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**Management of Crohn's disease by adopting integrated lifestyle program (ILP) with naturopathy, meditation and yoga**

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**Background:** Inflammatory bowel disease (IBD) encompasses ulcerative colitis (UC) and Crohn's disease (CD). These two chronic inflammatory diseases of uncertain etiology have been affecting the gut. IBD started gaining special attention in India only after mid 1980s with wider availability of colonoscopy. It has been often difficult to distinguish Crohn's from tuberculosis and infectious colitis. There is growing interest in inflammatory bowel disease (IBD) in India due to its rising incidence. The disease is milder in India. Small intestine is often inflamed in Crohn's disease, making it hard to digest and absorb key nutrients from food. The lack of sufficient nutrients and poor appetite can lead to malnutrition for people with Crohn's disease.

**Objective:** The study was conducted in between January 2015 to November 2016. The database and treatment history of 20 OPD and IPD patients suffering from UC and CD were considered for this study. The objective of this study is to design an effective lifestyle program with the help of naturopathy, yoga and meditation for management of Crohn's disease with nature.

**Result:** After successful implementation of the integrated lifestyle with naturopathy, yoga and meditation, it is found that 65% of research population is suffering from Crohn's disease were experiencing better health condition without any acute problem arising out of CD than before and 25% were completely cured without any acute and chronic complaints for last one year.

**Conclusion:** Yoga and meditation is a philosophy and practice that connects the body, breath and mind to energize and balance the whole system in our body and naturopathy works on removal of toxins from our body, which are caused by imbalance of five elements of nature: Air, water, fire, space and earth. Therefore integration of all three natural therapies help to remove the toxins from our body and increase the blood circulation within the body and intestine and clear congestions along the pathways and stimulate the body's own healing potential.

**Biography**

Pranab Goswami has completed his graduation from Gandhi National Academy of Naturopathy, New Delhi, India and performed many research studies on Cohn's disease, ulcerative colitis, musculoskeletal, lifestyle, yoga and naturopathy.

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