

THOUGHTS OF THE FOUNDER

INITIATION

Interest in medicine & human service resulted in primary medical aid in the village. Later shouldered the responsibility of a hostel. Treating the hostalites added to my experiences and boosted my self-confidence.

THE BEST QUALITY

The best quality of our medicines is that they are absolutely free of complications, harmless and without any reactions or side effects.

LIMITATIONS

Since prepared from a view of household remedies, the medicines are mild in nature, they are expected to work as household remedies on the indicated diseases. Timely remedy restricts the advancement of the disease and the body can recover within a short period of time, which is most important. The disease approaches without any major signs and symptoms, we tend to neglect and suffer from further complications.

EFFECTIVE EXTERNAL USE

Tailark (oil concentrates) massaged externally over the affected parts is absorbed rapidly through the skin-pores. The effect is similar to that of the injection. Therefore the Tailark is prepared with similar properties of oral medicines.

MEDICINES WITH MANIFOLD EFFECTS

The main cause of the physiological derangement lies with one of the Trodoshas. Though the clinical features vary, cause is certainly one fo the Tridoshas. Only one medicine can be used in a number of diseases caused by one of the Doshas for example Pyrexia, Jaundice & Urinary problems have their cause in Pitta Dosha. The same is true with the female organs and the indocrines. There are some medicinal plants which work exclusively over them, may it be menstrual cycle or pregnancy. Therefore one and the same medicine can be

used in those problems. This is the reason behind the same medicine being used in different ailments.

COMPUTER

Our body is a self inspired computer desived by God. Which maintain our health. All we can do is to help in his attempt.

CONCEPT OF VEDIC TIMES

Atomic properties of the elements were known to us since vedic times and are found in day to day life. The use of medicinal plants to improve and maintain human health indicates the above concept. Tulsi, Durva, Bilva, Pipal, Umbar are used in Sukshma form. Surroundings of these plants have a similar influence which is enough to work on the human body, this is the concept of Sukshmata.

YAJNYA

Yajnya Samidhas are a similar example. Arka, Palash, Khadir, Apamarga, Pipal, Umber, Shami, Durva are used as Samidha offered in the Yajnya. The properties of these plants are transmitted to the surroundings, purifying atmosphere. Applying these ashes show similar properties.

TIERTH

Water with Bilva, Tulsi & Durva dipped in it is used as Tierth. Similarly bathing with Rudraksha around the neck, and drinking water from a Copper Vessel are all indicative of the above therapy.

HEALTH FOR ALL

The key to a healthy life is mild household remedy. Each person feel that his own system is the best and most complete. Every system has its own plus as well as minus points. Therefore without insisting on a single system, we should extract the best from each and lead a healthy life.

Vd. S. G. Mahajan
Pioneer of Sukshma Ayurveda
(Micro - medicines)

OUR ADVICE

01) Abscess – Swab of Oil Agom should be placed on the abscess and take 4 pills of Sushama thrice daily.

02) Acidity – Pain in epigastrium during empty stomach. 4 pills of Gutika Shama 6 hourly are to be taken. This disease is caused due to excess secretion of Hydrochloric Acid in the stomach. Water solution of Shama pills is more useful.

03) Allergy – 4 pills each of Gutika Sushama and Abhisari to be dissolved in ¼ th litre of water and taken in small divided doses, and applied externally if required.

04) Amoebiasis – 4 pills each of Pachansudha and Balada should be taken after every motion. Oil Balawardhini is to be massaged on the abdomen.

05) Joint Pain – Sandhishodhana 4 pills, twice daily should be taken. Vatanashak oil should be applied on the affected parts, Umbilicus and spine.

06) Ascaris (worms) – 8-10 pills of Gutika Krumina should be taken at bed time for a month.

07) Asthma – 4 pills of Gutika Kaphana should be taken 4 times a day with lot of water. Oil Kaphana should be used. During an attack, 2 pills each of Kaphana and Agom should be given every 15 mins with frequent use of Oil kaphana. In older patients the severity of the attacks can be reduced while in children Asthma can be cured.

08) Backache – Tailark Agom should be applied twice daily. Gutika Agom 4 pills should be taken twice daily.

09) Burning Micturition – 2 pills of Gutika Shama and Ramban should be taken four times daily and Oil Shama should be massaged on the lower abdomen.

10) Burns – Put swab soaked in Oil Agom which also prevents scarring.

11) Chest Congestion – 4 pills of Kaphana to be taken twice daily and Oil Kaphana should be massaged over the chest.

