



SESSION VIII

THE ASPECT OF HEALTH

There are several kinds of pains and sorrows in human life. Out of all that to remain diseased is perhaps the most painful. The diseased person can neither enjoy the material world nor can he succeed on the path of spirituality. Since sound mind lives in a sound body, that is why, it has been said, *that diseaseless body is the straight road to happiness*. The world health organisation has defined the health in following terms:

“Health is a state of *complete* physical, mental and social wellbeing and not merely an absence of disease or infirmity. A fourth dimension has also been suggested namely spiritual health.”

According to Vedic Rishis, the health is a state, when the mind remains totally absorbed in contemplation of the self. Such a person is said to be completely *healthy*.

To keep the human beings fully disease free, enormous efforts have been made since ages and varieties of therapies have been discovered viz. Ayurveda; Homoeopathy; Naturopathy; Unani; Acupuncture; Reiki; Chromotherapy and Pranic healing etc. Few of the therapies are being discussed in the following lines:

1. Ayurveda therapy: Out of the above therapies, the Ayurveda therapy is an ancient one. This therapy has been researched in India and advocates living a natural life. For treatment purposes mostly herbs are used. Sometimes in some cases chemicals (Rasayans) and ashes of elements (Bhasmas) are also used. These show quick effect. This therapy preaches, that one should lead the life of austerity or the natural life and his *daily* routine should be pious, godly and *of selfless duty*. By leading pure life, the diseases if at all manifest, can be treated easily. Living the godly life means to live in rhythm with godly forces inherent in celestial bodies. These bodies particularly the sun and the moon, while moving from one Rashi to the other imbalance the three major elements known as ‘*Vaat*’, ‘*Pitta*’ and ‘*Cough*’, which produce the seasonal ailments.

Ayurveda states, that as long as the '*Vaat*' (air); '*Pitta*' (alkaline hormones) and '*Cough*' (acidic hormones) remain in the balanced state, the body remains healthy. The infection enters the body due to such imbalances. Ayurveda accepts one more dictum¹ the meaning of which is given below:-

Due to negative '*karmas*' or sinful acts, performed in pre-births the human beings suffer from varieties of diseases. These can be destroyed by proper medication, giving alms, performing japa and Agnihotra (burning scented herbs in a hearth amidst chanting of Vedic mantras).

This means, that (i) due to the sins performed in the previous birth, the human being carries forward a *disease-seed* in the present life. (ii) This seed under the influence of celestial bodies, generates varieties of diseases. Homoeopathy has named this disease-seed as *miasm* which it states, is carried forward from the parents.

Since Ayurveda is the part of Vedic Sciences, therefore, it recognises existence and influence of constructive and destructive forces of nature and thus recommends to harness² the destructive forces through giving alms, chanting of mantras, doing selfless duty and Agnihotra etc. All these activities are to be performed besides the proper medication.

Note:- The chief object of performing Agnihotra is to eliminate infection from the environment. This helps the patient to the great extent in overcoming the ailment, because it also helps in enhancing, the resistance power (Prana) of the patient.

In Ayurveda normally for a chilly patient, hot medicines are prescribed and for hot patient chilly drugs are administered.

Excess secretion of alkaline hormones is tackled by administering acidic medicines and that of acidic hormones from alkaline doses.

This means that the principle of Ayurveda therapy is based on the "Law of Opposites".

2. Allopathy therapy: The medicines used in this therapy are mostly chemicals, which rapidly equalise the hormonal imbalance, but bring changes in the cells. Due to such changes, and the rapidity with which the patient appears to become disease free, produces some other disease. This is known as side effect in the common language.

¹ Poorva Janma Kritam Papam;
Vyadhi Rupen Badhte;
Tat Shanti Aushdhehi Danehi;
Japa Hom kriyadibhihi"; – Madhava Nidaan.

² In Session no.IV eleven Rudras have been discussed. These forces constantly carry out deterioration in cells. Hence they need to be harnessed by the patient for his total well being.

