

NATURE CURE FOR INCURABLE DISEASES

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There are many diseases, which can be cured with simple home remedies. All it requires is proper information and careful administration. Home remedies are inexpensive and we can get relief from the diseases within short period.

CANCER

Cancer patients should consume cow urine. It is very beneficial in the treatment of cancer. The patient should take half-cup cow urine twice daily on empty stomach and drink half-cup water over it. Make sure that the cow or calf whose urine is being used for the purpose of treatment should be disease free and healthy. It is better to drink the urine of Indian breed cow.

Patient suffering from liver cancer should take 20 gm quath made with drumstick, add 2 tablets of Arogya vardhini and take twice daily.

JAUNDICE

- Jaundice patient should consume 50 gm fresh cow urine daily depending on the age and physical condition. This treatment should be followed for at least one month. This gives very good results.
- Mix honey in myrobalan chutney and take this chutney daily twice for benefit.
- Add 750 gm sugar in 250 gm pomegranate juice and make syrup. The patient should consume it 3 – 4 times daily.
- Dry the pomegranate leaves in shade. Make a fine powder. The patient should take 6 gm with butter-milk made with cow milk in the morning and with cottage cheese (made with the same buttermilk) in the evening.
- Take 10 gm ripe pieces of pineapple, add 2 gm of turmeric powder and 3 gm of sugar candy and consume.

- Take 3 – 4 new leaves of pipal tree; mix it thoroughly in water and sugar candy. Make a fine paste, mix it in 250 gm water and sieve it. Give this to the patient twice daily. Continue this procedure for five days. This is the sure shot for jaundice patient.
- Add half-gram Bavachi powder in 10 ml punarnava juice and consume it twice daily. Avoid taking Bavachi in large quantity, as it could cause vomiting.
- Take 40 -50 ml of sweet lemon juice. It quenches thirst.
- Take five to six bay leaves and chew it everyday. This decreases the intensity of the disease.
- Take 150 – 200 gm of fresh shyonak skin, grind it and soak it in a glass. Take two small tablets size cakes on empty stomach with water. Take breakfast or meals after two hours. The dosage should be once, twice or thrice daily depending upon the patient's condition.

CHICKEN POX

- Take bitter gourd stem or leaves juice, one-gram turmeric powder, honey and allow the patient to lick it three to four times daily. It will control the chicken pox and fever. If fresh bitter gourd is not available then take dry bitter guard and use the quath made from it.
- Give one leaf of vasa to the children. Make quath of 3 gm Moollethi and give it to the child to prevent chicken pox attack.
- Give 10 gm of neem extract with 5 black pepper powder every morning for relief.
- Take 3 gm of fresh neem off shoots for 15 days. Chicken pox will not attack for 6 months. Even if it attacks it will not affect the eyes.

PLAGUE

- Take 50 gm water, 20 gm inner skin of neem, grind it

- and allow the patient to drink it. Take neem leaves, grind them, make poultice and tie it around the plague tumors, they will break open and fever will subside.
- Grind panchang of neem and sieve it. Give 10 gm of this powder every 15 minutes to the patient. Tie neem leaves poultice on the tumors. Neem fumigation is also advisable near the patient.
 - Dip the cotton or cloth in neem toddy and tie it on the plague tumor.
 - Neem helps in controlling the spread of plague. Neem is a yogic medicine that reaches deep inside the skin pores and destroys the germs.

FEVER DUE TO INDIGESTION

- Patient suffering from this fever should consume cow urine twice daily. Consume it continuously 7 – 8 days.
- If fever persists for more than 6 days then take 40 gm smashed Giloy. Add it in 250 gm water in a mud vessel. Leave it overnight, squeeze it and sieve it the next morning. Consume 20 gm water thrice daily.
- Take 20 gm Giloy juice, 1 gm Pippali and one spoon of honey and consume it twice daily.
- Take equal quantities of neem skin, drumsticks, Giloy and make quath in 100 gm water and let the patient consume it thrice daily.
- Make quath of 10-20 gm Daruhaldi roots and give it to the patient. The fever subsides.

MENINGITIS

Take the skin of drumstick, grind it with water. Put a drop in the nostril or let the patient consume it.

DIABETES

- Diabetes patient should consume one or two petals of Jason, jaswanti, Gudhal on empty stomach. Let the patient continue this process for a week. The patient should continue this procedure for a month in case the patient is suffering from diabetes for long time. It also reduces sugar level. Diabetes patient should avoid eating rice, sugar and potato.

