

NATURE CURE FOR INCURABLE DISEASES

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HEART DISEASES

- ❖ Mix honey and misri with one spoon Jatamashi (Indian spikenard). Intake of this will correct blood pressure and bring it to normal. This will also benefit heart patients.
- ❖ The intake of Arjun provides relief in rapid heartbeats, weakness of heart, enlargement of heart, inflammation and all heart diseases.
- ❖ After occurrence of a heart attack, take 40ml Arjun tea every morning and evening. This is an amazing tonic to strengthen the heart.
- ❖ There is pain and tremors during heart weakness, along with uneasiness and anxiety, and a person feels very tired. Then the hands and feet should be massaged with black mustard powder.
- ❖ Taking 100-200mg of the bark of Kaner root in small quantities after meals helps in heart diseases and heart pain. Urination occurs and the pain in the heart decreases.
- ❖ When heart diseases occur due to rheumatism, taking 2gm Ashwagandha (Indian Ginseng) powder with warm water helps.
- ❖ During uneasiness in the heart and heart weakness, chewing of betel leaf helps.
- ❖ Grind equal quantities of green cardamom and Pipra mul together into a fine powder. Take 3gm of this powder with ghee in the morning and evening to cure constipation and heart problems.
- ❖ Boil 5-6 carrots or cut them while raw and keep this outside overnight in the dew. Take this in the morning with rose or kewra water along with water to regularize heartbeats.
- ❖ Take mulathi and kutni churna for benefit in heart problems.

ECZEMA

- ❖ Soak feet in cow's urine everyday for three months to permanently cure eczema.
- ❖ Make a fine powder of 1kg pawar seeds. Mix this in

2kg cow's milk, 200 gm ghee made from cow's milk, and 20gm Gandhak churna. Cook this over low heat till the milk gets burnt. Remove from heat. Massage this to get relief from rashes and sores.

- ❖ In this disease, keep sour curd in a copper vessel for a day. Use this from the next day. This pack cures very old eczema too.
- ❖ Make a powder of 60gm pawar seeds, 80gm bavchi seeds, and 20gm carrot seeds. Soak this in cow's urine for 8 days. Using this whenever necessary will cure eczema. When it dries, keep adding cow's urine. You can use this for one year.

STOMACH PAIN

- ❖ Add 2 masha ajwain to one masha salt. Take this with warm water to stop stomach pain.
- ❖ Make tablets of ajwain powder with jaggery and take these for relief in stomach pain due to gas.
- ❖ In case of colic pain, grind the marrow of amalata and apply it in the navel of children and make a pack to give relief.
- ❖ Grind 125mg cloves of aak flower and 25gm misri into fine powder and make tablets. Have these with warm water to give relief from stomach pain.
- ❖ Mix a little sandhya namak (rock salt) and 20 roasted cloves with 20 gm kwarth (decoction) of agustha bark. Drink this morning and evening and in three days' time your stomach pain will become cured.
- ❖ Mix 2-3 drops of azmod oil in gram sunthi churna and take with warm water to get relief.
- ❖ Mix 250mg ginger juice, rock salt and roasted asafoetida (hing) with 10gm ripe pineapple juice. Drink this morning and evening for benefit from stomach pain.
- ❖ Take churna of chilli (mirch) and bhang (*Cannabis sativa*) and mix with equal quantity of jaggery. Make ½ gm pills with this and take this to cure stomach pain.
- ❖ Take 20gm apamarg panchang and boil this in 400gm

water. When ¼ remains, add 500mg nausadar churna and 1gm marich churna. Take this 3 times a day to be cured from stomach pain.

VISHKANTA:

- ❖ Vishkanta is another name for rotten sores and is also called *Ghao Jahar* (wound poison). This disease usually occurs in fingers and thumbs. However, this can occur in any part of the body. To get rid of this disease, take ½ tola ordinary table salt, grinded finely. Add ½ tola honey in this. Apply this on a tender leaf of the peepal tree and tie the leaf over the affected area. This is a powerful medicine for the disease. Apply this as given here for 4-5 days with the leaf to get relief.

GOUT

- ❖ Heat leaves of vasha and apply to cure gout,
- ❖ Add lemon juice to one cup boiled water. Add one spoon of honey and mix well. Drinking this will give relief in gout.

ARTHRITIS

- ❖ Take a fat fruit of gwarpatha (*Aloe perfoliata*) and remove its peel and thorns. After this, cut the pith of gwarpatha finely. Mix a little wheat flour with this. Knead this dough and make balls. Roast these balls over cowdung fire till red. Now add a little pure ghee and jaggery or sugar and break the balls into a 'churma'. Eating this 'churma' for 8-9 days will cure arthritis. However, keep in mind that after eating this 'churma' on the morning, do not take in any other foodstuff.
- ❖ Drink 100ml kwarth of Arni Panchang to get relief from arthritis and at the same time get relief from rheumatic pain in ligaments.
- ❖ Take bafara (formentation) of amarbel to get fast relief from arthritis pain and inflammation. After taking the bafara, you should take a bath with the same water. After this, the body should be rubbed dry with a thick towel. The patient should eat a lot of ghee.
- ❖ Applying poultice of alsil oil gives relief from arthritis inflammation.
- ❖ Make a paste of bakwan seeds with mustard seeds and apply during arthritis disease to get quick relief.

TUBERCULOSIS

- ❖ In tuberculosis, after every hour from morning to

evening, 1gm of cow's urine should be drunk. Nothing else should be eaten or drunk by the patient during the day. Yes, the patient can of course rinse his mouth with water. After some days, the patient should be given only betel leaf to eat. The betel leaf should have only kantha and chuna (lime) applied on it. After having the betel leaf, the patient should not eat anything that day too. With the help of this process, the patient will get results.

