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BE HEALTHY NATURALLY WITH KITCHEN ITEMS

*("If you can organise your kitchen you can
organise your life." – Louis Parrish)*

Kitchen is third basic important area where we find so many natural medicines to help us in keeping healthy and fit. In every society, certain items/spices used in the kitchen have medicinal value and initially that could have been the ostensible reason to include these in our daily diet. In India, the Kitchen is called 'RASOI' which can be equated to Rasayanshala where six rasas are prepared as per Ayurvedic guidelines and prescribed for keeping the body healthy.

Proper scientific knowledge of uses of various kitchen items is necessary to have their beneficial effects; otherwise 'Amrita' is turned into poison and has bad effects on human body.

In this chapter are given the very important food items such as carrot, garlic, mushroom, butter milk, drumsticks, wheat grass and soybeans which are of daily use all over the world having rich medicinal and nutritional values and that are highly effective in maintaining health, preventing diseases by enhancing immunity system and even in the cure of dreaded diseases.



CARROT

"CARROT-GARLIC-WHEY-KEEP CANCER AWAY"

Introduction:

It is a vegetable plant being cultivated and produced in plenty in entire Asia, France, Britain, and Germany and in the most parts of the World. Its root is conical in shape tapering from top to bottom from 8 cm to 25 cms. long in red, orange and black colours, having feathery green leaves.

Different Name of Carrot

Language	Name
Hindi	Gazar
Marathi	Gazar
Gujrati	Gazar
Bengali	Gazar
Persian	Gazar Gazart
Arabian	Gazar
Telgu	Pil-Kando Gajjara & Godda
Kannad	Gajjare / Kempu Mulgi
Kasmiri	Morenuj / Bulmuj
English	Carrot
German	Karatti
French	Karati Cutirie

Brief History:

The bright orange fleshy root vegetable we know today as the carrot is from its wild ancestor, a small, tough, pale fleshed acrid root plant. The wild carrot known as *Daucus* Carrot is one of the many plants, which belongs to the natural order Umbelifer. The carrot originated some 5000 years ago in middle Asia around Afghanistan and slowly spread into the Mediterranean area. The first carrot was white, purple, red, yellow, green and black but not the orange. Carrots were known as one of the plants in the garden of Egyptian king Merodach Bladder in the eighth century B.C. The exact lineage of carrot is difficult to trace as early horticulturist with the Parsnip, its closed relative, often confused it.

Carrots were well known to both the Greeks and

Romans. During the first century, the Greeks cultivated a variety of root crops of onions, radishes, turnips, leeks and a poorly developed variety of carrots. The unpleasant tasting carrots were rarely eaten but were applied medicinally. The Greeks called the carrot Philtron and used it as a love medicine to make men more ardent and women more yielding. It was not eaten as vegetable prior to the middle ages. The name carrot is found first in the writings of Anthenaous (A.D. 200) and in book on cookery by Apleins Czelius. In 900 A.D. Carrot consumption was traced to the hill people of Afghanistan, who were sun-worshippers and believed that eating orange or yellow coloured food instilled a sense of righteousness. At this time Arab merchants traversing the trade routes of Africa, Arabia and Asia brought seeds of this purple carrot back home with them. From their village and cities along the coast of North Africa moors brought the carrot up into Spain and to the rest of Europe, probably from Afghanistan.

In the 12th Century moorish invaders and then Arabian traders brought carrot to the Mediterranean and they quickly spread across the Europe. By the 13th Century carrots were being grown in fields, orchards, gardens and vineyards in Germany and France. At that time the plant was also known in China. Where it was supposed to have come from Persia Doctors in middle ages prescribed carrots as a medicine for every possible affliction from syphilis to dog bites.

By the 14th Century carrots had spread across north Western Europe. In 15th Century Flemish Refugees who grew them in quantity mainly in Kent and Surrey introduced these early varieties to England. By the 16th Century nearly all the botanist and writers on gardening, all over the Europe, were familiar with the carrot of red and purple colour. It is thought that for the first few hundred years of its managed

cultivation, carrot roots were predominantly purple. The carrot crossed the English Channel via France in the early 16th Century bringing the French name “Carrot” to England.

It was first generally cultivated in England in the region of Queen Elizabeth Ist, being introduced by the Flemings, who took refuge from persecution of Philip II of Spain. He found the soil peculiarly favourable for carrot and grew it in large quantity. As the vegetable were at that time rather scarce in England, the carrots delicious root was warmly Welcomed and became a general favourite, its cultivation spread over the country as farm crop as well as in small garden plots in the 16th Century. The wild carrot *Daucus carota*, became known as Queen Annes, oddly enough at the time of Queen Anne (1655-1714) and the wild carrot so called today.

By the 1700’s Holland was the leading country in Carrot breeding in four main orange varieties. The records in Australia show, it arrived in 1788 with the first fleet and convicts planted long orange, carrots on Norfolk Island just two weeks after their arrival. By the 1800’s horticultural growers were producing roots of colossal size. Some were 24 inches in length with a girth of 12 inch and weighing 4 pounds each. The carrots were widely cultivated in the walled garden of country estates. The growers were continually experimenting with strains to create the perfect “Show roots”. In the 19th Century the carrots were widely grown and begun their descent into ordinary alongside onions and potatoes.

All modern day carrots are directly descended from Dutch-bred carrots. The familiar vegetable with its thick sweet tasting root, comes from natural variety of “Queen Anne’s Lace” named *Daucus Carota* cultivated variety with

bright white umbrella shaped flower cluster. During the Second World War in 1939-45 the carrot was widely used as a substitute for scarce commodities. The Ministry of food campaigned to encourage people to eat more vegetables specially carrot. Also during the war many thousands of tons were dehydrated and shipped overseas in sealed metal containers in an atmosphere of carbon dioxide to prevent the carotene. The enormous quantities of carrots use increased the vision of Air-Force pilots at night. Its use made them more efficient and had more successes. Also the Americans used its extract for colouring of the food in the war period.

Because of carrot's inherent sweetness, it has been used for desserts and sweets long before the ubiquitous carrot cake. The Irish and English make a carrot pudding, the French make a cream with candied silvers of carrots in it. The New England people gave carrot cookies as Christmas gift. The medicinal constituents of carrot roots are - carotenes, vitamin A, B-Complex, C, the alkaloid, daucine Sugar and pectin. In America, earlier it was used mainly for horses. For past 25-30 years it has got more importance as human food. Perhaps the ancient Greeks were the real discoverers of the benefit of carrots in the diet. However they did not know the reason and lacked the teaching facilities used to induce us to eat carrots. The carrots are as important a food for modern man as they were to our early ancestors.

The popular carrot, in its orange colour, rules the western carrot world. In China and Japan yellow and red varieties are very popular. The purple carrot is making a come back and is proving popular in several American states.

The Carrot Today

The carrot plant is indigenous to the morpheme chalky soils of Southern Europe but has spread widely, partly through reversion from Cultivation. It prefers sea-coast climate but is strong enough to be found almost anywhere and everywhere.

Today's cultivated carrots are hybridized which belongs to the genus *Daucus* L, which contains many wild varieties of carrots. It is an erect herb of 20-25 cm tall when mature, and 120-150 cms. when flowering. The root is fleshy, straight, conical to cylindrical from 5 to 50 cms. length and 2 to 5 cm in diameter at the top. The carrot is usually orange colour due to very high level of the yellow-orange plant pigment known as carotene. There are two main types of cultivated carrots.

1. Eastern / Asiatic Carrots

These are often called anthocyanin carrots because of their purple roots. They have slightly dissected leaves with branched roots and are an annual plant. The greatest diversity of these carrots is found in Afghanistan, Russia, India and Iran. In India mainly three types of carrots are cultivated which are yellow, red and black. The yellow or orange colour is found throughout the year in sea coastal regions. The red colour carrots preferably found in plains.

2. Western Carotene Carrots

These have orange, red or white roots. It is most likely these carrots derived from the first group by selection among progenies of yellow Eastern Carrots, white carrots and wild subspecies grown in the Mediterranean each. The first two originated by mutation. These have strong dissected leaves, the roots are unbranched and they have bright green,

sparsely having foliage and are biennial. These carrots may have originated in Turkey.

Medicinal and Chemical Ingredients of Carrot.

Description	Type of Carrot	
	Yellow	Red
Water	81.4	77.86 %
Eather Extract		
Whole dried	1.72	1.12%
Nitrogen	1.23	1.23%
Alumilides	7.63	7.05%
Carbohydrate Palatable	74.96	73.6%
Silica	0.48	0.48%
Fibre	6.56	10.52%

Nutritional ingredients (in 100 gms.)

Percentage of eatable	95.0 %
Protein	0.9 %
Fat	0.2 gm
Carbohydrate	10.7 gm
Mineral salt	1.1 gm
Vitamin A	3150 I.U.
Vitamin B1	0.04 mg
Vitamin B2	0.02 mg
Vitamin C	3 mg
Calcium	80 mg
Iron	2.2 mg
Nicotinc Acid	0.6 mg
Calories	47 calorie

Preservation of Carrot

The Carrot is available in bulk in winter season only. It may not be available in summer season. However, yellow colour carrots are available from coastal area round the year. The carrot is transported and imported from the remote areas making it very costly. Its cost goes upto Rs. 60 per Kg. It is therefore advisable to procure the carrot in bulk in winter season and preserve by the following process :

Take good quality carrot remove buds and fine hairs cleaning properly washed in hot water to make it free from external soil & bacteria.