In this system to destroy the infection, the antibiotics are frequently administered. This results in killing the bacteria and the manifestation of the disease is temporarily suppressed, but the vitality of the patient becomes so low, that he does not feel hungry, develops insomnia and the bowels are not cleared. The specialist of the specific disease thus feels satisfied, that he has cured the specific disease for which the patient approached him and for the new disease, he is referred to another specialist.

Some strong-built patients are able to bear these alternating phases of disease. The zero state depends on several factors:

- (i) Intensity of the disease
- (ii) Age of the patient and
- (iii) The status of vitality of the patient at the particular time.

This system of medicine normally works on the basis of the '*law of opposites*' i.e. if acid has increased, then it is counteracted by an alkaline medicine and vice-versa. In this therapy, the deficiency of any hormone is complemented also by external supply. This is how the patient feels much relieved. In this system, vaccines are also prepared from the bacteria of the patient's-disease. *This is based on the law of similars*, which is the basic law of Homoeopathy. Vaccine prepared from smallpox germs has brought about the greatest benefit to the humanity. Through allopathic system crores of people are benefited due to surgery. Allopathy has thus mesmerized the masses in this field. The followers of this system believe, that the patient must feel relief in whatsoever way it is possible, whereas many a times correct prescription of Homoeopathy cures the patient in such a way, that the surgery is dispensed with.

3. Homoeopathy- a comprehensive therapy: To understand this therapy, the '*law of microfication*' must be learnt first.

Law of microfication: In the entire creation including the lives of human beings, it is observed, that micro world, rules the gross or matter world. Some examples are given below:

(i) **Radio waves:** The radio waves penetrate the near and far off distances according to their shorter wavelengths or higher frequencies e.g. short wave-1 penetrates farther distances as compared to medium wave and so does the short wave-2 as compared to short wave-1.

(ii) **Seven colours of light:** Spectrum of seven colours (VIBGYOR) present in the sun light possesses different wavelengths for different colours and accordingly they have more and less penetrating effects.

The wavelengths and frequencies of each colour have been given in a table in Session no. IV. Now-a-days everyone understands the miraculous effects of X-rays and LASER RAYS. The benefits of X-rays is due to its higher frequency, whereas of 'LASER' is because of stimulated, coherent & narrow beam of light.

(iii) Food: In human life, water is more essential than meals. One can live without food for some days, but without water perhaps not a single day, because water is subtler than food. Breathing of air is still more essential, because it is far more subtler than water and the life is therefore impossible without it even for a minute.

(iv) Human body: The blood is more important as compared to the bones and flesh. Hormones are yet more important than the blood. The cells are still more important than the hormones, because the cells produce the hormones. The vital force (electromagnetic energy) is yet more valuable than the cells, because vital force creates and nourishes the cells. Thinking mind, Intellect, Sub-conscious mind and Ego are the dominating forces in the order they have been indicated here. The spirit is the ultimate and most powerful of all, as it is subtlest entity in the universe and the entire world of matter is evolved from the spirit.

(v) Micro world of particles:

dia. of electron – 0.1×10^{-14} m.m

dia. of proton – 0.1×10^{-11} m.m

dia. of neutron – 0.1×10^{-11} m.m

From the above comparison, the electron is found to be the subtlest. They actively take part in every *chemical reaction and constitute new atoms and molecules*. No doubt the protons and neutrons also participate equally in the formation of atoms and molecules, yet electron being the subtlest, active of all, and its participation is foremost, hence has been designated as the *creator*.

(vi) Medicines and herbs: In allopathic system of medicines, the liquid works faster than a pill and an injection put into capillaries effects still faster, because it reaches to the diseased organ much earlier. The virus spreads poisonous effect in the body much deeper than the bacteria. The strong chemicals used in Allopathy, besides complementing the deficiency of hormones, penetrate the deeper layers of cells and damage them.

