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**Do not forget to spend 15 minutes watching Sun rise and Sun set at dawn and dusk. The orange light helps to build many biochemicals (Ex: Vit D) to increase your immunity.**

## JOURNEY OF DR. KHADAR VALI

Eminent independent scientist, health and nutrition expert 'Krishi Ratna' Dr. Khadar Vali, needs no introduction. However, let us learn a few interesting and unknown facts about him.

Dr. Khadar Vali was born to Smt. Hussenamma and Sri. Husenappa in Proddatur town of Kadapa district, Andhra Pradesh. He has been tirelessly advocating the use of Siridhanya for the past twenty years. The credit of reintroducing the five small millets - Foxtail, Barnyard, Kodo, Little and Browntop - called Siridhanya to the present generation solely belongs to Dr. Khadar Vali.

While his school education was done in Proddatur and Tirupati, Dr. Khadar Vali studied the Pre-University (Intermediate Studies) course in Guntakal of Andhra Pradesh; all in Telugu medium. As his elder brother was working in Mysuru, Dr. Khadar Vali did his graduation and Post-Graduation at the Regional Institute of Education (RIE), Mysuru.

He thereafter, moved to Bengaluru to pursue his Ph.D., on steroids at the Indian Institute of Science (IISc). He fell in love with his co-scholar, Ms. Usha, at the IISc and subsequently married her. Later on, Dr. Khadar Vali took up Post-Doctoral Fellowship in Environmental Science at Beaverton Oregon, USA. As part of his Post-Doctoral research studies, he worked on deactivating highly toxic chemicals like Agent Orange, Dioxins, etc.

After completing his research, he returned to India with a noble intention of serving his motherland and joined as a scientist at CFTRI, Mysuru. He realised that he will not be able to pursue research in the direction of his dream, he gave up his job at CFTRI and returned to the USA.

Dr. Khadar Vali then worked for a chemical conglomerate called DuPont for four and a half years in the USA.

He felt that instead of working in an alien land, where food cultivation and distribution got commercialized, it is meaningful to work towards creation of a healthy society in his motherland. So, he quit his job in the USA and returned to India in 1997 and settled in Mysuru to work as an independent scientist in the area of food, health and nutrition.

From then on, Dr. Khadar Vali strived to revive the five almost forgotten small grains. In this new journey, he discovered the medicinal properties of each of the five millets and their role in effectively curing deadly diseases of the present times. Since Siridhanya bring health and wealth both to the farmer who grows them and people who eat them, Dr. Khadar Vali aptly named them as 'Siridhanya'. As a homeopathy practitioner, in addition to prescribing homeo medicines he also recommends the use of Siridhanya and herbal leaf decoctions (Kashayas).

According to Dr. Khadar Vali, paddy rice, milk, wheat, eggs, meat, sugar, poor eating habits, genetically modified crops, and herbicides cumulatively contribute to the toxification of the environment and food resulting in the rapid spread of deadly modern diseases.

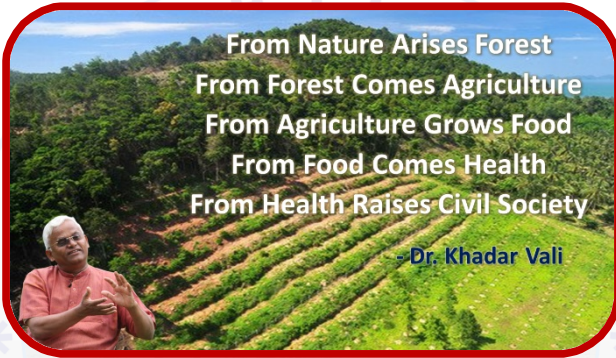
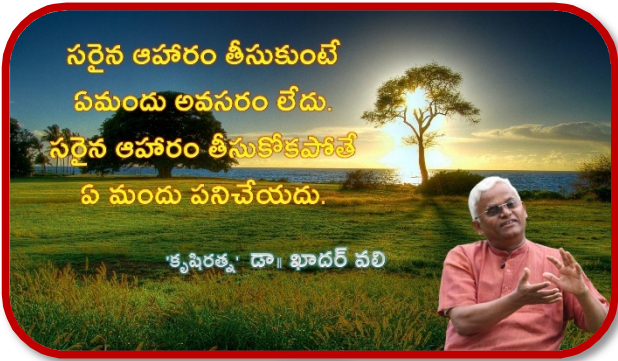
Owing to the excessive use of synthetic fertilizers in farming these days, the farm lands are getting polluted and turning infertile. Dr. Khadar Vali regrets that if the present pattern of agriculture is continued agricultural lands would soon turn barren in a matter of two decades.

He strongly opines that the primary cause of numerous diseases like diabetes, obesity, PCOD, anemia, cancer, autism, Parkinson's, early puberty, and so on is the food we eat.

In order to revive the cultivation of the almost extinct small millets, Dr. Khadar Vali bought seven acres of barren land and started growing them. He multiplied and distributed the seeds of the five types of Siridhanya to various farmers to propagate them. Moreover, he is also advocating the cultivation of these grains by devising a natural farming technique called 'Jungle Krishi'.

To bring back the lost glory to the Siridhanya that were fast disappearing, Dr. Khadar Vali has been travelling all over the world creating awareness among people that one's health lies in one's own hands and not in the hands of doctors and hospitals.

He strongly believes in the fact that taking the right food keeps diseases at bay and that no medicine works when the right food is not taken.



### YouTube VIDEO LINKS

English - Siridhanya (Millet) Recipes - Biophilians Kitchen

<https://www.youtube.com/playlist?list=PLGF2bkup3XjyqUtlqKzUQTnHPiPRaXyl>

English - Kashayas - Biophilians Kitchen

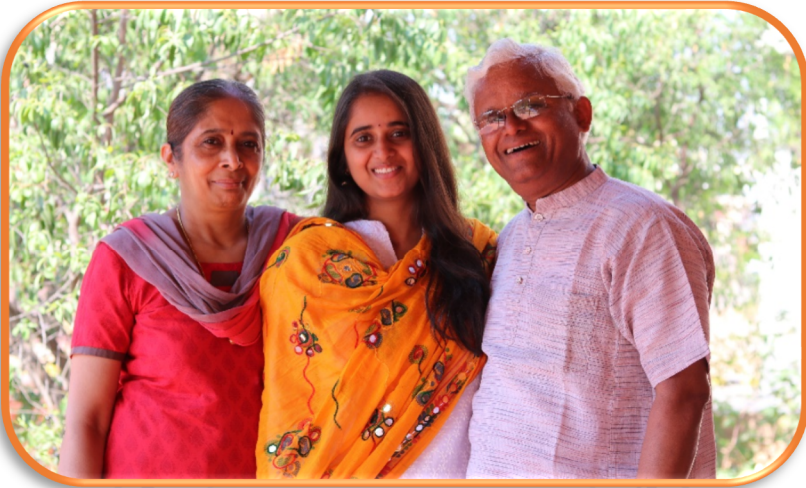
<https://www.youtube.com/playlist?list=PLGF2bkup3XhdKGt5z4GiRCN6grRw2jpi>

हिंदी - सिरिधान्या रेसिपीस - Biophilians Kitchen

[https://www.youtube.com/playlist?list=PLGF2bkup3XhdWr\\_V6fpv4h2GRmyXdxRt](https://www.youtube.com/playlist?list=PLGF2bkup3XhdWr_V6fpv4h2GRmyXdxRt)

Mixed - Interviews Of Dr. Khadar Vali

<https://www.youtube.com/playlist?list=PLGF2bkup3XgluO8yS7aNeANuy3prli4a>



We are highly indebted to Dr. Khadar Vali for his tireless efforts in creating awareness about the right food to be consumed and the ideal lifestyle to be adopted in order to stay healthy. He returned to India leaving a lucrative career in the US and has ever since been working for the health of people, environment and rural economy.