12) Chilblain – Ointment Sushama should be applied after drying the legs or Niramaya Tirth can be used.

13) Chronic Fever – 4 pills each of Shama , Sushama and Ramban should be dissolved in ½ litre of water and taken throughout day. Oil Shama to be massaged on the upper abdomen.

14) Common Cold – 4 pills each of Kaphana and Agom should be taken thrice daily. Oil Kaphana should be massaged over the forehead, throat and chest and put 2 drops in each nostril.

15) Cough without Expectoration – 2 pills each of Kaphana and Ramban should be taken daily. Oil Shama should be massaged over entire chest, back and throat.

16) Cough with Expectoration – 4 pills each of Kaphana and Agom to be taken 4 times a day. Kaphana Oil should be massaged over entire chest, back and throat.

17) Corn – Moisten and file the affected part and massage Oil Agom. If possible swab of the oil Agom should be placed.

18) Cracked Feet – Moisten the feet and apply Ointment Sushama at bed time and Gutika Pachansudha to be taken orally.

19) Cuts – Apply Oil Agom or place a swab of the oil Agom to arrest the bleeding.

20) Choking of the Nose – 1 drop each of Oil Kaphana and Oil Agom should be put in the nose alternately.

21) Diarrhoea, Dysentery and loose motion – 4 pills of Pachansudha to be taken with water after every motion. In severe conditions, 2 pills each of Agom and Sushama should be supplemented. Oil Balawardhini should be massaged on the abdomen. Water intake must be ample.

22) Dribbling of Urine – 2 pills each of Ramban and Shama should be given every 15 mins. with ample water. Oil Shama is to be massaged over the abdomen and back. (4 pills of Shama with water every morning help relieve the symptoms of heat)

23) Dysmenorrhoea – 4 pills of Mahilamrut to be taken four times daily and massage oil Mahilamrut on the lower abdomen. Excessive dose should be taken during menses (upto 40 pills daily) and oil to be massaged on the lower abdomen.

24) Dyspepsia – (loss of appetite, taste) 4 pills of Agom 15 mins before meals and 4 pills of Pachansudha after meals should be taken. Oil Balwardhini should be massaged on the abdomen.

25) Easy Parturition – Take 8-10 pills of Gutika Mahilamrut every 15 minutes. Apply Oil Mahilamrut and Balwardhini gently on the abdomen (if possible)

26) Eczema, Ringworm Infection – Moisten the affected part and apply Oint Sushama. Sushama pills , 4 at a time in 2 doses should be taken. The treatment should be continued for at least six months after recovery.

27) Excessive Salivation – 2 pills of Ramban should be taken thrice daily.

28) Falling of Hair (Defluvium)– Oil Keshranjana should be applied and Keshranjana 4 pills twice daily should be taken orally. (Skipping, drinking water from a copper vessel and rubbing nails proves helpful)

29) Fatigue – 2 pills each of Ramban and Agom should be taken 3-4 times a day with warm water.

30) Fever – Take 4 pills each of Gutika Shama and Ramban thrice daily. Oil Shama should be massaged on the upper abdomen.

31) Infectious fever – 2 pills of Sushama alongwith above dose should be taken.

32) Flatulence– Take 2 pills each of Gutika Pachansudha and Gutika Agom every 15 mins. Oil Balawardhini to be massaged over abdomen.

33) Headache (Due to Pitta) – 2 pills each of Shama and Ramban or their water solution should be taken half hourly. Oil Shama should be massaged over the forehead and head.

34) Headache due to common cold – 2 pills each of Kaphana and Agom to be taken, Oil Kaphana should be massaged over the head, temple and forehead.

35) Hiccup – 2 pills of Ramban and Agom to be given every 15 mins. Oil Balawardhini should be massaged over the abdomen.

36) Hypertension – 2 pills of Gutika Abhisari should be taken 4 times a day.

37) Indigestion – 4 pills of Pachansudha should be taken 15 mins after meals Oil Balavardhani should be massaged over abdomen.

38) Itch – Take 4 pills of Sushama thrice daily and apply ointment Sushama.

39) Irregular menses – Four pills of Gutika Mahilamrut should be taken, four times daily Oil Mahilamrut should be massaged over lower abdomen. Dose of pills should be increased during mences.

40) Jaundice – 4 pills of Agom before meals without water and 4 pills of Pachansudha after meals to be taken with water. 4 pills of Gutika Shama should be taken thrice a day, with ample water. Oil Shama should be massaged over the upper abdomen. Water intake should be increased.