In Ayurvedic system of medicines, the Rasas (liquid herbal chemicals) and Bhasmas (elements burnt to ashes) show their effects faster and stay longer than those herbs prescribed in gross and powdered form. All these, no doubt, bring balance between three kinds

of hormonal imbalances of vaat (air), Pitta (alkaline) and cough (acidic). But change in climate or extraordinary physical and mental stress or bad and irregular food habit causes the miasm present in the sub-conscious to frequently manifest in the form of number of diseases. ***Therefore to draw full benefit from Ayurvedic herbs, one has to lead a life of austerity, selfless duty and positive thinking. Daily living should be fully disciplined both from physical and mental aspects.***

In Homoeopathy, the higher potentised medicines e.g. 3, 6, 12, 30, 200, 1000 etc. are deeply penetrating than the mother tinctures. Their penetrating effect and longevity increases in the order of their increasing potency. Some potencies of Homoeo medicines last their effect for months. The Homoeo medicines are capable to destroy the disease-seed (miasm) passed on through heredity also. Since these higher potencies are in the form of electromagnetic waves, hence they hit at the level of the sub-conscious, where the cause of disease exists in the wave forms. ***Thus the cause is destroyed once for all.***

After understanding the law of microfication and comparative study of therapies as above, it becomes very clear, that Homoeo medicines have the maximum penetration capacity. This fact is confirmed by experience during practice. The fact therefore remains, ***that the subtler forces dominate the grosser ones.*** In urban areas, the drinking water being supplied by local bodies contains finer particles of alum. The alum is used for purifying the water and in this process, it is heavily churned and gets mixed in water. These particles due to friction during transit convert into electromagnetic energy, hence produce symptoms of alumen. Thus out of ignorance, large number of people suffer from the symptoms of alumen e.g. ***obstinate kind of constipation, tonsillities, paralytic condition of legs and arms etc.*** Perhaps on recognizing this fact, the local administration of U.S.A and other countries have started supplying water duly cleared through R.O.S (Reverse Osmosis System). In India too a good amount of awakening is spreading fast and therefore wealthy people have started using this machine in their families.

4. Miasm (disease-seed) : the basic cause of diseases: Allopathic system accepts, that the infection through bacteria/ virus is the cause of every disease. ***Ayurveda emphasizes that the individual gets the diseased body on account of sins committed in the previous birth.*** Homoeopathy states, that every human being carries from his

parents three kinds of miasms (disease-seeds). All these three seeds exist in the sub-conscious of the individual in the form of electromagnetic waves. The density and intensity of these waves may be different in each individual. Dr. Samuel Hahnemann has named these three miasms as *Psora*, *Syphilis* and *Sycosis*. Dr. Hahnemann, who was the father of Homoeopathy, has stated that due to certain exciting causes, the vital force (electromagnetic energy) level falls below normal and the number of acute and chronic diseases start manifesting. Such causes are given below :

(a) Change in atmospheric conditions e.g. excess heat, cold or humidity, travelling to mountain, sea-shore or inside the sea etc. Celestial bodies too influence the human beings and cause hormonal imbalance, thus acute form of diseases may manifest.

(b) Excessive physical stress due to overwork, or mental stress beyond one's tolerance limit and so on, or overuse of sex due to which nervous system may become weak.

(c) Worries, fear, shocking news, separation of loved ones or any mental shock.

(d) Irregular or bad food, excessive eating heavy food or want of nutritious diet.

(e) Work in polluted environment e.g. poisonous fumes of chemicals in factories.

(f) External injury causing excretion of too much of blood or loss of hormones and food poisoning etc.

