

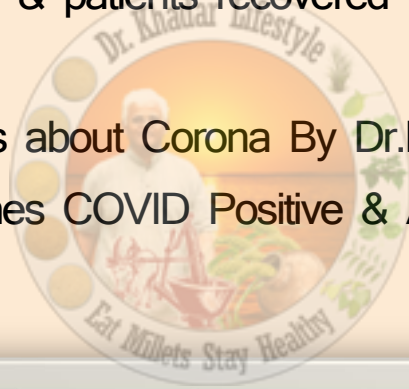


# Corona Hand book

Dr. Khadar Dr. Sarala

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Prepared by Dr Khadar Lifestyle group based on Dr. Khadar videos.

## WHAT IS A VIRUS?

The term '**Virus**' means poison or venom in Latin. Viruses are infectious agents that are submicroscopic (since they are 5 to 300 nanometers in size) and hence can be viewed only with the help of an electron microscope. Viruses are acellular, that is they do not have a cellular structure but have DNA or RNA. They therefore need living organisms to host them and facilitate their multiplication. Every living organism has viruses residing in them. However, they can cause no harm as long as the immune system of the host is strong. This is the reason why Dr. Khadar Vali incessantly keeps alerting people about the significance of building a strong immune system and the ways to build it. Viruses are responsible for various diseases that affect human race right from a simple common cold to AIDS. Though not directly, they are also the cause for some of the dreadful cancers.

## WHAT IS COVID-19?

The disease caused by SARS-CoV2 – The novel Corona Virus (nCoV) – was named as COVID-19 by WHO. COVID-19 is the acronym for Corona Virus Disease 2019. (SARS stands for Severe Acute Respiratory Syndrome)

This disease is believed to have emerged/spread from a wet market in Wuhan, China. (Wet market is where seafood or fresh meat or live animals including wild, and exotic may be sold.) It is understood to be a zoonotic disease as it is transmitted from animals to humans and from humans to humans. In extreme cases, it has been observed that, in subjects with compromised immune system, this virus is adversely affecting the respiratory system in some and causing Embolism. (formation of blood clots in blood vessels) in some.

## ANALYSIS ON COVID-19 BY DR. KHADAR VALI

After having commenced its journey in China in late 2019, this virus has covered almost every inch of human habitation all over the globe and is giving sleepless nights to the entire human race without any discrimination.

Man boasts of having made great strides in the fields of science and technology, economic progress, medicine, etc. but is humbled and intimidated by a submicroscopic virus. What greater evidence is needed to prove that our health has slipped out of our hands? This is the dubious progress that mankind has achieved in the past one century.

Novel Corona virus has manifested itself as a life-threatening pathogen. Our immune system is devoid of the ability to fight it. Despite genetically made to be vegetarians a large proportion of human population has switched over to non-vegetarianism and hence the poor immunity levels.

If we wish to stay healthy and be free from disease causing pathogens (harmful bacteria and viruses), the only way is to alter our lifestyle and food habits. Corona virus cannot be prevented from infecting us by merely wearing masks and using sanitizers.

The external/physical paraphernalia can protect us only to a certain extent. Strengthening our immune system is of utmost importance. We cannot even perceive how many more viruses are likely to appear in times to come. The immediate need of the hour is to make the much-needed changes in our food and live-in harmony with Nature.

# PRECAUTIONARY MEASURES TO PREVENT CORONA

## HOMOEOPATHIC MEDICINES - FOR INSTANTANEOUS IMMUNITY (SHORT TERM):

**Bryonia 200**

**Rhus Tox 200**

Take 3 pills of each of these medicines, dissolve in half glass of water and consume twice a day i.e., morning-evening for 3 days.

## Saptapatra Kashayas - For Long term Immunity :



One can enjoy an everlasting immunity by consuming Saptapatra Kashayas once in every six months and Siridhanya grains as staple food.

During pandemic or endemic crisis, it is ideal to consume the kashaya of each of the 7 leaves for 2 days in a row i.e 7 x 2 = 14 days and repeat the cycle once again.

