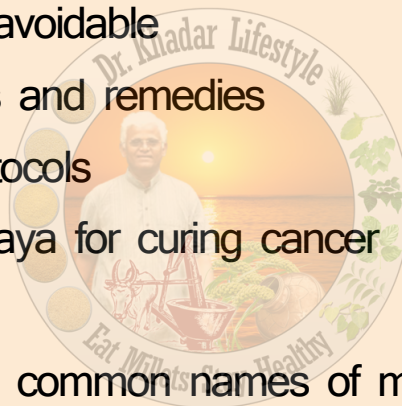


# Siridhanya & Kashayas for leading healthy life and curing diseases

Dr. Khadar Dr. Sarala

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Prepared by Dr Khadar Lifestyle groups based on Dr. Khadar videos.

## About Dr. Khadar Valli



Dr Khadar who is called as "Millet Man of India" and Krushiratna Awardee.

Men who are occupied in the restoration of health of others by the joint exertion of skill and humanity, are above all the greatest. They resemble or replace divinity.

**“WHEN FOOD IS WRONG, MEDICINE IS OF NO USE.  
WHEN FOOD IS RIGHT, MEDICINE IS OF NO NEED.”**

**--Dr. Khadar Valli**

The right kind of food, a simple lifestyle and the right agricultural practices. That is all society needs to mend its ways and get itself into top health says Dr Khadar Valli, a US returned scientist, who has dedicated his life to build a healthy society after resigning from a lucrative job in an MNC. Dr. Khadar has transformed himself into a healer through food-as-medicine, near Mysore. He has shown that millets can cure almost every conceivable disease including cancer. Moreover, they could prevent cancers too.

The 62-year-old scientist is considered the best Doctor, for extremely complicated situations. There are thousands of Diabetics with gangrenous legs who consider him a messiah for saving their limbs after they were advised to go for amputation. There are epileptics who have lost all hope, who rush to his residence in the interior of TK Layout for deliverance from the various Health problems. He has hardly disappointed any of them.

This 'DOC' in desi khadi does no black magic. He Instead makes small changes in food choices and minimal medication. This is at a minimal cost to the thousands of patients who flock his place and almost ends up delivering MIRACLES. He treats at least 100 patients a day at his residence in TK Layout from Tuesday to Saturday.

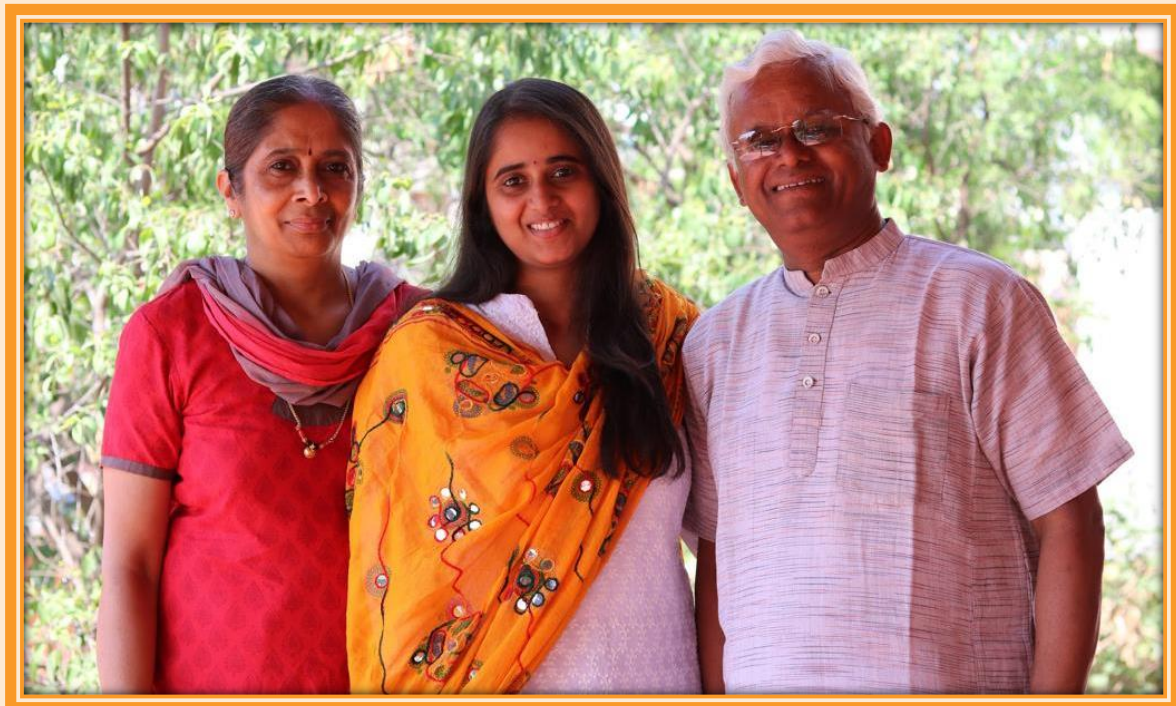
Dr Khader did his MSc (Ed) from Regional College of Education, Mysuru, and PhD on Steroids at Indian Institute of Science, Bengaluru. He has worked as a post-doctoral fellow on Environmental Science at Beaverton Oregon and as scientist in CFTRI for three years. Joining Dupont, he worked for them in India for a year and for four and a half years in the US before settling in Mysuru in 1997.

Another passion of his is Saving the soil for posterity. Dr Khader feels it can happen only with the right kind of agricultural practices. He is worried that with the kind of crop practices farmers are adopting, the soil may become unfit to grow anything in the next thirty years.

What is the Cause of increasing cases of juvenile diabetes, childhood obesity, early puberty, irregular menstrual cycles, polycystic ovaries, infertility, anemia, low milk supply during breast feeding and constipation? Diet counselors say it is all because of Junk Food... Chocolates, pizzas and your love for non-vegetarian food.

Dr Khader does not feel this is entirely true. "Oxytocin/estrogen hormones are injected into cows to increase milk yield, micro levels of those hormones present in milk is one reason for early puberty in girls. Alloxan, used as a bleaching agent to bleach wheat flour for production of maida (used for preparing bakery products), obstructs the capacity of the pancreas to produce beta cells, which store and release insulin," he points out.

"We need to start eating positive grains (Siridhanya), fruits and vegetables, palm jaggery (Kappu bella/saate) and use bull driven (seed) oils to stay healthy. Positive grains are not only nutritious, they can be grown in dry land and need only 20 cm of rainfall. As high as 60 percent of the available land in India is dry land. So, if farmers cultivate positive grains, there could be no drought in the next 50 years," he reasons.



Dr Khader grows as many as 38 crop varieties including positive grains at home and uses 'Kaadu Chaitanya dravana' a microbial liquid for farming in his 8 acres of dry land in Bidirenahalli in the Kabini backwaters in HD Kote, Karnataka. He even gives a live demonstration on the right agricultural practices at his farm in the name of Jungle Krishi which is actually the jungle farming . His daughter Dr Sarala, a homeopathy doctor and wife Usha, have been partnering Dr Khader in his cause.

## About Dr. Sarala



Dr. Sarala who is daughter of D. Khadar Valli and Usha Madam. She is a resident of Mysuru. She completed BHMS from the government homeopathic college. She was the topper of her batch. Also, she won a gold medal from Rajiv Gandhi University of Health Sciences. She is married to Mr. Kushal, an environmental engineer.

The world may know that she is a trained Bharatanatyam dancer and a certified yoga teacher but let us know unknown facts about her as follows.

Dr. Sarala learned Jungle Krushi (Jungle farming) from Dr. Khadar from childhood. As part of it, the cultivation of millets the Siridhanya from beginning to the end of its lifecycle, which includes preparation of soil, sowing, adding manure and preparation of organic fertilizers, growing crops and managing soil.

Through Jungle Krushi program and Karnataka farmers association, she is used to train farmers and provide lectures to them. With that, lot of farmers got to know how best they can cultivate with in the natural available resources.

Through all this we get to know that Dr. Sarala is a nature lover and knows all the steps involved in farming.

She is currently practicing homeopathic medicine at Mysuru.

