

# Y OUR EXPERIENCES

## YOGA AND AYURVEDA CURED INCURABLE DISEASE

Respected Swami ji Maharaj,  
I had been suffering from **hereditary Hemorrhagic Telangiectasia** for the past 14 years. I used to have heavy nose bleeding every 20-30 days. Due to the disease, I had to leave my earlier well paying job of a primary school teacher. But, even here, this disease did not spare me. The final blow came, when the ENT surgeon of Sir Gangaram Hospital, New Delhi declared to me in writing that, in the entire medical world, there is no treatment that can cure this disease 100%. Extremely disappointed, I finally came to the Patanjali Yogpeetha in Haridwar for my treatment. I started with my treatment from 9<sup>th</sup> December 2007, and now within one year I am almost 90% cured from this disease. Since 24<sup>th</sup> September 2008, I have not had even one instance of nosebleed. I feel much more healthier now. The doctor at CMC Vellore, after doing a rigid Nasal Endoscope, was shocked to find that I am now completely cured of the problem. He personally advised me to continue the treatment. I am sending photocopies of my first endoscope-report and my current endoscope-report, along with Sir Gangaram Hospital's senior doctor's declaration, and your doctor's prescription letter, as a proof to the ashram.

I am extremely grateful to all of you and thank you all from the bottom of my heart.

Regards,  
Ram Mohan Rai  
District: Arrah via Durgapur -12  
Bardvan, West Bengal  
Phone: (0343) 2536407

## PROTEST AGAINST SPURIOUS MEDICINES

Respected Swami ji Maharaj,  
Yoga has given a new dimension and direction to India's culture and heritage, and taken it to households all over the world.

The pledge that you have taken to get the world rid of every disease, it is in this regard, that I want to make a small request. It is a matter of disgrace for our country, the rampant adulteration in all things including eatables and even medicines. The common man is decreasing his lifespan by eating food cultivated with poisonous fertilizers and ingrained with spurious and adulterated preservatives. Helpless, uninformed and poor patients take spurious medicines, adulterated glucose, and hope to get cured from their various diseases.

Leaders of our country, the print media, electronic media, social service organizations, teachers, preachers, and gurus, no one has been taking up this menace to our society seriously, and is neither revolting for the cause.

At your one voice, the entire nation completely reduced their intake of Pepsi and Coca Cola, including many of them leaving aerated drinks for good. Adulteration and spurious chemicals are an even bigger menace and are dangerous for the society. Thus, it is my sincere request to you that you take up this cause seriously.

Regards,  
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69, Baag Deewar, 2<sup>nd</sup> Floor  
Fatehpuri  
New Delhi 110006  
Phone: (011) 32445244

## YOGA CURED MY LIVER

Respected Swami ji Maharaj,  
Pranam!

Babaji, I had been suffering from a troubled stomach, and I can't even recollect how much treatment I have undergone to cure my ailment. The doctors used to say, that I have a very weak liver. I was given a lot of syrups, but all to no avail. One day, a distant sister introduced me to yoga.

Babaji, a majority of the villages in India do not have the privilege of cable TV, because of which, most of us are not able to watch Aastha Channel.

I strongly decided that now I have to get rid of my stomach problem and shared it with my family. I requested them to give me 2000 rupees with which I would buy a Dish TV set-top box. I finally got the Dish TV installed in my home and started watching your programme on Aastha Channel and practising yoga religiously. I was surprised to see that, just by doing Kapalbhathi and Anulom-Vilom, I got completely cured of my long-standing stomach ailment.

For this, Babaji, I bow to you in honour with my warmest regards.

Regards,  
Sandeep Kumar Sharma  
Village Kuramai,  
via Mirhachi post,  
District Kashiram Nagar, Kasganj.  
Mobile: (91) 9917974691

## PRANAYAM MADE MY KIDNEY STONE DISAPPEAR, AND SHED FLAB

Respected Swami ji Maharaj,  
My deep respects to you!

Just by following your told path, my kidney stone vanished.

In 1997, it measured 2-3 mm, and it had increased to 8 mm by 2007. I began doing Pranayam in February 2008, which included 15 minutes of Kapalbhathi and 15 minutes of Anulom-Vilom and also started taking the Ayurvedic medicines prescribed by you. Within a few days, the pain started reducing considerably, and to my surprise on 19<sup>th</sup> June 2008 my sonography report declared that it had completely vanished.

Along with it, my fixed body weight of 65 kg since 20 yrs started reducing and now it dramatically measured 55 kg. My height is 5'3", which means it is my ideal body weight. I am surprised, that what controlled diet, exercise and walking could not achieve in 20 yrs, just simple Yoga achieved in 4 months. Now my body weight is stable at 54-55 kg.

Regards,  
Dr. CL Malhotra  
Dean -ACAD  
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