- ❖ Mix 1gm churna of choti peepal in 20-30 gm decoction of Adusa (*Justicia ganderussa*). Drink this to get benefits.
- ❖ Add 40gm each of white cumin, peepal, ginger powder and cinnamon powder, 200gm old jaggery and 10gm good quality saffron in 200gm pomegranate juice, and cook over low heat. When it thickens enough to be able to make tablets, remove from heat and add 10gm green cardamom powder. Make small tablets of 6gm each. Take 1 tablet each in the morning and evening with goat's milk.

VAYUGOLA (GAS):

- ❖ Mix equal amount of jaggery and the kernel of Karanj (*Galedupa arborea*) and eat this to prevent the problem of vayugola. The dosage should be 1gm.
- ❖ Mix 6gm gwarpatha pith, 6gm cow's ghee, 1gm hari taki churna, 1gm rock salt, and eat this morning and evening to get relief from vayugola.
- ❖ Grind 2-4gm churna of bay tree bark and have this to get rid of the problem.

METRORRAGHIA

- ❖ Women suffering from metrorrhagia should take 4 tola multani mitti mixed in water for three days consecutively.
- ❖ Drink 20-40gm of the juice of the inner skin of mango three times daily. This gives benefit in metrorrhagia.
- ❖ Mix misri in equal amount of leaf extract of vasha. Take this three times a day for one week to get relief from the disease.
- ❖ Drink 20gm amla extract after mixing 1gm cumin powder twice a day. If you don't find fresh amla, take 20gm dry amla powder and eat it after soaking it in water overnight. Have this in the evening too by doing this process in the morning.
- ❖ Grind 10gm of fresh leaves of Apamaarg and 5gm green doob grass. Add this in 60gm water and sieve.

Add 20gm cow's milk or misri according to taste and drink this in the morning for 7 days to get great benefit from the disease. Continue this regularly till the disease is cured. If bleeding occurs in uterus due to blockage, then this mixture will open that blockage too.

WHITE DISCHARGE

- ❖ Grind and sieve 5-6gm amla seed, make thandai-like drink in water. Add misri or honey and drink to get special benefits within three days.
- ❖ Finely cut the fresh bark of Augusthya, and soak a cloth with its juice. Place this over the genitals to get relief from white discharge and vaginal itch.
- ❖ Mix equal parts churna of Ashok bark and misri. Take 3gm with cow's milk morning and evening to get relief from white discharge.
- ❖ Mix equal amount of misri in Ashwagandha churna and take one spoon of this in the morning and evening to get benefits.

RHEUMATISM

- ❖ Grind finely vidhara, asgandha, dry ginger powder and misri. Rheumatic patients should take 1 tola of this mixture with warm water. Doing this will definitely give benefit.
- ❖ Take 3gm of anant mul churna with honey three times a day to get benefit in rheumatism.
- ❖ Mix 3gm Ashwagandha with 3gm ghee and 1gm sugar and have this morning and evening to get relief from rheumatism.
- ❖ Finely grind seeds of Palash (Flame of the Forest) and apply on affected area after mixing with honey. This pack will give relief.

LIVER

- ❖ A pack of henbane oil will give a lot of relief in liver and chest pain.
- ❖ Drinking 40-60gm of bel kadha (woodapple tea) or applying the paste on the stomach surface will give relief from liver enlargement.
- ❖ Drinking a decoction of 10-20gm peel of the roots of yellow kachnar (*Banbinia variegata*) in the morning and evening will reduce liver pain.
- ❖ Drinking 150-160gm juice of the makoi (solanum) plant extract will cure even the liver that has been enlarged for a long time. Heat the juice in an earthen

vessel for so long that the colour of the juice changes from green to red or pink. Boil at night and cool overnight and drink in the morning.

SCHIZOPHRENIA

- ❖ Drinking the juice of white Kusmand Satmuli and Brahmi with Jatamashi to cure schizophrenia.
- ❖ Take 10gms each of pomegranate leaves and fresh rose flowers (in case of lack of fresh flowers, take 5 gm dry flowers). Boil this in 500gm water till it reduces to 250gm. Add 10gm cow's ghee and drink this while warm morning and evening to give relief.
- ❖ Mix and boil 10gm churna of the pith of white bala flower, 5gm Apamarg churna, 500gm milk, 500gm water. When half the quantity remains, then cool and strain. Having this in the morning will cure even aggressive and high hysteria.

IMPOTENCY

- ❖ Mix equal quantity of Asangadha Kaparchan churna and khand (unrefined sugar). Drink one spoon of this with fresh milk of cow in the morning, three hours prior to having your meal. Keep having this churna in pinches along with milk. At night, mix this churna with jasmine oil and massage to remove weakness of organs.
- ❖ Add 20gm churna of the root of aak to milk and make curd. Make ghee with this curd. Have this to remove impotency.
- ❖ Add 6gm jaggery to 3gm bahera churna and have this morning and evening to help in impotency.
- ❖ Mix churna of bahera seeds with white musli and misri. Take 2-3gm of this regularly morning and evening.
- ❖ Grind fresh roots of mundi (*Spluranthus indicus*) and cook this with four times black sesame seed oil and sixteen times water. When the water evaporates leaving just the oil strain the mixture. Massage this oil on the genitals. Also, apply 10-30 drops in paan and have this 2-3 times a day to remove impotency.
- ❖ Boil jasmine flowers and leaves in oil and use this oil for massage or make a paste with the root on organs to give benefits.
- ❖ Heat 1gm bark of katuparni with the milk of banyan tree. Make pills the size of Bengal gram and have them with betel leaf in the morning and evening for 14 days to remove impotency.