



SECTION - IV

Therapies Healing upto body, prana, mind, intellect and sub-conscious level :

(1) Hypnosis : This is an occult science. In this therapy the doctor from the power of his mind hypnotizes the patient and then gives suggestions. Through suggestions the dormant fears and tensions lying in the sub-conscious of the patient are eliminated. Thus it is claimed, that several mental and physical disease are relieved.

(2) 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.

(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 (ashes of elements) 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 cause 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.***

3. In Homoeopathy, the higher potentised medicines e.g. 3, 6, 12, 30, 200, 1000 etc. have deeper penetrating effect 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 from 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, tonsillitis, 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 kind 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 Hahneman has named these three miasm as *Psora, Syphilis and Sycosis*. Dr. Hahneman, 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 :

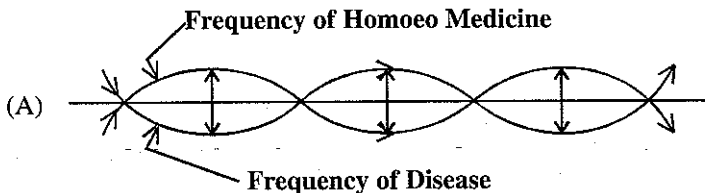
- (a) Change in atmospheric conditions e.g. excess heat, cold or humidity, travelling to mountain, sea-shore or inside the sea etc. Celestial bodies too influence the human beings and cause hormonal imbalance, thus acute form of diseases may manifest.
- (b) Excessive physical stress due to overwork,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



Disease free flow of vital force in balanced state

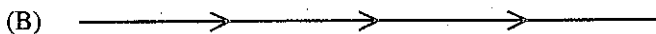


Fig. 8.01

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 by God 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? This means, yes it does.

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 difficult in practice being a very subtle and holistic 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 loose patience and leave pursuance of this therapy.

6. Selection technique of Homoeo remedy - an example² : 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

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.

² Homoeopathic Aushadhiyon ka sajeev chitran- by Dr. Satyavrat Sidhantankar- P- 463.

necessary to know the reaction of body and mind of the patient towards the external environment. An example 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 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.**

Caution : *In case of emergency e.g accidents and formation of calculi or fibrosis, besides the use of homoeo remedies, it is advisable to get these operated and then through Homoeo remedies the tendency of formation of such pathology, can be checked for future.*

In cases of accidents, some doctors apply ice to stop bleeding. This lowers the vital-energy although the bleeding stops. This should not be done particularly in case of head injury. Instead the powder of Ferrumphos 3 x or 6 x should be applied on the bleeding points and use Arnica, Bothrops, Symphytum, Ruta Grindelia, Hypericum, Aconite etc. as the case may be. This will raise the energy level, stop the bleeding and do the healing faster without causing any septic or any side effect in future.

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 potentisation 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.

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.*

7. 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.*

8. View of totality:- Modern science is yet trying to understand that aspect of life, which the Rishis have already studied, tested and implemented. The study in the fields of quantum physics, theory of Relativity and genetic engineering together are nearing the researches already made. Yet these are not all. The modern science is now agreeing to the diseases known as psychosomatic caused due to mental disturbances, whereas the Rishis have said that first the mind gets diseased due to ten negativities¹ viz Kaama (desires including of sex); krodha (anger); lobha (greed); moha (attachment); mada (pride), matsar (talking ill of others); ghrina (hatred); irshya (jealousy); Dwesha (competitive spirit); and bhaya (fear). The physical ailment follows as a result of mental disturbance causing loss of vitality (Prana) and lastly the bacteria / virus enters the body. The Rishis say, that Physical body, Prana the mind, intellect, sub-conscious, and Ego all the six are the expressions of the Spirit. Viewing all of them together projects a comprehensive picture or the view of totality of human life.