Our special gratitude to Mrs. Usha Khadar for being a strong support to Dr. Khadar Vali in his noble endeavour. She has amply proved that there is a woman behind every successful man.

Dr. Sarala, the beloved daughter of Dr. Khadar Vali, is following the footsteps of her father by serving people not only as a homeopath but also as a Siridhanya food expert.

The great service being rendered by Dr. Khadar Vali and his family to the causes of human health and environmental conservation is laudable and inspirational. Wish and hope that this unassuming family gets generous blessings from the Almighty.

We can express our gratitude by merely following and spreading the 'Siri Jeevana Marga' devised by Dr. Khadar Vali.

*Thank you!*

**Anuradha, Hyma Kiran, Sai Latha (BIOPHILIANS)**

## NUTRIENTS AND FIBRE IN 100 G OF SIRIDHANYA

(Based On Information From Dr. Khadar Vali) - Ratio Of Carbohydrate to Fibre Must Be in Single Digit

Name of Grain ధాన్యం పేరు	Niacin mg (B3)	Riboflavin mg (B2)	Thiamine mg (B1)	Carotene mg	Iron mg	Calcium g	Phosphorous g	ప్రోటీన్ Protein g	ఖనిజాలు Minerals g	పిండి పదార్థం Carbohydrate g	పీచు పదార్థం Fiber g	పిండి పదార్థం/ పీచు నిష్పత్తి Carbohydrate / Fiber Ratio
<b>Positive Grains (సీరిధాన్యాలు)</b>												
Foxtail Millet కొర్రలు	0.7	0.11	0.59	32	6.3	0.03	0.29	12.3	3.3	60.6	8.0	7.57
Barnyard Millet ఊదలు	1.5	0.08	0.31	0	2.9	0.02	0.28	6.2	4.4	65.5	10.0	6.55
Kodo Millet అరికలు	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 సొమలు	1.5	0.07	0.30	0	2.8	0.02	0.28	7.7	1.5	65.5	9.8	6.68
Browntop అందు కొర్రలు	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 (తటస్థ ధాన్యాలు)</b>												
Pearl Millet సజ్జలు	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 దాగులు	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 వొరగులు	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 జొన్నలు	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 మొక్కజొన్న	1.4	0.10	0.42	90	2.1	0.01	0.33	11.1	.	66.2	2.7	24.51

<b>Negative Grains (నష్టదాయక ధాన్యాలు)</b>												
Wheat గోధుమలు	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 వరి బియ్యం	1.2	0.06	0.06	0	1.0	0.01	0.11	6.9	0.6	79.0	0.2	395.0

## EFFICACY OF EACH MILLET



**LITTLE MILLET:** The fibre in little millet has the unique ability to cleanse the reproductive organs. All the health issues related to the reproductive system both in men and women can be resolved by the consumption of this grain that arise due to hormonal imbalances like thyroid, PCOD, infertility disorders, oligospermia (low sperm count), etc. This millet can cure even kidney related ailments.

**NOTE:** Being the softest and easiest to digest, little millet is advised to be introduced as the first solid food to the infants.



**KODO MILLET:** Kodo millet is endowed with the amazing ability to cleanse the bone marrow (blood production centre). Therefore, any health issue related to the components of blood can be cured by consuming this grain.

It solves the problems like anemia, drop in platelet count caused by fevers like dengue, malaria, etc, allergies, auto immune diseases such as SLE, Rheumatoid arthritis, and so on. It strengthens the immune system and prepares our body to fight any pathogens. Those with kidney disorders should consume this millet to remove impurities in their blood.



**BARNYARD MILLET:** This millet has incredible capacity to cleanse the liver. So, all the diseases and disorders related to liver can be cured by consumption of barnyard millet. Examples: Jaundice, Hepatitis A, Hepatitis B, Hepatitis C, Liver Cirrhosis, liver infections, fatty liver, poor appetite, etc.

It also has the capacity to cleanse all the tender and soft organs of our body like the urinary bladder, gall bladder, kidneys and so on. It cures the problem of urinary incontinence in the elderly. It helps in dissolving the stones in the gall bladder. It also provides relief from urinary infections. In Typhoid patients the functioning of liver gets affected adversely. Consumption of this millet rejuvenates the liver.





**FOXTAIL MILLET:** Foxtail millet may be considered the most balanced grain of all the five Siridhanyas as it has all the nutrients in right proportion. Foxtail millet has the ability to cleanse the nervous system and respiratory system. It corrects all the disorders related to the brain, kidneys, lungs, bones, joints, etc.

It also provides relief from all age related problems such as Alzheimer's, Dementia and Parkinson's diseases. Several conditions that are associated with diabetes such as Peripheral neuropathy can also be overcome. Bed wetting in children and urinary incontinence in the elderly can also be cured by taking this millet.

**NOTE:** Foxtail millet is found to reduce milk production in some lactating mothers. They should consume only if it doesn't affect their milk production.



**BROWNTOP MILLET:** This millet has matchless power to detoxify each and every part of the human body from head to toe. The consumption of this grain cures all the ailments related to the alimentary canal like constipation, gastric ulcers, piles, etc.

Skin problems like eczema, psoriasis can also be kept at bay by consuming this millet. This is one and only grain that can provide relief from all types of cancers. In addition to the above the consumption of this millet has all the health benefits that can be derived by consuming foxtail millet.

**THESE FIVE GRAINS MUST BE TAKEN AS STAPLE FOOD FOR A COMPLETE HEALTH BENEFIT.**

### GOOGLE DRIVE LINK

**One can download the Telugu, English, Kannada, Hindi and Tamil pdf related to Siridhanya - the positive grains introduced by Dr. Khadar Vali from the drive link given below.**

[https://drive.google.com/folderview?id=13WuD4OMNpuz0p\\_gwBjVs8Nx77HxPIYNj](https://drive.google.com/folderview?id=13WuD4OMNpuz0p_gwBjVs8Nx77HxPIYNj)

