

Sai Vibrionics Newsletter

www.vibrionics.org

"Whenever you see a sick person, a dispirited, disconsolate or diseased person, there is your field of seva."
...Sri Sathya Sai Baba

Vol 11 Issue 3

May/June 2020

In This Issue

☞ From the Desk of Dr Jit K Aggarwal	1 - 2
☞ Practitioner Profiles	2 - 5
☞ Case Histories using Combos	5 - 9
☞ Answer Corner	10 - 11
☞ Divine Words from the Master Healer	11 - 11
☞ Announcements	12 - 12
☞ In Addition	12 - 20

☞ From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

With a heart full of gratitude, I offer my most humble salutations at the Divine Lotus Feet of our loving Lord Sai, as I write to you all on the heels of one of the most auspicious months of the year. We've been blessed to celebrate Easter, Ramnavmi and Sathya Sai Aradhana Mahotsavam (Remembrance Day) during the month of April, though this year things have been a bit different, to say the least. However, one thing is certain - it is our beloved Swami, and Swami alone, who is carrying us through these unprecedented times resulting from the COVID-19 pandemic. Swami says, "The very joy derived from service reacts on the body and makes you free from disease." We, as Vibrionics practitioners, bear testimony to this dictum.

As soon as we learnt that COVID-19 was going to have a widespread global impact, our senior vibrionics practitioners put the wheels in motion for a well-coordinated response on both fronts – research and treatment.

Armed with continually changing information about this novel virus, our research team analysed various proven remedies for similar diseases. Connecting with Swami through meditation and on receiving His guidance, they arrived at the most appropriate remedies for the situation. Even as most countries went into 'lockdown mode', vibrionics practitioners all over the world, while strictly adhering to their local government guidelines, stepped up to the cause and began distributing these remedies to act as 'immunity booster' for both prevention and treatment of this virus. It is heart-warming to note that many practitioners who were passive have also sprung to action keen to serve. We take no credit for it - Swami is the one and only 'doer' - and the results have been overwhelming! Over the last two months we have continually received excellent feedback from those who have taken vibrionics remedies.

We are extremely fortunate that the Sathya Sai Seva Organisation has stood behind us through this time and extended us their support. I reached out to the All-India President of the SSSSO and he graciously offered his help by immediately directing the various State Presidents to give our practitioners their full cooperation. With Swami's immense grace, doors opened to vibrionics practitioners nation-wide in India. They really put themselves out in these trying times and worked selflessly to reach out to as many people as possible. I would humbly suggest that the key practitioners keep in touch with their respective local Sai Organisation leaders and enlist their help in building awareness about vibrionics amongst devotees. In this way they can get the 'immunity booster' distributed on an even larger scale and by doing so, we may be able to play our small part to help 'flatten the curve'.

As practitioners who have seen the wonders of vibrionics first hand, you will not be surprised to know that we have received news of a good many successful outcomes using these remedies. We are pleased to share with you some inspiring tales and data from around the globe in the "In Addition" section of this issue.

Though the pandemic is taking a devastating toll on humanity - economically, emotionally, mentally, physically, with the loss of many lives, it has at the same time presented us with a phenomenal opportunity

to immerse ourselves in selfless service and help so many more people! Be sure to follow up with new patients to whom you gave Immunity Booster and check with their family members for stress, depression or other health conditions that vibrionics can help with. Another significant recommendation I have for all practitioners, coming out of our experience in proactively dealing with this pandemic, is that in the future, for maximum impact, we need to stock-up with sufficient inventory of bottles, sugar pills, and the base tincture (ethyl alcohol).

I am concerned that as the curve of new cases starts to flatten, there will be a tendency amongst the general public and even amongst our practitioners to become less vigilant about practising social distancing and adhering to other precautionary guidelines. Make no mistake that this will be reckless on our part as we will put many lives at risk; especially, those who are more susceptible to infection such as the elderly and those whose immunity is already compromised in some way. I strongly encourage all practitioners to continue to practise high levels of hygiene and take all protective measures until COVID-19 is under complete control.

Swami said "In every action of your daily life manifest selfless love. Divinity will emerge from that!" - *Divine Discourse, Jul 5, 1996*. I pray that He works through us to contain this deadly pandemic and keep us all safe and healthy! It is understandable that there is a huge amount of fear with regard to several aspects of life – health, personal relationships, economy, and general uncertainty about the future. We must remember Swami's words "Why fear when I am here", and we should pass this message to all those we interact with (patients, friends, families, neighbours, underprivileged) to touch their lives in a meaningful manner.

In loving service to Sai

Jit K Aggarwal

❧ Practitioner Profiles ❧

Practitioner ^{10354...India} is a qualified chemical engineer with post-graduation in chemical plant design. After 25 years of service in well-known IT companies, he took voluntary retirement in 2012 to pursue his interest in construction and real estate business which he has been doing in Bengaluru for the past 6 years.



In 2002 when he was on an official posting in Muscat, his friend took him to a Sai bhajan which he liked very much. As he read books on Sai Baba, he started perceiving Him as God. Within a year, irrespective of where his job took him, he became an active participant in the various service activities of the Sai organisation. He also started to visit Puttaparthi for annual seva as a member of the Maharashtra seva dal. In 2008, inspired by the Pune Sai group, he along with many others sought admission to the vibrionics course.

After qualifying as an AVP in December 2008 and a VP in October 2009, he started to participate in health camps in and around Pune and treated many patients for a year. Later, due to job pressures, he could not devote exclusive time for vibrionics for a few years. In 2018, driven by a keen desire to reactivate his practice, he did the online course as suggested by Dr Aggarwal and attended the AVP workshop at Puttaparthi in July 2018 to refresh his knowledge.

From the following month, he started treating patients every Thursday morning at a Shirdi Sai temple in Bengaluru. After a few months he, supported by another practitioner¹¹⁵⁹⁷, started to do seva in the evenings at another Shirdi temple where between them they attend to 60-70 patients who come from far off places of the city and from remote areas. As patients improved or got cured, they referred more and more people to the Thursday camps. The practitioner attributes this to vibrionics as well as the positive ambience of the temples. During Shivaratri, on 21 February 2020, he treated patients single-handed until the early morning hours. He also does regular vibrionics seva at the medical camps of the Sai organisation held in remote areas on the last Sunday of every month.

The practitioner reveals that some patients were directed in their dreams by Shirdi Sai Baba to visit him, for instance:

- An 11-year-old boy who could barely speak because of his enlarged thyroid goitre was brought to him in May 2019, soon after she had such a dream. She had undergone much suffering by taking the child to

several hospitals and also spent a lot of money in treatments. The boy's condition improved by 60% within 2 months; as of March 2020, he is 90% cured and his vibrionics treatment is continuing.

