



Siri Jagatthu

As defined by
INDIA'S

Independent Food and Health Scientist

Dr. Khadar Vali



Siri Jeevanam

A Sustained Healthy Life System for All of Us
And
The Food for Future Generations

Version 1, 2021

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Siri Jagatthu. Please write to sirijagatthu@gmail.com

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Dr. Khadar Vali's Lectures, Videos, Question & Answer sessions

Compiled and Edited by

Smt. Vasantha Dasaratha Ram

English Translation by

Sri N.C. Narasimhacharya

Smt. Shobana Shenoy

Smt. N. Nagasri

Sri Prabhath. C

Design by Sri Rajesh Chandra Patnala, Sri G. Sivaram
Sri Prabhath Chilakalapudi

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www.sirijagatthu.org

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Foreword

Every living and non-living thing has the right to exist on this planet. Modern man has been poking his nose on this natural law and bringing imbalance due to his greed and arrogance, backed by his technological advances. He is becoming his own enigmatic enemy, besides causing grave danger to many fauna and flora on this planet. Presently he is the cause of creating many incurable diseases in the human race.

I have been giving public lectures in this regard about sustainable living models with focus on human health for present and future generations.

The food materials that humans are consuming presently are disease causing. The production methods of these materials are unsustainable.

Smt. Vasantha has been very sincere in recording the essence and many intricate details of my lectures and brought out a book by the name 'Siri Jagatthu' in Telugu. She has initiated this translation of the same into English with additional information. Hope this book serves a larger audience in the coming days.

A dedicated website – www.sirijagatthu.org is also created to inform one and all on various aspects of my research and important things we need to know for a sustainable and healthy living society.

I would like every one to read the different aspects mentioned in this Siri Jagatthu, understand it and practice Siri Jeevanam. That is the only way to have a healthy life.

Sarve Janah Sukhino Bhavantu.

Sincerely,

An Introduction to Siri Jagatthu

“Our Health is in every morsel of the Food we eat and in every drop of Water we drink” – These words of Dr. Khadar Vali, India’s Food & Health Scientist wakes us up from our deep slumber.

After doing extensive research on various types of food grains being consumed by us, their effect on our health and their implications for the environment, Dr. Khadar brought into limelight 5 millets – which he named them as ‘Siri dhaanya’. Siri means wealth. Siri dhaanya give us the real wealth - our health. These 5 grains are like ‘Rama’s Arrows’ – ensuring sound health to mankind, as they have the right amount of fibre & essential nutrients required by the human body.

Siri Jagatthu is a small effort to let everyone know about Siri dhaanya, the Why and How about them, and the processes and materials recommended by Dr. Khadar. The intent behind this compilation is to put in one place all the information, facts, truths about the food we take and the importance of Siri dhaanya, researched by him. The content has been taken from the speeches and videos of Dr. Khadar Vali and personal interactions with him.

“Our health is in our own hands and not in the hands of doctors or at the hospitals” says Dr. Khadar. The food we eat should give us good health. Through Siri Jagatthu, one becomes knowledgeable about the kind of food one should eat and the food that gives good health.

By leading a sustained healthy life system – ‘Siri Jeevanam’, not only can we get cured of all illnesses, we can also ensure sound health for our future generations. This is not a diet plan one should follow for few days. This is a Food system throughout one’s life time.

Dr. Khadar is trying hard to bring back the totally forgotten Indian culture (methods) and Indian healthy food materials which were practiced earlier, so that we will learn to think holistically about environment, agriculture and health altogether.

Through Dr. Khadar’s words, one will come to know many unknown issues and stunning facts which an average citizen is normally not aware of, or cannot even comprehend. We will understand that in the name of modern agricultural methods, the innocent farmers are being exploited and falsely misled by the agri-input companies (such as fertilisers, pesticides etc.) to fulfil their selfish objective to earn huge profits. And in the process how chemicals have replaced natural nutrients and how water-intensive crops are being grown damaging the environment. In order to address these evils, Dr. Khadar has been propagating an innovative organic and natural farming method called ‘Jungle Farming’.

Let us join the path to good health built by Dr. Khadar and follow the food materials, principles, processes and methods he is recommending.

My pranams and hearty thanks to Dr. Khadar who has inspired me to try this small attempt. Sincere thanks to all those who have helped me in this project.

- Vasantha Dasarath Ram

Siri Jagatthu

Chapter # 3

India's Independent Food & Health Scientist - Dr. Khadar Vali & his research



The life journey of Dr. Khadar Vali

Born in the Proddutur town in Kadapa district of Andhra Pradesh state, Dr. Khadar completed his elementary schooling at his home town and at Tirupati. He did his Intermediate education at Guntakal in Telugu medium. As his elder brother was working in Mysuru, Dr. Khadar decided to move there for his further education. He joined the NCERT College and completed his B.Sc (Ed) and M.Sc. (Ed) with a stipend (scholarship).

His passion was teaching, and he wanted to pursue it as a profession. However, life had other plans. Observing his grasp on subjects and his inquisitive and experimentative nature, one of his lecturers - Sri Prahlada Rao encouraged him to join the Indian Institute of Science (IISc), Bengaluru for his Doctorate. Without informing his student, Sri Prahlada Rao completed the application process and when his student got a call for an interview, he personally accompanied Sri Khadar to IISc. Though not interested in pursuing further studies, Sri Khadar decided to take up the offer as he could make some earnings. His doctorate research was on steroids, a subject he studied deeply.



*Indian Institute of Science
Bangalore*

Steroids – understanding their uses, side effects and dangers:

Dr. Khadar's research on steroids gave him an in depth and interesting perspective about the workings and effect of steroids on the human body. Steroids occur naturally in the human body. They constitute an important class of hormones. In his own words, "Steroids are important chemical materials in the human biological processes. These are like 'Supervisors' in the human body. All the biochemical activities in the human body are carried out under the supervision of steroids. If these hormones do not function, many chemical reactions come to a halt. These hormones control, regulate, start and stop various chemical reactions in our body. When I started doing research on steroids, I got to understand many interesting things".



He further adds, “World over, synthetic steroids are being used extensively without any restraint. The Human body requires steroids at a micro-level. I understood that when steroids are injected into the human body from the outside, the entire biochemical functions in the body go haywire. That was when I realised that those who gained this scientific knowledge on steroids were preferring to make a business out of it and that corrupt practices had crept into this field too”.

“I also observed another aspect related to the environment. Industries were manufacturing certain chemical products which were much more dangerous than steroids and which were capable of completely destroying the environment. For example, TNT and similar products which were being produced in thousands of tonnes to be used in wars, were being left in the open land. Added to this was the high usage of plastic which again was harmful to the environment. Seeing all of this, I understood that these are bound to destroy the environment. This prompted me to take up my Post-Doctoral research in Environmental Sciences. I started thinking of appropriate technologies that could liquidate the dangerous effects of these chemical products.”

Post- doc Fellowship in America in Environmental sciences



After his Ph.D., Dr. Khadar joined the Beaverton Oregon University, USA as a Post-doctoral Fellow in the field of Environmental Science. Here, he did research on ways and means of de-activating some of the most poisonous chemicals like Agent Orange, Dioxins, etc., and rendering them harmless using biodegradable processes. These chemicals, even at a nano or picogram level would

cause immense harm. The industrial world has been producing these dangerous chemicals in huge quantities. Dr. Khadar’s research resulted in a solution to make these chemicals inactive- by the use of certain microorganisms. Not only were these methods effective and safe, they were environmental friendly too.



Lignans: In addition, Dr. Khadar also researched on Lignans- which are a large class of secondary metabolites in plants that have biological effects on the human metabolism. In this process, he analysed and learnt the significance and properties of Lignans.

A thought provoking incident

When Dr. Khadar reached the U.S.A. for his postdoc, he visited a hospital to obtain a Medical fitness certificate. There, he noticed a 6-year old girl crying. When he enquired about her problem, he was informed that the girl had menstrual pains! Dr. Khadar was stunned. In India, a normal adolescent girl would attain puberty around the age of 14-15 years. This incident led him to seriously analyse the reasons for the early onset of puberty in Western countries. His research threw light on some startling facts such as - the use of steroids for the production of cattle milk being the cause for the early onset of puberty of girls there!

Joining CFTRI, Mysuru, India - and resignation

At a time when people with a scientific background preferred to practice for commercial gains, Dr. Khadar desired to use his knowledge for the benefit of the people of his motherland. He returned to India and joined Central Food Technology Research Institute (CFTRI), Mysuru, as a Scientist. But, he found that, in India also, institutions like CFTRI were caught in the mighty clutches of the corporate world. Realising that he could not continue his research and experiments in India, Dr. Khadar resigned and went back to America.

Some bitter facts - as a Scientist at DuPont, USA

Working as a Scientist with a Multinational company (DuPont) in USA, Dr. Khadar conducted research in different fields, viz., Central Research and Development, Bio-processing, and Genetic engineering. He realised the immense harm the so called 'modern methods' were causing to mankind. With that knowledge, he understood that companies and scientists were cheating and misleading the society. He found that even people with scientific backgrounds were involved in corruption and lobbying.

He understood that as long as he worked under any organisation, he could neither speak nor act freely on these facts. Once this realisation dawned on him, he decided to work as an independent scientist. He resolved to be amongst his own people in India and serve them by spreading awareness. In turn, he was convinced that his knowledge and experience would help improve the health and overall living conditions of his people.

Back to the Motherland - India

Dr. Khadar returned to India and got into cultivating nature-based organic farming, his motto being 'Our health is in the food we eat'. He started conducting experiments and research on naturally grown foods.

Main Reason for Modern Diseases – Quick release of Glucose into the blood:

Through his independent research, Dr. Khadar discovered many interesting facts. He found that diseases such as diabetes, high blood pressure, thyroid problems, obesity, arthritis, anaemia, and various types of cancer, are caused primarily due to the quick release of glucose into the blood. To manage this large quantity of glucose, our liver, pancreas and endocrine glands are forced to stop their specific task (that of cleansing the body to keep it healthy) - and divert their actions to take up other emergency work. These glands are therefore not able to complete their actual intended function and this, he realised, was the main cause for disease in the human body.

He realized that the root cause for all diseases was the type of food that we consumed. During his deep meditation phases, he would try to find solutions to these problems. He wondered if there are foods that could regulate the supply of glucose into the body and what they could be. He knew that answering this question could get rid of most of the diseases in the world.

Understanding our ancient food grains and related experiments:

Dr. Khadar shifted his attention to try and understand the reasons for the good health and longevity of our ancestors in India. Records showed that our ancestors were stronger and unlike those faced by our current generations, never faced many health issues, particularly in younger days. He started researching the food items consumed by our forefathers and this led to some startling discovery that 'MILLETS'- the long neglected and forgotten food grain by the modern world was at one time the staple food in the diet of our ancestors and the reason for their health!

Kashaaya and **Kaashaaya** are true Indian Traditions

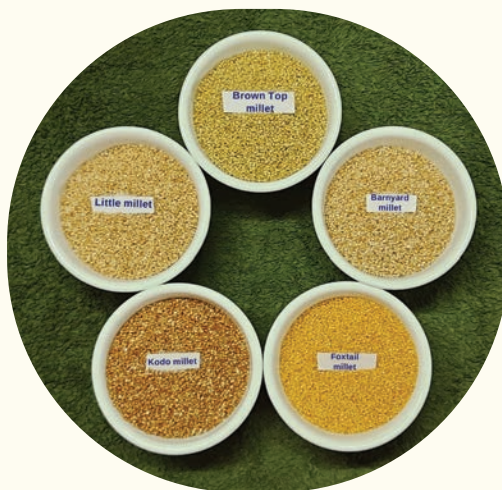
- For good health, everyone has to drink Kashaaya everyday and experience Kaashaayam (the Sunlight of the dawn or the dusk).

The 5 Siri dhaanya – brought into limelight by Dr. Khadar

For nearly twenty years, Dr. Khadar carried out extensive research on various types of millets which were discarded as useless. He discovered that the following 5 millets are the best among them:

1. Little or African millet
2. Foxtail or Italian millet
3. Kodo millet
4. Barnyard or German or Japanese or Russian millet
5. Brown top or American millet

As these 5 millets contain the correct and the required essential nutrients contributing to the real wealth – the health of the people, he named these them as ‘Siri dhaanya’ (Siri meaning wealth, and dhaanya meaning grains).



Analysis of various food items which are unhealthy and harmful

As a food scientist, Dr. Khadar analysed various foods being consumed by us during the present times. He then brought to the public’s notice some horrifying truths about them. He has been pointing out that all our daily staples, (prepared/manufactured through the use of so called ‘modern science’) such as milk, coffee, tea, rice, wheat, maida, refined cooking oils etc - are the main culprits, causing the diseases plaguing the world.

Dr. Khadar has been touring various places and spreading awareness among the people relentlessly to shun and change our food habits. His main objective is to get people to adopt our ancestral food habits i.e., to use Siri dhaanya.



Materials around us are indeed Medicines for our diseases

According to Dr. Khadar, our ancestors had discovered and analysed the medicinal properties of our natural resources such as plants and herbs which were locally available, using them to cure diseases. He, therefore, started evangelising the use of these natural materials, found in one's own neighbourhood to enable everyone to lead a healthy life. He propounded the preparation and drinking of various 'Kashaaya' – made from leaves. Thousands of people are in good health by simply following his methods.



Immense contribution made towards revival of Natural Farming :

Dr. Khadar observed that due to modern day practices, the agricultural lands are becoming barren areas. He found that the main reasons for this is the uncontrolled use of chemical fertilisers, pesticides, weedicides, herbicides etc. In addition, for commercial purposes and quick profits, farmers were cultivating crops such as paddy, wheat, sugar cane, tea, coffee, etc., that consume large quantities of water.



He realised that instead of growing food crops through natural methods, agriculture is being commercialised, eyeing bigger profits. The companies who promise higher yields, have hijacked farming and misleading the farmers. Dr. Khadar is also very concerned about the current farming scenario. Crops grown via these modern day agricultural practices are not aiding in the improvement of our health. And the public, in general, is unable to realise the ill-effects of these practices, that are influenced by various MNCs.

Dr. Khadar realised that people can be healthy only when natural methods are used for cultivating our crops. In his endeavour to set an example, Dr. Khadar followed farming practices- similar to those of our forefathers. He went deep into the forests and brought back very fertile soil and created 'Jungle Chaitanyam' – a unique liquid fertiliser. Using this, he was able to revitalise barren areas and lands which were destroyed due to the heavy use of chemical fertilisers. He brought soil from mining lands and with the help of this Jungle Chaitanyam, successfully cultivated and raised Siri dhaanya crops at his farm.

To grow Siri dhaanya, Dr. Khadar implemented a method called ‘Kaadu Krishi’ or ‘Jungle Farming’ and has thus completely abandoned the use of chemical fertilizers, pesticides and herbicides.

Expertise gained in Homeopathy and other Sciences:

Out of his interest, Dr. Khadar comprehensively studied books like Materia Medica (An encyclopaedia of homeopathic pharmacology and drugs used in the treatment of diseases) and Dravya Guna Deepika. Knowledge gained from these studies enabled him to fully understand various drugs and materials, their qualities and



their uses for curing different diseases. He also gained expertise in other branches of sciences such as physiology, botany, genetic engineering, organic chemistry, biochemistry, etc. As a scientist and a researcher, he used his experience to experiment and empirically decide upon which Siri dhaanya is to be given, which Kashayam to be made, and which Homeopathic medicine to be taken – based on the disease. By using this multi pronged technique, Dr. Khadar has been able to treat and cure thousands of patients completely from a host of diseases.

Touring all over our country and the world- to explain the significance of ‘Siri dhaanya’:

After doing research and experiments on different aspects for the past 20 years,



Dr. Khadar became a model for the people in Mysore, and the Karnataka state. Not limiting his knowledge and expertise to just within Karnataka, Dr. Khadar has broadened his outreach. Travelling all over the nation and abroad, he has been trying to bring about an awareness on how our health is in our own hands, enabling us to avoid unnecessary visits to doctors or hospitals.

Sharing his own experiences and scientific knowledge, he has been educating people about the significance of Siri dhaanya, their cultivation practices and the cooking methods. He has been campaigning untiringly, on the need for adopting our traditional food and agricultural practices. He always stresses upon the importance of protecting the environment and the welfare of our villages, which in the long run, will help the society to lead a disease-free healthy life.

Chapter # 4

The 10 Most Important Principles for Complete Health - Recommended by Dr. Khadar

This is not a Diet Plan that one can follow for few days for immediate results. It is a proper and correct method to eat food and stay healthy. This is a food system that one has to follow throughout one's life time.

1. Foods we should eat -

The 5 Siri dhaanya

The following food grains have to be taken as a staple/main food in our diet.

- Little millet
- Foxtail or Italian millet
- Kodo millet
- Barnyard millet and
- Browntop or American Millet



- Fibre present in Siri dhaanya regulates the release of glucose into the blood in a slow and controlled manner. Due to this phenomenon, we will not get any diseases.
- Healthy people should start taking all these Siri dhaanya, each of them for two consecutive days, before moving to the next. Thus, after 10 days, the cycle can be repeated.
- People, suffering from any disease, should eat these Siri dhaanya as per the Protocols given in the Chapter # 10 (Health Problems - Remedy Protocols with Siri dhaanya-Kashaaya-Oils-Juices)
- With Siri dhaanya as the primary/staple food, one can have all types of dals, vegetables, chutneys, sambar etc., as side-dishes (the same way they are eaten along with paddy rice and wheat. The only change is that rice and wheat are replaced with Siri dhaanya).
- One can prepare the same variety of dishes with Siri dhaanya as one prepares with rice and wheat- such as Idly, Dosa, Roti, Pulihora, Biryani, Bisibelebath etc.



Pulses/Lentils

- Three fistfuls of any dal/pulses are sufficient for one person, per week.
- Dal could be of any type – Red gram dal, Black gram dal, Lobia and other dicotyledons may be consumed.
- One fistful of sprouts per week is sufficient.



Animal milk alternatives

Cow and Buffalo milk should be stopped.

- One can replace this with Milk made from the following: Coconut, Sesame, Ragi, Jowar, Safflower or Ground nuts.
- For boiling this type of milk, place the vessel with milk in hot water and then boil it. This is called Double boiling method. One can prepare curd also with this milk.
- Curd, butter milk and ghee prepared from desi cow milk is recommended.



Sesame Seeds – Very good source of Calcium

- Everyone should eat at least one Sesame Laddu per week.
- Calcium present in sesame seeds is much more than what is found in animal milk.
- Sesame seeds have the capacity to prevent Cancer too.

Oils:

- Use edible oils produced through a Bull/Ox driven ghani. Oil made from the following seeds are recommended:
 - Safflower oil
 - Mustard oil
 - Sesame oil
 - Coconut oil
 - Groundnut oil
- 3 - 5 spoonfuls of oil per day is sufficient for any person.
- Growing children can consume more oil than the adults.



For Sweetness:

- For preparing sweet dishes, we should use Palm jaggery, Silver date palm jaggery or Indian horse chestnut jaggery only.

Salt:

- Only sea salt is to be used for cooking.



Pickles/ Chutneys:

- Our traditional Indian pickles and chutneys are very good for health. When taken in limited quantities, they are anti-carcinogenic (meaning, it prevents cancer).

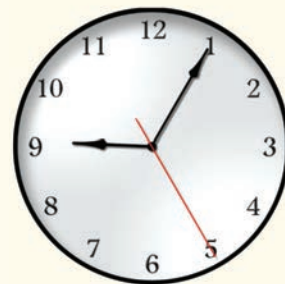
2. Foods we should NOT Eat/Drink/Use

Eating/ drinking/ using - the following items/ products should be immediately stopped.

SHOULD NOT EAT	SHOULD NOT DRINK	SHOULD NOT USE
<ul style="list-style-type: none">• Rice, Rice flour, Rice rava• Wheat, Wheat flour• Sugar• Cane jaggery• Maida• Eggs• Meat• Fish• Dry fruits• Bakery products like-<ul style="list-style-type: none">- Cakes- Biscuits- Pizzas- Burgers- Noodles• Chocolates• Paneer, Cheese, Ice creams,• Milk sweets• Multi grains• Soya beans, Soya curd, Soya paneer(Tofu)• Honey• Table salt/Iodised salt• Tooth paste	<ul style="list-style-type: none">• Cow, Buffalo and Goat's milk• Coffee• Tea• Soya milk• Cool drinks- Coke, Pepsi etc.• Other ready made fruit juices.	<ul style="list-style-type: none">• All types of Refined oils such as-<ul style="list-style-type: none">- Groundnut oil- Safflower oil- Sunflower oil- Rice bran oil etc.• Plastic items - bottles, boxes, plates• For cooking- Aluminium vessels, Non stick pans, Copper vessels

3. Timely Eating

- Children may eat whenever they feel hungry.
- If Adults eat Siri dhaanya based meals before 9.00 am, they will not feel hungry till 6 pm.
- Dinner should be finished by 6 - 7 pm.
- If one feels hungry in between, one could eat a banana or cucumber or a gauva. One can drink butter milk as well.
- One should not eat in odd times or mid-night. Taking timely meals is always better.



4. Water

- We should use water kept in a Copper vessel for atleast six hours for drinking or for cleaning vegetables or for cooking purposes.
 - If a Copper vessel is not available, one can:
 - Fill a steel vessel or earthen pot with about 20 Litres of drinkable water.
 - Place a 3 inch (width) x 12 inch (length) copper plate in this water for six hours.
 - After six hours, one can use this water for any of the above-mentioned purposes. The copper sheet should be cleaned with tamarind or lemon before reusing that sheet.



5. Kashaaya (Herbal decoctions)

- We can use leaves of different plants available in our neighbourhood to prepare and drink Kashaaya (herbal decoctions).
- Clean the leaves and put them in boiling drinking water for 3 – 4 minutes. Put a lid on the vessel and after 2-3 minutes, one could filter and drink the water
- For the preparation of Kashaaya, use water kept in a Copper vessel.
- For better taste, one can add Palm jaggery to kashaaya.
- Kashaaya acts as a catalyst for quick relief from various diseases.
- Kashaaya can be taken in lieu of coffee and tea. Over a period of time, one can easily get rid of these unhealthy addictions.





6. Utensils for Cooking

- Use Steel utensils, Earthen pots and Iron tavaas for cooking purposes.
- Non-stick utensils must be strictly avoided.

7. Plastic

- One should stop the usage of items made of plastic- such as bottles, vessels, boxes, plates, spoons, glasses, packets etc., as they have an adverse effect on our health, and severely damage our environment as well.
- Cooked food items, drinking water, oils, pickles, etc., must not be stored in plastic containers.
- Plastic items must not be used anywhere in our kitchen.



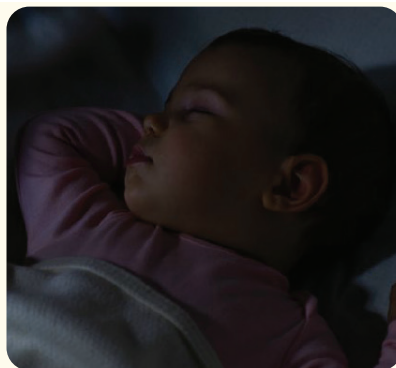
8. Walking



- Walking for an hour and a half every day is very beneficial to everyone.
 - It is the best, compared to other kinds of exercises.
 - Our body has been created in a way that it is suitable for walking. Unfortunately, people do not consider this as an exercise in their daily regimen.
 - Most of us sit in the same position over long periods of time. Walking helps relieve the strain caused on the body due to this.
- What is important while walking is not the speed with which one walks. It is the duration of the walk that is critical. Longer the duration, better the results.
 - In our body, we have 5-6 litres of blood and in that, we always have 5-6 grams of glucose. If we walk for 15 minutes, 1 gram of glucose gets spent. So for the 5-6 grams of glucose present in the body, one needs to walk for one hour and fifteen minutes. This creates a demand for glucose in our blood, once again. The fat and cholesterol get burnt and will be converted into glucose. This process will cleanse the body.
 - These days it has become a fad for the youth to go to a Gym for exercise. But the best exercise for youth below 30 years of age is jogging, and for those above 30 years, it is walking.

9. Sleep

- A good sleep not only helps the body improve its immunity levels but also re-energises it.
- Due to hectic work schedules or due to various other reasons, deep sleep is elusive for many. The ideal routine would be to sleep early every night and wake up early in the morning.
- Improper sleep cycle has led to several sleep disorders. People are using sleeping pills as a solution to this problem, without realising the harmful effects on the body.
- One must have deep sleep and if possible in pitch darkness.
- When one sleeps during nights, our body releases wonderful bio-chemical juices in the brain which are very helpful. Hence good and adequate sleep at night is very important.



