Each one of us wants to rule the world. Everybody wants to become healthy and prosperous. Each one of us has a desire to look smart. A fat person wants to become slim or a thin person wishes to gain weight. The question is "where is the time and how to begin?"

The real problem is the schedule and lifestyle we pass by in day-to-day life. In this article we aim to provide a few exclusive herbal formulations to regain vitality, physical fitness and energy.

The human body functions with vigour and alertness to meet physical stresses. Physical fitness includes muscular strength, cardio respiratory integrity and general alertness — signs of a healthy body. Jogging, running, swimming, dancing, cycling and brisk walking are necessary to maintain physical strength and vitality. Healthy individuals can plan their own exercise programmes. One can continue exercising until discomfort is experienced, circulation seems inadequate, or fatigue influences performance. People with health problems caused by heart attacks, strokes and illness should consult their physician before doing any sort of exercise.

The Urban Life and Fitness

Urban life is always different from that of rural. Hectic, stressful schedules are almost always partially to blame for the extra weight gain. Working professionals, students and housewives have so many reasons to explain why they are not able to exercise or why they don’t find time to visit a gym multiple times each week? According to Deepti Mehta, 23 year-old software professional, “I have a very hectic lifestyle and I cannot really afford time to go for a walk, therefore, I have my own gymnasium and I do regular exercises”. Shetal Vora, 32 year-old interior designer, emphasizes more on joining any physical fitness centre. "Once you join a health club and make it a habit, you do not skip exercise," says Shetal. She adds, "Your physical fitness trainer should be well-versed and helpful, if you are to achieve great fitness soon". Jitendra Prajapati, a 21 year-old college student first joined physical fitness training camp in the summer but has now joined a fitness club permanently. He admits, "Exercise and physical fitness is highly important these days. It not only improves your look but it enhances your confidence too". Amit Shah, a job professional aged 37 from Ahmedabad, reduced his weight by three kilos in two months and is really excited with the results he is seeing. On the other hand, Sudarshan Rao, 24 year-old working professional who was considered underweight started gaining weight. Some exercises, a regular diet and few herbal formulations have him looking great now.

"I do not recommend synthetic and chemical health boosters to my customers. Regular exercise, a balanced diet and
Vitamins and minerals are a rich source of vitamin A, but white potatoes contain almost none of this vitamin. Because of these differences in vitamin and mineral content, it is wise to eat a wide variety of foods.

Recommended diet

- Vegetables, especially dark-green leafy and deep-yellow vegetables, such as spinach or carrots;
- Fruits, such as melons, berries and citrus ones, or juices, such as oranges or grapefruits;
- Meat, poultry, eggs, fish and dried beans (for example, navy, kidney or black), especially products low in fat, such as lean meat and poultry prepared without skin;
- Dairy products, such as milk, yogurt and cheese, especially low-fat or fat-free dairy products;
- Grains, especially whole grains, and legumes, such as lima beans or green peas.

Saturated Fat and Cholesterol

People love to have creamy food-stuff in their regular diet, but they do not know how harmful fat is for their health. Directly or indirectly, we involve fat and cholesterol in our daily life. If we don’t have any cholesterol in our diet there won’t be any problem as the liver, and to a lesser extent the small intestines, manufacture all the cholesterol we require. Saturated fatty acids found in foods should make up no more than ten percent of a person’s total calorie intake each day.

An Experience among the Tribes

While staying in Central India, co-author Deepak Acharya used to visit Patalkot Valley quite often. Patalkot is a deep valley surrounded by hills in the heart of the Satpura hills of Madhya Pradesh in India. The Gond and Bharia tribes in this valley have been practising a traditional medicine system for curing hundreds of common and uncommon health disorders. They are dependent upon herbs for medication and health fitness. Acharya noticed tribes walking long distances around the hills so frequently that one cannot even imagine. They had to walk across the hills to reach from one village to other but they never looked tired. They grow natural herbs and vegetables, i.e. maize (Zea mays), jowar (Sorghum vulgare), udad (Phaseolus mungo), kutki (Picrorhiza kurroa), wheat (Triticum aestivum), etc. They cook herbs which have medicinal properties. Grain powder of maize (Zea mays), jowar (Sorghum vulgare), bajra (Pennisetum glaucum), kodo (Paspalum scrobiculatum), chana (Cicer arietinum), kuthi (Dolichos biflorus), etc., are prepared in the home itself. They mix all the powders and prepare roti (chapati). They cook bhaat everyday with heir meals. They also cook or take rice (Oryza sativa), kodo, kuthi, bhadli (Panicum pilsum). They consume a variety of dietary stuff to stay healthy and active and live longer.

Why don’t people living in urban areas stay healthy like these tribal people? Why can’t we be so alive and active? Why do we feel exhausted after a little exertion? Climatic conditions, pollution and an hectic life routine may be an answer to this, but is not a satisfying explanation. It all depends on one’s life style and work schedule.

