

Most selling book
on Ayurveda



Aushadh Darshan

(Revised new edition)

Includes the magical and most effective methods
suggested by Swami Ramdev to treat chronic
and incurable diseases

Acharya Balkrishna

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Statutory Warning

Medicines prescribed in the book should not be consumed without a medical advice. The author, publisher or the organization will not be responsible for any hazardous impact on one's health.

The Pledge

The tradition of *Āyurveda* has been deemed as most ancient and perpetual. Maharshi Charaka has rightly said - '*Soayamāyurvedaḥ śāśvato nirdiṣyate anādītvāt*'. It is its impact which we cherish even today in the core of our hearts. In our day to day life, we are advised to take carom (*ajawāyana*) or asafoetida (*hīng*) if we suffer from gastric or stomach pain. In case of cough or cold one is advised not to drink cold water and advised rather to take the tea of pepper, ginger and basil (*tulsi*). On bruise in feet, it is advised to take milk with added turmeric powder. These simple home remedies as advised by our elders are the part of *Āyurveda*.

Swamiji Maharaja has vowed to make these traditional treatment modalities as prominent method of treatment system as majority of Indian population still rely on this medicine system. The reason being easy availability and accessibility to the common mass. But government's aloofness towards it is a matter of serious concern.

Today, when allopathy is gaining prominence in treating even minor ailments; in such a situation, it is really a challenging task to spread *Āyurveda* among people.

Now the time returns when not only our ruling class but the whole world will appreciate the importance of *Āyurveda* in treating all kind of diseases. The world will soon adopt *Āyurveda* in day to day life. Who would have thought some times ago that people who are habitual to five star food would come up to eat papaya or drink bottle gourd juice.

With grace of Almighty and blessings of Swamiji we have got the great opportunity to take this work to the zenith. It is actually our campaign which encourages our *Āyurvedāchāryās*, who in the past felt humiliated in divulging their identity. At the national and international levels, new posts to recruit new *vaidyas* were created. Even business houses have also shown interests into it. This symbolizes victory of our ancient tradition invented by our saints.

When the history of modern India will be written, the name of Patanjali Yogpeeth, Divya Pharmacy and Patanjali Ayurveda will be written in golden letters for revival of *Āyurveda* and production of herbal medicines.

Our dream is turning into reality with the support of our countrymen. We also have challenges to come up to the expectations of the people. Keeping the prices of products low and producing the high quality medicines, beauty products, food products, we have used latest machines and technologies for this purpose. Maintaining our own ideals and traditional values, we have been doing all these things at such a huge scale.

We are sure that our mission in support with our countrymen for making our nation great, and preserving the knowledge of our saints will reach its goal very soon. We are not interested in doing business but our aim is public welfare. Hundreds of people are given free service for the same. The earnings from our products are being used for revival of cultural and spiritual richness of our traditions and also in the welfare of the masses.

We are fully confident that our efforts will enable the farmers to get profitable income and our fellow countrymen will get good health by using our products. Country as well as our farmers will become economically sustained, traditions of our saints will be preserved, our land will be free from the ill-effects of harmful chemicals and fertilizers and the people will get healthy food. Kids will not die of kidney ailments and cancer like deadly diseases. Lets join hands and come together to make our nation and its population prosperous and happy. This mission spreads the light of spiritualism and awakens our patriotism and *kunḍalini śaktī*. Our mission of serving millions of people and their dedication is the key that provides us strength.

From the Glimpses of Past to the Present

It is a proven truth that *Āyurveda* is the most ancient system of treatment throughout the world.

Even today, for millions of people in India and abroad, *Āyurveda* treatises such as *Caraka Samhitā*, *Suśruta Samhitā*, *Vāgbhatt* and many more scriptures that were written millenium ago are praiseworthy. At present, due to the widespread of several treatment systems and with time the science of *Āyurveda* lost its identity among the common man due to the lack of fully established research work in the domain of *Āyurveda*.

With the blessings of the almighty and the support of people and by the hard-core efforts of Respected *Yogrishi* Swami Ramdev, Patanjali Yogpeeth got the priviledge to play a major role in the establishment of *Āyurveda* by developing interest and faith towards *Āyurveda* among the common masses.

It is a matter of pride and priviledge for us that today worldwide Patanjali Yogpeeth is the pioneer organization in the field of *Yoga* and *Āyurveda*. Along with the untiring efforts and the desire to learn *Ayurveda* at the most, I went on a voyage throughout the country where I came across many saints, seers and traditional practitioners who worked selflessly for the service of mankind. Wherever we came to know that there is somebody at a particular place who treat several incurable diseases, we reached there with the curiosity to gather knowledge. This way our curiosity and modest efforts to gain knowledge took us to number of people with the most courteous and humble gestures. Such expeditions are still going on. The journey in the field of *Yoga* and *Āyurveda* started in 1995 on small grounds in a small cottage. I noted down and preserved all the experiences gained, medicinal details and documentations for the enhancement of my knowledge while working as an *Āyurvedic* practitioner. "*Svantaḥ sukhāya roginā' kashta nivaranaya'*. For the sake of my happiness and self-contentment, and to heal the miseries of the patients, i made this small effort to compile my experiments. However, when the number of patients increased unexpectedly, it demanded the expansion of this service for which we associated several practitioners (*vaidyas*) with us. At that time, the compilation of those experments, self-experienced uses and medicinal details played a guiding role in the training of the *vaidyas* (practitioners) associated with us for providing *Āyurvedic* treatment at large.

On request of the senior practitioners associated with us, a thought was given to get this compilation published. On the contrary, some other *vaidyas* believed that the secrecy of our treatment will lapse with the publication of this book.

My belief that knowledge spreads while spreading and it should not be kept hidden, helped us to take a decision for the publication of this book. The whole story counts back to the year 2004. In 2010, the book was revised with moderate changes. It is difficult to estimate that by now how many editions have come out. With the available data and records, it has been calculated that more than 6 million copies of this book in 15 different languages of the world have been printed. We did not even come to know when this book became the largest selling book of *Āyurvedic* treatment.

Moreover, most of the *Āyurvedic* physicians have adopted this new method of using a combination of drugs in treating many ailments and are getting successful results. This book has revolutionized the traditionally prevalent treatment system.

Inevitably, this small book has become a milestone in the treatment of *Āyurveda*. It is beyond our dream, that along with the *Āyurvedic* practitioners even the common man has accepted this book. In my occupied work-schedule, it did not come into notice that half of the year (2013) has been passed away. When I look behind and memorize the glorious past which was full of struggle and lot many challenges, we feel pride and self-contented. God paved our way by making adversities our ladder, which was possible only with the blessings of millions of people and grace of God. We will continue our efforts to get free from all obligations, being the obligation of the almighty or of our ancient seers or of your whole-hearted love and admiration.

The new and revised edition of this small book definitely comes after much delay. Despite of all delay, I dedicate this new edition of "*Aushadh Darshan*" to you. I salute to your love, faith and devotion towards *Āyurveda*.

Date: February 2014

Acharya Balkrishna

INDEX

What is Āyurveda	----	1-2
The Importance of Diet in the Life	----	3-9
The opposite diet combination according to Āyurveda	----	5-6
People unaffected by incompatible diet	----	7
Compatible food combinations	----	7
Remedy for over-eating/ indigestion	----	8-9
A General Introduction of Ayurvedic Panchakarma Treatment	----	10-12
<i>Vamana</i> (Emetic therapy)	----	11
<i>Virechana</i> (Purgative therapy)	----	11
<i>Nasya</i> (Inhalation therapy or errhine)	----	11
<i>Anuvāsan basti</i> (Type of enema)	----	11
<i>Nirūh basti</i> (Another type of enema)	----	12
Yoga Practice and Śaṭkarma for Good Health	----	13-17
Types of <i>Asana</i> and their impact on endocrine glands	----	14
Various disorders and remedial <i>asanas</i>	----	14
<i>Prānāyāmas</i> in different disorders	----	15
<i>Śaṭkarma</i> in various disorders	----	15
Important points	----	16
Naturopathy	----	17-19
<i>Pañchatatva</i> therapy (The Five Vital Elements Treatment)	----	17
Natural Cure for Different Diseases	----	17
Health Tips	----	20-23
Certified Ayurvedic Medical Therapies for Complex and Chronic Diseases	----	24
Diseases of Prāṇvaha Srotas	-----	25
• Treatment for Bronchitis / Bronchial Asthma, Cough, Chronic Rhinitis and Sinusitis	----	25
• Treatment for Dry Cough	----	26
• Cardiac Stroke and Blockage of Coronary Artery	----	26
Diseases of Udakvaha Srotas	----	27
• Treatment of Polydipsia/ (Excessive thirst)	----	27
• Treatment for Diarrhea and Dysentery	----	27
• Treatment for Dysentery	----	28
• Treatment for <i>Apakva Ama</i> (Indigestion) and other Digestive Disorders	----	28
Diseases of Annavaḥ Srotas	----	29
• Treatment for Anorexia and Dyspepsia	----	29
• Treatment for Dyspepsia (Indigestion)	----	30
• Treatment for Flatulence and Distension	----	30
• Treatment for Constipation	----	30
• Treatment for Sprue Syndrome	----	31
• Treatment for Emesis	----	32
• Treatment for Hyperacidity	----	32
• Treatment for Gastric Ulcers and Duodenal Ulcers	----	33
• Treatment for Ulcerative Colitis	----	33-34
• Treatment for Abdominal Diseases	----	34

Diseases of <i>Rasavaha Srotas</i>	----	35
• Treatment for Fever	----	35
• Treatment for Dengue Fever	----	35-36
• Treatment for Chikungunya Viral Fever	----	36
• Treatment for Anemia and Jaundice	----	37
• Treatment for Hepatitis B and C and Liver Malfunctioning	----	38
• Treatment for Edema	----	38-39
Diseases of <i>Raktavaha Srotas</i>	----	39
• Treatment for Hemorrhage	----	39
• Treatment for High Blood Pressure (Hypertension)	----	39-40
Diseases of <i>Mansavaha Srotas</i>	----	40
• Treatment for Cyst (in any part of the body)	----	40
• Treatment Glandular Growth or Tumor	----	40
• Treatment for Goiter and Thyroid Disorders	----	41
Diseases of <i>Medovaha Srotas</i>	----	41
• Treatment for Obesity	----	41-42
Diseases of <i>Asthibaha Srotas</i>	----	42
• Treatment for Arthritis	----	42-43
• Treatment for Cervical Spondylitis, Lumbo-sacral, Spine Disorders and Sciatica	----	43
• Treatment for Osteoporosis	----	44
• Treatment for Facial / Bell's Palsy	----	44-45
• Treatment for Rheumatism	----	45-46
• Treatment for Paralysis	----	46
• Treatment for Gout	----	47
Diseases of <i>Shukrabaha Srotas</i>	----	47
• Treatment for Impotency and Oligospermia	----	48
• Treatment for Azoospermia	----	49
• Treatment for AIDS	----	49
• Treatment for Infertility in Women	----	50
• Treatment for Fallopian Tube Blockage	----	50
• Treatment for Uterine Fibroids / Ovarian Cysts	----	51
• Treatment for Dysmenorrhea	----	51
• Treatment for Leucorrhea	----	52
• Treatment for Menorrhagia and Metrorrhagia	----	52-53
• Treatment for Foetal Development in Pregnancy	----	53
• Treatment for Miscarriage or Repeated Abortions	----	53
• Treatment for Migraine, Chronic Headache and Depression	----	54
• Treatment for Epilepsy and Major Psychosis	----	54
• The treatment for Hysteria	----	55
• Treatment for Compromised Mental Function and Down's Syndrome	----	55-56
Diseases of <i>Mutravaha Srotas</i>	----	56
• Treatment for Dysuria	----	56
• Treatment for Renal Calculi and Urolythiasis/ Stones in the Bladder	----	56-57
• Treatment for Chronic Renal Failure (CRF)	----	57
Diseases related to <i>Purishvaha Srotas</i>	----	58
• Treatment for Hemorrhoids	----	58
• Treatment for Bleeding Piles	----	58-59

• Treatment for Intrinsic Hemorrhage	----	59
• Treatment for Fistula	----	59-60
Dermatological (Skin) Disorders	----	60
• Treatment for Psoriasis and Eczema	----	60-61
• Treatment for Leucoderma/ Vitiligo	----	61
• Treatment for Acne Vulgaris	----	61-62
• Treatment for Dermatitis, Urticaria, <i>Urdar</i> and Leprosy	----	62
Other disorders		
• Treatment for Thalessemia	----	62-63
• Treatment for Diabetes	----	63-64
• Treatment for Diabetes & Spermatorrhea	----	64
• The treatment for Muscular Dystrophy and for Physically Challenged Children	----	64-65
• Treatment for Scleroderma	----	65
• Treatment for Multiple Sclerosis	----	66
• Treatment for Cancer	----	67
• Treatment for Chronic and Myeloid Leukemia Blood Cancer	----	68
• Treatment for Malignant Ulcers and Traumatic Injuries	----	69
• Treatment for Parkinson's Disease	----	69-70
• Treatment for Hernia	----	70
• Treatment for Cataract and Glaucoma	----	70
• Treatment for Otorrhagia, Tympanitis and Deafness	----	71
• Treatment for Tinnitus	----	71
• Treatment for Nasal Polyp	----	72
• Treatment for Nose Bleeds/ Epistaxis	----	72
• Treatment for Oral Stomatitis (Mouth Ulcers)	----	72
• Treatment for Dry Eye Syndrome / Computer Vision Syndrome	----	73
• Treatment for Acute Tonsillitis	----	73
• Treatment for Varicose Veins	----	74
• Treatment for Common Diseases of Childhood	----	74-75
• Treatment for Rickets in Children	----	75
• Treatment for Insomnia	----	75-76
• Treatment for Hair Growth	----	76
Compatible & Incompatible Diet According to Diseases	----	77-83
• Cardiac diseases and Hypertension	----	77
• Diabetes Mellitus	----	77
• Diarrhea Dysentery and Sprue	----	77
• Hyperacidity	-----	78
• Anaemia, Jaundice, Hepatitis A, B and C, Haematological Disorders, Hepato Splenomegaly	----	78
• Osteoarthritis, Edema, Rheumatoid Arthritis, Gout, Sciatica, Skeletal and Muscular pain, Facial Paralysis and Vataj diseases	----	78-79
• Coryza, Cough, Bronchial Asthma, Respiratory Infections and Allergic Diseases :	-----	79
• Obesity	-----	79
• Kidney Disorders	----	79

• Renal Calculus or Kidney Stone	----	80
• Gynecological Disorders	----	80
• Skin Diseases	----	80
• Pediatric Diseases	----	80
• Psychological Disorders	----	80
• General Dietary Prescription and Prohibition for all Patients	----	81
• Mode of Administration of Medicine and Dosage in General	----	81-83
• Miraculous Home Remedies	----	84
• Anti-obesity and Anti-diabetic Porridge	----	84
• Home Remedy for Obesity	----	84
• 'Ashwagandha Leaves' (Leaves of Wintercherry): Remedy for obesity, Diabetes and Heart Ailments	---	84-85
• Bottle Gourd Juice: A Wonder Remedy for Heart Ailments, Pyrosis, Abdominal Ailments and Obesity	----	85
• Treatment for Cataract and Glaucoma 'Drishti Eye Drop'	----	85-86
• Home Remedies to Enhance Eye Sight	----	86
• Night Blindness and Hysteria	----	86
• Home Remedies for <i>Kaphaja</i> Eye Disorders	----	86
• Thyroid, Tonsillitis and Cough	----	86-87
• Epistaxis	----	87
• Best Remedy for any type of Cough	----	87
• <i>Reetha</i> (Sapindus) in the Treatment of Asthma, Cough, Sinus and Headache	----	87
• <i>Vāsā</i> Leaves (Malabar Nut): Beneficial in Cough	----	87
• Remedy for Fever and Cold	----	88
• Small Pepper (Pippali): For Cough and Bronchial Asthma	----	88
• Dambela: For Bronchial Asthma	----	88
• Helminthiasis/ Abdominal Worm Infestation	----	89
• Home Remedies for Constipation	----	89
• Use of <i>Bilva/Bael</i> (Bengal Quince) in Dysentery and Diarrhea.	----	89
• Constipation, Gastric Troubles and Other Disorders	----	89
• A Compatible Diet in Constipation and Other Abdominal Diseases	----	90
• Accurate Remedy for Bleeding Piles	----	90
• Hemorrhoid and Metrorrhagia	----	90
• Rosewood (<i>Śīśama</i>) Leaves: Remedy for Leucorrhoea, <i>Prameha</i> , <i>Dhātu</i> Impairment, Menstrual Problems and Metrorrhagia	----	91
• <i>Apāmārga</i> : For Normal Delivery	----	91
• To Increase Breast Milk	----	92
• <i>Balā</i> : A Tonic for Women	----	92
• Treatment of Otagia	----	92
• Dentifrice for Dental Disorders	----	92-93
• Jaundice, Hepatitis and Liver Cirrhosis	----	93
• Wheat Grass Juice: Remedy for Cancer and AIDS	----	94
• <i>Patharchatta</i> : Remedy for Stone Problem	----	94
• Home Remedies for Diabetes	----	94
• Home Remedies for <i>Vātaja</i> Diseases	----	95
• <i>Sadabahar</i> and <i>Harshingar</i> Leaves: Remedy for Sciatica and Diabetes	----	95
• Home Remedies for Sprain, Edema and Fracture	----	95
• Remedy for Headache, Migraine & Insomnia	----	96
• Hair Loss and Premature Graying of Hair	----	96
• Accurate Medicine for Baldness and Hair Growth	----	96

• Anti-Dandruff Treatment	----	96
• For Blackening of Hair	----	97
• Home Remedies for Urticaria	----	97
• Treatment for Gangrene	----	97
• Cracks on Lips	----	97
• Ointment for Cracks in the Heal	----	97
• Leucoderma and Dermatological Diseases	----	98
• Treatment for Moles	----	98
• Treatment for Warts and Corns	----	98
• Pimples and Acnes	----	99
• Skin Diseases, Black Spots and Wrinkles	----	99
• To Enhance Facial Complexion	----	99
• Ashwagandha Powder: Remedy for General Debility	----	99
• Home Remedies for Stomatitis	----	99
• Aloe Vera: Remedy to Enhance Platelets	----	99
• Use of <i>Godhan Ark</i> (Distilled Cow's Urine)	----	100
• Use of <i>Triphala</i>	----	100
• Use of <i>Haritaki</i> (Myrobalan)	----	101
• Myrobalan (<i>Haritiki</i>) as a <i>Rasāyana</i>	----	101-102
• Kitchen Pharmacy	----	103-112
• Asafoetida	----	103
• Black pepper	----	103
• Cardamom	----	103
• Cinnamon	----	104
• Clove	----	104
• Coriander	----	104
• Cumin Seeds	----	105
• Fenugreek Seeds	----	105
• Mustard	----	106
• Thymol or Carom seeds (<i>Ajawayan</i>)	----	106
• Turmeric	----	107
• Garlic	----	108
• Ginger	----	108
• Lemon	----	109
• Onion	----	109
• Aloe Vera	----	110
• Honey	----	110
• <i>Panchamrita</i>	----	111
• Giloy	----	111
• Holy Basil (<i>tulsi</i>)	----	112
• Miscellaneous uses	----	112-113
Important Classical Medicines Prepared by the Organization	----	114
• Divya Arogyavardhini Vati	----	114
• Divya Khadiradi Vati	----	114
• Divya Chandraprabha Vati	----	115
• Divya Chitrakadi Vati	----	115
• Divya Mahasudarshan Vati	----	115
• Divya Vishtinduk Vati	----	115
• Divya Vriddhivadhika Vati	----	116
• Divya Sanjivini Vati	----	116
• Divya Lavangadi Vati	----	116
• Divya Sarivadi Vati	----	116

• Divya Kanchnar Guggulu	----	116
• Divya Keshore Guggulu	----	116
• Divya Gokshuradi Guggulu	----	116
• Divya Trayodshang Guggulu	----	117
• Divya Triphala Guggulu	----	117
• Divya Mahayograja Guggulu	----	117
• Divya Yograja Guggulu	----	117
• Divya Lakshadi Guggulu	----	117
• Divya Singhnada Guggulu	----	117
• Divya Saptavishati Guggulu	----	117
• Divya Ashwagandha Churna	----	118
• Divya Avapatikar Churna	----	118
• Divya Gangadhara Churna	----	118
• Divya Trikatu Churna	----	118
• Divya Triphla Churna	----	118
• Divya Panchkola Churna	----	118
• Divya Pushyanuga Churna	----	118
• Divya Bakuchi Churna	----	119
• Divya Bilvadi Churna	----	119
• Divya Lavanbhaskara Churna	----	119
• Divya Sitopaladi Churna	----	119
• Divya Haritaki Churna	----	119
• Divya Arjun Kwath	----	119
• Divya Giloy Kwath	----	120
• Divya Dashmula Kwath	----	120
• Divya Mahamanjisthadi Kwath	----	120
• Divya Mulethi Kwath	----	120
• Divya Arjunarishta	----	120
• Divya Abhyarishta	----	120
• Divya Arvindasava	----	121
• Divya Ashvagandharishta	----	121
• Divya Ashokarishta	----	121
• Divya Ushirasava	----	121
• Divya Kutajarishta	----	121
• Divya Kumaryasava	----	121
• Divya Khadirarishta	----	121
• Divya Patrangasava	----	122
• Divya Punarnavarishta	----	122
• Divya Vidangasava	----	122
• Divya Saraswatarishta	----	122
• Divya Amlaki Rasayana	----	122
• Divya Ekangveer Rasa	----	123
• Divya Kamdudha Rasa	----	123
• Divya Kumarkalyana Rasa	----	123
• Divya Tribhuvan Kirti Rasa	----	123
• Divya Pravala Panchamrita Rasa	----	123
• Divya Brihata Vachintamani Rasa	----	123
• Divya Mahavidhvansana Rasa	----	123
• Divya Yogendra Rasa	----	123
• Divya Rasraja Rasa	----	124
• Divya Laxmivilasa Rasa	----	124
• Divya Basant Kusumakara Rasa	----	124

• Divya Swarna Basantmalti Rasa	----	124
• Divya Phalaghrita	----	124
• Divya Mahatriphala Ghrita	----	125
• Divya Shadbindu Tel	----	125
• Divya Kasis Bhasma	----	125
• Divya Kulia Bhasma	----	125
• Divya Godanti Bhasma	----	125
• Divya Tankan Bhasma	----	126
• Divya Tamra Bhasma	----	126
• Divya Trivang Bhasma	----	126
• Divya Mandoor Bhasma	----	126
• Divya Muktashukti Bhasma	----	126
• Divya Rajat Bhasma	----	126
• Divya Loha Bhasma	----	126
• Divya Vang Bhasma	----	126
• Divya Shankh Bhasma	----	127
• Divya Sphatic Bhasma	----	127
• Divya Swarna Makshik Bhasma	----	127
• Divya Swarna Bhasma	----	127
• Divya Hajrulyahud Bhasma	----	127
• Divya Hiraka Bhasma	----	128
• Divya Aqik Pishti	----	128
• Divya Kaharwa Pishti	----	128
• Divya Jahar Mohra Pishti	----	128
• Divya Pravala Pishti	----	128
• Divya Mukta Pishti	----	128
• Divya Shvet Parpati	----	129
• Divya Tal Sindoor	----	129
• Divya Punarnavadi Mandoor	----	129
• Divya Makardhwaj Rasa	----	129
• Divya Rasa Sindoor	----	129
• Divya Shila Sindoor	----	130
• Divya Saptamrita Loha	----	130
• Divya Chavyanprasha	----	130
• Divya Badam Pak	----	130
• Divya Shilajit Sat	----	131
Self-experienced Formulations	----	132-153
• Divya Arshkalpa Vati	----	132
• Divya Arogya Vati	----	132
• Divya Udramrit Vati	----	133
• Divya Kayakalpa Vati	----	133
• Divya Giloy Ghanvati	----	133
• Divya Neem Ghanvati	----	134
• Divya Peedantak Vati	----	134
• Divya Madhunashini Vati	----	135
• Divya Madhukalpa Vati	----	135
• Divya Mukta Vati	----	136
• Divya Medha Vati	----	136
• Divya Medohar Vati	----	138
• Divya Yaouvanamrit Vati	----	138
• Divya Vrikkadoshahar Vati	----	139
• Divya Shilajit Rasayan Vati	----	139

• Divya Strirasayan Vati	----	139
• Divya Hirdayamrit Vati	----	140
• Divya Ashwagandha Capsule	----	140
• Divya Ashwashila Capsule	----	141
• Divya Shilajit Capsule	----	142
• Divya Ashmarihar Kwath	----	142
• Divya Kayakalpa Kwath	----	142
• Divya Peedantak Kwath	----	142
• Divya Medha Kwath	----	143
• Divya Vrikkadosahar Kwath	----	144
• Divya Sarvakalpa Kwath	----	144
• Divya Kayakalpa Tail	----	145
• Divya Kesh Tail	----	145
• Divya Peedantak Tail	----	145
• Divya Udarkalpa Churna	----	146
• Divya Gashar Churna	----	146
• Divya Churna	----	147
• Divya Vatari Churna	----	147
• Divya Ashmarihar Rasa	----	147
• Divya Peedantak Rasa	----	148
• Divya Shvasari Rasa	----	148
• Amla Rasa	----	149
• Aloe Vera juice	----	149
• Divya Kanti Lep	----	150
• Divya Amrit Rasayan	----	150
• Drishti Eye Drop	----	151
• Divya Dhara	----	151
• Divya Dantmanjan	----	152
• Divya Peye (Herbal tea)	----	152-153
For the natural protection of the entire body and beauty, the best health promoting herbal products manufactured by Patanjali <i>Ayurveda</i>	----	154-159
• Specific products of Patanjali <i>Ayurveda</i> for the natural beauty and haircare	---	154
• Herbal beauty products having quality of herbal medicines and the secret of beauty	----	155-156
• Tasty and Energizing Linctus	---	156
• Healthy Medicinal Drinks and Sherbats	----	156
• Medicinal Candies and Succades	----	157
• Health Promoting and tasty Digestive Medicines	----	158
• <i>Sātvik</i> Food Products (Health promoting Atta, Dalia and Besan, etc.)	----	158-159
• Patanjali Masale (Healthy and Tasty)	----	159-160
• Other products having medicinal properties along with health and taste	----	160-161
• Creams, gel, lotion and balms to protect natural beauty, luster and radiance of skin	----	161
• Special Patanjali products for dental care	----	162

What is *Āyurveda*?

The main aim of *Āyurveda* is the promotion of positive health and prevention and treatment of chronic, difficult to treat diseases. To protect from diseases, sages focused on different herbals and derived various formulae that gave immediate relief to the human being. *Āyurveda* says no ailment can be exclusively physical or psychological. Indeed physical illness has an ill-effect on the psyche while psychological diseases have impact on the physical condition. For this reason, *Āyurveda* consider all diseases as psycho-somatic and provide treatment accordingly.

An *Āyurveda* practitioner not only treats a person, based on physical symptoms but also treats them keeping in consideration the condition of the soul, mind and physical tendencies. In addition, condition of *doṣas* (*vāta*, *pitta* and *kapha*), *dhātus* and *malās* (excretory products) are also considered while treating a patient. Hence, *Āyurveda* is not a symptomatic treatment but also a systemic one. Every medicine utilized in *Āyurveda* acts as a rejuvenator. Immunity enhancing medicines and detailed dietary regimen is a gift of *Āyurveda* to Mankind.

Along with medicinal treatment, a detailed description of a healthy daily regimen like rising early, drinking water on an empty stomach, regular bowel movements, cleaning the teeth; body massage and exercise, to the selection of clothes and importance of wearing ornaments has been mentioned in *Āyurveda*. Similarly, the detailed description of night regimen including sleeping early, diet and time of dinner and conduct has also been the important part of *Āyurveda*. *Āyurveda* also elaborates behavior, diet, lifestyle during different seasons. Adapting seasonal regimen helps to keep the health better and prevent disease. To achieve healthy and happy life, *Āyurveda* emphasize on religious and moral duty (*dharma*), the moderate pursuit of wealth (*artha*), avoiding unnecessary desire (*kāma*) and striving for liberation (*moksha*).

Āyurveda not only incorporate ways of leading life with good

* All details in this context has been put forth in the book 'A Practical Approach to the Science of *Āyurveda*,' published by the organization.

conduct, moral values and behavior, but also guide us against breaking the code of conduct, attitude and behavior. *Āyurveda* has incorporated many social, domestic, national, spiritual and global ideas to make it a comprehensive science. *Āyurveda* guides a person to lead a disciplined and wholesome lifestyle with guidelines for basic activities, how to prevent oneself from immoral conduct and other related subjects. *Āyurveda* also covers the general conduct in the life, whom to befriend, whom to avoid, how to speak and how much to speak, and how to lead a natural life with simplicity. *Āyurveda* also teaches us to lead a life free of ego, help the people in their suffering and share joy and sorrow with others. Thus, *Āyurveda* is an Indian way of life, and a complete science and philosophy.

The Importance of Diet in the Life*

(Do's and Dont's in Dietary Regimen)

In *Āyurveda*, due importance has been given to the diet for good health. Hence, good knowledge about food and diet is essential for a person to remain healthy.

Diet is the basic factor to achieve good health. In the absence of rational food habits, it is difficult to remain healthy. *Upaniṣads* and other old treatises, emphasize diet as '*anna ve prāṇa*'. In fact, diet is a medicine in itself. It nourishes *doṣas*, *dhātus* and *malās* of the body and enhances and strengthen *prāṇa* (life-force). With the knowledge of this science (dietetics) we can treat many diseases. The effect of food not only lies on the body but it equally affects the mind. There is a famous saying that "the food you eat reflects your state of mind." Purity of food ensures purity of mind. Inevitably, food strengthens the sensory and motor organs, promotes strength and vitality to the *prāṇa* and nourishes the creativity of mind.

Actually, diet can be beneficial for our health only when we eat for the sake of health rather than taste. Always remember, that our life is not meant to eat, instead eating is essential for our life. According to a legend, sage Charaka asked his students - who has a healthy life? The scholar Vagbhatt replied - *hitabhuk*, *mitabhuk* and *ṛt̥bhuk*. It means, a person who eats according to his/her body constitution, in an appropriate amount with the properly earned means, always remains happy and healthy. The opposite behavior leads to many diseases. A person who has control over their sense organs maintain proper dietary regimen. Sage Caraka has described important facts regarding food intake, which is known as a food directory (*Āhāra Saṁhitā*).

- ❖ The food should be balsamic (having lubricants like adequate pure oil, *ghee* (clarified butter).
- ❖ The food should be fresh and warm and not packaged or stale.
- ❖ The meal should be eaten in a congenial environment.

*For more details on diet please refer the book 'A Practical Approach to the Science of *Āyurveda*', published by the organization.

- ❖ Food should be eaten peacefully and not in a noisy environment while watching television or listening music.
- ❖ Avoid talking while eating.
- ❖ A person should sit cross-legged, while eating.
- ❖ Eat food with a happy frame of mind. While taking meals, have positive thoughts in mind and praise for the Divine who has given the meal.
- ❖ Food should be taken almost at a fixed time as quoted in our *Śāstras* as "*Kālabhojanam - ārogyakaraṇam*", Take three meals a day in the morning, afternoon and evening in adequate quantity, according to the body's demand.
- ❖ Chew food slowly and properly, which aids in proper digestion of food.

An individual who takes a compatible and appropriate diet, normally does not fall ill. However, if for some reason he/she is afflicted by a disease, merely controlling and regulating the diet ensures speedy recovery without any medication. Taking the right medication but neglecting a compatible diet makes recovery very difficult in spite of all medication. An incompatible diet and lifestyle aggravates the disease, negates the effect of medication and renders it ineffective because without curing the cause, disease cannot be cured. Therefore, a combination of right medication and an appropriate diet is essential to overcome ailments and regain complete health. It is correctly said that "a person taking a compatible diet does not require any medication and with an incompatible diet, even medication is of no use".

*"Pathye sati gadārtasya kimaushdhaniṣevaṇarḥ.
pathyesati gadārtasya kimauṣadhaniṣevaṇarḥ".*

or in other words:

*"Vināpi bheṣjairvyadhi pathyādeva nivartate.
Na tu pathyavihinasya bheṣajānām shatairapi."*

In the absence of medication, disease can be treated by taking the right kind of diet, but if the right diet is not maintained, all medicines turn ineffective.

Sage Caraka has said - "*anna is prāṇa*" i.e. "food is life" for living beings and hence there is a need for food. The glow of the skin, a pleasant appearance, voice, life span, talent, happiness, satisfaction, strength, energy and intellect, all depends on food to a large extent, though of course there are genetic and environmental factors involved.

The opposite diet combination according to *Āyurveda*

(Some food combinations whose intake may cause harm)

Āyurveda says *pathya* or favorable diet safeguard the health and maintain the equilibrium of *doṣas* while *apathya* or unfavorable diet adversely affect health and aggravate *doṣas*. The diet can be of various types. Some incompatible food, by nature are heavy, they provoke the *doṣas* and cause disease. While many of these foods by nature are very beneficial and health-promoting when consumed alone but become incompatible when taken along with other foods or when taken at a particular time, season or cooked in a particular container. Instead of benefitting health, they may harm the body and become the cause of several diseases. This includes an opposing combination of substances which do not have an affinity for each other. Such foods are incompatible because they corrupt the *dhātus*, aggravate the *doṣas* and cause an imbalance in the constituents of useful body secretions. They do not allow generated wastes to be eliminated smoothly. In this way, at times serious problems develop in the body and the correct diagnosis of their cause becomes difficult. Prolonged use of unfavorable foods slowly and steadily affect the health of an individual by disturbing the *dhātus* and their normal functioning and may give rise to several diseases. Unfavorable foods are of several kinds.

The following are examples of incompatible diets.

- ❖ **Milk with:** Yogurt, salt, radish, radish leaves, green and raw *salāda*, drum sticks, tamarind, musk melon, Bengal quince, coconut, Indian hog plum, lemon, monkey jack, cranberry, star fruit (carambola), blackberry, wood apple, pomegranate, Indian gooseberry, angled luffa, molasses, sesame cake, horse gram, black gram, Turkish gram, Indian millet, coarse grain flour of barley and gram (*sattū*), oil, sour fruits and substances, fish and milk, wine and gruel eaten together.
- ❖ **Yogurt with:** Rice pudding, milk, cottage cheese, hot foods and other hot substances, cucumber, musk melon, the fruit of toddy palm.
- ❖ **Rice pudding with:** Jackfruit, sour foods (yogurt, lemon, tamarind and so on), coarse grain flour of barley and gram (*sattū*), alcohol.
- ❖ **Rice with:** Vinegar.
- ❖ **Honey with:** Black nightshade, clarified butter (*ghee*) along with an equal quantity of old honey, rainwater, oil, fat, grapes, lotus seeds, radish, very hot water, hot milk and other hot substances, safflower leaves, sugar (sherbet containing sugar syrup) and date wine. Warm honey is prohibited.