1. Bermuda Grass (Dhub, Cynodon dactylon) → <https://youtu.be/YFS1bzpdtUg>
2. Holy Basil (Ocimum tenuiflorum, Ocimum sanctum) → <https://youtu.be/QGLHCOUco6M>
3. Giloy (Amrutavalli, Guduchi, Tinospora cordifolia) → <https://youtu.be/AynKgZGwTcE>
4. Bael (Bili or Bhel, Aegle marmelos) → <https://youtu.be/Wh-rYeVxCoQ>
5. Pongamia Pinnata (Pongamia pinnata) → <https://youtu.be/M10VbSS46aA>
6. Neem (Azadirachta indica) → <https://youtu.be/gSoERIPbcjl>
7. Peepal (Aswattha, Ficus religiosa) → <https://youtu.be/NQZTuH49zrM>

**For Dr. Khadar Lifestyle & Live Sessions**



**Millet Magic:**

<https://www.youtube.com/channel/UCBrHICLFEM9Sv7JJHZXV3yg>

**Dr Khadar Lifestyle: <https://bit.ly/DRKVYT>**

## MEASURES TO BE FOLLOWED BY CORONA POSITIVE PATIENTS

**SIRIDHANYA:** Take siridhanya as suggested below and repeat the cycle. Consume food as Ambali made using siridhanya for all the 3 meals in a day. Later any dish made using siridhanya can be taken.

Foxtail Millet	Kodo Millets	Little Millets
One day	One day	One day

**KASHAYAS:** Take kashayas as suggested below for 4days and repeat the cycle.

Common Name	Scientific Name	Time to consume
Japanese Mugwort	Artemisia Vulgaris	6 am & 3 pm
Night Jasmine	Nyctanthes arbor-tristis	9 am & 6 pm
Giloy	Tinospora Cordifolia	12 pm & 9 pm

### PREPARATION OF KASHAYA:

Only fresh leaves are to be used for the preparation of Kashaya. Half a fistful of leaves if small in size and 3 to 4 if big in size should be taken. The leaves that are bought from outside need to be immersed in tamarind solution for about 10 min and later rinsed in structured water (squeeze 20 grams of tamarind in 3 liters of structured water for making the solution).

Boil 200 ml of structured water. Then add the leaves to it and boil it for another 2 to 3 minutes on a low flame. Turn off the stove, cover it with a lid. After 2 to 3 minutes strain the kashaya using a stainless-steel strainer. Add palm jaggery syrup if required and consume it lukewarm.

## Structured water

By immersing a copper plate (measurement 4" x 12") into mud or steel pot (with full water filled) for 7 hours or full night, we can prepare structured water. We can use this water for drinking and cooking. Copper plate helps in removing plastic nano particles and other impurities from water.

NOTE: We need to clean the copper plate daily with tamarind or lemon and salt.



Japanese Mugwort



Night Jasmine



Giloy

<https://youtu.be/Q4wwsnfs2Go>

<https://youtu.be/G61ITaoQuM8>

<https://youtu.be/cRjzdkqu4SQ>

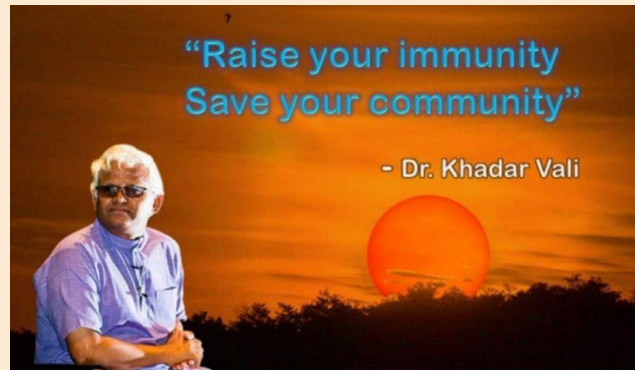
## MEASURES TO BE FOLLOWED BY PEOPLE WHO COMPLETED TWO CYCLES OF SAPTAPATRA KASHAYAS & PATIENTS RECOVERED FROM CORONA.

### Siridhanya:

Foxtail Millet	2 Days
Kodo Millet	2 Days
Little Millet	2 Days
Barnyard Millet	2 Days
Brown top Millet	2 Days

**Kashayas:** Morning and evening for 9 weeks

Japanese Mugwort	3days
Night Jasmine	3days
Giloy	3days



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

## IMPORTANT NOTE

### OCHRE RAYS FROM THE SUN:

Drench yourselves for at least 15 minutes in the ochre rays that emanate from the Sun both at **Sunrise and Sunset.**

In addition to bestowing several other benefits the sunrays primarily help our body to produce **Vitamin D** which is vital to boost our immunity and facilitate and **regulate bio-chemical reactions** in our body.

### PRECAUTIONS TO BE TAKEN WHILE AMIDST GROUPS:

It is not advisable to go into crowded places or participate in activities involving large groups. Professionally when it becomes inevitable to interact with large groups follow the following two crucial precautions.