- A 39-year-old woman was directed in a dream to stop all costly medications being taken by her and her two young children and to visit the temple for vibrionics treatment instead. In just 3 weeks, she was completely relieved of her 10-year-old migraine, indigestion, and sleeplessness. Similarly, her daughter and son have recovered from their chronic problems by 95% and are continuing to take the remedies diligently.

He has treated more than 4000 patients so far. Many have substantially improved from ailments such as high blood pressure and diabetes; several have been cured of piles, gastroenteritis, irregular or painful menses, polycystic ovary syndrome (PCOD), leucorrhoea, hair fall, migraine, kidney stones, hay fever, breathing problems, epilepsy, knee and muscle pains, and allergies.

The practitioner shares some interesting cases:

- Two women had suffered 3-4 miscarriages in the past 2 years; after 5 months of treatment, they had normal pregnancies and delivered healthy babies.
- A 30-year-old construction worker suffered from multiple problems including piles, stomach ulcers, and gas for more than 3 years. Before consulting the practitioner, the patient had taken treatment in various hospitals without improvement. He became free from all symptoms within 3 months.
- Seven Type-2 diabetic patients, who took vibrionics for 6 months gradually tapered off the allopathic medication over a 3-month period in consultation with their doctors and are continuing only vibrionics remedies; their sugar levels are stable for more than a year.
- Some of his Type-1 diabetic patients, whilst continuing their insulin, have reported substantial improvement in their overall health and energy level after starting vibrionics.

For muscle pain, burns, cracked heels, non-infected sores, and skin rash, he gives for quick relief, in addition to pills, a remedy in plain petroleum jelly mixed with vibhuti for external application. For hair problems and baldness, remedy made in coconut oil for applying to the scalp has immensely helped his patients. Children who were given **CC12.2 Child tonic + CC17.3 Brain & Memory tonic** for 2 months showed distinct improvement in studies; those who continued for 9 months or longer, excelled in studies, sports, and even general behaviour. The practitioner shares that during the dengue epidemic of 2019, none of his 250 patients from 150 families, who were given **CC9.2 Infections acute + CC9.3 Tropical diseases + CC9.4 Children's diseases**, contracted dengue fever, even though it was widespread in his area. Since March 2020, he has given the prescribed remedy, called **Immunity Booster**, to 300 families, as a preventive for the new coronavirus COVID-19, along with instructions on hygiene.

In order to treat a large number of patients in a short time, the practitioner uses his Wellness Kit extensively. He has made an enhanced version of wellness combos by further adding to the existing remedies, those which generally suit the needs of his patients. Depending on their age and situation, he counsels his patients on lifestyle. His advice normally includes good water regimen, healthy diet to include fresh vegetables and fruits, avoiding processed food, taking daily walks, and above all offering their problems at the Divine Lotus Feet. In his experience, a holistic approach results in faster cure and minimises the possibility of recurrence in chronic ailments.

The practitioner is supported by his wife in his weekly clinics and monthly camps. She plays a key role in managing the queue, administering the first dose in the mouth, explaining the precautions as well as giving health tips. He sincerely believes he is an instrument in the Hands of Swami and his life's purpose is to serve humanity with humility and dedication to fulfil His dictate: "*Manav seva is Madhav seva*" ("*Service to Man is Service to God.*")

Case to share:

- [Chilblains, pain in wrist & fingers](#)

+++++

Practitioners ^{12013 & 11553...India} are a devout couple from spiritually inclined families. The husband, a qualified mechanical engineer with a postgraduate diploma in management studies, retired in 2010 as Senior General Manager after 38 years of service in a reputed organisation. The wife, a graduate in science as well as education, served as a High School teacher for 30 years before retiring in 2012. The husband grew



up witnessing Swami's miracles and his wife came into Sai fold after marriage. For the last 40 to 45 years, they have been active participants in the Sai organisation and were blessed by Swami

with many miracles. The wife has been a Balvikas guru since 1985 and is presently serving as Balvikas and Mahila coordinator at the local Sai Centre where the husband is serving as Spiritual coordinator. In 2011, the husband got an opportunity to play a lead role in getting the sponsorship, material procurement, and timely execution of a project that brought water to a village on a hill in Raigad district of Maharashtra. A well was built with the

help of local villagers on the river side and water was pumped up into a tank built on the hill. This brought untold joy to 200 inhabitants who had to face enormous difficulty for years in getting water from the plains. In 2008, the couple had the good fortune of closely associating with a senior practitioner. They witnessed how patients were getting cured by vibrational medicine with no side effects. They were inspired and motivated by the practitioner to undergo training and become vibrionics practitioners themselves. Soon after retirement, the husband completed his training in 2011 and his wife followed suit to become an AVP in 2012. Initially both husband and wife treated themselves and obtained relief from their chronic problems of acidity and knee pain respectively. This increased their confidence and conviction in treating various ailments. In the last 8 years, they have treated 500 patients and have achieved success with varied ailments such as varicose veins, acidity, diarrhoea, fever, cough and cold, rhinitis, migraine, vertigo, epilepsy, paralysis, arthritis, frozen shoulder, back pain, and psoriasis.

Many of their patients, having previously tried various remedial measures without much success, have finally resorted to and were cured by vibrionics. Such persons are very happy and boldly proclaim to others with similar problems that only because of vibrionics, they have got cured. In general, they find that the degree of improvement in a patient's condition depends on the nature and history of the illness, the patient's faith, patience, and perseverance. Those expecting instant cure get disheartened if there is only marginal relief. In such cases, the practitioners work with them to build confidence and trust in continuing to take the remedies as advised. In their experience, about 70% of all patients get cured.

The practitioners have also been participating in weekly health camps conducted by their Sai Samiti. During one such camp in June 2016, they came across two male patients in their early 40's who were suffering from psoriasis for many months. One took homoeopathic and the other allopathic treatment, with no relief in either case. Within 2 months of taking the remedy **CC21.3 Skin allergies + CC21.5 Dry Sores + CC21.10 Psoriasis**, orally and in coconut oil for external application, the first patient got completely cured; it has not recurred for nearly 4 years. The other patient got about 80% relief in 4 months and the treatment is continuing. The couple feels that vibrionics should become a part of all health camps of the Sai Organisation, as many doctors, because of their faith in Swami and knowledge of vibrionics, refer their patients to them to expedite the cure. This applies specially to chronic illnesses like constipation, piles, sleeplessness, knee pain, back pain, and asthma because patients seek stronger medicines (for faster cure) for these ailments, as these make their routine chores challenging.

The practitioners also send remedies by post, to relatives and friends in different parts of India. When they visit their children in USA, normally once in 2 years, they carry with them, in addition to their Wellness kit, 36 essential remedies chosen from the 108CC box. These are for commonly occurring acute problems like cold, cough, fever, headache, indigestion and all pains as well as remedies for certain chronic ailments based on prior information received. Many Sai devotees in the USA have benefitted from their seva. Their daughter's family has developed strong faith in vibrionics, so much so that their 4-year-old granddaughter only asks for "vibrionics medicines" whenever she is not well.