"Like father like daughter", Living the life envisioned by Dr. Khadar, she has imbibed the knowledge about Siridhanya and a simplistic living closer to nature thus closer to health. She is eager to educate people about all that she knows. She is educating people on healthy lifestyle by participating in the programs like sirijeevan and Amrutha Ahara.

## For Millet Recipes



Millet Magic: <https://bit.ly/MilletMagic>  
Dr Khadar Lifestyle: <https://bit.ly/DRKVYT>

## Nutritional content in 100 grams of dry grains

(Source: Dr. Khadar Valli, Mysore)

Nutritional facts Name of the Grain	Niacin mg (B3)	Riboflavin mg (B2)	Thiamine mg (B1)	Carotene ug	Iron mg	Calcium g	Phosphorous g	Protein g	Minerals g	Carbohydrate g	Fiber g	Carbohydrate / Fiber Ratio
<b>Positive Grains</b>												
Foxtail Millet	0.7	0.11	0.59	32	6.3	0.03	0.29	12.3	3.3	60.6	8	7.57
Barnyard Millet	1.5	0.08	0.31	0	2.9	0.02	0.28	6.2	4.4	65.5	10	6.55
Kodo Millet	2.0	0.09	0.33	0	2.9	0.04	0.24	6.2	2.6	65.6	9.0	7.28
Little Millet	1.5	0.07	0.30	0	2.8	0.02	0.28	7.7	1.5	65.5	9.8	6.68
Browntop Millet	18.5	0.027	3.2	0	0.65	0.01	0.47	11.5	4.21	69.37	12.5	5.54
<b>Neutral Grains</b>												
Pearl Millet	2.3	0.25	0.33	132	8.0	0.05	0.35	11.6	2.3	67.1	1.2	65.91
Finger Millet	1.1	0.19	0.42	42	5.4	0.33	0.27	7.1	2.7	72.7	3.6	20.19
Proso Millet	2.3	0.18	0.20	0	5.9	0.01	0.33	12.5	1.9	68.9	2.2	31.31
Great Millet	1.8	0.13	0.37	47	4.1	0.03	0.28	10.4	1.6	72.4	1.3	55.69
Desi Corn	1.4	0.10	0.42	90	2.1	0.01	0.33	11.1	-	66.2	2.7	24.51
<b>Negative Grains</b>												
Wheat	5.0	0.17	0.35	64	5.3	0.05	0.32	11.8	1.5	76.2	1.2	63.50
Paddy Rice	1.2	0.06	0.06	0	1.0	0.01	0.11	6.9	0.6	79.0	0.2	395.0

## Benefits of Positive Millets



**Foxtail millets** have a sweet, bitter taste.

This is a balanced food apart from having 8% of fiber. It has 12% of protein. It's a good food for diabetic patients. It reduces the cholesterol content in the body. It is rich in antioxidants. There is a lot of fiber, protein, calcium, iron, manganese, magnesium, phosphorus and vitamins and therefore they are good for children and pregnant women. This is right grain to get rid of the constipation that appears in women during pregnancy. When children suffer from high fever, sometimes they have seizures, which are

permanent, sometimes. But foxtail millet has the capacity to drive away these seizures, weakness of the nerves. It acts like medicine for those who suffer from stomachache and burning sensation while urinating, diarrhea and lack of hunger. As it is rich in proteins and iron it is a good medicine for anemia. As there is a lot of fiber, it gets rid of constipation. Back in the villages, elders used to say from their experience that if you take foxtail millet gruel and take rest then we get rid of fever. Eating foxtail millet is good for girls who suffer from heart ailments, anemia, obesity, arthritis, bleeding and burns. Lung tissues get especially cleaned up hence Foxtail millet is base food for cancer of lungs. This is good food for getting rid of convulsions. Foxtail millet all is also useful to get rid of some kinds of skin diseases, mouth cancer, abdominal cancer, Parkinson's disease and asthma (along with Kodo millet).



**Kodo millet** is sweet, bitter and acrid in taste.

It helps in purifying blood, improving resistance power and overcoming anemia and diabetes, constipation and good for sound sleep. Also, efficient functioning of bone marrow and to get rid of asthma and kidney problems and problems related to prostate, blood cancer and cancers of intestine, thyroid, throat, pancreas or liver. They have high nutritious value and therefore a good food for the children. There are plenty of vitamins and minerals in it. This is good for digestion. It has high antioxidant activity. It keeps sugar and cholesterol levels in blood in check. They provide

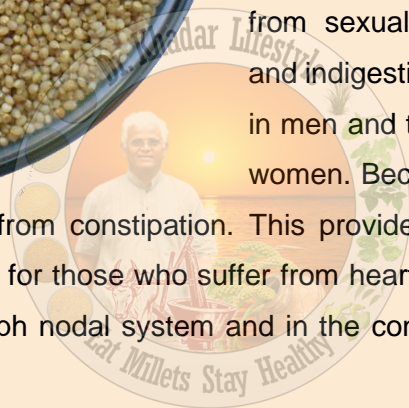
good energy to those who participate in sprint. If you take these along with other lentils like Bengal gram or cowpea then we get sufficient nutrients that are required for our body. As there is high fiber

content it is good for weight reduction. This is a good food to get relief from the pains caused by long-term diseases and to reduce swelling. Kodo millet is good food for the swelling of joints and for women, who suffer from irregular periods, diabetic patients and those who have weak eye nerves. The flour of Kodo millet is used to smear on swellings. It is also helpful for those diabetic patients who develop gangrene after getting injured on legs. They are also helpful for the recovery of patients who have suffered from dengue, typhoid or viral fevers and became weak.



**Little Millet** are sweet in taste. It helps in overcoming the problems of ovaries, sperm, PCOD and infertility. They help in curing the diseases of the reproductive systems in both males and females. This acts as medicine, if one gets burning sensation in the chest after taking food or gets sour belching or feels tightening of the stomach due to gastric problem etc. This is good for those suffering from sexually transmitted diseases, diarrhea and indigestion and to improve the sperm count in men and to solve the problems of periods in women. Because of the high fiber content, it is

also good for those who suffer from constipation. This provides relief to those who suffer from migraine. This is a nutritious food for those who suffer from heart problems obesity and joint pains. They also aid in cleaning up lymph nodal system and in the control of the cancer of brain, throat, blood, thyroid and pancreas.



**Barnyard millets** are sweet in taste. This is good for thyroid and pancreas. They help in getting rid of diabetes and constipation as there is lot of fiber in this millet and in cleaning up liver, kidney, gallbladder and good for endocrinal glands. They also help in reducing jaundice and help in strengthening liver. After getting rid of cancer, jaundice they are also helpful in reducing the cancer of ovaries, uterus. The food prepared with this millet gives strength and is easily digestible. Therefore, in North India this is used during religious fasting. In Uttarakhand and Nepal pregnant women and neonatal women are

given food made of barnyard millet as this is rich in iron. They believe that anemia is reduced in neonatal women and they will have plenty of breast milk. This food maintains body temperature. It

improves the resistance capacity of the body. This is very good food for those who work for long hours in stationary position without much physical labor. The food made of this millet protects us from ulcer-formation in small intestine and the cancer of large intestine liver and spleen



**Browntop millet** is one of the traditional crops. These grains have to be soaked in water for 6 to 8 hours before cooking. These are useful for the solving problems of ovaries, stomach, arthritis, B.P, thyroid, eye problems and obesity. Likewise, they are also useful to treat Fissures, ulcers, piles, fistula and the cancer of brain, blood, breast, bones, stomach, intestine and skin.



### Names of Positive Millets in other languages

English	Hindi	Marathi	Tamil	Kannada	Telugu
Barnyard Millet	Sanwa	-	Kuthiraivally	Oodhalu	Udhalu
Kodo Millet	Kodon	Kodro	Varagu	Araka	Arikelu
Little Millet	Kutki	Vari	Samai	Saame	Samulu
Foxtail Millet	Kakum	Rala	Tenai	Navane	Korra
Browntop Millet	Makra or Muradh	-	Palapul or Kula samai	Korale	Andu korralu

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<https://bit.ly/DrKhadarLifestyle>



## Daily routine in Dr Khadar LifeStyle

❖ Main motive of Dr. Khadar Lifestyle is to practice this moral statement:

“**Sarve Janaaha Sukinobhavanthu**” – meaning “**Let everybody be happy in this world**”.