In fact the presence of three miasms serves as the congenial ground for bacteria/virus present in the environment to enter the body, thrive and grow. In terms of Homoeopathy, this condition is known as *susceptibility*. Due to the reasons stated above, the resistance power to fight out diseases is diminished and the acute/chronic diseases start manifesting in the body. *Otherwise also almost everyone is seen struggling and fighting against some small or big disease in his lifetime.*

5. Homeopathic system of Medicines: We have already understood, that the homoeo remedies are prepared by the process of potentisation and they can penetrate upto the subtlest level of human mind. Potentised medicines destroy the '*disease seed*' existing at the sub-conscious level. Thus the patient is freed from the sins of previous

births and becomes strong and healthy. On attaining freedom from diseases, *the individual experiences a peculiar feeling of happiness. Yet to search out the correct homoeo medicine based on the totality of symptoms is a very difficult task.* Thus it may take sufficiently long time in getting cured. The guide line in selecting the correct homoeo remedy is to identify the exact frequency of human mind with which it is vibrating at the specific hour and to match the same with the medicine of similar frequency. *If it is possible to measure the frequency of human mind with the help of some scientifically designed instrument and the medicine is also prescribed of the same frequency, then the patient shall be totally cured.* Since the homoeo remedy works on the whole body at a time and not on a single organ, therefore it rectifies the distorted flow of Prana (electromagnetic energy), and the miasm transferred through inheritance is also destroyed. As every homoeo remedy is an electromagnetic wave and carries within it the characteristics of the concerned remedy, therefore, it destroys the electromagnetic wave of the disease of similar frequency. *This is how the patient is not only freed from the disease, but also becomes healthy and wise. He does not need any tonic for physical and mental health.* From the following graphic illustration, this fact becomes clear. The correct homoeo drug acts on the disease wave in such a way, that it adjusts the phase difference of 180° automatically and then the vital force (Prana) of the human body together in coordination with the energy wave of the medicine annihilates the disease wave completely. (Fig no. 8.01)

Graphic illustration of Homoeo Therapy

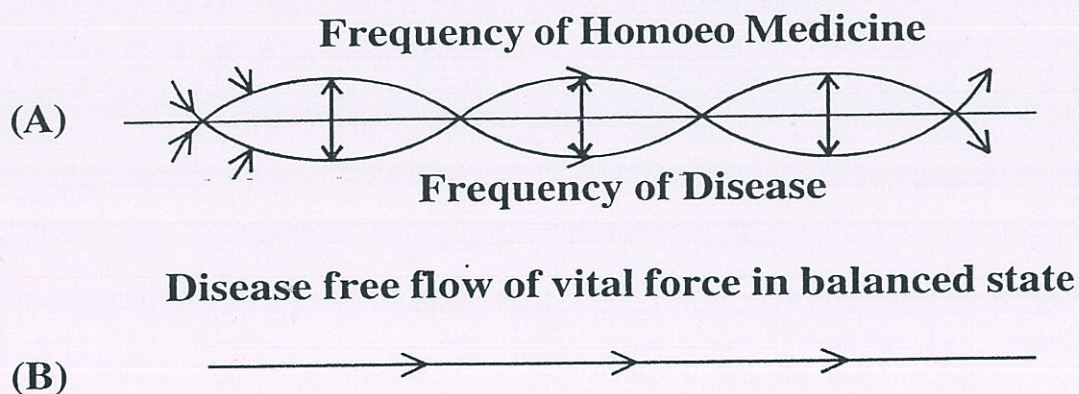


Fig. 8.01

From the above discussion following conclusions can be drawn:
 (a) **Ayurveda palliates:** It means till you use the herbs etc. you may

feel relieved, but as soon as you discontinue, the hidden miasm manifests in the form of acute or chronic ailments.

(b) Allopathy suppresses: It means that the specific disease is suppressed or suspended for a while by the use of strong chemicals or antibiotics. The disease then assumes some other form and attacks some other organ of the body. This condition of alternation is tolerated by the patient for some time depending upon several factors and ultimately the patient dies.

(c) Homoeopathy cures: It means, that similar homoeo medicine annihilates the miasm (disease-seed) and the patient not only gets totally cured, but becomes mentally and physically sound also.