The practitioners feel that it is a blessing to humanity that such a medicine, which works at the vibrational level and has no side effects, is available and is free of cost! They give vibrionics remedies with firm faith that Swami is healing and they are only His instruments. Their own conviction about the efficacy of vibrionics has grown many folds over time. They are of the opinion that as more and more people get cured, they will recommend it to others and this field of medicine will grow. In the future, they hope that more devotees will get trained in vibrionics and reach out to areas not yet receiving its benefit. Doing seva through vibrionics is very fulfilling, like an offering to God, they conclude!

Cases to share:

- [Acidity](#)
- [Migraine](#)
- [Bell's palsy](#)

Case Histories Using Combos

1. Chilblains, pain in wrist & fingers ^{10354...India}

For the past 10 years, a 42-year-old senior security officer working in shifts at a construction site suffered from severe pain in the joints of his hands especially the wrists. Due to exposure to cold evenings in the winter season, he had chilblains (small lesions caused by the inflammation of tiny blood vessels after exposure to cold air and tend to affect the skin on the hands and feet) as a result of which he could not easily bend or straighten his fingers. He also had burning sensation in palms and slight swelling on his feet. His pain was intense during the winter, particularly during night shifts when his fingers became red, numb, and stiff as if they were frozen. His condition improved as the weather became warm. For many years, he was under allopathic medication prescribed by his physician, but there was hardly any improvement. As he could not get proper sleep due to pain, he had to depend on painkillers. In addition, he often suffered from memory loss. On 30 September 2018, when he visited the practitioner at his regular health camp, he was given:

Move Well-2* + Tiredness/Fatigue + CC9.2 Infections acute + CC12.4 Autoimmune diseases + CC15.6 Sleep disorders + CC21.2 Skin infections + CC21.3 Skin allergies...QDS**

After a month on 1 November, the patient reported that he could move his fingers reasonably well without much pain; the burning sensation in his palms and the swelling on his feet had vanished. He was very happy that he could ride his bike himself after having been a pillion rider for the past 10 years. He also slept well without the need for a painkiller! Seeing substantial improvement in his condition, the patient stopped the allopathic medicines. On 22 November 2019, he became free from all symptoms and the dosage was reduced to **TDS**. In December he did not come to the camp for a refill but reported in January 2020 that he was 100% fit. The whole winter had passed peacefully without the usual symptoms of pain, redness, numbness, or stiffness. He was feeling healthy and could carry on his duties without any problem. The patient was confident that his symptoms would not recur, so did not come back but he referred many of his friends for treatment at the camp. As of April 2020, there has been no recurrence.

Editor's note: According to the specific need of patients at the camp, the practitioner has added further combos to his Wellness Kit and he used two such combos (see below) to treat this patient. **CC9.2 Infections acute** was added to prevent possible respiratory infection as the patient was exposed to climatic variations due to shift work. Skin remedies were included to avoid possible infection due to chilblains. **CC15.6 Sleep disorders** was not given *separately* as he needed to rest and sleep *during the day*.

***Move Well 2: CC3.7 Circulation + CC12.1 Adult tonic + CC18.5 Neuralgia + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine**

****Tiredness/Fatigue: CC3.1 Heart tonic + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic + CC18.1 Brain disabilities**

2. Acidity ^{12013...India}

A 62-year-old male, being in a senior management post, was promoted to a position of even greater responsibility in the year 2006. This brought in a lot of stress and soon he developed acid reflux, flatulence, and belching with sour taste in the mouth after every meal, especially breakfast! Also, the frequency of his morning bowel movements increased from once to 2-3 times daily. In early 2007 his physician prescribed pantocid tablets to be taken once a day and he continued this for 5 years until 2011. This gave him good relief but all the above symptoms were still experienced 2-3 days a week. On his retirement in 2010 office stress was gone but he was still stressed as he became busy due to taking a lead role in many seva activities. He was still dependent on his allopathic tablets as he thought he had no other option. On becoming a vibrionics practitioner in 2011 he took the opportunity to treat himself and on 8 November he started taking the following:

CC4.1 Digestion tonic + CC4.10 Indigestion + CC15.1 Mental & Emotional tonic...QDS

Within 3 months he was free from belching, his bowel movements became normal, and acid reflux and flatulence reduced by about 70%. So, on 15 February 2012 he reduced the intake of pantocid to alternate day and by 31 March to twice a week, while continuing vibrionics at the same dosage. On 1 July, as he got

100% relief from all the symptoms, he stopped taking pantocid and reduced the dosage of his remedy to **TDS**. After 2½ months, as none of the symptoms recurred, he reduced the dosage to **OD** and stopped on 15 November 2012. There has been no recurrence to date.

+++++

3. Migraine ^{12013 & 11553...India}

A 29-year-old female suffered from intense headaches for 15 to 20 days in a month from December 2014. The pain would start above the eyes and become severe towards the left side of the head and last the whole day till she slept. Sometimes it was accompanied by chill and fever and the temperature would go up to 102° F and would only come down if she took medicine. As the CT scan showed no abnormality, she attributed her condition to excessive work pressure and consequent mental stress. She took allopathic medicines for about a year but as she developed a burning sensation in her stomach, she discontinued them.

in December 2015. She then switched over to homoeopathic treatment and was 75% better by January 2017. The frequency of headaches had reduced to once a week, was less severe, and lasted up to 3-4 hours each time. In June 2017, as there was no further improvement and it was a lot of financial burden, she stopped the treatment. After about 15 days the headaches returned with the same intensity and frequency she had suffered before starting the medicines. Hence, she had to resume the treatment. It took eight months to reach 75% improvement which seemed to have reached a plateau. From then, she started looking for alternatives that could give total relief. Soon she came to know about vibrionics. She stopped the homoeopathic treatment and on 15 February 2018, she consulted the practitioner who gave the following:

CC4.10 Indigestion + CC11.3 Headaches + CC11.4 Migraines + CC15.1 Mental & Emotional tonic + CC19.5 Sinusitis...6TD

On 30 April 2018, the patient reported that she was feeling much better than before as she suffered headache only once in 10-15 days during the past 2½ months; the intensity was much less and the headache lasted for 2-3 hours. On 30 June, as the headaches were less frequent and would last only for about an hour, the dosage was reduced to **TDS**. The headache became progressively milder and disappeared by 30 September 2018, giving her much needed relief. She preferred to continue the remedy at **TDS** for a few more months as she dreaded the possibility of a recurrence. In April 2019, the dosage was reduced to **OD** which is still being continued as of April 2020 since the patient is not willing to stop or taper it down any further.

