

# Holistic approach for disease free life

prepared by

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# Holistic Approach for Disease free life

## INTRODUCTION (Chapter 1)

- 1) Most of the diseases of today are due to adoption of life style suited to cold climate countries and usage of appliances suited to cold climate countries as explained below at para 4
- 2) The health policy of government need to be reoriented keeping the principles given by Maharshi VAGBHATA
- 3) School text books should contain these practical health principles instead of theories on body and plant and animal kingdom

# Chapter 1

## 1.0 INTRODUCTION

- Do you want to know why High B.P. / Diabetes / Gas trouble / Arthritis / T.B. etc. have increased of late?
- Do you want to know why incidences like Cancer, Heart ailments, Kidney problems, Liver problems etc. have increased manifold after 2000?
- Do you want to live a quality and disease free life?
- To know answers to above, please listen to “Arogya Rahasya” / DVD by Shri Rajiv Dixit based on “Sutras” of Maharshi VAGBHATA, a disciple of CHARAK a great ancient Indian Surgeon.

# 1.0 INTRODUCTION

**4.0** Till 1980's WESTERNISATION is minimum in India.

- With increased westernization, Indians started going away from age old practices in cooking, living, eating etc.
- Indians started following the appliances & lifestyle being followed in USA / Europe thinking that, those appliances / lifestyle is correct and a sign of civilization.
- Indians unfortunately have lost sight of the important fact that, the appliances suited to Cold Climate countries like USA/Europe are not only suited to India but cause various diseases.

# 1.0 INTRODUCTION

- Similarly, the lifestyle adopted from USA/Europe like light Breakfast in the morning is suited only for cold climate and not to hot climate Country like India.
- Due to blindly following appliances / lifestyle of USA/Europe, diseases increased manifold especially after 2000.
- Diseases which are rare like Cancer, heart attack have become common in India now.
- 85% present day of diseases can be treated by self by following health principles suited to Indian climate.

# 1.0 INTRODUCTION

- Only 15% diseases need specialists. By following the health principles, even the chronic diseases can be prevented.
- USA / Europe – only Onion, Potato & Wheat grown mainly.
- India – Variety of vegetables, fruits & food items is high and conducive to nutritional requirements (Vitamin, minerals) of body than Western food.
- While Westerners are shifting to Indian foods, Indians like fools are trying to eat Western foods like PIZZAS, BURGERS as a false prestige and inviting deliberately chronic diseases like Obesity, Cancer, Diabetes, B.P., Kidney problems etc.

# 1.0 INTRODUCTION

- While we do not have control over pollution like use of pesticides for food production, air & water pollution etc., We have full control over what type of appliances to be used for cooking, eating etc., & have full control of what to eat & when, how to eat etc.
- About 3000 years back disciple of Ancient surgeon Charak, Maharshi Vagbhata has laid down scientific principles of how to cook, how to eat, what to eat & when etc.
- Vagbhata has written the SUTRAS after physically experimentation including on himself and after deep meditation only and hence the SUTRAS are 100% applicable to India.



# 1.0 INTRODUCTION

- Vagbhata lived for 135 years.
- Unfortunately, this important health science which has a great bearing on health of Indians and hence on the intelligence and productivity, is not made part of our curriculum in schools & colleges.
- With increased diseases, people are now at a loss and are groping for solutions.
- In these times of crisis, solutions given by Vagbhata are a God gift and need to be spread to relations, friends and one and all.

# 1.0 INTRODUCTION

- The tips given in the booklet help more in prevention of on set of diseases than curing diseases.
- In case you are suffering from any diseases do take allopathic medicine treatment along with following principles given in the booklet.
- Allopathy cures only symptom and not cause of disease.

# 1.0 INTRODUCTION

Example:

- 1) Lips breakage in due to excess Vatam
  - )Applying vaseline alone will not cure the problem.
  - )But controlling vata by applying oil massage will control the disease.
- 2) If you are suffering from kidney problem which is due to excess Pitta. If excess Pitta is not controlled in the body and only kidneys are treated, the disease then attacks next weak part in the body say liver etc.

# 1.0 INTRODUCTION

- The CD/DVD is of 685 MB and lasts 8 hours.
- Shri Rajiv Dixit after lot of research & discussion with modern day Allopathic, Ayurveda doctors have selected key “Sutras” of Vagbhata and explains with scientific reason about various aspects of cooking, eating etc.
- As many do not have time to spare 8 hours, I have prepared the ‘Actionable’ points given by Maharshi Vagbhata. To make the healthy tips complete, I have taken important tips from other authors as given in “References”.

# 1.0 INTRODUCTION

- Those who desire to know the detailed logic / reason, may kindly listen to the DVD OR VISIT WEBSITE
- For Telugu :  
[www.mediafire.com/folder/coj25vz362qp6/Arogya\\_Rahasya\\_Telugu](http://www.mediafire.com/folder/coj25vz362qp6/Arogya_Rahasya_Telugu)
- For Hindi :  
[www.mediafire.com/folder/imkxfy8frqhex/Arogya\\_Rahasya\\_Hindi](http://www.mediafire.com/folder/imkxfy8frqhex/Arogya_Rahasya_Hindi)
- Or read books given under Reference
- For any clarification, contact  
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## Chapter 2

### 2.0 Summary of Health Tips

- Personal hygiene is important for good health
- Balanced nutrition plays an important role in good health
- Vitamin B & C being water soluble , should be taken everyday.
- Avoid practices to store water and food items

## 2.0 Summary of Health Sutras/Tips

- Drink Water like Tea i.e. Sip by Sip.
- Water in copper vessels is good for health in winter – Do not keep feet on ground while taking water from copper vessel/jug. Other seasons – use silver Jugs.
- Morning on waking up – Saliva in mouth to be swallowed with water – Great medicine – Do not spit saliva of mouth on waking up.
- Do not eat food or drink water in standing posture.

## 2.0 Summary of Health Sutras/Tips

- India – Hot Climate – Cold climate Habits of West do not suit us and are the main reason for SPURT in diseases.
- IDEAL COOKING – When Air & Sun Rays touch the food being cooked.
- Avoid using cooker, micro-wave oven – Only 13% nutrients useful if we cook in them.
- Minimize use of Refrigerator – Keep items from fridge in open air for 48 minutes before using them. Switch over to natural fridges
- Do not use Aluminium Vessels – Use Earthen, Brass & Bronze vessels
- Use Rock Salt instead of Sea Salt.



## 2.0 Summary of Health Sutras/Tips

- Consume / Eat food within 48 minutes of cooking.
- Food eaten after 12 hours of cooking contains no nutrients and hence useless and unfit even for Animals.
- Eat Maize Roti instead of wheat since wheat is produced in cold climates & produces heat where as maize cools the body (for south Indians only).
- Wheat Flour has maximum life of 15 days.
- Maize / Chana etc. – Maximum life '7' days.

**Moral:** - Do not buy wheat / Atta flour as it will be definitely more than 15 days old.

## 2.0. Summary of Health Sutras/Tips

- Do not take water immediately after :
  - Urination
  - Stools
  - Bath
- Do not take cold water after walking in SUN & under shelter. But while in Sun it is ok.
- Do not give cold / normal water to a person after accident.  
Water intake = Weight / 10 – 2

### **India: -**

- a) Vatam is more – 80% diseases due to Vata Dosha
- b) In daily routine take care that “Vata” does not increase
- c) Do not Run – It will increase ‘Vata’ - walking is O.K.

USA/Canada – Cold – Kapam is more

## 2.0 Summary of Health Sutras/Tips

- Use pure (Ganuga) Oil, instead of Refined Oil.
- Morning – heavy food; Afternoon – Light food; Night – Tiffin
- Do not take water after food – At least 40 minutes gap is must.
- If you feel thirsty after taking food – Take
  - Fruit Juice – In the Morning
  - Butter Milk – In the Afternoon
  - Milk – At Night
- Do not drink Cold water especially from fridge bottles- Ideal – Lukewarm – Body Temperature is 37°C

## 2.0 Summary of Health Sutras/Tips

- Avoid eating contradictory foods together
- Take Rest after taking food during lunch time for 15-20 minutes – sleeping is Ideal
- Do not sleep immediately after food intake at night – minimum 2 hrs gap.
- Do not eat ice-cream after hot food.
- Sleep with head towards South or East only
- Take pan daily (without kachu)
- Vitamins B & C water soluble-To be taken daily.
- If you are above 45 years age, do not climb staircases.
- Wear socks & slippers on marble/granite floors especially in winter.

## 2.0 Summary of Health Sutras/Tips

- Man has three Doshas i.e. Vata, Pitta & Kapha. Imbalance of these doshas causes various diseases.
- First identify your body constitution by pulse rate.
  - 60 – 70 – Kapha type of Body
  - 70 – 80 – Pitta type of Body
  - 80 – 90 – Vata type of Body
  - Morning – Vata is more
  - Afternoon – Pitta is more
  - Night – Kapha is more
- Foods to be selected cautiously according to time and constitution of one's body.

## 2.0 Summary of Health Sutras/Tips

VATA is due to Air & Akash

➤ Air has five qualities

- ✓ Speed
- ✓ Dryness
- ✓ Coolness
- ✓ Intrusion
- ✓ Change

➤ Avoid sleeping directly under ceiling fan.

➤ Avoid high speed driving of scooters

➤ Do not sit near window in train/bus

## 2.0 Summary of Health Sutras/Tips

Pitta dosha increases due to

- Fear
- Anger
- Jealousy
- sorrow

## 2.0 Summary of Health Sutras/Tips

- A PITTA type person should not take Pitta increasing foods like, Pickles, Non-Veg., Tur(Kandi) Dhal, Papaya, Dry Radish, dry beetroot etc., during lunch time.
- Best Kapha controller is Jaggery
- Best Pitta controller is Ghee
- Best Vata controller is Oil / Beeter leaves
- Cow Urine contain 18 nutrients
- All products of Cow – Urine, dung, milk etc., are useful for mankind.
- Cow breeding / growth to be encouraged by Government
- Cow Slaughter to be controlled.



## 2.0 Summary of Health Sutras/Tips

- Saltwa in a person is dominant between 4 AM to 6AM.
- Any book writing, poetry , article work involving intellect etc should be undertaken between 4 AM to 6AM.
- Only such works undertaken between 4 AM to 6AM will have depth & will be easily understood by people and enable then to utilise the contents of book in their life.
- Students to read between 4 AM to 6 AM for exams

## 2.0 Summary of Health Sutras/Tips

- Number of times motions per day – ideal is equal to number of times we take food in a day.
- Fruits should be taken before meals.

# How to Spread Awareness about Health

- Anganwadi works
- DWACRA Women
- Teachers in school
- Health professionals at Mandal / Revenue Division / District level
- Village Temples – Mike to 'Air' audio CD on Health everyday for one hour in the morning after Bhajans / Suprabatam / Aarati songs and evening between 07 to 08 P.M.

# How to Spread Awareness about Health

- NSS Volunteers
- Rajiv Vidya Mission Volunteers
- Posters at all Government offices on the tips for Goods Health.
- School syllabus from first class to have lessons on practical Health tips.
- Discussions on Television.
- All training instates of Government – One class to be taken on practical health tips.



## Chapter 3

### 3.0 Method of Cooking

- Cooking to be done with the 'SPARSHA' of AIR & SUN RAYS on the food cooked.

#### **Implication:**

- PRESSURE Cooker not to be used
- Microwave oven not to be used (only one side heating & no air. All sides heating is possible in water alone)

#### **Utensil for Cooking:-**

- Research by CDRI proved that, Aluminium is worst material for storing or cooking materials.

**Brass vessel**



**Aluminium vessel**



**Brass vessel**



**Aluminium vessel**



**OVEN**



**Pressure Cooker**





## 3.0 Method of Cooking

- Before 1970's – No Aluminium utensils.
- Aluminium plates used in JAILS by British.  
Research in Lucknow Jail confirmed following, if cooking / storage of food is done in Aluminium utensils.

### **It leads to:**

- Decrease of Immunity.
- Age decreases.
- Susceptible to diseases very fast.
- Strength goes down in the body.

# Effect of cooking in Aluminum Vessels

- Eating of food cooked in Aluminium cooker causes:
  - Tuberculosis
  - Bronchitis
  - Diabetes
  - Arthritis
  - Asthma
  - Many more diseases

# Why Pressure Cooker Food loses Nutrients

- A food item which takes more time for growth, requires more time for cooking
- For evolution of any item, time is required.
- For example, birth of a child takes '9' months. Protein & nutrients (Vitamins & minerals) will not come out, if cooking is done FAST say in a cooker, microwave oven etc.
- In Dhal, absorption of nutrients takes over 8 months.
- Hence, dissolving of nutrients for assimilation by MAN takes more time.

## **Pressure Cooker:-**

- All nutrients of food do not dissolve & hence not available for consumption and hence purpose of taking food is not served.

# Benefits of cooking in earthen vessels

**Cooking in Earthen Vessels is best:**

Alternate – Brass & Bronze

**Research:** - Food cooked in Earthen vessels do not decay easily.

**Example:** Dhal of Puri Jagannath temple Prasad tested at Delhi & found no decay.

Earth has 18 micro-nutrients and food cooked in earthen ware, micronutrients will be intact.

- Pressure Cooker – 87% nutrients lost
- Bronze Vessels – 3% lost
- Brass - 7% lost

# Cooking in Earthen Vessels



# 3.1 Bad Effects of Refrigerator

**Refrigerator:** - Invented for cold Countries and not for India.

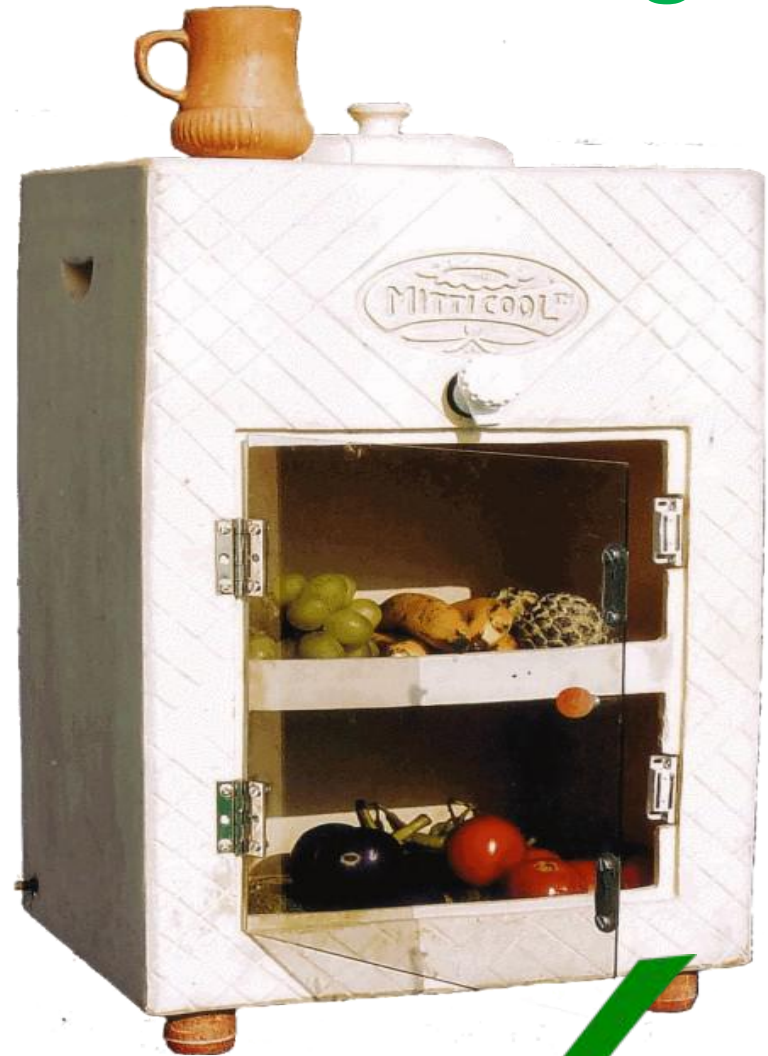
India: - Mainly for storing medicines.