In the *Materia-Medica*, specific set of symptoms have been described for every homoeo remedy. This set indicates the specific tendency inherent in the homoeo-remedy, which should be matched with the set of symptoms expressed by the patient. If this set of symptoms matches with physical symptoms described in the remedy, *specially the mental symptoms* then the remedy works miraculously. In fact matching of mental symptoms precisely indicates the correct matching with the tendency of the disease. *Since the materia medica of Homoeopathy is the collection of large number of human tendencies*, therefore every homoeo remedy represents the totality of informations on a particular disease. To interpret such totality, even the experienced doctors fail while selecting the right remedy and like modern medical practitioners start mixo-therapy. Many a times this mixo- therapy works temporarily, but *total cure* is not achieved. This is why homoeopathy has not been able to gain popularity, although it has the *highest ability*.

In case a single remedy is prescribed and if it is not correct, then it produces such set of symptoms, which points out towards the correct remedy. This is now a different matter, whether the doctor is able to interpret the silent language of the new set of symptoms or not. Several people are heard saying, that lot of research work is yet to be carried out in Homoeopathy. They believe, that the Homoeopathy is far behind in the field of research done or being done in allopathy, whereas the fact is, that large scale research work at physical plain carried out in allopathy has not been able to identify the unifying force of mind, so far, which is the king of the whole body. By capturing this king, the diseases of all organs of the body are cured at the same *time and this very arduous work has marvelously been done single handedly by Dr. Samuel Christian Frederick Hahnaeman between the year 1790-1805.*

Homoeopathic system of medicines is based on the laws '*like cures like*' or '*equal kills equal*' and '*poison destroys similar poison.*' Accordingly chilly remedies to chilly patients and hot remedies to hot patients bring about the *cure*. In Homoeopathy no germ or bacteria needs to be killed. The correct remedy raises the pranic level (vital force) to such an extent, that all bacteria/virus leave away because they now cannot thrive. In fact bacteria/virus are our friends. They are deputed to eat away the pollution converted into physical (disease) form. Their intention is to make us disease free and free of sins inherent in the sub-conscious. *Once this state is achieved, the individual experiences the best kind of peace, happiness, hunger, sleep, health and positive thinking.* This happens so, only by Homoeo remedies, because according to the '*Law of Microfication*', the penetration power of Homoeo remedies is the deepest.

Incidentally the law of Homoeopathy has been described in Srimad Bhagwat Puran¹ also. The same in Roman script is reproduced below :-

Verse : Amyo yascha bhutanam,
Jayte yain suvrata
Tadaiv hiamayam dravyam
na Punati chikitsitam

Meaning of the verse: if any matter causes certain disease to a person, then by microfying the same (matter) and administering in diseased condition, to the patient, does it not cure the disease?

Example: On eating the Arsenic by mistake or by any reason in gross form shall cause symptoms e.g. thirst, palpitation, diarrhea, restlessness etc. All these symptoms normally are found in a patient of cholera. Hence if microfined arsenic prepared from Homoeo technique is given to the patient, then the patient is cured.

Besides in Srimad Bhagwat Puran, the law of Homoeopathy i.e. *poison kills poison* has been mentioned in Ayurveda also. It means, that Vedic Rishis had the knowledge of a therapy like Homoeopathy. Although Homoeo remedies have very deep effect on human body and mind, yet this science is very difficult to practice being a very subtle and holistic

¹ Srimad Bhagwat Maha Puran vol I, fifth chapter fifteenth edition. Publishers M/s. Geeta Press Gorakhpur U.P. (India) Vikram Samvat 2047 (Page-66)-Shloka -5/33.

science. Therefore, it appears, that this science like today could not become popular in Vedic period as well. It is normally observed, that due to the intricacies and subtlety of this science, the patient and the doctor both lose patience and leave pursuance of this therapy.

6.A Selection technique of Homoeo remedy- An example :-

While selecting a homoeo remedy, mental symptoms are given priority over physical symptoms and symptoms pertaining to intellect are considered still above the mental symptoms. At the end, it is also necessary to *know the reaction of body and mind of the patient towards the external environment*. An example¹ is cited below:

(i) **Physical symptoms:** Ringworm like eruptions over thighs, sputum trickling behind the palate; feeling of weakness in the ankles.