¹ Detailed discussion on this subject may be seen ahead

Science believes, that the genes are the cause of diseases and through genetic engineering, they have discovered the technique of curing the disease. This is surely, beneficial for the humanity. But even after the cure, the individual should remain disease free for which he has to follow the path of righteousness. The term righteousness means to learn, understand and adopt the four goals of human form. These are Dharm, Artha, Kaama and Mokshka. Thereafter one has to make sincere efforts to attain them. This represents the '*view of totality*' brings happiness and complete welfare to the humanity. The Rishis say – earn the Artha with righteous (Dharm) means and aspire (kaama) for salvation (Mokshha). Therefore this is the ideology, which aims to benefit the humanity in real sense. Having the goal to earn more and more Artha (wealth), the human beings have lost their natural sleep, which is very essential for happy living. Through Science, we should seek permanent happiness, rather than temporary one. Earlier we are able to assimilate these ideologies, sooner the humanity shall be benefited.

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, Chromotherapy, Reiki and so on. These therapies have been discussed categorically in the beginning and the **main hurdle in achieving cure is due to MIASMS.**

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 of the book Vedic Dharm and Modern Science. 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.*

Homeo materia medica consists of the description of '*tendencies*' of varieties of patients and to search out a precise remedy matching the tendency of the patient and to achieve cure is not a simple job, because almost every human being carries forward the miasms from parents. *The human mind often gets disturbed by the negativities like desire (Kaam); anger; greed; etc. which produces a miasm (disease seed) known as Psora. From this miasm other miasms e.g syphilis and sycosis are produced. These get recorded in the sub-conscious. Excess unrestricted and unnatural indulgence in sex during night or the sex act with a patient of syphilis may contribute the syphilitic miasm, whereas such activities during the day or the sex act with a sycoitic patient may produce sycosis. The majority of people carry mixed miasms. The patients carrying these miasms undergo*

varieties of sufferings and agonies. The sycotic patient's sufferings are aggravated during six A.M to six P.M., whereas ayphilitic patients suffer more during the period from six P.M to six A.M and so on. By permutation and combination of these three miasms, innumerable diseases are produced. Therefore Homoeopathy recognizes these three miasms as the cause of every kind of disease. Until and unless all the three miasms are annihilated, the human beings suffer from some disease or the other for the whole life. Modern science should investigate *Homoeo-therapy* from miasmatic point of view.

Vedic scriptures emphatically warn against the indulgence of negativities and particularly the sex act, which compels the mankind to bear deeper kind of sufferings. In Ram Charit Manas¹, it has been stated that Kaam (Desires including of sex), Krodh (Anger) and Lobha (Greed) lead to hell. This means that these three lead to varieties of physical and mental ailments in human life. These negativities create psoric conditions. It means that they create such ground which causes innumerable sufferings. The Saint Tulsidas² further adds, that out of ten negativities very powerful one is the attachment to the '*world of matter*' and the most powerful is the woman, because she produces the greatest amount of delusion by bestowing transitory happiness. The sex act ultimately leads to causation of seeds of syphilis and sycosis. These two when superimposed on '*Psora*' cause terrible kind of agonies, like **Tuberculosis**, **Cancer** and **Aids** etc. The equivalent terms to symbolize Tuberculosis, Cancer and Aids described in Vedic Scriptures for hell are *Raurava*; *kumbhipak* and *Vaitarini* river. It has been stated in '*Garud Puran*'³ that these sufferings are caused due to *indulgence in sex act during prohibited timings*. The prohibited days and timings are :

* First four days from the start of menstruation.

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1. Sri Ram Charit Manas Chapter V Verse No. 38
 2. Sri Ram Charit Manas Chapter III Verse No. 43
 3. Sri Garud Puran Chapter III Shaloka - 66

- * Solar and lunar eclipses
- * All auspicious Parvas (festivals) e.g. Ekadashi (11th day of every month after full moon and no moon days)
- * Poornima i.e. full moon day and Amavasya i.e. no moon day.
- * Samkranti i.e. transit day of sun from one Rashi to the other.
- * all festivals like Deepawali, Holi, Dussehra, Shravni etc.
- * During day, dawn and dusk times.
- * Shiv Ratri of every month
- * Ram Navmi, Krishna janmastmi, both Nav Ratri of the year (Nine days each)

The preparatory steps for Garbhadhan (sowing the seed by the male member in the womb of the female) have been detailed in session no.3 of the book "The Vedic Dharm and Modern Science" (Refer pages 3.11-3.12; 3.15-3.17; 3.21-3.22). The book also gives knowledge how to produce a noble offspring. ***On breaking the above norms there is every possibility of having paralytic, diseased, characterless, mentally retarded and criminal offspring.***

Here it may be noted that woman stands as the symbol of sex act. Male members perform sex act in many ways and thus create seeds of syphilis and sycosis and do suffer infinite kind of agonies known as hell. The sufferings continue in the subtle-body even after death of the physical body. Basically the woman is meant to continue the cycle of creation, but due to the male indulging in sex act with woman during prohibited period and also in the unnatural ways and beyond norms, causes serious problems.