Being a part of a nature, we should live without harming and without burdening nature which will in turn make all living beings live happily.

- ❖ Wake up before sunrise and brush your teeth with activated charcoal powder. Once in a while brush your teeth with Neem stem or with Pongamia pinnata stem.
- ❖ After finishing your morning rituals, watch orange color Sun during sunrise for 10 mins and meditate another 10 mins in same Sunlight.
- ❖ Walk for minimum 75 minutes per day, duration of the walk is more important than how fast the walk is.
- ❖ Use normal or warm water for bath. Taking bath with hot water is not good.
- ❖ Prepare Kashaya with structured water (use palm jaggery if required), drink when it is warm. Drink 2-3 spoons of oil as per the protocol (as suggested for disease) with 30 mins gap after Kashaya is taken.
- ❖ Follow this lifestyle strictly.
- ❖ Stop consumption of paddy rice, wheat, non-vegetarian food, Maida (all-purpose flour), tea, coffee, sugar, animal-based milk (A1, A2), refined oils, dry fruits completely.
- ❖ Having two meals a day is ideal after 40 years of age. One can consume fruits or buttermilk prepared from Desi cow milk or buttermilk prepared from plant-based milk (sesame, groundnut, coconut, pearl- millet, etc..),
- ❖ If time permits, walk for 30 to 45 mins in the evening and watch orange color Sun for 10 mins before sunset.
- ❖ One can consume same Kashaya which is taken the morning. Have dinner 30 mins after drinking Kashaya. Go to sleep 90 mins after finishing dinner.
- ❖ Make your sleeping room as dark as possible. Those who are using fan or AC, can keep one bucket full of water in the room for balancing moisture level. Do not allow any electronic gadgets like mobile, computer etc. in your sleeping room.
- ❖ Spend some time with nature between plants/trees daily. Make this as a habit for your children too.
- ❖ Talk with your co-passenger while travelling. Learn new subject which you do not know. Share the knowledge which you have.
- ❖ Reserve at least 30 minutes a day for helping others.

**“Human race has to move from an economic model, which is a consuming culture, to an ecological model which is a conserving culture.”**

**-Dr. Khadar Valli**

## Foods Advisable and Avoidable

	Advisable	Avoidable
Grains	<p>All positive millets</p> <p>Healthy people can take Neutral millets like Finger millet, Pearl millet, Sorghum, Desi corn.</p> <p>Non-GMO pulses</p>	All kinds of Rice varieties, wheat varieties, Soya beans, Sweet corn.
Oils	Sesame , Safflower, Niger seed, Ground nut, Mustard, Coconut oils made with Bull driven Ghana's.	All Machine processed oils and Refined oils.
Ghee	Ghee which is prepared from Desi cow curd.	All types of Ghee which are sold in market
Salt	Use Sea salt for normal cooking, for special cooking use Rock salt and Black salt	All Industrial salts, Iodized salts and free flowing salt
Sweeteners	Palm jaggery - Toddy palm jaggery, Fish tail palm jaggery, Silver date palm jaggery, Coconut palm jaggery.	Sugar cane jaggery ( Even Organic ), Sugar, Honey which is sold in Market, All artificial sweeteners.
Fruits, Dry fruits	All seasonal, locally grown fruits like Papaya, Guava, Mango, Banana, Custard apple, Black plum, Chikoo, Passion fruit etc.	Fruits those are grown in non-seasons and in artificial environments ( hydroponics etc), Dry fruits, Dates, all Imported fruits.
Vegetables	All different types of locally grown, organic vegetables and leafy vegetables.	Imported vegetables, and all GMO vegetable varieties
Snacks	All Snacks which are made with millets, coconut laddu, palm jaggery laddu, peanut laddu made with palm jaggery, Sprouts etc.	All Bakery items, chocolates, Noodles, processed foods, Ice-creams, Foods which are prepared with Maida, Semolina, vermicelli etc.
Drinks	Coconut water, Milk which is prepared from Finger millet, sesame, Ground nut and buttermilk from all plant-based milk curd, desi cow curd etc.	Cool drinks, all health drinks like Horlicks, Pediasure etc.

**“Making machines and missiles will not bring Joy and Peace to the planet...**

**But Growing TREES & MILLETS will...!”**

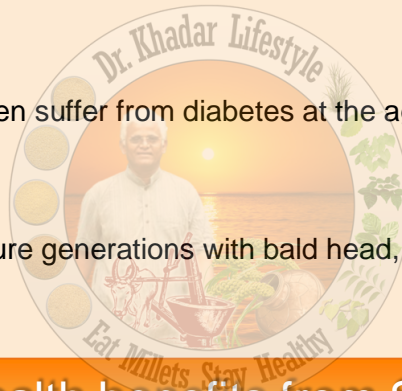
***-Dr. Khadar Vali***

## Special Instructions

- ❖ Any kind of meat (non-veg) is not the food of human beings.
  - Ex: Chicken, sheep meat, beef, pork, meat of all kinds of fishes, eggs etc.
- ❖ Smoking and alcohol consumption is strictly prohibited.
- ❖ Use structured water (copper rested water) for cooking, drinking and for preparing all kinds of food.
- ❖ One should not use water from plastic bottle or plastic can.

## Beware of Food

- ❖ Stay away from paddy rice, sugar, maida (all-purpose flour), wheat which will be main culprit for causing lifestyle diseases like diabetes condition by reducing insulin production, blood pressure condition by thickening the blood.
- ❖ Non-vegetarian food is not food human beings. Meat production is the main culprit for producing diseases like bird flu, swine flu, dengue fever etc.
- ❖ Let us stop doing the same mistake which has been done by human beings from last 100 years.
- ❖ If you wish that your children suffer from diabetes at the age of 15-20, then you can feed them noodles often.
- ❖ If you want to see your future generations with bald head, then make them to drink water from plastic bottles.



## Ample health benefits from Siridhanyas

- ❖ “Constipation is the mother of all diseases”. Consume Siridhanyas for overcoming this condition as they are very rich in fiber.
- ❖ There is a big buzz of commercialization behind paddy rice, wheat and soya. Because of this so many desi breeds of grains have been destroyed and being destroyed. Now it is necessary to bring these grains (especially Siridhanyas) back to use.
- ❖ In modern farming and in single-crop farming practices uses lot of water, insects, boost, pesticides and chemical fertilizer. These are converting the food into poison which in turn cause lot of modern health diseases. How to overcome this? Siridhanyas are the only way out is this situation.
- ❖ **“You can keep cancer away from you by consuming Siridhanya”**

**“Consume lifesaving Siridhanyas (positive millets) and lead a healthy and satisfactory life.”**

**-Dr Khadar Valli**

# Ambali - an ELIXIR to Mankind

**Ambali is an elixir for humans health, says by Dr. Khadar Valli.**

Off late everyone seems to have macro & micronutrient deficiencies like Vitamin B12 deficiency - one of the reasons being the lack of a good colony of pro-biotic bacteria in the gut.

A simple solution is to consume fermented porridge regularly & here is the recipe on how to prepare Fermented Millet Porridge / Ambali / Khameer.

If you are suffering from any serious chronic health condition, eating fermented porridge / ambali / Khameer for all 3 meals for 6 - 9 weeks will help you to speed up your recovery.

If you are just beginning your millet journey, this would be the best way to start.



**Strict rules to follow to prepare Ambali for best health benefits:**

- ❖ Use structured water for soaking and cooking.
- ❖ Soak the millets for 6 to 8 hours.
- ❖ 6 to 10 glasses of water for 1 glass of millets.
- ❖ Do not add the salt or any other ingredients while preparing. It kills the good bacteria and fermentation process will not take properly.
- ❖ Once cooked and before leaving for fermentation process, tie or cover it with cotton or Khadi cloth as shown in the above picture.

