

# Integrated Health Clinic at ESIC, Faridabad

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# Nature Heals: The Ultimate Wellness Inspiration



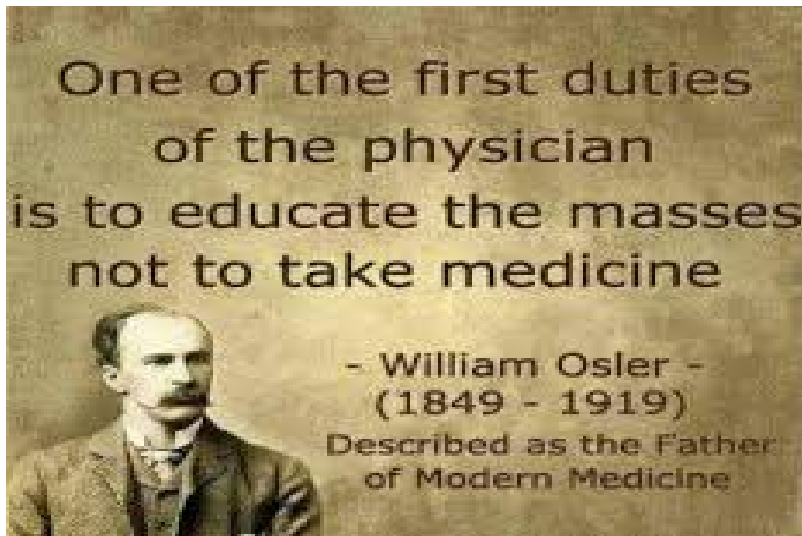
## Scarce use of Medicine (Hippocrates)

“

The greatest medicine of all  
is teaching people how not to  
need it.

HIPPOCRATES

GRACIOUSQUOTES.COM



# Food as Medicine (Hippocrates)

“

Just as food causes chronic  
disease, it can be the most  
powerful cure.

—  
HIPPOCRATES

GRACIOUSQUOTES.COM

# Crucial Role of The Gut

“

All disease begins in the gut.

—  
HIPPOCRATES

GRACIOUSQUOTES.COM

# Encouraging Self Healing

“

The natural healing force  
within each of us is the  
greatest force in getting well.

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HIPPOCRATES

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# Evidence for Integrative approach

- A whole plant based diet can not only prevent, but reverse a host of chronic diseases, like DM2, HT, metabolic syndrome, obesity, early cancers, IBS, COPD
- Yoga by itself is effective in most mental health conditions, metabolic and musculoskeletal conditions
- Yoga combined with diet is acts as a force multiplier, magnifying the benefits of both,



# Top Evidence-based lifestyle practices that reliably lower systemic and cellular inflammation

| Rank | Practice                                                          |
|------|-------------------------------------------------------------------|
| 1    | Regular exercise (mixed aerobic + resistance)                     |
| 2    | High-quality sleep (7 to 9 h + good quality)                      |
| 3    | Mediterranean or plant-heavy diet                                 |
| 4    | Body-fat reduction (especially visceral)                          |
| 5    | Daily intake of polyphenol-rich foods/beverages                   |
| 6    | Stress reduction (meditation, yoga, nature time)                  |
| 7    | Intermittent fasting / time-restricted eating (12 to 16 h window) |
| 8    | Smoking cessation & vaping cessation                              |
| 9    | Adequate vitamin D (blood level 40-50 ng/mL)                      |
| 10   | Omega-3 supplementation or fatty fish                             |

# Evidence based Lifestyle Recommendations

| Rank | Practice                                                          | How Much It Lowers Inflammation (average effect) |
|------|-------------------------------------------------------------------|--------------------------------------------------|
| 1    | Regular exercise (mixed aerobic + resistance)                     | ↓ 20–40% hs-CRP, IL-6, NLRP3                     |
| 2    | High-quality sleep (7–9 h + good quality)                         | ↓ 25–35% CRP, IL-6                               |
| 3    | Mediterranean or plant-heavy diet                                 | ↓ 20–35% CRP, IL-1 $\beta$ , NLRP3               |
| 4    | Body-fat reduction (especially visceral)                          | ↓ 30–50% inflammatory markers per 5–10 kg lost   |
| 5    | Daily intake of polyphenol-rich foods/beverages                   | ↓ 15–30% CRP, IL-6, NLRP3                        |
| 6    | Stress reduction (meditation, yoga, nature time)                  | ↓ 15–25% CRP, IL-6, cortisol                     |
| 7    | Intermittent fasting / time-restricted eating (12 to 16 h window) | ↓ 15–30% CRP, IL-6, oxidative stress             |
| 8    | Smoking cessation & vaping cessation                              | ↓ 30–50% CRP within weeks                        |
| 9    | Adequate vitamin D (blood level $\geq$ 40–50 ng/mL)               | ↓ 15–25% CRP, IL-6                               |
| 10   | Omega-3 supplementation or fatty fish                             | ↓ 10–25% CRP, IL-6, TNF- $\alpha$                |