- ❖ **Cold water with:** Clarified butter (*ghee*), oil, warm milk and hot substances, water melon, guava, cucumber, snake cucumber, groundnut, chilgoza (an edible pinenut).
- ❖ **Hot water or other hot drinks with:** Honey, ice cream and other cold items.
- ❖ **Ghee (clarified butter) with:** Equal amounts of honey and cold water.
- ❖ **Ghee (clarified butter):** Kept in a brass container for more than 10 days.
- ❖ **Muskmelon with:** Garlic, yogurt, milk, radish leaves, water.
- ❖ **Watermelon with:** Cold water, mint.
- ❖ **Sesame paste with:** Cooked Malabar spinach.
- ❖ **Salt:** Its excessive and prolonged use.
- ❖ **Mustard oil with:** Mushrooms.
- ❖ **Sprouted pulses and grains with:** Lotus stems; also raw sprouts along with cooked food.
- ❖ **Black nightshade with:** Long pepper, black pepper, jaggery, honey, black nightshade kept overnight and cooked in a utensil in which fish has been previously cooked.
- ❖ **Black gram with:** Radish.
- ❖ **Banana with:** Buttermilk.

Such incompatible food combinations cause imbalance in the *doṣas* and *dhātus* present in the body. As a consequence, memory diseases may develop. Thus, consider a little before eating.

People unaffected by incompatible diet

Prāṇāyāmas, *yogāsanas* and other exercises develop immunity in the body and hence, one who exercises regularly; those who regularly consume oily and smooth substances such as milk, clarified butter (*ghee*) and other such substances; one with strong digestive fire; a physically strong person taking incompatible foods in small amounts does not affect a person much or if affected the result is negligible.

Vāgbhaṭṭa said that yogurt and milk have opposite qualities to those of *doṣa*, *dūṣya*, time and strength, and hence, its consumption is not always harmful. Its use is to pacify the ailment. In combination, as a result of specific factors, compatible foods sometimes transforms into incompatible foods and *vice versa*. Clearly, due to specific factors *pathya* could convert into *apathya* and likewise, other characters could neutralize

this tendency too. Hence, regular exercise or other factors could negate the harm caused by unfavorable (*apathya*) food but in future, it may create some problems. Hence, it is better to avoid such foods.

Compatible food combinations

An incompatibile diet can cause problems to health but in contrast, there are certain food substances, the combination of which benefits the system and promotes digestion. They can be said to be beneficial or compatible combinations. If for the sake of taste, food is taken in excess, it causes indigestion and other digestive problems but the beneficial combination negates the impact.

Examples of such combinations are

Food Substances	Beneficial Combinations (that aid in digestion)
Black gram	Buttermilk and drained raw sugar
Bengal gram	Radish
Green gram	Indian gooseberry
Pigeon pea	Fermented digestive appetizer (<i>kāñji</i>)
Wheat	Snake cucumber
Corn	Ajowan seeds
Gruel	Rock salt
Milk	Green gram soup
Clarified butter (<i>ghee</i>)	Lemon juice
Coconut	Rice
Mango	Milk
Banana	Clarified butter (<i>ghee</i>)
Orange	Jaggery
Lemon	Salt
Grapefruit, currant, raisin, pista, walnut and almond	Cloves
Potato	Rice water
Yam	Jaggery
Salt	Rice broth
Crystal sugar	Dry ginger
Jaggery	Dry ginger and nut grass
Sugarcane	Ginger

According to *Āyurveda*, compatible food combinations are beneficial for health and enhance the quality of life.

Remedy for over-eating / indigestion

S.No	Edibles	Effect of over eating	Antidotes
1	Sour cream	Provokes <i>Kapha</i>	Coriander, cardamom
2	Curd	Provokes <i>Kapha</i>	Cumin seeds, ginger
3	Cheese	Provokes <i>Pitta</i> & <i>Kapha</i>	Black pepper, red chilly
4	Icecream	Provokes <i>Kapha</i>	Cloves, cardamom
5	Oats	Provokes <i>Kapha</i>	Turmeric, mustard seeds, cumin seeds
6	Wheat	Provokes <i>Kapha</i>	Ginger
7	Rice	Provokes <i>Kapha</i>	Cloves, black peppercorns
8	Vegetables (pods)	Provokes <i>Vāta</i> and causes flatulence	Garlic, cloves, black pepper, red chilly
9	Cabbage	Provokes <i>Kapha</i> and <i>Vāta</i>	Roast turmeric, mustard seeds in sun flower oil
10	Garlic	Provokes <i>Pitta</i>	Grated coconut and lime
11	Green salad	Provokes <i>Kapha</i>	Olive oil with lemon juice
12	Onion	Provokes <i>Vāta</i>	Salt, lemon, yogurt and mustard seeds
13	Potato	Provokes <i>Vāta</i>	<i>Ghee</i> with black pepper powder

14	Tomato	Provokes <i>Kapha</i>	Lemon or cumin seeds
15	Avocado/Pears	Provokes <i>Kapha</i>	Turmeric, lemon, garlic and black pepper
16	Banana	Provokes <i>Kapha</i>	Cardamom
17	Mango	Causes diarrhea	Cardamom with <i>ghee</i>
18	Dry fruits	Causes dryness or may provoke <i>Vāta</i>	Take after soaking in water
19	Groundnut	Provokes <i>Vāta</i> and <i>Pitta</i>	Soak in water over night, warm before taking
20	Peanut butter	Heavy, Provokes <i>Pitta</i> and causes headache	Ginger or roasted cumin powder
21	Liquor	Stimulant, depressant	Chew a teaspoon of cumin seeds or 1-2 cardamom seeds
22	Black tea	Stimulant, depressant	Ginger
23	Coffee	Stimulant, depressant	Nutmeg powder with cardamom
24.	Chocolate	Stimulant	Cardamom or cumin seeds
25.	Popcorn	Causes dryness and provoke <i>Vāta</i>	Add <i>ghee</i>
26	Tobacco	Provokes <i>Pitta</i> and <i>Vāta</i> , Stimulant, depressant	Ajowan seeds or water hyssop (<i>brāhmī</i>) and roots of sweet flag (<i>vacā</i>)

Thus, a person shall make all attempts to avoid opposite diet so that the probability of any disease could be checked. Still, if some problem arises, be attentive towards food and lifestyle regime to manage the ailment.

A General Introduction to *Āyurveda* *Pañcakarma** Treatment

The word *Pañcakarma* itself is self-descriptive. It means five actions, which eliminate vitiated *malās* and *doṣas* from the body. *Pañcakarma* is an important part of *Āyurvedic* treatment because several times disease aggravation reoccurs, in spite of using different types of medicines. The methods of purification and detoxification for the prevention as well as eradication of disease, by the elimination of aggravated *doṣas* and *malās* from the body is *Pañcakarma* treatment. The processes before the initiation of *Pañcakarma* treatment are pre-monitoring procedures, carried out with the help of palliation and purification therapies, which especially includes oleation and fomentation. The five *karmās* are as follows:

1. *Vamana* (Emetic therapy)
2. *Virecana* (Purgative therapy)
3. *Nasya* (Inhalation therapy or Errhine)
4. *Anuvāsana basti* (A type of enema)
5. *Nirūha basti* (Another type of enema)

Ācārya Suśhruta and other scholars described *rakta mokṣaṇa* (blood-letting therapy) in place of *nasya* (errhine) as a part of *pañcakarma*. Before administering all such treatments, it is necessary to find out whether the patient is capable, physically and mentally, to tolerate such treatments. Otherwise it may harm instead of benefitting a patient. The preparations before *pañcakarma* treatment, after examining the mental condition of the patient, are 'pre-monitoring procedures,' and some precautions and compatible diet must be followed along with and after the treatment which are 'post-treatment measures. Special types of medicines and procedures are selected according to the patient and diseases. Here is a brief description of the '*karmās*'.

- ❖ For the elimination of '*kapha*', emesis is the best process.
- ❖ For the elimination of '*pitta*' purgation is the best activity.
- ❖ For the elimination of '*vāta*', enema or *basti* (both *anuvāsana* and *āsthāpana basti*) is the best.

*Different *pañcakarma* therapies are used according to the type of ailments and condition of the patient. *Pañcakarma* therapies should be performed under strict medical supervision and with medical advice only.

- ❖ For tenderness and softness of the body, fomentation is the best process.

Vamana (Emetic therapy): Therapeutic vomiting for the purification of the abdomen is known as *Vamana*. This therapy can be used in any season, except in extreme hot or cold climatic conditions.

It is particularly beneficial for people who suffer from *kaphaja* and *pittaja* ailments. There problems include cough, dyspnoea, bronchial asthma, cold, fever, nausea, anorexia, indigestion, tonsillitis, anemia, toxic conditions, bleeding from lower body organs, dermatitis and other skin diseases such as itching, erysipelas, edema, sinusitis, urinary disorders, adenitis, sprue syndrome, excessive sleep, drowsiness, hydrocele, epileptic fits, insanity, diarrhea, ear discharge, obesity and diseases related to it, and suppuration of nose, palate and lips.

Virecana (Purgative therapy): When the medicines are used to eliminate waste products from the intestine through the anal passage, it is called purgation. Purgation is an important purification procedure. It is normally carried out in autumn but if disease is serious it can be performed in any season.

Normally purgation is used for body purification, However it is also used in *pitta* vitiation, diseases due to *āma* and indigestion, flatulence, and severe dermatological diseases. It also strengthens the sensory organs, freshness of mind, increases digestive fire, body strength and stabilizes the body tissues (*rasa, rakta, etc.*)

Nasya (Inhalation therapy or Errhine): Treatment given through the nose for the ailments of head, eyes, ears, nose and throat is called *nasya* or *śirovirecana*. It helps to eliminate *kapha* and other *doṣas* from the head. For *nasya*, penetrating oils or oils processed with the juice or decoction of penetrating medicines are used. Besides juices extracted from medicinal plants and powders used as snuffs are also meant for *nasya*. *Nasya* is used for *kaphaja* disorders, for diseases of the head, ear, nose and throat, in headache, hoarseness of voice, rhinitis, common cold, edema, epileptic fits, anorexia and in severe diseases like dermatitis.

Anuvāsana basti (A type of enema): *Āyurvedic* enema treatment involves elimination of waste via medication through the anal pathway. It includes introduction of medicine into the rectum in the form of oil or oily decoctions in a liquid form to eliminate *vāta* disorders. It includes oleation enema using ghee, oil and other oily substances and also the intake of such substances. It is known as '*anuvāsana*' or '*snehana basti*' (oleation enema).

This enema detoxifies the abdomen and brings to it smoothness and tenderness. It increases the body mass and strength, improves health and longevity, and also enhances the complexion.

***Nirūha basti* (another type of enema):** The enema that includes herbal decoctions and milk for the purification of the bowels is *nirūha basti*. Since this *basti* supports *vāta* and other *doṣas* and *dhātus* in the body, it is also known as *āsthāpana basti*.

Nirūha basti is advisable in *vāta* diseases, upward movement of *vāta*, gout, malaria, abdominal disorders, flatulence, hyperacidity, low digestive fire, constipation, heart disease, calculi in the urinary bladder, pain, obstruction of urine, *prameha* (urinary abnormality) and metrorrhagia.

Yoga Practice and Śaṭkarma for Good Health

Yogaśāstra is also a multi-dimensional and a vast literature like *Āyurveda*. Therefore, one who wants to gather complete knowledge and expertise in the science and practice of *yoga*, should deeply study *Yogaśāstra* and get expertise in *yoga* practice in the supervision of a *yoga guru*. *Yogaṛṣi* Swami Ramdev has established a world-record in his contribution towards achievement of perfect health and fitness by eradicating several diseases through *āsanas* and *prāṇāyāmas*. For the general awareness of the reader, we are briefly describing the functional and practical aspect of *yoga* practice designed by Respected Swami Ramdev*. Although from the treatment point of view various *yogāsanas*, *mudrās*, *kriyās* and *śaṭkarma* are also beneficial, but on the basis of our experience on millions of people, we have concluded that for the alleviation of the majority of diseases mainly eight *prāṇāyāmas* and twelve *āsanas* are sufficient. By doing so, one can get rid off number of diseases without conventional medicine and surgery. Some specified *prāṇāyāmas* and *āsanas* can be practiced in certain special conditions. *Yoga* balances *tridoṣa*, regulate thirteen *agnis*, nourishes seven *dhātus* and *ojas* along with the purification of *srotas*, complete purification of sensory organs and mind, and achievement of self-awareness. This stage is known as perfect health in *Āyurveda*.

Āyurveda consider physical exercise as a very important aspect to keep the body healthy. However, it does not describe anywhere how to keep the *doṣas* in balance by means of *yoga* and physical exercise.

An *Āyurvedic* scholar should be aware of the fact that *yogic* exercises have both preventive and curative value. Just as the aggravated *doṣas* can be balanced by means of medicines and other *Āyurvedic* practices, in a similar manner by means of physical exercise, various *yoga* practices, *surya namaskāra*, *āsanas*, *prāṇāyāmas*, a morning walk and other activities, not only can the aggravated *doṣas* come back to equilibrium but it also helps to sustain the equilibrium of *doṣas* and prevent their aggravation.

For body purification and treatment of various ailments, *śaṭkarma*,

* For detailed information, follow Swami Ramdev's books *Prāṇāyāma Rahasya* and *Yog Sādhnā & Yoga Cikitsā*, published by Divya Yog Mandir (Trust), Patanjali Yogpeeth, Haridwar or take the help of a learned *guru*.

the six actions including *neti*, *dhauti*, *vamana* and *śaṅkha prakshālana*, among other are also performed but only under the guidance of any expert *guru*.

Types of *Āsanas* and their impact on endocrine glands

- (1) Pineal gland - *Śrshaṣāna*, *Sarvaṅgāsana*, *Vrikshasana*,
- (2) Pituitary gland - *Sheershasana*, *Sarvangasana*, *Vrikshasana*,
- (3) Thyroid gland - *Sarvangasana*, *Halasana*, *Matasyaasana*,
- (4) Pancreas - *Matsyendrasana*, *Chakrasana*,
- (5) Kidney - *Bhujangasana*, *Yogmudrasana*, *Matsyendrasana*,
- (6) Adrenal gland - *Mayurasana*, *Bhujangasana*, *Yogmudrasana*, *Matsyendrasana*,
- (7) Genital glands - *Vajrasana*, *Siddhasana*, *Shalbhasana* and *Uttanapadasana*.

Various disorders and remedial '*āsanas*'

Obesity	<i>Paścimottānasāna</i> , <i>Cakrāsana</i> , <i>Gomukhasana</i> , <i>Matseyandrasana</i> , <i>Dhanursasana</i> , <i>Hastpadasana</i> , etc.
Lumbar spine, bone and joint disorders	<i>Veerasana</i> , <i>Bhujangasana</i> , <i>Shalbhasana</i> , <i>Dhanurasāna</i> , <i>Vajrāsana</i> , <i>Matsysāna</i> and <i>Suptavajrasana</i> .
High blood pressure	<i>Savāsana</i> , <i>Padmāsana</i> (in meditation)
Low blood pressure	<i>Sarvāṅgāsana</i> , <i>Śhirshāsana</i> , <i>Bhujangasana</i> , <i>Yogmudrasana</i>
Respiratory diseases, lung disorders, chronic cough	<i>Bhujangasana</i> , <i>Sarvangasana</i> , <i>Paschimottanasana</i> , <i>Matsyasana</i> , <i>Vajrasana</i> and <i>Sinhasana</i> .
Diabetes	<i>Mayurasana</i> , <i>Bhujangasana</i> , <i>Ardha Matseyandrasana</i> , <i>Gomukhasana</i> , <i>Chakrasana</i> .
Indigestion, dyspepsia	<i>Vajrasana</i> , <i>Veerasana</i> , <i>Pavanmuktasana</i> , <i>Uttanpadasana</i> , <i>Mayurasana</i> , <i>Ardhmatyendrasana</i> , <i>Gomukhasana</i> .
Constipation, gastric disorders	<i>Pavanamuktāsana</i> , <i>Jānuśrīṣasana</i> , <i>Bhujangasana</i> , <i>Dhanurāsana</i> and <i>Uttānpādāsana</i> .

Cognitive disorders, insomnia and psychological problems	<i>Śavāsana, Śīrṣāsana, Viparītkarṇī, Yogmudrasana, Padmasana, Swastikasana, etc.</i>
Menstrual disorders, uterine disorders	<i>Śalabhāsana, Vīrāsana, Uttānpādasana, Paścimottasana, Matasyasana and Supta-vajrasana.</i>
Hemorrhoids	<i>Śīrṣāsana, Sarvangasana, halasana and Uttanpadasana.</i>

Prāṇāyāmas in different disorders

Bhastrīkā Prāṇāyāma: Cold, allergy, respiratory troubles, asthma, chronic catarrh, sinus, thyroid, tonsilitis and all other throat disorders. It detoxifies the body and oxygenates the brain and heart with pure *prāṇa vāyu*.

Kapālbhātī Prāṇāyāma: Beneficial for all disorders, asthma, *kaphaja* allergy, sinus, obesity, diabetes, gastric troubles, constipation, renal and prostate disorders, abdominal and pancreatic disorders, liver, spleen and other disorders.

Bāhya Prāṇāyāma: Beneficial in nocturnal emission, premature ejaculation, other abdominal disorders, tissue deformities, hemorrhoids, fissure, fistula, prolapsed rectum, venereal disease, anal prolapse and other such diseases. It activates the digestive fire.

Ujjāyī Prāṇāyāma: Chronic catarrh, chronic cough, hypo and hyperthyroid conditions, heart disease, lung and throat disorders, insomnia, tension, tonsils, indigestion, rheumatism, ascites, tuberculosis and fever.

Anuloma Viloma Prāṇāyāma: It is beneficial in hypertension, cancer, leucoderma and other skin disorders, psoriasis, muscular dystrophy, SLE, AIDS, impotency, asthma, cold, tonsilitis and cholesterol associated disorders.

Bhrāmārī Prāṇāyāma: Helpful in cancer, depression, anxiety, heart ailments, eye disorders and hypertension.

Udgītha Prāṇāyāma: Beneficial in respiratory and other *kaphaja* disorders.

Praṇava Prāṇāyāma: Helpful in depression and other mental disorders.

Śaṭkarma in various disorders

Śaṭkarma successively purifies from the physical to the astral body. *Śaṭkarma* helps to eradicate *kaphaja* disorders, *vātaja* disorders, *pittaja* disorders, chronic skin disorders, stomach disorders, pulmonary disorders, renal disorders and heart disorders.

Neti (Jalneti, Sutrāneti and Ghritneti): It generally purifies the nasal (rhinal) route. The practice of *neti* helps in rhinal disorders, throat problems, visual disorders, burning of the eyes, ophthalmitis, rhinitis, and other E.N.T disorders. It may also have a calming effect.

Dhauti (Vamandhauti, Vastradhauti, Danddhauti and Kunjar kriya): Basically, it is used for stomach purification. Its practice helps in treatment of hyperacidity, dyspepsia, anorexia, cough, breathing problem, spleen disorder, *gulm*, leprosy, chronic gastritis and other such problems.

Śaikh prakṣāḷana: It is helpful in stomach ailments, constipation, indigestion, diabetes, respiratory and cardiac diseases, eye disorder and other problems.

Note: In problems like hemorrhoid, fissure, fistula, anal prolapse and other such diseases it is contra-indicated.

Trataka: Primarily practiced in eye discharge and for the elimination of vitiated *kapha*. It helps in strengthening eye muscles, improves vision and alleviate laziness, excess sleep and errors of refraction.

Nauli (Madhya nauli, Dakṣiṇ nauli and Vāma nauli): It is the best exercise for abdominal problems and musculature. It improves the digestive function and is useful in mental disorders and genital problems.

Note: It is contra-indicated in intestinal tuberculosis, gastro-enteritis, abdominal inflammation, appendicitis and pregnancy.

Important points

1. In this module of *yoga* practice, exercises and *āsanas* can be altered. In winter, exercises and *āsanas* can be performed in the beginning, followed by *prāṇāyāmas*. In summer, it can be performed *vice-versa*, beginning with *prāṇāyāmas*, followed by exercises and *āsanas*.
2. All *prāṇāyāmas* should be performed moderately and according to individual capacities. Do not put in excessive effort.
3. *Yogāsanas* and *prāṇāyāmas* should be practiced in a calm, peaceful, clean and properly ventilated place. During winter, maintain the room temperature according to your adaptability.
4. The best time for all exercises and *āsanas* is on an empty stomach in the morning. Maintain a gap of almost 4 hours after meals, if practicing *yogāsanas* in the evening.
5. Extreme forward bending is contra-indicated in back pain and disc-related problems.
6. Do not perform backward bending or *āsanas* that pressurize the abdomen, in case of hernia, after thoraco-abdominal surgery/injury, heart problems, ulcers and complicated conditions.
7. The main cause for disease genesis in *Āyurveda* is the aggravation and vitiation of the three *doṣas* (*vāta*, *pitta*, *kapha*). All three *doṣas* affect different systems of the body and their physiology, on whose basis *yoga* therapies can be performed. *Yogic* activities and *prāṇāyāmas* should be practiced according to an individuals capacity and body constitution.

Naturopathy

(Introduction and General Treatment)

One has to understand the definition of naturopathy and understand the rules of nature and follow them to remain healthy. Naturopathy is an art and science of healthy living in harmony with the constructive principles of nature. It is the system of treatment which recognizes the existence of the vital curative forces within the body. It believes that a regulated and balanced diet and lifestyle, along with a positive approach keeps a person healthy and going against the norms of nature makes a person diseased. The body is made up of five elements and in diseased condition naturopathy treats the body with water, earth, air, fire and ether. Natural lifestyle and natures cure evoke vital curative forces within the body to provide good health.

***Pañcatatva* Therapy (The Five Vital Elements Treatment)**

Under *Pañcatatva* therapy, used in naturopathy treatment mud, air, water, sky, etc. are utilized. Under the treatment of ether element half-day, day-long, weekly, small or long-term fruit fast, juice fast, water fast, silence, meditation, prayer and medicinal guidance are included.

In water therapy enema, steam bath, tub bath for the lumbar region, spinal region, legs, head, arms, etc. and semi-circular bath are included.

The treatment of earth element includes mud therapy where mud packs are applied either over the whole body or on the abdomen, liver, joints, eyes, forehead, head, pelvis, pancreas; sand bath and others. Treatment of the fire element includes sun bath and color therapy where rays of different colors are used. Besides, aerotherapeutics including air therapy involves sitting in open air, deep breathing and different *prāṇāyāmas*, along with the diet that is satiating and nourishing, and purifies the body.

Natural Cure for Different Diseases

1. In asthma, bronchitis, cough related problems and enema, massage with medicinal oil at chest, back and neck, bath with lukewarm water, steam bath, sun bath, fast on juice, fruits and taking nutritious diet is beneficial.
2. In diarrhea, indigestion, anorexia, colitis, bile secretions, flatus,

- constipation and other abdominal diseases treatment includes mud pack (gastro-hepatic) on the abdomen, enema, tub bath from feet upto the waist (*kaṭi snāna*), massage, fast on juice, *kuñjara* process. The diet taken along with these therapies include pears, bengal quince (*bael*), aloe vera juice, Indian gooseberry juice and other nourishing, satiating and purgative foods.
3. In fever, enema with margosa (*nīma*) water, sponge bath, liquid diet, purgative and fever relieving diet is given.
 4. In liver disorders, enema with margosa (*nīma*) water, tub bath from feet upto the waist (*kaṭi snāna*), and intake of sugarcane and fruit juice is useful.
 5. In high blood pressure (hyper tension), enema with water containing lemon juice, scientific massage, feet bath, steam bath, sun bath are recommended along with balanced and nourishing diet.
 6. In normal and malignant tumors and adenitis, the treatment recommended is mud pack, enema with margosa (*nīma*) water, poultice prepared from aloe vera and mud, and tub bath from feet upto the waist (*kaṭi snāna*). Take juice of tinospora (*giloy*), wheat grass and margosa (*neem*). Eat more vegetables and fruits of deep green, red, yellow and orange color, and sprouted grains.
 7. Treatment for obesity includes mud packs, mud baths, enema, swimming in mud pool, mud massage, sun bath, hot sand bath, hot and cold tub bath from feet to waist, steam bath. Drinking lemon water, lukewarm water and fasting is useful.
 8. In musculo-skeletal pain, joint pain, arthritis, scleroderma, lumbar pain, sciatica, paralysis, gout and related disorders, treatment include steam bath, enema with margosa (*nīma*) water, massage with gentle strokes, under water massage, sand bath, leg bath, fomentation with the poultice prepared from the leaves of *vāta* alleviating herbs. Nourishing and purifying diet is recommended.
 9. In impotency and low sperm count (oligospermia) give enema with margosa (*nīma*) water. Massage of the spine, shanks, pelvic region, mud pack on the testicle, cold tub bath from feet to waist, *mehan snāna*, sun bath along with nourishing and satiating diet.
 10. Treatment for AIDS include mud pack according to the stamina, enema, *kaṭi snāna* (tub bath from feet to waist), sun bath and a diet that is satiating and increases immunity.
 11. In leucorrhoea, menorrhagia, metrorrhagia, menstrual disorders, fibroids in the uterus, frequent abortions and in related disorders

- mud pack, massage, enema with margosa (*nīma*) water, washing of vaginal area with margose water, *kaṭi snāna* and steam bath are recommended along with liquid diet, nourishing and purifying foods.
12. For pimples the following therapies are applicable: apply mud pack, wash face with margosa water, massage with honey and lime juice, steam bath, *kaṭi snāna*, etc. Also take nourishing and purifying diet.
 13. For *prameha*, *śukrameha*, impotence, spermatorrhea, infertility, genital problem and for other related disorders enema, hot and cold fomentation, mud pack, mud bath, *mehan snāna*, *kaṭi snāna*, spinal bath, sun bath, massage of shoulder, waist and genital organs are recommended along with balanced and nourishing diet.
 14. In multiple sclerosis, S.L.E and in auto immune diseases (AIDS), treatment includes the one that increases immunity including diet and lifestyle along with mud pack, enema, gentle massage on the affected area according to the body condition, steam bath, etc.
 15. Mud pack and mild steam bath are useful in varicose veins.
 16. In hernia, mud pack, enema, *kaṭi snāna*, steam bath, sun bath, hot foot bath and *āsanas* are effective.
 17. Alternate hot and cold fomentation is useful in eye pain, headache and body ache.
 18. In migraine, chronic headache, depression, insanity and other psychological disorders, *jala neti*, *sutra neti*, *sneha neti*, head massage, mud pack, mud bath, fasting on liquids, fruits or water is beneficial along with balanced and nourishing diet.
 19. For renal dysfunctioning and other kidney related problems, treatment prescribed is alternate hot and cold fomentation of kidney and pelvis, massage, enema with margosa water, *kaṭi snāna* steam bath, sun bath, etc.
 20. Mud pack, enema with margosa (*nīma*) water, steam bath, sun bath, toxic elimination and diet that eliminates toxicity is very useful in psoriasis, eczema and other skin diseases.

In the above mentioned disorders, condition of the patient is analyzed, thereafter half day or full day fasting, and nourishing and balanced diet is determined for the patient. *Yoga* and naturopathy are complementary to each other. Hence, in the above diseases along with nature cure, *śaṭkarma*, *prāṇāyāmas* and meditation are very much necessary. For disease free and healthy life, different methods of naturopathy are very effective and useful.

Health Tips

(Suggestions for Maintaining Good Health)

If a person keeps his daily routine regulated and remains attentive on minor issues, he can lead a physically and mentally happy and healthy life, and achieve longevity.

1. For the stability of life, natural, *sātvika* and easily assessable meal is best.
2. The greatest formula for being healthy is to take balanced and *sātvik* meals.
3. Eating according to the digestive capacity improves digestion and stimulate the digestive fire (*jaṭharāgni*).
4. Eating on time maintains health and energy and over-eating causes indigestion and detoriate health.
5. The irregular diet produces irregularity in digestive function, which ultimately harms the health.
6. Eat less. Eat to live and don't live to eat. Fill only half the portion of the stomach with food, leave the remaining part of the stomach empty for water and air.
7. Take vegetarian, easily digestible food, when hunger generates. Properly chew food while eating. Avoid fast-food, cold drinks, smoking, non-vegetarian food, etc.
8. Before eating thank God for the food he has provided and consume food as a sacrament of God.
9. Take meals while sitting on the ground. Maintain silence and peace while taking meals. Keep focus on eating. Don't watch television while eating.
10. Include maximum green vegetables and salad in the diet. Excessive warm and cold food is harmful for digestion. Use minimum spices in the food. Daily intake of seasonal fruits is very useful for health. Do not eat fruit along with food. Take it seperately before the meal. Don't eat ice-cream soon after meals.
11. Use peeled vegetables and fruits after washing them. Also use whole grain and pulses.
12. Breakfast should include easily digestible, light and fibrous foods,

- sprouts, fruits and porridge. While eating, chew the food properly to facilitate assimilation.
13. Take dinner at least 2 hours before going to bed. Walk slowly after dinner for sometime. Don't go to bed, soon after dinner.
 14. After a meal, sit in the position of *Vajrāsana* for at least 10 minutes, and if possible, walk at night after dinner.
 15. The best remedy to alleviate disease is fasting - '*langhanam parmaushdham*' Keeping fast (once a week) reduces toxins in the body. However, long-term fast is injurious for health.
 16. To maintain equilibrium in the body drink more water.
 17. Drinking water stored in a copper vessel is beneficial for liver and spleen.
 18. Take at least 8-12 glasses of water (3-4 liters) per day. Do not drink water while eating food. Take water half an hour before and after the meal. Always drink water in small sips.
 19. Drink water while sitting and not while standing. Drinking water while standing generates pain in knees and causes *vāta* diseases.
 20. Drinking water immediately before and after meals, suppresses digestive fire.
 21. Take 1-2 glasses of lukewarm water in the morning. Intake of lukewarm water containing the juice of half a lemon and a teaspoon of honey is very useful. Do not take tea and coffee on an empty stomach in the morning.
 22. Excessive use of cold drinks reduces immunity and causes excess *Kapha* formation.
 23. Use *nīma* or *babūla* twig as '*dātun*' to clean the teeth. Brushing the teeth after each meal and before sleeping at night removes food particles from between the teeth.
 24. Locking of teeth during defecation prevents loosening of teeth even in old age, diseases of eyes, ears, nose and throat.
 25. In the morning, gargle with water in the mouth and sprinkle cold water on the eyes. Also clean the palate with the thumb to clean it.
 26. Bad breath indicates constipation, poor digestion, poor oral hygiene and presence of toxins in the colon.
 27. Add lemon juice to bathing water to keep away body odor. Bad odor indicates toxins in the system.

28. Always keep the nails trimmed and clean and never bite your nails.
29. Massaging the sole of the feet with mustard oil before bathing keeps the vision normal even in old age. Walking barefoot on green grass in the morning improves the vision. Full body massage with mustard oil, once in a week along with massage of the soles of the feet and thumbs is very beneficial. It promotes circulation and relieves excess *vāta*
30. Practice *yogāsanas* and *prāṇāyāmas* regularly after morning ablutions and bath. This keeps away all kinds of diseases. It keeps the mind peaceful and makes the body healthy and strong. It also enhances mental strength.
31. Mental peace and happiness are necessary to lead a disease-free life. Unhappiness depreciates the enthusiasm and energy, and destroy vitality.
32. Fresh air and healthy environment refreshes the body, removes fatigue and provides energy.
33. Remain happy, energetic and enthusiastic in every circumstance.
34. Greed, possessiveness and attachment increases *kapha* in the body.
35. Depression and worry invite diseases and weakens the heart. Worry, fear and nervousness aggravate *vāta* and dissipate energy.
36. Anger and jealousy aggravate *pitta* and develop toxins in the body.
37. To deal with faulty language, conduct and thoughts and also to move ahead in the journey of life, daily at night close your eyes and think patiently, peacefully and introspectively. Work accordingly to achieve and adopt *Aṣṭāṅga yoga* in life. Do not cover the mouth while sleeping.
38. An atheist, who does not believe in god-almighty super power, *karma* theory and rebirth should be avoided at a distance.
39. Always inhale and exhale through the nostrils. Do not breath from mouth. Never suppress natural urges of the body such as defecation, urination, sneezing and so on, as it may result in various diseases.
40. Always sit in a straight posture, and if sitting on the floor, avoid any support while getting up.
41. Never suppress natural urges of the body such as defecation, urination, sneezing and so on, as it may result in various diseases.
42. Be sure to urinate after meals.
43. Working beyond capacity harms the body.

44. Excessive talking exhausts body strength and power, and increases *vāta*.
45. Reading while lying down on bed is harmful for the eyes.
46. Maintain proper ventilation in the room while sleeping. Sleeping in the left lateral position results in proper breathing from right nostril, which facilitates digestion of food.
47. For good health, sleep early at night and wake-up early, at least one-and-a-half hour before sunrise.
48. A sleep for six hours is required for good health. Never sleep during day time except for summer season. Sleeping during the day time particularly after meals increases *kapha* and obesity.
49. Sleeping with head towards West and North direction, decreases the age while sleeping in East and South direction increases longevity.
50. Sleeping without a pillow strengthens heart and brain.
51. Don't use soft mattresses to sleep. It is harmful and using dunlop mattress too is harmful.
52. Maintain distance from lethargy, dullness and excess sleep.
53. Following celibacy enhances physical strength and increase longevity.
54. Promiscuity affects longevity and reduces the age.
55. Masturbation, oral sex, unnatural sex, homosexual activity and excessive sex are harmful for health, which brings deformity and irregularity in the three *doṣas*.
56. The consumption of alcoholic drinks harms the body, soul, mind and brain. It also spoil ones' moral conduct and behavior. It leads to a successful life while depression results in suicidal attempt. Happiness is the key to good health. Laughter is the best medicine. Laugh full heartedly.

"Looking for happiness, satisfaction and peace, after enjoying worldly pleasures in the life is equally meaningless as offering fuel (*ghee*) into the fire and expecting the fire to calm down."