1. It may be cut into small pcs, dried and kept in air tight Container for one year.
2. The dried carrot may be ground in powder and kept in air-tight container.
3. The fresh carrot may be grated or cut into medium size chips, dried and kept as it is or in the form of powder in the airtight container.

Note : The No. 3 is more appropriate & successful

The dried cut pieces if soaked in water, absorbs water and the carrot appears as if it was fresh cut pieces. This may be used in the form of soup or any other preparation of vegetable or sweet carrot (Halwa).

Yellow Carrot

It is frequently asked that when red quality carrot is not available whether yellow colour type may be used. It is to be noted that yellow types have more Eather for medicinal use. However, the yellow colour carrot is not as delicious and tasteful as red colour. One of the biggest Exporters in

Canada is trying to hybridize the red colour type carrot suitable for cultivation and production in almost all seasons. It is now need of the time that huge quantity of carrot be produced to make it available economically to common people throughout the year. For treatment of Cancer both yellow and Red colour carrot can be used as per its availability.

Different Methods to Use Carrot

1. The ideal requirement is the fresh Juice from 2 to 3 Kgs. raw carrot only. The carrot may be kept in refrigerator or outside in open atmosphere for few days to use daily. The maximum juice can be extracted from juicer.
2. If Juicer is not available, it can be cut into pieces and crushed on stone slab, being used in kitchen in every home. Adding water may dilute the crushed carrot in the paste form. The juice can be extracted by filtering it with cloth or wire mesh filter sieve. The residue may be thrown after proper extraction of juice. The juice can be used 2 to 4 times every day.
3. To change the taste and make better appetite, its soup may be taken as part of night meal. Mint, Corriander leaves, Black Pepper, Garlic and Salt etc. may be added to it.
4. Carrot should be used as part of main vegetable in daily diet.
5. Carrot should be used as SALAD with breakfast and meals.
6. Sweet dishes of carrot can be prepared and taken
7. Carrot's MURABBA in sugar jelly or in honey may be prepared and taken. It can be preserved and can be taken throughout the year.

8. Rice pulav can be prepared with grated carrot.
9. Raita can be prepared with grated carrot, ginger etc.

Important Instruction

It is strongly recommended, specially for the cancer patient, to take the raw juice from fresh carrot properly washed in running water and rinsed in hot water. A patient has to take 2-3 kgs. carrot per day. Therefore, this quantity can be taken in Juice form only as the residue after Juice extraction is to be thrown. One may feel that by taking carrot Juice there is less desire to take other regular diet. One should not worry because the carrot has got all nutritional value making perfect food diet along with buttermilk. After consuming 2-3 Kgs of carrot juice any other diet can be taken.

Carrot for Diabetic Patient

It is wrong conception that carrot cannot be taken by diabetic patient as it has good percentage of carbohydrates. Of course, it has 10.7 gms carbohydrate in 100 gms, as given in the nutritional ingredients chart. Its palatable carbohydrate does not require the insulin for its digestion. Therefore, the diabetic patient may use carrot without any fear. It will supplement, the requirement of carbohydrate in the body.





GARLIC THE GOD (लहसुन देवाय नमः)

Introduction

“खटाई से तलाक-लहसुन से शादी, स्वस्थ रहे दुनिया की आबादी”

"Khatai se Talak-Lahsun se Shadi, Swasth Rahe Dunia Ki Abadi"

*"Divorce with Sour-marriage with
Garlic will keep world healthy"*

Garlic is the edible bulb from a plant in the Lily family. It is classified as member of the Allium genus commonly

described as Allium vegetables. It is cultivated all-over the world. Its healthful properties are legion and have been identified and validated by hard empirical science in over a thousand scientific reports during the last decade. Its beneficial merits includes anti – AIDS, anti – cancer, anti-cardiovascular, anti-biotic, anti-hypertension besides other properties. Garlic is further more a uniquely the richest dietary source of many otherwise rare healthful sulphur compounds, organic selenium as well one of the best sources of organic germanium besides an impressive array of other essential nutrients and health – promoting phytochemicals. Various forms of garlic are available. The most effective being fresh, powdered, distilled and especially aged garlic. The aged garlic is less irritant than fresh and possesses equal or greater Bio-active range and potency.

Plant Description

*Garlic is a perennial bulb plant. The bulb is compound, consisting of individual bulbs or cloves, enclosing together by a white cover skin. Its stem is simple, smooth and round, surrounded at the bottom by tubular leaf sheaths from which grows the long, flat linear leaves. The leafless stem is topped by a rounded umbel of small, white usually sterile flowers. Among the flowers grow 20-30 small bulbils. The entire **umbel is at first enclosed in a teardrop shaped leaf, pointing upward, which eventually falls off.***

Varieties

There is single clove bulb, Alva Shoshone name is given to a garlic plant (*Allium falcifolium*) that grows in the high mountains on dry rocky plains as a dwarf pink garlic. It has blue-green sickle shaped leaves, flat, and a pretty flower. The bulb is also a deep pink colour and is very strong in taste. *“Multiclove garlic is most common kitchen herbs. Occasionally found growing wild”.*

Different Names of Garlic

Language	Name
Hindi	Lahsun
Sanskrit	Rashona
Bengali	Lahsun
Punjabi	Thom
Udia	Rasun
Malayalam	Vathli
Marathi	Lasun
Gujarati	Lasan
English	Garlic
Latin	Allium
Chinese	Da Suan
North American	Garlic Mustard Alliaria Officinalis
Scientific Name	Sisymbrium Officinalis
Erysimum Alliaria	
Arabian	Soom Foom
Parsian	Seer

Five Rasayans of Garlic

Indian AYURVEDA has given six RAS (Tastes) of Dietary items as under :

S. No.	RAS (Sanskrit Name)	English Name
1.	Madhur	Sweet
2.	Lavan	Salty
3.	Tikta	Bitter
4.	Katu	Pungent
5.	Kasay	Astringent
6.	Amla	Sour (Acidic)

The sixth RAS sour is harmful for the body if taken in excess. Garlic is having ONE RAS less than six. It is quite evident from its Hindi and Sanskrit names. Lahsun or Rashona explains as- un or one- is one less by full number i.e., one less than six. The garlic does not have acid. That is why it is called MAHA-AUSHADHI – king of all medicines. As per health principle there shall be 30% max Sour-Acid in the body by all means. Since garlic is free from acid it is very much useful for human as species and diets. It is one of the best medicines for NERVOUS SYSTEM in the world.

Chemical and Medicinal Value (Per 100 gms)

1. Carbohydrate	29.0 gm.
2. Protein	6.3 gm.
3. Phosphorous	0.31 gm.
4. Fat	0.1 gm.
5. Mineral Salts	1.0 gm.
6. Oil Volatile	0.06 gm.
7. Calcium	0.03 gm.

Vitamins and Other Natural Salts

1. Vitamin A	Sufficient
2. Vitamin B	”
3. Vitamin C	”
4. Albumin	”
5. Magnese	”
6. Lead	”
7. Copper	”
8. Sulphur	”
9. Chlorine	”

Medicinal Properties of Garlic

Anti AIDS

Anticancer
Anticardiovascular
Antiseptic
Antibiotic
Antioxident
Antispasmodic
Antiproliferative
Antiinflammatory
Anti Hyper Cholestrolemia
Anti UV (Ultra Violet) Damage
Immune modifier
Detoxifier
Chemo preventive
Expectorant-
Digestive
Nervous System Improving Activity

8. Iron per 100gm 1.3 mg

Garlic and Pregnancy

The new research shows that taking garlic during pregnancy can cut the risk of presclampsia - raised blood pressure and protein retained in the urine. It may boost the birth weight of babies defined to be too small. The research was carried out by Doctor Dosoorama, Ms. J. Hirani and Dr. I. Das in the Academic Department of obstetris and Gynaecology at the Chelsea and Westminster Hospital in London U.K. They concluded that although presclampsia and growth retardation are complex multifactoral conditions, taking standardized garlic tablets throughout the pregnancy may decrease the chances of these type of complications at the time of birth. They focussed on growth retarded babies

and preeclampsia, a potentially dangerous condition for mother and baby which occurs in 10%. Experiments by the research team showed that adding extracts of garlic to cells from the placenta of woman likely to suffer from these conditions was able to quickly stimulate growth. Furthermore the activity of key enzymes that are reduced in the abnormal pregnancies was significantly increased when garlic was added.

Garlic and Cholesterol

The research all over the world confirms that garlic in several forms can reduce cholesterol. The garlic supplements have an important part to play in the treatment of high cholesterol. Overall 12% reduction in total cholesterol was shown over a place and that the reduction was normally evident after only 4 weeks treatment and this was likely to persist far as long as the study was in progress. The largest study so far was conducted in Germany where 261 patients from 30 general practice were given either garlic powder tablets or a placebo. After 12 weeks treatment period mean serum cholesterol levels dropped by 12% in the garlic treatment group and triglycerides dropped by 17% compared to placebo groups.

Garlic and Aids

The application of garlic to AIDS has been repeatedly suggested as a result of laboratory and clinical investigations, based on its implied efficacy and known safety. Nonetheless, it is not common practice for health professionals to recommend ingestion of garlic to AIDS patients. This is an unfortunate situation, as garlic has advantages of easily accessible inexpensive and generally free of side effects. The only drawback is of irritating pungent smell apparent deters a substantial number of potential users.

