Be Healthy & Cancer Free: Naturally

(Natural Health Science in the service of Mankind)

Dr P. N. Dubey
Ph.D.(A.M.), D.Sc.(A.M.), A.M.I.E.
F.W.S.A.M.(U.S.A.), F.W.S.I.M. (U.S.A.)

Shivratna Society
Shivratna Charitable Cancer Eradication Society
Faridabad – 121006 (INDIA)
Disclaimer
The information given in this book is educational and provided to be used by any person judiciously in his/her own interest. Contents of this book are not intended to be used as substitute for professional advice. Author, Publisher and Printer are not responsible for any mishaps that may occur by using the information provided here.

The source of some images and information in this book is either from free sources or our dear friends have contributed some. If in non-agreement please e-mail us at healthyandcancerfree@gmail.com with your contact details. Necessary corrective action will be taken.
Any disease in the world can be treated without medicine. Even in the case of weakest BIO-ENERGY left in the patient’s body, remaining life of a patient can be improved, if not completely cured, by enhancing his/her Immune System.

Dr P.N. Dubey
DEDICATION

Dedicated with great respect;

to my beloved elder sister,

Smt. Shanti Devi

who had been cured naturally

with the alternative therapies

when everything else failed.

Dr P.N. Dubey
ACKNOWLEDGEMENTS

I express my gratitude towards all my patients for wonderful experiences.

In my aim of global cancer eradication, I have been inspired by Arjuna of Mahabharata, who visualized the only eye of the fish and by the great politician Chanakya of Chandragupta Era, who decided to eradicate the 'Kusaha' – a sharp edged grass which penetrated into his foot by pouring butter milk in its root; and also by Shri R.K. Sarin, the Chairman & Managing Director of Autolek Group of Industries, Faridabad as my ideal.

I am greatly indebted to innumerable research scholars for the valuable information on the Internet, used in this book for the benefit of those who prefer to be Healthy and Cancer Free- Naturally.

I heartily express my best regards to ancient Saints-Rishi-Munies, who have given lot of scientific literatures on Ayurveda & life styles. I thank, Dr. Atar Singh for his “Acupressure book”, Dr. Devendra Vora M.D. for “Health in your hand” Pandit Shri Ram Sharma Acharya for “Herbs”, Shri Sunil Sharma for “Ghar ka Vaidya”, Dr. R. P. Gupta for “Heal yourself Acupressure”, Dr. V. N. Bhave (M.B.B.S.), Dr. N. S. Devdhav & Dr. S. V. Bhave for “You & Your Health”. Michael Blate and Laurie Blate for “Advanced G-Jo”. Dr. Lim Siow Jin for Ganoderma.

Also, I thank to the Indian Board of Alternative Medicines and Institute of Alternative Medicines for accepting my Hindi Book “Cancer - Bina Aushadhi Bachav Va Upchar Sambhav” and honoured me with degree of Ph.D. (AM) & D.Sc. (AM) and World Society of Alternative Medicine USA, for including as fellow member F.W.S.A.M. (USA) and FWSIM(USA).

I sincerely thank Mr M. B. Dubey who took keen interest in organizing and initial editing of the material of this book and Mr Krishan Aggarwal for its thorough revision. I must thank all my friends for their encouragement, though it is not possible to mention all names, I must quote few names like Mr. R. J. Phansalkar, Mr. P. K. Tripathi, Mr. D. N. Gupta, Dr M.C. Gupta, Dr Fateh Singh Jodhka, Mr Ashok Verma, and all the members of “Shivratna Charitable Cancer Eradication Society (Regd.)”. My special thanks to Mr Kuldeep Khanna and family for their valuable contribution in designing the book.

Lastly, I thank my parents, my wife and all the family members who constantly helped and encouraged me in completing this book.

Dr P. N. Dubey

( ii )
Before You Begin This Book…

A Very Personal Note _

Between you and me

Dear Readers,

The English Edition of my book titled “Be Healthy & Cancer Free: Naturally” is in your hands, a thoroughly revised third edition of my earlier book in English on the subject. This is my attempt, in the service of the suffering humanity based on my personal experiences on diet regulation, nature cure, magnet therapy and acupressure. In diet regulation carrot, garlic, mushroom, drumstick, butter milk, punarnava - (hogweed) are very much part of diet but its proper use in right dose works as dietary medicine. The use of water in the form of drinking, steam bath, footbath, use of mud, air is nature cure. In addition the Acupressure is only natural way of treatment. The use of cow urine is natural thing, which also helps to cure the cancer. All these have no side effects, rather it always give side benefits only. It cures the disease and keeps healthy persons healthier in all respects. One can use a few or all methods as advised in this book.

The Book has been written in simple English keeping in view the requirements of Indian as well as International Readers of different countries. Almost all in the book is on the basis of practical experiences during my 12 years of devotion to Human Health and Prevention of Cancer. The Book has been suitably divided in clearly titled chapters under six parts for the ease and usefulness of reading. Life Style & Its Effect, Bio - Energy, It is Natural to be Healthy, Essentials for Vibrant Health, Diseases - Prevention & Cure, Acupressure – What, Why & How and Diagnostic Acupressure have been included in Part –I: HEALTH FOR ALL. Wellness and Cure with Air, Water, Kitchen Therapy, Herbs, Practical Acupressure, Mudra-Yogasana-
Pranayama have been included in Part-II: WELLNESS PROGRAM. Part-III has been devoted to CANCER: PREVENTION & NATURAL CURE & Cow Urine, Magnet Therapy and Homeopathy. Part-IV is SUCCESS STORIES & TESTIMONIALS. Part- V is all about encouraging you to TAKE CHARGE OF YOUR HEALTH. Useful information/data have been presented in Part-VI: USEFUL INFORMATION/DATA:- For the benefit of the readers, Recommended Readings and Glossary of specific words used in the book has been added. For easy navigation, a comprehensive Index is also provided at the end of the book. Suggestions from the readers are always welcome for improvement in the future presentation of the information. Readers are encouraged to share the knowledge available in this book with others.

In western allopathic system; surgery is the best treatment, at the same time after effects of antibiotic medicine are giving rise to new problems. On many occasions various tests show that the patient is all right but the problem of patient still remains and the visit to the doctor does not solve the problem; now who is to be blamed? An instrument with which tests were conducted or test reports or ourselves; this proves that allopathy has yet to go a long way. In this regard I give my own examples owing to these, in spite of my being an engineer; I became a Doctor of Yoga, Acupressure and Naturopathy.

In 1973, I suffered immensely from Cervical and sciatica pain. I got my self-checked from Escorts Hospital, L.N.J.P Hospital and A.I.I.M.S, New Delhi; all tests in these hospitals showed that I am all right. But I was still suffering from pain. In A.I.I.M.S doctors again consulted among themselves and again several x-rays and other tests done. This time again I had pain and was unable to walk or sit properly. My suffering continued almost for 10 years. During this period I have taken Ayurvedic, Homeopathy. Unani and other
treatments suggested by any Doctor & well-wishers. In 1983 I suffered from cervical spondylosis. I was admitted to Escorts Hospital for 4 days. For this problem, I was given 99 capsules but there was no relief. Instead I started looking like a chronic patient. By chance, I had gone to Faridabad market for purchasing cloth from Batra Cloth house. The owner of the shop told me that he could cure me in just 3 days. He treated me with acupressure and I started getting relief from pain and was completely cured.

Thousands of patients are suffering like me and spend lot of money but modern allopathy has no cure. For diseases like Cervical, Lumber, Slip Disc, Sciatica etc. They are given painkillers, which due to their side effects create more problems,

In 1984 and 1986 through ‘Jan Manas Mandal & Lions Club, I arranged Yoga, Naturopathy, Acupressure & Magnetic Therapy Camps and got my self specialized in the alternative systems of medicine. Cervical and Lumber patients got relief in 3 days in the Camp. My own weight was 95 kg - By naturopathic treatment it was reduced to 76 kg. Till date hundreds of people have got relief without medicine, free of cost and no side effects.

Our body consists of 5 elements of Nature. Therefore it can remain healthy by living nearer to Nature and by following the principles of nature.

Therefore Air, Water, Pranayama, Yoga Naturopathy, Acupressure, Magnetic Therapy are some of the alternative systems by which our ‘Bio Energy’ can be enhanced. With this; body’s capacity of fighting diseases (immune system) is increased and body remains healthy. For survival of human being, oxygen is very essential. Our life will be in danger if we do not get air for 5 minutes. We are forced to breath the air, which is available in a particular place. By Morning walk, Pranayama & Yoga, the capacity of air
(Oxygen) can be increased. Water is second most important element. Due to pollution, water is getting contaminated. By using purified water we can remain healthy.

Diet is the third important factor in life. Carrot, Garlic, Butter Milk, Drumstick, Mushroom and Indian Gooseberry’ (Amla) are some of the cheap and edible items of food that helps in preventing diseases including Cancer and AIDS and also help in treating these diseases. I had been recommending green/leafy and common vegetables for the last 14 years and avoided costly dry fruits, which are less effective. Punarnava is an Ayurvedic herb. I have taken it as leafy vegetable so that even a poor person can use it, as it is freely available everywhere, and can remain healthy. Wheat Grass juice called green blood, can be grown at home by every one.

These days cereals and vegetables are grown by using chemical fertilizers which are harmful for the body, therefore they must be cleaned properly still its proper use, right dose, and good quality works as dietary medicine and helps in maintaining good health.

Acupressure: - Yoga, Pranayama, Magnetic therapy, air, water and acupressure all are natural methods of treatment. By proper use of these, one can remain healthy without any medicine. By using these methods 80% funds, which is wasted, can be saved. Apart from loss of money, people suffer bodily and their near and dear ones also suffer mentally along with them.

This book will tell you what is cancer? How to diagnose it by simple acupressure method. It will also tell you the modern methods of treatment. It is not necessary to know what how & why is cancer. Our aim is to treat it by natural methods and get cured.

Normally cancer patients come to me when they have already tried other modern methods of treatment, by this
time the disease reaches its last stage. Lastly they try my treatment; I can only assure that if patients cannot survive at least they will not have to pass pain full life.

The problem becomes more acute for us when the patients near & dear one tell us that they cannot take Garlic or mushrooms because they are Brahmin or Jain.

You will not believe it but I have come across cases where the patient is dying and is in the last stage, still they have refused to give garlic and mushroom a try.

Who knows after death what one will get - Hell or Heaven, but in their present life they are suffering as hell. I will therefore request you as a knowledgeable person, to use Garlic and mushroom and enjoy the happiness of heaven.

Sometimes patients and their near & dear ones speak in a very sentimental language, which makes me also sentimental such as "please give me poison. I cannot suffer any more. I do not wish to live any more." "I am already dead; please do not kill me any more." After trying other Pathies, they say ‘you are my last hope’ and start weeping. I do not want to go for dialysis for kidney; ‘Kindly save me’. By listening these words, at times, my sentiments also take ones me because my own elder sister was one of them and due to this fact only I became a Doctor.

A dying patient has no other way to go. Relations of the patient start my treatment along with allopathy/Ayurvedic/Homeopathy but when they ask their Doctor whether they can give acupressure or Naturopathy treatment and give patient Garlic, Buttermilk, drumstick, Mushroom, Punarnava etc, the doctors of others Pathies reply "give it at your own risk. If you want to treat patient under our supervision, you have to give patient what we recommend." This deters them to give anything else against the wishes of the doctor. Some things suggested to be eaten, mostly Dalia, Khichri or bread,
Carrot, wheat grass juice, Garlic etc; and all these items are helpful in the treatment of Cancer. Doctors also know that these are harmless but probably they don’t want to close their shops by recommending/allowing these natural food items of medicinal value.

In this world you will get several such examples. One example where a person was growing Wheat grass, requested one of the senior doctors of a cancer hospital, to give wheat grass juice along with their medicine. The doctor told him ‘I know that wheat grass juice is helpful in curing but I do not want to close my hospital. In America one lady was taking treatment for cancer for months but was not getting any relief. One old patient told her about the type of diet she should take for cancer. She asked the doctor about it. Doctor said ‘I know about it’. The Lady got annoyed and said if you were knowing about it why you did not tell me till today. **Who is at fault? Patient or Pathy or Doctors?**

I am aware of your grieves and sorrows not less than you. I have seen it very closely and had been successful to maintain good health and fight with the dreaded disease of cancer. You might have tried all possible therapies using costly medicines in all types of your health problems. You might have gone through most common surgical operation, radio and chemotherapies and what not to the best of your near & dear ones efforts for the treatment of cancer. The conventional therapies might have refused further treatment; as Holy Family Hospital and All India Institute of Medical Science (AIIMS), New Delhi had refused even to check up my elder sister. They referred the previous Hospital’s report predicting only few days’ life, not even a month. Indeed my sister’s body was giving foul smell, as if it was smell from a dead body. It was very difficult to breath in my house. It did not shake my confidence and I did my all efforts. I got great success in curing her to the extent that she could go upstairs within 3 weeks & got complete cure within 2 months.
According to my experience, all types of diseases are curable including cancer, that too, without medicine. Your condition may not be so critical. You should have confidence, in yourself & God Almighty. You do take care (treatment) of yourself as per guidance given in this book. I am sure you will be cured. I shall be praying to the God almighty, for your speedy recovery. It is my earnest request that you please go through the Introduction to all six parts of this book and **Take charge of your health in its true sense as given on Page No. 195-205.**

In the end I would request doctors that diet suggested in this book may please be allowed. Otherwise, relations of patients get frightened and do not treat patient with natural things available. By using natural products provided by nature since ages we can remain healthy and can save our body, mind and money from wasting. Let us join and work for prevention of diseases including Cancer.

My best of wishes are with you and I am with you always through Email/Fax or Telephone/Mobile.

“जिन्दगी ईश्वर के हाथ – स्वास्थ्य अपने हाथ”

LIFE IN GOD’S HAND – HEALTH IN YOUR OWN HAND.

Faridabad Your Sincerely

Nirjala Ekadashi, Dr P.N. Dubey
26th June, 2007

"Nothing is permanent in this wicked world – not even our troubles."

– Charlie Chaplin
# CONTENTS

## GENERAL

1. Dedication ........................................... i
2. Acknowledgements ................................... ii
3. Before You Begin This Book... .................... iii-ix
   A Very Personal Note _
   Between You & Me

### Part – I

## HEALTH FOR ALL

1. Inspiration for Nature Cure ........................ 1
2. It is Natural to be Healthy .......................... 3
3. Bio - Energy ............................................ 6
4. Essentials for Vibrant Health ....................... 7
5. Diseases - Prevention & Cure ........................ 9
7. Diagnostic Acupressure ............................... 12

### Part – II

## WELLNESS PROGRAM

1. Be Healthy Naturally with AIR .................... 17
2. Be Healthy Naturally with WATER ................ 19-28
   ■ Why to drink water in morning .................. 19
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quality of drinking water</td>
<td>20</td>
</tr>
<tr>
<td>Warning for chlorinated water</td>
<td>21</td>
</tr>
<tr>
<td>Quantity of morning water</td>
<td>23</td>
</tr>
<tr>
<td>Method of vomiting (Kunjar Kriya)</td>
<td>24</td>
</tr>
<tr>
<td>Case study of drinking water</td>
<td>25</td>
</tr>
<tr>
<td>Water as health drinks</td>
<td>25</td>
</tr>
<tr>
<td>Water is a sign of Ailment</td>
<td>27</td>
</tr>
<tr>
<td>Wonder of 7 glass of water</td>
<td>28</td>
</tr>
<tr>
<td>3. Be Healthy Naturally with Kitchen Items</td>
<td>29-93</td>
</tr>
<tr>
<td>Carrot</td>
<td>30</td>
</tr>
<tr>
<td>Garlic</td>
<td>40</td>
</tr>
<tr>
<td>Mushroom</td>
<td>53</td>
</tr>
<tr>
<td>Butter Milk (Whey)</td>
<td>65</td>
</tr>
<tr>
<td>Drum Stick</td>
<td>72</td>
</tr>
<tr>
<td>Wheat Grass</td>
<td>79</td>
</tr>
<tr>
<td>Soybeans</td>
<td>90</td>
</tr>
<tr>
<td>4. Be Healthy Naturally with Common Herbs</td>
<td>94-115</td>
</tr>
<tr>
<td>Hogweed - Punarnava</td>
<td>95</td>
</tr>
<tr>
<td>Tulsi</td>
<td>104</td>
</tr>
<tr>
<td>Amla</td>
<td>106</td>
</tr>
<tr>
<td>Giloy</td>
<td>112</td>
</tr>
<tr>
<td>5. Be Healthy Naturally with Acupressure</td>
<td>116-139</td>
</tr>
<tr>
<td>Acupressure Body Charts</td>
<td>116</td>
</tr>
<tr>
<td>Description &amp; Functions of Reflex Points</td>
<td>123</td>
</tr>
<tr>
<td>Methods of Acupressure</td>
<td>135</td>
</tr>
<tr>
<td>6. Be Healthy Naturally with Mudras, Yogasanas and Pranayama</td>
<td>140-145</td>
</tr>
<tr>
<td>7. Be Mentally-Emotionally Healthy</td>
<td>146</td>
</tr>
</tbody>
</table>
Part – III

CANCER – PREVENTION & CURE

1. Cancer & its Causes —— 148-170
   - Internal Environment —— 149
   - External Environment —— 156
   - Special causes of Cancer in women —— 158

2. Symptoms of Cancer —— 162

3. Diagnosis of Cancer —— 163
   - Modern Method —— 163
   - Alternative Method —— 164

4. Modern Treatment & Side Effects —— 167

5. Prevention possible from Cancer & AIDS —— 170

6 Be Cancer Free Naturally with - 171-179
   - Healing Power of Air —— 171
   - Healing Power of Water —— 171
   - Healing Power of Diet —— 171
   - Healing Power of Acupressure —— 173
   - Healing Power of Cow Urine —— 174
   - Healing Power of Magnet —— 177
   - Healing Power of Mudras, Yogasanas & Pranayama —— 179
   - Give Homeopathy a Try —— 179

Part - IV

SUCCESS STORIES & TESTIMONIALS

Success Stories and Testimonials —— 181-193
Part – 1

Health for All
Born in India, since my childhood, it was my parents’ desire to see me as a Doctor, however I became an Engineer as during those days science students were mostly giving preference to Engineering. My father had always been giving me lessons for social services irrespective of cast, creed and colour whereas my mother taught me honesty and hard work. With these lessons, I have great inclination towards social services especially for the suffering humanity. I got first opportunity in 1982 to serve as president of Shri Jan Manas Mandal (Regd.) a socio-spiritual organization at Faridabad. In the year 1984 & 86 I had organized 3 weeks Yoga & Nature cure camp at Faridabad, where more than 500 patients of chronic diseases got information about natural health care and mostly got cured. On the closing ceremony of 1986 camp many had narrated their experiences, which inspired me a lot. I feel that day as the happiest day of my life as I had been able to do something for suffering humanity. By getting practical training and studies I got a degree in yoga and Naturopathy (N.D.Ya.) Also I studied a lot of books on Acupressure since 1986 & got its practical training. I started getting miraculous results by instant relief for cervical, disc-slip, sciatica & cases of nervous system.

During last 12 years I had a chance to guide patients to be healthy and cancer free. I treated all types of diseases including cancer with Alternative - non-conventional therapy i.e. Nature cure, diet regulation, herbs and acupressure. Cancer, the name itself is fearful. A word of doctor “you have cancer”, turns the life immediately. The name itself is
sufficient to kill a person in due course of time even if there is no cancer. The patients start counting days of life. They start feeling morally down in their own eyes as well as from the family & society. Since I have seen the cancer in my close relations, specially my elder sister, I had determined to give cancer treatment with alternative therapies and got success too.

Having faith in God, I believe that the life and death is in the God’s hand. Strongly enough, I am of the view that the Health is in our own hands. When a healthy person can die at any moment for no reason, a cancer patient can get relief of pain and suffering, by following the treatment as per my advice and can hope for betterment for rest of the life. By the time the patient come in my contact, it has been 3rd or 4th stage of cancer. Under such conditions, lastly they try my treatment. From very beginning one starts feeling better. I must emphasize that if patient cannot survive, at least he/she will not have to pass the painful life. While treating cancer, many other kinds of diseases can get cured, but certainly not all the patients. It very much depends on (1) the BIO-ENERGY left in the patient and (2) proper follow up and care taken by patient’s near and dear ones who have great devotion and dedication for the patient. There shall be prevention and cure from all sorts of diseases if an all out effort is made by everybody to follow the natural principles of Being Healthy naturally. A healthy person can remain vibrant in physical and mental health. Patients with some disease can regain their health.

"As I see it, every day you do one of two things; build health or produce disease in yourself."
– Adelle Davis
Man is the best creation of the nature. Undoubtedly today the human has got very high scientific development and is fast progressing. At the same time it is true that every body is going far away from the nature for the sake of passion. This is creating new types of diseases day by day. No doubt allopathy is one of the best therapies especially in the field of surgery and proved to be life saving, however, it has side effects. In the early days, the T.B.& Asthma- the Chronic breathing problem were considered the dreaded diseases. Later on cancer started spreading. Now it is AIDS spreading very fast to finish the human creation. Is it not the result of our own mistakes and negligence towards the health?

I would say that health is nature and nature is health. Both cannot be separated from each other. If we move away from the nature, we move towards the disease. Greater the distance from the nature - Closer to the disease. In the metro cities of the world, the environment is so much polluted that neither we have pure air to breath nor pure water to drink. Under such circumstances the diseases are sure to come without any invitation. If we use water, sky, earth, air and fire (the PANCH TATVA) properly, can have healthy life. We all know that our daily routine starts from early in the morning. But if we do not follow the rules of the nature & disobey it to leave the bed at late hours, how can we expect the nature to help us?
Today we blindly follow the western culture but we forget the western philosophy, which says:

“Early to bed & early to rise, makes a man healthy, wealthy & wise.”

Our Indian Vedas, Saints & preachers have always strongly recommended, leaving the bed early in the morning before the sunrise, which is called Brahma Muhurta. The Brahma Muhurta starts from 4 A.M. in the morning. Before the sunrise we must finish our daily routine: toilet, brushing, & the bath & also possibly the morning walks. It is mostly seen that in so-called higher societies the younger generation feels proud to leave the bed late & late in the morning. According to AYURVEDA & theory of medical science, our inner organs such as large intestine, breathing system, urinary & digestive system etc., starts inner cleaning from 4 AM in the morning till 7AM. The effect of cold, cough, gastric pressure etc. is high in the morning & its intensity is too less during rest of the day. This proves that in the early hours; Nature is more active for inner cleaning of the body. If we are in the bed during this period how the nature will complete its work?. If we do not help nature, then how & why the nature will help us? The result is that body’s system gets disturbed. The digestive system starts upsetting resulting in constipation which becomes the root cause of all types of diseases.

I have found during my 12 years of nature cure & acupressure treatment, that patients go to toilet once in 48 hours (even once in 72 hours). After cleaning the bowel once, they need to go to toilet at the frequency of 2nd or 3rd day. Certainly this creates acidity & gas in the stomach, intestine & colon. Thus the gas is bound to affect any part or parts of the body. It may result in headache & chest pain
- creating breathing problem-pressing heart creating the heart problem, blood pressure & valves blockage, making the pancreas under-active which can lead to diabetes & other ailments. In this series, it damages the internal organs liver, kidney etc. and also the nervous system making paralytic attacks.

According to Nature cure, Ayurveda & Acupressure the most common diseases in higher societies are high blood pressure, hypertension, migraine, cervical, diabetes etc. These are caused due to over nutritious diet. These are not the diseases but root cause of chronic constipation. If you ask, most of the persons (80% to 90%) will say that their digestion is OK but as per my experience I would say 99.5% persons younger or older are unhealthy due to digestive system. The persons who are not in the habit of drinking water early in the morning can see the difference in their digestive system by drinking 2 to 4 glasses of water just after leaving the bed; before washing the mouth. If digestive system is all right then most of the diseases are bound to disappear.

I would like to quote a Hindi saying -

“PAIR GARAM, PET NARAM, SAR THANDA TO VAID KO MARO DANDA”.

(If feet are warm, stomach soft and head cool then there is no need of a doctor.)

"Every patient carries her or his own doctor inside."

– Albert Schweitzer
Life is based on the Bio-Energy of whole body and its organs. It is the Bio-energy, which keeps our body fit & healthy. We get Bio-energy by the balanced diet & good environment of pure air that is oxygen.

A man can live more than thirty days without food, three days without water but without oxygen one’s life may be in danger within three minutes. Therefore, it is the oxygen, which is elixir of our life. The oxygen gives energy through the Hemoglobin of the blood in body. The resistance power in the body will be higher if bio energy is high. I can firmly say that due to high resistance power of the body any DISEASE including CANCER and AIDS can be prevented.

"Health is not valued till sickness comes."
– Dr Thomas Fullier
As per Wikipedia, the free encyclopedia, Health is the level of functional efficiency of an organism at both the micro and macro level. In the medical field, health is commonly defined as an organism’s ability to efficiently respond to challenges (stressors) and effectively restore and sustain a “state of balance,” known as homeostasis.

Another widely accepted definition of health is that of the World Health Organization (WHO), which states that “health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

Thus, healthy means possessing good physical and mental health. Healthy stresses the absence of disease and often implies energy and strength.

**Wellness is also used to describe Being Healthy.**

In simple words, the following can be termed as essentials of vibrant health:

(a) Physically healthy with no ailments
(b) Mentally healthy – can think & relate.
(c) Having energy & Strength
(d) Proper digestion of simple & natural food
(e) Proper sleep
(f) Free from any fear & Phobia

(g) Bubbling Bio-Energy

(h) Strong Immunity system to fight back any disease in the body. With high resistance power of the body any DISEASE including CANCER and AIDS can be prevented.

(i) Relaxed state of Mind.
Though it may sound surprising, it is natural to be healthy by following natural ways in life. It is unnatural to be ill. In fact, a disease is simply a state of dis ease of body-mind at a given point of time. By following the principle of natural health and fitness, one can easily restore one’s health.

By this analogy, it is easier to remain disease free that is prevention of disease by maintaining a strong-enough level of bio-energy and enhancing body’s immune system. Once fallen sick, increasing bio-energy and enhancing body’s immune system upto the strong enough level to expel a disease require great effort and care. However, if care is taken based on the natural system of fitness and health, body regains health.

Bio-energy can be enhanced and immune system also with the natural cure of Diet, Acupressure, Pranayama and Yoga. It is also essential to follow a balanced life style in a clean atmosphere.

“गाजर मट्ठा खायें – कैंसर दूर भगायें”
(Take Carrot and whey in your daily diet to eradicate Cancer).
– Dr P. N. Dubey
ACUPRESSURE

Acupressure is Acu (Finger)+Pressure. To give pressure with Thumb/fingers/Jimmy is called acupressure. The pressure is given on hand & foot reflex points as well as on local points on body parts. Where the pain is on the body part that part is affected. That is why there is pain. The pain itself is the treatment. No pain while applying acupressure, no treatment is required. More the pain - more the treatment is needed.

The pressure is given on reflex and local points of the body organs like liver, kidney, intestine, heart, gallbladder, spleen, lymph, pancreas, sex organs and on Endocrine glands and hormones - pituitary, pineal, thyroid & parathyroid and sex hormones. By acupressure each and every organ and hormone’s functions are balanced individually and overall body as one unit. There are four types of functions of all organs and hormones in the body:

1. Over Active - functioning more than required.
2. Under Active - Functioning less than required.
3. Uncertain or Abnormal - working erratic any time more or less.
4. Normal or Balanced.

The first, second and third conditions are not required in the body. By acupressure the above three irregularities are removed and made suitable to function under fourth condition of Normal activity. The details on acupressure are given in a separate chapter. If all organs and hormone points are having no pain, a person is healthy and is having high BIO-ENERGY and hence high resistance power against disease.

“There is but one temple in the universe and that is the human body. Nothing is holier than that high form. We touch heaven when we lay our hands upon human body”

–Thomas Carlyle, (Scottish Philosopher)
With the help of acupressure, it is easier and cost free to diagnose a disease in the body. Pain on the reflex points of body organs on hands and feet as well as Acu points on meridians on the body parts, indicate malfunctioning of that body organ. By combining such painful reflex points and acupoints, a disease can be clearly diagnosed.

For treatment, one has to press in a rhythmic pumping method on these sore Reflex Points and Acu-points three times a day. Pressure can be given 1-2 minutes on a particular point.

Acupressure is the most precious gift given by Nature, which assists in preventing disease, diagnosing these and providing drug free and side effect free cure.
Diagnosis of Common Diseases by Acupressure:

<table>
<thead>
<tr>
<th>Reflex Point No.</th>
<th>Diagnosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,2,3,4,5</td>
<td>Headache</td>
</tr>
<tr>
<td>3,4</td>
<td>High B.P.</td>
</tr>
<tr>
<td>6</td>
<td>Throat Problem</td>
</tr>
<tr>
<td>7, 9</td>
<td>Neck Pain, Stiffness</td>
</tr>
<tr>
<td>8, 26</td>
<td>Kidney stone</td>
</tr>
<tr>
<td>10</td>
<td>Piles</td>
</tr>
<tr>
<td>11 to 15</td>
<td>Male/Female problems</td>
</tr>
<tr>
<td>17</td>
<td>Hip/Knee Pain</td>
</tr>
<tr>
<td>18</td>
<td>Urinary Bladder Problem</td>
</tr>
<tr>
<td>19,20,22,23, 27</td>
<td>Stomachache, Gas, Acidity, Liver-Gall Bladder</td>
</tr>
<tr>
<td></td>
<td>Problem</td>
</tr>
<tr>
<td>21</td>
<td>Appendicitis</td>
</tr>
<tr>
<td>Back of 21</td>
<td>Allergy</td>
</tr>
<tr>
<td>24</td>
<td>Shoulder Pain</td>
</tr>
<tr>
<td>25</td>
<td>High/Low sugar level</td>
</tr>
<tr>
<td>26</td>
<td>Kidney problem</td>
</tr>
<tr>
<td>28</td>
<td>Fear, Timidity, Depression, suicidal tendency</td>
</tr>
<tr>
<td>29</td>
<td>Problem of Nabhi Chakra, Hernia</td>
</tr>
<tr>
<td>30</td>
<td>Breathing Problem, Asthma, Bronchitis</td>
</tr>
<tr>
<td>Meridian Acupoints No.</td>
<td>Diagnosis</td>
</tr>
<tr>
<td>------------------------</td>
<td>------------------------------------------------</td>
</tr>
<tr>
<td>Li 4</td>
<td>Headache,</td>
</tr>
<tr>
<td>Li 11</td>
<td>Immunity Enhancing</td>
</tr>
<tr>
<td>St 36</td>
<td>Weakness due to excess standing, Constipation, Immunity Enhancing</td>
</tr>
<tr>
<td>Sp 6</td>
<td>Problem of Reproductive System, Diabetes, Immunity Enhancing</td>
</tr>
<tr>
<td>UB 67</td>
<td>Worms, Labour inducing for Easy delivery</td>
</tr>
<tr>
<td>P 6</td>
<td>High B.P. and Vomiting</td>
</tr>
<tr>
<td>TW 5 &amp; TW 6</td>
<td>Low energy level</td>
</tr>
<tr>
<td>Si3 and TW 3</td>
<td>Shoulder Pain</td>
</tr>
<tr>
<td>GB 41</td>
<td>Exhaustion, Irregular Menses, Yawning</td>
</tr>
<tr>
<td>P 6, K 6</td>
<td>Allergy</td>
</tr>
<tr>
<td>P 6, Lu 7</td>
<td>Asthma</td>
</tr>
<tr>
<td>Acupuncture Points</td>
<td>Conditions</td>
</tr>
<tr>
<td>--------------------</td>
<td>----------------------------</td>
</tr>
<tr>
<td>Lu 7</td>
<td>Acne</td>
</tr>
<tr>
<td>K 6</td>
<td>Edema</td>
</tr>
<tr>
<td>Lu 7, K6</td>
<td>Lumber Pain</td>
</tr>
<tr>
<td>Cv 3</td>
<td>Urinary Infection</td>
</tr>
<tr>
<td>Cv 4</td>
<td>Fibroids</td>
</tr>
<tr>
<td>Cv 1, St 29, Liv 8</td>
<td>Low Sexual Energy</td>
</tr>
<tr>
<td>H3</td>
<td>Depressive Mood</td>
</tr>
<tr>
<td>Sp 4</td>
<td>Cold Feet, Lump in body</td>
</tr>
<tr>
<td>Cv 17</td>
<td>Upset Mind</td>
</tr>
<tr>
<td>K1, Li 11</td>
<td>Mental Shock</td>
</tr>
<tr>
<td>K 23, Sp 19</td>
<td>Breast Problem</td>
</tr>
<tr>
<td>GB 21, Sp 21</td>
<td>Hormonal Imbalance</td>
</tr>
<tr>
<td>GB 20</td>
<td>Mental Stress</td>
</tr>
<tr>
<td>Gv 4</td>
<td>Low Energy</td>
</tr>
<tr>
<td>Liv 3, UB 57</td>
<td>Cramps</td>
</tr>
<tr>
<td>St 44</td>
<td>Pain relieving, Loose Motion</td>
</tr>
</tbody>
</table>

Find Meridian Acupoints on www.acuxo.com
Part - II

Wellness Program
Food is essential to keep human body healthy and alive. Similarly, Air (Oxygen) is the most crucial element for our survival. We can survive weeks without food, days without water; but only minutes without oxygen. Oxygen is required to generate energy, to do any work. Our respiratory system helps our body cells in their metabolic activity by supplying oxygen and expelling carbon di oxide by their metabolic activity.

The Air we breathe contains 20% oxygen and rest is carbon-di-oxide, Nitrogen and water vapour. When we inhale air it reaches to lungs. It is moist and warm. The tear glands and other secreting glands in the nose and throat humidify air. Air cleaning process begins with hair in the nose, which trap large dust particles. Sticky mucus in nose, throat and bronchial passage acts as a flypaper to trap finer particles and the clean and filtered air reaches lungs, oxygen is absorbed. Blood receives oxygen from lungs and sends it to all cells in the body. The air (oxygen) is very important. If our brain fails to get oxygen for three minutes, the cells of our brain start dying. The dead cells cannot be revived and therefore the damage is permanent. Our lungs absorb oxygen and the carbon die oxide from the blood is expelled in the air through our nose.

It is necessary to keep the air passage clear and sufficient wide so that oxygen can reach lungs freely and
carbon-di-oxide can go out. If cough gets deposited in the passage, then, there will be blockage. For developing lungs properly, exercises like swimming, running and Pranayama should be undertaken regularly. By this, pure blood is formed and toxins are thrown out.

Pranayama is the scientific art of making our respiratory organs to move and expand intentionally, rhythmically and intensively. Deep breathing aids digestion, blood is assisted in its return to the chest by the negative pressure that is developed with each deep breath and this helps to reduce the chances of congestion, headache, heaviness in the legs, and above all it helps in the digestive process. Deep breathing gets more oxygen into the blood with each breath and our hearts slow down a little.

The healing effects of Prana (Oxygen/Air) are enhanced by breathing in while holding a peeled garlic clove near the nose. It can be rightly termed as ‘Lahsun Pranayama’ – Lahsun is Garlic. Lahsun Pranayama is highly effective in the treatment of dreaded diseases including Cancer.

"Put duties aside at least an hour before bed and perform soothing, quiet activities that will help you relax"

– Dianne Hales
Why to drink water in the morning?

Water is life along with Air. There is no substitute of water in the world. The body requires plenty of water to quench the thirst and for cleaning the organs inside the body; such as stomach, kidney, liver, pancreas, gall bladder etc. The organs are working continuously i.e. (non-stop) for us but we do not care for them. For external cleaning of the body & clothes, we require detergents where as for inner cleaning body requires water only.