Swami Ramdev

Certified *Āyurvedic* Medicinal therapies for Complex and Chronic Diseases

(Description of new and certified experiments for the treatment of incurable diseases with traditional, well-known, classical uses and self-experienced formulae).

The tradition of *Āyurveda* is centuries old in which the use of several medicinal applications are authentically established since ages. We have made efforts to carry forward this saintly tradition and also to safeguard it, improve it and make it available to each and every person. Keeping public interest as a priority, we decided to make classical qualitative experiments with full precautions and certification. A small effort has been made here to compile the use of medicines relevant in different diseases. The formulae prescribed here have been tested and experimented successfully on millions of patients, thereafter, they are compiled here in the interest of the common man. We are happy that most of the *Āyurveda* practitioners have accepted the efforts and now millions of people are getting benefit of this art of medicine, globally. Also, it has to be emphasized here that diseases whose classical uses were not developed in the past have been derived after self-experience. Such self-experienced uses are also mentioned here.

According to different diseases, all the remedial applications mentioned here are based on high quality medicines and ingredients that have been developed in the medicinal laboratory of the institution.

The use of medicine in a specific disease is based on years' long experience as mentioned in *Āyurvedic* treatises. However, *vaidyas* can alter the quantity and the intake process of the medicine, depending on the condition of the disease and the patient. If any patient experiences inflammation after consuming some particular medicine or suffers with loose motions, the quantity can be reduced. In case of acute and chronic disease, or in case of multiple diseases in a patient, a practitioner should cautiously prescribe the treatment and dose accordingly. It is advisable that the patients in case of chronic and severe diseases, should undergo treatment only under the supervision of a qualified practitioner.

Diseases of *Prāṇavaha Srotas*

The source organ of *prāṇavaha srota* are heart, lungs and lymphatic vessels.

The diseases related to *prāṇavaha srota* are hiccough, respiratory disorders, cough, tuberculosis, emaciation, atrophy, chest injury, hoarseness of voice, angina pain, heart ailments and stroke.

Treatment for Bronchitis/Bronchial Asthma, Cough, Chronic Rhinitis and Sinusitis

Divya Shwasari Kwath - **200 grams**

Divya Mulethi Kwath - **100 grams**

Mix both the medicines. Take one teaspoon (around 5-7 grams) of this mixture and boil in 400 ml of water, until it reduces to 100 ml. Strain it and drink on an empty stomach in the morning and evening.

Divya Shwasari Rasa - **20 grams**

Divya Abhrak Bhasma - **05 grams**

Divya Pravala Pishti - **10 grams**

Divya Trikatu Churna - **10 grams**

Divya Sitopladi Churna - **25 grams**

Mix all the medicines and prepare 60 doses from this mixture. Take one dose every half-an-hour before breakfast and dinner with water / honey / cream.

Divya Laxmi Vilas Ras - **40 grams**

Divya Sanjeevani Vati - **40 grams**

Take one tablet each thrice a day - after breakfast, lunch and dinner with lukewarm water or milk boiled with turmeric and cooled.

Note

- ❖ In a chronic condition, mix 2-3 grams of *Divya Swarnamalti Ras* in one month's medicine, for better result.
- ❖ In chest injury, add 5-10 grams of *Kharva Pishti*.
- ❖ In case of hiccough along with general debility take 1 tablet of *Shilajita Rasayan Vati* in the morning and evening.
- ❖ Inhaling *Divya Dhara* along with the above said medicines and applying Patanjali balm, gives lot of relief.

- ❖ *Nasya* of *Shadbindu* oil provides spontaneous relief.
- ❖ **Precaution:** Avoid *ghee* (clarified butter), oil, cold products, marinade, banana, curd, ice cream and drink luke warm water.

Treatment for Dry Cough

Divya Sitopladi Churna	-	50 grams
Divya Tankana Bhasma	-	10 grams
Divya Godanti Bhasma	-	05 grams
Divya Abhrak Bhasma	-	05 grams

Mix all the medicines and prepare 60 doses from the mixture. Take half an hour before breakfast and dinner with water/honey/ cream

Divya Laxmi Vilas Ras	-	40 grams
Divya Tribhuvan Kirti Ras	-	40 grams

Take one tablet each, after lunch and dinner with lukewarm water.

Treatment for Cardiac Stroke and Blockage of Coronary Artery

Divya Arjun Kwath	-	300 grams
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Boil 3 cups of water and 1 cup milk with 1 teaspoon (5 grams) of decoction until it reduces to 1 cup, strain and take on an empty stomach in the morning and one hour before dinner .

Divya Moti Pishti	-	04 grams
Divya Sangeshava Pishti	-	10 grams
Divya Aquik Pishti	-	05 grams
Divya Amrita Sat	-	10 grams
Divya Yogendra Ras	-	01 gram
Divya Jaharmogra Pishti	-	05 grams

Mix all the medicines and prepare 60 doses. Take half an hour before breakfast and dinner with water/honey.

Divya Hirdayamrit Vati	-	40 grams
Divya Arogyawardhini Vati	-	40 grams

Take 2 tablets of each after breakfast and dinner with lukewarm water.

Note: If the disease is serious, the quantity of *Yogendra Rasa* can be increased to 2-3 grams.

Precaution: Avoid *ghee* (clarified butter), oil, fried items, refined flour, heavy and synthetic foods. Along with the medicine regularly practice *prāṇāyāmas* as suggested by Param Pujya Swami Ramdevji Maharaja, at a slow pace.

Diseases of *Udakavaha Srotas*

The source organs are palate and pancreas.

The symptoms associated are excessive thirst/ polydipsia, diarrhea, dysentery and cholera.

Remedy for Polydipsia/ Excessive Thirst

Divya Mulethi Kwath - 200 grams

Fennel - 50 grams

Boil one teaspoon of *Mulethi Kwath* and 400 gram of fennel seeds in 400 ml of water. When water is reduced to 100 ml, strain the decoction and drink daily in the morning and evening.

Divya Chandanasava - 450 ml

Mix four teaspoons of medicine in an equal quantity of water and drink it in the morning and evening after meals.

Note - Drinking of *Amla* juice mixed with crystal sugar in the morning and evening effectively controls excessive thirst. In intense thirst, drinking cold water and properly processed *Ṣaḍaṅga* water is beneficial.

Treatment for Diarrhea and Dysentery

Divya Bilwadi Churna - 100 grams

Divya Gangadhar Churna - 50 grams

Divya Shankh Bhasma - 10 grams

Divya Kapdarka Bhasma - 10 grams

Mix all the medicines and prepare 60 doses. Take each dose half an hour before breakfast and dinner with water/honey.

Kutajarishta - 450 ml

Mix four teaspoons of medicine in an equal amount of water and take after meals in the morning and evening.

Divya Kutajghan Vati - 40 grams

Take 2 tablets after morning and evening meals with lukewarm water or with *Kutajarishta*.

Treatment for Dysentery

Divya Lavanbhaskar Churna - 50 grams

Divya Shankh Bhasma - 10 grams

**Divya roasted and finely crushed
cuminseeds - 10 grams**

Mix all the medicines to prepare 60 doses from it and take each dose half-an-hour before breakfast and dinner with lukewarm water or buttermilk.

Divya Kutajghan Vati - 40 grams

Divya Udaramrit Vati - 40 grams

Divya Chitrakadi Vati - 40 grams

Take 1 tablet of each after breakfast and dinner with lukewarm water.

Divya Bilvadi Churna - 100 grams

Fennel Powder - 50 grams

Divya Isabgol - 50 grams

**Cumin powder
(partially roasted) - 25 grams**

Mix all the ingredients. Take 1 teaspoon three times a day - morning, afternoon and evening with cold water.

Mix *Uśīrāsava* and *Kutājarīṣṭa*. Take 4 teaspoons of medicine with an equal amount of water in the morning and evening after meals.

Treatment for *Apakva Āma*, Indigestion and other Disorders

Divya Lavanbhaskar Churna - 50 grams

Divya Hingvashtak Churna - 50 grams

Divya Shankh Bhasma - **10 grams**

Divya Kapardak Bhasma - **10 grams**

Mix all the above medicines and take 1 teaspoon in the morning with buttermilk and in the afternoon and evening with hot water.

Diseases of *Annavaaha Srotas*

The root cause of all diseases is slow digestive fire. The *āma doṣa* produced due to indigestion is the cause of all the diseases, which corrupt all *dhātus* and *doṣas*.

The *Annavaaha srota* spreads from mouth to appendix. The source organs are the digestive system and food carrying arteries but according to Acharya Charaka it is the stomach and left portion of the abdomen.

The diseases of *annavaaha srota* are anorexia, lack of appetite, indigestion, flatulence, distension, *grahṇī doṣa*, gluttony condition (*bhasmaka roga*), gastro-duodenal disorder and abdominal disorders.

Treatment for Anorexia and Dyspepsia

Divya Sarvakalpa Kwath - **300 grams**

Divya Mulethi Kwath - **100 grams**

Mix one teaspoon of medicine in 400 ml of water and boil till it reduces to 100 ml. Filter it and drink it on an empty stomach in the morning and evening.

Divya Chitrakadi Vati - **40 grams**

Divya Udaramrit Vati - **40 grams**

Take 2 tablets from each three time a day after breakfast, lunch and dinner.

Divya Hingvashtaka Churna - **100 grams**

Take half-a-spoon in the morning and evening before meals with lukewarm water.

Divya Punarnavarishta - **450 ml**

Divya Kumaryasava - **450 ml**

Mix 4 teaspoons of medicine in an equal amount of water and take after lunch and dinner.

Treatment for Dyspepsia (Indigestion)

Incomplete digestion of ingested food is known as dyspepsia. It is caused due to weak digestive fire. Its treatment is similar to anorexia. Intake of buttermilk mixed with roasted cumin seeds and black salt gives relief in all types of abdominal diseases.

Treatment for Flatulence and Distension

Due to vitiation of *vāta* there is accumulation of unformed digestive juices and it causes obstruction in the expulsion of stool, belching and in the upward movement of *vāta*. The condition is termed as flatulence.

Divya Sarvakalpa Kwath - **200 grams**

Divya Kayakalpa Kwath - **100 grams**

Mix both the medicines and boil one teaspoon mixture in 400 ml of water. When it reduces to 100 ml, strain it and drink it on an empty stomach in the morning and evening.

Divya Udaramrita Vati - **40 grams**

Divya Arogyavardhini Vati - **40 grams**

Take 2 tablets of each in the morning and evening after meals with lukewarm water.

Divya Gashar Churna - **100 grams**

Take half-a-spoon in the morning and evening half-an-hour before meals with lukewarm water.

Note: In the morning, drink 10 ml aloe vera juice, 4 ml Indian gooseberry (*āmlā*) juice and 5 ml of distilled cow's urine (*godhan ark*) mixed in an equal amount of water. It gives spontaneous relief.

Treatment for Constipation

Divya Abhyarishta - **450 ml**

Mix 4 teaspoons of medicine in an equal amount of lukewarm water and take it in the morning and evening after meals.

Divya Udarkalpa or Divya Churna - **100 gram**

Take one teaspoon powder before going to sleep with luke warm water.

Divya Chitrakadi Vati - **40 grams**

Divya Arogyavardhini Vati - **40 grams**

Take 2 tablets from each twice a day- after breakfast and dinner.

Note: Diabetic patients should not use *Udalkalpa Churna*. Instead they can use *Divya Churna*, *Divya Haritaki Churna* and *Divya Trifala Churna*.

Treatment for Sprue Syndrome

Weak digestive vigor causes provocation of *vāta* and other *doṣas* resulting in improper digestion of food. Due to this, digested or undigested fecal matter is excreted.

Divya Bilvadi Churna - **100 grams**

Divya Gangadhar Churna - **50 grams**

Divya Shankh Bhasma - **10 grams**

Divya Kapardaka Bhasma - **10 grams**

Mix all the above ingredients and take one teaspoon with water before breakfast, lunch and dinner.

Divya Kutajarishta - **400 ml**

Add 4 teaspoons of medicine in an equal amount of lukewarm water and drink it in the morning and evening after meals.

Note: Intake of buttermilk mixed with cumin seeds and black salt is very effective. Drink luke warm water.

Parpati Kalpa

(This special formulation, *Parpati Kalpa* is useful for the treatment of diarrhea)

Divya Panchamrita Parpati - **10 grams**

Divya roasted cumin powder - **30 grams**

Divya Mukta Shukti - **05 grams**

Divya Mukta Pishti - **03 grams**

Mix all the medicines and prepare 60 doses. Take half an hour before breakfast and dinner with water/honey/ cream.

Mode of administration

On the first day take one dose in the morning and evening, second day two packets and third day, three packets in the morning and evening and increase the dose upto five days. From the sixth day onward, start decreasing the packets and come to a single dose ultimately.

Treatment for Emesis

Expulsion of food mixed with *kapha* and *pitta* from the mouth is called as *chardi* (vomiting/emesis)

Divya Moti Pishti - **4 grams**

Divya Kaharvapishti - **5 grams**

Divya Pravala Panchamrita - **5 grams**

Mix all the medicines and prepare 30 doses. Take with honey or lukewarm water half-an-hour after breakfast and dinner.

Divya Chitrakadi Vati - **40 grams**

Chew 2 tablets, 3-4 times a day.

Coriander - **50 grams**

Crystal sugar - **50 grams**

Mix both of them and take one teaspoon in the morning and evening with water.

Note: Boil two big cardamom pods in one glass of water and when the resultant water remains half a glass, filter and add rock salt. Take 3-4 teaspoons at every 2 hours interval, it gives immediate relief.

Treatment for Hyperacidity

Divya Mulethi Kwath - **300 grams**

Mix one teaspoon of medicine in 400 ml of water and boil till it reduces to 100 ml. Strain the solution and take it on an empty stomach in the morning and evening.

Divya Avipattikar Churna - **100 grams**

Take half-a-spoon in the morning and evening half-an-hour before meal with fresh water.

If the disease is a chronic one :

Divya Avipattikar Churna	-	100 grams
Divya Kamdudha Ras	-	20 grams
Divya Muktaashukti	-	10 grams

Mix all three and take half-a-spoon in the morning and evening before meals with fresh water.

Divya Haritaki Churna	-	100 grams
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Take one teaspoon before going to bed with lukewarm water.

Note : In case of constipation, take one teaspoon *Divya Churna* or *Udarkalpa Churna* with lukewarm water.

Treatment for Gastric Ulcers and Duodenal Ulcers

Divya Mulethi Kwath	-	200 grams
Fennel seeds	-	100 grams

Mix one teaspoon of medicine in 400 ml of water and boil till it reduces to 100 ml. Strain it and drink on an empty stomach in the morning and evening.

Divya Avipattikar Churna	-	100 grams
Divya Dhania Churna	-	50 grams
Divya Kamdhudh Ras	-	10 grams
Divya Muktaashukti	-	10 grams
Divya Sphatika Bhasma	-	5 grams
Divya Moti Pishti	-	4 grams

Mix all the medicines and take one teaspoon of the mixture three times a day with cold water after meals.

Note : In case of constipation, mix *Udarkalpa Churna* or *Haritki Churna* or *Trifala Churna* in *Isabgol* husk and take one teaspoon of the mixture before going to bed at night with lukewarm water.

Treatment for Ulcerative Colitis

Divya Bilvadi Churna	-	100 grams
Divya Gangadhar Churna	-	50 grams

Divya Shankh Bhasma	-	10 grams
Divya Kapardak Bhasma	-	10 grams
Divya Kaharva Pishti	-	10 grams

Mix all the above medicines and take 1 teaspoon of the mixture half-an-hour before meals with water.

Divya Kutajaghan Vati	-	40 grams
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Take 2 tablets in the morning and evening after meals with lukewarm water.

Divya Kutajarishta	-	450 ml
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Mix 4 teaspoons of the medicine with an equal amount of water and take after meals in the morning and evening.

Note: Do not take milk or milk products. The use of buttermilk is recommended.

Abdominal Ailments

1. The core place of fire is the stomach and sluggish digestive fire is the root cause of all the abdominal diseases.
2. In abdominal ailments, prominent are diseases related to *Annavaha*, *Rasvaha*, *Svedavaha*, *Purīṣavaha* and *Udakavaha srota*.
3. When people with weak digestive fire take heavy diet regularly, it does not get digested properly due to dyspepsia, and *doṣas* start accumulating in the stomach. When the accumulated *doṣas* corrupt *prāṇa vāyu*, *jaṭhragṇi* and *apāna vāyu*, they block upward and downward movements by integrating in the skin and flesh. This causes flatulence and generates problems in the abdomen and cause stomach ailments.

Treatment for Abdominal Diseases

Divya Sarvakalpa Kwath	-	300 grams
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Take one teaspoon of medicine in 400 ml of water and boil till it reduces to 100 ml. Filter and drink on an empty stomach in the morning and evening.

Divya Chitrakadi Vati	-	40 grams
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Divya Udaramrita Vati	-	60 grams
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Take 2 tablets each with lukewarm water in the morning and evening.

Divya Kumaryasava	-	450 ml
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Divya Punarnavarishta - 450 ml

Mix 4 teaspoons (two teaspoons from each) of medicine in an equal amount of water and take it in the morning and evening.

Divya Trifala Churna - 100 grams

Divya Haritiki Churna - 100 grams

Take 1 teaspoon powder with lukewarm water before going to bed.

Diseases of *Rasavaha Srotas*

The source organs of *Rasavaha srota* are heart, the ten blood vessels connected with the heart and lymphatic vessels. Acharya Charaka has said that in all the diseases related to *Rasavaha srota*, fasting (*langhana*) is the best treatment.

The diseases in this category are fever, anemia, rheumatism, alcoholism and inflammation.

Treatment for Fever

Divya Jwarnashaka Kwath - 200 grams

Divya Sarvakalpa Kwath - 100 grams

Mix both the medicines. Take one teaspoon of the mixture and boil in 400 ml of water. When the resultant remains 100 ml, filter it and take on an empty stomach in the morning and evening.

Divya Jwarnashaka Vati - 40 grams

Take 2 tablets each in the morning and evening with the above decoction.

Divya Mahasudarshangan Vati - 40 grams

Divya Arogyavardhini Vati - 40 grams

Divya Giloyghan Vati - 40 grams

Take 1 tablet of each in the morning and evening after meals with lukewarm water.

Divya Amritarishta - 450 ml

Mix four teaspoons of the medicine with four teaspoons of water and take it in the morning and evening after meals.

Treatment for Dengue Fever

In case of dengue, take the following treatment alongwith the above medication prescribed for fever.

Divya Godanti Bhasma	-	10 grams
Divya Sphatika Bhasma	-	5 grams
Divya Sitopladi Churna	-	25 grams
Divya Sanjeevani Vati	-	10 grams
Divya Swarnabasant Malti Rasa	-	2 grams

Mix all the medicines and prepare 40 doses. Take half-an-hour after breakfast and dinner with honey or luke warm water.

Divya Giloyghan Vati	-	40 grams
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Take 2 tablets in the morning and evening with luke warm water.

Note: To increase the platelet count, Swamiji prescribes the following home remedy. Mix all of them in the given dose and drink.

Juice of wheat grass	-	20 ml
Divya Giloy Rasa	-	20 ml
Divya Aloe Vera Juice	-	20 ml
Juice of papaya leaves	-	20 ml

Treatment for Chikungunya Viral Fever

Divya Jwarnashaka Kwath	-	100 grams
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Mix 1 teaspoon of medicine in 400 ml of water and boil till resultant remains around 100 ml. Filter and drink on an empty stomach in the morning and evening.

Divya Godanti Bhasma	-	10 grams
Divya Sphatika Bhasma	-	05 grams

Mix both the medicines and prepare 15 doses from the mixture. Take 1 dose each in the morning and evening with honey or luke warm water.

Divya Keshore Guggulu	-	40 grams
Divya Arogyavardhini Vati	-	40 grams
Divya Mahasudarshangan Vati	-	40 grams

Take 1 tablet each with *Jvarnāsaka kvatha* (decoction) in the morning and evening.

Treatment for Anemia and Jaundice

Divya Sarvakalpa Kwath - **300 grams**

Take one teaspoon of medicine with half teaspoon of fennel seeds, 5-7 pieces of raisins and 5-6 jujubes. Add in 400 ml of water and boil till it reduces to 100 ml. Filter and drink on an empty stomach in the morning and evening. This is beneficial in treating weakness, anemia and jaundice.

Divya Pravala Panchamrita - **10 grams**

Divya Kasis Bhasma - **05 grams**

Divya Giloy Sat - **10 grams**

Divya Swarna Makshik Bhasma - **05 grams**

Divya Swarnabasant Malti Rasa - **02 grams**

Divya Mandura Bhasma - **10 grams**

Mix all the above medicines and prepare 60 doses. According to the stage of the disease take 2 or 3 doses daily, half an hour before breakfast and dinner with water or honey.

Divya Udaramrita Vati - **60 grams**

Divya Arogyavardhini Vati - **40 grams**

Divya Punarnavardhi Mandoor - **40 grams**

Take 1 tablet from each thrice a day, with luke warm water half-an-hour after meals.

Divya Totala Kwath - **300 grams**

Soak 2 teaspoons of medicine in one cup of water in an earthen pot. In the morning macerate it, filter and drink on an empty stomach.

Divya Lohasava - **450 ml**

Divya Punarnavarishta - **450 ml**

Mix 4 teaspoons of medicine in an equal amount of water and take in the morning and evening after meals.

Note: If anemia is due to worms, then take *Divya Viḍaṅgāsava* 450 ml (4 spoons of medicine in 4 spoons of water) in the morning and evening after meals.

If with anemia and jaundice, problem of ascites also exists, mix *Śōthāri Loha* in the above mentioned medicine, which gives additional advantage.

Treatment for Hepatitis B and C and Liver Malfunctioning

Divya Sarvakalpa Kwath - 200 grams

Divya Kayakalpa Kwath - 100 grams

Add one teaspoon of medicine in 400 ml of water, boil till the resultant remains 100 ml and take it on an empty stomach after straining, in the morning and evening.

Divya Pravala Panchamrita - 10 grams

Divya Kasis Bhasma - 05 grams

Divya Giloy Sat - 10 grams

Divya Swarna Makshik Bhasma - 05 grams

Divya Swarnabasant Malti Rasa - 02 grams

Mix all the above medicines and prepare 60 doses. Take half an hour before breakfast and dinner with water or honey.

Divya Udaramrita Vati - 60 grams

Divya Arogyavardhini Vati - 40 grams

Divya Punarnavadi Mandoor - 40 grams

Take 1 tablet from each of the three, thrice a day i.e. half-an-hour after breakfast, lunch and dinner with luke warm water.

Divya Totala Kwath (Him) - 300 grams

In an earthen pot, soak 2 teaspoons of medicine in one cup of water. In the morning macerate it, filter and drink on an empty stomach.

Treatment for Edema

Divya Dashmoala Kwath - 200 grams

Divya Sarvakalpa Kwath - 100 grams

Mix 1 teaspoon of medicine in 400 ml of water and boil, till it reduces to 100 ml. Take it on an empty stomach in the morning and evening.

Divya Punarnava Mandoor - 40 grams

Divya Trifala Guggulu - 40 grams

Take 2 tablets from each in the morning and evening with luke warm water.

Divya Punarnavarishta - **450 ml**

Mix 4 teaspoons of medicine in an equal amount of water and take it in the morning and evening after meals.

Diseases of *Raktavaha Srotas*

The source organs is liver and spleen.

The diseases associated are hemorrhage, jaundice, *kumbhkamla*, *halimak* and *raktagatvata*.

Treatment for Hemorrhage

Oozing of vitiated blood from any part of the body is called hemorrhage.

Divya Moti Pishti - **04 grams**

Divya Sphatika Bhasma - **05 grams**

Divya Giloy Sat - **10 grams**

Divya Pravala Pishti - **10 grams**

Divya Kharva Pishti - **10 grams**

Mix all the medicines and prepare 60 doses. Take 2-3 doses daily half-an-hour before meals with water or honey.

Divya Usirasava - **450 ml**

Mix 4 teaspoons of medicine in 4 teaspoonful of water and take after morning and evening meals.

Note: In any hemorrhagic condition, couch grass (*dūrvā ghāsa*) and *pīpala* (*Ficus religiosa*) juice are especially beneficial. Grind *pīpala* leaves with water and collect its juice, after straining. Drink 1 cup juice mixed with crystal sugar. If feeling cold, use of black pepper is advantageous. *Param Pujya Swamiji* has also suggested the use of juice of rosewood leaves (*śisham*).

Treatment for High Blood Pressure / Hypertension

Divya Mukta Vati - **120 tablets**

Take 1 or 2 tablets on an empty stomach one hour before morning and evening meals with water.

Note: The use of *Mukta Vati* along with *Arjuna Kṣarpāka* is very effective.

- ❖ Regularly drink 1 cup of bottle gourd juice mixed with Indian gooseberry juice (*āmlā*), apple juice, mint and a little coriander. It is beneficial in heart ailments.
- ❖ Use excessive water after meals.
- ❖ Restrict use of salt.
- ❖ Drink decoction of *Arjuna* bark.

Diseases of *Māmsavaha Srotas*

The source organs are muscles, skin and blood-carrying arteries.

The diseases associated are neoplasms, tumor, adenitis, goiter, scrofula, *māmsakīla*, *Alajī* and *upjivhikā*.

Treatment for Cyst (in any part of the body)

Divya Kanchnar Guggulu - **60 grams**

Divya Vriddhivadhika Vati - **40 grams**

Take 2 tablets of each in the morning and evening after meals with luke warm water.

Treatment for Glandular Growth or Tumor

Divya Shilasindura - **02 grams**

Divya Tamra Bhasma - **01 gram**

Divya Moti Pishti - **04 grams**

Divya Pravala Pishti - **10 grams**

Divya Giloy Sat - **20 grams**

Mix all the medicines and prepare 60 doses. Take each dose half-an-hour before breakfast and dinner with water/honey/cream.

Divya Kanchnar Guggulu - **60 grams**

Divya Vriddhivadhika Vati - **40 grams**

Divya Arogyavardhini Vati - **40 grams**

Take 2 tablets of each half-an-hour before breakfast and dinner with water/honey/cream.

Divya Godhan Ark - **20 ml**

Divya Ghrīt Kumari Svarasa - **20 ml**

Mix both of them in the given doses and drink it on an empty stomach in the morning and evening.

Treatment for Goiter and Thyroid Disorders

Divya Sarvakalpa Kwath	-	200 grams
Divya Mulethi Kwath	-	100 grams

Mix both the medicines and take one teaspoon of the mixture. Boil in 400 ml of water, until it reduces to 100 ml. Filter it and take on an empty stomach in the morning and evening.

Divya Trikatu Churna	-	50 grams
Divya Pravala Pishti	-	10 grams
Divya Godanti Bhasma	-	10 grams
Divya Bahera Churna	-	20 grams
Divya Shila Sindura	-	02 grams
Divya Tamra Bhasma	-	01 gram
Divya Mukta Pishti	-	04 grams

Mix all the medicines and prepare 60 doses of it. Take it in the morning and evening half-an-hour before breakfast and dinner with water/honey/cream.

Divya Kanchnar Guggulu	-	60 grams
Divya Vriddhivadhika Vati	-	40 grams
Divya Arogyavardhini Vati	-	40 grams

Take 1 tablet of each after half an hour of breakfast, lunch and dinner with lukewarm water.

Diseases of *Medovaha Srotas*

The Source organs are kidney, fat and hips.

Treatment for Obesity

Divya Sarvakalpa Kwath	-	200 grams
Divya Kayakalpa Kwath	-	200 grams
Divya Trifla Churna	-	100 grams

Take one teaspoon from all the above medicines. Mix it with 400 ml of water and boil till it reduces to 100 ml, filter and take on an empty stomach in the morning and evening.

Divya Medohar Vati - **50 grams**

Take 2 tablets, one hour before lunch and dinner with luke warm water.

Divya Trifla Guggulu - **60 grams**

Divya Arogyavardhini Vati - **60 grams**

Take 2-2 tablets each one hour before lunch and dinner with luke warm water.

Divya Godhana Arka - **20 ml**

Divya Aloe Vera Swarasa - **20 ml**

Take each in the morning and evening on an empty stomach.

Note: Take *Medohar dalia*, as suggested by Param Pujya Swami Ramdev ji Maharaja.

Diseases of *Asthivaha Srotas*

The Source organs are adipose tissue and thigh area.

The disorders associated are arthritis, gout, redundant teeth, bone injuries, pain in the bones, falling of hair, brittle nails.

Treatment for Arthritis

Divya Peedantaka Kwath - **200 grams**

Divya Dashmol Kwath - **100 grams**

Add one teaspoon of medicine in 400 ml of water and boil till it reduces to 100 ml, filter and take it on an empty stomach in the morning and evening.

Divya Mahavatavidhwansana Rasa - **05 grams**

Divya Swarnamakshik Bhasma - **05 grams**

Divya Pravala Pishti - **10 grams**

Divya Godanti Bhasma - **10 grams**

Mix all the medicines and prepare 60 doses from it. Take one dose each in the morning and evening half-an-hour before breakfast and dinner with water/honey/cream.

In case of acute pain, add 1-2 grams of *Brihat Vatchintamani Rasa* in the above prescribed dose. It gives immediate relief.

Divya Yograj Guggulu - **60 grams**

Divya Peedantaka Vati - **40 grams**

Divya Chandraprabha Vati - **60 grams**

Take 1 tablet of each, thrice a day, half-an-hour after breakfast, lunch and dinner.

Divya Vatari Churna - **100 grams**

Take half a teaspoon twice a day, after meals with lukewarm water.

Divya Peedantaka Oil - **100 ml**

One can also use Peedantaka balm or Gel. Massage the oil on the affected area, twice/ thrice in a day.

Note: According to the condition of the disease, patient can take 1 teaspoon of *Ajamodādi Churna*.

Treatment for Cervical Spondylitis, Lumbo-sacral, Spine Disorders and Sciatica

Divya Dashmool Kwath - **200 grams**

Divya Peedantaka Kwath - **100 grams**

Mix both of them, add one teaspoon of medicine in 400 ml of water and boil till the resultant is 100 ml. Filter and take on an empty stomach in the morning and evening. Add 3-4 leaves of Vitex and Night Jasmini in the decoction for better results.

Divya Ekangveer Rasa - **10 grams**

Divya Swarnamakshika Bhasma - **05 grams**

Divya Pravala Pishti - **10 grams**

Divya Godanti Bhasma - **10 grams**

Mix all the medicines and prepare 60 doses of it. Take it in the morning and evening half-an-hour before breakfast and dinner with water/honey/cream.

In case of acute pain, add 1-2 grams *Brihat Vatchintamani Rasa* in the above prescribed dose. It gives immediate relief.

Divya Trayodashanga Guggulu - **60 grams**

Divya Peedantaka Vati - **40 grams**

Divya Shilajit Rasayana - **40 grams**

Take 1 tablet of each, three times, half-an-hour after breakfast, lunch and dinner with lukewarm water.

Take 1 tablet of *Vishtinduk Vati* in the morning and evening. It is highly effective in case of severe pain.

Divya Peedantaka Tel	-	100 ml
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Massage with this oil on the painful area 2-3 times a day.

Treatment for Osteoporosis

Divya Amrita Sat	-	10 grams
Divya Swarnamakshika Bhasma	-	05 grams
Divya Pravala Pishti	-	10 grams
Divya Godanti Bhasma	-	10 grams
Divya Muktashukti	-	10 grams
Divya Brihat Vatchintamani Rasa	-	01 gram

Mix all the medicines and prepare 60 doses of it. Take it in the morning and evening half-an-hour before breakfast and dinner with water/ honey.

Divya Yograj Guggulu	-	60 grams
Divya Chandraprabha Vati	-	60 grams
Divya Shilajit Rasayana	-	60 grams

Take 1-1 tablet of each, three times a day, half-an-hour after breakfast, lunch and dinner with milk.

Divya Vatari Churna	-	100 grams
Divya Ashwagandha Churna	-	100 grams

Take half or one teaspoon powder with luke warm water or milk twice or thrice a day, after meals.

Divya Ashwagandharishta	-	450 ml
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Take 4 teaspoon of medicine in an equal amount of water after meals in the morning and evening.

Treatment for Facial/ Bell's Palsy

Divya Dashmool Kwatha	-	100 grams
Divya Medha Kwatha	-	100 grams

Boil one teaspoon of medicine in 400 ml of water till it reduces to 100 ml. Strain the solution and drink it in the morning and evening on an empty stomach.

Divya Vatari Churna	-	50 grams
Divya Amrita Sat	-	10 grams
Divya Ashwagandha Churna	-	50 grams
Divya Mahavatvinhwansan Rasa	-	01 gram
Divya Pravala Pishti	-	10 grams.

Mix all the medicines. Take one teaspoon of the mixture half an hour before breakfast and dinner with lukewarm water.

Ashwashila Capsules	-	20 capsules
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Take 2 capsules twice a day, half-an-hour after breakfast and dinner with luke warm water.

Peedantaka Oil	-	100 ml
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Massage with the oil on the painful area, 2-3 times in a day.

Ashwagandharishta	-	450 ml
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Mix 4 teaspoons of medicine in 4 teaspoons of water and take after lunch and dinner.

Treatment for Rheumatism

When *āma* and *vāta doṣa* gets vitiated together, they collect in the abdominal region, chest and in joints and cause inflammation, pain and stiffness. Then the disease is called *āmavāta* (rheumatoid arthritis)

Divya Sarvakalpa Kwath	-	100 grams
Divya Peedantaka Kwath	-	200 grams

Mix both the medicines. Take one teaspoon of the mixture and boil in 400 ml of water till the residue remains 100 ml. Filter and drink in the morning and evening on an empty stomach.

Divya Ajmodadi Churna	-	100 grams
Divya Amavatari Rasa	-	40 grams

Take half teaspoon of *Ajmodādi Churna* and 2-2 tablets of *Amavatari Rasa* in the morning and evening, with the above mentioned kwath (decoction).

Divya Mahavatvidhwansan Rasa	-	05 grams
Divya Pravala Pishti	-	10 grams
Divya Swarnamakshika Bhasma	-	05 grams
Divya Godanti Bhasma	-	10 grams
Divya Brihat Vatchintamani Rasa	-	1-2 grams

Mix all the medicines and divide into 60 doses. Take each dose half-an-hour before breakfast and dinner with water/honey.