- Combination Benefits: Adopting multiple lifestyle practices yields the greatest risk reduction (e.g., adding years to life expectancy, reducing all-cause mortality by 20 to 50% in meta-analyses).

# Evidence based Global Disease recommendations

| Condition                                                  | Recommending Organizations               | Role of Lifestyle Practices                                                                                                                            | Key Evidence/Notes                                                                                                                            |
|------------------------------------------------------------|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Type 2 Diabetes</b>                                     | ADA, ACLM, AACE/ACE, ESC/EASD            | <b>First-line; foundational for prevention, management, and potential remission. Includes plant-predominant diet, exercise, weight loss.</b>           | ACLM 2025 guideline prioritizes lifestyle over pharmacology initially; ADA emphasizes as cornerstone with potential medication deprescribing. |
| <b>Prediabetes</b>                                         | ADA, ACLM, USPSTF                        | <b>First-line for prevention/delay of progression to type 2 diabetes; intensive lifestyle programs (e.g., 7% weight loss + 150 min/week activity).</b> | Diabetes Prevention Program trials show 58% risk reduction vs. metformin (31%).                                                               |
| <b>Hypertension (High Blood Pressure)</b>                  | AHA/ACC (2025 guideline), ISH, ESC       | <b>First-line for all stages; 3–6 months trial before/instead of meds in lower-risk cases. DASH diet, exercise, sodium reduction, weight loss.</b>     | Reduces BP and CVD risk; often delays or avoids medication need.                                                                              |
| <b>Obesity/ Overweight</b>                                 | AHA/ACC/TOS, AACE/ACE, Endocrine Society | <b>First-line; comprehensive lifestyle (calorie restriction, activity, behavioral therapy) before pharmacotherapy or surgery.</b>                      | 5–10% weight loss improves comorbidities; cornerstone of all guidelines.                                                                      |
| <b>Cardiovascular Disease (Prevention &amp; Secondary)</b> | AHA/ACC, ESC                             | <b>First-line for primary prevention; essential adjunct in established CVD. Heart-healthy diet, exercise, no smoking.</b>                              | Reduces ASCVD events; ESC 2021 guidelines emphasize throughout life.                                                                          |
| <b>Metabolic Syndrome</b>                                  | AHA, NCEP/ATP III, International panels  | <b>First-line; addresses root causes (diet, activity, weight loss) to resolve components.</b>                                                          | Improves insulin resistance, lipids, BP; often reverses syndrome.                                                                             |
| <b>Non-Alcoholic Fatty Liver Disease (NAFLD/MASLD)</b>     | AASLD, EASL                              | <b>First-line; weight loss (5–10%) via diet/exercise primary treatment.</b>                                                                            | Only established therapy; improves histology.                                                                                                 |
| <b>Major Depressive Disorder</b>                           | WFSBP/ASLM                               | <b>Adjunctive/first-line in mild-moderate cases; exercise, diet, mindfulness, sleep, social support.</b>                                               | Comparable to therapy/meds in some cases; reduces symptoms.                                                                                   |

# Key Principles of Chronic case Management using Holistic Care

- Natural systems have an innate, strong, power of
  - Working in Harmony, Balance.
  - Flexibility, Healing, recovery.
  - Follow law (Newtonian) of action-reaction.
- Medicine treats, lifestyle heals.
- Establish Harmony within and outside
- Establish Mutual Goals of care
- How does behaviour, lifestyle change ?
  - Determination to achieve Goals of care
  - Good mentorship and company.