What is Psora? : Dr. Kent in his lectures on Homoeopathic Philosophy has stated, that the superficial meaning of 'Psora' is the 'Itch' on skin, but according to Dr. Hahnemann the term Psora has the deeper meaning. ***In fact the outer itch on the skin is the manifestation of the inner form of mental itch.***

'Mental Itch' or 'Spiritual disease' is the basic cause of physical disease. Then what does the **'mental itch'** or **'spiritual disease'** really mean? It means that until the man was living righteous life, he lived with others with love. He did not envy, kept himself away from quarrel and lived with peace. By that time, he did not have the seed of any disease. That means, he lived a life of discipline and austerity. When the man was caught by the negativities e.g. desires, anger, greed, envy and attachment etc. his life became indisciplined and this led the sowing of seed of diseases. According to Dr. Kent **The Mental Itch or the Spiritual disease** is – envy, attachment, restlessness, anger and quarrelsomeness etc. These are the real forms of Psora. **'Mental itch'** is the unmanifest form, whereas manifest form is itch on the skin.

If there is no pollution in the mind, then, the body does not become diseased. Now let us see how the other two miasms i.e syphilis and sycosis are produced. First the man thinks to go to a prostitute and due to mental itch, he enters into prostitute's premises helplessly (please note that prostitute here stands for unrestricted sex act and during prohibited timings). After coming in contact with her the man catches miasms of syphilis and sycosis.

There is no doubt that the patient carrying syphilitic miasm also carries sycotic miasm and vice versa. This is why chronic diseases do not get cured. For curing them antisycotic remedies like **'Thuja'** etc have to be administered to clear sycotic conditions and **'Merc sol'** etc. for clearing syphilitic conditions from the body. However, Dr. Kent has stated, that the Psora is in the base of syphilis and sycosis both. If there is no mental pollution, then why any one will go to a prostitute and acquire syphilis and sycosis. Hence, according to Dr. Kent the Psora is the basic cause of every disease. Dr. Hahnaemann says, that all chronic diseases emanate from Psora. Due to Psora, out of eight, seven persons are suffering with number of diseases. According to Dr. Hahnaemann, the Psora is coming in the present generation since time immemorial. It is a thousand headed monster hidden in the subtle-body of human beings and remains alive through generations.

Its physical form is itch on the skin, whereas the unmanifest form is the mental pollution. *Dr. Hanhaemann says, when the skin diseases are suppressed by powerful Allopathic drugs, then it turns into several difficult diseases like Neurasthenia; hysteria; depression; madness; sadness; epilepsy spasms; cancer; arthritis; piles; ascites; menstrual problems; asthma etc.* These are born due to suppression of itch on skin. By administering anti-sonic remedies, the internal disorders start manifesting on the surface i.e on the skin. According to Dr. Hanhaemann, this is the only way which can lead us to 'CURE'.

In order to mitigate the sufferings of human beings the Rishi have emphasized on complete cessation of desires including sex. In Srimad Bhagwad Geeta¹ Lord Krishna clearly tells Arjuna to kill the powerful enemy - "*Desires*" and in Ram Charit Manas² through a myth of delusion caused to Saint Narad complete celibacy has been preached. The myth is described hereunder :-

Saint Narad, the Son of Lord Brahma, frequently comes to Bhuloka (Mother earth) and feels pity to witness the enormous sufferings of the beings, specially of human beings. He then discusses these sufferings with three gods and obtains total solution i.e spiritual, mental and physical from them. This knowledge is then given to Rishis, who further pass it on to the people for their welfare. Thus he keeps links between the three gods and the Rishis, once sat down under a tree and sub-merged into samadhi. Lord Indra felt suspicious to learn this uncommon activity of Saint Narad. He, therefore, sent god kaamdev (god of sexuality) to disturb Saint Narad. In spite of his best efforts of provoking sexuality, god Kaamdev failed. So he begged pardon of the saint and reported back to Lord Indra. This event boosted the ego of Saint Narad very high, so he went to Lord Shiva and narrated the whole incident to the Lord. Lord Shiva cautioned Narad not to recite this to Lord Vishnu. But, Saint Narad could not restrain himself and described the event in detail to Lord Vishnu. Lord Vishnu smelt Narad's ego and for his wellbeing he created a vast and beautiful state ruled by the king Sheelnidhi, whose daughter Vishwa Mohini