Diya Singhnada Guggulu	-	60 grams
Divya Tryodashang or Yograj Guggulu	-	60 grams
Divya Peedantaka Vati	-	40 grams
Divya Punarnavadi Mandoor	-	40 grams

Take 1 tablet from each, half-an-hour after breakfast, lunch and dinner with lukewarm water.

Once a week drink a glass of milk with 20 ml castor oil added to it, at night before going to bed. It gives dramatic relief in pain.

Note : To reduce inflammation in rheumatoid arthritis, use dry fomentation with sand, castor seeds, rock salt and ajowan seeds.

Also apply Peedantaka oil on the affected area and foment with warm castor or calotropis leaves. Wrap the area with warm leaves. It gives a good effect.

Treatment for Paralysis

Divya Rasraja Rasa	-	1-3 grams
Divya Pravala Panchamrita	-	10 grams
Divya Punarnavadi Mandoor	-	10 grams
Divya Mukta Pishti	-	04 grams
Divya Ekangveer Rasa	-	10 grams

Mix all the medicines and divide into 40 doses. Take each dose half an hour before lunch and dinner with water/honey/cream.

Divya Triodashang Guggulu	-	40 grams
Divya Medha Vati	-	40 grams
Divya Shilajit Rasayan Vati	-	40 grams

Take 1 tablet of each half an hour after breakfast, lunch and dinner with luke warm water.

Divya Ashwagandha Churna	-	100 grams
Divya Vatari Churna	-	50 grams

Mix both of them. Take half a teaspoon with milk regularly in the morning and evening.

Treatment for Gout

Divya Peedantaka Kwath - **200 grams**

Divya Dashmool Kwath - **100 grams**

Mix both the medicines. Take one teaspoon of the mixture and boil in 400 ml of water until it reduces to 100 ml. Filter and take it in the morning and evening on an empty stomach.

Divya Giloyghan Vati - **60 grams**

Take 2 tablets in the morning and evening with the above prescribed Kwath (decoction).

Divya Keshore Guggulu - **60 grams**

Divya Chandraprabha Vati - **40 grams**

Divya Peedantaka Vati - **40 grams**

Take 1 tablet half an hour after breakfast, lunch and dinner with luke warm water.

Divya Vatari Churna - **100 grams**

Divya Ajmodadi Churna - **100 grams**

Mix both of them. Take half a teaspoon with fresh water in the morning and evening.

Divya Mahavatvidhwansan Rasa - **05 grams**

Divya Pravala Pishti - **10 grams**

Divya Swarnamakshika Bhasma - **05 grams**

Divya Godanti Bhasma - **10 grams**

Mix all the medicines and divide into 60 doses. Take each dose half-an-hour before breakfast and dinner with water/honey.

The Diseases of *Śukravaha Srotas*

The source organs of *śukravaha srota* are testis, scrotum and the breasts.

The diseases of *śukravaha srota* are erectile dysfunction, infertility, gonorrhoea, syphilis, loss of *oja*.

Treatment of Impotency and Oligospermia

Divya Basantkusumakar Rasa	-	1-3 grams
Divya Trivang Bhasma	-	05 grams
Divya Abhrak Bhasma	-	10 grams
Divya Amrita Sat	-	10 grams
Divya Siddha Makardhwaj	-	02 grams
Divya Pravala Pishti	-	10 grams

Prepare 60 doses after mixing all the medicines. Take each dose half-an-hour before morning breakfast and dinner with water/honey.

Divya Shilajit Sat	-	20 grams
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Mix 2 drops in milk and drink.

Divya Yauvanamrit Vati	-	5 grams
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Divya Chandraprabha Vati	-	40 grams
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Take 2 capsules of each in the morning and evening with milk after meals.

In oligospermia or sperm deficiency, with the above said medicines also use seeds of:

<i>Mucuna pruriens</i> (Cronch Seeds)	-	250 grams
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<i>Abrus precatorius</i> (Safed Gunja)	-	250 grams
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Take one teaspoon powder of the pulverized mixture in the morning and evening with milk. This increases the sperm count and nourishes the body.

Note: *Cronch* seeds and *Safed Guñjā* should be used after purification. Its purification is carried out with *dola yantra* method. The seeds are wrapped in a piece of cloth (*potli*) and dipped in 4 liters of milk and cooked. When the milk condenses, take out the cloth *potli*. Remove peel from the seeds, grind them and preserve them.

Note - For sexual debility, along with the above prescribed medication take 2 tablets of *Yauvan Gold Capsule* in the morning and evening. It gives effective result.

Treatment for Azoospermia

Divya Hirak Bhasma	-	300 mg
Diya Basantkusumakar Ras	-	2-3 grams
Divya Sidhmakardhwaja	-	2-3 grams

Mix all the medicines. Prepare 30 doses from the mixture and take each dose half an hour before meals in the morning and evening with water/ honey.

Treatment for AIDS

Divya Amritojas: Take one teaspoon in the morning, afternoon and evening with honey or water.

Under the guidance of Respected Acharya Balkrishna, this formula has been prepared from the best vitality promoting drugs of *Āyurveda* and are provided free of cost to the patients. It dramatically increases CD4 counts in patients.

Divya Hirak Bhasma	-	300 mg
Divya Moti Pishti	-	04 grams
Divya Pravala Panchamrita	-	10 grams
Divya Abhrak Bhasma	-	05 grams
Divya Amrita Sat	-	10 grams
Divya Siddha Makardhwaja	-	03 grams

Mix all the medicines together. Prepare 60 doses from this medicine mixture. Take each dose half-an-hour before breakfast and dinner with water or honey.

Divya Udaramrita Vati	-	40 grams
Divy Arogya Vati	-	40 grams
Divya Arogyavardhini Vati	-	40 grams

Take 1 tablet from each with lukewarm water after morning and evening meals.

Divya Shilajit Sat	-	20 grams
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For good results, mix 2 drops in milk and drink.

Note : If fever occurs as a symptom, take *Jvārṇāśaka Vati* or *Jvārṇashak Kwatha* and if some complications are present, then treat them separately.

Treatment for Infertility in Women

Divya Shivlingi Beej Churna - **100 grams**

Divya Putrajivak Giri - **200 grams**

Grind both of them into a fine powder. Take one fourth spoon on an empty stomach in the morning and one hour after dinner with cow's milk.

Divya Stri Rasayana Vati - **60 grams**

Divya Chandraprabha Vati - **60 grams**

Take 2 tablets in the morning and evening after meals with fresh water.

Divya Bhalaghrita: Take 1 teaspoon with cow's milk in the morning and evening.

Treatment for Fallopian Tube Blockage

If the cause of infertility is blockage in the Fallopian tubes, take the following medicines along with the above prescribed medicines for infertility.

Black sesame seed powder - **30 grams**

Carrot seed powder - **50 grams**

Dry ginger powder - **50 grams**

Ajowan seed powder - **25 grams**

Mix all the ingredients together. Prepare 60 doses from the mixture. Take half-an-hour before meals in the morning and evening with water/ honey/ cream.

Divya Stri Rasayana Vati - **60 grams**

Divya Chandraprabha Vati - **60 grams**

Divya Raja Pravartini Vati - **40 grams**

Take 1 tablet from each twice a day, half-an-hour after breakfast and dinner with luke warm water.

Divya Dashmoolarishta - **450 ml**

Divya Patrangasava - **450 ml**

Mix 4 teaspoons of medicine (2 teaspoons from each) in an equal amount of water and take it in the morning and evening after meals.

Treatment for Uterine Fibroids / Ovarian Cysts

Divya Shila Sindura	-	02 grams
Divya Giloy Sat	-	10 grams
Divya Pravala Pishti	-	10 grams
Divya Mukta Pishti	-	04 grams
Divya Kaharwa Pishti	-	05 grams
Divya Punarnavadi Mandoor	-	20 grams
Divya Vriddhivadhika Vati	-	10 grams
Divya Tamra Bhasma	-	01 gram

Mix all the medicines. Prepare 60 doses from the mixture of medicine. Take each dose with water or honey half-an-hour before breakfast and dinner.

Divya Kanchnar Guggulu	-	60 grams
Divya Stri Rasayan Vati	-	60 grams

Take 1 tablet of each with luke warm water after morning and evening meals.

Treatment for Dysmenorrhea

Divya Dashmool Kwath	-	200 grams
Divya Panchkola Churna	-	100 grams

Mix both the medicines. Boil 1 teaspoon of this mixture in 400 ml of water until it reduces to 100 ml. Filter and drink the decotion in the morning and evening on an empty stomach.

Divya Raja Pravartini Vati	-	40 grams
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Take 2-2 tablets after morning and evening meals with fresh water.

Divya Chandraprabha Vati	-	40 grams
Divya Stri Rasayana Vati	-	40 grams
Divya Kachnar Guggulu	-	40 grams

Take 1 tablet from each in the morning and evening after meals with luke warm water.

Divya Patrangasava	-	450 ml
Divya Ashokarishta	-	450 ml

Mix 4 teaspoons of medicine (2 teaspoons from each) in an equal amount of water and take after meals in the morning and evening.

Treatment for Leucorrhoea

Divya Basantkusmakar Rasa	-	01 gram
Divya Trivang Bhasma	-	05 gram
Divya Abhrak Bhasma	-	05 gram
Divya Giloy Sat	-	10 grams
Divya Mukta Pishti	-	04 grams
Divy Pravala Pishti	-	10 grams
Divya Godanti Bhasma	-	10 grams

Mix all of them. Prepare 60 doses from the mixture of medicines and take half-an-hour before breakfast and dinner with water/honey.

Divya Stri Rasayana Vati	-	40 grams
Divya Chandraprabha Vati	-	40 grams
Divya Shilajit Rasayan Vati	-	40 grams

Take 1 tablet of each after lunch and dinner with luke warm water.

Divya Pushyanug Churna	-	100 grams
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Take half teaspoon before lunch and dinner with luke warm water.

Divya Patrangasava	-	450 ml
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Mix 4 teaspoons of medicine with 4 teaspoons of water and take after morning and evening meals.

Treatment for Menorrhagia and Metrorrhagia

Divya Pravala Pishti	-	10 grams
Divya Kaharwa Pishti	-	10 grams
Divya Giloy Sat	-	10 grams
Divya Mukta Pishti	-	04 grams

Mix all the medicines and divide into 60 doses and take half-an-hour before breakfast and dinner with water or honey.

Divya Ashokarishta	-	450 ml
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Mix 4 teaspoons of medicine in 4 teaspoons of water and take after meals in the morning and evening.

Divya Stri Rasayana Vati	-	40 grams
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Take 2 tablets with lukewarm water after morning and evening meals.

Note : *Lajwanti Panchanga Churna* is beneficial in metrorrhagia and leucorrhoea. Take 1 gram in the morning and evening with *ghee*.

Treatment for Foetal Development in Pregnancy

Divya Garbhpal Rasa	-	10 grams
Divya Pravala Pishti	-	10 grams
Divya Mukta Pishti	-	05 grams
Divya Dhatri Loha	-	10 grams
Divya Abhrak Bhasma	-	05 grams
Divya Amrita Sat	-	05 grams

Mix all the medicines and prepare 60 doses from the mixture prescribed above and take with either water or honey half-an-hour before breakfast and dinner.

Divya Soma Ghrita

Take one teaspoon in the morning and evening with milk.

Treatment for Miscarriage or Repeated Abortions

Divya Kaharva Pishti	-	10 grams
Divya Pravala Panchamrita	-	10 grams
Divya Moti Pishti	-	04 grams
Divya Sphatika Bhasma	-	04 grams
Divya Basantkusumakar	-	02 grams
Divyas Amrita Sat	-	10 grams

Mix all medicines and divide into 60 doses. Take each dose with water, honey or cream of milk, half-an-hour before breakfast and dinner.

❖ **Shatshoanubhuta Dhak:** *Palāsh* leaves processed in milk.

Drinking milk processed with *dhāk* or *palāsh* leaves is very useful. In the first month add one leaf in a glass of milk and boil the milk on a slow flame. Drink it in the morning and evening. Similarly, increase the number of leaves to 2, 3, 4, 5, 6, 7, 8 and 9 leaves in the respective months in the same quantity of milk. This method of processing milk with leaves by *ksheerpaka* method gives miraculous results. Give supportive treatment along with this *ksheerpaka*.

❖ Knot small pieces of *dhaturā* root with a black woolen thread. Tie this thread around the waist to prevent abortions.

Diseases of the Nervous System and Psychological Disorders

Treatment for Migraine, Chronic Headache and Depression

Divya Medha Kwath - **300 grams**

Boil 1 teaspoon of medicine in 400 ml of water until it reduces to 100 ml. Filter and take it in the morning and evening on an empty stomach.

Divya Pravala Pishti - **10 grams**

Divya Giloy Sat - **10 grams**

Divya Godanti Bhasma - **10 grams**

Mix all the medicines and divide it into 60 doses. Take each dose with water or honey half-an-hour before breakfast and dinner.

Note : If the disease is more chronic, mix 1-2 grams of *Rasraja Ras* or 4 grams of *Moti Pishti* in one month's dose. It gives immediate relief. If there is more phlegm and more pain, take *nasya* with 4 drops of *nirgunḍī* leaf juice.

Divya Medhavati - **60 grams**

Take 2 tablets after morning and evening meals with lukewarm water.

Treatment for Epilepsy and Major Psychosis

Divya Medha Kwath - **300 grams**

Boil 1 teaspoon of medicine in 400 ml of water till the resultant remains 100 ml. Filter and take it in the morning and evening on an empty stomach.

Divya Mukta Pishti - **04 grams**

Divya Pravala Pishti - **10 grams**

Divya Giloy Sat - **10 grams**

Divya Godanti Bhasma - **10 grams**

Divya Kulyamishrana - **10 grams**

Mix all the ingredients and divide into 60 doses. Take with water or honey, half-an-hour before breakfast and dinner.

Divya Medha Vati - **60 grams**

Divya Ashwagandha Capsule - **20 capsules**

Take 2 capsules after breakfast and dinner with lukewarm water.

Divya Ashwagandharishta	-	450 ml
Divya Saraswatarishta	-	450 ml

Mix 4 teaspoons of medicine (2 teaspoons from each) in 4 teaspoons of water and take it after breakfast and dinner.

Note : When the symptoms are severe, mix 1 gram *Rasraja Ras*, 2 grams *Makardhwaja* and 2-3 grams of *Rajat bhasma* in one month's medicine. It gives fast relief.

Treatment for Hysteria

Divya Medha Vati	-	60 grams
Divya Stri Rasayan Vati	-	60 grams
Divya Ashwagandha Capsule	-	20 capsules

Take 1 tablet/capsule from each thrice a day after breakfast, lunch and dinner with lukewarm water.

Divya Aloe vera Swarasa	-	20 ml
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Take it in the morning and evening on an empty stomach.

Divya Saraswatarishta	-	450 ml
Divya Ashokarishta	-	450 ml

Take 4 teaspoons of medicine (two teaspoons from each) and mix in 4 tea spoons of water. Take after breakfast and dinner.

Treatment for Compromised Mental Function, Down's Syndrome

Divya Moti Pishti	-	04 grams
Divy Pravala Pishti	-	10 grams
Divya Medha Vati	-	20 grams
Divya Amrita Sat	-	10 grams
Divya Godanti Bhasma	-	10grams
Divya Rajat Bhasma	-	02 grams
Divya Ekangveer Rasa	-	05 grams

Divya Kumarkalyan Rasa - 01 gram

Divya Rasraj Rasa - 01 gram

If the child is 1-5 years old, mix all the above medicines and divide into 160 doses. Take one dose each, four times a day with honey or cream of milk. If the age of the child is above 5 years, divide into 90 doses and take one each, thrice a day with honey or cream.

Divya Arvindasava - 450 ml

Divya Saraswatarishta - 450 ml

If the patient is below 5 years, take half teaspoon from each and if the patient is above five years take 1teaspoon from each with an equal proportion of water.

Disorders of *Mutravaha Srotas*

The source organs of *mutravaha srota* are bladder and pelvic organs. Acharya Sushruta believed that the source organ of *mutravaha srota* are the urinary bladder and penis.

Treatment for Dysuria

Divya Gokshuradi Guggulu - 60 grams

Divya Chandraprabha Vati - 40 grams

Divya Giloyghan Vati - 60 grams

Take 1 tablet from each three times a day after breakfast, lunch and dinner with lukewarm water.

Divya Chandanasava - 450 ml

Mix 4 teaspoons of medicine with an equal quantity of water and take after morning and evening meals.

Treatment for Renal Calculi and Urolythiasis/Stones in the Bladder

Divya Ashmarihar Kwath - 300 gram

Take 1teaspoon of medicine and boil in 400 ml of water until it reduces to 100 ml. Filter and take it in the morning and evening on an empty stomach.

Divya Ashmarihar Ras - 50 grams

Take 1 tablet twice a day with *Ashmarihara Kwatha*.

Divya Gokshuradi Guggulu - 60 grams

Divya Chandraprabha Vati - 60 grams

Take 1 tablet from each, after morning and evening meals with lukewarm water.

Note: Eat one leaf of *Bryophyllum (patharchatta)* in the morning on an empty stomach.

Treatment for Chronic Renal Failure (CRF)

Divya Sarvakalpa Kwath - 100 grams

Divya Vrikkadoshar Kwath - 20 grams

Bark of Neem - 05 grams

Bark of Peepal - 05 grams

Mix all the ingredients and add one teaspoon of the mixture in 400 ml of water and boil it until it reduces to 100 ml. Filter and drink it in the morning and evening on an empty stomach.

Divya Giloyghan Vati - 60 grams

Take 2 tablets in the morning and evening on an empty stomach with lukewarm water.

Divya Basantkusumakar Rasa - 01 gram

Divya Giloy Sat - 10 grams

Divya Hajrul Yahud Bhasma - 10 grams

Divya Punarnavadi Mandoor - 20 grams

Divya Shvet Parpati - 05 grams

Mix all the medicines and divide into 60 doses. Take each dose half-an-hour before breakfast and dinner with water or honey.

Divya Gokshuradi Guggulu - 60 grams

Divya Chandraprabha Vati - 60 grams

Divya Vrikkadoshahar Vati - 60 grams

Take 1 tablet from each 2-3 times in a day, half-an-hour after breakfast, lunch and dinner with lukewarm water.

Note : In case of high blood pressure, take 1-2 tablets of *Mukta Vati* in the morning and evening on an empty stomach with water or the above-mentioned decoction (*kwatha*).

Diseases related to *Purishvaha Srotas*

Treatment for Hemorrhoids

Divya Mulethi Kwath - **200 grams**

Divya Kayakalpa Kwath - **200 grams**

Mix both of them and take one teaspoon of the mixture and add in 400 ml of water. Boil it, till it reduces to 100 ml. Filter and drink it in the morning and evening on an empty stomach.

Divya Arshkalpa Vati - **60 grams**

Take 1 tablet with the above prescribed *Kwath*.

Divya Saptavinshanti Guggulu - **60 grams**

Divya Triphala Guggulu - **60 grams**

Take 1 tablet from each twice a day half-an-hour after breakfast and dinner with lukewarm water.

Divya Abhyarishta - **450 ml**

Mix 4 teaspoons of medicine in an equal amount of water and take after breakfast and dinner.

Divya Udarkalpa Churna - **100 grams**

Or Divya Churna - **100 grams**

Or Divya Triphala Churna - **100 grams**

Take one teaspoon from either of them with lukewarm water at night.

Divya Kayakalpa Tel - **100 ml**

Or Divya Jatyadi Tel

Take a little oil on a sterile cotton swab and place it in the anus.

Treatment for Bleeding Piles

Divya Mulethi Kwath - **100 grams**

Divya Sarvakalpa Kwath - **100 grams**

Divya Kayakalpa Kwath - **100 grams**

Mix all of them and add one teaspoon of the mixture in 400 ml of water. Boil it until it reduces to 100 ml. Filter and drink it in the morning and evening on an empty stomach.

Divya Arshkalpa Vati - **40 grams**

Take 1 tablet, twice a day, half-an-hour after breakfast and dinner with the above prescribed kwath (decoction).

Divya Ushirasava - **450 ml**

Divya Abhyarishta - **450 ml**

Take 4 teaspoons (2 teaspoons from each) of the medicine with an equal amount of water after morning and evening meals.

Divya Churna - **100 grams**

Take one teaspoon powder at bed time with milk or lukewarm water.

Note : Grind *Mahānimba* seeds and take 3 grams of the powder before meals in the morning and evening with lukewarm water. It gives additional benefit.

Treatment for Intrinsic Hemorrhage

Divya Mukta Pishti - **04 grams**

Divya Rasmanikya - **02 grams**

Divya Pravala Pishti - **10 grams**

Divya Giloy Sat - **10 grams**

Divya Kaharva Pishti - **10 grams**

Mix all the medicines and divide into 60 doses. Take with water or honey or *dūrvā* grass juice half-an-hour before breakfast and dinner.

Treatment for Fistula

Divya Kayakalpa Kwath - **200 grams**

Divya Mulethi Kwath - **200 grams**

Mix both the medicines and add one teaspoon of the medicine in 400 ml of water and boil till the resultant remains 100 ml. Filter and take on an empty stomach in the morning and evening.

Divya Ras Manikya - **03 grams**

Divya Amrita Sat - **10 grams**

Divya Mukta Pishti - **04 grams**

Divya Shankh Bhasma - **10 grams**

Divya Pravala Pishti - **10 grams**

Divya Kaharva Pishti - **10 grams**

Mix all the medicines and divide into 60 doses. Take with water or honey or cream of milk, half-an-hour before breakfast and dinner.

Divya Kayakalpa Vati - **40 grams**

Divya Arshkalpa Vati - **40 grams**

Take 2 tablets from each on an empty stomach in the morning and evening with the above mentioned decoction (*Kwath*).

Divya Saptavinshati Guggulu - **60 grams**

Divya Panchtiktaghrita Guggulu - **60 grams**

Divya Arogyavardhini Vati - **60 grams**

Take 1 tablet each twice a day, half-an-hour after breakfast and dinner with lukewarm water.

Divya Dashmularishta - **450 ml**

Divya Abhyarishta - **450 ml**

Take 4 teaspoons (2 teaspoons from each) of the medicine with an equal amount of water and take it in the morning and evening after meals.

Divya Kayakalpa Tel - **100 ml**

Or Divya Jatyadi Tel

Dip a sterile cotton cloth in the oil and place it in the anus.

Dermatological (Skin) Disorders

Psoriasis, eczema, leucoderma, acne vulgaris, urticaria, leprosy.

Treatment for Psoriasis and Eczema

Divya Kayakalpa Vati - **20 grams**

Gandhak Rasayan - **10 grams**

Divya Giloy Sat - **20 grams**

Divya Rasmanikya - **02 grams**

Divya Tal Sindhura - **01 gram**

Divya Pravala Pishti - **10 grams**

Mix all the medicines and divide into 60 doses. Take each dose twice a day with water, honey or cream of milk, half an hour before breakfast and dinner.

Divya Keshore Guggulu - **60 grams**

Divya Arogyavardhini Vati - 40 grams

Divya Nimb Ghanvati - 60 grams

Take 2 tablets from each, twice a day with lukewarm water, half an hour after breakfast and dinner.

Divya Mahamanjishtharishta- 450 ml

Divya Khadirarishtha - 450 ml

Take 4 teaspoons (2 teaspoons from each) of the medicine and mix with 4 teaspoons of water and take after breakfast and dinner.

Divya Kayakalpa Tel - 100 ml

Apply externally on the affected area. *Nimb Tel* (Margosa oil) can also be used.

Treatment for Leucoderma/ Vitiligo

Divya Kayakalpavati - 20 grams

Divya Giloy Sat - 20 grams

Divya Shuddha Vakuchi Churna- 50 grams

Mix all the medicines and divide into 60 doses. Take each dose half-an-hour before breakfast and lunch with honey or water.

Divya Keshore Guggulu - 60 grams

Divya Arogyavardhini Vati - 40 grams

Take 2 tablets from each in the morning and evening after meals with lukewarm water.

Divya Mahamanjishtharishta - 450 ml

Mix 4 teaspoons of the medicine in 4 teaspoons of water and take it in the morning and evening after meals.

Shvitraghan Lepa : Prepare a paste of *Nimb patra swaras* (margosa leaf juice), *Gobarswaras* (cow dung dissolved in water) and *Gomutra* (distilled cow's urine) and apply on the affected area. If inflammation or boils appear wash it immediately.

Divya Kayakalpa Tel - 100 ml

Apply on the affected area.

Treatment for Acne Vulgaris

Divya Kayakalpa Vati - 40 grams

Take 2 tablets in the morning and evening on an empty stomach.

Divya Keshore Guggulu - **40 grams**

Divya Nimb Ghanvati - **40 grams**

Take 1 tablet from each in the morning and evening on an empty stomach

Divya Khadirarishta - **450 ml**

Mix 4 teaspoons in an equal amount of water and take after lunch and dinner.

Divya Kanti Lep : Prepare paste in water, rose water (*gulāb jala*) or in unboiled cow's milk and apply on the face. Wash after 2-3 hours.

Also use *Aloe vera gel* on the face.

Note: Patients suffering from constipation should take *Divya Triphala Churna* or *Divya Udalkalpa Churna*.

Treatment for Dermatitis, Urticaria, Udarda and Leprosy

Divya Kayakalpa Vati - **40 grams**

Take 2 tablets in the morning and evening on an empty stomach with water.

Divya Neem Ghanvati - **60 grams**

Divya Giloy Ghanvati - **60 grams**

Take 2 tablets from each after morning and evening meals with lukewarm water.

Divya Haridrakhand - **200 grams**

Take half teaspoon with lukewarm water twice a day after meals

Divya Nariyal Tel - **250 grams**

Deshi Kapur (Camphor) - **25 grams**

Mix both of them and apply on the affected area.

Other Disorders

Treatment for Thalessemia

Divya Sarvakalpa Kwath - **300 grams**

Take 1 teaspoon of medicine and boil it in 400 ml of water and when the resultant remains 100 ml, filter and take it on an empty stomach in the morning and evening.

Divya Kumarkalyan Rasa - **1-2 grams**

Divya Pravala Pishti	-	05 grams
Divya Kaharva Pishti	-	05 grams
Divya Mukta Pishti	-	05 grams
Divya Giloy Sat	-	10 grams
Divya Pravala Panchamrit	-	05 grams

Make 60 doses from the mixture of all the medicines and take half-an-hour before breakfast and dinner with water or honey.

Divya Keshore Guggulu	-	40 grams
Divya Arogyavardhini Vati	-	20 grams

Take 1 tablet from each after morning and evening meals with lukewarm water.

Divya Aloe Vera Swaras	-	10 ml
Divya Giloy Swaras	-	10 ml

Extract the juice of wheat grass. Mix the above two juices in it. Drink it, twice a day on an empty stomach in the morning and evening.

Treatment for Diabetes

Divya Basant Kusumakar Ras	-	02 grams
Divya Abhrak Bhasma	-	05 grams
Divya Swarnamakshik Bhasma	-	05 grams
Divya Amrita Sat	-	20 grams
Divya Pravala Panchamrita	-	10 grams
Divya Moti Pishti	-	04 grams

Mix all the medicines and prepare 60 doses. Take it twice a day, half an hour before meals with cream of milk.

Divya Madhunashini Vati	-	120 tablets
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Chew 2 tablets in the morning and evening on an empty stomach and drink water.

Divya Arogyavardhini Vati	-	40 grams
Divya Giloy Ghanvati	-	40 grams

Take 1-1 tablet from each twice a day, half an hour after meals with fresh water.

Divya Chandraprabha Vati	-	60 grams
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Divya Madhukalpa Vati - **60 grams**

Take 2 tablets from each twice a day half-an-hour after meals with lukewarm water.

Divya Shilajit Sat. Take 1 drop with milk.

Note - Take half a teaspoon *Karañja* seed powder in the morning and evening before meals for relief.

Treatment for Diabetes & Spermatorrhea

Divya Sarvakalpa Kwath - **100 grams**

Divya Vrikkadoshahar Kwath - **200 grams**

Mix them and add 1 teaspoon in 400 ml of water and boil. When the resultant remains 100 ml, filter and take it on an empty stomach in the morning and evening.

Divya Giloy Ghanvati - **60 grams**

Take 2 tablets twice a day with the above prescribed decoction (*kwath*).

Divya Amla Churna - **100 grams**

Divya Vangbhasma - **05 grams**

Divya Pravala Panchamrita - **05 grams**

Divya Hajrul Yahud Bhasma - **05 grams**

Divya Giloy Sat - **20 grams**

Mix all the medicines and take 1 teaspoon half-an-hour before breakfast and dinner with water or honey.

Divya Gokshuradi Guggulu - **60 grams**

Divya Chandraprabha Vati - **60 grams**

Divya Shilajitrasayana Vati - **60 grams**

Take 1 tablet from each three times a day half an hour after breakfast, lunch and dinner with lukewarm water.

Treatment for Muscular Dystrophy and for Physically Challenged Children

Divya Ekangveer Ras - **05 grams**

Divya Pravala Pishti - **10 grams**

Divya Giloy Sat - **10 grams**

Divya Swarna Makshik Bhasma -	05 grams
Divya Mukta Pishti -	02 grams
Divya Rasraja Ras a -	01 gram
Diya Basantkusumakar Rasa -	01 gram

Make 90 doses from the mixture of all the medicines. Take half-an-hour before breakfast, lunch and dinner with water, honey or cream of milk.

Divya Trayodashang Guggulu -	40 grams
Divya Chandraprabha Vati -	40 grams
Divya Shilajit Rasayan -	40 grams

Take 1 tablet from each in the morning and evening after meals with lukewarm water.

Divya Ashwagandha Churna -	100 grams
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Take 2 grams after lunch and dinner with milk.

Divya Ashwagandharishta -	450 ml
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Mix 4 teaspoons of medicine in 4 teaspoons of water and take it in the morning and evening after meals.

Note: Mix 20 ml wheat grass juice in an equal ratio with *giloy* juice and take it in the morning and evening on an empty stomach.

Treatment for Scleroderma

Divya Sarvakalpa Kwath -	100 gram
Divya Kayakalpa Kwath -	200 gram

Mix both the medicines and add 1 teaspoon of medicine in 400 ml of water. Boil till the resultant remains 100 ml. Strain it and take it on an empty stomach twice a day.

Divya Giloyghan Vati -	40 grams
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Take 1 tablet twice a day, with the above decoction (Kwath).

Divya Ras Manikya -	03 grams
Divya Rasraja Ras -	01 gram
Divya Amrita Sat -	10 grams
Divya Moti Pishti -	02 grams
Divya Kayakalpa Vati -	20 grams

Divya Pravala Panchamrita - 10 grams

Mix all the medicines and divide into 60 doses. Take half-an-hour before breakfast, lunch and dinner with water, honey or cream of milk.

Divya Keshore Guggulu - 60 grams

Divya Arogyavardhini Vati - 40 grams

Divya Punarnvadi Mandoor - 40 grams

Take 1 tablet from each twice a day half-an-hour after breakfast and dinner with lukewarm water.

Divya Khadirishta - 450 ml

Divya Mahamanjishthadi Kwath - 450 ml

Mix 4 teaspoons (2 teaspoons from each) of medicine in 4 teaspoons of water and take it in the morning and evening after meals.

Kayakalpa Tel - 100 ml

Apply on the affected areas.

Treatment for Multiple Sclerosis

Divya Ekangveer Rasa - 05 grams

Divya Mahavatvidhvansan Rasa - 05 grams

Divya Vrihat Vatchintamani Rasa - 02 grams

Divya Pravala Pishti - 10 grams

Divya Giloy Sat - 10 grams

Make 60 doses from the mixture of all the medicines and take half-an-hour before breakfast and dinner with water or honey.

Divya Keshore Guggulu - 60 grams

Divya Chandraprabha Vati - 60 grams

Divya Shilajit Rasayana - 40 grams

Take 1 tablet from each, thrice a day half an hour after breakfast, lunch and dinner.

Divya Giloyghan Vati - 40 grams

Divya Tulsighan Vati - 40 grams

Take 1-1 tablet from each in the morning and evening on an empty stomach with lukewarm water.

Divya Ashwagandha Churna - 100 grams

Take 2 grams twice a day after meals with milk.

Treatment for Cancer

Divya Sarvakalpa Kwath - 200 grams

Divya Kayakalpa Kwath - 100 grams

Mix both the medicines and boil one teaspoon of the mixture in 400 ml of water until the resultant remains 100 ml. Filter it and then take it in the morning and evening on an empty stomach. (With this decoction, *Arogya Vati* can also be prescribed).

Divya Sanjivani Vati - 20 grams

Divya Shila Sindura - 03 grams

Divya Tamra Bhasma - 01 gram

Divya Giloy Sat - 20 grams

Divya Abhrak Bhasma - 05 grams

Divya Hirak Bhasma - 300-500 mg

Divya Swarna Basant Malti Rasa - 2-4 grams

Divya Mukta Pishti - 04 grams

Divya Pravala Panchamrita - 05 grams

Mix all the medicines and make 90 doses. Take each dose half an hour before breakfast, lunch and dinner with water, honey or cream of milk.

Note: In case of lung cancer, mix 5 grams *Abhraka Bhasma* in the above mentioned dose and you can also use *Shwasari Kwath*. If the patient has itching or skin disorder, do not mix *Sanjivani Vati* in the above dose.

Divya Kanchnar Guggulu - 60 grams

Divya Vradhivadhika Vati - 40 grams

Divya Arogyavardhini Vati - 40 grams

Take 1 tablet from each, thrice in the morning, afternoon and evening, half-an-hour after meals with lukewarm water.

Wheat Grass Juice - 25 ml

Divya Giloy Juice - 25 ml

Divya Aloe Vera Juice - 25 ml

Divya Godhan Ark - 25 ml

Juice of Margosa (Neem) Leaves - 5-7

Juice of Holy Basil (Tulsi) Leaves - 11

Mix the above ingredients and drink it in the morning and evening on an empty stomach.

Treatment for Chronic and Acute Myeloid Leukemia/Blood Cancer

Divya Sarvakalpa Kwath - **200 grams**

Divya Kayakalpa Kwath - **100 grams**

Mix both of them. Add 1 teaspoon of the mixture in 400 ml of water and boil till it reduces to 100 ml. Strain it and drink on an empty stomach in the morning and evening.

Divya Ras Manikya - **03 grams**

Divya Amrita Sat - **10 grams**

Divya Pravala Panchamrita - **05 grams**

Divya Abhrak Bhasma - **05 grams**

Divya Mukta Pishti - **04 grams**

Divya Swarna Basantmalti Ras - **3-5 grams**

Divya Kasis Bhasma - **05 grams**

Divya Hirak Bhasma - **300-500 mg**

Mix all the medicines and divide into 60 doses. Take each dose half an hour before breakfast and dinner with water, honey or cream of milk.