- Produces C.F.C. which harms Ozone Layer.
- More poisonous than  $\text{CO}_2$ .
- Food stored will be contaminated with C.F.C. gases.
- Avoid / minimize use of Refrigerator.
- In case of use, keep items out of Refrigerator for 48 minutes before using for cooking / eating.
- Natural Fridges are better.

# Electric Fridge



# Natural Fridge



## 3.2 Life of Wheat Flour & When to take food?

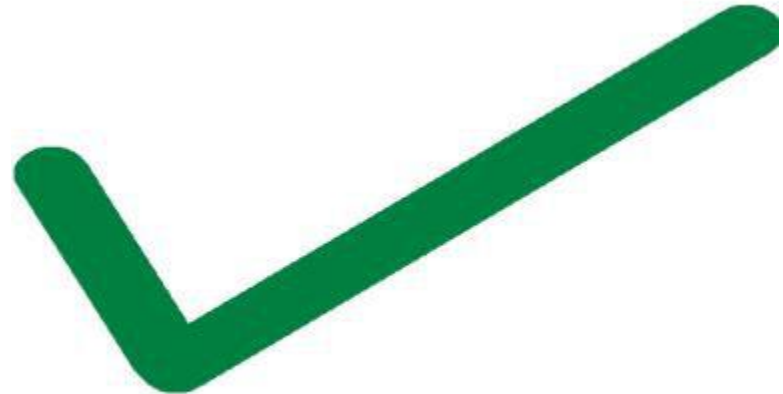
### Hot or Cold?

- Consume / Eat food within 48 minutes of cooking.
- Food eaten after 12 hours of cooking contains no nutrients and hence useless and unfit even for Animals.
- Eat Maize Roti instead of wheat since wheat is produced in cold climates & produces heat whereas maize cools the body. (for south indians)
- Wheat Flour has maximum life of 15 days.
- Maize / Chana etc. – Maximum life '7' days.

**Moral:** - Do not buy wheat / Atta flour as it will be definitely more than 15 days old.



# Packed Wheat Flour



# 3.3 How to Drink Water

## Consumption of Water

- 90% of diseases are due to stomach. Proper digestion of food in stomach is very important. Water plays an important role in digestion.
- Why – Food after digestion, converts to juice and converts to blood, serum, urine, stools, etc. responsible for the body to function.

### **How to Drink Water:**

- Take sip by sip like Tea.
- Take while sitting only.
- Take in a article which is round like Lota / Chambu where surface tension is less. Glass is not a healthy article. Glass has come to India through French.

**Lota/Chambu**



**Glass**



# Cold / Hot / Lukewarm?

- Body temperature is 37°C
- Lukewarm water is BEST throughout year even in summer.
- Summer – Pot stored is ok.
- Water in Copper vessels is good without lukewarm but water should be taken without feet touching ground. Water in copper vessels to be taken during winter only.
- Take water in silver vessels – it cools the body and control PITTA.



# Silver Jug



**Throughout  
year suitable**

# Copper Jug



**Suitable for  
winter**

**Earthen vessel**



**Suitable for  
Summer**

**Steel vessel**



**Second best  
vessel**

# Plastic Jug



**Avoid**

# Effect of taking Cold water

- Stomach is made cool
- Body cells get cool
- All organs of body become cool
- Body releases secretions to heat cold water for which blood is diverted from organs like Brain, Heart etc. seriously affecting them in the long run due to frequent shortfall of blood.



# When to take water

- After one hour 30 minutes of taking food ( 1 – 2 sips to clear throat is ok)
- If you feel thirsty, take :
  - Juice – in the morning / breakfast
  - Buttermilk – Afternoon / Lunch
  - Milk – Night / Dinner
- Immediately after waking up take lukewarm water. (Morning SALIVA in mouth is a great medicine & should not be spit but consumed inside by sipping lukewarm water)

**Juice**



**Butter Milk**



**Milk**



**Morning  
after food**

**After  
Lunch**

**After  
Dinner**

# When Water should not be taken

- Do not take water immediately after :
  - 1) Urination                      2) Stools                      3) Bath
- Wait for 20 – 25 minutes, preferably take water before above activities.
- Do not take cold water after walking in SUN & under shelter. But while in Sun it is ok.
- Do not give cold / normal water to a person after accident.
- Instead – give
  - Hot Tea.
  - Hot Water.
  - Urine (if you are in forest / place where tea / hot water not readily available)

# Effect of taking water after food

- Enzymes secrete immediately after eating like when a switch is 'ON', bulb glows.
  - When digestion is going, if water is taken, enzymes become calm and food becomes stale.
  - Gas generates due to stale food & cholesterol increases due to stale food.
  - Gases spread throughout body & difficult to control.
  - 103 diseases caused due to such gas. Example, Acidity, Piles, Cancer etc.
  - Bad Cholesterol i.e. LDL is produced when food is in stale condition

## How much water to be taken?

- Water intake =  $[\text{Weight} / 10 - 2]$

# Live according to climate of place of living

- Man should do physical work up to 60 years.
- Afterwards, slowly activity to be reduced.
- Live according to the climate and conditions of the place of living

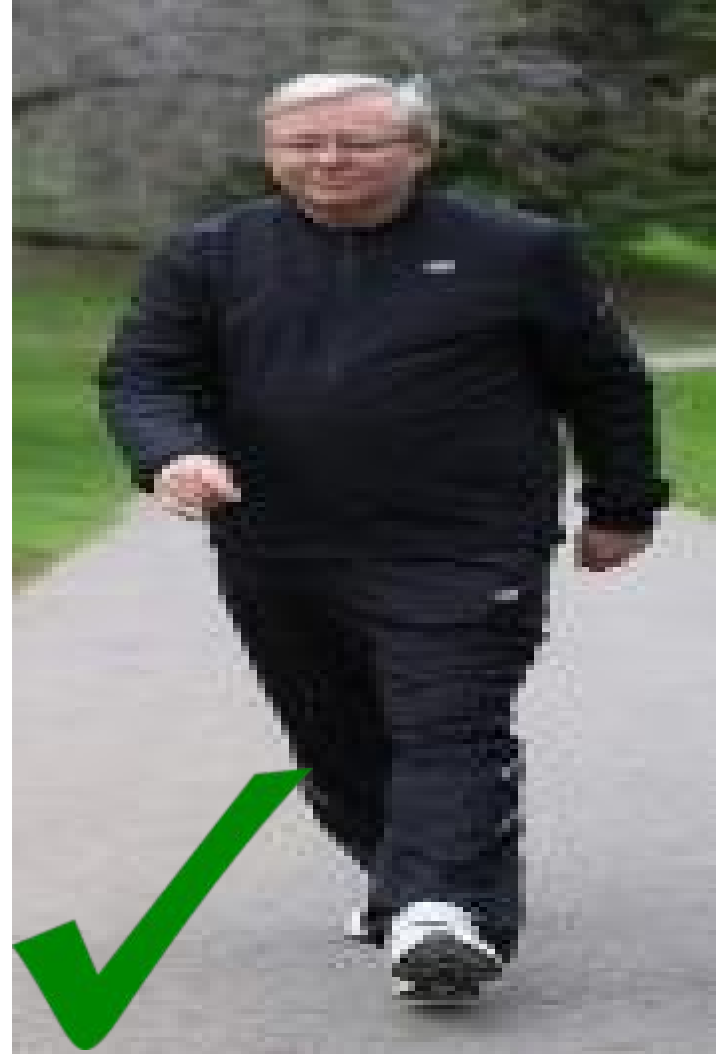
## India: -

- a) Hot Climate (Air will be hot)
- b) Vatam is more – 80% diseases due to Vata Dosha
- c) In daily routine take care that “Vata” does not increase
- d) Do not Run – It will increase ‘Vata’ - walking is O.K.

USA/Canada – Cold – Kapam is more



**Do not run as it will  
increase Vata dosha  
in old people**



**Walking**

## 3.4 Food Timings

- Jataragni is strong within 02 hours of Sunrise i.e. 09.00 to 09.30 Hrs.
- Food taken during this period will be fully utilized and converted to energy and other products necessary for the body.
- Different body organs work efficiently at different times.

Example: -

**Heart** – 02 Hours before Brahma Muhurta i.e. 02.00 to 02.30 Hrs.

**Liver** (similarly Jataragni) – Up to 02 hours from sunrise.

# Food Timings & Quantity

- Lunch to be taken in the morning and not breakfast
- Any food liked by your mind / tongue – Take in the morning only.

**Example:** Sweets, Mirchi, Bajii etc.

- Afternoon Food: - Take 1/3<sup>rd</sup> less than morning
- Evening Food: - 40 minutes before Sunset
- This habit will help a lot – Diabetes, Asthama, Arthritis, and those suffering from Vata Dosha diseases.



# Breakfast



## 3.5 How to eat Food

- By sitting on floor is ideal
- 'Agni' is generated by sitting in Sukhasana that helps in quick digestion of food eaten.
- Eating in standing posture
  - Jataragni intensity decreases a lot.
  - Plate should be at a higher level than the seat
  - Dining table – Sit on Chair with folded legs in Sukhasana.



✓  
Eating food by  
sitting on floor  
is ideal



✗  
Eating food by  
standing is not  
good

# How to take Food

## **(a) How to take Food ?**

- Take food in peaceful mood & atmosphere.
- Do not speak or watch TV.
- Do not eat when you are in angry or emotionally disturbed state – wait at least ½ hour.

## **(b) To make mind calm, do bhajans or read Slokas or**

**Mantras before eating.**

## **(c) Taking food in Sukhasana or milking posture is good. Sitting in Vajrasana while taking food is not recommended for Indian conditions.**





**Watching TV and Talking while  
eating food is not Good**

## 3.6 Contradictory foods

**Eating Foods having different Guna & Swabhava**

**i.e. Contradictory Foods together is not good for health**

- a) Onion + Milk – Should not be taken together. Leads to many Skin related diseases like scorriacis, Eczama, itching
- b) Milk + Panasa (JACKFRUIT) Fruit
- c) Milk + any item containing Citric acid. Citric acid items – Orange, Pomegranate, Grapes, Mangoes etc. Only sour items permitted is “AMLA”
- d) Ghee + Honey together is prohibited.
- e) Tur Dhal + Curd together is prohibited.
- f) Dahi wada should not be taken.
- ) Experiments proved that, Blood pressure (B.P.) increased by 20 to 40 points after eating Dahi wada.
- ) If you want to eat dahi wada, use moong dhal for wada preparation.



**Onion**

**Milk**





**Ghee**



**Honey**







**Milk**



**Jack Fruit**





**Milk**



**Jaggery**



**Tur Dal**

**Curd**



+



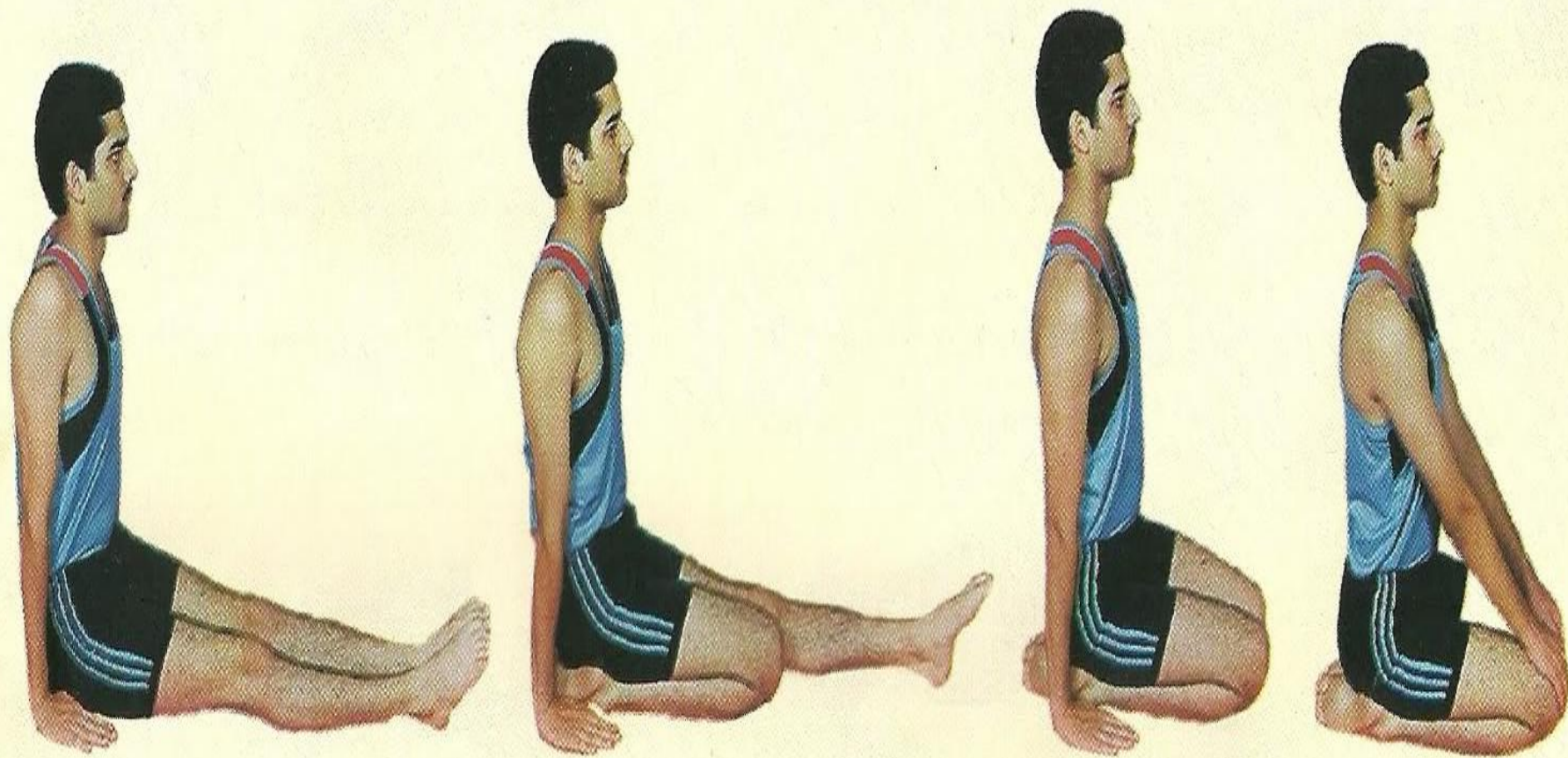
**Dahi Wada**



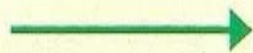
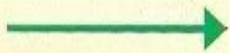
## 3.7 What to do after taking food?