## Ambali Preparation Videos

YouTube

English: <http://bit.ly/Ambali-English>

Hindi: <http://bit.ly/Ambali-Hindi>

Kannada: <http://bit.ly/Ambali-Kannada>

Telugu: <http://bit.ly/Ambali-Telugu>

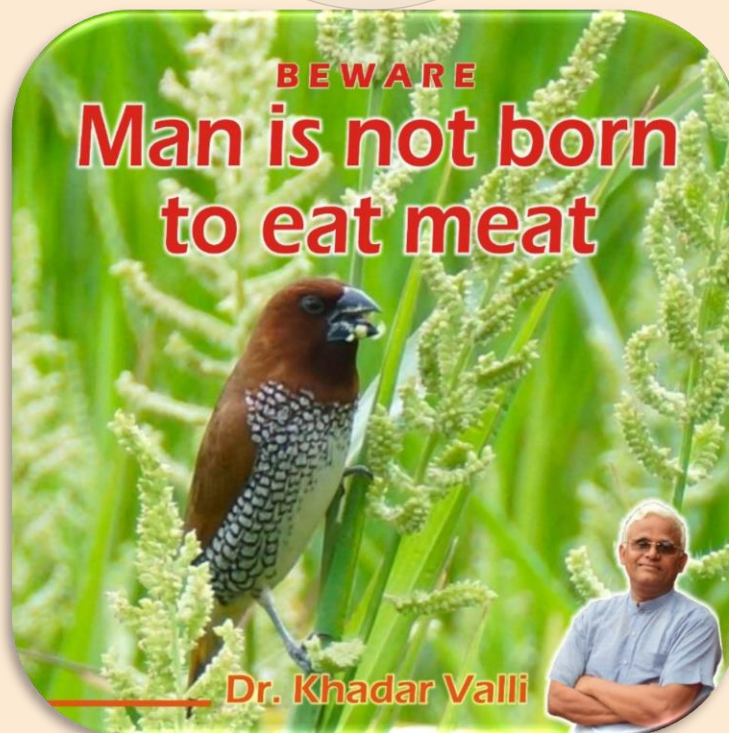
## Various health issues - Remedies

**Special Note:** When any health issue is exacerbated, it is more effective to consume Siridhanyas in the form of Ambali (fermented gruel) for the first 6 to 9 weeks of starting any protocol.

**Consume all 5 different types of Siridhanyas and minimum 3 types of Kashaya as per the protocol, each type of Kashaya to be taken for 1 week.**

**How to prepare Kashaya:** Add leaves (1/2 fistful of small leaves or 3-4 of bigger leaves) or other ingredients to 200 ml of water, boil for 4-5 mins and filter. Drink when it is warm (add palm jaggery if required).

- 1) Eat one dry roasted sesame laddu made with palm jaggery once in a week. Diabetic patients with HbA1c less than 8 can also eat sesame laddu with palm jaggery. Diabetic patients with HbA1c more than 8 can eat plain sesame laddu or they can include sesame seeds in their food.
- 2) Walk well. How long you walk (75 minutes) is more important than how fast you walk.
- 3) Follow the daily routine suggested by Dr. Khadar strictly.
- 4) Do not stop your regular medicine suddenly. Reduce your medicines gradually step by step as and when your health condition is getting better after following this lifestyle.
- 5) This is not a diet plan, rather it is a food habit and lifestyle.
- 6) Please note that by changing our food and food habit, we can bring back our health to normal.
- 7) If anyone has 3-4 diseases, drink kashaya and Siridhanya as per the protocol for the disease which is more severe.
- 8) If same family has patients of different diseases like thyroid, diabetes, cancer etc., then kashaya to be consumed by each patient as per their protocol strictly. They all can consume same Siridhanya meals and switch each type of Siridhanya after 2 days.



Health issue		Decoctions	Millets
1	Dialysis	Nyctanthes arbor-tristis, Coriander, Bryophyllum pinnatum, Banana stem (organic) Boerhavia diffusa, Abutilon indicum	Little millet - 3 days Kodo millet - 3 days Barnyard millet - 3 days Foxtail millet - 1 day Brown top millet - 1 day
2	Albumin Urea	Consume all above decoctions one week each and repeat the cycle	Best way to consume millets in the form of Fermented porridge for 9 weeks (For Dialysis patients)
3	Gout		
4	Diabetes	Tinospora cardifolia, Black plum leaves, Ivy gourd leaves, Mint, Drumstick leaves, Abutilon indicum  Consume all above decoctions one week each and repeat the cycle	Little millet - 2 days Kodo millet - 2 days Barnyard millet - 2 days Foxtail millet - 2 days Brown top millet - 2 days
5	Thyroid	Drumstick leaves, Tender tamarind leaves, Betel leaves (without stem), Pongamia pinnata, Roselle, Abutilon indicum, Tinospora cardifolia  Consume all above decoctions one week each and repeat the cycle	Little millet - 3 days Kodo millet - 1 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
6	P.C.O.D		
7	Hormonals Imbalance		
8	Endometriosis	<b>Oils:</b> (At least 3 types of oils) Coconut oil/ Safflower oil/ Peanut oil/ Sesame oil/ Niger seed oil.  Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.  Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.	
9	Fibroid		
10	B.P	Holy basil, Aegle marmelos, Coriander, Ravoulfia serpentine leaves ,Opuntia dilleni cactacea,  Consume all above decoctions one week each and repeat the cycle	Little millet - 2 days Kodo millet - 2 days Barnyard millet - 2 days Foxtail millet - 2 days Brown top millet - 2 days
11	Heart related		
12	Cholesterol		
13	Triglycerides		
14	Angina Pectoris	<b>Juices:</b> Salad cucumber/ Bottle gourd/ Ash gourd.  Consume above mentioned juices one week each and repeat the cycle for 9 weeks. Juices should be taken on empty stomach and maintain gap 30mins between decoctions and juices.	
15	Obesity / Weight loss	Peepal, Betel leaves, Cumin seeds, Bermuda grass, Wild date palm leaves, organic turmeric powder or turmeric bulb.  Consume all above decoctions one week each and repeat the cycle	Little millet - 3 days Kodo millet - 3 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day

Health issue		Decoctions	Millets
16	Weight gain (Underweight)	Mustard seeds, Fenugreek seeds, Cumin seeds, Organic banana stem, Abutilon indicum	Little millet - 3 days Kodo millet - 3 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
		<p>Consume all above decoctions one week each and repeat the cycle</p> <p><b>Oils :</b> Safflower oil/ Niger seed oil/ Peanut oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>	
<p>Healthy people can take Proso millet 1-day, Great millet 1- day along with positive grains.</p> <p>Sprouted legumes such as green gram, Bengal gram, cowpea, groundnuts should be taken each variety per week. Sprouts should first be steamed for 4to7minutes and then be tempered.</p> <p>Just two tea spoonsful of one type of steamed and tempered sprouts should be taken once a week along with one teaspoon of fenugreek/methi sprouts.</p> <p>That means every week the type of legume used for sprouting changes, but fenugreek seed sprouts remains constant.</p>			
17	Asthma	Organic turmeric powder or turmeric root, Organic ginger, Ruta graveolens, Neem, Curry leaves, Bermuda grass, Abutilon indicum, Tinospora cardifolia	Foxtail millet - 2 days
18	T.B.		Brown top millet - 2 days
19	Pneumonia		Barnyard millet - 1 day
20	Sinusitis		Kodo millet - 1 day
21	Respiratory related issues		Little millet - 1 day
22	Parkinson's	Guava leaves, Nyctanthes arbor-tristis, Peepal, Ruta graveolens, Neem, Cinnamon sticks, Organic turmeric powder or turmeric bulb.	Foxtail millet - 3 days
23	T.B.		Brown top millet - 3 days
24	Fits		Barnyard millet - 1 day
25	Paralysis		Kodo millet - 1 day Little millet - 1 day
		<p>Consume all above decoctions one week each and repeat the cycle</p> <p><b>Oils :</b> Niger seed oil/ Coconut oil/ Peanut oil/ Safflower oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>	