41) Labour Pains – Take 8-10 pills of Gutika Mahilamrut every 15 mins. Oil Balawardhini and Mahilimrut to be massaged over the abdomen.

42) Mud eating (during teething) – 2 pills Balada should be taken 3 times a day.

43) Mumps – Swab of Oil Agom should be placed or the oil should be massaged. 4 pills each of Ramban and Agom should be taken thrice daily. Gargling with water solution of Niramaya Tierth is useful.

44) Nail Poisoning – Apply Ointment Sushama and Oil Agom and have Gutika Sushama orally.

45) Numbness – 4 pills of Agom before meals and 4 pills of Pachanasudha after meals should be taken. Apply Oil Agom to the back bone, stomach & the affected part.

46) Obesity – 4-5 pills of Chapala should be taken with water in the morning. Oil Chapala should be applied on the umbilicus, and massaged over the abdomen and spine twice daily. (Diet Restriction – Maintain the intake of food.) Use of the oil is the main treatment while Gutika are supplementary.

47) Otorrhoea and Otagia – Oil Agom should be put in the ear after cleansing. 2 pills of Ramban should be taken 4 times a day. Oil should be prepared in castor oil.

48) Paediatric Tonic (Balkadu) – Give 2-4 pills of Ramban twice daily.

49) Pharyngitis – 4 pills of Ramban should be taken 2 times a day. Oil Agom should be massaged. Oil Kaphana should be applied, if associated with common cold alongwith Gutika Kaphana. Gargling with water solution of Niramaya Tierth is helpful.

50) Phosphaturia / Albuminuria – 4 pills of Agom before meals and 4 pills of Ramban after meals to be taken. Oil Balawardhini should be massaged on the entire abdomen.

51) Piles – After defecation put a swab soaked in Agom Oil deep in anus, apply Sushama Ointment and have Gutika Sukhada 4 pills twice daily.

52) Pimples – Dilute 4-6 drops of Tierth in a cupful of water & have a teaspoon thrice daily and apply externally after washing the face.

53) Scabies – 4 pills of Sushama to be taken thrice a day. Oint Sushama should be applied. Oil Agom should be applied once daily.

54) Sore Throat – 4 pills of Ramban and Agom should be taken ½ hourly. Oil Agom should be massaged externally. Gargling of water solution of Niramaya Tierth is helpful.

55) Sprain – Apply or massage Oil Agom at the site.

56) Stammering – Gargle with Niramaya Tirth solution thrice daily & have orally a teaspoon of solution thrice daily.

57) Stomachache – Take 2 pills of Pachansudha every 15 mins. 2 pills of Sushama (if necessary) should be given. Apply Tailark Balawardhini on abdomen.

58) Strained Back Muscles – Massage Oil Agom on the umbilical region and backbone and 4 pills each of Ramban and Agom should be taken 4 times a day.

59) Teething Problems – 4 pills of Balada should be given 2 times a day.

60) Tonsilitis – 4 pills of Agom before meals and 4 pills of Ramban after meals. Oil Agom should be massaged externally. Indigestion and late nights should be avoided. Gargling with water solution of Niramaya Tirth is extremely useful.

61) Trauma – Apply Oil Agom or put a swab soaked in Oil Agom.

62) Unusual Desires – (During Pregnancy) 8-10 pills of Mahilamrut to be taken 4-5 times a day alongwith water. Oil Mahilamrut and oil Balawardhini should be massaged alternately on the abdomen. 4 pills of Gutika Subala should be taken with milk twice daily.

63) Urticaria – 4 pills each of Sushama and Abhisari or their water solution should be taken thrice daily. Apply Oint Sushama or water solution of the pills to the body.

64) Vertigo – 4 pills each of Gutika Shama and Agom should be taken. Oil Shama should be massaged on the forehead and hypogastrium.

65) Vomiting – 2 pills each of Pachansudha and Shama should be taken after every vomit.

66) Worms – 8-10 pills of Krumina at bed time for a month. Oil Balawardhini should be massaged on the stomach.

67) Wounds – Swab of oil Agom should be placed on the wound.

PACHANSUDHA GUTIKA

These pills are prepared from Kuda (Holarrhena antidysenterica) 3X; Bel (Aegle marmelos) 3X; Harda (Terminalia chebula) 3X & extremely effective on digestive disorders. In conditions, like pain in abdomen, flatulence, Diarrhoea, Amoebic, Dysentery, Cholera, vomiting, 2-4 pills should be taken every 15-30 mins according to the severity of the symptoms. The dose should be lowered as the severity decreases. In case of hyper-acidity and vomiting 2-2 pills of Shama should be supplemented. In case of dyspepsia, indigestion, hyper-acidity (acid gastritis) Jaundice, flatulence, Vaat Vikar – 4 pills of Agom 15 mins before meals without water and 4 pills of Pachansudha after meals with water should be given. Same number of pills of Sushama should be taken as supplementary in vomiting and diarrhea due to poisoning.