## THE DAILY ROUTINE LAID DOWN BY DR. KHADAR VALI IN LINE WITH THE IDEAL LIFESTYLE ADVISED BY HIM

- ❖ *Sarve Janaah Sukhino Bhavantu'* (May all forms of life enjoy the state of well-being) is the essence of the lifestyle advised by **Dr. Khadar Vali**. We being part of Nature, should lead a life that doesn't burden or harm Her (Nature) in any way. This alone will result in the well-being of the millions of living beings (including mankind) that inhabit and belong to Mother Earth. Only then will the Environment be able to function efficiently.
- ❖ Arise at least fifteen minutes before sunrise and cleanse your mouth and teeth with tooth powder made with active charcoal. At least twice a week use twigs of Neem or Pongamia or Meswak to clean your gums and teeth.
- ❖ It is ideal to use either lukewarm water or water at room temperature for bath and not hot water.
- ❖ At dawn look into the ochre (Kaashaayam) rays that emerge from the rising Sun which have a positive impact on the bio chemical reactions in our body. With gratitude pay obeisance to Sun God and meditate for ten minutes.
- ❖ Then walk for 75 minutes at a stretch at your own pace.
- ❖ Drink *Kashaya* (made with structured water) prescribed for your health condition on empty stomach. Ensure that it is either at room temperature or lukewarm.
- ❖ Half an hour after the intake of *Kashaya*, take in the oil (extracted using bull driven wooden press) that is prescribed for your health condition.
- ❖ Half an hour after taking oil, breakfast made of *Siridhanya* can be taken. Please ensure that the same *Siridhanya* variety is used throughout the day. The ones who wish to follow this lifestyle must necessarily give up non-vegetarian food, eggs, rice, wheat, maida (all purpose flour), sugar, milk, tea, coffee, refined oils and dry fruits.
- ❖ It is ideal for those who are forty years of age and older to restrict to two meals a day (morning - night). If required, they can take seasonal fruit and diluted buttermilk made with milk of native cow/ sesame/ coconut/ groundnuts/ safflower in the afternoon.
- ❖ If possible even in the evening try to walk for forty-five minutes to one hour, look into the ochre rays of setting sun and meditate for ten minutes.

- ❖ In the evening too, drink the same *Kashaya* as taken in the morning. Give a gap of half an hour after *Kashaya* and then have dinner. Dinner should be had at least 90 minutes before going to bed.
- ❖ Sleep in pitch dark bedroom. Avoid usage of devices with screens such as mobiles, laptops, tablets, etc., in the bedroom. Place a bucket/tub of water in the bedroom to counter the drop in humidity level on account of usage of air conditioners and fans.
- ❖ Make it a practice to spend at least sometime everyday in nature, moving amidst trees and plants. Mould and sensitise your children/grand children in such a way that caring for plants, animals and environment becomes their inherent nature. Children follow their elders.
- ❖ Every family should inculcate the habit of growing at least green leafy vegetables in their balconies or backyards. As a result even children will start loving plants and caring for the environment right from a tender age.
- ❖ It is good to discuss on useful topics with co-travellers during our journeys. We can share what little knowledge we have with them and acquire useful information from them.
- ❖ Spend at least half an hour everyday in activities that benefit others.
- ❖ Adoption of this daily routine will result in our well being and also the well-being of generations to come. It causes revitalisation, rejuvenation and regeneration of the environment of our Planet.

**NOTE:**

A detailed explanation and demonstration about the following topics,

- The right way to cook Siridhanyas,
- Foods to be consumed and foods to be avoided,
- Utensils that should be used for cooking and that are to be avoided,
- The right cooking oils and harmful oils,
- All aspects related to vegetables, greens, fruits, milk, etc.,

have all been furnished in our cookbook '**Paka Siri**' and our YouTube channel **Biophilians Kitchen**.

 **YouTube BIOPHILIANS KITCHEN**

<http://www.youtube.com/c/BIOPHILIANSKITCHEN>

## FOODS WE SHOULD CONSUME & AVOID

	<b>FIT FOR CONSUMPTION (✓)</b>	<b>UNFIT FOR CONSUMPTION (x)</b>
<b>GRAINS</b>	<p>Everyone should eat Siridhanya - the positive grains.</p> <p>Neutral grains like Finger Millet (ragi), Pearl Millet, Sorghum(jowar), Corn etc can be consumed by people who are not having any health issues.</p> <p>All dicot grains that are not genetically modified can be consumed as well by all.</p>	<p>All types of Paddy Rice, Wheat, Soya Beans, Sweet Corn should be avoided.</p>
<b>OILS/GHEE</b>	<p>Oils extracted from bull driven ghani like sesame oil, coconut oil, groundnut oil, safflower oil niger seed oil and mustard seed oil can be used.</p> <p>Homemade ghee extracted from A2 cow milk-curd (desi cow milk) can be taken. Its good for growing children.</p>	<p>Oils extracted using machinery and all types of refined oils should not be used.</p> <p>All types of ghee available in stores.</p>
<b>SALT</b>	<p>Dr. Khadar Vali advises the use of sea salt on a regular basis.</p> <p>Other natural salts such as the rock salt (from different sources) and black salt may be had occasionally to add specific flavours to the food.</p>	<p>Salts made in food factories, iodised salt.</p>
<b>SWEETENERS</b>	<p>Palm jaggery, Indian date palm jaggery, Kithul jaggery and the Kalakanda extracted from the above jaggery's.</p>	<p>One should avoid Sugarcane jaggery (including organic jaggery), sugar, honey sold in markets, artificial sweeteners.</p>

	<b>FIT FOR CONSUMPTION (✓)</b>	<b>UNFIT FOR CONSUMPTION (x)</b>
<b>DRY FRUITS, FRUITS</b>	All seasonal fruits that are grown naturally like Guava, Mango, Banana, Custard Apple, Jackfruit, Jamun (Syzygium Cumini), Passion Fruit, Sapota, Papaya etc.	Fruits that are grown in artificially created environment, dry fruits, dates, fruits imported from other countries.
<b>VEGETABLES</b>	All types of locally and naturally grown vegetables and leafy vegetables should be used as explained in the book 'PAKA SIRI'.	All vegetables imported from foreign countries and genetically modified varieties.
<b>SNACKS</b>	Laddoos made from sesame, coconut, groundnut can be taken as snacks. All the sweets and savouries made using Siridhanyas, whole pulses preparations such as chaats etc.	All types of bakery foods, chocolates, noodles, instant foods, ice creams.  Food items made from maida, sago, vermicelli, semolina should be avoided.
<b>BEVERAGES</b>	Milk extracted from finger millet, sesame seeds, coconut, groundnut.  Buttermilk, lassi made from the curds of above milk.  Curd and buttermilk made from desi cow milk (A2 milk), coconut water.	Cold drinks and the so called health drinks like Horlicks, Complan etc.

**x NON-VEGETARIAN:** There is not a single entity in non-vegetarian category that is fit for human consumption. Human digestive system is not designed for non-vegetarian food. Killing and consumption of flesh of innocent creatures like cows, sheep, hens, etc., and aquatic animals like fish, shrimps, etc., will only cause havoc to our health. Hence these don't find place in our food chart.

**NO SMOKING - NO LIQUOR**

## DISEASES - REMEDIES

### NOTE:

- Consume one sesame laddu made using palm jaggery per week. Palm jaggery can be consumed only by those diabetics who are consuming Siridhanya as staple food and are not on any medication but have their HbA1c below 8. Even if sesame seeds cannot be taken as laddu they must be included in the diet in some form or the other either as chutney powder or by adding them to curries.
- Walk as long as possible at a stretch either during sunrise or sunset.
- Follow the daily routine suggested by Dr. Khadar sir.
- Continue to take your regular medicines even as you follow this lifestyle. Never give up the medicines prescribed for your ailments by your respective doctors all of a sudden. As your medical condition improves gradually reduce the dosage of medicine as per your doctor's advice. Understand that this lifestyle helps us regain health through changes in our food habits.
- Kashayas need not be taken in the same order as mentioned in the protocol. They can be had in any order depending upon their availability. However, repeat the cycle in the same order as the first cycle. Ideally, at least 3 - 4 kashayas listed in protocol should be included. It is well and good if all in the list of a given protocol are taken.
- The only food that can wipe out all disease causing agents and restore health in human beings is Siridhanya Ambali (Fermented Porridge). Make it a practice to have Ambali at least once a day.
- Only fresh leaves are to be used for the preparation of Kashaya. Half a fistful of leaves if small in size and 3 to 4 if big in size should be taken. The leaves that are bought from outside need to be immersed in tamarind solution for about 10 minutes and later rinsed in structured water (squeeze 20 grams of tamarind in 3 litres of structured water for making the solution).
- Boil 200 ml of structured water. Then add the leaves to it and boil it for another two to three minutes on a low flame. Turn off the stove, cover it with a lid. After two to three minutes strain the kashaya using a stainless steel strainer. Add palm jaggery syrup if required and consume it lukewarm.