Health issue		Decoctions	Millets
26	Kidney stones	Coriander leaves, Boerhavia diffusa, Bryophyllum pinnatum, Organic banana stem, Pongamia pinnata, Abutilon indicum  Consume all above decoctions one week each and repeat the cycle	Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days Kodo millet - 2 days Little millet - 2 days
27	Gall bladder stones		The best way to consume millets in the form of fermented porridge for 5 to 6 weeks
28	Pancreas stones		
		<b>Oils:</b> Niger seed oil/ Coconut oil  Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions  Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.	
29	Gastric Problems	Betel leaves, Fenugreek leaves, Pongamia pinnata leaves, Cumin seeds, Senna auriculata leaves, Abutilon indicum  Consume all above decoctions one week each and repeat the cycle	Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days Kodo millet - 2 days Little millet - 2 days
30	Acidity		The best way to consume millets in the form of fermented porridge for 5 to 6 weeks
31	GERD (Gastro esophageal reflex disease)		
32	Eye problems Glycoma	Dillweed leaves, Drumstick leaves, Mint leaves, Curry leaves, Betel leaves, Ruta graveolens  Consume all above decoctions one week each and repeat the cycle	Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day
		<b>Juices:</b> Carrot/ Knol khol/ Radish ( Can take with lemon juice, palm jaggery or with salt/ pepper powder )  Consume above mentioned juices one week each and repeat the cycle for 9 weeks. Juices should be taken on empty stomach and maintain gap 30mins between decoctions and juices.  <b>Plant based Milk:</b> Take weekly 2 days coconut milk, 2 days sesame milk, 2 days pearl millet milk.  Daily see orange colour sun during sunrise and sunset for 5 mins.	
33	Liver	Ruta graveolens, Fenugreek seeds or leaves, Bryophyllum pinnatum, Boerhavia diffusa, Phyllanthus amarus, Abutilon indicum  Consume all above decoctions one week each and repeat the cycle	Barnyard millet - 3 days Kodo millet - 1 day Little millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
34	Kidney		
35	Pancreas		
36	Hepatitis A and B		



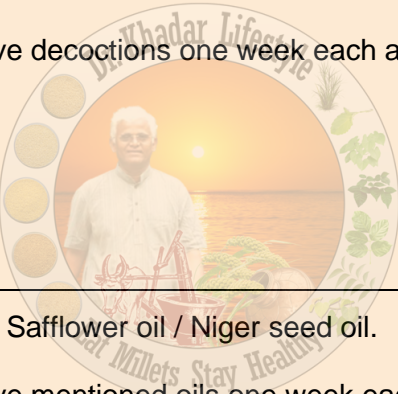
Health issue		Decoctions	Millets
37	Nervous problems	Bermuda grass, Guava leaves, Nyctanthes arbor-tristis, Ruta graveolens, Organic turmeric powder or turmeric bulb, Abutilon indicum	Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day
38	Vertigo and Migraine	Consume all above decoctions one week each and repeat the cycle	Kodo millet - 1 day Little millet - 1 day
39	Sweating in palm/ feet		
	Snoring Stammering		
<p><b>Oils:</b> Coconut oil/ Sesame oil/ Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p> <p><b>Migraine:</b></p> <p>Take a spoon of sesame seeds and fry them on a small flame, until the sesame seeds pop(sound) and change color, on the iron pan. Let them cool down. Chew them till you feel oil in the mouth and then drink a glass of water. Do this on empty stomach for 21 days.</p> <p>If you still feel that you did not get relief from migraine, give a gap of 15 days and then do the protocol again for 21 days. This cycle should be repeated until the migraine is gone.</p>			
40	Tachy cardia	Coriander leaves, Holy basil, Betel leaves, Mint, Tinospora cardifolia, Abutilon indicum	Little millet - 2 days Kodo millet - 2 days
41	After Heart attack		Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
42	Hole in the Heart		The best way to consume millets in the form of fermented porridge for 5 to 6 weeks
<p><b>Juices:</b> Salad cucumber/ Bottle gourd/ Ash gourd.</p> <p>Consume above mentioned juices one week each and repeat the cycle for 9 weeks. Juices should be taken on empty stomach and maintain gap 30mins between decoctions and juices.</p>			
43	C4, C5	Curry leaves, Nyctanthes arbor-tristis, Guava leaves, Abutilon indicum, Pongamia pinnata, Tender tamarind leaves	Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day
44	L4, L5		Kodo millet - 1 day Little millet - 1 day
45	Sciatica		Take weekly one sesame laddu made with palm jaggery

Health issue		Decoctions	Millets
46	Varicose veins	Aegle marmelos, Ivy gourd leaves, Nyctanthes arbor-tristis leaves, papaya leaves, Curry leaves	Little millet - 3 days Kodo millet - 3 days
47	Varicocele	Consume all above decoctions one week each and repeat the cycle	Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
	Hydrocele		
<p><b>Juices:</b> Tomato / Ivy gourd / Capsicum</p> <p>Consume above mentioned juices one week each and repeat the cycle. Juices should be taken on empty stomach and maintain gap 30mins between decoctions and juices.</p> <p>Apply tomato juice on varicose veins and wash it after some time. Apply homeo medicine <b>Hamamelis Virginica</b>.</p>			
48	Increasing platelets	Nyctanthes arbor-tristis, Papaya leaves, Curry leaves, Drumstick leaves, Holy basil, Tinospora cardifolia	Little millet - 2 days Kodo millet - 2 days Barnyard millet - 1 day
49	Dengue fever	Consume all above decoctions one week each and repeat the cycle	Foxtail millet - 1 day Brown top millet - 1 day
50	Decreasing platelets	Nyctanthes arbor-tristis, Papaya leaves, Holy basil, Bermuda grass, Wild date palm, Sambar onion	Little millet - 2 days Kodo millet - 2 days Barnyard millet - 2 days
51	Decreasing WBC		Foxtail millet - 2 days Brown top millet - 2 days
52	Infertility	Tender tamarind, Drumstick leaves, Peepal leaves, Neem leaves, betel leaves ( Remove the stem ) Abutilon indicum	Little millet - 3 days Kodo millet - 1 day Barnyard millet - 1 day
53	Increasing Sperm count		Foxtail millet - 1 day Brown top millet - 1 day
<p><b>Oils:</b> Coconut oil / Safflower oil / Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>			
54	Constipation	Pongamia pinnata, Senna auriculata, Roselle, Fenugreek leaves, Coriander leaves, Organic banana stem	Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day
55	Piles		Kodo millet - 1 day
56	Fistula		Little millet - 1 day
57	Fissures		
The best way to consume millets in the form of fermented porridge for 5 to 6 weeks			

Health issue		Decoctions	Millets
58	Urine infection	Bryophyllum pinnatum, Coriander leaves, Mint, Boerhavia diffusa, Drumstick leaves, Ruta graveolens, Dillweed leaves, Organic banana stem.	Little millet - 3 days
59	Prostrate (Men)		Kodo millet - 1 day Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
		Using of structured water for cooking and drinking is mandatory.	
		Take buttermilk. Finger millet milk, Pearl millet milk works very well on this issue. Take Fenugreek seed water, coconut water, and lemon water. One can take Bottle gourd/ Ash gourd/ Salad cucumber juice. One can also take Organic banana decoction with outer layer in the morning and evening.	
		After urination clean that part with Sour buttermilk. After 2 to 3 minutes wash it with clean water. This has to be done for a week.	
60	HIV	Wild date palm leaves, Bermuda grass, Tinospora cardifolia, Pongamia pinnata, Aegle marmelos, Phyllanthus amarus	Kodo millet - 3 days Little millet - 1 day Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
		Consume all above decoctions one week each and repeat the cycle	The best way to consume millets in the form of fermented porridge for 5 to 6 weeks
		<b>Oils:</b> Coconut oil / Niger seed oil / Peanut oil	
		Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoction.	
		Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.	
61	Skin problems	Aloe vera, Centella asiatica, Mint, coriander, Dill weed, Abutilon indicum	Foxtail millet - 3 days
62	Psoriasis		Brown top millet - 3 days
63	Eczema dry/weeping	Consume all above decoctions one week each and repeat the cycle	Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day
64	Vitiligo	<b>Oils :</b> Sesame oil / Coconut oil / Safflower oil	
65	Ichthyosis	Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions	
		Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.	
		<b>Daily Night apply Sesame Oil to the affected area.</b>	