BALAVARDHINI TAILARK

This tailark is made from Kuda (Holarrhena antidysenterica) 3X; Bel (Aegle marmelos) 3X; Harada (Terminalia chebula) 3X As per the severity of the disease whole quantity of the Tailark (extract) should be shaken and mixed with 100 ml. of oil and again shaken vigorously. This oil strengthens the muscles of the visceral organs. This oil should be used externally with Gutika Pachansudha in abdominal disorders. In oedematous or weak intestines a gentle massage on the abdomen for 5-6 months proves helpful. In case of rudiment or a weak uterus, causing abortions this oil should be applied gently on the lower abdomen, this promotes uterine growth and avoids habitual abortions. In cardiac conditions, massage over the chest gives good results. This reduces the atony of the muscles of visceral organs. It is more effective when combined with Tailark Subala. It also shows an unusual property of destroying lice, if supported by having Balada Gutika.

KAPHANA GUTIKA

These pills are made from Adulsa (Adhatoda vasica) 3X; Korphad (Aloe barbadensis) 3x and are useful in Common

cold, Cough, Asthma. Four pills 2 times a day with water are to be taken in the above conditions alongwith same number of pills of Agom. During an attack of Asthma, 2 pills each of Kaphana and Agom should be taken with water every 15 mins. An Asthmatic patient should take 4 pills 2 times a day regularly. Use of oil Kaphana is necessary in Asthma. In fever with cough and cold 2 pills of Kaphana along with Shama should be taken. For persisting cough after chronic fever 2 pills should be given along with Shama from the beginning.

KAPHANA TAILARK

This tailark is made from Adulsa (*Adhatoda vasica*) 3X; Korphad (*Aloe barbadensis*) 3X. The content of the bottle should be emptied after shaking in 100 ml. of oil and again shaken vigorously. It is necessary to use this oil alongwith Gutika Kaphana as it gives immediate results. In conditions like Cough, Pertusis, Cough with expectoration, Asthma, this oil should be applied all over the chest, spine and forehead. If possible, to the whole body which will relieve headache and body ache.

SHAMA GUTIKA

These pills are prepared from Gulvel (*Tinospora cordifolia*) 3X; Maka (*Eclipta alba*) 3X; Umbar (*Ficus glommarata*) 3X. It gives excellent results in conditions like common and infective fever, burning micturition (Kadaki), Jaundice, Pitta Vikar (acidity), Chronic fever, Urinary problems, etc. In above symptoms 4 pills 4 times a day with water is the usual dosage. In pyrexia (fever) alongwith these, 2 pills of Ramban should be given. In hyper-acidity, Jaundice 4 pills of Agom 15 mins before and 4 pills of Pachansudha after meals are to be given in addition. In Urticaria, Itching, Headache, additional dose of 2 pills of Ramban is to be given. Anurea, Dribbling of Urine and other urinary problems call for 2 pills of Ramban every 15 mins with plenty of water alongwith Gutika Shama. In case of frequent fever, clay coloured stool is found in children, due to sluggish liver, 2 pills of Ramban are to be supplemented. In hyper-acidity induced vomiting Gutika Shama should be given along with Pachansudha. 4 pills in the morning with water should be taken in summer, by those who

suffer heat/sunstroke. The day will be spared. In case of late night 4 pills with water before sleeping and after awaking keeps away the after effects. Use of Shama oil along with the Gutika is necessary.

SHAMA TAILARK

This extract is made from from Gulvel (*Tinospora cordifolia*) 3X; Maka (*Eclipta alba*) 3X; Umbar (*Ficus glomarata*) 3X. Whole quantity should be shaken and mixed in 100 ml. of oil and shaken vigorously for five minutes. External use of this oil is necessary alongwith Gutika Shama giving immediate results. Cotton gauge soaked in this oil should be kept on the forehead in fever. temperature settles down without any neurological complication. In case of Fever, Jaundice, Pitta Vikar, Liver Spleen disorders, clay coloured stools in children, frequent rise in temperature and convulsions this oil should be applied to the upper abdomen. In headache due to Pitta, oil should be applied to forehead and entire head. In case of Urinary problems like anuria, dribbling of urine, oil should be applied to the abdomen and the flanks.

