



HOME REMEDIES PART - I

REMEDIES FROM TAMIL NADU PART - II



JAI GURUDEV



The medicines in this book have been gathered by our compassionate hearted Guru Sri Sri Sri Swamy Poornanandji from numerous accomplished siddha purushas and scholars and offered as a divine gift to us.

Our Thanks 🙏

Thanks to Rt. Prof. Dr. D.S. Koteswara Rao (Unclegaru),

And thanks to members of Botanical survey of India and National medicinal plants board, all the professors and scientists for their contribution in providing the herb and botanical names to mankind.

Regards,

Sweet Children of Swamyji,

Poornapadmakka & Poornapadmakka Batch

PART I – Home Remedies

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	2.Coffee: Indian Pennywort powder + black pepper + mishri+ dry ginger + coriander Seeds	Cure diabetes, free flow of urine, to increase hunger, to cure burning sensation in the body.	24
	3. Indian Pennywort leaf + ghee	Cure heat, cure the impurities that arises in a women's body after giving birth, cure the heart	25

		pain caused by heat, gas in the body	
	4-6 Indian Pennywort leaf, Indian Pennywort leaf Sharbat	Become intellect, mind becomes peaceful there are no desires, will reach the detached /renunciation state. Can achieve the impossible. To cure liver swellings.	25
	7. Indian Pennywort leaf + milk	Consume unnecessary medicines, eat unhealthy food and destroy their health, cures TB, cough, asthma, Breathlessness, itching on arms and legs, white discharge problems, white hair turns back into black hair and improves eyesight.	25-26
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	3. Veldt grape – women	Relief for women suffering from postpartum gases in uterus	27
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	1.Poison nut seeds, rectified spirit	Heart disease, cure swelling in hands and feet, give strength to the brain	27

	2. Poison nut tree bark powder + red ochre (Poongavi)	Cure hysteria, cure postpartum depression and the symptoms of hysteria	28-29
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	Lotus roots (bulbous roots), seeds, stems, leaves, lotus flowers, Phool makhana (Lotus Seeds), lotus leaf powder, Water lettuce (Aakasha Tamara) -Oil for all kinds of Vatas, 1-17	Fits due to epilepsy, diabetes, people who faint due to their head spinning, paralysis, heart pain, vomitings, liberation from poverty, improve blood, children have 103 degrees temperature, adults have 106 degrees temperature - their brain gets scald and causes them a lot of pain, cure blood pressure, clean the blood and the blood vessels, weakness in nerves, lotus wicks for diyas, brain and body strength, cure pains in the body from head to toe, back pain, hydrocele, white discharge	35-36-37
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		heal broken bones to join; heal ulcers	
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63	Castor Bean Plant – Trellis-Vine (Veliparuthi/ Dushtapu Chettu)	Diseases caused by Vata, pains that feel like being pricked with needles, swellings, tremors, cough, and respiratory diseases caused by phlegm. It stimulates appetite	41

64	Malabar Nut (Vasaka, Adadodai, Addasaramu)	BP (Blood Pressure), cough, shortness of breath, cure jaundice, Speech will return to those who are unable to speak	41
65	Shataavari 1-2	Cure diabetes, appear weak like skeleton, white discharge, feel feverish for a long time, remove internal heat, bad taste in the mouth, indigestion, loose motions, needle pricking like pains in the stomach.	41-42
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		Dysentery, Slimy/Mucus Stools, paralysis, all type of coughs, For all types of diarrhea, fever with chills – Malaria, Viral Fever, Flu; cure – hiccups, pimples; Swelling, rheumatic pains, joint pains; scorpions and centipedes bite, gain strength, increased virility, gastric related troubles, Indigestion, ushnavayu, and stomach pain will be cured.	
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81	By Swamyji - Karpura Shilajith (Godanti Bhasmam)	Cool down body and mind, cure white discharge problems, will increase virility in spiritual practitioners, strengthen bones and nervous system.	60
82	By Swamyji - Devil's Trumpet (Unmatta)	Drive away the devil	60
83	Amla	Remove vata, pitta and kapha doshas, increases life span in addition to curing diseases.	61
	1. By Swamyji -Amla Murabba	Eyesight and hearing will improve, increase vitamin C and Calcium, improve blood and cure white discharge problems	61
	2-6, Amla	Heal wounds, when children do not get teeth at the right time, or get crooked teeth, do not need dental braces, stop vomitings in	61-62

		pregnant women, improve memory, eyesight, subtle intellect and hair growth.	
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Jai Gurudev

Everyone knows that sometime back Swamyji appeared in my dream and conveyed that there is a lot that needs to be written. Here are some remedies that were sent by Tangaraju Annaya that are easily available and shared here. In here have covered natural remedies to cure illnesses caused by water, lumps in stomach, fibroids in uterus, and some other illnesses. All are requested to grow **two (Ocimum Tenuiflorum, commonly known as Holy Basil, Tulasi)** Krushna Tulasi (Dark Tulasi) plants in your home. One to offer prayers and the other to use in medicines. Most of the plant names are in Tamil and we are trying our best to translate them into **English/ Telugu / Hindi and Botanical Name** and share as much as possible. Please forgive all the children of Swamyji who have worked on this effort if there are any mistakes committed in our offering. This files can be found on the website.

Website: www.srisrisriswamypoornanandaji.org. Please make sure to use these home remedies.

Regards,

Sweet Child of Swamyji,

Poornapadmakka & Poornapadmakka Batch

Shop address where you can find the herbs mentioned in the book

M. Gopalan Asan, 151, Balamore Road, Near SBI ATM, Nagercoil-1, Tamil Nadu, India.

Phone No- 9894670713, Gpay No – 9842134544

Shop address where you can find Ashwagandha Herb

D. Gajendra Reddy, House No 1/2192, Weavers Colony, Yemmiganur, Kurnool District – 518360, Andhra Pradesh.

Phone No/Gpay No – 9533729953

Munnalal Dawaasaaj Shop address

Gowliguda Chaman, 15-5-55, Maharani Jhansi Rd, AfzalGunj, Hyderabad, Telangana – 500012.

Phone No- 9392026661, 9440569292

PART I – Home Remedies

Home Remedies as told by Sri Pulippaani Garu

1. Miracles of Tulasi (Holy Basil) Plant

1. **Every day Morning** – Tulsi Leaves - **3**; Black Pepper – **3**; Grind them together with some water. Add this mixture to a glass of water and drink to avoid the fear of illnesses.
2. **For Lustrous Skin** - By eating **3 Tulsi leaves** in the morning and **3 Tulsi leaves** in the evening regularly will have lustrous skin that glows like moonlight.
3. **Cure Skin Diseases** - People who consume Tulsi leaves every day will never get any skin diseases. If someone is already suffering from skin issues then they can be cured by eating Tulsi leaves daily and applying the juice of Tulsi leaves on the itchy, irritated, inflamed skin, the symptoms are cured and skin turns normal.
4. **If children get Chicken Pox**, – Take equal quantities of Tulsi leaves + Ginger + Carom Seeds (bishop's weed, or ajowan caraway) and grind into fine paste. Apply this paste to the skin for quick recovery.
5. **If children get Varicella (Pedda Ammavaru)**, applying Tulsi juice on skin will aid in quick recovery.
6. **If children vomit** – Grind Tulsi leaves with Honey and make into **small pea size balls** and make them swallow **2 balls** for relief.
7. **Remedy for Viral fevers (Irregular fever/Remittent fever/Visha Jwaram) and Regular fevers** – Take Tulsi juice equivalent to the weight of a **Rs 1 coin** and add the powder of **5 black peppers**; mix and drink.

Diet Restrictions while using this remedy – Do not eat Oil, Tamarind, and any kind of Chilies.

8. **If feel like getting a fever** – Take **8 Krushna Tulsi leaves** + dry Ginger powder (sonti) + Raw Cane-Sugar (Naatu chakara) together and chew it slowly with saliva and swallow.
 9. **Have fever and feel thirsty** – take **9 drops juice** of mature Tulsi leaves and add **250ml** of boiled and cooled water and drink. It will reduce the thirst.
 10. **Have fever with vomitings** – take **150 ml** boiled and cooled water and add **12 drops of Tulsi juice** and rock sugar (candy) equal to **25 paisa coin** in weight; Mix and make them drink it in small sips.
-

2. White Garlic (Solo Garlic)

1. **Have fever followed by fits – within 45 minutes** take Ginger + bark of Moringa tree + Solo Garlic + Mustard Seeds and make into a soft paste with the consistency of butter; apply this paste to the thumbs for relief.
 2. **To help ladies get pregnant** – Equal quantities of each of the following herbs are needed, root of white rosary pea plant + White Punarnava + Yellow fruit night shade (**A kind of brinjal /eggplant with thorns that grows close to ground, provides salvation, extremely bitter**) + Solo Garlic + Long Pepper + Black Pepper. Take **25 paisa Coin Weight** equivalent of each herb and grind them all together with Tulsi juice. This should be mixed in water and taken **1 time**. This medicine should be taken **72 hours** after menstrual periods have started (**3 days**). They need to repeat this process **for three months** during their periods, **once each month**. This will remove all issues with the uterus and help stay pregnant.
-

3. To Cure Gastric Troubles

1. Take Tulsi leaves + Black pepper (**each 25 paisa coin in weight**) grind them; mix it in Cow ghee and eat for **10 days**.
 2. Mix Tulsi juice + Ginger Juice and take **10ml** of it. All kinds of gastric troubles are eradicated.
 3. **To stop Diarrhea and Bloody Diarrhea** – chew Poppy seeds well till soft and swallow.
 4. **If having Diarrhea in excess** – in well boiled milk add poppy seeds powder + palm sugar + Cow ghee and mix well (**like chapati dough**). This mixture needs to be taken **3 times a day for 3 days**. (**one dose= one teaspoon of the mixture**)
 5. **White discharge problems** – Mix poppy seeds + cow milk + palm sugar + cow ghee and if eaten **3 times a day for 3 days** will cool the body and if eaten for **10 days** will give strength. (**1 teaspoon each serving**)
 6. **Urinary tract infections, burning, itching sensation while urinating** – eat **4-5 Tulsi leaves** daily for relief.
 7. **To stop white discharge** – soak Tulsi seeds overnight and next day morning grind them and add to **100 ml** water and drink.
-

4. To kill Worms in the Stomach

1. **For adults** - Mix juice of **7 Neem leaves** + honey and drink.
 2. **For children** – Mix juice of **7 tender Neem leaves** + honey and give to children.
The worms will die and are excreted from the body. This remedy works well for both adults and children.
-

5. Eye – Nose Ailments

1. **Cure nose related illnesses** – Dry the Tulsi leaves in shade; grind them into fine powder and sieve with a fine cloth and store. If this powder is inhaled (snuff) through the nose ailments related to the nose are cured.
 2. **Cannot see at night (Night Blindness)** – Everyday, **2 drops** of Krushna Tulsi leaves juice should be put in each eye for **48 days** continuously to help restore eyesight.
-

6. Blood related Ailments

1. **To cure diabetes and BP** - If periwinkle flowers are dried in the shade and powdered, and **1/2 teaspoon** of this powder is eaten everyday it will – cure Blood sugar and high Blood pressure; dilutes and clears Blood clots.
 2. **To cure diabetes** - Take Indian Blackberry seeds (Jamun seeds/ Black plum/ Java plum) and clearing nut seeds and roast them separately, cool, mix, grind and store the powder in an air tight container. Add this powder to water and boil well till it reduces, then add it to milk and make into tea and drink. This will cure diabetes.
 3. **To purify dirty water** - Make a fine paste of clearing nut seeds and add it to dirty/ impure water; all the impurities will settle in the bottom and pure water (alkaline water) is on top. Filter with a folded cloth that has 8 layers and drink this water to prevent illnesses and removes dust, insects etc.
-

7. To Cure Cough- Cold

1. **To treat Cough** – Take equal quantities of Tulsi leaves + Black pepper + Neem leaves; grind them into a paste and make **Bengal gram size balls**. Take these **4 times daily** to treat cough.
2. **Cold remedy** – Mix Tulsi leaves + peeled and grated ginger together and eat to cure cold.

3. **Dry cough remedy (cough that is caused by excessive heat in the body)** – Grind a **teaspoon of White peppers** and keep it aside. Take a **tablespoon of cow milk** and heat it. Once the milk is heated and flame is turned off, add the pepper powder to the milk, and mix. Apply it to the crown of the head, and all over the scalp. Take a head bath with hot water after **2 hours**. Repeat this Procedure **3 times in a week** for the cough to stop.
-

8. Normal Fits, and for Fits Occurring Suddenly

1. Tulsi juice + sea salt – mix together and take for **48 days**. Will cure.
-

9. Venomous Scorpion/ Snake Bite

1. **Scorpion Bite** – Apply Krushna Tulasi leaves juice to the impacted area and massage well. **Do not forget to wear gloves while doing so.**
2. **Snake Bite** – Make them drink Krushna Tulasi leaves juice till their tummy is full. If a person after being bitten by a snake are clenching their jaws and their body is cold, make sure to wear gloves and apply Tulsi leaves juice to the entire body and massage till their body temperature gets back to normal. Fill their mouth and their belly button (navel point) with the Tulasi leaf juice along with the massage. By doing so, someone near to their death will also recover and revive.

Rules to follow and Diet – For 5 Days need to drink Tulsi juice every morning and evening. Should eat food without any salt, and should not sleep for the first 2 days after being bitten (48 hours).

10. For all Types of Bugs/Insect Bites

1. Tulsi leaf juice + Cow Ghee + slaked lime, mix them together and boil the mixture in a bronze vessel (potha posina bronze vessel). Wear gloves and apply this mixture where the insect has bitten, it will cure the poison.

VERY IMPORTANT – Never underestimate insects/ flies/bugs. The fluid in their body is very acidic. Even if bitten in childhood the power of it remains in the blood and can still be felt in adulthood. Anytime bugs/ insects bite or touch us immediately mix the juice of Tulsi leaves + Lemon and apply on it for immediate relief.

11. Shataavari + Chitharathai Benefits

Place where these herbal powders are available – M. Gopalan Asan, 151, Balamore Road, Near SBI ATM, Nagercoil-1, Tamil Nadu, India. Phone No- 9894670713; Gpay No - 9842134544

Note: If you are purchasing these ingredients in a store, please make sure, it is in fine form if not, grind the ingredients into fine powder, sieve with a fine cloth and then use.

1. **Rotten, Decayed Teeth** – Grind Shataavari + Chitharathai into a fine powder. Sieve with a cloth and store in a bottle. For **9 days** use this powder to brush teeth. The decay caused by the bacteria in the teeth is cured and will get relief from pain
2. **Constipation (ailments with clean bowl movement)** - Take **25 paisa coin in weight** equivalent Shataavari powder+ Chitharathai powder, mix it in Castor oil and eat. Bowels will be cleaned; if any bugs/ worms are there, they will also die; it removes the three doshas and also balances the Vata, Pitta and Sleshma (Kapha) in the body.

(This entire universe is based on the five elements and Ayurvedic medicine is also based on them namely- Earth, Water, Fire, Air, and Space. A combination of these

elements creates the three doshas Vata, pitta and Kapha which are responsible for the physiological functions of the body including death)

3. **Treatment for gases causing indigestion** (Mandavaayuvu)– Take about **50 paise coin weight** equivalent powder of Shataavari + Chitharathai and add it to **150 ml** water. Boil this mixture and drink **3 times**. This will cure the gases caused by indigestion.
4. **Cure for all Diseases** – Take about **150gms** each equivalent powder of Shataavari, Chitharathai and mix it with honey. Make **Bengal gram size balls and take 4** of them every day. Can lead life without the fear of diseases.

12. MahaBhedi Churnam

1. Take equal quantities of Cassia italica (Nela Tangedu) + Himalayan rhubarb + Dry Ginger* (Sonti) + shell of Indian hog plum + Cumin Seeds + Tail rice (Thoka Biyam). Pound, then grind them into fine powder and store. Take **Rs 1 coin weight** equivalent of the powder + mix with Mishri and eat. **It cures gas in stomach, kills worms, eliminates all kinds of fevers along with constipation and gastric troubles.** The Vata, Pitta and Kapha in the body work in a balanced way. **This should be eaten only once in every “6 months.”**

*Note- Method to prepare dry ginger powder is given in **page no – 70**

13. Kayakalpa (One type of Medicine)

Pickle to slow down and reverse Physical Degeneration at a Cellular Level extending Lifespan.

Take equal quantities individually of, Black Pepper + Cumin Seeds + Sunamukhi (Surath Nela Tangedu) + Hemidesmus indicus (Nannari root). Make powder of

each one separately. Take **2 teaspoons** of each powder and **10 teaspoons** of Himalayan pink salt and mix together. Take **350 grams** (10 Palalu) of Surath Karakaya remove seeds, and grind the shell into powder. Take **1400 grams** of Ginger, peel the skin and cut into small pieces. Take juice of **50 Ripe Lemons**. In a wide mouthed Porcelain pickle jar pour the lemon juice and add all the above-mentioned powders, and ingredients, and mix them well, and place the jar in the sunlight, keep leaving it in the sunlight till some of the lemon juice is reduced. When the lemon juice is reduced then shift the dried pickle into a new Porcelain jar with lid, using a Porcelain spoon. Place the Porcelain lid on the jar and cover with cloth, and tightly tie with rope. For daily consumption, take some of the pickle into a small Porcelain container and store the rest. Make sure no one is touching this pickle with wet hands, wet spoon or during their periods time. **Every day eat this pickle in the first bite during a meal. The root causes for diseases - constipation, heart pain, Kapha due to heat etc. will all be removed and the body will become balanced. Can stay without the fear of diseases throughout life.**

14. Ways to Cure Illnesses without spending any Money

1. Always go whenever the urge to pee or poop occurs. Don't wait.
 2. Do not have too much interest in sexual desires.
 3. Do not drink too much water while eating. Instead use cow ghee and buttermilk generously while eating.
-

15. Water Therapy

1. Take water in a clay pot, boil, cool and consume daily, will cure - Fat, Phlegm (Mucus), Gastric troubles, Asthma, Cough, TB and Breathing problems. Will keep

the kidneys clean. At night, before going to bed need to drink “**Luke warm water**” only.

16. For Easy Bowel Movements

1. Add water to left over rice in the night. Next day morning filter that mixture, take the filtered water and add **50 ml Castor Oil** to it and drink, will have free bowel movements.
 2. Grind White Butterfly pea plant root with the Dry Ginger Decoction (Sonti kashayam). If taken motions will increase. No need to worry as buttermilk rice will stop the loose motions. Want to have more bowel movements, eating rice with rasam will help.
-

17. Medicine to Cure the Poison from Scorpion Bite

1. The green algae (scum/moss floating on water) + Sea Salt; mix them both together and grind. Apply the paste where the scorpion has bitten and wrap with a cotton cloth. On this cloth keep pouring water continuously for **15 minutes** to remove the poison.
2. When a Scorpion bites, immediately the body and head (skull) are heated. To cure the heat, take a head bath for **15 minutes** making sure water is flowing from the head covering all body parts and flowing down continuously (Use a large sieve to sprinkle water continuously all over the body as it works like a large shower head). This will cure the heat.
3. Please make sure to wear gloves and take a white cloth add wet slaked lime + ammonium chloride powder and mix. Take another white cloth and apply this mixture to it and scrub the area where the Scorpion has bitten with it. Then the left-over mixture in the first cloth needs to be inhaled deeply through the nose by the patient. Then both the white cloths should be burnt in fire.