1. Srimad Bhagwad Geeta 3/43

2. Sri Ram Charit Mans between verses no. 124-139 of Chapter No. - I

was going to choose a prince for her through a swayamber (self-choosing ceremony). Saint Narad after knowing this went to king's palace. Since Saint Narad was known for his expertisation on astrology, therefore the king showed his daughter to the saint and requested him to tell about the future of the girl. The saint on seeing the girl got charmed from her beauty and started wishing to marry with her. He read her palm that her husband shall be such, who will be worshipped by all gods and shall be immortal. Now he remembered Lord Vishnu to bestow him youth and the excellent charm, so that girl may choose him.

Lord Vishnu assured the saint to give him that charm, which will lead to his ultimate welfare. Narad went to the place of '*swyamber ceremony*' and sat down with full confidence, that the girl will definitely choose him. However, two aids of Lord Shiva, who knew these details, that Lord Vishnu had provided Narad the face of a monkey, also sat behind saint Narad and were mocking at him. The girl, therefore, while searching the partner amongst the kings and gods present there ignored the saint due to his monkey face. At the end, Lord Vishnu came there in human form, whom the girl chose and put the garland. Now Narad felt extremely disturbed and cursed Lord Vishnu to adopt human form on earth and experience the agony of separation of wife. Lord Vishnu accepted his verdict and then withdrew his maya (delusory drama). Now Narad became normal and sincerely repented and begged pardon of wrong words used for the Lord. The lord said this drama was his wish to guard the welfare of his devotee. Lord Vishnu explained Narad that if Lord would have permitted the saint to marry, he would have fallen in the cycle of life and death. He pointed out towards his wife Laxmi, who is massaging Lord's feet since time immemorial, but he has never looked at her as a common husband does on Bhuloka. The Lord also explained, that besides the pains and agonies of birth and death, there are enormous problems on assuming the human form e.g. poverty, hunger, disease, going to lower yonis consequently billions of varieties of sufferings. At present your entry in Vaikuntha is free, whereas common male member can not come here, unless he strictly follows the path of Dharm and is the staunch observer of celibacy like you.

The Lord further explained, that the sadhaka who is desirous of Vaikuntha, he has to gradually come out of delusory world of matter through vairagya i.e the total detachment is a must. He should positively learn to be free from all kinds of desires, specially the Kaama (sex) anger and greed.

In one verse Saint Tulsidas warns¹, that the charm produced by an young woman is similar to the charm produced by a flame of a candle to a flying worm, which circles round the flame, gets burnt and dies. Hence beware, abandon the negativities and fix your mind on God Rama. (Woman here stands for sex act).

9. Diseases caused due to mental disturbances -The Scientific View :- (Refer chart of Autonomic nervous system attached) In Sri Ramcharit Manas², the poet Goswami Tulsi Dass elaborates, which mental disturbance may cause which physical ailment. The essence of the saying by the great poet is given as under:-