Divya Keshore Guggulu - **60 grams**

Divya Arogyavardhini Vati - **40 grams**

Divya Udaramrit Vati - **40 grams**

Take 1 tablet from each twice a day, half-an-hour after breakfast and dinner with lukewarm water.

Wheat Grass Juice - **25 ml**

Divya Giloy Rasa - **25 ml**

Divya Aloe Vera Juice - **25 ml**

Divya Godhan Ark - **25 ml**

Margosa (Neem) Leaves - **05**

Juice of Holy basil (Tulsi) Leaves - **10**

Mix all the juices and take it on an empty stomach in the morning and evening, regularly.

Treatment for Malignant Ulcers and Traumatic Injuries

Divya Kayakalpa Kwath - 100 ml

Divya Dashmool Kwath - 100 ml

Mix both the medicines and add one teaspoon in 400 ml of water and boil till it reduces to 100 ml. Filter and take it in the morning and evening on an empty stomach.

Divya Kayakalpa Vati - 20 grams

Divya Moti Pishti - 04 grams

Divya Pravala Pishti - 10 grams

Divya Amrita Sat - 20 grams

Divya Ras Manikya Rasa - 02 grams

Mix all the medicines and make 60 doses. Take with water or honey half an hour before breakfast and dinner.

If the disease is chronic, mix 1-2 grams of *Swarnabasantmalti Rasa* to it.

Divya Keshore Guggulu - 60 grams

Divya Arogyavardhini Vati - 40 grams

Divya Neemghan Vati - 40 grams

Take 1 tablet of each twice a day, half-an-hour after breakfast and dinner with lukewarm water.

Note: Washing the wound with *Triphala Kwath* or *Panchvalkal Kwath* is very beneficial. Also use *Jatyadi Tel* for local application.

Treatment for Parkinson's Disease

Divya Medha Kwath - 300 grams

Take 1teaspoon of medicine in 400 ml of water and boil till the resultant remains 100 ml. Filter and take it in the morning and evening on an empty stomach.

Divya Ekangveer Rasa - 10 grams

Divya Vasantkusumakar Rasa - 01 gram

Divya Swarna Makshik - 05 grams

Divya Pravala Pishti - 10 grams

Divya Rasraj Rasa	-	01 gram
Divya Giloy Sat	-	10 grams
Divya Makardhwaj	-	02 grams

Prepare 60 doses from the mixture of all the medicines and take it half-an-hour before breakfast and dinner with water or honey.

Divya Medha Vati	-	60 grams
Divya Chandraprabha Vati	-	60 grams
Divya Trayodashang Guggulu	-	60 grams

Take 1 tablet from each three times a day, half-an-hour after breakfast, lunch and dinner with lukewarm water.

Treatment for Hernia

Divya Sarvakalpa Kwath	-	300 grams
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Add 1 teaspoon of medicine in 400 ml of water and boil till it reduces to 100 ml. Filter and drink it on an empty stomach in the morning and evening.

Divya Trikatu Churna	-	25 grams
Divya Pravala Pishti	-	10 grams
Divya Godanti Bhasma	-	10 grams

Mix all the medicines and make 60 doses. Take each dose half-an-hour before breakfast and dinner with water or honey.

Divya Kanchnar Guggulu	-	60 grams
Divya Vridhivadhika Vati	-	40 grams

Take 2-2 tablets from each in the morning and evening after meals with lukewarm water.

Treatment for Cataract and Glaucoma

Divya Amlaki Rasayana	-	200 grams
Divya Saptamrit Loha	-	20 grams
Divya Muktaashukti Bhasma	-	10 grams

Mix all of them. Take 1 teaspoon twice a day before meals with honey or water.

Divya Drishti Eye Drop

Instil 1 drop in both the eyes regularly.

Divya Mahatriphala Ghrit	-	200 grams
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Take 1 teaspoon twice a day after meals with milk.

Treatment for Otorrhagia, Tympanitis and Deafness

Divya Sarivadi Vati	- 20 grams
Divya Chandraprabha Vati	- 40 grams
Divya Shilajit Rasayana	- 40 grams
Divya Triphala Guggulu	- 40 grams

Take 1 tablet from each after morning and evening meals with luke warm water.

Divya Saraswatarishta	- 450 ml
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Mix 4 teaspoons of medicine in 4 teaspoons of water and drink it after breakfast and dinner.

Divya Kayakalpa Tel	- 100 ml
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Apply locally on the affected area

Note : Under the supervision of a physician, performing *karnadhupan* gives additional benefit.

- ❖ Put 2 drops of *Sudarśana* leave's juice in the ears. It stops ear discharge.
- ❖ Put 2 drops of *Tulasī* (holy basil) leaf juice, in the ear. It alleviates ear ache.
- ❖ Extract juice of mature leaves of *Patharachatta* (Bryophyllum). Warm it and put 1 drop in each ear. It gives relief in ear discharge and ear ache.

Treatment for Tinnitus

Divya Vishtinduka Vati	- 40 grams
Divya Chandraprabha Vati	- 40 grams
Divya Sarivadi Vati	- 20 grams

Take 1 tablet from each with lukewarm water, half-an-hour after breakfast and lunch.

Divya Ashwagandha Churna	- 100 grams
Divya Vatari Churna	- 100 grams

Take half teaspoon of each before meals in the morning and evening with lukewarm water.

Treatment for Nasal Polyp

Divya Arshakalpa Vati - 40 grams

Take 2 tablets on an empty stomach in the morning and evening with lukewarm water.

Divya Kanchnar Guggulu - 40 grams

Divya Chandraprabha Vati - 40 grams

Take 2-2 tablets from each with lukewarm water in the morning and evening after meals.

Note : Taking *nasya* with *Shadbindu Tel* is especially beneficial.

Treatment for Nose Bleeds/ Epistaxis

Divya Ushirasava - 450 ml

Take 4 teaspoons of the medicine with equal amount of water after meals in the morning and evening.

Divya Avapattikar Churna - 100 grams

Divya Amrita Sat - 20 grams

Divya Pravala Pishti - 10 grams

Divya Muktaashukti Bhasma - 10 grams

Mix all the medicines and take 1-1 teaspoon in the morning and evening half-an-hour before meals with water, honey or cream of milk.

Note: Along with the above prescribed medicines, instil 4 drops of couch grass juice or *Pipala* (sacred fig) leaf juice, in the nostrils. It is beneficial in chronic epistaxis (nose bleeds).

Treatment for Oral Stomatitis (Mouth Ulcers)

Divya Avapattikar Churna - 100 grams

Divya Amlaki Rasayana - 100 grams

Divya Pravala Pishti - 10 grams

Divya Muktaashukti Bhasma - 10 grams

Mix all the medicines and take 1 teaspoon with water in the morning and evening.

Note : If *Sphatika* and *Tankan Bhasma* are mixed in clarified butter (*ghee*) and applied in the mouth over the ulcer, it provides instant relief.

Also boil leaves of black berry (*Jāmun*) and guava. Filter the solution and add a little rock salt. Gargle with lukewarm solution. It is also effective in mouth ulcers.

Treatment for Dry Eye Syndrome / Computer Vision Syndrome

Diya Amlaki Rasayana	- 200 grams
Divya Saptamrit Loha	- 20 grams
Divya Rajat Bhasma	- 01 gram

Mix all the medicines and take 1 teaspoon in the morning and evening with honey.

Divya Mahatriphaladi Ghrit	- 100 grams
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Take half teaspoon with meals in the morning and evening.

Divya Badam Rogan	- 100 ml
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Put 2-2 drops in each nostril. It is beneficial for the eyes.

Treatment for Acute Tonsillitis

Divya Trikatu Churna	- 25 grams
Divya Sitopaladi Churna	- 25 grams
Divya Tankan Bhasma	- 10 gram
Divya Godanti Bhasma	- 10 grams

Mix all the medicines and make 40 doses. Take each dose twice or thrice a day half-an-hour before meals with water, honey or cream of milk.

Divya Triphala Guggulu	- 60 grams
Divya Vradhivatika Vati	- 40 grams

Take 1-1 tablet from each, half-an-hour after breakfast, lunch and dinner with luke warm water.

Divya Khadiradi Vati	- 40 grams
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Sucking 2-2 tablets as lozenges in the morning and evening is beneficial for throat.

Treatment for Varicose Veins

Divya Sarvakalpa Kwath - 200 grams

Divya Kayakalpa Kwath - 100 grams

Mix both the medicines. Add one teaspoon of medicine in 400 ml of water. Boil until it reduces to 100 ml. Filter and drink it in the morning and evening on an empty stomach. (Take 2 tablets of *Kayakalpa Vati* in the morning and evening with this decoction).

Divya Rasmanikya - 03 grams

Divya Amrita Sat - 10 grams

Divya Panchamrit - 05 grams

Divya Mukta Pishti - 04 grams

Divya Kaharva Pishti - 10 grams

Make 60 doses from the mixture of all the medicines and take half-an-hour before breakfast and dinner with water, honey or cream of milk.

Divya Keshore Guggulu - 60 grams

Divya Arogyavardhini Vati - 40 grams

Divya Vradhivadhika Vati - 40 grams

Take 1 tablet from each thrice a day, half an hour after breakfast, lunch and dinner with lukewarm water.

Treatment for Common Diseases of Childhood

The following medicine is very effective for common pediatric diseases such as fever, vomiting, diarrhea, common cold, emaciation, general debility and poor bone development in children.

Divya Trikatu Churna - 10 grams

Divya Sitopaladi Churna - 20 grams

Divya Sanjeevani Vati - 10 grams

Divya Abhrak Bhasma - 05 grams

Divya Godanti Bhasma - 05 grams

Divya Pravala Pishti - 05 grams

Mix all the medicines and prepare 120, 90 or 60 doses, depending on the age of the child and take in the morning and evening with mother's milk or honey. In the above medicine, 1 gram of *Kumarkalyana Ras* can also be added, if required.

Divya Arvindasava - 225 ml

Mix 1 or 2 teaspoons of medicine with an equal amount of water and give this to the child in the morning and evening depending on the age of the child.

Treatment for Rickets in Children

Divya Mukta Pishti - 4 grams

Divya Pravala Pishti - 10 grams

Divya Amrita Sat - 10 grams

Divya Sitopaladi Churna - 20 grams

Divya Godanti Bhasma - 05 grams

Divya Mandoor Bhasma - 05 grams

Divya Kumarkalyan Rasa - 01 gram

Mix all the medicines and make 120, 90 or 60 doses, depending on the age of the child and take it in the morning and evening with mother's milk or honey.

Divya Arvindasava - 225 ml

Divya Kumaryasava - 225 ml

Take 1 or 2 teaspoons of medicine in the morning and evening according to the age of a child.

Divya Ashwagandha Churna - 100 grams

Take half a teaspoon in the morning and evening or according to the age of a child

Divya Badam Pak - 500 grams

Take 1 teaspoon with milk at night.

Treatment for Insomnia

Divya Medha Kwath - 300 grams

Mix one teaspoon of medicine in 400 ml of water and boil, till it remains 100 ml. Filter and drink on an empty stomach in the morning and evening.

Divya Medha Vati - 40 grams

Divya Brahmi Vati - 40 grams

Take 1-1 tablet each half-an-hour after breakfast, lunch and dinner with lukewarm water.

Divya Sarasvatarishta - 450 ml

Mix 4 teaspoons of medicine in an equal amount of water and drink after meals in the morning and evening.

Treatment for Hair Growth

Black Sesame Seed Powder - 100 grams

Bhringraj Churna - 100 grams

Aamalki Rasayan - 200 grams

Mukta Shukti - 10 grams

Saptamrita Loha - 20 grams

Dhatri Loha - 10 grams

Mix all the medicines and make 60 doses. Take in the morning and evening, half-an-hour before meals with water, honey or milk. Hair growth enhances after the use of this mixture and it is also beneficial in eye disorders.

For additional benefit use Divya Kesh Tel and Patanjali Hair Cleanser.

Compatible & Incompatible Diet According to the Diseases

Cardiac Diseases and Hypertension

A Compatible Diet: Wheat flour, millet and sorghum in limited amount, green gram, sprouted pulses, black gram, green leafy vegetables(spinach, fenugreek leaves, chenopodium), ajowan, currants, ginger, lemon, bottle gourd, leaves of holy basil (*tulasī* leaves), luffa, mint, pointed gourd, drum sticks, pumpkin, round gourd, bitter gourd, grapes, sweet lemon, papaya, pomegranate, orange, apple, guava, pineapple, almonds, toned milk, buttermilk, milk processed with *arjuna* bark, mustard, sunflower, soybean oil, cow's *ghee*, old jaggery, honey, succades, etc.

An Incompatible Diet: Cake, pastry, Indian breads (*nāna* or *rūmālī roṭī*), noodles, pizza, burger, salt, packaged food, fried food, butter, clarified butter (*ghee*), condensed milk, cream, mutton, vegetable oil, fried foods made from refined flour and gram flour, heavy meals, jackfruit, cashew, walnuts, pistachios and other dry fruits, alcohol, pickles, chutney, sauces, fried papad (popadum), biscuits, chips, smoking, etc.

Diabetes Mellitus

A Compatible Diet & Habits: Bran flour (wheat + barley + gram + soybean), pigeon pea, green gram, gram pulse, bitter gourd, round gourd, bottle gourd, luffa, pumpkin, tomato, cucumber, green chilly, spinach, chenopodium, onion, garlic, lemon, fenugreek leaves, horse radish and other vegetables, Indian gooseberry, black berry, black berry seed powder, fenugreek seeds water in which seeds were pre-soaked, intake of 5-7 new leaves of *nīma* (margosa), papaya, guava in small quantity. Milk without sugar, buttermilk, fruits with astringent taste, 15-20 minutes walk after meals and daily morning walk.

An Incompatible Diet & Habits: New grain, rice, curd, sugarcane juice, sweet lime, banana, pomegranate, figs, sapota, apple, crystal sugar, jaggery and potato. Smoking and alcohol aggravate the disease. Avoid suppressing the urge of urine and fecal discharge. Long hours of sitting and long rest, sleeping during the day time after lunch.

Diarrhea, Dysentery and Sprue

A Compatible Diet & Habits: Porridge prepared from equal quantity of wheat + rice + millet + green gram, goat's milk, ripe banana, bengal quince fruit, gooseberry succade, green coconut water, mint, gruel, curd, lemon + salt + sugar solution, bengal quince succade, green gram, lentil, puffed rice, curd mixed with isabgol, juice of bottle gourd, luffa, round gourd, ash gourd

(*pethā*), coconut and fruits juices are acceptable.

An Incompatible Diet & Habits: Fried savoury snacks, black gram and dishes made of refined flour, pickles, spicy salty foods, sweets, pumpkin, cucumber, tomatoes, potatoes, leafy vegetables, milk, cold drinks, pizza, burger.

Hyperacidity

A Compatible Diet & Habits: Bran flour bread, fibrous and leafy vegetables, bottle gourd, luffa, round gourd, pumpkin, drum stick, beans, amaranthus, salad, sprouted grams, intake of anti-constipating drug such as *triphālā+isabgola* husk with water or milk, porridge, gruel, fresh buttermilk, pomegranate, raisins, rose petal jam, currants, green gram, ash gourd (*pethā*), Indian gooseberry and apple succade, sweet and cool (not cold) drinks.

An Incompatible Diet & Habits: Halva, fried savory snacks, pizza, burger, idly, dosa, tea, coffee, cold drinks, black gram, hot spices, rice, bengal gram, kidney beans, dry green mango powder, brinjal, potatoes, cabbage, yam, pickles, oily foods, refined flour, fried snacks of gram flour, black gram, red pepper, acrid foods, heavy meals, horse gram, curd, drinking and eating hot food rapidly and frequently. Smoking and mental tension.

Note : In piles, constipation and in other abdominal diseases, ginger, lemon and different types of salts are beneficial.

Anaemia, Jaundice, Hepatitis A, B and C, Hematological Disorders, Hepato Splenomegaly

A Compatible Diet & Habits: Barley, wheat, gram flour bread (*capāti*), turmeric, gruel, porridge, green leafy vegetables (spinach, fenugreek, chenopodium), bottle gourd, luffa, aloe vera, round gourd, pumpkin, pointed gourd, papaya, sweet lime, pomegranate, apple, orange, *ilāyacī*, pear, amaranthus, grapes, coconut water, sugar, crystal sugar, Indian gooseberry, dates, raisins, milk of goat and cow, fresh curd, buttermilk and sugarcane juice are useful.

An Incompatible Diet & Habits: Hot spices, chilly, oily items, sweets, fatty foods, fried breads, ghee, potato, rice, milk with cream, horse gram, mustard, garlic, halavā, fried savoury snacks, pizza, burger, tea, coffee, cold drinks black gram, kidney beans, gram, lentils and edible foods which are being popular among the modern generation of nowadays.

Osteoarthritis, Edema, Rheumatoid Arthritis, Gout, Sciatica, Skeletal and Muscular Pain, Facial Paralysis and Vātaja Diseases

A Compatible Diet & Habits: Wheat *capātī* (bread of wheat flour),

halavā with *ghee* and sugar, vegetable prepared from *punarnavā* leaves, pomegranate, ripe sweet mango, grapes, castor oil, green gram (spreading highlued), asafoetida, ginger, dry ginger, fenugreek, *ajavāyana*, garlic, dish prepared from drumstick flowers and leaves, turmeric, aloe vera. Drinking warm water and bathing with warm water, external or internal oleation, living in moderate temperature is an acceptable behavior. Fomentation on painful and inflamed region with hot water containing more salt is beneficial.

An Incompatible Diet & Habits: Gram pea, soyabean, potato, black gram, kidney beans, lentils, jackfruit, cauliflower, cucumber, tomato, dried mango powder, lemon, orange, grapes, buffalo milk curd, buttermilk and other sour things, ash gourd (*pethā*). Drinking and bathing with cold water, living in cold and moist place.

Coryza, Cough, Bronchial Asthma, Respiratory Infections and Allergic Diseases

A Compatible Diet & Habits: Barley, wheat, green gram, horse gram, brinjal, chenopodium, goat's milk, raisins, cloves, cardamom, garlic, *trikaṭū*, honey, cinnamon, *jāvitri* (mace), drinking lukewarm water and mixing dry ginger and turmeric (2 grams each) in milk according to the body constitution, and drinking milk boiled with dates, raisins and black pepper, liquorice (*muleṭhī*) and roasted grams are useful. Also bathing with lukewarm water is beneficial.

An Incompatible Diet & Habits: Rice pudding, curd, , cream, ice cold water, cold drinks, fast food, junk food, sour and fried foods, pickle, unripe dry mango powder mustard, tamarind. Cold water, cold wind, dust, pollen, residing in damp, dirty and polluted places is incompatible.

Obesity

A Compatible Diet & Habits: Light, digestible food, small amount of cow's milk, buttermilk, water mixed with honey and lime in the morning, little exercise, morning walk, physical and mental fatigue is needed. The general diet prescription and prohibition should also be followed.

An Incompatible Diet & Habits: Fats and its products, heavy and sweet thing, sleeping during day time after meals, eating patatable things in excessive quantity and laziness.

Kidney Disorders

A Compatible Diet: Buttermilk prepared from cow's milk, fresh curd in small quantity), cow's milk, ash gourd, cucumber, pointed gourd, coriander, bottle gourd, luffa, round gourd, unripe papaya, unripe banana, beans, drumstick pods, carrots, papaya, apple, guava, sweet mango, coconut

water, barley water, pineapple juice, *patharacaṭṭā* (bryophyllum) leaves, *punarnavā* (spreading hogweed), *nāgakesara* and boiled water.

An Incompatible Diet: Peas, bengal gram, kidney beans, black gram, cauliflower, red leaved spinach, potato, spinach, tomato, mushroom, brinjal, ginger, red and green chilly, dry mango powder, black food items, curd, sapota, cashew, mutton, liquor and over exercise.

Renal Calculus or Kidney Stone

A Compatible Diet: Gram flour chapati with bran, green gram, horse gram, pigeon pea, lemon, carrot, dry ginger, coriander, mint, cucumber, bottle gourd, luffa, round gourd, bitter gourd, sweet lime, orange, coconut water, barley water, banana, pineapple juice, intake of excess amount of water and leaves of *pāṣāṇabheda* (Siberian tea).

An Incompatible Diet: Cauliflower, pumpkin, mushroom, brinjal, sour foods, spinach, leafy vegetables, onion, cheese, tomato, chick pea, Indian gooseberry, black grapes, mutton, fruits and vegetables with seeds, sapota, phosphorous and calcium containing products, peas and different pulses.

Gynecological Disorders

A Compatible Diet & Habits: Follow general dietary prescription.

An Incompatible Diet: Sour, oily or salty foods, spices, pickles, rice, black gram, kidney beans, potato, jackfruit, yam and food made from gram flour and refined flour, junk food and packaged food popular in today's generation.

Skin Diseases

A Compatible Diet & Habits: Follow general dietary prescription.

An Incompatible Diet & Habits: Sour and salty foods, brinjal, colocasia, black gram, kidney bean, chick pea, pickles, fried foods, items of refined flour and gram flour, pizza, burger, patties, pastry, milk, curd, jaggery, sesame, garlic, spices. Also living in hot and humid conditions, excessive use of soap, shampoo and other beauty products.

Pediatric Diseases

Mother's milk, goat and cow's milk are useful.

Psychological Disorders

Favorable: Residing in peaceful, isolated and calm place which is pleasing to one's mind, bath, massage, positive thoughts, emotional and moral support, regular practice of meditation and *prāṇāyāmas* (breathing exercises), following general dietary prescription, and food and lifestyle which helps to alleviate *vāta*.

Unfavorable: Liquor consumption, mutually contradictory foods, hot drinks, hunger and thirst, less sleep, excess salt, mustard oil, spices, pickles, intake of acrid and hot food, non-congenial environment, worry, fear, anger, grief, tension, awakening by late night and mental pressure.

Special Directions

1. Use grains containing bran and husk containing pulses.
2. Do mild exercise and walking. Avoid exercise and walk immediately after taking meals.
3. Take light meals at intervals, instead of taking fatty and heavy meals at a time. In diet emphasize on fresh seasonal fruits and green vegetables.
4. In cough, avoid seasonal fruits, curd, unripe banana and tomato. Drink *Divya Peya* in milk.
5. Wash all vegetables before use. Keep vegetables in saline water for sometime and then wash with normal water.
6. The fruits should be properly cleaned, washed and peeled before eating.

General Dietary Prescription and Prohibition for all Patients

Useful foods: Wheat, green gram (with husk), bottle gourd, luffa, unripe papaya, carrots, round gourd, cabbage, bitter gourd, pointed gourd, spinach, fenugreek, sprouted grain, drumstick pods, black gram and peas, less quantity of green chillies, ginger (in small quantities), cow's milk or *ghee* are useful. If cow's milk is not available, then buffaloes milk can be taken. In fruits use apple, papaya, sapota, pomegranate, guava, black berry, sweet lime, pears, and other fruits. In dry fruits, cashew nuts, almonds, raisins, figs, chilgoza and dry dates are good.

Harmful foods: Tea, coffee, cold drinks, ice-cream, pizza, burger, patties, tobacco, *pan masala*, meat, wine, egg preparations and ground wheat flour, confectionary items. Also avoid synthetic foods and other harmful, inedible and prohibited things.

Mode of Administration of Medicine and Dosage in General

1. **Tablets and Powders:** Tablets/pills and powder should be taken atleast 15-20 minutes after meals. In *vāta* and *kapha* disorders, use warm water while in *pitta* disorders use fresh normal water with tablets and powder. Chew tablets for better effect, but if it is bitter in taste, they can be swallowed without chewing.

Note

- i. Take *Muktawati*, *Madhunashini* (*Madhukalpa*) and *Kayakalpa Vati* with fresh water, around one hour before taking a meal.
- ii. In diarrhea or hyperacidity, consult a physician, before taking powders.
2. **Bhasmas (Calcined Powders):** The mixture of *bhasmas* and *rasas* (mercury preparations) are given in small doses in packets. It should be taken around half-an-hour or one hour before the meals with honey, cream of milk or lukewarm water.
3. **Āsava and Ariṣṭa:** All *āsavas* and *ariṣṭas* should be taken 10-15 minutes after the meal along with an equal amount of water.
4. **Decoction (Kwāth):** If the quantity of medicine is 10 grams, add 400 ml of water. Boil it till it reduces to 100 ml, filter and drink it. If you can not drink 100 ml of decoction, boil it till it reduces to 50 ml and then drink. If taste of the decoction is bitter, add honey, sugar or jaggery to it. However, it is more effective when taken without a sweetner. If the medicine is soaked in water for about 8-10 hours before boiling, it will be more effective and beneficial.
5. **Acupressure:** According to the disease, put pressure on the point 30-40 times with thumb or finger. Acupressure is taken before meal. Press delicate points exerting medium pressure. To treat body pain, it is a miraculous process. Though, in the beginning, it looks painful but the results are always positive.
6. **Massage:** Massage should always be directed towards the heart with gentle strokes and proper pressure.
7. **Steam bath with Decoction**
 - i. For steam bath with decoction, put specific medicine in pressure cooker with 1-1.5 liter of water. When hot steam starts emitting then remove the weight of the cooker and put a rubber pipe at that end. Give steam to the affected body part. Tie cloth at the mouth, from where steam is coming out or else hot water bubbles may cause burns on the body. After taking steam for an appropriate time, foment the body parts with the left over water (decoction), when it is moderately hot.
 - ii. If patient can not undergo steam bath, give fomentation. Boil the medicine in 3-4 liters of water. When the water reduces to half the original amount, then with the help of cloth foment the affected area with a piece of cloth dipped in moderately hot decoction.

8. *Yogāsanas and Prāṇāyāmas (Physical and Breathing Exercises)*

Prāṇāyāma gives miraculous results in all curable and incurable diseases. According to your strength and capacity, perform *āsanas* and *prāṇāyāmas* regularly on an empty stomach. In arthritis, light *āsanas* and in the pain of lumbar region and spine, exercises prescribed for spinal cord are certainly beneficial.

Miraculous Home Remedies

(The special, self-experienced remedies suggested
by Swamiji Maharaja during the yoga camps)

Anti-obesity and Anti-diabetic Porridge

Wheat	-	500 grams
Rice	-	500 grams
Millet	-	500 grams
Green gram	-	500 grams

- ™ Roast all the ingredients and finely grind to prepare porridge. Mix 20 grams of ajowan and 50 grams of white sesame seeds to it.
- ™ Cook 50 grams of porridge (or according to the requirement) in 400 ml of water, add chopped vegetables and small quantity of salt. If taken regularly for 15-30 days, it keeps blood sugar level in control in diabetic patients. It also helps to reduce weight. The obese heart patients can also reduce their weight, using this porridge.
- ™ The juice of cucumber, bitter gourd and tomato is useful for diabetic patients.
- ™ For obesity, constipation, cholesterol, skin diseases and cancer, distilled cow's urine extract is the best medicine.

Home Remedy for Obesity

Soak 1 teaspoon of *Triphala* powder in 200 ml of water, overnight. In the morning, boil it and strain, when the residue remains half of the original quantity. Drink it after mixing 2 teaspoon of honey. Within few days, many pounds of weight can be reduced.

'Ashwagandha Leaves' (Leaves of Wintercherry): Remedy for Obesity, Diabetes and Heart Ailments

Take it daily in the morning, afternoon and evening. Crush the leaves to prepare a tablet and take an hour before taking meal or on an empty stomach

with water. Its regular use for one week along with the intake of fruits, vegetables, milk, buttermilk and juice can reduce many pounds of weight.

Note : This formula, given by Param Pujya Swami Ramdevji Maharaja has benefitted millions of people in reducing their weight.

Bottle Gourd Juice: A Wonder Remedy for Heart Ailments, Pyrosis, Abdominal Ailments and Obesity

Bottle gourd (*laukī*) 500 grams + 7 leaves of mint (*Mentha sativa*) + 5 leaves of Holy basil (*tulsī*).

Take all the three ingredients to prepare juice and take it regularly in the morning on an empty stomach. It opens the blockages in the heart. To alleviate pyrosis and other abdomen related ailments bottle gourd's juice is the best medicine. For cholesterol, arterial problem and obesity, bottle gourd's juice is the best medicine.

Attention -Never to use juice of a bitter gourd, it is toxic.

Arjuna Ksheer Pāka

Take 5-10 grams of Arjuna Powder, mix in 1 cup of milk and 3 cups of water and boil. Boil it until it reduces to 1 cup, strain and drink this empty stomach in the morning. Regular use of this medicine is very effective for the weakness of heart.

'Drishti Eye Drop': Treatment for Cataract and Glaucoma

White onion juice	-	10 ml
Ginger juice	-	10 ml
Lemon juice	-	10 ml
Honey	-	50 ml

Mix all the above ingredients and regularly instil 2 drops in each eye in case of cataract. It also reduces the ocular pressure in the eyes of the patient suffering from glaucoma.

This medicine is specially prepared in the *āśrama* under the trade name 'Divya Drishti Eye Drop', the use of which has benefitted many patients.

Home Remedies to Enhance Eye Sight

Soak 10 gram of dry gooseberry (*Āmvalā*) clove in 100 ml of rose water (*gulābajala*) and keep it for over 48 hours. After two days, filter it with a eight layered cloth. Fill it in the bottle and instil 2-2 drops in each eye regularly. It reduces redness, eye burning and itching in the eye.

Night Blindness and Hysteria

White onion juice	-	10 ml
Honey	-	10 ml

Mix both in equal proportion and instil 2-2 drops in each eye.

Home Remedies for *Kaphaja* Eye Disorders

Almond kernal (100 grams) + sugar (50 grams) + black peppercorns (20 grams). Grind them separately into fine powder and then mix well. Take one teaspoon after dinner with fresh milk. It cures chronic cough, sinus, cold eye disorders, etc.

Note: People suffering with diabetes should not use sugar and patients of pyrosis should add only 10 gm of black pepper.

Thyroid, Tonsillitis and Cough

Trikatu Churna	-	50 grams
Bahera Churna	-	20 grams
Pravala Pishti	-	10 grams

Grind all the ingredients and prepare powder. Adults should take 1 gm powder in the morning and evening along with honey or lukewarm water on

an empty stomach. Its regular use is especially beneficial in thyroid. It also cures tonsillitis in children. It is also useful in asthma and *kaphaja* diseases.

Epistaxis

- ™ Extract juice from *pīpala* leaves, put 5-5 drops in both the nostrils. It immediately stops nasal bleeding. Also drink juice of 30-40 leaves along with crystal sugar, it gives immediate relief.
- ™ In case of intrinsic hemorrhage, take 5-10 ml juice of *pīpala* leaves on an empty stomach in the morning, it gives immediate relief in bleeding.
- ™ Put 2-4 drops of couch grass juice in the nostrils, it immediately stops nasal bleeding/epistaxis.

Best Remedy for any type of Cough

Chew a small piece of licorice, 2 black peppercorns and a small piece of crystal sugar, on an empty stomach or after meals, twice or thrice a day. It gives instant and permanent relief in chronic cough, sore throat and hoarseness.

Reetha (Sapindus): Remedy for Asthma, Cough, Sinus and Headache

Soak 1 gram sapindus powder and 2-3 grams of *Trikaṭū cūrṇa* in 50 ml of water, overnight. In the morning, strain the solution and store in a bottle. In the morning on an empty stomach, instil 4-5 drops in each nostril regularly, it helps in the expulsion of accumulated catarrh. It also clear nasal pores and gives immediate relief in headache.

Note : The powder prepared from equal quantity of dry ginger, black pepper and long pepper is called '*trikaṭū cūrṇa*'.

Vāsā Leaves (Malabar Nut): Beneficial in Cough

Mix 1teaspoon juice of *vāsā* leaves (Malabar nut) with 1 teaspoon each of ginger juice and honey. Intake of this juice is very beneficial in all types of cough.

Remedy for Fever and Cold

- ™ Boil 7 leaves of holy basil (*tulasī*) and 5 cloves in water, after crushing. When the resultant remains half, take it off the flame, mix a little rock salt and drink lukewarm. Then cover yourself with a woollen cloth and let the body perspire. It immediately provides relief in cold, cough and fever. The decoction can be taken twice a day, for 2-3 days.
- ™ The juice of basil leaves and ginger can also be given to the children for the cure of cold, cough and fever. It can also be given to the infants in very small quantity.

Small Pepper (*Pippalī*): For Cough and Bronchial Asthma

Take 1 piece of small pepper and cow's milk. Boil the milk with pepper for 10-15 minutes. Eat pepper and then drink milk. Increase the number of peppers each day from 1 to 11 successively one by one, and then start reducing it on each successive day and ultimately come back to the initial dose. If it does not increase body heat, take the dose of pepper upto 15 for 15 days respectively. If the body does not resist, stop the count at 7 or 11 and start rolling back. This treatment is beneficial in cough, asthma, cold, chronic cough. It also useful in dyspepsia, gastritis, indigestion and other disorders. Drink milk boiled with small pepper in the morning. During the day take simple food. Avoid *ghee*, oil, cold and sour items.

Damabela: For Bronchial Asthma

Take one leaf of *Damabela* and add 1 black peppercorn in it. Chew like a betel (*Pāna*) leaf. Take it for three days successively, it gives relief from bronchial asthma. If the patient does not get relief in 3 days, extend the treatment upto 7 days. Eating three to seven leaves regularly, alleviates bronchial asthma. Its intake can cause vomiting in some patients, but there is nothing to worry, it is natural process. When all the deposited catarrh will expel, vomit would automatically stop. For almost one month, patient should not take *ghee*, oil, sour and cold food items.

Helminthiasis/ Abdominal Worm Infestation

- ™ Regularly take one teaspoon juice of peach leaves on an empty. Stomach in the morning. It helps in the elimination of worms within 4-5 days.
- ™ Take one teaspoon juice of *maruā* (marjoram) mixed with finely grind 1 gram *kabīlā* powder on an empty stomach. All worms from the stomach expel within 4-5 days .
- ™ Chutney prepared from *maruā* leaves mixed with coriander, green chillis and rock salt is useful in indigestion, *vāta* diseases, dyspepsia and also alleviates abdominal worm infestation.

Home Remedies for Constipation

- ™ If an apple is taken in breakfast and with dinner, it gives immediate relief in constipation and migraine.
- ™ Drinking one cup of bottle gourd juice in the morning keeps stomach clean. It also helps to alleviate all abdominal diseases and stop their recurrence in the future.
- ™ Eating papaya regularly, helps to alleviate constipation.
- ™ In any type of constipation, take 10-20 grams of cassia (*amaltās*) pulp, it gives immediate relief in constipation.