10. Meditation (Dhyaanam)

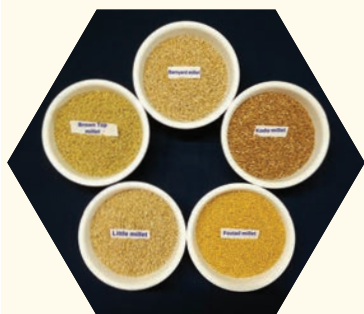
- Our current lifestyle has led to increased stress levels which when persists over a period of time, causes severe mental strain.
- For various reasons, we are getting mentally disturbed. And we keep thinking seriously about many things.
- Meditation (Dhyaanam) is the answer to overcome these mental disturbances in order to calm the mind and body. This can be done by anyone irrespective of their age.
- Meditating for 10 minutes at dawn (during sunrise) and dusk (during sunset) every day with a feeling of gratitude towards God, is extremely beneficial for mental as well as physical wellbeing.
- Those who do not believe in the existence of God, can also meditate with no thoughts intruding and with a calm mind.
- The orange rays of the sun that we observe during the above-mentioned times bring us mental peace. It is also quite good for our eyes. In addition, it boosts our immunity as well as improves the body's Vitamin-D levels.



Chapter # 5

The 5 Siri dhaanya– Their Significance and Benefits

- A balanced diet is not just a combination of Carbohydrates, Fats, Proteins, Vitamins and Minerals. The amount of fibre present in the food is also an important element too.
- Improper release of the glucose into our blood is the main cause of various diseases. Glucose needs to be released in a regulated manner over a longer period of time to maintain good health.
- The natural dietary fibre present in our food is what controls the release of glucose into the blood constantly.
- Dr. Khadar Vali has carried out extensive research and experiments for the past twenty years, on our various foods & food grains. He discovered that the right amount of fibre as required by the human body is present only in 5 millet grains.
- Through his relentless and selfless pursuit, Dr. Khadar retrieved the almost extinct seeds of the 5 millet grains – an ‘Amrit’ food. He brought them to lime light and presented them to mankind .
- Until twenty years ago, these grains were being called Chiru dhanyaalu (millets) or Truna dhanyaalu (insignificant millets) indicating that they are not meant for human consumption, and were food mostly for birds and cattle.
- Through his research, Dr. Khadar discovered that these 5 millets actually ensure complete health, and must be taken as our staple food. As health is one’s true wealth (Siri), he re-named them as Siri dhaanya.



The 5 Siri dhaanya are -

1. Little or African millet
2. Foxtail or Italian millet
3. Kodo millet
4. Barnyard / German / Japanese / Russian millet, and
5. Brown top or American millet

Significance of Siri dhaanya

Paddy Rice, Wheat, Finger millet, Foxtail Millet, Bajra/Pearl millet etc., – all of these are food grains. However, the criteria that one must consider to decide which food grains to eat depends on answers to the following questions:

- Which food grain cultivation will protect our environment?
- Where are these food grains found in abundance?
- What benefits do we get by consuming those food grains?
- Most Importantly, which of these food grains gives us good health?

The grains that fulfil all these above criteria are the 5 Siri dhaanya mentioned earlier.



Unique Structure of the Siri dhaanya grains

- The 5 Siri dhaanya are a gift to us from the Nature. All of them have a unique structure wherein fibres and carbohydrates are present in a layered fashion, one after another - from the core of the grain to the outer layer. It is this arrangement of the carbohydrates interwoven with the fibre, that regulates the release of glucose into our blood slowly and steadily.
- There are two types of fibre present in the Siri dhaanya. One, a fibre that is soluble in blood, and the other – an insoluble fibre. The fibre soluble in blood cleans all the organs, and flushes out impurities on a daily basis. The insoluble fibre flushes out all the impurities through excreta, from the large intestines upto the anus every day.
- Hence, not only does Siri dhaanya provide us with all of the required nutrients, they also help remove the impurities.
- Thus Siri dhaanya are gifts given by God to the mankind - to be free from all diseases and stay healthy.
- Paddy rice and wheat do not have these above mentioned unique qualities.

Amazing power to regulate release of glucose into the blood

- Normally, once food is consumed, it gets converted into glucose at the end of the food's bio-chemical and digestion processes. This glucose is then released into the blood and gets circulated throughout the body.
- The natural dietary fibre present in the food is what regulates the release of glucose into the blood.
- This regulation of glucose depends on the ratio of the Carbohydrates to the Fibre (C : F ratio) in the food. The lesser the C : F ratio, the better is the regulation. Compared to all the other food grains, the C : F ratio in the Siri dhaanya, is in single digits.

(Details can be found in the Table on 'Nutritive values of different Food Grains').

- In the 5-6 Litres of blood present in our body, 5-6 grams of glucose is always required to be present for our day-to-day activities.
- Within 30-40 minutes of consuming paddy rice or wheat, there will be a sudden increase in the blood glucose level. This is very harmful not just for those suffering from various diseases like diabetes, high BP, kidney problems etc., but also for those who are healthy.
- On the other hand, if one consumes Siri dhaanya, glucose is released into the blood slowly and steadily – in optimal quantities, over 5-7 hours, after their consumption. This ensures the maintenance of the desired level of one gram of glucose per one litre of blood, constantly. There will thus be no accumulation of excess glucose in the blood at any given time.



Differences between Siri dhaanya and other food grains

Dr. Khadar classified various food grains into three categories.

1. Positive Grains (Sakaaratmaka dhaanya)

The 5 Siri dhaanya mentioned earlier, come under this category.

- 8% - 12% of these grains is fibre, which is one of the important food elements that one should take.
- This means that these grains have the right amount of fibre, as required by our body.
- This fibre ensures the release of glucose into the blood – slowly, steadily and in optimal quantities.
- Adding these 5 Siri dhaanya into our diet helps cure various diseases
- Moreover, those who do not have ailments, will not develop any.



2. Neutral Grains (Tatastha dhaanya)

Finger millet (Ragi), Pearl millet (Bajra), Proso millet, Sorghum (Jowar) etc., come under this category.

- 1.2% - 3.6% of these grains is fibre.

By consuming these grains, those who are healthy would not fall ill, but those who suffer from diseases would not get cured.



3. Negative Grains (Nakaaratmaka dhaanya)

Paddy Rice and Wheat come under this category.

- The fibre content in these grains is only 0.2% - 1.2%.
- Within 30 minutes of eating these grains, the glucose level in the blood spikes suddenly, because of the low fibre content.
- The sudden increase of glucose in the blood is the culprit for healthy people developing diseases like Diabetes, High BP, cancer etc.
- Hence, these negative grains should be completely avoided.



The Carbohydrate to Fibre Ratio (C : F ratio)

(Refer to the Table on 'Nutritive values of different Food Grains')

- The blood glucose level gets controlled only when the C : F ratio is less than 10 (i.e., in single digits).
- Then the body's ability to fight against diseases will improve.
- In the 5 Siri dhaanya, the C : F ratio is always less than 10.
 - For example, in Brown top millet, the carbohydrate content is about 69.37% and fibre is around 12.5%. Thus the C : F ratio is 5.55.
- In the Neutral grains (ragi, bajra, etc), this C : F ratio is in between 20-55.
- On the other hand, in the Negative grains (paddy rice and wheat), this C : F ratio is in between 63.5 – 395.
- **The unique characteristic of the 5 Siri dhaanya is that they have a C : F ratio in the single digits (i.e., less than 10) – as given under:**

Little millet	6.68
Foxtail/Italian millet	7.57
Kodo millet	7.28
Barnyard millet	6.55
Brown top/American Millet	5.55

Siri dhaanya – Our Food is our Medicine

- Consumption of these highly nutritious Siri dhaanya as our staple food, coupled with healthy changes in our life style, will make all organs in our body to perform their respective duties well and prevents us from becoming disease prone.
- Within 6 weeks of beginning to eat the Siri dhaanya, we can observe visible improvements in our health.
- Once we begin eating Siri dhaanya 2-3 times a day, 80% of the body's much-needed fibre requirement will be met. Along with them, eating leafy and other vegetables, and fruits will give sufficient nourishment.
- In the Western countries, as their foods contain less fibre, people keep taking fibre-filled medicines and supplements. Such a necessity will not arise, if one eats Siri dhaanya religiously.

Water Conservation & Environmental Protection with Siri dhaanya

- The 5 Siri dhaanya are categorised under C4 foods. These are natural crops, that grow with minimal care.
- In C4 plants, the bio-chemical process of photosynthesis takes place in a special way. During the formation of panicle, these plants do not require large quantities of water. They absorb the water available in the soil.
- Hence, the crop is ready for harvesting with very few rains.
- In these plants, glucose gets prepared without the need of lots of water.
- On the other hand, C3 foods (such as paddy rice and wheat) require higher quantities of water for the preparation of glucose.
- The yield for the C3 plants appears higher, primarily due to the use of artificial irrigation techniques. However, as they consume large amounts of water, C3 plants harm the environment by depleting water resources.
- With large quantities of water saved by cultivating Siri dhaanya, the environment gets protected.

- To grow one kg of wheat, nearly 10,000 litres of irrigation water is required.
- To grow one kg of paddy rice, nearly 8,000-9,000 litres of water is needed.
- But, in order to grow one kg of Siri dhaanya, only about 200 litres of water is sufficient.
- This means, with the water that is required to grow one kg of paddy Rice, nearly 40 kg of Siri dhaanya can be grown.

Siri dhaanya – Crops that grow Naturally

- Siri dhaanya crop cultivation does not need artificial fertilisers and pesticides.
- Using traditional organic methods, Siri dhaanya can be grown within 3-4 months.
- By cultivating these crops, we will be able to safeguard our health as they are grown without the usage of any chemicals, artificial fertilisers or pesticides.



Siri dhaanya – The Panacea for all diseases. Ensuring our Overall Health

- The 5 Siri dhaanya have a great impact on our health. All the 5 are very much necessary to be included in our diet.
- Siri dhaanya as a staple food ensures our complete health.
- Health issues can be resolved within 6 months to 2 years when Siri dhaanya is taken regularly as our food.
- Hence, to maintain a comprehensive good health, all these 5 Siri dhaanya are invariably essential.
- By taking these 5 Siri dhaanya our staple food, we will not only keep ourselves healthy, but also save the nature and our future generations.

The health benefits that we get by eating Siri dhaanya -

1. Foxtail millet – Cleans the nervous system and Lungs.

Cures -
nervous weaknesses and
respiratory diseases,
arthritis, Parkinson's,
epilepsy and asthma.



- #### 2. Little millet – Cleans reproductive organs, endocrine glands.
- Cures PCOD and other gynaecological problems.
Very effective in curing cancer in the brain, throat and thyroid.
Improves sperm count in Men.

3. Kodo millet – Repairs bone marrow (where the blood cells are produced).
Cures cancer in thyroid, throat, pancreas and liver. Extremely helpful in curing anaemia, diabetes, constipation, and gangrene.
Cleans the blood post - dengue, typhoid and viral fevers. Helpful for insomnia.



4. Barnyard millet – Cleans delicate organs like kidneys. Cleanses liver, urinary bladder, endocrine glands and gall bladder.
Cures Jaundice and cancers of liver and uterus.

5. Browntop millet – Has the power to cure disorders related to respiratory system and bones.
Effectively reduces digestive issues, piles, haemorrhoids and ulcers.
Cures cancers of the brain, blood, breast, bone and skin.



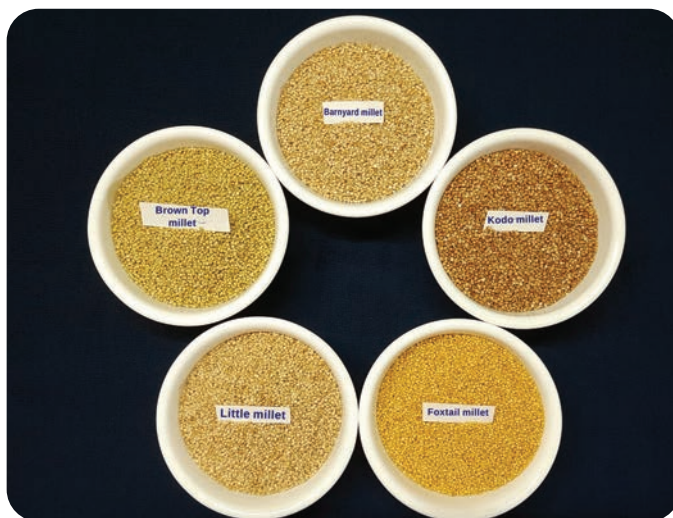
Importance of Lignans in Siri dhaanya:

Lignans are 'phytochemicals' that are present in naturally available foods like fruits, vegetables, plants, grains etc. Lignans are found just below the bark of trees. They get transformed into 'Lignins', to form wood. Consuming food containing Lignans is very good for our health.

- Lignans that are present in Siri dhaanya have special qualities, which are even better than even anti-oxidants.
- These Lignans and antioxidants are present in the top layer of the Siri dhaanya, right after the husk is removed.
- This is the reason why we should eat unpolished Siri dhaanya.
- These Lignans help in improving the immunity in our body, to fight against the diseases as they remove various disease causing factors.
- Lignans, with the help of microbes, generate many bio-chemicals that are essential to us.
- They act as a proton motive force. This stabilizes the electronegativity in our body, thus ensuring overall health.

Lignans in Siri dhaanya – Cancer prevention/ healing

- Lignans present in these 5 grains eliminate the cancer causing factors from our blood, then and there. In addition, they also stop the growth and spread of cancer cells.



Prevention of Glucose – Hormonal – Microbial Imbalances with Siri dhaanya:

Current food habits in the era of industrialization, leads to three types of imbalances in our body. These imbalances, which are due to the complete change of the nutritive values, are the main cause for several illnesses.

We can overcome these imbalances by eating Siri dhaanya as indicated by Dr. Khadar.

(i) Glucose imbalance: Glucose levels in the blood increase within 30-40 minutes after eating foods like rice and wheat. This will lead to an imbalance of glucose in the blood. To decrease the glucose levels in the blood, the endocrine glands will have to work harder, and transform this excess glucose into substances like triglycerides, glycogen, fat, meat etc. These substances, which accumulate over time, lead to several ailments.

By eating Siri dhaanya, glucose flow will get regulated and it will be released into our blood slowly and steadily. Thus, there won't be any glucose imbalance.

(ii) Hormonal imbalance: Drinking animal milk is leading to hormonal imbalances and due to this, girls are starting to menstruate quite early. Women now have unwanted hair on their lips and chin. The sperm count is reducing in men. It is also leading to many problems in the genital organs of both men and women.

This hormonal imbalance will reduce, within few days of stopping the intake of animal milk. By eating Little millet, the reproductive organs get cleaned and the imbalance will get corrected.

(iii) Microbial imbalance: Thousands of bacteria are present throughout the entire alimentary canal –from the mouth to the anus. These bacteria help in the preparation of chemical substances, which are required for many of the bio-chemical reactions in our body. They lead a symbiotic living in our gut and also supervise these chemical reactions.

Usage of modern medicines like antibiotics kill the good bacteria in our alimentary canal. Due to this, the immunity power gets diminished. This makes one dependent on medicines all through one's life.

The food prepared with Siri dhaanya will fill our gut with good bacteria. After drinking the gruel made of Siri dhaanya, many bio-chemical reactions take place in our alimentary canal and in turn our immunity gets strengthened. In this manner, one can keep dangerous diseases like Cancer at bay.

Chapter # 6

Cooking methods of Siri dhaanya

Cooking the 5 Siri dhaanya

- First, Siri dhaanya must be cleaned with potable (drinking) water.
- Before cooking, Siri dhaanya must be soaked in water for 6-8 hours. This is due to the good amount of dietary fibre they have.
- Due to this soaking, the fibre will flourish by absorbing the water and the fermentation will begin.
- Eating cooked Siri dhaanya that have been soaked, will help in regulating the release of the glucose into our blood.
- If Siri dhaanya are cooked without soaking, consuming it will lead to stomach pain, indigestion and vomiting.
- Siri dhaanya that are soaked overnight can be cooked and eaten in the morning. And the dhaanya soaked in the morning, may be cooked and consumed in the night.
- Under urgent circumstances also, they have to be soaked for atleast 2 hours. (It is compulsory to soak the browntop millet for a minimum of 4 hours.)
- For proper soaking, one cup of Siri dhaanya would need 2 cups of water. The same water should be used for cooking, once the soaking period is over.
- One should not soak Siri dhaanya for more than 7-8 hrs, because this could lead to the development of fungus, giving out a foul smell.



How to cook these Siri dhaanya in an Earthen pot/Steel vessel?



- To minimise the loss of nutrients, Siri dhaanya are to be cooked in an earthen pot or in a steel vessel – by placing it directly on the stove, rather than cooking in a pressure cooker. This might require more amount of water. One could put a lid over the vessel while cooking.
- For cooking Foxtail and Kodo millets, water must be added in the ratio of 1 : 3 (i.e., 1 cup of Siri dhaanya in 3 cups of water).
- As for the Little and Barnyard millets, adding water in the ratio of 1 : 2 is sufficient.
- For the Browntop millet, water is required in the ratio of 1 : 4.

Cooking method

- First, the soaked water is poured into the earthen pot or steel vessel, and a spoon of oil (from bull driven ghani) is added – for achieving a soft and grainy texture. A lid must be placed on the vessel. The stove must be set to a low flame.
- When the water starts boiling, the soaked Siri dhaanya are added to it. The lid is placed again, and the mixture is let to cook. Make sure to stir it from time to time, to prevent the rice from getting charred.
- For the earthen pot, it is better to use a wooden laddle for stirring.
- When the dhaanya are almost done cooking, the flame must be put out, and the lid should be put back on the vessel.
- After five minutes, the grains will be cooked completely and will be ready for serving. More water can be added while cooking, if one prefers a softer texture.

Siri dhaanya grains should NOT be mixed – Need to Cook each type separately

- Each of the Siri dhaanya has its own special medicinal values and will cleanse a specific part of the human body.
- Little millet has the ability to clean our genital organs. Foxtail millet cleans our nerves. Kodo millet repairs the bone marrow, while the Brown top millet has the capability to clean from head to toe.
- If Siri dhaanya are mixed and cooked, no part of the body will get cleansed sufficiently.

On any day - Only one Siri dhaanya variety should be taken

All healthy people should eat the same Siri dhaanya grain for two consecutive days

- One should eat only one variety of Siri dhaanya 2-3 times a day (as per the hunger needs). This should be done for two consecutive days. Thereafter, another variety must be consumed for the next two days. After eating all the 5 varieties of Siri dhaanya over a period of ten days, the first type of Siri dhaanya must be taken again (from 11th day onwards), and so on as a cycle.

With Siri dhaanya, one can happily prepare various food items

like Idly, Dosa, Rotis, Pulihora, Pulao, etc.

Siri dhaanya to be taken for different ailments

Please refer to Chapter # 10 to know more the specific Siri dhaanya and Kashayaa to be taken for specific ailments.

Cooking of Siri dhaanya - for those who have Health problems/issues

If one has any serious health problems, then they should eat Siri dhaanya in the form of **Fermented Gruel/ Porridge only**. This is because Gruel has healthy bacteria that immensely improves digestion and absorption of nutrients, and strengthens the body's immunity against diseases. Even for those who are healthy, it is good to have the Siri dhaanya in the form of Gruel, once or twice a week.

Significance and Benefits of Porridge (Ganji) and Fermented Gruel (Ambali)



- Thousands of years ago, entire mankind used to take food in this form only.
- They were eating whichever dhaanya was available in their area. They would soak it, and prepare a porridge with it.
- When the dhaanya are soaked, they get fermented and good bacteria (probiotic) are produced. This will enhance the immunity to fight diseases.
- The Alimentary Canal in our human body has been adapted to consume food in the form of gruel for the past thousands of years.
- Though there has been a tremendous change in our eating habits, our digestive system has always remained the same. Hence, the food, if taken in the form of porridge/gruel, gets digested easily.
- Porridge is prepared in a mud pot, and covered with a clean khadi cloth. It is left aside for 7-8 hours. It will get fermented and turn into gruel. The porous nature of the earthen pot, aids the process of oxygenation, generating plenty of oxygen. This facilitates the growth of healthy bacteria (probiotics).
- It is best to consume food in the form of gruel, especially when one is seriously ill. If this gruel is taken continuously, for the first 6-9 weeks, the severity of the illness reduces quickly. Gruel can be taken 4-5 times in a day – whenever the patient is hungry.
- With the consumption of Siri dhaanya as gruel, not only will the illnesses get cured, but the immunity to fight against the diseases also will improve.

Preparation of Siri dhaanya Porridge (Ganji) and Fermented Gruel (Ambali)

(1) Porridge (Ganji) -

Ingredients required:

- | | |
|---------------------------------|--------------------|
| Any one variety of Siri dhaanya | - 1 cup |
| Water | - 10 cups |
| Sea salt | - as per the taste |



Porridge can be prepared with any of the 5 types of Siri dhaanya. It can be made with the Siri dhaanya as a whole grain or from their rava or from their flour. But, the porridge made with Siri dhaanya rava is the tastiest of all.

Procedure for preparation of Porridge (Ganji)

Porridge can be prepared in the two following methods.

Method 1:

- Siri dhaanya is cleaned and fully soaked in water for 6-7 hours.
- The water is strained and the grains are dried on a clean cloth (the strained water can be used for cooking any Siri dhaanya or can be added to rasam).
- After the grains are dried thoroughly, they can be roasted a bit, on a low flame, to enhance the taste. They are ground a little (in a blender jar), to obtain a coarse textured rava.
- 4 cups of water are added to 1 cup of this coarse rava and is left to soak for 10 minutes.
- Then the soaked water (without the rava) is poured into a mud pot and is then boiled. Once the water starts boiling, the soaked rava is added to it and cooked on a low flame, and is stirred occasionally to avoid lumps.
- The remaining 6 cups of water is heated in another vessel. When the porridge becomes thick, this heated water is added little by little. This needs to be stirred continuously, to make sure that the porridge does not get charred. Let the rava boil, till it gets cooked completely.
- It takes approximately 40-45 minutes to prepare the porridge in this method.

Method 2:

- The Siri dhaanya is ground in a mixer to make a coarse rava and water is added to it. The rava is left aside for a short while and is let to settle down.
- This water can be thrown away and once again, water is added in the ratio of 1 : 4 (rava to water) and is let to soak for 6-7 hours.
- The rest of the process is the same as the First method.

For enhancing the taste

- While cooking the porridge, vegetables/leafy vegetables can be added.
- Cooked vegetables or seasoning can also be added.
- Salt, jeera powder or coriander leaves may be added to taste.
- After cooling, butter milk could be added the porridge to drink.
- Porridge may also be eaten along with any pickle.



(2) Fermented Gruel (Ambali)

- The gruel prepared with Siri dhaanya is very useful for our body. After drinking it, the good bacteria in it will lead a symbiotic life in our gut. Their presence in the intestines allows all the wonderful bio-chemical reactions to take place. This in turn increases the immunity of our body.
- The good bacteria help in supplying the bio-chemical substances at the right time and in the right quantities, wherever required. They aid in curing deadly diseases like cancer. Gruel is a good source of Vitamin B12.

Ingredients required for preparing Gruel

- Any one variety of Siri dhaanya - 1 cup
- Water - 10 cups

Procedure for the preparation of Fermented Gruel (Ambali)

- Porridge is first prepared, in a mud pot – as given in the methods given earlier.
- Vegetables or jeera powder or any additives should not be mixed. The plain porridge alone is prepared, in the mud pot which is covered with a clean and thin khadi cloth.
- If the porridge is prepared in the morning, it is left aside until the night (for 7-8 hours), for fermentation. If it is prepared at night, it should be left to ferment until morning. This fermented porridge is nothing but our gruel.
- One need not ferment till the porridge turns sour.
- At the time of drinking it, curd or butter milk may be added. If curd is added before the fermentation process, only the curd's Lacto bacilli will grow. There will be no scope for the growth of the other probiotic bacteria.
- Pieces of green chilli and coriander leaves may be mixed with the gruel. Salt may be added, to taste. Cold seasoning or boiled (and cooled) vegetables could also be added.
- Along with the gruel, all types of vegetable curries, sambar, rasam, pickles, curd etc., can be eaten.

Important Note

- Fermented Gruel must never be heated directly on the stove.
- In order to heat the gruel, it must be poured into a bowl and placed in a vessel containing hot water (double boiling method). Gruel may be served warm, but never hot.
- If the gruel is heated further, all the good bacteria will die.

