

Supplementary File 2: List of Lifestyle interventions

List of Lifestyle interventions

Intervention	Frequency & duration (Health Education group)	Frequency & duration (Therapy-centric group)
Full body mud bath	Once in 10 days for 30 minutes	Once in 10 days for 30 minutes
Mud pack to eyes and abdomen	20 minutes daily	20 minutes daily
Full body massage	20 minutes on alternate days	20 minutes on alternate days
Steam bath	5 minutes on alternate days	5 minutes on alternate days
Enema	Twice in 10 days	Twice in 10 days
Cold Abdomen pack	30 minutes daily	30 minutes daily
Warm hip bath	30 minutes daily	30 minutes daily
Acupressure on soles	30 minutes on alternate days	30 minutes on alternate days
Supervised fasting along with dietary changes (1400-1500 kcal in a day)	Vegetable juices, Seasonal fruits, whole grains, buttermilk, seeds and nuts, salads bowl vegetable soups, and khichdi	Vegetable juices, Seasonal fruits, whole grains, buttermilk, seeds and nuts, salads bowl vegetable soups, and khichdi
Sunbathing	15- 20 minutes daily	15- 20 minutes daily
Health Education (Health Orientation series on behavioral and lifestyle changes, changes in belief, and coping strategies)	1 hour daily	Routine Physician consultation