+++++

4. Bell's palsy ^{12013 & 11553...India}

A 62-year-old female in USA was undergoing excessive stress in her life for the past 6 months. On 4 June 2015, while driving, she felt a sudden numbness and painful twitching on the left side of her face and had to pull-over her car on the side of the road. As she felt that her face was paralysed, she went to a hospital for urgent care. The physician who diagnosed it as Bell's palsy, did not give her much hope and told her that it would take weeks of steroids and physiotherapy to bring about some improvement, if any. She chose not to take steroids but started physiotherapy twice a week as advised. As her mouth drooped to the left and she had no sensation, she could not take in food or chew on that side of her mouth, otherwise she would bite her cheek or lip in the process. As there was no improvement, she became worried and her stress level became even higher. In the early morning of 18 June 2015, she felt desperate and prayed intensely to Swami. She got a message from within that she should take treatment from the practitioners, her friend's parents currently on a visit to USA. She rang them immediately and their daughter soon brought to her the following remedy:

CC15.1 Mental & Emotional tonic + CC18.4 Paralysis...6TD

On 21 June 2015, when the practitioners visited the Sai centre, they were pleasantly surprised to see her without any sign of facial paralysis. She joyfully conveyed that her face became perfectly normal within 48 hours. There was no damage to the nerves and she felt 100% fine. On 24 June 2015, the dosage was reduced to **TDS**. As the patient did not feel the need to continue the remedy for long, she stopped it after a month. She continues to be in touch with the practitioners. As of April 2020, there has been no recurrence.

Patient's testimonial:

"After 48 hours, my face was fully restored to normal, without paralysis or nerve damage. Before the vibrionics, I could not even blink my left eye and had to use my finger to close it and wash with water often. By Swami's Grace and love of Uncle, through vibrionics I was completely healed and restored to normal.

"The doctor was astonished at the news, as he had never experienced such a quick recovery- especially without any physical therapy or steroids – which is what they suggested. His quote was *'this is definitely what you call a miracle, one I haven't seen in all my days as a doctor,'*"

+++++

5. Anxiety, depression, panic attack, tinnitus ^{02899...UK}

A 63-year-old female was suffering from anxiety, depression, panic attacks and a touch of insomnia for the past 10 years. She had become totally dependent on allopathic medications because these helped control the panic attacks; also, she was able to go to work and carry on with her normal activities. If she stopped taking them for a while, her symptoms would return and her condition worsen. She would only feel better if she re-started taking the medication and then it would take her a long time to normalise. The current phase of illness started on 1 April 2016 when the panic attacks became very severe coupled with constant buzzing (tinnitus) in her head and loss of appetite. She would just go to work and return straight home and had no interest in going out or receiving visitors at home. The continuous buzzing sound in her ears was keeping her awake and the sleeping tablets did not help. It was so bothersome that she had to stop going to work in July 2016. The doctors wanted to determine the cause of buzzing. On 24 July 2016, she was sent for an MRI scan of the brain but her condition deteriorated. Even though she believed strongly in allopathy, due to their 20-year-old friendship, she agreed to see the practitioner on 23 August 2016 and was given:

#1. CC5.3 Meniere's disease + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC15.6 Sleep disorders + CC17.3 Brain & Memory tonic...TDS

The patient's twin sister was in touch with the practitioner and told her that she did not take #1 after the first dose. During the next two months her condition was progressively getting worse, so she was moving in and out of hospital. She was hardly eating anything, became very weak and she could not sleep. She was in no position to go out of the house. All this made her feel that there was nothing anyone could do to help. She told her sister that she felt that she was going to die.

In desperation, the sister contacted the practitioner on 28 October 2016. As the patient had no inclination to take the vibrionics remedy the sister asked if anything could be done for her. Having just completed her SVP course the practitioner offered to treat by broadcasting which started on 31 October using a full-length picture of the patient. The combo used was:

#2. NM5 Brain TS + NM6 Calming + NM12 Combination-12 + NM88 Meniere's Disease + SM39 Tension + SM41 Uplift...TDS

The same day, the patient felt calmer and had a little food. That very same evening, she went out to see her son and grandchildren. While the broadcasting continued, she ate a little more each day and even started to converse normally. In just 3 days there was 50% improvement in her panic attacks and appetite but the buzzing in her head continued. So, on 3 November 2016, the remedy was enhanced to:

#3. SM19 Ears + #2...TDS

By 8 November 2016, the patient was a lot better but the buzzing sound in her head was only 50% better. She had only now received the MRI scan results which showed everything was normal. The patient was now willing to take the remedy orally so her sister delivered #3 to her and hence, broadcasting was stopped.

By the last week of January 2017, the buzzing in the patient's ear had reduced by 60%. At this juncture, she was seen by a consultant who diagnosed that the buzzing was caused by chemical poisoning due to taking a mixture of allopathic medicines over a long period of time. The doctors started to reduce the medicines while she continued taking vibrionics and she made rapid progress to 90% improvement in all her symptoms by the end of March.

So, the dosage was reduced to **BD** with advice to gradually taper it down before stopping. There was 100% recovery by end of July 2017. She is currently not taking any allopathic medication and is completely normal and started fulltime work in September 2017.

Practitioner's update as of March 2020: The patient had actually stopped taking the remedy when the dosage was reduced to BD and kept quiet about it. She continued to do well without any medication till December 2019 when she had a mild relapse of anxiety symptoms. But she chose not to take any medicine, including vibrionics, confident that she can heal herself. Despite the mild relapse, the positive side of the case was that a patient in a severe condition for 10 years could get nearly complete relief within 5 months of vibrionics treatment and had become strong enough to handle herself without any external aid.

*If using the 108CC box, give for #2: **CC5.3 Meniere's disease + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.2 Cleansing**; for #3: **CC5.1 Ear infections + CC5.3 Meniere's disease + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.2 Cleansing***

+++++

6. Infertility - erectile dysfunction, ovarian cyst ^{10980...India}

A young couple had been trying to have a baby for 3 years since their marriage in 2011. On 10 March 2014 the 26-year-old husband came to the practitioner with his medical report which showed that he suffered from erectile dysfunction. He had taken ayurvedic and later homeopathic treatment, at a huge expense, for 2 years but without any success. He was given the following:

CC14.3 Male infertility...TDS

After 2 weeks the patient reported that his erection was 50% better than before. On 5 April 2014 he came with his wife, both looking happy as his erectile dysfunction had completely disappeared. He continued the remedy for another 2½ months at TDS and stopped it on 20 June 2014 of his own accord as he felt he did not need it any more.