Chapter # 7

The Food We Eat - Facts & Truths one should know

Dr. Khadar Vali has been shedding light upon many astonishing facts regarding the food we consume. He is also educating the public through his lectures and awareness campaigns. He explains that due to the adoption of modern techniques and technologies in the cultivation of our food materials over the past 40-50 years, our produce has become poisonous and contaminated. The main cause for our ill health, with or without our knowledge, is the consumption of such polluted food. His teachings equip us with information that helps protect our family's health, our environment and our country. Facts and Truths that he has been explaining to everyone are:

1. Our food and the changing food habits

- There has been a lot of change in our food habits over the past 70-80 years. Our grandparents and their ancestors were very strong and healthy. They were able to exert themselves and work hard physically.
- Walking used to be their prime exercise. Yet, they were hardly tired and diseased. The secret to their healthy life was nothing but their food habits and their work schedules.
- Long ago, grains such as the 'Italian millet' and the 'Foxtail millet' were the staple food throughout the world. The evidence of this, is in their names, such as - Japanese millet, German millet, etc.
- All these grains that were both nutrient rich as well as economical, have been wiped out, courtesy the industrialization and deliberate suppression by companies all over the world.
- Fortunately, these foods are available in India, but grown only in a few regions.
- The British, during their rule, introduced crops such as paddy, wheat, coffee, tea, sugarcane etc., to earn profits for their companies. This led to the 'Siri dhaanya' being overshadowed.
- During this period, paddy-rice and wheat became the 'rich people's food' and millets - the 'poor people's food'. Due to the numerous social changes in the country, for the past several years, people have been consuming rice and wheat as their staple food, and have completely forgotten about millets.



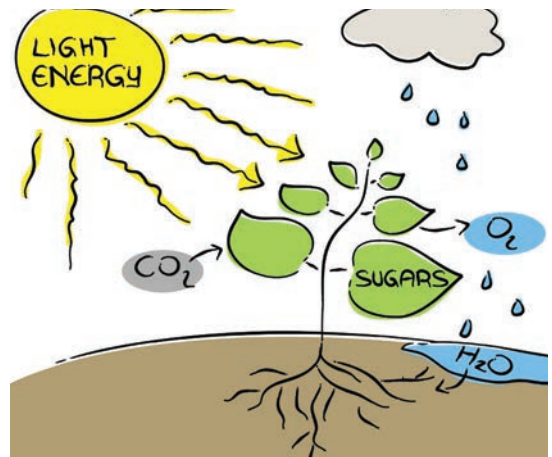


- In addition to this, the impact of the companies has brought about countless and drastic changes in our other food habits as well. The kind of natural vegetable oils, milk, Ayurvedic medicine etc., that were used traditionally, have been replaced with products that are unhealthy. It is therefore not a big surprise that we are forced to buy even the water that we drink!

- Not only is our health declining by eating paddy, wheat, sugarcane, etc., we are also cultivating these crops using great quantities of water. This may lead to severe water scarcity within 15 - 20 years.

2. The preparation of Glucose in plants and crops

- Glucose is the main product, required for the sustenance of any kind of plants, trees or crops. Plants produce glucose as the primary product through Photosynthesis by using sunlight, carbon dioxide (CO_2) and water.



- The glucose produced is then used by plants to prepare carbohydrates, fibre, proteins etc., as required. The nutrients thus prepared, are not only used by the plants, but are consumed by other living beings to fulfill their nutritional requirements.
- Human beings get these nutrients produced by plants, in different forms – as grains, vegetables, fruits, pulses, oils, etc.

3. The importance of Glucose in our body

- Glucose is the end product of the biochemical reactions in the digestive processes of our body. After ingestion, the food gets converted into glucose, enters the bloodstream, and gets supplied throughout the body. This is the general process of how we get energy from glucose, allowing us to carry on with our daily tasks.
- As long as the glucose in our blood is supplied steadily, continuously and in optimal quantities, we lead healthy lives. However, any fluctuation in this supply will have an effect on our organs. This is the main cause for all of our sicknesses.
- Our body has 5 - 6 litres of blood. At any given point of time, if one gram of glucose is present in one litre of blood, it is sufficient. And everyday, every human requires 35 - 40 grams of glucose, to perform voluntary actions like walking, talking, reading and for involuntary actions like blood circulation and digestion.
- Yet, starting with our early morning tea/coffee, idly/dosa as breakfast, lunch made of paddy rice, a dinner with chapathi, with cups of tea/coffee in between, we are accumulating 150 grams of glucose per day in our blood. Besides this, when we consume sweets made with sugar/jaggery and soft drinks, excess glucose gets accumulated in our body.
- We need to walk for about 15 minutes to utilize 1 gram of glucose. Hence, to successfully spend 150 grams of glucose in a day, we need a 30-hour walk! This is practically impossible. Thus, the 150 grams of glucose that is now in the blood does not get spent on the same day. This unused glucose is the main cause for the numerous health issues that we face today.
- The organs like liver, pancreas, endocrine glands (pituitary glands, thyroid) etc. instead of performing the specific functions (like purification to keep us healthy), will now have to focus on converting this excess glucose into triglycerides, cholesterol, fat in the blood vessels, and into glycogen.
- In addition to this, every time we eat paddy rice or wheat, and drink coffee, the glucose levels in the blood shoots up within 15-30 minutes of their consumption.



This leads to diseases like obesity, diabetes, liver malfunction, kidney problems, heart diseases, cancer etc.

- On the contrary, when we eat Siri dhaanya, about 1 gram of glucose per one litre of blood is released – in a regulated and controlled manner, preventing the accumulation of excess glucose in the blood.

4. Difference Between C3 & C4 Foods



- The 5 Siri dhaanya come under the category of C4 foods. These are natural crops. The chain of bio-chemical reactions that occur in these millets is structurally different.

- During the panicle formation stage, these crops need very less water as opposed to C3 foods. They utilize the water available to them in the earth. This is the reason why C4 crops can be cultivated even with little rain. In these crops, glucose gets prepared with minimal water.

- C3 foods like paddy rice, wheat etc., on the other hand, can be cultivated only when large quantities of water is available. These crops need water in abundance for the preparation of glucose. Due to the supply of so much water through artificial means, the yield or output of the C3 crops will be higher. However this excessive usage of water is seriously affecting the environment.
- 10,000 litres of water is necessary for the cultivation of just 1 kg of wheat. Also, 8,000-9,000 litres of water is necessary to produce 1 kg of paddy rice.
- Whereas, in the case of Siri dhaanya, only about 200–300 litres of water is utilized to cultivate ONE kg. Therefore, one can cultivate 30-40 kg of Siri dhaanya with the same amount of water.
- 4 people can eat 1 kg of rice grown, by using 9000 litres of water. The same 9000 litres of water can yield 30 kg of Siri dhaanya. 10 people can easily eat 1 kg of Siri dhaanya that have been soaked overnight. Thus, 300 people can be fed Siri dhaanya cultivated with these 9,000 litres of water.
- Due to the less consumption of water used for cultivating Siri dhaanya, the environment can be protected as well.



5. Paddy Rice, Wheat – Why We Must Say NO To Them:

- Paddy and wheat available these days are mixed breeds and have been getting modified for many years. These crops, grown without the use of fertilizers and pesticides are very rarely available. In addition to this, there has been a significant increase in the usage of poisonous weedicides.
 - Paddy rice and wheat are not natural crops. Man has made many changes to the erstwhile agricultural methodologies, for higher yield. Earlier, paddy and wheat used to be grown only where there was excess water, or on very fertile lands. In addition to this, they were consumed by the rich, like Zamindars, or by those who had lands next to rivers and lakes. In those days the common man used to live on grains like Little millet, Kodo millet alone. Rice and wheat were expensive.
 - Paddy and wheat became the staple/main food only after the Companies and industries intervened, for their own selfish profits. They encouraged the use of fertilizers, genetically modified crops and built dams- all in the name of the ‘Green revolution’.
 - These crops do not grow on lands which have no large water supply. They can be cultivated only by the use of artificial chemical fertilizers and large amounts of water.
 - Even after constructing dams, storing water and by using these chemical fertilizers, we get a mere yield of 20-30 bags. We are growing rice and wheat by resorting to unnatural and artificial methods alone.
 - The fibre present in our food is what controls the release of glucose into the blood. The fibre content in the artificially grown paddy and wheat is very low. In paddy, it is about 0.2 g and 1.2 g in wheat.
- (Please see Table – ‘Nutritive values of different grains’)
- In addition, we consume rice without the hull on the grain, and after polishing them. In this polished rice, since there is hardly any fibre, the glucose gets released into our blood quickly- within 15 - 30 minutes of eating them. In this manner, glucose enters blood every time we eat (break fast, lunch, dinner etc.).



- This high glucose in our blood leads to many diseases that all of us are suffering from. Over the past 40-50 years, rice and wheat have become our staple food. This change has made us prone to these modern diseases like obesity, heart problems, cancer, diabetes etc.
- Gluten, a protein present in wheat, is toxic to humans. It sticks to the walls of the small intestine and prevents the absorption of micronutrients. Gluten reduces the efficiency of the endocrine glands, and causes diseases like celiac allergy.
- To grow wheat and rice, the use of chemical fertilizers and pesticides is inevitable. Therefore, these foods become totally contaminated and dangerous for human consumption.

6. Reduce the usage of pulses:



- The Siri dhaanya contain proteins as well. Hence, we do not have to consume a lot of other pulses and lentils.
- About 3 fistfuls of pulses/lentils, if taken each week, will satisfy the protein requirement (6 - 8 %).

• Pulses like Tur dal, usually need to be soaked for around 1-2 hours. Some pulses like rajma (kidney bean), lobia (Black eyed bean) and channa (Bengal gram) have to be soaked for at least 6 hours.

Sprouts:

- It was always suggested that we should eat sprouts early in the morning, for protein. It is important to know that sprouts contain 24% of protein.
- Such high amounts of protein should not be consumed.
- Eating a lot of sprouts will cause gastric trouble. Also, since they contain a lot of carbohydrates, excess consumption of sprouts causes diabetes.



It is advisable to eat one fistful of sprouts per week, after boiling them.

Protein - The reality

- The naturally available protein is mainly found in dicotyledons like groundnuts, rajma, chana dal, tur dal etc., and is about 20-26%.
- In monocots like Siri dhaanya, paddy, wheat, the protein content is about 6-12%.
- We should eat vegetarian plant protein.
- After eating protein, every animal should synthesize and produce it to suit its own body. For example, a goat has to synthesize protein according to its body's needs. Likewise, human beings also should make protein suitable for their body requirements (for muscle building, cell regeneration etc.).
- The enzymes present in our stomach can break down only plant protein and synthesize it according to our body's needs. They cannot breakdown non-vegetarian protein, and thus, our body will not be able to synthesize protein upon its consumption.
- By eating pulses and Siri dhaanya, we can get the required amount of protein (6-8% of our dietary requirement) and can synthesize as required.
- It is foolish to think that we get protein only upon eating chicken, mutton, pork, beef, etc.
- The steroids, antibiotics that are used to grow and rear the animals are causing life-threatening diseases like cancer to those who consume non-vegetarian food. Additionally, harmful viruses, carried by animals- like COVID-19 easily enter our bodies.
- These days, the youth are fascinated with going to the Gym, eating protein-rich foods like eggs, meat, whey protein etc., with the intention of building muscles, to become very strong.
- The muscles they gain can only be admired, as the protein they consume will affect their hormonal balance, which in turn reduces their sperm count and sexual ability.
- Everyone should know that they can go to the gym, even after eating vegetarian protein and build their muscles.
- Most importantly, eating higher than the required amount of protein, will put more load on the kidneys. If left unchecked, it will lead to kidney disease like Albuminuria.

7. Fruits and Vegetables that we commonly use:

- Our health depends on the good microorganisms (probiotic) that grow in our body. Eating more vegetables and green leaves will create a prebiotic environment that is very much needed for the growth of these probiotic microbes in our body. They play a major role in improving our overall immunity against diseases.
- About 90% of the content of leafy and other vegetables, and fruits, is water. In order to get enough nutrients, we have to consume very large quantities of these foods. Since this is quite difficult, we must add Siri dhaanya along with these foods to our diet. This makes sure that we have nutrient rich food.
- In addition to this, to regulate the release of glucose into our bloodstream, we must consume lots of vegetables and fruits along with Siri dhaanya. If they are taken along with rice and wheat, glucose regulation will not occur.



- We are importing vegetables such as lettuce and broccoli, fruits such as kiwi and strawberry for their 'antioxidant' properties, blindly following the Western culture. However, as these imported foods are transported over long distances in cold storage, their nutrient values are bound to decrease. Therefore, eating fresh vegetables and fruits grown in the region where we live will always keep us healthy.



- Foods that grow in any country are good for the people living in that specific country. We are indirectly supporting the farmers of the foreign lands by consuming their produce. Buying vegetables and fruits grown by our own farmers (for example: guava, jackfruit), will directly benefit them and in turn they will also prosper.



Important note:

- We should choose and eat only one vegetable from the same group/type, on any given day. For example, if we need to eat gourds such as - bottle gourd, snake gourd, ridge gourd etc., we must select one among them to consume on any given day.



- Also, leafy vegetables must not be mixed and eaten on the same day. For example, if we eat spinach (palak) on a particular day, we must eat kenaf on another day. In the same way, tubers like potatoes and root crops like carrots are not to be eaten on the same day.

•The reason for the above is - the same group of vegetables will have similar types of nutrients.

8. Drinking water- Usage of Copper Vessel / plate

- The continuous flowing water present in the rivers is the real structured water. This water will immensely improve our health. Unfortunately, nowadays, this kind of water is not available to us for drinking.
- Water is being supplied to our homes through plastic pipes. We usually purify it using RO/UV filters, which are also made from plastic. We then store this filtered water in plastic bottles.
- In order to cool the water, we place these plastic water bottles in the fridge. We bring them out again, for drinking. Because of these changes in temperature, the plastic nanoparticles get mixed with water. When we consume this water, these plastic molecules get stuck onto the walls of our small intestines.
- Thus, the intestines lose the capability to assimilate nutrients like Selenium, Copper and Zinc. Deficiencies of these minerals in our body results in hair fall etc. Drinking this kind of plastic water will also affect the functioning of the endocrine glands, leading to hormonal imbalance.

Benefits of Copper vessel / plate

- To overcome the above-mentioned problems, we should drink water stored in a copper vessel, for at least 6 hours. Alternatively, pour 20 litres of water into a steel vessel and place a copper plate measuring 12 x 3 inches. After leaving the copper plate in the water for a minimum of 6 hours, the water in that vessel gets purified. All the plastic nanoparticles, the viruses and microbes, will get collected onto the surface of the copper plate.
- There are free electrons in the 'd-orbital' of Copper. These electrons present on its surface come in contact with the water. Any bacteria or virus that comes in their way gets killed. The chemicals in the water get oxidized and are released into air. In this manner, structured water is formed.



Cleaning the copper vessel/plate

- Every day, the copper vessel/plate must be cleaned with tamarind or a lemon slice, along with some salt. The organic acids in tamarind (tartaric acid) or lemon (citric acid) will remove the impurities from the copper surface.
- This method of purifying water, without any expenditure, is known only in India!

9. Water used for cooking:

- Use the water stored in the afore-mentioned copper vessels for cleaning the vegetables and fruits, or for cooking.
- Prepare a cleaning solution by adding tamarind juice - made from 20 grams of tamarind in 2 litres of water. Place the fruits and vegetables in this water for about 10 minutes. Clean them once again with water from the copper vessel. This process will eliminate most of the poisonous chemicals present on their surface.



10. Milk – Apart from the mother’s milk, no milk is necessary for humans

- Mammals produce milk as the first food for their babies. This is supposed to be a wonderful and dynamic material, fed to the babies directly from the mother’s breasts.



- Mother’s milk is to be given to her baby while cow’s milk is for its calf. Cow and Buffalo milk must not be consumed by us or by our children.
- Text books teach us that “Milk is a complete food”. Yes, milk is a complete food. But cow’s milk is a complete food only for its calf. And, mother’s milk is wholesome for her baby.
- The milk produced immediately after the baby’s delivery (colostrum), contains antibodies that give immunity to the baby for almost six months, from various external diseases. Hence, mother’s milk is the best food for the newborn babies.
- **Our ability to digest milk stops after the age of 2-3 years. Drinking milk after this age is of no use.** Thus, mothers must feed their babies with breast milk till 9-10 months from birth.
- Due to misconceptions created by the companies, mothers have stopped feeding their babies right after 1-2 months. Moreover, they are depending on ‘formula milk’ that has been prepared using chemicals, artificially. Some mothers, even if they intend to feed their babies their own milk, are unable to produce enough milk, because of hormonal imbalances in their bodies. Doctors then prescribe ‘formula milk’ as an alternative. Unfortunately, they do not look for ways to increase milk production by correcting this imbalance.



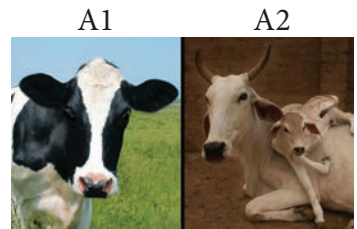
Important note:

- Lactating mothers should consume bajra, garlic, fenugreek (methi) leaves and castor seeds so that they can produce more milk to feed their babies.

A1 - A2 milk

Cattle milk is of two types – A1 and A2.

The main difference between the two is the type of protein present in them.



Desi Cow milk (A2 milk) - Not required for humans



- Cattle that consume natural fodder (as our 'Desi Cows' do) produce what is called as A2 milk.
- Hormones that are necessary for the growth of the calves are available in this milk. Because of these hormones, the calf's body grows to a fairly big size within a period of 6 months. But, such growth is not observed in human babies, especially in a period of six months. Hence, when our children consume such milk, they will be prone to

diseases caused due to hormonal imbalances.

- The growth factors, triggers and hormones present in cow's milk are very much different from those present in human milk. Upon drinking any milk other than their own mother's milk, the hormones present in that milk will enter the child's body and cause hormonal imbalances.
- This will negatively affect our children's health. A perfect example is the early maturing of our female children by the age of 9-10 years.
- For this reason, even if desi cow milk is produced naturally, one must not drink any milk after mother's milk.
- So, even if desi cow milk is not available, there is no need to worry.

Horrible facts behind the high production of A1 milk

- Jersey and other hybrid varieties of cows are imported from other countries for high milk production in the name of 'White revolution'. The milk they produce is called A1 milk.
- The milk available in packets, being sold in the market is also A1 milk. Milk prepared by using milk powder is again A1 milk.
- From the past 50 years, with the intention of increasing milk production, each cow is being given about 3-4 injections (of oxytocin, a protein hormone and of oestrogen, a steroid hormone). No wonder each cow gives around 10-15 litres of milk per day.



- Additionally, steroid hormones are being mixed into the cow's fodder, so as to increase milk production.
- This milk contains a considerable amount of the above-mentioned residual hormones. By the adoption of methods like hybridization and genetic modification, high milk yielding cows are being produced. Along with this, milk is being pasteurised and homogenized.
- In order to produce one litre of this artificial milk, 18,000 litres of water is consumed.
- The excess production of milk - in the name of the white revolution, is affecting our health. Using biotechnology, milk - which is a natural nutritious food, is being over produced artificially and horribly.

The harmful effects of A1 and A2 milk



- Excess gas formation, belching, indigestion etc., are some of the ill effects after drinking milk.
- Girl children are maturing very early at the age of 8-9 years. At a very young age they have to take painkillers for menstrual pains, when they get periods. Steroid injections are being given to stop over bleeding.
- Women are getting unwanted hair on their lips due to hormonal imbalance. Immunity power is getting reduced. Women are facing problems like PCOD. They are experiencing irregular periods.
- There is no proper ovulation either. They cannot give birth to children.
- They are putting on weight due to steroids.
- The sperm count is lessening in men. In some men, there is an observable increase in breast gland tissue.
- Milk is one of the reasons for Autism in children.
- Immunity levels are reduced in kids. They suffer from frequent viral attacks, and also have cough and cold problems.
- Because of all the above reasons, one should stop drinking milk for better health.

Say NO to milk sold in plastic

- The newborn babies are being fed milk in plastic bottles, fitted with plastic nipples. Plastic nanoparticles are entering their bodies, since such a very young age.
- Additionally, the artificial milk is being sold in plastic covers. Plastic particles enter milk from these covers also.
- As a result of this consumption of plastic, both men and women are becoming bald headed after drinking this milk.



How to get calcium without drinking milk?

- It is not true that milk is our only source for calcium. In reality, our body cannot fully absorb the very little amount of calcium present in milk.
- Around 1 gram of calcium is present in a litre of milk.
- Yet, by drinking 1 litre of milk, only 200mg of calcium will be assimilated by our body.
- **Sesame seeds** - our traditional food contains more calcium than what is found in milk. One gram of calcium is present in every 100 grams of sesame seeds. Our body can absorb this calcium fully and strengthen our bones. Similarly, milk made with Finger millet is also a rich source of calcium. (Read about the preparation method of sesame milk in Chapter 8).



Sesame laddu

- To meet our calcium requirement, children and adults should eat sesame laddu once a week.

Alternatives to animal milk (cattle milk)

- Instead of cattle milk, one can prepare
 - Sesame milk (both white and black sesame),
 - Finger millet milk,
 - Jowar milk,
 - Coconut milk,
 - Safflower seeds milk and
 - Groundnuts milk.
- These kinds of milk should not be directly boiled on the stove. We should use the double boiling method for heating.
- Additionally, curd can also be prepared with this milk.



Curd, buttermilk, butter, ghee- made with Desi cow milk



- Curd is prepared by fermenting milk. Lacto bacillus, is the bacteria that helps in the formation of curd. It converts milk into curd when a small amount of the previous day's curd (inoculum) is added to it - to begin the fermentation process. The chemicals and hormones present in the milk will get converted into harmless substances by the Lacto bacillus.
 - The curd, buttermilk, butter and ghee made from Desi cow milk can be used.
 - Curd, butter and ghee should be taken in limited quantities.
- Buttermilk can be consumed abundantly.
- Butter should be prepared from the cream formed on the top of Desi cow's milk at home. Ghee can be prepared from this butter. The quality of ghee prepared in this way is far superior than the ghee available in the market.
- It is important to note that curd, buttermilk, butter and ghee must not be stored in plastic bottles or covers.

Paneer, Cheese, Ice creams are unhealthy

Paneer

- Paneer is prepared by adding chemicals like acids to milk. The milk gets curdled and then turns into paneer. This paneer contains all the steroids, antibiotics and enzymes that are used in the production of milk.
- A small quantity of paneer is prepared from 1 litre of milk. Hence, a single piece of paneer is loaded with steroids, antibiotics etc., as explained above. Consuming this paneer results in hormonal imbalances and low immunity.



Cheese

- These days cheese is being prepared artificially- without fermentation. This is not good for health.
- Only fermented cheese can be consumed.

Ice cream

- The milk, fat, sugar, artificial colouring and flavours – none of these substances that are used in the ice cream preparation, are good for health.
- Cold foods like ice creams are harmful for our alimentary canal.
- Due to the high fat content in ice creams, even small children are suffering from heart blocks.

11. Severe health problems caused by Sugar and Sugarcane Jaggery

- Sugar and sugarcane jaggery must be avoided. Eating one spoon of sugar will set our immunity back by six months. Yet, we are preparing dishes using extraordinary amounts of sugar and jaggery.
- Sugar obtained from sugarcane contains lots of glucose. Hence, there will be a sudden increase in the blood glucose levels, right after consuming dishes made with sugar. This excess glucose is the main reason for diseases like diabetes, blood pressure, arthritis etc. Eating sugar will also lead to an increase in the severity of the Cancer disease.
- Glucose is the end product of the bio-chemical digestive processes. But, by consuming sugar, glucose enters into the blood instantly. This affects all of the bio-chemical reactions in our body. Eating sugar also causes anaemia.
- 28,000 litres of water is required to manufacture one kg of sugar. With the same amount of water, 30 kg of Siri dhaanya can be cultivated and can feed about 900 people.
- Sugarcane crop requires water throughout the year and also needs chemical fertilizers, weedicides and pesticides for its cultivation.
- Under the guise of sugar production- factories are producing alcohol. Even after using large quantities of water, destroying the environment and then cheating innocent farmers, the cultivated sugarcane is ultimately being supplied to liquor companies.



Which sweetener to be used?



- Palm jaggery, Silver date palm jaggery and Fish tail palm jaggery are the sweeteners to be used instead of sugar and jaggery, for preparing sweet delicacies.
- As Palm jaggery contains fructose, glucose gets released slowly.
- Palm trees grow naturally near rivers and freshwater lakes. They are not grown artificially like sugarcane. They do not require the use of huge quantities of water and the use of chemical fertilizers.
- Notably, Palm jaggery reduces anaemia in about 6 weeks.