- Take 250 gm fresh of gheekvar with 250 to 500 ml Guduchi extract to control diabetes.
- Take 10 – 20 gm fresh leaves of wood apple, grind it and add 5 – 7 black peppers and consume it on empty stomach daily.
- Grind 10 neem and wood apple leaves, 5 basil leaves, grind them and make tablets. Diabetes patients should consume them everyday morning.
- Make powder of dried seeds of black plum. Diabetes patients should take it with water.
- Boil 11 gm dry mango leaves in half kilo water till it reduces to one-fourth quantity. Consume it twice daily to control diabetes.
- Take spoonful seed kernel churna of chaulmoogra fruit twice or thrice daily to control sugar in urine. Stop the procedure once the sugar level comes to normal.

ASTHMA

- Heat clarified butter made with cow milk in copper vessel. Heat ginger oil in another vessel. Add ginger juice in hot clarified butter and cover it, it gives a sound. Drink this clarified butter with hot cow milk when the sound stops. This removes thick phlegm and gives relief to the patient. Continue this process regularly for two hours to control asthma.
- Mix one-gram pepper powder in 10-20 gm of quath made with turmeric, Adoosa, Giloy, coriander, dry ginger, pipal and Ringani. Take it several times in a day to cure all types of respiratory problems permanently.
- Rub ankol roots in lemon juice, grind it and consume half spoon twice daily two hours before meals.
- Take 3 – 5 gm of Isabgol seeds with hot water twice daily.
- Take 10 – 20 drops of cardamom oil mixed with sugar candy regularly.

PILES

- Take 20 gm radish juice, 50 gm clarified butter made with cow milk and drink regularly to cure piles.

- Make poultice of dry radish and give hot fomentation on hemorrhoids.
- Take one gm ankol root skin with black pepper and gulp it.
- If the hemorrhoids protrude out of the anus and swell, then boil black cumin seeds in water and drink it for relief.
- Grind cumin seeds with water and apply on the hemorrhoids.
- Grind powder made with tube and grind it with sesame oil. Take spoonful powder in honey and consume thrice daily with milk. Bleeding controls within few days.
- Take 5 – 10 gm of marigold petals and roast in clarified butter. give it to the patient thrice daily. This will control the bleeding.
- Boil 10 – 20 gm of coriander seeds in one glass of water and 10 gm of sugar candy to control bleeding from hemorrhoids.

MIGRAINE

- Take one sweet made with condensed milk before sunrise, pour very little clarified butter and one piece

of camphor and chew it. Take another sweet over it without camphor. Avoid drinking water on it. One dose gives instant result. Sometimes the dose has to be repeated depending on the condition of the disease.

- Grind hurhul leaves juice in hurhul seeds and apply it on the forehead for 2 – 3 days. Migraine pain can be relieved with this remedy.
- Grind Harad seed with water and apply it on the forehead for relief.
- Pour 2 -3 drops of August leaves or flowers juice in the opposite nostril of the migraine pain for instant result. If the pain is on the right side then pour the drops in the left nostril.
- Rub one Aritha fruit with one or two black peppers, grind it and drop 4 -5 drops in the nostrils to control migraine pain.
- Mix equal quantities of goat milk and bhangra juice. Heat it and pour a few drops in the nostrils. mix black pepper powder in bhangra juice and apply it on the forehead to relieve partial headache.

Yog and exercises are good for health. It keeps you fit and healthy and prevents many diseases. According to recent research patient suffering from cancer can practice Yog along with chemotherapy to keep away from the side effects.

Central Yog and natural medication institute says that regular practice of Yog along with chemotherapy can prove to be beneficial. Woman suffering from breast cancer should practice Yog regularly to maintain physical fitness, overcome stress and activate immune system.

Cancer patients have to undertake



YOG REDUCES THE ILL EFFECTS OF CHEMOTHERAPY

radiotherapy and chemotherapy after operation. It has many side effects. According to the studies 'Yog' is useful for physical and mental health of the cancer patients and it has got no side affects. This study included woman suffering with 2nd or 3rd stage of breast cancer in the age group of 35 - 70 years. They

were made to practice Yog regularly and they were also undergoing chemotherapy. By chemotherapy they were tested for pain and condition of immune system before, after and during the chemotherapy.

Regular practice of asana, pranayam and meditation showed good improvement in the side effects. Not only that, their immunity system was also found to be more activated.