A dose of 25 to 50 gms of garlic boiled with salt may be taken four times a day mixed with butter milk 250 to 500 ml every time. The garlic capsules and tablets also can be used but its potency would be too less compared to the fresh garlic compound. The per day dose of capsule or tablets must be equivalent to a minimum of 25 gms of garlic. The usefulness of garlic are numerous and only few have been given above to realise the importance for its clinical applications.

Methods of Using Garlic

Breathing

For all types of diseases , cancers, I.C.U., C.C.U. patients:

1. Peel off 4-6 cloves of garlic, crush it lightly. Put it in a thin cotton cloth. Keep the cloth near nostril, breath the garlic air 5-6 minutes every hour. This process be done at least one hour in 24 hours. When crushed garlic dries, wet it with few drops of water to get pungent smell.
2. Take extract of about 8 cloves of peeled good quality of garlic by crushing on stone slab or grinding it with a little water in grinding machine, filter it and apply it on a cotton piece. Insert this cotton piece in both the nostrils one by one in each nostril for long time to inhale the garlic air regularly. When it dries, just wet it with few drops of water and continue smelling.
3. Take the extract of 6-8 cloves of garlic apply it on the front side of the collar of the shirt to get garlic smell continuously.
4. Make garland of peeled garlic's cloves, wear it regularly to get continuous garlic breath.
5. Peel of 15-20 cloves of garlic and put/spread in the pillow cover to get the garlic air regularly.

6. Also hang garlic garland on the doors and windows of the patients room to get garlic air.

Oral - Dietary Use

Garlic buttermilk

Take 2 to 4 cloves of garlic, crush to paste, dilute with water and filter. Add this extract in 250/250 ml. buttermilk alongwith black / rock / common 5 ml. salt to taste + Ajwain + Jeera + Mint. etc. Take similar diet 4 to 6 Times a day.

Note : If fever persists, first cure it by Accupressure then start butter milk-refer butter milk chapter.

And / OR

Garlic + Ginger + Termeric Chutney

Take 4-8 garlic peeled off cloves & cut into 2 pieces + 5 gms. ginger sliced into finger chips + ½ tea spoon turmeric powder. All ingredients mixed and roasted in pure deshi ghee and taken with lunch and dinner.

Garlic+Honey Murabba (Special for Heart Problems)

Take 80 healthy pieces of garlic cloves. Peel off & dry for one day. Take earthen pot suitable size for 500 ml. Honey. Put dehydrated (one day dried) garlic pieces into the pot, pour the honey to the garlic. Cover the pot with Lid and seal it. Now put the sealed pot in grain or stack of papers to provide it some heat for 21 days. Now it is ready for use. Take one pc. Garlic in the morning and evening OR 2 cloves at a time in the morning only empty stomach.

Note :

1. Use single clove garlic if available for the best results in Heart / problem.
2. In the case of diabetic patient use it in honey from Tulsi, Neem or Drumstick only.

Garlic as Expectorant (Steam)

Take 8-10 pieces of garlic cloves, crush and put it in water in a open mouth utensil. boil water to get steam. Or use Electric kettle for inhaling steam. Inhale steam with mouth and exhale with nostril. Head & pot covered with cotton sheet or towel. Repeat this process 5 to 10 minutes 2 to 3 times a day. This will give immediate soothing effect. Effect in respiratory problems, specially in lungs, throat cancers.

Garlic Oil - Massage and Nostril Drop.

Take 100 grams of Mustard or Olive Oil + 50 gms. Healthy garlic cloves - peeled off sliced in 2 pieces. Pour it in a fry pan. Heat it till the garlic pieces are blackened. Put off the heat, cool, filter and keep in a bottle or nostril drop bottle as required.

Massage

Do massage of whole body or paralytic affected parts, otherwise massage the spine cord, with above oil.

Nostril Drop: Pour 2-4 drops of above oil in both nostrils twice a day.

Garlic - Water Drop. 10 Drops of garlic Juice + 20 Drops of Water can be used as Nostril drop as and when required.

Garlic + Vegetable Juice / Soup 2 to 4 Garlic cloves can be used in vegetable juice and soup.

Garlic Tea

A very good quality and tasty tea of garlic can be used daily. Two cloves of garlic can be boiled in water to add with conventional tea. Cardimum, dry ginger powder and saunf be added to to eliminate the pungent smell of the garlic. If a

person wants to leave the conventional tea, the following herbal preparation can be made in bulk for daily use and garlic can be added while preparing the tea:

Garlic Lotion

Antiseptic cream can be prepared with 10%-20% garlic juice in any suitable readymade facial cream. This can be applied on wounds for early cure.

Garlic Bread

4-8 Pieces of Garlic cloves green leaves can be crushed and mixed with flour to make the bread. Onion also can be used.

Garlic Enema

Garlic juice added with Olive Oil (1 : 4) can be inserted into rectum as laxative

OR

“Garlic Juice 1 part + luke warm water 10 parts may be used for Enema”.

Garlic Spices

Garlic must be used as spices with most of the vegetables. Its regular use will work as medicine.

Garlic Pickles

Good - Healthy Cloves of garlic may be put in Vinegar for a month and can be used as pickles.

Garlic Capsules

Garlic capsules from the market can be used (if it can not be taken in above natural forms). Capsules will certainly be costly with lesser potency.

Precaution and Warning:

PREGNANT WOMEN should use garlic in small quantity only as garlic is a mild immenagogue - increases menstrual

flow. Also therapeutic doses during pregnancy and lactation can cause indigestion problems such as heart - burn. The milk of nursing mother's may have some irritating smell and babies may dislike breast-feeding.

Piles

Piles patients should not take raw garlic. It must be taken in small quantity with butter milk or honey to counter its irritating effects.

Oil Extract

Essential oil extracted from the bulb is extremely concentrated and can be irritating.

Raw Garlic

Eating more than 10 raw garlic cloves per day can be toxic and in some cases can trigger an allergic reaction.

Raw Juice

The raw juice being extremely concentrated should not be touched on skin otherwise it will burn the skin leaving life long mark.

Religious Views about Garlic

Traditionally in Hindu family specially Brahman, Vaisya, Jain & other religious families, garlic and onion in their kitchen as spices vegetable is prohibited from ancient age. Its use is considered as if one has committed an act of sin.

Our religious preachers, saints & gurus (teachers) of Hindus and Jain community preach that garlic should not be used as it is TAMASIK diet which excites the mind to be violent and increases sexuality. Also its odour (smell) is pungent and irritating and considered as foul smell in the society. Of course, it gives pungent smell only but that kills the germs and virus in the air, which we breath, and cures the dreaded disease like Tuberculosis and chronic breathing problems. The odour breathed once is as effective as

Intravenous injection. As sexuality is concerned, the garlic improves the quality of sex and its satisfaction level and thus it limits the sexual desire.

I use to quote the garlic as a loving parent who punishes his children for their mischievous action, not for the shake of punishment but for their good lessons to follow right path. Also it is like a strict Police officer who comes heavily on Criminals and bad elements in his area, when he is assigned new place of administration so that citizens and common people live peacefully and happily without any fear. He is very nice for good citizens. So the odour of the garlic is not our enemy but enemy of the diseases of the body. It scans the whole body and removes the toxins.

Garlic as lifesaver

I belong to a traditional Hindu Brahmin family where garlic and onion is prohibited in kitchen. I started using it since long whereas my wife and younger son never use it. During the period of my LAHSUN KAYA KALPA - garlic rejuvenation (Details at page 213), it was extremely cold winter night for 4-5 days of December 1998 when my wife and son had suffered from heavy cold and whooping cough. For 3 days allopathic medicines and injections were administered but nothing could give any relief. On 5th night my wife had Asthmatic attack at about 11 PM and life was in danger due to heavy suffocation and difficulty in breathing. She was not willing for further allopathic treatment and refused to go to Doctor. She asked me to do something, for her. I told her that I have treatment only when any body's life is in danger but you cannot take it. She accepted that it is garlic only which can save her, and was ready to take it.

It is worth to mention here that during my Lahsun Kayakalp period she was preparing my diet of 40 cloves of garlic daily and was so much fed up with its irritating pungent smell that 3-4 days earlier she had told me to take as much

garlic quantity as you like this time only and there after never askme for it in future otherwise I may DIVORCE. Now it was the turn of garlic to save her. So I took & peeled of 16 cloves of healthy garlic. Boild it in 8 glasses of water & reduce it to 2 glasses at midnight and gave one - eight part as first dose to both. Both vomited within few minutes. After 15 minutes again next dose was given and that too was vomitted. Again after 30 minutes 3rd dose was given which was digested. The last 4th dose, was given after 45 minutes. By now it had worked to a great extent and the cough & breathing problem came under control. Both had deep sleep of 6-7 hours without any problem. Since then my wife started taking garlic herself and advise all needy persons as she was fully cured within 2 days.

I hope, readers will believe as to how effective is the garlic and start taking it now if not taking earlier.

My special appeal to Religious Priest

It is my humble appeal to all religious gurus, teachers and preachers that they should understand the coolness & the great quality of body & mind rejuvenation of garlic. Thousands of researches have proved that the garlic can prevent & cure AIDS & Cancer like dreaded diseases along with many other diseases. The religious preachers therefore should advise their pupils and masses in general to use garlic as medicine if not as vegetable & spices. THIS WILL BE THEIR GREAT CONTRIBUTION TOWARDS MAINTAINING HEALTH OF THE PEOPLE AND THE PREVENTION, CURE AND ERADICATION OF CANCER FROM THE WORLD.





