

Dr Khadar Lifestyle (The Siri Jeevana)

The Science and Art of Living

Dr. Khadar Dr. Sarala

Contents

- + About Dr. Khadar
- + About Dr. Sarala Bangalore
- + Nutritional contents of Millets
- + Benefits of Positive Millets
- + Names of Positive Millets in other languages
- + Daily routine in Dr Khadar Lifestyle
- + Dos and don'ts in Food
- + Various health issues and remedies
- + Special diseases protocols
- + Siridhanya and Kashaya for curing cancer
- + Vitamins
- + About Bull driven Ghani Cooking Oils - Healthy oils.
- + Botanical names and common names of medicinal plants



Prepared by Padmaja Umadhar Under the guidance of Dr Khadar.

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 Khadar 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 Khadar 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 Khadar 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 Khadar 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 Khadar in his cause.

About Dr. Sarala



Dr. Sarala who is daughter of Dr. 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 (B3) mg | Riboflavin (B2) mg | Thiamine (B1) mg | Carotene ug | Iron mg | Calcium g | Phosphorous g | Protein g | Minerals g | Carbohydrate g | Fiber g | Carbohydrate / Fiber Ratio |
|--|-------------------|-----------------------|---------------------|----------------|------------|--------------|------------------|--------------|---------------|-------------------|------------|-------------------------------|
| Positive Grains | | | | | | | | | | | | |
| 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 |
| Neutral Grains | | | | | | | | | | | | |
| Pearl Millet | 2.3 | 0.25 | 0.33 | 132 | 8.0 | 0.05 | 0.35 | 11.6 | 2.3 | 67.1 | 1.2 | 55.91 |
| 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 |
| Negative Grains | | | | | | | | | | | | |
| 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 |



Foxtail Millet 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 Millet 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 | Arka | Arikelu |
| Little Millet | Kutki | Vari | Samai | Saame | Samulu |
| Foxtail Millet | Kakum | Rala | Tenai | Navane | Korra |
| Brown top Millet | Makra or Muradh | - | Palapul or Kula samai | Korale | Andu korralu |

Join Facebook



<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 every life form 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 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

Food dos & don'ts

| | Do's (✓) | Don'ts (✗) |
|--------------------|--|--|
| 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...!”

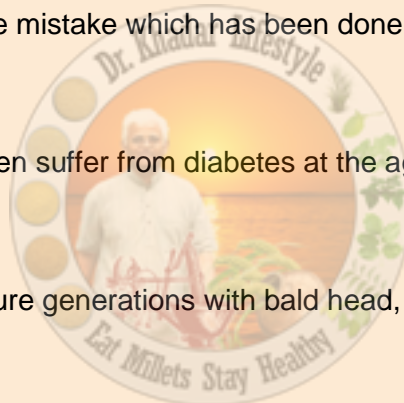
-Dr. Khadar Vali

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 of 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 practices of monoculture, use lots of water, chemical fertilizers and invite more insect pests which further lead to use of more chemical pesticides. These practices 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 happen 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>

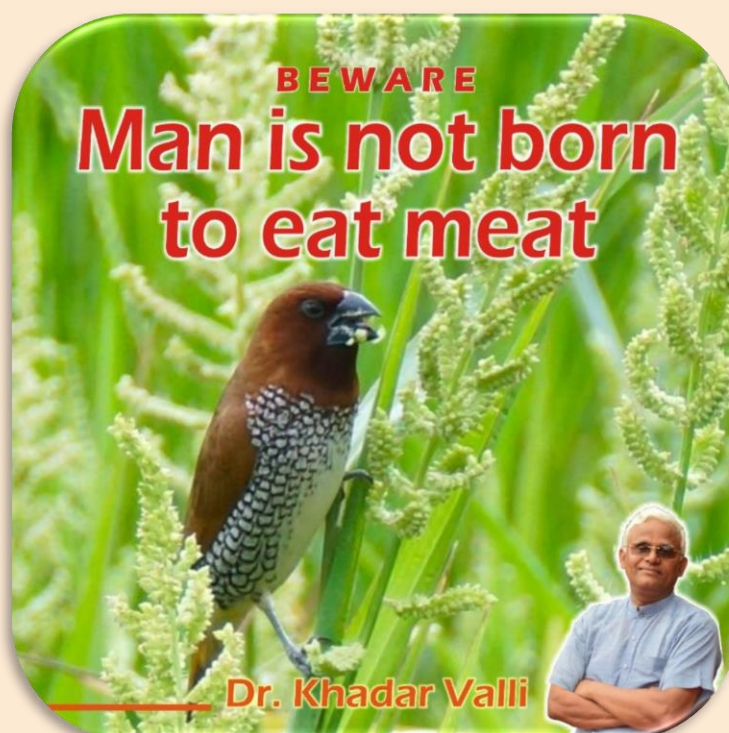
Special Note: When any health issue is exacerbated, it is more effective to consume Siridhanyas in the form of Ambali (fermented gruel) for the first 6 to 9 weeks of starting any protocol.

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).

YouTube <https://youtu.be/NQZTuH49zrM>

- 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 | Uric acid | | | | |
| 5 | Urethral structure | | | | |
| 6 | Diabetes | | | Tinospora cordifolia, jamun leaves, Ivy gourd leaves, Mint, Drumstick leaves, Abutilon indicum, Fenugreek leaves, Coriander leaves 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 |
| 7 | Thyroid | Drumstick leaves, Tender tamarind leaves, Betel leaves (Remove the petiole), Pongamia pinnata, Roselle, Abutilon indicum, Tinospora cordifolia 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 | | |
| 8 | P.C.O.D | | | | |
| 9 | Hormonal Imbalance | | | | |
| 10 | Endometriosis | | | | |
| 11 | Fibroid/ Fibro adenoma | <p>Oils: (At least 3 types of oils) Coconut oil/ Safflower oil/ Peanut 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> | | | |
| 12 | B.P | Holy basil, Aegle marmelos, Coriander, Sarpagandha, Opuntia dilleni, Abutilon indicum leaves, Tinospora cordifolia 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 | | |
| 13 | Heart related | | | | |
| 14 | Cholesterol | | | | |
| 15 | Triglycerides | | | | |
| 16 | Angina Pectoris | | | <p>Juices: 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> | |