**Roselle decoction is very good for women related health problems**

Health issue		Decoctions	Millets
66	E.S.R	Nyctanthes arbor-tristis, Papaya leaves, Curry leaves, Abutilon indicum, Organic banana stem, Sambar onion	Kodo millet - 3 days Little millet - 3 days
67	Urticaria	Consume all above decoctions one week each and repeat the cycle	Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
		<p><b>Juices</b> : Take the below juices for 21 days give one-week gap and again you can take the juices.</p> <p><b>Morning</b>:- (1 hour Before Breakfast)</p> <p>Carrot - 25 gm Beetroot - 25 gm Guava / Gooseberry - 5 g</p> <p>Grind all above mixture and add 200 ml water to prepare Juice.</p> <p><b>Evening</b>:- (1 hour Before Dinner)</p> <p>20 Curry leaves ( Grinded )</p> <p>Soak these in Butter milk for 30 mins and Consume.</p>	
68	I.B.S	Pongamia pinnata, Senna auriculata, Castor leaves, Fenugreek leaves, Organic banana stem	Foxtail millet - 3 days Brown top millet - 3 days
69	Colitis	Consume all above decoctions one week each and repeat the cycle	Barnyard millet - 1 day Kodo millet - 1 day
70	Crohn's disease		Little millet - 1 day
		The best way to consume millets in the form of fermented porridge for 5 to 6 weeks	
71	Anemia	Nyctanthes arbor-tristis, Papaya leaves, Curry leaves, Fenugreek leaves	Kodo millet - 3 days Little millet - 3 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
		<p><b>Juices</b> : Take the below juices for 21 days give one-week gap and again you can take the juices.</p> <p><b>Morning</b>: (1 hour Before Breakfast)</p> <p>Carrot - 25 gm Beetroot - 25 gm Guava / Gooseberry - 5 g</p> <p>Grind all above mixture and add 200 ml water to prepare Juice.</p> <p><b>Evening</b>: (1 hour Before Dinner)</p> <p>20 Curry leaves ( Grinded )</p> <p>Soak these in Butter milk for 30 mins and Consume.</p>	

Health issue		Decoctions	Millets
72	Dental problems	Wild date palm leaves, Tender tamarind leaves, Pongamia pinnata, Organic turmeric powder or Bulb	Kodo millet - 3 days Little millet - 3 days Barnyard millet - 1 day
73	Gum problems	Consume all above decoctions one week each and repeat the cycle	Foxtail millet - 1 day Brown top millet - 1 day
74	Bleeding gums	Stop using tooth paste and clean the teeth and gums with activated charcoal powder by using fingers.	
75	Gums pain	Guava leaves, Cloves, Chamomile leaves, Pongamia pinnata leaves	Kodo millet - 3 days Little millet - 3 days Barnyard millet - 1 day
76	Tooth pain	Consume all above decoctions one week each and repeat the cycle	Foxtail millet - 1 day Brown top millet - 1 day
Stop using tooth paste and clean the teeth and gums with activated charcoal powder by using fingers.			
77	Lupus	Wild date palm leaves, Aegle marmelos, Pongamia pinnata, Abutilon indicum  Consume all above decoctions one week each and repeat the cycle	Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day
 <p><b>Oils:</b> Coconut oil/ Safflower oil / Niger seed oil.</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>			The best way to consume millets in the form of fermented porridge for 5 to 6 weeks
78	Chikungunya	Bermuda grass, Ruta graveolens, Chamomile leaves, Guava leaves, Nyctanthes arbor-tristis, Abutilon indicum  Consume all above decoctions one week each and repeat the cycle	Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day
79	H1 N1	Peepal, Nyctanthes arbor-tristis , Holy basil	Millet Porridge : 10 days
80	H5 N1	Consume all above decoctions one week each and repeat the cycle	Kodo millet – 1 day Little millet – 1 day

**To reduce excess body heat, drink Fenugreek, Bermuda grass and Pongamia decoctions each one for a week for about 3 months**

Health issue		Decoctions	Millets
81	Viral fevers: Malaria Typhoid	<b>Morning and Evening:</b> Tinospora cardifolia - 1 day Ruta graveolens - 1 day Nyctanthes arbor- tristis - 1 day Japanese mugwort - 1 day ( Repeat the cycle )	Foxtail millet - 1 day Brown top millet - 1 day Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day
82	Fatty liver	Ruta graveolens, Mint leaves, Aegle marmelos, Betel leaves, Abutilon indicum	Kodo millet - 3 days Little millet - 3 days
83	Spleen	Consume all above decoctions one week each and repeat the cycle	Barnyard millet - 1 day Foxtail millet - 1 day
84	Pancreatitis		Brown top millet - 1 day
		<p><b>Oils :</b> Coconut oil / Safflower oil / Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>	
85	Differently abled	Aegle marmelos, Bermuda grass, Pongamia pinnata, Organic Banana stem, Guava leaves	Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days Kodo millet - 2 days Little millet - 2 days
86	Autism Cerebral palsy Polio Physically disabled	Consume all above decoctions one week each and repeat the cycle	The best way to consume millets in the form of fermented porridge for 5 to 6 weeks
		<p><b>Oils :</b> Coconut oil / Sesame oil / Niger seed oil / Safflower oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>	
		<p><b>Plant based milk:</b></p> <p>Coconut, Sesame, Safflower, Groundnut/Peanut, Pearl millet, Finger Millet, Sorghum. One variety of milk per day.</p> <p><b>Laddu/Sweet ball:</b></p> <p>One variety of ball per day made of Palm Jaggery - Coconut, Sesame, Groundnut/Peanut</p> <p>One variety of green leaf vegetable per day - Methi, Spinach, Sorrel , Amaranth, Basella / vine spinach, Punarnava, Alternanthera sessile.</p> <p>One hour of walking. Watch sunrise and sunset.</p>	

Health issue		Decoctions	Millets
87	After delivery	Chrysanthemum leaves, Lemon grass, Mint leaves, Roselle leaves  Consume all above decoctions one week each and repeat the cycle	Little millet - 3 days Kodo millet - 1 day Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
		<p>Take kashayams leaves one week each and repeat.</p> <p>Use Asafetida, garlic in pickles, dal and in curries.</p> <p>Remove the peel of the castor seeds and use it in curries or directly weekly twice.</p> <p>Take Kenaf leaves chutney, kenaf leaf dal and you can take all other pickles too.</p>	
88	During Pregnancy	Chrysanthemum leaves, Abutilon indicum, Betel leaves, Roselle  Consume all above decoctions one week each and repeat the cycle	Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day

### Saptapatra kashayams for Increasing the Immunity

1. Bermuda grass 2. Holy basil 3. Tinospora cardifolia 4. Aegle marmelos 5. Pongamia pinnata 6. Neem 7. Peepal . Take each type of leaves for 4 days  
(Repeat the cycle for every 4 months)