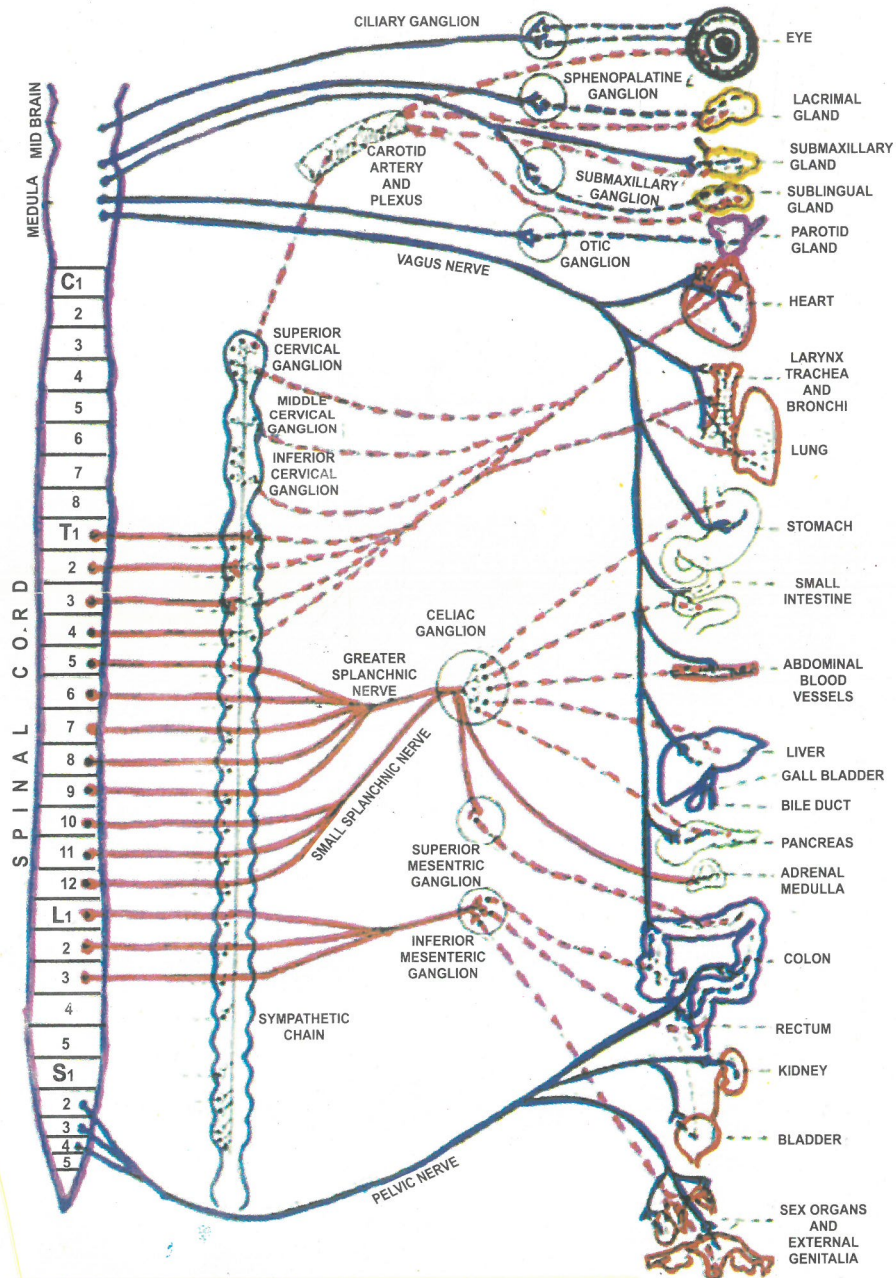
Primarily every disease emanates from the excessive attachment of the human mind with the world of matter. Three kinds of mental disturbances caused by desires, anger and greed are responsible for number of physical ailments. Besides, these there are other negativities e.g. hatred, hypocrisy, pride, jealousy, cruelty infatuation and so on, which overpower the human mind. The saint broadly explains as under :

1. The varieties of desires may cause physical problems e.g. gas formation in the digestive system, constipation, rheumatism, muscular pain etc.
2. The greed may cause ailments concerning lungs e.g. bronchitis, asthma, tuberculosis etc.
3. The anger may cause increase in secretion of bile, which may result into heart burning, vomiting, lever disorder etc.

1. Shri Ram Charit Manas, Chapter No. III verses no. 46 (kha)

2. Ram Charit Manas, Chapter No. VII verses between 120-121

Sympathetic & Parasympathetic Nervous System



INDEX :-

- — — (Firm & Dotted Blue Lines) = PARASYMPATHETIC
- — — (Firm & Dotted Red Lines) = SYMPATHETIC

4. The composite effect of all the three i.e desires of sex, anger and greed may cause Typhoid and many others, whose pathological names may be innumerable.
5. Infatuation may cause varieties of skin problems.
6. Envy and jealousy may cause mental irritation, restlessness and madness.
7. Hypocrisy and cruelty may cause leprosy.
8. Pride may cause chorea (twitching of limbs)
9. Discontentment and ambitions may cause ascites etc.