AGOM GUTIKA

Prepared from Bhallataka (*Semicarpus anacardium*) 3X and Tumba(*Leucas cephalotes*) 3X very effective on Vata, promotes the actions of other medicines and helps to maintain the body temperature. 4 pills are to be taken 15 mins. Prior to meals in case of Rheumatic Arthritis, Flatulence, Arthritis, Cramps in extremities, Numbness, Backache, Dyspepsia, Indigestion, Amla pitta, Jaundice. In case of neurological complaints in fever, rigors, Malaria, weakness, cold extremities, Asthmatic attacks 2-4 pills are to be given every 15 mins. (Vomiting with Froth 2-4 pills of Agom should be given with Pachansudha Gutika).

AGOM TAILARK

This Tailark is made from Bhallatak (*Semicarpus anacardium*) 3X; Tumba (*Leucas cephalotes*) 3X Whole quantity of Tailark (extract) should be shaken and mixed with 100 ml. of and shaken vigorously for 5 mins. It gives extremely good results in Vata Vikar.

In stiff painful joints, sprain, cramps, numbness, cold extremities, excessive body heat, backache, oil should be applied over the affected part and massaged over the spine. Cotton pad soaked in the oil should be placed or oil should be gently massaged in case of oedema of any origin, Tonsils or Mumps. Swab soaked in oil should be placed or oil gently applied on a blunt injury, contusions, sprains, burns, wound, abscess or any painful area. In case of Otorrhoea, oil prepared in castor oil should be put in ear after cleaning thoroughly. To arrest the bleeding (haemorrhage) instantly, a oil soaked swab should be placed over the bleeding wound. In case of inflamed piles, an oil soaked swab is to be placed in the anal canal and also applied externally. This relieves the symptoms and the swab falls off during next defaccation. Being very useful, this oil should always be kept handy.

RAMBAN GUTIKA

Prepared from Tulsi-(*Ocimum sanctum*) 3X, Bel-(*Aegle marmelos*)3X, Adulsa-(*Adhatoda vasica*)3X, Harda-(*Terminalia chebula*)3X, can be used as a general tonic. In infants, 2 pills are to be given daily. The child will grow healthy. Two pills every 15 mins. Should be given when the child is restless or in case of flatulence. If the child vomits during lactation, 2 pills are to be given before feeding. 2 pills of Agom should be given in addition if vomiting persists. Used as supplementary in many disorders and helps prevent other disorders. In case of fatigue 2 pills along with Agom should be given every 15 mins. for 2-3 times. In headache, due to pitta 2 pills alongwith Shama are to be given and in headache due to common cold, 2 pills along with Kaphana are to be given.

MAHILAMRUT GUTIKA

Prepared from Ashok-(*Jenosia ashoka*) 3X; Jaswand (*Hibiscus rosa sinensis*) 3X; Adulsa (*Adhatoda vasica*) 3X, it is the ultimate medicine of disorders in women. In case of irregular, heavy or scanty menses, abdominal pain during menses, 4 pills 4times a day should be taken. During menstruation 2 pills should be taken ½ hourly until the symptom depresses.

Two pills 4 times a day should be taken by a pregnant woman immediately after missing the menses. It is a boon in pregnancy. In unusual desires for strange things (in pregnancy) 4-20 pills are to be taken every hour with water as per the severity of the disorder. In case of pain in abdomen any time during pregnancy 8 pills at a time should be given every hour. If pain is due to other cause it will subside, in case of labour pains it will help easy parturition. Use of oil in such conditions gives better results. Use of oil is necessary and pills should be taken in large number. Unusual desire of strange and naughty things is not a disorder or a disease, it is the external expression of the increased demands of substances necessary for the growth of foetus and changes in the maternal body. Use of pills internally and oil Balvardhini externally, with 4 pills of Gutika Subala with a cup of milk twice daily will certainly eliminate these symptoms.

MAHILAMRUT TAILARK

This tailark is made of Ashok (*Jenosia ashoka*)3X; Jaswand (*Hibiscus rosa sinensis*) 3X; Adulsa (*Adhatoda vasica*) 3X; The whole quantity should be shaken and mixed with 100 ml. of oil and shaken vigorously. Should be used externally along with Gutika Mahilamrut in menstrual disorders. Gentle application on the lower abdomen gives immediate relief. Oil Balavardhini is used in addition, in case of uterine debility.