**Saptapatra decoctions YouTube playlist**



<http://bit.ly/Saptapatra-English>

# Special diseases protocols

Health issue	Decoctions	Millets										
89	<p>Motor Neuron diseases</p> <p>Organic turmeric powder or turmeric bulb, Aegle marmelos, Ruta graveolens, Bermuda grass, Nyctanthes arbor-tristis</p> <p>Consume all above decoctions one week each and repeat the cycle</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Little millet</td> <td style="padding: 2px; text-align: right;">- 3 days</td> </tr> <tr> <td style="padding: 2px;">Kodo millet</td> <td style="padding: 2px; text-align: right;">- 1 day</td> </tr> <tr> <td style="padding: 2px;">Barnyard millet</td> <td style="padding: 2px; text-align: right;">- 1 day</td> </tr> <tr> <td style="padding: 2px;">Foxtail millet</td> <td style="padding: 2px; text-align: right;">- 1 day</td> </tr> <tr> <td style="padding: 2px;">Brown top millet</td> <td style="padding: 2px; text-align: right;">- 1 day</td> </tr> </table>	Little millet	- 3 days	Kodo millet	- 1 day	Barnyard millet	- 1 day	Foxtail millet	- 1 day	Brown top millet	- 1 day
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	<p><b>Oils :</b> Coconut oil / Sesame oil / Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>											
90	<p>Muscular dystrophy</p> <p>Abutilon indicum, Organic turmeric powder or turmeric bulb, Ruta graveolens, Bermuda grass, Guava, Nyctanthes arbor-tristis</p> <p>Consume all above decoctions one week each and repeat the cycle</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Foxtail millet</td> <td style="padding: 2px; text-align: right;">- 2 days</td> </tr> <tr> <td style="padding: 2px;">Brown top millet</td> <td style="padding: 2px; text-align: right;">- 2 days</td> </tr> <tr> <td style="padding: 2px;">Barnyard millet</td> <td style="padding: 2px; text-align: right;">- 1 day</td> </tr> <tr> <td style="padding: 2px;">Kodo millet</td> <td style="padding: 2px; text-align: right;">- 1 day</td> </tr> <tr> <td style="padding: 2px;">Little millet</td> <td style="padding: 2px; text-align: right;">- 1 day</td> </tr> </table>	Foxtail millet	- 2 days	Brown top millet	- 2 days	Barnyard millet	- 1 day	Kodo millet	- 1 day	Little millet	- 1 day
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91	<p>Scleroderma</p> <p>Wild date palm leaves, Centella asiatica, Bermuda grass, Nyctanthes arbor-tristis, Guava leaves.</p> <p>Consume all above decoctions one week each and repeat the cycle</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Foxtail millet</td> <td style="padding: 2px; text-align: right;">- 2 days</td> </tr> <tr> <td style="padding: 2px;">Brown top millet</td> <td style="padding: 2px; text-align: right;">- 2 days</td> </tr> <tr> <td style="padding: 2px;">Barnyard millet</td> <td style="padding: 2px; text-align: right;">- 1 day</td> </tr> <tr> <td style="padding: 2px;">Kodo millet</td> <td style="padding: 2px; text-align: right;">- 1 day</td> </tr> <tr> <td style="padding: 2px;">Little millet</td> <td style="padding: 2px; text-align: right;">- 1 day</td> </tr> </table>	Foxtail millet	- 2 days	Brown top millet	- 2 days	Barnyard millet	- 1 day	Kodo millet	- 1 day	Little millet	- 1 day
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Health issue		Decoctions	Millets
92	Multiple Sclerosis	Roselle, Aegle marmelos, Wild date palm leaves, Nyctanthes arbor-tristis, Bermuda grass  Consume all above decoctions one week each and repeat the cycle	Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days Kodo millet - 2 days Little millet - 2 days
		<p><b>Oils</b> : Coconut oil / Sesame oil / Safflower oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>	
93	Ankylosing spondylitis	Mango leaves - 1 week Banyan leaves - 1 week Lemon grass - 1 week Holy basil - 1 week	Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days Kodo millet - 2 days Little millet - 2 days
		<p><b>Oils</b> : Safflower / Niger seed oil / Peanut oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>	
94	Myasthenia gravis	Wild date palm leaves, Bermuda grass, Drumstick leaves, Curry leaves, Tender tamarind leaves  Consume all above decoctions one week each and repeat the cycle	Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days Kodo millet - 2 days Little millet - 2 days
		<p><b>Oils</b> : Sesame oil / Coconut oil / Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>	

**“Non-Violence should be the essence of human existence”**

**--Dr. Khadar Valli**

## Siridhanya and Kashaya for curing Cancer

- ❖ One should consume Siridhanya in form of ambali (fermented gruel) for minimum of 6 weeks.
- ❖ Eat one dry roasted sesame laddu made with palm jaggery once in a week. Diabetic patients with HbA1c less than 8 can eat sesame laddu with palm jaggery. Diabetic patients with HbA1c more than 8 can eat plain sesame laddu or they can include sesame seeds in their food.
- ❖ Walk well. How long you walk (90 minutes) is more important than how fast you walk.
- ❖ Follow the daily routine suggested by Dr. Khadar strictly.
- ❖ Do not stop your regular medicine suddenly. Reduce and stop your medicines gradually step by step as and when your health condition is getting better after following this lifestyle.
- ❖ You should start following this lifestyle along with your regular medicine and you can reduce and stop medicines gradually step by step.
- ❖ This is not a diet plan, rather it is a food habit and lifestyle.
- ❖ You can observe that by changing our food and food habit, we can bring back our health to normal.
- ❖ If the cancer spread (metastasis) to other parts, Take the respective protocol for the one which is severely affected by the cancer.

### Cancer healing protocols with siridhanya & Herbal decoctions

Morning and Evening		Afternoon	Millets
1. Lung Cancer	Nyctanthes arbor-tristis Peepal Guava	Ginger Organic turmeric powder or bulb Japanese mugwort	Foxtail millet - 2 days Little millet - 2 days Barnyard millet - 1 day Kodo millet - 1 day Brown top millet - 1 day
Each type of decoction for one week and repeat the cycle			
2. Bone Cancer	Nyctanthes arbor- tristis Peepal Guava	Fenugreek leaves Mint leaves Curry leaves	Little millet - 2 days Brown top millet - 2 days Barnyard millet - 1 day Kodo millet - 1 day Foxtail millet - 1 day
Each type of decoction for one week and repeat the cycle			
3. Brain Cancer	Nyctanthes arbor- tristis Peepal Guava	Ruta graveolens Organic turmeric powder or bulb Cinnamon sticks	Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days Kodo millet - 2 days Little millet - 2 days
Each type of decoction for one week and repeat the cycle			
4. Blood Cancer Lymphoma Thalassemia	Nyctanthes arbor- tristis Peepal Guava	Curry leaves Betel leaves (Remove the stem) Papaya leaves	Kodo millet - 3 days Brown top millet - 1 day Barnyard millet - 1 day Foxtail millet - 1 day Little millet - 1 day
Each type of decoction for one week and repeat the cycle			

5. Kidney and Prostate Cancer	Nyctanthes arbor- tristis Peepal Guava	Boerhavia diffusa Coriander leaves Organic banana stem	Brown top millet - 2 days Little millet - 2 days Barnyard millet - 2 days Kodo millet - 1 day Little millet - 1 day
	Each type of decoction for one week and repeat the cycle		
6. Breast and Lymph nodes Cancer	Nyctanthes arbor- tristis Peepal Guava	Pongamia pinnata Neem leaves Roselle leaves	Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days Kodo millet - 2 days Little millet - 2 days
	Each type of decoction for one week and repeat the cycle		
7. Mouth Cancer	Nyctanthes arbor- tristis Peepal Guava	Mint leaves Ginger Silver palm date leaves	Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days Kodo millet - 2 days Little millet - 2 days
	Each type of decoction for one week and repeat the cycle		
8. Thyroid, Pancreas and other endocrinal glands Cancer	Nyctanthes arbor- tristis Peepal Guava	Chrysanthemum leaves Tender tamarind or Drumstick leaves or flowers	Kodo millet - 2 days Little millet - 2 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
	Each type of decoction for one week and repeat the cycle		
9. Stomach Cancer	Nyctanthes arbor- tristis Peepal Guava	Organic Banana stem Fenugreek leaves Pongamia pinnata	Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day
	Each type of decoction for one week and repeat the cycle		
10. Skin Cancer	Nyctanthes arbor- tristis Peepal Guava	Spring onions Aloe vera Centella asiatica	Kodo millet - 2 days Brown top millet - 2 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day
	Each type of decoction for one week and repeat the cycle		
11. Intestine Cancer	Nyctanthes arbor- tristis Peepal Guava	Pongamia pinnata Fenugreek leaves Senna auriculata	Kodo millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days Foxtail millet - 1 day Little millet - 1 day
	Each type of decoction for one week and repeat the cycle		
12. Esophageal Cancer	Nyctanthes arbor- tristis Peepal Guava	Mint leaves Ginger Silver palm date leaves	Little millet - 2 days Brown top millet - 2 days Kodo millet - 2 days Barnyard millet - 1 day Foxtail millet - 1 day
	Each type of decoction for one week and repeat the cycle		

13. Liver and Spleen Cancer	Nyctanthes arbor- tristis Peepal Guava	Ruta graveolens Fenugreek leaves Phyllanthus amarus	Kodo millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days Foxtail millet - 1 day Little millet - 1 day
	Each type of decoction for one week and repeat the cycle		
14. Ovarian and Uterus Cancer	Nyctanthes arbor- tristis Peepal Guava	Papaya leaves Betel leaves (Remove the stem) Abutilon indicum	Little millet - 3 days Brown top millet - 1 day Barnyard millet - 1 day Kodo millet - 1 day Foxtail millet - 1 day
	Each type of decoction for one week and repeat the cycle		

## Vitamins

Vitamin deficiency (vitamin-D, vitamin-B12 etc.) is the main problem that haunts everyone in modern life from last 25 years. Various vitamins are the biochemical substances which are highly essential for our health. Lifestyle without sunlight exposure, working during late nights or night shifts, consuming non-nutrition grains which are grown in modern agriculture practices and many other facts are causing premature aging which is worrisome. Current medical industry recommends artificial vitamin supplements and injections as a temporary solution rather it fails to eradicate the original issue. Lot of vitamins are still available in our food. Nowadays it is more common to get vitamin-B12 and vitamin-D deficiency.