Inspired by the husband's quick improvement, the 23-year-old wife wanted to try vibrionics for her problems too. She had irregular and delayed periods for the past one year, the time gap between her cycles being 2 to 3 months. An ultrasound scan conducted in December 2013 revealed an ovarian cyst. She was given on 5 April 2014:

CC8.1 Female tonic + CC8.4 Ovaries & Uterus + CC8.8 Menses irregular...TDS

Her next 3 cycles during May to July 2014 were regular and within a month of the previous one. To their great delight the wife conceived in August 2014. A routine scan taken during her pregnancy showed that there was no cyst. Though she was advised to continue the remedy during pregnancy, the couple only contacted the practitioner to give her the good news that a healthy baby girl was born on 29 May 2015. She conceived again and gave birth to a baby boy in May 2018, both mother and child were healthy. Now the whole family takes only vibrionics remedies for any health issues. As of April 2020, the parents and the children are doing well.

Patient's Testimonial dated 15 March 2019: I and my wife took vibro medicine in March 2014 for my erectile dysfunction and my wife's ovarian cyst and irregular periods. We didn't have a child until 3 years after marriage due to above issues. After taking medicine for 3 months my wife conceived and we were blessed with a baby girl in May 2015. Recently in May 2018 we were blessed with a baby boy. From 2014 till date we haven't taken any other medication for the above problems, neither did they recur. We are grateful to vibrionics treatment and Sai Baba for helping us recover from these issues.

+++++

7. Menstrual pain, anaemia, acidity ^{11585...India}

A 38-year-old female from a remote village suffered from severe pain during every menstrual cycle for the past 25 years, though the bleeding was normal. On her physician's advice, she took painkillers only when the pain became unbearable. Two years ago, she developed a burning sensation in her stomach and took antacids to cope with it. In March 2017 she was found to be anaemic as her Hb count was 7, much below the normal range of 12 -16 g/dL. On 25 April 2017, she visited the practitioner and complained of weakness and fatigue. She was given the following remedy:

For Menstrual pain and anaemia:

#1. CC3.1 Heart tonic + CC8.8 Menses irregular + CC12.1 Adult tonic...TDS

She discontinued the painkillers before starting #1 but continued with antacid. During her follow-up visit on 19 May 2017 she was happy to report that she had **no pain** during menstruation **for the first time in the past 25 years**. She was asked to continue #1 and was also given:

For Acidity:

#2. CC4.10 Indigestion...TDS

At this point, she discontinued antacids too. After 8 weeks on 16 July, she informed the practitioner that she was free of pain during the menstrual cycles of June and July and fully relieved from acidity. She no longer felt weak or fatigued and did not feel the need to go for another blood test. The dosage of #1 and #2 was reduced to **BD** for two weeks, then to **OD** for the next two weeks, and gradually tapered down to **OW** before finally stopping on 30 September 2017. Inspired by the curative effect of vibrionics, her family members also started taking treatment from the practitioner. As of April 2020, she confirmed she was healthy with no recurrence of any symptoms.

+++++

8. Constipation ^{11614...India}

A 61-year-old woman suffered from constipation for the past five years in spite of her taking 2 litres of water per day and a balanced diet that included fruits and vegetables. She could not pass motion without straining herself unless she took laxatives every other day. Three months ago, her condition became so bad that she took laxatives every day. Even then she could pass motion only once in 3 days and that too with great difficulty. On 7 September 2019, she was given:

CC4.1 Digestion tonic...TDS

After a week the patient reported 30 to 40% improvement as she could now pass motion on alternate days and with less difficulty. After another week she got 100% relief and could pass stools every day with ease. On 4 October 2019, the patient confirmed that she had stopped taking laxatives 3 days ago; the bowel movement was now normal and her 5-year ordeal was really over. The dosage was reduced to **OD** and slowly tapered down to **OW** on 23 October. She stopped taking the remedy by herself on 28 October 2019, as she did not feel the need for it. As of April 2020, there has been no recurrence.

+++++

9. Spondylitis, skin itch ^{11614...India}

A 54-year-old male was suffering from multiple problems when he visited the practitioner. He had persistent pain and stiffness in both his shoulder and neck for the past six months and could not move his neck without discomfort. But he did not take any medicines. Additionally, three months ago he developed itching on his left hand and left shin, this was bothering him all the time. Application of ointment as prescribed by his physician did not help, so he stopped applying it. Fifteen days ago, the neck and shoulder pain had become unbearable and he also started having pain in his whole body every night. Som he went for a check-up and it was diagnosed as spondylitis. The doctor prescribed physiotherapy which he attended for one week, this did not help much. Henceforth, it was supplemented with allopathic medicine during the second week. This gave him some relief but the pain still persisted. Further onwards, 3 days ago, he started to experience numbness in his left shoulder. He then decided to stop taking allopathic treatment and to take vibrionics instead. On 29 September 2019 the practitioner gave him the following remedy:

CC20.5 Spine + CC21.3 Skin allergies...TDS

Within 5 days the patient became free from numbness, pain and stiffness in the neck and shoulder. Additionally, itching improved by about 60-70%. By 17 October 2019, he was 100% free from all symptoms that had been bothering him. He said, it was nothing short of a miracle for him to get relieved from all physical discomforts within 18 days of vibrionics treatment. The dosage was first reduced to **OD** and then tapered down to **OW** over a period of 3 weeks and stopped on 7 November. On 19 December 2019 the patient confirmed that all was well. As of April 2020, there has been no recurrence.

+++++

10. Papular Urticaria ^{03552...UAE}

A 37-year-old pregnant female had itching on her hands, feet, and abdomen. She was 6 months' pregnant and was diagnosed with papular urticaria 3 weeks ago. The doctor prescribed corticosteroid skin cream which the patient was reluctant to use. Hence, she resorted to herbal treatments such as neem paste, aloe vera gel, and oat meal bath but these had little effect. She saw the practitioner on 18 July 2016 and was given:

#1. **CC13.1 Kidney & Bladder tonic + CC21.3 Skin allergies...TDS** & in water for external application...**BD**, in the morning after her bath and at night before going to bed

#2. **CC8.2 Pregnancy tonic...TDS**

Next day, itching on the hands and feet became aggravated but the patient continued taking the remedy **TDS**. After two days the aggravation subsided and within that week the itching on the hands and abdomen became 90% better and that on her feet got reduced by 50%.

By the end of the third week on 7 August 2016, the itching was resolved completely. The patient was happy when she noticed that the pain she used to have at the site of her previous caesarean section had also disappeared. Dosage of **#1** was reduced to **BD** for a week and then **OD** for a month before stopping on 15 September. She was advised to continue **#2** till her delivery. A healthy child was born in October 2016. When the patient last contacted the practitioner in 2019 there was no recurrence of itching.

+++++

☞ Answer Corner ☞

Question 1: Can I take my remedy for any other acute or chronic problem along with the Covid-19 prophylactic remedy?