CHAPALA GUTIKA

Prepared from Guggul (*Commiphera mukul*) 3X; and Chitraka (*Plumbago zeylanica*) 3X, This preparation reduces the fat depositions and stimulates activeness in the body. The food we take is not properly animalated into blood and is converted into fat and its deposition under the skin causing a lot of diseases. When the Manipur plexus behind the umbilicus is activated this derangement is met with. The Yogasanas also achieve the same result but, in case Yogasanas are not possible, It is observed that medicines help to achieve the same result. 4-5 pills should be taken with water early in the morning. Before bed time and bath, oil Chapala should be poured on the umbilicus and massaged over the abdomen. Within 10-12 days fat deposition starts reducing and making

one feel light. Sometimes there is fluid accumulation in the body. This fluid is excreted in the form of urine and sweat and results in excess urination and sweating, or loose motions some time. There is possibility that Kapha may be saturated in the body. In such conditions acute coryza may appear after beginning the medicines. At this stage the Kapha should be allowed to drain which provides instant relief. This remedy efficiently excretes the harmful obnoxious substances accumulated in the body. This remedy increase capability and energy and does not produce weakness. This is the most important achievement of this remedy.

CHAPALA TAILARK

This tailark is made of Guggal (*Commiphera mukul*) 3X; Chitrak (*Plumbago zeylanica*) 3X It is primary remedy on obesity. The entire quantity is to be shaken vigorously and mixed with 100 ml. of oil. Ample quantity of oil should be poured on the umbilicus and gently massaged over the abdomen for 10-15 mins at bedtime and before bath. The symptoms are reduced within 10-12 days with increase in energy. Oil should also be massaged over the spine. In this condition use of the oil extract is the main remedy while Gutika are supplementary.

SUSHAMA GUTIKA

Prepared from Parijataka (*Nyctanthus arburtristis*) 3X; Tulsi (*Ocimum sanctum*) 3X; These pills neutralize, kill and excrete the toxins, poison and germs. In skin diseases alongwith ointment Sushama 4 pills twice daily should be taken with water. The same solution is to be applied on the affected part prior to the ointment. In case of poisonous bite by scorpion 20-25 pills should be dissolved in jarful of water. Two spoonful of this solution should be taken every 15-20 mins with $\frac{1}{2}$ cup of water. The same solution should be applied on the bite externally and Sushama ointment should be applied gently. In vomiting and diarrhea due acute poisoning, 8-10 pills of Sushama should be given along with Pachansudha. To counter the adverse side effects of strong medications 4 pills should be given 4 times a day. These pills are the ultimate medication for the excretion of toxic

substances and to increase immunity in the body. 10-12 pills in the bathing water acts as an antiseptic.

SUSHAMA OINTMENT

Prajakta (*Nyctanthus arburtristis*) 3X; Tulsi (*Ocimum sanctum*) 3X; Gives excellent results on burning, itching, ring worm, infection, eczema and other skin diseases. Ointment should be applied on the affected part after washing and applying water solution of Sushama pills. Itching and burning stops without irritation. Along with the ointment use of Gutika Sushama proves beneficial.

Fissures – Ointment is to be applied externally and internally after defecation and Gutika Pachansudha are to be taken. N.B. : After complete cure of the disease use of Oint and Gutika should be continued for 5-6 months to render complete eradication of the infection.

BALADA GUTIKA

Prepared from Vad (*Ficus bengalensis*) 3X; Banana shoots 3X; 4 pills 2 times a day to be given in teething problems of children. Similar dose is given in children eating mud. For habitual worm infection same dose to be given. Continuous use for 5-6 months breaks down the habit of worm infection. 4 pills of Gutika Balada should be taken twice daily for lice in hair.

KESHARANJANA GUTIKA

These pills are prepared from Bramhi (*Centelia asiatica*) 3X & Maka (*Eclipta alba*) 3X; Jaswand (*Hibiscus rosa sinensis*) 3X; Vad (*Ficus bengalensis*) 3X, Amla (*Embilika officinalis*) 3X, Four pills are to be taken twice daily with water, results are seen within 20-25 days. People with thin hair lines the growth of hair will not be abundant, but in those with naturally thick hair, hair growth is abundant. Within 5-6 months growth of hair is prominent. It takes about a year and a half for a good growth of hair. The period cannot be reduced by increasing the number of pills. Application of oil to the hair is necessary and gives excellent results and hair become dark, strong and healthy. Yet it is seen that if application of oil is impossible use of the pills proves to be useful.