When we are sleeping, lever, kidney, stomach and other organs work and remove the toxin, which is collected for removal when we get up in the morning. If we delay to drink water the toxin may start drying and further toxin or acid may start forming. The toxins & foreign material like dead cells cough–bile etc is expelled by body in the morning only i.e. in the BRAMHA MUHURTA from 4 a.m. to 7 a.m. There after it stops the cleaning work. It is therefore essential that we take up plenty of water just as soon as we wake up without washing the mouth and making any movement of the body. That is why our elders say keep the water on the bedside so that we pick up the water utensil and drink without opening the eyes.

Water drinking habits in Society

During my decade of treatment I have interviewed thousands of families. I have found that females do not drink
water in early morning. It is very surprising? Is it because the ladies have to collect the water or they have to wash the utensils? If not so, why the ladies do not drink water in the morning?. It is observed that the husbands taking water in the morning are healthy than their wives who have more ailments. Then what to say about children in the family. The mothers insist their children to take milk in the bed rather than giving water to drink. I had my lecture in college of my hometown. Most of the students were not taking water. Also their parents were not having the habit of taking water in the morning. I advised the students to tell their mothers to keep the water at their bedside and take the water from next morning daily. After 3-4 days few ladies came & told that our children told us to drink water early in the morning. All of us started drinking water in the morning. Now we feel comfortable, better bowel, no acidity & have cheerful day.

After one year again I visited the same college. I had pleasure to know that all except one girl had the habit of taking morning water. The teachers ask the students daily in the prayer assembly whether every student has taken the water in the morning & also have gone for toilet or not. In this way the college made good culture. The students have made it a habit of their parents, grand parents to take water in the morning.

**Quality of Drinking Water**

The drinking water must be clean and pure. In cities, due to high level of pollution, the water is contaminated, not potable and is unsuitable for drinking. Though for general health the water should be pure but specially for treatment purpose it must be pure and free from bacteria. To make water suitable for drinking the following methods should be adopted.

1. **Tap Water**

   Use filter or tie 3-4 folds of good quality of cotton cloth on the tap to get the suspended particles filtered.
2. **Use Alum or Lime**
   Tie-up Alum slab or Limestone in a cloth. Stir twice or thrice in the bucket of drinking water. The sludge or suspended particle will be collected / precipitated and the water will be bacteria free. Filter the precipitated slug.

3. **Use Aqua Guard**
   In cities aqua guards are used. It is advisable that one must be careful to check and ensure that the aqua guards are maintained regularly, otherwise there may be Fungi. through the aqua guards if it is not used regularly or not maintained within the prescribed time of its maintenance.

4. **Boiling water**
   This is the safest method to make the water clean, pure and bacteria free. For the patients treatment, the water must be boiled, cooled & kept for drinking purpose. By boiling the effect of Chlorine will also be minimized if Chlorine is added in water supply. Chlorine is proved to be very harmful.

5. **Mineral water**
   Now mineral water is available everywhere provided its purity is ensured.

6. **Reverse osmosis method**
   This is modern technique to make soft drinking water free from bacteria. This is costly affair not affordable by common people.

7. **Leaves or seed powder Drumstick**
   The latest research has shown that the drumstick is the most effective water purifier. The powder is added to the normal water for two hours. The bacteria are killed and the slug comes on the water surface. Filter the slug, the water is purified.

**Warning of chlorinated water**

Chlorinated Water leads to Cancer and Heart Diseases
According to medical college of Wisconsin (U.S.A.) research team

“ We are quite convinced that there is an Association between cancer and chlorinated water ”

We don’t use chlorine because it’s safe; we use it because it is cheap. We essentially still pour bleach in our water before we drink it. The long-term effects of chlorinated drinking water have recently been recognized. According to the U.S. Council Of Environmental Quality, “ Cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine.” It may cause much heart disease too. Dr. Joseph Price wrote a highly controversial book in the late sixties titled Coronaries/Cholesterol/Chlorine, and concluded that nothing can negate the incontrovertible fact, the basic cause of arteriosclerosis, heart attacks and stroke, is chlorine.

Dr. Price later headed up a study using chickens as test subjects, where two groups of several hundred birds were observed throughout their span to maturity. One group was given water with chlorine and the other without. The group raised with chlorine, when examined, showed some level of heart or circulatory disease in every specimen, the group without had no incidence of disease. The group without chlorine grew faster, larger & display vigorous health. When chlorine is added to our water, it combines with other natural compounds to form TRIHALOMETHANES (THM’s) as chlorination by products. These chlorine byproducts trigger the production of free radicals in the body, causing cell damage, and are highly Carcinogenic.

Ref. website: - www.cancer-prevention.net

Appeal

It is therefore, appealed to the Administration & medical authorities in larger public interest to take appropriate steps to purify the water by OZONATION or ALTERNATE safer method & not to use Chlorine or its excessive quantity. It is
suggested that as precautionary measure the public should use boiled drinking water instead of plain tap water.

**Quantity of morning water**

The pure drinking water be kept in a copper jug or in any steel/glass Jar or utensil on the bedside before sleeping at night. This water be taken in the morning just when wake-up without washing the mouth. Some people complain that they have foul smell in the mouth or have pyorrhea and cannot take water without washing the mouth. If so, such person should gargle with luke-warm water adding a pinch of alum powder or common salt and brush the mouth before going to sleep at night. However, even if there is foul smell, the water can be taken without washing the mouth. One can observe that within 3 weeks there will be no foul smell. Plain water can be taken. In winter season or in cold countries the water may be heated to luke warm temperature. Also if a person has Asthma or breathing problem, should take lukewarm water only. A new beginner may start with small quantity of water – say half to one glass increasing from 2 to 7 glass of water. Many people have complaint of vomiting while drinking water in the morning. If so, the vomiting can be stopped.

However if there is food poisoning VOMITING IS MUST, as per method given ahead. If the water is not kept at night even fresh water can be taken in the morning. To have the medicinal value of drinking water, it is to be charged with copper 60 gms. + Iron 60 gm + Silver 30 gms. + Pure gold 15 gms. Also magnetized water may be used for the treatment of a patient. Starting from 2 glass one should go on increasing quantity conveniently up to 7 glass. If doctor refused treatment of critical patient (except in the case of Dialysis & kidney problems) Seven glass of water may be tried. God may save the life.

**Acupressure method to stop vomiting**

Most of the beginners have complaint of vomiting and stomachache when they take water empty stomach in the
morning. Of course, there would be such tendency because the excess bile & acidity of the stomach will come up & may create stomach pain and headache with nausea or vomiting feelings. To stop vomiting and stomachache follow as under: -

1. Drink half or one cup/glass of water. Rub the wrist of one hand by another hand and vise versa for few times till the feelings are stopped.

2. Again drink a glass of water. If vomiting is felt repeat the rubbing of wrist as above. The vomiting will be stopped. By now you have taken 2 glass of water.

3. The same process can be repeated to drink more water. This method is 100% effective, except if it is food poisoning.

4. For beginners, who feel excessive vomiting or have acidity, migraine, bronchitis, breathing or skin problems, must do vomiting.

**Method of Vomiting**

It is called Kunjar or Knujal Kriya of nature cure. Take a jug of luke warm water. Add a pinch of salt. Also one lemon juice, 8-10 garlic clove’s juice, and/or mustard powder may be added to this water. After clearing the bowel in the morning, drink water sitting on legs or chair. Take as much water as you can. Fill-up the stomach upto the throat. You will start feeling of vomiting.

Stand and bend at 90° on washbasin or sit like crow. Put two or three fingers in the mouth and irritate the tonsil in the throat to vomit. Do not exert more. Do it easily to avoid chest pain. However, there may be mild chest pain for few days. You should not worry for this pain. It will automatically disappear.

In case vomiting is not possible. Do not worry. The water will dilute this bile, acidity & toxin inside the stomach and will be discharged by Urination. This process should be done
for 7 days to 21 days, depending on the intensity of the ailment. The best time for vomiting is morning only. It can be done after 3-4 hours after meal or 1-2 hour after refreshment, so that the food has passed away from stomach to small intestine otherwise the food will come out. Nothing cold should be taken for half an hour. The person having hypertension, or heart problem should do vomiting carefully without strain on heart & chest. They should avoid vomiting if it does not come automatically.

After completing a course of Kunjar Kriya drink water in the morning just when wake-up. A case study is given to find the difference between drinking water just after waking-up & after washing the mouth.

**Case study of drinking water before and after brushing the mouth**

One of my friends Mr. G.R. Kulkarni aged 58 years, then an executive officer of M/s. PMP Auto Industries Ltd., Bombay in India, had two heart attacks in 1990’s decade. He had his office at 2nd floors. To avoid strain of climbing up & down stairs he had taken long leave. When I met him, after two months in his office, he had just joined his duty. His face was dull and the lips were dried. I asked if he drinks water in the morning. He told that he was taking water after toilet & brushing the mouth; say half an hour after leaving the bed. I advised him to take plenty of water whatever he could take in the morning just immediately after leaving the bed. He did like this next morning. His lips were not dried and felt pleasure whole day.

Such experiences are innumerable. Every one can try and find the difference of drinking water before and after leaving the bed.

**Water as Health Drink**

The water could be converted as health drink. It has been found that the following minerals are useful for treating diseases connected with organs as shown below:
1. **Copper**

Useful for all diseases and problems connected with nervous system e.g. High B.P., Arthritis, Polio, Tension and Leprosy.

2. **Silver**

Useful for diseases of the organs connected with digestive system and Urinary system.

3. **Gold**

Useful for disorders of the Breathing system, Lungs, Heart, Brain and as a general tonic.

**Charged Water can be prepared as below:**

Take 60 gms. of pure copper plate/wire or 6 coin or alternately a copper pot can be used. Add 30 gms. of silver pure bullion or pure coins (.999 Purity) and 15 gms. of pure gold or ornament of 22 carat gold. All these metals can be put together in a jug full of water in the evening. This water will be ready for drinking in the morning. Using 4 glasses of water and boiling away 25% of water or 50% water can increase the power of water. Filter this water, keep it in a thermos if possible and drink it luke warm / hot during the day. Drinking 1 glass of such water first thing in the morning is very beneficial. In acute cases this water can be boiled away 75% and remaining 25% can be used as health drink. Such concentrated water is very useful. Do not take things like lemon, sour buttermilk, pickles, amla etc. with this water. The charged water is found useful for good health in general but it is a must for the treatment of any problem connected with the improper flow of the current of bio-electricity i.e high B.P., Polio, rheumatism, arthritis, paralysis, chronic diseases including cancer etc. The use of concentrated gold-charged water has given wonderful results in case of mental retardation, muscular dystrophy, T.B., heart attack etc. and is a good brain tonic too.
When water is a sign of ailment

I ask everyone the very first question if you drink water in the morning—Most of the persons say that they take too much water even at night whenever they get up in between the sleep but not in the morning as they feel vomiting. One must drink water in the morning just when wake-up and MUST NOT drink in between the sleeping hours at night. This is sign of ailments. How? You can prove and accept it yourself?

The persons who have fever drink water at very short intervals in 24 hours, even in the night. More the body temperature, more the thirst and more the water is required to quench the thirst. It is body’s requirement to keep the working organs, specially the liver, cool to avoid internal damage. More bile and toxin is formed in the body. To flush the toxin more sweating and urination takes place and it is must also. When there is fever the taste of tongue & mouth is bitter and the appetite is lost by the nature to save the body. The thirst comes to normal only when all the toxin is expelled out of the body and the body temperature is normal i.e 98.6°F. It was very easy to understand. Now when we sleep at night. Our main working organs—stomach—liver, kidney spleen etc. does their own work of digestion, repair and all other body requirements. When we sleep the length of breath is full to meet the fuel requirement of Oxygen for proper working of all organs. At this time excessive heat is generated in the body. For this reason there is more sweating. So much sweating may be equivalent to a brisk walk of 4-5 kms.

Now body demands water to complete its work. Since we have not taken sufficient water in the morning the toxin of the current day is added with the toxin of the previous day. When we take water at night to quench the thirst, the temperature of organ and body comes down, cooling down the entire working system, causing digestion incomplete. The toxin remains inside which is accumulated daily causing chronic diseases in due course of time. It is therefore MUST to drink sufficient water immediately when wake-up in the morning so that entire toxin of the previous day is removed
& body is toxin free. Therefore, it is proved that drinking water in between sleep is clear indication of Ailments.

**Wonder of 7 glasses of water**

You may start with small quantity of water in the morning increasing gradually from 2 glasses to 7 glasses. For psychological satisfaction you may take smaller size of glass or keep it little empty. Also 7 glasses can be completed in 2-3 stretches within

1 or 2 hours before taking any breakfast or tea. Take 2-3 glass just after wake-up. Then 2-3 glass after toilet, mouth brushing within ½-1 hour. Honey or lemon & honey water may be taken. Again 2-3 glasses can be taken within 2 hours. If a patient has to take carrot juice buttermilk, punarnava or wheat grass juice that also may be added in 7 glass of water.

Normal water takes 2 hours only to drain out of the body through Urination. If anything added with water or juice taken, it may take little more time to pass out. If 7 glass water is taken in one or two stretch there will be very good stream of urine. Thicker the stream better would be the joy of urine discharge. You may feel real joy of the life. Is it not

Now body demands water to complete its work. Since we have not taken sufficient water in the morning the toxin of the current day is added with the toxin of the previous day. When we take water at night to quench the thirst, the temperature of organ and body comes down, cooling down the entire working system, causing digestion incomplete. The toxin remains inside which is accumulated daily causing chronic diseases in due course of time. It is therefore MUST to drink sufficient water immediately when wake-up in the morning so that entire toxin of the previous day is removed & body is toxin free. Therefore, it is proved that drinking water in between sleep is clear indication of Ailments.
BE HEALTHY NATURALLY WITH KITCHEN ITEMS

"If you can organise your kitchen you can organise your life." – Louis Parrish

Kitchen is third basic important area where we find so many natural medicines to help us in keeping healthy and fit. In every society, certain items/spices used in the kitchen have medicinal value and initially that could have been the ostensible reason to include these in our daily diet. In India, the Kitchen is called ‘RASOI’ which can be equated to Rasayanshala where six rasas are prepared as per Ayurvedic guidelines and prescribed for keeping the body healthy.

Proper scientific knowledge of uses of various kitchen items is necessary to have their beneficial effects; otherwise ‘Amrita’ is turned into poison and has bad effects on human body.

In this chapter are given the very important food items such as carrot, garlic, mushroom, butter milk, drumsticks, wheat grass and soybeans which are of daily use all over the world having rich medicinal and nutritional values and that are highly effective in maintaining health, preventing diseases by enhancing immunity system and even in the cure of dreaded diseases.
Introduction:

It is a vegetable plant being cultivated and produced in plenty in entire Asia, France, Britain, and Germany and in the most parts of the World. Its root is conical in shape tapering from top to bottom from 8 cm to 25 cms. long in red, orange and black colours, having feathery green leaves.
Different Name of Carrot

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hindi</td>
<td>Gazar</td>
</tr>
<tr>
<td>Marathi</td>
<td>Gazar</td>
</tr>
<tr>
<td>Gujrati</td>
<td>Gazar</td>
</tr>
<tr>
<td>Bengali</td>
<td>Gazar</td>
</tr>
<tr>
<td>Persian</td>
<td>Gazar Gazart</td>
</tr>
<tr>
<td>Arabian</td>
<td>Gazar</td>
</tr>
<tr>
<td>Telgu</td>
<td>Pil-Kando Gajjara &amp; Godda</td>
</tr>
<tr>
<td>Kannad</td>
<td>Gajjare / Kempu Mulgi</td>
</tr>
<tr>
<td>Kasmiri</td>
<td>Morenuj / Bulmuj</td>
</tr>
<tr>
<td>English</td>
<td>Carrot</td>
</tr>
<tr>
<td>German</td>
<td>Karatti</td>
</tr>
<tr>
<td>French</td>
<td>Karati Cutirie</td>
</tr>
</tbody>
</table>

Brief History:

The bright orange fleshy root vegetable we know today as the carrot is from its wild ancestor, a small, tough, pale fleshed acrid root plant. The wild carrot known as Daucus Carrot is one of the many plants, which belongs to the natural order Umbel lifer. The carrot originated some 5000 years ago in middle Asia around Afghanistan and slowly spread into the Mediterranean area. The first carrot was white, purple, red, yellow, green and black but not the orange. Carrots were known as one of the plants in the garden of Egyptian king Merodach Bladder in the eighth century B.C. The exact lineage of carrot is difficult to trace as early horticulturist with the Parsnip, its closed relative, often confused it.

Carrots were well known to both the Greeks and
Romans. During the first century, the Greeks cultivated a variety of root crops of onions, radishes, turnips, leeks and a poorly developed variety of carrots. The unpleasant tasting carrots were rarely eaten but were applied medicinally. The Greeks called the carrot Philtron and used it as a love medicine to make men more ardent and women more yielding. It was not eaten as vegetable prior to the middle ages. The name carrot is found first in the writings of Anthenaous (A.D. 200) and in book on cookery by Apleins Czelius. In 900 A.D. Carrot consumption was traced to the hill people of Afghanistan, who were sun-worshipers and believed that eating orange or yellow coloured food instilled a sense of righteousness. At this time Arab merchants traversing the trade routes of Africa, Arabia and Asia brought seeds of this purple carrot back home with them. From their village and cities along the coast of North Africa moors brought the carrot up into Spain and to the rest of Europe, probably from Afghanistan.

In the 12th Century moorish invaders and then Arabian traders brought carrot to the Meditarranean and they quickly spread across the Europe. By the 13th Century carrots were being grown in fields, orchards, gardens and vineyards in Germany and France. At that time the plant was also known in China. Where it was supposed to have come from Persia Doctors in middle ages prescribed carrots as a medicine for every possible affliction from syphilis to dog bites.

By the 14th Century carrots had spread across north Western Europe. In 15th Century Flemish Refugees who grew them in quantity mainly in kent and surrey introduced these early varieties to England. By the 16th Century nearly all the botanist and writers on gardening, all over the Europe, were familiar with the carrot of red and purple colour. It is thought that for the first few hundred years of its managed
cultivation, carrot roots were predominantly purple. The carrot crossed the English Channel via France in the early 16th Century bringing the French name “Carrot” to England.

It was first generally cultivated in England in the region of Queen Elizabeth Ist, being introduced by the Flemings, who took refuge from persecution of Philip II of Spain. He found the soil peculiarly favourable for carrot and grew it in large quantity. As the vegetable were at that time rather scarce in England, the carrots delicious root was warmly welcomed and became a general favourite, its cultivation spread over the country as farm crop as well as in small garden plots in the 16th Century. The wild carrot Daucus carota, became known as Queen Annes, oddly enough at the time of Queen Anne (1655-1714) and the wild carrot so called today.

By the 1700’s Holland was the leading country in Carrot breeding in four main orange varieties. The records in Australia show, it arrived in 1788 with the first fleet and convicts planted long orange, carrots on Norfolk Island just two weeks after their arrival. By the 1800’s horticultural growers were producing roots of colossal size. Some were 24 inches in length with a girth of 12 inch and weighing 4 pounds each. The carrots were widely cultivated in the walled garden of country estates. The growers were continually experimenting with strains to create the perfect “Show roots”. In the 19th Century the carrots were widely grown and begun their descent into ordinary alongside onions and potatoes.

All modern day carrots are directly descended from Dutch-bred carrots. The familiar vegetable with its thick sweet tasting root, comes from natural variety of “Queen Anne’s Lace” named Doucus Carota cultivated variety with
bright white umbrella shaped flower cluster. During the Second World War in 1939-45 the carrot was widely used as a substitute for scarce commodities. The Ministry of food campaigned to encourage people to eat more vegetables specially carrot. Also during the war many thousands of tons were dehydrated and shipped overseas in sealed metal containers in an atmosphere of carbon dioxide to prevent the carotene. The enormous quantities of carrots use increased the vision of Air-Force pilots at night. Its use made them more efficient and had more successes. Also the Americans used its extract for colouring of the food in the war period.

Because of carrot’s inherent sweetness, it has been used for desserts and sweets long before the ubiquitous carrot cake. The Irish and English make a carrot pudding, the French make a cream with candied silvers of carrots in it. The New England people gave carrot cookies as Christmas gift. The medicinal constituents of carrot roots are - carotenes, vitamin A, B-Complex, C, the alkaloid, daucine Sugar and pectin. In America, earlier it was used mainly for horses. For past 25-30 years it has got more importance as human food. Perhaps the ancient Greeks were the real discoverers of the benefit of carrots in the diet. However they did not know the reason and lacked the teaching facilities used to induce us to eat carrots. The carrots are as important a food for modern man as they were to our early ancestors.

The popular carrot, in its orange colour, rules the western carrot world. In China and Japan yellow and red varieties are very popular. The purple carrot is making a come back and is proving popular in several American states.
The Carrot Today

The carrot plant is indigenous to the morpheme chalky soils of Southern Europe but has spread widely, partly through reversion from Cultivation. It prefers sea-coast climate but is strong enough to be found almost anywhere and everywhere.

Today’s cultivated carrots are hybridized which belongs to the genus Daucus L, which contains many wild varieties of carrots. It is an erect herb of 20-25 cm tall when mature, and 120-150 cms. when flowering. The root is fleshy, straight, conical to cylindrical from 5 to 50 cms. length and 2 to 5 cm in diameter at the top. The carrot is usually orange colour due to very high level of the yellow-orange plant pigment known as carotene. There are two main types of cultivated carrots.

1. Eastern / Asiatic Carrots

These are often called anthocyanin carrots because of their purple roots. They have slightly dissected leaves with branched roots and are an annual plant. The greatest diversity of these carrots is found in Afghanistan, Russia, India and Iran. In India mainly three types of carrots are cultivated which are yellow, red and black. The yellow or orange colour is found throughout the year in sea coastal regions. The red colour carrots preferably found in plains.

2. Western Carotene Carrots

These have orange, red or white roots. It is most likely these carrots derived from the first group by selection among progenies of yellow Eastern Carrots, white carrots and wild subspecies grown in the Mediterranean each. The first two originated by mutation. These have strong dissected leaves, the roots are unbranched and they have bright green,
sparsely having foliage and are biennial. These carrots may have originated in Turkey.

### Medicinal and Chemical Ingredients of Carrot.

<table>
<thead>
<tr>
<th>Description</th>
<th>Type of Carrot</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yellow</td>
</tr>
<tr>
<td>Water</td>
<td>81.4</td>
</tr>
<tr>
<td>Ether Extract</td>
<td></td>
</tr>
<tr>
<td>Whole dried</td>
<td>1.72</td>
</tr>
<tr>
<td>Nitrogen</td>
<td>1.23</td>
</tr>
<tr>
<td>Alumilides</td>
<td>7.63</td>
</tr>
<tr>
<td>Carbohydrate Palatable</td>
<td>74.96</td>
</tr>
<tr>
<td>Silica</td>
<td>0.48</td>
</tr>
<tr>
<td>Fibre</td>
<td>6.56</td>
</tr>
</tbody>
</table>

### Nutritional ingredients (in 100 gms.)

- Percentage of eatable: 95.0%
- Protein: 0.9%
- Fat: 0.2 gm
- Carbohydrate: 10.7 gm
- Mineral salt: 1.1 gm
- Vitamin A: 3150 I.U.
- Vitamin B1: 0.04 mg
- Vitamin B2: 0.02 mg
- Vitamin C: 3 mg
- Calcium: 80 mg
- Iron: 2.2 mg
- Nicotinic Acid: 0.6 mg
- Calories: 47 calorie
Preservation of Carrot

The Carrot is available in bulk in winter season only. It may not be available in summer season. However, yellow colour carrots are available from coastal area round the year. The carrot is transported and imported from the remote areas making it very costly. Its cost goes upto Rs. 60 per Kg. It is therefore advisable to procure the carrot in bulk in winter season and preserve by the following process:

Take good quality carrot remove buds and fine hairs cleaning properly washed in hot water to make it free from external soil & bacteria.

1. It may be cut into small pcs, dried and kept in air tight Container for one year.

2. The dried carrot may be ground in powder and kept in air-tight container.

3. The fresh carrot may be grated or cut into medium size chips, dried and kept as it is or in the form of powder in the airtight container.

Note : The No. 3 is more appropriate & successful

The dried cut pieces if soaked in water, absorbs water and the carrot appears as if it was fresh cut pieces. This may be used in the form of soup or any other preparation of vegetable or sweet carrot (Halwa).

Yellow Carrot

It is frequently asked that when red quality carrot is not available whether yellow colour type may be used. It is to be noted that yellow types have more Eather for medicinal use. However, the yellow colour carrot is not as delicious and tasteful as red colour. One of the biggest Exporters in
Canada is trying to hybridize the red colour type carrot suitable for cultivation and production in almost all seasons. It is now need of the time that huge quantity of carrot be produced to make it available economically to common people throughout the year. For treatment of Cancer both yellow and Red colour carrot can be used as per its availability.

**Different Methods to Use Carrot**

1. The ideal requirement is the fresh Juice from 2 to 3 Kgs. raw carrot only. The carrot may be kept in refrigerator or outside in open atmosphere for few days to use daily. The maximum juice can be extracted from juicer.

2. If Juicer is not available, it can be cut into pieces and crushed on stone slab, being used in kitchen in every home. Adding water may dilute the crushed carrot in the paste form. The juice can be extracted by filtering it with cloth or wire mesh filter sieve. The residue may be thrown after proper extraction of juice. The juice can be used 2 to 4 times every day.

3. To change the taste and make better appetite, its soup may be taken as part of night meal. Mint, Corrinder leaves, Black Pepper, Garlic and Salt etc. may be added to it.

4. Carrot should be used as part of main vegetable in daily diet.

5. Carrot should be used as SALAD with breakfast and meals.

6. Sweet dishes of carrot can be prepared and taken

7. Carrot’s MURABBA in sugar jelly or in honey may be prepared and taken. It can be preserved and can be taken throughout the year.
8. Rice pulav can be prepared with grated carrot.
9. Raita can be prepared with grated carrot, ginger etc.

**Important Instruction**

It is strongly recommended, specially for the cancer patient, to take the raw juice from fresh carrot properly washed in running water and rinsed in hot water. A patient has to take 2-3 kgs. carrot per day. Therefore, this quantity can be taken in Juice form only as the residue after Juice extraction is to be thrown. One may feel that by taking carrot Juice there is less desire to take other regular diet. One should not worry because the carrot has got all nutritional value making perfect food diet along with buttermilk. After consuming 2-3 Kgs of carrot juice any other diet can be taken.

**Carrot for Diabetic Patient**

It is wrong conception that carrot cannot be taken by diabetic patient as it has good percentage of carbohydrates. Of course, it has 10.7 gms carbohydrate in 100 gms, as given in the nutritional ingredients chart. Its palatable carbohydrate does not require the insulin for its digestion. Therefore, the diabetic patient may use carrot without any fear. It will supplement, the requirement of carbohydrate in the body.
GARLIC THE GOD
(लहसुन देवाय नमः)

Introduction

"खटाई से तलाक-लहसुन से शादी, स्वस्थ रहे दुनिया की आबादी"

"Khatai se Talak-Lahsun se Shadi, Swasth Rahe Dunia Ki Abadi"

"Divorce with Sour-marriage with
Garlic will keep world healthy"

Garlic is the edible bulb from a plant in the Lily family. It is classified as member of the Allium genus commonly
described as Allium vegetables. It is cultivated all-over the world. Its healthful properties are legion and have been identified and validated by hard empirical science in over a thousand scientific reports during the last decade. Its beneficial merits includes anti – AIDS, anti – cancer, anti-cardiovascular, anti-biotic, anti-hypertension besides other properties. Garlic is further more a uniquely the richest dietary source of many otherwise rare healthful sulphur compounds, organic selenium as well one of the best sources of organic germanium besides an impressive array of other essential nutrients and health – promoting phytochemicals. Various forms of garlic are available. The most effective being fresh, powdered, distilled and especially aged garlic. The aged garlic is less irritant than fresh and possesses equal or greater Bio-active range and potency.

**Plant Description**

Garlic is a perennial bulb plant. The bulb is compound, consisting of individual bulbs or cloves, enclosing together by a white cover skin. Its stem is simple, smooth and round, surrounded at the bottom by tubular leaf sheaths from which grows the long, flat linear leaves. The leafless stem is topped by a rounded umbel of small, white usually sterile flowers. Among the flowers grow 20-30 small bulbils. The entire umbel is at first enclosed in a teardrop shaped leaf, pointing upward, which eventually falls off.

**Varieties**

There is single clove bulb, Alva Shoshone name is given to a garlic plant (Alium falcifolium) that grows in the high mountains on dry rocky plains as a dwarf pink garlic. It has blue-green sickle shaped leaves, flat, and a pretty flower. The bulb is also a deep pink colour and is very strong in taste. “Multiclove garlic is most common kitchen herbs. Occasionally found growing wild”.
## Different Names of Garlic

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hindi</td>
<td>Lahsun</td>
</tr>
<tr>
<td>Sanskrit</td>
<td>Rashona</td>
</tr>
<tr>
<td>Bengali</td>
<td>Lahsun</td>
</tr>
<tr>
<td>Punjabi</td>
<td>Thom</td>
</tr>
<tr>
<td>Udia</td>
<td>Rasun</td>
</tr>
<tr>
<td>Malayalam</td>
<td>Vathli</td>
</tr>
<tr>
<td>Marathi</td>
<td>Lasun</td>
</tr>
<tr>
<td>Gujarati</td>
<td>Lasan</td>
</tr>
<tr>
<td>English</td>
<td>Garlic</td>
</tr>
<tr>
<td>Latin</td>
<td>Allium</td>
</tr>
<tr>
<td>Chinese</td>
<td>Da Suan</td>
</tr>
<tr>
<td>North American</td>
<td>Garlic Mustard Alliaria Officinalis</td>
</tr>
<tr>
<td>Scientific Name</td>
<td>Sisymbrium Officinalis</td>
</tr>
<tr>
<td>Erysimum Alliaria</td>
<td></td>
</tr>
<tr>
<td>Arabian</td>
<td>Soom Foom</td>
</tr>
<tr>
<td>Parsian</td>
<td>Seer</td>
</tr>
</tbody>
</table>

## Five Rasayans of Garlic

Indian AYURVEDA has given six RAS (Tastes) of Dietary items as under:

<table>
<thead>
<tr>
<th>S. No.</th>
<th>RAS (Sanskrit Name)</th>
<th>English Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Madhur</td>
<td>Sweet</td>
</tr>
<tr>
<td>2.</td>
<td>Lavan</td>
<td>Salty</td>
</tr>
<tr>
<td>3.</td>
<td>Tikta</td>
<td>Bitter</td>
</tr>
<tr>
<td>4.</td>
<td>Katu</td>
<td>Pungent</td>
</tr>
<tr>
<td>5.</td>
<td>Kasay</td>
<td>Astringent</td>
</tr>
<tr>
<td>6.</td>
<td>Amla</td>
<td>Sour (Acidic)</td>
</tr>
</tbody>
</table>
The sixth RAS sour is harmful for the body if taken in excess. Garlic is having ONE RAS less than six. It is quite evident from its Hindi and Sanskrit names. Lahsun or Rashona explains as- un or one- is one less by full number i.e., one less than six. The garlic does not have acid. That is why it is called MAHA-AUSHADHI – king of all medicines. As per health principle there shall be 30% max Sour-Acid in the body by all means. Since garlic is free from acid it is very much useful for human as species and diets. It is one of the best medicines for NERVOUS SYSTEM in the world.

Chemical and Medicinal Value (Per 100 gms)

1. Carbohydrate 29.0 gm.
2. Protein 6.3 gm.
3. Phosphorous 0.31 gm.
4. Fat 0.1 gm.
5. Mineral Salts 1.0 gm.
6. Oil Volatile 0.06 gm.
7. Calcium 0.03 gm.

Vitamins and Other Natural Salts

1. Vitamin A Sufficient
2. Vitamin B 
3. Vitamin C 
4. Albumin 
5. Magnese 
6. Lead 
7. Copper 
8. Sulphur 
9. Chlorine 

Medicinal Properties of Garlic

Anti AIDS
Anticancer
Anticardiovascular
Antiseptic
Antibiotic
Antioxidant
Antispasmodic
Antiproliferative
Antiinflammatory
Anti Hyper Cholestrolemia
Anti UV (Ultra Violet) Damage
Immune modifier
Detoxifier
Chemo preventive
Expectorant-
Digestive
Nervous System Improving Activity

8. Iron per 100gm 1.3 mg

**Garlic and Pregnancy**

The new research shows that taking garlic during pregnancy can cut the risk of preeclampsia - raised blood pressure and protein retained in the urine. It may boost the birth weight of babies defined to be too small. The research was carried out by Doctor Dosoorama, Ms. J. Hirani and Dr. I. Das in the Academic Department of obstetrics and Gynaecology at the Chelsea and Westminster Hospital in London U.K. They concluded that although preeclampsia and growth retardation are complex multifactoral conditions, taking standardized garlic tablets throughout the pregnancy may decrease the chances of these type of complications at the time of birth. They focussed on growth retarded babies
and preeclampsia, a potentially dangerous condition for mother and baby which occurs in 10%. Experiments by the research team showed that adding extracts of garlic to cells from the placenta of woman likely to suffer from these conditions was able to quickly stimulate growth. Furthermore, the activity of key enzymes that are reduced in the abnormal pregnancies was significantly increased when garlic was added.

**Garlic and Cholesterol**

The research all over the world confirms that garlic in several forms can reduce cholesterol. The garlic supplements have an important part to play in the treatment of high cholesterol. Overall 12% reduction in total cholesterol was shown over a placebo and that the reduction was normally evident after only 4 weeks treatment and this was likely to persist far as long as the study was in progress. The largest study so far was conducted in Germany where 261 patients from 30 general practice were given either garlic powder tablets or a placebo. After 12 weeks treatment period mean serum cholesterol levels dropped by 12% in the garlic treatment group and triglycerides dropped by 17% compared to placebo groups.

**Garlic and Aids**

The application of garlic to AIDS has been repeatedly suggested as a result of laboratory and clinical investigations, based on its implied efficacy and known safety. Nonetheless, it is not common practice for health professionals to recommend ingestion of garlic to AIDS patients. This is an unfortunate situation, as garlic has advantages of easily accessible inexpensive and generally far from side effects. The only draw back is of irritating pungent smell apparent deters a substantial number of potential users.
A dose of 25 to 50 gms of garlic boiled with salt may be taken four times a day mixed with butter milk 250 to 500 ml every time. The garlic capsules and tablets also can be used but its potancy would be too less compared to the fresh garlic compound. The per day dose of capsule or tablets must be equivalent to a minimum of 25 gms of garlic. The usefulness of garlic are numerous and only few have been given above to realise the importance for its clinical applications.

**Methods of Using Garlic**

**Breathing**

For all types of diseases, cancers, I.C.U., C.C.U. patients:

1. Peal off 4-6 cloves of garlic, crush it lightly. Put it in a thin cotton cloth. Keep the cloth near nostril, breath the garlic air 5-6 minutes every hour. This process be done at least one hour in 24 hours. When crushed garlic dries, wet it with few drops of water to get pungent smell.

2. Take extract of about 8 cloves of peeled good quality of garlic by crushing on stone slab or grinding it with a little water in grinding machine, filter it and apply it on a cotton piece. Insert this cotton piece in both the nostrils one by one in each nostril for long time to inhale the garlic air regularly. When it dries, just wet it with few drops of water and continue smelling.

3. Take the extract of 6-8 cloves of garlic apply it on the front side of the collar of the shirt to get garlic smell continuously.

4. Make garland of pealed garlic’s cloves, bear it regularly to get continuous garlic breath.

5. Peal of 15-20 cloves of garlic and put/spread in the pillow cover to get the garlic air regularly.
6. Also hang garlic garland on the doors and windows of the patients room to get garlic air.

Oral - Dietary Use

**Garlic buttermilk**

Take 2 to 4 cloves of garlic, crush to paste, dilute with water and filter. Add this extract in 250/250 ml. buttermilk along with black / rock / common 5 ml. salt to taste + Ajwain + Jeera + Mint. etc. Take similar diet 4 to 6 Times a day.