DISEASE	KASHAYA	SIRIDHANYA
1. Dialysis 2. Albuminuria 3. Uric Acid 4. Urethral Stricture	Abutilon indicum Leaves Coriander Leaves Punarnava Leaves Bryophyllum pinnatum Leaves Organic Banana Stem Take each variety per week - on empty stomach - and repeat the cycle.	Little - 3 days Kodo - 3 days Barnyard - 3 days Foxtail - 1 day Browntop - 1 day Dialysis patients have to take Ambali for 9 weeks.
5. Diabetes	Abutilon indicum Leaves Ivy Gourd Leaves Black Jamun Leaves Fenugreek Leaves Giloy Leaves Coriander Leaves Mint Leaves Drumstick Leaves Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
6. Thyroid 7. P.C.O.D 8. Harmonal Imbalance 9. Endometriosis 10. Fibroids/ Fibroadenoma	Drumstick Leaves or Flowers/ Tender Tamarind Leaves Betel Leaves (remove the stalk along the leaf) Pongamia pinnata Leaves Giloy Leaves Kenaf/ Roselle Leaves Abutilon indicum Leaves Take each variety per week - on empty stomach - and repeat the cycle.	Little - 3 days Kodo - 1 day Barnyard - 1 day Foxtail - 1 day Browntop - 1 day
<p><b>OILS (use atleast 3 oils):</b> Coconut Oil/ Safflower Oil/ Groundnut Oil/ Sesame Oil/ Niger Seed Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach. Repeat the cycle.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p> <p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>		

DISEASE	KASHAYA	SIRIDHANYA
11. BP 12. Heart Problems 13. Cholesterol 14. Triglycerides 15. Angina Pectoris	Bael Leaves Holy Basil (Tulsi) Leaves Coriander Leaves Opuntia dilleni/ Giloy Leaves Rauwolfia serpentine Leaves Abutilon indicum Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
<p><b>JUICES:</b> Cucumber/ Ash Gourd/ Bottle Gourd</p> <p>Consume the above mentioned juices - one variety per week - on empty stomach for nine weeks. Either the kashaya or the juice can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>		
16. Weight Gain	Mustard Seeds Fenugreek Seeds Cumin Seeds Organic Banana Stem Abutilon indicum Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Little - 3 days Kodo - 3 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
<p><b>OILS:</b> Safflower Oil/ Niger Seed Oil/ Groundnut Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach. Repeat the cycle.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p> <p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>		
<p>If one is not suffering from any health issues they can consume sorghum(jowar), proso millet that come under neutral grains. Desi corn too can be taken once in a while.</p> <p>Sprouted legumes such as green gram, bengal gram, cowpea, groundnuts should be taken each variety per week.</p> <p>The sprouts should first be steamed for 4 to 7 minutes and then be tempered.</p> <p>Just two teaspoonsful of one type of steamed and tempered sprouts should be taken once a week along with one teaspoon of steamed fenugreek/methi sprouts.</p>		



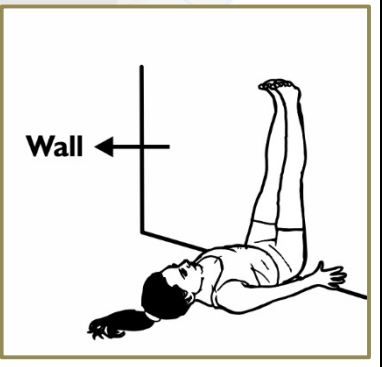
DISEASE	KASHAYA	SIRIDHANYA
17. Weight Loss 18. Hernia	Peepal Leaves Betel Leaves (remove the stalk along the leaf) Cumin Seeds Bermuda Grass Phoenix sylvestris Leaves Organic Turmeric Powder  Take each variety per week - on empty stomach - and repeat the cycle.	Little - 3 days Kodo - 3 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
19. Asthma 20. T.B. 21. Pneumonia 22. Sinusitis	Organic Turmeric Powder, Ginger, Common Rue Leaves, Neem Leaves, Bermuda Grass, Abutilon indicum Leaves, Curry Leaves, Giloy Leaves, Mugwort Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 2 days Browntop - 2 days Kodo - 1 day Little - 1 day Barnyard - 1 day
23. Parkinson's 24. Alzheimer's 25. Fits 26. Paralysis	Common Rue Leaves Organic Turmeric Powder Cinnamon, Neem Leaves Peepal Leaves, Guava Leaves Night Jasmine Leaves Abutilon indicum Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
<p><b>OILS:</b> Niger Seed Oil/ Coconut Oil/ Groundnut Oil/ Safflower Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach. Repeat the cycle.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p> <p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>		

DISEASE	KASHAYA	SIRIDHANYA
27. Stones In Kidney 28. Stones In Gall Bladder 29. Stones In Pancreas	Abutilon indicum Leaves Punarnava Leaves Coriander Leaves Organic Banana Stem Bryophyllum pinnatum Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Little - 2 days Kodo - 2 days Barnyard - 2 days Foxtail - 2 days Browntop - 2 days  Siridhanya            Ambali ensures quick recovery.
Walking is a must as it helps in dissolving stones. Walk as long as possible at a stretch either during sunrise or sunset.		
<p><b>OILS:</b> Niger Seed Oil/ Coconut Oil</p> Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach. Repeat the cycle.           Bull driven ghani oils stored in glass bottles should be used.           Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.		
30. Gastric 31. Acidity 32. Acid Reflux/ GERD	Betel Leaves <small>(remove the stalk along the leaf)</small> Pongamia pinnata Leaves Fenugreek Seeds Cumin Seeds Cassia auriculata Leaves Abutilon indicum Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 2 days Browntop - 2 days Kodo - 2 days Little - 2 days Barnyard - 2 days  Siridhanya            Ambali ensures quick recovery.
33. Liver Cleaning 34. Kidney Cleaning 35. Hepatitis A 36. Pancreas	Common Rue Leaves Fenugreek Seeds/ Leaves Bryophyllum pinnatum Leaves Punarnava Leaves Phyllanthus niruri Leaves Abutilon indicum Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Barnyard - 3 days Foxtail - 1 day Little - 1 day Kodo - 1 day Browntop - 1 day