4. Take a tamarind seed and rub it on a black stone, heat is generated due to friction, once the seed is heated place it directly on the scorpion bite. Immediately, the seed sticks to the place and when the seed sucks all the poison from the body, the seed automatically falls off. Burn the seed once it falls from the body.
-

Name of the measurements –

Palamu = 35 grams, Kaalpalamu = 8.75 grams, Mukkaalpalamu = 26.25 grams

18. To Cure all Fevers

Normal Fever

1. Take **750 ml** cow milk + add **250 ml** water + add **8.75 gram** of Leucas Aspera (Dronapushpi /Tummi poovu). Boil till the quantity cures to **200 ml**. Filter this decoction and divide into **3 equal parts**, and drink it **3 times** in a day.
 2. Take equal quantities of Black pepper + Indigo Powder, and grind them together. Take that mixture equal to **Fever nut size, 3 times a day** to cure all kinds of fevers.
 3. **To cure pain in the uterus**– Take a fist full of wild castor oil tree leaves, grind and extract about **60 ml juice** from it. If this is taken every morning for **3 days**, helps to conceive. If taken by women who are suffering with uterus pain and are hoping to conceive now or in future following this remedy will help them.
 4. **If Bile juices come into the mouth** - take equal quantities of Black Pepper + Long Pepper + Puffed rice + Mishri, mix and chew together to stop the juices flowing into the mouth.
-

19. To Stop Vomitings

1. Take equal quantities of *Peeled dry Ginger (Sonti) + Bael tree roots + Licorice + Mishri + Long Pepper and powder them. This powder should be mixed with honey and taken to stop vomiting.
 2. Grind Bael tree root into almost butter like consistency. Add a **Bengal gram size** of this paste to green tender coconut water and drink. It will stop all kinds of vomitings.
 3. **Vomitings due to fever:** Fresh Tanner's Cassia leaves or powder added to hot water, mix well and drink, it will stop the vomitings.
-

20. To Stop Hiccups

1. Powder of *Indian hog plum +Mishri + cow Ghee. Mix these three and swallow to stop hiccups.
2. Take equal quantities of Benzoin resin powder + Indian privet leaves powder + Sandalwood powder in a cloth and tie it together, then burn it. Inhaling this smoke will stop hiccups.
3. Hygmsophila schulli (Neeli gorinta/ Neerumulli) leaves one fistful + palm jaggery. Mix them, chew and swallow to stop hiccups.

*Indian hog plum – method to prepare this powder is given in **page no- 71**

21. Kanachootterki

(If kids lose weight and become Skinny due to Heat Illness)

1. Indian Sarsaparilla (Anantmool) root powder **1kg** + Bael tree root powder **1 kg**. Mix these together and add to **8 liters** of water, and boil till it is reduced to **1 liter**. Filter and add **1-liter** edible Castor Oil and boil; then add **1 kg** Fenugreek seeds powder and filter into a bowl. Should give about a **25 paisa coin weight**

equivalent of this liquid to drink. This will cure the heat in the body and body will grow healthy. This medicine works better than “**Cod liver oil**”.

22. Blisters in Mouth due to Excessive Heat in Body

1. Burn Beleric (Tanikaya), till it turns into charcoal and powder it. Take this powder equivalent to **40 paddy seeds** and mix it in hot water, and drink. Need to drink this mixture till the blisters are completely cured. Will not get new blisters anytime soon.
-

23. To Remove Smell in the Sweat

1. Take the bulbous Root that comes from nut grass and grind it. Take about the size of **one Soap nut** and mix it with milk and drink. The foul smell from sweat will be cured.
-

24. By Swamyji - To Cure White Discharge Problems

1. Everyday morning, take **1** single petaled red hibiscus flower (not hybrid only local variety), remove the stem and middle part (Filament of a flower), wash it clean and eat only petals. This will stop white discharge and improves blood in the body. Take single petaled white hibiscus flowers (not hybrid only local variety), remove their stems and middle part (Filament of a flower), wash the flowers clean and dry them. Heat cow Ghee till it is hot, remove from stove, and add the dried white hibiscus flowers to it and store. If you eat the flowers soaked in cow Ghee, **one flower** each day you will never have white discharge problem ever.

Swamyji has suggested this remedy to me directly (Poornapadma)

25. By Swamyji - Cure for Jaundice

1. Take False Daisy leaves mix with Black Pepper and grind. Take the quantity equivalent to the size of a jackfruit seed and consume every day, to cure the yellow color in eyes and urine until they become normal. Stop taking this medicine after that.
2. **By Swamyji** – Take Seed-under-leaf/ carry-me-seed / stonebreaker leaves wash them clean, add a pinch of turmeric and grind into a paste. Take this mixture about the size of a **big amla**, with either buttermilk or with water **3 times a day + 3 days (9 times)** will cure jaundice. This medicine will increase hunger, and any kind of jaundice or liver problems will be cured.

Procedure to take this medicine: Morning between 6:00am to 8:00am;

Afternoon between 10:00am to 12:00 noon, and evening between 6:00pm to 8:00pm.

Instead, if taken exactly at 6:00am, 12:00 noon, and 6:00pm it will give best results.

Diet Restrictions – Which ever day, decided to start taking the medicine, the night before cook rice prior to 12:00 am, add lukewarm milk and mix. Then add some curd or buttermilk to it, mix well and leave aside for 5-6 hours, after which it turns into fermented curd rice, and is ready to be consumed. While taking this medicine, they need to consume only the fermented curd rice prepared this way, no matter how many times they eat. Optionally can add raw onion and Himalayan pink salt to it for taste. Any type of jaundice will be cured with this medicine. Liver will reactivate and hunger will revive. Liver becomes healthy.

26. Cure for Headache

1. Bring Ceylon Caper vine, pound and grind it. Add this to oil, and boil it. Apply this oil to the head, wait for an hour and take head shower. It will cure all kinds of headaches and all diseases related to the head.
-

27. If bitten by Black Cobra/ Indian Cobra

1. Take Leucas Aspera (Dronapushpi /Tummi chettu) leaves equivalent to **3 coconut shells + one coconut shell** equivalent Milkweed leaf; grind and extract the juice. To this juice add some sesame oil and drink. Immediately this medicine acts as a counter acting remedy to the poison.

Diet Restrictions: From the time bitten, should not let them sleep for 48 hours, feed them plain congee/ porridge (ganji) only without salt in it. (Ganji-The water that is extracted while cooking rice)

28. Burning Sensation during Urination

1. Apply Slaked Lime (can apply edible slaked lime used in pan also) to the nails on your toes for relief.
 2. Drinking salt water from a well also helps in reducing the burning.
-

29. Constipation

1. Mix equal quantities of Rose Petal Preserve (Gulkand) + butter and eat before going to bed. Next day morning will have free bowels.
 2. Do not sleep as soon as you eat. Wait for at least half an hour and eat a fruit before going to bed.
-

30. To Stop Loose Motions (Diarrhea)

1. Drink plain tea decoction without milk or sugar. It will stop loose motions.
 2. Mix tender pomegranate fruit with curd made from buffalo milk and eat. This will also stop loose motions.
-

31. Stop Itching

1. Mix Poppy seeds + almonds with skin + green tender coconut water together and grind into a smooth paste. Apply this paste to the whole body, wait for 6 hours and take a head shower.
-

32. Stop Toothache

1. Take equal quantities of Alum + gum between Heartwood bark and thin membrane + Indian Hog Plum + Cloves + Himalayan pink salt. Grind, sieve with a fine cloth and store this powder. Use this powder to brush teeth every day. Toothache is gone.
-

33. To stop Earache / Water Oozing from the Ear

1. Heat ripe leaf of Milkweed plant on both sides, on fire; grind the leaf and extract the juice. Put **2 -3 drops** in the ear for relief.
 2. Heat Aloe vera stalk on fire on both sides, extract the juice and pour **2- 3 drops** in the ear to stop the pain.
-

34. Medicines for Headache

1. Mix menthol + camphor crystals + kerosene and apply to head where there is pain.
2. Grind Slaked Lime + Garlic, mix with own saliva and apply on forehead.
3. Grind Turmeric + Garlic + mix with Mother's breastmilk and apply on forehead.

35. To Cure Heat in Head (Skull)

1. One hour before sunrise stand in flowing water that is a little above your waist (Navel point) for **30 minutes**. Then dip your head completely in the water and get up. Repeat the process until all the heat in the body is cured. By doing this all kinds of illnesses are cured and strength is gained.
2. Apply Lemon juice to head before sunrise; wait for **30 mins** and take head bath.
3. Take flesh of fresh Coconut that was just broken + Poppy seeds + Almonds + Cow milk – grind them together and apply all over the head; wait for **30 minutes** and take head bath.
4. Tender leaves of Tanner’s Cassia + Indian Fumitory plant; grind them together and apply to head and then take a head bath.

36. Cure Dandruff in the Scalp

1. Take equal quantities of lemon juice and coconut oil that is extracted using cold press process and mix together. First comb your hair removing all tangles. Then apply this mixture to the scalp and keep combing with a comb, and keep massaging. In this way apply this mixture all over the scalp and comb thoroughly. When you are applying this mixture, you might have some burning/ itching in the beginning. When this happens reapply the mixture to the spot with itching/ burning sensation and comb again. Wait for **2 hours** and then take a head bath. If this is done, **2 to 3 times a week**, dandruff will be gone.

Note: People who do not apply oil to their head, who roam in places where they are exposed to a lot to sun and dust, and who take head showers in different places with different types of water and shampoos are prone to have dandruff issues. People

who have lot of dandruff often get spots on their face making them ugly. In future, the soft tissue cells in their brain dry up and will end up getting various types of headaches and also face many issues in their life.

37. To Cure Pimples

1. The fine paste obtained by rubbing the Conch on a grindstone, should be applied on the pimples.
 2. Make a paste out of pure sandalwood stick by rubbing it on a grindstone with water, and apply it to face.
-

38. Leaking of Semen in Teenage Boys and Men

1. Leaves of the Dwarf Morning-glory plant should be eaten on an empty stomach early morning for **24 days** for cure.
2. Soak raw Bengal grams in water overnight, then tie them in a cloth. On the **third day**, the sprouted Bengal grams should be eaten on an empty stomach. If eaten earlier, i.e. before third day it will cause gastric problems.

Note- If a fistful of sprouted Bengal grams prepared this way are eaten **every day**, it will help with increasing strength, improving virility and is very beneficial for sports players.

39. Cure Stomachache

1. If found legally make a paste by rubbing the deer's antler on a grindstone and apply around the belly button, it will stop the pain. If this paste is consumed internally, it will cure heart related diseases and Blood pressure will be controlled.
2. Apply castor oil around the belly button.

For little kids - Apply castor oil on a beetle leaf on its smooth side where there are no veins. Warm the leaf and then put it on the stomach covering the area around the belly button. While putting the leaf on the stomach make sure that the castor oil is directly touching the skin.

40. Phlegm/Mucus in the Throat

1. Tender Drumstick leaves juice + Slaked Lime; mix and applied on the throat externally.
 2. Heat sesame oil and apply all over the body and then take a shower. **Sleeping is prohibited for 4 -5 hours after taking bath.** Should stay silent and only speak when needed to avoid diseases caused by the imbalance of the windy humor/rheumatism (Vata). Should meditate and the mind kept stable.
-

41. Water Therapy

1. Boil **250 ml** water till it is reduced to **200 ml**, cool it and drink slowly; it will help to cure the excessive heat (Pitta) in the body.
 2. Boil **500 ml** water till it is reduced to **250 ml**. cool it and drink slowly, it will cure Phlegm/Mucus (Kapha).
 3. Boil **1 liter** water till it is reduced to **250 ml**. If you drink it lukewarm all kinds of gastric troubles (Vata) will be reduced.
-

42. To Cure Phlegm/Mucus in the throat

(Drink decoction instead of tea or coffee)

1. Ashwagandha (**weight equal to 50 paisa coin**) + Cinnamon stick (**weight equal to 25 paisa coin**), mix with Tulsi juice and grind. Boil **250 ml** water, turn off the stove and add this mixture to the water and cover the vessel for **10**

minutes. After that add mishri to it and drink. Phlegm and cough will cure. Blood is improved in the body and strength is gained. Facial luster will increase and eyes will become bright.

2. Take Tulsi leaves (**weight equal to 1 rupee coin= 10 grams**) + **250 ml** water and boil till it is reduced to half the quantity (**125ml**) on low heat and filter. To this add **125 ml** Milk + mishri and drink. It promotes blood cleansing, body nourishment and increased strength, that will help to have a disease-free life.

43. To Improve Semen

1. Powdered Tulsi plant roots + Beetle leaf, chew them together and swallow. It will improve semen.
2. For anyone suffering with erotic dreams due to which there is loss of semen (nocturnal emission or Swapna dosha) they should take the above-mentioned remedy **twice a week**.

44. Fragrant Bath Powder (Sunni Pindi)

1. Take equal quantities of Tulsi plant (whole plant with root) + Leucas Aspera (Dronapushpi whole plant with root) + Indian Nettle plant (whole plant with root), wash them clean and dry them in shade for **15 days**. Then pound, grind and sieve with a fine cloth and keep aside. Wild turmeric (Kasturi Haldi) + white turmeric or Spiked Ginger Lily + Vetiver Grass + Eagle wood + Sandalwood + Bay leaves + Black stone flower (Biryani flower) + Rose buds + cobra's saffron + Queen Sago. Take all these in equal quantities and grind them into a fine powder.

For **1400 grams** of the above prepared powder add **½ ounce** of Sri Gandha Thailam essence and store it in an air tight container for a week. You can start using it after that.

Usage – Take a bath and scrub your body clean. Then apply this powder on your overall body and wait for 3 minutes. Then wash off in the shower.

Once Swamyji sent all the children to Jillelamudi, to attend the Sahasra Ksheera Ghatabhishekam celebrations on May 5th, which were conducted on the holy occasion of Anasuyamata's Wedding Anniversary. I was working as a teacher in Hyderabad at that time and reached Jillelamudi before the other children and was taken to Vasundhara Akka's home. (Jillelamudi Ammavaru was married in 8 different ceremonies. In one of

which, she married Vasundharakka in a traditional Vaidika way). Akka lovingly took me in and asked me to shower and she herself served me food afterwards. Swamyji once told me “When you are in deep meditation near the Samadi’s of supreme souls, they will take care of your body’s thirst and hunger. Prasadam will come to where ever you are meditating”. Remembering this I immediately went to Hyma Akka (Annasuyamata’s daughter) and Anasuyamata’s Samadis and sat there in saadhana. I spent one and a half day in Vasundharakka’s home. The other children arrived in the evening and we went to the housing that was allocated to us. Next day early morning I went to see the Sahasra Ksheera Ghatabishekam. I spent one and a half day participating in the program. Later I came to know that the house that was allocated to us had a break in its sewage and water lines and the drinking water was contaminated with sewage water. All the children who drank or showered with this water were infected with allergies or infections. Since I was taking baths using some of the herbs from the above-mentioned fragrant bath powder along with some dried and grind Bael leaves powder in Sunni pindi, I did not get any infections or allergies. I spent most of my time near Amma’s samadhi, watching “amma’s” autobiography movie, videos of some of the past events and eating prasadam offered by Sridevi Akka and others. Even though it was summer and I was taking many baths due to heat, I did not get any allergies. I successfully attended the program and came back to Swamyji’s abode in Sri Sailam. So, if you love yourself use the powder mentioned above and stay healthy.

Regards

Poornapadmakka

Namaste

45. To Cure Ringing Sound in the Ear

1. Take the African spider plant juice + sesame oil. Heat them and pour 2 -3 drops in the ear and apply cotton on top. The pain will go away.

46. Boils due to excessive heat in body

1. Grind Indian thornapple **leaves** + butter made with buffalo’s milk and apply on the boils to cure.
-

47. Medicine for Migraine Headache (One sided)

1. Tender Amaranth leaves (all varieties) + black pepper + turmeric. Pound them coarsely and mix in the oil. Apply this mixture on the side where there is pain from the head up to the nerves in the neck. And also apply it to the head. Wait for an hour and take a head bath to cure the headache.

Note –

- Do not sleep for **4-5 hours** after showering.
- If you keep using this remedy **4 or 5 times** when you have a headache, the migraine headaches will stop.

48. Small Remedies for a Better Life

1. Wake up before sunrise in the morning.
2. Early in the morning before breakfast, drink **1 liter** of water, will have free motion.
3. Do not eat, without having free bowels
4. Eat immediately when hungry
5. Do not engage in sexual activities immediately after eating food as it causes liver diseases.
6. Do not sleep during the day time.
7. Whoever have semen loss before teenage, they will not be able to have children after marriage. Later in life, they will have numerous other major health issues. However good the treatment taken, there is no use.
8. Do not keep wearing unwashed/used/worn cloths repeatedly without washing them. This will lead to illnesses.
9. People who go to places where there are crowds, even when they have no work there (like shopping malls, railway stations, cinema halls, street side food shops etc.), frequently stay up late without sleep, and people who are always worried – these will lead to many diseases.

Note: People who take precautions and follow instructions given above will lead healthy life

49. To live life without needing a doctor

1. By Swamyji –

Early in the morning - on an empty stomach, drink *boiled/bubbling ginger juice + honey mixed in equal quantity.

In the afternoon - during lunch add dry *ginger powder + Himalayan pink salt to the last bite of curd rice and end the meal. In case do not have curd, then add dry ginger powder + Himalayan pink salt + cow ghee to rice and eat it as first bite.

At night before going to bed – take **1 teaspoon** of *Indian hog plum powder and mix in lukewarm water and drink. Body will be comfortable.

Whoever will follow the above-mentioned routine, will not need a doctor in life.

***Note – method to prepare ginger juice, dry ginger powder and Indian hog plum powder is given on page no: 70 -71**

2. Young kids need to have sufficient physical exercise and meditation, after that they can follow their routine. If they follow this routine, they will have a strong mind in addition to a strong body.
3. Men and women should wake up before 5 am and take bath. Should stay with a calm and stable mind. They will glow with a divine aura. Women should dress elegantly so that others automatically respect them.
4. Always make sure small children are clean and fresh. Teach them good things and see that they have good behavior.
5. Do not trouble anyone with words or actions. This is called as torturing others. At the same time, we should not self-inflict or punish ourselves with inferiority complex. Doing so is equivalent to committing suicide.
6. **Feel weak in the body (due to loose motions or sickness) and feel like arms and legs are hurting** – Dry fry rice and cook; this will help gain strength in the body. In the rice that is cooked after dry frying, add milk and curd and eat the fermented curd rice that will also give a lot of strength. Rice has Vata tendency. So, when rice is dry fried, the Vata tendency is removed and strength is gained. The rice will taste good and do not gain body weight.

Note: People who take precautions and follow instructions given above will lead healthy life

PART II TAMILNADU MEDICINAL REMEDIES

50. Rasam

Make rasam with these ingredients and consume every day, it will improve and aid in digestion power and help in free bowel movement. Toor Dal, Dry red chilies, black pepper, coriander seeds, cumin seeds, tamarind, salt, jaggery, Asafetida or garlic, and Indian Senna Plant leaves. During dinner the rasam can be consumed along with rice or you can drink it as soup.

Directions for making Rasam- Take Toor dal, black pepper, dry red chilis, coriander seeds and cumin seeds and dry fry them individually on a low flame. Once it cools down, hand pound or grind it into a coarse powder and keep aside. Take a bowl, add water and sufficient amount of tamarind/ tamarind pulp then add sufficient salt, jaggery, bunch of curry leaves with stems, and Indian Senna leaves and boil. Filter this boiled juice into another vessel and add the pre-made Rasam powder and boil.

For Tempering- Take some oil in a small pan once heated, add curry leaves, cumin seeds, dry red chilies, asafetida or crushed garlic and add this to the boiling Rasam.

51. Indian Pennywort (Brahmi Buti/herb)

The Indian pennywort plant leaves contain Vangasathu (tin -one type of property) in it. Vangasathu can cure many diseases, and Indian pennywort leaves can cure as many as Vangasathu. Indian pennywort leaves can be used to make chutney (combination with cow ghee), Sambar and dal. In addition, this herb can be used in many types of medicines as given below -

1. **To increase memory power and immunity** - Dry the Indian pennywort leaves (Brahmi buti) in the shade and powder them. Take **1** portion Indian pennywort (Brahmi buti) leaf powder + **2** portions Mishri and mix them well. Eat this mixture morning and night, it is very good for overall health. By consuming **11 fresh leaves** without stems each day it will improve memory power and immunity tremendously.
2. **Coffee** – Indian pennywort (Brahmi buti) leaf powder + Black pepper + Mishri + dry ginger + coriander seeds. Add the above ingredients to water, boil, strain the liquid and drink. This coffee cures diabetes, cleans urinary tract and urine flows freely. This coffee will increase appetite, and cure the burning sensation in the body.

3. **Benefits of mixing Indian pennywort (Brahmi buti) leaves + ghee together and eating**- it will cure the heat in the body, and remove the impurities that arises in a women's body after giving birth. It will cure the heart pain caused by heat and gastric problems in the body.
4. Early morning before 7am, wash one fresh Indian pennywort (Brahmi buti) leaf, chew well, swallow then drink water. In the afternoon drink milk and eat fruits until hunger subsides. And do not eat anything at night. **(this is only for Saadhakas)**
 - a. **First Week eat 1 Indian pennywort (Brahmi buti) leaf** every day morning
 - b. **Second Week eat 2 Indian pennywort (Brahmi buti) leaves** every day morning
 - c. **Third Week eat 3 Indian pennywort (Brahmi buti) leaves** every day morning
 - d.
 - e.
 - x. **Forth Eighth Week eat 48 Indian pennywort (Brahmi buti) leaves** every day morning.