**Note:** If fever persists, first cure it by Accupressure then start buttermilk-refer buttermilk chapter.

And / OR

**Garlic + Ginger + Termeric Chutney**

Take 4-8 garlic pealed off cloves & cut into 2 pieces + 5 gms. ginger sliced into finger chips + ½ tea spoon turmeric powder. All ingredients mixed and roasted in pure deshi ghee and taken with lunch and dinner.

Garlic+Honey Murabba (Special for Heart Problems)

Take 80 healthy pieces of garlic cloves. Peel off & dry for one day. Take earthen pot suitable size for 500 ml. Honey. Put dehydrated (one day dried) garlic pieces into the pot, pour the honey to the garlic. Cover the pot with Lid and seal it. Now put the sealed pot in grain or stack of papers to provide it some heat for 21 days. Now it is ready for use. Take one pc. Garlic in the morning and evening OR 2 cloves at a time in the morning only empty stomach.

**Note:**

1. Use single clove garlic if available for the best results in Heart / problem.

2. In the case of diabetic patient use it in honey from Tulsi, Neem or Drumstick only.
**Garlic as Expectorant (Steam)**

Take 8-10 pieces of garlic cloves, crush and put it in water in a open mouth utensil. boil water to get steam. Or use Electric kettle for inhaling steam. Inhale steam with mouth and exhale with nostril. Head & pot covered with cotton sheet or towel. Repeat this process 5 to 10 minutes 2 to 3 times a day. This will give immediate soothing effect. Effect in respiratory problems, specially in lungs, throat cancers.

**Garlic Oil - Massage and Nostril Drop.**

Take 100 grams of Mustard or Olive Oil + 50 gms. Healthy garlic cloves - peeled off sliced in 2 pieces. Pour it in a fry pan. Heat it till the garlic pieces are blackened. Put off the heat, cool, filter and keep in a bottle or nostril drop bottle as required.

**Massage**

Do massage of whole body or paralytic affected parts, otherwise massage the spine cord, with above oil.

Nostril Drop: Pour 2-4 drops of above oil in both nostrils twice a day.

Garlic - Water Drop. 10 Drops of garlic Juice + 20 Drops of Water can be used as Nostril drop as and when required.

Garlic + Vegetable Juice / Soup 2 to 4 Garlic cloves can be used in vegetable juice and soup.

**Garlic Tea**

A very good quality and tasty tea of garlic can be used daily. Two cloves of garlic can be boiled in water to add with conventional tea. Cardimum, dry ginger powder and saunf be added to to eliminate the pungent smell of the garlic. If a
person wants to leave the conventional tea, the following herbal preparation can be made in bulk for daily use and garlic can be added while preparing the tea:

**Garlic Lotion**

Antiseptic cream can be prepared with 10%-20% garlic juice in any suitable readymade facial cream. This can be applied on wounds for early cure.

**Garlic Bread**

4-8 Pieces of Garlic cloves green leaves can be crushed and mixed with floor to make the bread. Onion also can be used.

**Garlic Enema**

Garlic juice added with Olive Oil (1 : 4) can be inserted into rectum as laxative

OR

“Garlic Juice 1 part + luke warm water 10 parts may be used for Enema”.

**Garlic Spices**

Garlic must be used as spices with most of the vegetables. Its regular use will work as medicine.

**Garlic Pickles**

Good - Healthy Cloves of garlic may be put in Vinegar for a month and can be used as pickles.

**Garlic Capsules**

Garlic capsules from the market can be used (if it can not be taken in above natural forms). Capsules will certainly be costly with lesser potancy.

**Precaution and Warning:**

PREGNANT WOMEN should use garlic in small quantity only as garlic is a mild immenagouge - increases menstrual
flow. Also therapeutic doses during pregnancy and lactation can cause indigestion problems such as heart-burn. The milk of nursing mother’s may have some irritating smell and babies may dislike breast-feeding.

**Piles**

Piles patients should not take raw garlic. It must be taken in small quantity with butter milk or honey to counter its irritating effects.

**Oil Extract**

Essential oil extracted from the bulb is extremely concentrated and can be irritating.

**Raw Garlic**

Eating more than 10 raw garlic cloves per day can be toxic and in some cases can trigger an allergic reaction.

**Raw Juice**

The raw juice being extremely concentrated should not be touched on skin otherwise it will burn the skin leaving life long mark.

**Religious Views about Garlic**

Traditionally in Hindu family specially Brahman, Vaisya, Jain & other religious families, garlic and onion in their kitchen as spices vegetable is prohibited from ancient age. Its use is considered as if one has committed an act of sin.

Our religious preachers, saints & gurus (teachers) of Hindus and Jain community preach that garlic should not be used as it is TAMASIK diet which excites the mind to be violent and increases sexuality. Also its odour (smell) is pungent and irritating and considered as foul smell in the society. Of course, it gives pungent smell only but that kills the germs and virus in the air, which we breath, and cures the dreaded disease like Tuberculosis and chronic breathing problems. The odour breathed once is as effective as
Intravenous injection. As sexuality is concerned, the garlic improves the quality of sex and its satisfaction level and thus it limits the sexual desire.

I use to quote the garlic as a loving parent who punishes his children for their mischievous action, not for the sake of punishment but for their good lessons to follow right path. Also it is like a strict Police officer who comes heavily on Criminals and bad elements in his area, when he is assigned new place of administration so that citizens and common people live peacefully and happily without any fear. He is very nice for good citizens. So the odour of the garlic is not our enemy but enemy of the diseases of the body. It scans the whole body and removes the toxins.

**Garlic as lifesaver**

I belong to a traditional Hindu Brahmin family where garlic and onion is prohibited in kitchen. I started using it since long whereas my wife and younger son never use it. During the period of my LAHSUN KAYA KALPA - garlic rejuvenation (Details at page 213), it was extremely cold winter night for 4-5 days of December 1998 when my wife and son had suffered from heavy cold and whooping cough. For 3 days allopathic medicines and injections were administered but nothing could give any relief. On 5th night my wife had Asthmatic attack at about 11 PM and life was in danger due to heavy suffocation and difficulty in breathing. She was not willing for further allopathic treatment and refused to go to Doctor. She asked me to do something, for her. I told her that I have treatment only when any body’s life is in danger but you cannot take it. She accepted that it is garlic only which can save her, and was ready to take it.

It is worth to mention here that during my Lahsun Kayakalp period she was preparing my diet of 40 cloves of garlic daily and was so much fed up with its irritating pungent smell that 3-4 days earlier she had told me to take as much
garlic quantity as you like this time only and there after never aske me for it in future otherwise I may DIVORCE. Now it was the turn of garlic to save her. So I took & peeled of 16 cloves of healthy garlic. Boild it in 8 glasses of water & reduce it to 2 glasses at midnight and gave one - eight part as first dose to both. Both vomitted within few minutes. After 15 minutes again next dose was given and that too was vomitted. Again after 30 minutes 3rd dose was given which was digested. The last 4th dose, was given after 45 minutes. By now it had worked to a great extent and the cough & breathing problem came under control. Both had deep sleep of 6-7 hours without any problem. Since then my wife started taking garlic herself and advise all needy persons as she was fully cured within 2 days.

I hope, readers will believe as to how effective is the garlic and start taking it now if not taking earlier.

My special appeal to Religious Priest

It is my humble appeal to all religious gurus, teachers and preachers that they should understand the coolness & the great quality of body & mind rejuvenation of garlic. Thousands of researches have proved that the garlic can prevent & cure AIDS & Cancer like dreaded diseases along with many other diseases. The religious preachers therefore should advise their pupils and masses in general to use garlic as medicine if not as vegetable & spices. THIS WILL BE THEIR GREAT CONTRIBUTION TOWARDS MAINTAINING HEALTH OF THE PEOPLE AND THE PREVENTION, CURE AND ERADICATION OF CANCER FROM THE WORLD.
MUSHROOM (GANODERMA)

Introduction

Mushroom is known from the ancient days. It is from parasite fungal family. It grows on aged woods in forest compost manure, collections of wet stems, wheat or rice paddy in rainy season. The tribal population had been using it as part of diet in the form of vegetable. It is now very popular and is cultivated in India and many countries in the world.
China is the first country in the world, which recognized the medicinal value of the mushroom. For thousands of years only kings were using it for their rejuvenation. It had been recognised and praised as king of the herbs medicines. It is famous by the name of Ganoderma i.e. Gano means shine + Derma means skin i.e. shining skin. A famous Chinese Dr. Li shin chen has classified Ganoderma into six categories by colour as under:

1. Red  
2. Yellow  
3. White  
4. Purple  
5. Blue  
6. Black

There are 38000 species of mushroom in the world. Out of all varieties only 200 are edible with nutrition and medicinal values.

**Cultivation of Mushroom**

The Mushroom is now successfully cultivated. In 1970 Mr. Yukio Navi, a technician of Kyoto University Food stuff Scientific Research Institute of China used “ Spore Separation Cultivation Method”. This method was used in the Republic of China in 1975. Since the climate and soil condition are ideal, this technique has been widely adopted. Climatic condition is very important factor for its cultivation.

**Cultivation of Mushroom in India**

The states and central government of India has established Institutions to promote the agricultural production of mushroom. The Uttranchal Govt. has its project at Dehradun in collaboration with Italy. Its production was first time started in year 1961 in Solan in Himachal Pradesh in 1971 in U.P. (now Uttranchal). Many of the Non-govt. Organisations (N.G.O’s) are also working for development of mushroom. The climatic condition in Uttranchal and Himachal Pradesh
is suitable for production of mushroom. The Temperature for different type of mushroom shall be 14°C to 30°C with fresh air and 75% humidity.

**Indian Varieties of Mushroom**

The following varieties of mushroom with nutrition values are produced in India.

1. Agericus Bisporous (Swet batan Khumb)
2. Agercus Bi-torsis.
3. Plurotus (Dhingri)
4. Balveriala or Padeestra:

**Magic Effect of Mushroom**

Thousands of years ago it was known as a herb which can keep a person young and give long life if taken continuously. Now its extensive efficacy has finally been discovered by co-operative analysis and clinical experiments done by hospitals, colleges and pharmaceutical manufacturers. It has the following qualities:

1. Detoxicant
2. Diuretic
3. Hemocathorisis
4. Lever Protector
5. Intensive Regulator
6. Cardio tonic
7. Blood Pressure Adjustor
8. Tranquilizer
9. Antitussive & Expectorant
10. Antitumor
Medical Principle of Ganoderma

The mushroom having medicinal values is widely known as ganoderma. It is effective because of its following functions:

1. Prevents & treats Cancer and inhibits cancer cell Metastasis prevents tissues degeneration.
2. Removes side effects of Allopathic medicines, Chemo and Radiotherapies. Also give relief in pain caused by cancer.
3. Restores pancreas functions to maintain sugar level in the blood.
4. Lowers cholesterol in the blood.
6. Improves the function of the Adrenal glands to maintain Endocrine balance.
7. Elevates the natural healing ability of the body and establish strong Immune System.
8. Lowers side effects of Allopathic drugs.
9. Maintains youthfulness.
11. Prevents allergy caused by antigens.
12. Increases Hemoglobin and regulates platelets.

Medicinal Value Added Reishi Mushroom

Reishi mushroom is called King of health foods. It is a unique food with a wide range of medicinal properties which collectively strengthens the Immune system and give longevity. It has valueable properties of ADOPTOGEN which means.
1. It is non-toxic and free from side effects.
2. It is non-specific and works on the whole body.
3. It give normalizing effect on body.

It is effective for both prevention and cure, suitable for daily use as a health supplement. It effectively works on CANCER, AIDS, Heart and almost all diseases.

**Discription of Reishi Mushroom**

Reishi is Japanese name for ganoderma Lucidum, whereas Chinese call it ‘Linghzi’ Ganoderma Lucidum is a mushroom, a higher order organism of the world of FUNGUS. It belongs to the polypore group. The actual mushroom organism MYCELIUM is a network of thread like filaments that originates from spores. The mycelium spreads through the nutrient base. As long as climatic conditions are suitable the mycelium will continue to grow and propagate until it exhausts the available nutrients. Reishi contains 800-2000 p.p.m. of organic germanium which is about 5 times more than Ginsen Germanium is a trace element with adoptogenic functions.

**Type of Mushroom**

1. **Wild Mushroom**

   Wild Reishi is rarely available on hills. Very few varieties of Mushroom are with medicinal values whereas many of them are poisonous. Though wild Reishi fruit, body and the spores all are effective products but due to damage by insects and weather its quality is quite unpredictable. Our ancestors had to use large quantity of Reishi to get a little benefit. As it was very difficult to cultivate so this rare mushroom was available only to Emperors.

2. **Cultivated Mushroom**

   Modern bio-engineering technology has developed
Reishi mushroom making it available to common man in large quantities. The quality can be well controlled to get its high nutrition and medical values. The investigation has discovered that the largest amount of active ingredients exist in the Mycelium. The mycelium is more digestible. The extraction process can be timed at the precise stage when the mycelium contains the largest amount of active ingredients.

**Active Ingredients of Reishi Mushroom**

The medical research have revealed that the Reishi has the following active ingredients:

1. Organic germanium
2. Ganoderic Essence
3. Triterpenids
4. Adenosine
5. Amino Acid
6. Polysaccharides
7. Vitamins and minerals

**Effect of Reishi Mushroom on body**

The mushroom work on the whole body, hence it is Body specific and not the Disease specific. The 30 years data collected on it shows that it works on the following systems.

**Immune System**

Cancer, tumor, cold, Influnza, Cough, Rheumatoid Arthritis, allergies, Inflammation, stomatities, effect of radiations, mumps and any chronic progressive ulcerative skin disease.

**Nervous System**

Insomnia, over-sleep, headache, cataracts, neurasthenia, muscular dystrophy
Endocrine System
Irregular menstruation, menopause.

Circulatory System
High and low blood pressure, coronary heart disease, arteriosclerosis, arhythmia, reduction of cholesterol, anaemia, haemorrhoid, cold extremities.

Respiratory System
Asthma, Chronic bronchities, tuberculosi.

Digestive System
Hepatitis, ulcer, gastroenteritis, liver problem, obesity, underweight, diabeties, constipation, diarrhoea, gallstones.

Reproductive System
Lack of sexual desire, erection problem, menstrual cramps.

Skin
Aging effect, hair loss, dermatitis, acne, spots on skin.

Excretory System
Naphritis - Kidney problems.

Method of Use
Mushroom as normal routine diet
1.1Mushroom soup
1.2Mushroom Vegetable
1.3Mushroom Biryani & Pulav
1.4Mushroom Snack
1.5Mushroom Salad
1.6Mushroom Pickles
1.7Mushroom Sandwitch.
NOTE:

1. Only healthy and good quality mushroom should be used to get medicinal and nutritional value.

2. Under and over matured, fungus affected, soiled mushroom should never be used.

3. To get the maximum benefit, carrot, garlic, ginger, drum stick etc. should be used to make the above dietary preparations.

2. Dietary Capsule preparation

Dr. Lim Siow Jin of Malaysia has extensive research work for a period of 10 years on the medicinal and nutritional values of the Ganoderma Lucidum also known as Reishi Mushroom. He started the manufacturing of ganoderma capsule in the name of “DXN Pharmaceuticals SDN, BHD” in Malaysia. This preparation is quite safe and effective to be used. Being body specific, it has no side effects. Such preparation can be used for general health and specially for Cancer patients. As recommended by company it can be used as under :-

<table>
<thead>
<tr>
<th></th>
<th>Moderate illness</th>
<th>Severe illness</th>
<th>Terminal illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Capsule Pairs per day</td>
<td>1 to 4</td>
<td>5 to 12</td>
<td>12 to 50</td>
</tr>
<tr>
<td>Success Rate</td>
<td>Excellent</td>
<td>Good</td>
<td>Selective</td>
</tr>
<tr>
<td>Recovery</td>
<td>3 to 6</td>
<td>6 to 12</td>
<td>?</td>
</tr>
<tr>
<td>period moths.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Post therapy</td>
<td>1 Pair</td>
<td>1 Pair</td>
<td>2 Pair</td>
</tr>
<tr>
<td>Maintenance</td>
<td>recommended</td>
<td></td>
<td>Compulsory</td>
</tr>
<tr>
<td>Daily dosage.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Diet therapy of Ganoderma Capsule

I have used diet therapy of ganoderma on a number of cancer patients. Its result has been very encouraging. Before recommending to the patient I have used its 60 capsules per day to know its effect. There are two types of capsuels 1. Reishi Gano (RG) 2. Ganocelium (GL). Both are to be used as break fast diet or meal diet as under as I have used.

Method

1. To take 30 RG + 30 GL Capsule.
2. To decapsule / open and mix its powder in 300 ml. of mineral water.
3. To take 1-2 Tabs. of Vitamin ‘C’ 500 mg. crush and add to the above.
4. To shake atleast 100 times briskly & thoroughly. Alternatively it can be stirred in mixing machine.
5. To take the mixture in one time with empty stomach as break fast. However it can be taken in one or 2 hourly within six hours with a gap of half an hour of any diet.

Initially the ganoderma shows the negative effects as under :-

1. To remove the toxin from the body their may be bowel movement (Toilet) 3 to 8 times / day for few days.
2. Being die-uretive the frequency of urination may be more even upto 15 times per day.
3. There may be excessive swetting, vomiting, cough, stomache pain etc.
4. If one may not tolerate its negative effects, its doses may be redued. Being food item it has no side effect, rather gives side benefits only.
Precaution:

The patient/user is advised to consult the manufacture’s representative to use its diet therapy. The patients having Breathing and kidney problem must take under the supervision of the DXN manufacturer’s expert.

My Experience on Mushroom

I had water infection in the year 2002 and was admitted in Escorts Medical Centre Faridabad on 5th Feb. 2003. My Haemoglobin (Hb) had gone down to 7.00 gm/dl Knowing that Mushroom increases the Haemoglobin, I started taking Mushroom soup & Vegetable regularly. This improved my Hb to 10.2 in 2½ months. Thereafter I used to advise my Cancer patients to take it regularly.

My friend Dr. B.N. Malhotra from Delhi suggested me to take Gandoerma Capsule of DXN Company of Malaysia for all over Rejuvenation. I myself started the Diet Therapy of Ganoderma on 29th Feb. 2004 for 28 days which completed on 27th March 2004. Though I had nothing chronic, I just wanted to try its Diet Therapy on myself to advise my patient confidently. I used 30 Reshigano (RG) + 30 Ganocelium (GL) in 500 ml water with 500 mg vitamin Cas Break Fast Diet at 8 a.m. daily & Moranzy juice twice before meals. I observed day-to-day changes in me. This gave me fantastic results as under:

1. Gastric & Bowel Movements

For first 3-4 days there was drastic gas discharge for one to two minutes as if their was Bombarding. Of-course this was giving quite good relief. The Urine & stool quantity was double & Triple. To clear the bowel the movement of large intestine increased to move to Rectum to clear the motion, which was restricted till now.
2. **Breathing**

I was having short breaths i.e. 60% inhale & exhale. By using Ganoderma my breath was of full length ultimately reducing number of breaths from 17-18 to 13-14 per minute. Normally the full breath is when a person has sound sleep. Now I say that I have sleep in my Breaths.

3. **Sound Sleep**

After using Ganoderma I have very sound sleep. I don’t remember if I see any dream at night whether good or bad. This is good sign of sound sleep. Also as many time I may get up as many time I have sound sleep without any disturbance. This is because now I have full breath of inhale & exhale.

4. **Obesity**

I was at least one in thousand having 95 kgs weight with ugly figure of my belly coming out by 20 Cms. higher than the chest. I had reduced my weight to 75 Kgs. & maintained by LAHSUN KAYAKALP (Garlic Rejuvenation of body) 5-years ago. By using Ganoderma diet therapy my belly again reduced and I look smarter.

5. **Rheumatoid Arthritis**

(Knee pain etc.) I used to take Ayurvedic Medicine of herbs time to time. In January 2004, I could not use Indian style toilet. I stopped using the Ayurvedic Medicine from the day I started Ganoderma diet therapy. Now I have no pain and I go up & down stairs easily.

6. **Aging Factor**

Using the Diet Therapy most of the wrinkles from my face have disappeared reducing the Age Factor in Action & Appearance.
7. vitality-x-energy

As I have good Breath, Oxygen In-take is increased. This resulted purification of Blood, Semen & Bone, say whole body. I feel over all more energetic.

8. Spinal Cord (Backbone) Straightening

My Lumbar region was bent inside. Accordingly my Thoracic was also bent making little curvature of my upper back near shoulder. Now the back has been straightened & apparently my height is increased to the extent of streightened spinal cord.

9. Load Carrying Capacity

Up to last month due to back pain I was unable to pick up any load but now I can move easily with load of two buckets full of water.

10. Brightness On Face

There is reduction in wrinkle formed on face, thus increasing the shine of the face.

11. Weight

Weight has been reduced from 74.5 to 71.5 Kgs.

Now I can confidently recommend that by using Mushroom Ganoderma Capsule / Diet a patient will get cure and healthy person will remain healthy. Just one pair of RG + GL Ganoderma capsule with vitamin ‘C’ 500 mg. daily may keep a person fit under present environment where we are compelled to inhale the toxin through polluted Air / Atmosphere. Mushroom with Carrots & Curd may keep everyone away from the Dreaded Disease of Cancer.
BUTTER MILK (WHEY)

Introduction
The milk is used everywhere in the world. Buttermilk is by-product of the milk when cream is separated from the curd made from milk. The most common milk is from cow and buffalo. Milk of other animals like goat, sheep & elephant, is also used in most part of the world for making various milk products.
The buttermilk is known by different names as Takra Chhachh, Mattha, Lassi in different languages. It is very good health tonic in the world. Our yogis & saints were using it in plenty in their whole life and they had healthy working and sensing organs till their last breath. Our prominent Ayurveda’s writer Yograta’s has praised the butter milk as:

न तक्रसेरी व्यथते कदाचिन्न, तक्रदगधा प्रभवति रोगः।
यथा सुराणां अमृतं व्रतानम्, तथा नराणां भुवि तक्रं आहः॥

“NA TAKRA SEVI VYATHATE KADACHINNA,
TAKRA DAGDHAH PRABHAVANTI ROGAH.
YATHA SURANAM AMRIT PRADHANAM
TATHA NARANAM BHUVI TAKRAMAHUH.”

It means the person using butter milk will never be sick. The diseases cured by buttermilk will not reappear. As elixir (AMRIT) is main item for GOD in heaven, similarly the buttermilk is very important for human on the earth.

Medicinal ingredients of Curd / Butter milk (in 100 gm. of curd)

1. Protein 3.1 gm.
2. Carbohydrate 2.9 gm.
3. Fat upto 8 gms.
4. Vitamin A 102 I.U.
5. Vitamin B1 0.24 mg.
6. Vitamin B2 0.41 mg.
7. Nicotinic Acid 0.1 mg.
8. Vitamin C 1 mg.
9. Calcium 149 mg.
10. Iron 0.3 mg.
11. Calories 60
Method of Preparation

Take 2 to 3 kgs. cow or buffalow milk. Goat milk also can be used. Filter, boil properly and cool it to luke warm temperature. Add a little quantity of curd as Enzyme to make the curd. Curd should be made in earthen pot or aluminium utensil. Plastic container can also be used only when the earthen or aluminium pot is not available. When the milk is luke warm, the top layer of cream may be separated before adding the enzyme to make a cream free curd. The curd is ready within 3-4 hours in summer whereas it may take 8 to 10 Hours in winter season. The curd should be as fresh as possible to avoid acid formation. The enzyme mixed milk can be put on a little warm pan to prepare the curd within 3-4 hours. Curd can be prepared in curdomatic appliances. When curd is ready, churn it by churning handle or in mixer. Add water equal to 1/4 to 1/2 quantity of curd in the churned curd and remove the cream collected on the top layer. If sepereta (Creamless) milk is used to make the curd, there shall be no cream. this curd may be used without churning. The butter milk may be taken separately in lieu of drinking water or it can be mixed with carrot juice frequently from 2 to 3 litres per day.

Method of Use

To increase the medicinal value and minimise seasonal effect the following ingredients should be added in the butter milk.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>In winter</th>
<th>In summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garlic Juice</td>
<td>15-20 cloves</td>
<td>8-10 cloves</td>
</tr>
<tr>
<td>Thyme (Azvaine)</td>
<td>2 tsf</td>
<td>1 tsf</td>
</tr>
<tr>
<td>Dry ginger powder</td>
<td>1 tsf</td>
<td>1/2 tsf</td>
</tr>
</tbody>
</table>
Asafoetida (Hing) roasted 1/2 gm. 1/2 gm.
Fennel powder (Saunf) — 2 tsf
Cumin seed (Jeera) roasted 1 Tsf 1 tsf
Black pepper 1/2 tsf 1/2 tsf
Black / common salt To taste To taste
Mint leaves, if available “ “
Coriander leaves “ “

Note: 1 tsf (teaspoon full) = 5 to 6 gm = 5 ml.
1 Tsf (table spoon full) = 12 to 15 gm = 15 ml.

Precautions

1. The patients having fever should not take butter-milk. They can start taking only when fever is completely cured. It can be cured by acupressure or other alternative methods.

2. The patients having cold & cough, breathing problem, should take after curing the ailments

OR

3. The butter milk should be used luke-warm. Add specially garlic, thyme (ajwain), roasted asafoetida (Heeng) & dry ginger powder as given in the method above.

4. In winter season the butter milk should be taken upto 3 PM (i.e. Sun Time) only to avoid cold.

5. The butter milk should be prepared from fresh curd and should be finished within few hours. Otherwise, it will be harmful when it becomes sour.

6. The butter milk can be taken with carrot juice, fruit juice, glucose or salt and other ingredients given above.

7. Avoid to take plain milk as it will create acidity and acidic media in the body. It may cause vomiting to cancer
patients. In the critical condition of the patient milk should not be given at all. It has been observed that on the insistence of some patients & near & dears milk had been allowed. It resulted vomiting for two to three days. The Butter milk will not cause vomiting.

8. In exceptional cases if the butter milk is not suitable to the patient, stop it immediately.

**Fever in Cancer**

The cancer patient may have fever. The curd or butter milk must not be given till the fever persists. It may be possible that at the last stage the doctor / hospital may have discharged the patient even when the patient is having fever. The patient is lastly at the mercy of GOD. Many such patients have come to me. I had treated the fever before allowing use of butter milk. The fever can be treated by the following methods:

**Acupressure method for fever treatment (First method):**

To cure the fever the thumbs and adjoining index and middle fingers of both hands are treated as under:

1. Take 12 nos. of rubber bands of such size which can be wrapped around the finger tight enough to stop the blood circulation.

2. Wrap one rubber band on one of the thumbs in the middle of the first part around the bottom of the nail. Tight to stop the blood circulation.

3. Take next rubber band and wrap it around the same thumb in its middle part with same tightness.

4. Take another rubber band and wrap at the root portion of the same thumb with sufficient tightness to stop the blood circulation.
5. Now take the 4th rubber band, make the joint of index and middle finger together. Wrap the rubber on upper portion of the two fingers simultaneously tight enough to stop the blood circulation.

6. Wrap the 5th rubber in middle portion of both fingers.

7. Take 6th rubber & wrap it in the middle of the lower portion of the above two fingers.

8. In the same way and sequence wrap the rubber 7th to 12th on the thumbs and then both fingers together of the 2nd hand.

9. Observe that the colour of the first thumb with first rubber band is changed to bluish or blackish. Now remove the rubber band in the sequence it had been tightened i.e remove 1st band, then 2nd and then third rubber band. The blood circulation will start and the thumb will look normal redish.

10. Now remove the rubber band from the two fingers of the first hand.

11. Remove the rubber band from the thumb and then from the finger of the next hand in the sequence they had been tightened. This process is to be repeated after half or one hour till the fever drops to normal temperature of 98.6°F.

**Second Method:**

Take a steel spoon. Rub the spoon gently up & down from root of the neck to tail (Coccyx) of the spinal cord. When the spoon becomes hot, change it or wash & wipe it off. Again repeat the same process. The process is to be repeated alone or simultaneously with rubber band process of first method till the fever is cured to normal body temperature and the patient feels better and energetic. Wait at least for 24 Hours. The fever should not reappear. Now the carrot
juice & butter milk can be given in smaller quantity, increasing gradually.

**Third Method**

Take 1 tsf Thyme (Ajwine) + 5 gms. Gulancha Tinospora (Indian Giloy). Remove the yellowish thin skin from the giloy and crush it. 4 to 8 cloves of garlic also may be added. Boil it in 500 ml. water to 125 ml. Add a pinch of salt and take twice in the morning and evening as hot tea daily from 3 to 7 days. The buttermilk can cure all types of fever.

**Why buttermilk and not the milk?**

The curd and buttermilk has been found better than milk for general health. I have always used buttermilk only for the cancer patients. The milk has acidic media, which increase every time it is boiled. The curd is prepared by adding enzyme in the milk. The enzyme is Alkaly. Therefore, the curd and butter milk have Alkaline media. Our pancreas and liver gives enzymes for digesting the food in the stomach. These systems get worn-out by continuous working since birth & the digestive system become weak. If we take milk, it over loads the digestive system whereas the curd and butter milk assists due to enzyme. The butter milk increases the appetite & have all nutritional ingredients of milk except the fat. The fat directly over loads the liver. Mothers always try to give maximum quantity of milk to their children. No doubt the working organs and body system are very active being new in childhood. If the system is over loaded till the fever is cured to normal body temperature and the patient feels better and energetic. Wait at least for 24 Hours. The fever should not reappear. Now the carrot juice & butter milk can be given in smaller quantity, increasing gradually.
Introduction

The Drumstick tree is one of the common tree in India. It is commonly known as horseradish or benoil tree. Its botanical name is Moringa Oleifera. Its popular name is due to fact that its fruit resemble with the musical drumsticks. It may be called tree of life for its usefulness for mankind.
Description
It is a small to medium sized elegant tree grows wild or grown upto 8 meter height. The bark is thick, soft & corky. The leaves, tri-pinnated with elliptical leaflets, are fern like. Its branches are tender. The flowers are white and fragrant and appear in large panicles. The fruits are ribbed pods in triangular shape with winged seeds. Its pods are upto one meter long. The unripened tender pods are soft and fleshy inside. The opaque white flesh, embedded with pea-like seeds, covered in layers of skin, is sweetish, fragrant and tasty when cooked. Its tender fruits and leaves are used as vegetable.

Different Names

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sanskrit</td>
<td>Sobhanjan, Shigru, Raktak</td>
</tr>
<tr>
<td>Hindi</td>
<td>Muranka, Sahajan, Sajna, Sahijan, Sainjana, Munaga.</td>
</tr>
<tr>
<td>Punjabi</td>
<td>Swanjana</td>
</tr>
<tr>
<td>Marathi</td>
<td>Sheva Chi Seeng</td>
</tr>
<tr>
<td>Gurjati</td>
<td>Seengni phali</td>
</tr>
<tr>
<td>Kannad</td>
<td>Moringa</td>
</tr>
<tr>
<td>Tamil</td>
<td>Murungai</td>
</tr>
<tr>
<td>Malayalam</td>
<td>Sigrui</td>
</tr>
<tr>
<td>Telgu</td>
<td>Sajana</td>
</tr>
<tr>
<td>Bengali</td>
<td>Sajna</td>
</tr>
<tr>
<td>English</td>
<td>Drumstick, Horseradish tree, Benoil tree.</td>
</tr>
<tr>
<td>Latin</td>
<td>Moringa pteryosperma Gerin.</td>
</tr>
<tr>
<td>Botanical name</td>
<td>Moringa Oleifera.</td>
</tr>
</tbody>
</table>

Cultivation
The drumstick grows wild in the sub Himalya tract. It can
be produced in low quality land which has 10-15 cm. soft soil over the hard land. The land having 20 to 70 cm soft soil is Medium and over 70 cm. soft soil over the hard land is High quality land. It can be planted in any type of land. The yield in high quality land will be maximum. However it can be planted also in kitchen garden in big size earthen flowerpots to get 200 to 400 drumsticks in each season. Humid climate and clear sun light with temperature within 25 to 30°C is very favourable for maximum yield. Its good crop is taken in Maharashtra, South India and dry zone of Srilanka. A good quality of drumstick tree can start yield during 12 to 13 months with production of 8 to 10 Kg. pods per plant.

Nutritional value of drumstick leaves  
(In 3 spoons full of leaf powder)

1. Vitamin A 27.2% 4 Times than carrots.
2. Vitamin C 7 times more than orange.
3. Calcium 4 times more than milk.
4. Potassium 3 times more than banana
5. Protein 42% An equal quantity as in eggs.
6. Iron 71%

Medicinal use

Cancer

Like carrot the drumstick is rich source of roughage but it has quadriple the Beta Carotene which is very good for cancer treatment. Its leaves, fruit, flower even bark, can be used.

Eyes problem

Being very rich in vitamin A and carotene it is very useful for eye cataract, skin and measles. If it is used adequately 50,000 children will not have blindness and millions will not die because of deficiency of vitamin ‘A’ every year.
Anemia

Enriches the anemic blood and enable a malnourished mother to nurse her starving baby.

Bone

Rebuilds weak bones and teeth.
Brain and nervous system
Its potassium improves functioning of brain and nerves.

Body Cells

Its rich protein builds blocks of all our body cells. Heart ailments, diarrhea, cold, flu are treated with its rich vitamin A & C.

Immune System

Its use increases the Immune System of the body, resistance power against diseases.

AIDS.

It may be used to fight against AIDS too.

Parts wise Medicinal use of Drumsticks.

The drumstick is valued mainly for its tender pods, which are relished as vegetable but all its parts - bark, root, fruit, flowers, leaves, seeds and even gum - are of medicinal value.

- They are used in the treatment of arthritis, rheumatism and venomous bites as antiseptic and as cardiac and circulatory stimulants.
- Fresh root of the young tree (as also the root bark) is used as rubefacient and vesicant. Internally, it is Stimulant, diuretic and antithetic. Externally, it is applied
as a plaster or poultice to inflammatory swellings.

- The root, in prescribed doses, is given in intermittent fevers, paralytic affections, epilepsy and hysteria and externally in palsy, chronic rheumatism, enlargement of spleen, dyspepsia and also in bites by rabid animals.

- A compound spirit made of the roots and orange peel with a little bruised nutmeg is useful in fainting fits, giddiness, nervous debility, spasmodic affections of the bowels, hysteria and flatulence.

- A decoction or infusion of the root with the addition of bruised mustard seeds is used in ascites caused by diseases of the liver and spleen.

- This decoction or infusion is also useful as a gargle in soreness of mouth and throat, and pain in the gums due to dental caries.

- Freshly extracted juice of the root bark is used to relieve otalgia by dropping it into the ears and also into the hollow of the tooth in cases of dental caries.

- Its seeds are acrid and stimulant. The oil of the seeds is applied in gout and rheumatism. The leaves are rich in vitamins A and C and are considered useful in Catarrhal affections.

- The juice of the leaves is dropped into the eyes in fainting fits caused by nervous debility, spasmodic affections of the bowel, hysteria and flatulence.

- The juice is mixed with honey and applied to the eyelids in cases of eye diseases.

- A paste of the leaves is used as an external application for wound. Poultice of the leaves is useful in reducing glandular swellings.

- Its flowers are used as stimulant, tonic, diuretic and cholagogue. They are useful in increasing the flow of bile.
Its gum, mixed with sesame oil, is dropped into the ears in otalgia. The gum, rubbed with milk and made into a paste, can also be applied to the temples in headache.

It is also applied to buboes and to painful bones syphilis.

The pods made into a soup are prescribed as a diet in acute cases of enlarged liver and spleen, articular pains, tetanus, debility of nerves, paralysis, pustules, patches and leprosy.

A curry made from the unripe pods acts as a preventive against intestinal worms.