Saint says that the masses die out of single disease and there are infinite number of diseases. Therefore, it is impossible to discuss all of them in detail.

Such negative thoughts cause imbalance in the secretion of hormones. Few hormones known to modern medical science and their influence on the human anatomy and physiology are described below:-

(a) Thyroxin :- This hormone is secreted from the Thyroid gland and is important for the growth of the body. It also regulates the metabolic rate.

(b) Parathyroid Hormone :- This hormone is secreted from the 'Parathyroid gland' situated besides the 'Thyroid gland'. It regulates the ionized calcium in human blood, so that the muscles and nervous system should function efficiently.

(c) Insulin :- It is secreted from the Pancreas. Its function is to regulate metabolic rate of carbohydrate. Thus this hormone is helpful in formation and accumulation of glycogen, Protein and fatty acids.

(d) Adrenalin :- This hormone is secreted from adrenal gland situated on the kidney. It activates adequate energy to fight out against physical

and mental shocks, excessive fatigue, chill and emergency situation of fright etc.

(e) Testosterone :- This is the male hormone secreted from testes and is helpful in the activity of sex and genital growth.

(f) Estradiol :- This is the female hormone secreted from ovary and is helpful in the activity of sex and genital growth.

(g) Gastrin:- This hormone is secreted from the walls of stomach and regulates the secretion of hydrochloric acid in the stomach. This acid destroys the germs arriving alongwith the food in the stomach. It makes the food soft and liquidifies it before being sent to the intestines.

(h) Secretin:- This hormone is secreted from the glands of small intestines. It regulates the secretion of water and bi-carbonates in Pancreas, so that the proper digestion in the intestines may take place.

(i) Growth hormone:- This hormone is secreted from Pituitary gland and helps in growth of the physique. The deficiency of this hormone leaves the child dwarf.

The repeated imbalance of the above hormones affects the function of cells. It specially affects the various organs of the cell e.g. mitochondria (energy producing centre), function of R. N. A. (Protein synthesis) and absorption of oxygen etc.

Ayurveda has divided this hormonal disturbance in three categories e.g. vaat, pitta and cough. The doctors of Ayurveda identify this disturbance by reading the pulse rate of artery located at the root of the wrist and thus prescribe the medicine.

Homoeopathy and Disease :- Almost all Homoeo remedies are highly microfined and have the ability to influence the human mind very deeply. They can change the activity of every organ of the body. Modern medical science gives prominence to iodine and accepts its strong link with Thyroid gland. They advocate that every one should use crude iodine. In case this iodine is microfined through homoeo

technique and used by some healthy individual, then following set of symptoms are produced¹.

Main Symptoms	Tendency
1. Patient frequently eats yet emaciates	Cold and cold wind ameliorates.
2. The body and breast emaciates but the glands get enlarged.	motion ameliorates.
3. Excoriative discharges from eyes, nose and vagina (Leukorrhoea)	Eating ameliorates.
4. Anorexia (want of appetite)	Heat aggravates
5. Suicidal tendency or to kill someone.	Hunger aggravates
6. Constant eructation after eating.	Rest aggravates therefore keeps himself busy.

On contemplating the above set of symptoms, specially the mental symptoms e.g. to kill himself or someone; excessive hunger yet emaciates, point out to the imbalance secretion of iodine from Thyroid gland and can be balanced by prescribing microfinied iodine. In fact in Homeopathy almost same medicines are used, which are used by allopathy except that in Homeopathy these medicines are microfinied, whereas in Allopathy they are used in gross and concentrated form.

