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Constipation: Its Causes and Cure

By Swami Sivananda

The Divine Life Society 0. Softcover. Condition: New. Constipation, along with Diabetes and Blood Pressure, has come to be regarded as a natural outcome of modern civilization. There is virtually no one in the world today who has not seriously suffered from this disease at some time or the other; and, what is worse, who has not been afflicted by the numerous diseases that spring from this rootdisease. The Compassionate Sage of Ananda Kutir, who is ever eager to reger to remove the sufferings of manking by every means possible, has blessed us with his characteristically comprehensive and concise treatment of this dire disease. We do hope and pray that this publication will serve its purpose well, viz, of enlightening men of the true causes of Constipation, how to avoid it, how to cure it, when it has already been contracted. This Book contains true causes of Constipation and Piles how to avoid them, and how to cure them by Ayurvedic, Naturopathic, Homeopathic, Allopathic, Unani and Yogic methods. Contents 1. Prayers 2. Constipation 3. Causes of Constipation 4. Hints on Treatment of Constipation 5. Laxatives and Purgatives 6. Prescriptions 7. Purgatives 8. Ayurvedic Medicines 9. Cathartic 10. Naturopathic Treatment of...



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