Drumstick’s other miraculous quality-Due to its ability to purify water, it has been used by households for centuries. But it has only recently been tested commercially. Powdered Moringa seeds, when added to murky, bacteria-laden water, act as a coagulant, binding to the bacteria and silt and falling to the bottom of the vessel. The clean water can then be poured out.

**Drumstick Recipes**

The drumstick’s tender fruits are very popularly used in traditional south Indian ‘SAMBAR’ of internationally fame. The tender leaves and flowers are consumed as food. The following recipes are prepared:

Drumstick - garlic curry fried with fenugreek seed.
Drumstick - onion curry fried with fenugreek seed.
Drumstick - leaf vegetable with potato fenugreek seed.
Drumstick - leaf cutlets.
Drumstick - vegetable with gramflour.
Drumstick - leaf Korma.
Drumstick - floor chutney.
Drumstick - gravy paneer vegetable.
Method of Medicinal use

1. Drumstick leaf juice
   Take a cupfull leaves, wash thoroughly. Crush to paste or grind in mixer with water. Add one cup of water, stir and filter. Drink it raw with 1/2 tsf dry ginger powder twice a day till cured.

2. Drumstick fruit soup
   Cut the fruits into pieces or crush it. Make its soup fried with fenugreek seed and 4 cloves of garlic. Add black pepper powder and salt to taste. Drink twice a day.

3. Flower vegetable fried with garlic, fenugreek seed & mustard seeds and 4 cloves of garlic. Add black paper powder and salt to taste. Take twice a day. Its raita also can be used.

4. Root bark Extract
   Take fresh root bark 80 to 100 gms. Wash thoroughly, crush or cut into small pieces. Boil it in 1 litre of water. Add 1/2 tsf dry ginger powder and a pinch of roasted asafoetida (Hing) powder. Reduce to 1/8th and cool down. Filter. Drink half dose in the morning and balance in the evening from 3 weeks to 40 days or till ailment is cured.

5. Drumstick’s Leaf powder
   The fresh leaves of drumstick be collected, washed and dried in shade. When completely dehydrated, its powder be made and kept in airtight container. It can be used with curd, butter milk as Indian Raita or any other form. This is very economical with highest medicinal value.
**WHEAT GRASS**
*(Green Blood)*

**Introduction:**
Wheat grass is a specific food which can assist in fighting whole range of ailments. It has been proved by medical science that wheat grass juice stimulates with the blood approximately 40% irrespective of blood group A, B, AB or O. It removes the toxicity of the body and purifies the blood.
It can be said that the wheat grass juice removes the impurities, foreign material and toxin in the way similar to the process of making sugar from the sugar cane juice.

The Bio-Scientists have honoured the wheat grass juice as green Blood. A lady doctor Ann. Wigmore has treated successfully the acute chronic diseases by wheat grass juice only. It can be taken by all sick or healthy persons for curing the diseases and to increase the BIO-ENERGY of the body, ultimately to increase the body resistance against - diseases.

**Chemical Structure :**

The blood consists of Hemoglobin having element called HEMIN. The wheat grass juice consists of chlorophyll. There are great similarities in Hemin and Chlorophyll by its chemical structure. Both have equal numbers and characters of Carbon, Hydrogen, Oxygen and Nitrogen atoms. The only difference is that Fe (Iron) in Hemin of Hemoglobin and Magnesium in Chlorophyll is in the center as given below.

![Chemical Structure Diagram](image)

**Medicinal and Nutritional Values.**

(Ref. nutritional analysis of Mighty Greens Superfood Blend)
The nutritional values given below is for reference taken from Website. It is based on analysis of One Teaspoon of wheat grass Juice. This does not show complete Nutritional analysis.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount (In 1 tsf Wheat Grass Juice)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>13</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>0</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>1.6 g</td>
</tr>
<tr>
<td>Protein</td>
<td>860 mg.</td>
</tr>
<tr>
<td>Dietary Fibre</td>
<td>1 g.</td>
</tr>
<tr>
<td>Chlorophyll</td>
<td>18.5 mg.</td>
</tr>
<tr>
<td><strong>Vitamins</strong></td>
<td></td>
</tr>
<tr>
<td>Biotin</td>
<td>4 mcg</td>
</tr>
<tr>
<td>Choline</td>
<td>5 mg.</td>
</tr>
<tr>
<td>Lutein</td>
<td>1mg.</td>
</tr>
<tr>
<td>Lycopene</td>
<td>29 mcg.</td>
</tr>
<tr>
<td>Vitamin A (Betacarotene)</td>
<td>1668 IU</td>
</tr>
<tr>
<td>Vitamin B1 (Thiamine)</td>
<td>11 mcg.</td>
</tr>
<tr>
<td>Vitamin B2 (Riboflavin)</td>
<td>260 mcg.</td>
</tr>
<tr>
<td>Vitamin B3 (Niacin)</td>
<td>252 mcg.</td>
</tr>
<tr>
<td>Vitamin B5 (Pantothenic Acid)</td>
<td>36 mcg.</td>
</tr>
<tr>
<td>Vitamin B6 (Pyridoxine)</td>
<td>39 mcg.</td>
</tr>
<tr>
<td>Vitamin B8 (Folic Acid)</td>
<td>21 mcg.</td>
</tr>
<tr>
<td>Vitamin B12 (Cobalamin)</td>
<td>.05 mg.</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>7.5 mg.</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>320 mcg.</td>
</tr>
</tbody>
</table>
Vitamin K 35 mcg
Zeaxanthin 279 mcg

**Minerals:**
- Calcium 15 mg
- Cobalt 1.7 mcg.
- Copper 17 mcg
- Iodine 8 mcg
- Iron 870 mcg
- Magnesium 3.9 mg
- Manganese 240 mcg
- Phosphorus 14 mg
- Potassium 137 mg
- Selenium 3.5 mcg
- Sodium 1 mg.
- Sulphur 10.5 mg
- Zinc 62 mcg

**Amino Acid Profile:**
- Alanine 69 mg
- Arginine 66 mg
- Aspartic Acid 50 mg
- Cystine 11 mg
- Glutamic Acid 76 mg
- Glycine 49 mg
- Histidine 18 mg
- Isoleucine 35 mg
- Leucine 72 mg
- Lysine 38 mg
- Methionine 18 mg
Phenylalanine 36 mg
Proline 46 mg
Serine 31 mg
Threonine 42 mg
Tryptophan 6 mg
Tyrosine 33 mg
Valine 48 mg

Method of growing Wheat grass.

I had read the method of growing the wheat grass in the books. To start growing I prepared a bed of good soil under the shadow, sowing the wheat grain and sprinkling water daily. After 8-9 days the wheat grass was upto 7-8 cms. length. I was picking up the grass one-by-one but its stem was breaking from the middle. When digged with the help of spoon or fork, a lot of soil was coming out with the grass roots. It was very difficult to wash the soil. Later on I added cow dung / bio-manure with soil to make the soil soft. This also could not give good result. Lastly I added 50% sand to soil, which proved me to be best method. The grass was easily picked up in bunch form by holding the bunch in one hand and digging with Rice service spoon by other hand. The sand was easily washable. Thus my time was saved.

The readers and patients who would like to grow the wheat grass will have to face the same problem. The cancer patient will not have time for research of the process of growing the grass. Therefore, I am writing below the best possible method which I could find successfully.

1. Take 8-10 earthen (plastic trays optional) flower pots of smaller height and broad mouth of 25 to 30 cm. Keep it under the shadow where sun light does not come but have open air.
2. Take 8-10 earthen water pot, used for drinking water for birds or for making curd by sweetmakers (Halwai). Keep under the shadow.

OR

3. Select a site in the north direction in Varandah or elsewhere, where direct sunlight does not touch whole day, to make 8-10 small pockets of 25 x 30 cms.

4. Arrange 1 or 2 bags of river sand, which is used for plastering the wall, everywhere. Filter it with wire-mesh. Add to it good quality of fertile soil 50%. Bio-manure of cow dung also can be added 10% - 20%, if available. No fertilizer is to be used.

Fill up the earthen / plastic pot with the sand mixture keeping 2-3 cm. empty. or make the 10-15 cm. thick bed of the sand mixture on the selected site.

5. Get 1-2 kgs good quality wheat. The Madhya Pradesh (M.P.) Desi wheat is considered to be of best quality in India. Take 150-200 healthy grains of wheat, wash it thoroughly to make pesticide free. Soak it in a cup of water overnight. This will help easy and early germination and the water will work as supplementary drink.

6. First day Drain the water in the morning and drink it. Sow the soaked wheat in one pot. In the beginning 3 days quantity can be soaked and sown in 3 pots or beds at a time to get early grass. Sprinkle sand mixture over the wheat grain sown pot or spread on the bed, just to cover the grains. Now sprinkle the water on sand layer. However unsoaked grain also can be sown & water sprinkled.

7. Second day - Repeat the process of first day in 4th pot / bed. Also sprinkle water on the first day’s pot or bed.
8. Third day: Repeat the same in the 5th pot or bed & sprinkle water on the first two already sown.

9. Fourth day: Repeat the same in the 6th pot bed. By now the wheat is almost germinated. Sprinkle water on it gently. Its growth will be fast and by 7th to 9th day it may be of 7 to 10 cm height. Since it is protected from the sunlight it will be yellowish which will have rich medicinal values. If sunlight will come on the plants, it will be greenish & have lessor value.

10. Fifth day onward: Continue same way every day. On the 7th & 8th day, the first pot’s plant is ready for use. With the help of a spoon or wooden wedge type strip or any flat thing the wheat grass can be picked up. If wedge or plate strip is not used, the plant will break from the middle portion. It is to be picked up with the root threads grain attached with wheat stem. Make its bunch, remove the root of threads and wheat attached with the stem. Wash the wheat grass in water properly. To avoid any water infection, lastly the wheat grass be washed in hot water just for a while.

11. Leave the sand one-day to get energy from the atmosphere.

12. Now the sand bed to be made in the pot / bed from where the wheat plant had been taken out earlier. The wheat grain be sown in the above manner and water sprinkled in others. Now the wheat grass would be available regularly. I have seen that the cancer patients who have come in my contact, do not have time to waste in finding out there own methods to grow the wheat grass. It is more desirable, rather must that they get the wheat grass at the earliest possible to start the wheat grass therapy. I have tried to write in quite detail the method for growing the wheat grass to make it easy to
the near & dear of the patient who can grow without any
difficulty and give a new life to his / her dear patient. I
welcome the suggestion from users for making
improvement in the process in future edition of the book.

**Method of use :**

1. Wheat grass juice

   Take one day wheat grass, properly washed in water
followed by rinsing in hot water. Crush/Rub thoroughly to
make its paste with sprinkling water on stone slab (SIL-
BATTA) being normally used in Kitchen in every house. If
properly crushed and rubbed there shall be no fibre. It is
better no fibre is left. Otherwise filter the fibres. Make its
four doses. First dose may be taken very early in the morning
empty stomach. Rest of 3 doses may be kept in the
refrigerator in summer & out side in winter season. All 4
doses should be taken at interval of 3-4 Hours with half an
hour difference between meals or any diet for its desired
result.

   If stone slab in not available, it may be arranged from
the neighbour or otherwise it may be arranged from servants
house. grass may be crushed to paste in mixer / grinder,
adding water.

   OR

   If none of the above two is available then the grass can
be chewed and the fibres may be swallowed or thrown. In
this way it should be chewed 4-5 times a day.

4. Dose : 30-40 grass is one dose.

   All wheat grass of one day produce (upto 150-160
grass) may be prepared at a time in the morning and be
finished within 12 hours to avoid fermentation.
2. Wheat grass powder.

The juice is the first preference for the cancer / AIDS patients. However if fresh grass is difficult to procure daily, the green
good quality wheat under the shed. If shed is not possible, cover with thick cloth, gunny tatpatti or wooden plank to avoid direct sunlight. Harvest the entire grass after 8th or 10th day. Wash properly. Ist day it may be kept in sunlight for few hours to dry the water. Now dry the grass under the open shed / Varandah to get it completely dehydrated. While drying the grass, garlic juice or holy betel leaf juice be sprinkled as preservative to avoid fungi. Grind the dried grass to make powder. Preserve it in air tight container / bottles. This powder should be used within one year. It can be crushed on stone slab adding water to make its paste. More water can be added, stirred and filtered if there is any fibre left. Now the juice is ready for use. Non-diabetic persons may add glucose / honey for better taste.

Dose : 1 Tsf per day with water to get the desired result from dried wheat grass.

Precautions :

1. In the beginning the wheat grass juice may cause vomiting or diarrhoea. This is good sign to remove the accumulated toxin from the body. Let it continue if it persists for 2-3 days. However, the dose may be reduced if vomiting or diarrhoea is un-tolerable.

2. Fat, oil, red chilly and specially sour things like tamarind (Imali), mango pickle, sour curd, lemon and sour / small / unripened tomato should not be used. The sour foods are
greatest ENEMY for all but specially for ailing patients. The Cancer, AID, Asthamatic patient should not take it at all.

3. The first dose of wheat grass juice be taken preferably before sunrise or earliest in the morning with empty stomach. This also can be taken along with or simultaneously with PUNARNAVA.(Given in other chapter).

The other 3 doses be taken three hourly. However, if inconvenient it can be taken in one dose but the juice should not be kept more than 12 hours to get the desired result.

4. It may not suit to the persons suffering from severe VATA imbalance. (VAYU VIKARA). Its doses can be adjusted according to suitability for individual person.

Supplementary - Soaked water and sprouted grain

Take 50 gms of good quality wheat grain, wash well twice or thrice in running water. The washed grain be soaked in 200 or 250 ml. pure drinking water in the evening every day. The water be strained in the morning and drunk empty stomach or with a gap of 1/2 hour before taking the breakfast. The soaked wheat be tied in a piece of cotton cloth for 2 days to get it sprouted. In summer water is to be sprinkled on the tied wheat grain to keep it wet for germination. Third day the grain will be fully sprouted, suitable to eat as breakfast. The coriander leaves, mint leaves, black pepper, green ginger, garlic, onion and salt may be added to taste. This process is to be repeated daily.

Black gram (25-50 gm.) and wheat grain (15-25 gm.) will be good combination for healthy persons as well as patients who do not take wheat grass. The filtered water be taken adding black pepper and black or common salt. The
sprouted grain be used as breakfast after third day of germination daily. Furthermore, green gram, ground nut be soaked in the morning. The water drained in the evening. This water is thrown (not to be drunk). Next morning it is sprouted enough to use with wheat & gram sprouted third day. Also the green or dry coconut grated and mixed with the above. This will be a perfect breakfast diet as it is full of ENZYME (Alkali) required for the body.

**Preservation of Wheat Grass**

1. Green wheat grass can be preserved unwashed for a week in refrigerator. This should be packed in paper or poly bag.

2. Dried wheat grass can be preserved for one year in airtight container.

3. The wheat grass powder packed in air tight container / bottle can be preserved for one year.

**Special Appeal**

The wheat grass is a specific food; it is an excellent tonic for entire system of our body. It is rich in natural ENZYMES required for our digestive system. It removes the effect of antibiotics and toxins. Increases the Red blood cells (RBC). It is therefore, my humble appeal to all to use wheat grass for 21 days twice in a year at the time of ‘NAVRATRI’, the junction of two seasons. This will rejuvenate, increase the body resistance against diseases to have healthy and happy life.
Soybean is nature’s miraculous dietary grain. This has one of the world’s richest and best quality of protein. It contains iron, calcium, phosphorus carbohydrate and calories. This is the only protein without uric acid with least cholesterol.
Soybean’s chemical and medicinal elements (in 100 Gms.)

Vitamin A 420 gm.
Vitamin B Sufficient
Vitamin C Equivalent to 6 glass orange Juice Protein 40% equivalent to 2 times higher than meat
Iron 11.5 gm. 3 times higher than eggs
Calcium 240 mg.
Phosphorus 690 mg.
Carbohydrate 23 gm. free from starch.

Comparative chart of nutritional elements in soybeans pulses & non vag.

<table>
<thead>
<tr>
<th>Nutrition element</th>
<th>Soybeans</th>
<th>Pulses</th>
<th>non vag. fish eggs, meat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>43</td>
<td>22 to 25</td>
<td>13 to 22.5</td>
</tr>
<tr>
<td>Iron</td>
<td>11.5</td>
<td>2 to 10</td>
<td>1 to 2.5</td>
</tr>
<tr>
<td>Mineral</td>
<td>4.6</td>
<td>2 to 3.6</td>
<td>0.8 to 1.5</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>23</td>
<td>55 to 63</td>
<td>Nil</td>
</tr>
<tr>
<td>Calories</td>
<td>432</td>
<td>327 to 372</td>
<td>90 to 195</td>
</tr>
</tbody>
</table>

**Therapeutic use**

1. Diabetes 2. Cholesterol 3. Heart attack
7. Menopause 8. Arthritis- osteoporosis
Method of use

1. **Sprouted soybeans** – Take 50 gm black gram, 10-15 gm wheat 10-15 gm green gram and 10-15 gm soybeans soak mixed black gram and wheat together and green gram & soybeans separately. Drink gram & wheat drained water where as throw green gram and soybeans water. Tie in separate cloths and sprinkle water on it, if necessary, to get it sprouted. Black gram and wheat will sprout on 3rd day where as green gram and soybeans on next day. Mix all together and add black paper, garlic, onion, tomato, green chilly, mint, coriander leaves coconut and lemon juice salt etc. Use it as break fast or salad with meals.

2. **Soybeans flour** - Soak soybeans in water for 10 hours, then drain and dry completely. Get its flour Add 1 kg. of this flour with 10 kg. of wheat flour and 1 kg. of gram flour. Its bread, puding, halwa or any other preparation will be very tasty and beneficial for health.

3. **Soybeans Milk / Curd:** - Soak soybeans in water for 10 Hours & wash it again. Grind it to make paste. Make its milk by adding suitable quantity of water. For better taste add 1-2 cardamom’s powder and add equal quantity of milk and boil. Use it as milk or make curd or any milk food preparation.

4. **Soybeans Vegetable / Pulse:** - Preferably soaked &
sprouted, other wise after washing vegetable or pulse can be prepared.

5. **Soybeans oil**: - Its oil can be used like mustard or ground nut oil. This oil is economical and beneficial. This oil with few drops of lemon juice is treatment for pimples. By its massage the hair remain black.

6. **Soybeans Nutrala Kofta or Pakaura**: - After extracting oil from soybeans, its bran is used for vegetable, pulse and is very neutritous.

7. **Soybeans Souce / Chatni**: - Its souce or chatni prepared with coconut, green chilli, salt etc is very tasty and beneficial.

8. **Soybeans khali**: - It is very useful to give to lactating animals.

     Being one of good quality antioxidant and uric acid free rich protein this is very useful in treatment of dreaded disease of cancer and ADIS. Every one should use it.
Like kitchen items, there are certain herbs with rich medicinal values for enhancing the human immunity system. It may appear to be strange but true that out of approx 500 main herbs, approx 350 are found in India. Here very common and important herbs, their medicinal properties and methods of their use for health and fitness in general and for keeping various diseases away in particular are given. Please read about Punarnava, Amla, Giloy and Tulsi.
PUNARNAVA
(Hogweed / Cow Parsnip)

Introduction

Punarnava is one of the best herbs with medicinal value in the kingdom of Ayurveda, the Indian medical therapy. It grows wild in rainy season on barren land, hills, railway lines, road sides, canals, parks and garden. It is creeping and spreading herb having many spreading branches. Its
old plant roots are from 15 to 50 cm. length and upto 5 cm in diameter (conical in shape tapering from top to bottom). The branches are of 2 to 3 meter length. The leaves are simple, broad, thick and brittle. The flowers are white and red. Its old plant dries in summer and alive in rainy season. The leaves come on every bud. Every bud has black colour round shape seeds from 5 to 10 seeds in each knot and spreads. That is why it grows thickly and can not be destroyed from its locality.

The roots are white and in red colour. The circular layers are formed in the root every year. On cutting the cross-section one can count the layer and find as how many years old is that root. It grows as wild grass in the field annoying the farmers to remove it from the field to get their crops. The farmers use it as packing material for the green vegetables and sweet melons to transport to cities. It is thrown and scraped as its medicinal value is not known to common masses.

Different names of Punarnava

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayurveda</td>
<td>Punarnavas</td>
</tr>
<tr>
<td>Sanskrit</td>
<td>Punarnava</td>
</tr>
<tr>
<td>Hindi</td>
<td>Pashan Bhed, Shoath-Her, Vish-Har, Vishkapor, Thikari</td>
</tr>
</tbody>
</table>

Local Name in India:

<table>
<thead>
<tr>
<th>Region</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bihar</td>
<td>Gamdurna</td>
</tr>
<tr>
<td>Punjab &amp; Himachal</td>
<td>It-Sit</td>
</tr>
<tr>
<td>Rajasthan</td>
<td>Satha</td>
</tr>
<tr>
<td>Western U.P.</td>
<td>Satthi</td>
</tr>
<tr>
<td>Eastern U.P.</td>
<td>Pathari</td>
</tr>
<tr>
<td>English</td>
<td>Hog Weed, Cow Parsnip</td>
</tr>
<tr>
<td>Latin</td>
<td>Boerhavia, Diffusa, Triathema</td>
</tr>
</tbody>
</table>
Why its name - Punarnava

There are millions of plants and herbs in India and the world but none has got such name except this hogweed. The plant can not name it self. It is we who name it. Ayurveda has given its name as “PUNARNAVA”. The Punarnava means Puner- Again and Nava - New i.e. again New. This herb has the property to get alive once it is dried in summer every year. Also it renews the function of our organs specially liver and kidney. It is useful for mankind and animals. I have seen pigs and bears digging & eating the root of Punarnava in rainy season. It means such animals also recognise the medicinal value of this herb.

We are very much thankful to our Ayurveda’s scholar who has given its name ‘Punarnava’. Let us consider the meaning of other local and botanical names.

VISH - HAR - Take out the poison, remove the toxin.
VISH-KHAPRA - Eat away the poison.
PASHAN BHED - It penetrates the stone.
PATHARI - It dissolves & removes the stone from the body.
SHOATH-HAR - Cures the swelling and gives soothing effect in any part of the body.

The botanical name DIFFUSA resembles with meaning of diffusion. It diffuses the collection of toxin from any part of the body. It can cure the cancer too along-with many other ailments. On the basis of my practical experience I believe that it rejuvenate our working organs.It cleans inside the body as we get our dirty clothes cleaned from Laundry. Thus
we can understand the medicinal importance of this very small herb which the nature has given us in plenty everywhere. The necessity is to know, recognise, and use it for prevention and cure of most of the ailments and live a happy and healthy life.

**Medicinal values.**

Punarnava is a unique herb that helps maintain efficient liver, kidney and urinary functions.

  - Its root contains,
  - Rotenoids. Dihydroisofurenoxanthin.
  - Boerhavine.
  - Boeravinones A1, B1, C2, D, E & F

**The roots, stems, leaves, flowers and seeds - all parts of Punarnava have many pharmacological properties.**

**It is :**

- **Diuretic** - doubles the urine to flush out toxins from body through urination.
- **Anti-inflammatory** - diminishes swelling & heating pain
- **Anthelmintic** - Antidote for worms.
- **Analgesic** - Relieves pain
- **Anti - Spasmodic** - Relieves contraction of muscles.
- **Stomachic** - Increases functional activity of stomach.
- **Laxative** - Eases intestinal movement.
- **Purgative** - Evacuates fluid faeces.
- **Myocardia stimulant** - Eases heart mussels.
- **Anti - viral** - Destroy’s viruses.
- **Anti - bacterial** - Arrests development of bacteria.
Rejuvenative - Brings youthfulness.
It contains - Boerhavine Acid, Potassium Nitrate, tanning and Alkaloid Punarnava.

**Medicinal Uses:**

**Urinary System** - Kidney, spleen, bladder and urinary track. Dissolves and removes stone from any part of the body.

**Digestive System** - Liver and gall bladder, constipation and appetite, Jaundice.

**Heart System** - Heart problems, Blood pressure, cholesterol, Arthritis & Veins problems.

**Nervous System** - Brain and nervous system problems.

**Reproductive Systems** - Keeps reproductive system/organs, hormones in harmony. Very good response on female problems of vaginal white discharge (leucorrhoea) and male’s nightfall problem.

**Anaemia** - Increases blood formation.

**Skin diseases** - Leprosy, leucoderma, white spots.


**Cancer & AIDS** - Useful in all type of cancer and AIDS (more research on AIDS is to be conducted). It dissolves mumps, fibroid and removes toxin, malignant & carcinogenic cells from the body through urinary & digestive systems.
Method of Use:

1. Root Drink

Take 10-15 gms. fresh or dry root of Punarnava. Wash it thoroughly and rinse with boiling water. The root shall be healthy & free from ants biting to avoid any infection. Crush and grind it adding pure water on stone slab (SIL - BATTA) available in home for making powder / paste or chutney. If properly grounded, there shall be no fibre. However, it may be filtered to remove the residual fibres. Thus 1/2 - 1 cup liquid is ready for use. Drink this liquid in the morning before the sunrise. It can be taken mixed with wheat grass juice.

OR

2. Leaf Juice

Take 15-20 gms. fresh leaves and its tender stem / flower. The gardener, milkman or vegetable vendors must be knowing & recognising this herb and will bring it for you. Crush and grind it to make its paste by adding water while grinding then Filter and drink. Though it has no taste, one may find it bitter. Glucose / Candy or sugar may be added if required for the non-diabetic patients. This liquid be taken before sunrise otherwise it may have photosynthetic reaction causing skin problem, rashes.

OR

3. Punarnava Kwath

In the absence of grinding facility this method is to be used. Take 25-40 gms. of all parts root, stem, leaves and flower whatever fresh be available. It can be preserved for a week keeping all parts without washing, packed in polythene or paper packs in the refrigerator. It is to be washed well while using it daily. Crush the punarnava or cut the leaves alone into pieces. Put it in stainless utensil with 400-500 ml. water.
Boil it on slow fire to remain 1/4th (100-125 ml.) Take off the fire, cool down and filter. Add 1 to 3 gms. dry ginger powder. This can be taken in two doses.

4. **Punarnava Powder**

   In absence of above 3 methods, purchase 500 gms. dry Punarnava root from the herb vendor shop. Ensure that it is Punarnava only and not older than ONE year. Clean, wash and dry it. Grind it to make its fine powder. Add 50 gms. dry ginger powder and stir well. Make packets of 1 tsf (5 to 6 gms. each). Take it with fresh water 4 times a day.

   OR

5. **Ayurvedic Preparation**

   If fresh Punarnava is not available, take one of the following Ayurvedic preparations, by consulting Ayurveda physician or qualified Chemist from medical shop.

   1. Punarnava Mandoor
   2. Punarnavadi Kwath.
   3. Punarnavarist.
   4. Punarnava Powder.

   OR

**Punarnava Sat**

It can be prepared at home. Take 250 gms. dry Punarnava root, clean, wash & dry. Crush to break into coarse fibers / pieces. Boil it in 12 liter water to 500 ml. Take off the fire, cool down and filter. Add 50 ml. certified medical sprit or 'MRIT SANJIVANI SURA' readily available from Ayurvedic medical store. Keep this mixture in air tight bottle.

**Dose**: Take 10-15 ml. mixture with 20-30 ml. water twice a day. It can be prepared again for further requirement to cure the ailment.
Precautions:

1. **No Sour / Acidic Food**

   It is very important that no SOUR / ACIDIC diet such as tamarind (IMALI), lemon, tomato, sour curd, mustard oil, and chilly is to be taken till the Punarnava is continued. However, this precaution is to be taken for the whole life. The acidic foods are good friend of carcinogenic / malignant cancerous cells. Our body needs 70% Alkali and 30% Acid. The atmosphere or environment is so polluted that our acid intake is higher than 30%. Therefore in food habit we should not take acidic foods.

2. **Punarnava before Sunrise**

   Take the fresh preparations, as given in method 1 to 3, before sunrise. Unfortunately it may cause photo - toxic reactions due to photosensitivity.

3. Confirm from persons nearby or from gardener, milkman or vegetable vendors that it is Punarnava only.

**Preservation**

1. **Dry Roots.**

   The root of Punarnava, which has long & old stems, will be thick enough for preservation. Dig such roots available from near by field, parks, barren land & hilly area. Wash and dry. Keep the dried roots in air-tight container. It can be preserved for one year for best medicinal values.

2. **Tender Punarnava Leaves.**

   The small tender stems with leaves and also the fresh roots, if available, be wrapped in paper without washing. Such bundle can be preserved in refrigerator for 6-7 days. If it is washed and then packed, the leaves will soil and roots will catch fungi. Therefore, it must be ensured that soiled and spoiled punarnava should not be used.
Punarnava to 5 Star Hotels as Vegetable

So far it is known as herb. Traditionally young and tender leaf stalks and stems were eaten like stewed celery. The leaves may be dried, burned and the ashes used as a salt substitute.

**The following dishes can be prepared as food item:**

1. **Punarnava Paneer Curry** - The tender leaves and stem is well washed and grounded in mixer. to prepare its gravy. The gravy and paneer can be fried with garlic, fenugreek seed; green chilly etc. just like spinach curry.

2. **Punarnava Potato Vegetable**

   The tender leaves and stems of punarnava is well washed and grated. The potato can be sliced into small pieces. Both can be fried and roasted like fenugreek leaf vegetable. It is very tasty comparatively to few other similar vegetables. Seeing its usefulness the punarnava should be brought in the category of vegetable from the herbs. All in routine diet should consume it.

3. **Punarnava Chutney**

   The tender leaves of punarnava can be used with coconut, mint, coriander leaves, carrots etc. to make its tasty chutney.

**Cultivation**

For medicinal use & trial as vegetable it can be produced in flowerpots or in kitchen garden. For commercial purpose Punarnava as vegetable is required to be cultivated and brought in the market. In few cities, on advise people have started its use. The vegetables vendor’s, who were throwing the Punarnava, started demanding its price from Rs. 2 to Rs. 8/Kg. If Punarnava comes in Kitchen and hotels it will be popularised and will serve the mankind in true sense of its Indian name PUNAR - NAVA i.e. will give “A NEW LIFE”.

103
Besides various other kitchen items/herbs commonly available for the benefit of human beings, nature has been benevolent by providing Tulsi (Holy Basil) for the use of mankind. Tulsi has been a very useful medicine since time immemorial. In Ayurveda, its usefulness as been explained in detail for various ailments. In one way or the other, it is
used throughout the world for fitness.

Tulsi is an excellent medicine for Malaria and Pneumonia. Its pleasant smell protects from various insects. Mainly its leaves and their juice are used for medicinal purpose. Tulsi is specifically useful for enhancing facial beauty, prevention and cure for snake bite, male-female problems, cold & cough, Joint pain & Arthritis, Boils, wounds, skin diseases, problems of digestive system, Headaches, Heart and Nervous system etc.

Simplest use of Tulsi is to take 2-5 green leaves in tea, milk or curd. For cure of various ailments, juice of 5-11 green leaves can be taken with water, honey may also be added for enhanced results.

**Use of Tulsi for treatment of Cancer:**

Extract of 11 or 21 green Tulsi leaves to be taken once a day in 200-250 ml of curd/butter milk. In winter, to be taken during lunch hour only.

For asthma and Lung cancer patients, instead of curd/butter milk, warm water with honey may be used. Sugar candy or black salt may be added.

11 or 21 (depending on their size) Tulsi leaves boiled with 5 gm Thyme (Ajwain), 5-10 gm Aniseed (Saunf) and 4-8 cloves of Garlic in 500 ml water to reduced to 125 ml can be taken in 3-4 doses.
AMLA
(Indian Gooseberry)

Introduction:
Amla is called AMRIT FAL. Amrit means non-dying and FAL means fruit. One can live long with good health by regular
use of Amla in the life. It is an indigenous Indian tree, wild or cultivated, growing from 7 to 12 meters heights. Its branches have feathery leaves. The flower is pale green usually in small dense cluster below the leaves. The fruits are fleshy with minor or dense fibres, having 6 clobes in size from 1.5 to 4.0 cm. in diameter. Unripe fruit is green and bitter but ripe fruits are yellowish and its taste is sweetish. It has drum type triangular seed. It has been used for preparation of many Ayurvedic medicines since ancient days. The renowned ancient saint Chyavanrishi rejuvenated himself at the age of 70 years. The most famous amla preparation-"Chyavanprash" is so called after his name. This is rejuvenative tonic.

<table>
<thead>
<tr>
<th>Medicinal Ingredients</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>81.2%</td>
</tr>
<tr>
<td>Protein</td>
<td>0.5%</td>
</tr>
<tr>
<td>Fat</td>
<td>0.1%</td>
</tr>
<tr>
<td>Mineral</td>
<td>0.7%</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>14.7%</td>
</tr>
</tbody>
</table>

100gm fresh Amla juice contains the following ingredients:

- Iron: 12 mg
- Phosphorus: 20 mg
- Calcium: 50 mg
- Vitamin C: 920 mg

100 mg. dried Amla powder contains up to 3470 mg. vitamin ‘C’, one of the richest source of vitamin ‘C’ equivalent to 7 oranges. Also it is good source of Pectin found in its Carbohydrate. In dry state the protein is 28%. It forms gallic,
ingallic acid and glucose. In its pulp 13 types of tannin and finelambein keeps the Bio-energy of the body very active. One can have 100 years of life with good vision of eyes, hearing power, nervous system, wisdom and memory. Its combination with HARAD and BAHEDA is called Triphla which balances 3 defects (TRIDOSHA) VAT-PIT & COUGH in the body.

**Curative Properties of Amla**

Cancer - The Amla, being very rich in alkaly and vitamin ‘C’, work as anti-carcinogen and prevents the growth of canerous cells in the body. It improves the immune system and hence prevents AIDS.

Eye Sight - Regular use of Amla, Juice or its powder increases the eye sight / prevents deterioration.

Hair Problems - The use of Amla keeps the hair black, silky and lengthy. The paste of 10-20 gms. of Amla powder with 11 or 21 leaves of Holy Basil (Tulsi) & 1/2 lemon juice be applied on hair roots of the head for 20-30 minutes. Wash with lukewarm water mixed with 1 or 2 lemon juice. No detergent, soap or shampoo is to be used. Apply coconut oil when hair is dried. It will keep the hair free from dandruff and scalp skin problems. It is one of the best hair tonic for all aged people.

**Arthritis & Rheumatism**

Blood pressure, heart diseases, diabetes, respiratory problem, diarrhea, dysentery, constipation, skin diseases, leprosy, nervous system, urinary and digestive system and so many other ailments can be cured by Amla. It increases the appetite.
1. Method of use of Amla Powder:

Powder of equal quantity of dry Amla, Isabgol husk and sugar candy be made and kept in air-tight bottle or Jar. One tsf is to be taken twice daily with fresh or lukewarm water preferably after meals. The diabetes patient should take Amla Powder alone, without sugar candy.

OR

2. Four in one powder:

The following powder can be made at home and used for 4 type of ailments:

1. Diabeties
2. Blood Pressure
3. Constipation

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amla Powder</td>
<td>100 gm.</td>
</tr>
<tr>
<td>Fenugreek (Methi) Powder</td>
<td>100 gm.</td>
</tr>
<tr>
<td>Fennel (Saunf)</td>
<td>100 gm.</td>
</tr>
<tr>
<td>Termeric Powder</td>
<td>50 gm.</td>
</tr>
<tr>
<td>Dry Ginger</td>
<td>50 gm in Winter</td>
</tr>
<tr>
<td></td>
<td>25 gm in Summer</td>
</tr>
</tbody>
</table>

**Dose**: One Tsf be taken with fresh or lukewarm water twice daily.

3. **Triphla**

The powder of Amla + Baheda + Harad in equal quantity can be made at home or procured from Ayurvedic medical shop. One Tsf powder can be taken with 2 Tsf honey (if not diabetic patient) or lukewarm water twice daily.
Amla as diet

1. **Chutney**: Fresh Amla can be steamed or baked in oven or on slow fire. The seed be removed. Turmeric powder, garlic paste, coriander leaves, green chilly, mustard oil or powder and salt to taste be added to the mashed pulp to use as chutney. This is quite tasty and can be preserved for a week.