- Take at least 30 minutes rest after taking food in the morning and afternoon.
- Lie down on left side resting on left hands like Lord Vishnu resting on Aadi Sesha.
- Brazil, Mexico & Australia – made it compulsory in offices to take rest after lunch.
- If it is not possible to take a nap, at least do Vajrasana for 10 minutes.





Start



**Vajrasana**

It improves the functioning of whole digestive system. It is quite useful as an asana after meals. Enhances the blood circulation in the organs above the waist and useful for the persons having more sleep.

# What to do after taking food?

- Do not sleep immediately after taking food in the evening / night.
- Take rest after a minimum of 02 hours of taking food.
- Why? - Due to sunset, condition of hormones inside do not help if rest is taken.
- Do not take any Dhal curry with Curd. If you want to take curd / Butter milk after Dhal, then add – Zilakara, Vamu & Rock Salt and do “TALIMPU”

**Effect: - If you sleep immediately after dinner, you are prone to Diabetes & Heart attack.**

# 3.8 Effect of taking cold items after hot items

Do not take cold items with hot items and vice - versa

- Tea – Tea is at  $50 - 60^{\circ}\text{C}$
- Stomach enzymes try to bring tea to stomach temperature by  $37 - 40^{\circ}\text{C}$  When this process is going, if you take Ice cream, stomach gets confused. Whether to cool tea or heat Ice cream?



## Chapter 4

### 4.0 ARJUN TREE Stem Benefits

- **Decoction with water / milk with sugar candy (Misri) plus sonti.**
- **½ tea spoon of Arjun Tree – powder**
- **Nov / Dec / Jan – Ideal**
- **Cures acidity of blood**
- **Purifies blood**
- **Controls cholesterol**
- **Prevents heart diseases in future**
- **Use Jaggary in Tea / Black Tea instead of Sugar**
- **Tea powder is not good. Tea leaves are good relatively**



## 4.1 Benefit of PAN

- Take PAN daily. For those above 45 years, it is must, since Calcium need to be taken externally as internal production capacity decreases.

Beetel leaves – Controls Aapha & Pitta dosha

Lime (Sunnam) – Controls Vatam

**Beetel leaves**    a) Use Desi only  
                         b) Green and ripe one

### **Preparation of PAN**

- |                          |  |                       |
|--------------------------|--|-----------------------|
| 1) Beetel leave – 01 No. | 2) Lime – 01 gm.   | 3) Sompu – 5 – 10 gm. |
| 4) Vamu – 2 – 3 gm.      | 5) Lavang – 01 No.   | 6) Illachi – 01 No.   |
| 7) Jaggery – 5 to 10 gm. | <b>Not to use:</b> - Beetel Nut & Kachu – They are poisonous |                       |

**Moral: Do not eat PAN outside – Instead make in your house itself**

## 4.2 Direction for Sleep?

- Head should be towards South or East
- Reading or for learning any new subject, North facing is O.K
- Sadhus, Saints, those who practice Brahmacharya – Keep Head towards East
- For Children to increase in Height, keep head towards South during sleep

## 4.3 Need to take Vitamins 'B' & 'C' daily

- Vitamin B & C are water soluble. Hence, they should be taken every day. Prolonged deficiency of these two vitamins causes various diseases.
- Requirement of Vitamin B & C per day for each individual and sources are given at table 4 chapter 13.
- Green leafy vegetables are rich in sources of vitamin 'B'.
- Leafy vegetables should not be cut into small pieces.
- Leafy vegetables should not be washed frequently as otherwise vitamin 'B' will dissolve in water being water soluble.

## 4.4 Triphala

- Triphala – Amla, Karakkaya, Thanekaya
  - Controls Kapha, Vata & Pitta

Karakkaya : Thanekaya : Amla

1 : 2 : 3

- How to take: Morning with Jaggary or Honey
  - Night – With Milk or Hot water
  - Morning – Acts as a nourishment
  - Night – Acts as a Stomach Cleaner
- Healthy People – Take in the Morning
- Triphala in equal measure – for Cancer patients
- If you take triphala for 03 Months – give rest for 15 – 20 days

## 4.4 Triphala

### ➤ Dosage of Triphala:

- Morning – One big spoon
- Night – One small spoon
- Even Diabetic patients can take Triphala with jaggery

### ➤ **When to take Triphala? Before or After food?**

- Those having Stomach related problems should take after Dinner with Milk or hot water.
- Morning – 45 Minutes before breakfast.

# 4.5 CALCIUM

## Use of Calcium

- Calcium is essential in the body for assimilation of other nutrients.
- Calcium is produced in the body from foods taken up to 45 years of age
- After 45 years – Calcium to be supplemented externally
- Lime is a rich source of Calcium
- Lime with Tamalapaku to be taken daily at night.
- Calcium rich foods - Milk / Curd / Ghee / Orange / Grapes / Bananas / Mango

## 4.6 Person above 45 Yrs Age & Climbing of staircases

Knees produce a liquid at about 45 year of age. Sufficient for rest of life based on part activity. If you put pressure on knees by climbing stairs or running etc., liquid will get consumed and result in early Arthritis. Use of lift is must for those above 45 years of Age.

## 4.7 White Poisons: Sugar & Salt

- **Sugar** – Sugar digestion produces Acid.  
Requires energy for digestion
- **Jaggery (Black)** – Alkali is produced when digested.  
Helps in digestion of other food
- **Salt** – Rock salt is better than Sea salt For diabetic patients, salt is No.1 enemy





## 4.8 Speeds in The Body

There are 14 types of Speeds (Vegams). Do not control them. Important among them are:

- i. Laugh – Natural – No artificial laugh- Laughing clubs cause damage to body
- ii. Thummu- Natural is O.K. Forceful one causes diseases.
- iii. Thirstiness – Tea sip by sip. Quick drinking may lead to Hernia Appendicitis. If you control thirstiness – 58 types of diseases will come.
- iv. Hunger – If you stop forceful, 103 type of diseases will come.
- v. Avalimpu – Comes when there is less  $O_2$  in Blood.
- vi. Urine – If you stop, bad elements in blood goes to body.
- vii. Motions
- viii. Kamam

## 4.9 Walking on floor

- Do not walk barefoot on granite/marble floors.
- Use socks on granite/marble floors.
- Use “acupuncture “ type slippers.
- Walk barefoot on earth now then.
- Walking barefoot on marble/granite - Energy in the body flows to earth

## 4.9 Use of Plastics to be eliminated

- Plastic water Bottle – use steel water bottle.
- Plastic water Jugs – use silver/copper/steel.
- Plastic storage boxes – use steel/glass.
- Plastic Buckets – use brass/steel storage buckets.
- Plastic water can/bottles – use Earthen/Steel cans.

## Plastic Bottle



## Steel Bottle



## Plastic Bucket



## Brass Bucket



## Plastic Boxes



## Steel/glass boxes



# Number of Motions per Day

- Ideal – Equal to the number of times we eat in a day.
- If you eat three times a day, three No. of motions per day is ideal. Two times per day is better. One time per day is bad.

## When to eat fruits

- Fruits should be taken before meals.
- This will enable absorption of maximum nutrients from fruits.
- Eating before meals will prevent over eating.



## Chapter 5

### 5.0 Ayurveda

- Ayurveda plants.
  - ❖ First we should bow before them & pray before them like we do for “tulasi” tree
  - ❖ We should take the plants in “surrender” attitude
- Def = veda regarding “healthy life”
- Age is different ‘Ayush’ is different
- Present day Ayurveda = herbal therapy of allopathy. Why?
- Medicines in ayurveda are given only after a doctor physically examining the ‘prakruti’ of an individual.



# 5.0 Ayurveda

- Moral = take ayurveda products from an ayurveda doctor only.
- Ayurveda has many remedies for a disease. Ex. Cold, fever etc.,
- Suitable remedy to be selected depending on one's nature
- Otherwise what is good for one may not be good for others.
- Ex. Pitta & kapha type of persons need different treatment
- Therefore understanding one's prakurti & nature of remedy is critical in suggesting a remedy for a disease.

## 5.1 Tri Doshas

Pachabhutas maintain the Universe and the tridoshas (Vata, Pitta & Kapha) maintain the body as shareera doshas and trigunas (Satwa, Rajas & Tomas) the mind doshas

<b>Dosha</b>	<b>Mahabhuta</b>
Vata	Akash & Vayu
Pitta	Agni
Kapha	Jale & Prithvi (Earth)

<b>Akash</b>	<b>Satwa</b>
Vayu	Rajas
Agri	Satwa & Rajas
Jala	Tomas & Satwa
Earth	Tomas

## 5.1 Tri Doshas

- When the doshas are in balance i.e. in a state of equilibrium, we remain healthy.
- Disease is caused, when there is imbalance within the three doshas. It is important to realize that, these are forces and not substances.
- Kapha is not mucus - it is the force that causes mucus to arise. Similarly, Pitta is not bile- but force that cause bile to be produced.

II(a) Strongest Dosha in Body has the tendency to increase & one is more susceptible to illnesses associated with an increase of the Body constitution doshas.

**Example:** If one is Pitta type, then Pitta type diseases are common. So, avoid Pitta type foods especially during lunch.

# 5.1 Tri Doshas

**II(b)** Body constitution Dosha to be identified.  
How to identify?  
Morning: Pulse rate 60 – 70 - Kapha Dosha  
70 – 80 – Pitta Dosha  
80 – 90 – Vata Dosha

**(III)** Influence of Doshas during a Day  
Morning – Vata is predominant  
Afternoon – Pitta is predominant  
Evening – Kapha is predominant

➤ A person whose Body constitution is Pitta, should avoid foods which increase Pitta during lunch time. He should take Pitta Nashaka / Controlling foods.

**Example:** Ghee controls Pitta. Buttermilk controls Pitta.

Birth to 13 years – Kapha is more,

13 years to 60 years – Pitta is more, > 60 years – Vata is more

## 5.2 Diseases due to excess Kapha/Vata/Pitta

(IV)	Sl. No.	Dosha	Diseases due to excess of dosha
	1.	Vata	Gas, Asthama, Arthritis, Blood pressure, Backpain, Heart attack, Brain tumer, Paralysis, Acidity, constipation, dandruff, foot skin diseases, lips breakage, stiffness in legs hands shoulders etc., Thyroid.
	2.	Pitta	Ulcer acidity hiccups food smell in mouth after taking food
	3.	Kapha	Cold, Cough, Obesity

## Effect of various foods on Kaphs/Vata/Pitta in the body

(V)	Sl. No.	Food	Controls	Increases
	1.	Jaggery	Kapha	
	2.	Cooking Oil	Vata	
	3.	Tamalapaku	Kapha & Vata	
	4.	Triphala	Kapha, Vata & Pitta	
	5.	Mentulu	Kapha + Vata	Pitta
	6.	Lime	Vata	Calcium
	7.	Cinnamon (Dalchina Chekka)	Vata & Kapha	
	8.	Voma	pitta	
	9.	Zilakar, Inua & Dhania	pitta	
	10.	Ghee	Pitta	

(V)

Sl. No.	Food	Controls	Increases	Remarks
11.	Sonti	Kapha	pitta	
12.	Honey	Kapha		
13.	Sompu	Kapha		
14.	Lavang	Kapha		
15.	Milk, Curd, Butter milk	Vata		
16.	Juices	Vata		
17.	Cow urine	Kapha/Vata/ Pitta		
18	Radish (Raw)	Vata	Pitta	Ripe Radish is not good
19	Beetroot (Raw)		Pitta	

(V)	Sl. No.	Food	Controls	Increases	Remarks
	20	Brown rice		Pitta	
	21	Fish	Vata	Kapa, Pitta	
	22	Mutton (sheep)	Kapha	Pitta, Vata	
	23	Kakara	Pitta		
	24	Spinach (Palakura)	Vata		Excess intake may form stones in Kidneys
	25	Pumpkin (ripe)	Vata		
	26	Pumpkin (unripe)		Vata	
	27	Louki (Dosakaya) (unripe)		Pitta	



(V)	Sl. No.	Food	Controls	Increases	Remarks
	28	Karivepaku	Vata Kapha		Improves digestion, removes constipation
	29	Ponagavti Leaves	Vata Kapha	Pitta	Good for eyes
	30	Garlic	Hiccups	Pitta	Good for heart, leprosy
	31	Grapes	Vata Pitta		Creates bad smell in body. Good for eyes, seiman production, removes urine related doshas. Removes tiredness & slimness

<b>(V)</b>	<b>Sl. No.</b>	<b>Food</b>	<b>Controls</b>	<b>Increases</b>	<b>Remarks</b>
	<b>32</b>	<b>Pomegranates (Sweet)</b>	<b>Vata &amp; Kapha also</b>	<b>Pitta</b>	<b>Vit B2. (10gm is adequate per day)</b>
	<b>33</b>	<b>Sour Pomegranate</b>		<b>Pitta , Vata</b>	
	<b>34</b>	<b>Mango (ripe)</b>	<b>Vata</b>	<b>Pitta</b>	<b>Good for heart (vitamin -A)</b>
	<b>35</b>	<b>Jambul</b>	<b>Kapha Pitta</b>	<b>Vata</b>	<b>Cures kidney problems and diabetes</b>
	<b>36</b>	<b>Tamarind</b>	<b>Vata</b>	<b>Pitta Kapha</b>	<b>Controls Motion and urine</b>
	<b>37</b>	<b>Pepper</b>	<b>Kapha</b>	<b>Pitta</b>	<b>Useful in winter</b>
	<b>38</b>	<b>Ginger</b>	<b>Vata Kapha</b>	<b>Pitta</b>	<b>- Do -</b>

## 5.3 Gunas in person

Guna in a Person strong/ Dominant	Time period of day
Sattwa	4 AM – 6 AM
Rajas	6 AM – 6 PM
Tapas	6 PM – 4 AM

Any analytical or critical or different works requiring intellect do between 4 AM – 6 AM

Poetry/ book writing do between 4 AM – 6 AM

Books written during day time will not have depth and will not be much useful for the spiritual development as well as “material prosperity of an individual”.

Books written in 4 – 6 readers will be able to understand and apply the knowledge less the book in their lives

Powerful intellect is required to put the knowledge, intelligence gained to practical use in life. Students should read between 4 AM – 6 AM.