Increase one leaf each week and continue till the 48th week. If eaten in this way for **48 weeks**, the heat in the body is cured and become intellectuals (children of Mata Saraswathi Devi). The mind becomes peaceful, there are no desires, will reach the state of detachment from worldly desires. Can achieve the impossible. This is a great tonic. Indian pennywort (Brahmi buti) leaf is also called as "a medicinal herb for achieving detachment **"Sadhana kalpamoolika"**.

5. **Inflammation of the Liver** – Bring fresh Indian pennywort (Brahmi buti) leaves and remove the veins from them. Place the leaves on the right ribcage under the chest and tie a bandage around to hold it together. If continue doing so every day after some days the liver inflammation is cured. Suffering with inflammation of the liver from 10 years is also cured.
6. **Indian pennywort (Brahmi buti) Leaves Juice (Sharbat)** - Grind Indian pennywort (Brahmi buti) leaves and extract **1000 grams juice** from it. To this add **62.5 grams** of Mishri and boil till it is reduced, and gets thick. Every day add **1 ounce** of it to water and drink. Can adjust the amount of Mishri added to the juice according to taste.
7. **To cure all diseases – VERY IMPORTANT** – Take Indian pennywort (Brahmi buti) leaves, grind and make the paste into **Amla size ball**, mix it with **150 ml** boiled milk and drink. This drink will cure - people who consume unnecessary medicines,

eat unhealthy food and destroy their health, it also cures people suffering with TB, cough, asthma, breathlessness, itching on arms and legs, white discharge problems, in addition white hair turns back into black hair and also improves eyesight.

8. **Allergies in infants (1-6 years)**– The medicine should be given to them in the ancient infant milk / medicine cup (Uggu ginni). Mix Juice of Indian pennywort (Brahmi buti) leaves + Cow milk + small amount of Licorice powder together and this should be given to children from **1-6 years old** and beyond accordingly, with the ancient infant milk cup in quantities – **1/4th cup, ½ cup, 3/4th cup, 1 cup, or 2 cups etc. for 3 to 5 days**. This mixture will cure patients with blood impurities, nerve weakness, and all kinds of nerve diseases.
 9. **Injuries/ Swellings/inflammations – Swelling in the hydrocele or varicocele, swelling from gastric problem, when injured and have swelling that can be seen or not seen on the body.** Grind Indian pennywort (Brahmi buti) leaves and apply it to the inflamed/ injured part and tie a bandage. It will heal the swelling and cure pain.
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52. Veldt Grape (Nalleru)

Veldt Grape plant is a commonly available herb that is available as normal veldt grape and as red veldt grape. The alchemists have mentioned many great things about this plant. For our purpose normal veldt grape plant is sufficient. There are **2 face, 3 face (which are rarely available) and 4 face** veldt grape leaf variety is commonly available.

Benefits - Veldt grape when consumed generates a lot of heat in the body. It is used to cure liver and heart related diseases. This plant also cures stomach pain which has been continuously staying for a long period of time.

1. **Chutney with Veldt Grape** – Take Veldt Grape plant stems with leaves, wash them thoroughly, then apply oil to hands and cut the stems into small pieces and fry Veldt grape pieces in ghee. Add chilies, tamarind (Sadhakulu should use mango which is more beneficial), jaggery, salt, mustard seeds, Asafetida, fenugreek seeds, black gram and make into a chutney. When this chutney is consumed, it will kill all kinds of worms in the stomach and excrete them through stools. It will also heal hairline fractures in bones very quickly if this chutney is consumed **3 times a day for 10 days**. They should not strain the affected area during this time and should get enough rest. Consuming this chutney will strengthen nervous system.

2. **For Kids** – If children are fed with the above Veldt grape chutney **one day** and give **Castor oil + warm milk** the **next day**. All kinds of worms including their eggs and cocoons will be excreted through their stools. No medicine is equivalent or stronger than this plant to kill worms. Seeing how beneficial it is please use it.
3. **Gas formation in the uterus in women right after giving birth** – Wash and grind Veldt Grape stems into paste and add castor oil to it. This mixture when eaten by women suffering from postpartum gases in uterus after giving birth will get relief.
4. **Veldt grape salt- Stomach Pain Relief** – Take **175 grams** (5 palalu) Veldt grape plant and **70 grams** (2 palalu) of Himalayan pink salt. Mix these two together in a clay pot that can hold at least **4-5 liters** of liquid and *seal the pot. It is okay if the pot is bigger but should not be small. Then arrange **50 cow dung patties** around it and light a fire. This is also known as *Agni Putam. Once the pot cools, depending on the quantity of mixture leftover in the pot, add **two times** the quantity of Veldt grape plant juice to it and once again seal the pot and cover with **50 cow dung patties** and burn them. You need to repeat this process for **10 times** by adding the Veldt grape juice. After the tenth time, to the left-over mixture in the pot add **twice the amount** of water to the ingredients in the pot and mix well. Filter the liquid and air dry it till it crystalizes into salt. Take the salt equivalent to **5 to 6** Rosary Pea plant seeds and mix it with either butter, cow ghee or buttermilk and consume. It can cure all kinds of stomach pains and also help kill all worms from the stomach.

***Refer page no 71 – for details on how to seal the pot and for Agni putam, Veldt grape salt (perandai salt) can be found in Naagarcoil shop. Shop address is provided in the page no 1**

53. Poison Nut Tree Seeds(Mushti Ginjalu)

1. **Medicine for heart** -Take **455 grams** (13 palamulu) of Poison nut seeds, pound and grind them coarsely. Take 24 ounces of Rectified spirit (normal spirit) and add the coarsely grind poison nut powder to it, and mix well. Close the lid and keep it aside for **15 days**. After 15 days, filter the liquid and store in a glass bottle. People with heart disease depending on their age, can take from **1 drop to 5 drops**. **Benefits** - It will cure the swelling in hands and feet. It will give strength to the brain.

Warning - Will feel very drowsy. If accidentally consumed more than mentioned above dosage it will lead to hallucinations/ illusions.

2. **Cure Postpartum depression and hysteria** - Need to powder **30 ounces** of the poison nut tree bark powder and store aside. Take **1 ounce** bark of poison nut tree powder and mix it with **6 ounces of water** and boil till it reduces to **3 ounces**. To this mixture add a pinch of red ochre (Poongaavi - found in any ayurvedic store, this powder is in brick red color) and mix it. Divide this mixture into **2 equal quantities** and give them **once in the morning and once in the evening**. In this way, continue the above method and prepare the medicine and give them every morning and night for **30 days** continuously. This decoction will cure the symptoms of postpartum depression and the symptoms of hysteria will also be cured.

Benefits of giving this medicine – it is very beneficial for people with weak hearts and for women having hysteria issues. There is no complete cure for hysteria in allopathy. People give different names for mental health issues and torture the patients (Common people usually give livestock sacrifices, or beat, torture or neglect the patients, or spread rumors that they have been taken over by a ghost or devil and hurt them). In reality, what these patients need is good water, air, food and affectionate loving people who are compassionate, can spend time and talk to them regularly. If provided with these, and give them the above medicine then they will definitely recover.

Reasons for developing Hysteria – Women get hysteria if one of the nerves surrounding the uterus is folded or stops working. Patients with hysteria usually are in their own world reliving past incidents that cannot be seen or comprehend by others, and react to them by talking nonsense, being frightened, laughing out loud, crying, dancing, not only having too many dreams but thinking what they are imagining is real. Hysteria usually affects women with weak will power. Some women develop hysteria during childbirth. Pain that starts in the nerves in uterus when it reaches the heart, the women usually faint, such women usually are prone to miscarriages.

(By Swamyji – By chanting Mahishasura Mardhini mantra while following the rules for it and taking medicine from the doctors in Chennai **IMPCOPS (Indian Medical Practitioners' Co-operative Pharmacy and Stores)** will help resolve the issue and next time they get pregnant they will carry the baby to full term).

As mentioned above for women who faint, mix **half an ounce** of wine made with green color grapes in **1 glass water**, and make them drink every day. This is the medicine to cure fainting. Many have been cured by doctors following this method. This will improve blood in the body as an additional benefit. As mentioned above, by drinking the decoction and the wine made with green grapes their illness is cured. If unable to make this decoction, then continue chanting Mahishasura Mardhini mantra following the rules and take treatment from IMPCOPS for results.

3. **Reducing Postpartum Depression and Hysterias** - Take **35 grams** (1 palamu) of Poison nut tree roots, wash it clean and cut it into small pieces and add to **6 ounces** water. Boil until it is reduced to 3 ounces. After it is cooled, add a pinch of red ocher (poongaavi) and divide this mixture into **2 equal parts**; drink every morning and evening. This will cure the inflammation of the nerves around the uterus and cures indigestion, loss of appetite issues, and lethargy of the body. This decoction can cure any kind of hysterias in men and women.

Things to be careful about while administering medicine to a patient with Hysteria – How to give medicine to patients with hysteria – Sometimes the patient might spit on the face while trying to give them medicine. They might break the medicine bowl. If the patient's nose is held before giving the medicine and make them drink, they will be frightened and will take medicine every day.

Things not to use while taking the above medicine – Lemon/Lime juice, Cumin Seeds, Agathi leaves, fermented buttermilk that is sour should be avoided.

54. Acacia Tree (Nalla Thuma Chettu)

1. **To remove Dry cough, white discharge, burning sensation in urine** -Take tender leaves from the Acacia tree, wash, grind and extract juice. Add this juice to water and boil. To this add Mishri and mix well. Drink this decoction in the morning and evening.
2. **To cure Boils** - Grind the tender Acacia tree leaves and apply the mixture directly on the boil to cure.
3. **Decoction made with the bark of Acacia tree** – If this decoction is consumed it will cure bad smell in the mouth, swelling of gums, frequent urination, stops diarrhea. It is also used extensively in curing diseases related to female reproductive organs.
4. **Locked jaws** – Grind the bark of the Acacia tree and extract the juice. Add the juice in milk and mix. Put **a drop** of this mixture in each eye. This will help the person release their locked jaws. For example – when someone has fits or when weak children cry

convulsively their jaws are locked. This remedy will help cure them. When the jaw locks sometimes there is a danger of accidentally biting their tongue. Care should be taken especially in children. It is better to always have the Acacia tree bark powder handy for emergencies in a glass bottle.

5. **Tooth Powder** - Take the bark of Acacia tree and the brown skin on top of almonds and burn them. Mix the ash produced well and use it to clean teeth.
6. **Cure for diarrhea, dysentery and frequent urination** - Take the gum from the Acacia tree, mix it with milk and boil. This mixture when taken helps cure diarrhea, dysentery and frequent urination.
7. **Cure for blisters (boils) due to burns** – Take the gum of the Acacia tree, add egg white, and tamarind paste to it and mix. Apply this mixture on the burnt area and the boils. It will dry out the boils and eliminate the chance of any scars.
8. **Regain youthfulness** - mix the gum from the Acacia tree with cow ghee, boil it and eat every day to regain youthfulness.

Diet restrictions for only those who are using the Acacia tree gum as medicine – Do not consume Lime/lemon juice, cold water from a clay pot.

9. **If the thorn from the Acacia tree accidentally pierces foot** – sometimes there is a chance that the thorn might get broken and there is no way to remove it, and it might mix in with the blood and can harm the person's life. There is a danger of causing Tetanus which is life threatening. Prepare a mixture by taking slaked lime, egg white, and jaggery and mixing them together, and grinding till well blended and turns into a sticky substance. Apply this paste a little widely covering the affected area where the thorn is embedded. The thorn will come out on its own even if there is any pus. The pus will dry out and the foot is back to normal. Till it is cured the mixture applied will not fall off the foot.

55. Magic of Black Pepper

1. **Medicine for Blood stools**
 - a. Grind the black peppers into powder form. Take about **650mg to 325mg** of the powder and mix it with cow ghee. Eating this mixture will stop the blood stools.
 - b. Black pepper can be added to mother's breastmilk and grind into a paste and given. This will also stop the blood stools.
2. **To cure high fever** - grind the black pepper coarsely and make a decoction mixing with water and drink.

3. **For diseases related to Rheumatism** – take Asafetida, edible camphor, black pepper and make it into a powder. By eating this powder, the diseases related to Vata dosha are cured. (This mixture is also used in medicines for vomiting and motions.)
 4. **To cure boils** - that are formed due to excessive heat in the body. Make a paste with peppers and apply on the boils.
 5. **To cure ulcers in the throat, Piles (hemorrhoids)** – Fry the black peppers in cow ghee and eat.
 6. **Accidentally touch any of the Nava (9) Pashanas to the tongue** – Fry black peppers in cow ghee and powder it. Add additional ghee while eating, will neutralize the poison.
- **(Navapashanam"** translates to "nine poisons" in English, referring to a specific alchemical formula or mixture of nine ingredients, often metals and herbs, believed to have medicinal and spiritual properties in Siddha and Ayurvedic traditions. Navapashanam is one of the most acclaimed Siddha elixirs known to mankind. Nava means nine and Pashanam means poisonous substance. **Siddha Tradition:** In the Siddha tradition, Navapashanam is a formula used to create a powerful elixir or medicine, believed to cure various diseases. **Bogar and Palani Murugan:** Bogar, a revered figure in the Siddha tradition, is credited with developing the Navapashanam formula, which is said to have been used to create the idol of Palani Murugan (a form of the Hindu god Murugan). The ingredients of Navapashanam typically include a combination of metals and herbal extracts, processed through specific techniques. **Purported Benefits:** Navapashanam is believed to have powerful energies, detoxify the body, foster rejuvenation, and harmonize the body's energy systems or doshas. **Caution:** Due to the presence of heavy metals, caution is advised when considering Navapashanam, as these metals can be toxic. **Navapashanam Temple:** There is a temple in Devipattinam, near Rameshwaram, which has nine stones representing the nine planets (Navagraha) in the sea)
7. **To cure liver diseases, to increase digestive power, cough due to excessive heat in the body, and people suffering from cold** – take equal quantities of black pepper and jaggery, grind them together. Make **Bengal gram size balls** of this mixture and take them to cure the above diseases.
 8. **Indigestion, loss of appetite, lose motions due to excessive heat in the body, belching** – take equal quantities of black pepper and cumin seeds with either cow ghee or jaggery and consume.
 9. **Cure Headaches occurring due to excessive bile** – Black pepper is mixed with mother's breastmilk and made into a fine paste and applied to the eyes as eye salve (Kajal).

10. **Dysentery – 650mg** (10 grains) of black pepper powder mixed with cow ghee and eat, will help with dysentery issues.

Diet restrictions – should not use salt, tamarind, lemon/lime (also citric acid)

11. **To balance the Vata, Pitta and Kapha doshas in the body and to become slim** – take equal quantities of black pepper, cloves, cumin seeds and dry fry each ingredient individually on a low flame. Take the same amount of cinnamon sticks and break them into small pieces and set aside. Grind all the above ingredients into a fine powder and store in an airtight container. Take about **half a teaspoon (2 grams)** of this powder and mix it with **200ml** water and boil on a low flame till it reduces to **100ml**. Divide the liquid into two equal quantities and drink it every day in the morning and evening. This will help detoxify the body and balance the vata, pitta and kapha doshas in the body and also helps to become slim.

Warning- DO NOT CONSUME MORE THAN THE QUANTITY SPECIFIED. IT WILL LEAD TO EXCESSIVE HEAT GENERATION IN THE BODY CAUSING BOILS TO POP UP. AND IT WOULD TAKE A LOT OF EFFORT AND TIME TO FIX THE PROBLEM AND REBALANCE THE BODY.

56. Radish

WARNING – DO NOT EAT RADISH WHEN YOU HAVE COUGH, FEVER, HEADACHE, OR COLD. THERE IS A MISCONCEPTION THAT EATING RADISH COOLS THE BODY.

Radish is available in white and red colors.

1. **Radish Pickle** – Take Radish, raw mango, *dry ginger powder, black pepper and Indian long pepper powder. These ingredients should be fried in sesame oil, add salt and grind it to make a pickle and eat it with rice.

***Note – Look for preparation of dry ginger powder in page no -70-71**

2. **Benefits of Radish Juice** – Peel the skin of the radish and grind it into fine paste and strain the juice with a fine cloth, drinking this juice removes infection in the kidneys and keeps them clean. Urine will be clear, blood in the body is improved. It cools the body from excessive heat and is very beneficial for people with diabetes. People living in Kanchipuram City, Tamil Nadu grow and eat radish regularly. People in that region do not get diabetes.

3. **Benefits of Radish Lehyam (thick paste)** – Soak the radish in sea salt water for **10 mins**, Wash, peel the skin, grate radish and dry in the shade. Mix it with cow ghee, rock sugar in sufficient quantities and heat on a low flame till it becomes into a thick paste. If eaten regularly will cure diabetes.

Benefits of Radish –

The juice of radish works equally to the English medicines known as – spirits, ethers, nitrous. If radish juice is regularly consumed the chance of getting appendicitis is very low. Red radish improves blood in the body and also helps to cure fevers due to excessive heat in the body.

4. **For free Motions** – take **one ounce** of radish juice, **add a pinch** of dry fried borax powder and drink. Will automatically have free motions.
5. **To cure digestive gases** - Wash, grate, dry the radish and make a decoction with water. Consuming this decoction will help cure bloating; flatulence caused by digestive gases in the intestines. If it is taken regularly rheumatism and rheumatic fever etc. are cured.
6. **Medicine to nourish Sapta Dhathus (For nourishment of the seven essential elements of the body – blood, plasma, muscle, fat and connective tissue, bone tissue, bone marrow, reproductive system)**. Radish seeds are used in the making of immunity building ayurvedic medicines. Sprouted radish seeds powder + Grated radish when mixed with Mishri and eaten will help improve immunity and nourish overall body.
7. **For the strength of the heart** – Radish leaves are not used by many. They have a lot of health benefits. It is also good for heart health (Marwadis use radish leaves regularly, that is the reason their women's faces are beautiful and light rose in color).

DIET RESTRICTIONS – BLACK PEPPER, COW GHEE, LEMON JUICE, SESAME OIL SHOULD NOT BE CONSUMED.

57. Plantain Tree/Banana Tree (Arati Chettu)

In a banana tree, the pith of the tree, flower, the raw banana, leaves, bulbous roots and fruits are all useful. If convenient, daily intake of food in a banana leaf is good. If the pith, banana and flower are available, they can be consumed twice in a week. Stitch in the side of the abdomen causing pain, appendicitis, pain due to stones stuck in the intestines etc. are extremely painful. Raw banana will cure these ailments by melting the stones. Kidney stones are melted by consuming the juice of the pith of the tree or the juice of the banana tree roots. Plant a banana tree in the place where

the waste water from the house flows, it will stop the water from becoming rancid and will provide many beneficial and sacred things for daily use.

1. **Cure for pain due to stones in the intestines** – by drinking the juice of banana tree pith mixed with castor oil in equal quantities of **1 ounce each** can remove the pain caused due to stones in the intestines.
2. **Benefits of Banana leaves** - If food is eaten in banana tree leaves, it will melt small stones in kidneys. It will improve digestion power and is helpful in melting a little of the big stones in the kidneys.
3. **By Swamyji- Proved one** – in large functions sometimes accidentally there is excess salt in some dishes. In this case lay a few banana leaves on top of the item touching the food and then cover it with a lid for **30 minutes**. The banana leaf has the quality of absorbing salt. Usually, the salt is reduced to normal by doing so.
4. **By Swamyji – Making curd with banana tree's bulbous root powder** – Dry the banana tree bulbous roots and make it into powder and store. As needed when buttermilk or curd is not available, can use this powder to make curd by adding it to milk.
5. **Curd (yogurt) chutney with the pith of the banana tree** – Cut the pith into round circles with about ½ centimeter thickness. While cutting the pith, there will be a lot of fiber threads that will come. Try twisting them with your fingers or with a fork or spoon and remove them completely. Now cut the circles into small pieces almost like how we chop ginger and add directly into the curd. (if they are not put in the curd immediately, they turn into black color. If they are put in water they lose their strength.) To this add enough salt and chopped coriander, mix and keep aside.
Add tempering with – chopped ginger, chopped green chilies, curry leaves, mustard seeds, dry red chilies, Black gram dal, asafetida. Add it to the curd mixture and mix well. This can be eaten as it is, or with rice and / or chapatis. (If hair is swallowed accidentally, the inside portion of the banana tree pith when eaten will push them out.)
6. **Curry with banana flowers and moong dal** – the petals of banana flowers are similar to lotus flower petals. Take a banana flower and remove the petals from around the middle portion of the flower and collect the flower stalks. Inside each of these stalks there is a thing that is hiding like a thief in the shape of a match stick, they are visible till half portion of the flower, these thieves have to be removed. After removing the petals and the thieves the stalks are to be used. Discard the petals and the hidden stalks. Take some moong dal and wash, add sufficient water and keep aside. Now wash the leftover flower stalks and cut them into thin pieces and add directly to the moong dal. Then add water, turmeric and cumin seeds and cook. Once the moong dal

is completely cooked, **season the dal with tempering using** – cow ghee, dry red chilies/green chili, little bit of chopped ginger, curry leaves, mustard seeds, black gram dal (urad dal with skin) and asafetida. To this add sufficient quantity of grated raw or dry coconut powder, salt and coriander leaves, mix well and serve. In the same way you can make moong dal and banana tree pith curry, and banana flower chutney also.