(ii) **Mental symptoms:** Aversion to meet people in the society. Intolerance to specific people.

(iii) **Symptoms of Intellect:** Slow comprehension.

(iv) **Reaction with environment or Nature:** Headache from heat of the Sun and from the gas light. Singing induces sorrow. Inability in doing mental work. Milk disagrees. Cold weather increases the ailment. *Please note that the pathological name, whatsoever may be, is not important in the set of symptoms discussed above.*

It is essential, that more than 50% of the four set of symptoms should match the proved symptoms of a single homoeo remedy, as recorded in the material-medica, specially the mental symptoms, then only that remedy shall cure the patient completely. In this example, the name of the medicine is *Natrum-carb*. One has to proceed from low potency to the highest, depending upon the chronicity of the disease and wait patiently for the miraculous result.

From the above instance, it is clear, that Homoeopathy accepts body, mind, Intellect and external environment as an integral whole and not separate. That is why the patient is cured. As we already know, that sub-conscious mind is superior than the Intellect, therefore it should be clearly understood, that the kind of *Samskars* (Impressions) recorded in the sub-conscious, dominate mind and Intellect of the present life. The specific tendency (seed of Karma or miasm) produces specific type of disease. Thus Homoeopathy is

¹ Homoeopathic Aushadhiyon ka sajeev chitran- by *Dr. Satyavrat Sidhantalankar- P- 463.*

a science of totality and on using this therapy, the human being can attain total cure and achieve the status as defined by the W.H.O. *The individual should then follow the natural life to attain the painless death.*

6.B Procedure to prepare Homoeo remedies:- Suppose a homoeo medicine from ordinary salt is to be prepared. Then take some distilled water in a glass flask and mix some ordinary clean salt. Shake it with a glass rod till fully dissolved. If some part remains undissolved the same is scanted and removed. Such a solution is known as mother tincture.

Now take a test tube and put into it 99 m.l. of distilled water, then draw one m.l. solution from the flask and put into it. Shake it with strong hand. Provide ten strong jerks. Now this is known as the remedy Natrum mur of 1 c potency in centimal scale. Take again another tube with 99 m.l. distilled water and draw one m.l. solution from the tube containing remedy 1 c and shake it by ten strong jerks. This is now 2 c potency. Again take third test tube with 99 m.l. distilled water and draw 1 m.l. solution from the tube containing remedy 2 c potency and give ten strong jerks. This is now 3 c potency of the remedy. This is how the material quantity of the salt goes on reducing, but the energy in each subsequent tube goes on increasing. Thus 30 c, 200 c, 1000c, 10,000 c and ahead potencies are prepared. According to the Avagadro's constant one gram of molecular mass of particular matter contains 6.02×10^{23} molecules, whereas during the potentiation of homoeo remedies, there is no molecule left after 12 c potency. However energy level (frequency) of the remedy goes on increasing.

Now-a-days the fast moving machines and computerized scales perform the above job much faster and with great precision.

6.C How to use Homoeo remedies:- While potentising the homoeo-medicines the jerks, cause friction. Due to continuous friction and reduction in the quantity of matter the inherent electromagnetic energy manifests effectively. More this process is repeated, the power of the medicine goes on increasing which acts straight on the vital force (Prana). If the tincture /pills of homoeo medicines are just touched on the tongue, it starts acting on the Prana (electromagnetic energy) of the body. The duration of action of homoeo medicines depends upon the specific medicine and its potency, e.g.- medicine of 30 potency shall act for more duration than 6 potency. The c.m. (one lakh) potency shall last its effect for more than six months. Besides the potency, different medicines have different period of effectivity e.g. short acting remedies are effective for 1 to 7

days; the medium ones are effective for 30 to 60 days, whereas deep acting ones last for 60 to 90 days. In practice 30 potency is assumed to act for one day and even more, whereas 200 potency for a week and 1000 potency for three to four weeks. However the repetition shall also depend upon the intensity and acuteness of the disease. *Hence the doctor's advice is very essential.*