- **Wearing a mask - Maintaining social distance**

### FERMENTED SIRIDHANYA PORRIDGE – AN ELIXIR TO MANKIND:

The only food that can wipe out all disease-causing agents and restore health in human beings is **Siridhanya Ambali (Fermented Porridge)**. Make it a practice to have Ambali at least once a day.

Those infected by Corona virus should definitely take Ambali thrice a day. Other Siridhanya preparations too can be had along with Ambali.

**Preparation of Siridhanya Ambali** → <https://youtu.be/gOWeBjUfRiI>

**VITAMIN C RICH FOODS:** Vitamin C is essential for our immunity. Inclusion of Vitamin C rich fruits like guava, citrus fruits, gooseberries, papaya, pineapple, etc., and vegetables like capsicum, green leafy vegetables, tomatoes, etc in our diet is very important. Eat homemade pickles too.

## YOUTUBE VIDEO LINKS ABOUT CORONA BY DR. KHADAR

Human race has several lessons to be learnt from the ongoing pandemic COVID-19. The very way in which we are leading our lives has to undergo a sea change. It is high time that man understands that the planet belongs to all its inhabitants and just not to him. Unless he learns to coexist with other forms of life sooner than later he will cease to exist. It is evident from various videos made by several nature lovers during the lockdown period that, in the absence of human activities the environment turned pristine and animals moved about freely on their land encroached upon by us humans. He should adopt a lifestyle that does not result in exploitation of resources but conservation of resources.

'Might is right' is proven wrong by a tiny spec Corona which is invisible to a naked eye but has been sending shivers down the spine of even mighty economic powers.

### Dr. Khadar Live Session "LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD" ENGLISH

- Khadar sir opinion on Fasting
- classification of each millet
- How to get vitamin B12 and Vitamin D

<https://youtu.be/vDxbHmFSF4s> (English)

### जीवन शैली और स्वस्थ के बारे में डॉ खदार जी का विचार

- क्या हम सोया और मैदा खा सकते हैं?
- क्या हम बिना दूध के ग्रीन, कॉफी और चाय ले सकते हैं?
- क्या सिरिधन्या का उपयोग करके टाइप 1 मधुमेह ठीक हो जाएगा
- संरचित जल का उपयोग क्या है

<https://youtu.be/fM7gwfGUqMY>

### DR KHADAR VALI LIVE ON HEALTH - FOOD - AGRICULTURE - ENVIRONMENT

- Explanation on Millet Farming.
- Which is the Best Season to Grow Millets?
- Can Fruits be a Complete Meal?
- Does Millets decrease the B12 levels? and so on...

<https://youtu.be/lkdudz2LxWw0> (English)

**Dr. Khadar Talk on COVID Awareness & Nutrition\_-** Dr Khadar talks about science behind infections, immunity and how we all can help ourselves and save our family from infections. How Vitamin D, Right food and Homeopathy can help us stay healthy.

<https://youtu.be/E7Jr0wMEhYc> (English)

**Dr. Khadar Vali session on COVID-19, Nutrition, Immunity, General Health -** Dr. Khadar Vali sir has explained about the LifeStyle and Precautionary measures to be taken for COVID-19. How to boost our immunity to fight against any virus?

కోవిడ్ -19 తరువాత మన ముందు తరాలు ఆరోగ్యం గా ఉండాలి అంటే డాక్టర్ ఖాదర్ గారు చెప్పే మాటలు మనం అందరూ ఆచరణ లోకి పెట్టాలి! ఆ సలహాలు సూచనలు తెలుసుకోవాలంటే ఈ వీడియో ని చూడండి