2. **Murabba**: Amla Murabba can be prepared in sugar molasses. One or two pcs. can be taken daily with breakfast.

3. **Amla Candy**: Sweet candy can be prepared and used for a year.

4. **Amla Juice**: Amla can be used with carrot or vegetable juice. Amla juice can be preserved for one year.

5. **Pickle**: Amla pickle is prepared in Vinegar which can be used for few years.

6. **Amla Sweet dish**: Fresh amla, grated fine, is used to make sweet dish - Burfeee.

7. **Dried Granules**: The grated Amla can be dried and preserved to use for one year.

8. **Chatny from dried Amla**: The dried Amla can be soaked in water for one hour. The chutney can be prepared by adding tomato, onion, garlic, green chilly and salt to use with daily meals.
Precaution

1. Amla / Triphla should never be used with water kept in copper or brass utensil. Also it should not be prepared in brass or copper utensil. It will be poisonous.

2. The patients having cough-nature should take Amla in the morning only for few days. Once it suits to the body it can be taken in the evening & night. Such persons should take Triphla in the night.

3. Amla - Isabgol husk - Most of the people complaint that the Isabgol does not suit them and if it is taken regularly, it will form a habit otherwise there would be motion sickness. This is a wrong conception and misunderstanding about Isabgol husk. It is a laxative and can be taken for longer period. The only side effect would be a little loss of appetite. If 1 gm. dry ginger powder is taken with husk, the appetite will remain normal. The other problem of husk is because of wrong method of its use. If it is stirred out side for longer period it will swell and get collected as one lump. This will be harmful.

Correct method of use of Isabgol husk - Take fresh water, cold milk or curd in a cup for loose motion. Add husk and just stir for once or twice and drink it. Again add water, wash the cup and take it again.

In constipation - use lukewarm water or milk, use as above. DO NOT STIR for long time.
Introduction:

Giloy is a large glabrous deciduous climbing herb. The stems are succulent with long filiform fleshy aerial roots from the branches. The bark is gray brown and watery. The leaves are membranous and cordate. The flowers are small and greenish yellow. It climbs up to 300 meters height. This herb is found throughout tropical India. It has very good medicinal values.
Different Names:

Hindi - Guduchi, Giloy
English - Heart leaves, Gulancha Tinospora, Indian Tinospora.
Latin - Tinospora Cardifolia
Botanical - Tinospora Cardifolia.
Ayurvedic - Giloy, Guduchi.

Medicinal Constituents

Tinsporine
Tinosporide
Tinosporaside
Cordiofolide
Cordiofol
Clerodane furano diterpene
Columbin
B-sitosterol
Diterpenoid furanolactone Tinosporidine
Hepta cansanol

Action and uses

The giloy has long been known in Ayurvedic literature as a adaptogenic bitter tonic, vitalizen and remedy for chronic diseases. It reduces blood glucose level. Increase vitality and general ability. Useful in all types of fever. This is used to improve the immune system and body’s resistance against infection. It has good action on jaundice, Hepatic Fibrosis, Peritonitis and sepsis. It has been found effective in the following ailments:

Vomiting  Rheumatism
Jaundice  Stomachic
Malaria  Anemia
Dyspepsia
Diabetes
Chronic diarrhea & dysentery
Dental infection
Debility
Urinary disorders
Skin problems.
Fracture.

**Medicinal Characteristics of Giloy**

- Adoptogenic
- Anti Maleria
- Antihepatotoxic
- Antidiabetic
- Anti inflammatory
- Immunomodulator
- Diuretic
- Anti Bacterial
- Anti Viral
- Antifungal
- Antirheumatic
- Antiperiodic
- Tonic

**Method of use**

The bark of giloy is used for medicinal purpose. The skin from the bark is removed. The fresh or dried stem can be used.

**To cure the fever of cancer patient**

Take 5 gm. thyme (Ajwaine), 5 gms. giloy. Crush & boil in 400 ml. water to reduce to 100 ml. Add a pinch of salt. Take it in the morning and evening. It is useful for all types of fevers.

**All purpose powder**

2. Take the following ingredients:
   1. Giloy stem 100 gm.
   2. Bramhi 200 gm.
   3. Punernava root 200 gm.
   4. Thyme (Ajwaine) 100 gm.
   5. Dry ginger in summer 10 gm. in winter 20 gm.

All ingredients in dried form should be properly cleaned.
The yellow skin from Giloy stem should be removed. Make coarse fibrous powder and keep in air tight container. Use one Tsf (15 gm) powder. Boil in 1 ltr. water & reduce to 1/4th i.e. 250 ml. in a steel utensil. Take off the fire, cool & strain. Make four doses. Take each dose 3-4 hourly with 200 to 250 ml. milk like tea, adding sugar candy or sugar while boiling with milk. This can be used for all ailments & general tonic to increase immune system & body resistance.

Note: 

<table>
<thead>
<tr>
<th>tsf</th>
<th>=</th>
<th>Tea Spoon Full</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tsf</td>
<td>=</td>
<td>Table Spoon Full</td>
</tr>
</tbody>
</table>
BE HEALTHY NATURALLY WITH ACUPRESSURE

(Some of the body charts are given here to understand the human body science for Acupresure treatment)
Horizontal Three Parts of the Body
Reflex Points of Right Foot

- Ear Nerves
- Sciatica
- Liver (R)
- Shoulder
- Gall Bladder (R)
- Pancreas
- Kidney
- Small Intestine
- Appendix
- Hip, Knee, Leg
- Bladder
- Piles

Brain
Pituitary
Pineal
Mental Nerves
Brain Nerves
Neck
Throat
Thyroid
Parathyroid
Thymus
Lungs
Solar Plexus
Spine
Stomach
Adrenal
Colon

Fallopian Tube
Breast
Ovaries
& Testes

Outer side of Foot
Reflex Points of Left Foot

- Sinus
- Cold
- Ear Nerves
- Eyes
- Sciatica
- Energy
- Ear
- Lungs
- Heart (L)
- Shoulder
- Spleen (L)
- Stomach
- Pancreas
- Colon
- Hip, Knee, Leg

Inner side of Foot

- Brain
- Pituitary
- Pineal
- Brain Nerves
- Mental Nerves
- Neck
- Throat
- Thyroid
- Parathyroid
- Thymus
- Solar Plexus
- Spine
- Adrenal
- Kidney
- Small Intestine
- Bladder
- Prostate
- Uterus
- Vagina/Penis
- Fallopian Tube
- Breast
- Piles
Local Points of Spine

1. Mouth, Head, Ears & Brain
2. Eyes, Forehead & Tongue
3. Face, Teeth & Face bone
4. Mouth, Lips, Nose & Ear nervous
5. Voice, Larynx
6. Nervous, Tonsil & Shoulder
7. Shoulder, Elbow & Thyroid gland
8. Hand, Trachea
9. Heart
10. Chest, Lungs, Bronchus, Breast
11. Gall Bladder
12. Lever, Blood, Solar Plaxus
13. Nervous, Tonsil & Shoulder
14. Pancreas
15. Spleen, Diaphragm
16. Adrenal
17. Kidney
18. Overy & Kidney
19. Small Intestine & Fallopian Tubes
20. Large intestine
21. Appendix, Stomach & Thies
22. Reproductive Organs, Bladder, Knees
23. Sciatica Nervous, Prostate Gland
24. Legs, Feet, Hips, Rectum, Anus

(Coccygeal Verbrae)
Description and Function of Reflex Points on Hand & Foot.

Point 1: Brain

This is most important part of our body and is like a telephone exchange. The afferent nerves from five senses of touch, hearing, smell, sight and taste take the messages to the brain. The computer in our brain analyses these messages and sends order through efferent nerves to the muscles and the muscles act accordingly. The root cause of diseases such as muscular dystrophy and other diseases of brain / neuron disorder, multiple sclerosis, retardation, meningitis, Parkinson disease, mental breakdown, severe depression, even madness, coma etc. are caused due to damage in the central nervous system.

Point 2: Mental nerves

Any type of mental disease such as headache, heaviness of head. mental nerve, migraine, hysteria, epilepsy, fits etc.

Point 3: Pituitary

This is one of the most important gland in the body and sends order to all other glands. This is called the king of all glands. It controls growth of body, Will-Power, eye sight,
hearing and discrimination. Malfunctioning of this gland makes body become dwarfish or bulging. Produces mental retardation. Child becomes a bully or a liar and disobedient. It also plays an important function in controlling blood pressure. As this gland and the pineal gland are situated in the head it is harmful to hit the children on the head. If the growth of body and brain is not normal give treatment on Pt. No. 3 in the middle of thumb and big toes to give necessary stimulation.

Point 4: Pineal

This gland is called queen gland and it acts as an organiser and controller of all glands. In case of failure of pituitary gland this gland works as an alternate. Malfunctioning of this gland leads to high B.P., also awakening of pre mature sex glands resulting in sex delinquency. Moreover it controls potassium / sodium balance in the body. So its malfunctioning leads to excessive retention of fluid in the body. It controls a proper flow of cerebral spinal fluid and thus keeps all the gland and body vitalized strong and healthy. The predominance of this gland generates a sense of sublimity-helping men grow into saint hood with divine qualities.

Point 5: Brain Nerves

This point gives relief in headache, migraine, Pain in brain nerves, thighs, eyebrows etc.

Point 6: Throat

This helps in the root choking, tonsillitis, speech problems, throat irritation, asthma, bronchitis, cold, cough and breathing problems. This is the Web point / vertex of letter V formed by thumb and index finger

Point 7: Neck

This point is helpful in neck swelling & pain, neck stiffness, cervical spondylisis. For Cervical treatment press sides of thumb of both hands & foot.
Point 8: **Thyroid / Parathyroid glands**

These glands play an important role in the development of the Child’s body. Under working of these glands leads to weakness, rickets convulsion, teeth problems, twisting of muscles, and so the development of child is retarded. Over working of these glands leads to over-growth – bulging of eyes, goiter, protruding adam’s apple and tendency to become a bully. It also helps build human qualities like love, affection, capacity for high thinking etc.

Point 9: **Spine**

It is backbone from head to tail. This is divided into 5 parts:

1. Cervical 7 parts separated with pad or disc.
2. Thoracic 12 parts separated with pad or disc.
3. Lumber 5 parts separated with pad or disc.
4. Sacral 5 parts separated with pad or disc.
5. Coccyx 1 part separated with pad or disc.

The Coccyx has 5 joints fused together as one. The spine is very important part of the body. The spine related common problems are – cervical spondylisis, Lumber spondylisis, prolapsed disc or disc-slip. Every one should press the sides of the Spine to keep the spine healthy and
specially when there is problem of spondylisis or disc slip.

Point 10: **Piles**

This point is located at the bending point of the wrist under the thumb in both hands and at the lowest portion of the heel in feet. This point gives relief in piles. For the bleeding piles both the points 10 and 16 should be pressed. This also works as 2 way switch. Toward thumb for piles and towards elbow for gas relief.

Point 11: **Prostate**

The point is located in males on the wrist and ankle towards thumb in both hand & feet. It is useful in Urine infection & inflammation, swelling in nerves, hernia, hydrocele, male problems and sexual desire. It balances heat in the body.

Point 12: **Uterus**

It increases ova, balances heat, controls sweating, regularizes menstruation, very important and useful point for females for sexual desire, white discharge & leucorrhoea.

Point 13: **Penis and Vagina**

The reflex point of reproductive organ is located below point No. 11 & 12 on hands & foot. This very important point keeps male & female organs healthy to have pleasant &
successful married life. This gives attraction against opposite sex. By pressing these points the males will not have the problem of disability and increase the erectibility & prevent semen discharge. In female it prevents leucorrhoea, white discharge, gives attraction towards males.

Point 14: **Ovary**

This point is located on the wrist in the line of smaller finger in both hands & feet. It regulates menstruation period, prevents white discharge & leucorrhoea.

The regular & proper function of this organ & gland helps in maintaining the heat of the body. It starts attraction towards boys at the age of 11 to 14 yeas depending on individual girls. It brings soberness in nature and voice. Its improper function ruins the married life, making it miserable for bearing child. Also it may be responsible for psychological problems.

Point 15: **Testes**

This is very important point in males, located on wrist towards smallest finger in both hands & feet. This gives attraction of a boy towards girls. It is responsible for nightmare, hydrocele, premature ejaculation, and semen's problem. Regulates body temperature. The proper function of this point makes happy married life with blessing of child.

Point 16: **Lymph**

This gland is very important point in the body located at
the center of the wrist in hands and in front of ankle in feet.

This is responsible for blood formation, nightmare, back pain, wound healing, arthritis & rheumatism, gout. Asthma, white discharge, leucorrhoea & tiredness.

This point must be pressed along with point No. 8 for any and all diseases. There should not be any pain. If there is needle like prinking pain, it may indicate for serious problems. This should be treated as main energy point.

Point 17 : Hip, Knee & Leg

This point is responsible for its organs. If it is divided in three parts, the upper part indicates leg, the middle knee and the lower part indicates hip point.

Point 18 : Urinary Bladder

This is responsible for less or frequent urination, urine infection, stone in bladder, bed-wetting in children. Also it helps better sexual life.

Point 19 : Small Intestine

It is responsible for stomach, gas formation and constipation, intestinal ulcer, for proper functioning of this point, the pit portion of the hand & foot should be rubbed. Pressed as tobacco is rubbed in hands. If there is ulcer, the point No. 16 also be pressed.
Point 20: **Large Intestine / Colon**

This point is useful for constipation, stomach, loose motion, loss of appetite, hernia, mouth smell, skin irritation, peptic ulcer, wound in the intestine. The foot point is more beneficial. In left foot press lower to upper and in right foot from upper to lower side of the points. This is also responsible to absorb vitamins B Complex and Vitamin C and proper carriage and movement of waste material received from small intestine.

Point 21: **Appendix**

It is reflex point for energy and vitality and anti-aging. The appendix is the tube at the joint of small and large intestine at the bottom right of the stomach. This is useful in allergy, gastric, joint pain, diabetes, acne. It keeps the function of large intestine in order.

Point 22: **Gall Bladder**

It is only one and situated slightly beneath liver on the right hand side of the body, behind bottom of the rib cage. Its function is to help the liver by storing and controlling the bile. This point is useful in vomiting, indigestion, mouth soreness, hair falling and frequent change in eyesight. It is very important point to control the anger and short temperament.

Point 23: **Liver**

Liver is one and situated in right side and the reflex point
is only in right hand & right foot. This is responsible for bile formation and supply to the digestive system. It keeps the stomach lubricated. It is useful in jaundice, diabetes, liver stone, indigestion, constipation, loss of appetite. The liver does not like anger and is fond of boiled food and sweets.

Point 24 : **Shoulder**

The reflex point is beneath the smallest finger in both hands and feet. This point can be divided in 3 parts. The upper is shoulder, middle is elbow and the lower part is hand. This is useful in cervical, dizziness, shoulder pain & frozen shoulder. Also useful in Eczema.

Point 25 : **Pancreas**

It is located in both hands & feet. This point can easily be traced in hands by folding the finger with loose grip below thyroid point No. 8, where the ring finger’s tip touches the hand, is pancreas. This produces Pancreatic Juice, which is very important for digestion of the food. Its insulin controls & balances the Sugar in the blood. It converts starch into glucose.

It is useful in indigestion, diabetes, low and high blood pressure muscular clotting and bad dreams.

Point 26 : **Kidney**

This is located in the rib cage in the line of elbow. The
reflex point can be located by folding the fingers. Where the middle finger tip touches on hand, is the kidney point. It is very important part of the body.

    It is the workshop in the body to clean & purify the blood. Healthy kidney controls the ageing and wrinkles on the face. The black spots appearing below the eyelids are sign of unhealthy kidney. It is responsible for back pain, diabetes, kidney stone, eye-problems, body swelling excessive uric acid, urea, skin diseases, lucoderma & epilepsy. It plays important role in sexual activities & courage, to control passion, desire, fear, bad dreams, selfishness etc. There is a saying if any body threatens a person to beat the reply comes as “let me see your dare as how big kidney you have”.

Point 27 : **Stomach**

    This receives the food and keeps in it for pre-digestion of the food for 2 to 3 hours. It is useful in chest trunk inflammation, indigestion. Stomachache, appetite, ulcer, loose motion, acidity, gastric and stomach stiffness.

Point 28 : **Adrenal**

    A cap type part on the kidney is adrenal. It balances almost all activities of the body. It is useful in bladder problem of urination, Excessive urination, high blood pressure, fat, Arthritis Nervousness & nervous weakness, breathing problem, joint pain, fever & cold. While treating adrenal, the point No. 8 and 28 also be treated in the beginning and at the end.

Point 29 : **Solar Plexus**

    This is very important point to manage the digestive system. If the solar flex is not at its place, it should be treated first, before starting any acupressure treatment. Disorder of solar plexus results stomachache, trunk burning, chest pain, tiredness, back pain, measles & chicken pox. The solar plexus is a “brain” hidden in the stomach.
Point 30: **Lung**

These large sacs are situated in the chest. The most obvious purpose of lung is to get Oxygen In & Carbon dioxide out. The lung creates and control mucous a necessary life substance. People who suffer from lung disorder often find themselves holding their breath or scarcely breathing at all. Chest congestion, cough & cold, sinus fever, Short breath are the results of lungs disorder. Walking bare foot is very useful for automatic acupressure of lungs.

Point 31: **Ears**

This point is useful in loss of hearing, deaf ness, ear
pain, irritation, ear wound, ear ringing. Pt. No.16 also be treated along with ear point.

Point 32: **Energy**

This is important point for energy & vitality. This is useful in tiredness. To slow down the ageing the center point in between wrist and elbow of right hand be pressed for 40 to 60 seconds once every day. This works as body charger.

Point 33: **Ear nerves**

This is responsible for nerves of the ears, swelling in ear and sides near the ears, dryness in the ears and ear pain.

Point 34: **Cold**

As its name represents, it is responsible for sneezing, cold & cough, nostril blockage, getting cold, sinus and bone extension in the nostril. To get better relief from above problems, the point No. 6,7,8 and the side & tips of all 20 fingers are pressed with hand or jimmy. The sides of the fingers are responsible for teeth problems & be treated simultaneously.

Point 35: **Eyes**

The root parts of the index and middle fingers in both hands and feet, making horseshoe shape represents the
eyes. This is responsible and useful for eye redness, cataract, and water in eyes, eye flue and all type of eye problems. If this point is treated regularly the eyesight can be improved and one can get rid off spectacles.

Point 36: Heart

This is very important part in the body situated on the left side in the rib cage. The reflex point is only in the left hand & foot. It works as pumping station to supply the blood in the body. Any disorder of the heart results short breathing, fast or slow palpitation, asthma, nerves stiffness, headache, hypertension, heart enlargement & blockage. This point should be pressed gently.

Point 37: Spleen

This is situated underneath the heart to have shortest distance from the heart. It works as treatment plant for the treatment of the blood. It burns the defective and dead blood cells.

Increases the red blood corpuscle (RBC). It is useful in Malaria fever, blackness under the eyes, body swelling, and excessive sleep ness after meals, excess urea, black fever, breathing problem, asthma, and stomachache. Also its turns the uric acid useful for digestion.
Point 38 : **Thymus**

This is natural-nature’s mother of children, responsible for over all body development. It gives energy to fight the body against diseases. It works for 15 to 16 years of age and disappears automatically. This is useful for fare complexion, energy and eyes twinkling.

**Method of Acupressure**

Before starting the acupressure, the following preparation will be more beneficial.

**Footbath**

Before starting the acupressure Footbath is to be done. This is nature-cure method. Hot water having comfortable temperature from 35 to $40^0$ C is taken in a bucket. A small teaspoonful of common salt is added to it. Both foot are put in the bucket. If water temperature comes down, more hot water is added to it, so much that it is tolerable to the body. The footbath is done for 5 to 10 minutes. During the process of footbath wet towel must be kept on the head so that head remains cool. In summer season, the fan is not to be used during the footbath. After 15 minutes the foot is to be cleaned / wiped with towel and covered with dry towel so that no external air come in contact for another 15 minutes, otherwise the blood in veins may freeze. Veins may become brittle.

**When Patient is bed-ridden**

The natural way of footbath as above may not be possible when the patient is bed-ridden. Under such condition the attendant or the acupressure therapist should wipe the hand and foot of the patient with towel wet in hot water and squeezed for 4-5 times. By doing this, the crystal at the acupressure points will be soft and will have less pain. The foreign / toxin material will be discharged easily and quickly. Thus acupressure treatment will give faster relief to the patient.
The following Precautions and Methods are to be followed while giving acupressure treatment:

1. The patient and acupressure therapist should not have projected nails. If so, it should be cut.

2. The patient shall lie peacefully on the bed. First of all the back of the head from where cervical point starts, be pressed around by thumb pressure to make the brain alert for acupressure.

3. Now rub/warm up any one foot sole and fingers. Warming up may be done dry or with any oil like sesame (Til) oil, coconut oil, olive oil etc. By warming up, the patient will feel lesser pain in acupressure process.

4. Start from the brain point No. 1, i.e. tips of the toe. Apply the jimmy or thumb pressure in such a way that the patient feels just a bearable pain. A pen or pencil can also be used to apply the pressure. This process shall be done for 15-20 times from 5 to 7 seconds. It shall be noted that the pressure is not applied on bones and it should be bearable.

5. After this press points No. 2, 3, 4, 5, 6, 7 i.e. one by one pituitary, pineal, brain nerves to neck all together as applied for point No.1 above. To press these points it will take 20-30 seconds. The intensity of pressure may be varied depending on the bearing capacity of patient.

6. Now give pressure clock-wise on point No. 8, thyroid and parathyroid, the most important point for the whole body activity. This is the complete raised area below the thumb root. Give one minute time at this point.

7. After this press point no. 9, 10 and 16 to 38. Here no sequence is required. This will cover complete sole reflex point for spine, lymph, knee, bladder, kidney, lever, gall bladder, pancreas, intestine, lungs, solar plexus, spleen, heart, energy points etc. Also press the lower parts of the finger, which will cover eyes, ears, cold sinus etc.
8. Now apply pressure on points no. 11, 12, 13 on inner side of the ankle and. It is to be noted that jimmy is not to be used here. Only thumb pressure is to be applied.

9. Now gentle pressure is to be applied on the upper part of foot at ankle joint. Also from side toe to heel. This will cover the, spine, lymph and reproductive organ points.

10. Now press gently the gap between toe and index finger, and between all fingers from finger roots to the ankle joint. These are called CHANNEL points.

   Special Attention is to be given on the points which are affected by cancer—such as, if liver or lung is affected, then liver pt. No. 23 (in right leg only) and 30.

   be pressed completely for longer period according to patients' bearing capacity. While doing the pressure on one foot, it may take 20 minutes and the patient may sleep let him/her sleep. Continue the acupressure gently.

11. Now take next foot. Rub/Warm up. Do the acupressure as already done for first foot. The acupressure therapist will have to devotion about 40 minutes time with great patience on both feet.

12. Repeat similar acupressure process on both hands. Palm, wrist channels and the sides covering all 38 reflex points. It will take 20 minutes.

13. Now the patient should lie down on the stomach. Apply oil on the back from neck to tail bone from cervical C1 to coyx on spine. Do acupressure from cervical C1 to coyx up & down by both thumbs one by one. Repeat this up & down process for 15 to 20 times. Also the sides of the spine should be rubbed up & down by thumb pressure. Spine roller (acupressure gadget) also may be used for spinal acupressure.

   If one cannot do acupressure with thumb and spine roller, then Wooden Bread Roller used in every kitchen may be used for spine acupressure. To apply oil on spine the
cloth of the patient will have to be removed. It is to be seen, therefore, if patient’s condition allows to remove the cloth, only then cloth should be removed. Otherwise acupressure can be done over the cloth. The acupressurist has to take decision depending on the condition of the patient.

The acupressure on spine will give faster relief on affected local organs.

14. LOCKING : After acupressure treatment is completed, Thyroid point on both hands should be locked, by pressing at the center (Pt. No. 8) for 30 seconds on each hand. By locking the affect of the acupressure will last long.

In this way the acupressure of all organs, glands and hormones of the whole body will be done. The patient may feel comfortable immediately after only one time acupressure. However, certain parts may have pain for 3-4 days. It is to be noted that it will always give benefits and no side effect at all.

I have written the acupressure method in quite detail, so that even a layman can start doing acupressure to the patient just by following the instructions in this book. However, in case of doubts guidance from trained acupressure therapist may be taken. I hope that the reader can do the acupressure confidently without any trouble.

**Acupressure- How many times and at what Pressure?**

If the patient is bed-ridden at least two times should be done. If two times is not possible to the near and dear of the patient acupressure should be done once in 24 hrs without fail.

The pressure, to do acupressure depends on the physical condition of the patient. The pressure applied should be bearable to the patient. This can be observed by
the face reading of the patient. Slowly and slowly the patient will start getting relief and the pressure can be increased day by day.

**Precautions**

It must be remembered that the jimmy or pencil should be used on palm and soles only. On other parts of the body thumb pressure should be applied gently. It is again mentioned that the person doing the acupressure and the patient, both should cut the nails properly. If thumb gets tired, then round handle side of the wooden bread roller may be used vertically, for acupressure on the sides of the spine and hips. The spinal cord is not to be pressed. However each and every joint of the spine may be gently rubbed across.
Almost all are nowadays aware of the benefits of Mudras, Yoga-Pranayama and Mudras for fitness and prevention of diseases. A very simple and general routine to maintain good health is given here based on important Mudras, Yogasanas and Pranayama.

Human body; like nature consists of five elements that are Fire, Air, Space, (Ether) Earth and Water. Health depends on the proper balance of these five elements. Five fingers of our hands represent these five basic elements. While doing pranayam, by folding and holding the fingers in a proper manner, the posture formed, can produce definite and specific effect on the body. While practicing mudras three things are essential. Asan, Pranayam and Dhyan, Asan or the sitting postures recommended for mudras are padmasana or Sukhasana. Exceptions to the sitting postures may be permitted only in cases the person can sit on a chair or lie down on a bed. In such case the effects would be reduced and it will take longer time to achieve results Pranayam means the span of life. The breathing should be deep and systematic. It helps the body to absorb maximum oxygen. It should be performed by both hands and should be practiced for 45 minutes regularly.
1. **Gyan Mudra** :- (Meditation pose) simply touch the thumb with the fore finger (Tarjani) keeping the other fingers reasonably straight. This mudra strengthens the whole nervous system, increases the brain power, mental concentration, memory and cures the problem of sleeplessness, tension, anger etc. its regular practice will remove all the problems of brain.

2. **Aakash Mudra** :- Touch the tip of the middle finger with the tip of thumb; keeping other fingers reasonably straight – By its regular practice the weakness of bones will be removed. This mudra is very effective in heart – problems, very help full in lock – jaw and many diseases.

3. **Prithvi Mudra** :- (Earth) Touch the tip of the ring finger (Anamika) with the tip of the thumb. It cures weakness of the body and the mind. It increases life force (chetna) and gives new vigour to an ailing person. It also gives peace of mind.

4. **Varun Mudra** :- By touching the tips of small fingers and thumb together forms Varun mudra. It cures impurities in blood, skin problems and makes the skin smooth & soft. It helps in removing excess heat of the body and is also effective in removing excess thirst. It cures skin diseases and provides protection to wrinkling skin.

5. **Vayu Mudra** :- Fold the fore finger (Tarjani) such that the tip touches the root of the thumb. Now fold the thumb over the folded forefinger so that fore finger does not lose contact with the root of the thumb. Keep other fingers straight. This mudra controls wind in the stomach and the body. It helps to get rid of wind (Vayu) based ailments such as Paralysis, aches & Pain due to wind, Tremors etc.

6. **Shunya Mudra** :- Fold the middle finger so that the tip touches the base of the thumb
and pressit with the thumb. This mudra is very beneficial for those who are hard of hearing. It helps in curing earache, deafness, vertigo etc. This mudra can increase hearing power if regularly practiced over a period of time.

7. **Surya Mudra :-** Bend the ring finger so that the tip touches the root of the thumb. Now fold the thumb over the front part of ring finger, so that the tip of the finger does not lose contact with the root of thumb. Regular practice of this mudra helps is reducing accumulated fat. By reduced weight one is relieved from tension. It also helps in reducing increased cholesterol in the body.

8. **Jalodar Mudra :-** Fold the small finger (Kanishka) in such a way that it touches the root of the thumb then press the small finger with the thumb in such a way that the small finger does not lose contact with the root of the thumb. Keep other fingers straight. It is very beneficial for Jalodar disease. This should be practiced till the disease is cured.

9. **Pran Mudra :-** (Life energy) Touch the small finger and the ring finger so their tips touch the tip (front edge) of the thumb, keep other fingers straight. Regular practice of this mudra enhances the life force and strengthens the immune system of the body. It helps in increasing the eye sight. The deficiency of vitamins is compensated by this mudra.

10. **Apan Mudra :-** Touch the tips of the ring finger (Anamika) and the middle finger (Mudhyama) with the tip of the thumb. Keep other fingers straight. This mudra purifies the body and helps in removing all foreign as well as unwanted fluid from the body. Regular practice of this mudra will help in indigestion & Piles. For diabetic regular practice will help in curing problems of mouth, nose, eyes, ears etc. in natural way.
11. **Ling (Shiv) Mudra** :- Join both the palms and inter lock the fingers, keep the thumb of the left hand vertically straight and encircle it with the fore finger and the thumb of the right hand. It increases the resistance power of the body against cold. It produces heat in the body and is excellent for eliminating cold.

12. **Shankh Mudra** :- Enclose the left thumb in the palm of the right hand. Now with the tips of all fingers of the left hand touch the tip of the right hand thumb. This mudra is very effective in removing speech defects like stuttering and stammering. It improves digestive system. By regular practice it produces attractiveness in voice.

13. **Dhyan Mudra** :- Simply keep right hand palm on left hand palm. Remember to keep your neck, hand and back bone straight. Eyes and mouth will be shut in normal way. This mudra helps in getting peace of mind and helps to concentrate in the prayers of God.

14. **Mahapran Vayu Mudra (Life Span Enhancer)** :- Bend the index fingers over thumbs and touch the tip of index finger on the 'V' formed by thumb and index finger and press it with thumb. This increases breadth length to maximum and reduces the breathing frequency by 15% approximately. In otherwords it can increase the life by 15% for the period this mudra is practiced. This is very useful in suffocation and asthmatic condition; hence it is called mahapran vayumudra. It is highly effective as first-aid. If the V formed with big toe's and first toe's of both legs is pressed simultaneously in emergency of breathing problem, it would be very beneficial.
Yogasana

**Shalabh Asana**
(Locust)

**Sarpa Asana**
(Snake)

**Nauka Asana**
(Boat)

**Hal Asana**
(Plough)

**Paschimottam Asana**

**Pawanmukta Asana**

**Dhanur Asana**
(Bow)

**Chakra Asana**
Yogasana & Pranayama

Meru Dand Asana
(Spinal Twist)

Cycling

Shav Asana
(Corpse)

Vajra Asana

Pranayama/Lahsun
Pranayama

Neha Dubey
Besides being healthy physically, we must keep ourselves healthy mentally and emotionally. Deep Breathing changes our mood to a relaxed state. Forgiveness keeps us mentally and emotionally healthy. Simple meditation of watching one’s own breathing has a high calming effect.

Pressing particularly, the acupressure reflex point Nos. 2, 3, 4, 8, 16, 25, 28, 37 and base of middle toe in both feet gives calming and healing effect in Stress, Tension, Fear & Phobias, Habit of stealing, Fear of Examination, Stage Fright and Depression.

In addition to the above reflex points, the following Meridian Acu Points are worth pressing for mental and emotional fitness:
- Liv 2 for anger management
- Sp2 for agony management
- Lu10 for management of sadness
- Lu 3 to treat forgetfulness
- H 3 produces joyful effect
- H7 Fear of Examination and Stage Fright
- K1 and Li 11 for Mental Shock
- H7, UB 67 and P8 to improve inter-personal relationship
- CV 17 to treat pant up emotions
- GB 20 for Depression

(Find maridian acupoints at www.acuxo.com)
Part – III

Cancer
Prevention & Cure
CANCER & ITS CAUSES

The cancer exists since the human being on the earth. According to astrology it is one of the 12 stars; hence it has 12th share on the whole universe. It was not a disease and it was friendly on the earth, till the environment was favourable. It’s shape of crab, given in astrology, is in true sense. If the cancer is dissected or gets even minor cut it spreads just like its shape, in all directions. It exploded in the second half of the 20th century.

What is Cancer?

The word cancer is derived from Latin for CRAB, Hindi KARKA or KEKRA, Greek–new growth. It is a collection of toxic cells in the body. The toxic cells are always developing in the body. It is an ongoing process. The Immune System has components whose job is to seek it out and destroy the cancer cells. Cancer tumors begin when more cancerous cells are being created than an overworked, depleted Immune System can destroy. Constant exposure to thousands of chemicals from birth onward, electromagnetic radiation, air and water pollution and other toxins leads to the creation of too many free Radicals and excessive number of cancerous cells. This alone would be enough to raise cancer level but combined with an Immune System weakened by a diet of refined and over processed food, mineral depleted soils, and too much light, the Immune System becomes overwhelmed. As a result of all this stress on our body and the over loading of toxins, there is malfunctioning of Immune System and the body is not capable of destroying the excessive number of cancerous cells that
develop. Some cancer cells, sooner or later, survive and multiply. The more spread over cancer there is, the more serious is the condition. Much has to be done fast.

**Causes of Cancer (Internal Environment):**

1. **Low Oxygen Level**

   Oxygen is the life of all creatures including mankind. The body is formed from number of cells. Each and every cell in the body will survive and remain healthy when it gets more than 60% of oxygen. The oxygen level in environment is going down due to pollution causing health hazard. The prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by fermentation of Sugar. All normal body cells meet their energy needs by respiration of oxygen, where as Cancer cells meet their energy needs in great part by fermentation. In 1931 Dr. Warburg won his first Nobel prize for proving “Cancer is caused by lack of oxygen respiration in cells”.

   Some causes of poor oxygenation include a build up of Carcinogens and other toxins within and around cells, which blocks and then damages the cellular oxygen respiration mechanism. Clumping up of red blood cells slows down the blood stream and restricts flow into capillaries, which also causes poor oxygenation. Even lack of the proper building blocks for cell walls, essentially fatty acids, restricts oxygen exchange. Dr. Warburg and other scientists found in their research that the respiratory enzymes in cells, used to make energy aerobically, die when cellular oxygen level drops. “When this happens, the cell can no longer produce energy aerobically. So if the cell is to live, it must, at least partially ferment sugars, producing energy aerobically. Fermentation allows these cells to survive but they can no longer perform any function in the body. Consequently, these cells only multiply and grow which may become cancerous in order to survive. Pietro Gullino at the National Cancer
Institute confirmed this by a test, which showed that the slow growing cancer always produced fermentation lactic acid. A biochemist Mr. Silvio Fiala, from the University of Southern California, also confirmed that this slow growing Cancer produced lactic acid and that it’s oxygen respiration was reduced.

The lactic acid is toxic and helps to prevent the transport of oxygen into neighbouring normal cells. Over a time as these cells replicate, the cancer may spread if not destroyed by the Immune System. When the Immune System cannot kill the cancerous cells faster, then they develop faster and one gets cancer. Thus the fundamental cause of cancer seems to be, that some cells in the body become poorly oxygenated from too many toxins, poor quality cell walls, lack of circulation and any thing else that causes too little oxygen to get into cells. When newly formed cells suffer a 35% or more decrease in oxygen their Respiratory Enzymes become permanently damaged. Chemotherapy and Radiation are used because cancer cells are Weaker than normal cells and therefore may die first. However, Chemo and Radiation damages respiratory enzymes in healthy cells and overloads them with toxins, so they become more likely to develop into cancer.