Warning: *As far as possible, the treatment should be restricted with the remedies of 30 and 200 potencies only. The medicines of 1000 and specially 10,000 and above potencies should only be used, when the mental symptoms are fully matching and the disease is quite chronic, otherwise higher potencies do effect to a very deep level and may start proving on the patient causing drug disease, which can be very painful also.*

7. Preparing and using Ayurvedic medicines: Few traditional examples of preparing and using Ayurvedic medicines are quoted below:-

(i) Barks, seeds or leaves of specific herbs are hammered, rubbed and sieved to make it a fine powder e.g. - *Sheetopaladi* powder. This is taken with honey/milk/water as convenient.

(ii) The specified herb is boiled in water and when the boiled water remains 25% or as prescribed, the same is taken orally with some mishri (a kind of crystalline sugar) if the herb is bitter in taste.

(iii) Some herbs like harar (an Indian herb) is soaked in the cow's urine for few days and then some salts are added and chewed after meals or as prescribed.

(iv) Few jewels are converted to ash (Bhasma) by burning the same in fire e.g. a pearl or a coral is put into an earthen pot and covered from all sides with wet earth and kept inside the furnace. Under very high temperature, the coral converts into ash. After the same is cooled, this powder is used with honey or as prescribed.

(v) Some medicines are boiled and cooled repeatedly. By number of such alternations, it is believed, that the medicine gains power. This is termed as adding *putt* This term *putt* matches with the term potency used in Homoeopathy. But in Homoeopathy, the procedure of potentiation is quite different. This has already been discussed above. When a mild iron piece is repeatedly heated red hot and suddenly dipped

into cold water, then it becomes hard steel, which does not bend. Perhaps this may be the idea behind adopting this procedure while giving *putt* to Ayurvedic medicines.

8. Comparative study of Homoeopathy and other systems in vogue- An example:- Normally it is observed, that any patient suffering from some specific disease is identified with certain pathological name, but at the same time he suffers less or more with ailments of other organs as well. For example, a patient having stones in urinary bladder also reports lumbar pain and burning sensation in urinary tract. At times, the blood in urine or several kinds of other discharges e.g. albumen, oxalates etc. are also found. In Allopathic and Ayurvedic systems separate prescriptions are advised for each symptom, whereas in Homoeopathy, there is no such specific remedy prescribed for any pathology. The doctor has to select a single remedy keeping in mind the totality of symptomology. After matching the physical symptoms, the efforts are made to search for *clinging mental symptom*, which changes within minutes the entire scenario of crying, agonizing and restless patient. For example, the burning and painful sensation in urinary tract with restlessness *when associated with shameless sexy expressions, points out to an important remedy known as 'cantharis'*. This medicine will not only relieve the patient and excrete the stone, but also correct the tendency of formation of stone for future as well. Thus in several cases the surgery is dispensed with. *Such miraculous and multifarious benefits are not available in other systems.* This is perhaps because other systems do not have such integrated and holistic understanding of complex mechanism of human framework. In other systems mental symptoms are considered and treated separately, whereas Homoeopathy *accepts that mind is the sole cause of all ailments. It is the mind, which gets sick first, whose seed we receive through inheritance.* This seed is known as miasm or constitutional defect. After antimiasmatic remedy is administered, the disease converts into simpler form. *This miasm (disease seed) is responsible for every kind of mental and physical ailment and this subject¹ is very subtle.*

There are other systems of treatment, which have been found beneficial e.g. '*Hathyog*' and '*Naturopathy*'. These are harmless and effective also. In fact these are the parts of Ayurveda itself. There are still more pathies e.g. Acupressure, Acupuncture, Physiotherapy,

¹ The essay titled as '*Scientific Analysis of Homoeopathy*' in Part III explains this fact in detail.

Chromotherapy, Reiki and so on. How far they are curative is not definite, because for achieving cure, the maximum obstruction is created due to *miasm*.