Bilvā/Bela (Bengal Quince): For Dysentery and Diarrhea

Take 1 teaspoon of *Bilvā* powder in the morning and evening or take one glass of *Bilvā* juice regularly, it gives relief in sprue syndrome/colitis and binds the fecal matter.

Constipation, Gastric Troubles and Other Disorders

Mix gooseberry (*āṁvalā*) and aloe vera juice. Take 4 teaspoons on an empty stomach along with lukewarm water, it immediately gives relief in constipation and simultaneously gives strength to the body and also stops degeneration of body cells and promotes health and longevity.

A Compatible Diet in Constipation and Other Abdominal Diseases

A compatible food for constipation includes papaya, guava, apple, carrot, bottle gourd, all green vegetables, raisins, figs, etc. To avoid constipation, chew the food properly and drink 300 ml to 1 liter of lukewarm water on an empty stomach in the morning. Water kept in a copper vessel is more beneficial.

Accurate Remedy for Bleeding Piles

- ™ Put 100-200 mg indigenous camphor in a piece of banana and swallow it on an empty stomach. Only one dose will stop the bleeding. If the bleeding continues, repeat the process for 3 days and upto 3 times a day. Still, if bleeding continues, don't repeat the process after 3 days. (Use of banana is contra-indicated after this procedure)
- ™ Take one cup of cow's milk and add juice of half a piece of lemon to it. Drink before the milk ferments. This experiment stops bleeding immediately. Don't repeat the process more than once or twice. If needed, take medical suggestion.

Hemorrhoid and Metrorrhagia

- ™ Burn coconut fibers (brown fibers) and filter the ash. Take this ash in a dose of 3 grams, three times a day. In the morning and afternoon take along with buttermilk and in the evening along with lukewarm water. Its single dose gives immediate relief in hemorrhoid. It is also useful in metrorrhagia and leucorrhoea.
- ™ In vomiting, hiccough and cholera take 1 gram of this powder with little water.
- ™ Take *Bakāyana* (Persian liliac) seed powder in the morning with buttermilk and in the evening with water. It is useful in hemorrhoid, bleeding, intrinsic hemorrhage and constipation.
- ™ Chew 4-5 leaves of *Nāgadaunā* daily. It is useful in hemorrhoid and metrorrhagia.

Rosewood (*Śīśama*) Leaves: Remedy for Leucorrhea, Prameha, Dhātu Impairment, Menstrual Problems and Metrorrhagia

Take 8-10 leaves of rosewood and mix 25 grams of crystal sugar. Grind it finely and take it regularly in the morning. In some days, it gives relief in leucorrhea, metrorrhagia and *prameha*.

In winter, add 4-5 black peppercorns to this medicine as it is cold in potency. Hence, it is beneficial in bleeding due to excessive heat.

Note : The diabetic patients can use it without crystal sugar.

Medicine for infertility

Śivaliṅgī Bija	-	100 grams
Putrajīvaka Bīja	-	200 grams

Take the pulp from *Putrajīvaka* seeds and mix both of them in equal proportion. Take 1/4th teaspoon in the morning and evening after meals with cow's milk. Its regular use helps in conceiving. It also prevents recurrent miscarriages.

Apāmārga: For Normal Delivery

Take the root of *apāmārga*, cut it into pieces of 3 inches, tie these pieces in the woolen thread and wear on the waist around the navel region. This ensures normal delivery in 5-10 minutes. If there is delay in delivery, apply the paste prepared from the powder of its roots around the navel and pelvis region. It ensures normal delivery, in time. It is a miraculous remedy, which we have used on several patients.

Precautions

- ™ Soon after the delivery, remove the powder, paste or root of *apāmārga* from the waist of the mother, or it can cause some harm.
- ™ Clean the teeth with *apāmārga* twig as a '*dātuna*'. It strengthens the teeth and is useful in pyorrhea and other dental diseases.
- ™ Application of the paste of *apāmārga* leaves on the cyst gives relief to the patient.
- ™ The pudding (*khīra*) made of seeds of *apāmārga* with milk, treats '*bhasmaka roga*' (gluttony). It can control excessive hunger. Many sages also take seeds of *apāmārga* so that they can go on prolong fast.

To Increase Breast Milk

- ™ Take 3-5 grams of asparagus powder with cow's milk, in the morning and evening. It helps in improving the quantity of milk in case of scanty production of milk.
- ™ Pregnant women can also use 2-3 grams of asparagus powder during pregnancy. Even after delivery, mothers can use asparagus powder. It can also be given to cows and buffaloes in a dose of 50 grams in the morning and evening, which increases the output of milk.
- ™ Mix rice and white cumin seeds to prepare a pudding (*kheer*), it also increases the quantity of milk.
- ™ Take 1 teaspoon of white cumin powder mixed with an equal proportion of crystal sugar and take with one glass of milk, in the morning and evening, it increases the milk content.

Balā : A Tonic for Women

Pañcāṅga cūrṇa (whole plant powder) of all four types of *balā* (*balā*, *mahābalā*, *atibalā*, *nāgabalā*) can be prepared, filtered and eaten with milk or honey. It is useful for gynecological diseases.

Treatment for Otagia

Take the leaves of *Sudarśana*. Grind them finely to extract its juice. Put 2-2 drops of its lukewarm juice in both the ears, 2-3 times in a day. It gives relief in otalgia from day one.

Take the mature leaves of *Parṇabīja*. Grind them finely to take out its juice. Put 2-2 drops of its lukewarm juice in both the ears. It alleviates otalgia.

Take holy basil (*tulasī*) leaves, grind them finely to take out its juice. Put 2-2 drops of its lukewarm juice in both the ears. It alleviates otalgia and otorrhea.

Take 30-40 margosa (*nīma*) leaves and 10 cloves of garlic. Grind them finely. Boil the mixture in 50 ml mustard oil, filter and keep it safe. Put 4 drops in both the ears. It is useful in otalgia, tinnitus, otorrhoea and deafness.

Dentifrice for Dental Disorders

Turmeric	-	100 grams
Rock salt	-	100 grams
Margosa (Neem) leaves or bark	-	100 grams
Cloves	-	20 grams
Akarkara (<i>Anacyclus</i>)	-	50 grams

Alum (<i>Fitkari</i>)	-	100 grams
Acacia bark	-	100 grams
Tumbaru seed (Prickly ash)	-	50 grams
Bahera rind (Bellerick Myrobalan)	-	50 grams

- ™ Mix all the medicines in the prescribed quantity and grind to prepare a powder. In Patanjali Āyurveda, apart from the above mentioned ingredients, we have added some specific medicines to prepare *Divya Dantamañjana*. It can treat all dental disorders including worms, pyorrhea, dental carries and helitosis.
- ™ Take 100 grams each of turmeric, rock salt, margosa leaves, alum and acacia bark, and 20 grams cloves. Prepare powder of all the ingredients and apply the powder on the teeth in the morning and evening. It is useful in pyorrhea, helitosis, sensitivity and other problems.
- ™ Apply rock salt mixed with turmeric and mustard oil on the teeth, it is useful in pyorrhea, dentalgia and other oral diseases.
- ™ Gargle with sesame oil regularly alleviates all tooth problems.
- ™ Apply *ṭaṅkaṇa bhasma* mixed with honey on the gums of the infants during teething. The teeth come out without any trouble.

Jaundice, Hepatitis and Liver Cirrhosis

<i>Shyonaka</i> bark	-	25 grams
<i>Bhumi Amla Panchanga</i>	-	25 grams
<i>Punarnavā</i> root	-	25 grams

According to the requirement, take the above mentioned fresh herbs in the prescribed quantity and extract one cup juice. Take it regularly in the morning. It is effective in jaundice and hepatitis.

In absence of the availability of these herbs. *Sarvakalpa kwath* prepared in the *Āśrama* can be used. This is prepared from dry *punarnava* root, *bhūmī āmvalā* and *śyonāka* bark.

1. If the garland of small pieces of *śyonāka* root is worn, it gives instant relief in jaundice.
2. Finely grind 10 grams of *punarnavā* root with 1 cup of water and drink it in the morning and evening. It alleviates jaundice. The amount of bile pigment also reduces in the patient's blood.
3. Soak *vidal doda* in water overnight. Rub it in the morning and instil 2-3 drops in the patient's nostrils. This gives relief to the patient.
4. Rub *barī duddhī* in water and drink, it alleviates jaundice.

Wheat Grass Juice : Remedy for Cancer and AIDS

Daily in different pots or in the vacant land, grow wheat for nine days. On 10th day, cut green grass of wheat from the pot, where it was sown on the first day. In 10 grams add 25 grams of *giloya* (around two feet long and a finger width) and grind it finely, adding a little water. Then filter it using a piece of cloth. Drink it on an empty stomach in the morning. Again sow wheat in rotation. The medicines supplied by the *āśrama*, when used with the juice, helps in curing deadly disease like Cancer and AIDS.

Pattharchatta : Remedy for Stone Problem

Chew 2-3 leaves of *pattharchatta* and within few days, it provides relief in calculus, gall bladder stone and urinary disorders.

Add 5 grams each of ground *pīpala* and *nīma* bark in 200 grams of Sarvakalpa kwath and Vrikkadoshahar kwath. Take 1 teaspoon of the mixture in 400 ml of water and boil, until it reduces to 100 ml. Drink it on an empty stomach in the morning and evening, one hour before breakfast and dinner. Its regular use decreases the level of urea and creatinine in the blood.

Home Remedies for Diabetes

- ™ Take juice of one piece each of cucumber, bitter gourd and tomato in the morning on an empty stomach, it controls diabetes.
- ™ Prepare powder of blackberry seed and take one teaspoon in the morning and evening on an empty stomach with water. This control diabetes.
- ™ Chew 7 leaves of margosa (*neem*) on an empty stomach or crush and take with water, it is beneficial in diabetes.
- ™ Take 7 flowers of *Sadābāhar* and take it on an empty stomach with water, it gives relief in diabetes.
- ™ Take *giloy*, blackberry, *kuṭakī*, margosa (*neem*) leaves, *chirāyatā*, *kālmegha*, bitter gourd, black cumin, fenugreek and mix to prepare a powder. Take one teaspoon of this powder in the morning and evening on an empty stomach, it gives relief in diabetes.

Home Remedies for Vātaja Diseases

- ™ Grind 100 grams each of turmeric, fenugreek and dry ginger to prepare a powder. Mix 50 grams of *ashwagandha* (winter cherry) to its powder. Mix them. Take one teaspoon of this mixture after breakfast and dinner with lukewarm water. Its consumption helps in joint pain, arthritis and lumbar pain.
- ™ Take 1-3 garlic cloves on an empty stomach with water, it gives relief in joints pain. It also balances cholesterol and triglyceride level. It also removes blockages in the coronary arteries.
- ™ Take *motha ghās*, which is a kind of nodules and grind it into a fine powder. Take 1-2 gram in the morning and evening with water or milk, it gives good result in joints pain and arthritis.
- ™ Grind leaves of *nirgunḍī* into a fine powder. Take it in the morning and evening after lunch and dinner, it alleviates the disease.
- ™ External application of lukewarm paste of castor leaves on the joints is useful.

Sadābāhār and Harshingār Leaves: Remedy for Sciatica and Diabetes

- ™ Take five leaves and flowers of *sadābāhār* on an empty stomach, it controls the sugar level in the blood and gives relief in sciatica pain.
- ™ Similarly 5 *harsingār* flowers or its leaves or both can be taken on an empty stomach or after preparing decoction, it also controls the sugar level in the blood and gives relief in sciatica pain.

Home Remedies for Sprain, Edema and Fracture

Take *Manjishtha* powder, *Shatdhauta ghrīṭ*, *Raktachandan*, *Shali* rice and *Yashtimadhu* powder and mix in equal proportion. Use it locally on the affected area, it gives miraculous relief.

Tie lukewarm castor or calotropis leaves, after applying Peedantaka oil over the affected area. It is useful in edema, sprain and pain.

Make a *Chapāṭī* and apply turmeric and mustard oil at one side of it. Tie it with the help of a cloth on the painful area, it is useful in sprain and edema.

Remedy for Headache, Migraine & Insomnia

Put almond oil in the nostrils, in the morning on an empty stomach and at night while going to bed, it gives relief in headache, migraine, insomnia, memory loss, heaviness in the head, paralysis, depression, sinus and parkinson's disease. It immediately gives relief in headache and insomnia. Head massage with almond oil also gives immediate relief in all the above mentioned diseases.

Put 4 drops of pure *ghee* (clarified butter made from cow's milk) in the nostrils. It is useful in insomnia and migraine.

Finely grind the leaves of *nirgundī* to take out its juice. Put 4 drops in each nostril. It gives relief in headache, migraine and *kaphaja* disorders.

Hair Loss and Premature Graying of Hair

Regularly rub finger nails mutually 2-3 times for five-five minutes in a day. This stops hair loss and premature graying of hair. Hair become dense and black. This experiment has helped a number of people having baldness, even hereditary. In many cases, even the hair of 70-years-old people have turned black.

Accurate Medicine for Baldness and Hair Growth

Take about 5 grams of wasp hive from which wasp have flied away and 10-15 leaves of *guḍahala* (Hibiscus). Mix it in half a liter of coconut oil and cook on slow flame. When the hive starts turning black, remove it from the flame. When the oil cools down, store it in a bottle. Use this oil regularly for gentle massage of the scalp, it initiates hair growth.

Anti-Dandruff Treatment

Mix 200 ml juice of margosa (*nīma*) leaves in 200 ml of sesame oil and cook on mild flame. When the juice burns and only oil is left out, take it to the flame and filter on cooling. Apply it on the scalp, it helps in removing dandruff and hair loss. It gives relief in psoriasis or boils in the head.

Flowers of <i>Suhāgā</i> (<i>Tankana</i>)	-	05 grams (1 tea spoon)
Coconut oil	-	05 ml (1 spoon)
Curd	-	15 ml (3 teaspoons)
Lemon Juice	-	05 ml (1 teaspoon)

Mix all the three and apply on hair. Wash hair after one hour. The use of Divya Kesh Tala, prepared in the *āśrama* is also very useful.

For Blackening of Hair

Dry finely ground <i>mehandi</i> (<i>henna</i>) Leaves	-	100 grams
Coffee powder	-	03 grams
Curd	-	25 grams
Lemon juice	-	04 spoons
Catechu	-	03 grams
Brahmi Powder (<i>chūrṇa</i>)	-	10 grams
Amla Powder (<i>chūrṇa</i>)	-	10 grams

Mix all the ingredients well and apply on hair. Keep it for half-an-hour and wash with water.

Home Remedies for Urticaria

- ™ Mix 50 ml of coconut oil in 5 grams of indigenous camphor and apply on urticaria, it gives immediate relief. Itching and burning sensation also calms down.
- ™ Take 5 pieces of black peppercorns, 4 teaspoons of brown sugar and 4 teaspoons of cow's *ghee* (clarified butter). Mix them and eat, it gives relief in urticaria.

Treatment for Gangrene

Apply pure cow's *ghee* (clarified butter) and *vidhara* (creeper leaves) leaves. Warm it a little and tie on the affected area, it gives relief in gangrene. It is a very effective medicine.

Take juice from the leaves of *sadāhari* and apply it on the affected area. It will cure gangrene within few days.

Cracks on Lips

Apply mustard oil in the navel, daily after taking bath. It stops cracking of lips. Besides it also enhances complexion and removes dryness on the face.

Ointment for Cracks in the Heal

Mustard oil	-	50 ml
Indigenous wax	-	25 grams
Indigenous camphor	-	05 grams

Warm mustard oil and when it starts boiling, mix wax to it. When wax melts in the oil completely, remove the mixture and allow it to cool. Mix a little camphor to it and apply it on the cracked heels in a lukewarm state. The paste can be applied on the cracks at night before going to bed. It gives relief from the very first day.

Leucoderma and Dermatological Diseases

Cow's urine	-	100 ml
Margosa leaves	-	100 grams
Juice of cow dung	-	100 ml
<i>Bāvachi chūrṇa</i>	-	100 grams

™ Mix all of them and prepare a paste. Apply it on the affected region. It is useful in leucoderma and all dermatological diseases.

™ Apply paste of roots of *Punarnava* (hogweed) and *Arjuna* bark mixed in cow's urine. It is useful in leucoderma.

Treatment for Moles

Divya Kayakalpa Vati	-	40 grams
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Take 2 tablets twice in the morning and evening with water. Don't take milk or milk products one hour before and after taking the medicine.

Divya Keshore Guggulu	-	40 grams
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Take 1 tablet twice in the morning and evening after meals with lukewarm water.

Treatment for Warts and Corns

Edible lime	-	10 grams
Potash (<i>Sajjikshar</i>)	-	10 grams
Washing soda	-	10 grams
Red ochre (<i>Geru</i>)	-	02 grams

Prepare a paste of the above ingredients after finely grinding. Apply it with the tip of a match stick or with a cotton swab on warts. Applying once, dries the warts. If it does not dry in one application, it can be applied again after 2-3 days. But this application should be performed cautiously.

Corns: Fill the medicine in the crack, it alleviates corn within few days.

Pimples and Acnes

Drink excessive water. Take 3-3 leaves of margosa (*nīma*) in the morning and evening. Restrict the use of spicy and hot potency substances .

Skin Diseases, Black Spots and Wrinkles

Take pulp of aloe vera and apply on the face and skin, it brings radiance in the skin and removes wrinkles and spots.

To Enhance Facial Complexion

- ™ Take 5 grams of *chironji* (calumpang seeds), 1 teaspoon each of turmeric, honey and gram flour, mix in unboiled milk and apply on the face.
- ™ Take juice of 1 ripe tomato and mix half teaspoon lemon juice to it. Apply on the face.
- ™ Mix olive oil in lemon juice and massage on the entire body.

Ashwagandha Powder: Remedy for General Debility

Take 1 teaspoon (3-5 grams) of *ashwagandha* (winter cherry) powder with milk in the morning and evening, it increases weight by 3-5 pounds. It is especially beneficial in general debility, *vāta* diseases and nervous system disorders.

Home Remedies for Stomatitis

- ™ Take roasted alum and mix it in Kayakalp oil. Apply it on the ulcer in the mouth, with the help of a cotton swab. It is beneficial in mouth ulcers.
- ™ Slowly chew 5 leaves each of jasmine and guava. After sometime, spit the saliva. It gives relief in stomatitis.
- ™ Chew 1 or 2 Khadiradi Vati. It also provides relief in stomatitis.

Aloe Vera: Remedy to Enhance Platelets

Take daily, 25-50 grams of aloe vera pulp on an empty stomach or drink aloe vera juice. It increases the number of platelets.

The pulp of aloe vera also gives relief in all stomach disorders and gynecological diseases.

Its consumption gives relief in *vāta* diseases, thalassemia, hepatitis B, distension, loss of appetite, irregular menstruation (dysmenorrhea), burning micturition, dysuria and other diseases.

Use of *Godhan Ark* (Distilled Cow's Urine)

First use

Besides for general diseases, cow's urine is a miraculous medicine for cancer, asthma, renal failure, ascites, hepatitis and many other serious diseases. Take 10-15 ml daily, twice a day. It gives immediate relief in all the diseases.

According to the modern analysis, cow's urine has nitrogen, phosphate, calcium, magnesium, urea, uric acid, potassium, sodium, carbolic acid, lactose and hormones which gives positive impact on various diseases and bring improvement.

Possibly use fresh cow's urine. It should be filtered through 8 layered cloth. The urine of cow who has recently calved should not be used at least for 1-2 months. If fresh cow's urine is not available, collect and store it in a bottle, after filtering it. Non-diabetic patients can add honey to it, which keeps the urine safe and preserved for a longer period.

Second use

Boil cow's urine in a copper utensil and when it reduces to half, filter and keep it in a bottle. Instil 1 or 2 drops in the eyes every morning and evening, It gives relief in all types of ophthalmic diseases.

Use of *Triphala*

Mixture of an equal amount of *Harītakī*, *Vibhītakī* and *Āmlā* is called *Triphala*.

Qualities of *Triphala*

1. *Triphala* helps in the treatment of phlegm, bile, gonorrhoea and leprosy. It is cathartic, beneficial for the eyes, stimulates digestive fire, cure anorexia and relieve fever.
2. Take 2-5 grams of *triphala* powder with 125 ml of *Loha Bhasma* in the morning and evening. It prevents hair loss.
3. Soak one teaspoon of *triphala* in cold water, overnight. In the morning, wash the eyes with this solution, after filtration. It is useful in all types of ophthalmic diseases.

4. In *gulma* associated with *Pitta*, take 1-2 teaspoons of raisin and *harad* (myrobalan) juice mixed with *jaggery* or take *triphala* powder mixed with 3-5 grams of brown sugar, three times a day.
5. *Triphala*, pomegranate and *chironji* (calumpang seeds) are all useful in *vāta* diseases and urinary disorders. It is also good for heart and enhances appetite.
6. While going to bed, take one teaspoon of *triphala* powder with lukewarm water, it is useful in constipation.
7. Intake of *triphala* decoction in a dose of 20 ml alleviates malaria.
8. Intake of *triphala* powder in a dose of 1/2 teaspoon along with water in the morning, afternoon and evening is useful in hyperacidity.
9. Soak overnight, 1 teaspoon of *triphala* powder in 200 ml of water. In the morning, boil it until it reduces to half. Take along with 2 teaspoons of honey. It alleviates obesity within few days.

Use of *Haritaki* (Myrobalan)

1. Chewing of myrobalan enhances digestive vigor.
2. Intake of myrobalan powder act as a purgative.
3. It styptizes the fecal matter, when boiled and eaten.
4. Intake of roasted myrobalan alleviates *tridoṣa*.
5. Intake of myrobalan along with food enhances intellect and strength, and also strengthens the sensory organs, alleviates *tridoṣa* and act as a purgative.
6. Myrobalan after meals is useful in diseases related to digestion.
7. Intake of myrobalan along with salt alleviates *kaphaja* disorders.
8. Intake of myrobalan along with sugar alleviates *pittaja* disorders.
9. Intake of myrobalan along with clarified butter (*ghṛita* or *ghee*) alleviates *vātaja* disorders.
10. Intake of myrobalan along with jaggery alleviates all diseases.

Myrobalan (*Haritakī*) as a *Rasāyana*

Āyurveda describe the use of *haritakī*(myrobalan) as a *rasāyana* (rejuvenator). In different seasons, *haritakī* can be taken in different proportions for maintaining good health and youthfulness.

Use of *Harītakī* in different seasons

Early winter	Take half a teaspoon of <i>Harītakī</i> powder with an equal quantity of dry ginger powder.
Late winter	Take half a teaspoon of <i>Harītakī</i> powder with an equal quantity of long pepper (<i>pippalī</i>) along with fresh water.
Spring	Take <i>Harītakī</i> powder with honey in equal proportions.
Summer	Take <i>Harītakī</i> powder with an equal amount of jaggery.
Monsoon	Take <i>Harītakī</i> powder with an equal amount of rock salt.
Autumn	Take <i>Harītakī</i> powder along with honey, crystal sugar or jaggery in equal proportions.

After falling ill, you become aware of taking medicines but had you shown even tenth part of the same awareness, earlier, when you were healthy, it would have resulted in the prevention of several serious diseases.

Acharya Balkrishna

Kitchen Pharmacy

Home Remedies from the Kitchen

Asafoetida

- When applied externally over the region around the navel, relieves spasm and flatulence.
- Make a paste of asafoetida in milk and apply it externally over the chest. It is useful in common cold and rhinitis.

Black pepper

- Chewing 1-2 black peppercorns relieves cough and also helps in sleep, especially if coughing.
- For relief from cough, drink a decoction prepared from ginger and 3-4 black peppercorns. It can be used in place of tea.
- Intake of 4-5 pounded black peppercorns mixed with one teaspoon of warm *ghee* and sugar is beneficial in urticaria.
- Store the powder of 20 gm black peppercorns, 100 gm almonds and 150 gm crystal sugar in a bottle. Use it regularly along with warm milk or water in cough and debility caused due to cough.
- For hiccoughs or headaches inhale smoke of 3-4 burnt black peppercorns.

Cardamom

- Application of cardamom powder mixed with honey inside the oral cavity cures oral stomatitis (mouth ulcers).

- 2-3 gm cardamom powder mixed with crystal sugar provides immediate relief in burning micturition and oligouria (reduced urination).
- In continuous hiccoughs, boil 2 cardamom pods and 3 cloves and sip it as a tea. If not relieved, one can take this drink 3-4 times a day. It freshens the breath and also relieves flatulence.

Cinnamon

- It promotes digestion and relieves cold, cough and congestion when used as a decoction along with cardamom, ginger and clove. It also relieves *vāta* and *kapha* disorders. It strengthens and energizes the tissues. It is an antiseptic and a good detoxifying herb.
- Mix cinnamon powder in honey and take it for dyspnea, bronchial asthma and cough.

Cloves

- Application of 4-5 gm clove powder mixed with water over the forehead or temples relieves headache including migraine.
- Chewing a slightly roasted clove gives relief from cough.
- Application of 5-7 pounded cloves and turmeric over the sinuses or on any part of the body is useful.
- Application of powdered clove or clove oil relieves toothache.

Coriander

- Store dried coriander powder mixed with 4 parts of crystal sugar in a bottle. Take one teaspoon twice daily along with water for acidity. It also acts as a diuretic.
- In metrorrhagia and excessive heat in the body, boil 3-4 gm coriander

seeds in 400 ml of water until it is reduced to 100 ml. Strain it, mix with honey and drink.

- Soak 2-3 gm of crushed coriander in 400 ml of water. Strain it and mix with a small quantity of honey. Taken frequently at certain intervals, this is useful for hyper-emesis during pregnancy and also in emesis in children. It also reduces restlessness and stops vomiting.
- This remedy is also useful for diarrhea associated with bleeding (dysentery).
- External application of 4-5 gm of fine powder of dried coriander and fresh coriander leaves is useful for clearing up acne and blemishes. It also increases facial glow and improves the complexion when applied as a face pack.
- Regular intake of 2-3 gm of coriander powder along with cold water is useful for reducing excessive libido.

Cumin seeds

- Intake of 4-6 gm powdered roasted cumin seeds along with yogurt or diluted yogurt (*lassi*) gives immediate relief in diarrhea.
- An equal quantity of roasted cumin and fennel seed powder (in a dose of one teaspoon, 3-4 times a day) is useful in diarrhea which is followed by colic pain.
- Boil 5-7 gm of cumin seeds in 400 ml of water until it is reduced to one-fourth the volume. It is useful in intestinal worm infestation when taken twice daily.
- In urinary diseases and leucorrhea, boil 3-4 gm of cumin seeds in water, strain the solution and take it with crystal sugar.

Fenugreek seeds

- Soak one teaspoon of fenugreek seeds in a cup of water overnight, next morning drink the water and chew the seeds. This is useful in diabetes and debility due to diabetes, *vāta* diseases and cardiac diseases.
- Store the powder prepared from an equal quantity of fenugreek, turmeric and dry ginger in a bottle. Use one teaspoon of this powder along with warm water or milk in arthritis, inflammation and *vāta* disorders. This preparation is very useful for chronic arthritis, if taken regularly for a long time.
- Regular intake of sprouted fenugreek seeds is also beneficial in arthritis and diabetes.
- Decoction prepared from roasted and ground fenugreek mixed with a small quantity of ginger during autumn is useful in common cold and cough.

Mustard

- Tying finely ground mustard paste over any inflammation, reduces the inflammation.
- For headache apply ground mustard over the forehead.
- Application of ground mustard mixed with vinegar is useful in many dermatological diseases such as ringworm, pruritus, itching and so on.

Thymol or carom seeds (*Ajavāyana*)

- In addition to alcohol, boil 1/2 kg of *ajavāyana* seeds in 4 liters of water until reduced to 2 liters. Strain it and store. Use one cup of this drink before meals regularly. It also protects the liver and reduces the desire for alcohol.

- For common cold and other stomach diseases, take 2-3 gm of lightly roasted *ajavāyana* twice daily along with hot water or milk.
- To prevent post partum (after delivery) diseases, boil 10 gm of *ajavāyana* in 1 liter of water until reduced to one-fourth. Strain and drink it twice daily.
- Taking 2-3 gm *ajavāyana* powder with buttermilk expel intestinal worms.
- Application of 10 gm of fine *ajavāyana* powder mixed with half lemon juice, 5 gm of alum powder and buttermilk over the scalp helps to get rid of lice.

Turmeric

- For pyorrhea, halitosis (foul breath) and tooth diseases, massage the gums regularly with a mixture of turmeric, salt and a small quantity of mustard oil.
- Intake of one teaspoon of turmeric powder with a glass of milk enhances immunity and helps in the prevention of common cold and cough. It also relieves body ache and pain due to injuries.
- Half a teaspoon of parched turmeric powder along with honey is useful in hoarseness of the voice and cough.
- Sprinkling of turmeric powder over cuts or burns checks bleeding and also prevents blister formation.
- Wrap hot thick wheat flour bread (*chapāti*) smeared with mustard oil and turmeric powder in cases of sprains. It relieves swelling and pain.

- In blemishes and boils, apply a face pack made of turmeric powder, sandalwood powder and margosa leaves. This also enhances the healthy glow of the skin.

Garlic

- Soak 1 piece of chopped garlic in water overnight. Take it on an empty stomach in the morning to reduce serum cholesterol, for cardiac diseases and for osteoarthritis.
- Cook 50 gm of crushed garlic with mustard oil, sesame oil or olive oil and then strain. Its external application is good in reducing inflammation and pain.
- External application of garlic oil (3 drops) is also very useful for earache.
- In an oxygen deficient environment, wear a piece of garlic around the neck as a charm. It provides relief.

Ginger

- Take a small quantity of ginger alongwith 3-4 morsels of food to enhance appetite. Ginger taken just after meals helps in easy digestion of food.
- Two teaspoons of ginger juice mixed with a small quantity of honey is useful in common cold and cough.
- Keeping a piece of ginger between the teeth is useful in toothache caused due to cold or sinusitis.
- Chewing a piece of roasted ginger is useful for suppressing cough.
- Dry ginger powder (2-3 gm) mixed with 1/2 or 1 gm of cinnamon powder taken along with milk or water helps to reduce pain due to angina. It also strengthens the heart and balances the digestive system.

- Drinking ginger juice mixed with lemon juice cures indigestion, as well as increases the appetite.
- Boil 5 gm of crushed ginger in two glasses of water and add lemon and honey to it. Taking it on an empty stomach in the morning reduces obesity.

Lemon

- For pimples apply lemon juice mixed with honey on the face.
- In metrorrhagia (excessive bleeding) and hemorrhoids (piles), take one cup of luke warm milk in which the juice of half a lemon has been added, before the milk curdles, early in the morning on an empty stomach. It stops bleeding and provides quick relief. Continue its use for 3-4 days, but if the patient does not get relief, consult a physician.
- In liver diseases, dyspepsia and indigestion, 10 ml lemon juice mixed with 20 ml onion juice and a small quantity of honey is useful.
- Lemon juice mixed with a small quantity of ginger and salt acts as an appetizer. It improves the digestion.
- Those having a tendency to vomit and who feel nauseated while travelling are advised to lick or suck a lemon with salt sprinkled over it.

Onion

- External application of lukewarm onion juice (4 drops) as an ear and nasal drop quickly relieves earache and common cold, respectively.
- Keeping an onion in the pocket or wearing it around the neck prevents heat stroke.
- To prevent airborne bacterial and viral infections in children, tie 8-10 onions in a cloth bag and hang it outside the house.

- In chicken pox, one teaspoon of onion juice mixed with 2-3 pounded black peppercorns, taken 2-3 times a day for a few days is beneficial. This also wards off marks on the skin after the illness.
- Tying a cloth soaked in the warm juice of an unripe onion quickly relieves painful furuncles, enhances suppuration and easily expels pus.
- Drinking onion juice mixed with lemon juice and salt quickly relieves abdominal pain.

Aloe vera

- Eating a vegetable stew prepared from the inner pulp of the aloe vera plant alleviates arthritis, diseases caused due to vitiated *vāta*, abdominal and hepatic diseases.
- Peel a fresh aloe vera leaf. Take the pulp or squeeze the pulp to obtain the juice. Drink 20-40 ml of this juice. It is useful in *vāta* disorders, joint pain, abdominal disorders, hyperacidity, diabetes and in other disorders as a general tonic.
- Aloe vera gel or juice applied externally on cuts or burns prevents blister formation, stops bleeding and causes quick healing of ulcers and wounds.
- Daily intake of 4-6 teaspoons of aloe vera juice is useful for relief from all abdominal diseases and general weaknesses.
- External application of aloe vera gel enhances the facial glow. It is also useful in fading freckles and acne.
- External application of aloe vera gel is useful to alleviate dryness of hands and feet.

Honey

- Regular use of one-fourth teaspoon of cinnamon powder with 1

teaspoon of honey strengthens the immune system and relieves sinusitis and severe cold.

- Mix two teaspoons of honey with carrot juice and take it regularly. This improves eyesight.
- In cold, cough and bronchial congestion, mix two teaspoons of honey with an equal quantity of ginger juice and have it frequently.
- A mixture of black pepper powder, honey and ginger juice in equal quantities, when consumed thrice daily, helps to relieve the symptoms of bronchial asthma.
- Regular use of one teaspoon of garlic juice with two teaspoons of honey helps to control blood pressure.
- One glass of warm water with two teaspoons of honey and one teaspoon of lemon juice taken early in the morning increases metabolism and 'burns fat' and also purifies the blood.
- Consuming one teaspoon of honey daily helps to lead a long and healthy life.

Panchāmrita

- Take 10-20 ml each of giloy juice, aloe vera juice and wheat grass juice along with the juice of 7 leaves of holy basil (*tulsī*) and 7 leaves of margosa (*nīma*). Take it in the morning and evening on an empty stomach. It is very effective in cancer and other incurable diseases. The *Panchāmrita* detoxifies the body and improves immune system.

Giloya (Tinospora)

- In case of cold, cough and fever, take 4-6 inch long twig of *giloy*

whose thickness or width is similar to that of a finger. Boil it in 400 ml of water until the water reduces to 100 ml. Strain it and drink on cooling. It strengthens the immune system, alleviates *tridoṣa* and prevents recurrence of cold, cough and fever.