MUSHROOM (GANODERMA)

Introduction

Mushroom is known from the ancient days. It is from parasite fungal family. It grows on aged woods in forest compost manure, collections of wet stems, wheat or rice paddy in rainy season. The tribal population had been using it as part of diet in the form of vegetable. It is now very popular and is cultivated in India and many countries in the world.

China is the first country in the world, which recognized the medicinal value of the mushroom. For thousands of years only kings were using it for their rejuvenation. It had been recognised and praised as king of the herbs medicines. It is famous by the name of Ganoderma i.e. Gano means shine + Derma means skin i.e. shining skin. A famous Chinese Dr. Li shin chen has classified Ganoderma into six categories by colour as under:

- | | |
|-----------|-----------|
| 1. Red | 4. Purple |
| 2. Yellow | 5. Blue |
| 3. White | 6. Black |

There are 38000 species of mushroom in the world. Out of all varieties only 200 are edible with nutrition and medicinal values.

Cultivation of Mushroom

The Mushroom is now successfully cultivated. In 1970 Mr. Yukio Navi, a technician of Kyoto University Food stuff Scientific Research Institute of China used “ Spore Separation Cultivation Method”. This method was used in the Republic of China in 1975. Since the climate and soil condition are ideal, this technique has been widely adopted. Climatic condition is very important factor for its cultivation.

Cultivation of Mushroom in India

The states and central government of India has established Institutions to promote the agricultural production of mushroom. The Uttranchal Govt. has its project at Dehradun in collaboration with Italy. Its production was first time started in year 1961 in Solan in Himachal Pradesh in 1971 in U.P. (now Uttranchal). Many of the Non-govt. Organisations (N.G.O's) are also working for development of mushroom. The climatic condition in Uttranchal and Himachal Pradesh

is suitable for production of mushroom. The Temperature for different type of mushroom shall be 14°C to 30°C with fresh air and 75% humidity.

Indian Varieties of Mushroom

The following varieties of mushroom with nutrition values are produced in India.

1. Agericus Bisporous (Swet batan Khumb)
2. Agercus Bi-torsis.
3. Plurotus (Dhingri)
4. Balveriala or Padeestra :

Magic Effect of Mushroom

Thousands of years ago it was known as a herb which can keep a person young and give long life if taken continuously. Now its extensive efficacy has finally been discovered by co-operative analysis and clinical experiments done by hospitals, colleges and pharmaceutical manufacturers. It has the following qualities :

1. Detoxicant
2. Diuretic
3. Hemocathorisis
4. Lever Protector
5. Intensive Regulator
6. Cardio tonic
7. Blood Pressure Adjustor
8. Tranquilizer
9. Antitussive & Expectorant
10. Antitumor

Medical Principle of Ganoderma

The mushroom having medicinal values is widely known as ganoderma. It is effective because of its following functions:

1. Prevents & treats Cancer and inhibits cancer cell Metastasis prevents tissues degeneration.
2. Removes side effects of Allopathic medicines, Chemo and Radiotherapies. Also give relief in pain caused by cancer.
3. Restores pancreas functions to maintain sugar level in the blood.
4. Lowers cholesterol in the blood.
5. Lowers blood lipids and stabilize Red Blood Cells (RBC).
6. Improves the function of the Adrenal glands to maintain Endocrine balance.
7. Elevates the natural healing ability of the body and establish strong Immune System.
8. Lowers side effects of Allopathic drugs.
9. Maintains youthfulness.
10. Prevents body organ degeneration.
11. Prevents allergy caused by antigens.
12. Increases Hemoglobin and regulates platelets.

Medicinal Value Added Reishi Mushroom

Reishi mushroom is called King of health foods. It is a unique food with a wide range of medicinal properties which collectively strengthens the Immune system and give longevity. It has valueable properties of ADOPTOGEN which means.

1. It is non-toxic and free from side effects.
2. It is non-specific and works on the whole body.
3. It give normalizing effect on body.

It is effective for both prevention and cure, suitable for daily use as a health supplement. It effectively works on CANCER, AIDS, Heart and almost all diseases.

Discription of Reishi Mushroom

Reishi is Japanese name for ganoderma Lucidum, where as Chinese call it 'Linghzi' Ganoderma Lucidum is a mushroom, a higher order organism of the world of FUNGUS. It belongs to the polypore group. The actual mushroom organism MYCELIUM is a network of thread like filaments that originates from spores. The mycelium spreads through the nutrient base. As long as climatic conditions are suitable the mycelium will continue to grow and propagate until it exhausts the available nutrients. Reishi contains 800-2000 p.p.m. of organic germanium which is about 5 times more than Ginsen Germanium is a trace element with adoptogenic functions.

Type of Mushroom

1. Wild Mushroom

Wild Reishi is rarely available on hills. Very few varieties of Mushroom are with medicinal values whereas many of them are poisonous. Though wild Reishi fruit, body and the spores all are effective products but due to damage by insects and weather its quality is quite unpredictable. Our ancestors had to use large quantity of Reishi to get a little benefit. As it was very difficult to cultivate so this rare mushroom was available only to Emperors.

2. Cultivated Mushroom

Modern bio-engineering technology has developed

Reishi mushroom making it available to common man in large quantities. The quality can be well controlled to get its high nutrition and medical values. The investigation has discovered that the largest amount of active ingredients exist in the Mycelium. The mycelium is more digestible. The extraction process can be timed at the precise stage when the mycelium contains the largest amount of active ingredients.

Active Ingredients of Reishi Mushroom

The medical research have revealed that the Reishi has the following active ingredients :

1. Organic germanium
2. Ganoderic Essence
3. Triterpenids
4. Adenosine
5. Amino Acid
6. Polysaceharides
7. Vitamins and minerals

Effect of Reishi Mushroom on body

The mushroom work on the whole body, hence it is Body specific and not the Disease specific. The 30 years data collected on it shows that it works on the following systems.

Immune System

Cancer, tumor, cold, Influnza, Cough, Rheumatoid Arthriteis, allergies, Inflammation, stomatities, effect of radiations, mumps and any chronic progressive ulcerative skin disease.

Nervous System

Insomania, over-sleep, headache, cataracts, neurasthemia, muscular dystrophy

Endocrine System

Irregular menstruation, menopause.

Circulatory System

High and low blood pressure, coronary heart disease, arteriosclerosis, arrhythmia, reduction of cholesterol, anaemia, haemorrhoid, cold extremities.

Respiratory System

Asthma, Chronic bronchitis, tuberculosis.

Digestive System

Hepatitis, ulcer, gastroenteritis, liver problem, obesity, underweight, diabetes, constipation, diarrhoea, gallstones.

Reproductive System

Lack of sexual desire, erection problem, menstrual cramps.

Skin

Aging effect, hair loss, dermatitis, acne, spots on skin.

Excretory System

Nephritis - Kidney problems.

Method of Use

Mushroom as normal routine diet

1.1 Mushroom soup

1.2 Mushroom Vegetable

1.3 Mushroom Biryani & Pulav

1.4 Mushroom Snack

1.5 Mushroom Salad

1.6 Mushroom Pickles

1.7 Mushroom Sandwich.

NOTE :

1. Only healthy and good quality mushroom should be used to get medicinal and nutritional value.
2. Under and over matured, fungus affected, soiled mushroom should never be used.
3. To get the maximum benefit, carrot, garlic, ginger, drum stick etc. should be used to make the above dietary preparations.

2. Dietary Capsule preparation

Dr. Lim Siow Jin of Malaysia has extensive research work for a period of 10 years on the medicinal and nutritional values of the Ganoderma Lucidum also known as Reishi Mushroom. He started the manufacturing of ganoderma capsule in the name of “DXN Pharmaceuticals SDN, BHD” in Malaysia. This preparation is quite safe and effective to be used. Being body specific, it has no side effects. Such preparation can be used for general health and specially for Cancer patients. As recommended by company it can be used as under :-

	Moderate	Severe	Terminal
	illness	illness	illness
Capsule Pairs per day	1 to 4	5 to 12	12 to 50
Success Rate	Excellent	Good	Selective
Recovery period moths.	3 to 6	6 to 12	?
Post threapy	1 Pair	1 Pair	2 Pair
Maintenance Daily dosage.	recommended		Compulsory

Diet therapy of Ganoderma Capsule

I have used diet therapy of ganoderma on a number of cancer patients. Its result has been very encouraging. Before recommending to the patient I have used its 60 capsules per day to know its effect. There are two types of capsules 1. Reishi Gano (RG) 2. Ganocelium (GL). Both are to be used as break fast diet or meal diet as under as I have used.

Method

1. To take 30 RG + 30 GL Capsule.
2. To decapsule / open and mix its powder in 300 ml. of mineral water.
3. To take 1-2 Tabs. of Vitamin 'C' 500 mg. crush and add to the above.
4. To shake atleast 100 times briskly & thoroughly. Alternatively it can be stirred in mixing machine.
5. To take the mixture in one time with empty stomach as break fast. However it can be taken in one or 2 hourly within six hours with a gap of half an hour of any diet.