12. Coffee and Tea

- Drinking coffee and tea in the mornings has become a habit for all of us. It is an addiction. Coffee and tea contain an alkaloid called 'caffeine'.
- The urge to drink coffee and tea repeatedly is because of this caffeine. We become very active after having coffee or tea. Yet, after a while it weakens our nerves. Each time we drink coffee or tea, our nerves will become inactive. The effects don't show after a single day. The weakening will occur at a slow pace.
- As a result of this nervous weakness, youngsters- at the age of 20-25 years wake up twice or thrice in the middle of the night, for urination. They are getting disturbed from their deep sleep. Without good sleep in the night, one cannot be active during the day. Avoiding coffee and tea should be the first step for us to attain good health.
- The Britishers introduced the coffee and tea culture to us, along with sugar. The aim was to induce Indians to use these so as to reduce our intellectual capabilities. In this process, they have eliminated the usage of Palm jaggery, Silver date palm jaggery and Fish tail palm jaggery.
- For the sake of making money, the companies are manufacturing these addictive foods, and in the process, ruining the entire environment. Huge trees found on the hills and mountains were cut down, throughout the world, just for the sake of growing coffee and tea plants. The forests are destroyed and filled with coffee and tea plantations (for example- Brazil, Himalayan mountains). As a result of this, the perennial rivers have become rain fed rivers.
- Moreover, drinking very hot or very cold beverages is harmful to our alimentary canal.
- Even Black tea and Green tea contain caffeine.



13. Oils used for Cooking

- For an average person, 3-5 spoonfuls of oil is sufficient per day.
- In the earlier days, bull/ox-driven ghani (cold pressed) oils from oil seeds such as groundnuts, mustard seeds, niger seeds were available in our country.
- Unfortunately, these oils have vanished, owing to the impact of multi-national companies.



Refined Oils – Should NOT be used

- Usage of all kinds of refined oils should be stopped immediately.
- If we understand how these oils are manufactured, it becomes clear to us that we have been consuming poisonous substances innocently all these days.
- One needs to know that oil seeds that are currently being cultivated are not sufficient to meet the huge consumer demand for oils from users like us.
- And in order to satisfy that demand, manufacturers are resorting to chemical filled oils.
- These refined oils are one of the main culprits for the increase in the number of cancer patients.
- It has always been advertised that refined oils are healthy as they have lesser cholesterol content. Companies are making us believe that these oils are far more beneficial than our traditional oils. They are duping the public with the means of such propaganda. Scientists are being made to give out falsified information.



‘Refined oils’ are coming from Petroleum refineries & Meat industry:

It should be a revelation to one and all that these so-called ‘refined’ oils are produced from the waste products in the petroleum refineries and the meat industry.

a) From the Refineries

- After the process of extraction and distillation of petroleum, the products that are above octane are utilized as fuels (diesel and petrol). The remaining waste products which are called mineral oils, are not fit to be used as fuels.
- While manufacturing one litre of Petrol / Diesel, 200 - 300 ml of mineral oils gets produced. So, when tonnes of these fuels are produced, a third of that quantity comes out as mineral oil.
- In order to utilise and make money from these not-fit-to-use mineral oils, Companies have cleverly started mixing artificial flavours and chemicals to them, so as to give it the taste and smell of edible oils like groundnut oil or sunflower oil.
- Due to this, they are able to sell these waste oils at cheaper prices and get consumers habituated to buy and use them extensively.
- However, the usage of these mineral oils that are being sold in the garb of refined oils, is extremely dangerous to health. Infact, most of the diseases that we get are due to the consumption of these chemical oils.
- Through their heavily budgeted and well-orchestrated marketing campaigns, companies have created a perception in the minds of the consumers that the actual Coconut oil, Groundnut oil are not good - by showing a bogey of cholesterol and triglycerides. This way, they have been selling their mineral oils branding them as ‘refined oils’ in packets. And this makes consumers think that the oils being manufactured by these companies are healthy.

b) From the Meat Industry

- All parts of the animals that are being used for meat, cannot be consumed. With heavy consumption of meat, a lot of animal waste gets generated. This waste meat is boiled in large containers and the fat is separated. That separated fat is poured out and made into large balls of lard. This lard is mixed with mineral oils.

Issues even with 'Pure' Refined oils :

- Each oil seed has very little oil in it.
- To produce oils and to make it commercially viable, manufacturers use high pressure and high temperatures while extracting oil. Though this results in higher yield, the naturally available antioxidants in these oils get destroyed.
- Due to the use of high temperature and pressure, there will be chemical change that alters the nature of the oil and free radicals are formed. When such oil is consumed, these free radicals will go anywhere inside the body and disturb either the enzyme processes or genetic processes or chemical processes at all levels. This will destroy the good cells and produce cancer cells.
- Also, some chemicals are used to extract oils. Due to this, oil from the seeds comes out. When one eats such oils, those chemicals also enter the body.

Why 'refined' oils are cheaper:

- To get one litre of groundnut oil through bull/ox-driven ghani, nearly three kilograms of groundnuts are required. Hence, the cost of such healthy-oil would be about Rs. 300-400 per litre.
- But the 'refined oils' are being sold in the market at Rs. 80 -100 per litre. Therefore one should realise that these oils contain cheaper materials.
- Though the cost of bull/ox-driven ghani oils appear costlier, one should rather reduce their consumption of oils and use only the bull/ox-driven ghani oils - as it is good for health.

Excessive use of oils should be avoided:

- As these so-called refined oils are cheap and are abundantly available, everyone is using them heavily in their day-to-day cooking, instead of oils being used for festivals or special occasions for making delicacies.
- This has become a dangerous habit. Use of oils in such large quantities is not at all good.

Say 'NO' to oils stored in plastics:

- Plastic nanoparticles get dispersed into oils stored in plastic bottles and packets and get stuck to the walls of our small intestine after consuming them. As a result, our intestines will slowly lose the ability to assimilate nutrients from the food we consume.



Oils that we SHOULD consume

We should consume the following oils extracted through the traditional bull/ox-driven ghani

- Safflower seeds
- Sesame seeds
- Coconut
- Groundnut
- Mustard seeds
- Niger seeds



Why it is necessary to use bull-driven ghani oils:



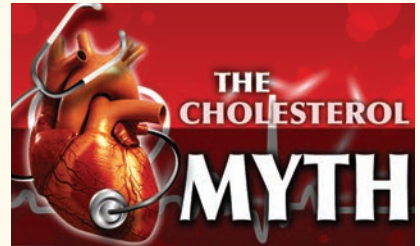
- The oils extracted from a bull-driven ghani do not undergo any chemical changes since they are extracted at room temperature and without pressure. Hence, these oils naturally contain Vitamin E and antioxidants.
- On the other hand, the oils produced using machines will undergo chemical changes, to the extent where their structure gets completely distorted.

Natural oils - are very essential for children:

- For the development of their brains, nerves and some internal organs, adequate amounts of natural oil with good nutritive value is necessary to be given to growing children.
- In a given week- 2-3 spoons of groundnuts, 2-3 spoons of sesame seeds, 2-3 spoons of grated coconut, should be given to growing children, to have a well developed body.
- Foods like Laddoos and Chikkis made, using palm jaggery, groundnuts, sesame seeds and coconut should be fed to them.
- 20% of the children are suffering from fits, convulsions, and epilepsy. This is caused due to nervous weakness. To overcome such neuro-related problems, natural oils should be used.
- Niger seed oil is known to reduce disorders like autism.

Cholesterol - a demon? :

- Cholesterol is required by our body in order to function properly. Cholesterol is not a harmful substance, as long as it is not present in high quantities.
- Using the above-mentioned oils in limited quantities, will not increase our cholesterol levels.
- For commercial gains, companies are promoting refined oils, stating that they will not increase the cholesterol levels in our body. Their scientists have made cholesterol a big demon and exaggerated it, to sell refined oils. They have written articles about the 'goodness' of their refined oils and have thoroughly influenced us.
- By doing all these, these companies are steering us away from the oilseeds produced by our farmers. And at the same time, they have been spreading false notions that consuming coconut oil increases cholesterol in our bodies; that groundnut oil has 'aflotoxins' etc. This is done with the motive to sell their products in our country.



Olive Oil:

- The companies are misleading us by marketing olive oil as a very healthy oil for consumption.
- As a matter of fact, Olive trees grow in a very small region. Hence, it is next to impossible to produce olive oil that is sufficient to export all over the world. Yet, everyone seems to be using olive oil for cooking. One does not know as to where this oil is coming from.
- Oils that are extracted from oilseeds that are grown around us are good for our body. For example - Olive oil would be good in Italy; Groundnut oil would be beneficial in South India; Mustard oil would be good for people in North India.
- Moreover, the oils that are used in other countries are not fit for our bodies. They are also unnecessary.



Goodness of Indian Oil seeds - Example: Ground nuts

The pinkish outer layer on the groundnuts contains a very good natural chemical – resverotrol. This wonderful substance is an anti-bacterial, anti-inflammatory, anti-carcinogenic and anti-ageing agent. If one applies this outer layer to the face and skin, it gives good benefits. It is an effective medicine for skin diseases.

14. Eggs, Meat & Fish:

- These foods are not meant to be consumed by human beings.
- Vegetarianism has been our Indian culture since time immemorial.
- Instead of consuming naturally grown foods, most of us seem to prefer non-vegetarian foods. As a result, not only are we falling ill, but there is also a depletion of our natural resources.



The ill effects of consumption of meat:

THE MEAT-CANCER CONNECTION

- For the past 25-30 years, chickens, pigs, cows etc., are being grown using unnatural methods. In order to hasten the production of meat, chemicals like steroids are being added to the animal fodder. If not, the animals are being given steroid injections.
- As a result-
 - A chicken that is supposed to grow by 2 kg in 2 years, gains 2 kg in 2 months.
 - A pig that is supposed to weigh 300 kg in about 3 years, gains that weight in just 3 months.
 - Cows that are supposed to weigh 600 kg in 6 years, reach the same weight in only about 6 months.
- When animals are reared in this fashion, even if the meat is ready in such a short time, the bones do not grow fast enough. This means that animals without proper bones and bone marrow are being produced.
- Due to the lack of bone marrow, these animals have less immunity to diseases. Hence, bacteria and viruses infect them easily. To prevent these infections, antibiotic injections are being given to them.
- When meat from the above mentioned animals are consumed, the antibiotics and steroids that are present in them enters the human body too. These antibiotics destroy the good bacteria present in our alimentary canal. Thus, our immunity gets affected.
- Because of our low immunity, humans are prone to infections like Bird flu, Swine flu etc.

Animal Fodder - Horrifying trends:

- When any animal, be it chicken, cow or pig, eats about 8 kg of fodder, it gains about 1 kg of fat.
- In order to feed these animals, genetically modified maize and soyabean are being produced in massive quantities in which there is uncontrolled use of chemical fertilizers, pesticides/insecticides etc.
- As a result, when 1 kg of meat is consumed, all of the above-mentioned dangerous chemicals that were present in 8 kg of fodder enter the human body. Additionally, the fat and cholesterol present in that meat also enter into our bodies.
- Due to these, people are getting high blood pressure, cancer and fat accumulation in the arteries of the heart. Since children are also fed these meat, PCOD issues are increasingly detected in girls and sperm cells are getting reduced in boys.
- On one hand, we are eating meat and creating health issues for ourselves. And on the other hand, we are destroying dense forests by cultivating crops like soyabean and harming our environment.

Meat – Heavy usage of Water:

- To produce 1 kg of meat, 50 to 60 litres of water is needed. This one reason is enough for us to stop eating meat and protect our natural resources.

Eggs - Shocking methods used to produce them

- In order to get high yields, hens are being given hormone injections and electric shocks so much so that they do not even know that they are laying eggs. In these artificially produced eggs, ovum itself will not be there. These eggs will have a lot of virus and high cholesterol levels.
- By eating eggs that are produced with antibiotics and steroids, one is prone to kidney diseases that entail dialysis.

Fish – ill effects of eating them:

- Everyone is told that eating fish will increase their mental abilities and that they have omega acids, that is good for the heart. However, no one is informed that fish have mercury and lead, which lead to mental retardation in children.

Even if the animals are reared in the traditional methods using natural feed, the enzymes present in the human stomach cannot breakdown the non-vegetarian protein. Thus, our body will not be able to synthesise protein upon its consumption.

15. Vitamin-D

- By eating natural foods, any vitamin will be absorbed by our body.
- To meet the vitamin deficiency in our bodies, we are being given various medicines and injections. These are simply not necessary at all.
- Vitamin D is freely available to all of us. After applying pure coconut oil on your skin, stand in sunlight. This can be done in the morning or evening for about 20-30 minutes. For ladies, applying oil to their face and hands will be sufficient. Exposure to sunlight generates Vitamin D within us.
- Additionally, eating a fist full of mushrooms – dried by sunlight, will boost Vitamin D levels. In our body, cholesterol gets converted into Vitamin D. Whereas, a chemical substance called ‘Ergosterol’ - present in mushrooms will be converted into Vitamin D when they are dried in direct sunlight. Dried Mushroom needs to be soaked once again and can be used to make any curry, along with the water used for soaking. No one will have Vitamin D deficiency if this is followed.
- This is very essential to people like software employees, who work sitting in air-conditioned rooms - not getting enough exposure to sunlight.



16. Vitamin - B12

Vitamin B12 is not present in non-vegetarian food alone. Vitamin B12 gets generated automatically if good bacteria are present in our intestines.



- In order to increase the good bacterial flora in our gut, we must consume fermented foods like – idly, dosa, curd, buttermilk and fermented gruel frequently.
- Vitamin B12 can be obtained from a glass of buttermilk prepared from Desi cow’s milk. Curd and buttermilk prepared from the milk of sesame seeds, coconut etc., also contains Vitamin B12 in abundance.

17. Honey

- The population of Honeybees has declined by a considerable amount. It is not possible to produce and supply honey in large quantities when their numbers are very low.
- Thus, the honey sold in the market is mostly impure.
- Without the help we receive from Honeybees, cultivation of crops would be quite difficult. This is enough to devastate the human race. Thus we must strive to increase the growth of bees.



18. Salt

- In order to make sure that the Sodium and Potassium functions properly, we need to consume a small amount of salt.
- The biochemical reactions will occur seamlessly only when there is salt in our food.
- Whether or not we take salt directly, our body receives it from the leaves, fruits, rice etc., that we eat.
- The salt extracted from seawater is the real salt - good for human consumption. Yet, the manufacturing companies advise everyone to use iodized salt.
- Table salt does not absorb water from the atmosphere, even if kept in the open for 6 months. On the other hand, sea-salt absorbs water within just a few minutes.
- There is an increase in blood pressure (BP) when somebody eats a lot of salt, but salt is not the cause for high BP. Eating foods like paddy rice, wheat, sugar is the main cause for high BP.
- In general, no one likes to eat highly salty foods and hence salt is taken in limited quantities. Yet, everybody cherishes eating sweets made with lots of sugar. This is the main reason for high BP.
- Except for Dr. Khadar, nobody is highlighting this fact.
- In conclusion, we can eat sea salt, but not iodized or table salt.



Saindhava Lavanam

- Saindhava Lavanam is not available commonly. It is a rare salt.
- It was formed when the sea overflowed into hills about 5000 years ago. This salt contains chemicals like Sulphur and so tastes differently. The Saindhava lavanam sold in shops these days is not the original.

19. Maida and Bakery Foods

- Glucose enters our bloodstream within 10 minutes of eating foods such as cakes, biscuits, pizzas, burgers, noodles etc., that are made with maida.
- Maida is prepared by adding chemicals like Alloxan and Benzoic Acid to wheat flour, removing whatever little amount of fibre present in it. Due to this, the (Beta) cells of the Pancreas will get destroyed slowly.
- Not only does eating maida worsen already existing diabetes, it even creates new diabetic patients.
- There will be a reduction in the secretion of pancreatic juices in children if they continue to eat noodles made with maida.
- Fat is being extracted from leftovers of the meat industry. On heating and boiling these leftovers, a layer of fat gets formed, floating on the top. This fat is then exported to various countries. Bakery products are being made by mixing this fat with maida and sugar.
- For vegetarians, eating these biscuits or rusks, is as good as eating non-vegetarian food.



Alternatives for bakery foods

- Bakery products can be prepared with Siri dhaanya, palm jaggery and homemade butter.

20. Oats and Quinoa

- We are buying expensive western foods like oats and quinoa, as they are considered very healthy. But, the nutritional value of the Siri dhaanya is much higher than these foods. Moreover, the Siri dhaanya are grown in our own country and are hence locally available at a much lower price. They are way healthier too.
- But one can eat oats, when Siri dhaanya are not available. Oats are better than paddy rice, wheat and quinoa.



21. Chocolates

- Chocolates contain an alkaloid called Theobromine.
- During the manufacture of chocolates- cocoa beans, sugar, and maida are boiled together in huge steel vessels. A very foul smell is emitted during the boiling and fermentation of Theobromine (this bad smell changes into a good aroma later). During this process, hundreds of cockroaches get attracted to the bad odour. Since it is difficult to prevent or remove these cockroaches, chocolate companies have received permissions from the government and the FDA, to sell the chocolates with cockroaches and their remnants.
- Eating around 100 grams of chocolate is as good as eating 18 cockroaches. These cockroaches are very dangerous. Spending half an hour in a place riddled with cockroaches can cause many respiratory tract infections.
- Due to the consumption of chocolates, our body is prone to diseases as we consume cockroaches and their remnants along with the chocolates.



22. Is eating Multi grains good for us?

- Dosas or rotis are being made by mixing two or three varieties of grains.



This method of preparing batter or dough is not recommended. Eating multiple grains together is not correct. But, in order to sell their leftover grains and flours, companies are manufacturing ‘Multi grain’ flours and rawas. They are marketing and selling them as one of the healthiest foods. This is misleading the

consumers.

- Foxtail millet, Kodo millet, Barnyard millet, etc., are all good for us. It is wrong to assume that we will further benefit by mixing them together. It is very important to eat each Siri dhaanya separately for one or two days in a row.
- The Little millet helps in cleaning the reproductive organs. Foxtail millets are good for the nerves. Kodo millet cleanses the bone marrow. Browntop millet is essential for cleaning the entire body- from head to toe. Since each grain helps in purifying a certain organ, no organ in our body gets properly cleansed if these grains are combined.
- This is the reason why it is best to eat each Siri dhaanya for about two days, continuously, and then move to another. This will ensure the cleaning of all our organs.

23. Pickles

- Controlled consumption of our Indian pickles is good for our health. They contain different organic acids and ‘antioxidants’, which have the capacity to fight cancer. The probiotic microorganisms present in pickles help in improving the body’s immunity against diseases.
- Unfortunately, we have been told that eating pickles raises our blood pressure. This is not true. It is in our best interest, if we do not forget this very healthy and valuable tradition of ours.
- In order to store/preserve pickles, only ceramic or glass containers must be used. Do not use any kind of plastic containers or buckets for this purpose.
- Healthy and tasty pickles can be made from mango, tamarind, amla (gooseberry), tomato, lemon etc.
- Kenaf/Roselle leaves are very good for women’s health. Dal, pickles, Kashaaya etc., made with Kenaf help solve quite a lot of issues that women face with regard to health.



24. Soya bean and Soya Milk:

- The protein content in our diet need not be more than 6 - 8 % per day.
 - Doctors are coaxed to speak in favour of soya bean, stating that eating soya is very healthy as 36% of it is protein.
 - Milk, curd, paneer etc., are being manufactured from soya, for the sake of consuming protein worldwide. The number of cancer patients has been on the rise, due to increased consumption of Soya.
- The production of soya beans has been increased with the utilization of weedicides and genetic modifications. ‘Glyphosate’, a chemical present in soya, has the ability to decrease the formation of chlorophyll. This Glyphosate damages bone marrow (where the Red Blood Cells (RBCs) are produced) in our bones.
- Weedicides are sprayed on the soya bean crops, to make sure that only soya beans can be grown in that particular area. Due to this, no other crops can be cultivated in the same area. This leads to the damage of the surrounding plants and crops.



25. Genetically modified Maize:

- The companies that are cultivating soya bean- using many chemical pesticides and weedicides are also growing maize. This maize is being modified genetically, to increase the fat content in it.
- The maize and soya bean that are grown by using modern agricultural methods are being fed as fodder for cattle and poultry animals. The chemicals present in these foods enter the animal bodies and indirectly harm us when we eat meat.
- These foods are one of the main causes for dangerous and horrible diseases like cancer.



26. Cool Drinks, Ice Creams:



- Consumption of very cold substances will affect our digestive system in a very negative manner.
- Every 100 ml of Pepsi/Coke, contains 40 grams of sugar. This has an impact on our health. Such high amounts of sugar, entering our bloodstream at one go, is extremely harmful to our body. This sugar water leads to harmful diseases like cancer.
- None among these - milk, sugar, fat content and artificial colours/flavours, present in ice creams, do any good to us. They lead to heart blocks even in small children.

27. Dry Fruits:

- The fat content in dry fruits is high. Also, they are not originally from our country and do not grow here either. There is no need for us to consume nuts like almonds or cashew nuts. The fat present in such dry fruits is unnecessary to us.
- Moreover, the fats present in groundnuts, sesame and safflower seeds etc., are sufficient. We must eat food that grows in our country's geological conditions (in our cold or hot climate).



28. Tooth Paste:

- Traditionally we used Neem/Pongemia twigs, and activated charcoal powder to clean our teeth. Now, plastic brushes and toothpaste are used to brush our teeth. This means that every time we brush, a little amount of plastic enters our stomachs.
- Also, toothpaste contains sugar and other chemicals. These enter our body too, when we use toothpaste.



- To brush our teeth, a pea-sized amount of toothpaste is sufficient. This is also written on the toothpaste boxes. Yet, in advertisements, the toothbrushes shown are filled with toothpaste. This is just a gimmick.

- Toothpaste ads remind us not to consume too many sweets, as it leads to cavities. Yet, one should

understand that toothpastes themselves contain sugar.

- The best alternatives to the use of toothpastes are – Neem / Pongemia twigs, and activated charcoal powder.

29. Microwave Oven:

- Cooking and baking using Microwave oven on a daily basis is not good for our health.
- In case a dish has to be reheated after cooling, it is best to use the – ‘double boiling method’ – placing the food in a steel vessel, which is in turn placed in another vessel filled with hot water.



30. Non – stick pans:

- The polymer coatings (of Teflon, etc.) on these non-stick pans degrade slowly within 3 months. It gets mixed with the food cooked in the pan and harms us by entering our stomachs.
- It is best to use iron tawas and frying pans instead of non-stick coated ones.

31. The usage of Plastics:

- Due to their low cost and convenience, the use of plastic has increased immensely. These plastics harm our environment, as they do not decompose into the soil even after decades. It is in our best interest that we use plastics only when they are extremely necessary.
- If oils and wet ingredients are stored in plastic containers, plastic dissolves into them. When we use these ingredients, we ingest tiny amounts of plastic every time we use them. This is clearly very harmful to us.



32. Diapers:

- Diapers that are being used for babies are made out of plastic. Due to their usage, even 12-year olds are wetting the bed because they have not been toilet trained. These diapers cause skin rashes. Also, they are the reason for vaginal infections in female babies. Moreover, steroid ointments are being prescribed to treat them. Rather than using such diapers, teaching toilet training to the children will help them get habituated.



33. Addiction to cigarettes, alcohol & drugs – The escape route:

- Addiction to cigarettes, drugs etc., render humans weak and powerless. They cause illnesses like cancer, nerve weaknesses, mental imbalance and heart diseases.
- Nowadays, countries like the U.S.A. have given permission to grow and use such intoxicating drugs. This has led to some people growing them in our Himalayan areas also.
- There are natural ways to quit these addictions. First, we must have a strong resolve to quit them.
- Next, one must consume Kashaaya made from Pongamia leaves, Castor plant leaves and Giloy leaves for a week each, one after the other.
- The Kashaaya are to be taken right before indulging in any addictive activity. Within a few months' time, one can gain total control over one's addiction.



34. The greatness of cooking at home



- The quality of raw materials as well as their cleanliness is very poor in the food available outside. Moreover, they are expensive. On the other hand, food prepared at home – with our own hands, is healthy and safe for our children and family members. It costs less too!

- Indian mothers feed their milk to their children, prepare healthy food for their families with love and serve food with their own hands. This is a symbol of their greatness.