Many children born carry with them number of diseases. To be suffering from jaundice is now-a-days commonly observed in new borns. The offsprings of parents suffering from AIDS are born suffering hundred percent with this disease.

It has been stated in Vedic scriptures, that the results of the sins committed by the parents have to be suffered by their offsprings upto seven generations. The example of 'AIDS' is a clear example of this statement. Except in AIDS, the disease-seed (miasm) can not be detected, but time to time it expresses itself in several acute forms. Therefore unless anti-miasmatic drugs are administered, the individual suffers lifelong from some chronic disease or the other. The supreme discovery of Homoeopathy is the search of '*MIASM*' and the method of its annihilation. When all the three miasms are destroyed, then only the well selected remedy brings the individual to the state of '*CURE*'. During pregnancy, if the constitutional remedy is administered to the mother, then not only the mother is cured, but the child born is also healthy and free from ailments.

In fact the term *miasm* not only represents the *disease-seed*, but it is the total seed of *karmas* performed by the human beings, for which they are sent to suffer / enjoy on earth. This subject has already been discussed in detail under Para 3 of Session no. II. Dr. Samuel Hahnemann has not only *thus revealed the subtle aspect of human sufferings through the term miasm, but has also given the practical solution of the problem. Incidentally this way he has summarised the divine law of Karma and compressed the same into the term miasm.* It appears, that he is one of the great Rishis, who incarnated on earth from '*Sapt Rishi mandal*' to mitigate sufferings of humanity. *The humanity therefore shall ever remain indebted to such a noble soul.*

Vegetarian and Non Vegetarian diets:- A debate on vegetarian and non-vegetarian diets is going on since ages. Several people, believe that it has a strong link with *Religion*. Therefore it is important to know why one should prefer either. Non vegetarian diet promotes strength, vitality, resistance power, robust physique and higher breed. It generates the tendency to do hard work, be adventurous and a good warrior. It enables the person to enjoy worldly pleasures, more sex and fight out diseases. But everything beyond limit leads to destruction. In cold countries, where temperature goes much below than zero degree celcius, animal fat and rich proteinous diet is preferable. In regions, where agriculture is not possible

one has to depend upon animal meat or whatever is locally available. This is how more than 80% human population lives on non-vegetarian diet. *However non-vegetarian diet binds the person with law of karma and he can never break the cycle of life and death.*

Vegetarian diet is essential to keep the mind calm, quiet and serene, so that the practitioner may concentrate his mind and succeed in meditation and samadhi. Since the goal of human life is to attain Mokshha and this understanding is possible to the human beings only, therefore he alone can go beyond death. *However to supplement adequate energy, the sadhaka has to keep control on eating habits, observe celibacy and follow Vedic norms to attain the goal.*

9. Liberation from sufferings of fruits of Karma:- In fact the soul takes birth from the parents, where it is likely to inherit the specific disease-seed destined under the Law of Karma for suffering the same through human form. All this play is designed by the super computer (Lord Vishnu), who is the giver of fruits of Karma, because he keeps the sharp eye and administers over all of us very actively and minutely. Hence the souls rarely get liberation and freedom from number of pains and sorrows, until they surrender themselves wholly to God. Homoeo remedies help in relieving the individuals from their sins to the great extent by destroying their carried forward miasms existing in the sub-conscious and purifying their tendencies of negativities and unrighteousness. *The angry, the drunkard, the liar, the sexy, the jealous, the egoistic, the greedy, the deluded and frightened become pious, noble and godly and reach the door of Bliss.* The rest is the choice of the person *whether he wishes to enter the temple of ultimate happiness- the Sat chit-Anand.*

Caution:- *Very often in other systems, specially in modern medicines, the antibiotics, steroids and heavy doses of quinine are used, which transform the disease into some other pathology and damage the internal delicate organs e.g. lungs, heart, liver, intestines, and kidney etc., particularly the use of ointments for skin disease may cause more damage. This happens due to the miasm (Disease-seed) hidden at sub-conscious level.*

