health is maintained through balance of hormones we don't suffer from obesity, loss of weight and allergy, which are caused by disturbance of hormones.

Disease in our body occurs when we suffer from obesity and loss of weight with acute or sub-acute congestion through disturbance of hormones due to our unnatural living and taking spiced roughage free diet. This unnatural living and taking of spiced roughage free diet



disturbs our physical and mental health. This disturbance of physical and mental health causes disease through disturbance or depression of hormones.

An obese person suffers from decrease in secretion of hormones while thin sensitive and nerve strung person suffers from an increase in secretion of hormones. When we don't suffer from disturbance of hormones we don't suffer from pathological increase in sensitivity of nerves which starts disease in our body. This pathological increase in sensitivity of nerves causes an increase or decrease in appetite with acute or sub-acute congestion.

When we don't suffer from an increase or decrease in appetite, indigestion and constipation, we suffer from physiological increase in sensitivity of nerves and don't suffer from pathological increase in sensitivity of nerves. When our physical and mental health is maintained we suffer from physiological increase in sensitivity of nerves. When we suffer from physiological increase in sensitivity we don't suffer from disturbance of hormones which causes an increase or decrease in appetite or from indigestion and constipation. When we don't suffer from an increase or decrease in appetite or from indigestion and constipation, blood and lymphatic circulation remains normal. When blood and lymphatic circulation remain normal, the metabolism of our body cells remains normal and congestion, which encourages bacterial growth over a wound, does not occur in our body. When the metabolism of our body cells remains normal we don't suffer from obesity and loss of weight. When bacterial growth does not occur over a wound we don't suffer from pathological increase in sensitivity of nerves.

When the metabolism of body cells remains normal we don't suffer obesity, loss of weight, heart and muscle disease, low or high blood pressure or diabetes mellitus.

When congestion does not occur through balance of hormones, external environmental factors like dust particles

or bacteria don't cause any disease in our body. When congestion does not occur, bacterial growth does not occur whenever a wound occurs over the protective coverings of our body. When bacterial growth does not occur we don't suffer from allergy, infection, gastric ulcer, indigestion or constipation. When we don't suffer from indigestion and constipation we don't suffer from fever and loss of appetite or from cancer. We treat disease through medicine. We cannot treat disease in our body without restoring normal blood and lymphatic circulation. There is no medicine which can restore normal blood and lymphatic circulation.

Prevention and Cure of Cough and Cold

The material contained in this chapter has been derived through a study of the recurrent attacks of cough and cold which I frequently used to suffer from, since childhood. I started studying these infections, which used to be worse during the winter, in 1973. My study has enabled me to check these infections or reduce their severity, just through attending to diet and exercise. This study is unique in the history of medicine, as for the first time these infections have been studied through observing the effect of various psycho-physical factors on the reactivity of nerves before and during these infections. The facts stated in this chapter thus cannot be disputed.

In spite of great advances in medical science we are still unable to explain simple facts about our health. Everyone, and more so a medical man, knows that in people who live simple rural lives, morbidity from infections and mortality from heart diseases and cancers is negligible. This is in spite of the fact that medical facilities are more concentrated in urban areas. We are also aware that



although animals do not eat sterilized food, morbidity from infections in animals is negligible as compared to human beings.

My study took place round the clock and stretched over ten years. Out of this study I have discovered that the fault lies with our diet, which is devoid of roughage, green leaves and vegetables and often consists of cooked non-vegetable food. This leads to inflammation of the stomach (gastritis), important signs being indigestion and constipation. In a natural way of life and with a natural diet, indigestion and constipation never occur. Indigestion and constipation do not occur with raw food which is rich in fibre and water content and poor in calories or nutritional value. This can be confirmed through a simple experiment as follows.

Whenever you feel heaviness, indigestion or a burning sensation in your stomach, eat raw vegetables and fruits such as radishes, carrots, apples or even the green leaves of radishes and turnips. You will be relieved of the feelings of indigestion, a burning sensation or heaviness in the stomach. This simple experiment suggests that non-vegetable, well cooked food causes inflammation of the stomach, while a raw vegetable diet is harmless to the walls of the stomach.

A raw vegetable diet, through decrease in acidity, increase in bulk and provision of vitamins and minerals, increases the physiological function of muscles, heart, stomach and thus of the digestive system. An easy, effective and natural way to prevent indigestion and constipation is to eat at least one meal daily which contains a fair proportion of raw or cooked vegetables. Alternatively, after every non-vegetable meal one should eat raw vegetables and fruit. The prevention of gastritis (inflammation of the stomach) through preventing indigestion and constipation is the key to natural health. If we can prevent indigestion and constipation then we can positively prevent not only infections, but also heart disease and cancer. Disturbance or depression of the metabolism of

cells which occurs when we suffer from an increase or decrease in appetite is a basic cause of disease in our body.