NOTE – Consuming banana tree pith or flowers generates heat in the body. So, it is important to drink buttermilk or something that cools the body.

58. Lotus flowers (Medicine for problems in the Brain)

1. Can use this Lehyam (medicine in the form of thick sticky paste) for people who get fits due to epilepsy, diabetes related health issues, people who faint due to their head spinning, and for paralysis. Lotus roots (bulbous roots), seeds, flowers, stems, and leaves are all used in medicines.
2. **Rosary beads prayer chain (Japa mala)** - can be made with lotus bulbous roots or from the seeds in the lotus flower and worn.
3. **Cure with lotus roots for heart pain and vomitings** – take lotus bulbous roots and make a fine paste of it by rubbing on a grindstone with water, mix with rose water and drink.
4. **Lotus stems have lot of fiber like threads** in it. These threads are used to make sacred thread (Jandhyam/ Yagnopavetham). This thread is good for the heart. Lighting diyas with these threads is “Lakshmi pradam” (Auspicious)
5. After removing the **top layer of the lotus stem**, and inner threads can cook curry.
6. **Phool Makhana (Lotus flowers)** – Can cook curries, kheer etc.
7. **To cure weakness in nerves** – take threads from the lotus stems; make it into a chain that can be worn close to the heart (touching) and around the wrist.
8. **To get liberation from poverty** – Take threads from the lotus stems and make wicks. These wicks need to be combined with wicks made from cotton (cotton from red flowers – Pavidi patti). When lighting diyas with these wicks, use either pure cow ghee or Mahua (Vippa) ghee only. This will drive away poverty, and is very good for the eyes and home.
9. **Benefits of Lotus leaves** – can eat cold, day-old rice or curd rice in the upper side of a lotus leaf. If need to eat anything hot, need to flip the leaf and eat on the other side. If hot food is placed on the upper side, the food will absorb the smell of the lotus leaf and it will be hard to consume.

10. Lotus leaves can be dried and used to make decoction to drink instead of tea and coffee.
11. **Lotus leaves powder** - can be used in preparing medicines that improve immunity and nervous systems or for brain health related lehyams. The leaves of the lotus plant contain Vangasattu (tin), which is very beneficial for the heart.
12. **By Swamyji – To cure heat and improve blood** – the tender edible seed when eaten tastes like cashews after the outer skin of the lotus seed is removed. These seeds help cure heat in the body and improve blood.

VERY VERY IMPORTANT – SIDDHAPURUSHA’S LIKE SRI JYOTHI RAMALINGESHWARASWAMY EXPRESSED SORROW SAYING.... “IGNORANT PEOPLE ARE SPENDING CRORERS OF RUPEES ON DOCTORS AND NOT GETTING ANY BETTER. WHY?

13. **If children get a temperature of 103 degrees**, their brain gets scald and causes them a lot of pain. At that time if given decoction made with lotus flowers or any juice made with lotus flowers their brain will become strong.
14. **If adults get a temperature of 106 degrees**, their brain gets scald and they get headaches. Give them lotus flower decoction or juice, they can see the result immediately.
15. **Bhagwan Vyasa deva, Sri Jyothi Ramalingeshwaraswamy and other Siddha doctors have written...**
 - a. **White Lotus Flower** – White lotus flower has the energy of Lord Maha Vishnu, the energy to protect. Take the leaves of a white lotus flower and boil it into a decoction, drink it every morning and night, the brain cools down and it’s thinking power increases. It will protect the bodily functions. Will provide coolness to the heart, leading to reduction in blood pressure. Who ever uses white lotus flowers will become dear to Lord Maha Vishnu. Their overall health will improve and life span increases.
 - b. **Red Lotus Flower** – The red lotus flower has the energy of Goddess Maha Lakshmi along with the power of Ashta Maha Lakshmi’s. Make a decoction with the red lotus petals, drink it morning and night, it will clean the blood and the blood vessels will be purified. Also, will get the blessings of Ashta Maha Lakshmi’s, and will lead a satisfied life. Swamyji told “**Trupthi (Satisfaction) itself is moksha**”.
 - c. **If Lotus flowers are completely immersed and cooked in water and eaten** – Brain will be strong. Body will be strong. Will glow with health and vitality with a red aura. There is no medicine that is better than this for the brain.

16. Usage of Lotus Flowers – the Lotus flower should be separated from the stem and added to **250 ml** water and boil till it is reduced to half the quantity (**125 ml**). Cool the decoction, drink the water and eat the flower, white hair will turn into black hair. If fed to children everyday one time, any kind of pains in the body from head to toe will be cured. Sri Jyothi Ramalingeshwaraswamijy said that, nobody has seen or heard of such a medicine.

17. Oil for all kinds of Vata (gastric) issues in the body – Water Lettuce (Aakasha Tamara) is found in dried ponds and river beds. Make **1 liter** juice out of the water lettuce. Take **1 liter** of onion juice from Shallots (onions used in Tamil Nadu for Sambar specifically), and **250 ml** of aloe vera juice. Take **8.25 grams** of each of the following – Dry ginger, Black pepper, Long pepper, Indian hog plum, Bahera (Tanikaya), amla and purified Borneol **8.25 grams** (Pooram - also called rasakarpooram, found in ayurvedic stores). Take **1400 grams** of edible castor oil and add all the ingredients mentioned above and heat the oil. Once it cools down, filter and store. Heart pain caused by ushnavaayu (pitta dosha), back pain, hydrocele, white discharge and similar diseases can be cured if **1 spoon** of this oil is taken in the morning.

VERY IMPORTANT – SHOULD NOT HAVE INTERCOURSE WHILE TAKING THE MEDICINE.

NOTE – In dried up lakes, rivers and brooks there is a leaf that grows and it looks like lotus leaves. If that leaf dries up it will be facing the sun and it looks like it is curled up as a nest. That is the reason it is called as water lettuce. It can cure TB. This leaf has “Tamrasattu” in high quantities. It can cure the boils/ wounds in the lungs. Can kill the worms in TB. The leaf powder can be added while preparing any lehyam. (Lehyam and also the leaf powder is available in ayurvedic stores).

JAI SRI RAMALINGESHWARASWAMYKI JAI

59. Arjuna Tree (Terminalia Arjuna/ Marudapattai)

For fevers, headaches, and body aches, Arjuna tree bark was used in olden days as a substitute for "Paracetamol". It does not weaken the heart like Aspirin.

1. Decoction (Kashaayam)- Arjuna bark – 1 palamu = **35 gms**, Water = **750 ml**. Add the Arjuna bark to the water and boil until it reduces to **250 ml**. Give **1 ounce every 4 hours** until the fever subsides.

2. **Drinking a decoction of Arjuna tree root bark is very good for the heart.** Using Arjuna tree root bark with either milk/ jaggery /water is excellent for overall well-being, increases physical strength, and is good for heart diseases.
 3. **To heal broken bones** - Root bark powder, boiled in milk and consumed, is good for broken bones. **Dosage: Tram = 30 grains (2 grams),** mixed with milk, helps broken bones to join.
 4. **To heal ulcers** - Burn the bark completely to become ash, take this ash and mix with equal quantity of Catechu (Kaasu Kattee) powder, and sprinkle it like a powder on non-healing wounds.
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60. Hibiscus

There are two types of these flowers: the native single-petal hibiscus (Naatu Ontirekka Mandaaram) and the double-petal hibiscus (Mudda Mandaaram). The flowers and leaves have the same kind of taste, and the stickiness is also similar.

Instruction - Only native hibiscus non-GMO should be used. Hybrid flowers should not be used.

1. Hibiscus leaves should be soaked in sesame oil, mixed with fenugreek seeds, placed in sunlight (Surya Putam), and then applied to the hair.
2. **To get rid of dandruff in the hair** - Grind the flowers and apply them to the scalp; dandruff will go away.
3. **For blood purification and blood increase** - Eating red hibiscus cures heat in the heart, liver, and bladder. Blood purification occurs. Blood increase also occurs.
4. **If suffering from severe fever (Maha fever) with a dry mouth and urinary infection,** where your body feels like it is burning and your mouth is constantly dry - boil **4 hibiscus flowers in 1/2 liter of water** and drink it. The fever will subside.
5. **If there appears to be a fever, heart palpitations, if one feels very sluggish** - a sherbet made with hibiscus should be given to drink.
6. **For those experiencing white discharge with itching, burning, and irritation, and for those feeling a lack of enthusiasm** - eating hibiscus flowers will provide relief.

Drinking a paste of hibiscus flowers the size of an amla mixed with milk will provide immediate relief.

7. **To cure Tuberculosis** - Eating washed hibiscus flower petals will help cure TB.
 8. **During the time of liver swelling** - eating single-petal hibiscus will cure it. This works better than many medicines.
 9. **For those who experience heavy bleeding during their periods (in three days)** - eating hibiscus will cure it.
 10. **For those who have AIDS or HIV** - drinking a decoction of hibiscus will make it go away.
 11. **For young children with heart problems, who experience shortness of breath (gasping for air)** - no medicines work. If they take any medicine, they experience stomach bloating, pain, and such, without any benefit. Boil **10 hibiscus flowers** in **1 liter** of water until it reduces to **1/2 liter**. Keep giving this instead of drinking water, it will subside. This water can also be added to milk and given to drink.
-

61. Figs (Anjeer)

Figs cure heat, blood pressure, and give strength to the heart. They also control diabetes. Sugar in the blood and urine disappear. Native figs (Medi pandu) are small in size, while hybrid figs (Seema attipandu) are large in size.

1. No one has seen the flowers. The tender fruits are cooked as a stew with pigeon peas and Chana dal (Bengal gram).
2. Tender young figs can be cut into 2 pieces, and after mixing in salt and pepper powder, they can be eaten.
3. **Fig Fritters (Vadas)** - With boiled figs + Bengal gram + onion + ginger + green chilies + coriander seeds, grind these together, make fritters (vadas) fried in sesame oil or cow ghee and consume them.
4. **Fig Chutney** - Boiled fig + roasted black gram lentils + asafoetida + curry leaves + mustard seeds, red chili/ green chili, lemon juice (or tamarind) - combine all these and make chutney (Roti Pachadi - a type of chutney grind on a stone mortar) and eat.
5. **Sambar** - Figs can be cut into two pieces and used to make sambar with pigeon peas, peppercorns, onions, salt + chili powder, and lemon juice.

6. **Curd Chutney (Raita)** - Mash the boiled figs well, add asafoetida, salt, and mustard seeds. Temper these with sesame oil and add to curd to make chutney; it will taste very good.
 7. **To stop loose motions and white discharge** - Eating tender young fig buds - will stop loose motions. White discharge will stop. Nerves will become stronger.
 8. **To have free motions (induce bowel movement)** - Eating ripe figs will cause free motions. It is good for the liver. Digestive power and blood increases.
 9. **To clear yellow color in urine, for urine to flow clearly, and to stop white discharge** – Grind native figs with water and strain. Add a little lime water (Navaneetham) and leave it for **12 hours** as if setting milk for yogurt. It will become thick like halwa. Cut it into pieces and eat with mishri.
 10. **To dissolve lumps in the uterus** - Fig bark + washed brown rice (Kaararisi - Tamil) – grind and make powder, prepare it like "**Puttu**" (a type of breakfast dish cooked in Tamil Nadu and Kerala), and eat it with mishri. Lumps in the uterus will dissolve.
 11. **To heal white sores (canker sores), mouth ulcers, intestinal ulcers, stomach ulcers, and all types of ulcers** – grind fig tree bark with water, strain the juice, and drink it mixed with mishri and cow milk. It will taste very delicious.
-

62. Bael(Bilvam)

All parts of the Bael tree are useful (from top to bottom).

1. **For relief from hiccups, pain near chest, and gastric problems, and to increase appetite:** Grind **8.75 grams** ($\frac{1}{4}$ palamu) of Bael bark. Add it to **250 ml** of water and boil until the water reduces to **125 ml**. Drinking this in the morning and evening will relieve hiccups, cure pain near chest, cure gastric problems, and significantly increase appetite.
2. **To cure "Mehamu" (body heat, White Discharge, numbness in limbs) and to sharpen the intellect:** When Bael leaves are used in worship, they are added to the holy water (theertham) which is then given to devotees. Soak Bael leaves in water at night and drink that water on an empty stomach in the morning, it will cure "Mehamu".
3. **Suffering from stomach pain for many days**, drinking water in which Bael leaves have been soaked overnight will cure that pain.

4. To cure respiratory problems, Tuberculosis (T.B.), Asthma, and colds – Wash **5 Bael leaves** in water mixed with salt, add **5 peppercorns** to the leaves and eat them directly every day.

63. Castor Bean Plant (Veliparuthi/Dushtapu Chettu) – Trellis-Vine

It is found extensively throughout South India. If you break a part of the plant, milk (latex) comes out. It is also called "Utthāmaṇi, Undāmaṇi", "Uttamatāḷi", "Uttamakanyagai".

1. It cures diseases caused by Vata (one of the three doshas in Ayurveda), pains that feel like being pricked with needles, swellings, tremors, cough, and respiratory diseases caused by phlegm. It stimulates appetite. Take the entire plant (root, vine, leaves, entire fruit), wash, put in a clay pot, boil in **1 liter** of water to prepare as drinking water, and consume **50 ml** daily for **one mandalam**, which is **48** days. Doing this will cure all kinds of diseases.

***Instruction: - The term "Mandalam" is explained on page -70.**

64. Malabar Nut (Vasaka, Adadodai, Addasaramu)

1. To cure **Blood Pressure, cough, shortness of breath, and jaundice** – Malabar leaves are thin and look like Mango leaves. Take this leaf juice from **10 to 20 drops** mixed with equal parts honey. BP, cough, shortness of breath, jaundice will be cured. Speech will return to those who are unable to speak, diseases will disappear as doshas are removed.
-

65.Shataavari (Asparagus racemosus)

Shatavari has 100 roots. For those suffering from diabetes, and those who appear weak like skeleton, white discharge, those who feel feverish for a long time, Shataavari will remove heat from within, it will also remove the above-mentioned diseases and bad taste in the mouth.

1. Boil Shataavari powder in milk, strain, and drink. Drinking this juice will stop vomiting, improve digestion, and stop loose motions.

2. Mixing Shataavari root juice with honey and taking it will remove needle pricking like pains in the stomach.
-

66. Sweet Basil Seeds (Falooda Seeds/ Rudrajata)

1. **To cure pimples** - grind sweet flag (Ugra Gandha) with sweet basil leaves juice and apply the paste on pimples
 2. **For ear and nose related problems** – the juice of the leaves is used to cure the ear and nose problems. **2 drops** of this juice should be put on each side.
 3. **To pass Urine freely** - Take **1 spoon** of sweet basil seeds, soak them in a big glass of water overnight, and then drink it mixed with rock sugar. This will help pass urine freely
 4. **To pass cool urine** – Cut the top part of raw tender green Coconut, add sweet basil seeds in the coconut water, and keep it aside. Coconut water will become cold like water in fridge, if consumed cool urine will be passed.
-

67. Indian Tulip Tree (Portia Tree/ Poovarasam)

Properties of entire tree-

Roots and wood of 100 years old tree will cure leprosy. All parts like ripe leaf, seeds, flower, bark, and raw fruit kills germs. It cures ulcers, loose motions, and excessive bleeding during menstruation. It is also used for internal wounds (wounds inside the intestines, stomach ulcers), swelling due to excess fat, and cures poison of poisonous insects that bite without us knowing. It is also beneficial for diseases like scabies/itches, piles, and hemorrhoids.

1. **Tree bark:** If you make a powder and drink it as a decoction (kashayam), it will cure bloody diarrhea, cold diarrhea, and general diarrhea.
 2. Skin diseases will be cured
 3. Cures wounds with pus coming out
 4. **To cure skin diseases (ringworm):** mixing this powder with rock sugar and eating for 48 days, and by applying the juice from the fruits on skin, ring worms will be cured.
-

68. Indian Wormwood Leaves (Maachipatri)

Leaves are aromatic and added to flower garlands.

- **1. It will cure Vata disorders (wind/air doshas) and internal heat.** Take **3 spoons** of ginger juice, **3 spoons** of Indian Wormwood leaves juice, mix as much raw sugar as needed, and drink **3 to 5 days**. This medicine will cure pregnancy-related gastric problems (postpartum pain / uterus pain), and stomach pain (abdominal pain). This medicine should be taken and dosage adjusted on the duration of the disease, and patient's physical condition. If patient withstands the medicine or not.

Diet Restrictions - Should not eat salt, sour items, and consume food without any type of chilis or chili powder.

- 2. If the fever is very high** - Place Indian Wormwood leaves on crown of the head and tie with thin cotton cloth to cure fever.
- 3. For swelling caused by injuries** – Boil Indian Wormwood leaves with water in a pot, cool the leaves and tie on the injured area, will cure swelling.
- 4. For joint pains and severe headaches**- Wrap Indian Wormwood leaves in a cloth, heat it slightly on a pan, and tie it over the affected area. This will provide relief.

69. Prickly Chaff Flower (Uttareni)

1 kalanji = 1 dram = 4.860 grams; 1 pound = 454 grams

Benefits of normal Prickly chaff flower and Red Prickly chaff flower –

It cures swelling, anemia, jaundice, and pregnancy-related gastric problems. Those who are desiring children will conceive and carry to term without pregnancy complications.

- 1. If teeth are brushed with the root, will strengthen teeth and face will become attractive**
- 2. Red Prickly chaff flower is very beneficial. Leaves will help cure excessive bleeding during menstruation and helps stop white discharge**

3. Prickly chaff flower seeds, if taken methodically will deprive hunger (this is useful only for Yoga Saadhakulu)
 4. **To cure vata symptoms that occur in new mothers**-Take the entire Red Prickly chaff flower plant, boil in water, strain and give it to new mother. This will cure vata symptoms.
 5. Chemists, Alchemists use this to transform Vangam as vermillion (sindhooram)
 6. **Prickly chaff flower salt (Uttareni salt)** – to prepare this take the above-mentioned 2 varieties of plants, dry in shade, after they are dried, put them in an earthen pot and burn them. Once they turn to ash, let it cool. Add **equal amount** of water into it and mix well. Once the water comes up in the pot, transfer the water to a plate and dry. Salt will be obtained. This salt can be used according to condition.
 7. **For ear, nose problems, and white discharge**- Take one part of ash water of Prickly chaff flower, mix it with **16 parts** of more water, and mix well. After that add **1 part** of ash again to the water and mix. This mixture will look like milk when mixed well. In **100 grams** of ash, water taken initially from **1600 ml** ash if mixed will appear white like milk. Put **2 to 3 drops** of this water to cure pain in ear, pus in ear, and nose bleeds. If this is taken as a **medicine orally**, white discharge will stop. Heat will reduce, it will cure bloody stools, jaundice, phlegm-related issues, and swelling.
-

70. Spade Flower (Ratnapurusha)

This is used extensively by Unani doctors. This plant grows from **6 to 9 inches**.

Benefits: This is the medicine for people with bad behavior from childhood and who get sexually transmitted diseases.

1. Take **equal quantities** of Stonebreaker leaves (nela usiri), Large Caltrops leaves (pedda palleru), and Spade flower leaves together equal to one handful. Grind them and take with **250 ml** of curd made from buffalo milk for more than a week depending on the condition until it is cured.
2. Above medicine can be used for curing dysentery (infection of the intestines that causes diarrhea containing blood or mucus, along with fever, abdominal pain, and cramps), and Ushnavayuvu (pitta dosha).

