



PRANAYAM AND ASANA RELIEVED SCIATICA

Revered Swami Ji Maharaj,
Namaskar!

I was suffering from sciatica and took acupressure treatment for the same. I got 70 per cent relief and then I practiced asana and pranayam for spinal problem according to your cassette along with regulated diet. I got some benefits and now I am practicing asana and pranayam regularly. As a result, now I am completely relieved from sciatica, which has been possible only with the blessings of god and you. This health revolution propounded by you is commendable.

Yours truly,
Keshav Meher,
Arya Samaj, Ganganagar,
Patnagarh,
Balangir (Orissa)
Pin – 767025

PRANAYAM CONTROLLED DIABETES

Revered Swami Ramdev Ji Maharaj,
Namaskar!

I am 72 years old and in 2006 I faced lot of problems due to diabetes. I had the constant fear of kidney failure. I took lot of medicines but there was no relief. Sometimes, PP sugar was 390 and even 488.

But, now the sugar level is completely under control. Regular practice of Yoga, pranayam, and regular consumption of cucumber, bitter

gourd, tomato, and radish along with acupressure has given me lot of relief. I will remain grateful to your Yog teacher, Swapna Kumar Halder throughout my life, whose guidance has helped me in overcoming this problem. Now I enjoy my food also without any fear.

Yours truly,
Madhurekha Nandi,
Sahagunj, Vandel, Hugli, Bengal

PIMPLES DISAPPEARED FROM FACE

Respected Swami Ji!
Namaskar!

I studied the article on Neem and its qualities written by Acharya Balkrishna in April issue of Yog Sandesh. My nephew crushed the neem root like sandal and applied on face. It gave miraculous results and all the pimples disappeared from his face. The skin began glowing again. I thank Acharya Ji for providing us with this wonderful information.

I request you to publish a cancer special edition, which should include the treatment of cancer of tongue and other parts with the help of Yog and medicinal herbs. This would be extremely beneficial for all the readers.

Yours truly,
Yunus Khan
Dhanpuri, Shahdol (M.P)

YOGA AND MEDITATION ARE SURE SHOTS

Respected Swami Ji,
Namaskar!

India had recognized the importance of Yog several centuries ago. Yog helps the person in keeping fit and healthy. I strongly believe that the dream of 'Healthy India and healthy world' would be achieved very soon.

I have been able to reduce five-kilo weight with the regular practice of pranayam along with several other diseases. I thank you for everything.

Yours truly,
Surendra Jha
District Commercial supervisor
Sonpur (Bihar)

YOG SANDESH IS INFORMATIVE AND ENTERTAINING

Respected Swami Ji Maharaj!
Namaskar!

I am an avid reader of Yog Sandesh and await my copy very eagerly. This magazine is very informative and entertaining. The articles published in this magazine highlight the social, national, health, religion and spiritual matters. The article on Kathopanishad is extremely knowledgeable. The magazine and the articles are very helpful in overcoming health problems in a natural way.

I was also suffering from giddiness, phlegm, skin allergy, rashes etc. I could not do tough asanas in the beginning but now I am able to do Kapalbhathi, Anulom-Vilom for one hour. Pranayam has relieved the phlegm related problem and the Ayurvedic medicines of Patanjali Yogpeeth have overcome skin allergy to a great extent. The articles published on medicinal plants and the treatment of incurable diseases is a source of good guidance to the readers. Yog Sandesh is undoubtedly a leading and informative magazine in the field of Yog and Ayurved. I read it again and again to improve my knowledge.

Yours truly,
Jitendra Kumar
Village – Lohadda, Badot,
Bagpat (U.P)