Traditional Practices of the Tribes

Co-authors Acharya and Sancheti documented a few important indigenous practices of the tribes of Central and Western India. If followed in a systematic way, these practices will certainly help readers improve their health and lifestyle.

For reducing weight

- Mint (Mentha arvensis) is a very beneficial culinary herb for losing weight. Chutney of green mint with some Tinospora cordifolia - A medicinal plant for good vitality

- Chutney of green mint with some Tinospora cordifolia - A medicinal plant for good vitality
simple spices can be taken with meals. Mint tea also helps. Spices like dry ginger (Zingiber officinale), cinnamon (Cinnamomum zeylanicum), black pepper (Piper nigrum), etc., are good for reducing weight. Regular intake of carrot (Daucus carota) works well with body weight reduction. Vegetables like bitter gourd (Momordica charantia) and drumstick (Moringa oleifera) are useful in losing weight; bitter melon (Momordica charantia) and drumstick (Moringa oleifera) are useful in losing weight.

- Honey is an excellent home remedy for obesity. One should start with a small quantity of about 10 grams or a tablespoon, taken with hot water early in the morning. A teaspoon of fresh lemon (Citrus limon) juice may also be added;
- Fasting on honey and lime-juice is highly beneficial in the treatment of obesity without the loss of energy and appetite. Take this formulation several times a day at regular intervals. Raw or cooked cabbage (Brassica oleracea var. capitata) inhibits the conversion of sugar and other carbohydrates into fat. Hence, it is of great value in weight reduction. The gum of guggul (Commiphora mukul) is a good choice for the treatment of obesity;
- Hariom Bharti, a bhumka (local healer) in Patalkot suggests the following formulation for obesity: Powder of chebulic myrobalan (Terminalia chebula) fruits (1½ tbsp), belliric myrobalan (Terminalia bellirica) fruits (1½ tbsp), Indian gooseberry (Emblica officinalis) fruits (one tbsp), three-leaf caper (Crataeva nectar) bark (2½ tbsp), Mexican sandbur (Tribulus terrestris) fruits (2½ tbsp) and ginger (Zingiber officinale) rhizome (one tbsp) is prepared and mixed. One teaspoon is taken twice a day. It is very effective.

**For remaining vital and energetic**

If your body type is average and you maintain a good physique, it is important for you to remain like this forever. Tribes in Patalkot and Western India prepare drugs in the following formulation. According to a local healer, Chaitram Bharti from Patalkot, Madhya Pradesh, these formulations are effective only when taken without any irregularities. He prescribes three basic formulations for better health and toning the body:

- Powder of ginger (Zingiber officinale) root (one tbsp), long pepper (Piper longum) fruits (one tbsp), Indian gooseberry (Emblica officinalis) fruits (three tbsp), chebulic myrobalan (Terminalia chebula) fruits (1½ tbsp), gulachna (Tinospora cordifolia) stem (1½ tbsp), senna (Cassia senna) leaves (one tbsp) and mint (Mentha piperita) leaves (one tbsp);
- Powder of asparagus (Asparagus racemosus) roots (two tbsp), Indian ginseng (Withania somnifera) roots (two tbsp), Indian gooseberry (Emblica officinalis) fruits (1½ tbsp), Black catnip (Phyllanthus niruri) leaves (one tbsp), wild indigo (Tephrosia purpurea) leaves (once tbsp), Licorice (Glycyrrhiza glabra) roots (1½ tbsp), Mexican sandbur (Tribulus terrestris) roots (1½ tbsp), Indian spider plant (Chlorophytum arundinaceum) roots (1½ tbsp) and spinach (Spinacea oleracea) leaves (one tbsp);
- Powder of Asparagus racemosus roots (one tbsp), Withania somnifera roots (two tbsp), Glycyrrhiza glabra roots (one tbsp), Emblica officinalis fruits (1½ tbsp), Tribulus terrestris roots (one tbsp),

- Eat banana (Musa paradisiaca) with curd or milk. Taken thrice a day it helps you to retain weight. Date palm fruits (Phoenix sylvestris), wild anjeer (Ficus hispida). Almondette (Buchanania lanzan) boiled in milk is quite nourishing for those who are underweight;
- White muesli (Chlorophytum borivilianum) root powder, Indian ginseng (Withania somnifera) root powder and pomegranate (Punica granatum) seed powder mixed together and taken thrice a day tones your body and helps in gaining weight.

**Activities such as dancing, swimming, or biking can be fun. Ask a friend to exercise with you, or join a group. Make time in your day for physical activity. If the weather is bad, try an exercise show on TV, watch an exercise tape, walk in the mall, or work around the house. Control your eating habits, do regular exercise, and start avoiding the causes of weight gain. It will certainly help you to achieve what you really want to 'Rule the World'.**

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References

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