3. Spade flower will remove defects in the semen, strengthening the primary elements, gives beauty to body and face. “This was told by Agastyar’ Maharshi

4. **If spade flower alone is consumed it will give immense strength** – by Bhaskar taatha garu, Sri Sri Sri Swamy Poornaanandji Ashram, Sunnipenta.

Spade flower paste (lehyam) is available in Ayurvedic shops. Gives strength to both men and women.

71. Moringa Tree (very Important)

You do not need only seeds to grow Moringa tree. If you plant a Moringa tree branch in soil, roots will come and it will grow big as a tree and give flowers and drumsticks. All 5 parts of Moringa tree including the gum from it are useful for preparing medicines. This will work as Sanjeevini (life infusing/life restorer plant) for any disease as it contains iron, copper, quicklime (calcium oxide), and sattva (metallic element)

1. Eating these leaves increase blood, cure skin diseases. Bones and teeth become strong.

2. **To cure bloody Diarrhea, stomach ulcers, mouth ulcers, and headaches** - Take the drumsticks, boil them well in water, fry in cow ghee and eat it after mixing with salt. After eating, drinking a glass of buttermilk made from buffalo milk will help.

3. **The main reason for our forefathers’ strong teeth** – eating drumsticks every day. In olden days they use to have moringa tree and buffalos in backyards and utilized them to reap the benefits.

4. **For Blood, Urine purification, virility** – Drumsticks if eaten **once or twice a week**, will purify blood and urine, and improve virility.

5. **Cure fever and joint pains** – Take drumstick soup every day

6. **For immense virility - take handful** of moringa flower, grind to make paste and boil it in cow milk. Mix mishri to the milk and eat every morning and evening.

7. **To cure ear pain** – Moringa tree gum has same properties as moringa flower. It is beneficial if moringa gum or flower is fried in cow ghee, made into powder, and drinking with milk. This gum is used in tonics and medicinal pastes (lehyams). If the gum when it is raw/fresh like milk, if poured in ear will cure ear aches.

Very imp: Moringa tree has lot of life force (jeeva shakhti), hence it is evident in olden days when food was not abundant people lived on moringa leaves and gum.

72. Sesame Seeds – Benefits

Sun moves to North from South during Uttaraayana (end of winter and beginning of summer) period and from North to South during Dakshinaayana (period between the summer solstice and winter solstice). Sun changes movement between the two periods every **six months**. Uttaraayana auspicious period begins with Sankranti festival. Sesame seeds have prominence in the foods eaten during Uttaraayana periods as sesame is needed for withstanding cold weather and diseases.

Warning:

- a) People with skin diseases and having cold cannot eat sesame seeds
- b) People should be careful in spring, summer, and autumn seasons, so who do not have skin diseases and cold can use sesame depending on the situation.
- c) Should use old jaggery when sweets are made with sesame seeds otherwise unhealthiness will increase

In uttaraayana punyakalam sesame seeds prevent from cold and cough and give strength to the body. It will increase the fluids in the digestive system, it decreases all gastric problems, increases heat in the body and improves blood. Sesame seeds come in three colors: white, red (brownish), and black. Among these, black sesame seeds are very beneficial. That is why we often use black sesame seeds. A fistful of sesame seeds consumed daily in the morning provide a lot of nutrients. Eating sesame seeds by chewing well will make teeth strong. Not only on the Maha sankramana festival day (Sankranthri), sesame seeds can be eaten on all the days. By consuming sesame seeds in the form of any food item, it improves physical and mental strength of the body and keeps the gases in control.

1. **Very important:** For children who wet their beds during night in sleep -

Make them eat chutney with sesame and radish to improve the condition

2. Hair loss will not happen easily for people who use sesame oil for cooking

3. Head shower after applying sesame oil will cure body heat (there is a misconception that sesame will increase heat)

4. In addition to sesame oil, defatted sesame oil cake powder can be used. This can be used in all food items as it increases milk for breastfeeding mothers, cures gastric troubles, increase intellect and body strength.

5. **For strong teeth** – chew sesame seeds and drink cold water

6. **Very Important** – Lord Shiva himself revealed

To cure piles problem – Eat sesame after chewing properly and drink cold water

10 gms sesame seeds powder + **5 gms** Mishri + **250 ml** goat milk – mix well and drink

7. **For those whose skin has cracks with bleeding condition** - mix **equal parts** of honey + cow ghee + sesame seeds and grind them into a fine paste. Applying this paste will cure those issues

8. **For wounds on burned skin** – solidified cow ghee + sesame seeds + natural edible camphor mix them into paste and apply on the burned surface, cover with thin cotton cloth to heal

9. **Burn injuries** - heating sesame oil until it makes a slight crackling sound, letting it cool to a lukewarm temperature, and apply on the surface of burned wounds.

10. **For ear pains** – heat sesame oil + Tamil Nadu sambar onion (Indian) and cool it, use **2** drops in ear and cover with sterilized cotton to get relief from pain.

11. **Backache (lower and upper)** – Mix sesame oil + dry ginger powder(sonti) + powdered asafoetida and heat, apply the mixture on back after cooling to get relief.

12. In winter, cracks on skin will cure if sesame oil is applied.

Charaka Maharshi said about sesame oil –

It will control gastric troubles and kapha.

It keeps the body beautiful and healthy, away from diseases in all seasons. Even pregnant women can take it. It does not cause diseases due to wind (vata) and phlegm (kapha). For example, due to wind, one type of disease can occur, but due to phlegm, about 20 types of diseases occur more frequently.

13. **For the prevention of vata (wind) and kapha dosha** - Take **46.8 grams** of black sesame seeds, chew them well in the morning, and drink cold water, you will see the

result. After consuming them in this way, do not eat anything for '**three**' hours. This gives good results.

Black sesame oil - Slim or obese people whoever use this oil, it improves their health and makes body balanced. Gives relief from vata and kapha doshas and keeps healthy.

In this way, using black sesame seeds and black sesame oil strengthens even gray hair. Due to the strength gained from using this for one year, until old age, strength and beauty will remain, and look like Markandeya Maharshi (16 years old).

73. Ginger

Ginger provides heat to the body, increase hunger, and remove gases. As ginger has the strength of gold if used in a methodical way it will provide gold like divine radiance and improves concentration. Ginger with sharp and intense flavor is good. It removes motions due to indigestion. And increase hunger, improves eyesight. There are different local names for ginger in various regions like Inji, Ila Kottai, Allam, Madil Aatthirakam, Nadumarpu, and Aardhrakam.

Very Very important:

1. To cure eye Cataracts –

a. **Morning:** - Peel the skin, cut into small pieces, and soak in honey. If taken in morning it will cure cataract, grow black hair, improve mental strength, do not age, and give physical beauty.

b. **Afternoon:** – puffed rice powder + cow ghee, mix it and eat.

2. For memory power and strength of bodily tissues: - mix ginger juice **11.664 gms** with egg yolk of a country chicken and heat it with cow ghee in a long handle spoon (ladle). Eat it after water content evaporates for memory power and tissue strength.

3. To cure vomiting and hiccups – mix ginger juice + onion juice in equal quantities and drink.

4. For diabetes – take dry ginger powder (sonti) +ginger juice + mishri every day to cure diabetes.

5. To cure fat belly – Apply ginger juice around belly button

6. **To decrease health issues** – Make a mixture of ginger juice + saffron + honey + cloves and cardamom powder, store it in a glass container. The **size of a Bengal gram** if taken regularly, many health issues will be decreased.

7. **To cure giddiness due to pitta dosha** - Make syrup with **10 parts** of ginger juice + **7 parts** of milk + mishri. If taken a quantity of '**half to 2 varaha**' in weight before sleep, giddiness will stop.

8. **To cure cough and shortness of breath** – take ginger juice + pomegranate juice in equal quantities of **250 ml** and consume.

9. **Very important: To cure Cough, Shortness of breath, and Asthma** – Mix in equal quantities of ginger juice + onion juice + lime juice and take **35 gms** morning and evening.

10. **Ginger lehyam Very important** – peel ginger and cut into small pieces, sun dry and grind into powder (**1250 gms**). Make **17.5 gms** individual powders of the following and keep it aside – cloves, cardamom, cumin, long pepper, black pepper, nutmeg, mace, Indian hog plum, Spiral Ginger (koshtam), Indian Silver fir (taalisapatri), cannonball flower (sirinaagapuvvu), and licorice. Add **700gms** of mishri to water and strain it, heat on stove until it becomes syrup. Add all the powders mentioned above in the syrup, mix well and remove from stove. Add honey + cow ghee to the mixture as required. Mix well until it becomes like jam consistency. Eat the quantity of a **small amla** every day to get relief from phlegm, tuberculosis, rheumatic pain, motions, typhoid fever, aggravation of vata dosha. All mentioned illness will cure, hunger will increase and body become strong.

11. **Inji Thailam** – Take well matured ginger and peel, extract juice out of it and keep aside for sometime so that the lime in ginger settles down in the vessel. Take clear ginger juice from the vessel and add to **equal quantity** of cow milk or breastmilk. Add **equal quantity** of sesame oil to the mixture of ginger juice and milk and pour it in an old used clay pot. Heat it with small candle light like fire until it contracts like beeswax, after cooling to room temperature, store it in a glass container. Apply this to head and take head bath after **an hour, twice a week**. This will cure cold, mucus in the head, headache, neck sprain, heaviness in head, and sneezing.

74. Sarva Sanjeevi Sonti (All life reviving dry ginger)

If you soak ginger in the clear liquid from slaked lime (mix **1 kg** of lime with **120 liters** of water, the supernatant/clear liquid) and then dry it, that becomes Sonti (dry ginger).

***Process to make Sonti powder is given on page – 70**

1. **For headaches** – prepare the dry ginger paste by rubbing the dry ginger on the grinding stone with a few drops of water. Apply this paste on the forehead like a bandage, it will subside.

Warning: Method not to be followed: Applying dry ginger paste to the head (skull) will cure headaches. However, many people apply hot compresses. This should not be done. It will increase bile fluids, which will reach the head and cause trouble.

2. **If there is headache, vomiting, diarrhea, body pains, and giddiness** - consuming dry ginger powder mixed with honey or mishri will provide relief.

3. **To increase digestive power** - mix dry ginger powder in food items and eat it, digestive power will increase.

4. **For those who experience diarrhea due to indigestion** - dry ginger is helpful for digestion. Therefore, those who have diarrhea due to indigestion, it is good to drink dry ginger decoction. When preparing pepper rasam (Miriyaala Chaaru), dry ginger powder can also be added.

5. **For dysentery** - wash Vetiver roots (Vattivellu) well, prepare a decoction, mix dry ginger powder in it, and drinking it will provide relief.

6. **Aamabhedi (Amoebic Dysentery, Slimy/Mucus Stools)** - Bring the entire Pallerumokka (Tribulus terrestris) plant, wash it, prepare a decoction, mix dry ginger powder in it, and drink it in the morning, amoebic dysentery stools will stop. (Amoebic dysentery = turtle-like stools (slow and difficult bowel movements with mucus))

7. **For paralysis** - mix dry ginger with country liquor (naatu saara), grind it, put on a glove, and apply it to the paralyzed areas; it will subside.

8. **Very important: To get rid of all types of coughs** - soak dry ginger in salt water or Himalayan pink salt water for **half an hour**, take it out, roast it in embers, scrape off the outer skin with a spoon, powder the inner dry ginger, and eat it daily on an empty stomach. All types of coughs will be cured.

9. **For all types of diarrheas** - grind dry ginger in buttermilk made from cow milk, and take **1 spoon** of that dry ginger paste twice every day, it will be cured.

10. **Medicine for fever with chills – (Malaria, Viral Fever, Flu)**

(**Reason for fever with chills:** Fever is a normal physical reaction when exposed to cold. In fact, when the cerebrum (brain) shifts the body's internal thermostat to a higher set point to fight infection, all the energy centers in the rest of the body start producing extra heat to reach the higher temperature. In this situation, the body temperature increases. Based on this, if children have a fever less than 102°F and adults have a fever less than 104°F (40°C), there is no need to worry. If a temperature higher than this is indicated, it means the body has been infected, and a doctor's help should be sought. Contrary to the common misconception, getting a fever is not harmful. Occasionally, even healthy people get fever, which recycles the body and keeps them healthy.)

Take dry ginger, black pepper, cloves, and roasted borax (veligaaram, porida, tankanam.

Method for purifying it: Obtain borax in the required quantity, put it in an iron pan, roast it until it becomes white like puffed rice, powder it, and use this salt as needed. It is also available in medical stores) in equal proportions, powder them, mix with honey, and take **three doses per day**; fever with chills will subside.

11. **To cure hiccups** - Eat dry ginger powder mixed with honey, hiccups will subside.

12. **For pimples** - Grind dry ginger and apply it daily on the pimples, they will subside and will not come back.

13. **Swellings, rheumatic pains, joint pains** - For swellings, rheumatic pains, and joint pains, grind dry ginger, apply it on the pains, pour hot water into a copper vessel, and apply a hot compress with the copper vessel to the area where the dry ginger was applied; it will subside.

14. **Poisonous insects like scorpions and centipedes bite** - apply dry ginger paste on the place where the scorpion bit, after putting on gloves, and the effect of the poison will subside.

15. **Dry Ginger Decoction** - In a bowl, boil **½ spoon** of dry ginger powder in **250 ml** of water, add milk and sugar, and drink it. Drink it for a few months... will know the difference. Due to this, will gain strength, increase virility, and shine with a radiant body.

16. **Sundara Sonthi Churnamu (Beautiful Dry Ginger Powder)** - Take **78.75 grams (2 ¼ phalam)** of dry ginger powder, mix it with **¼ liter** of sour yogurt, and dry it well in the sun. Take **35 grams** each of black pepper, rice, long pepper, Himalayan pink salt, and

cumin seeds, separately, roast them, then powder **8.75 grams (¼ phalam)** of asafoetida. Mix all these powders with the sun-dried mixture of sour yogurt and dry ginger powder mentioned above. Take an amount equal to the weight of a **50-paise coin** in the morning and evening, all types of gastric related troubles will subside. Indigestion, ushnavayu, and stomach pain will be relieved.

75. Asafoetida - The Kitchen Revitalizer

Asafoetida is a gum that comes from the root of a tree. It is found in Afghanistan. The sap that comes out when cuts are made on the roots of this tree is yellow in color. After some time, that sap solidifies and turns black. This is the milky asafoetida that we get. There are two types available: milky asafoetida and Miski asafoetida. As much as possible, it eliminates all kinds of gastric-related ailments, which is why people use it in cooking every day.

1. For nerves that get constricted due to gastric troubles - boil and grind skinned black gram lentils. Add a little asafetida to it, grind, mix and eat. This will cure gastric troubles and the nerves will become normal.

76. Beneficial Leafy Greens

Black Nightshade (Kamanchi), Moringa Leaves (Munagaaku), Solanum trilobatum (Thoodhuvilai), Malabar Spinach (Bachhali Aaku), Amaranth (Thotakoora - Narunthaali), White Eclipta (Tella galjeru), Dwarf Copperleaf (Ponnaganti Aaku), Spinach (Paalakoora). If tamarind is added while cooking to these leafy green vegetables, their medicinal properties are lost. It is best if they are not even touched by sourness. They can be prepared as dry curries with moong dal, seasoned with cow ghee. Leafy vegetables do not contain sugar. Those who eat leafy vegetables daily do not get urinary problems. They are rich in vitamins.

Note: Precautions to take when buying leafy vegetables and the method for cleaning them are given on page 69 -70

(I) Fenugreek leaves (Methi)

1. very imp:

It is rich in phosphorus and nitrogen. Therefore, if slim people eat fenugreek leaves daily, their body muscles will increase. It also contains the properties found in iron and cod liver oil. It increases blood, provides coolness, and relieves constipation. It has enough vitamins A, B, and C, plus minerals like calcium, sodium, and chlorine. It should be eaten **daily or 3 days** a week. It regulates menstrual cycle. Everyone who desires the well-being of their body needs to eat it daily.

When fenugreek seeds were researched, it was found to contain 6% bitter oil per 100 parts. It also contains 28% of a gum called "mucilage". It also contains a nutrient called "albumin," like what is found in eggs. It is a divine medicine. It cures heat in the urine.

Warning: Words spoken by Swamyji himself.

"Spiritual aspirants should not even walk under the shade of a tamarind tree. Those who use tamarind excessively will have increased worries and, after death, will reach the tamarind tree as ghosts."

"In case of irregular bowel movements, prepare rasam (a thin South Indian soup) with tamarind, but tamarind should not be used excessively for eating."

2. By Swamyji - To get sound sleep

Take **3 spoons** of fenugreek seeds, soak them overnight in water, and in the morning, grind them in a mixer, adding enough water, until it becomes like a lump of butter. Store it in the fridge. During sunny hours, apply it to the head, feet, and big toes and go to sleep. All the heat will be absorbed, and you will get sound sleep. You will have good thoughts. It will be a reason for keeping diseases like Blood pressure, diabetes, and headaches under control. Those who practice kriya yoga, can apply it even at nighttime also. It helps to improve yoga sadhana in a better way. Common people, please do not sleep after a head bath, as it may cause a cold.

3. Menthi Dosa (Fenugreek Dosa) as told by Swamy Sri Sri Sri Poornanandulavaru himself - It is like a supreme medicine for spiritual aspirants.

Menthi Dosa is like insulin for sugar patients. It is like a divine sleeping pill that provides excellent drowsiness for headaches, excessive heat, fevers caused by heat, and for those who cannot sleep due to excessive thoughts.

1 tablespoon of fenugreek seeds, **½ spoon** of rice (optional), 1 green chili, sufficient Himalayan pink salt, **two spoons** of thick yogurt / thick buttermilk, sufficient cow ghee (if you spread it thinly like paper, you will get 4 dosas.)

Grind the fenugreek seeds (which were soaked overnight), rice, green chili, Himalayan pink salt, and two spoons of thick yogurt/thick buttermilk in a mixer. After it becomes smooth, add the remaining water in which the fenugreek seeds were soaked and grind it a second time until it becomes butter like consistency. The batter should be thin when making the dosas, otherwise it will thicken. After the pan heats up, add cow ghee. While it is melting, if you pour the fenugreek batter, it will splutter and spread all over the pan on its own, becoming as thin as paper. Then, cover it and cook on low flame slowly for about **20 to 30 minutes**, until it turns slightly darker than golden brown. Flip the dosa and cook the other side also on low flame. Take it onto a plate and eat it with coconut chutney or any other idly chutney. If you can eat four such dosas, you will not need insulin.

4. By Swamyji - For Hair

Wash and soak **1 spoon** of fenugreek seeds + **1 spoon** of whole black gram lentils overnight. The next day, grind them smoothly like butter. After combing the hair, apply this paste all over the head (scalp), ensuring it touches the scalp and not just the hair. Those with less time can take a head bath after **1 ½ hour**. If it is summer, you can leave it on overnight and take a head bath in the morning. Those who do kriya yoga practice intensely can use it daily without any harm. However, others can use it while taking care of their health. Bathing the head in this way strengthens the hair roots, resulting in smooth and shiny black hair and a peaceful lifestyle without any headaches.

5. Fenugreek seeds Halwa (sweet) -

Clean the fenugreek seeds. Take **420 gms (12 palamulu)** of fenugreek seeds + **1680 gms (48 palamulu)** of Aska sugar + **350 gms (10 palamulu)** of cow ghee. Put the fenugreek seeds in a clean vessel, knead them well, wash them, remove the water, pour water again, and soak for two hours. After that, boil them until they become soft. Then, spread them on a clean, white cloth until the heat subsides, and tie it into a bundle. Pour a little water into a large pan (enough to immerse the bundle), put the bundle in that water, knead it well, and extract the pulp. When it's done, take some more water in another vessel, knead it again, and combine both extracts. Add **1680 gms (48 palamulu)** of mishri to this pulp, place it on low flame, and cook slowly, stirring continuously. The pulp mixed with mishri will slowly thicken. While this substance forms a lump, add cow ghee little by little, many times, stirring continuously as you keep adding and stirring in the cow ghee. The halwa will become ready to be cut into pieces. Even though it is bitter

and has the smell of fenugreek... it cools the body, increases muscle mass, and helps become well-built

6. Fenugreek Coffee – Many Benefits

Roast fenugreek seeds and make coffee and drink it, it will cure heat and keep the body nourished.