In case of Women having problem of Menstrual Cycle should have Gutika Mahilamrut. Male having problem of wet dreams should take Gutika Stambhana. Sometimes these problems can also be root cause of hair falling. Dandruff – It causes hair loss. Apply Kondana drops thoroughly to the scalp. It clears dandruff and promotes hair growth.

KESHARANJANA TAILARK

This tailark is made from Brahmi (*Centelia asiatica*) 3X; Maka (*Eclipta alba*) Jaswand (*Hibiscus rosa sinensis*) 3X; Vad (*Ficus bengalensis*) 3X; Amla (*Embilica officinalis*) 3X. The whole quantity should be shaken and mixed with 100 ml. of oil and shaken vigorously for five minutes. The oil should be applied generously to the scalp and hair. The hair will stop falling according to chronicity of the complaint. In 5-6 months one could feel the growth of the hair. Regular use will stop the graying of the hair. Hair will also grow in length. New hair growth is possible as long as the hair follicles are intact. In case of balding, hair growth is not possible. Application of Oil on the scalp and feet at bed time renders sound sleep. Regular use of the Tailark and Gutika will stop graying of hair and the hair will grow to be healthy, thick silky smooth, and long.

SUBALA GUTIKA

Prepared from Badam (*Prunus amygdalus*) 3X; Vad (*Ficus bengalensis*) 3X; Durva (*Cynodon dactylon*) 3X; used as a tonic in weakness due to any cause such as parturition, etc. Dose:- 4 pills twice daily with a cup of milk. A pregnant women should have Gutika Subala with milk for healthy foetal growth.

In a marasmus / weak baby 2 pills twice a day with a cup of milk and massage of Subala oil is helpful.

SUBALA TAILARK

This tailark is made of Badam (*Prunus amygdalus*) 3X; Vad (*Ficus bengalensis*) 3X; Durva (*Cynodon dactylon*) 3X. In a low birth weight baby to be used (externally) along with Gutika Subala. The whole content is shaken and mixed with 100 ml of coconut oil or preferably castor oil for better results.

May be massaged on to the breasts for better development. In case of pendulous-breasts, massaging helps strengthen the muscles. It is observed that in conditions like weakness of penis muscles, massaging tones up the organ. Should be used with Gutika Stambhana for better results, though just the use of oil is sufficient.

STAMBHANA GUTIKA

Prepared from Kadunimba (*Azadiracta indica*) 3X; Shevari(*Bombax mulabaricum*) 3X;Vad (*Ficus bengalensis*) 3X; which concentrates the semen prevents night fall (wet dreams) in adolescence. In premature ejaculation - 4 pills 2 times daily with water, regulates the ejaculation period. Oil subala should be supplemented which helps in toning the organ and preventing premature ejaculation.

PAYADA GUTIKA

Prepared from Dudhwel (*Asparaagus racemosus*) 3X; and are useful in increasing breast milk, in lactating mothers. Dose - 4 pills twice daily with milk. It is a fashion of avoiding breast feeding in the modern world and also a difficulty of a serving mother. Hence the baby is fed on baby foods. WHO has recommended that breast feeding should be compulsory for babies up to 4 months. WHO has declared Breast feeding is best feeding to be stamped on every baby food product. With this we can hope that this slogan may be practiced by every lactating mother. This organization is against administering strong drugs in infants and children.

DIABETIES & HYPERTENSION

Immediate changes in the treatment of Diabetes and Blood pressure should be avoided. The medical course should be continued along with these medicines and should be tapered on positive results.

A frequent routine check up is necessary in these conditions.

MEHARI GUTIKA

Prepared from Bel (*Aegle marmelos*) 3X; Kadunimb (*Azadiracta indica*) 3X; Jambul(*Eugenia jamblana*) 3X; Bhava (*Cassia fistula*) 3X; Bivala (*Petrocarpus marsupium*) 3X; which is useful in controlling Diabetes. Dose is 4 pills 3 times daily with water.

ABHISARI GUTIKA

Prepared from Tusi (*Ocimum sanctum*) 3X; and Sarpagandha (*Rauwolfia serpentina*)3X; Hypertension is categorised as a Vata Vikar in Ayurved which is caused due to occlusion in blood circulation, arteriosclerosis or vaso-dilatation. Therefore it is necessary to normalize the physiology of vata and improve the vascular function to control hypertension. Dosage – 4 pills 4 times daily with water.

GAVAMBU GUTIKA

Prepared from the Gomutra 3X; of young cows. In conditions when Gomutra is recommended 4 pills taken 3 times daily show similar results. It is useful in disorders of lower jaw, pharynx, oral cavity, eyes, eyebrow and digestion. Water solution of 8-10 pills can be used externally as well.