Initially the ganoderma shows the negative effects as under :-

1. To remove the toxin from the body their may be bowel movement (Toilet) 3 to 8 times / day for few days.
2. Being die-uretive the frequency of urination may be more even upto 15 times per day.
3. There may be excessive swetting, vomiting, cough, stomache pain etc.
4. If one may not tolerate its negative effects, its doses may be redued. Being food item it has no side effect, rather gives side benefits only.

Precaution :

The patient / user is advised to consult the manufacture's representative to use its diet therapy. The patients having Breathing and kidney problem must take under the supervision of the DXN manufacturer's expert.

My Experience on Mushroom

I had water infection in the year 2002 and was admitted in Escorts Medical Centre Faridabad on 5th Feb. 2003. My Haemoglobin (Hb) had gone down to 7.00 gm/dl Knowing that Mushroom increases the Haemoglobin, I started taking Mushroom soup & Vegetable regularly. This improved my Hb to 10.2 in 2½ months. Thereafter I used to advise my Cancer patients to take it regularly.

My friend Dr. B.N. Malhotra from Delhi suggested me to take Gandoerma Capsule of DXN Company of Malaysia for all over Rejuvenation. I myself started the Diet Therapy of Ganoderma on 29th Feb. 2004 for 28 days which completed on 27th March 2004. Though I had nothing chronic, I just wanted to try its Diet Therapy on myself to advise my patient confidently. I used 30 Reshigano (RG) + 30 Ganocelium (GL) in 500 ml water with 500 mg vitamin Cas Break Fast Diet at 8 a.m. daily & Moranzy juice twice before meals. I observed day-to-day changes in me. This gave me fantastic results as under :-

1. Gastric & Bowel Movements

For first 3-4 days there was drastic gas discharge for one to two minutes as if their was Bombarding. Of-course this was giving quite good relief. The Urine & stool quantity was double & Triple. To clear the bowel the movement of large intestine increased to move to Rectum to clear the motion, which was restricted tillnow.

2. Breathing

I was having short breaths i.e. 60% inhale & exhale. By using Ganoderma my breath was of full length ultimately reducing number of breaths from 17-18 to 13-14 per minute. Normally the full breath is when a person has sound sleep. Now I say that I have sleep in my Breaths.

3. Sound Sleep

After using Ganoderma I have very sound sleep. I don't remember if I see any dream at night whether good or bad. This is good sign of sound sleep. Also as many time I may get up as many time I have sound sleep without any disturbance. This is because now I have full breath of inhale & exhale.

4. Obesity

I was at least one in thousand having 95 kgs weight with ugly figure of my belly coming out by 20 Cms. higher than the chest. I had reduced my weight to 75 Kgs. & maintained by LAHSUN KAYAKALP (Garlic Rejuvenation of body) 5-years ago. By using Ganoderma diet therapy my belly again reduced and I look smarter.

5. Rheumatoid Arthrities

(Knee pain etc.) I used to take Ayurvedic Medicine of herbs time to time. In January 2004, I could not use Indian style toilet. I stopped using the Ayurvedic Medicine from the day I started Ganoderma diet therapy. Now I have no pain and I go up & down stairs easily.

6. Aging Factor

Using the Diet Therapy most of the wrinkles from my face have disappeared reducing the Age Factor in Action & Appearance.

7. vitality-x-energy

As I have good Breath, Oxygen In-take is increased. This resulted purification of Blood, Semen & Bone, say whole body. I feel over all more energetic.

8. Spinal Cord (Backbone) Straightening

My Lumbar region was bent inside. Accordingly my Thoracic was also bent making little curvture of my upper back near shoulder. Now the back has been straightened & apprearently my height is increased to the extent of streightened spinal cord.

9. Load Carrying Capacity

Up to last month due to back pain I was unable to pick up any load but now I can move easily with load of two buckets full of water.

10. Brightness On Face

There is reduction in wrinkle formed on face, thus increasing the shine of the face.

11. Weight

Weight has been reduced from 74.5 to 71.5 Kgs.

Now I can confidently recommend that by using Mushroom Ganoderma Capsule / Diet a patient will get cure and healthy person will remain healthy. Just one pair of RG + GL Ganoderma capsule with vitamin 'C' 500 mg. daily may keep a person fit under present environment where we are compelled to inhale the toxin through polluted Air / Atmosphere. Mushroom with Carrots & Curd may keep everyone away from the Dreaded Disease of Cancer.





BUTTER MILK (WHEY)

Introduction

The milk is used everywhere in the world. Buttermilk is by-product of the milk when cream is separated from the curd made from milk. The most common milk is from cow and buffalo. Milk of other animals like goat, sheep & elephant, is also used in most part of the world for making various milk products.

The buttermilk is known by different names as Takra Chhachh, Mattha, Lassi in different languages. It is very good health tonic in the world. Our yogis & saints were using it in plenty in their whole life and they had healthy working and sensing organs till their last breath. Our prominent Ayurveda's writer Yogratnakar has praised the butter milk as :

न तक्रसेवी व्यथते कदाचिन्न, तक्रदग्धा प्रभवन्ति रोगाः।

यथा सुराणाम् अमृतं प्रधानम्, तथा नराणाम् भुवि तक्रं आहुः॥

***“NA TAKRA SEVI VYATHATE KADACHINNA,
TAKRA DAGDHAH PRABHAVANTI ROGAH.
YATHA SURANAM AMRIT PRADHANAM
TATHA NARANAM BHUVI TAKRAMAHUH.”***

It means the person using butter milk will never be sick. The diseases cured by buttermilk will not reappear. As elixir (AMRIT) is main item for GOD in heaven, similarly the buttermilk is very important for human on the earth.

Medicinal ingredients of Curd / Butter milk
(in 100 gm. of curd)

1. Protein	3.1 gm.
2. Carbohydrate	2.9 gm.
3. Fat	upto 8 gms.
4. Vitamin A	102 I.U.
5. Vitamin B1	0.24 mg.
6. Vitamin B2	0.41 mg.
7. Nicotinic Acid	0.1 mg.
8. Vitamin C	1 mg.
9. Calcium	149 mg.
10. Iron	0.3 mg.
11. Calories	60

(By courtesy from Ham Aur Hamara Swasthya National Book Trust of India, New Delhi)

Method of Preparation

Take 2 to 3 kgs. cow or buffalo milk. Goat milk also can be used. Filter, boil properly and cool it to luke warm temperature. Add a little quantity of curd as Enzyme to make the curd. Curd should be made in earthen pot or aluminium utensil. Plastic container can also be used only when the earthen or aluminium pot is not available. When the milk is luke warm, the top layer of cream may be separated before adding the enzyme to make a cream free curd. The curd is ready within 3-4 hours in summer whereas it may take 8 to 10 Hours in winter season. The curd should be as fresh as possible to avoid acid formation. The enzyme mixed milk can be put on a little warm pan to prepare the curd within 3-4 hours. Curd can be prepared in curdomatic appliances. When curd is ready, churn it by churning handle or in mixer. Add water equal to 1/4 to 1/2 quantity of curd in the churned curd and remove the cream collected on the top layer. If sepereta (Creamless) milk is used to make the curd, there shall be no cream. this curd may be used without churning. The butter milk may be taken separately in lieu of drinking water or it can be mixed with carrot juice frequently from 2 to 3 litres per day.

Method of Use

To increase the medicinal value and minimise seasonal effect the following ingredients should be added in the butter milk.

Ingredient	In winter	In summer
Garlic Juice	15-20 cloves	8-10 cloves
Thyme (Azvaine)	2 tsf	1 tsf
Dry ginger powder	1 tsf	1/2 tsf

Asafoetida (Hing) roasted	1/2 gm.	1/2 gm.
Fennel powder (Saunf)	—	2 tsf
Cumin seed (Jeera) roasted	1 Tsf	1 tsf
Black pepper	1/2 tsf	1/2 tsf
Black / common salt	To taste	To taste
Mint leaves, if available	“	“
Coriander leaves	“	“

Note : 1 tsf (teaspoon full) = 5 to 6 gm = 5 ml.
1 Tsf (table spoon full) = 12 to 15 gm = 15 ml.

Precautions

1. The patients having fever should not take butter-milk. They can start taking only when fever is completely cured. It can be cured by acupressure or other alternative methods.
2. The patients having cold & cough, breathing problem, should take after curing the ailments

OR

3. The butter milk should be used luke-warm. Add specially garlic, thyme (ajwain), roasted asafoetida (Heeng) & dry ginger powder as given in the method above.
4. In winter season the butter milk should be taken upto 3 PM (i.e. Sun Time) only to avoid cold.
5. The butter milk should be prepared from fresh curd and should be finished within few hours. Otherwise, it will be harmful when it becomes sour.
6. The butter milk can be taken with carrot juice, fruit juice, glucose or salt and other ingredients given above.
7. Avoid to take plain milk as it will create acidity and acidic media in the body. It may cause vomiting to cancer

patients. In the critical condition of the patient milk should not be given at all. It has been observed that on the insistence of some patients & near & dears milk had been allowed. It resulted vomiting for two to three days. The Butter milk will not cause vomiting.