“I do not drink coffee and tea. So I am fighting Global Warming”

-Dr Khadar Valli

| Health issue | | Decoctions | Millets |
|--|--|---|---|
| 17 | Obesity / Weight loss | Peepal, Betel leaves (Remove the petiole), Cumin seeds, Bermuda grass, Wild date palm leaves, organic turmeric powder or turmeric bulb. | Little millet - 3 days Kodo millet - 3 days Barnyard millet - 1 day Foxtail millet - 1 day |
| 18 | Hernia | Consume all above decoctions one week each and repeat the cycle | Brown top millet - 1 day |
| 19 | Weight gain (Underweight) | Mustard seeds, Fenugreek seeds, Cumin seeds, 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>Oils : 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> | | | |
| 20 | Asthma | Organic turmeric powder or turmeric root, Organic ginger, Ruta graveolens, Neem, Curry leaves, Bermuda grass, Abutilon indicum, Tinospora cordifolia, Japanese Mugwort leaves | Foxtail millet - 2 days Brown top millet - 2 days |
| 21 | T.B. | | Barnyard millet - 1 day Kodo millet - 1 day |
| 22 | Pneumonia | | Little millet - 1 day |
| 23 | Sinusitis | Consume all above decoctions one week each and repeat the cycle | |
| | Respiratory related issues | | |
| 24 | Gastric Problems | Betel leaves (Remove the petiole), Fenugreek leaves, Pongamia pinnata leaves, Cumin seeds, Senna leaves, Abutilon indicum | Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days |
| 25 | Acidity | | Kodo millet - 2 days Little millet - 2 days |
| 26 | GERD (Gastro esophageal reflex disease)/ Acid reflux | | The best way to consume millets in the form of fermented porridge for 5 to 6 weeks |

| Health issue | | Decoctions | Millets |
|--------------|---------------------|---|--|
| 27 | Parkinson's | Guava leaves, Nyctanthes arbor-tristis, Peepal, Ruta graveolens, Neem, Cinnamon sticks, Organic turmeric powder or turmeric bulb, Abutilon indicum leaves Consume all above decoctions one week each and repeat the cycle | Foxtail millet - 3 days |
| 28 | Alzheimer's | | Brown top millet - 3 days |
| 29 | Fits | | Barnyard millet - 1 day |
| 30 | Paralysis | | Kodo millet - 1 day Little millet - 1 day |
| | | <p>Oils : 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> | |
| 31 | Kidney stones | Coriander leaves, Boerhavia diffusa, Bryophyllum pinnatum, Banana stem, Pongamia pinnata, Abutilon indicum Consume all above decoctions one week each and repeat the cycle | Foxtail millet - 2 days |
| 32 | Gall bladder stones | | Brown top millet - 2 days |
| 33 | Pancreas stones | | Barnyard millet - 2 days Kodo millet - 2 days Little millet - 2 days |
| | | <p>The best way to consume millets in the form of fermented porridge for 5 to 6 weeks</p> <p>Oils: Niger seed oil/ Coconut 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> | |
| 34 | Eye problems | Dill weed leaves, Drumstick leaves, Mint leaves, Curry leaves, Betel leaves (Remove the petiole), Ruta graveolens Consume all above decoctions one week each and repeat the cycle | Foxtail millet - 3 days |
| 35 | Glaucoma | | Brown top millet - 3 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day |
| | | <p>Juices: Carrot/ Knol khol/ Radish (Can take with lemon juice, palm jaggery or with salt/ pepper powder)</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 30 mins between decoctions and juices.</p> <p>Plant based Milk: Take weekly 2 days coconut milk, 2 days sesame milk, 2 days pearl millet milk.</p> <p>Daily see orange colour sun during sunrise and sunset for 5 mins.</p> | |

Roselle decoction is very good for women related health problems

| Health issue | | Decoctions | Millets |
|--|-------------------------------------|---|---|
| 36 | Liver Cleaning | Ruta graveolens, Fenugreek seeds or leaves, Bryophyllum pinnatum, Boerhavia diffusa, Phyllanthus niruri, Abutilon indicum | Barnyard millet - 3 days Kodo millet - 1 day Little millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day |
| 37 | Kidney Cleaning | Consume all above decoctions one week each and repeat the cycle | |
| 38 | Pancreas | | |
| 39 | Hepatitis A and B | | |
| 40 | Nerve 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 Kodo millet - 1 day Little millet - 1 day |
| 41 | Vertigo and Migraine | Consume all above decoctions one week each and repeat the cycle | |
| 42 | Sweat in Palms/ Sweat in Foot soles | | |
| 43 | Snoring | | |
| 44 | Stammering Hearing Problems | | |
| <p>Oils: Coconut 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</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>Migraine: 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> | | | |
| 45 | Tachy cardia | Coriander leaves, Holy basil, Betel leaves (Remove the petiole), Mint, Tinospora cordifolia, Abutilon indicum Consume all above decoctions one week each and repeat the cycle | Little millet - 2 days Kodo millet - 2 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day |
| 46 | After Heart attack | | |
| 47 | Hole in the Heart | | |
| | | The best way to consume millets in the form of fermented porridge for 5 to 6 weeks | |
| <p>Juices: 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.</p> | | | |