Since I started studying infections such as the common cold and acute bronchitis, I have become aware of the fact that it is possible to prevent and treat these infections without medicine. As a doctor, a patient and a thinker, I had the unique opportunity to study these infections which I used to suffer from frequently. This was easy to do, and it was also possible to confirm my opinions, once framed, again and again. The experiments which I conducted and the conclusions which I have framed can be confirmed by patients who suffer from recurrent attacks of respiratory or other infections.

My first experiment was based on reversing the climatic effect of dry, cold weather through the formation of steam in a closed room at night. This considerably helped my family in remaining free from respiratory infections during the winter. The obvious conclusion was that it helped the body through liquefying thick mucus and facilitating the expectoration of thick retained mucus. In addition to this heat provided by steam dilates small blood vessels thus increasing blood and lymphatic circulation. This increased blood and lymphatic circulation in return strengthened first line of defence of respiratory passages.

Later experiments on diet, sedation, purgation and exercise revealed that all these factors influenced mucus secretion, congestion and the sensitization of nerves through creating decongestion. These factors thus play an important role in determining the onset, course, severity and duration of infection.

During a walking exercise I observed that congestion, the sensitization of nerves and mucus secretion were reduced, along with the recovery of appetite. This relief from indigestion and recovery of appetite after relief from constipation increases secretion of hormones. There is a direct relationship between the utilization of food in muscles and movement of food in the stomach and gut and the formation of urine.

One can also say that, so long as there is no feeling of indigestion, constipation does not occur. I had also observed in the past that constipation and decreased formation of urine, which causes an increase in sensitivity of nerves, invariably occurs a few days before infection. This infection gets relieved when we pass normal urine and stools.

The conclusion of all these observations is that dysfunction of the stomach, which occurs due to overeating a spiced, roughage-free diet and lack of physical exercise, through disturbing or depressing hormones causes disease in our body. We thus suffer from disease when we suffer from an increase or decrease in appetite or from indigestion or constipation due to disturbance or depression of hormones. We don't suffer from any disease when, through balance of hormones, the first line of defence is maintained and congestion does not occur in our body.

Disease thus occurs in a civilized human being who suffers from disturbance or depression of hormones due to a decrease or increase in tone of muscles and heart or acute sickness of muscles and heart and takes spiced, roughage-free diet. This spiced, roughage-free diet causes, through an increase in acidity and deficiency of vitamins and minerals, pathological inflammation of the stomach. This pathological inflammation of the stomach causes an increase or decrease in appetite in the person who suffers disturbance of hormones and indigestion and constipation in the person who suffers from acute sickness of the muscles and heart and acute sickness of the muscles of stomach and gut. Acute sickness of the muscles and heart decreases formation of urine while acute sickness of the muscles of the stomach and gut decrease the movement of food through the gut. This constipation and decreased formation of urine depresses the metabolism of cells. This depression of the metabolism of cells is dangerous for our survival for it can cause heart failure. The body reacts to this situation through causing fever and loss of appetite.

The real breakthrough occurred when I observed that the harmful effect of overeating occurs because of indigestion and constipation. If these are prevented, then overeating does not cause health problems. It is thus important to prevent indigestion and constipation, and this cannot be ensured unless our diet contains a sufficient quantity of vegetables – which are more valuable for their roughage and water content than for their calorific and nutritional value to the body.

If, due to unavoidable circumstances, one is not able to eat vegetables and raw fruits, then one must take regular exercise and avoid overeating and drink plenty of water. Everyone knows that they are forced to strain at stool if suffering from constipation. This straining of the abdominal muscles helps to raise intra-abdominal pressure which helps in the passage of digested food through the gut and out of the body. Exercise helps to relieve constipation in a similar way and is thus indispensable with a diet which lacks bulk and sticks to the walls of the gut. In cases of overeating with non-vegetable food, one will thus not suffer from constipation. Overeating of non-vegetable food produces gastritis, so with a non-vegetable diet overeating and physical inactivity must be avoided if one is to remain free from infections and other diseases.

It is an acknowledged fact that various factors like overeating, lack of exercise, bad dental hygiene and mental disturbance predispose us to various infections in the body. It is however not clear how these varied factors influence the course of infections. An infection occurs because of an increased growth of bacteria which often live in complete harmony with the body. No explanation is available for how these bacteria start growing except that congestion favours bacterial growth.

From my study I have framed my own conclusions as to how infection occurs. In my opinion overeating and lack of exercise directly encourage bacterial growth, especially at sites of potential infection. This effect is achieved through