# Chapter 6

## 6.0 VATA & Its Nature

- In villages sudi gali (spiral air) comes, akash is in red and villages run away from it and keep all their belongings inside house and close windows and doors.
- If we do not close doors, then dust will enter our house
- To clean dust, vacuum cleaners are offered as a technological solution
- In a similar analogy, if excess of air comes inside our body, we do not protect our body
- If we feel stiffness in legs, hands, neck, stomach, shoulders etc be sure that vatam is more in your body
- Paralysis: when vatam in body becomes excess, paralysis results
- Similarly parkinson disease. If your hand is shaking then vatam is more

## 6.0 VATA & Its Nature

- Highest speed item in micro world? Mind
- Macro world   ⇒ highest speed   ⇒ air
- If air is in rhythm even if at speed, then no problem
- Veena   ⇒ Rhythm is there
- Brake dance   ⇒ no rhythm   ⇒ vata diseases will increase if brake dance is practiced
- Heart diseases, acidity etc   ⇒ more of vata disease than pitta
- Acidity : food doesn't move inside body
  - ❖ stays for more time in body
  - ❖ as a result acids are formed

## 6.0 VATA & Its Nature

- When something is in stomach, acid is released to digest the food. If food doesn't move even after digestion, excess acids released stay in stomach and damage the intestines and also increase acidity of blood.
- Constipation ⇨ vata related disease
- Breathing problem ⇨ asthma ⇨ vata diseases
- Heartbeats ⇨ vata
- Rhythmic air movement does not increase vata
- It is only unrhythmic air causes increase in vata

# 6.1 Excess Vata & Diseases

➤ Vata – mixture of akaash & air

➤ Akaash ⇨ inactive

➤ Air ⇨ 5 “gunas’

❖ Speed

❖ Touch

❖ Coolness

❖ Self occupation of space

➤ Diseases due to excess ‘vata’

❖ Paralysis

❖ Heart

❖ Arthritis

❖ Acidity

❖ Constipation

❖ Asthma

❖ Thyroid

➤ Air should be systematic (laya type) like classical sangeet.

## 6.2 First property of Air = Speed

### ➤ Ceiling fan

- ❖ Increases vata
- ❖ Don't sleep directly under ceiling fan
- ❖ Sleep away from fan
- ❖ Fan speed to be slow
- ❖ Use pedestal fan instead of ceiling fan
- ❖ Cover ears with monkey caps, light weight bed sheet & Cover body with bed sheets

### ➤ Driving motor cycle

- ❖ Don't run fast

### ➤ Train journey

- ❖ Do not sit near window



# Ceiling Fan



# Pedestal Fan



## 6.3 Second property of Vatam : Dryness

- What we do if lips dry/break ? we apply vassoline
- But vatam is increased not only in lips but also entire body.
- The increase of vatam is expressed as “breakage of lips”.
- We should not restrict to applying Vaseline we should treat entire body.
- Similarly “dandruff”
- Apply “oil” for hair
- Also massage oil over entire body.
- Similarly “cracks in feet”
- Instead attending to basic cause i.e., increase in vatam, we try to treat the symptom alone.

# Vaseline



# Oil massage on body



## 6.3 Second property of Vatam : Dryness

- If we do not reduce vatam inside body, it will reach “intestines”
- If intestines become dry, then food will not move.
- This leads to constipation.
- Constipation is due to vata excess.
- Nature cure people give Enema to “constipation people” which further dries the intestines and increases vata in body and hence constipation aggravates.

## 6.3 Second property of Vatam : Dryness

- The patient becomes “chronic patient” what to do?
- Add ghee in milk. If we neglect, dryness (i.e., vata increase) it reaches blood vessels
- Any dry product gets solidify.
- The arteries become locked.
- As there is dryness in arteries, heart has to pump blood at high pressure so that blood reaches all parts of body.
- High blood pressure controller ⇨ take pure desi cow ghee.

## 6.3 Second property of Vatam : Dryness

- If arteries become dry, cholesterol get stuck up on the walls of bold vessels.
- **Solution:** Take pure desi cow ghee. Ghee should be prepared using hand and wooden tool and not aluminium/steel tool and should not use machines as is being done now a days in factories.
- Due to use of machines, friction is generated which spoils the Pranashakti in ghee.
- If you neglect further, cholesteroal reaches blood vessels & stick to veins and obstruct flow of blood

## 6.4 Third property of vatam is “coolness”

- Coolness increases vatam
- In cold climate, pains increase for vata patients like heart disease, asthma etc.,
- 90% pains in body are due to excess vata.
- Present day fashion –‘starter’
- If starter is not in your body then why go to a dinner?
- ‘starter’ culture is for cold climate countries. Blind imitation of west is doing immense damage to health of Indians.

## 6.4 Third property of vatam is “coolness”

- Dessert - ice cream – cold item after hot dinner – spoils whatever eaten.
- If you want to eat ice cream, eat before dinner.
- Ice cream  $\Rightarrow$  dinner  $\Rightarrow$  soup.
- Do not take cold water after eating ghee or ghee related products.
- Take hot water after ghee is taken



## 6.4 Third property of vatam is “coolness”

### ➤ Arthritis

- ✓ take hot water after food is taken
- ✓ or hot lemon juice
- ✓ or hot rasam from dhal
- ✓ Massage the body with warm ‘Til’ oil daily
- ✓ Take luke warm ‘Til’ oil of one spoon daily with food in the morning

## 6.5 Fourth property of Air

### To enter empty space and stay there

- Sleeping directly under fan aggravates thyroid disease.
- If you want to sleep under fan, pour 1-2 drops of pure coconut oil in ears & not parachute oil once in 2 days. Then close ears with “cotton”
- Also use 1-2 drops of ghee in nostrils.
- When you sleep directly under fan, your face becomes bulge in the morning.
- Whenever you are on fasting take hot water.

## 6.5 Fourth property of Air

### To enter empty space and stay there

- Do not take cold fruit juices during fasting time.
- Prolonged fastness – leads to entry of air and leads to various diseases.
- Pain in hands, legs, back pain etc.
- Some people are very thin ⇐ due to excess vata
- Vayu dries a person.
- Similarly obesity is due to excess vata.
- When excess air enters, leads to obesity.

## 6.5 Fourth property of Air

### To enter empty space and stay there

- When air is removed, body becomes thin
- Taking pure cow ghee reduces 8-10 kg weight in 2-3 months.
- First learn “mother tongue” and then learn other languages.
- 30 years back ⇨ obesity due to excess air ⇨ now ‘fatty’ people
- Take ghee in milk and mix using two Lotas / chambers for 25 times.
- Then take hot butter milk.

## 6.5 How to reduce weight

- Pure cow ghee in food (Breakfast / Dinner)
- Pure cow ghee in milk (Dinner)
- Hot butter milk (Lunch)
- Pure ghee in nostrils (Night before sleep)



Ghee for Nostrils

## 6.6 Fifth property of Vayu – ‘change’

- After waking up, body will be hot – taking cold water will harm
- Take normal water after 15-20 minutes
- Taking hot luke warm water is OK.
- Do not take normal water immediately after urine/motion/bath
  - ▢ after urine    ▢ frequent urine disease
  - ▢ after motion    ▢ constipation
  - ▢ after bath    ▢ skin diseases, gas troubles, pneumonia, strain on lungs

- But you can take hot water if you are too much thirsty.
- Take water before urination/motion/bath
- Night 2 pm ⇨ you can take cold water since you will go to sleep again
- Sleep ⇨ waking up ⇨ sleep . no change in 'state' & hence no problem.
- Women – do not drink after coming out of 'kitchen'
- ⇨ Take water before work is completed in kitchen.
- Walking/playing in sun
- ⇨ you can take water if you are under sun – but if you come to shade from hot sun, do not take normal water immediately
- ⇨ wait for 20 min
- ⇨ can take hot water.
- After a 'change' do not take water. Ex. urination/motion/bath/walking any playing etc.

## 6.6 Bigger events/changes

- Accidents
- Do not give cold water
- Give hot water (hot tea)
- If you are in jungle take urine



## 6.6 Other major changes like Marriage for a man/woman is a big transformation

- Do not take cold items for 40 days after marriage.
- Taking cold items  $\Rightarrow$  vata property of dryness will increase
- If this property enters in mind, person becomes “harsh” and soft mind becomes rigid.
- As a result, adjustment becomes difficult.
- Any product  $\Rightarrow$  when dries  $\Rightarrow$  becomes rigid.
- What to eat? Ghee, sweet products
- Do not eat maida based products
- Do not eat pizzas/bhel pooris
- Do not take dried/burnt products after marriage

## 6.6 Biggest change for a woman is becoming mother

- Rajasthan ⇒ mothers stay in room not having windows/ ventilators.
- No air in room ⇒ woman is protected from excess vata
- Pure ghee to be taken
- Massage of body with oil
- Ghee in nostrils
- Oil in ears (Coconut)
- Oil on Navel (Til or coconut)

## 6.7 Usefulness of oil on Nabhi

- Heat in intestines is reduced
- Lips will not break

### How to know you are suffering from VATA?

- Take hot water
- Wait for 15 minutes
- If you feel comfortable, then you are suffering from vata diseases

## 6.7 How to use oil

- Massage oil clockwise & anti clockwise around navel before bath
- **At night also do above when ghee is taken in nostrils**
- After birth of a child, air tries enter the gap inside body.
- Vata increases
- Ghee will reduce excess vata
- 70% of diseases are due to excess vata
- Vata has effect on mind
- Those suffering from mental diseases ⇒ treatment of body also to be done along with MIND.
- Mad people ⇒ body also to be treated

## 6.8 How do you remove air from a pillow?

- By pressing it
- Apply pressure on body
- Massage the body – use warm 'Til' oil
- Excess vata will go out of body
- Massaging is must at least 2-3 times a week
- Press legs for 15 minutes
- Pressing legs removes excess vata
- Olden days  $\square$  elders legs are pressed
- Daily pressing of legs will help in removal of excess vata
- Massage from bottom to top i.e., towards direction of 'heart'



## Chapter 7

### 7.0 PITTA & its nature

- Pitta ⇐ Agnitattvam
- Nature of Agni
  - ❖ Burning
  - ❖ Illumination
  - ❖ Red & yellow colour ex.fever – face becomes red
    - excess pitta
  - ❖ Bad smell
  - ❖ Expansion/melting
- Red blisters etc ⇐ due to excess pitta
- Yellow eyes ⇐ due to excess pitta
- Jaundice ⇐ pitta disease
- Examples. Food gets spoiled in summer and emits foul smell

# 7.0 PITTA & its nature

- Mouth smell
- Bad gases from mouth
- Budhi and pitta has a relation
- Budhi  $\Rightarrow$  head
- Brain is always in heated condition as it works always.
- Brain works better under cold conditions
- Air conditioning
- Now and then brain to be given rest and to be cooled
- Max damage to an organ due to pitta diseases. Eg. Kidney disease, liver damage, uterus damage.
- After many years of increase of pitta, organs get damage.

## 7.0 PITTA & its nature

- Early detection of increase in pitta and measures to control pitta will help a lot.
- When pitta is excess, we should not take cold products ex.hot bulb – if cold water is poused.
- Bulb gets fused. So take products which control pitta like a radiator of a car. Then pitta in body will be in balance.
- 12 AM ☐ sun at peak , if you take fruit juice, pitta increases
- We should take products which cool body in the morning. By 12, body becomes cool
- Heat does not increase in the afternoon
- Eating icecream, cold drinks, fruit juices during afternoon to be avoided



# 7.1 Migraine due to excess of PITTA

- With increase in sun rays, migraine increases
- Take cool items in the morning
- Migraine pain will be less
- Take water from POT. Water in copper vessel to be taken in winter only or during Kapha period at most i.e., 8 AM to 12 AM & 8 PM to 12 PM
- Water in copper vessels increase heat in body  $\Rightarrow$  increases pitta.
- Silver is a cool metal
- Drink water in a “silver vessel” or heat pure silver (10gm) and put in a water vessel.
- Drink 4-5 times a day and Pitta will be under control.
- Silver coin in water controls PITTA

## 7.2 How to identify Excess PITTA

- If your legs & hands sweat and sweat has bad smell then heat is increasing inside body.
- If you neglect for 8-10 years heart will be damaged.
- If your urine is yellow, then heat is more in body. If after taking water also, urine is yellow, it implies that there is excess Pitta inside the body.
- Bad smell from body, do not control bad smell by perfumes. Control the cause of bad smell i.e., increase in Pitta. Take cool products
- Cold and nose watering. In mother tongue, cold is called “cold due to hot”. In English hot is gone.
- Cold is due to excess pitta.
- But hot products are given for treating cold.

## 7.3 How to control PITTA

- Summer: drinking water in silver vessels or silver coin in a pot containing water is ideal.
- Drink coconut water in the morning to control PITTA
- Murappa with amla or maredu, above items should not be taken in afternoon or evening
- Sunset time ☐ do not take cold products. But if you go out in sun at 4 PM, then you can take fruit juice.
- Foods which cool body to be taken before onset of heat in the body.
- Afternoon and 12 PM – 4 AM at night Pitta timings
- Take products which cool body between 8 AM – 12 AM

## 7.3 How to control excess PITTA

- Taking tulasi decoction or turmeric decoction or taking tea, temporarily gives relief but increases PITTA and increases disease.
- Solution ⇨ take coconut water in the morning
- Do not take cold drinks in the morning
- Do not take butter milk in the morning
- Small kid having loose motions. Mother should take “radish” in the morning. Mothers should take “pure ghee” to reduce heat in the body. Take radish in Jan.
- A food item will have its “guna” effective if it is grown during the time suited for it.
- If mangoes are grown in winter, then they will not have their positive effect.

## 7.3 How to control PITTA

- Take **groundnuts** in the morning only. Evening  $\Rightarrow$  **gas will be produced. Groundnuts will cool the body.**
- **Buttermilk** : buttermilk will not cool the body like coconut water. Hence it can be taken during afternoon also .
- In everyone's body, some organ will be weak. Disease attacks that organ first.
- **Liver weak**: if pitta is more, liver gets damage. Allopathic doctor  $\Rightarrow$  gives tonic/tablets & treats liver only. But if pitta is not controlled, then, pitta attacks next weak organ.
- If pitta is not controlled, then, pitta may damage kidney , then heart etc.
- Basic cause of a disease is not treated in allopathy. Only symptom is treated which is bad.

## 7.4 TIPS FOR KIDNEY PATIENTS

- Kidneys purify blood - how? They remove the bad items in blood in the form of water. Same duty is performed by skin
- We should work so that we sweat profusely. But what we do?
- We keep a kidney patient in A.C room or ICC? Disease aggravates.
- Kidney patients should do works which result in sweating.
- Kidney patient is asked to take less water to avoid load on kidneys.

## 7.4 TIPS FOR KIDNEY PATIENTS

- Due to less water, Pitta increases  $\Rightarrow$  kidney gets damage fast
- Some other organ will also get damage due to pitta.
- Until pitta is controlled, one organ after another will be attacked and damaged.
- **Steam bath is ideal for kidney patients.**
- Apply ghee on foot and rub bottom of foot with bronze plate
- Give coconut water in the morning
- Ghee to be taken with food in the morning and night
- Buttermilk in the afternoon

## 7.4 TIPS FOR KIDNEY PATIENTS

- Groundnut in the morning
- Main organ for pitta is small intestines
- Amudam (Caster oil) ☐ to remove pittam in body ☐ once in a month
- If pitta is not controlled, it may lead to T.B or cancer or tumors, cysts etc.
- Any infection in body is due to “excess pitta”
- Pitta nature is “bad odour”. Bad odour comes from “decayed products”
- Infection means ☐ decay throat/urine/blood – infection is due to excess pitta.