| Health issue | | Decoctions | Millets |
|--------------|--------------------|---|--|
| 48 | C4, C5 | Curry leaves, Nyctanthes arbor-tristis, Guava leaves, Abutilon indicum, Pongamia pinnata, Tender tamarind leaves | Foxtail millet - 3 days |
| 49 | L4, L5 | | Brown top millet - 3 days |
| 50 | Sciatica | | Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day |
| | | | Take weekly one sesame laddu made with palm jaggery |
| 51 | Varicose veins | Aegle marmelos, Ivy gourd leaves, Nyctanthes arbor-tristis leaves, papaya leaves, Curry leaves | Little millet - 3 days |
| 52 | Varicocele | | Kodo millet - 3 days |
| 53 | Hydrocele | | Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day |
| | | <p>Juices: 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> | |
| | | Apply tomato juice on varicose veins and wash it after some time. Apply homeo medicine Hamamelis Virginica . | |
| 54 | Platelets Increase | Nyctanthes arbor-tristis, Papaya leaves, Curry leaves, Drumstick leaves, Holy basil, Tinospora cordifolia, Tender tamarind leaves, Aegle marmelos | Little millet - 2 days |
| 55 | Dengue fever | | Kodo millet - 2 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day |
| 56 | Platelets decrease | Nyctanthes arbor-tristis, Papaya leaves, Holy basil, Bermuda grass, Wild date palm, Sambar onion, Drumstick leaves, Tender tamarind leaves | Little millet - 2 days |
| 57 | WBC decrease | | Kodo millet - 2 days Barnyard millet - 2 days Foxtail millet - 2 days Brown top millet - 2 days |
| 58 | Infertility | Tender tamarind, Drumstick leaves, Peepal leaves, Neem leaves, betel leaves (Remove the petiole), Abutilon indicum, Mango leaves | Little millet - 3 days |
| 59 | Low Sperm count | | Kodo millet - 1 day Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day |
| | | <p>Oils: 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> | |

| Health issue | | Decoctions | Millets |
|--------------|-----------------|---|--|
| 60 | Constipation | Pongamia pinnata, Senna, Roselle, Fenugreek leaves, Coriander leaves, Banana stem | Foxtail millet - 3 days Brown top millet - 3 days |
| 61 | Piles | Consume all above decoctions one week each and repeat the cycle | Barnyard millet - 1 day Kodo millet - 1 day |
| 62 | Fistula | | Little millet - 1 day |
| 63 | Fissures | | The best way to consume millets in the form of fermented porridge for 5 to 6 weeks |
| 64 | Urine infection | Bryophyllum pinnatum, Coriander leaves, Mint, Boerhavia diffusa, Drumstick leaves, Ruta graveolens, Dillweed leaves, Banana stem. | Little millet - 3 days Kodo millet - 1 day |
| 65 | Prostate (Men) | | 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 Banana stem 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. | |
| 66 | HIV | Wild date palm leaves, Bermuda grass, Tinospora cordifolia, Pongamia pinnata, Aegle marmelos, Phyllanthus niruri leaves | 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 |
| | | Oils: 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. | |

**“From Nature Arises Forest,
From Forest Comes Agriculture,
From Agriculture Grows Food,
From Food Comes Health,
From Health Raises Civil Society.”**

-Dr. Khadar Valli

| Health issue | | Decoctions | Millets |
|--------------|--------------------------------------|--|---|
| 67 | Skin problems | Aloe vera, Centella asiatica, Mint, coriander, Dill weed, Abutilon indicum | Foxtail millet - 3 days Brown top millet - 3 days |
| 68 | Psoriasis | Consume all above decoctions one week each and repeat the cycle | Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day |
| 69 | Eczema dry/weeping | | |
| 70 | Vitiligo | | |
| 71 | Ichthyosis | Oils : Sesame oil / Coconut oil / Safflower oil | |
| 72 | Bald Head | 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 | |
| 73 | Alopecia Areta/ Alopecia Totallis | Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers. | |
| | | Daily Night apply Sesame Oil to the affected area. | |
| 74 | E.S.R | Nyctanthes arbor-tristis, Papaya leaves, Curry leaves, Abutilon indicum, Banana stem, Sambar onion, Fenugreek leaves | Kodo millet - 3 days Little millet - 3 days |
| 75 | Urticaria | | Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day |
| | | Consume all above decoctions one week each and repeat the cycle | |
| | | Juices : Take the below juices for 21 days give one-week gap and again you can take the juices. | |
| | | Morning:- (1 hour Before Breakfast) | |
| | | Carrot - 25 gm Beetroot - 25 gm Guava / Gooseberry - 5 g | |
| | | Grind all above mixture and add 200 ml water to prepare Juice. | |
| | | Evening:- (1 hour Before Dinner) | |
| | | 20 Curry leaves (Grinded) | |
| | | Soak these in Butter milk for 30 mins and Consume. | |
| 76 | I.B.S | Pongamia pinnata, Senna, Castor leaves, Fenugreek leaves, Banana stem | Foxtail millet - 3 days Brown top millet - 3 days |
| 77 | Colitis | | Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day |
| 78 | Crohn's disease | | |
| | | The best way to consume millets in the form of fermented porridge for 5 to 6 weeks | |

| Health issue | | Decoctions | Millet |
|--|-----------------|---|---|
| 79 | Anemia | Nyctanthes arbor-tristis, Papaya leaves, Curry leaves, Fenugreek leaves Consume all above decoctions one week each and repeat the cycle | Kodo millet - 3 days Little millet - 3 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day |
| | | <p>Juices : Take the below juices for 21 days give one-week gap and again you can take the juices.</p> <p>Morning: (1 hour Before Breakfast)</p> <p>Carrot - 25 gm Beetroot - 25 gm Guava / Gooseberry - 5 gm</p> <p>Grind all above mixture and add 200 ml water to prepare Juice.</p> <p>Evening: (1 hour Before Dinner) 20 Curry leaves (Grinded)</p> <p>Soak these in Butter milk for 30 mins and Consume.</p> | |
| 80 | Dental problems | Wild date palm leaves, Tender tamarind leaves, Pongamia pinnata, Organic turmeric powder or Bulb, Peepal | Kodo millet - 3 days Little millet - 3 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day |
| 81 | Gum problems | Consume all above decoctions one week each and repeat the cycle | |
| 82 | Bleeding gums | | |
| Stop using tooth paste and clean the teeth and gums with activated charcoal powder by using fingers. | | | |
| 83 | Gums pain | Guava leaves, Cloves, Chamomile leaves, Pongamia pinnata leaves, Tridax procumbens leaves | Kodo millet - 3 days Little millet - 3 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day |
| 84 | Dental pain | Consume all above decoctions one week each and repeat the cycle | |
| Stop using tooth paste and clean the teeth and gums with activated charcoal powder by using fingers. | | | |
| 85 | Chikungunya | Bermuda grass, Ruta graveolens, Chamomile leaves, Guava leaves, Nyctanthes arbor-tristis, Abutilon indicum, Chrysanthemum leaves (home grown) 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 |