Holy Basil (*tulasī*)

- Chew 5-10 holy basil leaves with fresh water in the morning on an empty stomach. It is rich in anti-oxidants. It increases immunity and is beneficial in various ailments including cold, cough and even in cancer.

Miscellaneous uses

- Intake of the brew prepared from 2-3 gm cinnamon and 2-3 gm cloves boiled in water is very useful for reducing angina pain and palpitations. It is also useful for viral infection.
- Powder prepared from cardamom, cinnamon and dry ginger taken with milk or water is useful to strengthen the heart. It also enhances immunity.
- Regular intake of one cup of fresh juice of bitter melon, cucumber and tomato on an empty stomach is useful in treating diabetes. It is also good for digestion.
- Regular use of bottle melon juice taken on an empty stomach is good for the heart and general health. It can also be taken in combination with apple juice. In case of common cold, use it after adding ginger juice or dry ginger. It also decreases cholesterol levels.
- In case of high body temperature, round slices of bottle melon should be placed on the soles of the feet, to provide relief and reduce fever. It should be followed along with the medicines that are needed.

- In cases of anemia, drink pomegranate juice mixed with apple and spinach juices.
- Eating papaya in large quantities relieves constipation and is good for the liver.
- For good memory and body strength, in the morning chew 5-7 almonds, 5-10 gm walnuts, 5-7 black peppercorns soaked overnight in water.
- In the morning take 10 gm raisins or currants, 4-5 figs and 8-10 almonds soaked overnight in water. This acts as a tonic and is also useful in abdominal disorders.
- Ingesting a mixture of raisins and figs cooked in milk improves digestion, enhances strength and wards off weakness.
- In winter, boil dry dates in milk and drink. It is beneficial for health.

Important Classical Medicines Prepared by the Organization

Divya Arogyavardhini Vati

Therapeutic uses: Useful in skin diseases, liver disorders, obesity and chronic fever .

Mode of administration of drug and dosage: Take 1 or 2 tablets with water, twice a day, after meals or according to the need of the patient or with the consultation of a physician along with other medicines.

Divya Khadiradi Vati

Therapeutic uses: Beneficial in sore throat, cough, oral ulcers (oral stomatitis), bad breath and so on.

Mode of administration of drug and dosage: Keep 1 or 2 tablets in the mouth and suck as lozenges twice a day, or according to the requirement, or with the consultation of a physician along with other medicines.

Divya Chandraprabha Vati

Therapeutic uses

1. It is a well known and useful medicine for urinary problems and semen disorders.
2. Chandraprabha Vati treats dysuria caused by prostate enlargement, urinary infections; joint pain, arthritis, cervical spondylitis, sciatica, weakness, stone, fistula, hydrocele, jaundice, hemorrhoids, spinal diseases, all types of *prameha* and gonorrhoea. It nourishes the body.
3. Promotes strength, nourishment and luster, produces gradual & permanent effect in *prameha* (obstinate urinary disorders including diabetes) and complication arising out of it; cures seminal disorders caused by gonorrhoea and syphilis.
4. Brings about luster in men and women who have become lusterless due to excessive seminal discharge and menstruation respectively.

5. Nourishes tissue elements (*rasa, rakta*, etc.) in the patients suffering from weakness (emaciation) and paleness of body, suppression of the power of digestion, dyspnea caused by little exertion, shrunken eyes and anorexia (loss of appetite); alleviates *vāta* and makes the body lustrous as well as radiant by nourishing it.

Mode of administration of drug and dosage

Take 1 or 2 tablets, twice or thrice in a day with luke warm water or lukewarm milk, or according to the patients condition, along with other medicines.

Divya Chittrakadi Vati

Therapeutic uses: Helps in loss of appetite, indigestion and other abdominal and gastric disorders.

Mode of administration of drug and dosage: Keep 1 or 2 tablets in the mouth and suck as lozenges twice a day, or according to the need of a patient, or under medical prescription along with other medicines.

Divya Mahasudarshan Vati

Therapeutic uses: Beneficial in all types of fever, chronic fever and malaria, in particular.

Divya Vishtinduk Vati

Therapeutic uses: Useful in nerve pain (neuralgia), osteo-arthritis, body ache and polyuria.

Divya Vriddhivadhika Vati

Therapeutic uses: Helps in the treatment of cyst, hernia, malfunctioning of thyroid gland, hydrocele, etc.

Divya Sanjivini Vati

Therapeutic uses: Useful in chronic fever, cough, cold, respiratory tract infection (RTI) and other viral infections.

Divya Lavangadi Vati

Therapeutic uses: Treats rhinitis, cold, cough and *kaphaja* disorders.

Divya Sarivadi Vati

Therapeutic uses: Treats ear problems like earache and otitis.

Mode of administration of drug and dosage: Take 1 or 2 tablets twice a day with water, after meals or according to the need of the patient, or under medical prescription along with other medicines.

Divya Kanchnar Guggulu

Therapeutic uses: Helps in the treatment of kidney stone, urinary tract infections, dysuria, inflammation and other urinary disorders.

Divya Keshore Guggulu

Therapeutic uses: Gives relief in gout, ulcer, leprosy, *gulma*, *vātaja* disorder, boils, blood disorders and skin problems.

Divya Gokshuradi Guggulu

Therapeutic uses: Helps in the treatment of kidney stones, urinary tract infections, dysuria, inflammation and other urinary disorders.

Divya Trayodshang Guggulu

Therapeutic uses: It is useful in the treatment of sciatica, neuralgia, osteo-arthritis, gout and other such diseases.

Divya Triphala Guggulu

Therapeutic uses: Helps in the treatment of piles, fistula, *vātaja* pain, paralysis, sciatica and other such diseases.

Divya Mahayograja Guggulu

Therapeutic uses: It is used in the treatment of all *vāta* disorders rheumatoid arthritis, paralysis, osteo-arthritis and obesity.

Divya Yograja Guggulu

Therapeutic uses: Useful in the treatment of gout, arthritis and joint disorders.

Divya Lakshadi Guggulu

Therapeutic uses: This medicine is helpful in fracture, traumatic pain, inflammation and osteoporosis.

Divya Singhnada Guggulu

Therapeutic uses: Helps in the treatment of rheumatoid arthritis, paralysis, osteo-arthritis and arthralgia.

Divya Saptavishati Guggulu

Therapeutic uses: Helps in the treatment of inflammation, urinary tract disorder, joint pains and other such disorders.

The general mode of administration of drug and dosage

Take 1 or 2 tablets after meals with water, twice a day or according to the need of the patient, or under medical prescription along with other medicines.

Divya Ashwagandha Churna

Therapeutic uses: Helps in the treatment of stress, fatigue, physical weakness, emaciation and mental disorders.

Divya Avapattikar Churna

Therapeutic uses: It helps in the treatment of hyperacidity, dyspepsia, distension, constipation and other such diseases.

Divya Gangadhara Churna

Therapeutic uses: Helps in the treatment of diarrhea, dysentery colitis and other abdominal problems.

Divya Trikatu Churna

Therapeutic uses: Useful in indigestion, dyspepsia, cough, throat problems and *kaphaja* diseases.

Divya Triphla Churna

Therapeutic uses: Useful in vision disorders, stomach problems and other digestive problems.

Divya Panchkola Churna

Therapeutic uses: Treats anorexia, constipation abdominal colic, asthma, cough, fever, body ache and indigestion.

Divya Pushyanuga Churna

Therapeutic uses: Helps in the treatment of metrorrhagia, leucorrhea and other gynecological disorders.

Divya Bakuchi Churna

Therapeutic uses: Helps in the treatment of leucoderma, skin diseases, skin discoloration and other skin problems.

Divya Bilvadi Churna

Therapeutic uses: It helps in the treatment of diarrhea, dysentery, sprue and other common indigestion problems.

Divya Lavanbhaskara Churna

Therapeutic uses: Helps in the treatment of indigestion, distension and abdominal colic.

Divya Sitopaladi Churna

Therapeutic uses: Helps in cold, cough, fever and bronchial asthma, it gives immediate relief.

Divya Haritaki Churna

Therapeutic uses: Helps in the treatment of dyspepsia, indigestion and constipation.

The general mode of administration and dose for all the Churna's

Take one or half teaspoon of the powder (2-5 grams) on an empty stomach or after meals, in the morning and evening with fresh or luke warm water.

Divya Arjun Kwath

Therapeutic uses: Helpful in all types of cardiac disorders.

Divya Giloy Kwath

Therapeutic uses: All types of fever, cough, skin disorders, malaria and infections of all kinds.

Divya Dashmula Kwath

Therapeutic uses: It is helpful in all types of fevers, *vāta* disorders and gynecological problems.

Divya Mahamanjishthadi Kwath

Therapeutic uses: It is good for all skin diseases and acts as a blood purifier.

Divya Mulethi Kwath

Therapeutic uses: All kinds of infection, fever, hyperacidity, indigestion, other abdominal diseases and *kaphaja* disorders.

The general mode of administration of all decoctions (Kwath)/dosage

Boil 5-10 gram of decoction in 400 ml of water boil, until it reduces to 100 ml. Strain it and drink in the morning on an empty stomach and in the evening one hour before dinner or can be taken as per the physicians advice.

Divya Arjunarishta

Therapeutic uses: Helps in the treatment of heart ailments, anxiety, anginal pain and high blood pressure (hypertension).

Divya Abhyarishta

Therapeutic uses: It is helpful in piles, fistula, constipation, abdominal ailments and dysuria.

Divya Arvindasava

Therapeutic uses: Helpful in all pediatric diseases and for the growth and development of children.

Divya Ashvagandharishta

Therapeutic uses: Helpful in stress, fatigue, depression, insomnia and other disorders.

Divya Ashokarishta

Therapeutic uses: Helps in the treatment of menstrual disorders, leucorrhea, general weakness and irritation.

Divya Ushirasava

Therapeutic uses: Treats urinary tract infection, bleeding piles and constipation.

Divya Kutajarishta

Therapeutic uses: Common abdominal disorders, including diarrhea, indigestion, dysentery, sprue, dyspepsia and others.

Divya Kumaryasava

Therapeutic uses: It helps in the treatment of hepatic colic, hepatitis, liver problems and abdominal disorders.

Divya Khadirarishta

Therapeutic uses: It treats all blood related disorders and skin problems including acne, pimples, blemishes, etc.

Divya Patrangasava

Therapeutic uses: It helps in the treatment of leucorrhoea, menstrual disorders.

Divya Punarnavarishta

Therapeutic uses: Anemia, inflammation, jaundice and other liver disorders can be treated with this medicine.

Divya Vidangasava

Therapeutic uses: It is helpful in helminthic infestation and abdominal disorders.

Divya Saraswatarishta

Therapeutic uses: It treats amnesia, anxiety, depression, epilepsy and other psychological disorders.

The general mode of administration of all the *āsavas* and *arishtas* and their dose

Take 4 teaspoons of medicine and add an equal proportion of water. Take it twice a day, after meals. Children can take 1 or 2 teaspoons with an equal proportion of water.

Divya Amlaki Rasayana

Therapeutic uses: According to old classics Amlaki Rasayana promotes longevity, it is useful in geriatric disorders, increase intellect and strength of sensory organs. This Rasayana was prepared by Lord Brahma and experimented by Sage Vashishtha, Kashyap, Angira, Bharadwaj, Jamdagni and Bhragu. Its regular use kept them free from aging and various diseases. It is also useful in eye disorders, hair problems and other abdominal ailments.

Divya Ekangveer Rasa

Therapeutic uses: It is beneficial in lumbar neuralgia, paralysis, nerve problems and *vāta* disorders.

Divya Kamdudha Rasa

Therapeutic uses: Treat hyperacidity, gastro-enteritis and abdominal diseases.

Divya Kumarkalyana Rasa

Therapeutic uses: Helpful in all pediatric diseases. Helps in growth and development of children.

Divya Tribhuvan Kirti Rasa

Therapeutic uses: Beneficial in cold, cough and fever.

Divya Pravala Panchamrita Rasa

Therapeutic uses: Helps in the treatment of abdominal ailments, hyperacidity and other digestive disorders.

Divya Brihata Vatchintamani Rasa

Therapeutic uses: Helps in the treatment of paralysis, all joint pains and *vataja* disorders.

Divya Mahavidhvansana Rasa

Therapeutic uses: Helpful in all joint pains and *vāta* disorders.

Divya Yogendra Rasa

Therapeutic uses: It helps in the treatment of paralysis, epilepsy, heart disease, anxiety and psychological disorders.

Divya Rasraja Rasa

Therapeutic uses: It helps in the treatment of paralysis, facial palsy, nerve disorders and also keep mind and body healthy.

Divya Laxmivilasa Rasa

Therapeutic uses: It gives relief in cough, common cold, chronic coryza, nasal diseases and sciatica.

Divya Basant Kusumakara Rasa

Therapeutic uses

1. It gives strength to the heart, helps in the treatment of polyuria, leucorrhea, vaginal and uterine disorders, semen disorders. It is useful in the treatment of emaciation caused by loss of semen.
2. Its consumption helps in the treatment of hearts and lungs weakness, body ache, psychological debility, loss of memory, insomnia, delusion, blood and bile disorders, metrorrhagia, leucorrhea, cough, respiratory disorders, diarrhea, anemia and geriatric problems.
3. It is a well known medicine for diabetes.

Mode of administration of drug and dosage

Take 125-250 mg of medicine with buttermilk, cream of milk, honey or milk, in the morning and evening.

Divya Swarna Basantmalti Rasa

Therapeutic uses: Good for the treatment of erectile dysfunction, polyuria, tuberculosis, lack of poor immunity and others.

The general mode of administration of all the Rasa and their dosage

These medicines are very effective even in small doses. Hence, they should be taken cautiously based on the advice of a physician or with other supportive medicines.

Divya Phalaghrita

Therapeutic uses: Helps in uterine disorders, gynecological problems, beneficial in pregnancy, beneficial in preventing recurrent miscarriages.

Mode of administration and dosage

Take one teaspoon in the morning and evening with lukewarm water or as prescribed by a physician.

Divya Mahatriphala Ghrita

Therapeutic Uses: All types of eye problem, vision problem, hair problems, abdominal disorders and general debility.

Mode of administration and dosage: Take one teaspoon every morning and evening with lukewarm water or as prescribed by a physician.

Divya Shadbindu Tel

Therapeutic uses: Provide relief in headache, cold, cough, all nasal problems, sinusitis and infectious diseases.

Mode of administration: Put 2-2 drops in the nostrils or use as prescribed.

Divya Kasis Bhasma

Therapeutic uses: Helps in the treatment of anemia and hepatosplenic enlargement.

Divya Kulia Bhasma

Therapeutic uses: Treats epilepsy, mania, nerve disorders.

Divya Godanti Bhasma

Therapeutic uses: Beneficial in headache, fever, cough and bronchial asthma. It is a natural source of calcium.

Divya Tankan Bhasma

Therapeutic Uses: Treats cough, cold, *kaphaja* disorders and teething problems in babies.

Divya Tamra Bhasma

Therapeutic uses: Helpful in cancer, tumor, any swelling and abdominal disorders.

Divya Trivang Bhasma

Therapeutic uses: Helps to treat diabetes, male and female genital disorders and urinary disorders.

Divya Mandoor Bhasma

Therapeutic uses: Liver disorders, jaundice, anemia and inflammatory problems.

Divya Muktashukti Bhasma

Therapeutic usess: Treat stomach ache, fever and hyperacidity.

Divya Rajat Bhasma

Therapeutic uses: Its intake helps in tendon disorders, *vāta* disorders and epilepsy.

Divya Loha Bhasma

Therapeutic uses: Helps in the treatment of anemia, hyperacidity, jaundice and other abdominal diseases.

Divya Vang Bhasma

Therapeutic uses: Helps in diabetes, urinary tract infections and impotency.

Divya Shankh Bhasma

Therapeutic uses: Helpful in abdominal and gastric troubles. Also helpful in chronic abdominal diseases, indigestion, distention and flatulence.

Divya Sphatic Bhasma

Therapeutic uses: Helps in intrinsic hemorrhage, cough, respiratory troubles, wound healing and nasal bleeding.

Divya Swarna Makshik Bhasma

Therapeutic uses: Helps in anemia, jaundice, insomnia, joint disorders, muscle disorders and recurrent fever.

Divya Swarna Bhasma

Therapeutic uses

1. Gold is the most precious metal hence, its *bhasma* is also known for the treatment of physical and mental disabilities. Its consumption treats almost all diseases. It gives miraculous results.
2. It is useful for patients suffering with toxicity, debility, *dhātu* impairment and debility, acute and chronic arthritis, kala azar, malaria and other diseases. In extreme emaciation and ineffectiveness of any medicine, Swarna Bhasma is highly effective.
3. Though Swarna bhasma is powerful, it is a non-invasive substance. It treats vitiated blood, strengthens the heart and energizes brain, muscular system, urinary system and other parts of the body. It enhances vigor and radiance in the body. Swarna Bhasma generates new spirit (vitality) in the body and enthusiasm in the mind. It also strengthens the immune system and reduces toxicity caused by foreign elements in the body.

Divya Hajrulyahud Bhasma

Therapeutic uses: Treats renal calculi, dysuria and burning micturition.

Divya Hiraka Bhasma

Therapeutic uses: Treats cancer, all tumors, emaciation and impotency.

Divya Aqik Pishti

Therapeutic uses: Treats fever and heart ailments.

Divya Kaharwa Pishti

Therapeutic uses: Treats blood dysentery, excessive bleeding and metrorrhagia.

Divya Jahar Mohra Pishti

Therapeutic uses: Beneficial in high blood pressure, strengthens the heart and is a anti-toxic medicine.

Divya Pravala Pishti

Therapeutic uses: Treats cold, cough, osteoporosis, debility and acidity.

Divya Mukta Pishti

Therapeutic uses

- 1, Mukta Pishti cures intrinsic hemorrhage, debility, headache, increased bile secretion, inflammation, diabetes, dysuria, *prameha*, etc.
2. Its consumption helps in reducing *pitta* vitiation and subsequently bile secretion and acidity. It improve the vision. Moti Pishti is also much useful in palpitation and insomnia. Intake of this medicine helps to reduce inflammation in urine, body ache, lack of sleep and irritation.
3. In summer season, moving in scorching heat or working close to burning fire causes bleeding from nose, mouth and anus. Also causes inflammation in temporal region, eyes and in the entire body. The

patient becomes restless in such condition, consumption of Mukta Pishti gives immediate relief.

4. In case of emaciation caused by *pitta* disorders, with symptoms of burning, thirst, fever, restlessness, Mukta Pishti is beneficial. In pyrosis, when feeling of heart burn arises with sour belching, Mukta Pishti is the best medicine.

Mode of administration and dosage

Take 125-250 mg with butter milk, cream of milk, honey, chavyanprasha, rose petal jam (*gulkanda*), gooseberry succade, Brāhmī sherbet, etc.

Divya Shvet Parpati

Therapeutic uses: Helps in the treatment of dysuria, renal calculi, urethra stone, burning micturition and sprue syndrome.

Mode of administration of dose for all Bhasma's and Piṣṭī's

Bhasmas are in a purified form and prepared with classical methods. Therefore they are very effective and completely cure the disorders. These medicines should be taken in appropriate amount based on the age and condition of the patient. *Piṣṭīs* and bhasmas should be used when prescribed by a physician.

Divya Tal Sindoor

Therapeutic uses: Helps in respiratory problems and skin diseases.

Divya Punarnavadi Mandoor

Therapeutic uses: Helps in inflammation, anemia and spleen enlargement.

Divya Makardhwaj Rasa

Therapeutic uses: Used as a general tonic to enhance vigor and vitality.

Divya Rasa Sindoor

Therapeutic uses: Beneficial in fever and diabetes.

Divya Shila Sindoor

Therapeutic uses: Beneficial in respiratory disorders.

Divya Saptamrita Loha

Therapeutic uses: Beneficial in all ages and disorders, vision improvement and abdominal problems.

The general mode of administration of all Loha-Mandoor and Sindoor and its prescribed dose

Mandoor and sindoor are taken in appropriate amount with other medicines, based on the age and physical condition of the patient. Hence, only take these medicines after expert advice.

Divya Chavyanprasha

Therapeutic uses

1. Chavyanprasha is useful not only for patients but also as an excellent rejuvenator (tonic) for healthy persons.
2. It removes physical and mental weakness and strengthens lungs as well as the heart. It also treats *kaphaja* disorders, provide nourishment and makes the body healthy.
3. It nourishes seven *dhātus* and promotes strength, vigour, intelligence and wisdom.
4. People of all age groups and gender, including children, women & old persons can take this medicine.

Mode of administration and dose

Take 1-2 spoons twice a day. Drink milk after half-an-hour.

Divya Badam Pak

Therapeutic uses

1. Nourishing and rejuvenating; cures mental and cardiac weakness, diseases caused by aggravation of *pitta* and eye-diseases.
2. It is a miraculous medicine for headache. It should be regularly taken by intellectuals, whose work involve mental stress.

3. Nourishes the body; promotes strength, semen and radiance; and is very useful in sterility, *dhvaja-bhanga* (atonic condition of the phallus) and nervous weakness.

Mode of administration and dose

Take 10-20 grams twice daily, with cow's milk or water in the morning and evening.

Divya Shilajit Sat

Source of main ingredient

A celestial exudation (resin) which trickles out from high Himalayan range, it naturally contains fine mixture of seven metals like gold, silver, iron, among others.

Therapeutic uses

In old classics, appreciation of shilajit is quoted as:

'na so, sti rogo bhuvi sādhyarūpa śilāhvayaṁ yannā jayet prasahya'.

This means in the universe, there is no disease of the human body, which cannot be cured with the use of Shilajit.

1. To keep the body free from any ailments, Shilajit is the best medicine. Shilajit is a *rasāyana* (rejuvenator) which helps to increase strength, immunity and vitality of the body. It treats all types of chronic, debilitating diseases, life threatening ailments, obesity, diabetes and the weakness associated with it. It makes the body strong, energetic and radiant.
2. It also treats arthritis, cervical spondylitis, sciatica, back ache, knee pain, inflammation, parkinson's disease, joint pain and other pains.
3. It is also a good medicine for cold, cough, sinusitis, allergies, respiratory problems, bronchial asthma, weakness of the lungs, tuberculosis, osteoporosis, physical debility, *dhātu* disorders, vitality, diabetes and other ailments.
4. All men, women and children can take this medicine. It improves body immunity and resistance power.

Mode of administration and dosage

Take 1-2 drops with milk, in the morning and evening. In summer season, take it in a dose of 65 mg. As *Shilajit* available in the *āsrama* is absolutely pure and hence, it is very effective. In winter, take 125-150 mg which is equal to one or two kidney bean grains. Take *Shilajit* with hot milk. However, if someone dislikes milk, it can also be taken along with lukewarm water.

Self-experienced Formulations

We have done all the necessary efforts to establish and propagate the traditional knowledge and classical uses of *Āyurveda* in the most qualitative and complete way and have developed it for the benefit of common man. Not finding the desired result in the patient for some diseases, certain formulae have been developed after consistent research and experience through self-experiments, which are as follows.

Divya Arshkalpa Vati

Main ingredients

Pure rasaut, choṭī harara, bakāyana bīja, nīma bīja, rīṭhā chāla, deśī kapoora, kaharawā, makoya, khūnakharābā, elua and nagdauna, etc.

Therapeutic uses

1. It is used in the treatment of both internal and external piles and complications arising with it. Regular use for few days, protects from chronic piles, fistula and other such diseases.
2. It also treats pain, inflammation and other complication of piles.

Intake process/Dosage

Based on the stage of the disease. Take 1 or 2 tablets in the morning, on an empty stomach and in the evening, before taking meals with buttermilk or fresh water.

Divya Arogya Vati

Main ingredients

Giloya, nīma and tulasī.

Therapeutic uses

1. It is a health tonic, helps in the treatment of bacterial infections, skin diseases and pacifies vitiated *tridoṣa*.
2. It is beneficial in fever, cold, *kaphaja* diseases and also improves immunity power.
3. It also saves human body from adverse effects caused by different ailments.

Intake process/Dosage

Take 1-2 tablets, two times in a day, with water after meals.

Divya Udaramrit Vati**Main ingredients**

Punarnavā, bhūmi āmvalā, makoya, baherā, niśoṭha, kuṭakī, āama bīja, bilva, ajawāyana, karavā afīsa, ghṛītakumāri, muktashukti bhasma, kasis bhasma, loha bhasma and mandoor bhasma.

Therapeutic uses

Its helps in the treatment of stomach ache, loss of appetite, diarrhea, constipation, indigestion and other abdominal diseases, jaundice, anemia, chronic fever and other liver disorders.

Intake process/Dosage

Take 1 or 2 tablets in the morning after breakfast or dinner with lukewarm water or milk.

Divya Kayakalpa Vati**Main ingredients**

Extracts of Bāvacī, panavāra, nimba, triphalā, khadira, māñjistha, kutki, amrita, cirāyṭā, candana, devdāru, haldi, daruhaldi, ushab, dronapushpi, laghu kantkari, kali jeeri, indrāyan mool and karanja bīja.

Therapeutic uses

1. It is an accurate medicine for blood purification and hence treat all types of skin diseases.
2. It removes acne, pimples, blemishes and pigmentation on the face.
3. It also gives immediate relief in chronic, old and complicated ringworms, itching, eczema and other such diseases. It is also beneficial in leucoderma and psoriasis.

Intake process/Dosage

Take 1 or 2 tablets on an empty stomach in the morning and one hour before meals in the evening, with fresh water. Don't take milk or milk products, one hour before and after taking the medicine.

Divya Giloy Ghanvati**Main ingredients**

Giloyghan sat, etc.

Therapeutic uses

1. It is useful in fever and various infectious diseases.
2. It treats gout, arthritis and disorders of the urinary system.
3. It is the best medicine for circulatory system and purification of its *srotas*.
4. It also balances all the three *doṣas*.
5. It has the quality of cell regeneration.
6. It is also helps in the treatment of general weakness, fever, dengue, chikungunya, skin and urinary diseases.

Intake process/Dosage

Take 1 or 2 tablets after meals, twice a day with water.

Divya Neem Ghanvati**Main ingredient**

Nīmaghana sat, etc.

Therapeutic uses

1. *Nīmaghana* is helpful in blood purification, bacterial infection and skin disorders.
2. It is very valuable for the whole body.
3. It is extremely useful in diabetes.
4. It also strengthens immunity.

Intake process/Dosage

Take 1-2 tablets, after meals, twice a day with water.

Divya Peedantaka Vati**Main ingredients**

Kucalā, nāgaramothā, rāsnā, nirgundī, punarnavā mūla, methī, niśhotha, śatāvāra, harajoṛa, haldī, sunṭhī, kuṭaki, śudha guggulu, godanti bhasma, muktashukti bhasma, yograj guggulu, pravala pishṭi, giloya, aśwagandhā, śilājīṭa sat, daśmūla, etc.

Therapeutic uses

1. Its gives relief in various *vātaja* ailments, knee pain, muscular pain, joints pain and gout. It works as a febrifuge, and has anti-inflammatory properties.

Intake process/Dosage

Take 1-2 tablets after meals, twice a day with water.

Divya Madhunashini Vati

Main ingredients

Extracts of *guḍūcī*, *jāmuna*, *kutakī*, *nimba*, *cirāyata*, *gudmaar*, *karelā*, *kutaja*, *gokṣura*, *kacūra*, *haldi*, *kalmegha*, *baboolphali*, *kali jeeri*, *atees kadva*, *ashvagandha*, *bilva*, *triphala*, and *vat jata*, *shilajeet*, *methi*, etc.

Therapeutic uses

1. It activates the pancreas and helps it to secrete balanced amount of insulin, by which extra glucose is converted into glycogen.
2. It removes weakness and irritation, and strengthens the brain, which increases work efficiency. It also cures numbness of hands and feet and strengthens the nervous system.
3. It removes fatigue, weakness and stress caused by diabetes.
4. It treats the problem of excessive thirst, frequent urination, weight loss, blurred vision, sensation, tiredness, skin, gums and bladder infection and other symptoms associated with diabetes.
5. Madhunashini also strengthens the immune system of the body.

Intake process/Dosage

Take 2 tablets in the morning and evening with water, one hour before breakfast and dinner. It can also be taken after breakfast and dinner, with lukewarm water or milk. If you take insulin or conventional (allopathic) medicines for blood sugar, than get the blood sugar level examined two weeks after the intake of medicine. As the sugar level comes to normal, decrease the dose of conventional (allopathic) medicine. Also reduce the dose of Madhunashini with the decrease in blood sugar level.

Divya Madhukalpa Vati

Main ingredients

Madhukalpa Vati is prepared from the same ingredients as used in Divya Madhunashini after finely grinding in powder form without taking out their extract.

Therapeutic uses

Same as Madhunashini.

Divya Mukta Vati

Main ingredients

It contains pure herbals brought from the higher ranges of Himalayas, which include *brāhmī*, *śaṅkhapuspī*, *ustekhaddūsa*, *arjuna*, *puskaramula*, *jaṭāmānsī*, *sarpaḡandhā*, *jyotiṣmaṡī*, *vacā*, *asvagandhā* and *moti piṣhti*.

Therapeutic uses

1. It does not have any side-effect.
2. It reduces hypertension caused due to any reason, being it kidney dysfunction or heart ailment or due to any other reason. Also this medicine is effective in cholesterol problem, anxiety, stress or even in hereditary problem. Along with hypertension, it is also effective in insomnia, anxiety, chest pain or headache. It gives miraculous results.
3. In case of sleeplessness and anxiety due to high blood pressure, there is no need to take any extra medicine. Mukta Vati does not result in excessive sleep in persons having normal sleep.
4. If using any conventional (allopathic) medicine, one can stop it immediately after starting Mukta Vati. If you have apprehension, than slowly decrease the dose of the conventional (allopathic) medicine and then stop it altogether.
5. Even if blood pressure is not normal after taking conventional (allopathic) medicine and you are feeling sleeplessness and anxiety, Mukta Vati would give you immediate relief.
6. Allopathic medicine can provide only temporary relief but does not root out the disease completely. While Mukta Vati cures the disease forever within a short period of one-and-a-half year. Even if, as a remote possibility, anyone takes the medicines for a longer period, it does not have any adverse effect.

Intake process and dose

If you are taking conventional (allopathic) medicine and still the blood pressure is around 160-100 or more, take 2 tablets one hour before breakfast, lunch and dinner with fresh water. For better result chew the tablet and then drink water over it. When the blood pressure starts returning to normal, stop conventional (allopathic) medicine slowly and continue Mukta Vati twice, 2 tablets in a day. However, if with conventional (allopathic) medicine, the blood pressure is

nearly 140-90, take two tablets of Mukta Vati in the morning and evening. After the blood pressure comes back to normal, stop taking conventional (allopathic) medicine.

Note

If you are taking conventional (allopathic) medicine for blood pressure problem, keep monitoring the blood pressure range after starting Mukta Vati. When without conventional (allopathic) medicine, if the blood pressure becomes normal, stop it completely. If you are taking conventional (allopathic) medicine since long time, than reduce its dose slowly. Take two tablets of Mukta Vati, after meals. When the blood pressure stabilizes take one tablet, twice and slowly take only one tablet in the morning, which will keep blood pressure under control. After sometime, take Mukta Vati in seven days and slowly stop it completely. Now your blood pressure will remain normal and the patient will become fit and healthy .

Recommended Diet

Take light and digestive food. Drink 2-4 glass of water in the morning. Restrict the use of salt.

Divya Medha Vati

Main ingredients

It contains pure herbals, including extract of *brāhmī*, *śaṅkhaṣṭī*, *ustekhaddūsa*, *vacā*, *jyotiṣmatī*, *aśvagandhā*, *jaṭāmānsī*, *puṣkaramūla*, *pravalapishtī*, *moti pishti* and silver calcine (ash).

Therapeutic uses

1. This vati is useful in several brain disorders including memory loss, headache, insomnia, irritation and epilepsy.
2. It is also useful in depression due to over-dreaming and negative thoughts and irritation. Promotes self-confidence, enthusiam and energy in human beings.
3. It is the best mental tonic for the students and intellectuals. It should be used regularly for wisdom, energy and memory.
4. It is beneficial for old persons too, who suffers from memory loss or forget about any object, incident and other details.

Intake process and dose

Take 1-2 tablets on an empty stomach with milk in the morning or after breakfast with water. Take this vati with milk or water after dinner.

Divya Medohar Vati

Main ingredients

Extracts of pure *guggulu*, *śilājīta*, *harara*, *baherā*, *kuṭakī*, *punarnavā*, *niśoṭha* and *vāyaviḍanga*.

Therapeutic uses

1. It removes the disorders of digestive system and subsequently reduces obesity, it makes the body compact, beautiful, balanced, energetic and radiant.
2. It is also beneficial in thyroid malfunctioning, joint pain, lumbar pain and knee pain.
3. It digests extra fat (*meda*) from the body and nourishes the successive tissue elements, viz. bones, bone-marrow and *śukra*. It transforms additional fat to make the body compact. Its use does not cause any adverse impact on the body.

Intake process and dose

Take 1 or 2 tablets according to body weight, two or three times in a day, half-an-hour before meal or one hour after meal with hot water. Restrict the use of sweet and *ghee* (clarified butter) and use hot water often. The fried items and fine flour, and items which increase fat should be stopped altogether.

Divya Yauvanamrita Vati

Main ingredients

Jāvitri, *Jāyaphala*, *keśara*, *Śatāvāra*, *safed mūsālī*, *swarna bhasma*, *krauñca bīja*, *akarkarā bīja*, *balā bīja* and *makardhwaja*.

Therapeutic uses

- It is invigorating and nourishing for weak and old-age people.
- It gives strength to the brain and mind, and helps in the treatment of sperm deficiency.
- It promotes sexual desire and make the body active.
- It is spermatogenic, aphrodisiac, nourishing, strength promoting, enhances complexion, promoter of *ojas* (vital essence) and *tejas*/splendor or luster and youthfulness, as well as a remedy for impotency. It is the best medicine for such treatments.

Intake process and dose

Take 1-2 tablets in the morning and evening after meals with milk.

Divya Vrikkadoshahar Vati

Main ingredients

Dhākaphūla, pitta pāparā, punarnavā, pāṣāṇabheda, varuṇa cāla, kulathī, apāmārga, kāsanī, pīpala, nīma chāla, makoya danā, gokhrū, balā mūla and amalātāsa, etc.

Therapeutic uses

- Its is useful in renal dysfunction, inflammation and renal calculus.
- Its intake is highly beneficial in chronic renal failure.

Intake process and dose

As per the requirement, take 1 or 2 tablets with vṛikkadoṣahara kvātha (decoction).