# 7.5 Why Pitta increases in body?

## (a) Anger (Krodham)

- When some one speaks with anger, we say he is speaking like a mad fellow
- When pitta increases, budhi doesn't not function properly
- Remedy is not giving water
- It aggravates further
- Correct Remedy
  - ❖ with folded fist, hit pillow/mattress 10 times
  - ❖ Energy of anger will be earthed
  - ❖ Anger energy has to be diverted

## 7.5 Why Pitta increases in body?

- In office: hold your fist as well as tighten the leg muscles and then release. Anger energy will be released.
- When children make mistake, do not get angry and beat them
- Children should be made to understand the mistake
- When someone comes to home in angry mood do not give “masalas” etc, but give sweets/ cool products
- Oil increases pitta
- Ghee reduces pitta
- We can control pitta, vata & kapha with right kind of food at right time.
- Summer: After mangoes, take milk or take neredu fruit.

# 7.5 Why Pitta increases in body?

(b) Second reason for increasing pitta is “**sorrow**”

- Due to sorrow pitta increases
- Face luster goes away
- Whenever there is change, pitta increases

(c) Third reason for increase of “Pitta” is **fear**

- Face becomes green/yellow in fear
- Fear of money
- If kings are in fear, people will be in fear
- Woman – fear of safety
- Many diseases due to fear
- Americans – killed red Indians for comforts/riches
- After riches are over they are selling arms
- One day arms will fall on USA itself

## **(d) Fourth reason for increasing Pitta is jealousy**

- Jealousy may lead to cancer also.
- Serials in TV are spoiling the society
- Joint family system collapsed
- Husband & wife getting separated
- More TVs will be sold if No. of families are more.  
Hence wrong values system propagated through TV serials.
- Ads in TV are causing further damage
- When TV came to India, TB has come to India
- If we are away from TV, both pitta & vata will be controlled.
- Because of above 4 reasons, pitta increases manifold.

## 7.6 Malaria & Excess Pitta

- October ⇨ heat increases ⇨ pitta increases
- (sharad) ⇨ taking payasam controls pitta
- malaria ⇨ comes only when pittam is excess
- mosquitos pumps bacteria into body blood
- if pitta is balanced, bacteria can't do anything
- Mosquitos bite lakhs of people but only few are getting malaria
- Rainy season ⇨ mosquitos are more
- coconut water in morning (heat is controlled)
- cheese to children (heat is controlled)
- pakodi in the morning (heat is produced)

## 7.7 How to celebrate HOLY for Health ?

- holy comes in 'vasanta' season ie., just before onset of summer
- We get drench during holyday
- Earth & cow dung ➡ sticks to body for 5-6 hours
- Body gets coolness and gets ready for summer
- Coolness in body protects us from possible diseases due to heat in summer
- Carrot shouldn't be taken after vasanta season
- Carrot produces pitta
- Sravana month ➡ shouldn't take milk as it increases vata
- Cows eat grass and leaves ➡ milk produced will have more vata
- Sravana month ➡ do abhisekham of lord shiva with



## Chapter 8

### 8.0 KAPHA & its nature

- Activity in body      ⇨ vata
- Metabolism in body   ⇨ pitta
- Body structure      ⇨ kapha
- Kapha      ⇨ Stomach
- Pitta      ⇨ small intestine & deodurm
- Vata      ⇨ big intestines & testacles
- Kapha      ⇨ water + earth
- Water +earth   ⇨ meshy sand/earth.

# 8.0 KAPHA & its nature

i. Heaviness

ii. Slushy

iii. Coolness

iv. Slow motion

v. Stickiness

➤ Kapha --- ahamkara (body)

➤ Pitta --- budhi (intellect)

➤ Vata --- mind (mind)

➤ Common property of kapha & vata is coolness

➤ Obesity may be due to vata or kapha.

➤ If you reduce weight by taking ghee, vata alone is excess. If weight is not reduced, kapha is also excess



## 8.0 KAPHA & its nature

- Ahamkaram – when 'I' is added, it becomes 'ahamkara'
- I have money
- I am a rich man – ahamkara
- I am man, woman – ahamkara
- Ahamkara has high inertia and doesn't leave us easily
- If inertia enters, it can't leave easily
- If a kapha person becomes sick, he becomes a chronic patient

## 8.0 KAPHA & its nature

- Kapha is a sticky product & is heavy.
- Kapha increases Blood Pressure.
- Heavy weight items have gravitational pull.
- Gravitation increases Blood Pressure.
- Light foods to be taken.
- To reduce Blood Pressure, body is tempted towards sleep.
- High B.P. patients should sleep more.
- B.P. is less in sleep & more in walking state.

## 8.1 Diseases due to excess Kapha

- Obesity causes due to Excess kapha
- Jaggary should be taken plenty to control obesity
- Sesame seeds Oil is having HDL which is good for health.
- To reduce weight, eat sesame seeds after food. In 04 months, about 08 kg. will be reduced.
- Black sesame seeds ideal.
- But take sesame seeds during winter only as heat is produced.

## 8.2 Kapha Control Food

- Best food to control Kapha is Jaggery (Bellam)
  - Contain more phosphorous
  - Can be given to even One day old child
  - White Jaggery is Poisonous
  - Black / Copper / Chocolate color jaggery to be used.
  - White Jaggery – Washing power is used.
- Sugar – Phosphorous in sugar cane is destroyed.
  - After digestion of sugar acid is produced where Jaggery produces Alkali

## 8.3 Importance of usage of Jaggary

- Jaggary digests other food whereas sugar needs energy for digestion.
- Do not take Jaggery mixed with Milk
- Take Jaggary before or after taking Milk
- Take Jaggary with Curd
- Take Jaggary with Sesame seeds(Nuvvulu)
- Groundnuts with Jaggary is good
- Acids in stomach are controlled by above foods.
- Nuvvulu+ Jaggary is excellent during November to February (Winter) to control kapha

## 8.4 Uses of Cinnamon (Dalchina Chekka)

- Vata type of diseases: Gas trouble, Asthma etc.
- Kapha Diseases: Cough, Cold, Obesity – Cinnamon cures both Vata & Kapha disease.
- Use Cinnamon powder with Honey or Jaggery.



# Chapter 9

## 9.0 Understanding Children

- Office & house – understanding one's prakruti is important.
- Do not compare two children
- Each child is excellent in some fields
- Comparison is not good for a child's health
- Comparison leads to Inferiority complex in one child.

# 9.1 Tips for Children

- Therefore children    □ importance to kapha
- youth    □ pitta is important
- old    □ vata is important
- If a child is hyperactive    □ vata in child    □ child becomes old fast.
- Children are given foods which increase vata
- Children    □ cartoon films    □ becoming cartoons themselves
- Vata can be there in a child – but vata excess or negative vata shouldn't be in a child
- If a child can't balance between two different items loses link
- If a child is active, and extravert though it is vata nature of child but it is positive.



# 9.1 Tips for Children

- Hyperactive    ➡ effect of vata excess
- Understands any matter easily but forgets very fast
- Child should be given cheese
- Kapha
  - ❖ kapha persons have more storage capacity
  - ❖ kapha persons have good memory capacity
  - ❖ once understands, can't forget
  - ❖ child need not understand
  - ❖ child should be made memorize different subjects. Memory capacity is more in children
  - ❖ let children memorise 'GITA SLOKAS'
  - ❖ songs & dances    ➡ not good for children
  - ❖ children shouldn't be used to enact "elder roles" i.e., acting as "old people" etc.

## 9.2 Children & Kapha

**Children:** Kapha is more – Hence, they should be encouraged to have more sleep

- Less than 04 years – 16 hours of sleep
- 04 – 08 years – 12 – 14 Hours
- 08 to 14 years – 09 to 10 hours

- **Therefore, up to 3<sup>rd</sup> Class:** Children should not be woken forcibly, since sleep requirement will not be met – leads to longterm effect on psychological mind.
- **School going Children up to 3<sup>rd</sup> Class**
  - 11 A.M. is best timing.
  - 08 A.M. is worst timing
  - For 4<sup>th</sup> to 10<sup>th</sup> class – Should be made 09 to 10 A.M.

## 9.3 Tips for Children

- Children should sleep by 08.00 P.M.
- Less sleep leads to unrest & Anger.
- For studies, Kapha should be less.
- Children should not be disturbed in sleep.
- Oil massage to be done to control Kapham.
- Yoga, Pranayam – Not good for people having Kapham
- Children up to 8 – 14 years yoga not recommended.
- Kapha is more on Head & Ear.

## 9.4 Art of Parenting

- Don't give sermon – follow what you want your children to follow.
- Give freedom but don't be licentious
- Be punctual
- Don't be lazy – wake up at between 4-5 AM
- Do some exercises or play
- Do go to temple & take children to temples once in a week.
- Bow to your parents in front of your children

## 9.4 Art of Parenting

- Curb Ego – do not use words like
- I Don't like this, I don't agree with this
- Do not put "I" before any sentence.
- More Ego – more agitated you are.
- If your children do not follow even after above
- Discuss , do not sermonize, suggest them
- If in spite of you following above, your children does not follow, leave children alone. They will realise their mistakes with experience in course of time in a hard way.

## 9.4 Art of Parenting – Attitude towards work

- Attachment - Possessiveness
- Possessiveness is bad
- My car, my Room, My Life, My children, My pen etc.
- The more attached the more you suffer.
- More objective & detached, you will be happy
- Execute action properly
- Detachment – not physical separation – mental attitude to life is important.
- Movie – enjoy when you are detached.

## 9.4 Art of parenting – Set Goals for children

- Not an animal
- Can set a goal unlike animals
- Set goal at each age for children
- So that by age 18, children can set their final goal.

## 9.4 Guidelines for Parents

- Direct to higher education in vedanta
- Learn the technique of living a life & guide the children
- Do your duty in a detached way
- Culture of India – life based on duties & not on rights.
- West – Reverse
- slowly value system changing
- Rights have become more important now



## 9.4 Guidelines for parents

- Love towards fellow beings.
- Compassion towards animals
- Feeling of affection towards subordinates.
- Gratitude to god, parents, nature, relations, friends, etc.,
- Do not have superiority or inferiority complex.

## 9.4 20 Manners to be taught to growing up children by parents

- Take bath daily – keep body clean
- Keep nails of fingers clean by trimming them regularly
- Wear loose cotton clothes instead of Nylon clothes which are harmful to health.
- Get rid of keeping fingers in nose, mouth, biting nails etc.
- Do not read in excess light or dim light. Do not read in sleeping or bending postures.

## 9.4 20 Manners to be taught to growing up children by parents

- Keep your house and surroundings clean.
- Do not waste water and power.
- Do not use knife on tables. Do not spoil walls with pencils & pens.
- Do not keep legs on books – do not use books as pillow. Do not use mouth saliva to turn pages in a book.
- Do not keep fingers in milk or water. Drink clean water always.

## 9.4 20 Manners to be taught to growing up children by parents

- Do not spit or urinate in bushes, trains & public places. Do not throw fruit waste, paper etc on roads. Remove glass pieces, thorns, stones on road.
- Know value of time. Avoid useless talk and useless works.
- Always speak truth. Do not speak lie due to fear or money.
- Do not harass weak and those younger to you. Help them to the extent possible.

## 9.4 20 Manners to be taught to growing up children by parents

- Don't heckle anyone. Don't accuse others.
- Don't irritate blind, physically handicapped people.
- Always respect parents, elders and gurus.
- Don't show disrespect to any nations flag, song, religion works, saints. Don't blame any religion.
- Always be happy and cheerful
- Pray to god regularly. Strength to mind due to prayer can't be obtained in any thing else.

## 9.5 Nutrition & Children

- Many recent studies in nutrition are gaining popularity because they are resulting in happier, smarter, and less hyperactive children.
- Parents who follow these guidelines are also finding their lives less stressful and more fulfilling.
- To have children who are smart, loving and helpful makes life a breeze compared to dealing with children who are out-of-control, hyperactive, unfocused, and even violent and aggressive.

## 9.6 Your Child's Brain

- Just as the traditional "Authoritarian" and "Punitive" style of parenting has become outdated, so has the approach to eating which does not take into consideration the unhealthy effects different types of foods have on your child's brain.

## 9.7 Preservatives & Effect on Children

- Preservatives are used to increase shelf life.
- By just removing harmful preservatives, you will notice a difference in your child's behavior.
- Apart from unhealthy hydrogenated oils, trans fats, artificial flavor and coloring, salt and sugar, packaged foods high in preservatives affect brain development.



## 9.8 Sugar and White Flour Products

- Refined white sugar, as well as foods made with processed white flour, is an addictive processed food that acts more like a drug.
- It reduces thyroid function, causes tooth decay, causes mood swings, impairs healing, and adversely affects the immune system.
- Reduce sugar, or eliminate it completely, from your child's regular diet. This will increase concentration levels, immunity to diseases, and improve behavior, as well as prevent thyroid disease and tooth decay.

## 9.9 Sugar and White Flour Products

- White rice is a processed food. The bran has been removed, which changes the rice from a complex carbohydrate rich in protein and B vitamins to a simple carbohydrate, which raises blood sugar levels and contributes to diabetes. Try to substitute brown rice or include it in the diet, along with whole grain breads.
- Giving seeds and nuts to your child instead of fried snacks, like chips, will give your child Omega 3 fatty acids, which are known to improve brain function and reduce heart disease and attention deficit disorders.

## 9.9 Diet & Children

- "Mood swings, inability to concentrate, temper tantrums, and the most significant—low self-esteem—are all the affects of too much sugar in your child's diet." Kathleen DesMaison, Author *Little Sugar Addicts*.
- Do not send sweets, candy, chocolate, cookies, or other foods high in sugar to school with your child.
- Avoid adding sugar to your child's milk. Gradually, your child's sense of taste will return to normal and the natural sweetness in foods can be enjoyed.

## 9.9 Diet & Children

- Instead of giving sugar, substitute natural, more healthy sweeteners, like jaggery/gud, and honey, but limit these to 2 times per week. Give fresh and dried fruit if your child wants something sweet. Try to limit cake, ice cream, and chocolate to special occasions.
- **Important point:** If you want to improve your child's behavior, eliminate sugar completely from the regular diet. We understand it is unrealistic not to have something sweet for your child once in a while, but on a daily basis, try to eliminate sugar and you will see results within just days.

## 9.10 List of Common Foods

- Below is a list of foods high in sugar and low in nutrition that you should avoid giving your child on a regular basis and foods you can substitute, which are especially good for vegetarians. (Substitutions are available at good supermarkets, as well as Spencers, Fresh, and Balaji).
- Remember: natural foods may seem more expensive but you use half the amount. 1/2 cup of brown rice will be more satisfying than 1 cup of white rice.

Old Choice	Instead Try
Fruit Juices, Sodas	water or fresh squeezed juice without added sugar.
Chips	salted nuts and seeds home fries (potatoes cooked with less oil and salt, not deep fried) sun dried products made at home
Packaged cookies biscuits	homemade cookies with jaggery, & raisins and other dried fruit

Old Choice	Instead Try
Packaged cereals	oats, ragi sweetened with honey
White bread and Nan	Roti, Pulka, or brown bread without preservatives
Maggi Noodles	whole wheat spaghetti, tube and spiral pasta, whole wheat vermicelli with homemade tomato sauce
Crackers	carrot sticks and sliced apples
Ketchup	homemade chutney made with tomatoes, vinegar and jaggery

Old Choice	Instead Try
Store-bought peanut butter	Dry roasted peanuts at home ground in the mixer with a little salt until creamy.
Sweets, such as gulab jamoon, candy	raisins, til ladus made with jaggery in decorative paper or on a stick, frozen pieces of fruit on a stick, banana fried with ghee and jaggery as a treat.
Ladus made with sugar	Dried fruit ladus without sugar



Old Choice	Instead Try
White Rice	brown rice, which has more fiber, B vitamins to help brain development, more protein, and doesn't raise blood sugar levels. Try giving ½ white rice and ½ brown rice as a start.
Puri	Pulka
Curds with sugar	Curds with sliced banana and honey, raita

## 9.10 How Noodles are prepared ?

- Stale Rice
- Pig fat.
- Noodles are worst kind of food. Noodles damage the body more than any food. Avoid Noodles completely.