8. In exceptional cases if the butter milk is not suitable to the patient, stop it immediately.

Fever in Cancer

The cancer patient may have fever. The curd or butter milk must not be given till the fever persists. It may be possible that at the last stage the doctor / hospital may have discharged the patient even when the patient is having fever. The patient is lastly at the mercy of GOD. Many such patients have come to me. I had treated the fever before allowing use of butter milk. The fever can be treated by the following methods :

Acupressure method for fever treatment (First method):

To cure the fever the thumbs and adjoining index and middle fingers of both hands are treated as under : -

1. Take 12 nos. of rubber bands of such size which can be wrapped around the finger tight enough to stop the blood circulation.
2. Wrap one rubber band on one of the thumbs in the middle of the first part around the bottom of the nail. Tight to stop the blood circulation.
3. Take next rubber band and wrap it around the same thumb in its middle part with same tightness.
4. Take another rubber band and wrap at the root portion of the same thumb with sufficient tightness to stop the blood circulation.

5. Now take the 4th rubber band, make the joint of index and middle finger together. Wrap the rubber on upper portion of the two fingers simultaneously tight enough to stop the blood circulation.
6. Wrap the 5th rubber in middle portion of both fingers.
7. Take 6th rubber & wrap it in the middle of the lower portion of the above two fingers.
8. In the same way and sequence wrap the rubber 7th to 12th on the thumbs and then both fingers together of the 2nd hand.
9. Observe that the colour of the first thumb with first rubber band is changed to bluish or blackish. Now remove the rubber band in the sequence it had been tightened i.e remove 1st band, then 11nd and then third rubber band. The blood circulation will start and the thumb will look normal redish.
10. Now remove the rubber band from the two fingers of the first hand.
11. Remove the rubber band from the thumb and then from the finger of the next hand in the sequence they had been tightened. This process is to be repeated after half or one hour till the fever drops to normal temperature of 98.6° F.

Second Method :

Take a steel spoon. Rub the spoon gently up & down from root of the neck to tail (Cocyx) of the spinal cord. When the spoon becomes hot, change it or wash & wipe it off. Again repeat the same process. The process is to be repeated alone or simultaneously with rubber band process of first method till the fever is cured to normal body temperature and the patient feels better and energetic. Wait at least for 24 Hours. The fever should not reappear. Now the carrot

juice & butter milk can be given in smaller quantity, increasing gradually.

Third Method

Take 1 tsf Thyme (Ajwine) + 5 gms. Gulancha Tinospora (Indian Giloy). Remove the yellowish thin skin from the giloy and crush it. 4 to 8 cloves of garlic also may be added. Boil it in 500 ml. water to 125 ml. Add a pinch of salt and take twice in the morning and evening as hot tea daily from 3 to 7 days. The buttermilk can cure all types of fever.

Why buttermilk and not the milk?

The curd and buttermilk has been found better than milk for general health. I have always used buttermilk only for the cancer patients. The milk has acidic media, which increase every time it is boiled. The curd is prepared by adding enzyme in the milk. The enzyme is Alkaly. Therefore, the curd and butter milk have Alkaline media. Our pancreas and liver gives enzymes for digesting the food in the stomach. These systems get worn-out by continuous working since birth & the digestive system become weak. If we take milk, it over loads the digestive system whereas the curd and butter milk assists due to enzyme. The butter milk increases the appetite & have all nutritional ingredients of milk except the fat. The fat directly over loads the liver. Mothers always try to give maximum quantity of milk to their children. No doubt the working organs and body system are very active being new in childhood. If the system is over loaded till the fever is cured to normal body temperature and the patient feels better and energetic. Wait at least for 24 Hours. The fever should not reappear. Now the carrot juice & butter milk can be given in smaller quantity, increasing gradually.





DRUMSTICK (SAHJAN)

Introduction

The Drumstick tree is one of the common tree in India. It is commonly known as horseradish or benoil tree. Its botanical name is *Moringa Oleifera*. Its popular name is due to fact that its fruit resemble with the musical drumsticks. It may be called tree of life for its usefulness for mankind.

Description

It is a small to medium sized elegant tree grows wild or grown upto 8 meter height. The bark is thick, soft & corky. The leaves, tri-pinnated with elliptical leaflets, are fern like. Its branches are tender. The flowers are white and fragrant and appear in large panicles. The fruits are ribbed pods in triangular shape with winged seeds. Its pods are upto one meter long. The unripened tender pods are soft and fleshy inside. The opaque white flesh, embedded with pea-like seeds, covered in layers of skin, is sweetish, fragrant and tasty when cooked. Its tender fruits and leaves are used as vegetable.

Different Names

Language	Name
Sanskrit	Sobhanjan, Shigru, Raktak
Hindi	Muranka, Sahajan, Sajna, Sahijan, Sainjana, Munaga.
Punjabi	Swanjana
Marathi	Sheva Chi Seeng
Gurjati	Seengni phali
Kannad	Moringa
Tamil	Murungai
Malayalam	Sigru
Telgu	Sajana
Bengali	Sajna
English	Drumstick, Horseradish tree, Benoil tree.
Latin	Moringa pteryosperma Gerin.
Botanical name	Moringa Oleifera.

Cultivation

The drumstick grows wild in the sub Himalya tract. It can

be produced in low quality land which has 10-15 cm. soft soil over the hard land. The land having 20 to 70 cm soft soil is Medium and over 70 cm. soft soil over the hard land is High quality land. It can be planted in any type of land. The yield in high quality land will be maximum. However it can be planted also in kitchen garden in big size earthen flowerpots to get 200 to 400 drumsticks in each season. Humid climate and clear sun light with temperature within 25 to 30⁰C is very favourable for maximum yield. Its good crop is taken in Maharashtra, South India and dry zone of Srilanka. A good quality of drumstick tree can start yield during 12 to 13 months with production of 8 to 10 Kg. pods per plant.

Nutritional value of drumstick leaves
(In 3 spoons full of leaf powder)

- | | |
|--------------------|-------------------------------|
| 1. Vitamin A 27.2% | 4 Times than carrots. |
| 2. Vitamin C | 7 times more than orange. |
| 3. Calcium | 4 times more than milk. |
| 4. Potassium | 3 times more than banana |
| 5. Protein 42% | An equal quantity as in eggs. |
| 6. Iron 71% | |

Medicinal use

Cancer

Like carrot the drumstick is rich source of roughage but it has quadriples the Beta Carotene which is very good for cancer treatment. Its leaves, fruit, flower even bark, can be used.

Eyes problem

Being very rich in vitamin A and carotene it is very useful for eye cataract, skin and measles. If it is used adequately 50,000 children will not have blindness and millions will not die because of deficiency of vitamin 'A' every year.

Anemia

Enriches the anemic blood and enable a malnourished mother to nurse her starving baby.

Bone

Rebuilds weak bones and teeth.

Brain and nervous system

Its potassium improves functioning of brain and nerves.

Body Cells

Its rich protein builds blocks of all our body cells. Heart ailments, diarrhea, cold, flu are treated with its rich vitamin A & C.

Immune System

Its use increases the Immune System of the body, resistance power against diseases.

AIDS.

It may be used to fight against AIDS too.

Parts wise Medicinal use of Drumsticks.

The drumstick is valued mainly for its tender pods, which are relished as vegetable but all its parts - bark, root, fruit, flowers, leaves, seeds and even gum - are of medicinal value.

- ❖ They are used in the treatment of arthritis, rheumatism and venomous bites as antiseptic and as cardiac and circulatory stimulants.
- ❖ Fresh root of the young tree (as also the root bark) is used as rubefacient and vesicant. Internally, it is Stimulant, diuretic and antithetic. Externally, it is applied

as a plaster or poultice to inflammatory swellings.

- ❖ The root, in prescribed doses, is given in intermittent fevers, paralytic affections, epilepsy and hysteria and externally in palsy, chronic rheumatism, enlargement of spleen, dyspepsia and also in bites by rabid animals.
- ❖ A compound spirit made of the roots and orange peel with a little bruised nutmeg is useful in fainting fits, giddiness, nervous debility, spasmodic affections of the bowels, hysteria and flatulence.
- ❖ A decoction or infusion of the root with the addition of bruised mustard seeds is used in ascites caused by diseases of the liver and spleen.
- ❖ This decoction or infusion is also useful as a gargle in soreness of mouth and throat, and pain in the gums due to dental caries.
- ❖ Freshly extracted juice of the root bark is used to relieve otalgia by dropping it into the ears and also into the hollow of the tooth in cases of dental caries.
- ❖ Its seeds are acrid and stimulant. The oil of the seeds is applied in gout and rheumatism. The leaves are rich in vitamins A and C and are considered useful in Catarrhal affections.
- ❖ The juice of the leaves is dropped into the eyes in fainting fits caused by nervous debility, spasmodic affections of the bowel, hysteria and flatulence.
- ❖ The juice is mixed with honey and applied to the eyelids in cases of eye diseases.
- ❖ A paste of the leaves is used as an external application for wound. Poultice of the leaves is useful in reducing glandular swellings.
- ❖ Its flowers are used as stimulant, tonic, diuretic and cholagogue. They are useful in increasing the flow of bile.

- ❖ Its gum, mixed with sesame oil, is dropped into the ears in otalgia. The gum, rubbed with milk and made into a paste, can also be applied to the temples in headache.
- ❖ It is also applied to buboes and to painful bones syphilis.
- ❖ The pods made into a soup are prescribed as a diet in acute cases of enlarged liver and spleen, articular pains, tetanus, debility of nerves, paralysis, pustules, patches and leprosy.
- ❖ A curry made from the unripe pods acts as a preventive against intestinal worms.

