

HEALTH TIPS FROM AYURVEDA

Acidity :

Mix Ajwain (caraway seeds), Black salt and misri (patika bellam) in equal proportion. Eat it chewing nicely whenever you have the problem of acidity. Note- 1. Acidity results of eating stale food. Try to eat fresh food always.



2. Don't drink water 40 minutes before and after eating food, however you can drink milk, juice, Kari, matha just after eating food.

Arthritis, Osteoarthritis :



1) Put 5 leaves of Coral Jasmine (Harsingar) and heat it in 1 glass of water till it becomes half. Then drink the solution early morning (before brushing your teeth) in sips like you drink tea. This solution not only gives relief in arthritis but removes pain in all parts of the body.

2) Patients of age 45 (Especially women) and more should always mix 1-2 gm of lime (chuna) in vegetables after preparing it. After the age of 45, the calcium which the body needs can't be fulfilled by the calcium which you get from the vegetables and fruits. So this lime will fulfill the requirements.



Directions- Mix 2-3 gm of lime (chuna) in Dal or vegetable after preparing it. Lime has a high content of calcium in it, which will help your bones get stronger and the pain will slowly decrease and finish.

Asthma :



Take one Trilof (Indica, Dambel) leaf, and after putting a black pepper (kali mirch, golki) inside, chew it like a pan. Doing this for 3 days, patients of Asthma get almost full relief. If you don't get full relief after 3 days then carry it out for 7 days. But completely remove it from body. After eating 3-7

leaves.

Restrictions- Up to 1 month don't give the patients Ghee, Sour and cold things. Give oil products as less as possible, good if not given.

Note- Some patients after eating can vomit, no need to get worried because this is a common phenomenon, when all the cough will come out then vomiting will automatically stop.

Directions for Use- Take this solution 2 times a day for 30-90 days.

Cold and Cough :

For Adult

Take seven leaves of Tulsi (Basil) plant, 5 cloves (loong). Break the Cloves in small pieces and tear the tulsi leaves in small parts. Take one glass full of water (250ml) and put tulsi leaves and cloves in it. Heat this mixture until it becomes half. After getting it down from the gas-stove put a little black salt (sendha namak) in the mixture. Now drink this mixture in sips like you drink Tea. Don't let it get cold. Take steam using a towel after 15 minutes. Take this solution 2 times a day for 3 days.

Directions for Use - Take this solution 2 times a day for 3 days.

Results -After 1-2 dose you will start getting results.



Small Children (upto 8 years old)



Take out 5-7 drops of Tulsi (Basil) juice, 5-7 drops of Ginger (Garlic) juice and then mix it with 1/2 teaspoon honey, and give it to small children. This mixture can also be given to new born baby in

small amount. The results can be seen very quickly. This is a very common home made medicine.

Directions for Use- Take this solution 3 times a day for 3 days.

Conjunctivitis :

As soon as you see your eyes are getting red, put your saliva in your eyes, repeat this 3 times a day and your eyes will be cured. Any other ayurvedic medicine can cure it in 3 days but your own saliva will give you results in one day only. This medicine is always available with us 24*7 and without any cost, so why not use it.



Crack heals :

Ingredients needed

1. Mustard oil (Sarso tel)-50 ml
2. Desi wax (mom)-20 gram
3. Camphor (Desi kapur)-50 gram



Wax Camphor Mustard oil

Heat the Mustard oil, when the mustard oil becomes hot then start adding wax in it slowly. When wax has melted down then bring the container down from the gas-oven, and leave it for some time. When it's slightly hot, add kapur in it. Apply this cream prepared by you on the cracks of heel before sleeping. After 1-2 days you can see the difference. The cracks will be healed.

Cracks of Lips :



Every day after your bath, apply Mustard (Sarso) oil in the navel and moisturize it. The cracks in the lips will go and also your face will look brighter than before. Research shows you lose up to 10 times more moisture through your lips than you do elsewhere on the face or body.

Causes-

1. Not Drinking adequate amount of water.
2. Cosmetic products which you use on your lips.
3. Deficiency in Nutrients.

Children's bedwetting during sleep :

Cut 4-5 Dates (Khajur) small pieces and mix it with milk and then heat the milk till it becomes half. Then ask the child to eat the khajur and also the milk.



Results- Repeat this for 2 weeks, and you will see the results.

Colour blindness :



Put 1-2 drops of kumari Desi Cow's urine everyday 2 times. Diseases like night blindness, colour blindness will slowly disappear. This will take time of 6 months or more but you can feel the difference after 15-20 days only. Put 1-2 drops of it 2 times a day, when you are going to sleep. We have seen patients

curing, be patient and continue it, because its

giving results and curing the disease 100%.
Precaution- Results will be there only if you use kumari Desi Cow's urine.

Cataract :

Put 1-1 drop of desi cows child urine (Kumari gaay ka mutra) in the eyes two times a day.

Result- Glaucoma-4-4months.

Retinal Detachment- 1 year

Cataract-3-4 months.

Remove your spectacles- 3 months.