## 9.11

- Try to offer small portions of steamed vegetables mixed with seasoned cold oil, salt and lime, and offer as many varieties of salads as possible.
- Avoid deep fried foods, which are considered oxidized and high in cancer-causing free radicals.
- Organic, pesticide-free and preservative-free foods are what nature intended.

## 9.12

## Be Patient

- Important: Some children who have been eating candy and cookies and chips and other packaged foods high in sugar on a regular basis will go through sugar withdrawal when you eliminate these foods, and their behavior may get worse for a brief period of time. This is normal. Stick it out. Be gentle and loving. It will only last a short time before you see a wonderful transformation.

9.12

## Set Example

- Be consistent and firm about dietary changes. Bad habits don't change overnight. Once the addiction to sugar and unhealthy fried and processed foods is broken, your child will be smarter, healthier, and happier and able to appreciate the goodness in natural foods. Also, children learn by example. Follow these guidelines along with your child.



## Chapter 10

### 10.0 Types of persons and Three Doshas (VATA, KAPHA/PITTA)

- Vata prakruti persons ⇨ creative
- Good artists, poets
- If you tell a same work 'ten times' vata type persons do it differently .
- Kapha -> do it in same way.
- Shiva's family -- diverse but there is unity & love & affection. Understanding one's prakruti is imp.

# 10.1 How to select a right person for different types of Jobs/Works

- Pitta type person    ➡ suited for medical, Engg, legal, managerial professions
  - ❖ Can do Analysis
    - ❖ Gets angry fast & remains in angry mood
- VATA    ➡ can't do analysis but has creative & imaginative powers.
  - ❖ May give works in between but makes changes according needs of situation.
  - ❖ Gets angry fast but cools down fast
- KAPHA    ➡ can't start a new work easily
  - ❖ But if he starts, he will stick to it and completes it
  - ❖ Can be a good follower
  - ❖ Will not get angry easily. But if he is angry it takes long time to overcome anger

## 10.2 Types of persons for different tasks of a project

- For any work, persons with three types of prakruti are required.
- PITTA ☐ can start a work
- VATA ☐ can make changes according to the needs of situation
- KAPHA ☐ for completing a work
- PRO ☐ kapha person is best
- Patient hearing
- Will not get angry
- For competitions, PITTA type are not suited. They can't digest. they will try to take revenge.
- VATA ☐ tomorrow's work ☐ do it today, today's work do it now.
- KAPHA ☐ today's work will think of doing tomorrow or later. Postponement is their nature.



## 10.3 Tips for Kapha/Potta/Vata Persons

- Kapha nature person    □ give masalas -- they will become active
- Mirchi, bajji etc.,
- Do not give sweet items
- Give dry items
- VATA Prakriti person
  - shouldn't do more exercise
  - shouldn't be given works having too much physical exercise
  - Excess exercise harms him
  - should do till legs joints work smoothlessly & effortlessly
- PITTA prakriti person
  - should do more exercise
  - should do till he gets sweat
  - through the sweat, the heat in the body goes out

## 10.3 Tips for Kapha/Potta/Vata Persons

### ➤ KAPHA prakriti person

- ⇒ should do excess exercise so that the fat in the body is melted
- ⇒ sweat from forehead should reach foot
- ⇒ suited for more labour oriented works

## 10.4 Link between different prakritis

- Many times diseases are caused due to a combination of excess vata/pitta or pitta/kapha
  - ❖ 70% diseases ⇨ vata
  - ❖ 40% diseases ⇨ pitta
  - ❖ 20% diseases ⇨ kapha
- the one who is born early becomes old first
- Akash ⇨ air ⇨ fire ⇨ water ⇨ earth
  - ⇨ vata ⇨ oldest (Akash + Air)
- Pitta (Agni+water)=> youthful nature
- Kapha ⇨ child nature (Water + Earth)

## 10.5 Food & Prakritis

- Food when taken enters stomach – food is in child state    ⇨ kapha is important in stomach
- Food in small intestines    ⇨ becomes juice food becomes young    ⇨ pitta is important
- Large intestines    ⇨ entire juice are absorbed by blood
- ❖ food reaches old age
- ❖ vata is important in large intestines

# 10.6 Inhalation & Prakritis

- Air when taken is in wet state   ⇒ reaches lungs  
    ⇒ kapha is important in lungs
- Afterwards oxygen in air mixes with blood
- Oxygen is juice of air   ⇒ youth nature
- Pitta is important in blood
- All diseases of blood are due to excess pitta
- Ex: piles, bleeding, cysts, blisters, lumps etc.,
- Blood then reaches heart   ⇒ vata is important in heart

## 10.7 Day timings & prakritis

- Morning    □ child nature
  - kapha is important
- Afternoon   □ day reaches youthful state
  - pitta is important
- Evening    □ day becomes old
  - vata is important
- Night starting   □ kapha
- Midnight       □ pitta
- Early morning   □ vata

# 10.8 Rain & Prakirtis

## ➤ Due to rain

- ▢ temperature lowers by 10-15°C
- ▢ humidity is more
- ▢ vatam increases in body due to rain
- ▢ Remedy ▢ heat to be produced in body to treat excess vata
- ▢ food items which produce heat are taken at the time of rain.

Ex.pakodi/mirchi/bajji

- ▢ Hot food items protect from infection also
  - ▢ Pakodi ▢ do not use refined oil
- ▢ Do not use onion as it increases vata
  - ▢ Take betel leaves/green leafy vegetables for pakodis

## 10.9 Timing of Problems –Relation to Excess Vata/Pitta/Kapha

- depending upon your problem during particular time of day, which prakriti is excess can be diagnosed
- Ex: if you get a problem at 12 AM, then there is PITTA excess in you. Migraine is one of them
- If you get a problem during evening or while night is going to expire vata is excess
- if you get a problem during AN or midnight pitta excess.
- if you get problem during start of day or start of night, there is excess kapha

		<b>Day timings</b>	<b>Night timings</b>
1	Kapha	8 AM – 12 AM	8 PM -12 PM
2	Pitta	12 AM – 4 PM	12 PM – 4 AM
3	Vata	4 PM -8 PM	4 AM – 8 AM



## 10.9 Timings of a problems – Relation to Doshas

- heart attacks are more after 4 AM ⇨ why?
- excess vata during 4 AM-8 AM
- heart attack is a vata disease – hence it gets aggravated when vata is excess
- if you get horrific/terrifying dreams then pitta is main prakriti in you
- if you quarrel in dream, pitta increases in your body
- Type of dreams throw light on our prakriti nature:
- Dream is horrific ⇨ pitta
- Dream is creative ⇨ vata
- Dream is dull/depression/cold ⇨ kapha



## Chapter 11

### 11.0 Cow dung Ash

- Ash relieves the pain poisonous insect bites.
- During rainy season, when boiling is not possible due to floods, ash in drinking water will prevent water borne diseases.
- When on tour, always keep cow dung ash since we do not know the quality of mineral water.
- Agarbatti made of cow dung. Ash generated from Agarbatti can be used in water.
- Tooth powder using cow dung ash plus mineral salt will give strength to teeth & gums and removes foul smell.

# 11.0 Cow dung Ash

- Do not keep tooth brush inside bathroom as it attracts bacteria & virus which are high in toilets
- Brush gums with fingers and tooth powder.
- Bad smell in fridge, put coal (cow dung) piece inside -- it will attract bad odor.
- Use fingers on “tongue” – it will enable cleaning of throat
- Those who have sinus should use fingers on tongue
- Those who have stammering also use fingers on tongue

# 11.0 Cow dung Ash

- Cow dung absorbs poison of snake & other insects
- Cow dung based soap removes skin diseases & skin glows.
- Children also can use soap during exams
- Cow dung based food items have good taste.  
food will be saltvic
- Fertilizer foods effect:
  - ❖ First fertilizer used in Punjab & Assam.
  - ❖ Terrorists started from Punjab & Assam.
  - ❖ Cancer increased in Punjab.

# 11.1 Cow Urine

- Relieves asthma
- Relieves pain of cancer
- Any one suffering from infections, cow urine works wonders
- Cysts, tumors in body. Medicines with cow urine work wonders
- Cow products have “pranashakti”

# 11.1 Cow Urine

- Cow urine when added to any medicine, its power increases manifold.
- ‘Prana Shakti’ knowledge is known to Indians only.
- Indians have to teach world the importance of “Prana Shakti”.

# 11.2 How cow is killed?

- Not given food & water for some days so that meat is tasty.
- Then beaten mercilessly.
- Then 200° water is poured to remove hair.
- Then cow is hanged with head down & then its head is cut.
- When cow body beats the earth, its skin is removed.
- The painful emotions of cow enter the meat and all products used by mankind and affects those who use them.
- All those who use cow products are committing great sin.
- Toothpaste - Use cow dung based or ayurvedic based like vajradhanti.
- Soaps - Use aloe vera/cow dung based.
- Leather products - Do not use cow based leathers.

## 11.3 Economy of cow slaughter

- Profit from one cow slaughter - Rs.5000
- No. of cows killed per day 50,000
- Profit per year =  $50000 \times 5000 \times 365 = 9000$  cr.
- Other products = 90,000 cr p.a
- Profit margin are 20 times.
- Hence the industries purchasing Politician – bureaucracy under politicians
- Then how to fight the lobby?
- Do not use products having cow based items like soaps, tooth paste, leather bags etc.
- Encourage cow farming
- 1947 – 30 cr population    30 cr cows population
- 2000's-- 120 cr population    7 cr cow population



## 11.3 Cow Profitability

- Monthly at least 1000/- profit per cow is possible
- $7\text{cr} \times 100 = 7000 \text{ cr}$  profit per month = 84000 cr per year
- 90000 cr profit per year by killing 18 lakh cows per year is better or 84000 cr per year profit by saving cows is better?

# 11.3 Cow Profitability

## THINK

➤ Take pledge today not to use

- ❖ Soaps having cow fat
- ❖ Toothpaste having cow bone powder
- ❖ Leather products having cow leather
- ❖ Pain killers having “VOVINE” i.e., cow blood

➤ Take pledge to use

- ❖ Cow milk & ghee
- ❖ Cow dung Ayurved based soaps & tooth paste
- ❖ Cow urine based hand wash, after shave lotion.
- ❖ Cow dung based ash for water sterilisation.
- ❖ Cow dung based Agarbatti

# COW Urine Based Base products



Hand  
Wash



After shave  
lotion



Ear Drops



Hair Oil

# 11.4 Products used by killing cow

- ❖ Daily 30,000 cows killed everyday.
- ❖ Cow is killed in a brutal way.
- ❖ Any tonic mentions “VOVINE” that tonic contains “cow blood”.
- ❖ In soaps, fat from cows are used.
- ❖ Toothpaste – cow bones powder used.
- ❖ Painkillers – cow bones powder used.
- Use cow urine instead of pain killers.
- ❖ Chappals, bags Cow leather used.
- ❖ Purse, car seats etc cow leather used.

# 11.4 How to use cow dung ash soap ?

- For every 10 litres, add '5' pinches of ash.
- For killing bacteria in water, add cow dung burnt powder or cow dung based agarbatti stick burnt ashes.
- **How to use cow dung based soap?**
  - ❖ Keep soap in water for one minute
- How to use coal of cow dung for brushing teeth?
  - ❖ Keep in mouth for 5 minute and then brush the teeth
- Highest No. of cows ⇨ Rajasthan
  - ❖ 1 Cr 10 Lakhs in Rajasthan out of total 7 Cr Desi cows in India 90 lakh are in Famine Area
  - ❖ Need for everyone in India to contribute for “Cow Seva” i.e., protection of cow.

# 11.5 How to use cow ghee?

- How to use ghee for gas trouble ?
  - ❖ Pour 2 drops of ghee in each nostril.
  - ❖ Use tonic made from cow urine – take one cup with one cup of water
- Cow ghee from cows which have been given “grass” with “seva” bhava will be extremely useful.
- Cows which eat on roads ⇒ ghee will not be that effective
- Cows to whom injection is given also will not be effective
- But if you take ghee by chanting/remembering God, it will be useful also.
- Ghee can be given to even two day old child.

# 11.6 Cow Products & Health

- Buffalo milk    □ loses nutrients on boiling
- Cow milk    □ no loss of nutrients after repeated boiling
- Cow milk    □ boil in iron vessel instead of steel
  - iron will be supplied to body
  - boil milk slowly
- Use Ghee in cow milk
- Stir with wooden spoons or with a piece of Roti
- Ulcer & constipation will be cured
- Cow ghee    □ Purity test
  - ❖ If your weight loses by 8 kg in a month and Cholesterol decreases, ghee used is pure cow Ghee.

# 11.6 Cow Products & Health

- Dosage of Ghee } --> Solid -- 2 small spoons /day  
                          } --> Liquid – 6 spoons/day
- Take khichdi with ghee two times a week
- Laddus / sweets etc., cow ghee based sweets only to be taken
- Jersi cow milk is cancerous & causes diabetes
- Desi cow cheese is better for children, while ghee is better for elders



# 11.6 Cow Products & Health

➤ **Cow ghee – two drops in each nostril every day has many advantages**

- a) Dreamless sleep
- b) Ear problems will be cured
- c) Helps in curing of following diseases:
  - I. Migraine
  - II. Paralysis
  - III. Hyperactivity of children will reduce
  - IV. Sinus
  - V. Frozen shoulders
  - VI. Coma
  - VII. Asthma
  - VIII. Hearing problems
  - IX. Forgetfulness
  - X. Sleeplessness
  - XI. Hair loss
  - XII. Tension
  - XIII. Ulcer & acidity

## 11.7 How to take cow ghee in Nose?

- Lie down without pillow.
- Put one or two drops in each nose.
- Do not talk – keep quiet for 10 minutes.
- Do not drink water for 10 minutes.

# 11.8 Cow Ghee & Arthritis

- Arthritis : cow milk boil + turmeric
  - ❖ Then add few drops of cow ghee
  - ❖ Take the liquid, from 15<sup>th</sup> day it will give result

## 11.9 Benefits of Cow Milk plus Cow Ghee

- Taking Cow milk with cow ghee
  - ❖ Relief for back pain
  - ❖ Arthritis
  - ❖ Ulcer
  - ❖ Acidity
  - ❖ Constipation etc
  - ❖ Those who have ameobiosis shouldn't take ghee.
  - ❖ Also those who get blood in stools, shouldn't take ghee
- Curd causes heat in body
- Butter milk cools the body
- Ghee cools the body
- Cheese cools the body

## 11.9 Other Benefits of Cow Products

- Pregnant women should take curd in silver vessel
- Make curd using cow milk in silver vessel.
- Buttermilk + Rock salt in the morning cures kidney stones (others should not take buttermilk in the morning or night).
- Butter milk daily during lunch time  $\Rightarrow$  no cataract problem and protects from jaundice, malaria & typhoid



## Chapter 12

### 12.0 PERSONAL HYGIENE

- The term '**personal hygiene**' is often confused and equated with personal cleanliness.
- Cleanliness is certainly a part of personal hygiene, but the scope of personal hygiene is much wider.
- It is the science of preserving and promoting health mainly through the active efforts of an individual.
- It is practiced through sanitary habits and healthy way of life.
- Personal hygiene is primarily within the scope of an individual.