2. High Acidity

High Acidity fastens the development of cancer, whereas the alkaline environment keeps the body Cancer free. Cancer cells produce Lactic Acid as a by product of fermentation which makes them highly acidic. Making the body more alkaline is of benefit in fighting cancer. Unfortunately most of the foods and drinks we take, are acidic. The Colas and other soft drinks are highly acidic. As many times we boil the milk, every time its acidity is increased, more the acidity, better is the environment for cancer cells to grow in.

According to Keiichi Morishita in his book “Hidden truth
of Cancer” if blood starts to become acidic, then the body deposits the excess acidic substances in cells so that the blood will be able to maintain a slightly alkaline condition. This causes those cells to become acidic and toxic, and causes a decrease in their oxygen levels. In due course of time these cells increase in acidity and some deplete these dead cells themselves turn into Acid. Some of these acidified cells may survive becoming abnormal cells called Malignant Cells. The Malignant cells do not correspond with brain function, nor with our own DNA memory code. Therefore malignant cells grow indefinitely and without order. This is cancer.

Sang Whang has written in his book-Reverse Aging, that toxins are acidic. If the blood is already too acidic, the body must take the toxins out of the blood and deposit them in cells to keep the right pH value of the blood. It cannot release toxins into the blood to detoxify the cells, when the blood is too acidic. In due course of time such acidic poorly oxygenated cells turn Cancerous.

3. Fungal Infections

Control of Candida fungal infection may potentially hinder the development of cancer in the body. The fungal infection may cause or at least contribute to the development of cancer. It badly effects the immune system in the body, it EXCRETE TOXINS that further weaken and harm the body. The major waste product of Candida is ACETALDEHYDE WHICH PRODUCES Ethanol. Ethanol can cause excessive fatigue reduces strength and stamina. It also destroys enzymes needed for cell energy, and causes the release of free radicals that encourages the aging process. Ethanol makes it difficult to absorb Iron and hence the Iron is reduced in the blood.

Test to Determine Candida Overgrowth
1. Take a clear glass of water in the morning. Better keep
it on the bed side at night to make it readily available in the morning.

2. Just after getting up in the morning make a bit of saliva in the mouth and then spit this saliva into the glass of water.

3. Check the water every 15 minutes or so, for up to one hour.

**There will be Candida yeast infection if:**

(a) A string like legs is traveling down into the water from the saliva floating on top of the water.

    OR

(b) Cloudy saliva sinks to the bottom of the glass.

    OR

(c) Cloudy specks seems to be suspended in the water.

If nothing of the above is seen developed in 30 minutes, then there is no Candida yeast infection. The fungal infection causes LEUKEMIA. Author Doug Kaufmann asserts that fungi in foods may play a role in Cancer. Food grains such as Corn, Wheat, Peanuts etc. are commonly contaminated with cancer causing fungal poisons called MYCOTOXINS. One of them called Aflatoxin, just happens to be the most Carcinogenic substance on the earth. He says that, on an average, we consume 0.15 mg to 0.5 mg of Aflatoxin per day. It is not only sugar but also sugary grains develop the fungal toxins.

**Role of Antibiotics**

The use of antibiotics destroys the normal protective gut bacteria. This allows the intestinal yeast and fungi to grow unchecked. Ultimately this results in Candida overgrowth. This can lead to immune suppression, symptoms of any autoimmune disease or even cancer. If
the onset of any symptom or disease, including cancer, was preceded by a course of antibiotics, then look for fungus to be at the root of your problem.

4. **Low Immune system**

The immune system plays very important role to play to fight with any disease. It must become worn out, infected and unable to deal with the cancer cells before cancer takes hold and thrives. So it is very important to strengthen the immune system so that it can better fight cancer, specially if one is getting medical treatment that wipe out the immune system and make body more ACIDIC to boot. Some natural supplements are better than others at supporting the immune system and creating health in the body. Amla and Mushroom like things are good natural supplement to strengthen the immune system.

5. **Excessive free Radical Damage**

Excessive free radical damage in cells harms the DNA and causes some cells to mutate into cancerous cells. This would be a contributing factor to some of the other conditions that causes the cancer. Undoubtedly free radical scavengers play a role in fighting cancer.

It is, therefore, a must to control the excessive free radical damage for which more Antioxidant be used.

**Effect of Chlorine: Cancer & Heart Disease**

Chlorinated water is a very good friend of Cancer

The research team of medical college of Wisconsin U.S.A. has found that the chlorinated water has an association with cancer. According to U.S. Council of Environment Quality, cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine. Also it may cause heart attack and stroke. Dr. Price has studied two groups of hundreds of chickens and observed throughout their span
and maturity. One group was given chlorinated water and other plain water. The group with chlorine showed some level of heart disease in every specimen & the group without chlorine had no incidence of disease. The group without chlorine grew faster, larger and displayed vigorous health. This study was well received in the poultry industry, and is still used as a reference today. As a result most poultry farms use dechlorinated water. When chlorine is added to water, it combines with other natural compounds to form TRIHALOMETHANES (THMs) the chlorination by products. These chlorine by products trigger the production of free radicals in the body causing cell damage and are highly Carcinogenic. “Although concentration of these carcinogens (THMs) are low, it is precisely these low levels that cancer scientists believe, are responsible for the majority of human cancers in the United States” (Reference – the Environmental Defence Fund). Dr. Robert Carlson, a highly respected researchers of university of Minnsota sums it up by claiming “Chlorine is the greatest crippler and killer of modern times.”

Breast Cancer

The study shows that every eighth woman in North America is affected by breast cancer. The chlorine compound has been found in the breast tissues. It is not just drinking chlorinated water, which is the problem. A warm shower opens up the pores of the skin. This allows for accelerated absorption of chlorine and other chemicals in water. The steam we inhale while showering can contain upto 50 times the level of chemicals than tap water. This is due to fact that the chlorine and most other contaminants vapourise much faster and at lower temperatures than water. Inhalation is a much more harmful means of exposure; since the chlorine gas (chloroform) we inhale goes directly into our blood stream.
6. Low Enzymes levels

The low Enzyme levels make good environment for cancerous cells to grow. Some doctors in United States have used the enzyme therapy with good results against cancers in Europe and.

The major reason for the enzymes level depletion that we eat mostly processed, irradiated and cooked food.

Our digestive system is designed to process raw food, for that reason the design of teeth is, to bite and crush the raw food. The raw food has sufficient enzymes in it. This enzyme helps to break down the food in the upper stomach where it stays for 30 to 45 minutes and predigest the food before it moves ahead to lower stomach. Hence the pancreas excretes more enzymes for digestion. When we eat cooked, irradiated and processed food, the enzymes already have been killed. Due to this reason the food does not predigest in the upper stomach. So when it reaches the lower stomach two things happen i.e the pancreas make extra enzymes to try and break down the food. Often the food is partially digested. The pancreas, after decade of working, is no longer able to produce an adequate supply of enzymes. So we develop Low Enzyme Level and our body cannot naturally kill cancerous cells.

In addition the food that is not completely digested often makes its way into the blood stream, especially if there is leaky gut syndrome from Candida overgrowth. Cells cannot absorb this partially digested food, so it is treated as a Toxin. The immune system has to get rid of this toxin, putting an additional strain on it.

Enzyme Supplements

It is better to take good quality enzyme supplement before the meals to digest the protein, fat, carbohydrate in the food. This helps to break down food in the upper stomach so that
the pancreas does not have to produce extra enzymes.

Enzymes taken in empty stomach will go into blood stream and clean the blood. In this process it may digest and kill the cancer cells. The enzyme does another important work to unstick the stuck Red Blood Cells (RBC). The stuck, clumped up RBC clusters clog up capillaries and reduce blood circulation. Due to this the cells cannot oxygenate properly leading to cancer cells formation. The cancer tumors produce a thick FIBRIN PROTEIN. The large amount of enzymes high in protease break down the fibrin and dissolve its coatings.

7. Low body Energy

The conditions leading to cancer can also be viewed energetically, low the energy, lower the vibratory levels of the cells. The cancer cells have much lower levels of vibratory energy. Therefore, for a cell to turn cancerous its vibratory energy must be low. The research has shown that raising the energetic level of the body helps it better to deal with cancer. So increase body energy.

Simple ways to increase energy

Drinking plenty of water: The water will work to raise the energetic level of the cells in the body.

**Magnetized water:** The suitably magnetized water with high power magnets also raise the vibratory levels in the body.

Charged Water: Copper, Silver, Gold & Iron charged water increases the vibratory level in the body faster & higher to kill the cancerous cells. So higher the vibratory levels in the body, healthier the body is. There are lesser chances of cancer to develop.

**External Environment**

1. **Tobacco**

   Smoking or regularly exposed to tobacco smokes is
responsible for one third of all cancer deaths and accounts for over 85% of all lung cancer deaths. The chance of getting lung cancer in those who smoke one packet a day is TEN times higher than non-smokers. The cigarette smokers also become more prone to other types of cancers like mouth cancer, larynx, esophagus, stomach, colon, liver, kidney, bladder, prostate, and cervix.

2. **Alcohol**

Alcohol edict persons are more prone to cancer of the mouth, throat, lyrics, and esophagus.

The persons who take alcohol and smoke heavily are having much greater risk of these cancers. Even moderate drinking may increase the risk of breast cancer.

3. **Diets, junk foods and drinks**

The intake of heavy fat diet increases the risk of prostate and ovary cancer. Excessive over weight may lead to breast & pancreas cancer. The processed, canned food has lost the enzymes and so the bottled cold drinks, have chemicals. In take of such foods causes the development of cancer.

4. **Radiations**

Our body can accept the normal seven colour rays of the sun. It is well known that ultraviolet radiation from the sun causes premature aging of the skin and excessive exposure, leads to skin damage which can ultimately lead to cancer.

**Infrared Lamps**

If used from close distance of less than 18” and for longer time, it may cause the cancer in due course of time. By radiation from ultrasound, X-rays, C.T. Scan etc. the cells are damaged. It can cause cancer to the organ, which is exposed repeatedly by medical procedure of radiation. Radiation from Television watched from less than 10 feet may also cause cancer.
5. **Chemicals**

Long term exposure to chemicals, patrol, diesel, paints, varnish and pesticides can increase the risk of cancer. Certain metals, materials such as rickets cadmium, Vinyl chloride, benzidine and benzene carcinogens can cause the cancer. These may act alone or along with another carcinogen such as cigarette, smoke, to increase the risk.

**Special Causes of Cancer in Women Breast Cancer and Uterus Cancer.**

Cancer in women is as high as 70%. Women are generally teetotaler. They neither smoke nor take alcohol or drugs. Then why cancer in women is so high compared to men? Is it because of their negligence, helplessness or modern fashion? Yes. These factors have great contribution to develop cancer in women.

**Women Generally Suffer From: -**

1. **Breast Cancer**

   Breast is a private part of the body & carelessness in its look after causes CANCER. Cancer in ladies can be due to one or more reasons as follows:

   (a) **Non-Breast Feeding**

   In fact such women are lucky who are Gifted by the Nature / GOD with the mother-hood & have sufficient milk for their infants to feed. This is also a fact that mother’s milk is ELIXER for the infant, which also provides power for their Growing & strong bodies. Breast-feeding also help the infants from dreaded diseases like CANCER & AIDS by increasing life long body resistance power against diseases. Excess secretion of Breast-milk, remaining unconsumed also carries Cancer. It is very unfortunate that modern women dislike Breastfeeding thinking that their Breast figure will be disfigured. No, this is not at all a justification. In this way such women not only do the injustice to her child but
also attract CANCER. Unused milk causes GALACTOCELE in the Glands, which may develop Cancer comparative to the other women who feed breast milk timely.

(b). Breast Cancer In Other Than Married Women

Chances of cancer are less in married women provided they take care of their breast as an important part of the body.

(c). Breast Cancer In Unmarried / Old Women/Widows

Such women become very careless about their Breast, assuming that their Breast part of the body is of no-use. Hence they neglect their part i.e. maintaining & cleanliness, so this also becomes one of the causes of CANCER.

Bra: A Good Friend of Cancer

From the age of 15-16 years till old age women use BRA. With the passing of time use of BRA has become a fashion & a thing of attraction. To keep the figure more attractive. Girls/Women are using BRA with TIGHT STRIPS. In this way there will be undue excessive pressure over the part, which causes obstacles in BLOOD CIRCULATION with the result there becomes a MASS OF BLOOD in the body which later on develops into CANCER. In the race of fashion they wear NYLON / SYNTHETIC bra instead of cotton BRA. Nylon or Synthetic material restricts fresh air to enter in the entire body. This practice causes MAL-ODOR OF SWEATING in the body part & helps in developing MASS OF BLOOD and the part becomes sensitive & weak.

This fashion (use of Bra) has come from Europe. Now use of Bra in foreign Countries is being avoided / or given up but in India its use is manifold. If the women in INDIA could give up its (BRA) use and at least use BRA with proper dimensions, as per the Size of the Body figure. (If this advice is taken by ladies), then the rate of increasing percentage in cancer can be diminished to a great extent. This is a
serious matter and ladies of modern societies have to decide whether to give up its use or not.

2. **Uterus Cancer.**

The other main CANCER in women is UTERUS CANCER. Nature has constituted UTERUS with outer skirt of reproduction system i.e. urination system. There are very much chances of infection and the reasons are as under:

2.1 **Infection**

Working women are away from their houses for a several hours together & during the period they have to pass urine in the community TOILETS. Toilets being used are common cause of infection to VAGINA & its attached systems. This infection turns into skin diseases & further can develop in the shape of disastrous CANCER.

2.2 **Carelessness In Menstruation Period:**

Generally women use un-hygienic clothes / pads during this period which also causes cancer.

2.3 **Leucorrhoea/Syphilis:**

Such diseases may cause cancer if not treated timely.

2.4 **Injury Due To Blow:**

If there is a hit or blow over uterus / vagina, then there becomes a MASS OF BLOOD; in future this can also be a cause of CANCER.

2.5 **High Heel Shoes:**

Generally small stature women put on high heal shoes. By virtue of this there is rubbing of thighs, which cause infection & leads ultimately to Cancer in some cases.

2.6 **Under Garments:**

Hard and tight synthetic cloths under garments can create rubbing on internal parts causing cancer in future. Therefore, the women should wear good quality soft cotton cloth’s undergarments.
2.7 Stopping Nature’s Call: (Toilet & Urination)

A large population living in villages and in the slums of towns does not have lavatory facilities (toilets) at their living place. These people use open fields for toilet purpose. Due to shyness women normally go to open fields when it is still dark. During day time they prefer to tolerate (avoid) using open field. Stopping the bowel movement and urination becomes a part of their habit. In this way they start suffering from constipation and gastric problem. I have found many women who used to go to toilet in 48 hours; even in 72 hours. Men are not exception. They too come under this category. Stopping the bowel movement causes gas and acid formation in the body making the blood toxic. This gas may press the organ(s) where ever it gets accommodation; causing diabetes, blood-pressure, headache, migraine, backache, arthritis, the problem of digestive system, respiratory and reproduction system. This way, there is risk of cancer of different organs. Ultimately it may cause failure of nervous system and paralysis stroke.

*DISEASES ARE OUR OWN CREATION – NOT GOD'S*
The growth of cancerous cells in the body have one or more of the following symptoms; giving the warning signals.

1. Thickening or lump in the breast or any part of the body.
2. Change in bowel (stool) and bladder (urine) habits.
   There may be diarrhea or constipation and blood in stool/urine.
3. Unusual discharge of blood from breast or any other part of the body.
4. Unhealing sore/wound & getting enlarged.
5. Uneasy breathing, throat swelling, difficulty in swallowing and drinking water/liquid.
6. Lack of appetite, feeling full stomach without drinking/eating.
7. Change in voice, nagging cough or hoarseness.
8. Cough/Sputum with blood.
9. Pain at lymph reflex point of acupressure at the centre point of the folded line of the wrist in both hands.

By acupressure method a cancer can be suspected/detected within 7 days.

If one is having any of the symptoms or any other unprecedented physical changes he/she should immediately consult the doctor. The above symptoms may not be due to cancer only but also may be due to fibroids/tumours. At the early stage the cancer may not pain.
Whenever there is doubt due to any of the symptoms, one should get it diagnosed by doctor/hospital conducting the cancer tests. There are times when cancer can be detected before the symptoms begin to show. After the symptoms appear there are tests to determine whether there is cancer and at what stage it is.

Modern method of Tests

1. **Lab Test**
   Blood, urine, sputum, cough, etc. can be tested to ascertain whether there are any tumour formation in the blood tissues,. The tumour levels may be abnormal if certain types of cancer are present.

2. **X-Ray**
   X-Ray is most common method to view organs and bones inside the body.

3. **CT or CAT**
   A computed tomography scan is used to get a lot of X-Ray pictures to view the organs and bones.

4. **Radio Nuclide Scanning**
   In this method the patient swallows or receives an injection of a radio active substance. The machine scans radioactivity levels in certain organs and prints a picture on a paper or film. The doctor can spot the area of cancer or abnormal growth. After test the patient’s body quickly eliminates the radioactive substance.
3. Ultra Sonography

In this method the echoes of high frequency waves produce a picture, called sonogram in the body. These pictures monitor like T.V. screen and can be printed on paper.

Biopsy

This is most common method used to make correct diagnosis of whether a patient has cancer or not. A sample of tissue is taken from the affected area and sent to pathologist for examination. Endoscopy is also done in some cases to see inside the body through a thin, lighted tube. The endoscopy allows the doctor to see in what is going on inside the body. Accordingly if necessary, they may take sample for biopsy from there.

Prognosis

This process does staging of cancer. Any further medical action or treatment depends upon the stage which determines how far the cancer is spread.

M.R.T.

The magnetic resonance test is modern method of test to detect the cancer with lesser side effects.

Alternative Method: Diagnosis with Acupressure

The acupressure is very simple and non-expensive method by which one can detect the cancerous growth in particular organ/part of the body. One has to know the acupressure techniques. Though the acupressure is oldest technique it could not be utilized to maintain the health, protect, prevent and treat the different diseases in the body. If this technique is properly understood and applied the diagnosis can be accurate and confirmatory. If there is pain on particular organ’s reflex points on hand and foot; local
points on body, on and around the spinal cord and also at LYMPH point no.16 on hands, then there is cancer. It can be diagnosed as follows:

<table>
<thead>
<tr>
<th>S. Organ Tumor/Cancer No.</th>
<th>Pain at Reflex Pt</th>
<th>Pain at Lymph Pt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Brain Tumour</td>
<td>1, 2, 3, 4, 5, 8</td>
<td>——</td>
</tr>
<tr>
<td>1a. Brain Cancer</td>
<td>1, 2, 3, 4, 5, 8</td>
<td>16</td>
</tr>
<tr>
<td>2. Mouth/tongue/throat neck Fibroid</td>
<td>6, 7, 3, 4, 8</td>
<td>——</td>
</tr>
<tr>
<td>2a. Mouth/tongue/throat Cancer</td>
<td>6, 7, 3, 4, 8</td>
<td>16</td>
</tr>
<tr>
<td>3. Left breast lump Tumour</td>
<td>Back channel of left hand, 8</td>
<td>——</td>
</tr>
<tr>
<td>3a. Left breast Cancer</td>
<td>Back channel of left hand, 8</td>
<td>16</td>
</tr>
<tr>
<td>4. Right Breast lump Tumour</td>
<td>Back channel of Right hand, 8</td>
<td>——</td>
</tr>
<tr>
<td>4a Right Breast Cancer</td>
<td>Back Channels of Right hand, 8</td>
<td>16</td>
</tr>
<tr>
<td>5 Wind pipe &amp; Food pipe Tumour</td>
<td>6, 8, 27</td>
<td>——</td>
</tr>
<tr>
<td>5a Wind pipe &amp; Food pipe Cancer</td>
<td>6, 8, 27</td>
<td>16</td>
</tr>
<tr>
<td>6 Lungs Tumour</td>
<td>30, 8</td>
<td>——</td>
</tr>
<tr>
<td>6a Lungs Cancer</td>
<td>30, 8</td>
<td>16</td>
</tr>
<tr>
<td>7 Liver and Gall Bladder Tumour</td>
<td>23, 22, 8</td>
<td>——</td>
</tr>
<tr>
<td>7a Liver &amp; Gall Bladder Cancer</td>
<td>23, 22, 8</td>
<td>16</td>
</tr>
<tr>
<td>8 Small Intestine Tumour</td>
<td>19, 8</td>
<td>——</td>
</tr>
<tr>
<td>8a. Small Intestine Cancer</td>
<td>19, 8</td>
<td>16</td>
</tr>
<tr>
<td>No</td>
<td>Organ</td>
<td>Type</td>
</tr>
<tr>
<td>----</td>
<td>------------------------</td>
<td>------------</td>
</tr>
<tr>
<td>9</td>
<td>Large Intestine</td>
<td>Tumour</td>
</tr>
<tr>
<td>9a</td>
<td>Large Intestine</td>
<td>Cancer</td>
</tr>
<tr>
<td>10</td>
<td>Uterus/overy</td>
<td>Tumour</td>
</tr>
<tr>
<td>10a</td>
<td>Uterus Overy</td>
<td>Cancer</td>
</tr>
<tr>
<td>11</td>
<td>Prostate, Penis</td>
<td>Tumour</td>
</tr>
<tr>
<td>11a</td>
<td>Prostate, Penis</td>
<td>Cancer</td>
</tr>
<tr>
<td></td>
<td>Penis/vagina</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Spleen</td>
<td>Tumour</td>
</tr>
<tr>
<td>12a</td>
<td>Spleen</td>
<td>Cancer</td>
</tr>
<tr>
<td>13</td>
<td>Blood</td>
<td>Cancer</td>
</tr>
<tr>
<td>14</td>
<td>Bone</td>
<td>Cancer</td>
</tr>
</tbody>
</table>

Note:

1. The spleen point No. 37 of hand and foot may pain in tumour as well as in cancer.
2. Local reflex points on spinal cord may pain for individual organ’s tumour or cancer.
3. You will see that it is point no.16, the Lymph, which will have pricking, or pinching pain if it is Cancer in the body. It is evident that the Cancerous cells due to root cause will remain and grow and reoccupy in due course of time. Recurring chances may be from 90% to 100%.
1. **Radiotherapy**

This is radiation method in which high-energy rays are used to kill the Cancer cells. It is used as a primary treatment to Cancer, instead of surgery. Radiotherapy can be used alone or along with other treatments. The doctor will go for Radiation first rather than Surgery. Radiotherapy is also done after Surgery to kill the remaining Cancerous cells. This therapy can be done both externally and internally. In external radiation the patient need not stay in hospital. The cancerous portion is treated with machine through the sealed needles or wire.

**Side Effects**

Some of the side effects of radio therapy depending on the treatment and body parts are as under: -

♦ Patient feels extreme tiredness.
♦ The skin in the treated area gets burning effect and becomes permanently dark.
♦ The skin become dry, red, tender and patient may have itching.
♦ It may decrease the number of white blood cells (W.B.C.) in the body.
♦ It may make temporary hair loss.
♦ There may be loss of appetite and indigestion after radiotherapy.
♦ It creates nausea and vomiting.
While killing the Cancerous cells, it kills good and healthy cells also; as both can not be separated; To understand this effect, if I burn something keeping in hand, the hand also will burn along with the thing.

**Important**

Radiotherapy alone cannot give permanent cure. As supply from inside the body and the toxic cells will continue to collect at the affected location, the radiotherapy will be required again and again. The requirement of radiation may be for longer period at certain interval or even it may be endless.

2. Chemotherapy

   In this therapy one or combination of drugs are used to kill the cancer cells. It can be done before or after the Surgery. Chemotherapy is usually done in cycles, in which the treatment is given for a fixed period - for few days to few weeks. The cycle is repeated. It depends on the health of the patient Anti Cancer drugs are given through intravenous injection, muscle or under skin. Drugs are also given orally.

**Side Effects**

   Its side effects depend mainly on the drugs and its doses a patient receives. Some of these are as under: -

1. It may create nausea and vomiting.
2. Hot flashes.
3. Loss or change in appetite.
4. Exhaustion.
3 Bone Marrows Transplantation (B.M.T.)

It provides the patient with healthy cells which are immature and grow into healthy blood cells. It induces the effect of radio and chemotherapy. It is done as under:

3a. Autologous Transplants

In this the patient's own cells saved earlier are transplanted.

3b. Allogenic Transplants

In this same donor's cells are transplanted in the patient.

3c. Syngeneic Transplant

In this cells from identical twins are taken and transplanted.

Side Effects

1. High risk of infection.
2. Nausea and vomiting.
3. Fever in early days of transplantation.
4. Bleeding.
5. Patient received donated bone marrows may get graft Versus - Host Disease (GVHD). It may occur any time in future also.
The Patients, who have already taken the treatment from Allopathic, Homeopathy, Ayurvedic and other conventional methods; but have not got any relief, if they follow my advice on diet regulation, magnet therapy, nature cure and acupressure treatment, will definitely get relief from pain. If patients can not survive at least will not have painful days for the rest of their life. The quality of life will improve. The details of acupressure methods and precautions are given in separate chapter.

"Fight, not Fright, is the answer for Cancer & AIDS"

– Dr P.N. Dubey
(A) Healing Power of Air: Oxygen in Pure Air purifies the blood cells making them healthy enough to generate energy and strength. It leads to healthy immune system and enhanced bio-energy thereby increase the resistance power against any disease including cancer. In the cases of cancer, the requirement of pure air through deep and full breath as well as through various Pranayama and particularly Lahsun Pranayama/Garlic Breathing are of immense value.

(B) Healing Power of Water: Water dissolves various toxins in the body and expels through sweating and urine etc. making the body clean and disease free. Use of water as given in Chapter Be Healthy Naturally with Water at Page No. 19 is a boon for the cancer patients.

(C) Healing Power of Diet:

(i) Carrot: Eradication of Cancer from the face of the earth is today’s dream. It is the carrot, which will make the dream into great reality in near future. This is a movement in which each & every individual from the world has to participate by using Carrot as main diet in daily meals.

On an average 500 gms. carrot will be required per person. The world’s population is more than SIX
BILLION. To meet the world’s daily requirement at least 3 billion Kgs. Or 3 million Tons of carrot must be produced and made available to everyone, rich or poor, all over the world. It will need the help of garlic, mushroom - Ganoderma and butter milk as daily diet to make the cancer eradication possible.

Various uses of carrot as described in Chapter Be Healthy Naturally with Diet given on Page No. 30 are worth following.

(ii) **Garlic**: Garlic is very beneficial having high medicinal values. It is not disease specific, rather body specific working effectively on whole body. Intensive research is going on in all developed countries in the world. The research has confirmed that many types of cancer are caused or triggered by factors relating to life style and environment. It is well known that the garlic can strengthen the immune system, which is vitally important for fighting cancer. Recent findings support a growing body of evidence that garlic works as Anti carcinogen in both prevention and treatment and that garlic and related foods play an important dieting role.

Currently it is unknown specifically how garlic protects but it may relate to blocking formation of cancer-causing compounds, stopping their ability to form tumours or even inhibiting the growth of tumours cells. This follows on from research work conducted by Professor Michael Wargovich at the university of Texas, where his group studied effects of two major purified components of garlic.

1. Diallysulphide - Soluble in oil

2. S-allyl cysine -soluble in water.

He tested these compounds on two animals. Carrcinoma models and found that the tumor could be reduced by between 50 and 75%. Then in his controls he gave a prophylachic dose of garlic and then deliberately tried to induce a particularly virulant
form of OESOPHAGEAL Cancer. He found that garlic completely prevented his experimental controls from becoming infected. His conclusion was that although the precise mechanism may not be clear, his results had shown that the administration of well tolerated garlic products may confer important protection from cancer. During my 10 years experience I have been using garlic almost on all patients for all types of diseases. Before examining the patient, I advise to take 4-5 cloves of Garlic, Crush it and tie it in thin, clean and transparent cloth and smell it for at least ONE HOUR per day for 3 days. Also the garlic cloves or its juice is spread on pillow covers, on front of the shirts / collers and hang a bundle of crushed garlic on the doors; so that entire atmosphere of the patient be of the garlic. Just by smelling the garlic the smell of the garlic gets mixed with the oxygen inhaled and it gives soothing effect in breathing. The patient experiences considerable improvement immediately. My observations reveal that it has worked on about 80% persons very effectively.

(iii) **Mushroom, Butter-Milk, Drum Stick, Punarnava, Wheat Grass Juice, Amla, Giloy, Tulsi, Soybeans** - All are anti oxidants and immunity enhancing to fight back cancer and other dreaded diseases. Details for use have been given in this book in respective chapters.

(D)**Healing Power of Acupressure:** When all the organs or cancer related organs or parts would start functioning better, the cancerous growth will be arrested. The malignant carcinogenic cells start dissolving. Such dissolved cells will be slugged or expelled by spleen through urinary and digestive systems. The dead veins become alive / active and cancer is cured in due course of time. The acupressure is supported by proper diet of Carrot Juice, Curd-butter milk, garlic, drum stick, mushroom, wheat grass juice, nature cure, yoga & Pranayama and magnet therapy to cure the cancer faster. I give here brief history of few
cancer cases who were cured by me and had better remaining life.

**(E) Healing Power of Cow Urine:** The cow urine, the secret water of cow, has got a long list of medicinal values. It alone can cure most of the ailments and keep us healthy throughout the life. It would be more appropriate to call it 'MAHA AUSHADHI', the super medicine. Our ancient saints used it regularly for spiritual power. In all spiritual celebration of Hindus the cow urine is used in the form of 'PANCHAGAVYA' - a mixture of five items - cow urine, milk, curd, ghee and fresh cow dung. This has got very holy place in Hindus all over the world especially in India. The cow urine is so important that a few drops are poured in the mouth of Hindu taking the last breath. As per Hindu mythology, it purifies the body for heavenly journey.

In the era of advanced Allopathy, the value of cow urine in Ayurveda was reduced. Now it is getting its proper place in Ayurveda globally. The cow urine can be used as independent therapy and also along with any other therapy. The Ayurveda has recognised its medicinal values - since very beginning. Now many pharmaceutical companies and Religious Ashram's have started its storage commercially.

**Chemical and medical constituents of Cow-Urine.**

The following constituent are present in Cow-Urine. The research on it is continuing.

<table>
<thead>
<tr>
<th>Sr.</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Calcium</td>
</tr>
<tr>
<td>2.</td>
<td>Potassium</td>
</tr>
<tr>
<td>3.</td>
<td>Iron</td>
</tr>
<tr>
<td>4.</td>
<td>Magnesium</td>
</tr>
<tr>
<td>5.</td>
<td>Chloride</td>
</tr>
<tr>
<td>6.</td>
<td>Nitrogen</td>
</tr>
<tr>
<td>7.</td>
<td>Amonia</td>
</tr>
<tr>
<td>8.</td>
<td>Copper</td>
</tr>
</tbody>
</table>
10. Sodium.
11. Magnese
12. Urea.
13. Uric Acid.
15. Hippuric Acid.
16. Vitamin A,B,C,D, & E
17. Creatinin.
18. Alkaline Gold

A lot of alkaline salts and high value of medicinal values are present in cow-urine. It is available everywhere in all seasons all over the world. It is unfortunate that due to ignorance people do not accept it as medicine. Fortunately cow urine has been Patented through CSIR (USA) under Patent No. 641059 dated 25-6-2002 by Khanuja’s Associates Lucknow (U.P.) in India. Now in India many pharmaceutical firms are storing processed cow urine.

**Quality of Cow-Urine for Medical Purpose.**

1. Fresh urine from local healthy cow who take different type of grass & herbs from fields is suitable for use. It is better if black colour female calf urine is available.

2. If available the fresh urine be used daily. However it can be preserved for 2-3 days in air tight containers at normal temperature. So keeping in refrigerator is not necessary. Due to copper contents its colour may becomes redish.

3. It is to be taken & kept in earthen pot, steel or glass containers. Brass or copper pot should not be used.

**Method of Processing of Cow Urine.**

1. Take 1 meter x 0.5 meter cotton cloth of good quality through which only water can be filtered and foreign material is left. Make its 8 folds after washing it properly.
Keep it over a steel or glass jug or tumbler. Alternatively two gents handkerchief may be taken combined and its 8 fold can be made and kept on glass or Tea cup to filter small quantity.

2. Pour the fresh cow-urine already collected.

3. The cloth should be washed again thoroughly preferably in hot water and kept on another Jar or Cup.

4. The first time filtered cow urine be poured in next cup.

5. In this way the urine be filtered 8 times by changing the cloth from one Jar / Cup to another.

6. Every time the cloth & cup should be washed thoroughly. Now this urine is ready for use,

**Method of Taking Cow-Urine**

The 8 time filtered urine be given 10 ml. to children and 20 ml. to adults in the beginning. Later on the dose can be increased to 50 ml. (1/2 cup). Its 1/2 cup should be taken early in the morning empty stomach and 1/2 cup in the evening keeping 1/2 an hour difference for any other breakfast or diet. However it can be mixed in milk or fruit juice.

In the beginning the patient may not like to take the urine but one should make the WILL POWER strong enough to consume it regularly. In starting for a day or two one may take it in mouth and spit it. Thereafter one will have strong will power to take it regularly.

The cancer patient must think that there is nothing wrong in taking the cow urine if life is to be saved.

**Excess Quantity**

There is no harm if over dose is consumed. My grand son at his 7 years age used to take double dose at a time just to become “SHAKTIMAN” strong man of running T.V. Serial at that time.

**Readymade Medical Cow - Urine**

These days few pharmaceutical institutions are preparing
cow urine for medical use. Same can be taken as per prescription of the manufacturer. The concentrated urine be taken mixed with pure water only otherwise it will be pungent in mouth & have burning sensation in the stomach.

In Indore (India) a businessman Mr. Virendra Kumar Jain cured his mother’s (aged 80) breast cancer by cow urine only. Since then he is giving his services to distribute the cow urine free to patients. Now he has started its processing for medical use.

**My strong recommendation**

I strongly recommend that the cancer patient should take the cow urine preferably fresh otherwise readymade. Its use will cure many of the diseases simultaneously. It will give long life if used regularly for long time.

Cancer patient should use the cow urine at least for 40 days or till the cancer is cured. It will not have any side effect Rather it will give side benefits only.

**(F) Healing Power of Magnet:** The Iron is very vital part of the blood known as Hemoglobin. We know that the magnet attracts the iron particles known as magnetic material. The magnet has its magnetic field with its lines of forces passing from North Pole to South Pole. Nearer to the magnetic centre stronger is the magnetic field effect. The magnetic field can be experienced but cannot be seen.

Almost all types of diseases can be treated by use of North and South Pole of the magnet. Such treatment is called magnet Therapy.

When magnet is brought in contact at different part of the body, the blood circulation is increased due to attraction of Iron in blood. The foreign material or Toxin of the blood is expelled from the blood, the swelling subsides and mump is dissolved. When South Pole is locally applied on the affected part, the South Pole gives the soothing affect on the South region of the geographical equator. For the north side of the equator the pole is reversed.

The Magnet therapy is an independent therapy, which
can be, fallowed along with any other therapy. It will not have any side effect rather it will give benefits only.

**Method of Use**

1. **High Power /Medium Power Magnet**

   High power magnet (2200/3200 gauss power) may be applied under the hand in the morning and under the foot in the evening. The identification mark NR and SL is written on the magnet. North Pole magnet is packed in red colour and south pole in blue colour cloth or plastic cover. The NR/Red magnet is put under the right and SL/blue magnet is put under the left part of the body. Alternatively NR is used on upper part and SL is used on lower part of the body. On cancerous part only SL/blue magnet shall be used.

2. **Small Power**

   Ceramic type magnet can be used as above, specially on tender parts of the body-on eyes, head, nose, neck.