DISEASE	KASHAYA	SIRIDHANYA
37. Joint Swelling/ Joint Pains  38. Arthritis  39. Gout	Guava Leaves Night Jasmine Leaves Bael Leaves Bermuda Grass Mint Leaves Castor Oil Leaves Tridax procumbens Leaves Pongamia pinnata Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
Apply sesame oil to the body and massage well. Try to walk as long as possible at a stretch either during sunrise or sunset.		
40. Rheumatoid Arthritis	Phoenix sylvestris Leaves Pongamia pinnata Leaves Night Jasmine Leaves Coriander Leaves Bermuda Grass Guava Leaves Kenaf/ Roselle Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
Apply sesame oil to the body and massage well. Try to walk as long as possible at a stretch either during sunrise or sunset.		
<b>SAPTAPATRA KASHAYAS</b>		
<ol style="list-style-type: none"> <li>1. Bermuda Grass</li> <li>2. Holy Basil</li> <li>3. Giloy Leaves</li> <li>4. Bael Leaves</li> <li>5. Pongamia pinnata Leaves</li> <li>6. Neem Leaves</li> <li>7. Peepal Leaves</li> </ol>	<p>For resistance from all viral infections, 7 leaf decoctions are recommended. Each for 4 days to be taken in the same order mentioned.</p> <p>Taking these Kashayas before the onset of the rainy season can protect us from viral and infectious diseases.</p>	

DISEASE	KASHAYA	SIRIDHANYA
41. Eye Problems 42. Glucoma	Dil Weed Leaves Drumstick Leaves Betel Leaves (remove the stalk along the leaf) Curry Leaves Mint Leaves Common Rue Leaves Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
	<p><b>JUICES:</b> Carrot/ Knol khol (german turnip)/ Radish (consume either with lemon juice, palm jaggery syrup or salt/pepper powder)</p> <p>Consume the above mentioned juices - one variety per week - on empty stomach for nine weeks. Either the kashaya or the juice can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p> <p>Consume each of these milk's extracted from pearl millet, coconut and sesame for 2days in a week.</p> <p>One has to see the ochre (yellowish-orange) colored sun either during sunrise or sunset for 5 minutes and then walk as long as possible at a stretch.</p>	
43. Nerve Problems 44. Vertigo 45. Sweat In Palms/ Sweat In Foot Soles 46. Stammering 47. Snoring	Bermuda Grass Guava Leaves Night Jasmine Leaves Common Rue Leaves Organic Turmeric Powder Abutilon indicum Leaves Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day
	<p><b>OILS:</b> Coconut Oil/ Sesame Oil/ Niger Seed Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach. Repeat the cycle.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p> <p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>	

DISEASE	KASHAYA	SIRIDHANYA
48. Tachycardia 49. After Heart Attack 50. Hole In Heart	Coriander Leaves Holy Basil (Tulsi) Leaves Betel Leaves (remove the stalk along the leaf) Mint Leaves Giloy Leaves Abutilon indicum Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Little - 2 days Kodo - 2 days Barnyard - 1 day Foxtail - 1 day Browntop - 1 day  Siridhanya          Ambali ensures quick recovery.
<b>JUICES:</b> Cucumber/ Ash Gourd/ Bottle Gourd		
Consume the above mentioned juices - one variety per week - on empty stomach for nine weeks. Either the kashaya or the juice can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.		
41. C4, C5 42. L4, L5 43. Sciatica	Curry Leaves Night Jasmine Leaves Guava Leaves Tamarind Leaves Abutilon indicum Leaves Pongamia pinnata Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day  Consume one sesame laddu per week.
54. Platelets Increase 55. Dengue Fever	Papaya Leaves Drumstick Leaves Tender Tamarind Leaves Night Jasmine Leaves/ Wood Apple Leaves/ Giloy Leaves Holy Basil (Tulsi) Leaves Curry Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Little - 2 days Kodo - 2 days Barnyard - 1 day Foxtail - 1 day Browntop - 1 day
<p style="color: red;">Guava fruit has been hailed as one of the super fruits due to the numerous health benefits it offers (add chilli powder while eating).</p>		

DISEASE	KASHAYA	SIRIDHANYA
56. Platelets Decrease 57. WBC Decrease	Night Jasmine Leaves Papaya Leaves Bermuda Grass Holy Basil (Tulsi) Leaves Shallots Phoenix sylvestris  Take each variety per week - on empty stomach - and repeat the cycle.	Little - 2 days Kodo - 2 days Barnyard - 2 days Foxtail - 2 days Browntop - 2 days
58. Varicose Veins 59. Varicocele 60. Hydrocele	Bael Leaves Ivy Gourd Leaves Night Jasmine Leaves Papaya Leaves Curry Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Kodo - 3 days Little - 3 days Foxtail - 1 day Browntop - 1 day Barnyard - 1 day
<p><b>JUICES:</b> Tomato/ Ivy gourd/ Capsicum</p> <p>Consume the above mentioned juices - one variety per week - on empty stomach for nine weeks. Either the kashaya or the juice can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>		
<p>Apply tomato juice over varicose veins. Clean with water after sometime.</p> <p>Hamamelis Virginica homeo ointment can be applied as well.</p> <p>Do this asana for 15 minutes daily.</p>		
<p>Phoenix sylvestris Leaves, Organic Banana Stem, Pongamia pinnata Leaves, Bermuda Grass, Mint Leaves – Kashayas made using these leaves, can be taken each variety for a week, to reduce heat in the body.</p>		

DISEASE	KASHAYA	SIRIDHANYA
61. Infertility 62. Low Sperm Count	Tamarind Leaves Drumstick Leaves Peepal Leaves Neem Leaves Betel Leaves (remove the stalk along the leaf) Abutilon indicum Leaves Mango Leaves Take each variety per week - on empty stomach - and repeat the cycle.	Little - 3 days Kodo - 1 day Barnyard - 1 day Foxtail - 1 day Browntop - 1 day
63. Constipation 64. Piles 65. Fissures 66. Fistula	Pongamia pinnata Leaves Cassia auriculata Leaves Kenaf/ Roselle Leaves Fenugreek Leaves Coriander Leaves Organic Banana Stem Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day Food to be taken as Ambali/ Gruel for six weeks.
67. Dental Problems 68. Gums Problems 69. Bleeding Gums	Phoenix sylvestris Leaves Peepal Leaves Organic Turmeric Powder Tamarind Leaves Take each variety per week - on empty stomach - and repeat the cycle.	Kodo - 3 days Little - 3 days Barnyard - 1 day Foxtail - 1 day Browntop - 1 day
<p><b>OILS:</b> Coconut Oil/ Safflower Oil/ Niger Seed Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach. Repeat the cycle.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p> <p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p> <p>Stop using plastic tooth brush and tooth paste. Instead cleanse your teeth by gently massaging your teeth and gums using active charcoal powder.</p>		

DISEASE	KASHAYA	SIRIDHANYA
70. Gums Pain 71. Dental Pain	Guava Leaves Cloves Chamomile Castor Oil Leaves Tridax procumbens Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Kodo - 3 days Little - 3 days Barnyard - 1 day Foxtail - 1 day Browntop - 1 day
72. Urine Infections 73. Prostate Problem (Men)	Bryophyllum pinnatum leaves Coriander Leaves Mint Leaves Punarnava Leaves Drumstick Leaves Common Rue Leaves Dill Weed Leaves Organic Banana Stem  Take each variety per week - on empty stomach - and repeat the cycle.	Little - 3 days Kodo - 1 day Barnyard - 1 day Foxtail - 1 day Browntop - 1 day
<p>One should compulsorily use structured water for drinking and cooking purposes.</p> <p>Buttermilk should be consumed more. Pearl millet milk, finger millet milk also work better. You can also take fenugreek seeds water. Drink coconut water, lemon water. One can even consume juices made from cucumber, ash gourd and bottle gourd on empty stomach. Kashaya made from banana (use along with skin) can be taken either on empty stomach in the morning or at night.</p> <p>After urinating, rinse the area with fermented buttermilk. After 2-3 minutes, rinse with fresh water. Follow this for a week.</p>		