- This traditional Indian culture is the antidote to the unhealthy foods and food habits that are perpetuated by the Multinational Companies.

35. Siri dhaanya – the ONLY food for our health

- Nutrients can be derived from many foods. Green leafy vegetables and fruits are also good sources. But, our staple food should be able to aid with the slow release of glucose into our blood along with providing nutrients. Hence, this is the main reason why Siri dhaanya should be our primary food.
- Taking medicines for illnesses is not advisable. Instead, consuming foods that boost our immunity is the solution.
- We can naturally strengthen and rejuvenate our body by consuming the Siri dhaanya, and drinking Kashayaa made from the leaves of plants that grow in our surroundings.
- We can slowly walk away from using medicines. We can protect our own health without the need for any medicines.



Chapter # 8

Alternatives to Animal milk

1) Sesame seeds milk

- Sesame milk is much more nutritious than cow/ buffalo milk. Both children and adults can consume this milk. The Calcium content in Sesame milk is about 10 times more than what is present in animal milk. More importantly, it also helps us stay away from the hormonal problems faced when drinking animal milk.



Method of preparation-

- Take 100 grams of sesame seeds in a bowl.
- Add 250-300 ml of water and let it soak overnight.
- In the morning, these soaked seeds should be ground to a paste in a grinding stone, while adding half of the water used for soaking
- Place this paste onto a thin and clean cloth, and squeeze it to get the milk out.
- After collecting the milk, place the remaining paste in the grinding stone once again and grind it. Add the rest of the water that was used for soaking.
- Place this in the cloth and squeeze it once again to get the milk.
- Repeat this process until about a litre of milk is collected from 100 grams of sesame seeds.

How to consume this sesame milk?

- Do not consume sesame milk with thick consistency. If the sesame milk is prepared in the manner explained above, it will not be thick.
- Also, one should not drink sesame milk in large quantity at one time.
- Drink the milk in smaller quantities to get the body accustomed to the new milk.
- Do not heat this milk directly on the stove. It can be heated by using the double boiling method (i.e., keeping it in hot water in another vessel).



Making curd with Sesame milk-

- Prepare the milk as explained above, but by using lesser amount of water. This will give us milk of a thicker consistency.
- Half a litre of milk may be prepared with 100 grams of seeds.
- Now, heat the milk using double boiling method.
- Add a small quantity of desi cow curd as culture (inoculum) to ferment this milk into curd.

2) Coconut milk - Method of preparation

- Add one litre of water to 100 grams of grated coconut to prepare coconut milk.
- Add water slowly to the grated coconut and grind it to make a paste, with the help of a grinding stone.
- Place this paste onto a thin and clean cloth, and squeeze it to get the milk out.
- Repeat the procedure for about 3-4 times.
- Curd can be prepared with coconut milk, following the procedure explained above (for preparing sesame curd).



3) Milk can also be prepared with the following grains-

- Bajra seeds
- Safflower seeds
- Finger millet
- Groundnuts

Method of preparation-

- Milk can be prepared from these grains also by soaking them in water and following the same procedure explained above.



Chapter # 9

Kashaaya (Herbal Decoctions) – Why? And How to Prepare them?

- Kashaaya are leafy/herbal decoctions that enables us to have good overall health.
- The natural resources available in our surroundings are the medicines for our illnesses!
- With Siri dhaanya as our main/staple food, we must make and drink different kashaaya made from the leaves, branches & roots of plants available around us.

Kashaaya - They work in two different ways:

1. One can drink Kashaaya, instead of coffee and tea.
The unhealthy and bad substances that are there in coffee or tea, are not present in these herbal decoctions. Moreover, they will help in protecting our health.
2. Kashaaya with their excellent medicinal values, help immensely in reducing the diseases and ailments.

How to prepare Kashaaya?

Normally, preparation of a Kashaaya involves – boiling milk or water along with natural medicines till half of that volume gets evaporated; straining this decoction and drinking it. This tedious method has been a part of our home remedies since the ancient times.

Dr. Khadar's method of Kashaaya

- Dr. Khadar has suggested very easy method to prepare Kashaaya with different leaves and other materials.
- It is advised to drink these Kashaaya on empty stomach, starting with early morning.
- One can drink Kashaaya 2-3 times daily - on empty stomach, as far as possible.
- An empty stomach makes sure that the medicinal values present in the Kashaaya get assimilated easily.
- One should drink Kashaaya made of one type of leaves - for a whole week.
- The type of Kashaaya must be changed according to our ailment every week.
- Just because it tastes good, one should not drink the same type of Kashaaya for longer than a week.



Materials required

- a) Leaves – If the leaves are big- 3 – 4 (eg: Guava, Peepal, Beetle leaves)
If the leaves are small- 7 – 8 (eg: Tulasi, Mint, Fenugreek leaves)
- b) Water - Water stored in a copper vessel for 5-6 hours.

Method of preparation

- It is ideal to use fresh leaves for preparing any Kashaaya. The leaves can be stored by wrapping them in a clean wet cloth. They stay fresh for 2-3 days.
- The leaves must not be preserved in a refrigerator.
- Place the leaves in tamarind water for about 10 minutes. Wash them thoroughly with water (stored in a copper vessel). This removes most of pesticides present on the leaves.
- Boil 150-200 ml of water in a vessel. As the water starts boiling, tear the leaves into pieces and add them to it. Let them boil for 3-4 minutes, after which, switch of the flame and place a lid.
- After another 3-4 minutes, strain the decoction using a steel strainer. The Kashaaya can be taken lukewarm or at room temperature. Palm jaggery syrup may be added for taste.



Important Note:

- Drinking Kashaaya alone will give temporary relief from diseases. In order to cure the disease permanently, Siri dhaanya has to be taken as the staple food, along with Kashaaya.
- People with no particular disease can also drink Kashaaya – as they are very good for removing toxins, prevention of diseases, cleansing of every organ and as blood thinners.
- Kashaaya can be had, instead of coffee or tea early in the morning.
- People generally assume that the Kashaaya are bitter in taste. On the contrary, some Kashaaya are actually very tasty. Example: Leaves of Tulsi, Lemon grass, Bael (Bilva).

If the Kashaaya are prepared in the method explained above, most of them will taste good, and will not be too strong or bitter.

Sapta-pathra Kashaaya

Increase your Immunity with the Seven-Leaf Kashaaya

For increasing our immunity, Dr. Khadar strongly recommends drinking Kashaaya of the following seven leaves.

One should drink Kashaayas with these leaves - in the same order given below.

- 1) Bermuda grass (*Cynodon dactylon*)
(Dhurva)



- 2) Holy basil leaves (*Ocimum sanctum*)
(Tulasi)



- 3) Giloy leaves (*Tinospora cordifolia*)



- 4) Bael leaves (*Aegle marmelos*)
(Bilva)



- 5) Pongamia leaves (*Pongamia pinnata*)



- 6) Neem leaves (*Azadirachta indica*)



- 7) Peepal leaves (*Ficus religiosa*)



Kashaaya made from each leaf must be taken for 4 days continuously in the above sequence. After the 28 days (7 x 4 = 28), immunity will go up in the body.

Chapter # 10

Health Problems - Remedy Protocols with Siri dhaanya - Kashaaya - Oils - Juices

- (i) Different Diseases - Remedy Protocols
- (ii) Cancers - Remedy Protocols

(i) Different Diseases - Remedy Protocols with Siri dhaanya-Kashaaya-Oils-Juices

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
1	Dialysis	Little millet- 3 days	1) Punarnava leaves (<i>Boerhavia diffusa</i>)
2	Albumin Urea	Kodo millet- 3 days	2) Bryophyllum leaves (<i>Bryophyllum pinnatum</i>)
3	Gout	Barnyard millet- 3 days	3) Athibala leaves (<i>Abutilon indicum</i>)
4	Uric acid	Foxtail millet- 1 day	4) Coriander leaves (<i>Coriandrum sativum</i>)
5	Urethral structure	Browntop millet- 1 day	4) Coriander leaves (<i>Coriandrum sativum</i>)
		Best way to consume millets is in the form of Fermented porridge for 9 weeks (For Dialysis patients)	5) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
6	Diabetes	Little millet- 2 days Kodo millet- 2 days Barnyard millet- 2 days Foxtail millet- 2 days Browntop millet- 2 days	1) Giloy leaves (<i>Tinospora cordifolia</i>) 2) Athibala leaves (<i>Abutilon indicum</i>) 3) Mint leaves (<i>Mentha arvensis</i>) 4) Jamun leaves (<i>Syzygium cumini</i>) 5) Ivy gourd leaves (<i>Coccinia indica</i>) 6) Drumstick leaves (<i>Moringa oleifera</i>) 7) Coriander leaves (<i>Coriandrum sativum</i>) 8) Fenugreek leaves (<i>Trigonella foenum graecum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
7	Thyroid	Little millet- 3 days	1) Athibala leaves (<i>Abutilon indicum</i>)
8	P.C.O.D	Kodo millet- 1 day	2) Giloy leaves (<i>Tinospora cordifolia</i>)
9	Hormonal Imbalance	Barnyard millet- 1 day	3) Pongamia leaves (<i>Pongamia pinnata</i>)
10	Endometriosis	Foxtail millet - 1 day	4) Tender Tamarind leaves (<i>Tamarindus indicus</i>)
11	Fibroids/ Fibro adenoma	Browntop millet- 1 day	5) Drumstick leaves (<i>Moringa oleifera</i>)
			6) Roselle/ Kenef leaves (<i>Hibiscus cannabinus</i>)
			7) Betel leaves - (remove the petiole) (<i>Piper betel</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: (At least 3 types of oils) Coconut oil/ Safflower oil/ Peanut oil/ Sesame oil/ Niger seed oil.</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p>			
12	Blood Pressure	Little millet- 2 days	1) Bael leaves (<i>Aegle marmelos</i>)
13	Heart Diseases	Kodo millet- 2 days	2) Holy Basil (Tulsi) Leaves (<i>Ocimum sanctum</i>)
14	Cholestrol	Barnyard millet- 2 days	3) Sarpagandha (<i>Rauvolfia serpentina</i>)
15	Triglycerides	Foxtail millet- 2 days	4) Prickly Pear (<i>Opuntia dilleni</i>)
16	Angina Pectoris	Browntop millet-2 days	5) Coriander leaves (<i>Coriandrum sativum</i>)
			6) Athibala leaves (<i>Abutilon indicum</i>)
			7) Giloy leaves (<i>Tinospora cordifolia</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Juices: Half an hour after drinking kashaayaa in the morning, drink</p> <ul style="list-style-type: none"> - One week Ash gourd (<i>Benincasa hispida</i>) juice, - One week Salad cucumber/ Keera (<i>Cucumis sativus</i>) juice, - One week Bottle gourd (<i>Lagenaria siceraria</i>) juice <p>Add 250ml of water to 100-150 g of any one of the above vegetable pieces. Grind them into juice and drink.</p> <p>Repeat the cycle for 9 weeks.</p>			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
17	Obesity / Overweight	Little millet- 3 days Kodo millet- 3 days	1) Organic Turmeric powder/bulb (<i>Curcuma longa</i>) 2) Bermuda grass (<i>Cynodon dactylon</i>)
18	Hernia	Barnyard millet- 1 day Foxtail millet- 1 day Browntop millet-1 day	3) Wild date palm leaves (<i>Phoneix sylvestris</i>) 4) Peepal tree leaves (<i>Ficus religiosa</i>) 5) Betel leaves - (remove the petiole) (<i>Piper Betel</i>) 6) Cumin seeds (<i>Cuminum cyminum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
19	Under weight (For weight gain)	Little millet- 3 days Kodo millet- 3 days Barnyard millet- 1 day Foxtail millet- 1 day Browntop millet-1 day	1) Mustard seeds (<i>Brassica juncea</i>) 2) Fenugreek leaves (<i>Trigonella foenum graecum</i>) 3) Cumin seeds (<i>Cuminum cyminum</i>) 4) Banana stem pieces (<i>Musa paradisiaca</i>) 5) Athibala leaves (<i>Abutilon indicum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Safflower oil/ Niger seed oil/ Peanut oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghanis Oils and should be stored in glass or porcelain containers.</p>			
<p>Healthy people can take Proso millet 1-day, Great millet 1- day along with positive grains.</p> <p>Sprouted legumes such as green gram, Bengal gram, cowpea, groundnuts should be taken each variety per week. Sprouts should first be steamed for 4 -7 minutes and then be tempered.</p> <p>Just two tea spoonsful of one type of steamed and tempered sprouts should be taken once a week along with one teaspoon of fenugreek/methi sprouts.</p> <p>That means every week the type of legume used for sprouting changes, but fenugreek seed sprouts remains constant</p>			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
20	Asthma	Foxtail millet- 2 days	1) Common rue leaves (<i>Ruta graveolens</i>)
21	Tuberculosis (TB)	Browntop millet-2 days	2) Organic Ginger (<i>Zingiber officinale</i>)
		Barnyard millet- 1 day	3) Organic Turmeric powder/bulb (<i>Curcuma longa</i>)
22	Pneumonia	Kodo millet- 1 day	4) Neem leaves (<i>Azadirachta indica</i>)
23	Sinusitis	Little millet- 1 day	5) Giloy leaves (<i>Tinospora cordifolia</i>)
	Respiratory related issues		6) Japanese Mugwort leaves (<i>Artemisia princeps</i>)
			7) Curry leaves (<i>Murraya koenigii</i>)
			8) Bermuda grass (<i>Cynodon dactylon</i>)
			9) Athibala leaves (<i>Abutilon indicum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
24	Gastric Problems	Foxtail millet - 2 days	1) Fenugreek leaves (<i>Trigonella foenum graecum</i>)
		Browntop millet-2 days	2) Betel leaves - (remove the petiole) (<i>Piper betel</i>)
25	Acidity	Barnyard millet- 2 days	
26	GERD (Gastro Esophageal Reflex Disease)/ Acid Reflux	Kodo millet- 2 days	3) Athibala leaves (<i>Abutilon indicum</i>)
		Little millet- 2 days	4) Senna leaves (<i>Cassia angustifolia</i>)
			5) Pongamia leaves (<i>Pongamia pinnata</i>)
		The best way to consume millets in the form of fermented porridge for 5 to 6 weeks	6) Cumin seeds (<i>Cuminum cyminum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
27	Parkinsons	Foxtail millet- 3 days	1) Organic Turmeric powder/bulb (<i>Curcuma longa</i>)
28	Alzheimer's	Browntop millet-3 days	2) Peepal tree leaves (<i>Ficus religiosa</i>)
29	Fits	Barnyard millet- 1 day	3) Athibala leaves (<i>Abutilon indicum</i>)
30	Paralysis	Kodo millet- 1 day	4) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>)
		Little millet- 1 day	5) Common rue leaves (<i>Ruta graveolens</i>)
			6) Guava leaves (<i>Psidium guajava</i>)
			7) Neem leaves (<i>Azadirachta indica</i>)
			8) Cinnamon sticks (<i>Cinnamomum zeylenicum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Niger seed oil/ Coconut oil/ Peanut oil/ Safflower oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p>			
31	Kidney stones	Foxtail millet- 2 days	1) Bryophyllum leaves (<i>Bryophyllum pinnatum</i>)
32	Gall bladder stones	Browntop millet-2 days	2) Punarnava leaves (<i>Boerhavia diffusa</i>)
		Barnyard millet- 2 days	3) Coriander leaves (<i>Coriandrum sativum</i>)
33	Pancreas stones	Kodo millet- 2 days	4) Banana stem pieces (<i>Musa paradisiaca</i>)
		Little millet- 2 days	5) Pongamia leaves (<i>Pongamia pinnata</i>)
		The best way to consume millets in the form of fermented porridge for 5 to 6 weeks	6) Athibala leaves (<i>Abutilon indicum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Niger seed oil/ Coconut oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p>			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
34	Eye problems	Foxtail millet- 3 days	1) Curry leaves (<i>Murraya koenigii</i>)
35	Glaucoma	Browntop millet-3 days	2) Mint leaves (<i>Mentha arvensis</i>)
		Barnyard millet- 1 day	3) Drumstick leaves (<i>Moringa oleifora</i>)
		Kodo millet- 1 day	4) Dill weed leaves (<i>Anethum graveolens</i>)
		Little millet- 1 day	5) Common rue leaves (<i>Ruta graveolens</i>)
			6) Betel leaves - (remove the petiole) (<i>Piper betel</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Juices: Carrot/ Knol khol/ Radish (Can take with lemon juice, palm jaggery or with salt/ pepper powder)</p> <p>Consume above mentioned juices one week each and repeat the cycle for 9 weeks. Juices should be taken on empty stomach and maintain gap 30 mins between decoctions and juices.</p> <p>Plant based Milk: Take weekly 2 days coconut milk, 2 days sesame milk, 2 days pearl millet milk. Daily see orange colour sun during sunrise and sunset for 5 mins.</p>			
36	Liver Cleaning	Barnyard millet- 3 days	1) Common rue leaves (<i>Ruta graveolens</i>)
37	Kidney Cleaning	Kodo millet- 1 day	2) Fenugreek leaves (<i>Trigonella foenum graecum</i>)
		Little millet - 1 day	
		Foxtail millet- 1 day	3) Bryophyllum leaves (<i>Bryophyllum pinnatum</i>)
38	Pancreas	Browntop millet- 1 day	
39	Heptatis A and B		4) Punarnava leaves (<i>Boerhavia diffusa</i>)
			5) Stonebreaker leaves (<i>Phyllanthus niruri</i>)
			6) Athibala leaves (<i>Abutilon indicum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
40	Nerve problems	Foxtail millet- 3 days	1) Bermuda grass (<i>Cynodon dactylon</i>)
41	Vertigo and Migraine	Browntop millet-3 days	2) Guava leaves (<i>Psidium guajava</i>)
42	Sweat in Palms	Barnyard millet- 1 day	3) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>)
	Sweat in Foot sole	Kodo millet- 1 day	4) Common rue leaves (<i>Ruta graveolens</i>)
		Little millet - 1 day	5) Athibala leaves (<i>Abutilon indicum</i>)
			6) Organic Turmeric powder/bulb (<i>Curcuma longa</i>)
43	Snoring		
	Stammering		
44	Hearing problems	(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Coconut oil/ Sesame oil/ Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p>			
<p>For Migraine:</p> <p>Take a spoon of sesame seeds and fry them on a small flame, until the sesame seeds pop (sound) and change color, on the iron pan. Let them cool down. Chew them till you feel oil in the mouth and then drink a glass of water. Do this on empty stomach for 21 days.</p> <p>If you still feel that you did not get relief from migraine, give a gap of 15 days and then do the protocol again for 21 days. This cycle should be repeated until the migraine is gone.</p>			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
45	Tachy Cardia	Little millet- 2 days	1) Coriander leaves (<i>Coriandrum sativum</i>)
46	After Heart attack	Kodo millet- 2 days	2) Mint leaves (<i>Mentha arvensis</i>)
47	Hole in the Heart	Barnyard millet- 1 day	3) Holy basil (Tulsi) leaves (<i>Ocimum sanctum</i>)
		Foxtail millet- 1 day	4) Betel leaves - (remove the petiole) (<i>Piper Betel</i>)
		Browntop millet- 1 day	5) Giloy leaves (<i>Tinospora cordifolia</i>) 6) Athibala leaves (<i>Abutilon indicum</i>)
		The best way to consume millets in the form of fermented porridge for 5-6 weeks	
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Juices: Salad cucumber/ Bottle gourd/ Ash gourd</p> <p>Consume above mentioned juices one week each and repeat the cycle for 9 weeks. Juices should be taken on empty stomach and maintain gap 30 mins between decoctions and juices.</p>			
48	C4,C5	Foxtail millet- 3 days	1) Curry leaves (<i>Murraya koenigii</i>)
49	L4,L5	Browntop millet-3 days	2) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>)
50	Sciatica	Barnyard millet- 1 day	3) Guava leaves (<i>Psidium guajava</i>)
		Kodo millet- 1 day	4) Athibala leaves (<i>Abutilon indicum</i>)
		Little millet - 1 day	5) Tender Tamarind leaves (<i>Tamarindus indicus</i>)
		Take weekly one sesame laddu made with palm jaggery	6) Pongamia leaves (<i>Pongamia pinnata</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
51	Varicose veins	Little millet- 3 days	1) Bael leaves (<i>Aegle marmelos</i>)
52	Varicocele	Kodo millet- 3 days	2) Ivy gourd leaves (<i>Coccinia indica</i>)
53	Hydrocele	Barnyard millet-1 day	3) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>)
		Foxtail millet- 1 day	4) Papaya leaves (<i>Carica papaya</i>)
		Browntop millet-1 day	5) Curry leaves (<i>Murraya koenigii</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Juices: Tomato/ Ivy gourd/ Capsicum</p> <p>Consume above mentioned juices one week each and repeat the cycle for 9 weeks. Juices should be taken on empty stomach and maintain gap 30 mins between decoctions and juices.</p>			
Apply tomato juice on varicose veins and wash it after some time.			
Apply homeo medicine Hamamelis Virginica			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
54	For Platelets increase	Little millet- 2 days Kodo millet- 2 days	1) Papaya leaves (<i>Carica papaya</i>) 2) Curry leaves (<i>Murraya koenigii</i>) 3) Holy basil (Tulsi) leaves
55	Dengue fever	Barnyard millet- 1 day Foxtail millet- 1 day Browntop millet-1 day	(<i>Ocimum sanctum</i>) 4) Drum stick leaves (<i>Moringa oleifora</i>) 5) Tender Tamarind leaves (<i>Tamarindus indicus</i>) 6) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>) 7) Bael leaves (<i>Aegle marmelos</i>) 8) Giloy leaves (<i>Tinospora cordifolia</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
56	For Platelets decrease	Little millet- 2 days Kodo millet- 2 days	1) Papaya leaves (<i>Carica papaya</i>) 2) Sambar onion (<i>Allium cepa</i>) 3) Holy basil (Tulsi) leaves
57	WBC decrease	Barnyard millet- 2 days Foxtail millet- 2 days Browntop millet-2 days	(<i>Ocimum sanctum</i>) 4) Drum stick leaves (<i>Moringa oleifora</i>) 5) Tender Tamarind leaves (<i>Tamarindus indicus</i>) 6) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>) 7) Bermuda grass (<i>Cynodon dactylon</i>) 8) Wild date palm leaves (<i>Phoneix sylvestris</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
58	Infertility	Little millet- 3 days	1) Peepal tree leaves (<i>Ficus religiosa</i>)
59	Low sperm count	Kodo millet- 1 day	2) Neem leaves (<i>Azadirachta indica</i>)
		Barnyard millet- 1 day	3) Drum stick leaves (<i>Moringa oleifera</i>)
		Foxtail millet- 1 day	4) Betel leaves - (remove the petiole) (<i>Piper Betel</i>)
		Browntop millet-1 day	5) Mango leaves (<i>Mangifera indica</i>)
			6) Athibala leaves (<i>Abutilon indicum</i>)
			7) Tender tamrind tree leaves (<i>Tamarindus indicus</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Coconut oil/ Safflower oil/ Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p>			
60	Constipation	Foxtail millet- 3 days	1) Coriander leaves (<i>Coriandrum sativum</i>)
61	Piles	Browntop millet-3 days	2) Senna leaves (<i>Cassia angustifolia</i>)
62	Fistula	Barnyard millet- 1 day	3) Fenugreek leaves (<i>Trigonella foenum graecum</i>)
63	Fissures	Kodo millet- 1 day	4) Roselle/ Kenef leaves (<i>Hibiscus cannabinus</i>)
		Little millet - 1 day	
		The best way to consume millets is in the form of fermented porridge for 5 to 6 weeks	5) Pongamia leaves (<i>Pongamia pinnata</i>)
			6) Banana stem pieces (<i>Musa paradisiaca</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
64	Urine infection	Little millet- 3 days	1) Bryophyllum leaves (<i>Bryophyllum pinnatum</i>)
65	Prostate (Men)	Kodo millet- 1 day	2) Coriander leaves (<i>Coriandrum sativum</i>) 3) Mint leaves (<i>Mentha arvensis</i>) 4) Punarnava leaves (<i>Boerhavia diffusa</i>) 5) Drum stick leaves (<i>Moringa oleifera</i>) 6) Common rue leaves (<i>Ruta graveolens</i>) 7) Dill weed leaves (<i>Anethum graveolens</i>) 8) Banana stem pieces (<i>Musa paradisiaca</i>)
		Barnyard millet- 1 day	
		Foxtail millet- 1 day	
		Browntop millet- 1 day	
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Note: Using of structured water for cooking and drinking is mandatory.</p> <p>Take buttermilk. Finger millet milk, Pearl millet milk works very well on this issue. Take Fenugreek seed water, coconut water, and lemon water. One can take Bottle gourd/ Ash gourd/ Salad cucumber juice.</p> <p>One can also take Banana stem decoction with outer layer in the morning and evening.</p> <p>After urination clean that part with Sour buttermilk. After 2 to 3 minutes wash it with clean water. This has to be done for a week.</p>			
66	H.I.V	Kodo millet- 3 days	1) Giloy leaves (<i>Tinospora cordifolia</i>)
		Little millet- 1 day	2) Bael leaves (<i>Aegle marmelos</i>)
		Barnyard millet- 1 day	3) Bermuda grass (<i>Cynodon dactylon</i>)
		Foxtail millet- 1 day	4) Wild date palm leaves
		Browntop millet-1 day	(<i>Phoenix sylvestris</i>)
		The best way to consume millets is in the form of fermented porridge for 5 to 6 weeks	5) Pongamia leaves (<i>Pongamia pinnata</i>) 6) Stonebreakerleaves (<i>Phyllanthus niruri</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Coconut oil/ Niger seed oil/ Peanut oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p>			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
67	Skin problems	Foxtail millet- 3 days	1) Aloe vera (<i>Aloe barbadensis</i>)
68	Psoriasis	Browntop millet-3 days	2) Saraswathi leaves (<i>Cenitella asiatica</i>)
69	Eczema dry/ Weeping	Barnyard millet- 1 day Kodo millet- 1 day	3) Mint leaves (<i>Mentha arvensis</i>) 4) Coriander leaves (<i>Coriandrum sativum</i>)
70	Vitiligo	Little millet- 1 day	5) Dill weed leaves (<i>Anethum graveolens</i>)
71	Ichthyosis		6) Athibala leaves (<i>Abutilon indicum</i>)
72	Bald Head		
73	Alopecia Areta/ Alopecia Totallis	(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Sesame oil/ Coconut oil/ Safflower oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p> <p>Daily Night apply Sesame Oil to the affected area.</p>			
74	E.S.R	Kodo millet- 3 days	1) Papaya leaves (<i>Carica papaya</i>)
75	Urticaria	Little millet- 3 days Barnyard millet- 1 day Foxtail millet- 1 day Browntop millet- 1 day	2) Curry leaves (<i>Murraya koenigii</i>) 3) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>) 4) Fenugreek leaves (<i>Trigonella foenum graecum</i>) 5) Banana stem pieces (<i>Musa paradisiaca</i>) 6) Sambar onion (<i>Allium cepa</i>) 7) Athibala leaves (<i>Abutilon indicum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Juices : Take the below juices for 21 days give one-week gap and again you can take the juices.</p> <p>Morning:- (1 hour Before Breakfast)</p> <p>Carrot - 25 gm Beetroot - 25 gm Guava / Gooseberry - 5 gm</p> <p>- Grind all above mixture and add 200 ml water to prepare Juice.</p> <p>Evening:- (1 hour Before Dinner)</p> <p>20 Curry leaves (Grind them)</p> <p>- Soak these in Butter milk for 30 mins and Consume.</p>			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
76	I.B.S (Irritable bowel syndrome)	Foxtail millet- 3 days Browntop millet- 3 days Barnyard millet- 1 day	1) Fenugreek leaves (<i>Trigonella foenum graecum</i>) 2) Banana stem pieces (<i>Musa paradisiaca</i>)
77	Colitis	Kodo millet- 1 day Little millet- 1 day	3) Senna leaves (<i>Cassia angustifolia</i>) 4) Pongamia leaves (<i>Pongamia pinnata</i>)
78	Crohn's disease	The best way to consume millets in the form of fermented porridge for 5 to 6 weeks	5) Castor leaves (<i>Ricinus communis</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
79	Anemia	Kodo millet- 3 days Little millet- 3 days Barnyard millet- 1 day Foxtail millet- 1 day Browntop millet- 1 day	1) Papaya leaves (<i>Carica papaya</i>) 2) Curry leaves (<i>Murraya koenigii</i>) 3) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>) 4) Fenugreek leaves (<i>Trigonella foenum graecum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Juices : Take the below juices for 21 days give one-week gap and again you can take the juices.</p> <p>Morning:- (1 hour Before Breakfast)</p> <p>Carrot - 25 gm Beetroot - 25 gm Guava / Gooseberry - 5 gm</p> <p>- Grind all above mixture and add 200 ml water to prepare Juice.</p> <p>Evening:- (1 hour Before Dinner)</p> <p>20 Curry leaves (Grind them)</p> <p>- Soak these in Butter milk for 30 mins and Consume.</p>			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
80	Dental problems	Kodo millet- 3 days Little millet- 3 days	1) Wild date palm leaves (<i>Phoneix sylvestris</i>)
81	Gum problems	Barnyard millet- 1 day Foxtail millet- 1 day	2) Tender Tamarind leaves (<i>Tamarindus indicus</i>)
82	Bleeding gums	Browntop millet- 1 day	3) Pongamia leaves (<i>Pongamia pinnata</i>) 4) Organic Turmeric powder/bulb (<i>Curcuma longa</i>) 5) Peepal tree leaves (<i>Ficus religiosa</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
Note: Stop using tooth paste and clean the teeth and gums with activated charcoal powder by using fingers.			
83	Gums pain	Kodo millet- 3 days Little millet- 3 days	1) Guava leaves (<i>Psidium guajava</i>) 2) Cloves (<i>Syzygium aromaticum</i>)
84	Dental pain	Barnyard millet- 1 day Foxtail millet- 1 day Browntop millet- 1 day	3) Chamomile leaves (<i>Matricaria chamomilla</i>) 4) Indian beech leaves (<i>Pongamia pinnata</i>) 5) Tridax leaves (<i>Tridax procumbens</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
Note: Stop using tooth paste and clean the teeth and gums with activated charcoal powder by using fingers.			
85	Chikungunya	Foxtail millet- 3 days Browntop millet- 3 days Little millet- 1 day Barnyard millet- 1 day Kodo millet- 1 day	1) Bermuda grass (<i>Cynodon dactylon</i>) 2) Chamomile leaves (<i>Matricaria chamomilla</i>) 3) Guava leaves (<i>Psidium guajava</i>) 4) Common rue leaves (<i>Ruta graveolens</i>) 5) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>) 6) Chrysanthemum leaves - home grown (<i>Chrysanthemum morifolium</i>) 7) Athibala leaves (<i>Abutilon indicum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
86	Lupus, S.L.E	Foxtail millet- 3 days Browntopmillet- 3 days Barnyard millet- 1 day Kodo millet- 1 day Little millet- 1 day	1) Wild date palm leaves (<i>Phoneix sylvestris</i>) 2) Bael leaves (<i>Aegle marmelos</i>) 3) Athibala leaves (<i>Abutilon indicum</i>) 4) Pongamia leaves (<i>Pongamia pinnata</i>)
		The best way to consume millets in the form of fermented porridge for 5 to 6 weeks	
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Coconut oil/ Safflower oil/ Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p>			
87	H1 N1	Ambali (Gruel)/ porridge of these 2 millets is to be taken on alternate days for ten days.	1) Peepal tree leaves (<i>Ficus religiosa</i>) 2) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>) 3) Holy basil (Tulsi) leaves (<i>Ocimum sanctum</i>)
88	H5 N1	Kodo millet - 1 day Little millet - 1 day	
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
89	Joint Swellings/Joint pains	Foxtail millet- 3 days Browntop millet-3 days Barnyard millet- 1 day	1) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>) 2) Guava leaves (<i>Psidium guajava</i>) 3) Bermuda grass (<i>Cynodon dactylon</i>) 4) Bael leaves (<i>Aegle marmelos</i>) 5) Mint leaves (<i>Mentha arvensis</i>) 6) Tridax leaves (<i>Tridax procumbens</i>) 7) Castor leaves (<i>Ricinus communis</i>) 8) Pongamia leaves (<i>Pongamia pinnata</i>)
90	Arthritis	Kodo millet- 1 day Little millet - 1 day	
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Note: Apply Sesame Oil to the body and massage well. Try to walk as long as possible at a stretch either during sunrise or sunset.</p>			
91	Rheumatoid Arthritis	Foxtail millet- 3 days Browntop millet-3 days Barnyard millet- 1 day Kodo millet- 1 day Little millet - 1 day	1) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>) 2) Wild date palm leaves (<i>Phoenix sylvestris</i>) 3) Bermuda grass (<i>Cynodon dactylon</i>) 4) Guava leaves (<i>Psidium guajava</i>) 5) Roselle/ Kenef leaves (<i>Hibiscus cannabinus</i>) 6) Coriander leaves (<i>Coriandrum sativum</i>) 7) Pongamia leaves (<i>Pongamia pinnata</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Note: Apply Sesame Oil to the body and massage well. Try to walk as long as possible at a stretch either during sunrise or sunset.</p>			
92	Viral fevers Malaria Typhoid	Ambali (Gruel)/ porridge of these 2 millets is to be taken on alternate days for ten days. Kodo millet - 1 day Little millet - 1 day	Morning and Evening 1 day - Giloy leaves (<i>Tinospora cordifolia</i>) 1 day - Common rue leaves (<i>Ruta graveolens</i>) 1 day - Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>) 1 day - Japanese Mugwort leaves (<i>Artemisia princeps</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
93	Fatty liver	Kodo millet- 3 days	1) Common rue leaves (<i>Ruta graveolens</i>)
94	Spleen	Little millet - 3 days	2) Mint leaves (<i>Mentha arvensis</i>)
95	Pancreatitis	Barnyard millet- 1 day	3) Bael leaves (<i>Aegle marmelos</i>)
		Foxtail millet- 1 day	4) Betel leaves - (remove the petiole)
		Browntop millet- 1 day	(<i>Piper Betel</i>)
			5) Athibala leaves (<i>Abutilon indicum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Coconut oil/ Safflower oil/ Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p>			
96	Differently abled	Foxtail millet- 2 days	1) Bael leaves (<i>Aegle marmelos</i>)
97	Autism/ Celerbral palsy	Browntop millet-2 days	2) Banana stem pieces (<i>Musa paradisiaca</i>)
	Polio/ Physically disabled/ A.D.H.D.	Barnyard millet- 2 days	3) Bermuda grass (<i>Cynodon dactylon</i>)
		Kodo millet- 2 days	4) Pongamia leaves (<i>Pongamia pinnata</i>)
		Little millet- 2 days	5) Guava leaves (<i>Psidium guajava</i>)
		The best way to consume millets in the form of fermented porridge for 5 to 6 weeks	
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Coconut oil/ Sesame oil/ Niger seed oil/ Safflower oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p>			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
98	During pregnancy	Foxtail millet- 2 days	1) Chrysanthemum leaves - home grown <i>(Chrysanthemum morifolium)</i> 2) Betel leaves - (remove the petiole) <i>(Piper betel)</i> 3) Roselle/ Kenef leaves <i>(Hibiscus cannabinus)</i> 4) Lemon grass (<i>Cymbopogon citratus</i>) 5) Mint leaves (<i>Mentha arvensis</i>) 6) Athibala leaves (<i>Abutilon indicum</i>)
		Browntop millet-2 days	
Barnyard millet- 2 days			
Kodo millet- 2 days			
Little millet- 2 days			
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
99	After pregnancy	Little millet- 3 days	1) Chrysanthemum leaves - home grown <i>(Chrysanthemum morifolium)</i> 2) Roselle/ Kenef leaves <i>(Hibiscus cannabinus)</i> 3) Lemon grass (<i>Cymbopogon citratus</i>) 4) Mint leaves (<i>Mentha arvensis</i>)
		Kodo millet- 1 day	
Barnyard millet- 1 day			
Foxtail millet- 1 day			
		Browntop millet- 1 day	
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Note: Take pearl millet daily at least in one meal</p> <p>Use Asafoetida, garlic in pickles, dal and in curries.</p> <p>Remove the peel of the castor seeds and use it in curries or directly weekly twice.</p> <p>Take Kenaf leaves chutney, kenaf leaf dal and you can take all other pickles too.</p>			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
PROTOCOLS FOR SPECIAL DISEASES			
100	Motor Neuron Disease	Foxtail millet- 3 days	1) Organic Turmeric powder/bulb <i>(Curcuma longa)</i> 2) Common rue leaves <i>(Ruta graveolens)</i> 3) Bermuda grass <i>(Cynodon dactylon)</i> 4) Betel leaves - (remove the petiole) <i>(Piper betel)</i> 5) Bael leaves <i>(Aegle marmelos)</i> 6) Night flowering jasmine leaves <i>(Nyctanthus arbor-tristis)</i>
		Browntop millet-3 days	
		Little millet- 1 day	
		Barnyard millet- 1 day	
		Kodo millet- 1 day	
		The best way to consume millets in the form of fermented porridge for 5 to 6 weeks	
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Coconut oil/ Sesame oil/ Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghanis Oils and should be stored in glass or porcelain containers.</p>			
101	Muscular Dystrophy	Foxtail millet- 2 days	1) Organic Turmeric powder/bulb <i>(Curcuma longa)</i> 2) Common rue leaves <i>(Ruta graveolens)</i> 3) Bermuda grass <i>(Cynodon dactylon)</i> 4) Night flowering jasmine leaves <i>(Nyctanthus arbor-tristis)</i> 5) Athibala leaves <i>(Abutilon indicum)</i> 6) Guava leaves <i>(Psidium guajava)</i>
		Browntop millet-2days	
		Barnyard millet- 1 day	
		Kodo millet- 1 day	
		Little millet- 1 day	
		The best way to consume millets in the form of fermented porridge for 5 to 6 weeks	
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Niger seed oil/ Coconut oil/ Sesame oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p>			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
102	Scleroderma	Foxtail millet- 2 days	1) Wild date palm leaves
		Browntop millet-2 days	(<i>Phoneix sylvestris</i>)
		Barnyard millet- 1 day	2) Bermuda grass (<i>Cynodon dactylon</i>)
		Kodo millet- 1 day	3) Saraswathi leaves (<i>Cenetella asiatica</i>)
		Little millet- 1 day	4) Night flowering jasmine leaves
			(<i>Nyctanthus arbor-tristis</i>)
			5) Guava leaves (<i>Psidium guajava</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Coconut oil/ Sesame oil / Peanut oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle.</p> <p>Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils and should be stored in glass or porcelain containers.</p>			
103	Multiple Sclerosis	Foxtail millet- 2 days	1) Wild date palm leaves
		Browntop millet-2 days	(<i>Phoneix sylvestris</i>)
		Barnyard millet- 2 days	2) Bael leaves (<i>Aegle marmelos</i>)
		Kodo millet- 2 days	3) Bermuda grass (<i>Cynodon dactylon</i>)
		Little millet- 2 days	4) Night flowering jasmine leaves
			(<i>Nyctanthus arbor-tristis</i>)
			5) Roselle/ Kenef leaves
			(<i>Hibiscus cannabinus</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Coconut oil/ Sesame oil / Safflower oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils should be stored in glass or porcelain containers.</p>			