Fenugreek: **35 gms (1 palam)**, Wheat: **35 gms (1 palam)**. Roast, grind them into powder, and use this instead of coffee powder. Add milk + sugar and drink it. The coffee will be very tasty and healthy.

1 palam = 35 gms

7. To increase breast milk

Grind fenugreek seeds + mix arrowroot powder / maav. Prepare it like porridge and drink; breast milk will increase. Women in Kerala (India) use this extensively and are getting good results.

8. Not only for diabetes, elephantiasis /lymphatic filariasis (bodhakaalu), and polyuria (excessive urination), but also for diseases caused by heat, goiter (gandamaala vyaadhi), and those with weak nerves in the brain –

Dr. Puru, through research, discovered that drinking fenugreek powder made into porridge + mixed with cow's milk on an empty stomach during the first twilight (6 AM – 8 AM) daily should be done and suggested using this instead of "cod liver oil."

(II) Dwarf Copperleaf (Ponnaganti Koora/ Matsyaakshi)

1. Eat Ponnaganti Koora prepared as a dry curry with moong dal for 48 days, eyesight will improve. Even lost eyesight can return. (In ancient times, elders used to call it "Poyina Kanti Koora" - the vegetable that brings back lost eyesight.)

(III) Mountain Knotgrass (Konda Pindaaku / Pashaanabhedhi)

1. **To dissolve kidney stones** - For 48 days, take only the leaves of Konda Pindaaku and prepare a curry with moong dal. Eating this will dissolve kidney stones of any size.

2. **To cure the problem of white discharge** - Take the leaves, flowers, stems, and roots of the Konda Pindaaku plant, wash, cut them into small pieces, add double the quantity of water to the quantity of plant material, boil until it reduces to half, strain, and drinking that water will resolve white discharge problem.

(IV) Papaya / Papaya Leaf

1. **To increase the platelet count in the blood** - extract the juice of papaya leaves, mix with honey, and drink. This will increase the platelet count in the blood.

2. **To improve eyesight** - Eating raw papaya in any form, whether as a curry, chutney, stew, sambar, or halwa, will improve eyesight.

If eaten will improve mother's breast milk.

Warning: Pregnant women should absolutely not eat it. For others, as it may cause slight heat in the body, it is requested to consume cooling foods along with it.

(V) Stonebreaker or seed-under-leaf (Nela Usiri)

By Swamyji - To cure jaundice - wash Nela Usiri leaves, grind them with a pinch of turmeric, make a lump the size of a large amla, and take it with buttermilk or plain water 3 times a day for 3 days (meaning 9 times in total). This will cure jaundice, increase appetite, and eliminate any type of jaundice or liver problems.

Method of taking this medicine - Morning: 6 AM to 8 AM; Afternoon: 10 AM to 12 Noon; and Evening: 6 PM to 8 PM.

If taken precisely at 6 AM, 12 Noon, and 6 PM, it works very effectively.

Diet Rules - The night before planning to start taking this medicine, cook rice, add lukewarm milk to it and mix, then add curd/buttermilk to set it. After 5 to 6 hours, the fermented curd rice will be ready to eat. Those taking the medicine should eat only this fermented curd rice prepared in this manner, no matter how many times they eat. (Optional: You can also add raw onion pieces and Himalayan pink salt). It is good to drink buttermilk whenever you feel thirsty. This medicine will cure any type of jaundice. As the liver starts functioning well again, you will feel very hungry. The liver will become healthy.

(VI) Chennangi Leaf (This is only found in Telangana region in my knowledge)

To increase appetite - Prepare Chennangi leaves like curry leaf powder or as a chutney and eat, digestive power will improve and appetite will increase. (This is only found in Telangana.)

(VII) Leucas Aspera/ Dronapushpi (Thummi Aaku)

1. Due to the rains that come after Vinayaka Chavithi, (Badhrapada masam between mid-August and Mid-September) for waterborne illnesses, prepare and eat Thummi Aaku as a dal (pappu) or chutney, it will kill the germs in the body. This can be eaten anytime. It drastically increases immunity.

(VIII) Red Amaranth (Thota koora), Any type of Amaranth

1. **To increase blood drastically** - Take a handful of red Amaranth, lined amaranth, or thorny amaranth, or any amaranth that is available. Arrange it in the steaming box of a cooker in such a way that the water from the cooker does not touch the amaranth. Steam and eat it with the first bite during meals. Eat it like this for 15 days, blood levels will increase drastically.

(IX) Taro plant leaf (Chaamaaku), Taro plant bulbous root (Chaamadumpa)

1. **To dissolve kidney stones** - Take Taro leaves along with their stems, remove the fibrous outer layer from the stems, and cook these stems with pigeon peas (kandi pappu) and raw mango. Eating this will dissolve kidney stones. This dal is very delicious.
2. Although not as potent as Taro leaves, Taro stew (pulusu) also gives the same result. However, when cooking the stew, do not use tomatoes (in olden days it was called Rama Mulakaya in Telugu).

(X) Chitti Paala Aaku

1. **Medicine to prevent the recurrence of uterine pain (Garbhavathapu Noppi) that occurs during periods.**

For stomach pain that occurs only after periods have started, take a fistful of Chitti Paala Aaku + a fistful of garlic cloves + a pinch of turmeric, grind them together, make small balls the size of small amla and eat them all. Prepare and eat in the same way on the second and third days as well, at the same time as taken on the first day.

Diet Rules - During that time, do not eat anything that causes uterine pain - cooling foods, and foods which cause gastric problems. It is good to avoid curd, buttermilk, amla, ridge gourd, ladies fingers (okra), lemon, foods made directly with black gram flour only. For example, Garelu - vada, Avirikudumulu – steamed dumplings. Better not to eat foods made with gram flour, potato, and foods having baking soda, for example, green chili fritters - Pachimirapakaya Bajji etc ..

(XI) Pudina – Mint leaves

1. During periods, eat any dish made with mint leaves. Mint leaves have the power to cure uterine pain (Garbhavatham), although it does so very slowly. It is good for pregnant women to consume more mint to prevent gas in the womb. From the moment pregnancy is confirmed, consume more dishes made with mint leaves, can be comfortable without suffering from uterine pain or colic. The baby to be born in the future will never have this problem.

(XII) Neem Leaves

1. **When someone has chickenpox (Aatalamma), smallpox (Chinnammavaaru), or Measles (Peddhammavaaru)** - grind neem leaves + a pinch of turmeric into smooth paste and apply it all over the body. They should be dressed in thin, white cotton clothes. In the house, spread neem leaves only on a mat, cover with a white cloth and make the child lie down on it. During that time, they should only eat rice (pulagam) prepared with moong dal + cumin seeds + Himalayan pink salt + cow ghee, or they should be given *fermented curd rice that has set well. They should be given thin buttermilk to drink.

Warning: Make sure women having menstrual periods should not enter the patient's room even by mistake. Should not have Tempering for any food prepared in the house even for others.

***The method for preparing Chaldi Annam, fermented curd rice is given on page- 71**

Prevention: As soon as it is known that Amma Vaaru (the village deity believed to cause illnesses like chickenpox, measles, etc.) has arrived in the area, the following Sunday, each person should grind 7 neem leaves + a pinch of turmeric smoothly, swallow it with buttermilk, and eat only fermented curd rice that has set well, should drink buttermilk when feeling thirsty. As all the above mentioned illnesses are in the hands of the village deities, on Saturday night at 12:00 AM, take a head bath and cook rice. For example, for **½ a glass** of rice, pour **1 liter** of lukewarm milk, add onion pieces and Himalayan pink salt, add little curd and set it aside. The next day, which is Sunday, before 6:00 AM, take the neem medicine. Find out under which village deity's authority your house is, go to her temple, and offer fruits, flowers, clothes, kumkum (vermilion), turmeric, etc., to the goddess according to your ability. Also, offer the cold rice (Chaldi Naivedyam) that you set the previous night to the goddess, distribute it as prasadam (blessed food) to the devotees who have come to the temple, and eat only this type of curd rice for the entire day.

If Amma Vaaru has come to your own child first, she will not leave until all the children in the house had it. Therefore, do not take the neem medicine just when one person gets it and recovers. Only after everyone in the house has recovered you should offer the Chaldi Naivedyam to Amma Vaaru.

77. Breastmilk Benefits

1. Children who drink breast milk up to 3 years of age have incredible bone strength. They are powerful enough to achieve any task they set their mind. If **2 or 3 drops** of this milk are put in the eyes, all the impurities will be cleared. Moreover, injuries to the eyes and the pain resulting from them will also be relieved.

78. To increase Breastmilk

1. Dishes made with raw papaya: curry, chutney, sambar, stew, halwa.
2. Items made with soybeans (meal maker).
3. Daily, eat a handful of garlic cloves steamed in hot rice or added to curries.
4. Defatted Sesame seed oil cake (the sesame residue left after extracting oil in a traditional oil press).
5. Moong dal curry made with radish leaves.
6. Fenugreek seeds + arrowroot powder (**as given on page number 55, Point number 7**).

Consuming these food items will increase breast milk.

79. By Swamyji - For Blood Increase and Blood Purification

If a pure iron spatula is heated red hot on a stove, dipped in buttermilk, and the buttermilk is then consumed, it will increase and purify the blood. There is no better iron tonic than this available anywhere in the market. However, as it causes heat in the body, should drink normal buttermilk later. This is a formula as told by Swamyji himself. However, you must get a pure iron spatula.

Warning: Every time before heating the pure iron spatula on the stove, clean it thoroughly. This is because there is a risk of rust particles getting into the buttermilk.

80. Swamyji Formula

Remedy for food poisoning

Take equal quantities of each of the following separately- Ginger juice, coriander seeds, cumin seeds, black pepper, fennel seeds, Himalayan pink salt, Indian hog plum shell, Bahera bark, amla pieces, Bhaskara Lavanam (found in ayurvedic shops). Dry fry each of them and grind into a powder. To this add sufficient amount of lemon juice to make into a dough that can be easily made into Bengal gram size balls. Dry these in the sunlight, once dry store them in a glass jar. They taste like Hajmola tablets and are tasty. This medicine can cure any type of food poisoning. You can eat one everyday or when you go to functions can come back and take one.

81. By Swamyji - Karpura Shilajith (Godanti Bhasmam)

This can be found in Chintaluri vaari Ayurvedic shop. Buy shilajith powder and if it is not very fine, grind it into fine powder.

Take water that is used to wash raw rice for second time (make sure there are no worms in the rice) or diluted buttermilk, or if necessary, drinking water and add a pinch of the Karpura Shilajith powder to it and drink. It will cool down the body and mind, cure white discharge problems, will increase virility in spiritual practitioners, strengthen bones and nervous system. This was consumed regularly without break by the Lord Sri Mahalakshmi Ganapathi's son "Sri Laabhaada Maharshi" and attained complete benefits of his spiritual sadhana.

82. By Swamyji - Devil's Trumpet (Unmatta)

1. **To drive away devils** – grind the fruit of this plant and apply the paste on top of the person's head who is possessed by the devil. The devil runs away. After that the person can be saved by binding with mantras.

83. Amla

There are many health benefits with Amla. Some age quickly at a young age because of consuming certain types of allopathic medicines. Eating amla will help cure the impact of uric acid that is in some allopathic medicines. Amla, apple and pomegranate have the ability to break down uric acid in bodies. Since Krutha yuga, many elders have praised amla saying that “amla has an ingredient in it that not only has the capacity to remove all kinds of diseases but also improves life span.” In India Amla is considered to provide good fortune and auspiciousness to women and is offered prayers on the day of Utthana Dwadashi (Utthana Dwadashi is the symbolic wedding day of Sri Tulasi with Lord Krushna in the form of Damodara, which bestows liberation (Moksha).) Amla has 5 of the 6 tastes (shad Ruchulu) excluding salt in it. The sweet and spiciness of amla aids from having indigestion. The sourness stops gas formation, the tart and bitterness remove kapha from bodies. These five tastes together remove the Vata, Pitta, and Kapha doshas from the body. Amla has vitamins A, B and C. Amla has more vitamin C than an orange.

Other fruits have a tendency to lose its efficacy if stored for long, however amla does not lose any of its benefits. In half an ounce of amla there is 50ml of Vitamin C, which is sufficient quantity for a person in a day. There are more vitamins in raw fresh amla than a dried amla.

1. By Swamyji - Amla Murabba

Already processed and ready to consume amla murabba is available in Hyderabad's Munnalal Dawaasaaj. Apply silver foil on top of the amla with its juices and consume every day, eyesight and hearing will improve, will boost calcium in the body, will get plenty of vitamin C. Over a period of time will improve blood and cure white discharge problems. People who consume amla everyday do not have to think if it's Sunday or night time.

Warning – Should not eat Amla if you have Piles or Kidney Stones.

2. **To heal wounds** – some wounds do not dry, they keep oozing pus and some have worms in them. Take amla + Himalayan pink salt in sufficient quantities, grind into a paste and make small tablets out of the mixture and dry them. Consume 3 tablets a day to heal stubborn wounds quickly.
3. **If children do not get teeth in time or get crooked teeth** – consuming amla will help in teeth formation and alignment and also in new teeth coming in time. They will not need braces in future.
4. **Pregnant women** –

- a. From the first day of pregnancy to the ninth month whenever there is sensation of vomiting, placing a raw or dry piece of amla in the mouth will stop the sensation and helps increase hunger. Iron and calcium together will make the body strong. Will improve blood. The baby in the womb will develop a healthy body. Amla has more nutrients than an egg. Anyone who consumes amla regularly will stay healthy all their life.
- b. **When Pregnant women vomit** – take cloves equivalent to **Rs 1 coin** and pound them into small pieces. Add it to **750 ml** water and boil. Once cool, filter and drink this mixture every morning and evening to stop vomiting.
5. **If children are fed products made with amla everyday** – they will stay healthy all their life.
6. **To improve memory power, eyesight, subtle intellect (Sukshma budhi) and, hair** – students who eat amla will increase their memory power, eyesight and subtle intellect. Also, they will have plenty of hair growth.
7. **Teeth disease** – grind amla tree leaves and extract the juice. Take this juice into your mouth, swish it around and spit it out. Then eat one amla. It will cure teeth issues.
8. **Benefits of amla tree wood** – the amla tree wood is so strong that it can be used for building houses, making guns and plough.
9. **Leather workers** – the tanin acid found in amla is used by leather workers.
10. **Silk Cloth** – Amla is used in the chemicals used in silk cloth making.

“Amla tree is considered as Lord Siva and devotees in the month of Kartika pray to the tree and eat food under its shade.”

11. **Grind Amla chutney (Thokku pachadi), preparation method** – remove the seeds from amla and to the pieces add sufficient salt and turmeric powder and grind. Transfer this mixture into a Porcelain jar and store. Take some amla pickle into a small bowl and keep it aside. Take a small kadai, add oil, red chilies, mustard seeds, fenugreek seeds, Black gram (urad dal), Bengal gram (Chana dal) and fry. Add this mixture along with some raw cumin seeds into the amla pickle in the bowl, grind it. If you like can add tempering afterwards or can eat with rice or chapati as it is. Who ever eats this pickle every day, will never have to wear glasses in their life.

This pickle turns black the longer it is stored but does not spoil. The older the pickle, the more benefits it provides. This is known as black pickle (Nalla Pachadi) in Andhra and Telangana regions.

Note – make sure there is sufficient salt in the pickle as mold forms within 3 days if salt is not sufficient in the pickle.

12.Amla pickle

For **2** kgs fresh amla, take **2** kgs grind amla pickle (Thokku pachadi) that is prepared as mentioned above. Fry the fresh amlas in hot oil making sure they do not break apart for **10** minutes and keep aside. In the **2kgs** grind amla pickle add – 100 grams mustard seed powder, **150** grams fenugreek powder, **50** grams cumin powder, sufficient salt and chili powder as per taste + add the fried amlas and add oil till it is a little above the pickle. This is how amla pickle is made. (According to taste can adjust the powders. Many people add lemon juice or tamarind juice to this amla pickle, adding the grind amla instead gives results in different way). At the end, in sesame oil add red chilis, mustard seeds, Bengal gram (chana dal), asafetida and prepare tempering. Once it cools down add it to the pickle, mix well and store in a Porcelain jar.

84. Deer Antlers

(If found in a legal way only)

1. **Diseases related to heart, lungs, piles and burning sensation during urinating** – Rub the deer antler on a grindstone with water to make a paste similar to sandalwood. Take the paste equal to **2** rosary peas and eat it with cow ghee once. Heat that is generated in the body for whatever reason is removed. The phlegm that accumulates in the lungs and surrounding the heart, changes in heartbeat, blood pressure, extreme heat in the body, piles and burning during urination are all cured.
 2. **Medicine for blockage of the artery walls of the heart** – if the same deer antler paste in the size of 2 rosary peas is mixed with honey and taken, will clear the blockage of the artery walls of the heart without needing surgery.
-

85. By Swamyji - White Rosary Pea vine root (Tella Guruvinda teega veru)

1. To close the holes in the heart – Swamyji has practically prepared and used this medicine to save a poor child. He is handing us this boon.

Take the root of the white Rosary pea vine, grind it by rubbing on grindstone and collect the paste. Take paste about the size of **1** Rosary Pea seed + honey along with cow milk. If this medicine is taken for **48** days holes in the heart will close.

Process to remove the root from the ground – On a Sunday which coincides with Pushyami star, pray to the white rosary pea plant saying “I am taking your roots to save a person’s life”. Pour a lot of water at the base of the Rosary Pea vine and look for the baby roots surrounding the main root. Without disturbing the main root, dig around the baby root, taking care to remove the soil to the extent that our hand does not touch the soil while removing the root. (We are not supposed to touch any soil while removing the root). For a root that is equivalent to a hand span, take nine strings of thread and put 9 knots to it. Tie these strings around the root as a band on both ends (up to where the root should be cut). Pray to the root by chanting the mantra “Hrudaye Lalitha Devi” for 108 times. Wear footwear that does not cause earthing, make sure that body, or clothes do not touch the earth even accidentally. Cut the part of the root between the two bands of strings tied at both ends and take. If accidentally touch the ground while removing the root, the power from the root will transfer into the earth. Need to be very careful during the process. Place the root in a secure place; and cover the place from where the root was removed with soil. Grind the root and extract the paste equivalent to **2** Rosary Pea seeds and feed to the patient. Make sure to keep chanting the mantra “Hrudaye Lalitha Devi” during the process from the time starting grinding the root to the time medicine is given to the patient. If the patient can also chant the mantra, it is even more beneficial.

86. Miracle of Mango Kernel (the seed inside the hard Mango shell)

1. For blood oozing from worms in the stomach, piles, blood motions, heavy bleeding during periods – take the mango kernel, dry it and make into powder. Take powder equivalent to **20-30** paddy seeds in weight, mix it with honey or ginger juice and drink. It will kill all kinds of worms in the stomach in addition to curing all the above-mentioned diseases.

To increase Vitamin B12 and to control Diabetes

Grate Mango kernel and keep it aside. Take a big amla, crush it, remove the seed and keep it aside. Take bitter gourd and grate only the top skin (ridges) and keep it aside. Take dry red chilis, Bengal gram (chana dal), mustard seeds, fenugreek seeds, black gram dal and fry them separately in oil. To this add sufficient quantities of raw cumin seeds, sea salt and grind them all together. To this mixture add the grated mango kernel, crushed amla and grated bitter gourd and mix well. Add oil to this mixture, mix well and keep it aside. Every day eat this mixture with rice in your first bite. It will increase your Vitamin B12 tremendously. Also, diabetes will be in control because insulin is produced.

87. Muskroot/Spikenard (Jataamaamsi)

1. **To cure Postpartum disorders, fits (epilepsy/seizures), hysteria** – to cure postpartum disorders and seizures take Muskroot powder, quantity equivalent in weight to **30-40** grains of paddy. Add it to a glass of water in the night, next day morning filter the water, add mishri to it and drink. (ANTISPASMODIC) hysteria will be cured. This herb is also used for hair growth, for black hair and also used in liquids that have a fragrance, and in sacred water used in temples.

88. Gum (Gond) laddu

It helps cure all types of Vata doshas in the body. Improves and strengthens nerves, muscles and brain for new mothers and for all people in general.

Method to prepare Gond powder - Heat cow ghee in a vessel and add Gond. As soon as it is added, it swells and expands like a flower. In case you find big chunks of gond, then first break it into tiny pieces before frying. If not, the gond does not cook well and can cause inconvenience while eating by sticking to the gums and teeth. Take the gond that is fried and grind into a powder.