# Key Elements of IHC at ESIC, Fbd

- Patient-centered, whole of person care by a team with expertise in Yoga, Preventive medicine.
- Detailed history taking, including on unhealthy diet, addiction practices
- Use of modern diagnostics for baseline assessment
- Holistic Management by
  - De-addiction, including from unhealthy diets
  - Psychological counselling by talk therapy
  - Dietary and lifestyle advice using a 21-point brochure
  - Teaching Yoga asanas and breathing technique
  - Family counselling on cooking choices, regular exercise
  - Other than vitamin and mineral supplements, use of minimum medications
  - Maintenance of patient registry, follow up by regular calls

# Innovative Traffic Lights approach to lifestyle



## ESIC MEDICAL COLLEGE & HOSPITAL, FARIDABAD Integrated Health Clinic



### Foods To Be Avoided

Food containing high amount of salt, refined sugar, refined cereal or fat.

1. Deep fried - fries, pakoras, samosa, kachori, etc.
2. Processed/Packaged food - chips, patties, breads, biscuits, sauces.
3. Confectionery- sweets, chocolates, toffees, cakes, pastries, ice-cream.
4. Carbonated drinks - soft drinks, sodas.
5. Caffeinated drinks - tea or coffee with milk.
6. Meat - Red meat.
7. Alcohol.

### Healthy Balanced Diet

Eat from the seven food groups (Prefer eating locally produced foods).

1. Vegetables - Seasonal and green leafy vegetables, salads like beetroot, cucumber, radish. Chutney (Coriander, mint, chillies, garlic, ginger, Indian gooseberry)
2. Fruits - Seasonal fruits.
3. Cereals - Whole wheat, parboiled rice and millets like bajra, jowar, ragi. Fermented cereals-pulses mix.
4. Pulses - Whole Pulses, Beans, Sprouted Lentil and Gram.
5. Dairy-Toned Milk, Curd, Buttermilk.
6. Oils & Fats - Cook in little oil, steam or boil the food, add ghee on top.
7. Sugars- Jaggery, Honey, Dates, Raisins. (In moderation)

### Adopt A Healthy Lifestyle

1. Walk/Exercise/Yoga/Pranayam for at least 30 minutes for 5 days a week.
2. Daily Sun exposure.
3. Maintain a healthy body weight (BMI less than 25). Reduce abdominal fat.
4. Drink adequate water to stay hydrated.
5. Live a stress-free life. Have regular and proper sleep.
6. Abstain from any type of addiction (Tobacco, alcohol, drugs or screen)
7. Meal times should be fixed. Be mindful of portion sizes and avoid overeating.

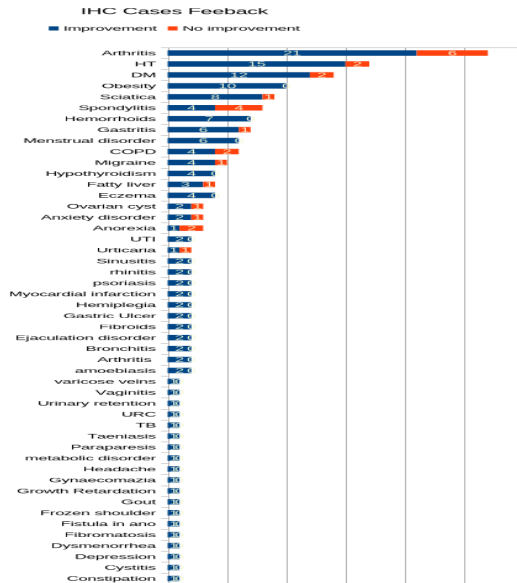


### MENU (Example)

- Breakfast : Dalia or Sprouts, salad or idli/utthapam/dosa, sambar or upma.
- Mid Morning : One Fruit (of the season).
- Afternoon : Chapati/Rice/Khichdi+dal +sabji+buttermilk + salad + chutney.
- Evening : Soup+same as lunch but in less quantity.

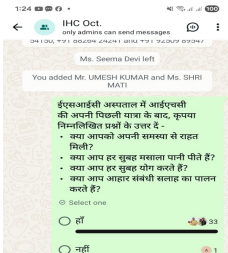
Prefer having last meal of the day before sunset.

# Case results



# Achievements of IHC (since Feb., 2025)

- 1800 patient visits, 33% repeat visits
- Weight reduction in most obese cases
- Patients report a better feeling, mental health and energy levels.
- Remission from chronic diseases that are otherwise not treatable, freedom from lifetime dependence on medicines and its side effects.
- Screening for chronic diseases started as a HQ project, with Comm. Med.
- Also functioning as de-addiction clinic





# Conclusion



- Lets Team Up to develop success stories out of Lifestyle Medicine, become a National, Global Centre.
  - Connect at 9013031950
- Thank You