Drumstick's other miraculous quality-Due to its ability to purify water, it has been used by households for centuries. But it has only recently been tested commercially. Powdered Moringa seeds, when added to murky, bacteria-laden water, act as a coagulant, binding to the bacteria and silt and falling to the bottom of the vessel. The clean water can then be poured out.

Drumtick Recipes

The drumstick's tender fruits are very popularly used in traditional south Indian 'SAMBAR' of internationally fame. The tender leaves and flowers are consumed as food. The following recipes are prepared :

Drumstick - garlic curry fried with fenugreek seed.

Drumstick - onion curry fried with fenugreek seed.

Drumstick - leaf vegetable with potato fenugreek seed.

Drumstick - leaf cutlets.

Drumstick - vegetable with gramflour.

Drumstick - leaf Korma.

Drumstick - floor chutney.

Drumstick - gravy paneer vegetable.

Method of Medicinal use

1. Drumstick leaf juice

Take a cupfull leaves, wash thoroughly Crush to paste or grind in mixer with water. Add one cup of water, stir and filter. Drink it raw with 1/2 tsf dry ginger powder twice a day till cured.

2. Drumstick fruit soup

Cut the fruits into pieces or crush it. make its soup fried with fenugreek seed and 4 cloves of garlic. Add black pepper powder and salt to taste. Drink twice a day.

3. Flower vegetable fried with garlic, fenugreek seed & mustard seeds and 4 cloves of garlic. Add black paper powder and salt to taste. Take twice a day. Its raita also can be used.

4. Root bark Extract

Take fresh root bark 80 to 100 gms. Wash thoroughly, crush or cut into small pieces. Boil it in 1 litre of water. Add 1/2 tsf dry ginger powder and a pinch of roasted asafoetida (Hing) powder. Reduce to 1/8th and cool down. Filter. Drink half dose in the morning and balance in the evening from 3 weeks to 40 days or till ailment is cured.

5. Drumstick's Leaf powder

The fresh leaves of drumstick be collected, washed and dried in shade. When completely dehydrated, its powder be made and kept in airtight container. It can be used with curd, butter milk as indian Raita or any other form. this is very economical with highest medicinal value.





WHEAT GRASS ***(Green Blood)***

Introduction :

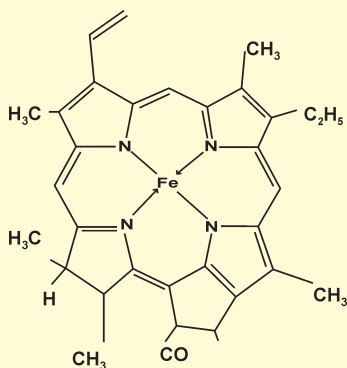
Wheat grass is a specific food which can assist in fighting whole range of ailments. It has been proved by medical science that wheat grass juice stimulates with the blood approximately 40% irrespective of blood group A, B, AB or O. It removes the toxicity of the body and purifies the blood.

It can be said that the wheat grass juice removes the impurities, foreign material and toxin in the way similar to the process of making sugar from the sugar cane juice.

The Bio- Scientists have honoured the wheat grass juice as green Blood. A lady doctor Ann. Wigmore has treated successfully the acute chronic diseases by wheat grass juice only. It can be taken by all sick or healthy persons for curing the diseases and to increase the BIO-ENERGY of the body, ultimately to increase the body resistance against - diseases.

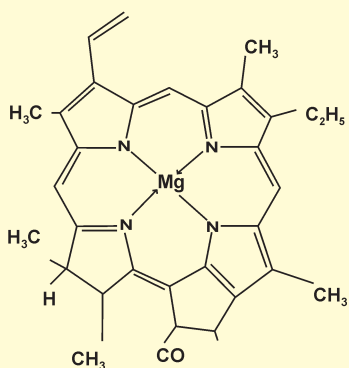
Chemical Structure :

The blood consists of Hemoglobin having element called HEMIN. The wheat grass juice consists of chlorophyll. There are great similarities in Hemin and Chlorophyll by its chemical structure. Both have equal numbers and characters of Carbon, Hydrogen, Oxygen and Nitrogen atoms. The only difference is that Fe (Iron) in Hemin and Magnesium in Chlorophyll is in the center as given below.



Hemoglobin Hemin

Fe - Iron



Chlorophyll

Mg= Magnesium.

Medicinal and Nutritional Values.

(Ref. nutritional analysis of Mighty Greens Superfood Blend)

The nutritional values given below is for reference taken from Website. It is based on analysis of One Teaspoon of wheat grass Juice. This does not show complete Nutritional analysis.

Nutrient	Amount (In 1 tsf Wheat Grass Juice)
Calories	13
Calories from fat	0
Cholesterol	0
Carbohydrates	1.6 g
Protein	860 mg.
Dietary Fibre	1 g.
Chlorophyll	18.5 mg.
Vitamins :	
Biotin	4 mcg
Choline	5 mg.
Lutein	1mg.
Lycopene	29 mcg.
Vitamin A (Betacarotene)	1668 IU
Vitamin B1 (Thiamine)	11 mcg
Vitamin B2 (Riboflavin)	260 mcg
Vitamin B3 (Niacin)	252 mcg
Vitamin B5 (Pantothenic Acid)	36 mcg
Vitamin B6 (Pyridoxine)	39 mcg
Vitamin B8 (Folic Acid)	21 mcg
Vitamin B12 (Cobalamin)	.05 mg
Vitamin C	7.5 mg
Vitamin E	320 mcg

Vitamin K	35 mcg
Zeaxanthin	279 mcg

Minerals :

Calcium	15 mg
Cobalt	1.7 mcg.
Copper	17 mcg
Iodine	8 mcg
Iron	870 mcg
Magnesium	3.9 mg
Manganese	240 mcg
Phosphorus	14 mg
Potassium	137 mg
Selenium	3.5 mcg
Sodium	1 mg.
Sulphur	10.5 mg
Zinc	62 mcg

Amino Acid Profile :

Alanine	69 mg
Arginine	66 mg
Aspartic Acid	50 mg
Cystine	11 mg
Glutamic Acid	76 mg
Glycine	49 mg
Histidine	18 mg
Isoleucine	35 mg
Leucine	72 mg
Lysine	38 mg
Methionine	18 mg

Phenylalanine	36 mg
Proline	46 mg
Serine	31 mg
Threonine	42 mg
Tryptophan	6 mg
Tyrosine	33 mg
Valine	48 mg

Method of growing Wheat grass.

I had read the method of growing the wheat grass in the books. To start growing I prepared a bed of good soil under the shadow, sowing the wheat grain and sprinkling water daily. After 8-9 days the wheat grass was upto 7-8 cms. length. I was picking up the grass one-by-one but its stem was breaking from the middle. When digged with the help of spoon or fork, a lot of soil was coming out with the grass roots. It was very difficult to wash the soil. Later on I added cow dung / bio-manure with soil to make the soil soft. This also could not give good result. Lastly I added 50% sand to soil, which proved me to be best method. The grass was easily picked up in bunch form by holding the bunch in one hand and digging with Rice service spoon by other hand. The sand was easily washable. Thus my time was saved.

The readers and patients who would like to grow the wheat grass will have to face the same problem. The cancer patient will not have time for research of the process of growing the grass. Therefore, I am writing below the best possible method which I could find successfully.

1. Take 8-10 earthen (plastic trays optional) flower pots of smaller height and broad mouth of 25 to 30 cm. Keep it under the shadow where sun light does not come but have open air.

OR

2. Take 8-10 earthen water pot, used for drinking water for birds or for making curd by sweetmakers (Halwai). Keep under the shadow.

OR

3. Select a site in the north direction in Varandah or elsewhere, where direct sunlight does not touch whole day, to make 8-10 small pockets of 25 x 30 cms.
4. Arrange 1 or 2 bags of river sand, which is used for plastering the wall, everywhere. Filter it with wire-mesh. Add to it good quality of fertile soil 50%. Bio-manure of cow dung also can be added 10% - 20%, if available. No fertilizer is to be used.

Fill up the earthen / plastic pot with the sand mixture keeping 2-3 cm. empty. or make the 10-15 cm. thick bed of the sand mixture on the selected site.

5. Get 1-2 kgs good quality wheat. The Madhya Pradesh (M.P.) Desi wheat is considered to be of best quality in India. Take 150-200 healthy grains of wheat, wash it thoroughly to make pesticide free. Soak it in a cup of water overnight. This will help easy and early germination and the water will work as supplementary drink.
6. First day Drain the water in the morning and drink it. Sow the soaked wheat in one pot. In the beginning 3 days quantity can be soaked and sown in 3 pots or beds at a time to get early grass. Sprinkle sand mixture over the wheat grain sown pot or spread on the bed, just to cover the grains. Now sprinkle the water on sand layer. However unsoaked grain also can be sown & water sprinkled.
7. Second day - Repeat the process of first day in 4th pot / bed. Also sprinkle water on the first day's pot or bed.