NIRAMAYA TIERTH

Tierth is prepared from Bhallatak (*Semicarpus anacardium*) 3X; Parijaat(*Nyctanthus arburtristis*) 3X; Tulsi (*Ocimum sanctum*) 3X; It is useful in maintaining proper blood circulation, in poisoning and in skin diseases. Tierth should be used internally and externally to remove the disease from root cause.

METHOD : Dilute 10 drops of Tierth in 100 ml of water. Water should be taken thrice daily and applied externally. For nose and ears put 1-2 drops of Tierth (don't use solution).

EMERGENCIES : In any sort of severe painful condition Tierth should be used instantly till you meet doctor. It relieves pain.

PREVENTIVE : Tierth is useful as a preventive medicine in infectious and other diseases.

HAVE BLISS & BEAUTY

Pimples : Have Tirth solution internally & apply externally after washing the face for at least three times a day. Even scars are cleared if used for longer duration. Women having Menstrual problems should have Gutika Mahilamrit for better results.

Oily Skin & Scars on Skin : Use Tirth solution internally and apply externally. **First Aid :** Contusion, Laceration, Burns, Abscess, Sprain Bleeding, Swelling of any origin apply Tirth or place swab soaked in Tirth for faster relief.

CHAINA

This Medicine is prepared from Maka (*Eclipla alba*) 3X ; Korphad (*Aloe barbadensis*) 3X; Jaswand (*Hibiscus rosasinensis*) 3X. Local infection causes hair loss of a specific area of scalp. The scalp becomes shiny. Shake the bottle and massage the oil on affected area twice daily.

NASYAMRUT

This medicine is prepared from Tulas (*Ocimum sanctum*) 3X; Aghada (*Achyranthes aspera*) 3X. Migrain, Headache, choking of nose are common troubles. Put a drop in each nostril and wait for 5 minutes.

VATNASHAK OIL

Prepared from very effective herbs such as Nirgudi (*Vitexnigundo*) 3X; Erand (*Ricinus communis*) 3X; Rasna (*Pluchea lanceolala*) 3X. The base is Til oil. This oil is very useful in Joint pain, Swelling of joints and Back ache. Massage gently on affected parts, three times a day. For better results take Sandhishodhana Gutika with this oil. Have a cupful of hot water in the morning.

SUDANTY (TOOTH POWDER)

This medicine is prepared from Nimb (*Azadiracta indica*) 3X; Khadir (*Acasia catachu*) 3X; Karanj (*Pongamia pinnata*) 3X; Babhul (*Acasia arabica*) 3X, Use this powder in common oral problems like toothache, swelling of gums, bleeding gums, bad breath and sensitivity. Rub the powder on teeth and gums. Gargle with water after 5 minutes.

SUDANTY DROPS

This medicine is prepared in Rose Water, it contains Nimb (Azadirata indica) 3X; Khadir (Acacia catechu) 3X; Karanj (Pogamia pinnata) 3X; Babhul (Acacia arabica) 3X. It is very effective in Toothache, swelling of germs, bleeding of gums, bad breath & sensitivity. Add 4-5 drops of Sudanty in 50 ml of water & rub gums with the solution & gargle. In acute painful condition repeat it every hour.

KONDANA DROPS

Medicine is prepared from Nimbu(Citrus acida) 3X; Korphad (Aloe barbadensis) 3X; Nim (Azadiracta indica) 3X. Dandruff is a common problem; it causes hair fall. Shake the bottle well, take Kondana on your palm and apply thoroughly to the scalp with the tip of fingers. Use twice daily. Within a week positive results should be seen.

ASHMARI GUTIKA

These pills are made from Gokharu(Tribulas terrestris) 3X; Pashanbhed(Berjenia ligulata) 3X; Punarnava (Boerhavia diffusa) 3X; Kulith(Dolichos bifiorus) 3X; Vala(Vetiveria Zizannioides 3X;. Pills are effective in Urine Stone, Burning Micturition. Dissolve 8-10 pills in one litre of water. The water should be taken through out day. Massage with Tailark Shama on stomach is useful.

SUKHADA GUTIKA

Prepared from Suran (Amorphophallus capanulatus) 3X; Bel (Aegle marmelos) 3X; Harda (Termminalia chebula) 3X;. These pills are effective in troubles of anus. Piles, uneasy feelings at anus, eaching of anus in such symptoms take 4 pills of sukhada gutika twice a day. Drink enough water everyday. Try to avoide Hot and spicy food. If anus is dry then use Sushama Malam.