

NATURE CURE FOR EPILEPSY

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A patient of epilepsy is always afraid and is very weak internally. When the patient suffers from any head injury and loses the brain loses control on the nervous system, which causes mental imbalance, faints and stiffness. This condition of the body is known as epilepsy.

The patient comes to know about the attack of epilepsy before it actually happens but many times it is sudden and the patient falls down due to this disease.

The muscles become stiff, and the body becomes pale. The patient experiences severe pull in the whole body for around one minute. The patient rotates pupils like lunatic patient and bites teeth. Many times he bites his tongue also and urinates. This condition continues for some time and the patient comes back to consciousness and goes to sleep. Some people suffer from this attack several times in a day while some once or twice in a month or year. This is hereditary in nature and passes from parents to children. If the menstrual cycle stops suddenly in women then they could suffer from this problem. Sometimes it could be due to worms in the intestines.

Nature cure

- It is necessary to clean the stomach and maintain the digestion process in order to strengthen the nervous system. This is the correct treatment for this disease. Medicines cannot cure this problem completely. Nature cure and yog can only cure it.
- Take enema regularly, drink lukewarm lemon water with honey, hot and cold fomentation on stomach, mud bandage on stomach, hot and cold fomentation for 15 minutes on back, and lie down on stomach for rest.
- Sunbath and oil massage on body should be done twice or thrice in a week. As soon as there is feeling that an attack can take place, the patient should keep cold towel on head. He should lie down on the bed and pour bucketful hot water on his legs. Cold water in small quantities should be taken after this to

reduce the chances of attack or stop it completely.

- When the patient becomes normal after attack then wash his head with cold water and give sponge bath with cold water.

Yogic cure

- Practice Surya Namaskar, Vajrasana, Ushtrasana, Suptavajrasana, Bhujangasana, Halasana, Hastpadotasana, Makarasana and Matsyasana regularly.
- Shitali, Sitkari and Nadi shodhan pranayam are beneficial. Increase the practice of internal Kumbhak in Nadi shodhan. It will strengthen the nervous system and it will be beneficial for the patient of epilepsy.
- Regular practice of Shavasana for ten minutes is beneficial. It relaxes the body and mind.

Diet regimen

- Diet and regimen is also important along with nature and yogic cure.
- Juice made with raw vegetables, salad, sprouts should be taken with salt. Take milk, fruits, raisins and dry raisins.
- Take only vegetable juice in the first week, fruit juice 4-6 times and 40 raisins, 10-12 dry raisins, one fig twice daily. Take milk twice or thrice for two to three weeks and sprouts for two week once or twice daily.
- Take sprouts and raisin mixed milk for breakfast, light lunch, fruits and milk for dinner. Take vegetable or fruit juice in between in case of hunger.
- **Main treatment for epilepsy**
- Practice Neti daily. Heat little bit of clarified butter and pour in the nostrils with the help of cotton. Breathe in so that it reaches till the throat. Pour clarified butter in ears. This is very beneficial in the treatment of epilepsy.

Home remedies

- Grind 6 to 10 Karonda leaves and take it with curd

whey for three days for benefit.

- Grind equal quantities of Koot and Vacha churna. Take one to three grams twice daily with honey for four to six months. This is the permanent cure for epilepsy.
- Take only four to six grains of Vacha churna twice daily with honey for relief. Drink only milk for 12 days.
- Take three gram each of Ajowan and salt. Mix five fresh neem leaves in 50 gm water and drink twice daily for three months to cure epilepsy.
- Grind 20 gm thorny cholai root, nine black peppers, and 50 gm water. Sieve it and give to the patient.
- Take five to seven wood apple leaves with 8 to 10 black peppers for surprising recovery from this dis-

ease. Continue this medicine for at least three months.

- Take 100 gm akarkara, 100 gm old vinegar, 40 gm honey. Grind Akarkara nicely and mix honey. Take six gram daily in the morning to cure epilepsy.
- Run asafetida, dry ginger, black pepper, Indrayan (optional) in water and pour a few drops in the nose to overcome this problem.
- Mix 15 ml each of Brahmi juice and honey and take it twice or thrice daily for relief.
- Grind 10 gm roasted asafetida, 20 gm bacha, 40 gm dry ginger powder, 80 gm rock salt, and 100 gm vaividing. Sieve it with cloth and store it. Take three gram twice daily for relief.

A REQUEST

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Dinosaur has become extinct. The animals and birds present prior to this mighty creature have also become extinct and can be found only in stories. But one species of a tree, which is older than dinosaur, is present today also. Jingo Bailova tree belonging to this rare species can be seen in Kashmir but it is now on the edge of extinction. It is known as Chini Darkhta in local language.

This tree is useful in maintaining the soil fertility and also in the manufacture of cosmetics. It is found in Japan, America and Europe. Jingo Bailova found in the Lalmandi area of Kashmir is the oldest tree of south Asia. This tree would also have died had floriculture development extension officer Fida Ali Alamgir would not have seen this tree. The tree was completely dry when he saw this. Now it has new leaves and other trees are being planted with its branches.

Fida Ali says that this tree does not belong to any category of trees available on earth. It has a different category altogether. This tree grows in cold places. The average temperature in Kashmir is 17 degrees with a rainfall of 1100 mm. The soil should also be acidic in nature. He told that this tree was available three crore years back also. At that time dinosaurs

were present in the world. This tree had become extinct in America around 75 lakh years ago and 25 lakh years before in Europe. But the tree was brought from other places and planted here. China is supposed to be its house. This tree bears fruits after 40 years and at the time the gender of the tree is known. Fida told that male species of the tree are more than female. Its leaves are very beautiful and appear like golden leaves when they fall down. The male tree also bears fruits. He told that jingo trees could be found in Jalandhar, Ooti and Dehradun. But there are only one or two and are older than 30 to 40 years.

The diameter of the tree is 1.75 meter, whereas the diameter of the tree found in Korea is 6.75 meters. According to Fida Ali when he saw this tree then it had almost died. Somebody had cut the tree in a wrong manner. He constructed a mud surrounding and started its treatment. Now branches are coming out in the lower part of the tree. This is a male tree. Fida told that 50 jingo trees were found in the valley after this. Out of which 30 are female. He told that radioactive rays have no affect on this tree. Atom bomb was dropped on Hiroshima in 1945. At that time everything had destroyed in that place but Jingo survived even after getting burned.