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 |
|-----|-------------------------------|---|---|
| 86 | Lupus, S.L.E | 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 The best way to consume millets in the form of fermented porridge for 5 to 6 weeks |
| | | <p>Oils: 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> | |
| 87 | H1 N1 | Peepal, Nyctanthes arbor-tristis , Holy basil | Millet Porridge : 10 days |
| 88 | H5 N1 | Consume all above decoctions one week each and repeat the cycle | Kodo millet – 1 day Little millet – 1 day |
| 89 | Joint Swellings / Joint pains | Guava leaves, Nyctanthes arbor-tristis, Aegle marmelos, Bermuda grass, Mint leaves, Tridax procumbens leaves, Castor Oil leaves, Pongamia pinnata leaves. | Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day |
| 90 | Arthritis | Consume all above decoctions one week each and repeat the cycle | |
| | | Apply Sesame Oil to the body and massage well. Try to walk as long as possible at a stretch either during sunrise or sunset. | |
| 91. | Rheumatoid Arthritis | Silver date palm leaves, Pongamia pinnata leaves, Nyctanthes arbor-tristis leaves, Coriander leaves, Bermuda grass, Guava 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 |
| | | Apply Sesame Oil to the body and massage well. Try to walk as long as possible at a stretch either during sunrise or sunset. | |

Common problems

Diarrhoea – Fenugreek Seeds, Pongamia pinnata Leaves, Senna Leaves

Indigestion – Fenugreek Leaves, Cumin Seeds, Betel Leaves (remove the petiole)

Vomitings – Carom Seeds, Holy Basil (Tulsi) Leaves

Bad Breath – Mustard Seeds, Pongamia pinnata Leaves, Betel Leaves (remove the petiole)

| | Health issue | Decoctions | Millets |
|----|---|---|--|
| 92 | Viral fevers: Malaria Typhoid | Morning and Evening: Tinospora cordifolia - 1 day Ruta graveolens - 1 day Nyctanthes arbor- tristis - 1 day Japanese mugwort - 1 day (Repeat the cycle) | Ambali / Gruel of Kodo and Little millets should be taken on alternative days for ten days. |
| 93 | Fatty liver | Ruta graveolens, Mint leaves, Aegle marmelos, Betel leaves (Remove the petiole), Abutilon indicum | Kodo millet - 3 days Little millet - 3 days |
| 94 | Spleen | Consume all above decoctions one week each and repeat the cycle | Barnyard millet - 3 days Foxtail millet - 1 day |
| 95 | Pancreatitis | | Brown top millet - 1 day |
| | | <p>Oils : 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> | |
| 96 | Differently abled | Aegle marmelos, Bermuda grass, Pongamia pinnata, Banana stem, Guava leaves | Foxtail millet - 2 days Brown top millet - 2 days Barnyard millet - 2 days |
| 97 | Autism Cerebral palsy Polio Physically disabled A.D.H.D | Consume all above decoctions one week each and repeat the cycle | Kodo millet - 2 days Little millet - 2 days |
| | | <p>The best way to consume millets in the form of fermented porridge for 5 to 6 weeks</p> | |
| | | <p>Oils : 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> | |
| 98 | During Pregnancy | Chrysanthemum leaves, Abutilon indicum, Betel leaves (Remove the petiole), Roselle, Lemon grass, Mint 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 |

“Any Science is not against life, If so it is no Science at all”

-Dr. Khadar Valli

| | Health issue | Decoctions | Millets |
|------|---|---|---|
| 99 | Lipoma | <p>Wild Date, Giloy, Castor Oil Leaves, Banana Stem, Boerhavia diffusa</p> <p>Consume all above decoctions one week each and repeat the cycle</p> | <p>Barnyard millet - 2 days Kodo millet - 2 days Foxtail millet - 1 day Browntop millet - 1 day Little millet - 1 day</p> <p>The best way to consume millets in the form of fermented porridge for 5 to 6 weeks</p> |
| | | <p>Oils: Gound nut / 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> | |
| 100 | Accident/ Ligament tear/Bone fracture: | <p>Common rue, Coat buttons, Moringa, Curry leaves</p> <p>Consume all above decoctions one week each and repeat the cycle</p> | <p>Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day</p> |
| 101 | Gangrene | <p>Chrysanthemum leaves, Tridax Procumbens, Marigold leaves, Coriander leaves, Nyctanthes Arbor leaves</p> <p>Consume all above decoctions one week each and repeat the cycle</p> | <p>Kodo millet - 3 days Little millet - 3 days Foxtail millet - 1 day Brown top millet - 1 day Barnyard millet - 1 day</p> |
| | | <p>Use the leaves of Chrysanthemum and Marigold home grown only.</p> <p>Take weekly one sesame laddu which is made up of palm jaggery</p> <p>Walking is mandatory.</p> | |
| 102. | Auto immune diseases | <p>Aegle marmelos, Bermuda grass, Palm date leaves, Tinospora Cordifolia, Abutilon indicum.</p> <p>Consume all above decoctions one week each and repeat the cycle</p> | <p>Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day</p> |
| | | <p>Oils: 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> | |

| Health issue | | Decoctions | Millets |
|--------------|-----------------|---|---|
| 103 | After Pregnancy | <p>Chrysanthemum leaves, Lemon grass, Mint leaves, Roselle leaves</p> <p>Consume all above decoctions one week each and repeat the cycle</p> | <p>Little millet - 3 days</p> <p>Kodo millet - 1 day</p> <p>Barnyard millet - 1 day</p> <p>Foxtail millet - 1 day</p> <p>Brown top millet - 1 day</p> |
| | | <p>Take kashayams leaves one week each and repeat.</p> <p>Take pearl millet daily at least in one meal</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> | |