To this powder you can add equal quantity of mishri and eat directly.

Method to prepare Gond laddu – Take grated dry coconut powder, almonds, pistachio, pumpkin seeds, watermelon seeds, sunflower seeds, chironji seeds, bottle gourd seeds, if available Indian cucumber seeds, sesame seeds, flax seeds, walnuts and dry dates. Except for dry dates, fry the rest individually and grind them all into coarse powder. Add

this powder to Gond powder that is prepared as mentioned above and add sufficient quantity of crushed ripe dates and honey, mix well and make laddus.

Warning – do not use lemon juice and do not drink water from a clay pot.

89. Red Maple Tree (Erra Vaaludu / Khandooraa checkka)

To join broken bones, for calcium deficiency and brittle bones – pound khandoraa checkka into small pieces, then grind into fine powder and store. Add this to a beetle leaf along with mishri and eat, broken bones will join and heal. Since the wood has life source in it, even though it is dry, it still retains some moisture. It is very hard to make it into powder. The khandooraa chekka should be dried in sunlight, powdered, and sieved few times to make it into complete powder form before storing.

1. Take three pinches of this powder, add it to middle of a beetle leaf along with three pinches of mishri and eat.
2. Get fresh butter if available regularly, then add three pinches of the powder on a beetle leaf and add some butter to it and eat.
3. Get good quality honey, apply honey to the beetle leaf, add 3 pinches of the powder and 3 pinches of mishri and eat.

While taking this medicine drinking milk is essential.

Eat this medicine in the above mentioned way for 48 days, broken bones will join and heal. Irrespective of age anyone with low calcium or have brittle bones can take this medicine.

Diet restrictions – Do not eat bitter gourd, eggplant (brinjal), potato and all types of Gongura.

90. Aalampaal Tailam

(Oil made out of Banyan Tree milk)

Naagarcoil Address – is given in Page no - 1

They only make this oil upon order. They will not have it ready if want to buy in bulk.

To join broken bones – this tailam when fresh has the consistency of ghee. This is the best.

Take hot water in a bowl. In another small bowl take some of this thick oil. Keep this small bowl in the hot water bowl, as soon as the oil melts apply this oil very gently on the skin covering the broken bone's part. If the water cools down, the oil will thicken again. Need to get hot water and repeat the process. By eating Kandora chekka medicine and applying this oil gently on the skin where the broken bones are and massaging gently will help heal very quickly. This oil in liquid form can be used directly, however it is not as effective.

91. Kattee Kaarapu Dinusulu

(This medicine has been handed down from ancient times and is available at the stores given below)

In Postpartum women, to recover their strength, regain the shape of their body and restore normal physique - eat laddus made by mixing Kattee kaarapu Dinusulu + black gram dal flour.

Note – the shop address below will not send parcels. Have to go in person or send someone to shop on your behalf. We are providing the phone number to confirm directions to the shop.

Katte Kaarapu Dinusulu are available in –

1.Rama oil company, Near Sivaji café, SatyanarayanaPuram, Vijayawada,

Andhra Pradesh. Phone No 0866-2530446

2. Chekka Ranga Rao, Cheka Raja Rao, Pachari shop street,

Near Koneru Centre, Machilipatnam , Andhra Pradesh

Phone No 7942679627

3. Dintakurti Bapana Rao, Pachari shop street, Near Koneru Centre

Machilipatnam, Andhra Pradesh Phone No 9908667999

92. Method to prepare Vibhuti (Sacred Vibhuti or Bhasma)

(Tiruneer Mantra)

The 5-letter mantra of Mahadeva Siva tells us about the five faces of Lord Siva. For each face there are 5 letters in total there are 25 letters.

1st Mantra: **“Na ma śśi vā ya”**

2nd Mantra: **“Śi vā ya na ma”**

3rd Mantra: **“Vā ya na ma śi”**

4th Mantra: **“Ya vā śi ma na”**

5th Mantra: **“Ma na ya vā śi”**

1. Make Vibhuti while chanting Lord Siva’s mantra continuously. While chanting the **Vāma mantra**, have to bring cow dung that is caught in a lotus leaf without falling on the ground. This was told directly by **“Agasthya Maha Muni garu”**. There is complete connection for using **Vāma Deva mantra**, drinking divine nectar (amrutham), and to gain the blessings of all the gods. We have provided the mantras given by **“Agasthya Maha Muni garu”** here.

Vāma Mantra: “Aiyyum Kiliyum Śivāyanamā” = 12 letters

2. “Uñ Tēñ Tēñ Oñ Śivāyanama”

While chanting this **“Aghora” mantra**, have to collect the pancha gavyas from single cow (namely – cow urine, milk, cow ghee, curd and cow dung.) Mix them together in a consistency that you can make them into balls.

3. Make balls while chanting the **“Tatpurusha” mantra**. While chanting this mantra mind will be in divine trance. Continue chanting the mantra while drying the balls, and burning them in fire.

Mantra: “Namaśśivāya Añ Uñ Vañ Śivāyanama”

4. When burning these balls, see the fire emitting in yellow, red, black colors along with smoke. Once all the smoke is gone and the balls turn into silver color, take them out carefully before they break apart.

While taking the balls out, need to chant the “Ēśāna” Mantra.

Mantra: Mañ Vañ Siñ Oñ Kiliyum Kiliyum Śivāya”

5. Apply the Vibhuti while chanting the given “Śiva tattva” mantra.

Mantra: “Śīmariyiñ Ūñ Śivāya Ūñ Añ Nama Om”

With the blessings of **Lord Siva**, these pancha **Mukha mantras** have evolved from the face of **Agasthya Maha Muni garu** which are filled with love, affection, compassion and are highly effective. Chanting the pancha Mukha mantras their entire life or wearing the Vibhuti prepared while chanting these mantras will cure all the diseases in the body. This will eliminate worldly desires and also able to understand the tatva of Lord Siva.

Meaning you will be able to realise the essence of Lord Siva.

Om Nama Śśivāya

Siddham Namaha

***Precautions to buy green leafy vegetables and vegetables –**

Depending on where the green leafy vegetables are grown the nutrients in them will change. If there is bad smell emitting from the leaves do not buy such vegetables. This happens if the leafy vegetables are grown in dirty contaminated water, the smell and dirt from the water are absorbed by the leaves and they smell bad. Consuming such green leafy vegetables will harm health. So, check twice carefully before buying green leafy vegetables, use them and protect your health.

Especially Dwarf copper leaf spinach (Ponnaganti kura) and False daisy leaves (Guntagalagara aaku) if eaten for 48 days will give immense strength. However, eating green leafy vegetables grown in contaminated water, might end up with weakness instead of strength.

Method to clean vegetables including fresh leaves, vines, plants, green leafy vegetables (Bilva, Tulasi, Saraswati leaves etc) –

If there are eggs, white lines or holes in green leafy vegetables, vines or small plants then that means worms or insects have destroyed them. Remove such leaves before using. When even a few leaves that are damaged are used, it might cause motions. The eggs that are on such leaves if consumed, the eggs and larva might go and settle in the stomach and reproduce which is very dangerous to health.

Clean these leaves, vines, plants as given below. Take water in a small bowl and add sea salt to it. Take a few handful of these leaves, vines or plants that you use fully, dip them in the water, wash and keep them aside. This will remove the mud from them. Take another big vessel, fill it with water and add sea salt to it. Now take the leaves and soak them in this water for **24** minutes. After that take them out and immediately use. If not, the pesticides sprayed by the farmers will get back into the leaves.

These days all kinds of vegetables are being sprayed with pesticides. These pesticides harm humans. So, follow the above-mentioned method and wash all vegetables similarly before using.

Meaning of Mandalam (48 days) –

Naturally for all people Mandalam is considered as **41** days but for us according to Swamyji it is **48** days. There are **7** layers of skin in our body. Only after crossing these **7** layers, benefits of meditation or any medicine will reach the muscles and mind. (**7** skin layers = **7** Days). In this way whether it is meditation practice or medicine, people have to account for **48** days. People who do not know this secret, will be disappointed thinking why their sadhana/meditation did not work effectively.

By Swamyji –

- 1. Morning – method to prepare ginger juice** – Anyone taking this medicine should take ginger equal to their index and middle fingers put together in length, width, and thickness. Wash, peel and cut into small pieces. To this add **25 to 50 ml** water and grind. Filter this juice. Take an empty steel bowl and heat it on the stove till it turns red (very hot). Turn off the stove and add ginger juice to the bowl and leave it for some time until it cools down. After sometime, the slaked lime in the juice will deposit down and harden. Clear ginger juice is on top. Only take this clear juice. (if accidentally consuming the slaked lime deposit, it will harm anyone with delicate bodies as it produces gases and burning sensation in the stomach).

2. Afternoon – Method to prepare dry ginger powder – take each dry ginger piece and burn them in the fire while holding with tongs. The top layer of the dry ginger will turn black. Once the dry ginger cools down, scrape the black layer, wipe with a clean cloth and keep them aside. The dry ginger pieces after this process have a light cream color to them. Pound these dry ginger pieces into small pieces, then grind them into powder. Sieve this powder using a fine cloth and store it in a bottle. Make sure to use this powder before it changes its properties.

Note- if this powder is left outside, it stays fresh for **15** days and if stored in the fridge it stays good for **30** days.

3. Night – Method to prepare Indian Hog Plum powder (Karakkaaya powder) – take dried Indian hog plum and dry fry them, hand pound and remove the seeds inside. Take the pieces and grind them into fine powder.

Note- if this powder is left outside, it stays fresh for **15** days and if stored in the fridge it stays good for **30** days.

***Preparation of fermented curd rice** – cook rice the night before and add lukewarm milk. After a few minutes add some curd or buttermilk to it and mix well. After **5 to 6** hours the fermented curd rice will be ready for consumption. (Option – can add raw onion pieces and Himalayan pink salt to it).

***Method to seal** – take a clay mud pot. Take red or black rich loam soil (banka matti) add water to it till it has the consistency of thick curd. Make sure there are no stones. Take a cotton cloth that is the width of our **4** fingers together and apply this mud to it on both sides. Take this cloth and wrap it around the clay pot mouth covering its lid and rim together tightly.

***Method for Putam** – keep the sealed pot in the center and layer the dried cow dung patties all around it touching the pot. Light the fire with good quality camphor.

***Precautions to take when using broken black gram dal or whole black gram** - make sure to wash black gram dal 7 or 12 times compulsorily (first wash 2 times and soak it, then wash remaining times). Also need to wash idly Rava in the same way. This helps remove its doshas. Also removes doshas from Prarabdha karma (past life karma that is currently being experienced in present life. It is the karma that has begun to bear fruit)

***Method to prepare Gond powder** - Heat cow ghee in a vessel and add Gond. It expands and swells like a flower. In case, there are big chunks of gond, first break it into tiny pieces before frying. If not, the gond does not cook well and can cause inconvenience while eating by sticking to the gums and teeth. Take the gond that is fried

and grind into a powder. (this powder is used in topic number 88 -Gond Laddu preparation)

కొలతలు/ मापन/ measurements

1 పలం / 1 पलं / 1palam = 35gms

కాల్పలం / काल पलं / kaalpalam / $\frac{1}{4}$ పలం = $35/4$ = 8.75 gms.

ముక్కాల్పలం/ मुक्कल पलं / mukkaal palam / $\frac{3}{4}$ పలం = $35 \times \frac{3}{4}$ = 26.25 gms

60 గ్రైన్స్ / 60 ग्रैन्स / 60grains = 3.888 gms

Ancient Indian Measurement Units

Ancient Tamilians Measurement Of Capacity

1 ఆళాక్కు, ఆడాక్కు, aazhaakku = 168 ml

1 ఉళాక్కు, ఉడాక్కు, uzhakku = 336 ml

1 కలం, కలం, kalam = 64.5 litre

1 తూణి, తూణి, thooni = 21.5 litre

1 నెయ్యి కరణ్డి, నెయ్యి కరణ్డి, nei karandi = 1 table spoon

1 ఎన్నై కరణ్డి, ఎన్నై కరణ్డి, ennai karandi = 240 ml

1 పాలాడై, పాలాడై, paalaadai = 30 ml

1 కుప్పి, కుప్పి, kuppi = 700 ml

1 ఔన్సు, ఔన్సు, ounce = 31 g

360 నెల్, 360బడ్లు, నెల్, nel = 1 సోడు, సోడు, soadu-33.6 ml

5 సోడ్లు, సోడ్లు, soadu = 1 ఆళాక్కు, ఆడాక్కు, aazhaakku

2 ఆళాక్కు, ఆడాక్కు, aazhaakku = 1 ఉళాక్కు, ఉడాక్కు, uzhakku

2 ఉళాక్కు, ఉడాక్కు, uzhakku = 1 ఉరి, ఉరి, uri

2 ఉరి, ఉరి, uri = 1 నాళి, నాళి, naazhi (ముక్కాల్పలం)

8 నాళి, నాళి, naazhi = 1 కురిణి, కురిణి, kuruni

2 కురిణి, కురిణి, kuruni = 1 పతక్కు, పతక్కు, pathakku

2 పతక్కు, పతక్కు, pathakku = 1 తూణి, తూణి, thooni

3 తూణి, తూణి thooni = 1 కలం, కలం, kalam

Measure of Weighing

3.75 కున్రి మణి ఎడై (గురిగింజ), కున్రి మణి ఎడై, kunri mani edai = 1 పన ఎడై, panavedai

32 కున్రి మణి ఎడై, కున్రి మణి ఎడై, kunri mani edai = 1 విరాగన్ ఎడై, విరాగన్ ఎడై, viraagan edai

10 విరాగన్ ఎడై, విరాగన్ ఎడై, viraagan edai = 1 పలం, పలం, palam

8 పలం, పలం, palam = 1 సేరు, సేరు, saer

40 పలం, పలం, palam = 1 వీస, వీస, veesai

50 పలం, పలం, palam = 1 తూకు, తూకు, thookku

2 తూకు, తూకు, thookku = 1 తులం, తులం, thulaam

1 కున్రి మణి ఎడై (గురిగింజ), కున్రి మణి ఎడై, kunri mani edai = 130 mg

1 పన ఎడై, పన ఎడై, panavedai = 487.5 mg

1 తులము, తులం, thoola = 12 g (accurately 11.7 g)

1 పలం, పలం, palam = 35 g

1 వీసై, వీసై, veesai = 1400 g

1 విరాగన్, విరాగన్, viraagan = 4 g

Ancient Tamilians Measure of Time

24 నిమిషాలు, 24 క్షణ, 24 minutes = 1 ఘడియ (నేరం), ఘడియ, naazhigai

Two and half naazhigai 2 ½ ఘడియలు, (నాళిగ) 2 ½ ఘడియాం = 1 గంట, 1 గంట, 1 hour

Three and three quarter naazhigai 3 ¾ నాళిగై, నాళిగై = 1 ముహూర్తమ్, ముహూర్తమ్, muhurtham

60 ఘడియలు (నాళిగై), నాళిగై, naazhigai = 1 రోజు (నాళి), నాళి, naal (1 day)

seven and half naazhigai 7 ½ ఘడియలు (నాళిగై), నాళిగై = 1 సామమ్, సామమ్, saamam

1 సామమ్, సామమ్, saamam = 3 గంటలు, గంట, hour

8 సామమ్, సామమ్, saamam = 1 రోజు, దిన, day

4 సామమ్, సామమ్, saamam = 1 పూట, ఆధే దిన, half day (పోళుదు, pozhuthu)

2 పూటలు (పగలు, రాత్రి), పోళుదు, 2 ఆధే దిన, pozhuthu = 1 రోజు day

15 రోజులు, దిన, days = 1 పక్షం, పక్ష (పక్కమ్, pakkam)

2 పక్షాలు, పక్ష, pakkam = 1మాసం(మాదమ్), మహీనా, month

6 నెలలు , మహీనా, month = 1ఆయనం , ఆయనం , ayanam

2 ఆయనం, ఆయనం, ayanam = 1సంవత్సరం (వర్షం), సాల, aandu , 1 year

60 సంవత్సరాలు, సాల , year = 1 వట్టం ,వట్టం, vattam

Ayurvedic Measurements

60 Gmsain, గ్రేన్స్, గ్రైన్స్ = 1ద్రవం,ద్రవం, Dravm = 3.888 Gmsam.

3 ద్రవం, ద్రవం Dravm = 1 తోల, తోల, Thoola = 11.664 Gmsam.

40 తోల, తోల, Thoola = 1 రతల్, రతల్, Ratal = 466 Gmsam.

1 గ్రైన్ , గ్రైన్, Gmsain = 64.83 , పనమేడ, పనమేడ, Panameda = 65 Milligmsam.

6 Gmsain = 1 Panameda = 389 Milligmsam.

12.5 Panameda = 1.25 డ్రాం , డ్రాం, Dram = 1 కళంజ్ , కళంజ్, Kazanj = 4.860 Gmsam.

30 Panameda = 1 Thoola = 2.5 కళంజ్ ,కళంజ్, Kazanj = 11.664 Gmsam.

75 Kazanj = 1 షానం , షానం, Shanam = 3.645 Milligmsam.

2 Shanam (1.5 Kazanj) = 1 కోలం , కోలం, Koolam = 7.290 Gmsam.

2 Koolam (3 Kazanj) = 1 కర్షం ,కర్షం, Karsham (1.25 Toola) = 14.580 Gmsam.

2 Karsham (6 Kazanj) = 1 షుకీతి, షుకీతి, Shuketi (2.5 Toola) = 29.160 Gmsam.

2 Shuketi (12 Kazanj) = 1 ఫలం,ఫలం, Phalam (5 Toola) =58.319 Gmsam

2 Phalam (10 తోలToola) = 1ప్రశ్రుతం, ప్రశ్రుతం, Prasrutam = 116.638 Gmsam.

2 Prasrutam (20 Toola) = 1 కుడుబ్బం, కుడుబ్బం, Kudubam = 233.276 Gmsam.

2 Kudubam (40 Toola = 1 Ratal) = 1 Saravm = 466.522 Gmsam.

100 Phalam = 1 Tullam = 12.5 Ratal = 5. 832 Kilogmsam.

60 Bindu = 1 Shanam = 1 Teaspoon = 3.55 ML.

8 Shanam = 1 Shuketi = 1 Ounce = 28.34 ML.

2 Shuketi = 1 Phalam = 2 Ounce = 56.8 ML.

2 Phalam = 1 Prasrutam = 4 Ounce = 1 Uri = 113.64 ML.

2 Prasrutam = 1 Kudubam = 8 Ounce = 1 Nazhi = 227.28ML.

2 Kudubam = 1 Saravam = 16 Ounce = 1 Ratal = 455.56 ML.

2 Saravam = 1 Prastam = 32 Ounce = 1 Edazahi = 911.12 ML.

Names of Herbs in Telugu, Hindi, English & Botanical Names

<https://www.medicinalplants.in/>

<https://bsi.gov.in/page/en/medicinal-plant-database>

Botanical names of Medicinal plants have been taken from the above websites maintained by Data base of Botanical survey of India and National medicinal plants board.

S.No.	Telugu	Hindi	English	Botanical name
1.	కృష్ణతులసి / విష్ణు తులసి	कृष्ण तुलसि / काली तुलसि	Holy Basil / Tulasi/ Krushna Tulasi	Ocimum tenuiflorum L
2.	మిరియాలు	कालीमिर्च	Black Pepper	Piper nigrum L.
3.	అల్లము	अदरक	Ginger	Zingiber officinale ROSC
4.	వాము	अज्वैन	Carrom Seeds	Trachyspermum ammi (L.) SPRAGUE
5.	తేనె	शहद	Honey	-
6.	నూనె	तेल	Oil	-
7.	సొంతి	सोंठ / सूखी अदरक	Dry Ginger	Zingiber officinale ROSC., dried form
8.	నాటు చక్కెర	कच्ची गन्ने की चीनी	Raw Sugar	Saccharum officinarum L. (Derived from Sugarcane, crystal form)
9.	కలకండ్ / పటికబెల్లం	मिश्री	Mishri/ Rock sugar	Saccharum officinarum extract
10.	మునగ చెట్టు బెరడు	मोरिंगा / सहजन पेड का छाल	Bark of Drumstick tree /Moringa Tree	Moringa oleifera LAM. (bark)
11.	తెల్లవెల్లుల్లిపాయ/ వెల్లుల్లి పూండ్	लहसुन	White Garlic (Solo garlic)	Allium sativum L.