Note : It is better to consult Ayurvedic expert before its use.

Divya Shilajit Rasayana Vati

Main ingredients

Śilājīta, aśhvagandhā, amṅvalā, triphalā.

Therapeutic uses

- The effect of the medicine is primarily on nervous system, kidney and semen carrying channels.
- It is *vāta* alleviating, promotes strength and energy, and increases semen.

Intake process and dose

Take 2 tablets twice a day with lukewarm water or milk after meals.

Divya Stri Rasayana Vati

Main ingredients

Putrajīvaka, śveta candana, kamala, dāruhaldī, vanśalocana, satāvāra, śhilājīta, śivaliṅgī bīja, pārasa pīpala, Yaṣṭimadhu, triphalā, ambaradhāna, balā bīja, amṅvalā, aśhvagandha, aśoka, nāgakesara, devadaru, śudha guggulu, etc.

Therapeutic uses

- Helpful in all gynecological diseases including leucorrhea, metrorrhagia, dysmenorrhea and pain in the lower abdomen or lumbar region.
- It is especially good for metrorrhagia. If the medicine is taken

regularly for some time, it cures women related disorders.

- Stri Rasayana Vati also cures facial wrinkles, dark circle under eyes, fatigue, lethargy, exhaustion.

Intake process and dose

Take 1-2 tablets, two or three times in a day with milk or water.

Divya Hridayamrita Vati

Main ingredients

Extracts of *arjuna chāla*, *aṃṛitā*, *aśvagandhā*, *rāsnā*, *nirguṇḍī*, *punarnavā*, *citraka*, *hirak bhasma*, *akiq pishti*, *saṅgeyashava pishti*, *moti pishti*, *shilajit sat*, *shudha guggulu*, *nāgarmothā* and silver calcine (ash).

Therapeutic uses

- It strengthens the heart. It treats blockages in the artery and regulates cholesterol.
- It is highly effective in angina pain.
- Activates the inactive capillaries of heart; promotes its work-capacity, and removes anxiety, restlessness and palpitation.
- Exceedingly helpful in keeping the heart healthy after removing the blockages of heart.
- Also useful after the surgery of heart to keep it normal and healthy.
- Even if you have undergone heart surgery, you can use Hridayamrita Vati to keep the heart healthy.

Intake process and dose

Take 1-2 tablets in the morning and evening with milk or lukewarm water. It can also be taken with the decoction of *Arjuna* bark. Take 2-3 grams of *Arjuna* bark and boil in one cup of water and one cup of milk. When the resultant remains upto one cup, filter it and drink. It can also be taken with *arjuna kwātha* (decoction) prepared in water alone. If you are using conventional (allopathic) medicines for heart related ailments, gradually reduce them as you feel better after the intake of *Hridayāmṛita Vati*, with the advice of a doctor.

Divya Ashwagandha Capsule

Main ingredients

Aśvagandhā ghanasat

Therapeutic uses

- It is beneficial in physical debility, mental depression, insomnia and other such diseases.
- It provides strength to the brain and heart.
- It is the best medicine to treat muscular weakness and *vāta* ailments.

Intake process and dose

Take 1-2 capsules daily in the morning and evening after breakfast or dinner with milk or water.

Divya Ashwashila Capsule**Main ingredients**

Aśvagandhā ghanasat, śilājīta sat, etc.

Therapeutic uses

- It is helpful in fatigue, sexual debility, asthma, joints pain, weakness due to diabetes, *dhātu* deformities, urinary disorders and physical debility.
- It is a good and effective remedy for sexual disorders.
- *Aśvagandhā* present in it, treats anxiety and fatigue and *Shilajit*, nourishes *śukra dhātu* to treat diabetes and sexual debility, and provides vigor and vitality.
- It improves the immune power.

Intake process and dose

One or two tablets twice a day after meals with milk.

Divya Shilajit Capsule**Main ingredients**

Śilājīta sat, etc.

Therapeutic uses

- It is very effective in muscular disorders, impotency and *raktameha* (if the sugar level is high).
- It is beneficial in urinary disorders.
- People suffering with high blood pressure shall use it in small quantity or with the advice of the doctors.
- It gives strength to the muscles.
- It is useful in sexual debility, *vātaja* disorders, *kaphaja* disorders, *dhātu* deformities.
- It enhances vitality.

Intake process and dose

Take 1-2 capsules, twice a day with milk after meals.

Divya Ashmarihara Kwath

Main ingredients

Pāṣāṇabheda, varuṇa, punarnavā and gokṣura.

Therapeutic uses

In *Āyurveda*, *Divya Aśmarīhara Kvātha* (decoction) is prepared from diuretic and anti-calculi herbs. Its intake is chiefly useful in renal calculi. *Aśmarīhara* (decoction) is also used to treat gall bladder stones. Besides, it is also much useful in dysuria, burning micturition and related disorders.

Intake process and dose

Boil one teaspoon or 5 grams of decoction in 400 ml of water until it reduces to 100 ml. Strain and let it cool. Drink on an empty stomach in the morning.

Divya Kayakalpa Kwath

Main ingredients

Bāvācī bīja, panavāra, dāruhaldī, khadija chāla, karañja bīja, nīma chāla, mañjūtha, giloya, usaba, droṇapuspī, cirāyatā, kuṭaki, devadāru haldi, etc.

Therapeutic uses

1. This decoction is very beneficial in all skin diseases, eczema, leprosy, and flariasis.
2. It acts as a depurative for stomach and helps in reducing obesity.
3. For skin diseases, take it along with *Kāyākalpa Vaṭī*, and for the treatment of obesity take it with *Medohara Vaṭī*.

Intake process and dose

Boil one teaspoon or 5 grams of decoction in 400 ml of water until it reduces to 100 ml. Strain and drink. It tastes bitter so if you are not a diabetic patient, mix honey or crystal sugar to it. If you are unable to take decoction in large quantity then boil it more, when the water content reduces, filter and then drink.

Note: It becomes more effective if the mixture is soaked in water for 8-10 hours before preparing the decoction.

Divya Peedantaka Kwath

Main ingredients

Eraṇḍa mūla, śuṅṭhī, pippalī mūla, nāgaramothā, nirguṇḍī,

aśvagandhā, rāsnā, ajawayana, nāgakesara, gajapīpala, pārijāta and other *vāta* alleviating medicines.

Therapeutic uses

Helpful in joint pain, sciatica, arthritis, gout, all related pains and inflammation.

Intake process and dose

Take 5-10 gram of the decoction and boil it in 400 ml of water. When the decoction remains 100 ml, filter it and drink on an empty stomach in the morning and in the evening before sleeping. For spontaneous relief, take any *vāta* alleviating medicine along with the decoction. Decoction bath and fomentation with decoction provides instant relief in case of severe inflammation and pain.

Decoction Bath Procedure

1. When you have to take vapors, boil the medicine in pressure-cooker along with 1-1.5 liter of water. When the vapors start oozing out, remove the weight and put a rubber pipe, particularly used in cooking gas. The vapors from the other end can be used for vaporizing the painful body part. Put cloth at the other end from where vapors are exiting or the warm vapors can burn the skin. After taking vapors for a sufficient time, foment the painful body part with remaining lukewarm decoction.
2. If you do not want to take vapors, boil the medicine in 3-4 liters of water and when the water is reduced to half, foment the painful body part with the help of cloth soaked in the moderately hot decoction.

Divya Medha Kwath

Main ingredients

Brāhmī, śaṅkhapusṭī, aśvagandhā, narḍa (jaṭāmānsī), ustekhaddūsa, saunf, gājjavā, etc.

Therapeutic uses

For chronic headache, migraine, depression and insomnia, this medicine is very useful. It also reduces anxiety and enhance memory power.

Intake process and dose

Prepare decoction and drink it in the morning and evening. If *Medhā Vaiṭi* is taken with the decoction, it gives immediate relief.

Divya Vrikkadoshahara Kwath

Main ingredients

Punarnavā mūla, kualthī, pāṣāṇabheda, gokharū, varuṇa chāla, etc.

Therapeutic uses

1. It activates our system. It is diuretic, cool and anti-inflammatory.
2. Its use expel kidney and bladder stone after disintegrating it in small particles. The people, who have complaint of stone formation repeatedly, should use it regularly for some time, following which, the repeated formation of stone would stop. It also treats kidney infection and other related disorders. It is also beneficial in case of gall bladder stone.

Intake process and dose

Take 2 spoons (around 10 grams) of the decoction and boil in one-and-a-half glass of water (half-a-liter) and when it remains one fourth, strain it. Drink on an empty stomach in the morning and in the evening 5-6 hours after lunch. Use *Ashmarihara Rasa* along with it for better results.

Divya Sarvakalpa Kwath

Main ingredients

Punarnavā, amalātāsa, makoya, haldī, etc.

Therapeutic uses

1. Its decoction strengthens the liver and stimulates it by which it starts functioning efficiently.
2. Contaminated foods, cold drinks, tea, coffee and other deposited toxins in the body causes sluggishness in liver functioning. It results in different diseases including jaundice and hepatitis B or C. This Sarvakalpa kvātha activates liver, protecting it from hepatitis B or C.
3. It is useful against jaundice, hepatomegaly, liver swelling, oliguria, edema all over the body, anasarca pain, abdominal pain, indigestion and loss of appetite.

Intake process and dose

Take around 1 teaspoon (5 grams) decoction (*kwatha*) in one glass of water (300 ml) and boil till the resultant is 100 ml. Filter and take on an empty stomach in the morning. In the evening, take it one hour before dinner or while going to bed. In case of constipation, add 8-10 currants to it.

Divya Kayakalpa Tail

Main ingredients

Bāvācī bīja, panavāra bīja, haldī, dāruhaldī, karañja bīja, nīma chāla, harara, baherā, amvalā, mañjīsthā, amṛitā, cirāyata, kutki, śveta candana, devadāru, kālī jīrī, droṇapuṣpī, kaṇṭakārī, uṣab, rīṭha, cow's urine, sesame oil and others.

Therapeutic uses

- This oil helps to cure all types of skin diseases such as ringworm, herpes, eczema, scabies, itching (pruritis) leucoderma, psoriasis, urticaria, rash, skin allergy, sun burn, freckles and many other skin diseases.
- It quickly heals cuts, burns, wounds, cracked heels and hands. This oil is extremely beneficial and it is a need of every household.

Mode of application

Apply on the affected area, 2-3 times a day.

Divya Kesh Tail

Main ingredients

Bhrīngarāja, brāhmī, amvalā, śveta candana, dāruhaldī, kamala, ananta mūla, kuṭkī, jaṭāmānsī, ratanajota, sveta rattī, priyaṅgu, lodhra, nāgakeshara, nāgaramothā, balā, nilinī, til tail, etc.

Therapeutic uses

- It is a very good hair tonic. It stops premature graying of hair, hair loss, dandruff and baldness. Its application makes hair long, healthy and dense.
- This oil is prepared from many celestial (*divya*) herbs and plants and hence it provides coolness and strength to the eyes and brain. Also useful in headache and different types of head disorders.

Mode of application

Apply it in the hair roots and massage well.

Divya Peedantaka Tail

Main ingredients

Its ingredients include *vatsanābha, madhuyasti, pippalī, vaca, gajapīpala, jaṭāmānsī, nāgkaesara, dāruhaldī, tejapatra, bhrīngarāja, mañjīṭha, palāśa mūla, puṣkara mūla, sugandhbālā, shatavara, citraka, arak, dhatūra, kupīlu, mālakāṅganī,*

gandhaprasaraṇi, rāsnā, nirguṇḍī, daśamūla, jīvaka, medā, kṣhīra kākōlī, soyābāna, ajavāyana, sesame oil, rock salt, dry ginger, fennel, castor root, garlic, cow's milk, curd, cow's urine, turmeric and others.

Therapeutic uses

It is an effective medicine in arthralgia, waist pain, knee pain, cervical spondylosis, slip disc and in various other pains and inflammations.

Mode of application

Massage gently on the painful area. This oil is for external use only massage should always be directed gently towards heart with proper pressure.

Divya Udarkalpa Churna

Main ingredients

Mulethī, sanāya, revandacīnī, harara, fennel seeds, rose flower, crystal sugar, etc.

Therapeutic uses

It is *pitta* alleviating, mild laxative and non-invasive medicine. This *churna* (powder) is useful in the treatment of constipation. Its consumption does not cause any inflammation in the intestines. It stimulates the digestive fire and helps to digest *āma*.

Intake process and dose

Take 2-4 grams at night while going to bed with lukewarm water or milk. It contains crystal sugar and hence, diabetic patients should not use it. Being a mild purgative, it is also safe for children.

Divya Gashara Churna

Main ingredients

Ajavayana, black pepper, lemon, cumin, black salt, myrrh and pure asafoetida.

Therapeutic uses

- Its intake enhance digestion of food and is beneficial in diseases like hyperacidity.
- It gives instant relief in distension, flatulence, abdominal pain, anorexia and other diseases.

Intake process and dose

After meals, take half a teaspoon with lukewarm water. In abdominal

pain, distension, restlessness, take half a teaspoon of medicine at any time with lukewarm water.

Divya Churna

Main ingredients

Sanāya (senna), *kālā dānā*, pure asafoetida, rose flowers, dry ginger, rock salt and small myrrh.

Therapeutic uses

- It treats constipation and enhances expulsion of feces from the intestine and hence, clean the system. It also activates intestines so that the inner layer of intestines does not allow feces to deposit again.
- The powder is useful in the treatment of colic, distension, anorexia, heaviness, nausea, abdominal pain and other disorders.

Intake process and dose

Take one teaspoon or according to the requirement at night while going to bed with lukewarm water.

Divya Vatari Churna

Main ingredients

Śuñthī, *aśvagandhā*, *surañjāna*, *meithī*, *kuṭakī*, etc.

Therapeutic uses

- It is useful in all *vāta* diseases, gout, rheumatism, joint pains, body pain and other such disorders.
- It alleviates vitiated *vāta* and hence, useful in rheumatoid arthritis, sciatica, lumbago and waist pain.

Intake process and dose

Take 2-4 grams, two times a day, with lukewarm water or milk after lunch and dinner.

Divya Ashmarihara Rasa

Main ingredients

Yavakṣāra, *mūlī kṣāra*, *śveta parpaṭī*, *hajarulayahūda*, etc.

Therapeutic uses

- It is in powder form and is diuretic; dissolves deposited calculi and takes it out from the body; relieves complications as well as pain caused by it; removes edema and kidney pain; stops the tendency of stone formation. The intake of this medicine stops calculi formation from the body forever.
- The use of this medicine alleviates burning micturition and eliminates the deposited toxins from the body.

Intake process and dose

Take 1-2 grams of *Aśmarīhara Rasa* on an empty stomach in the morning and in the evening after 5-6 hours of lunch, with *Aśmarīhara Kwātha*. *Aśmarīhara Rasa* can also be taken with normal water instead of decoction (*Kwātha*).

Divya Peedantaka Rasa

Main ingredients

Ajawayan, nirgunḍī, suraṅjana mūthī, aśvagandhā, rāsna, sugandha vasurai, mothā, mahavatvidvansak rasa, pravala pishti, shilajit, moti pishti, shuddha kupīlu, hirak bhasma, daśhmūla, giloya, yograja guggulu, mandoor bhasma and swarnamakshik bhasma, etc.

Therapeutic uses

It is very beneficial in joints pain, arthritis, lumbago, cervical spondylosis, sciatica and other such diseases. It gives immediate and permanent relief in all physical pains.

Intake process and dose

1 or 2 tablets twice a day, after meals, with milk or luke warm water.

Divya Shvasari Rasa

Main ingredients

Pravala pishti, abhrak bhasma, muktashukti bhasma, ṭaṅkaṇa bhasma, sphaṭika bhasma, godantī, bhasma, kapardaka bhasma, akarkarā, lavaṅga, dālcīnī, trikaṭu cūrṇa, kākdarāsingī, madhuyaṣṭī, rudantī phala and others.

Therapeutic uses

- Shvasari Rasa activates the cells of the lungs. It alleviates respiratory tract and lung inflammation, due to which adequate oxygen is supplied to the lungs which helps to alleviate chronic diseases like bronchitis.
- Its use enhances easy expulsion of cough deposited in the lungs.
- It also enhances immune power of the lungs and treat cough, catarrh, coryza, repeated bout of sneezing, bronchial asthma, heaviness in head and sinus. It is the best tonic to nourish the lungs.

Intake process and dose

Take 500 mg to 1 gram, two or three times a day before meals with honey or lukewarm water. It can also be taken after meals. If there

is hyper-breathing, mix 50 grams of *Śvāsāri Rasa* in 10 grams of *Pravala Pishti* and 10 grams of *Abhraka bhasma* and make 60 doses. Take 1-1 dose, two or three times a day with honey.

Amla Rasa

Therapeutic uses

It is the best available tonic for premature graying of hair, scanty growth, hair loss, baldness and all other hair related problems. It is also an excellent medicine for eyes and vision problems. It can help in removing spectacles. Its regular use can help maintain digestive, respiratory, reproductive and excretory systems. It also shields body from the geriatric diseases. Amla juice act as a best rejuvenating and aphrodisiac agent. Amla is the best medicine to maintain health of a healthy persons and make the body disease free. In Ayurveda, Amla is equivalent to nectar. It is anti-aging and improves body immunity. It is cool in potency and hence, gives immediate relief in *pitta* disorders. It balances *vāta*, *pitta* and *kapha* and hence treats all the diseases. Its regular use enhance complexion and brightens the color.

Intake process and dose

In the morning, drink 25-50 ml of amla juice with lukewarm or normal water on an empty stomach. It can also be mixed with aloe vera juice. It gives relief in gastric troubles and other stomach disorders. Amla juice can also taken in the evening, after dinner.

Aloe Vera Juice

Therapeutic uses

It keeps the digestion healthy. It is very effective in gastric disorders, acidity, joint pain, cancer, colitis, sexual disorders, *dhātu* impairment, leucorrhea, metrorrhagia and all the gynecological diseases. If aloe vera and amla juice are taken together at an ambrosial hour (*brahma muhūrta*) on an empty stomach and in the evening after meal regularly, a person can live a disease-free life for a longer duration.

Intake process and dose

Take 25-50 ml of aloe vera juice, after which drink water. In the evening also it can be taken with water, after meal. Aloe vera juice, can also be taken in combination with amla juice and wheat grass juice.

Divya Kanti Lepa

Main ingredients

Āmāhaldī, mañjiṣṭhā, sugandha bālā, sphaṭika bhasma, samudrafena, Henna leaves and seeds, catechu, camphor, turmeric, nutmeg, white sandalwood and others.

Therapeutic uses

- Its external application is useful in various skin problems like acne, wrinkles, blemishes, pigmentation, loss of radiance, etc.

Application of this paste allay all the complaints of skin, the skin again becomes healthy, natural beauty of the face reappears, it also promotes radiance on the face.

Intake process and dose

Take one teaspoon of powder and mix with rose water (*gulāba jala*) or unboiled milk and prepare a paste. Apply it for 3-4 hours and wash it off with lukewarm water.

Divya Amrita Rasayana

Main ingredients

Āmvalā piṣṭī, kesara, brāhmī, śaṅkhapusṭī, śatāvāra, kauñca bīja, pravāla piṣṭī, almonds, cardamom, cinnamon, cow's *ghee* (clarified butter), etc.

Therapeutic uses

- Exceedingly useful rejuvenator that gives full nourishment to the brain, intellect promoting, cooling and promoter of strength, nourishment as well as health to the whole body.
- It strengthens the body, improves body luster, glow and particularly good for eyes. As it is cooling and rejuvenating, it is best to use it in summer season.
- It is an excellent tonic for students and intellectuals.

Intake process and dose

Take 1-2 teaspoons (10-20 gm) in the morning and evening with milk. It can also be used as a *chutney* along with meals.

Drishti Eye Drop

Therapeutic uses

Instil 2 drops of medicine in the eyes, regularly. It helps cure cataract problem. It is a miraculous medicine for several eye problems such as poor vision at young age, myopia, hypermyopia impairment, allergy of eyes, glaucoma, cataract, double vision, color vision, retinitis pigmentosa, night blindness or nyctalopia, uvetis and other ophthalmic diseases. In case of glaucoma, it helps in lowering the intra-ocular pressure, which subsequently results in curing the disorder.

Intake process and dose

Put 1-2 drops in the eyes, every morning and evening. For children, mix it with rose water (*gulāba jala*) and store it for regular use. Add 5 ml of Drishti Eye Drop in 5 ml of *gulāba jala*, which is good for the use for children and tender-natured people.

Divya Dhara

Main ingredients

Peppermint, camphor, clove oil, ajowan extract, etc.

Therapeutic uses and intake process

1. Mix 5 - 10 drops of Divya Dhara in fennel seed extract and give to the patient, at an interval of 15 minutes, in cholera. When the condition of the patient starts improving, increase the time interval of doses, give the medicine after a gap of half-an-hour, one hour, two hours and so on. The medicine gives immediate relief from cholera.
2. It is useful in headache, tooth ache, ear ache, epistaxis, cough, indigestion and dyspepsia.
3. In case of headache, apply 3-4 drops of the medicine. Over the forehead and rub gently. Also inhale 1-2 drops for instant relief in head ache. In case of tooth ache, dip the cotton in Divya Dhara and put it on the affected tooth.
4. In abdominal disorders like colic pain, distension, flatulence and other abdominal disorders, pour 3-4 drops of the medicine in sugar ball or in lukewarm water, and take orally. Also snuffing it, with the help of handkerchief, or applying on the chest gives relief in bronchial asthma or dyspnoea. If a patient is unable to snuff it, due to

severe attack of asthma, then add 4-5 drops of Divya Dhara in half to one liter of water. Inhalation of its vapors gives instant relief.

Divya Dantmanjana

Main ingredients

Its ingredients include camphor, peppermint, rock salt, clove, black salt, small pepper, *babūla*, *nīma*, *maulasarī*, *tumbrū*, *mājūphala*, *akarakarā*, *samudrafena* and *sphatika bhasma*.

Therapeutic uses

- Its use alleviates halitosis, anorexia and other such disorders. It also strengthens the gums and stop discharge of pus and blood, thereby alleviates pyorrhea and also removes food particles from between the teeth.
- Its use alleviates disorders of teeth and gums.

Mode of application

The tooth powder can be used with finger. Take it on the tip of the finger and massage gently on the teeth and gums. Tooth brush can also be used. Later clean the mouth with water. Use twice, in the morning as well as at night after dinner. The use of Divya tooth powder treats all dental disorders.

Divya Peya (Herbal Tea)

Main ingredients

Tejpatra, *javitri*, *aśvagandhā*, *somalatā*, *punarnavā*, *vāsā*, *citraka*, *ānvalā*, *banapsāphūla*, *brāhmī*, *śaṅkhapuspi*, *cavya*, *nāgaramoṭha*, *arjuna*, cinnamon, cardamom, clove, sandalwood, nutmeg, black pepper, rose flowers, lotus flowers, white sandal, fennel, dry ginger, holy basil and small pepper.

Therapeutic uses

- An *Āyurvedic* drink with a sweet taste, free from narcotic effect and an excellent *Āyurvedic* alternative to tea.
- This drink develops immune power in the body so that cough and other such diseases can not attack the system. If due to some reason, any disease attacks the body, it is easily driven out.
- Its consumption alleviates dyspepsia. It stimulates power of digestion, strengthens the body and mind, and calms the mind. It also regulates cholesterol and protect from cardiac diseases.

- The Divya Peya supplies strength to the liver. The best thing is that it does not destroy the milk fat and is without tannin content. The variety of teas available in the market have high tannin content, the consumption of which causes constipation, gastric troubles and acidity.

Intake process and dose

Prepare like a normal tea. Take the same quantity as of normal tea or can even take less compared to normal tea leaves. Boil it for a longer period, as compared to normal tea. More boiling yields more benefit of herbs added in the preparation. Add sugar according to your taste.

For the natural protection of the entire body and beauty, the best health promoting herbal products manufactured by Patanjali Āyurveda*

Beauty products are not merely used as cosmetics instead they are strong source to make the body clean, clear and pure. Today, various beauty products that are available in the market are chemical based and are eventually detrimental for the body. Various harmful chemicals mixed to them do immense harm to the skin and body parts. Taking in account of all such things, Divya Pharmacy / Patanjali Āyurveda has started a series of various health and herbal products including body cleaner, hair cleanser, tooth paste and other beauty products and high quality health products, prepared purely by Āyurvedic and herbal medicines so that the people would get original essence, color and nature of ingredients, which do not have any side effects or any adverse effect on the body.

Specific products of Patanjali Āyurveda for the natural beauty and haircare

Hair Cleansers

1. **Patanjali Keshkanti Hair cleanser,** 2. **Patanjali Keshkanti Milk Protein Hair Cleanser,** 3. **Patanjali Keshkanti Reetha Hair Cleanser,** 4. **Patanjali Keshkanti Anti-dandruff Hair Cleanser.**

These products reduce the dryness of hair and remove dandruff, and enhance the beauty of hair. The ingredients include *bhṛīṅgarāja*, *śikākāī* and *āmvalā*, that gives immense strength to the hair. *Rīthā*,

* For complete information read "Swadeshi Product Guide", available free of cost at all the centers of Patanjali Āyurveda.

neem, tagar, bakuchi and *haldi* treats bacterial infections. Its use prevents hair fall and premature graying of hair, and hence, makes hair shiny and healthy.

2. **Patanjali Tejas Telam**

Tejas Telam strengthens the muscles, makes the skin beautiful by adding glow to it and also provide protection and health to the hair. The ingredients include almond, olive, walnut, sun flower and ground nut oils to smoothen the skin. Mustard oil, sesame oil and castor oil also treat different skin problems and brightens the skin. It is equally useful for children, aged people and women .

3. **Divya Kesh Tel**

Its a very good hair tonic. It prevents untimely hair loss, dandruff and baldness. Its application makes hair healthy and dense; it also prevents premature graying of hair. It is prepared by a mixture of many celestial (*divya*) herbs, which promote strength to the eyes, coolness and energy to the brain. It is beneficial in head ache and all types of cranial disorders.

4. **Patanjali Tejas Nariyal Tel**

The oil which is full of taste, aroma and natural properties, free from any adulteration. Its use makes hair healthy and dense and also treat hair diseases.

Herbal beauty products having quality of herbal medicines and the secret of beauty

Using these products daily, while taking bath nourishes the skin. It protects the skin from different diseases and also smoothenes the dry skin.

1. **Patanjali Kanti Aloe Vera Body Cleanser**
2. **Patanjali Kanti Panchgavya**
3. **Patanjali Somya Haldi Chandan Soap**
4. **Patanjali Kanti Neem Soap**

5. **Patanjali Ojas Mogra Soap**

6. **Patanjali Ojas Multani Soap**

7. **Patanjali Ojas Mint Soap**

8. **Patanjali Ojas Aquafresh Soap**

Tasty and Energizing Linctus

Linctus have their own importance in *Āyurvedic* Treatment System. Today everybody who knows *Āyurveda* is well aware of chavyanprash. However, herbal medicines which are used in the preparation of these linctus are used in less quantity by manufacturers due to rare availability, lack of proper identification and high in cost. Hence, the commercial interests of the manufacturing companies are served but not that of the consumer. But here in Patanjali *Āyurveda* products, we consider for the benefit of common man at the top priority. Our endeavour is to make it by searching out the scarcely available rare herbs, identify them properly and putting it in an appropriate proportion as prescribed in the formulae so that the product can be manufactured, as described in the ancient treatises.

1. **Patanjali Amrita Rasayan**
2. **Patanjali Chavyanprasha**
3. **Patanjali Badam Pak**

Healthy Medicinal Drinks and Sherbats

Sherbat is a popular and effective tradition of *Āyurvedic* treatment system, which obviously is famous in the entire country. But to maintain the quality, one has to keep attention on the ingredients, including raw medicines, extracts and other mixtures. Being sweet in taste and cool in nature, sherbets are supposed to be easy drinks. In the warmer weather, they are the best energy drinks, which removes fatigue and provides instant energy.

Sherbats

1. Patanjali Gulab Sherbat
2. Patanjali Kesar Badam Sherbat
3. Patanjali Aam Sherbat
4. Patanjali Brahmi Sherbat
5. Patanjali Bel Sherbat
6. Patanjali Khas Sherbat
7. Patanjali Lemon Squash

These Sherbats are stomachic, digestive & apertitic in nature. Its intake helps in the treatment of anorexia, indigestion, burning micturition, depression, stress, anxiety, mental weakness and other problems.

Drinks

1. Patanjali Apple Juice
2. Patanjali Mango (Aam) Squash
3. Patanjali Orange Squash
4. Patanjali Special Thandai
5. Patanjali Amla Amrit
6. Patanjali Aam Panna (Sherbat)

All these drinks are refreshing, provides energy, freshness and strength to the body and remove all disorders.

Medicinal Candies and Succades

There is always a tradition to serve *sātvik* foods and drinks to the guests in our country from the ancient time. Keeping this in mind, Patanjali has prepared various candies and succades made from gooseberry (*āmvalā*), carrot, Bengal quince (*bela*) and apple with all cleanliness and quality in ultramodern machines, so that countrymen can get health along with taste.

1. Patanjali Amla Candy
2. Patanjali Amla Murabba
3. Patanjali Amla Chatpata
4. Patanjali Bael Candy
5. Patanjali Gajar Murabba
6. Patanjali Bael Murabba
7. Patanjali Harad Murabba
8. Patanjali Apple Murabba

The consumption of these products increases immune power and alleviates all disorders.

Health Promoting and Tasty Digestive Medicines

Acidity, indigestion, over-eating, loss of appetite, letharginess after meals have become a very common problem among people, today. With the help of digestive group of medicines, these problems can be rooted out. As per your choice, before and after meals, the use of these products in daily life keeps you sporty and energetic.

1. **Patanjali Pachak Ajwain with Aloe Vera**
2. **Patanjali Pachak Methi Nimbu**
3. **Patanjali Pachak Shodhit Harada**
4. **Patanjali Pachak Anardana Goli**
5. **Patanjali Pachak Chuhara Khatta Meetha**
6. **Patanjali Pachak Hing Peda**
7. **Patanjali Pachak Hing Goli**
8. **Patanjali Jeera Khatti Meethi Goli**
9. **Patanjali Pachak Anardana Churna**
10. **Patanjali Pachak Jaljeera**

***Sātvik* Food Products**

(Health promoting Atta, Dalia and Besan, etc.)

Production of health promoting and high quality flour, navratna flour, organic flour and gram flour, etc. using variety of cereals and pulses in modernized mills is presented as a strong option to the consumers against the commercialized low quality production of such products in the market. The forte of these flour mills is their cryogenic grinding technology, which is a cool grinding procedure. The heat generated while grinding in ordinary mills destroys nutritional value of wheat grain while this technique prevents destruction of micro nutrients and essential elements of cereals. Moreover, it reduces waste of electrical energy as well. You can use these health promoting and nutritious products confidentially.

1. **Patanjali Navratan Atta**
2. **Patanjali Gehu Atta**
4. **Patanjali Besan**
5. **Patanjali Daliya**
6. **Patanjali Pushtahar Daliya**

Patanjali Masale/Spices (Healthy and Tasty)

Since ancient times, spices are used in *Āyurveda* to alleviate various ailments. Currently, spices are mostly used for taste and aroma, rather than to its medicinal importance. Patanjali spices have intense aroma and taste and medicinal properties. As arogya masale prepared by Divya Pharmacy and Patanjali *Āyurveda* contains high quality herbs and aromatic medicinal substances, hence, on consuming you get both taste as well as health benefit.

1. **Patanjali Choti Sauf**
2. **Patanjali Kali Sarso**
3. **Patanjali Tejpatra**
4. **Patanjali Kali Mirch**
5. **Patanjali Ajwain**
6. **Patanjali Dalchini**
7. **Patanjali Long**
8. **Patanjali Sabut Dhania**
9. **Patanjali Jeera**
10. **Patanjali Sauf**
11. **Patanjali Maithi Dana**
12. **Patanjali Ilayachi**

13. Patanjali Mulethi
14. Patanjali Javitri
15. Patanjali Jayafal
16. Patanjali Heeng
17. Patanjali Pisi Kali Mirch
18. Patanjali Pisa Dhania
19. Patanjali Saunth
20. Patanjali Aamchur
21. Patanjali Pisi Haldi
22. Patanjali Chat Masala
23. Patanjali Chole Masala
24. Patanjali Dal Makhani Masala
25. Patanjali Subzi Masala
26. Patanjali Garam Masala
27. Patanjali Karonji Masala
28. Patanjali Raita Masala
29. Patanjali Rajma Masala
30. Patanjali Sambhar Masala

**Other products having medicinal properties
along with health and taste**

1. Patanjali Biscuit
2. Patanjali Marry Biscuit
3. Patanjali Nariyal Biscuit

4. **Patanjali Namkeen Biscuit**
5. **Patanjali Mix Fruit Jam**
6. **Patanjali Pineapple Jam**
7. **Patanjali Seb Chutney**
8. **Patanjali Honey**
9. **Patanjali Lichi Shahad**
10. **Patanjali Shahad Multiflora**
11. **Patanjali Madhuram**
12. **Patanjali Sarso Ka Tel**
13. **Patanjali Cow's Pure Ghee**
14. **Patanjali Amla Supachya Achar**
15. **Kesar**

Creams, gel, lotion and balms to protect natural beauty, luster and radiance of skin

These products prepared from different herbs are useful for the skin. They are used in all types of skin problems like acne, pimples, dullness, wrinkles, freckles, dark spots, pale skin and other problems. It also reinvogerate, rejuvenate and regenerate the diseased skin.

1. **Tejas Anti Wrinkle Cream**
2. **Aloe Vera Gel**
3. **Tejas Body Lotion**
4. **Saundarya Face Wash**
5. **Tejas Beauty Cream**
6. **Patanjali Pain Reliever**
7. **Patanjali Balm**
8. **Patanjali Crack Heal Cream**

Special Patanjali Products for Dental Care

Patanjali tooth powder and tooth paste prepared from variety of medicinal herbs provide complete dental care. The *akarkarā* and *babūla* present in it, gives strength to the gums. *Neem*, *tibru*, turmeric and clove gives protection from the germs. Peppermint and long pepper freshens the mouth; *pīlu* and *mājūfala* provides strength to the roots of teeth. Hence, the regular use of dantkanti treats pyorrhea, gingivitis, tooth ache, bad breath (halitosis) and swelling of the gums.

1. **Patanjali Dantkanti Dental Cream**
2. **Divya Dant Manjan**