On excess secretion of adrenalin from adrenal gland, the individual becomes irritable, his blood pressure rises, heart beat increases and arteries expand. It also produces twitching of muscles. According to modern medicine in the event of fright, the contribution of adrenalin hormone is commendable, whereas in Homoeopathy in order to wipe away the varieties of latent fears lying in the human sub-conscious, there are several remedies. By identifying the finer

1. Refer Homoeopathic Aushedhiyon Ka Sajeew Chitran – By Dr. Satyanrat Sidhantalankar – P-359

differences between the remedies, several mental and physical ailments can be cured. The correct homoeo remedy is identified by matching the symptoms with the subtle differences of human behaviour. Brief details of few important mental ailments and their possible related remedies are given below:-

1. **Suicidal** : Aurum met; China; Aurum Muir; Arsenicum Album; Iodium; Nux-vomica; Antim Crude; Allumina; Rhustox etc.
2. **Murdering** : Iodium; Bellodona; Cuprum; Argentum Met; Glonine; Staphysagria etc.
3. **Nymphomania** : Cantharis; Hyoscyamus; Phosphorous; Stramonium; Veratrum Album; Murex Platina; Origanum; Tarentula Hispania etc.
4. **Anger** : Ignatia; Lycopodium; Antim Crud Chamomilla; Thuja; Sulphur etc.
5. **Greed** : Pulsatilla; Arsenic Album; Lycopodium; Calcarea-Flourica; cina; Bryonia etc.
6. **Fear** : Acomite, Arsenic-Album; Pulsatilla; Gelsemium; Apismel; Ignatia etc.
7. **Jealousy** : Apis mel; Hyoscyamus; Lachesis etc.
8. **Irritability and quarrelsomeness** : Aesculus; Antim Crude Crocus Sativa; Kaliphos; Ignatia; Chamomilla.
9. **Suspicious** : Arsenic-Album; Anacardium; Causticum; Secale Cornutum, Hyoscyamus; Merc sol; Nux- Vomica; Pulsatilia Sulphur etc.

There are many more such mental ailments, which can be cured by homoeo remedies, the brief list of such tendencies is given below:-

1. Cruelty; Pride; hatred; forgetfulness; Indifference; Imbecility; idiocy; Depression; obsessive crying and laughing.
2. Fear from:- height, black dog, mice, ghost, worms, flowing water, sharp things, thunder storm and loneliess.

3. Dispute between spouse; Anxiety; frightful dreams loquacity; Impertinence, Craving for:- alcohol, coffee, tea and drugs.

In fact the secretion of any hormone is regulated in accordance with the kind of emotions flowing in the mind viz kaama (sex desire); Anger; greed; compassion, kindness and love etc. Specific hormone dominates the kind of activity performed by the individual. From the negative activity, the mental disturbance takes place. This is further followed by the physical ailment in due course as already discussed above. The mind and the body are strongly inter-linked with each other and form the integral whole. When sex desire dominates the mind, the homoeo remedies e.g. Phosphorous, Murex; and origanum cool down the mind. On microfication, homoeo drugs convert into energy and they have the capacity to destroy the sins accumulated in the form of energy waves at the sub-conscious plane. This results in destroying not only mental disorder, but also physical ailments. The ticklish problem is only to select the right remedy, which should be based on the totality of symptoms i.e. on the tendency and the behaviour of the patient. If somehow the knowledge of homoeopathy reaches to the common man, then it is possible to control several crimes viz murders, suicides, rapes and many more. Several mad patients kept in mental hospitals if treated through homoeo remedies can lead normal life. Fresh studies should be conducted on this subject from modern point of view as to how this therapy can be made popular. **Perhaps some highly sensitive instrument may bring miracle in this field.**

CAUTION :

1. - To achieve cure one should read the homoeo 'Materia-medica' thoroughly or seek guidance from a practicing doctor. According to Homoeopathic principles to treat any skin disease, no external and strong ointment should be used, because this may push the outgoing disease to inwards and may cause severe internal disorder. Homoeopathy believes, that the skin disease is the nature's effort to throw away disease or do away the internal

pollution and therefore should not be suppressed. This may result in damaging the delicate organs like kidney, heart, lungs and intestines, liver etc. which may prove fatal also.

2. - While using homoeo remedies, one should restrict the treatment by using 30 and 200 potencies only as far as possible. The potencies e.g. 1000 and specially 10,000 and above should only be used when the (a) patient's vital force is strong (b) disease is very chronic and (c) mental symptoms are fully matching. The reason is that the deep acting homoeo remedies may produce drug disease, which can be very painful also in life.

Note : For deeper knowledge of Homoeopathy readers are requested to read and digest the essay – “Scientific analysis of Homoeopathy” incorporated after section V.

- Hari Om Tat Sat -