DISEASE	KASHAYA	SIRIDHANYA
74. H.I.V	Phoenix sylvestris Leaves/ Bermuda Grass Giloy Leaves Pongamia pinnata Leaves Bael Leaves Phyllanthus niruri leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Kodo - 3 days Little - 1 day Foxtail - 1 day Barnyard - 1 day Browntop - 1 day  Food to be taken as Ambali for six weeks.
<p><b>OILS:</b> Coconut Oil/ Niger Seed Oil/ Groundnut Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach. Repeat the cycle.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p> <p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>		
75. Skin Problems 76. Psoriasis 77. Dry Eczema/ Weeping Eczema 78. Vitiligo 79. Ichthyosis 80. Bald Head	Aloe vera Hydrocotyle asiatica Leaves Mint Leaves Coriander Leaves Dill Weed Leaves Abutilon indicum Leaves  Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 3 days Browntop - 3 days Little - 1 day Barnyard - 1 day Kodo - 1 day
81. Alopecia Areata/ Alopecia Totallis	<p><b>OILS:</b> Sesame Oil/ Coconut Oil/ Safflower Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach. Repeat the cycle.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p> <p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p> <p>Sesame oil should be applied at the affected area in the night for mitigation of skin problems.</p>	

DISEASE	KASHAYA	SIRIDHANYA						
82. I.B.S 83. Colits 84. Crohn's Disease	Pongamia pinnata Leaves Cassia auriculata Leaves Castor Oil Leaves Fenugreek Leaves Organic Banana/ Organic Banana Stem  Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day Food to be taken as Ambali/ Gruel for nine weeks.						
85. E.S.R 86. Urticaria	Night Jasmine Leaves Papaya Leaves Curry Leaves Organic Banana Stem Abutilon indicum Leaves Fenugreek Leaves Shallots  Take each variety per week - on empty stomach - and repeat the cycle.	Little - 3 days Kodo - 3 days Barnyard - 1 day Foxtail - 1 day Browntop - 1 day						
<p><b>JUICES:</b> To increase blood levels consume the following juices for 21 days. If required consume the juice again after a gap of one week.</p> <p style="text-align: center;"><u><b>MORNING - On Empty Stomach:</b></u></p> <table border="0" style="margin-left: auto; margin-right: auto;"> <tr> <td>Carrot</td> <td style="text-align: right;">25 grams</td> </tr> <tr> <td>Beetroot</td> <td style="text-align: right;">25 grams</td> </tr> <tr> <td>Indian Gooseberry/Guava</td> <td style="text-align: right;">05 grams</td> </tr> </table> <p>Make a juice of all 3 together and mix in 250ml of water and consume.</p> <p style="text-align: center;"><u><b>EVENING - One Hour Before Dinner:</b></u></p> <p>Crush 20 curry leaves in mixer grinder or make small pieces with hand. Add them to a glass of buttermilk, wait for 15-20minutes and consume.</p> <p>Either the kashaya or the juice can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>			Carrot	25 grams	Beetroot	25 grams	Indian Gooseberry/Guava	05 grams
Carrot	25 grams							
Beetroot	25 grams							
Indian Gooseberry/Guava	05 grams							

DISEASE	KASHAYA	SIRIDHANYA						
87. Anemia	Night Jasmine Leaves Papaya Leaves Curry Leaves Fenugreek Leaves Take each variety per week - on empty stomach - and repeat the cycle.	Little - 3 days Kodo - 3 days Barnyard - 1 day Foxtail - 1 day Browntop - 1 day						
<p><b>JUICES:</b> To increase blood levels consume the following juices for 21 days. If required consume the juice again after a gap of one week.</p> <p style="text-align: center;"><b><u>MORNING - On Empty Stomach:</u></b></p> <table border="0" style="width: 100%;"> <tr> <td>Carrot</td> <td style="text-align: right;">25 grams</td> </tr> <tr> <td>Beetroot</td> <td style="text-align: right;">25 grams</td> </tr> <tr> <td>Indian Gooseberry/Guava</td> <td style="text-align: right;">05 grams</td> </tr> </table> <p>Make a juice of all 3 together and mix in 250ml of water and consume.</p> <p style="text-align: center;"><b><u>EVENING - One Hour Before Dinner:</u></b></p> <p>Crush 20 curry leaves in mixer grinder or make small pieces with hand. Add them to a glass of buttermilk, wait for 15-20 minutes and consume.</p> <p>Either the kashaya or the juice can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p> <p>Consuming sapota fruit is good for anemia. Sapota leaves can be taken even in the form of kashaya.</p>			Carrot	25 grams	Beetroot	25 grams	Indian Gooseberry/Guava	05 grams
Carrot	25 grams							
Beetroot	25 grams							
Indian Gooseberry/Guava	05 grams							
<p style="text-align: center;"><b>MIGRAINE</b></p> <p>Heat an iron pan and dry roast sesame seeds until they start to splutter. Allow them to cool. Chew them well until oil is felt in the mouth and then swallow with a glass of water. This needs to be followed consecutively for 21 days (1 cycle). If migraine persists, repeat the cycle giving a gap of 15 days after every cycle.</p> <p><b>SIRIDHANYA:</b> Each millet for 2 days.</p> <p><b>KASHAYAS:</b> Organic Turmeric Powder, Cinnamon, Common Rue. Take each variety per week - on empty stomach - and repeat the cycle.</p>								

DISEASE	KASHAYA	SIRIDHANYA
<p>88. Differently Abled Children</p> <p>89. A.D.H.D (Cerebral Palsy, Autism, Polio, Physically Disabled, etc.)</p>	<p>Bael Leaves Bermuda Grass Pongamia pinnata Leaves Organic Banana Stem Guava Leaves</p> <p>Take each variety per week - on empty stomach - and repeat the cycle.</p> <p><b>OILS:</b> Coconut Oil/ Sesame Oil/ Niger Seed Oil/ Safflower Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach. Repeat the cycle.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p> <p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>	<p>Foxtail - 2 days Browntop - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days</p> <p>Siridhanya      Ambali ensures quick recovery.</p>
<ul style="list-style-type: none"> <li>• One should compulsorily include any leafy green in daily food intake like spinach, fenugreek, punarnava etc.</li> <li>• Milk extracted from coconut, pearl millet, finger millet, sesame, safflower, groundnut can be taken each variety per week. (OR) Laddus made from coconut, sesame, groundnut, finger millet etc made using palm jaggery can be taken each variety per week.</li> <li>• Walk as long as possible at a stretch either during sunrise or sunset.</li> </ul>		
<p>90. During Pregnancy</p>	<p>Chrysanthemum Leaves Lemon Grass Mint Leaves Kenaf/ Roselle Leaves Betel Leaves (remove the stalk along the leaf) Abutilon indicum Leaves</p> <p>Take each variety per week - on empty stomach - and repeat the cycle.</p>	<p>Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days</p>