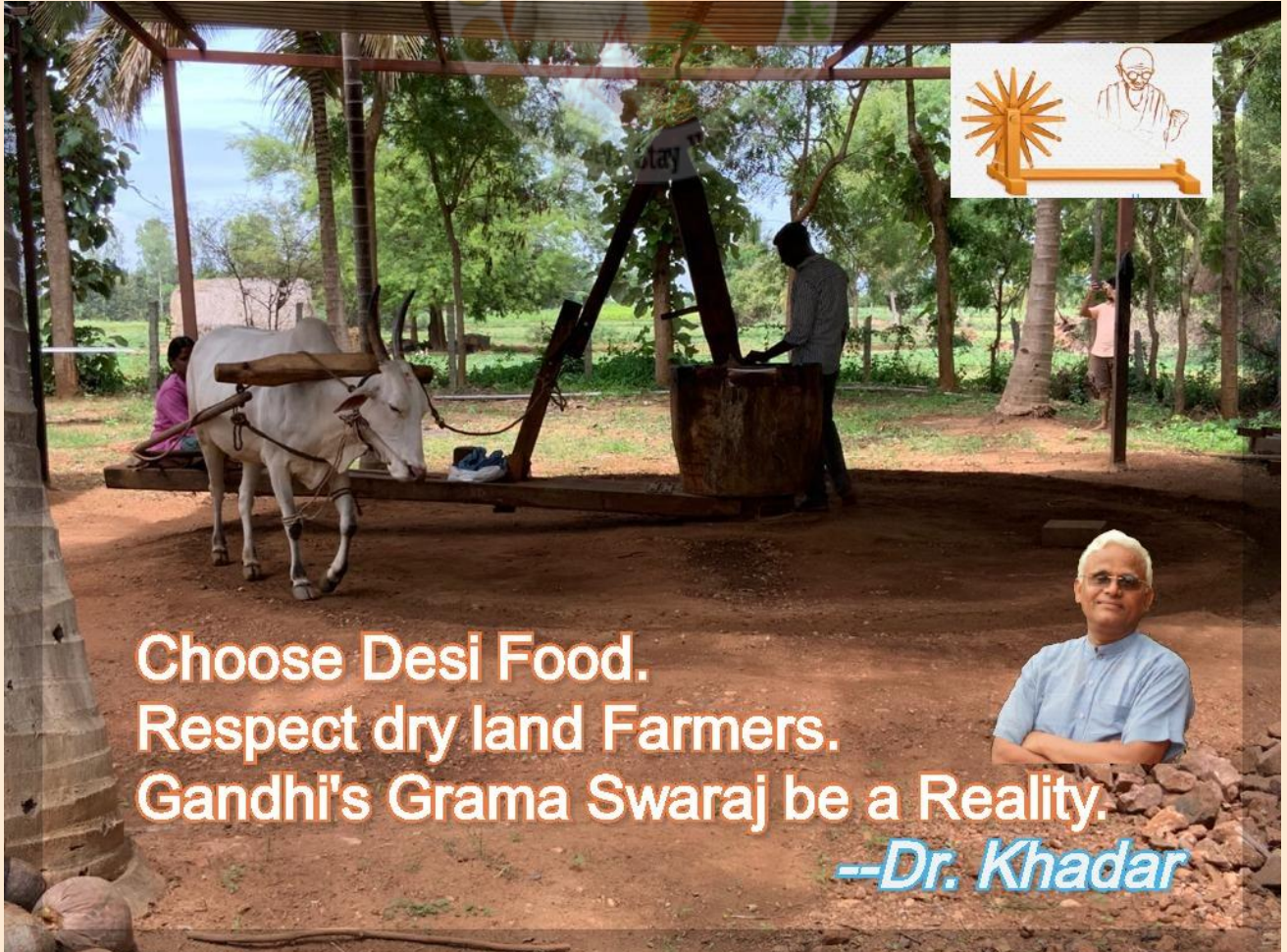
[https://www.youtube.com/watch?v=HGXIIfNzs\\_Pw](https://www.youtube.com/watch?v=HGXIIfNzs_Pw) ( Telugu)

**Dr Khadar Vali Live Session on COVID-19 & Nutrition (Present and Future)**

- Do vaccines work? Are they really required?
- Do we need to wear mask? Does it cause any harm?

మానవజాతి కోవిడ్ 19 సంఘటన నుండి ఎన్నో నేర్పుకోవాల్సి వుంది। కోవిడ్ 19 తరువాత మన జీవన క్రమంలో జరిగే మార్పుల గురించి ఆలోచించాల్సి వుంది ముందు తరాలకు జాగ్రత్తలు అందించాల్సిన బాధ్యత కూడా ముఖ్యమైన విషయం। వీటిని గురించి మన ఖాదర్ గారి మాటల్లో విందాము

[https://www.youtube.com/watch?v=bgnKWWcU\\_yw](https://www.youtube.com/watch?v=bgnKWWcU_yw) (Telugu)



## Homeopathic Medicines COVID Positive & After Vaccination To AVOID SIDE EFFECTS

### During Corona:

**Arsenic album 200**  
**Bryonia 200**  
**Camphor 200**

3 pills each in half cup of water for 4 times a day for two days.

Next 3 times a day for two days,

Next twice a day for two days,

Then once a day for a week.

### After Vaccination to avoid side effects:

**Mancinella 200**  
**Thuja 200**

3 pills each in half cup of water, Twice a day for 4 days.