Saptapatra kashayams for Increasing the Immunity

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



Saptapatra kashayams YouTube playlist



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

Special Diseases Protocols

| Health issue | Decoctions | Millets | | | | | | | | | | |
|------------------|---|--|----------------|----------|------------------|----------|-----------------|---------|-----------------|---------|---------------|---------|
| 104 | <p>Motor Neuron diseases</p> <p>Organic turmeric powder or turmeric bulb, Aegle marmelos, Ruta graveolens, Bermuda grass, Nyctanthes arbor-tristis, Betel leaves (Remove the petiole)</p> <p>Consume all above decoctions one week each and repeat the cycle</p> | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Foxtail millet</td> <td style="width: 20%; text-align: right;">- 3 days</td> </tr> <tr> <td>Brown top millet</td> <td style="text-align: right;">- 3 days</td> </tr> <tr> <td>Little millet</td> <td style="text-align: right;">- 1 day</td> </tr> <tr> <td>Barnyard millet</td> <td style="text-align: right;">- 1 day</td> </tr> <tr> <td>Kodo millet</td> <td style="text-align: right;">- 1 day</td> </tr> </table> | Foxtail millet | - 3 days | Brown top millet | - 3 days | Little millet | - 1 day | Barnyard millet | - 1 day | Kodo millet | - 1 day |
| Foxtail millet | - 3 days | | | | | | | | | | | |
| Brown top millet | - 3 days | | | | | | | | | | | |
| Little millet | - 1 day | | | | | | | | | | | |
| Barnyard millet | - 1 day | | | | | | | | | | | |
| Kodo millet | - 1 day | | | | | | | | | | | |
| | | <p>The best way to consume millets in the form of fermented porridge for 5 to 6 weeks</p> | | | | | | | | | | |
| | <p>Oils : 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> | | | | | | | | | | | |
| 105 | <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="width: 80%;">Foxtail millet</td> <td style="width: 20%; text-align: right;">- 2 days</td> </tr> <tr> <td>Brown top millet</td> <td style="text-align: right;">- 2 days</td> </tr> <tr> <td>Barnyard millet</td> <td style="text-align: right;">- 1 day</td> </tr> <tr> <td>Kodo millet</td> <td style="text-align: right;">- 1 day</td> </tr> <tr> <td>Little millet</td> <td style="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 |
| Foxtail millet | - 2 days | | | | | | | | | | | |
| Brown top millet | - 2 days | | | | | | | | | | | |
| Barnyard millet | - 1 day | | | | | | | | | | | |
| Kodo millet | - 1 day | | | | | | | | | | | |
| Little millet | - 1 day | | | | | | | | | | | |
| | | <p>The best way to consume millets in the form of fermented porridge for 5 to 6 weeks</p> | | | | | | | | | | |
| | <p>Oils : Niger seed oil / Coconut oil / Sesame 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> | | | | | | | | | | | |
| 106 | <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="width: 80%;">Foxtail millet</td> <td style="width: 20%; text-align: right;">- 2 days</td> </tr> <tr> <td>Brown top millet</td> <td style="text-align: right;">- 2 days</td> </tr> <tr> <td>Barnyard millet</td> <td style="text-align: right;">- 1 day</td> </tr> <tr> <td>Kodo millet</td> <td style="text-align: right;">- 1 day</td> </tr> <tr> <td>Little millet</td> <td style="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 |
| Foxtail millet | - 2 days | | | | | | | | | | | |
| Brown top millet | - 2 days | | | | | | | | | | | |
| Barnyard millet | - 1 day | | | | | | | | | | | |
| Kodo millet | - 1 day | | | | | | | | | | | |
| Little millet | - 1 day | | | | | | | | | | | |
| | <p>Oils : Coconut oil / Sesame 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> | | | | | | | | | | | |

| Health issue | | Decoctions | Millets |
|--------------|------------------------|---|--|
| 107 | 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>Oils : 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> | |
| 108 | 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>Oils : 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> | |
| 109 | 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>Oils : 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

Mental illness, Insomnia, Anxiety, Fear, Mood swings

| Decoctions | Millets | | | | | | | | | | |
|---|--|----------------|----------|-------------|----------|-----------------|---------|-----------------|---------|---------------|---------|
| <p>Curry leaves, Organic Banana Stem, Organic turmeric, Cinnamon, Ruta graveolens 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;">- 2 days</td> </tr> <tr> <td style="padding: 2px;">Kodo millet</td> <td style="padding: 2px;">- 2 days</td> </tr> <tr> <td style="padding: 2px;">Barnyard millet</td> <td style="padding: 2px;">- 1 day</td> </tr> <tr> <td style="padding: 2px;">Browntop millet</td> <td style="padding: 2px;">- 1 day</td> </tr> <tr> <td style="padding: 2px;">Little millet</td> <td style="padding: 2px;">- 1 day</td> </tr> </table> | Foxtail millet | - 2 days | Kodo millet | - 2 days | Barnyard millet | - 1 day | Browntop millet | - 1 day | Little millet | - 1 day |
| Foxtail millet | - 2 days | | | | | | | | | | |
| Kodo millet | - 2 days | | | | | | | | | | |
| Barnyard millet | - 1 day | | | | | | | | | | |
| Browntop millet | - 1 day | | | | | | | | | | |
| Little millet | - 1 day | | | | | | | | | | |
| <p>The best way to consume millets in the form of fermented porridge for 5 to 6 weeks</p> | | | | | | | | | | | |
| <p>Oils: 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> | | | | | | | | | | | |

Meditation:

Meditation is an important activity that must be practiced twice everyday for 15 minutes-at sunrise and sunset.

It is a process wherein one offers his/her gratitude to the almighty for bestowing everything required for the sustenance and well-being of all forms of life.