3. **Magnetised water**

   Drinking water is taken in two glasses of non-magnetic material-stainless steel, copper, plastic or glass. The water is put on NR & SL separately in the evening & covered with cloth or card-board. The water from both glasses is mixed. This water is taken 3-4 times a day. This water is useful for general health. For Cancer / fibroid SL/ Blue magnet charged water is to be taken twice daily.

**Important Precautions**

1. The patient should sit on wooden or plastic chair or on the bed, preferably facing towards west direction. The body part shall not touch the earth.

2. The magnet should be put on the wooden or plastic plank to use the magnet under the foot.

3. No cold item should be taken during and 30 minutes after the use of the magnet.
4. Magnet may be used after taking bath but should not take bath immediately till 30 minutes.

5. Some times the pain may be aggravated during the magnet therapy such as in the case of arthritis. Under such condition the time for use should be increased gradually.

6. If irritation is felt then both hands may be rubbed on a steel plate.

Proper guidance may be taken from magnet therapist. The magnet therapy is a wide subject which is not possible to be covered in this book.

(G) Healing Power of Mudras, Yogasanas & Pranayama: By following various Mudras, Yogasanas and Pranayama as given in an earlier chapter enhances the body energy – bio energy thereby improving resistance power to fight back cancer. To Balance Five Basic Elements (Fire, Air, Akash, Earth & Water) in the Body — Touch the tips of all fingers (Index, Middle, Ring & Small) one by one with the Thumb keeping in one position for approx 10 seconds. Do in both the hands and feel energized instantly. Alternatively, join all the fingertips with the tip of the thumb and keep it for 1 minutes for all the benefits. The best Pranayama for a cancer patient is Lahnson Pranayama/Garlic Breathing.

(H) Give Homeopathy a Try: Homeopathy is also a natural pathy. Cancer patients alongwith other natural treatment through Diet, Yoga, Acupressure etc., may give a try to Homeopathy also to harness its medicinal benefits.
Part – IV

Success Stories and Testimonials
1. Sudden Weakness

A 30 years old lady earlier admitted in Railway Cancer Hospital Varanasi (India) for treatment had her face pale and unable to sit. With the application of acupressure on her feet, hands and whole body for more than an hour, she gained energy and her face looked brighter. She was able to walk in the room. All her family members were happy to see the miraculous improvement.

2. Multiple Chronic Ailments

I recollect the day of our first meeting at Taj Palace Hotel New Delhi, in the year’94, I came to know, while having a pep talk in the hotel lobby that you practice acupressure. I narrated there about my wife’s health problem, you gave me some tips of Acupressure point instantly. I tried it on her on my return to Jamshedpur and resulted so wonderfully, that it was a miracle for me.

After having 5 different major operations i.e. spinal cord, stomach, ear etc. and having taken treatment from renowned Doctors and good hospital including Vellore, my wife used to be bedridden. and counting days. Hearing loss was 100%. Doctors used to say it is anti body and auto immune and what not ? I had lost hope and I was contented blaming her luck. God sent you to me and the days of agony was over, as soon as I started acupressure treatment on her. I myself do it for my own health. You will be surprised to know that we both have not taken any medicine for last 6 years. My wife is leading a normal life. She walks, she goes upstairs’ 5 to 6 times a day as her bedroom is on the 1st floor. Earlier as you know, she used to be lying in bed in a room on the ground floor and could not go even to the bathroom which is attached to that room. I believe that God initiated you to look for me.
and treat my wife who got rid off doctors and medicines. I too used to take regular medicine for B.P. and serious migrain. I started practicing A.P. on myself and I am free from all these with the blessing of God, 1995 onwards we have not taken any medicine it is not a miracle? God is great and so the acupressure for both of us.

I am happy to know that you are planning to publish it for the benefit of mankind. It is really a noble deed. I pray to God for making you a success in your endeavour.

Date: 28-10-2000
P.N. Pandey
Jamshedpur (INDIA)
Ph.: 0657-2283165

3. Leucoplacia & Constipation

I was suffering from Leucoplacia kind of disease & constipation for last 6 months with patches in my tongue and inner part of my mouth. Due to which I was unable & had great difficulty to eat any thing. I got treatment from Tata Memorial Hospital Bombay, but got no relief at all. My nature also becomes very irritating. I was living in Bhubneshwar. On 10th Feb. Dr. P.N. Dubey happened to come with his family at Bhubneshwar. I explained him my disease in detail. He advised me to take Carrot Juice, Curd and Wheat grass juice in plenty and also demonstrated important acupressure points. I strictly followed his instructions.

I got great relief and now I am completely cured from the disease. I am very grateful to Doctor Sahib who cured me. I have no words to thank him.

Dated: Feb.8, 2003
Narendra Seth
New Delhi (INDIA)
4. Cervical-Uncurable cured

On 4th January 1999, I was in Sahdol (M.P.) on a business trip. There I got severe pain on my back. I took some painkiller tablets. Came to Indore. The pain and tablets continued for months. During this period I took treatment from several Doctors. If I did not take painkiller tablets then, no medicine was effective. At Indore I got my blood, Urine, blood pressure tested and after words also several X-rays and tests were done. But got no relief. The condition was deteriorating day by day. Due to pain, I could not even turn side-ways on bed. If I did not take pain killer after every 8 hours, my condition use to become miserable.

Whole family was worried. Children use to try; that such powerful painkiller’s could be avoided. They tried several oils and lotions (pain killers) and used to massage but of no use.

I came to the conclusion that now onwards I will have to lead my life with pain-killers. March also passed but my condition did not change a bit. During that I had to go on tour. I had to go on a tempo-trax taxy. On the middle seat I had to sit straight. Even slightest jerk due to pit-holes on road; my condition use to become hopeless. At Amarkantak somebody gave me herbs. In my chattisgarh tour, I tried several country (desi) medicines, Janter-Mantar, blessings etc. All have been tried but got no relief. My pain and stiffness of my neck could not be treated by anyone.

Afterwords, I remained for a week at Dr. Vermas’ bone hospital at Indore, hoping that I may be cured. That treatment also got wasted. By May, I was completely disappointed; thinking that there is no medicine in this world for my problem (ailment). At Jabalpur there is Naturopathy hospital at
Narmada road. I went there. I was told that I would have to stay there for 60 days. During that period I would not be able to talk to any one, and meals and medicines supplied by hospital can only be taken.

By fixing a date, I returned home to intimate that after 15 days, I would go to Jabalpur and get admitted for 60 days. Probably this was the last treatment and last hope for me. Though I use to speak, but from inside I had been feeling desperate which is difficult to describe.

During this period, I had been to Faridabad. There, while talking to Dr. P.N. Dubey, there was mention about my problem. Dr. Dubey is my brother-in-law and I was knowing about him. I did not contact him, because I thought, that when such big Doctors’ could not do anything, what can Dr. Dubey do? At Faridabad Dr. Dubey took complete information. Then he checked something through acupressure and told me that he could cure my disease. I did not give much importance to his statement, but a person on the verge of death, accepts anything as a last resort for his life. Thought let him also try his treatment. For one week Dr. Dubey pressed fingers of my both hands and feet and points of acupressure. He told me first time that my ailment is cervical. Before this all Doctors gave different diagnoses. In one week I got more than 50% relief. Dr. Dubey told me to leave pain killer slowly and slowly. In 15 days pain killers were stopped and now I was almost cured. Where as acupressure and exercises which he suggested was being done by me. In one month I got fully cured. Dr. Dubey in reality was God for me. From that time, till today I did not get any pain- though acupressure and exercises are also stopped.
5. Eyes Problem:

Similarly there was another incident, which was really heart breaking. In 2001 a peculiar disease appeared in my right eye. A big black dot used to appear before my eye. Due to this, I had difficulty in seeing with my left eye also. Doctors said that this disease could not be cured. there was no remedy for it. Doctor’s team at Indore checked and said that some nerve got leaked. After leaving everything, I came to Dr. Dubey. In just 4 days my eyes got cured and still they are perfectly alright.

Dated: 08.03.2005
R.S Pandey
Chatarpur, M.P. (INDIA)
Mob.: 09424345153

6. Hip Bone Fractures

In July 2004, my mother’s hip bone got fractured and Doctor put a rod in her leg. Dr. Khetan of Sheel hospital, Rajendra Nagar treated her for about 2 months. After that she was given Bed-rest and for walking a walker. As per report Dr. said her bones have thinned down; and if there is another fracture, it will be impossible to join again. In this way, mother had to lie down with urinary bag full time. During this period her bones started decaying and started coming out of urinary tract (Passage) and out of bag. Doctor has no treatment for this. We were very much worried. At that time I came in contact with Dr. Deepmala and Dr. S.S. Yadav. They advised me to show her to Dr. P.N. Dubey who will be available between 27th Dec. to 31st Dec. 2004 at the camp. With full faith, I showed all the treatment reports and explained her present condition. He assured me that she will be fully cured.
Under the direction of Dr. P.N. Dubey: Dr. Deepmala & Dr. S.S. Yadav started Diet therapy and acupressure treatment. Within 8 days my mother got 50% relief and after 15 days she was completely cured. Her urinary bag was also removed.

Mother got up at her own. She started going up and down the stairs without walker. Now she started going to toilet at her own during day time.

I am very much obliged to Dr. Dubey. I have full faith in acupressure therapy. That my mother got cured in such a short time. Now, her and our life is grateful. I will recommend all those suffering patients to contact you, so that they can be benefited.

Shyam Mohan Saxena (Son)
Bareilly (INDIA)

7. Ovarian Cyst Disappeared & Fibroids reduced

I a female of 28 years old have been benefitted with diet therapy and acupressure. After 3 months, my ovarian cysts disappeared and my fibroids in uterus also got reduced considerably.

February, 2007
Simran,
Faridabad

8. From Nil Sperm to 25 million/ml

With three-four month acupressure treatment and diet therapy, my sperm count increased from NIL to 25 million/ml. Now, I have great respect for this therapy.

April, 2007
K.P. Sharma, Faridabad
9. Throat Cancer

A patient had throat Cancer in its advance stage. All India Medical Institute New Delhi, Tata Memorial Cancer Hospital Mumbai had refused to give treatment as it was already spread over about 70-80%. Some local and Ayurvedic treatment had also been tried. The patient was unable to breath through his nose. He was breathing through his mouth open keeping the tongue out from mouth. Saliva was constantly coming out from his mouth. With acupressure treatment on reflex points of throat, heart, lungs, brain, pituitary, thyroid, parathyroid, on hands & feet, he was able to breath through nose with closed mouth. He was happy and got some hope towards life.

10. Uterus Cancer

In 1998, my sister aged about 62 years had cancer of uterus. She was living in a village and could not know whether it was a cancer. She got herself checked at district hospital Faizabad, in U.P. It was too late. They referred her to Kanpur for cancer check-up & treatment. Doctors at Kanpur advised to leave it on the mercy of God, as it has already spread to the last stage. She was with my younger brother at Kanpur for 4-5 days. I called her at Faridabad to get her checked at AIIMS New Delhi for her satisfaction. I started growing wheat grass for her when she was at Kanpur. It was August-September and it was difficult to get Carrot in the market. I took her to AIIMS & Holy Family Hospital, New Delhi. After seeing the report they refused even to check-up. My sister’s body was giving very foul smell. As doctor of Naturopathy & acupressure I could have got her treated anywhere but as brother I kept her with me. My family members could not oppose, rather they all co-operated in giving treatment to her.

I started the following treatment immediately:

1. Wheat grass juice.

2. Arranged Carrot daily, though it was costly at Rs. 60 per Kg., being off-season. Carrot juice 3 times a day.
3. Curd (buttermilk) Matha (CHHACHH) from 2 Kgs. milk. Carrot juice and Matha was given even in place of drinking water.

4. She was made to sit on (3200) high power South Pole magnet in the morning and evening.

5. Most important part of the treatment was acupressure treatment once in the evening. It was very tough for her to bear the pain of acupressure. She used to cry like a child. There was no option and no choice as she was almost on death bed counting - days.

I started all above treatment to attack and arrest the growth of Cancer first. Within few days she started feeling better and further better after each acupressure daily. After 4-5 days foul smell started reducing. It took about 3 weeks when the foul smell completely disappeared. She started walking, going to the market on a Rickshaw. Though I had forbidden her to climb stairs but she was trying herself to go up & down the stairs. During this period toxin and foreign material from body was expelled fast. Her skin became tight, wrinkles from face and other problems also disappeared. She had pyorrhea in her teeth and could not chew sugar cane. Now she started chewing Sugar cane. Her eyesight was also improved as she started threading. After 4 months she started taking normal diet. She went back to her home. It was miracle for every one who saw her with good health.

11. LCH – Critical Type Cancer

History Of 11-Year-Old Avinav T.V. Incent Residing In Kerala, INDIA.


Again after two months back pain started and local
doctor attending him referred to Vellore Medical College and admitted him on Oct. 3rd, 2001. Done X-Ray CT Scan Found L-1 L-2 crossing. Destruction observed. Some swelling on head. Done Bone-Scan of total body and found black spots on skull, ribs, spine and hipbone. Also done bone marrow for biopsy test. Test result was negative to any type of disease. Done surgery on the most effected area L-1 L-2 for biopsy test. Result gave doubt on histiocytosis and bone tuberculosis. Done brain scan and confirmed brain is not affected. Taken the affected parts from two places of skull and hip-bone by surgery for biopsy test. After the test doctors confirmed the disease as Langerhan Cell histiocytosis (LCH). Considering the clinical data. He was started on chemotheraphy with injection virblastine and tablet-prednisolone. Completed course as per schedule. Three months in hospital and after that for one year on OPD basis.

The Vellore hospital sought assistance of renowned hospitals of Canada, France, Germany, Japan, United Kingdom & United States. All declared that this is such type of disease, a type of critical and rare cancer for which No best medicine is known in the world.

By this news the parents, and all near & dear were shocked and lost the hope. Only one hope was the mercy of God.

During that period I came in contact with Dr. Dubey & apprised him about the disease along with medical investigation reports. After that Dr. Dubey advised to do the following simple things along with medicine:

1. Wheat Grass Juice. 2. Carrot Juice

Continued the above as per schedule for about one year. Periodical check up showed gradual improvement and started to go to school w.e.f. June 2002. In March 2003; a
through check up conducted at Vellore hospital and found fully cured. Again in March 2004 also check up was done and found everything all right. Even now carrot juice, buttermilk, garlic & drumstick usage is continuing with scheduled break.

K. J. Joy (Maternal Uncle) T.P. Unicent (Father)
Faridabad. Kerala (INDIA)
Ph : 0129-2429037 Ph. 0487-2250348

12. Throat Cancer Cured

I am 32 years. A knot developed in my throat 2 years ago and was getting expanded. I had taken allopathic medicines for 20 days but instead of getting any relief it further expanded. Due to this I was afraid for an unknown disease and was too much worried.

In the first week of January 2003 Dr. P.N. Dubey called me to print the Hind Edition of a book on cancer. Then I came to know that he treats all kinds of diseases without medicines. I told my doubts. He advised me to take carrot juice of 2 to 3 Kgs carrot and butter milk upto 2 Kg. daily. Also wrapped around the neck betal leave with red vermillion (Sindur) & ghee spread on it. Only in one month the knot was cured completely. Not only this but also I got great energy and overall my body got more vitality. I am specially thankful to Doctor Sahib by whose guidance I could get rid of such dreaded disease.

I hope readers & patients will be benefited by my experience.

Dated:4/2/2005 Ajay Agarwal
Faridabad 121001
M: 0981154853

13. Prostate Cancer

Respected Dr. Dubey,

Since, you are busy in social services we.f.1980 as per my
knowledge. This is a great achievement for you as well as to the society who is benefited.

You work to remove cancer like diseases from the human being through natural diet and naturopathy is the latest segment of service, which is being rendered to the society. My experience is as under

My daughter’s father-in-law was operated for prostate cancer in the year 2002 in Batra Hospital, New Delhi and was told that it may come up after some time say two three years later. This was brought to your notice and you advised him to take punarnava, Gazar Juice and Mattha (Chhach) in huge quantity.

The family members of my relation applied your therapy and recently he was checked by Batra Hospital and told that so far there is no growth in cancerous tissues. I believe, that this is possible, because of your suggestions given for taking Gazar juice and Mattha.

One of my relative, who was suffering from stomach trouble and taking some toxic substance in his daily routine. He met you and advised by you for some change by natural way of living and doing some yogic kriya. Now he adopted the systems told by you. Since he is fit & fine.

May God bless you all the best for providing help & curing the sickness of the society.

Thanks.

26th June 2004

L.K. SHUKLA
Faridabad
Ph.: 0129-2290330

14. Brain Cancer “From Coma to Cure”

I admitted by my mother Mrs. Urmila Devi, aged 60, on 30-04-2004 in a well-known private hospital of Rajendra Nagar in Bareilly (U.P.), INDIA for treatment of common fever. All types of tests were done in Hospital keeping her
for 21 days. She came in ‘coma’ and the fever and swelling could not be cured. The doctors told me that it was Brain Cancer.

After 21 days they returned my mother in critical condition. I went to other doctors and hospitals too but no one was ready to admit her again. Lastly on special request one hospital agreed to admit at our risk. All the tests were done again but the situation become worst. The doctors advised to call my relatives and friends as she was taking her last breath. By now I had spent Rs. 80,000/- (Rupees eighty thousand) approx, but all in vain. I brought my mother at home with pipe inserted for oral feeding in unconscious condition. She was just a ‘Skeleton’ reduced to 15 Kg. weight. Fortunately I met Dr. Dubey who visited my mother at home and advised the following diet therapy and acupressure:

1) Carrot juice as much as can be taken.
2) Garlic with curd and garlic breathings at all times.
3) Drumstick and mushroom soup.
4) Ganoderma capsules RG+GL+Moranghi juice.
5) Acupressure of full body with garlic oil.

I started the above treatment along with allopathic medicines. There had been good improvement within 8 days. She has come to her senses. The doctors and relatives were surprised to see this miraculous improvement. She is completely cured and healthy gaining weight from 15 Kgs. to 45 Kgs. in Oct., 2004. Now we all are happy.

Dated 10 Jan. 2005

DEEPMALA SHARMA
Bareilly (U.P.), INDIA
M : 09412604062

15. Carrot & Curd-Cured Cheek Cancer

It was year 1993. My wife Mrs. karamjeet Kaur, aged 40, suffered with cheek cancer. treatment was continue at
All India Medical Institute, New Delhi required dose of Radio & Chemo Therapy was given but cancer was not cured. Her left face was blackened by radio therapy. She was keeping her face covered due to shyness.

Dr. P N Dubey is my family friend. He was regularly coming to see my wife. That time he was not doing any practice of accupressure. He was doing Naturopathy. During the period of treatment he was advising me to try the diet of carrot juice from 2-3 kg carrot and curd prepared from 2 liters milk for about 2 months. But I did not care for his advise. I was thinking that if the modern therapy could not do then what he can do? Lastly on his insistent after 2 months, I got my mixer-juicer repaired and started giving carrot juice and curd. It was month of April, the off season for carrot. I had to purchase it from New Delhi Vegetable market @ Rs. 40/Kg. I used about 3 quintals of carrot in 3 months along with 2 litres of curd per day. Then the face became of normal complexion. The health quite improved. I got biopsy done in July 1993 at AIIMS, the doctors were surprised and asked how did you get cured and the face appearance has become normal. I told that I had given 3 kgs carrot + 2 liters curd everyday for last 3 months.

Date: Dec. 20, 2004

Kuldeep Singh Jabbal
Faridabad
Mobile: 09810073947
Part- V

Take Charge of your Health
This chapter is given here for the readers and patients to start their own treatment after going through the book thoroughly and by understanding the method properly. However, any person can take advise telephonically, by fax or e-mail. The near and dear ones of the patient may contact on telephone Dr Dubey and his team of Experts as given at the end of the book. The help and assistance can also be sought from near by naturopath, diet therapist, acupressurist & magnet therapist. The registration form, prescription, direction chart, daily follow-up and daily experience chart etc. are given for convenience in the succeeding Programmes.
WELLNESS ROUTINE TO REMAIN HEALTHY & CANCER FREE

1. To rub and warm –up both hands and rub hands on face in the morning when awaken.

2. To drink water :
   i. Take 2 to 7 glasses of water over night kept in copper utensil or fresh water immediately after awakening and before cleaning the mouth.
   ii. Take copper, Silver and Gold charged water - 60gm, copper, 30gm silver + 15gm pure 24 carrot gold/ornament (as given in the chapter of water treatment) 3-4 times daily.
   iii. Fresh drinking water may be taken if none of the above two are convenient.

3. Toilet: - a) after taking water may sleep upto half an hour or (b) can go to toilet or (c) If without going to toilet, body permits, can go for morning walk.

4. Rub hands: - After toilet rub both hands upto 50cms on wrist, with soap, for ONE MINUTE.

5. Morning walk: - Can go for morning walk as per convenience and body situation. If morning walk is not possible, do few indoor or bed exercises.

6. Indoor /Bed Exercises
   i. Select & do simple exercises such as spinal cord exercise in the bed.
   ii. Natural Deep breathing upto 20 cycles in the bed.
iii. Asans: Cobra (Sarp) bow (Dhanush) Air release (Pawan Mukta) boat (Nauka) or any other exercise.

iv. Cycling by feet & hand lying in the bed

v. Waist Lifting exercises in the bed.

vi. Pranayam /Mudra – As per convenience and training.

vii. To rub both feet – with earthen or nylon brush while taking bath.

viii. Break Fast: Take 50gms sprouted gram, wheat, green gram, coconut etc. **Do not take sour things like tamarind, mango pickle with break fast or meal.**

ix. To take Amala or Triphala : may be taken daily before or after break fast or meals with water /honey/candy as per body constitution. If diabetic do not take honey or candy. This routine may be followed life long.

x. Nostril Oil drop:- Prepare oil with garlic 50 gms. + muster oil 100 gms. Use 3-4 drops in both nostrils while going to sleep and in the morning.
PRESCRIPTION CHART

NATURE CURE:–

1. Vomiting (Kunjar Kriya) - 15, 21, 40 days. Add a pinch of Salt + garlic & lemon juice.

2. Oil Neti - Olive / mustard oil 100 gm. boiled with 50 gm. garlic.


5. Enema / Douce - 10 / 15 days.

6. Hot-Cold Fomentation - Stomach / pubic region for 10/15/20 minutes.


8. Foot Bath - with hot water+1 Tsf Salt, keep head cool, avoid direct air blow

9. Hot/Cold - Hipbath.

10. Stiz Bath - Penis/Vaginal cold water/Ice touch-15 minutes.

11. Steam Bath - Full body with care if H.B.P.

12. Steam Inhaling - Garlic steam, mouth inhaling.

DAILY DIET ROUTINE:–

1. Drink Water - 2 to 7 glass (0.5 to 1.75 ltr.), just leaving bed.
2. Amla + Candy + Isabgol Husk - equal quantity 1 Tsf / TDS with hot water, if diabetic - No candy.

3. Amla + Triphla powder - 1 Tsf Morning / evening with 2 Tsf honey or candy powder.

4. Lemon Water - 1/2 lemon juice + 1-2 Tsf honey with water

5. Amla - 100 gms. + Fenugreek seed + saunf 100 gms.+ Turmeric 50 gms + Dry gingar 25-50 gms - all powder keep mixed 1 Tsf /TDS with water / hot water.

6. Heart Drink - Pumpkin Juice + (Mint 7 & Holly Bettle (Tulsi) 5 Leaves) once or twice / day. Add salt if low B.P. or no salt for H.B.P.

7. B. P. Powder - Ani Seed (Saunf) 125 gms roasted + 125 gms unroasted + candy 250 gms for non-diabetic 1 Tsf/ TDS with milk/water.


10. Bail Powder - 1-2 Tsf with water or Spinach Soup - 4 Time / day 3-4-5-7 days.

11. Memory Tonic - Cardamom + Saunf + candy all equal powder. 1Tsf with water / milk TDS.

12. Carrot Juice from 2-3 kgs. 6,8,12 A.M. 3 P.M. and Soup at night.

13. Butter Milk from 1-2 kg. milk / curd. Add garlic + Ajwain _ Dry ginger + Asfatadia + Black pepper + Jeera + salt etc
14. Punarnava (Hogweed Powder) 10-15 gm. / Vegetable or Punarnava mandur 4 tabs with honey TDS.
15. Isabgol Husk/Castor Oil - with lukewarm milk.
16. Smell Garlic - 3-4 pieces in cloth, 10 minutes 3-4 times.
17. Pickle - garlic 5 gm + ginger 5 gm. + Turmeric powder 1/2. Roasted on pan with pure ghee. Take with meals.
19. Use to fry veg / pulses - Garlic, Fenugreek, Seed, Jira, Astatodia, Ajwain, Mustered seed.
20. For Stone - Indian Kulath pulse 50 gms boiled, take soup 2-4 times with lemon Juice.
21. For liver or Stone - Radish Jice + Radish leaves Juice + glucose 2 Tsf. 2-4 Times / day
22. Wheat grass Juice - from 150- 200 grass 1-2-4 times / day.
23. Medicinal Herbal Tea - Saunf 50 gm + Big ilaichi 10 gm, Dry ginder 10 gm, Black peper 10 gm. + Laung 10 gm. + Pipali 10 gm. all powdered 1 tsf (instead of Tea).
24. Drum-stick - flower / fruit / leaves - vegetable / soup twice or its bark 100 gm. crushed & boiled in 1 ltr. water. Reduced to 100 ml. Add 1/2 tsf dry ginger powder + a pinch Asfotida (Hing) take twice / day
25. Papaya - 3-4 times.
26. Healthy Mushroom - vegetable / Soup Twice / days or Ganoderma food capsule 1,2,4,8 or 30 pairs / day.
27. Health Juice of locally available fruit/vegetables or Moranzhi Juice before meals.
PRANAYAMA - ASANA - MUDRA

1. Do Natural deep breathing, Diaphragmatic breathing, Nadi Sodhan (psychic network), Sheetali (Cooling), Seetkari (Hissing), Bhramari (Humming Bee), Bhastrrika (Bellows), Kapalbhait (Frontal Brain cleansing), Moorchha (Fainting), Surya Bheda (vitality simulating) Pranayams - Easy & Strain free.

   If Bed-ridden take natural deep Inhaling and Exhaling.

2. Spinal Cord Exercise - may do spinal twisting in bed.

3. Asana - Sarp (Cobra), Bajra (Thunderbolt), Marjari (Cat stretch) Dhanush (Bow), Chakra (wheel) Pawan Mukta (Air release), Nauka (Boat), Gatyatmak Paschimottan (Dynamic Back stretch) Pad-Hast (Froward Bendign) Asans (Poses). (Ref. P.144-145)

4. Do cycling in bed.

5. Do waist Lifting Exercise in bed.

6. Do Finger Mudras - Jana & Chain (psychic - knowledge & consciousness) etc. (Ref. P.140-143)

ACUPRESSURE

1. Do full body acupressure.

2. Wash both hands & feet. Rub to warm up. Press following reflex points 6-8 seconds at each point.

3. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38

MAGNET THERAPY

1. Drink Magnetised water with South and North both poles of high power magnet (2200-3200) G.P.

2. Drink only South or North pole water.

3. Use medium (1100-1600 gaus power) magnet under both Legs in morning and under hands in evening. NR=North Right & SL=South Left.

4. Use High Power (2200 - 3200 gaus power) magnet under Leg & Hand as above or sit on SL/NR magnet.

5. Use low power magnet at Head, Temple Eyes, Nose, Neck & Ears for 5/10/30 minutes 12/24 Hours.

6. Use knee belt / waist belt / wrist belt.

PRECAUTIONS: Do tick marked only. Do not take any sour, cold drinks, caned or junk food at all. Continue your previous medicine. In case of doubt, ask.
WELLNESS CARD
FOR BEING HEALTHY & CANCER FREE

NO. : _______  DATE : _________
NAME : ____________________________________________
SEX:_________AGE:_________TEL.:__________________
ADDRESS :  __________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Problem reported by patient/with past history : _________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Previous Medical Report: (if Available Photo copy Enclosed)
Height : ___________ Weight: ___________ Blood Pressure: ___________
Sugar: ___________ Uric Acid: ___________ Hb: ___________ TLC/DLC: ___________
Stool: ________ Ulcer: ________ Others : ___________

For Female: If Pregnent   Yes/No
Period Cycle: ___________ Duration: ___________ Last Date: ___________

Any Other XRay / Scan Report: __________________________________________________________

DIGANOSIS : _______________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(Taking treatment at my own risk)     Signature of Patient

(Please use separate sheet, if required)
### WELLNESS TIME TABLE FOR PREVENTION & CURE OF ALL AILMENTS/DREADED DISEASES INCLUDING CANCER

*(Only tick marked treatment to be taken. You can continue your medicine prescribed by your doctor)*

<table>
<thead>
<tr>
<th>Time</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>05.00 - 06.00</td>
<td>Drink luke warm/C.S.G. charged water</td>
</tr>
<tr>
<td>05.05 - 06.05</td>
<td>Toilet / Enema</td>
</tr>
<tr>
<td>05.20 - 06.20</td>
<td>Fresh Punarnava/Powder/Mandoor Wheat Grass Juice upto 150 grass Mushroom (Ganoderma) Cap. 1-2-3-4 Cow Urine Fresh / Readymade (25-50 ml) (15-30 ml)</td>
</tr>
<tr>
<td>06.00 - 07.00</td>
<td>Carrot Juice upto 250 ml. Butter milk upto 250 ml. + Garlic (If fever, stop butter milks).</td>
</tr>
<tr>
<td>06.30 - 07.30</td>
<td>Footbath Hot pack / Mud pack on stomach Steam bath / Seitz bath (Vagina /Penis) Acupressure</td>
</tr>
<tr>
<td>07.30 - 08.00</td>
<td>Break fast as desired Amla / Trifala / Bail powder 15 gms.</td>
</tr>
<tr>
<td>08.00 - 09.00</td>
<td>Magnet therapy if possible</td>
</tr>
<tr>
<td>10.00 - 11.00</td>
<td>Carrot Juice upto 250 ml. Butter milk upto 250 ml. + Garlic</td>
</tr>
<tr>
<td>12.00 - 13.00</td>
<td>Lunch (as per desire)</td>
</tr>
<tr>
<td>14.00 - 15.00</td>
<td>Carrot Juice upto 250 ml. Butter milk upto 250 ml. + Garlic Mushroom / (Ganoderma) Cap. 1-2</td>
</tr>
<tr>
<td>17.00 - 18.00</td>
<td>Carrot Juice or Soup (50-100 ml.)</td>
</tr>
<tr>
<td>18.00 - 18.30</td>
<td>Magnet Therapy</td>
</tr>
<tr>
<td>19.00 - 20.00</td>
<td>Dinner (as per desire)</td>
</tr>
<tr>
<td>20.00 - 21.00</td>
<td>Accupressure</td>
</tr>
<tr>
<td>21.00/Before Sleeping</td>
<td>Garlic / Isabgol / Nostril oil drop. Betal leave / Drumstick (Fruit/Bark) Mushroom (Ganoderma) cap. 1-2-4-8 Or as advised by a Therapist.</td>
</tr>
</tbody>
</table>
DAILY EXPERIENCE CHART

<table>
<thead>
<tr>
<th>My Experience</th>
<th>My Daily Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td></td>
</tr>
</tbody>
</table>

Apetite  
Tiolet time/Frequency  
Urination Frequency  
Thirst  
Breathing  
Sleep  
Gas Formation  
Sweating  
Dizziness  
Body Temperature  
Blood Pressure  
Body Odder  
Mouth Smell  
Mental Tension  
Weight  
Tiredness  
Vomiting  
Male/Female Discharge  
Ex-energy/Vitality  
Any Others

1. Continue the medicine prescribed by your doctor. There is no contradiction of above with the medicines.
2. Tickmark ✓ the treatment you have taken from the above mentioned chart. Cross ✗ the treatment not used.
3. Use photo copy of the above chart as per requirement. After every week send the above mentioned form duly filled for further suggestion/consultation on address or fax email at address given on page 206.
4. If you feel any of the above treatment does not suit you (or gives adverse reaction) please stop it & consult.
5. Above treatment is suggested on experience, but it is entirely on your risk. Trust will not be responsible for any adverse effect for the above treatment.
PATRON / TRUSTEE / MEMBERSHIP FORM
for
Shivratna Charitable Cancer Eradication Society (Regd.)
Regd. Office : 419, Sector-10, Faridabad-121006 (INDIA)
Ph. : 91-0129-5003121, 2286323 (R), Fax : 91-0129-5003121
E-mail : healthyandcancerfree@gmail.com
Website : www.healthyandcancerfree.com

Name - Mr./Mrs./M/s.________________________________________
Father’s/Husband’s Name___________________________________
Age_______________________Nationality________________________
Permanent Address________________________________________
Distt.______________State____________Country_______________
Correspondence Address____________________________________
Tel. _______________Fax________________Mobile______________
E-mail________________________Website_____________________
Qualification_________________________________________________
Occupation_________________________________________________
Social Activities_____________________________________________
Any Other Information________________________________________

I undertake to serve the humanity as per aims & object of the trust,
without any personal/political gain, irrespective of cast, colour and creed.
I pay Rupees._____________________________(Rs.____________)
Cash/Cheque/DD No.___________Dated_________________  Drawn
on_____________________________________________________
as Donation for World Cancer Prevention Cure & Eradication Movement
/ Cancer Patient.
I will be glad to SPONSER a cancer patient partly/fully for his/her
treatment by alternative medicine therapy by the trust.

Date: Signature
It is our humble appeal to the readers, users and patients to send their comments, experiences and suggestions on the format given below. Your valuable suggestions will be very useful for next edition of the book. Also your experiences will show a path to the patients to save their lives and for being healthy and cancer free.