Answer: Covid-19 preventive remedy should be taken on its own (without combining with another remedy) on waking up in the morning. Remedy for any other problem may be taken 20 minutes after that. Incidentally, we know that the 20-minute rule also applies to a nosode and a miasm, when it becomes inevitable to give it with another remedy. We have always taken the view that a 5-minute gap between remedies is usually sufficient but according to latest research, a 20-minute gap is found to be ideal in all cases.

+++++

Question 2: For acute problems within my family, I find that a drop from 108CC box put directly in water is quick to prepare and more effective than pills dissolved in water. Can I do the same for my patients also?

Answer: Yes, you may do that but bear in mind that water remedy will last as long as the quality of water remains good for oral consumption, say a week. Therefore this method may not be practical in case of a chronic problem, unless the patient is able to visit you every week for a refill. (Also refer to Q3 from vol 9 #2)

+++++

Question 3: The copper wells in my SRHVP have become very tarnished over the years. Does this in any way affect the remedies prepared? Is there anything I can use to remove the tarnish?

Answer: It does not matter if the wells have become tarnished because this does not affect the quality of the remedies made. However, it is recommended that the wells are cleaned periodically using a few drops of ethyl alcohol on a soft white cloth.

+++++

Question 4: I have recently started using a diffuser (instead of using a spray bottle) for dispersing the remedy CC15.1 Mental & Emotional tonic in my house to ward off negative energies. Would you recommend the use of a diffuser?

Answer: On the face of it, the use of a diffuser seems a good idea because it continuously produces a fine spray or mist which can disperse to a wider area of the room. No doubt in the case of something physical like flower essences a diffuser will be very helpful. But when one is spraying a remedy, it is done while praying. By leaving the remedy in a diffuser, one is likely to forget about the prayer aspect which is at least as important as the remedy itself. It is therefore better to proactively spray/sprinkle rather than use a diffuser. Further, the thoughts, feelings, and visualisations of the people living in the house also play an important role in warding off negative energies.

+++++

Question 5: My patient who lives abroad has systemic lupus for which, as per the SVP manual, blood nosode works well. He is unable to send a blood sample. Is there an alternative?

Answer: Yes, there is. Blood nosode is primarily used to treat blood disorders but because blood carries the complete energetic signature of a person, it is also used to treat any complicated or systemic disease. The only other body part which carries a complete imprint of a person is hair which, although used primarily to treat hair problems, can also be used to treat any systemic disease. So, in the case of your patient, hair nosode should be just as effective as blood nosode.

Note that a nosode made from morbid matter in the body such as urine, sputum, pus, ear/eye/nasal discharge is used to treat ailments of corresponding bodily system or organ. Blood or hair nosode could also be used for these ailments, but the nosode made from the specific morbid matter will achieve a much faster result.

+++++

Question 6: I would like to potentise 4 different allopathic medicines that my patient is taking, these are causing some new problems for him due to their side effects, though these are working well for his various health problems. Could the potentised remedy cause a severe pullout?

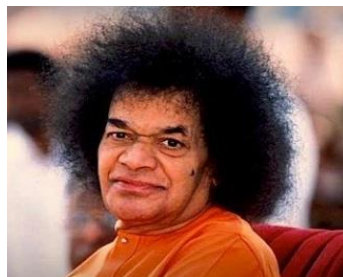
Answer: The fact that the medicines your patient is taking are causing some new problems implies that there is a build-up of toxins. The potentised remedy can help with the side effects by pulling out those toxins from the body. In most cases, this pullout is silent, so the patient does not feel any discomfort. But in a few cases this pullout can be strong, thus causing some suffering and we have no way of getting a forewarning of this. Therefore, it is wise to err on the side of caution by starting with a low dosage, say OD or even a single dose and then slowly increase to TDS. Incidentally, exactly the same applies when a patient is treated with a potentised allergen.

+++++

Question 7: As one's mind is the root cause of all diseases, is it possible that it is also responsible for an illness caused by an accident when one did not have an iota of a thought of accident at that time?

Answer: When a person meets with an accident and gets injured, it would appear that his mind could not have been responsible for it since he did not consciously think about it. Here we need to be aware that all our thoughts and emotions get recorded in our subconscious mind. A negative thought from the subconscious mind can result in an accident thereby causing injury.

❧ Divine Words from the Master Healer ❧



“Wherever there is dirt and unclean atmosphere, there will be bad and filthy bacteria, while in a clean place where the atmosphere is good and clean, there will be clean bacteria. When we touch an unclean body, there is a possibility of the disease-causing germs flowing into us. Further, that unclean and unsacred body may communicate a part of the uncleanness to us. One body and another are like magnets in this case. This is the reason why individuals who take the path of sadhana, should keep away from unclean surroundings and objects. It is in this context that our ancients have advised that we should go and touch the feet of sacred and elderly people so that the sacredness that is contained in their body is transmitted to us. Similarly, if you touch an unsacred body, the impurity or unsacredness can also enter into you.”

... Sathya Sai Baba, *Good Health is Man's Greatest Wealth*, Summer Showers June 1978
<http://www.sssbpt.info/summershowers/ss1978/ss1978-28.pdf>

+++++

“Avail yourself of every possible occasion to render service to the society. Service need not be limited to individuals. It is important to do national service. You need not seek to know what kinds of service should be done. Whenever you find that you can render help to anyone in need, offer it. Do not make distinctions between rich or poor or the deserving and the undeserving. Offer service according to the needs of the situation. »

... Sathya Sai Baba, *“The Spirit of Service”* Discourse 21 November 1988
<http://www.sssbpt.info/ssspeaks/volume21/sss21-31.pdf>

❧ Announcements ❧

Forthcoming Workshops*

- ❖ **India Delhi-NCR:** Virtual Refresher Seminar 8-12 May 2020, 2 hrs per day contact Dr Sangeeta Srivastava at dr.srivastava.sangeeta@gmail.com
- ❖ **India Puttaparthi:** AVP Workshop **8-14 July 2020** contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** SVP Refresher Seminar **16-17 July 2020** contact Hem at 99sairam@vibrionics.org
- ❖ **UK London:** UK National Annual Refresher Seminar **20 September 2020** contact Jeram Patel at jeramjoe@gmail.com
- ❖ **USA Richmond VA:** AVP Workshop **9-11 October 2020** contact Susan at saivibrionics.usa.can@gmail.com
- ❖ **India Puttaparthi:** AVP Workshop **25 Nov-1 Dec 2020** contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** SVP Workshop **3-7 December 2020** contact Hem at 99sairam@vibrionics.org

* AVP and SVP workshops are only for those who have undergone the admission process and the e-course. Refresher seminars are for existing practitioners.

❧ In Addition ❧

1. Health tips

Spice your day in a healthy way!