During meditation one needs to observe his/her breath i.e., inhalation and exhalation steadily with his/her eyes closed.

Meditation along with Siridhanya can cure us of all diseases, even the dreadful, unfathomable diseases.

Kashaya (OCHRE) rays of the Sun:

During the first 7 minutes of the Sunrise and the last 7 minutes of the Sunset, Ochre (Kashaya varna) rays emanate from the Sun.

These rays have marvellous impact on the biochemical reactions in our body.

Dr.Khadar sir advises us to drench ourselves in these rays whenever there is an opportunity to do so.

Walking:

Walking for atleast 75 minutes everyday at your own pace. This is the best form of exercise (Sahaja Yoga) meant for human being. It keeps us physically and mentally fit.

Ideal bedroom ambience:

Electronic gadgets are understood to be one of the innumerable factors that affect the biochemical reactions in our system. Dr. Khadar therefore says that it is best to avoid keeping computers, tablets, laptops, mobile phones etc., in the bedroom.

Sleeping in pitch dark rooms initiates a whole set of biochemical processes that are required to get deep sleep patterns that are essential to generate complete rest. For example, melatonin is one of the hormones that is found regulated well in a dark room sleeper. Many more processes not understood by man fall in place when we sleep in a pitch dark room

In addition to the above, follow Dr Khadar Lifestyle.

Siridhanya and Kashaya for curing Cancer

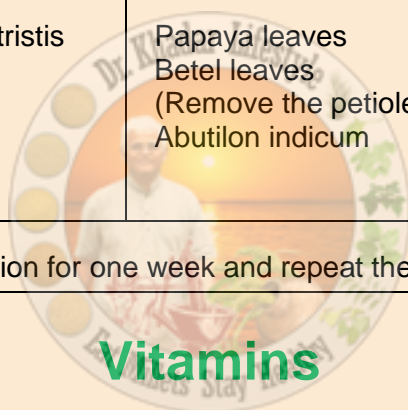
- ❖ One should consume Siridhanya in form of ambali (fermented gruel) for minimum of 6 weeks.
- ❖ Eat one dry roasted sesame laddu made with palm jaggery once in a week. Diabetic patients with HbA1c less than 8 can eat sesame laddu with palm jaggery. Diabetic patients with HbA1c more than 8 can eat plain 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 mug wort | 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 Kodo millet - 2 days Barnyard 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 petiole) 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 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 | 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 Foxtail 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 | 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 petiole) 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 | | |



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-soluble 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.

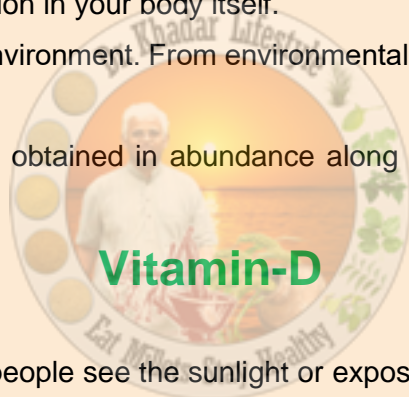
No need to get frustration when you come to know you have got vitamin deficiency. Without depending on vitamin supplements or injections, you can overcome the deficiency naturally.

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.



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.)

Cooking Oils

Bull driven Ghani Oils – Healthy oils.

In the name of Science, development and economic progress Our natural food cultures all over the world have been completely destroyed by the Industrial food culture which is monotype.

Through refined oil world is being fed slow poison oils extracted through Bull driven wooden Ghanis are the real cooking oils which are healthy.

By using Bull driven wooden Ghani oils the money of the villages remains in the village only. If and when the city folk also respect the village produced oils instead of refined oils the city money will flow into the villages. Only then sustainable, independent village Swarajya dream can become a nearby.

When you use Bull driven Wooden Ghani Oils –

You would create employment for village folk. One Bull driven Wooden Ghani oil gives job for two people.

Your money starts flowing into villages instead of MNC's and strengthen the village economy.

One Bull driven wooden Ghani serves 4 bulls going into slaughter house.

You and your younger generations would enjoy the wealth of health (AROGYA SIRI).





Depending upon the nature of local weather and soil specific oil seeds are made available.

Let the oil seeds of local, native origin be grown and oil be extracted by Bull driven wooden Ghani's.

Dry the oils thus extracted be sundried for a day which assures shelf life of 4 to 6 months easily.

Growing kids till the age of 25 can comfortably use these oils well. After the age of 25 one can use the oils in a balanced fashion.

Brain, liver, pancreas, and spleen etc (Soft parts) are basically made of fat material (75%). Hence the need of real natural oils for kids that are growing.

Industrial food culture advertises fat free, cholesterol free oils which are far from truth.

Around 1980's in the name of aflatoxins, high cholesterol local oils (ground nut and coconut oils) were given a bad certificate by these companies through ads and some experts. (manipulated articles in the press). Systematically refined oils took over all the world eliminating " local oil " cultures.

**“Our country will develop only when we learn to respect our
Farmers and Women”**

–Dr. Khadar Valli

What is wrong with the present refined oils

1. Adulteration

Animal fat : The left-over meat from the huge corporations is boiled to extract the fat has been used to adulterate present refined oils.

Mineral Oils : Refinery industry produces enormous amounts lower octane transparent mineral oils which cannot be used as (diesel or petrol) fuel. These oils are also slowly finding themselves in the cooking oils.

2. Use of plastic

The cooking oils (for transportation and for plastic companies business) have been packeted in plastic containers of various kinds till the people use in their kitchens. This process impacts nanoparticles of plastic of various kinds into our bodies and intestines especially where absorption nutrients gets affected due to hydrophobic nature of these adhering nanoparticles of plastic leading to various diseases.

3. The companies use lot of chemicals and high temperature and pressure in the industrial process to extract oils, stabilize oils and transport oils. These are of course dangerous for human health.

Then How do you make cooking oils

Our ancestors were extracting oils using bulls driving the Wooden Ghani oils thus extracted were natural and safe for human consumption. When you extract this way, oil does not get heated. Bull driven wooden ghani oils are extracted at NTP (normal temperature and pressure).