8. Third day : Repeat the same in the 5th pot or bed & sprinkle water on the first two already sown.
9. Fourth day : Repeat the same in the 6th pot bed. By now the wheat is almost germinated. Sprinkle water on it gently. Its growth will be fast and by 7th to 9th day it may be of 7 to 10 cm height. Since it is protected from the sunlight it will be yellowish which will have rich medicinal values If sunlight will come on the plants, it will be greenish & have lessor value.
10. Fifth day onward. : Continue same way every day. On the 7th & 8th day, the first pot's plant is ready for use. With the help of a spoon or wooden wedge type strip or any flat thing the wheat grass can be picked up. If wedge or plate strip is not used, the plant will break from the middle portion. It is to be picked up with the root threads grain attached with wheat stem. Make its bunch, remove the root of threads and wheat attached with the stem. Wash the wheat grass in water properly. To avoid any water infection, lastly the wheat grass be washed in hot water just for a while.
11. Leave the sand one-day to get energy from the atmosphere.
12. Now the sand bed to be made in the pot / bed from where the wheat plant had been taken out earlier. The wheat grain be sown in the above manner and water sprinkled in others. Now the wheat grass would be available regularly. I have seen that the cancer patients who have come in my contact, do not have time to waste in finding out there own methods to grow the wheat grass. It is more desirable, rather must that they get the wheat grass at the earliest possible to start the wheat grass therapy. I have tried to write in quite detail the method for growing the wheat grass to make it easy to

the near & dear of the patient who can grow without any difficulty and give a new life to his / her dear patient. I welcome the suggestion from users for making improvement in the process in future edition of the book.

Method of use :

1. Wheat grass juice

Take one day wheat grass, properly washed in water followed by rinsing in hot water. Crush/Rub thoroughly to make its paste with sprinkling water on stone slab (SIL-BATTA) being normally used in Kitchen in every house. If properly crushed and rubbed there shall be no fibre. It is better no fibre is left. Otherwise filter the fibres. Make its four doses. First dose may be taken very early in the morning empty stomach. Rest of 3 doses may be kept in the refrigerator in summer & out side in winter season. All 4 doses should be taken at interval of 3-4 Hours with half an hour difference between meals or any diet for its desired result.

If stone slab is not available, it may be arranged from the neighbour or otherwise it may be arranged from servants house. grass may be crushed to paste in mixer / grinder, adding water.

OR

If none of the above two is available then the grass can be chewed and the fibres may be swallowed or thrown. In this way it should be chewed 4-5 times a day.

4. Dose : 30-40 grass is one dose.

All wheat grass of one day produce (upto 150-160 grass) may be prepared at a time in the morning and be finished within 12 hours to avoid fermentation.

2. Wheat grass powder.

The juice is the first preference for the cancer / AIDS patients. However if fresh grass is difficult to procure daily, the green

grass powder can be prepared as under :-

Grow wheat grass of 2 or 2 Kg. good quality wheat under the shed. If shed is not possible, cover with thick cloth, gunny tatpatti or wooden plank to avoid direct sunlight. Harvest the entire grass after 8th or 10th day. Wash properly. 1st day it may be kept in sunlight for few hours to dry the water. Now dry the grass under the open shed / Varandah to get it completely dehydrated. While drying the grass, garlic juice or holy betel leaf juice be sprinkled as preservative to avoid fungi. Grind the dried grass to make powder. Preserve it in air tight container / bottles. This powder should be used within one year. It can be crushed on stone slab adding water to make its paste. More water can be added, stirred and filtered if there is any fibre left. Now the juice is ready for use. Non-diabetic persons may add glucose / honey for better taste.

Dose : 1 Tsf per day with water to get the desired result from dried wheat grass.

Precautions :

1. In the beginning the wheat grass juice may cause vomiting or diarrhoea. This is good sign to remove the accumulated toxin from the body. Let it continue if it persists for 2-3 days. However, the dose may be reduced if vomiting or diarrhoea is un-tolerable.
2. Fat, oil, red chilly and specially sour things like tamarind (Imali), mango pickle, sour curd, lemon and sour / small / unriped tomato should not be used. The sour foods are

greatest ENEMY for all but specially for ailing patients. The Cancer, AID, Asthamatic patient should not take it at all.

3. The first dose of wheat grass juice be taken preferably before sunrise or earliest in the morning with empty stomach. This also can be taken along with or simultaneously with PUNARNAVA.(Given in other chapter).

The other 3 doses be taken three hourly. However, if inconvenient it can be taken in one dose but the juice should not be kept more than 12 hours to get the desired result.

4. It may not suit to the persons suffering from severe VATA imbalance. (VAYU VIKARA). Its doses can be adjusted according to suitability for individual person.

Supplementary - Soaked water and sprouted grain

Take 50 gms of good quality wheat grain, wash well twice or thrice in running water. The washed grain be soaked in 200 or 250 ml. pure drinking water in the evening every day. The water be strained in the morning and drunk empty stomach or with a gap of 1/2 hour before taking the breakfast. The soaked wheat be tied in a piece of cotton cloth for 2 days to get it sprouted. In summer water is to be sprinkled on the tied wheat grain to keep it wet for germination. Third day the grain will be fully sprouted, suitable to eat as breakfast. The coriander leaves, mint leaves, black pepper, green ginger, garlic, onion and salt may be added to taste. This process is to be repeated daily.

Black gram (25-50 gm.) and wheat grain (15-25 gm.) will be good combination for healthy persons as well as patients who do not take wheat grass. The filtered water be taken adding black pepper and black or common salt. The

sprouted grain be used as breakfast after third day of germination daily. Furthermore, green gram, ground nut be soaked in the morning. The water drained in the evening. This water is thrown(not to be drunk). Next morning it is sprouted enough to use with wheat & gram sprouted third day. Also the green or dry coconut grated and mixed with the above. This will be a perfect breakfast diet as it is full of ENZYME (Alkali) required for the body.

Preservation of Wheat Grass

1. Green wheat grass can be preserved unwashed for a week in refrigerator. This should be packed in paper or poly bag.
2. Dried wheat grass can be preserved for one year in airtight container.
3. The wheat grass powder packed in air tight container / bottle can be preserved for one year.

Special Appeal

The wheat grass is a specific food; it is an excellent tonic for entire system of our body. It is rich in natural ENZYMES required for our digestive system. It removes the effect of antibiotics and toxins. Increases the Red blood cells (RBC). It is therefore, my humble appeal to all to use wheat grass for 21 days twice in a year at the time of 'NAVRATRI', the junction of two seasons. This will rejuvenate, increase the body resistance against diseases to have healthy and happy life.





SOYBEANS

Soybean is nature's miraculous dietary grain. This has one of the world's richest and best quality of protein. It contains iron, calcium, phosphorus carbohydrate and calories. This is the only protein without uric acid with least cholesterol.

Soybean's chemical and medicinal elements (in 100 Gms.)

Vitamin A	420 gm.
Vitamin B	Sufficient
Vitamin C	Equivalent to 6 glass orange Juice Protein 40% equivalent to 2 times higher than meat
Iron	11.5 gm. 3 times higher than eggs
Calcium	240 mg.
Phosphorus	690 mg.
Carbohydrate	23 gm. free from starch.

Comparative chart of nutritional elements in soybeans pulses & non vag.

Nutrition element	Soybeans	Pulses	non vag. fish eggs, meat
Protein	43	22 to 25	13 to 22.5
Iron	11.5	2 to 10	1 to 2.5
Mineral	4.6	2 to 3.6	0.8 to 1.5
Carbohydrates	23	55 to 63	Nil
Calories	432	327 to 372	90 to 195

Therapeutic use

1. Diabetes
2. Cholesterol
3. Heart attack
4. Cataract
5. Cancer
6. Kidney
7. Menopause
8. Arthritis- osteoporosis

9. Constipation 10. Nervous system
11. Sexual Vitality 12. Obesity 13. Hysteria
14. Antibodies 15. Immune system

Method of use

1. **Sprouted soybeans** – Take 50 gm black gram, 10-15 gm wheat 10-15 gm green gram and 10-15 gm soybeans soak mixed black gram and wheat together and green gram & soybeans separately. Drain gram & wheat drained water where as throw green gram and soybeans water. Tie in separate cloths and sprinkle water on it, if necessary, to get it sprouted. Black gram and wheat will sprout on 3rd day where as green gram and soybeans on next day. Mix all together and add black paper, garlic, onion, tomato, green chilly, mint, coriander leaves coconut and lemon juice salt etc. Use it as break fast or salad with meals.
2. **Soybeans flour** - Soak soybeans in water for 10 hours, then drain and dry completely. Get its flour Add 1 kg. of this flour with 10 kg. of wheat flour and 1 kg. of gram flour. Its bread, puding, halwa or any other preparation will be very tasty and beneficial for health.
3. **Soybeans Milk / Curd:** - Soak soybeans in water for 10 Hours & wash it again. Grind it to make paste. Make its milk by adding suitable quantity of water. For better taste add 1-2 cardamom's powder and add equal quantity of milk and boil. Use it as milk or make curd or any milk food preparation.
4. **Soybeans Vegetable / Pulse:** - Preferably soaked &

sprouted, other wise after washing vegetable or pulse can be prepared.

5. **Soybeans oil:** - Its oil can be used like mustard or ground nut oil. This oil is economical and beneficial. This oil with few drops of lemon juice is treatment for pimples. By its massage the hair remain black.
6. **Soybeans Nutrala Kofta or Pakaura:** - After extracting oil from soybeans, its bran is used for vegetable, pulse and is very neutritous.
7. **Soybeans Souce / Chatni:** - Its souce or chatni prepared with coconut, green chilli, salt etc is very tasty and beneficial.
8. **Soybeans khali:** - It is very useful to give to lactating animals.

Being one of good quality antioxidant and uric acid free rich protein this is very useful in treatment of dreaded disease of cancer and ADIS. Every one should use it.