– Shivratna Society

**NAME:**

**SEX:**

**AGE:**

**TEL.:**

**ADDRESS:**

**EMAIL:**

**My Experience / Suggestions:**

**DATE:**

**PLACE:**

**SIGNATURE**
Part –VI

Useful Information
APPENDIX- A : SOME STANDARDS FOR FITNESS

Breath per minute : 12-14
Body Temperature : 98.6 ° F
Pulse Rate : 72
Blood Pressure : 120/80 mm Hg
Blood Sugar : Fasting 70-110 mg/dl
               PP: 70-126 mg/dl
Hemoglobin : 14-18 g/dl (Male)
               12-16 g/dl (Female)
ESR : 0-20
TLC : 4.40-11.30 thous/mm³
Lymphocytes : 22.30-50.00%
S. Albumin : 3.5-5.0
S. Creatinine : 0.4-1.4
S. Bilirubin : <1.0
Blood Urea : 10-45

Height/Weight Chart:

<table>
<thead>
<tr>
<th>Height</th>
<th>Healthy Weight Range (Pounds)</th>
<th>kilograms</th>
</tr>
</thead>
<tbody>
<tr>
<td>4'10&quot;</td>
<td>109-121</td>
<td>49-54</td>
</tr>
<tr>
<td>5'0&quot;</td>
<td>113-126</td>
<td>51-57</td>
</tr>
<tr>
<td>5'1&quot;</td>
<td>115-129</td>
<td>52-58</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>118-132</td>
<td>53-59</td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>121-135</td>
<td>54-61</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>124-138</td>
<td>56-62</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>127-141</td>
<td>57-63</td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>130-144</td>
<td>58-65</td>
</tr>
<tr>
<td>5'7&quot;</td>
<td>133-147</td>
<td>60-66</td>
</tr>
<tr>
<td>5'8&quot;</td>
<td>136-150</td>
<td>61-68</td>
</tr>
<tr>
<td>5'9&quot;</td>
<td>139-153</td>
<td>63-69</td>
</tr>
<tr>
<td>5'10&quot;</td>
<td>142-156</td>
<td>64-70</td>
</tr>
<tr>
<td>5'11&quot;</td>
<td>145-159</td>
<td>65-72</td>
</tr>
<tr>
<td>6'0&quot;</td>
<td>148-162</td>
<td>67-73</td>
</tr>
<tr>
<td>Height</td>
<td>Healthy Weight Range (pounds)</td>
<td>Kilograms</td>
</tr>
<tr>
<td>--------</td>
<td>------------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>131-141</td>
<td>59-63</td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>133-143</td>
<td>60-64</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>135-145</td>
<td>61-65</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>137-148</td>
<td>62-67</td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>139-151</td>
<td>63-68</td>
</tr>
<tr>
<td>5'7&quot;</td>
<td>142-154</td>
<td>64-69</td>
</tr>
<tr>
<td>5'8&quot;</td>
<td>145-157</td>
<td>65-71</td>
</tr>
<tr>
<td>5'9&quot;</td>
<td>148-160</td>
<td>67-72</td>
</tr>
<tr>
<td>5'10&quot;</td>
<td>151-163</td>
<td>68-73</td>
</tr>
<tr>
<td>5'11&quot;</td>
<td>154-166</td>
<td>69-75</td>
</tr>
<tr>
<td>6'0&quot;</td>
<td>157-170</td>
<td>71-77</td>
</tr>
<tr>
<td>6'1&quot;</td>
<td>160-174</td>
<td>72-78</td>
</tr>
<tr>
<td>6'2&quot;</td>
<td>164-178</td>
<td>74-80</td>
</tr>
<tr>
<td>6'3&quot;</td>
<td>167-182</td>
<td>75-82</td>
</tr>
<tr>
<td>6'4&quot;</td>
<td>171-187</td>
<td>77-84</td>
</tr>
</tbody>
</table>

(Courtesy: www.webindia123.com)
APPENDIX- B : AILMENTS GARLIC CAN CURE

1. Acidity 27. Deafness
3. Arthritis 29. Eye Weakness
4. Ascites 30. Ear Pain
5. Asthma 31. Enlarged Intestine
6. Bone T.B. 32. Epilepsy, Fits
7. Boil In Ear 33. Family Planning
8. Baldness 34. Fever
9. Beaseritirge 35. Flatulence
10. Blood Pressure High 36. Fears of Snake
11. Blood Pressure Low 37. Gout
12. Bronchitis 38. Gas In Stomach
13. Bite of Mad Dog 39. Germs In Wound
15. Bone Fracture 41. Gangrene
16. Constipation 42. Gonorrhea
17. Chest Pain 43. Graying Hair
18. Cough 44. Hair Worms
19. Children Diseases 45. Hiccough
20. Cracked Heals 46. Hysteria
21. Cold & Cough 47. Heart Disease
22. Dysentery & Diarrhoea 48. Intestine Worms
23. Deciduons Skin 49. Intestine Swelling
24. Difficulty In Delivery 50. Influenza
25. Difficulty In Urination 51. Infection in Wound
26. Defect In Lungs 52. Infectious Disease
54. Sound in ear 80. Swelling in womb
55. Infertility 81. Stones in gallblader/kidney
56. Sciatica 82. Irregular menstruation
57. Swelling 83. Semen discharge
58. Indigestion 84. Scorpion poison
59. Knee pains 85. Spasm, Cramps
60. Loss of smell 86. Sprain, Twisted ankle
61. Loss of appetite 87. Infection of food poisoning
62. Liver problem 88. Loss of sex desire
63. Tonsillitis 89. Sterility in male & female
64. Migraine 90. Typhoid
65. Nightmare 91. T.B.
66. Obesity 92. Urination difficulty
67. Old age pain 93. Un-consciousness
68. Puss in ear 94. Vomiting
69. Pneumonia 95. Vaginal inflammation
70. Plague 96. Vitamin E, C, B-6, B-12, Zinc
71. Paralysis 97. Wound
72. Pyorrhea 98. Whooping cough
73. Piles 99. Wounds of small pox
74. Pimples 100. Weakness
75. Rash 101. Weak constitution
76. Ring worm 102. Worms in intestine
77. Stomachache 103. Weight loss
78. Tiredness
MY LAHSUN KAYAKALP: Rejuvenation with Garlic

It was 10th November 1998; the Lucky day for me, when I started my LAHSUN KAYAKALP for 91 days, with the help of my wife after about 4 years of curious waiting. On this day I completed 53 years and 2 months. Though suitable age for kalp is above 60 years. I did it at an early age due to curiosity and completed it on 8th February 1999. I have maintained my detailed daily dairy. I am writing my 91 days brief experience as under:

1st day to 3rd day (72 hours). As required by Ayurveda: to kill the weak cells in the body, one has to be on total fast for 72 hours. Hence I had not taken even a drop of water for 3 days. The 3rd day was very crucial for me. On 12th Nov 1998 at 1 P.M. the nervous system was slowing down. Driving car myself, I came back home from my factory, a distance of 1.5 km; At 3 P.M. after reaching home I put cotton in my ears, advised my wife to turn off T.V. By now I had no sense of hearing, speaking or seeing. I just laid down in the bed. I was almost unconscious God knew only whether I was in this world or elsewhere. It is to be remembered that I had pressed acupressure points for thirst, hunger and energy. Therefore, I could sustain 3rd day. With little uncomforting became conscious at 8 P.M. and reminded wife to press the energy points. It gave me miraculous result. I got rejuvenation and a fresh energy of life in my body. It would be difficult to believe for the readers that I got so much energy that I did my 6 months long pending, official work of new projects from 8 P.M. to 11 P.M. and revised in 3 hours.

4th to 7th day

It was 13th November’s morning when I had to take paste
of 5 garlic pcs. with 50 gms of butter at 7am. It was very horrible when I swallowed garlic with butter. I started rolling on the bed as if a fish has been taken out of water and thrown on the hot sand. The food pipe and stomach started giving burning sensation for 5-6 minutes with feeling of vomiting. But I could be normalized in 5-6 minutes. In this way I took 5 garlic pcs and 50 gms butter at 10am, 1pm & 4pm without taking water. The dose was repeated on 5th, 6th and 7th day. This completed 7 days of KALP. It is to be mentioned here that I was receiving phone calls from my friends to break this critical yoga, else something wrong might happen. The readers can realize that my WILL POWER was shaken at the time, when I was taking the course from 4th to 7th day. It was my love and faith in garlic that I could continue the KALP onward.

2nd Week (17th to 23rd Nov. 1998)

Now it was time to take 5 garlic and 50 gms honey 3 hourly, 4 times a day without water. I completed the week successfully. Though I was feeling little weak.

3rd Week (24th Nov. to 30th Nov. 1998)

Now this was the turn of 5 garlic and 10 nos. Munakka (dry grapes) of good quality with one glass of boiled water 3 hourly, 4 times daily.

On 16th day: on 24th Nov. I started this yoga and completed successfully in 21 days. I was not feeling any weakness now.

4th Week

Now it was the turn of taking 5 garlic pcs. With 30-40 gms of AMLA JUICE 3 hourly 4 times a day. Amla being cold in nature, it created heavy cough and cold which lasted upto 28th day, but I completed this course also successfully.
2\textsuperscript{nd} Month (29\textsuperscript{th} day to 59\textsuperscript{th} day)

As required: I started taking 3-4 litres of milk daily (4 times/day). The milk was poured in red hot iron pan with fried 5gms of Ajwain. The milk got boiled with Ajwain immediately. The pouring process has to be slow. As recommended 3-4 litre cow milk was to be taken but due to non-availability of cows milk buffalow milk was used.

Massage

In 2\textsuperscript{nd} month daily massage with garlic boiled mustard oil is a must. As a Massage Expert was not available the process of massage could not be done properly. My wife did it herself whatever she could do.

3\textsuperscript{rd} month (60\textsuperscript{th} till 90 th day)

This was the turn for taking the following items all together:

7. Garlic juice from 40 pcs.
8. Munakka (dry grapes without seed 40 pcs.)
9. Amla juice 120-125 gms.

Process:

11. I was making the paste of 40 pcs. of garlic extracting its juice by using a cotton cloth.
12. Taking out juice of about 500 gms. of green Amla pulps in juicer machine.
13. Munakka: The seeds of munakka were removed and was soaked in a cup of water in the evening (used Ganges pure water brought from Haridwar in Uttrakhand (INDIA)). In the morning I was making its syrup grinding it in a mixture machine.
14. All the three above-mentioned ingredients were mixed thoroughly in 40-50 gms. of honey which made one days compound.

**Uses**

The above compound was divided in four parts. I was taking it 4 times: 3 hourly, starting from 6-7 a.m. in the morning.

**Milk**

Every night before sleeping I used to take one glass of hot milk. Though the milk is not recommended in Ayurveda. It was very peak of winter season in the month of January when I had excessive cold between 60th and 75th day. The nose was watering continuously for 15 days. My head was heavy in size upto 60th day. Due to continuous watering the accumulated cough since birth was dissolved and the size of the head reduced. After 75th day of this course I was feeling quite relaxed as entire cold was over. After 75th day I had fever for about a week. This disturbed my programme and I had to reduce the dose to 50% during the fever. Lastly I completed 90 days of Kalpa.

**Effect of Lahsun Kayakalp**

The Lahsun Kayakalp completely renovates the body. As time passes, we grow old. The organs of the body start wearing out and decay starts. The results of kayakalp will be more visible in a person who is about 70-80 years old. His body will be rejuvenated and he will feel as if he has became 20 years younger. As I have mentioned, it was too early for me, and I was already in good health. Even then following changes have occurred in my body from head to nail.

<table>
<thead>
<tr>
<th>No.</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Hair – were hard</td>
<td>Became very soft &amp; silky</td>
</tr>
<tr>
<td>2.</td>
<td>Beard was using cream before</td>
<td>No shaving cream required and razor life was</td>
</tr>
<tr>
<td></td>
<td>shaving</td>
<td></td>
</tr>
</tbody>
</table>
the beard and razor life increased to 8-10 days was 4-6 saving (days). Due to softness.

3. Cold & Cough
   After change of climate
   No cold and cough.

4. Breath – short breath
   Increased breath length.

5. Eye sight – Vision as
   Vision clear than per ageing effect.
   It was before kayakalp I could read children's book in moonlight.

6. Obesity – belly was
   Body became slim with 10 bulzing out due to cm. reduction in waist size.
   Swelling in intestine.

7. Heart Pulpitation at
   Became regular.
   Times, it was irregular.

8. Digestion – It was very
   Improved, as good as poor due to ahsunry in childhood.
   Since childhood.

   Unable to climb stairs even once in a day
   Pain Cured. Able to Climb stairs up and down several times daily.

10. Nails-One thumb nail
    was rough as it was broken by hammer
    Unable to climb stairs even once in a day
    This nail was removed and new nail appeared which was quite soft and smooth.
    All the 20 nails became quite healthy and smooth.

11. Bone flexibility-
    Inability in bending
    (X-ray report showed my bone age 7 years older)
    Overall flexibility increased.

12. Skin as per Ageing
    The wrinkles from face

217
effect and blackening under the arm-pits, elbow and finger’s roots. A part of skin from the back and hand removed just like a Snake. Leave skin from his body.

13. Heal cracking-Heal used to get cracked. It became soft and no Crack appeared.

14. Walking- Due to Obesity use to walk briskly. My walking became Slowly as if some Body was pulling me from back.


16. Weight 76.6 kg. 8th day – 70kg 30th – 72kg 60th day – 72.6kg 91st day – 68.3kg (Weight loss due to fever in between)

17. Vitality-X-energy & harmones Considerable improvement in all respect.

18. Mosquito biting No mosquito biting after completion of the course.

15. Special Mention: I did ahsun kayakalp at least 7 years early, when there was nothing chronic. The suitable age is beyond 60 years, preferably 80 years when one can get considerable rejuvenation and look at least 20 years younger and smarter.

16. Time: The right time to start this kalp is middle of January to get benefit of spring season just like trees to get the old skin of whole body removed and get fresh new skin.

17. Massage: One should have arrangement for massage of the whole body, which I could not do properly. This kalp should be done in strict supervision of a
trained kalp physician, otherwise it may be dangerous. No one should try it by its own. I could do it by myself because I had already tried the application of garlic in different ways on my patients for 4-5 years.

18. A strong and firm WILL POWER is a primary and utmost requirement for this kalp.

19. Body odor (Smell) : During the kalp period there would be very strong pungent odour from the body at least in the surrounding area of 5 meters. The entire house may smell as garlic store.

20. I could not find any person who is interested in Lahsun kayakalp. It may be very difficult for Yogis and saints also to complete the KAYA-KALPA course.

My Appeal

I would like to appeal to my readers to let me know the name of such persons beyond 70-80 years old who is willing to go through this course to get a new lease of life.

Important Warning

Readers are requested not to take risk of doing Lahsun Kayakalp by their own without the guide. The author/Society will not be responsible for any mishappening.
Appendix- D : Health Awareness in Pictures

Dr Dubey of Shivratna presenting a book titled “Cancer - Bina Aushadhi Bachav va upchar Sambhav” to Shri I. D. Swamy, State Minister for Home on 27.12.03 at New Delhi.

Dr Dubey of Shivratna explaining about importance of Wheat Grass to Shri R.K. Sarin & Shri T.D. Jatwani during an exhibition at Faridabad on 03 May 2003.

Dr Dubey of Shivratna addressing on total health in a National Conference on growth of small-scale industries held on 26.02.2007 at India International, New Delhi by Mr Sudarshan Sarin, President, AICSMI.
Dr Dubey at valedictory function of 10-days Training Camp at Faridabad on 16 April 2006, sitting left is Mr Arun Bajaj, President, Manav Seva Samiti.

Dr Dubey demonstrating acupressure technique for healing of knee pain during a Training Camp

Addressing on thesis at Kolkata on 11 Jan 2004 in the convocation of Board of Alternative Medicines
Dr Dubey addressing on Health without Medicine in World Brahman Convention at London on 22.08.2005

Mr Adam of London in a Training Camp at Faridabad

Dr Dubey imparting training to Mr Adam through Electronic Media, at Faridabad on 24.11.2006
Dr Dubey with the participants in a 4-day training program organized by Rajasthani Brahman Samaj in Hyderabad on 13.12.2005

Health Awareness Program at Maharaja Inter College Ayodhya on 14.02.2004

Dr Dubey in London during World Health Meet on 20.08.2005 with Prof Dr Satish Sharma and Dr Chaubey
Shivratna's Dr Dubey and his team being honoured by Manav Seva Samity on 15th August 2006 at Rajasthan Bhawan, Fridabad.

Dr Dubey and his team of Shivratna Society at Health Camp organized by Manav Seva Samiti & Denik Jagran on 20th May 2007 at Faridabad

Training Camp organized by Shivratna Society.
Training Certificate awarded to Mrs Ushma Kaushal in the presence of Mr Kailash Sharma, Gen Secy of Manav Seva Samiti, Faridabad.

Training Certificate Distribution Ceremony.

Dr P.N. Dubey of Shivratna Society in an Awareness Programme at Sarswati Inter College, Faizabad (INDIA) on 14.02.04
Recommended Readings

Books

1. **Health in Your Hands** by Devendra Vora – Navneet Publications, Mumbai (India) – Simple guide on Reflexology Acupressure & related therapies.

2. **Be your own Doctor with Acupressure** by Dr Dhiren Gala – Navneet Publications, Mumbai (India) - Simple guide on Meridian Acupressure.


5. **Reflections in the Light** by Shakti Gawain – Full Circle, Delhi - Daily Thoughts and Affirmations.

6. **Soul Healing** by Dr Bruce Goldberg – Pustak Mahal, New Delhi - Create your own Miracles of Healing

7. **Yoga for your Spiritual Muscles** by Rachel Schaeffer – Health & Harmony, New Delhi - Become a metaphor for your life.


11. Acu-Yoga by Michael Reed Gach – Health & Harmony, New Delhi - contains self help techniques designed to relieve Stress & Tension


16. Advance G-Jo by Michael Blate & Laurie Blate

17. Heal yourself Acupressure by Dr R.P. Gupta

Websites/Internet

www.healthyandcancerfree.com
www.easycancercure.com
www.mudravigyan.com
www.freewebs.com/anubhootiyoga
www.acuxo.com
www.stress-away.com
www.holisticonline.com
www.Yogsadhna.com
# Glossary

<table>
<thead>
<tr>
<th>Word</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acharya</td>
<td>Head Teacher</td>
</tr>
<tr>
<td>Ajavaine/Azavain</td>
<td>Carom, a.k.a Bishop’s Weed</td>
</tr>
<tr>
<td>Amla</td>
<td>Gooseberry</td>
</tr>
<tr>
<td>Amrit</td>
<td>elixir or essence of life</td>
</tr>
<tr>
<td>Asana</td>
<td>Yoga Pose</td>
</tr>
<tr>
<td>Asur</td>
<td>People or lower origin</td>
</tr>
<tr>
<td>Ayurveda</td>
<td>The science of Life in India</td>
</tr>
<tr>
<td>Bachav</td>
<td>Prevention</td>
</tr>
<tr>
<td>Baheda</td>
<td>termanlia belerica</td>
</tr>
<tr>
<td>Bel Powder</td>
<td>Aegle marmelos</td>
</tr>
<tr>
<td>Bhastrika</td>
<td>A Type of Parnayama</td>
</tr>
<tr>
<td>Bhramari</td>
<td>A Type of Parnayama</td>
</tr>
<tr>
<td>Bina Ausadhi</td>
<td>Without Medicine</td>
</tr>
<tr>
<td>Brahma Muhurta</td>
<td>Early Morning say 4.00 A.M.</td>
</tr>
<tr>
<td>Brahmin</td>
<td>Upper Caste in India</td>
</tr>
<tr>
<td>C.S.G.</td>
<td>Copper Silver Gold</td>
</tr>
<tr>
<td>Chakra</td>
<td>Circle/Sacred Centers</td>
</tr>
<tr>
<td>Channel</td>
<td>Path</td>
</tr>
<tr>
<td>Chutney</td>
<td>Paste/Pulp</td>
</tr>
<tr>
<td>Chyavanprash</td>
<td>Elixir Preparation by Chyavanrishi</td>
</tr>
<tr>
<td>Term</td>
<td>Description</td>
</tr>
<tr>
<td>-----------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Chyavanrishi</td>
<td>A Sage named Chyavan</td>
</tr>
<tr>
<td>Danda</td>
<td>Stick</td>
</tr>
<tr>
<td>Dhanush</td>
<td>Bow</td>
</tr>
<tr>
<td>Dreaded diseases</td>
<td>Serious Ailments</td>
</tr>
<tr>
<td>Fal</td>
<td>Fruit</td>
</tr>
<tr>
<td>Gajar/Gazar</td>
<td>Carrot</td>
</tr>
<tr>
<td>Garam</td>
<td>Hot/Warm</td>
</tr>
<tr>
<td>Garlic God</td>
<td>Garlic termed as God for its usefulness</td>
</tr>
<tr>
<td>Gatyatmak</td>
<td>of movement</td>
</tr>
<tr>
<td>Ghar ka Vaidya</td>
<td>Doctor in Home</td>
</tr>
<tr>
<td>Giloy</td>
<td>Tinospora Cordifolia</td>
</tr>
<tr>
<td>Harad</td>
<td>terminalia chebula</td>
</tr>
<tr>
<td>Hasta</td>
<td>Hand</td>
</tr>
<tr>
<td>Health Drink</td>
<td>A healthy drink</td>
</tr>
<tr>
<td>Hindu</td>
<td>A Religion</td>
</tr>
<tr>
<td>Hing</td>
<td>asafoetida</td>
</tr>
<tr>
<td>Ilaichi</td>
<td>Cardamom</td>
</tr>
<tr>
<td>Imali</td>
<td>Tamarind</td>
</tr>
<tr>
<td>Isbagol</td>
<td>Psyllium husk</td>
</tr>
<tr>
<td>Jain</td>
<td>A Religion</td>
</tr>
<tr>
<td>Jeera</td>
<td>Cumin seeds</td>
</tr>
</tbody>
</table>
Junkfood: food that is perceived to be unhealthy or having poor nutritional value

Kapha: Cough
Kapalbhati: A form of Yoga Breathing
Karka: Cancer
Kulath pulse: a pulse in hilly terrain in India
Kunjar/Kunjal Kriya: cleansing practice
Kwath: dry decoction

Lahsun: Garlic
Lahsun Kaya Kalp: Body Rejuvenation with Garlic
Laung: Cloves

Maha Aushadhi: reat Medicine
Maro: Hurt
Matha/Chhachh: Buttermilk
Mrit Sanjivini Sura: An ayurvedic medicine for rejuvenation
Mudra: Hand Gestures
Munakka: Raisin
Murabba: sweet pickle
Mushroom: of fungal family having medicinal value

Nadi Sodhan: alternate breathing
Naram: Soft
Naturopathy: Treatment with Air, Water & Mud etc
Nauka: Boat
Navratri: 9 days of Goddess worship in India
Neti: process of cleaning the nasal path
NGO: Non Government Organisation
Pad Hasta: Hand Foot
Pair: Foot
Panchag Gavya: Five products from Cow
Paneer: Indian form of cheese
Pawan Mukta: Wind releasing
Pet: Abdomen
Pipali: Pepper
Pitta: State of Body as per Ayurveda
Pranayam: Breathing exercise
Punarnava: Spreading Hogweed
Rasayans: Rejuvenating herbal alternative medicine
Rickshaw: Means of transportation
Sahajan: Drumstick
Sambhar/Sambar: South Indian Curry
Sambhav: Possible
Sar: Head
Sarp: Snake
Saunf: Fennel
Seetkari: Producing coolness - a form of pranayam
Sheetali: Producing coolness - another form of pranayam
<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sil Batta</td>
<td>A pair of grinding stones</td>
</tr>
<tr>
<td>Solar Plexus</td>
<td>network of sympathetic nerves and ganglia located in the peritoneal cavity behind the stomach</td>
</tr>
<tr>
<td>Sitz Bath</td>
<td>hip bath for cleaning of genitals</td>
</tr>
<tr>
<td>Surya Bheda</td>
<td>A form of Pranayama</td>
</tr>
<tr>
<td>Tamsik</td>
<td>Stale</td>
</tr>
<tr>
<td>Thanda</td>
<td>Cold</td>
</tr>
<tr>
<td>Tri Dosha</td>
<td>Pit-Vat-Kaf</td>
</tr>
<tr>
<td>Triphala/Trifala</td>
<td>A mixture of three fruit viz hard, baheda &amp; amla</td>
</tr>
<tr>
<td>Upchar</td>
<td>Treatment</td>
</tr>
<tr>
<td>Vaid</td>
<td>Doctor</td>
</tr>
<tr>
<td>Vajra</td>
<td>Hard/Diamond</td>
</tr>
<tr>
<td>Varandah</td>
<td>Corridor</td>
</tr>
<tr>
<td>Vatta</td>
<td>Gastric/Joint Pain</td>
</tr>
<tr>
<td>Vayu Vikara</td>
<td>Gastric/Joint Pain caused by Vat</td>
</tr>
<tr>
<td>Vedas</td>
<td>Holy books of Hindus</td>
</tr>
<tr>
<td>Wellness Routine</td>
<td>Health Programme</td>
</tr>
<tr>
<td>Wheat Grass</td>
<td>Grass of wheat grains</td>
</tr>
<tr>
<td>Yoga</td>
<td>state of union with the Divine</td>
</tr>
</tbody>
</table>
Index

A

Accumulated \(\text{Pg}_27,28,87,142,216\)

Acharya \(\text{Pg}_{(ii)}, 230\)

Achievement \(\text{Pg}_{191}\)

Acidity \(\text{Pg}_{131,150,151,211}\)

Acupressure \(\text{Pg}_{(ii), 4,9,10,69,132}\)

Adrenal \(\text{Pg}_{56,131}\)

Aggravated \(\text{Pg}_{179}\)

Aging Factor \(\text{Pg}_{63}\)

AIDS \(\text{Pg}_{99,108,158,170}\)

Ailing \(\text{Pg}_{88,141}\)

Alternative \(\text{Pg}_{164,176,178,179,206,233}\)

Alum \(\text{Pg}_{21,23}\)

Anemia \(\text{Pg}_{14,75,113}\)

Anti Bacterial \(\text{Pg}_{114}\)

Anti Viral \(\text{Pg}_{114}\)

Antibiotic \(\text{Pg}_{(iv), 44,89,152}\)

Appetite \(\text{Pg}_{129-131,162,167,168,212}\)

Aqua Guard \(\text{Pg}_{21}\)

Arthritis \(\text{Pg}_{26,75,91,99,108,109,128,131,161,179}\)

Asthma \(\text{Pg}_{105,124,128,134,143,211}\)

Attraction \(\text{Pg}_{127,159,177}\)

Awareness \(\text{Pg}_{220,223,226}\)

Ayurveda \(\text{Pg}_{174,213,216,229,230,233}\)

B

Backache \(\text{Pg}_{161}\)

Balanced \(\text{Pg}_{6,9,10,11}\)

Bed ridden \(\text{Pg}_{135,138,201}\)

Bio Energy \(\text{Pg}_{(v), 2,6,8,9,11,80,108,171,179}\)
<table>
<thead>
<tr>
<th>Keyword</th>
<th>Page Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dehydrated</td>
<td>Pg_34,47,78,87</td>
</tr>
<tr>
<td>Description</td>
<td>Pg_36,41,73,123</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Pg_5,14,91,108,109,114,129,130,161,211</td>
</tr>
<tr>
<td>Digestive System</td>
<td>Pg_4,26,71,89,99,108,131,155,173</td>
</tr>
<tr>
<td>Dream</td>
<td>Pg_63,130,131,171</td>
</tr>
<tr>
<td>Drinking Water</td>
<td>Pg_67,84,162,178,188,196</td>
</tr>
<tr>
<td>Drumstick</td>
<td>Pg_21,29,72,73,74,75,77,78,192,204</td>
</tr>
<tr>
<td>Dysentery</td>
<td>Pg_108,114,211</td>
</tr>
<tr>
<td>Eastern</td>
<td>Pg_35,96</td>
</tr>
<tr>
<td>Effect</td>
<td>Pg_22,48,52,55</td>
</tr>
<tr>
<td>Endocrine Glands</td>
<td>Pg_10</td>
</tr>
<tr>
<td>Enema</td>
<td>Pg_49,198,204</td>
</tr>
<tr>
<td>Environment</td>
<td>Pg_3,6,22,64,102,148,149,154,156</td>
</tr>
<tr>
<td>Enzymes</td>
<td>Pg_71,89,149,150,151,155,156,157</td>
</tr>
<tr>
<td>Epilepsy</td>
<td>Pg_76,123,131,211</td>
</tr>
<tr>
<td>Eradication</td>
<td>Pg_52,171,172,206</td>
</tr>
<tr>
<td>Excessive</td>
<td>Pg_22,24,27,61,124,131,134,153,157,159,216</td>
</tr>
<tr>
<td>Exercises</td>
<td>Pg_18,196</td>
</tr>
<tr>
<td>Expectorant</td>
<td>Pg_44,48,55</td>
</tr>
<tr>
<td>Experience</td>
<td>Pg_1,5,62,173,190,195,205,207</td>
</tr>
<tr>
<td>Eye sight</td>
<td>Pg_123,142,217</td>
</tr>
<tr>
<td>Favourable</td>
<td>Pg_74,148</td>
</tr>
<tr>
<td>Fenugreek</td>
<td>Pg_77,78,103,109,199,200</td>
</tr>
<tr>
<td>Fever</td>
<td>Pg_27,68,69,71,99,113,132,134,191</td>
</tr>
<tr>
<td>Fibers</td>
<td>Pg_101</td>
</tr>
<tr>
<td>Flexibility</td>
<td>Pg_217</td>
</tr>
<tr>
<td>Flower</td>
<td>Pg_34,41,73,75,77,83,98,100,107,200</td>
</tr>
</tbody>
</table>
Foreign  Pg_19,80,135,142,159,176,177,188
Fracture  Pg_114,185,211
Frequency  Pg_4,61,143,164,205
Fundamental  Pg_150
Fungal  Pg_53,151,152,232
Fungi  Pg_21,87,102,152

G

Gall Bladder  Pg_13,19,99,129,136,165
Ganoderma  Pg_64,172,192,200,204
Garments  Pg_160
Ginger  Pg_39,47,60,88,101,111,200
Glucose  Pg_68,87,100,108,113,130,200
God  Pg_2,23,40,66,181,182,231
Gold  Pg_23,26,156,175,196,230

H

Happy Life  Pg_89
Headache  Pg_4,13,14,18,24,58,77,105,124,134,161
Heart  Pg_4,10,14,18,21,22,25,47,50,59,99,108,113,
            136,185,199,211,217
Heart Disease  Pg_21,22,59,153,211
Height  Pg_64,73,85,107,112,203,209,210
Hormones  Pg_10,99,138
Humanity  Pg_(iii), 1,206

I

Imbalance  Pg_15,88
Immune System  Pg_9,56,58,75,148,150,153,172
Indigenous  Pg_35,107
Infection  Pg_14,15,151,160,169,211,212
Ingredients  Pg_36,39,47,58,66,67,71,114
Iron  Pg_23,36,44,66,74,80,82,91,151,156,177,215
<table>
<thead>
<tr>
<th>Term</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney</td>
<td>Pg_10,13,19,23,27,59,62,91,97,98,99,130,131,136,157,212</td>
</tr>
<tr>
<td>Kitchen</td>
<td>Pg_29,38,41,50,51,74,94,103,136</td>
</tr>
<tr>
<td>Knee Belt</td>
<td>Pg_202</td>
</tr>
<tr>
<td>Lactic Acid</td>
<td>Pg_150</td>
</tr>
<tr>
<td>Leprosy</td>
<td>Pg_26,77,99,108</td>
</tr>
<tr>
<td>Leucorrhoea</td>
<td>Pg_99,126,127,128,160</td>
</tr>
<tr>
<td>Life style</td>
<td>Pg_(ii), (iii), 9,172</td>
</tr>
<tr>
<td>Liver</td>
<td>Pg_137,165,200,212</td>
</tr>
<tr>
<td>Lotion</td>
<td>Pg_49,183</td>
</tr>
<tr>
<td>Lukewarm</td>
<td>Pg_23,108,109,111,200</td>
</tr>
<tr>
<td>Lumber</td>
<td>Pg_(v), 15,125</td>
</tr>
<tr>
<td>Lymph</td>
<td>Pg_10,127,136,137,162,165,166</td>
</tr>
<tr>
<td>Magic</td>
<td>Pg_55,229</td>
</tr>
<tr>
<td>Magnet Therapy</td>
<td>Pg_170,174,177-179,202,204</td>
</tr>
<tr>
<td>Malaria</td>
<td>Pg_105,134</td>
</tr>
<tr>
<td>Malignant</td>
<td>Pg_99,102,151,173</td>
</tr>
<tr>
<td>Massage</td>
<td>Pg_48,93,183,215,218,228,229</td>
</tr>
<tr>
<td>Menstruation</td>
<td>Pg_126,127,160,168,212</td>
</tr>
<tr>
<td>Mental Nerves</td>
<td>Pg_123</td>
</tr>
<tr>
<td>Migraine</td>
<td>Pg_5,24,123,124,161</td>
</tr>
<tr>
<td>Mineral Water</td>
<td>Pg_21,61</td>
</tr>
<tr>
<td>Morning Walk</td>
<td>Pg_4,196</td>
</tr>
<tr>
<td>Mud Pack</td>
<td>Pg_198,204</td>
</tr>
<tr>
<td>Naturopathy</td>
<td>Pg_183,187,193,232</td>
</tr>
<tr>
<td>Negligence</td>
<td>Pg_3,158</td>
</tr>
</tbody>
</table>
Nervous System  Pg_1,5,26,43,44,58,99,105,  
108,123,141,161,213
Nitrogen  Pg_17,36,80,174
North Pole  Pg_177,178,202
Nostril Drop  Pg_48
Nylon  Pg_159,197
Obesity  Pg_59,63,92,212,217,218
Operation  Pg_(viii), 181
Opportunity  Pg_1
Organisation  Pg_54,233
Ovary  Pg_127,157
Oxygen Level  Pg_149,151
Pancreas  Pg_5,10,19,56,71,130,155,157
Paralysis  Pg_26,77,99,141,161
Parathyroid  Pg_10,125,136,187
Peacefully  Pg_51,136
Penis  Pg_126,166,198,204
Phosphate  Pg_175
Pickles  Pg_26,49,59
Potassium  Pg_74,75,82,99,124,174
Pranayama  Pg_18,140,145,171,173,179
Pregnancy  Pg_44,50
Preservation  Pg_37,89,102
Prevention  Pg_2,9,22,57,98,105,140, 
170,172,204,206,230
Process  Pg_17,18,24,37,48,58,70,80,85,86,88, 
136,137,148,151,155,215,233
Prognosis  Pg_164
Prostate  Pg_126,157,166,190,191
Protein  Pg_36,43,44,66,74,81,90,91,93,107,155,156
Pyorrhea  Pg_23,188,212

R
Radiotherapy  Pg_167, 168
Reflex Points  Pg_10,12,118-121,123,166,187,201
Reproductive  Pg_14,59,99,126,137
Resistance  Pg_89,113,115,143,158,171,179
Respiratory  Pg_17,18,48,59,99,108,149,150,161
Rheumatism  Pg_26,75,76,108,113,128

S
Salad  Pg_38,59,92,200
Sciatica  Pg_1,212
Sexual Desire  Pg_51,59,126
Skeleton  Pg_51,59,126,168
Skin Disease  Pg_58,99,105,108,131,141,160
Slip Disc  Pg_ (v)
Small pox  Pg_212
Soaked  Pg_37,84,88,89,92,110,215
Solar Plexus  Pg_131,136,234
South Pole  Pg_177,178,188
Spectacles  Pg_134
Spinal Cord  Pg_64,70,139,165,166,181,196,201
Spleen  Pg_10,27,76,77,99,134,136,166,173
Sprouted  Pg_88,89,93,197,199
Suffering  Pg_1,2,88,161,182,186,191
Swelling  Pg_76,97,98,124,126,131,133, 134,162,177,188,189,192,212
Symptoms  Pg_152,162,163

T
T.B.  Pg_3,26,211,212
Therapies
Thymus
Thyroid
Toxins
Triphla
Tumour
Turmeric

U
Uric Acid
Urinary Bladder
Uterus

V
Vagina
Vomiting

W
Waist Belt
Warning
Western
Wheat grass Juice
White Discharge
Wrist Belt

Y
Yoga
For guidance, please contact

(Keeping in view the importance of Health, it is our duty to take care of our "Body-Temple".)

<table>
<thead>
<tr>
<th>Name</th>
<th>Place</th>
<th>Contact Number</th>
<th>Email ID &amp; Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr M.C. Gupta</td>
<td>Faridabad</td>
<td>9811570682</td>
<td></td>
</tr>
</tbody>
</table>
| Krishan Aggarwal    | Faridabad | 9810389871     | carehere@gmail.com  
www.freewebs.com/  
anubhootiyoga  
ushma.acupressure  
gmail.com          |
| Dr Ushma Kaushal    | Faridabad | 9910052152     | ushima.acupressure  
gmail.com          |
| Swami Ram Chaitanya | Faridabad | 0129-2242969   |                                     |
| Dr Ramesh Sharma    | Bareilly  | 0581-2543763   |                                     |
| Dr Deepmala Sharma  | Bareilly  | 9412604062     |                                     |
| P.N. Pandey         | Jamshedpur| 9334048172     | spnpandey13@gmail.com                |
| Avinash Tiwari      | London    | 7786964051     | avinash_uk8@hotmail.com              |
| Seema Kaushal       | London    | 7956437300     |                                     |
| Adam Scarborough    | London    | 7754605480     |                                     |
| Sarandha Mishra     | London    | 7939288068     | sarandhamishra@yahoo.co.uk           |
| Sant Lal Girdhar    | Texas     | 8174651285     | niragirdhar@yahoo.com               |
| Dr Indu Arora       | U.S.A     | 3172258191     | Indu_mati@hotmail.com  
www.yogsadhna.com    |
| Dr N.K. Chopra      | Edmonton  | 3172258191     | kishorechopra@yahoo.com             |