Now a days some companies produce oils in the name of cold pressed oils in wooden Ghanis but use machines (RPM being high) to maximize extraction but sacrificing the quality (NTP) is not maintained due to high pressures generated by machines (high RPM).



What are the oils that are good for us?

Any oil produced by Bull driven Wooden Ghani's is good. All oils have their own medicinal properties. Diversified oil seeds to extract oils is important. Local oil seeds are best suited for the people of that particular region.

To minimize photochemical reactions, the oils thus extracted to be stored in transported in steel vessels or amber coloured glass bottles. This ensures the oils to be healthy even after 4 to 6

months. **Our local oils –**

- 1. Ground nut oil**

- 2. Coconut oil**

- 3. Sesame seed oil**

- 4. Niger seed oil**

- 5. Safflower oil**

1. Ground nut oil: This oil has Resveratrol a phenolic compound which neutralizes many toxic elements in the body. This works as anti-bacterial, anti-viral, anti-inflammatory and anti-aging agent. This is especially good for many heart related diseases.

2. Coconut oil: Lauric acid is high in coconut oil. The smoke point is also high for this oil (177⁰). Hence, you can make deep fried items like sweets, Puri, Vada, Chips, Wedges, etc. Hormone imbalance, Thyroid issues and Autism are a few of the health problems that this oil is useful.

3. Sesame seed oil: Vitamin E which is important for our immunity building, is present in this oil. Pickling process of any pickles, this is the preferred oil all across India. Antioxidant and anti-inflammatory agents are present in this oil. Pulihogare, colored rice, etc are prepared using this oil in Ayurveda. Arthritis, Rheumatism, skin diseases find solutions in this oil.

4. Niger seed oil: Linoleic acid and Niacin are high in this oil. These two factors are involved in nerves and brain cells regeneration and cleaning. Besides helping the cosmetic wellness and health of skin. This oil has immense role in mental illnesses like Parkinson's, Alzheimer's. This oil can be directly used as Ghee. Sweets, pickles and chutney powder preparations find this oil to be very suitable. Traditionally temples are known to use this oil for "Naivedya" and "Prasada" in large quantities.

5. Safflower oil: This oil is rich in P.U.F.A (Poly unsaturated fatty acids). This is very much a neutral oil in its taste and flavor. Smoke point is also high hence good for deep frying. Lactating women find help in producing milk for their babies using this oil.

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) 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 | English name | Kannada Name | Telugu Name | Hindi name |
|------------------------------------|---------------|--------------------------|-------------|-------------|
| 1 <i>Nyctanthes arbor-tristis</i> | Night Jasmine | ಪಾರಿಜಾತ | ಪಾರಿಜಾತ | हरशिंंगार |
| 2 <i>Coriandrum sativum</i> | Coriander | ಕೊತ್ತಂಬರಿ ಸೊಪ್ಪು | ಕొత్తిమీర | हरा धनिया |
| 3 <i>Boerhavia diffusa</i> | Punarnava | ಪುನರ್ನವ | పునర్నవ | पुनर्नवा |
| 4 <i>Bryophyllum pinnatum</i> | Bryophyllum | ಬ್ರಯೋಫಿಲಮ್ ರಣಪಾಲ | రణపాల | पत्थर चट्टा |
| 5 <i>Phyllanthus amarus</i> | Stone breaker | ಕಿರು ನೆಲ್ಲಿ / ನೆಲ ನೆಲ್ಲಿ | నేలనల్లి | भुईं आवला |
| 6 <i>Tinospora cordifolia</i> | Giloy | ಅಮೃತಬಳ್ಳಿ | తిప్పతిగ | गिलोय |
| 7 <i>Trigonella foenum-graecum</i> | Fenugreek | ಮೆಂತ್ಯ | మెంతి ఆకు | मेथी |
| 8 <i>Mentha arvensis</i> | Mint | ಪುದೀನ | పుదీన | पुदीना |
| 9 <i>Moringa oleifera</i> | Drumstick | ನುಗ್ಗೆ | మునగ | सहजन के पते |
| 10 <i>Syzgium cumini</i> | Jamun | ನೇರಳೆ | నేరేడు | जामुन |
| 11 <i>Coccinia indica</i> | Ivy Gourd | ತೊಂಡೆಕಾಯಿ | దొండకాయ | कुंदरू |