It will take time, but continue it, Retinal Detachment can take 1 year also to cure completely. As we all know Retinal Detachment has no treatment in Allopathic but this has given us very good results and after that only we are suggesting you.



Dysentery, Diarrhea, Stomach ache :

1. Mix 5-6 drops of Lemon (nibu) juice in half glass of raw milk and drink it immediately before the milk particles breaks apart. Take this solution 2 times a day for 3 days.

Results- After taking it once or twice you will get results.





2. Take ½ teaspoon of jeera (Cumin seeds), and chew it nicely. As soon as you feel that there is something wrong with your stomach, eat jeera. This is used by our mother and grandmothers from ancient times and treating their children very easily. Take it 3 times a day.

Diabetes :

1. Make powder of Dal chini and mix 1/2 teaspoon of it in 1/2 glass of hot water and drink this solution early morning before eating or brushing your teeth. After having this solution wait for about 30 min and then eat something. Continue it for 30 days and your sugar level will come down to normal.

2. Take 100 gm of Methi dana (fenugreek), 100 gm of Tej patta (bay leaf), 150 gm of Jamun seeds and 250 gm of Beli patra and make a paste of it and keep it in a container. Everyday take one teaspoon of this powder with water one hour before eating your lunch and dinner.

Avoid Sugar in all forms as it is poisonous & bad for health. Eat Gud (Jaggery) that too Organic Gud. It helps to digest food & reduce body fats.



Dark Circle :

Apply the saliva of your mouth on the dark circles. Do this for a month, the dark circles will disappear. You can see the changes after 8-10 days only.

The main reason of dark circle is inadequate sleep, or increased stress on eyes because of watching too much tv or sitting in front of the computer screen for very long. Sometimes the problems in other organs or part of the body results in Dark Circle. You must take at least of 7-8 hours of sleep everyday and take breaks when working on computer or watching TV.



Fever :



Smash 5 tulsi (Basil) leaves and 5 black pepper (kali mirch, golgi) together and then mix it in one glass of water. Heat this mixture until it becomes half. After getting it down from the gas-stove drink this mixture in sips like you drink tea.

Directions for Use- Take this solution 2 times a day for 3 days.

Results- After 1-2 dose you will start getting results.

Gout (Gathiya)

1. Take Dried Ginger (Suth), Turmeric (haldi) and fenugreek (Methi) in 1:1:1 proportion and make a powder of it. Mix one teaspoon of this powder in one glass of hot water and drink this solution in the morning and evening. Take this solution before brushing your teeth in the morning and wait for 30 minutes



Dried Ginger Methi Dana Turmeric

and then eat food. In the evening if you are going to take medicine at 4:30 then don't eat anything between 4 o'clock and 5 o'clock.

Result-You will get the results in 4-10 days. Some patients get results early and some patients take some time. Take this solution until you get complete results.



2. Take 5 leaves of Coral Jasmine (Harsingar / Rat Rani / Shefali / Paarijat) and make a paste of it. Mix this paste with one glass of water and heat it till the water becomes half. Then drink this solution in sips like you drink tea, don't let it get cold. Repeat this until you are completely cured.

Result-You will get the results the same day or in 2 days.

Precautions- But don't take it for more than 3 months as your body will get addicted to it.

Note- From the above two points, apply only one at a time.

Headache, Cough and cold, Insomnia or not getting sleep, Migraine, Blowing Nose (Kharata), Help me sleep tips.

Heat the Desi Gaay Ghee slightly so that it gets melted and then put 1-1 drops of it into both the Cartilages (holes) of the nose, and then slowly pull it through your nose. It will be best if you prepare it at home or you can purchase it from us.

Note- 1.The ghee is in solid form, so you should heat it so that it turns to liquid.

2. Always keep your head in the east or in the south, it helps you to get sleep.

Precaution- Use only Desi Gaay Ghee only, don't use ghee made up of Jersey, Holstein, hybrid and buffalo.



Hysteria (vatanmad) and Night blindness :

White Onion juice - 10 ml Honey - 10 ml

Mix this in equal amount and put 2-2 drops in the eyes every day two times. We will see the difference in 15-20 days. Continue it till you recover, it takes some time but you will get cured completely.



High Blood Pressure :



What is High blood pressure

Hypertension (HTN) or high blood pressure is the condition where the flow of blood in the vessels which carry blood away from the heart increases.

Causes of High blood pressure

❖ Hypertension occurs in about 8-10% of pregnancies and sometimes it becomes serious and the stats are shocking to know that 16% of all pregnant women deaths are the cause of high blood pressure.

❖ Ecological factors - Pollution, lot of Noise

◆ Living style factors- Alcohol consumption

13.9 Crore people in India have high blood pressure and we contributing about 14% of total population.

Average Blood Pressure Levels

Young people	120 (mmHg)	80 (mmHg)
Old people (above 60)	140 (mmHg)	90 (mmHg)

MmHg- millimeter of mercury

Treatment of High blood pressure:

1. Take 5 leaves of Bell and make a paste of it. Mix this paste with one glass of water and heat it till the water becomes half, then drink this like you drink tea. Don't let the solution to get too cold because it works best when it is hot.