# 12.0 PERSONAL HYGIENE

- ill health is due to the unfavorable reaction between an individual, the disease producing agent and the environment.
- If an individual is constitutionally strong enough, and is well trained in observing good personal hygiene, he can completely neutralize the adverse effects of the offending agents and the unfavorable environment.
- This state of personal health can be acquired only through one's own active efforts. All that is required to be done in order to attain and promote such a level of health, constitutes the science of personal health

## 12.1 KNOWLEDGE OF HEALTH & DISEASE

As a first step, it is necessary to have fundamental knowledge about health, what it is and how to acquire it, and about disease, how one suffer from it and how to prevent it. Best strength is knowledge. To prevent illness and acquire positive health, full knowledge of health and disease is important.



## 12.2 MOTIVATION

- Active efforts are possible only if one is well motivated to be health.
- All depends on how much importance does one give to health and what is one's attitude towards health.
- Health is not the aim of life, but the means. Without health, very little can be done.
- Happiness and efficient productivity are the fruits of good health.

## 12.2 MOTIVATION

- All must remember that excellent health is the key of success in life and every one must possess it.
- No one is perfectly healthy. A healthy man can become healthier and so long as man lives in the world of aggressive agents and the hostile environment, it is absolutely necessary to practice personal hygiene.

## 12.3 PERSONAL COMFORT & HEALTH

- Personal comfort is a valuable asset for happy life and efficient work. It is always productive.
- Personal comfort depends on the physical environmental factors like proper ventilation, atmospheric temperature, adequate lighting, etc.
- The personal factors like bathing cleaning and change of clothing and foot-wear, and the social factors like satisfactory pecuniary condition, good occupational and working conditions, family life and good social friends attribute towards personal comfort & Health

## 12.3 PERSONAL COMFORT & HEALTH

Personal comfort is a valuable asset for happy life and efficient work. It is always productive. Personal comfort depends on the physical environmental factors like proper ventilation, atmospheric temperature, adequate lighting, etc., the personal factors like bathing cleaning and change of clothing and foot-wear, and the social factors like satisfactory pecuniary condition, good occupational and working conditions, family life and good social friends.

## 12.4 PERSONAL COMFORT

- **Ventilation** – House and the place of work should not be stuffy and over-crowded. There must be proper circulation of air.
- **Lighting** – it should be adequate for the purpose, e.g., more light is necessary for close and delicate work like repair of a wrist-watch, and much less light may be sufficient for a work like masonry or carpentry. Glare as well as excessive shadowing should be avoided.

## 12.4 PERSONAL COMFORT

- **Clothing** – clothes should be properly selected and changed according to the season. Clothes should be white or lightly coloured, thin and loose in summer. During winter, heavy, dark coloured and well fitting clothes are more protective. Aesthetically and from the point of a clean habit, clothes should be changed and washed daily.

## 12.4 PERSONAL COMFORT

- **Footwear** – footwear should be wisely selected and used. Little oversized is better than an undersized shoe.
- Foot-wear should not be uncomfortable and should not hamper the free movements of the feet. Shoes and other foot-wear should be maintained in good order.
- Regular use of shoes not only protects the feet from mechanical injuries, but also from diseases like tetanus, warts, hook-worm disease, bites, etc.

## 12.5 PERSONAL CLEANLINESS & HEALTHY HABITS

Clean habits are basic to good health. This is because the environment in which man lives is full of harmful agents and unless contact with them is avoided, one is likely to suffer from the ill-effects resulting from such agents. Apart from taking a bath daily and wearing clean clothes, developing other clean habits from early childhood is of prime importance



## 12.5 PERSONAL CLEANLINESS & HEALTHY HABITS

- Washing feet on entering the house.
- Washing hands thoroughly with soap and water every time after going to toilet or latrine and before taking food.
- Cleaning teeth in the morning and again before going to bed.
- Cleaning hair, cutting the nails short, are all examples of hygienic habits.

## 12.5 PERSONAL CLEANLINESS & HEALTHY HABITS

- Clean habits and use of soap will reduce the chance of getting infection and spreading it to others.
- Eyes also need special care.
- Regularity of bowel movement every day is necessary for the preservation of health.  
No. of motions/bowels = No. of times one takes food in a day.

## 12.5 PERSONAL CLEANLINESS & HEALTHY HABITS

- Cleanliness is also a social responsibility and everyone should help to keep the public places like roads, parks, offices etc., clean.
- The habits like indiscriminate spitting and throwing rubbish are detrimental to health.
- Acts like coughing and sneezing are likely to spread many diseases and during such acts a handkerchief should always be used to cover the mouth.

## 12.5 PERSONAL CLEANLINESS & HEALTHY HABITS

- Unfortunately, some habits which are not of any advantage, have now proved to be harmful.
- The best examples are of smoking and chewing of tobacco, and excessive alcohol drinking.
- Smoking is a habit commonly indulged in, but it is proved to be definitely harmful to health.

## 12.6 ILL EFFECTS OF SMOKING & TOBACCO CHEWING

- Excessive smoking has been shown to be a causative factor in diseases like lung cancer, high blood pressure, coronary heart disease, etc.
- Smoking also causes irritation of the respiratory passage. Smokers not only have poor health but also have a shorter life on account of the diseases mentioned above.
- Tobacco chewing is similarly a harmful habit as this is shown to be the commonest cause of cancer of the mouth.

## 12.7 ILL EFFECTS OF ALCOHOL

- Alcoholism is a social, moral and economic disaster, and also has a profound effect on health.
- It may lead to mental depression, chronic gastric complaints, degeneration of the tissues of the heart and arteries, and death due to the liver failure.
- The evidence against these harmful habits is so clear that one should not be hesitant in giving them up.



# Chapter 13

## 13.0 NUTRITION

- Good nutrition is the foundation of good health.
- Diet should not only be adequate but also be balanced.
- Regularity in meal times is very important.
- It is an excellent habit not to take the same articles of food as a routine, but have as much variety in food as possible.

# Chapter 13

## 13.0 NUTRITION

- Food that has been exposed to house-flies should not be eaten.
- Food should always be covered to prevent dust and flies contaminating it.
- Cheaper foods may not be necessarily not nutritious, e.g. green vegetables are cheaper, but still are of greater nutritional value than costlier vegetables like cauliflower.



# 13.1 EXERCISE AND ACTIVITY

- Regular and moderate exercise tones up the various systems of the body, maintains weight and the physiological efficiency of the body, and keeps one active and cheerful.
- Swimming and active outdoor games give good exercise.
- Sedentary life coupled with the intake of excessive food may lead to obesity, especially if there is a familial tendency of the same.
- Exercise and physical activity help to keep the body fit.

## 13.2 REST AND RECREATION

- Relaxation is necessary to avoid fatigue and to regain efficiency.
- Sleep required for an adult is for 6-8 hours. More sleep is, however, required for children.
- Rest after heavy physical and mental activity is refreshing.
- One should have varied interest in life. Hobbies, friends, trips, vacations, etc., make life cheerful and help to keep the mind in proper poise.

## 13.3 IMMUNIZATION AND PREVENTION OF INFECTION

- One must protect oneself and the children in the family against the common preventable diseases like smallpox, diphtheria, whooping cough, tetanus, typhoid, poliomyelitis, etc.
- Immunization against all these diseases is simple and effective.
- In order to avoid infection, it is best not to take children with ourselves, while visiting hospitals and sick friends and relatives.

## 13.3 IMMUNIZATION AND PREVENTION OF INFECTION

- After visiting or attending on a person who is ill, especially if he is suffering from an infectious disease, it is wise to change the clothes and to thoroughly wash the hands and other exposed parts of the body.

## 13.4 HEALTH CHECK UP

- Any defect in the body should be corrected as soon as it is detected.
- Any physical deformities like squinting eye, carious teeth, etc., should be corrected.
- Many diseases can be effectively treated and cured if diagnosed at an early stage.
- Examples of such diseases are many, e.g. cancer of various parts of the body, tuberculosis, diabetes, etc.
- Yearly medical check-up is very valuable in this respect.

## 13.5 PRINCIPLES OF NUTRITION

- Food is one of the basic necessities of life. It is required for several purposes.
- If enough food is not taken, one feels hungry and does not have the necessary energy to attend to our work.
- Food is required to supply the body-building materials necessary for an infant to grow into an adult or for an adult to replace the daily wear and tear in tissues occurring in the course of normal living.

## 13.5 PRINCIPLES OF NUTRITION

- Certain materials needed in small amounts by the body and which help to assimilate the food and keep the body mechanisms in proper shape and working order are also provided by food itself.
- Optimum nutrition is essential for maintenance of good health.
- Nutrition of the body means the supply of essential nutrients in adequate quantities and in proper proportions to all the cells and tissues of the body so as to keep the structure and functions of the body in a sound state.

## 13.5 PRINCIPLES OF NUTRITION

- This is effected by ingesting food and water, and digesting and assimilating the same.
- Diet is nothing else but a combination of different foods as they are available in nature.
- Such a combination is essential because there is no single food which will give man each and every nutrient in proper proportion required for nourishing the body cells.



# 13.5 PRINCIPLES OF NUTRITION

➤ It is needless to say that the selection of a diet good for health, both the working knowledge of the basic principles of nutrition and the art of preparing food, are essential. For nourishment of the cells, the basic principles involved are :

1. Water
2. Digestive end products of proteins, carbohydrates and fats
3. Vitamins
4. Minerals.

- **WATER** : Water forms about 70% of the body weight and is an important constituent of all body cells. All the chemical reactions and processes in the body take place in the medium of water. Sufficient quantity of water should, therefore, be taken daily. More water is required in summer than in winter.
- **FOOD** : The three basic components of food are proteins, carbohydrates and fats. Richness or otherwise of the various foods, is dependent on the proportion and the quality of these components present in the foods.

## 13.6 PROTEINS

- These are very complex nitrogen containing substances. These are formed by different combinations of about 20 amino-acids.
- Ten of the amino-acids are absolutely essential for proper nutrition and a diet should provide these adequately and in proper proportion.
- Proteins are essential for the growth and repair of the tissues of the body and also for body defense.

## 13.6 PROTEINS

- Daily requirement of proteins for adults is about 1 gm per kg body weight.
- In children, the daily requirement is higher and because of their active growth they may require 2 to 3.5 gms per kg body weight (Table 1).
- Nutritive value of a protein is dependent on its essential amino-acid make-up and its digestibility.
- One gram of protein yields about 4 calories.

# TABLE 1

## Recommended Daily Requirement for Proteins

Proteins in grams per day	
Children	
Upto 5 years	3.5
5 – 7 years	3.0
7- 12 years	2.5
Adolescents	
12 – 15 years	2.5
15 – 21 years	2.0
Adults	
Man (55 kg.)	82
Woman (45 kg.)	67
Pregnancy	101
Lactation	112

Per kg. body weight.

# 13.7 CARBOHYDRATES

- These are chemical compounds containing carbon, hydrogen and oxygen.
- They are formed by combination of various sugars and occur in nature as sugars, starch and cellulose depending on the simplicity or complexity of the chemical structure.
- Carbohydrates give energy on which all the activities of life are dependent.
- One gram of carbohydrate yields about 4 calories.
- Body cells utilize simple sugars to form heat which is converted into energy for maintaining life.

## 13.7 CARBOHYDRATES

- Cellulose is indigestible, nevertheless it gives roughage which is valuable as a mechanical stimulant to the bowel and prevents constipation.
- Indian diets contain proportionately higher quantity of the carbohydrates and much less of the proteins.
- After supplying the body needs for proteins and fats, sufficient quantity of carbohydrates should be included in our diet to make up the total caloric requirements.

## 13.8 FATS

- These are also the energy giving foods but these are concentrated sources.
- One gram of fat gives 9 calories approximately.
- These fats, in addition, give taste to the food and make the diet palatable.
- This is why people crave for fried foods like “Vadas” or “Bhajias”.



## 13.8 FATS

- Fats are costly and for the proper health of the body, one should not have more than 15% of the total calories from the fats.
- Daily intake of about 45 to 60 gms for an adult is all that is necessary.
- It is preferable to have a considerable portion of this quantity from the vegetable oils.

## TABLE 2

### Recommended Daily Requirement for FATS , Carbohydrates & Fiber

<b>Carbohydrates -</b>	<b>52 gm</b>
<b>Fats -</b>	<b>45 gm</b>

# TABLE 3

## IMPORTANT SOURCES, FUNCTIONS AND DEFICIENCY SYMPTOMS OF PROTEINS, CARBOHYDRATES AND FATS

Nutrient	Rich Sources	Essential Functions	Deficiency Symptoms
1. Protein	Milk, Legumes, Nuts, Pulses, Beans – Soyabean, Cheese, Outer layers of cereals, Meat, Fish, Eggs	Repair and growth of body tissues, Body defence	Weak muscles, Poor body tone, Retarded mental Reactions, Lower resistance to disease.
2. Carbohydrates	Sugars, Syrups & Jams, Cereals such as Rice, Potatoes and other tubers, Sago.	Production of Heat and Energy. Bulk – diet.	Loss of weight.
3. Fats	Groundnut oil, Oils like safflower (kardai), cottonseed, sesame (Gingelly), Nuts, butter, ghee, cream, Margarine, cheese, meat fats	Production of Heat and Energy	Loss of weight, Retarded growth.

## 13.9 VITAMINS

- These do not give any calories, but they are indispensable in regulating the chemical processes in the body metabolism.
- Vitamins stimulate growth of the body and prevent a number of deficiency diseases.
- Vitamins are, therefore known as the “Protective Foods”.
- They are usually referred to by letters. Vitamins A, D, E and K are fat soluble; the rest are water soluble (Table 4) i.e. B&C.

# VITAMINS – THEIR IMPORTANT SOURCES, FUNCTIONS

## AND DEFICIENCY DISORDERS

Vitamin	Rich Sources	Essential Functions	Deficiency Symptoms
Vitamin A Daily requirement (D.R.) in adult – 4000 -5000 IU Children – (2000-4000 IU)	All vegetables, yellow fruits (mango, papaya, orange, melon), tomatoes, ghee, curd, butter, milk, yellow of eggs, fish oil, carrot, pumpkin	Growth, health of eyes, health of skin, and mucous membrane	Retarded growth, night blindness, susceptibility to infections, changes in skin.

**TABLE 4**

# **VITAMINS – THEIR IMPORTANT SOURCES, FUNCTIONS AND DEFICIENCY DISORDERS**

<b>Vitamin</b>	<b>Rich Sources</b>	<b>Essential Functions</b>	<b>Deficiency Symptoms</b>
Vitamin B <sub>1</sub> (Thiamine) Daily requirement 1 to 2 mg (adults) 0.4- 1.2mg (children)	Outer layers of the grains like rice and wheat, Til (Gingelly seeds), groundnuts, unmilled pulses, dry chillies, peas, egg, banana, apple, dark green leafy vegetables, soyabean.	Growth, utilization of carbohydrates, proper working of the heart, nerves and muscles. Aids in digestion.	Retarded growth, loss of appetite and weight, weakness, palpitation, nerve disorders, early fatigue and defective digestion, diabetics, mental depression.