| | | | | | |
|----|-----------------------------|-------------------|--------------------|-----------------|--------------|
| 12 | <i>Aegle marmelos</i> | Bael | బిల్వ పత్రే | మారేడు/ బిల్వ | బెల |
| 13 | <i>Pongamia pinnata</i> | Pongamia | ఘోంగే | కానుగ | కరంజ |
| 14 | <i>Tamarindus indica</i> | Tamarind | ఘణిసే | చింత | ఇమలీ |
| 15 | <i>Hibiscus cannabinus</i> | Roselle | పుండి / గోలంగూర | గోంగూర | లాల అమ్బరీ |
| 16 | <i>Piper Betle</i> | Betel leaf | విల్కడేల | తమలపాకు | పాన కే పతే |
| 17 | <i>Azadirachta indica</i> | Neem | బేవు | వేప | నీమ |
| 18 | <i>Ficus religiosa</i> | Peepal | అరళి | రావి | పీపల |
| 19 | <i>Ocimum sanctum</i> | Holy Basil | తుళసి | తులసి | తులసీ |
| 20 | <i>Opuntia littoralis</i> | Cactus | చెప్పటి కళ్ళి | నాగ జెముడు | నాగ ఫనీ |
| 21 | <i>Rauwolfia serpentina</i> | Sarpagandha | సర్పగంధ | సర్పగంధ | సర్పగంధ |
| 22 | <i>Cuminum cyminum</i> | Cumin/Jeera | జీరిగే | జీలకర్ర | జీరా |
| 23 | <i>Curcuma longa</i> | Turmeric | అరశిన | పసుపు | హల్దీ |
| 24 | <i>Cynodon dactylon</i> | Bermuda grass | గరికే కుల్లు | గరిక | దూబ ఘాస |
| 25 | <i>Phoneix sylvestris</i> | Wild Datepalm | ఈజల మర | ఈత చెట్టు | ఖజూర యా సేఢి |
| 26 | <i>Brassica juncea</i> | Mustard | సాసిచే | ఆవాల | సరసో |
| 27 | <i>Piper nigrum</i> | Black Pepper | కరి మేణసు | మిరియాలు | కాలి మిర్ర |
| 28 | <i>Gingiber officinale</i> | Ginger | శుంఠి | అల్లం | అదరక |
| 29 | <i>Ruta graveolens</i> | Common rue | నాగదాళి | సదాపాకు | సదాపా |
| 30 | <i>Psidium guajava</i> | Guava | వేరల / సీబీ | జామ పండు | అమరూద |
| 31 | <i>Cocos nucifera</i> | Coconut | తేంఱు | కొబ్బరి చెట్టు | నారయల |
| 32 | <i>Arachis hypogaea</i> | Groundnut/ Peanut | శేంగా / కడలేకాయ | వేరు శెనగ | మూగ ఫలీ |
| 33 | <i>Musa paradisiaca</i> | Banana | బాళి | అరటి | కేలా |
| 34 | <i>Acacia ferruginea</i> | Safed khair | బన్ని | ఖదిరము | ఖేర |
| 35 | <i>Anethum graveolens</i> | Dill / Dillweed | సబ్బిగే | శతపుష్పి | సోఆ |
| 36 | <i>Cinnamomum verum</i> | Cinnamon | చక్కే / దాల్చిన్ని | దాల్చిన చెక్క | దాలచీనీ |
| 37 | <i>Sesamum indicum</i> | Sesame | ఎళ్ళు | నువ్వులు | తిల |
| 38 | <i>Cassia auriculata</i> | Senna | సోనాముఖి / తంగడి | తంగేడు | సనాయ |
| 39 | <i>Pimenta dioica</i> | Allspice | సర్వసుగంధి | సర్వసుగంధి | అల స్పాఱస |
| 40 | <i>Daucus carota</i> | Carrot | క్యారేట్ | క్యారెట్ | గాజర |
| 41 | <i>Benincasa hispida</i> | Ash gourd | బాదుగుంబళకాయ | బూడిదగుమ్మడికాయ | రాఖ లోకీ |
| 42 | <i>Cucumis sativus</i> | Cucumber | సౌతకాయ | కీర దోస | కకడీ |
| 43 | <i>Lagenaria siceria</i> | Bottle gourd | సోరకాయ | సోరకాయ | లోకీ |
| 44 | <i>Ziziphus mauritiana</i> | Ber | బారే కణ్ణు | రేగుపండు | బేర |

| | | | | | |
|----|---------------------------------|------------------|---------------|---------------|------------------|
| 45 | <i>Murraya koenigii</i> | Curryleaf | ಕರಿಬೇವು | ಕರಿವೆಪಾಕು | करि पता |
| 46 | <i>Solanum lycopersicum</i> | Tomato | ಟೊಮ್ಯಾಟೋ | ಟಮಾಟ್ | टमाटर |
| 47 | <i>Carica papaya</i> | Papaya | ಪರಂಗಿ | ಬೌಪ್ಪಾಯಿ | पपीता |
| 48 | <i>Phyllanthus emblica</i> | Goose berry | ಬೆಟ್ಟದ ನೆಲ್ಲಿ | ಊಸಿರಿ | आंवला |
| 49 | <i>Beta vulgaris</i> | Beetroot | ಬೀಟ್‌ರೂಟ್ | ಬೆಟ್‌ರೂಟ್ | चुकंदर |
| 50 | <i>Aloevera</i> | Aloevera | ಲೋಳೆನರ | ಕಲಬಂದ | एलोवेरा |
| 51 | <i>Bacopa monnieri</i> | Brahmi | ಬ್ರಾಹ್ಮಿ | ಬ್ರಾಹ್ಮಿ | ब्राह्मी |
| 52 | <i>Guizotia abyssinica</i> | Niger | ಹುಚ್ಚೆಳ್ಳು | ವೆರಿ ನುಪ್ಪುಲು | राम तिल |
| 53 | <i>Ricinus communis</i> | Castor | ಔಡಲ / ಹರಳೆ | ಆಮುದಂ/ವಮುರು | अरंडी |
| 54 | <i>Chrysanthemum morifolium</i> | Chrysanthemum | ನೇವಂತಿಗೆ | ವಾಮಂತಿ | गुलदाउदी |
| 55 | <i>Matricaria chamomilla</i> | Chamomile | ಕ್ಯಾಮೊಮೈಲ್ | ವಮಾಮಿಲೆ | चमोमिले |
| 56 | <i>Cymbopogon citratus</i> | Lemongrass | ನಿಂಬೆ ಹುಲ್ಲು | ನಿಮ್ಮುಗಡ್ಡಿ | लेमन घास |
| 57 | <i>Carthamus tinctorius</i> | Safflower | ಕುಸುಬೆ | ಕುಸುಮ | कुसुम |
| 58 | <i>Annona squamosa</i> | Custard apple | ಸೀತಾಫಲ | ಸೀತಾಫಲಂ | शरीफा |
| 59 | <i>Artemisia vulgaris</i> | Japanese Mugwort | ಮಾಚಿಪತ್ರ | ಮಾಚಿಪತ್ರ | माज्जती/मास्तारी |
| 60 | <i>Abutilon indicum</i> | Mallow | ಅತಿಬಲ | ಅತಿಬಲ | कंधी |
| 61 | <i>Centella asiatica</i> | Saraswathi | ಒಂದೆಲಗ | ಸರಸ್ವತಿ | सरस्वती |
| 62 | <i>Tridax procumbens</i> | Tridax | ಜಯಂತಿ ಗಿಡ | ಗಡ್ಡಿ ವಾಮಂತಿ | कान फुलि |