S.No.	DISEASES	SIRI DHAANYA	KASHAAYA (Herbal decoctions)
104	Ankylosing Spondylitis	Foxtail millet- 2 days	1) Mango leaves (<i>Mangifera indica</i>)
		Browntop millet-2 days	2) Banyan leaves (<i>Ficus benghalensis</i>)
		Barnyard millet- 2 days	3) Lemon grass (<i>Cymbopogon citratus</i>)
		Kodo millet- 2 days	4) Holy basil (Tulsi) leaves
		Little millet- 2 days	(<i>Ocimum sanctum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Safflower oil/ Niger seed oil / Peanut oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils should be stored in glass or porcelain containers.</p>			
105	Myasthenia gravis	Foxtail millet- 2 days	1) Bermuda grass (<i>Cynodon dactylon</i>)
		Browntop millet-2 days	2) Drumstick leaves (<i>Moringa oleifera</i>)
		Barnyard millet- 2 days	3) Curry leaves (<i>Murraya koenigii</i>)
		Kodo millet- 2 days	4) Wild date palm leaves
		Little millet- 2 days	(<i>Phoneix sylvestris</i>)
			5) Tender Tamarind leaves
			(<i>Tamarindus indicus</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)
<p>Oils: Sesame oil/ Coconut oil/ Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions.</p> <p>Source of oils should be strictly from bull-driven wooden Ghani's Oils should be stored in glass or porcelain containers.</p>			

FOR GENERAL HEALTH ISSUES

S.No	DISEASES	KASHAAYA (Herbal decoctions)
1	Diarrhoea	Fenugreek Seeds (<i>Trigonella foenum graecum</i>)
		Pongamia leaves (<i>Pongamia pinnata</i>)
		Senna Leaves (<i>Cassia angustifolia</i>)
2	Vomitings	Carom Seeds (<i>Trachyspermum ammi</i>)
		Holy Basil (Tulsi) Leaves (<i>Ocimum sanctum</i>)
3	Bad breath	Mustard Seeds (<i>Brassica juncea</i>)
		Pongamia leaves (<i>Pongamia pinnata</i>)
		Betel Leaves (remove the petiole) (<i>Piper betel</i>)
4	Indigestion	Fenugreek Leaves (<i>Trigonella foenum graecum</i>)
		Cumin Seeds (<i>Cuminum cyminum</i>)
		Betel Leaves (remove the petiole) (<i>Piper betel</i>)
5	Women's health problems	Roselle (<i>Hibiscus cannabinus</i>)
6	Excess body heat	Drink each of these for one week for 3 months -
		-Fenugreek Leaves (<i>Trigonella foenum graecum</i>) -Bermuda grass (<i>Cynodon dactylon</i>) -Pongamia leaves (<i>Pongamia pinnata</i>)

(ii) Cancers - Remedy Protocols

Cells in Human body: Genetic material present in the humans controls the functions of every cell in the human body. It also helps in cell division. Each and every cell will have a certain period of life span. For example, the red blood cells present in the blood will have a life span of 120 days. After this, our body re-produces new red blood cells. The skin produces new cells faster. Like this, the genetic material will be controlling each and every cell in our body.

Cancerous Cells: In people affected by cancer, the cell division will be taking place without any control in certain parts of their body. The high usage of plastic, pesticides and weedicides, and the consumption of genetically modified crops are few reasons for the chaotic functioning of the genetic material. Due to this, instead of getting divided whenever our body needs, cells start multiplying without any control. This uncontrolled condition of a cell division is called 'Cancer'.

Reasons for cancer: The cells that got divided in this unnatural manner cannot do any functions that a normal cell does in our body. They just keep multiplying but utilise all the energy present in the human body. This is the reason why cancer patients lose their body weight. These extra cells will form into a lump/ cyst in some organ. Many chemicals are the cause of cancers. That's why we all should stop using plastics, ready-made foods, crops cultivated using lot of chemical fertilizers, genetically-modified crops like soya beans, american sweet corn etc.

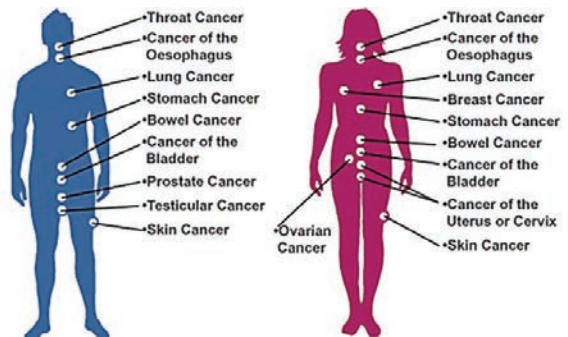
Facts every Cancer affected person should know:

- In cancer patients, there is abnormal and unwanted multiplication of cells. These multiplied cells form into a cyst/lump/tumour. The lump/ cyst/tumour by itself is not called cancer. It is the phenomenon of multiplication of cell, that is called cancer.
- By giving Radium or Chemotherapy treatments, doctors can remove or dissolve the lump/tumour. But they cannot stop the cell multiplication (i.e., cancer).
- Thus, even after they take these type of treatments, cancer patients will witness that (within few months or years) the abnormal cell multiplication takes place again - in some other part of the body. This is termed as metastasis.
- To stop the abnormal cell multiplication and the triggers that cause cancer, we should eat food that have no toxins. We should also flush out the impurities from our body on a daily basis.

Dr. Khadar's recommendations for conquering cancer:

Dr. Khadar suggests various remedial measures for different types of cancers (as given in the following tables). If one follows these protocols, a rejuvenation of cells will happen, which in turn will improve the overall health.

1. To beat cancer, Siri dhaanya should be taken as staple (main) food along with drinking of Kashaaya made from medicinal leaves.
2. A cancer patient has to follow these practices for a minimum period of 6 months. They will start getting relief slowly after 3 weeks.
3. The decline in the intensity of the disease in the patient will depend on the severity of the disease and patient's body constitution.
4. Also, they should eat one dry roasted sesame laddu made with palm jaggery once a week.
5. Diabetic patients with HbA1c less than 8 can eat sesame laddu with palm jaggery.
6. Diabetic patients with HbA1c more than 8 can eat plain sesame laddu or they can include sesame seeds in their food.
7. One should walk well. How long one walks (90 minutes) is more important than how fast it is.
8. The patients need not stop their present medications and treatments (Allopathy, Ayurveda etc.). Along with their medicines, they can have Siri dhaanya and Kashaaya. One can decrease the number of medications, depending on the improvement in their health and after consulting their respective doctors.
9. If the cancer spread to other parts (metastasis), take the respective protocol for the one which is severely affected by the cancer.
10. One has to strictly follow the daily routine suggested by Dr. Khadar.



Many people fought against cancer and are leading a normal life, after following Dr. Khadar's recommendations.