DISEASE	KASHAYA	SIRIDHANYA
91. After Pregnancy	Chrysanthemum Leaves Lemon Grass Mint Leaves Kenaf/ Roselle Leaves Take each variety per week - on empty stomach - and repeat the cycle.	Little - 3 days Kodo - 1 day Barnyard - 1 day Foxtail - 1 day Browntop - 1 day Pearl Millet - Daily once
	Consume 4 to 5 castor seeds twice or thrice a week after removing the outer shell of the seed. Foxtail millet has a tendency to reduce the production of milk in few lactating mothers. Consume kenaf dal, kenaf pickle and other pickles too regularly.	
92. S.L.E	Phoenix sylvestris Leaves Bael Leaves Bermuda Grass Abutilon indicum Leaves Pongamia pinnata Leaves Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 3 days Browntop - 3 days Little - 1 day Kodo - 1 day Barnyard - 1 day Take food as Ambali for nine weeks.
	<b>OILS:</b> Coconut Oil/ Safflower Oil/ Niger Seed Oil Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach. Repeat the cycle. Bull driven ghani oils stored in glass bottles should be used. Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.	
<p style="text-align: center;"><b>FEW KASHAYAS – THEIR BENEFITS</b></p> Diarrhoea – Fenugreek Seeds, Pongamia pinnata Leaves, Cassia auriculata Leaves Indigestion – Fenugreek Leaves, Cumin Seeds, Betel Leaves (remove the stalk along the leaf) Vomiting – Carom Seeds, Holy Basil (Tulsi) Leaves Bad Breath – Mustard Seeds, Pongamia pinnata Leaves, Betel Leaves (remove the stalk along the leaf)		

DISEASE	KASHAYA	SIRIDHANYA
93. Fatty Liver 94. Spleen Problems 95. Pancreatitis	Common Rue Leaves Mint Leaves Bael Leaves Betel Leaves (remove the stalk along the leaf) Abutilon indicum Leaves Take each variety per week - on empty stomach - and repeat the cycle.	Barnyard - 3 days Little - 3 days Kodo - 3 days Foxtail - 1 day Browntop - 1 day
<p><b>OILS:</b> Coconut Oil/ Safflower Oil/ Niger Seed Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach. Repeat the cycle.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p> <p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>		
96. Chikungunya	Bermuda Grass Chamomile Tea Common Rue Leaves Guava Leaves Night Jasmine Leaves Abutilon indicum Leaves Chrysanthemum Leaves (home grown) Take each variety per week - on empty stomach - and repeat the cycle.	Foxtail - 3 days Browntop - 3 days Little - 1 day Barnyard - 1 day Kodo - 1 day
97. Viral Fevers Malaria Typhoid	Common Rue/ Giloy Leaves Night Jasmine Leaves Mugwort Leaves Take each variety per day (thrice a day) on empty stomach.	Ambali/ Gruel of Kodo and Little millets should be taken on alternate days for a period of ten days.
98. H1N1 99. H5N1	Peepal Leaves Night Jasmine Leaves Holy Basil Leaves Take each variety per week - on empty stomach - and repeat the cycle.	Ambali/ Gruel of Kodo and Little millets should be taken on alternate days for a period of ten days.

## RARE DISEASES

VERY FEW PATIENTS ARE BEING TREATED BY DR. KHADARVALI

DISEASE	OILS	KASHAYA	SIRIDHANYA
<p>100. Motor Neuron Disease (MND)</p>	<p>Coconut Oil Sesame Oil Niger Seed Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p>	<p>Organic Turmeric Bael Leaves Betel Leaves (remove the stalk along the leaf) Common Rue Leaves Bermuda Grass Night Jasmine Leaves</p> <p>Take each variety per week - on empty stomach - and repeat the cycle.</p>	<p>Foxtail - 3 days Browntop - 3 days Little - 1 day Barnyard - 1 day Kodo - 1 day</p> <p>Food to be taken as Ambali for 9 weeks.</p>
<p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>			
<p>101. Muscular Dystrophy</p>	<p>Niger Seed Oil Coconut Oil Sesame Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p>	<p>Organic Turmeric Common Rue Leaves Bermuda Grass Guava Leaves Night Jasmine Leaves Abutilon indicum Leaves</p> <p>Take each variety per week - on empty stomach - and repeat the cycle.</p>	<p>Foxtail - 2 days Browntop - 2 days Little - 1 day Barnyard - 1 day Kodo - 1 day</p> <p>Food to be taken as Ambali for 9 weeks.</p>
<p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>			

DISEASE	OILS	KASHAYA	SIRIDHANYA
<p>102. Scleroderma</p>	<p>Coconut Oil Sesame Oil Groundnut Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p>	<p>Phoenix sylvestris Leaves Hydrocotyle asiatica Leaves Bermuda Grass Night Jasmine Leaves Guava Leaves</p> <p>Take each variety per week on empty stomach and repeat the cycle.</p>	<p>Foxtail - 2 days Browntop - 2 days Little - 1 day Barnyard - 1 day Kodo - 1 day</p> <p>Food to be taken as Ambali for 9 weeks.</p>
<p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>			
<p>103. Multiple Sclerosis</p>	<p>Coconut Oil Sesame Oil Safflower Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p>	<p>Phoenix sylvestris Leaves Bael Leaves Night Jasmine Leaves Bermuda Grass Kenaf/ Roselle Leaves</p> <p>Take each variety per week on empty stomach and repeat the cycle.</p>	<p>Foxtail - 2 days Browntop - 2 days Little - 2 days Barnyard - 2 days Kodo - 2 days</p> <p>Food to be taken as Ambali for 9 weeks.</p>
<p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>			



DISEASE	OILS	KASHAYA	SIRIDHANYA
<p>104. Ankylosing Spondylitis</p>	<p>Safflower Oil Niger seeds Oil Groundnut Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p>	<p>Banyan Leaves Lemon Grass Mango Leaves Holy Basil (Tulsi) Leaves</p> <p>Take each variety per week on empty stomach and repeat the cycle.</p>	<p>Browntop - 2 days Kodo - 2 days Barnyard - 2 days Little - 2 days Foxtail - 2 days</p> <p>Food to be taken as Ambali for 9 weeks.</p>
<p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>			
<p>105. Myasthenia Gravis</p>	<p>Sesame Oil Coconut Oil Niger Seed Oil</p> <p>Consume 2 - 3 teaspoons of these oils - one variety per week - on empty stomach.</p> <p>Bull driven ghani oils stored in glass bottles should be used.</p>	<p>Phoenix sylvestris Leaves Bermuda Grass Drumstick Leaves Curry Leaves Tamarind Leaves</p> <p>Take each variety per week on empty stomach and repeat the cycle.</p>	<p>Foxtail - 2 days Browntop - 2 days Little - 2 days Barnyard - 2 days Kodo - 2 days</p> <p>Food to be taken as Ambali for 9 weeks.</p>
<p>Either the kashaya or the oil can be consumed as the first thing in the morning by maintaining a gap of 30 minutes between the two.</p>			

## CANCER

### NOTE:

- The only food that can wipe out all disease causing agents and restore health in human beings is Siridhanya Ambali (Fermented Porridge). Consume food as Ambali for atleast six weeks. Later make it a practice to have Ambali at least once a day.
- Consume one sesame laddu made using palm jaggery per week. Palm jaggery can be consumed only by those diabetics who are consuming Siridhanya as staple food and are not on any medication but have their HbA1c below 8. Even if sesame seeds cannot be taken as laddu they must be included in the diet in some form or the other either as chutney powder or by adding them to curries.
- Walk as long as possible at a stretch either during sunrise or sunset.
- Follow the daily routine suggested by Dr. Khadar sir.
- Continue to take your regular medicines even as you follow this lifestyle. Never give up the medicines prescribed for your ailments by your respective doctors all of a sudden. As your medical condition improves gradually reduce the dosage of medicine as per your doctor's advice. Understand that this lifestyle helps us regain health through changes in our food habits.
- In case of metastasised cancer, the patient needs to follow the cancer protocol of that organ where the cancer is found to be acute.