"The food we consume should be tasty, sustaining, and pleasant. It should not be too hot or too salty; there must be a balance and equilibrium maintained. It should not arouse or deaden. Rajasic food enrages the emotions; tamasic food induces sloth and sleep. Sattvic food satisfies but does not inflame the passions or sharpen the emotions."...Sri Sathya Sai Baba¹

What is a Spice?

Spice is the dried part of a plant, other than leaves called herbs but *not covered in this article*. It could be a seed or fruit pod (mustard, cumin, coriander, fenugreek, carom, nigella, nutmeg, fennel, anise, star anise, and cardamom); bark (cinnamon and mace), dried bud (clove), flower stigma (saffron), berry (peppercorn, allspice), root or rhizome (ginger, turmeric), resin (asafoetida), or bulb (garlic).^{2,3}

Usage, benefits, and storage of spices

Usage: Spices are used since ancient times for seasoning, flavouring, or garnishing a recipe, as they are aromatic and lend a special flavour, taste, and sometimes colour too! Fresh spices, whole or ground, may be fried or roasted first and then added to a dish near the end of cooking or just before serving to retain the flavour and aroma in food. They can also be added earlier in the cooking process to make them more absorbable. They are good preservatives too as they can inhibit the growth of pathogens in food and enhance their shelf-life.^{4,5}

Benefits: Almost all spices are rich in antioxidants, minerals like calcium, magnesium, potassium, phosphorous, trace minerals like iron, manganese, copper, selenium, as well as vitamins, amino acids, and some with omega-3 fatty acids, in addition to carbohydrates, protein, and fibre. They are considered potent with healing powers due to their antifungal, antiviral, anti-microbial, anti-inflammatory, antiseptic, anaesthetic, and analgesic properties. Thus, they are beneficially used in ancient and traditional systems of medicine. Though research has been inadequate to clinically prove their effect, some studies as well as practices have revealed that spices nourish the body, enhance the mood, and can prevent and treat diseases, even life-threatening ones like cancer, diabetes, stroke, and coronary heart disease.^{2,4,5,8}

Storage: With time, spices do lose their aroma and flavour. So, store them in air tight containers away from sources of heat and moisture so that seeds may last for up to 2 years and powdered spices may last up to 1 year.^{2,4}

Caution: Spices are beneficial and safe only in small quantities, normally 1 teaspoon (2 to 2.5 g) per day but sometimes only a pinch or two. People with medical conditions and pregnant and breast-feeding women should consult their doctor regarding the intake of spices and their quantity.^{2,8}

Specific spices

There are more than 100 varieties of spices,⁵ but we are covering only commonly known 20, Indian names given in parenthesis.

1. Mustard seeds (Sarso, Rai)

These seeds are best sautéed until they pop, before adding other aromatic ingredients. Powdered seeds can be sprinkled on a salad or warm dish, or added to condiments and pickles. Mustard paste made from overnight soaked seeds is also popular.



Mustard seeds

Rich in many minerals and omega-3 fatty acids, it can eliminate intestinal parasites, heal the bronchial system, promote blood circulation to ease skeletal and muscular pains, sprains, and spasms, and also help in healing psoriasis and contact dermatitis.

External application: Patients with sore throats can gargle with tea made from mustard seeds. Adding mustard powder to a foot soak can relieve chest congestion. A mustard poultice can be applied to the body to ease bronchitis, bronchial pneumonia, pleurisy, and all pains. As a cleaning tool, scrub the mixture of a few bruised mustard seeds with water and vinegar on dirty pots and pans, allow it to stand overnight, and wash the pot or pan thoroughly the next day.

Caution: Up to 2 g per day is considered safe. People with thyroid, kidney, or gallbladder problems should consult their doctor.^{6,7}

2. Cumin seeds (Jeera)

In some cultures, cooking cannot be complete without the earthy, nutty, spicy, and warm cumin seeds sautéed and added to vegetables, soup, lentils, or any rice or millet preparation. Its powder can enhance the taste of yoghurt and buttermilk. Rich in iron, calcium, and vitamins A & C, it can prevent and help in curing anaemia, food-borne viral infections, insomnia, and osteoporosis, regulate blood pressure, detoxify liver, promote digestion, lower blood sugar, boost the immune system, and improve energy level. One study revealed that obese women who consumed a high dose of cumin powder in yoghurt at 2 meals daily for 3 months had significant decrease in body weight and fat and stabilised their HDL/LDL cholesterol ratio; in another study, there was a decrease in insulin level in 8 weeks.^{4,8,9,10}



Cumin seeds

A cup of freshly made cumin tea can act as an effective pain killer, especially in stomach aches, decongest the chest, and promote lactation in pregnancy.¹¹

Caution: A pinch (0.1 g) per day is enough to give benefit, up to 0.6 g (1/4 teaspoon) it is considered safe and nontoxic to consume. Taken in excess may lead to problems like heartburn and acid reflux. Avoid its use 2 weeks before surgery and also if one has a bleeding disorder, it tends to slow down blood clotting and lower blood sugar levels.⁸⁻¹⁰

3. Asafoetida (Hing)



Asafoetida

A hard, resinous gum with a strong odour, it is made from dried sap extracted from stem and roots of a perennial fennel plant. Normally available in lumps, granules or powder, it is to be used in *very minute quantity, a pinch or two should suffice*. Once cooked it adds a pleasant flavour and makes lentils and legumes digestible.

It has been in use since the days of Roman empire to prevent spasms and flatulence, and as an expectorant, laxative, and sedative. It helps in treating irritable bowel syndrome, gives relief from breathing difficulty due to bronchitis, swine flu, and asthma, helps in menstrual disorders, supports healthy blood sugar level and blood pressure and maintains cardiovascular health. In some traditional systems, it is used with jaggery to treat convulsions and mental disorders, and with ghee for sciatic pains.

Caution: Traditional dose used beneficially for medicinal purpose is 0.2-0.5 g. Not advisable for pregnant women and infants, those having ulcers, gastrointestinal or bleeding disorders, epilepsy or BP issues, or 2 weeks before surgery.¹²⁻¹⁴

4. Red chillies (Lal mirch)/Paprika/Cayenne pepper

Red chillies/chilli pepper: In India there is a wide variety of red chillies in both dry and powder form, used in special rice preparations, curries, pickles, and chutney (pastes of herbs, vegetables, or lentils). It is a good appetiser. Rich in vitamins A, C & E, it can boost the immune system, keep eyes healthy, fight migraine, sinusitis, cold, and flu. Due to its chemical compound *capsaicin (responsible for the heat element in chillies)*, chilli pepper can prevent life threatening diseases and is used in ointments to give relief from pains, sprains, and numbness.



Chilli Peppers

Paprika: Its taste can range from sweet to fiery. It is a unique ground spice that can be made from multiple

kinds of peppers; sweet paprika is made primarily from ground red bell peppers which lack the chemical capsaicin but are high on vitamin A. Paprika is particularly known to aid in treatment of autoimmune conditions and prevent gastric cancer.