Result- Your blood pressure will start coming down after first dose only, but continue it uptil 3 months and you will completely get cured, and the disease will not return to you further.

2. 8-10 thaniya (cilantro) leaves, 8-10 peeper (golki) and 8-10 tulsi (Basil) leaves, make a paste of it and mix this paste with one glass of bottle gourd (loki) juice. Drink this solution 2 times a day, once early morning before brushing your teeth and in the evening. Wait for atleast 30 minutes after having this solution and then you can eat food.



Note- Your blood pressure will start coming down after first dose only, but continue it uptil 3 months and you will completely get cured, and the disease will not return to you further.



3. Take 15-20 gm of methi (fenugreek) at night and keep it water, so that it absorbs water. Then in early morning before brushing your teeth eat this methi which has absorbed water (don't just swallow it) and also drink the water left out in the container. This is a very easy and effective method to make your blood pressure level normal. IF you are suffering from any PIT diseases then don't eat methi.

4. Anar (Pomegranate) juice and fresh urine of Desi cow (gomutra) is also very useful. Fresh urine of Desi cow is one of the rare things which can control all three types of doshas VAT, PIT and KAF. Drink 50 ml (1/2 of a glass) of gomutra empty stomach in the morning.

Note- If the urine (Gomutra) is pure then you can drink it Raw, But if it is not fresh then add 5 ml of drinking water and then drink it. 45 days of gomutra can cure very high blood pressure.



Low Blood Pressure

What is Low blood pressure?

A low blood pressure is the situation when there is not adequate supply of blood to the brain, heart, lungs and other important organs of the body and as result of it Dizziness, lightheaded and sometimes you faint before you understand what's happened.

Causes of Low blood pressure

- Low blood volume
- Allopathy medicines
- Heart problems
- Anemia- deficiency of Hemoglobin in the blood which carries oxygen in the blood



Treatment of Low blood pressure:

1. Take cream (malai) of milk, butter and Misri (patika bellam) together in same amount. Take care that the creamy milk and butter should be fresh. Have this two times, once in the morning and in the evening.



Continue it for 3 months and you will be completely cured.

Result-Dont worry about results, it gives results the same day.

2. Take Kismis or Mukanna at night and put it in a bowl of water, so that it can absorb water. Eat this kismis in the morning before brushing your teeth. Continue it for 3 months and your blood pressure level will be normal.

Note- Low blood pressure is not a serious disease, but can be the cause of many other diseases entering the body. So it must be cured completely.

Hair Fall :



Take 1 litre of Desi Cow milk and prepare Curd (Dahi), then keep this Curd in a Bronze (tabha) utensil for 5-6 days, this curd will turn green, now apply this on your hair and keep it for 1 hour and then wash it. You can repeat this 3-4 times a month. It is the best conditioner for hair.

Results- 1. Your hair will get stronger and the hair fall problem will be solved.
2. Dandruff will also vanish.

Jaundice, Hepatitis :

Take 1 glass of sugar-cane juice and mix Lime (chuna) equal to 1 gm (equal to 1 grain weight), take this 2-3 times a day, you will see the effects in 2 days, how serious the patient may be. Continue it for 9-10 days and you will fully recover.

Mouth ulcers (Muh ka challa) :

If you are having regular problems of mouth ulcers:-

When you Drink water, move the water in your mouth for about 2 seconds, so that the saliva in your mouth gets mixed with water.

If you follow this method you will never suffer from this problem again. Everyone should drink water this way only, because the saliva in the mouth goes inside and fights germs which can be the cause of many diseases.

If you want to treat it immediately:-

1. Take a neem stem (Daton) move it in your mouth like you move your Brush and also move around the mouth ulcers, your ulcers will be cured immediately.
2. Buy a homeopathic medicine named Borax 200 from any homeopathic medicine store. Take 2-3 drops three times a day.



T.B. (Tuberculosis) :

Drink half glass of desi kumari cows urine everyday in the morning before brushing your teeth and eating something. You should wait for a hour before you eat anything.

Note- If the urine (Gomutra) is pure then you can drink it Raw, But if it is not fresh then add 5 ml of drinking water and then drink it. 45 days of gomutra can cure very high blood pressure.

Thyroid :



Make paste of coriander (thaniya) and dissolve one teaspoon of it in one glass of hot water (50 degree). Drink this solution before brushing your teeth in the morning and wait for 30 minutes and then eat food. In the evening if you are going to take medicine at 4:30 then dont eat anything between 4'o clock and 5'o clock.

Drink this solution 2 times a day for 3 months and you will completely get cured. Allopathy can only control it and for that you have eat medicine uptil the last day of your life.

Tooth Ache :

1. Apply clove (loong) oil or powder in the teeth's using a cotton. You will get relief.

2. Mix turmeric in Mustard oil and heat it a little and apply it on your teeth. You will get relief very quickly.

Note- Don't use Tooth brush to clean your mouth, instead use Dant manjan, neem datun (stem) to clean your mouth. Our gums are very delicate, and those plastic bristles of brush are very hard, which can damage our gums. So sometimes you must have seen when you brush your teeth, blood starts coming out.