Preparation of Ambali - Its Importance (English)

<https://youtu.be/|2RwgYeLE7A>

अम्बली बनाने की विधि - इसका महत्व (हिंदी)

<https://youtu.be/zzB1IPX8Iqk>

Can Siridhanya Ambali Be Refrigerated? When To Add Salt To Ambali? - Explanation Given By Dr. Khadar Vali.

<https://youtu.be/gwkSQihONvY>

CANCER	KASHAYAS		SIRIDHANYA
	MORNING - EVENING	AFTERNOON	
1. Lungs	Night Jasmine Leaves Peepal Leaves Guava Leaves	Ginger Organic Turmeric Powder Mugwort Leaves	Foxtail - 2 days Little - 2 days Kodo - 1 day Barnyard - 1 day Browntop - 1 day
	Take each variety per week - on empty stomach - and repeat the cycle.		
2. Bone	Night Jasmine Leaves Peepal Leaves Guava Leaves	Fenugreek Leaves Mint Leaves Curry Leaves	Browntop - 2 days Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day
	Take each variety per week - on empty stomach - and repeat the cycle.		
3. Brain	Night Jasmine Leaves Peepal Leaves Guava Leaves	Common Rue Cinnamon Organic Turmeric Powder	Browntop - 2 days Little - 2 days Kodo - 2 days Foxtail - 2 days Barnyard - 2 days
	Take each variety per week - on empty stomach - and repeat the cycle.		
4. Blood	Night Jasmine Leaves Peepal Leaves Guava Leaves	Curry Leaves Betel Leaves (remove the stalk along the leaf) Papaya Leaves	Kodo - 3 days Browntop - 1 day Little - 1 day Foxtail - 1 day Barnyard - 1 day
	Take each variety per week - on empty stomach - and repeat the cycle.		
5. Kidneys Prostrate	Night Jasmine Leaves Peepal Leaves Guava Leaves	Punarnava Leaves Coriander Leaves Organic Banana Stem	Browntop - 2 days Little - 2 days Barnyard - 2 days Kodo - 1 day Foxtail - 1 day
	Take each variety per week - on empty stomach - and repeat the cycle.		

CANCER	KASHAYAS		SIRIDHANYA
	MORNING - EVENING	AFTERNOON	
6. Breast Lymph Nodes	Night Jasmine Leaves Peepal Leaves Guava Leaves	Pongamia pinnata Leaves Neem Leaves Kenaf/Roselle Leaves	Browntop - 2 days Kodo - 2 days Little - 2 days Foxtail - 2 days Barnyard - 2 days
	Take each variety per week - on empty stomach - and repeat the cycle.		
7. Mouth	Night Jasmine Leaves Peepal Leaves Guava Leaves	Mint Leaves Ginger Phoenix sylvestris Leaves	Foxtail - 2 days Little - 2 days Browntop - 2 days Kodo - 2 days Barnyard - 2 days
	Take each variety per week - on empty stomach - and repeat the cycle.		
8a. Thyroid 8b. Pancreas 8c. Remaining Endocrine Glands	Night Jasmine Leaves Peepal Leaves Guava Leaves	Camomile leaves Tender tamarind leaves or Drumstick flowers/ leaves	Kodo - 2 days Little - 2 days Browntop - 1 day Foxtail - 1 day Barnyard - 1 day
	Take each variety per week - on empty stomach - and repeat the cycle.		
9. Stomach	Night Jasmine Leaves Peepal Leaves Guava Leaves	Organic Banana Stem Fenugreek Leaves Pongamia pinnata Leaves	Browntop - 2 days Foxtail - 2 days Kodo - 1 day Little - 1 day Barnyard - 1 day
	Take each variety per week - on empty stomach - and repeat the cycle.		
10. Skin	Night Jasmine Leaves Peepal Leaves Guava Leaves	Onion Stem Aloe vera Hydrocotyle asiatica Leaves	Kodo - 2 days Browntop - 2 days Little - 1 day Foxtail - 1 day Barnyard - 1 day
	Take each variety per week - on empty stomach - and repeat the cycle.		

CANCER	KASHAYAS		SIRIDHANYA
	MORNING - EVENING	AFTERNOON	
11. Intestine Rectal	Night Jasmine Leaves Peepal Leaves Guava Leaves	Pongamia pinnata Leaves Fenugreek Leaves Cassia auriculate Leaves	Browntop - 2 days Kodo - 2 days Barnyard - 2 days Foxtail - 1 day Little - 1 day
	Take each variety per week - on empty stomach - and repeat the cycle.		
12. Oesophagus	Night Jasmine Leaves Peepal Leaves Guava Leaves	Mint Leaves Ginger Phoenix sylvestris Leaves	Kodo - 2 days Little - 2 days Browntop - 2 days Foxtail - 1 day Barnyard - 1 day
	Take each variety per week - on empty stomach - and repeat the cycle.		
13. Liver	Night Jasmine Leaves Peepal Leaves Guava Leaves	Common Rue Leaves Fenugreek Leaves Phyllanthus niruri Leaves	Barnyard - 2 days Kodo - 2 days Browntop - 2 days Foxtail - 1 day Little - 1 day
	Take each variety per week - on empty stomach - and repeat the cycle.		
14. Uterus Cervical	Night Jasmine Leaves Peepal Leaves Guava Leaves	Papaya Leaves Betel Leaves (remove the stalk along the leaf) Abutilon indicum Leaves	Little - 3 days Kodo - 1 day Barnyard - 1 day Browntop - 1 day Foxtail - 1 day
	Take each variety per week - on empty stomach - and repeat the cycle.		

This is an invitation to all those interested in learning healthy and tasty Siridhanya recipes. This is a platform where you can find all the Youtube links to access the recipes introduced by Dr. Sarala garu through "Millet Magic" as well as the recipes from "Biophilians Kitchen". All the recipes shared here are made by strictly adhering to the methods and processes advised and approved by Dr. Khadar Vali.

<https://www.facebook.com/groups/biophilianskitchen/>



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### Millet Magic Launch

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We are excited to launch our YouTube channel in which we will be sharing exclusive millet recipes and information based on Dr khadar's guidelines for a healthy living.

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<https://www.youtube.com/channel/UCBrHICLFeM9Sv7JJHZXV3yg>

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# BIOPHILIANS KITCHEN

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SOFT & TASTY SIRI IDLI'S WITHOUT RICE, POHA    Dr... 14:00	సీరి ఇడ్లీలు లేకుండా పోహం రవ్వతో తయారై సువాసన రుచికరమైన ఇట్ల తయారీ... 13:45	డా. ఖాదర్ గారి జీవన రేఖలు - ఆల్ ఇండియా రేడియో... 10:51	KASHAYAS & THEIR IMPORTANCE - Dr. KhadarVali Thane Sep 09 2019 6:26

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