

YOGIC CURE FOR SPRUE

This is also known as dysentery or chronic disorder of bowel movement. A white colored foamy water is excreted in the initial stage. The motions are passed in the morning and evening after meals as the disease advances. However the patient does not experience any kind of problem. Later the patient complains of belches, passing odorous air, indigestion and low digestive fire along with weakness, low pulse rate, jaundice, and stomach cramps. The patient becomes very weak and can also die.

Home remedies

- Grind ten gram of white resin and 20 gm of unrefined sugar. Take five gram twice daily with cold water. It gives relief within two days.
- Grind 100 gm Pathani lodh and sieve it with cloth. Take six gram thrice daily with fresh diluted curd made with cow milk.
- Soak ten gram myrobalan. Grind when it is soft and mix black salt. Make plum sized tablets and take one tablet twice daily to control dysentery, constipation and bowel disorder.
- Add ten gram sweet curd in 50 gm mango juice and spoonful ginger juice. Take it twice or thrice regularly to cure chronic bowel disorder and dysentery.
- Take four gram churna of tamarind seed skin, six gram each of roasted cumin seeds and sugar candy powder. Take four gram at an interval of three hours with fresh buttermilk to cure chronic dysentery and bowel disorder.
- Mix 20 gm fresh curd in one to six gram of tamarind tree skin and lick for relief.
- Soak four gram Isabgol in 40 gm hot water. Mix ten gram orange or sweet lime juice when cold and drink to control severe burning sensation and chronic disorder of bowel movement.
- Mix honey in equal quantities of Pippali, hemp and dry ginger powder and take to cure chronic disorder of bowel movement.
- Mix ten gram wood apple churna, dry ginger churna and old jaggery. Take three gram thrice or four times daily for relief.
- Grind 60 gm sweet aniseeds, roast six gram black salt on pan and make a powder. Take two gram three to four times daily for relief.
- Roast ten-gram big cardamom, 60 gm aniseeds and 20 gm sal ammoniac on pan and make a powder. Take one gram to relieve chronic disorder of bowel movement.
- Grind equal quantities of Isabgol, Mastangi and small cardamom. Mix equal quantity of sugar candy and make a powder. Make four doses. Take with rice malt every three hours for relief. It gives instant relief in case of dysentery, bleeding motions and painful bowel movement.
- Roast two-gram hemp and mix three gram honey. Lick it for relief.
- Grind cocaine and saffron in honey and give grainful to children to cure bowel disorder.
- Take six gram dates with 20 gm curd set with cow milk to cure chronic disorder of bowel movement.
- Mix 80 gm dry mango seed kernel powder, cumin seeds, black pepper, dry ginger powder (30 gm each), 25 gm mango tree gum, three-gram cocaine. Take five to 30 gains depending on the condition for relief.
- Mix salt in onion juice and take it regularly for 15 days for relief.
- Grind equal quantities of Ajowan, small Harad, rock salt and asafetida and prepare a powder. Take spoonful in the morning with fresh water.
- Boil two spoons of cumin seeds in cupful water. Sieve it and drink twice daily.
- Grind spoonful Ajowan and a pinch of black or rock salt and take it on empty stomach with lukewarm water for relief.
- Prepare a powder with 25 neem leaves, three cloves, three black peppers and a pinch of salt. Take it twice with hot water.
- Mix roasted cumin seeds, dry ginger powder and

rock salt in buttermilk and drink for relief.

- Eat four ripe bananas with rock salt for relief.
- Prepare a quath with five gram each of coriander and sugar candy and drink.
- Dry the skin of black plum and grind it. Take half spoon with honey.
- Grind ten gram each of ginger, black pepper, pomegranate seeds, black salt, asafetida and cinnamon. Take spoonful before meals daily.
- Grind spoonful mustard seeds and seven to eight fenugreek seeds and take with hot water.
- Sprinkle black salt and black pepper powder on pineapple pieces and eat.
- Mix two-gram rock salt and two-gram black pepper in ten-gram wood apple juice and drink. This remedy gives relief within a fortnight.
- Mix a little bit of saffron in the juice of half lemon and lick to control sprue.
- Prepare quath with four cloves and two harads and take it with a pinch of rock salt.
- Mix spoonful honey in equal quantity of black sesame and eat. Mix fresh cow urine in Triphala juice and take it. Take equal quantities of Ajowan, coriander, Triphala, big pipal, black cumin seeds, Ajmod, Piplamool and vaividing and make a powder. Take half spoon with hot water.

Natural remedy

- Nature therapy is very beneficial in case of sprue. Practice it along with home remedies. Take enema in the morning. Eat boiled vegetables and chapattis made with whole-wheat flour for about a fortnight.
- Place a wet mud bandage on the stomach for 20 days. If the condition is not chronic then add the juice of half lemon in water and drink four times. Fast is also helpful.
- Sit in water till waist level and massage the stomach gently. Pour a stream of water on stomach and back for two minutes. Lie down straight and take deep breath and allow the water to fall on the stomach for two minutes.

Daily routine

- Eat vegetables, fruits and fiber rich diet. Make chapattis with whole-wheat flour and chew them nicely.
- Restrict the consumption of spicy food, meat, fish, eggs, alcohol, tea, coffee, betel leaf and spices.
- Take one cup of pomegranate juice in the morning.

Take light and thin kichdi mixed with cumin powder if the disease is chronic. Do not drink water along with food. Drink lukewarm water in winter season and fresh water in summer season.

Yogic cure

- Practice Uttanapadasana, Dhanurasana, Chakrasana, and Matsyasana regularly.
- Practice Kunjal kriya on empty stomach followed by light exercise to strengthen the stomach. Tadasana, Katichakrasana, Padhashtasana, sputa Pavanmuktasana, Vajrasana should be practiced.
- Surya bhedhi pranayam and Agnisar kriya are very beneficial in this disease.

POEM

किसी के काम जो आये उसे इंसान कहते हैं।
पराया दर्द अपनाये उसे इंसान कहते हैं॥
किसी के काम जो आये उसे ॥

कभी धनवान् है इतना, कभी इंसान निर्धन है।
कभी सुख है कभी दुःख है, इसी का नाम जीवन है॥
जो मुश्किल में न घबराये उसे इंसान कहते हैं।
किसी के काम जो आये उसे ॥

अगर गलती रुलाती है तो वह राह भी दिखाती है।
बशर गलती का पुतला है ये अक्सर हो ही जाती है॥
जो गलती कर के पछताये, उसे इंसान कहते हैं।
किसी के काम जो आये उसे ॥

अकेले ही जो खा-खा कर सदा गुज़रान करते हैं।
यूँ भरने को तो दुनिया में पशु भी पेट भरते हैं॥
'पथिक' जो बाँट कर खाये, उसे इंसान कहते हैं।
किसी के काम जो आये उसे ॥

Synopsis: A human being is one who is helpful for others, who shares others sorrows. A man is very rich at times and poor at some other times. Sometimes he is happy and sometimes unhappy. This is life. A human being is one who is not afraid in difficult situations. If mistake makes us cry then it teaches us lesson also. To error is human, and is normal. Some people do not share anything, even animals fill their stomach, and a person who shares his food with the needy is a human being.