12.	ఆవాలు	राई / सरसों	Mustard Seeds	Brassica rapa L. subsp. campestris (L.) L (seeds)
13.	తల్లగురివిందవేరు/ వెల్లెక్కుండుమణి	सफेद गुंजा जड़	White Rosary Pea plant root	Cardiospermum halicacabum L.
14.	వెల్లెఱ్ఱచారిణివేరు / తల్లగల్లేరు/ శ్వేత పునార్నవ	श्वेत पुनर्नव	White Punarnava	Trianthema portulacastrum L.
15.	కండకత్తిరివేరు/ముళ్ళు పున్న వంకాయ	कटेली/ छोटी कटेरी/ रंगानी /कांटेदार बैंगन	Yellow fruit night shade	Solanum virginianum L. (root)
16.	పిప్పిలి	पीपली	Long pepper	Piper longum (fruits)
17.	లవంగాలు	लौंग	Cloves	Syzygium aromaticum (L.) MERRILL & PERRY (seeds)
18.	గసగసాలు	खसखस	Poppy Seeds	Papaver somniferum L.
19.	తాటిమిశ్రి	ताडिमिश्री	Palm sugar	Borassus flabellifer L.
20.	కృష్ణ తులసివెత్తనాలు	कृष्ण तुलसी के बीज	Dark holy basil seeds/ Krushna Tulasi Seeds	Ocimum tenuiflorum (seeds)
21.	వేపాకు	नीम	Neem leaves	Azadirachta indica A. JUSS.
22.	నిత్యకళ్యాణి /బిళ్ళ గన్నేరు	सदाबहार /नयनतारा	Periwinkle flower	Catharanthus roseus (L.) G.DON
23.	నేరేడు పండు వెత్తనాలు	जामुन / जामबुल के बीज	Indian Black berry seeds/ Jamun seeds	Syzygium cumini (L.) SKEELS
24.	చిల్ల గింజలు /తెట్రాన్ కొట్టి	निरमाली बीज	Clearing nut seeds	Strychnos potatorum L.
25.	తల్ల మిరియాలు	सफेदमिर्च	White Pepper	Piper nigrum L. (white pepper)
26.	శతావరి	शतावरी	Shataavari	Asparagus racemosus WILLD.
27.	చిత్తరత్తై	कुलांजन/ चित्तरतै	Chitharathai	Alpinia officinarum HANCE
28.	ఆముదం	अरंडी के तेल	Castor Oil	Ricinus communis
29.	నేల తంగేడు	छोटा तरोडा	Cassia italica	Cassia italica (MILL.) SPRENG.
30.	రేవల చిన్ని	रेवतचीनी / रेवन्दचीनी / गोटा घन्बा	Himalayan rhubarb	Garcinia morella (GAERTN.) DESR.
31.	కర్రక్కాయ	हरड	Indian hog plum	Terminalia chebula RETZ. & WILLD.
32.	జలకర్త	जीरा	Cumin Seeds	Cuminum cyminum L.
33.	తొక బియ్యం	तोक बिज्जम	Tail Rice	-
34.	సూరత్ నేల తంగేడు	सोनामुखी	Sunamukhi / Indian senna	Cassia italica MLL SPRENG
35.	నన్నారే వేరు	अनंत मूल की जड़	Naanari Root	Hemidesmus indicus (L.) SCHULT.

36.	సూరత్ కరక్కాయ	सूरत हरड	Indian hog plum/ Surat Karakaaya	Terminalia chebula RETZ. & WILLD.
37.	తెల్లశంఘపంపు/తెల్ల కాకట్టాన్ / అపరాజిత	सफेद शंखु पुष्पी, सफेद अपराजिता	White Butterfly pea plant	Clitoria ternatea L.
38.	నీర్ మేల్ నెరువు/ నీటి మేద మెరుస్తున్న పాచి	शैवाल / काई	The green algae	Chlorophyta (Gmseen Algae), Cyanobacteria (Gmseen Algae)
39.	నవాచారమ్ (ammonium chloride)	नौसादर पौडर	Ammonium Chloride	-
40.	ఇండిగోపాడర్/అవరి ఇల్లె	नील का पौडर	Indigo Powder	Indigofera tinctoria L.
41.	అడవి ఆముదపు చెట్టు	जंगली अरंडी	Wild Castor oil tree	Jatropha curcas L.
42.	బిల్వపు చెట్టు వేరు	बिल्व/बेल वृक्ष की जड़	Bael tree root	Aegle marmelos (L.) CORREA EX. SCHULTZ
43.	అతిమధురం	मुलेठी	Licorice	Glycyrrhiza glabra L.
44.	తంగేడు /అవారంకరియై	तरवार	Tanner's Cassia	Cassia auriculata
45.	సాంబ్రాణి	सांब्रानी / लुबन	Benzoin Resin	Styrax benzoin DRYAND
46.	వావిలాకు /నొచ్చిఇల్లె	निर्गुडी	Indian privet leaves	Vitex negundo L. var. negundo
47.	శ్రీచందనము	श्रीचंदन	Sandalwood powder	Santalum album L.
48.	నీలిగోరింట/నీర్ముళి/కోకిలాక్షి/ నీటిమల్లి	कोकिलाक्ष/ तालीमखाना/ नीर्मुळि	Hygmsophi la schulli	Hygmsophila schulli (HAM.) M.R. & S.M. ALMEIDA
49.	తాటి బెల్లము	ताडी गुड	Palm Jaggery	Borassus flabellifer L.
50.	సుగంధిపాల్ వేరు	अनंतमूल जड़	Indian Sarsaparilla or Anantmool root powder	Hemidesmus indicus (L.) SCHULT.
51.	ఆముదము	अरंडी का तेल	Castor oil	Ricinus communis (L)
52.	మెంతి	मेथी चूर्ण	Fenugreek	Trigonella foenum- Gmsaecum L
53.	“తానికాయ”	बहेडा	Beleric	Terminalia bellirica (GAERTN.) ROXB.
54.	గడ్డికి వచ్చే దుంప /కోరకళంగి	मोथा के कन्द्रीय जड़, मोथा	bulbous Root that comes from nut grass	Cyperus rotundus L.
55.	ఎర్రమందారం	लाल गुडहल फूल	Local variety red hibiscus flower	Hibiscus rosa-sinensis L
56.	గుంటగలగరాకు/ పొడుతలైకిరై	भृंगराज /भांगरा	False Daisy	Wedelia chinensis MERR.
57.	నేలఉసిరి(ఆకు)	भूमी आम्ला,निरुरि,भूयि आम्ला	Carry-me-seed or Stonebreaker or seed-under-leaf	Phyllanthus amarus SCHUM. & THENN.

58.	అరుదొండ ఆదండఇలైకొడి	/	अरदानदा ,गोविंदफल	Ceylon Caper vine	Capparis Zeylanica L
59.	తుమ్మి/ద్రోణపుష్పి		छोटा हालकुसा ,गुमा	Leucas Aspera/ Dronapushpi / Tummi poovulu	Leucas cephalotes (ROTH.) SPR.
60.	జల్లేడుఆకు		अर्क पत्ता	Milkweed	Calotropis gigantea (L.) R.BR.
61.	గులాబీ (గులకండ్)		गुलकंद (गुलाब वाला)	Rose (Gulkand)	Rosa damascena MILL.
62.	దానిమ్మకాయ		अनार	Pomegranate	Punica gmsanatum L
63.	పటిక, Potassium Aluminium sulphate		फिटकरी	Alum	-
64.	కాశికట్ట(బెరడు),కాసు		खायिर,खदीरा	Heartwood bark	Acacia catechu (L.F.) WILLD
65.	కలబంద/కుమారి		अलोवेरा ,घृतकुमारी	aloe vera	Aloe vera L.
66.	మెంథాల్		मेंथाल	menthol	Extract from Mentha arvensia L
67.	గట్టి కర్పూరము,		कपूर	Camphor crystals	-
68.	పర్వాటకమ్ / చాటరాశి		पित्तपापडा/दमनपापडा, पिटपप्रा	Indian fumitory plant	Fumaria vaillantii LOISEL
69.	శంఖు		शंख	conch	Turbinella pyrum
70.	విష్ణుక్రాంతి		विष्णुक्रांता / शंखवेल	Dwarf morning- glory plant	Evolvulus alsinoides L
71.	పచ్చి శనగలు		कच्चे चने	Raw Bengal grams	Cicer arietinum L.
72.	జంక కొమ్ము		हिरण का सींग	Deer Antler	-
73.	మునగాకు		मोरिंगे पत्ते,सहजन के पत्ते	Moringa leaves	Moringa oleifera LAM
74.	నువ్వులనూనె		तिल का तेल	Sesame seed oil	Sesamum indicum L
75.	అశ్వగంధ		अश्वगंधा	Ashwagandha	Withania Somnifera DUNAL
76.	దాల్చినచెక్క		दालचीनी	Cinnamon stick	Cinnamomum verum PRESL
77.	కుప్పైమేని మొక్క / కుప్పి చెట్టు		खोकली/कुपी पौधा	Indian Nettle	Acalypha indica L
78.	కస్తూరి పసుపు		कस्तूरि हल्दी/ दर हल्द / कसमल	Wild turmeric (kasturi haldi)	Berberis aristata DC.
79.	గంధకచ్చూరాలు/పులాన్ కిళంగ్		सफेद हल्दी / कपूर कच्ची / गंदमस्ति	White turmeric/ spiked ginger lily	Curcuma zedoaria (CHRIST.) ROSCOE
80.	వట్టివేళ్ళు /విలామిచ్చె వేరు		खसघास की जड़ /वेटिवेर	Vetiver grass	Vetiveria zizanioides (L.) NASH
81.	అకిల్ కట్ట / అగరు చెట్టు		अगरु	Eagle wood	Aquilaria malaccensis LAM.,
82.	బిర్యానీ ఆకు /ప్రెన్ చీలై		तेज पत्ता	bay leaf	Cinnamomum tamala NEES & EBERM.
83.	బిర్యానీపువ్వు		पत्थर के फूल	Biryani flower/ black stone flower	Parmelia perforata ACH.

84.	రోజామొగ్గ	रोजा की कलियां	Rose buds	Rosa centifolia L.
85.	మకుటమ్మప్ప/సిరినా గప్పప్పు	नागकेसर	Cobra's saffron	Mesua nagassarium (BURM.F.) KOSTERM.
86.	మదనకాంబు/ మదన కామాక్షి	जंगली मदन मस्त का फूल / मदनकांबू	Queen Sago	Cycas circinalis L.
87.	శ్రీగంధతైలము ఎసెన్స్	श्रीचंदन तेल का essence	Sri Gandha thailam essence	Santalum album L
88.	వామింటమొక్క / తైవేళిరసం	हुरहुर / अजगंधा / सफेद बाग्रा	African spider flower	Cleomegynandra L
89.	ఉమ్మెత్త ఆకు	धतूरे के पत्ता	Devil's Trumpet	Datura metel L
90.	తొటకూర	चौलाई, चौली	Amaranth leaves	Amaranthus tricolor L
91.	సునాముఖి ఆకు	सुनामुखी / सुवर्णपत्री, सेन्ना	Indian senna	Cassia italica MLL SPRENG
92.	సరస్వతీఆకు/వల్లారై/బ్రాహ్మి	ब्राह्मीबूटी	Indian pennywort	Centella asiatica (L.) URBAN
93.	నల్లేరు / పెరండై	हडजोरा , हडजोड	Veldt Grape	Cissus quadrangularis L.
94.	ముష్టిగింజలు	कुचला बीज/कुपितु बीज	Poison nut seeds	Strychnos Nux -vomica L
95.	పూంగావి / కావిరాళ్ళు	लाल गेरु मिट्टी का पौडर	Red Ochre (Hematite)	
96.	పల్లెరు	गोखरू	Goathead	Tribulus terrestris L.
97.	అవిశ ఆకు/అగస్తే	अलसी के पत्ते	Agathi	Linum Ustatissimum L
98.	నల్లతుమ్మచెట్టు	बबूल ,कीकर	Acacia	Acacia nilotica (L.) WILLD. EX DEL.
99.	తుమ్మచెట్టుగమ్మ	बबूल का गोंद	Acacia tree gum	Acacia nilotica (L.) WILLD. EX DEL. extract
100.	ఇంగువ	हींग	Asafoetida	Ferula assa-foetida L.
101.	పచ్చకర్పూరము	भीमसेनी कपूर (खानेवाली कपूर)	Edible Camphor	Cinnamomum camphora (L.) PRESL
102.	ముల్లంగి	मूली	Radish	Raphanus sativus L.
103.	వెంగారము	वेन्गारं / ठंकण भस्म	Borax, Sodium Borate	-
104.	అరటిచెట్టు	केले का पेड	Plantain tree / Banana tree	Musa sapientum O.KUNTZE
105.	తామరపువ్వు	कमल के फूल	Lotus flowers	Nelumbo nucifera GAERTN.
106.	ఫూల్ మఖనా	फूल मखना	Phool Makhna/ popped lotus seeds	Euryale ferox SALISB.
107.	ఆకాశతామర	जलकुंभी / टकापना / water lettuce/ जल सलाद	Water Lettuce	Pistia stratiotes L.
108.	పూరం/ రసకర్పూరం	पूरं	Borneol	-

109.	అర్జునవృక్షము / మరుదపట్టె	अर्जुन वृक्ष	Arjuna Tree	Terminalia arjuna (ROXB.) WIGHT & ARN.
110.	కాసు కట్టి పొడర్	खाइर / खदीरा	Catechu	Acacia catechu (L.F.) WILLD. var. sundra (DC.) PRAIN
111.	అత్తిపండు/ అంజీర్	अंजीर	Fig	Ficus carica L.
112.	వేలిపర్తి /దుష్టపు చెట్టు	उतारण /सगोवनी	Castor bean plant/ Trellis-vine	Pergularia daemia (FORSK.) CHOIV.
113.	అడ్డసరము /అడాదొడ్డ/వాసై	वसाका / अडोसा	Malabar nut	Justicia adhatoda L.
114.	రుద్రజట /సబ్జా గింజలు	रुद्रजटा/सब्जा बीज/ तुख मेरिहन	Sweet Basil Seeds/ Sabja seeds	Ocimum basilicum L.
115.	వసకొమ్ము	वाचा / बच	Sweet Flag	Acorus calamus L
116.	పూవరసంపువ్వు చెట్టు	पारसपीपल	Indian Tulip Tree	Thespesia populnea (L.) SOL.EX. CORREA
117.	మాచిపత్రి /మాసిపచ్చె	नागदौना	Indian wormwood leaves	Artemisia nilagirica (CLARKE) PAMP.
118.	ఉత్తరేణి/నాయుర్వి, చెన్నాయుర్వి, పడరుర్వి	अपामार्ग, लटजीरा, चिरचिटा	Prickly chaff flower	Achyranthes aspera L; Amaranthaceae
119.	రత్నపురుష /ఒరిదలతామరై	रत्नपुरुष	Spade Flower	Hybanthus enneaspermus (L.F.) MUELL.
120.	వెద్ద పల్లెరు / ఏనుగు పల్లెరు/అనైసరింజ	बडा गोखरू	Large Caltrops leaves	Pedaliu murex L;
121.	నువ్వులు	तिल	Sesame seeds	Sesamum indicum L.
122.	తెలగపిండి	तिल का खली	defatted sesame oil cake powder	Sesamum indicum L.
123.	కుంకుమ పువ్వు	केसर का फूल	Saffron flower	Crocus sativus L.
124.	యాలుక్కాయలు	इलाची	Cardamom	Elettaria cardamomum MATON
125.	జాజికాయ	जायफल	Nutmeg	Myristica fragmsans HOUTT
126.	జాపత్రి	जावित्रि	Mace	Myristica fragmsans HOUTT
127.	కోష్ఠమ్, కోటమ్	कोष्टम, महालक्री, केबु	Spiral ginger	Costus speciosus (KOEN. EX RETZ.) SM.
128.	తాళిసపత్రి	तालीस पत्र, कंदमोरिंदा	Indian silver fir	Abies spectabilis (D.DON) SPACH
129.	నాటుసారా	देशी शराब	Country liquor	
130.	పొట్టు మినపపప్పు	छीले वाले उडद दाल/ काला उरद	Whole black urad dal / Black gram dal	Vigna mungo HEPPER
131.	కాయంచీ	मकोय	Black Nightshade	Solanum nigmsum L

132.	తూడువిల్చై/ ముల్లముప్పి / ఉస్తెచెట్టు	अग्निदामनि	Solanum trilobatum	Solanum trilobatum L
133.	బచ్చలితకు	मलाबारपालक/पोई का साग	Malabar spinach	Basella rubra L.
134.	తెల్లగల్లేరు	सफेद पुनर्नव	White Eclipta	Zaleya decandra (L.) BURM. F.
135.	పొన్నగంటితకు	गुदरीसाग	Dwarf copperleaf	Alternanthera sessilis (L.) R.BR.EX DC.
136.	పాలకూర	पालक	Spinach	Spinacia oleracea L
137.	మొంతికూర	मेथी का साग	Fenugreek leaves	Trigonella foenum-gmsaecum L
138.	అస్కా చెక్కర	अस्का चीनी	Sugarcane	Saccharum Officinarum L
139.	గోధుమ	गेहूँ	wheat	Triticum aestivum L
140.	ఆరోరూట్	आरौरूट पौडर / माव	Arrow root	Maranta arundinacea L
141.	కొండపిండాకు/పాపాణభేది	पाषाण भेद	Mountain Knotgrass	Aerva lanata (L.) JUSS. EX SCHULT.
142.	బొప్పాయి తకు	पपीता का पत्ते	Papaya leaf	Carica papaya L
143.	చెన్నంగితకు	-	Chennangi Aaku	-
144.	చామాకు	अरबी का पत्ता	Taro leaves	Colocasia esculenta L SCHOTT
145.	కందిపప్పు	तूरदाल	Toor dal/ peginon peas	Cajanus cajan L MILLSP
146.	మామిడికాయ	कच्चे आम	Raw mango	Mangifera indica L.
147.	చిట్టిపాలతకు	चिट्টি पालाकु	Chitti Paalaku	-
148.	పుదీన	पुदीना	Mint leaves	Mentha arvensis L.
149.	కర్పూర శిలాజత్ /గోదంటి భస్మం	कर्पूर शिलाजित / गोधंति भस्म	Shilajith	-
150.	ఉసిరికాయ/నల్లికాయ	आमला	Amla/ Indian goosberry	Embllica officinalis GAERTN.
151.	మామిడిజడి	आम का बीज(गुठली के अंदर का बीज)	Mango Kernel	Mangifera indica L.
152.	జటామాంసి	जटामांसी	Spikenard	Nardostachys gmsandiflora DC.
153.	గోండ్	गोंद	Gum (Tumma chettu gond)	Acacia arabica WILLD.
154.	పుచ్చపప్పు	तबूज के बीज	Watermelon seeds	Citrullus lanatus (THUNB.) MATSUMARA & NAKAI
155.	గుమ్మడి పప్పు	कद्दू के बीज	Red Pumpkin seeds	Cucurbita maxima DUCHESNE
156.	సన్‌ప్లవర్ పప్పు	सूरज मुखी के बीज	Sunflower seeds	Helianthus annuus L.
157.	సారపప్పు	चिरौंजी	Chironji seeds	Buchanania lanzan SPR.

158.	సొరగింజల పప్పు	लौकी के बीज	Bottle gourd seeds	Lagenaria siceraria (MOLINA) STANDLEY
159.	డోసగింజల పప్పు	ककडी के बीज	Yellow Cucumber seeds	Cucumis sativus L.
160.	అవిసెలు/అగస్త్య	अलसी के बीज	Flax seeds	Linum Ustatissimum L.
161.	ఖండోరాచెక్క	तेजबल/खंडोरा छाल/तिमुर	Red maple tree bark	Zanthoxylum armatum DC.
162.	ఆలమ్పాల్ తైలం (మర్రిచెట్టుపాల తైలం)	आलम्पाल तेल(बार वृक्ष	Banayan tree milk oil	Ficus bengalensis L.
163.	కట్టికారపు దినుసులు	कट्टेकारं के मसाले	Kattee Kaarapu Dinusulu	-
164.	విభూతి తయారుచేసే విధానము - ఆవు పాలు, “ నెయ్యి, “ పెరుగు, “ మూత్రము, “ పేడ	विभूती बनाने की तरीखा - गाय का दूध “ “ घी “ “ दही “ “ मूत्र “ “ गोबर	Method to prepare Vibhuti – Cow Milk Cow Ghee Cow Curd Cow Urine Cow Dung	-