Remedy Protocols for various types of Cancer

	CANCER	SIRI DHAANYA	KASHAAYA (Herbal decoctions)	
			(Morning & Evening)	(Afternoon)
1	Lung Cancer	Foxtail millet- 2 days	1) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>)	1) Ginger piece (<i>Zingiber officinale</i>)
		Little millet- 2 days		
		Barnyard millet- 1 day	2) Peepal tree leaves (<i>Ficus religiosa</i>)	2) Organic Turmeric powder/ bulb (<i>Curcuma longa</i>)
		Kodo millet- 1 day		
		Browntop millet- 1 day	3) Guava leaves (<i>Psidium guajava</i>)	3) Japanese Mugwort leaves (<i>Artemisia princeps</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)	
2	Bone Cancer	Little millet- 2 days	1) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>)	1) Fenugreek leaves (<i>Trigonella foenum graecum</i>)
		Browntop millet- 2 days		
		Barnyard millet- 1 day	2) Peepal tree leaves (<i>Ficus religiosa</i>)	2) Mint leaves (<i>Mentha arvensis</i>)
		Kodo millet- 1 day		
		Foxtail millet- 1 day	3) Guava leaves (<i>Psidium guajava</i>)	3) Curry leaves (<i>Murraya koenigii</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)	
3	Brain Cancer	Foxtail millet- 2 days	1) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>)	1) Common rue leaves (<i>Ruta graveolens</i>)
		Browntop millet- 2 days		
		Barnyard millet- 2 days	2) Peepal tree leaves (<i>Ficus religiosa</i>)	2) Organic Turmeric powder/bulb (<i>Curcuma longa</i>)
		Kodo millet- 2 days		
		Little millet- 2 days	3) Guava leaves (<i>Psidium guajava</i>)	3) Cinnamon pieces (<i>Cinnamomum zeylenicum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)	
4	Blood Cancer/ Lymphoma/ Thalassemia	Kodo millet- 3 days	1) Night flowering jasmine leaves (<i>Nyctanthus arbor-tristis</i>)	1) Curry leaves (<i>Murraya koenigii</i>)
		Browntop millet- 1 day		
		Barnyard millet- 1 day	2) Peepal tree leaves (<i>Ficus religiosa</i>)	2) Betel leaves (<i>Piper betel</i>)
		Foxtail millet- 1 day		
		Little millet- 1 day	3) Guava leaves (<i>Psidium guajava</i>)	3) Papaya leaves (<i>Carica papaya</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)	

	CANCER	SIRI DHAANYA	KASHAAYA (Herbal decoctions)	
			(Morning & Evening)	(Afternoon)
5	Kidneys and Prostrate Cancer	Browntop millet- 2 days	1) Night flowering jasmine leaves (<i>Nyctanthus arbor- tristis</i>)	1) Punarnava leaves (<i>Boerhavia Diffusa</i>)
		Little millet - 2 days		
		Barnyard millet- 2 days	2) Peepal tree leaves (<i>Ficus religiosa</i>)	2) Coriander leaves (<i>Coriandrum sativum</i>)
		Kodo millet- 1 day		
		Foxtail millet- 1 day	3) Guava leaves (<i>Psidium guajava</i>)	3) Banana stem pieces (<i>Musa paradisiaca</i>)
		(Repeat the same cycle again)		(Consume each for one week and repeat the cycle)
6	Breast and Lymph nodes Cancer	Foxtail millet - 2 days	1) Night flowering jasmine leaves (<i>Nyctanthus arbor- tristis</i>)	1) Pongamia leaves (<i>Pongamia pinnata</i>)
		Browntop millet- 2 days		
		Barnyard millet- 2 days	2) Peepal tree leaves (<i>Ficus religiosa</i>)	2) Neem tree leaves (<i>Azadirachta indica</i>)
		Kodo millet- 2 days		
		Little millet- 2 days	3) Guava leaves (<i>Psidium guajava</i>)	3) Roselle/Kenef leaves (<i>Hibiscus cannabinus</i>)
		(Repeat the same cycle again)		(Consume each for one week and repeat the cycle)
7	Mouth Cancer	Foxtail millet - 2 days	1) Night flowering jasmine leaves (<i>Nyctanthus arbor- tristis</i>)	1) Mint leaves (<i>Mentha arvensis</i>)
		Browntop millet- 2 days		
		Barnyard millet- 2 days	2) Peepal tree leaves (<i>Ficus religiosa</i>)	2) Ginger piece (<i>Zingiber officinale</i>)
		Kodo millet- 2 days		
		Little millet- 2 days	3) Guava leaves (<i>Psidium guajava</i>)	3) Silver date palm leaves (<i>Phoneix sylvestris</i>)
		(Repeat the same cycle again)		(Consume each for one week and repeat the cycle)
8	Thyroid/ Pancreas/ and Other Endocrine glands Cancer	Kodo millet- 2 days	1) Night flowering jasmine leaves (<i>Nyctanthus arbor- tristis</i>)	1) Chrysanthemum leaves (<i>Chrysanthemum morifolium</i>)
		Little millet- 2 days		
		Barnyard millet- 1 day	2) Peepal tree leaves (<i>Ficus religiosa</i>)	2) Tender Tamarind leaves (<i>Tamarindus indicus</i>)
		Foxtail millet - 1 day		
		Browntop millet- 1 day	3) Guava leaves (<i>Psidium guajava</i>)	3) Drumstick leaves/ flowers (<i>Moringa oleifora</i>)
		(Repeat the same cycle again)		(Consume each for one week and repeat the cycle)
9	Stomach Cancer	Foxtail millet - 2 days	1) Night flowering jasmine leaves (<i>Nyctanthus arbor- tristis</i>)	1) Banana stem pieces (<i>Musa paradisiaca</i>)
		Browntop millet- 2 days		
		Barnyard millet- 1 day	2) Peepal tree leaves (<i>Ficus religiosa</i>)	2) Fenugreek leaves (<i>Trigonella foenum graecum</i>)
		Kodo millet- 1 day		
		Little millet- 1 day	3) Guava leaves (<i>Psidium guajava</i>)	3) Pongamia leaves (<i>Pongamia pinnata</i>)
		(Repeat the same cycle again)		(Consume each for one week and repeat the cycle)

	CANCER	SIRI DHAANYA	KASHAAYA (Herbal decoctions)	
			(Morning & Evening)	(Afternoon)
10	Skin Cancer	Kodo millet- 2 days Browntop millet- 2 days Barnyard millet- 1 day Foxtail millet - 1 day Little millet- 1 day	1) Night flowering jasmine leaves (<i>Nyctanthus arbor- tristis</i>) 2) Peepal tree leaves (<i>Ficus religiosa</i>) 3) Guava leaves (<i>Psidium guajava</i>)	1) Spring onion (<i>Allium cepa</i>) 2) Aloe vera (<i>Aloe barbadensis</i>) 3) Saraswathi leaves (<i>Centella asiatica</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)	
11	Intestine Cancer	Kodo millet - 2 days Browntop millet- 2 days Barnyard millet- 2 days Foxtail millet - 1 day Little millet- 1 day	1) Night flowering jasmine leaves (<i>Nyctanthus arbor- tristis</i>) 2) Peepal tree leaves (<i>Ficus religiosa</i>) 3) Guava leaves (<i>Psidium guajava</i>)	1) Pongamia leaves (<i>Pongamia pinnata</i>) 2) Fenugreek leaves (<i>Trigonella foenum graecum</i>) 3) Senna leaves (<i>Cassia angustifolia</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)	
12	Esophageal Cancer	Little millet- 2 days Browntop millet- 2 days Kodo millet- 2 days Barnyard millet- 1 day Foxtail millet - 1 day	1) Night flowering jasmine leaves (<i>Nyctanthus arbor- tristis</i>) 2) Peepal tree leaves (<i>Ficus religiosa</i>) 3) Guava leaves (<i>Psidium guajava</i>)	1) Mint leaves (<i>Mentha arvensis</i>) 2) Ginger piece (<i>Zingiber officinale</i>) 3) Silver date palm leaves (<i>Phoneix sylvestris</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)	
13	Liver and Spleen Cancer	Kodo millet- 2 days Browntop millet- 2 days Barnyard millet- 2 days Foxtail millet- 1 day Little millet- 1 day	1) Night flowering jasmine leaves (<i>Nyctanthus arbor- tristis</i>) 2) Peepal tree leaves (<i>Ficus religiosa</i>) 3) Guava leaves (<i>Psidium guajava</i>)	1) Common rue leaves (<i>Ruta graveolens</i>) 2) Fenugreek leaves (<i>Trigonella foenum graecum</i>) 3) Stonebreaker leaves (<i>Phyllanthus amarus</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)	
14	Ovarian and Uterus Cancer and Testicular Cancer	Little millet- 3 days Barnyard millet- 1 day Browntop millet- 1 day Kodo millet- 1 day Foxtail millet - 1 day	1) Night flowering jasmine leaves (<i>Nyctanthus arbor- tristis</i>) 2) Peepal tree leaves (<i>Ficus religiosa</i>) 3) Guava leaves (<i>Psidium guajava</i>)	1) Papaya leaves (<i>Carica papaya</i>) 2) Betel leaves (remove petiole) (<i>Piper betel</i>) 3) Athibala leaves (<i>Abutilon indicum</i>)
		(Repeat the same cycle again)	(Consume each for one week and repeat the cycle)	

Chapter # 11

For the Farmers - Jungle Krishi

- Dr. Khadar observed that the modern day agricultural methods and practices, such as usage of artificial chemical fertilisers, pesticides, weedicides requiring thousands of litres of water - have contaminated the food materials we eat and have made them poisonous.
- He understood that in the name of 'Green Revolution', crops that were not supposed to be grown are being cultivated. And, under the influence of the Indian and Multi-national companies that have been producing poisonous materials, Indian farmers have been extensively using the chemicals-filled fertilisers, the genetically modified seeds and other such artificial agricultural inputs - thereby turning vast acres of our fertile areas into barren and waste land.
- Dr. Khadar also noted that, apart from huge water use for growing of crops like Paddy, Wheat and Sugarcane, the cultivation of Coffee and Tea is leading to lots of forest areas being destroyed. As a result, many ponds, canals and rivers are getting dried up. And farm lands are becoming life-less. He felt that if this trend continued unabated, within few years, there would be no cultivable land and no water left for agriculture and drinking purposes.
- To address these issues, for the past twenty plus years, Dr. Khadar has been making efforts to turn the farmers back to natural farming practices.
- In this process, through an unique initiative called 'Jungle Krishi' - he has revived age-old farming systems of our ancestors and has been training farmers and farm-enthusiasts on these traditional methods that produce crops which provide healthy food to us.



- 'Jungle Krishi' brings our agricultural activities closer to nature; involves reinvigoration of soil and forests and promotes conservation of water.

- Dr. Khadar made relentless efforts to

get back the food grains that have disappeared from our country. He travelled extensively in different regions and collected the almost extinct seeds of the 5 'Siri dhaanya'.



- He purchased farm land with his hard earned money, sowed those seeds and cultivated the 'Siri dhaanya' himself using natural farming methods of 'Jungle Krishi'.
- Dr. Khadar has been extensively touring across many places and explaining to the farmer community the significance of this 'Jungle Krishi'. He has also been imparting training to them on the natural farming, apart from freely distributing the seeds of 'Siri dhaanya' to encourage the cultivation of the same.

Objectives of Jungle Krishi:

- To bring back and popularise India's ancient farming methods and practices.
- To make people understand that the food we eat will lead us to good health.
- To cultivate those crops that would protect health for all the people.
- To properly utilise the natural resources available to us
- To revitalise vast acres of the barren and waste land and make them cultivatable.
- To grow in diverse climatic conditions - 'Mixed Cropping' (i.e., the practice of growing two or more crops together on the same piece of land in one crop season).
- To cultivate crops in those areas where they can naturally grow.
- Through all this, protect our environment and our health.
- To motivate and give confidence to the farmers community.

Innovations in Jungle Krishi:

As part of Jungle Krishi, Dr. Khadar had developed these three wonderful innovations:

1. **Jungle Prasadam** : Natural manure, a combination of ecological resources.
2. **Jungle Chaitanyam** : A liquid-fertiliser solution for enhancing the fertility of soil. It is made by mixing different natural materials. This enables the growth of microbes in the earth.
3. **Jungle Sahitam** : Natural pesticide



Jungle Prasadam – And its usage:

- Due to the trees in the forest, different types of birds and animals come in.
- The leaf litter and biomass that come out of the trees grown in the forest should be collected in summer months and incorporated into the soil of the farm.
- The litter of these birds and animals gets mixed up with the dry leaves that fell down – and these become rich natural fertilisers.
- Dr. Khadar has named this as 'Jungle Prasadam'.
- These dry leaves should be brought from the forest and sprinkled on the soil of the farm.
- The nutrition-rich minerals in these leaves will make the soil very fertile.

Jungle Chaithanyam

Required materials:

1. A mud pot.
2. A fistful of soil collected from area deep inside a thick forest.
3. ¼ kg flour of any one of the 5 Siri dhaanya grains.
4. ¼ kg flour of any one type of pulses (eg: Bengal gram).
5. 50 gms of palm jaggery.
6. 30 litres of water.



Preparation Process:



- Bury a mud pot upto its brim in the earth - under shade.
- Fill it up with 30 litres of water.
- Add the soil brought from the forest, the Siri dhaanya flour, the pulse flour and palm jaggery into the water and mix the solution thoroughly.
- Keep the pot covered with a thin cotton cloth. It should not be exposed to direct sunlight.
- Stir the solution with a stick - once a day.
- Jungle Chaitanyam prepared this way will be ready to use after 5 days.
- This preparation can be used any time from the 6th to the 21st day. After 21 days, the beneficial microorganisms will be no more effective.
- It is not required to get the rich soil from the forest every time to make Jungle Chaitanyam.
- One can keep aside a litre of the already prepared solution as culture for making the next batch of Jungle Chaitanyam in the above mentioned fashion. It will again be ready for use after 5 days.
- This way, Jungle Chaitanyam can be made any number of times.
- Farmers who cultivate hundreds of acres can prepare this solution in as many pots as needed.
- Dr. Khadar gives one litre of Jungle Chaitanyam, free of cost, to those who visit his farm near Mysuru.

Usage / Spraying method :

- First, after putting Jungle Prasadam on the land, it should be ploughed well. Then, the lands needs to be tilled with any hand tools.
- After that, a mixture of one litre of Jungle Chaitanyam in 20 litres of water - should be sprayed on the soil in the farm at dusk time (sunlight should be avoided).
- It could be sprayed with a new sprayer or sprinkled manually.
- This spraying should be done twice a week.
- If this process is continued for 6 weeks, then the land becomes very fertile, making it conducive for growing crops.

Power of Jungle Chaithanyam:

- Apart from using the preparation for enriching the soil, it could also be used for spraying on the crops.
- Even lands that got deteriorated because of chemical farming can be reinvigorated by usage of this Jungle Chaithanyam.
- Once this spraying is done for 2 years continuously, (without using any chemical fertilizers, pesticides and herbicides) there is no need for any further spray in that piece of land.
- With regular usage of Jungle Chaitanyam, even barren land could be made conducive for growing crops within a period of 3 to 6 months.
- Dr. Khadar was able to revitalise even the soil of the mining lands by using this Jungle Chaitanyam. He showed that Siri dhaanya could be grown in them.
- This preparation can be used even for the plants and gardens grown in our houses, backyards and terraces.



Jungle Sahitam:

- This is a natural pesticide.
- As mentioned earlier, with the mixed cropping pattern, problem of pests and insects will not be there.
- However, in emergency situations, Jungle Sahitam can be used.

Required materials:

- Two types of bitter leaves like Neem and Pongamia (*Pongamia pinnata*) – each 1 Kg.
- Two types of milky leaves like Papaya and Calotropis (*Calotropis gigantea*) – each 1 Kg.
- Two types of attractive/colourful flowers and their leaves like Hibiscus or Marigold – each 1 Kg.
- Urine of Desi cow – 1 Litre
- Water – 10 litres.

Preparation Process:

- First, grind each of the above mentioned leaves and flowers separately.
- Then mix the ground leaves and flowers.
- Add to this the Desi Cow Urine and water. Mix well and keep for 1 week.
- Then, filter and separate the liquid.
- Prepare a solution by adding this liquid to water in 1 : 20 ratio.
- Spray this solution on plants and crops when there is no hot Sun.

Promoting Jungle Krishi

To equip the farmers community with the knowledge and techniques of the Jungle Farming developed by him, Dr.Khadar has since been conducting Training sessions in his own farm land near Mysuru. Apart from that, he has also been touring the country extensively covering various towns and villages and spreading awareness on the following :

- Natural crops can be grown with just four rains i.e, 200 mm rain fall.
- Siri dhaanya crops can be grown using very little quantity of water.
- Ways & methods to cultivate without using chemical fertilisers, pesticides and thousands of litres of irrigated water.
- Benefits the farmers can get by growing mixed crops with small forests and by using natural farming methods.

Dr. Khadar encourages famers by giving the seeds of Siri dhaanya free to them. So far, he has covered thousands of villages and towns. Resultantly, in the state of Karnataka, cultivation and consumption of Siri dhaanya have increased. In the states of Andhra and Telangana also, Jungle Krishi is becoming a vibrant movement.

Important features of Jungle Krishi - for growing Siri dhaanya

- Every farmer should earmark 20% of his land for growing a forest.
- Diverse plants and trees shall be grown in that forest. The farmland that is next to this forest, will not have any problems of insects & pests and the crops would be protected.
- Even the farmers having 1 or 2 acres of land should earmark 20% of that land for growing a forest. Then, there is no need to grow forest separately elsewhere.
- Around their farm land, farmers should dig a trench so that the chemical fertilisers and pesticides, etc. sprayed in the adjoining farms donot enter into their farm area during the rainy season. To neutralise these poisonous water coming from surrounding lands, farmers can mix 'Jungle Chaitanyam' with this water in the ditches or trenches around their own land.
- During rainy days, water sinks into the trenches and thus the water levels in the farm lands will improve considerably. If small pits are dug here and there in the farm, water gets stored and then sinks into the earth. Birds will start visiting these pits for water and due to their droppings, very good microorganisms get developed in the farm land, enhancing its fertility.
- To grow Siri dhaanya crops, four rains are sufficient. i.e., just 200 mm rain water.
- To grow 1 Kg of Siri dhaanya, 200-300 litres of water will suffice (In comparison, to grow 1 Kg of Paddy Rice, 8,000 litres of water is required).
- Siri dhaanya crops grow within 3 months time. Infact, Brown Top millet will grow in just 75 days.

- In one farm, one has to cultivate one Siri dhaanya crop only at a time. Never put mixed Siri dhaanya crops in the same land. Once that crop is harvested, one can put seeds of another Siri dhaanya.
- Pests problem will be there if one grows Siri Dhaanya only. So, to control pests naturally, a mixed cropping pattern is recommended. This could be a combination of Siri dhaanya grains (monocotyledons), pulses (dicotyledons) and oil seeds.
- With this mixed cropping method, these crops help each other and grow together with lots of nutrients. And pests problem will not be there.
- By the time the crops are ready for harvest, flocks of birds visit the farm. Though they may feed on the crop, their droppings will make that land fertile.
- There is no need to use any chemical fertiliser or pesticides.
- If only one farmer grows Siri dhaanya, the crop losses due to the birds could be high. But in the same area, if more farmers cultivate Siri dhaanya, then these losses would be negligible.
- All these are the fundamental principles of Jungle Krishi.

Dr. Khadar's own Laboratory:

- Since 2009, Dr. Khadar has himself been cultivating Siri Dhaanya crops in his own Land.
- In his 7.5 acres, he has grown a forest in 3.5 acres. In the remaining 4 acres, he has been growing 12 varieties of mixed crops.
- Besides Siri dhaanya, he has been cultivating oil seeds plants and pulses. And has been getting a yield of about 10 quintals per acre.



Training on Jungle Krishi for cultivation of Siri dhaanya:

- The following people can be contacted for training on methods and practices to cultivate Siri dhaanya - without using chemical fertilisers, pesticides and herbicides.

	Name	Place	Phone	Email
1	Sri Kushal	Mysuru	+91 9741514519	kushal.300@gmail.com
2	Sri M.Basawaraj	Palamuru, Telangana	+91 9346694156	raj2k6.m@gmail.com
3	Sri Lakhmi Narayana	Hindupuram, Andhra Pradesh	+91 9901730600	inreddy@gmail.com

Chapter # 12

Processing & Cleansing of Siri dhaanya Grains– The Buchhi Method

- Once harvesting of the crops of the Siri dhaanya is done, these raw grains have to be dehusked (removing the husk) - which should then be cleaned through winnowing and sieving. It is only after this process, the Siri dhaanya can be soaked, cooked and consumed.
- In the earlier days, these grains were first ground in a stone hand-grinder, then pounded in a stone-mortar and lastly winnowed & sieved to get Siri dhaanya rice. All this is a very laborious and time-consuming process.
- These days, to obtain such rice from the raw grains on a bigger scale, millers use big machines for dehusking and for further cleaning process.
- However, for easy and more effective processing of Siri dhaanya grains without the use of costly machines, Dr. Khadar along with his elder sister Smt. Mahebunni (alias “Buchhi”) found a better and easy alternative method using a domestic Mixie (Mixer- Grinder).
- In the ‘Buchhi Method’, in the comfort of one’s own home, one can easily dehusk the raw Siri dhaanya using the Mixie (Mixer Grinder). Without much effort, one can dehusk and do further cleaning by winnowing and sieving to get Siri dhaanya that is ready to cook.



Benefits of processing through the ‘Buchhi Method’:

- The plumule of the Siri dhaanya rice grain though the process will remain intact.
- Nutrients will not be lost.
- The coarse grits would be 2-3% only (unlike 20% - if processed through big machines).
- Women, marginal and small farmers can process upto 20 Kg of Siri dhaanya per day at their home only by using home Mixie (Mixer Grinder).
- In this way, in every village, the farmers who produce Siri dhaanya can themselves do the processing, clean it and then sell these grains directly to the local and nearby markets - without the requirement of going through any middlemen or Brokers or Agents.
- Whenever there is no other agricultural work, the villagers can engage themselves with the work of processing of the raw grains of the Siri dhaanya, cleaning of it by dehusking it and then winnowing/sieving and earn income, through out the year.



- If the villagers work together, 20 women can process upto 400 Kgs of Siri dhaanya.
- If they are able to organise 2 Solar panels for about 20 home mixers, there is no need of electricity supply also.



Method of processing of raw grains of Siri dhaanya:

Required materials:

- One Mixie (Mixer Grinder)
- Its motor speed should be reduced to 1500 rpm from 2800 rpm.
- The Mixie's single blade should be slightly bent. And it should be made blunt (reduce its sharpness).
- Sieves
- A table Fan

Processing Method:

- Raw grains of Siri dhaanya should be cleaned by removing stones, soil pellets, little stem sticks, etc.
- The raw grains have to be soaked for about 5-6 hours. Sand will get deposited at the bottom.
- In order to dry them, the soaked raw grains should be spread on a dry concrete floor - under hot sun for about 2 days, till all the moisture in the grains dries up. Even slightest moisture in the grain attracts fungus.
- Properly dried up raw grains of Siri dhaanya will last for about 2-3 years. Whenever needed, required quantities of the raw grains can be dehusked and made into rice.
- Such dried raw grains should now be put in a Mixie jar –(till three fourths of it only) and then the lid is closed. Never fill the Mixie Jar fully with the grains as it results in choking.
- Ensure that the Mixie knob/switch is at level zero.
- Then, keep rotating the Mixie knob/ switch from the zero level towards the 'Pulse' level (should not rotate to the '1' level) for few seconds. And then it should be released back to the zero level, i.e, like short jerks. Repeat this way for nearly 50 times.
- Then pour the grains material (rice and husk mixture) from the Mixie and do winnowing to separate the husk from the rice.
- Winnowing can be easily done by using a table fan. Husk would get separated from the rice.
- Again pour the remaining grains into the Mixie and repeat the procedure of rotating the knob/ switch between the zero level and pulse level in short jerks - for nearly 30 times.
- Remove it from the Mixie and do winnowing using a table fan to separate the husk from the rice. Then this should be sieved. The grains which still have the husk, will remain in the sieve.

- These raw grains should be put in the Mixie and the processes of rotating the knob/ switch between the zero level and pulse level in short jerks should be repeated. After that, winnowing and sieving has to be done. The same processes are to be repeated till all the raw grains are processed into Siri dhaanya rice.

Training on ‘Buchhi Method’:

During the training on Jungle Krishi for cultivation of Siri dhaanya without using chemical fertilisers, pesticides and weedicides, training on the ‘Buchhi Method’ will also be provided. For more details, please contact the following persons:

	Name	Place	Phone	Email
1	Sri Kushal	Mysuru Karnataka	+91 9741514519	kushal.300@gmail.com
2	Sri M.Baswaraj	Palamuru, Telangana	+91 9346694156	raj2k6.m@gmail.com
3	Sri Lakhmi Narayana	Hindupuram, Andhra Pradesh	+91 9901730600	inreddy@gmail.com



Chapter # 13

Ahimso Pramo Dharmaha

Not harming others is the highest moral virtue.

In the present day world, we are all suffering from various diseases because of these three most important reasons:

- (i) Damage we are causing to the God-gifted living organisms, micro organisms and the natural resources such as Trees, water etc.
- (ii) Killing and eating other creatures, selfishly, to satisfy our hunger
- (iii) Producing and consuming unnatural/ synthetic food materials that makes the microbial organisms ineffective.

In Dr. Khadar's words:

“Ahimsa is born in India. This ancient principle envisages that at all times, one should live hurting other living beings. If we lead our life in this way, then, the mankind as well as all the other living beings will be happy and safe.

By birth, I was non-vegetarian which I ate till the age of 12. But, later, I came to understand that the human body is not created to eat meat. Since then I stopped taking it. This was the most significant turn in my life. Ever since, I have been following path of Ahimsa.

During my studies in food sciences, I came to realise more and more the virtues and the nutritional values of the vegetarian food. And I also came to know about many dangerous truths and serious health risks associated with the meat production and processing.

Examples of violent actions by the Mankind:

There are umpteen number of instances to show that the mankind has strayed from the path of ahimsa and has been engaged in doing horrible things for their selfish purposes. Some of those instances are :

- Cow milk is for its calf only and not for human beings. We the humans have conveniently forgotten this. With the motto to produce more milk, desi cows in India have been killed and foreign jersey cows have been brought to India. Then, to get more milk, hormones and steroids are injected into them. By drinking that milk, we have been getting various diseases.

- In the desire to eat more meat, we have been mixing chemicals in the food fed to chicken and pigs, inducing faster and artificial growth in an unnatural way. And by eating such meat, we obviously are becoming unhealthy.
- Human beings have become so greedy that they are eager to eat any animal that moves on the land, flies in the sky or lives in the deep parts of the Oceans, including the whales.
- We have been destroying the fertility of the land, flora and fauna and natural micro organisms of the Mother Earth by using modern agriculture methods with a desire to produce more food grains in less time and earn more profits,
- In the name of developing Coffee and Tea plantations, we have been cutting trees and destroying the forests in a very big way. Thereby depriving the animals living in those forests of their shelter.

God has gifted the Mankind the power and wisdom of the knowledge about Ahimsa. But, we have not been utilizing this wisdom. This is highly deplorable and unpardonable.

लोकः समस्ताः सुखिनो भवन्तु ॥

Lokah Samastah Sukhino Bhavanthu

*May all beings everywhere be happy and free,
and may the thoughts, words, and actions
of my own life contribute in some way
to that happiness and to that freedom for all.*

Chapter # 14

Siri Jeevanam – The Only Way to Rebuild a Healthy Society



The Human body, its different parts and biological processes - all these are wonderful creations of God. It is everyone's responsibility to keep such a magnificent body healthy.