# VITAMINS – THEIR IMPORTANT SOURCES, FUNCTIONS

## AND DEFICIENCY DISORDERS

Vitamin	Rich Sources	Essential Functions	Deficiency Symptoms
Vitamin B <sub>2</sub> (Riboflavin) Daily requirement 1.6-2.6 mg (adult) 0.6-1.0 mg (children)	Milk and milk products, green vegetables, eggs, liver, meat, fish, banana, tomato, almonds, grapes, pomegranates	Growth, health of the skin and mouth, utilization of carbohydrates, health of the eyes. Formation of red blood cells. Synthesis of glycogen	Retarded growth, redness of eyes, dimness of vision and intolerance to light, soreness of angles of mouth, red tongue. Eczema, clear eased motor coordination, dry skin, ulcers on lips.

# VITAMINS – THEIR IMPORTANT SOURCES, FUNCTIONS AND DEFICIENCY DISORDERS

Vitamin	Rich Sources	Essential Functions	Deficiency Symptoms
Nicotinic Acid (Niacin) (B <sub>3</sub> ) Daily requirement 16-21mg – adult 4-12 mg – children	Potatoes, outer layers of grain, pulses, nuts, tomatoes, leafy vegetables, meat, fish, sunflower seeds.	Growth, utilisation of carbohydrates, proper working of gastro-intestinal and nervous system, tissue.	Smooth & red tongue, digestive and metal disorders, pigmented scaly skin (Pellagra, dermatitis & dementia)



# VITAMINS – THEIR IMPORTANT SOURCES, FUNCTIONS

## AND DEFICIENCY DISORDERS

Vitamin	Rich Sources	Essential Functions	Deficiency Symptoms
Vitamin B <sub>6</sub> (Pyridoxine) Daily requirement 2mg – Adult 0.9-1.6 – children	Green leafy vegetables, meat, liver, pulses, wheat, other cereals, carrots, peanuts.	Growth, health of skin, proper working of muscles and nerves. Absorption of fats & proteins	Convulsions in children. Poor growth, anaemia, skin lesions. Weakness, insomnia, irritability, migraine, kidney stones , mental disturbances

# VITAMINS – THEIR IMPORTANT SOURCES, FUNCTIONS AND DEFICIENCY DISORDERS

Vitamin	Rich Sources	Essential Functions	Deficiency Symptoms
Folic Acid (B <sub>9</sub> ) Adult – 100mg Children – 30-60 mg	Green leafy vegetables, liver, pulses, gingelly seeds, cluster beans.	Growth & division of all body cells, protein metabolism & healing processes.	Anaemia in infants and pregnant women. Skin disorders. Impairs the ability of the immune system to fight infection.
Vitamin (B <sub>12</sub> ) D.R. 1-2 mg (adults) 0.2-1.0 mg for children	Milk, meat, liver, egg, shrimp	Formation of blood, cell replacement	Pernicious anaemia, (immature red blood cells) poor appetite, chronic fatigue.

# VITAMINS – THEIR IMPORTANT SOURCES, FUNCTIONS

## AND DEFICIENCY DISORDERS

Vitamin	Rich Sources	Essential Functions	Deficiency Symptoms
Vitamin C (Ascorbic acid) D.R. – 60 mgms (water soluble)	Amla, lemon citrus fruits tomatoes, leafy vegetables, guva, drumstick leaves, bitter gourd, oranges.	Growth, tissue repair, health of blood vessels, gums etc. protects against infection, quick healing of wounds.	Bleeding gums, scurvy, tendency for haemorrhages, poor wound healing.
Vitamin D (formed in the skin under action of sunshine) D.R – 400-800 I.U.	Milk, liver, eggs, fish liver oil cheese, butter, shrimp, cabbage, spinach	Growth, utilization of calcium and phosphorous, health of bones and teeth.	Softness and bending of bones, (Rickets), poor development and decay of the teeth, osteomalacia.

# VITAMINS – THEIR IMPORTANT SOURCES, FUNCTIONS

Vitamin	Rich Sources	Essential Functions	Deficiency Symptoms
Vitamin E (Tocopherol) D.R. not determined	Wheat germ oil, leafy vegetables, milk, butter almonds, eggs, water melon, sesame oil & mustard oil.	Normal reproduction in animals	Reproduction failure in humans weakness & sensory disturbances in low birth wt. infants causes haemolytic anaemia. Decreased ability of lymphocytes.
Vitamin K D.R. – adequate quantities produced in intestines.	Dark green vegetables, tomatoes, also formed in the intestines. Dairy & meat products, fruits seeds & tubers	Normal clotting of blood.	Bleeding tendency.

## 13.10 MINERAL

- On an average, man excretes daily about 20 to 30 gms of mineral salts, consisting mostly of chlorides, sulphates and phosphates of sodium, potassium, magnesium and calcium.
- It is but natural that all these must be replenished daily through the food-stuffs.
- Similarly, a large number of other elements like iron, calcium, copper, cobalt etc., play a vital role in the body metabolism

## 13.10 MINERAL

- As a general rule, one can remember that a diet which is otherwise adequate in proteins, fats, carbohydrates and vitamins will provide all the minerals in sufficient quantities. The table 5 deals with the two important minerals which may be deficient in a poor diet.

## 13.11 BALANCED DIET

- For proper nutrition of the body, sufficient amounts of proteins, carbohydrates, fats, water, vitamins and minerals are essential.
- As no single foodstuff gives this, it is necessary that a good diet should contain all these principles in correct proportions and in adequate quantities.
- Such a diet which ensures supply of all the essential nutrients is known as a 'balanced diet'.

## 13.11 BALANCED DIET

- It is not enough to provide a balanced diet, but the food should be palatable and liked by the people.
- The art of preparation of good and appetizing food has no limit.
- One of the golden rules is to eat varied foods which not only avoid monotony, but ensure better nutrition.





# Chapter 14

## 14.0 ADULTERATION OF FOOD

- Population explosion.
- Shortage of food grains
- Adulteration of food items increased from 1990's
- Adulteration leads to decreases in nutrients and off late poisonous items are added to food items.

# 14.0 ADULTERATION OF FOOD

- Adulteration affects both rich and poor.
- Due to increased prices, common man forced to save money by buying cheap food items. Cheap food items may be adulterated and prone poisonous to health.
- Evil effects of adulteration of food on health is slow and hence we do not suspect adulteration of food.
- Adulterated food if consumed over a long period has adverse effects.

# 14.1 EFFECTS OF ADULTERATED FOOD

- Lack of growth in children.
- Causes illness among children/adults due to decreased power of resistance to diseases.
- Person takes treatment for his illness but his attention is not drawn to adulteration of food.
- Common man buys cheap food grains without knowing food grains are adulterated & lack in nutrition.

## 14.1 EFFECTS OF ADULTERATED FOOD

- News reports now and then in press is not alerting all common man about ill effects of buying adulterated food.
- Adulteration of mustard oil with argamone oil causes heart diseases, blindness etc.
- Adulteration of sweets with argamone oil caused dropsy.

## 14.2 TYPES OF FOOD ADULTERATED

- Adulteration of food increasing in India
- In Maharashtra out of 20,000 samples, 30 to 55% samples of food found adulterated.
- Initially, milk & milk products only are adulterated.
- Now all kinds of food are adulterated.

## 14.3 TYPES OF FOOD ADULTERATED

With all-round development everywhere, there was an increase in the incidence of adulteration of food. No foodgrain or eatable is now exempt from adulteration. In Maharashtra, in 1966, the following percentage of articles were found to be adulterated :

<b>Ice cream and Ice fruit</b>	<b>70.6%</b>	<b>Milk</b>	<b>33.9%</b>
<b>Curds</b>	<b>67.2%</b>	<b>Chilly powder</b>	<b>22.5%</b>
<b>Asaphatida</b>	<b>65.3%</b>	<b>Ghee</b>	<b>18.4%</b>
<b>Sherbats, Soda, Lemon etc.</b>	<b>50.0%</b>	<b>Edible oils</b>	<b>4.04%</b>
<b>Butter</b>	<b>44.5%</b>		

## 14.4 HOW IS ADULTERATION DONE

- Adding artificial & poisonous colours to increase weight and boost sales.
- Substances of cheap or low quality are mixed.
- Sand, gravel or dust are often mixed with food grains.
- Difficult to separate adulterated with wheat flour, gram flour or chilly powder.
- Iron particles can be separated by magnet.

## 14.4 HOW IS ADULTERATION DONE

- Lakhi pulse consumption causes lathyrism i.e. Patient walks zig-zag with sticks.
- Lakhi pulse can be grown easily along with wheat without much water and also grows in barren soil.
- Poor farmers without knowing bad effects, grow it in madhya pradesh.



# 14.4 ADULTERATION OF MILK PRODUCTS

- Water mixed in milk after cream is removed.
- If water is infected with germs, causes Diarrhoea & Typhoid.
- Sweetdish of milk – pulp of bottling paper mixed.
- Ghee/Butter – Vansapathi oil is mixed.
- Oils - Cheap quality of oil mixed with high cost oils.

## 14.4 HOW IS ADULTERATION DONE

- Chilly powder is mixed with salt, dust of wood, earth fine sand or talcum powder and injurious colours prepared from coal-tar are added to make it attractively red.
- Pulses and turmeric are rendered yellow with the use of the injurious colour of 'metallic yellow'.
- The used tea leaves are coloured with ferrous sulphate and mixed with fresh tea leaves. Fine sugar is mixed with washing soda.
- Cinnamon is mixed with the bark of other trees after colouring and scenting the same.
- Saw dust or even horse-dung is mixed with spices.

## 14.4 HOW IS ADULTERATION DONE

- Asaphatida is very often adulterated.
- Sherbats and other drinks and sweets are often mixed with injurious coal-tar colours whose use is prohibited by law.
- Sacchrine and the injurious chemical saline whose use is prohibited is used instead of sugar.
- According to the law of Prevention of Food Adulteration, a specific mention must be made on the container if Saccharin is used in a food article.

# 14.7 CONSIDERATION OF LAW

- The law of 'Prevention of Adulteration of Food' was passed in 1954 and rules were subsequently framed on that behalf.
- According to this act, each state government passes its own law and frames its own rules.
- The rules framed by the Maharashtra State Legislature have been brought into force since June 1964.
- The Act is in force in other states also.
- So far, the Act and its rules are applicable to the city areas only.
- Enforcement of the law is done by Municipalities and Corporation according to their financial resources.

# 14.7 CONSIDERATION OF LAW

- For this purpose, adulteration prevention officers and food inspectors are appointed.
- As per law, samples of food grains and other eatable articles are collected from a shop-keeper in the presence of two witnesses and are examined in the food testing laboratories conducted by the Health department of the Government.
- According to the new act of 1964, it is incumbent on the wholesaler who sells his articles (like grains, oil, ghee or other sealed eatables) to a retailer to write details of his goods in a 'Warranty form'.  
adulterated.

# 14.7 CONSIDERATION OF LAW

- If a retailer or a wholesaler takes such warranty from the 'producer', it is the producer and not the retailer or the wholesaler who is liable for prosecution in case the samples taken are found to be adulterated.
- The enactment of adulteration prevention act has not proved enough of a deterrent.
- We need to educate the public and carry on propaganda against adulteration of food.

# 14.7 CONSIDERATION OF LAW

- There should be a continuous and vigorous campaign for prevention of food adulteration.
- The rules in this behalf must be strictly applied against producers and traders.
- The producers and traders should also be persuaded to desist from such a trade which is anti-national as it is injurious to the health of the people.
- In fact, their cooperation should be sought to put a stop of food adulteration.

## 14.5 HOW TO IDENTIFY ADULTERATED FOOD

- Women can do a lot in preventing adulteration of food, because they are mainly concerned with making purchases and preparing food.
- They can spot certain adulterations in their own home.
- The following are some of the examples:
- More water is required to moisten wheat flour that is mixed with chalk powder and a moistened wheat flour does not have its usual sticky quality.
- Tea powder coloured with ferrous sulphate, if put in water makes the water coloured.



## 14.5 HOW TO IDENTIFY ADULTERATED FOOD

- Pure asaphatida gets itself dissolved in water and makes it milky and if burnt, gives out a flame.
- If water added hydrochloric acid is dropped on tuver pulse coloured with metallic yellow, the colour at once becomes violet.
- If hydrochloric acid and furfurol is mixed with ghee adulterated with vanaspati, the ghee at once becomes red.
- Women should be able to spot such adulterations immediately. They should insist on the quality rather than the quantity of food articles purchased.

## 14.6 HOW TO PREVENT ADULTERATION

Ladies' Clubs should get prepared on a cooperative basis such articles as spices, pickles, chilly powder, scented betelnut, turmeric powder, ghee, butter etc. with the help of needy women and sell them at reasonable rates as this would help prevention of adulteration of these substances.

## 14.6 HOW TO PREVENT ADULTERATION

Pay attention to the following points to avoid the evil effects of adulteration of food.

- One must suspect adulteration of food in articles that are being sold at rates cheaper than the prevalent market rates.
- Do not buy readymade spices. Prepare them at home after buying the constituent articles.
- Do not buy the attractively coloured red chilly powder as the colour used is often harmful. Prepare powder from chilles bought in the market.

## 14.6 HOW TO PREVENT ADULTERATION

- Do not buy loose food articles. Buy them in labeled original packing.
- Do not buy sugar balls (laddus), sugar and milk balls (pedhas) and other sweets which are generally made in attractive colours.
- In case of suspicion of adulteration of food, report the same to the local health department or to the food inspector.

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# 15. Diseases & Comprehensive treatment

**Under preparation**

# Addresses where health products are available

<b>1) For Brass /Silver / Copper Items &amp; Glass ware</b>	<b>Begum Bazaar, Near Osmania Dental College, Afzalganj</b>
<b>2) For Earthen/Brass Vessels, Cow based products, CD's, Books, Crystal Lamps etc.</b>	<b>Arogya Rahasyam Near Saibaba Temple, Padmarao Nagar, Secunderabad Ph : 040-27500015 09849015638</b>
<b>3) For steel Items</b>	<b>Agromech Industries, Sanathnagar Ph: 9140 2370 0280 040-23704832, 040-6550 4018</b>
<b>4) For Clay Products</b>	<b>Visti : <a href="http://www.mitticool.in">www.mitticool.in</a></b>

# References

1. Ashtanga Hridaya By Maharshi “Vagbhata”
2. Books by Rajiv Dixit a social activist
3. Talks by swamy Maheshwari
4. Nature cure by Dr.Bakhru
5. You & Your Health by V.N.Bhave
6. Yoga books by Dr.ALV Kumar
7. Books by NIN
8. Food and nutrition by Dr. Gupta
9. Books by swami A.Parthasarathy
10. Health guide for children by Dr. P.Sudarshan Reddy
11. An article on diet for children by shri Rahul Bhushan  
– Principal Lumbini Montessori house of children