### Vitamin-B12

Pharmacy companies play major tricks in commercializing the people's illness. Vitamin-B12 is one of water-dissolvable vitamins is very helpful in creating microbial balance in our gut. Lot of microbes took shelter in the digestive system of human body and other animals from very long time. But the centralized meat production system is conveying the wrong message as if it is scientific to society that vitamin-B12 can only be obtained from meat and same has been done from last 20 years. It is just a scientific illusion.

No need to get frustration when you come to know you have got vitamin deficiency. Without depending on vitamin supplements or injections, you can overcome the deficiency naturally.

#### There are 3 ways:

- You can overcome vitamin-B12 deficiency in 2-3 months by consuming curd and buttermilk prepared from desi cow's milk (A2 milk). Lactobacillus microbes will do this job for us by filling in our gut.
- You can overcome by consuming curd and buttermilk extracted from plant-based milk such as sesame seeds, safflower, groundnut etc. This practice was prevalent in most of the regions in

our country. In addition to this, by consuming curd and buttermilk from milk extracted from little millet, foxtail millet, pearl millet, finger millet and coconut, you can overcome vitamin-B12 deficiency in 2-3 months.

- Soak coarsely powdered Siridhanya for 6-8 hours, then boil this for 10 mins with same soaked water. Now gruel is prepared. After cooling this gruel, cover it with a thin muslin/cotton cloth and let it rest for 7-8 hours so that gruel gets fermented. Consume this fermented gruel by putting salt and or any sambar/dal/or any curry which you like. If you follow this method, it will help to increase vitamin-B12 production in your body itself.

Cow's milk is hazardous for our environment. From environmental point of view 2nd and 3rd methods look more appropriate.

In addition to this, vitamin-B12 is obtained in abundance along with calcium from the plant-based milks as mentioned already.

## Vitamin-D

In modern lifestyle, it is rare that people see the sunlight or exposing their body to sunlight has been very rare. Either from parties or from software jobs, night life has become more. Hence getting up early and watching sunlight has become a rare occurrence. Apart from these, apartment life in cities is keeping people away from light and heat of the sun. Plenty of vitamin-D is produced in by exposing our body to orange color sun during sunrise and sunset. Because of above mentioned reasons vitamin-D deficiency has been increasing in human body from last 20-30 years. This creates imbalance in production of antibodies which are responsible for increasing our immunity, bone health and series of biochemical reactions. All these lay the foundation for very long-term diseases. Pharmacy companies are looting people by supplying bogus vitamin-D supplements. Yet these ailments are not cured. It is possible to cure only from the vitamin-D which is produced in our body.

### **How to overcome vitamin-D deficiency naturally in people who cannot get sunlight?**

Sun-dry the naturally grown mushrooms for 2 days, prepare various dishes using these mushrooms. You can overcome vitamin-D deficiency by consuming these sun-dried mushrooms twice a week. The chemical named '**Ergo Sterol**' found in fresh mushrooms is converted into vitamin-D in sunlight. Soak these sun-dried mushrooms in water for 2-3 hours, prepare any dish of your choice by using the same water used for soaking and consuming will help you overcome vitamin-D deficiency.

It is better if people realize that the most natural and simplest way to overcome vitamin-D deficiency is to expose themselves to sunlight during dawn and dusk. If you apply sesame oil (bull-driven extracted oil) to your face, body and expose to sunlight for about 20 mins twice a week, then you can get vitamin-D sufficient for your body for whole week. (Hence our ancestors have taught us to get up before dawn and to do suryanamaskar.)

## Sweetener

Whole world is producing and consuming artificial sweet in the form of sugar by using sugarcane from last 50 years. It is required to spend 28,000 litres of water for producing 1 kg of sugar. This is an offence from the environmental perspective. Our ancestors were extracting jaggery from environment-friendly trees such as Wild Date Palm, Palmyra Palm, Fishtail Palm and Dates trees. Even today we can see extraction of jaggery from Wild Date Palm trees in surrounding places near Kolkata.

Jaggery has been extracted from Palmyra Palm tree even in our own places like Ramanagar, Mandya, Hampi and some other places. This way by being environment-friendly and without wasting even 1 litre of water also, we can prepare sweet for our human race. Sugarcane jaggery played major role in bringing lot of health disorders like diabetes, Blood Pressure (B.P), immunity related issues etc. The main reason being Sugar contains more portion of Glucose. But palm jaggery (extracted from all kind of Palm trees and Dates trees) contain more portion of Fructose, which is the boon for our human race.

Botanical Name	Common Name
Borassus flabellifer	Palmyra Palm
Phoenix sylvestris	Silver date Palm
Caryota urens	Fishtail Palm
Phoenix dactylifera	Date Palm

### Botanical names & common names of medicinal plants

	Botanical Name	Common name/ English name
1.	Nyctanthes arbor-tristis	Night Jasmine
2.	Coriandrum sativum	Coriander
3.	Boerhavia diffusa	Punarnava
4.	Bryophyllum pinnatum	Bryophyllum
5.	Phyllanthus amarus	Stone breaker
6.	Tinospora cordifolia	Giloy
7.	Trigonella foenum-graecum	Fenugreek
8.	Mentha arvensis	Mint
9.	Moringa oleifera	Drumstick
10.	Syzigium cumini	Jamun
11.	Coccinia indica	Ivy Gourd
12.	Aegle marmelos	Bael

13.	Pongamia pinnata	Pongamia
14.	Tamarindus indica	Tamarind
15.	Hibiscus cannabinus	Roselle
16.	Piper Betle	Betel leaf
17.	Azadirachta indica	Neem
18.	Ficus religiosa	Peepal
19.	Ocimum sanctum	Holy Basil
20.	Opuntia littoralis	Cactus
21.	Rauvolfia serpentine	Sarpagandha/Nightshade
22.	Cuminum cyminum	Cumin/Jeera
23.	Curcuma longa	Turmeric
24.	Cynodon dactylon	Bermuda grass
25.	Phoneix sylvestris	Wild Datepalm
26.	Brassica juncea	Mustard
27.	Piper nigrum	Black Pepper
28.	Gingiber officinale	Ginger
29.	Ruta graveolens	Common rue
30.	Psidium guajava	Guava
31.	Cocos nucifera	Coconut
32.	Arachis hypogaea	Groundnut/Peanut
33.	Musa paradisiaca	Banana
34.	Acacia ferruginea	Safed khair
35.	Anethum graveolens	Dill
36.	Cinnamomum verum	Cinnamon
37.	Sesamum indicum	Sesame
38.	Senna auriculata	Cassia/Senna
39.	Pimenta dioica	Allspice
40.	Daucus carota	Carrot
41.	Benincasa hispida	Ash gourd
42.	Cucumis sativus	Cucumber
43.	Lagenaria siceria	Bottle gourd
44.	Ziziphus mauritiana	Ber
45.	Murraya koenigii	Curryleaf
46.	Solanum lycopersicum	Tomato

47.	Carica papaya	Papaya
48.	Ribesuva'crispa	Goose berry
49.	Beta vulgaris	Beetroot
50.	Aloevera	Aloevera
51.	Bacopa monnieri	Brahmi
52.	Guizotia abyssinica	Niger
53.	Ricinus communis	Castor
54.	Chrysanthemum morifolium	Chrysanthemum
55.	Matricaria chamomilla	Chamomile
56.	Cymbopogon citratus	Lemongrass
57.	Carthamus tinctorius	Safflower
58.	Annona squamosa	Custard apple
59.	Artemisia vulgaris	Japanese Mugwort
60.	Abutilon indicum	Mallow
61.	Centella asiatica	Saraswathi
62.	Tridax procumbens	Tridax