Siri Jeevanam is a way of life that reminds everyone of that responsibility and provides the correct path to stay healthy.

Naturally available food – our basic source:

The first step towards a highly enriching Siri Jeevanam is making Siri dhaanya as the staple (main) food. This is because they are grown naturally - without any chemicals based fertilisers, pesticides, weedicides and utilising very less quantity of water. Food made of Siri dhaanya not only enables us to cure our diseases, but also keeps any of those diseases at bay.

We should stop eating all types of food materials made or grown through artificial and synthetic methods.

We will not be disturbing the environment around us, if the food that is grown/available in each area is consumed or distributed within that area - without the same types of crops grown all over the world.

We should live without mis-utilising the natural resource wealth

Humans, who are endowed with knowledge and intelligence should very sparingly use the finite resources available on the planet – trees, plants, water, soil and all living beings. Only through such efforts would the Mother Earth's burden will get reduced. And there would enough food left for the future generations.

So far, we have been always thinking in 'economical mode'. It is time now that we stop that and start thinking in 'ecological way'. Let us halt taking or using food materials made/produced through the synthetic and 'industrialised' methods. All of us should recognise that in the garb of science and in pursuit of high yields and high profits, unscientific experiments that are being conducted on humans are actually dangerous to our very existence. We must immediately realise this and go back to relish the nature's gifts.

Sarve janah Sukhino Bhavantu – Our ancient Indian tradition

Every creature that is born on this Earth has the right to lead a happy life. When God made this wonderful universe, he made all these living beings depend on each other to lead a blissful life.

Our ancestors have written on how to lead a simple life without troubling others. Other countries do not have this wealth of knowledge. We should preach this - 'Live and Let live' philosophy to others.

Other than humans, no other living being has this wisdom. All of us have to properly utilise it. We have to play our role quite well. We are no different from other creatures. Humans will do well only if all the living beings also do well.

We should stop destroying the animals, insects, worms on the planet with our so called 'scientific' and 'modern' agriculture methods to grow our foods. We need to go back to our ancient agricultural systems so as to enable a congenial living with other creatures on the Earth.

Siri Jeevanam – A Summary:

Siri Jeevanam is a summation of different aspects that Dr. Khadar has been propagating. It envisages-

- (1) Recognising that the food we eat, our daily living practices - all these make our bodies healthy and protect us from diseases.
- (2) Following the 10 Principles for Complete Health (as explained in Chapter # 4).
- (3) Understanding the truths and facts of the Food we eat (Chapter # 7) and follow them.
- (4) Use the remedy protocols for any health problems, if any one faces (Chapter # 10).
- (5) Adopting 'Ahimso Paramo Dharmaha' and let other creatures also live in the environment.

Building of a Healthy Society – An immediate responsibility of all of us

The healthy life that all of us want is very much in our hands only. And only we have the capability to leave the natural resources and food to our future generations.

Let us mould our lives in line with ecological way of living. This is the only way to create a comprehensive, sustainable, safe system and a healthy society.

Each of us can build a systematic way to shape up our lives. And continue our journey in this path of Siri Jeevanam.

Chapter # 15

Tasty Siri dhaanya Recipes

Many varieties of dishes can be prepared using all 5 types of Siri dhaanya. 10 different recipes are mentioned here.

1. Little millet vegetable upma

Ingredients:

- Little millet - 1 cup
- Finely chopped carrot, - 2 Tbsp
- Beans, peas
- Water - 2½ cups
- Grated ginger - a little
- Chopped green chillies - 3 no.
- Coriander leaves - a little
- Soaked ground nuts - 1 Tbsp
- Salt - as per taste
- Turmeric - a pinch
- Bull driven ghani Oil - 1½ Tbsp
- Musturd seeds - 1 tsp
- Urad dal - 1tsp
- Chana dal - 1tsp
- Jeera - ½ tsp



Method of preparation:

- Roast Little millet in an iron pan till you get a nice aroma. Wash them and soak for 6 hours in 1 cup of water.
- In a steel kadai, heat 1½ Tbsp oil. Add urad dal, chana dal, mustard seeds and jeera. Once the mustard seeds start crackling, add ginger, green chillies, vegetable pieces and soaked ground nuts. Allow them to fry for 2 minutes and add 1 ½ cups of water.
- When the water starts boiling, add the soaked Little millet along with that water. Add turmeric and salt. Place the lid and simmer it for some time.
- A little more water can be added if required.
- Once the upma is cooked, garnish with coriander leaves and serve it hot.
- This upma can be prepared with all 5 types of Siri dhaanya.

2. Barnyard millet Idly:

Ingredients:

- Urad dal - 1 cup
- Barnyard millet - 4 cups
- Fenugreek seeds - ½ tsp.
- Sea salt - as per the taste



Method of preparation:

- Wash Barnyard millet and soak them in water for 6 hours.
- Soak the urad dal along with fenugreek seeds two hours before grinding.
- First grind urad dal into a soft, fluffy batter using the water in which Barnyard millet is soaked.
- Then grind Barnyard millet coarsely. Mix urad dal batter and the millet batter together. Add salt and mix them thoroughly.
- Ferment this batter for about 6 hours.
- After 6 hours, batter doubles with air pockets - indicating that it is fermented well.
- Mix gently without disturbing the air pockets.
- Pour the batter into idly plates greased with oil using a ladle.
- Place these plates in idly steamer; keep the lid and steam for 10 minutes on medium flame.
- Remove the lid after 5 minutes after switching off the stove.
- Serve idlies along with chutney and sambar.
- These idlies can be prepared with all 5 types of Siri dhaanya.

Note:

To accelerate the fermentation process, while grinding the batter, add a fistful of cooked Siri dhaanya (of the same kind) to it.

3. Barnyard millet Dosa:

Ingredients:

- Urad dal - 1 cup
- Barnyard millet - 4 cups
- Fenugreek seeds - ½ tsp.
- Bull driven ghani oil - 4 Tbsp
- Sea salt - as per the taste



Method of preparation:

- Wash Barnyard millet and soak in water for 6 hours.
- Soak urad dal along with fenugreek seeds for 4 hours.
- Wash urad dal again and grind it to a smooth fluffy batter using the water in which Barnyard millet is soaked.
- Then grind Barnyard millet also separately along with the remaining soaked water.
- Mix both batters well in a vessel.
- Allow it to ferment for 6 hours. Add salt.
- Heat the iron tawa on stove and spread evenly one spoon of oil with a spatula.
- Add little water if needed to the batter.
- Take a ladle full of batter, pour it over the pan and spread it as thin as possible in a spiral motion.
- Apply one tea spoon of oil around the edges of dosa. Cook until the bottom surface turns light brown and edges start to come upward.
- Flip it and cook for a minute. Transfer the dosa to a plate.
- Serve hot dosas with chutney of your choice.
- These dosas can be prepared with all 5 types of Siri dhaanya.

Note:

- Use only iron tawa for making dosa.
- Do not use non-stick pans as they are hazardous to health.

4. Browntop millet hot pongal:

Ingredients:

- Browntop millet - 1 cup
- Moong dal - ¼ cup
- Ghee - 4 tsp.
- Pepper - 2 tsp.
- Jeera - 3 tsp.
- Ginger - 1" piece
- Curry leaves - 10 nos.
- Asofoetida - a little



Method of preparation:

- Dry roast Browntop millet, till you get nice aroma and wash them.
- Soak the millet in 2 cups of water for 8 hours.
- Dry roast moong dal and keep it aside.
- Boil 5 cups of water in a mud pot.
- Add roasted moon dal and Browntop millet and cook them.
- Grind pepper, jeera, ginger in a mixie jar or in a mortar and pestle coarsely.
- Heat ghee in a small pan.
- Add curry leaves, asofoetida and the coarsely ground paste. Fry them for 2-3 mins.
- Add this fried paste to the millet mixture which is almost cooked. Add salt also.
- Add some more water if required and cook it until it becomes soft.
- Serve it with ginger chutney or coconut chutney.
- This pongal can be prepared with all 5 types of Siri dhaanya.

5. Foxtail millet Pulihora:

Ingredients:

- Foxtail millet - 1 cup
- Water - 2 ½ cups
- Cooked tamarind paste - 2 Tbsp.
- Roasted sesame seeds powder - 1 tsp.
- Ground nuts - 2 Tbsp
- Chana dal (soaked) - 1 tsp.
- Urad dal - 1 tsp.
- Mustard seeds - ½ tsp.
- Asofoetida - ¼ tsp.
- Turmeric - ¼ tsp.
- Dry red chillies - 3 or 4 nos.
- Green chillies - 3 or 4 nos.
- Salt - As per taste
- Roasted fenugreek seeds powder - a little
- Curry leaves - few
- Palm jaggery - ½ tsp
- Bull driven ghani oil - 2 Tbsp



Method of preparation:

- Wash Foxtail millet and soak it in a cup of water for 6 hours.
- Heat 1 ½ cups of water in a mud pot.
- When the water starts for boiling, add soaked Foxtail millet along with that water.
- Add ½ tsp. of oil, keep a lid and cook it on a low flame. Keep stirring in between so that the bottom of the pot will not get charred.
- Spread the cooked millet rice on a plate for 4-5 minutes till it gets cooled.
- Add turmeric, tamarind paste, salt, palm jaggery, fenugreek seeds powder and sesame seeds powder. Mix them gently.
- Heat oil in an iron pan, add ground nuts, urad dal and mustard seeds. Once the mustard seeds start spluttering, add red chillies also and fry them. Remove red chillies and keep them aside.
- Add soaked chana dal, curry leaves and green chillies to the same oil. Fry them. Add asofoetida.
- Pour this seasoning over the millet rice, crush the red chillies and add.
- Mix them well after cooling.
- This can be prepared with all 5 types of Siri dhaanya.

6. Roti with Foxtail millet:

Ingredients:

- Foxtail millet flour - 1 cup
- Urad dal flour - ¼ cup
- Salt - as per the taste
- Hot water - ½ cup



Method of preparation:

- Mix Foxtail millet flour, urad dal flour and salt thoroughly.
- Pour hot water and mix it with a spoon.
- After the heat reduces, knead it into a soft dough with hand for making rotis.
- Place a lid and leave it for a minimum of 4 hours.
- Divide the dough into small balls.
- Sprinkle some Foxtail millet flour on the rolling board to prevent roti from sticking.
- Take one ball and place it on the flour.
- Now gently pat the ball with one hand and pat over the edges with the other hand, to get a round shape.
- Pat with hands further like this to make it into as thin a roti, as possible.
- Sprinkle millet flour if required to avoid sticking.
- Dust the excess flour and place the roti on a hot tawa.
- Pat the roti with a wet cloth.
- Cook for a while.
- Flip the roti to the other side and spread water with a wet cloth.
- Press gently and cook all the sides.
- Serve roti hot with a curry or dal.
- These rotis can be prepared with all 5 types of Siri dhaanya.

7. Pakoda with kodo millet:

Ingredients:

- Kodo millet flour - 75 g
- Chana flour - 75 g
- Bull driven ghani oil - For deep frying
- Water - 3 tsp.
- Onion - 2 big
- Red chilli powder and salt - as required



Materials for masala:

- Cinnamon - 3 small pieces
- Coriander seeds - 15 g
- Jeera - 10 g
- Cloves - 2 nos.
- Grind all these masala ingredients into a powder.

Method of preparation:

- Wash Kodo millet and soak it in a cup of water for 8 hours
- Drain and spread it over a clean cloth for it to dry well
- Once it is completely dried, grind the millets into a fine flour
- Mix that Kodo millet flour, chana flour and masala powder.
- Pour 2 table spoons of hot oil over this mixture.
- Cut onions into small pieces and add to the above mixture.
- Add water and mix well.
- Heat oil in an iron pan.
- Take small portions of the mixture and drop them into the heated oil to make pakodas.
- Fry them till done.
- These pakodas can be prepared with all 5 types of Siri dhaanya.

8. Foxtail millet kheer:

Ingredients:

- Foxtail millet - 1 cup
- Water - 5 cups
- Coconut milk - 1 cup
- Ghee - 6 tsp
- Palm jaggery - 1 cup
- Pumpkin seeds - 3 - 4 tsp



Method of preparation:

- Roast Foxtail millet for a little while, wash and add 3 cups of water.
- Soak them for 6 hours.
- Add 100 ml water to 75 g of grated coconut and extract thick coconut milk. Once again add water to the coconut and get thin milk for the second time.
- Pour water into palm jaggery and boil till it gets melted. Strain and keep it aside.
- Cook the soaked millet.
- Once it is half done, add thin coconut milk and cook.
- When the millet gets cooked nicely, add thick coconut milk and palm jaggery syrup.
- Cook for sometime and switch off the stove.
- Heat ghee in a small frying pan and fry pumpkin seeds.
- Add them to the kheer and serve hot.
- This kheer can be prepared with all 5 types of Siri dhaanya.

9. Little millet muruku:

Ingredients:

- Little millet flour - 1 cup
- Chana flour - 2Tbsp
- Curd - ¼ cup
- Salt - to taste
- Red chilli powder - 1 Tbsp
- Sesame seeds - 1 Tbsp
- Hot oil - 2-3 Tbsp
- Oil - for deep frying
- Water - for mixing dough



Method of preparation:

- Soak Little millet for 6 hours. Strain and dry them on a clean cloth.
- Once it is completely dried, grind it into a flour in a mill.
- Take one cup of Little millet flour, chana flour, salt, red chilli powder, sesame seeds and mix well.
- Heat up 2-3 spoons of oil in a kadai and pour it over the flour mixture.
- Add curd and mix well.
- Boil water and let it cool.
- Make dough using this water little by little. Dough should not be sticky.
- Put this dough in a greased muruku mould, squeeze it directly over hot oil and fry to get muruku.
- These murukus can be prepared with all 5 types of Siri dhaanya.

10. Little millet Poha:

Ingredients:

- Little millet flakes - 200 g
- Onion - 2 big
- Green chillies - 6
- Salt - as per the taste
- Turmeric powder - ½ tsp
- Curry leaves - few
- Coriander leaves - one bunch
- Urad dal, mustard seeds, ground nuts and jeera - for seasoning
- Oil - 4 Tbsp
- Lemon - one



Method of preparation:

- Take little millet flakes in a sieve and wash them. Grind green chillies into a paste.
- Place a pan over stove and heat 4 tablespoons of oil. Once the oil is heated, put the seasoning.
- Add curry leaves, onion pieces and fry them. While onions are frying, add green chilli paste and turmeric.
- Once everything is fried properly, add the soaked millet flakes. Give it a good mix.
- Add lemon juice and coriander leaves.
- Mix all of the above ingredients well and serve the poha hot.
- You can prepare this poha with any one of the 5 Siri dhaanya flakes.

16. Common and Scientific Names of Leaves

	Common Names (English)	Scientific names
1	Night flowering jasmine	<i>Nyctanthus arbor - tristis</i>
2	Coriander	<i>Coriandrum sativum</i>
3	Punarnava	<i>Boerhavia diffusa</i>
4	Bryophyllum	<i>Bryophyllum pinnatum</i>
5	Stone breaker	<i>Phyllanthus amarus</i>
6	Giloy	<i>Tinospora cordifolia</i>
7	Fenugreek	<i>Trigonella foenum- graecum</i>
8	Mint	<i>Mentha arvensis</i>
9	Drumstick	<i>Moringa oleifera</i>
10	Jamun	<i>Syzigium cumini</i>
11	Pongamia	<i>Pongamia pinnata</i>
12	Bael	<i>Aegle marmelos</i>
13	Tamarind	<i>Tamarindus indicus</i>
14	Roselle / Kenef	<i>Hibicus cannabinus</i>
15	Betel	<i>Piper betle</i>
16	Neem	<i>Azadirachta indica</i>
17	Peepal	<i>Ficus religiosa</i>
18	Tulasi	<i>Ocimum sanctum</i>
19	Cactus	<i>Cactus grandiflorus</i>
20	Sarpagandha	<i>Rauvolfia serpentina</i>
21	Cumin seeds	<i>Cuminum cyminum</i>
22	Turmeric	<i>Curcuma longa</i>
23	Bermuda grass	<i>Cynodon dactylon</i>
24	Wild date palm	<i>Phoneix sylvestris</i>
25	Mustard	<i>Brassica juncea</i>
26	Pepper	<i>Piper nigrum</i>
27	Ginger	<i>Zingiber officinale</i>
28	Common rue	<i>Ruta graveolens</i>
29	Guava	<i>Psidium guajava</i>
30	Coconut	<i>Cocos nucifera</i>
31	Groundnut	<i>Arachis hypogaea</i>
32	Banana stem	<i>Musa paradisiaca</i>
33	Cinnamon	<i>Cinnamomum zeylenicum</i>
34	Sesame	<i>Sesamum indicum</i>

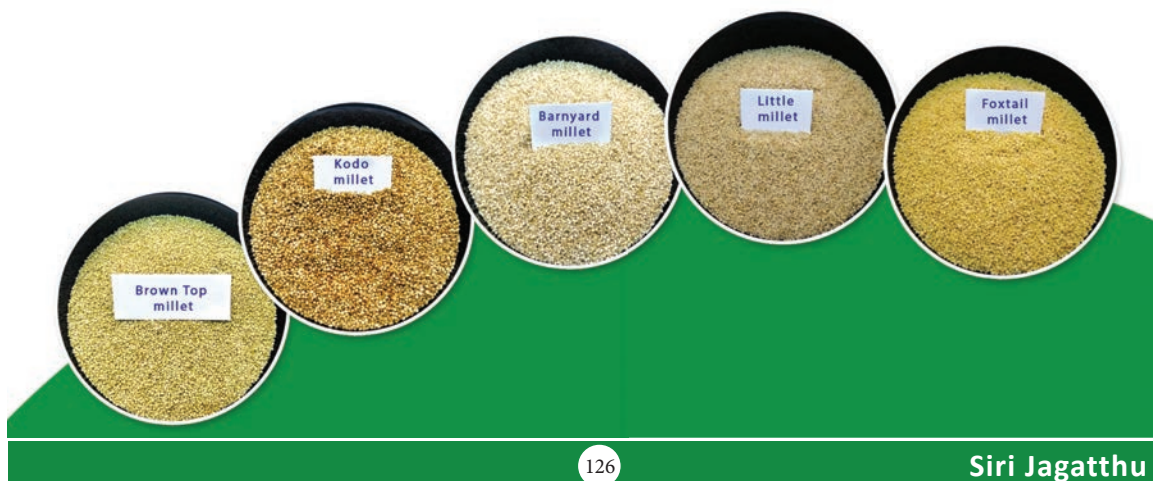
35	Senna	<i>Cassia auriculata</i>
36	Carom Seeds	<i>Trachyspermum ammi</i>
37	Carrot	<i>Daucus carota</i>
38	Ash gourd	<i>Benincasa hispida</i>
39	Kheera	<i>Cucumis sativus</i>
40	Bottle gourd	<i>Lagenaria siceraria</i>
41	Ber	<i>Ziziphus mauritiana</i>
42	Curry leaves	<i>Murraya koenigii</i>
43	Tomato	<i>Solanum lycopersicum</i>
44	Papaya	<i>Carica papaya</i>
45	Goose berry	<i>Phyllanthus emblica</i>
46	Beetroot	<i>Beta vulgaris</i>
47	Aloevera	<i>Aloevera</i>
48	Saraswathi	<i>Centella asiatica</i>
49	Nizer	<i>Guizotia abyssinica</i>
50	Castor	<i>Ricinus communis</i>
51	Chrysanthemum	<i>Chrysanthemum morifolium</i>
52	Chamomile	<i>Matricaria chamomilla</i>
53	Lemon grass	<i>Cymbopogon citratus</i>
54	Safflower/Khardi	<i>Carthamus tinctorius</i>
55	Custurd apple	<i>Annona squamosa</i>
56	Athibala	<i>Abutilon indicum</i>
57	Safed khair	<i>Acacia ferruginea</i>
58	Dil weed	<i>Anethum graveolens</i>
59	Allspice	<i>Pimenta dioica</i>
60	Japanese Mugwort leaves	<i>Artemisia princeps</i>
61	Tridax	<i>Tridax procumbens</i>
62	Ivy gourd	<i>Coccinia indica</i>
63	Carom Seeds	<i>Trachyspermum ammi</i>
64	Brahmi	<i>Bacopa monnieri</i>
65	Hadjod	<i>Cissus quadrangularis</i>
66	Stone breaker	<i>Phyllanthus niruri</i>
67	Prickly Pear	<i>Opuntia dilleni</i>
68	Sambar onion	<i>Allium cepa</i>
69	Mango	<i>Mangifera indica</i>
70	Capsicum	<i>Capsicum annum</i>

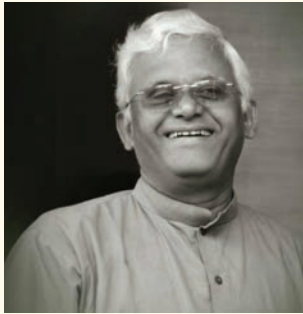
17. Nutritive Values of Different Grains (per 100 grams)

Grains	Niacin (B3) mg	Riboflavin (B2) mg	Thiamin (B1) mg	Carotene ug	Iron mg	Calcium mg	Phosphorous mg	Protein gm	Minerals gm	Carbohydrates gm	Fibre gm	Ratio of Carbohydrates to Fibre
												Healthy if Carbohydrate - Fibre ratio is in single digit
Positive Grains (The 5 Siri dhaanya)												
Foxtail Millet	0.7	0.11	0.59	32	6.3	0.03	0.29	12.3	3.3	60.60	8.0	7.57
Barnyard Millet	1.5	0.08	0.31	0	2.9	0.02	0.28	6.2	4.4	65.50	10.0	6.55
Kodo Millet	2.0	0.09	0.33	0	2.9	0.04	0.24	6.2	2.6	65.60	9.0	7.28
Little Millet	1.5	0.07	0.30	0	2.8	0.02	0.28	7.7	1.5	65.50	9.8	6.68
Brown top Millet *	18.5	0.027	3.20	0	0.65	0.01	0.47	11.5	4.21	69.37	12.5	5.54
Neutral Grains												
Pearl Millet	2.3	0.25	0.33	132	8.0	0.05	0.35	11.6	2.3	67.10	1.2	55.91
Finger Millet	1.1	0.19	0.42	42	5.4	0.33	0.27	7.1	2.7	72.70	3.6	20.19
Proso Millet	2.3	0.18	0.20	0	5.9	0.01	0.33	12.5	1.9	68.90	2.2	31.31
Jowar (Great millet)	1.8	0.13	0.37	47	4.1	0.03	0.28	10.4	1.6	72.40	1.3	55.69
Corn / Maize	1.4	0.10	0.42	90	2.1	0.01	0.33	11.1	-	66.20	2.7	24.51
Negative Grains												
Wheat	5.0	0.17	0.35	64	5.3	0.05	0.32	11.8	1.5	76.20	1.2	63.50
Paddy Rice	1.2	0.06	0.06	0	1.0	0.01	0.11	6.9	0.6	79.00	0.2	395.00

* Findings of Dr. Khadar Vali's research

Source : Dr. Khadar Vali, Mysore





Millet Magic on  YouTube

MILLETS FOR A HEALTHIER LIFE

YOUR HEALTH IS IN YOUR HANDS

<https://www.youtube.com/channel/UCBrHICLFeM9Sv7JJHZXV3yg>

Where to get Siri Dhaanya?

Thanks to the sustained efforts of Dr. Khadar Vali, the cultivation and availability of Siri Dhaanya in the market has increased significantly over the past few years - not just in India but in other geographies as well.

With increased awareness of the health benefits of these 5 specific millets, the consumption of them has gone up. One can now get these Siri Dhaanya at

- Many Grocery stores throughout India.
- In almost all the Online stores in India and in a few countries outside.
- Most of the Indian stores abroad, and
- Even in some of non-Indian grocery stores in foreign shores.

Not seeing Siri Dhaanya in your nearby Store?

If you are not finding them in your grocery store, just ask them to procure for you. Once they see a demand for these 5 millets, they would automatically stock them.

The higher the Demand, the greater would become their Supply. This will lead to more cultivation of Siri dhaanya. And this would further bring down their prices.

Our Health is in Our Hands

Not in the hands of the Doctors or at the Hospitals!

If proper food is Not taken - No Medicine will work

If we eat good food - No medicine is necessary!



Let us go towards Nature

Worship and Adore it.

Let us go back to Siri Dhaanya

And build a Healthy Society - with No diseases