

# **TEXTBOOK OF FASTING THERAPY**

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A Division of Visual Soft India Pvt. Ltd.

**ISBN-13: 978-93-48703-19-4**  
**FIRST EDITION, FEBRUARY 2026, INDIA**

*Printed & Published by:*  
**VSRD Academic Publishing**  
*(A Division of Visual Soft India Pvt. Ltd.)*

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*Printed & Bound in India*

**VSRD ACADEMIC PUBLISHING**  
*A Division of Visual Soft India Pvt. Ltd.*

**REGISTERED OFFICE**

154, Tezab mill Campus, Anwarganj, KANPUR–208003 (UP) (IN)  
Mb:9899936803, Web: [www.vsrdpublishing.com](http://www.vsrdpublishing.com), Email: [vsrdpublishing@gmail.com](mailto:vsrdpublishing@gmail.com)

**MARKETING OFFICE**

340, FF, Adarsh Nagar, Oshiwara, Andheri(W), MUMBAI–400053 (MH) (IN)  
Mb:9956127040, Web: [www.vsrdpublishing.com](http://www.vsrdpublishing.com), Email: [vsrdpublishing@gmail.com](mailto:vsrdpublishing@gmail.com)

# PREFACE

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The need for a fasting therapy book with the basic principles of modern and traditional medicine has been felt for a long. A motivated and dedicated effort is made to fulfill the needs of the BNYS graduates and other medical graduates. The language of this book is very simple, which is suitable for students and teachers to understand the concept of fasting for treating various diseases. In this book, tables and figures are given that provide easy understanding and facts to the students. This book is also written to reproduce the knowledge of fasting in the general public and to regain the hidden knowledge of one of the oldest therapy. It's my pleasure to receive the opinions, comments, and suitable suggestions from my senior and junior colleagues, teachers, and students to improve this book in the next edition.

*✍ Dr. Sneha Bharti*

*✍ Dr. Niraj Nayan Rishi*

# ACKNOWLEDGEMENT

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Writing this book on fasting therapy has been both a scientific and a traditional journey, as well as a deeply personal exploration. We owe immense gratitude to many individuals who made this work possible.

- First and foremost, we acknowledge the Almighty God for divine blessings, guidance, and strength throughout this work.
- We express our deepest gratitude to our parents, whose constant blessings, support, and encouragement gave us the courage to complete this book.
- We sincerely acknowledge our teachers, who have been a source of inspiration and knowledge.
- We extend our thanks to the faculties of Maharishi Aurobindo Subharti College and Hospital of Naturopathy and Yogic Sciences, Swami Vivekananda Subharti University, for their guidance and academic support.
- We are grateful to our postgraduate students, Dr. Nidhi Pathak and Dr. Himani Gautam; undergraduate student, Miss Himshree Bhatnagar, who contributed valuable work to this book.
- We are grateful to others who directly and indirectly helped us during the writing of this book

This book is a reflection of collective wisdom, support, and collaboration. To all who have contributed directly or indirectly, I extend my heartfelt thanks. Finally, I dedicate this book to all seekers like scientists, clinicians, and everyday practitioners who continue to explore fasting as a bridge between health, resilience, and self-discovery.

 *Authors*

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