Cayenne pepper: An earthy pepper that would add a punch of heat to any recipe. Normally available in a dry or finely ground form, it is usually hotter than paprika and red chilli. It can particularly help in digestion, toothaches, seasickness, alcoholism, malaria, and fevers, regulate body metabolism, and give relief to those who have difficulty swallowing. Some trials and studies have shown that cream containing this pepper is very effective in treating psoriasis.

Caution: Apply 1-2 drops of oil on the palms and fingers before touching or handling this spice, and afterwards rub some lemon and then wash hands well before touching the face or eyes. Dosage depends on how much heat a person can bear. Not advisable if one has ulcer or acidity.¹⁵⁻¹⁸

5. Black Pepper/Peppercorns (Kaali mirch)



Black Pepper / Peppercorns

When half-ripe berries from the pepper plant are picked and dried, they shrivel and wrinkle, and become dark. These are Black peppercorns, called pepper when ground. Considered king of spices, all you need is a pinch per meal. It is an important ingredient in cough and cold tonics, helps in curing stomach ulcers and vitiligo, and can prevent progression of tumour. Its active ingredient called piperine enhances cognitive brain functioning, fights depression, boosts absorption of nutrients, and improves gastrointestinal function.

When the berries have totally ripened and their outer shell is removed (thus some nutrition is lost), these are called White peppercorns. Taste of white pepper is described as earthy and complex.

Caution: Excess intake may cause burning sensation in the throat or stomach.¹⁹⁻²²

6. Coriander/Cilantro seeds (Dhaniya)

These are warm, sweet, and nutty seeds with a unique exotic flavour. Soak 1½ teaspoon of seeds overnight in two cups of water, strain and drink as coriander tea, or just add it to your morning smoothie.

Studies have shown it lowers blood pressure as well as blood sugar, eases digestive discomforts like IBS, heals mouth ulcers and sores, and fights infections including UTI. It contains a natural compound, dodecanal, which is more powerful than an antibiotic and guards against food poisoning. The powerful seeds are known to support healthy menstrual function and prevent neuro diseases.^{23,24}



Coriander Seeds

7. Fenugreek (Methi)

Used in curries, it has a pungent aroma with a fairly bitter taste that becomes pleasant on cooking. It can be roasted and ground to make coffee. Rich in nutrients, it reduces inflammation (can also be used as a poultice), gives relief from mouth ulcers, boils, bronchitis, and chronic cough, and improves appetite, digestion, and constipation. Traditionally used to induce child birth, it improves lactation in breast feeding mothers, gives relief in menopause, enhances reproductive functions in men, and can greatly benefit athletic performance through increasing strength and helping with post workout recovery. Studies have shown that consumption of fenugreek seeds soaked in hot water can help in the treatment of type-2 diabetes.



Fenugreek

Caution: Pregnant women and those with bleeding disorders and on medication should avoid its use or consult their physician.²⁵⁻²⁷

8. Carom/Caraway seeds (Ajwain)

These have a pungent bitter taste and flavour and are added during cooking lentils, beans and some root vegetables like taro (colocasia) and potato to reduce flatulence; also, in curries, pickles, and Indian bread. Good to roast dry or in ghee (clarified butter) to enhance its flavour.

Well known home remedy for improving appetite and treating flatulence. Chew a few raw seeds after a meal to aid digestion. Tea made with roasted seeds, with little honey if needed, enhances body metabolism, burns fat, gives relief from cough, improves respiration and can reduce inflammation. **Caution:** Unsafe for pregnant women.^{28,29}



Carom / Caraway Seeds

9. Nigella/black cumin (Kalonji)

These jet-black seeds are dry roasted and added for their flavour and aroma to curries, vegetables, lentils, and to some pickles. Extensive research on Nigella has revealed its miraculous healing power! So, it has been widely used in ancient and traditional medicine as antihypertensive, anti-diarrhoeal, liver tonic, appetite-stimulant, analgesic, antibacterial, diuretic, and for healing skin disorders. It can also give relief from allergic rhinitis. A handful of seeds heated with mustard oil can be applied to bring relief to an inflamed joint.



Nigella / Black Cumin

Caution: Normally 1 g ($\frac{1}{2}$ teaspoon) should suffice in cooking, though 0.3-0.5 g used in medicine has shown beneficial effects.^{30,31,32}

10. Turmeric (Haldi)

This famous golden spice is available fresh or dried which can be ground into a fine powder. It has an earthy aroma, slightly peppery and bitter, with a subtle ginger taste, and blends well with other spices. It is considered a prized medicinal spice as its active ingredient is curcumin - a bright yellow natural phenol. As curcumin is fat-soluble, *turmeric should be taken with a healthy fat (coconut oil, olive oil, or ghee) and also with black pepper (as its piperine content enhances the bioavailability of curcumin by 20 times), for its best absorption by the body. Used alone, curcumin gets metabolised before it can get absorbed.*



Turmeric

Due to its potent antioxidants, turmeric can fight diabetes, kill cancer cells and prevent their growth especially in breast, stomach, colon, pancreas, and skin, and prevent heart disease. It can effectively improve digestion, reduce depression, prevent blood clots, fight inflammation and treat arthritis, relieve pain, help with Alzheimer's disease, and heal wounds and improve eczema, psoriasis, and acne. A study found that a chemotherapy drug was more effective at shrinking drug-resistant tumours, when used in combination with curcumin.

Caution: Larger amounts may lead to nausea and diarrhoea.³³⁻³⁸

11. Ginger (Adrak)

It has a peppery and a slightly sweet taste, with a pungent and spicy aroma. It goes well with many vegetables, salads, soup, and sauce. To get the most out of its nutrients, add ginger both at the beginning and the end of cooking a dish. Ginger cookies and ginger tea are a favourite with many. One of the top anti-inflammatory spices, it can settle an upset stomach, nausea, and vomiting, morning sickness in pregnant women, motion sickness, and pains especially in rheumatoid arthritis. Hot ginger water is a great soother during a cold, flu, or cough; its regular intake may keep them at bay. A study found that daily consumption of raw and heat-treated ginger helped in reducing exercise-induced muscle injury and pain. It can help in treating colon cancer too.



Ginger

Therapeutic ginger tea: Boil a 2-inch piece of fresh grated ginger (without peeling its skin) in 2 cups of water for 10-20 minutes. Strain it well and add a pinch of other spices of choice like turmeric, black pepper, or cinnamon, along with a spoon of raw honey and juice of a half lemon to make a tasty ginger tea.

Caution: 1-2 teaspoons of grated or crushed ginger or paste is considered sufficient and safe. Decrease its intake if there is heartburn, diarrhoea, or stomach pain.³⁹⁻⁴¹

12. Garlic (lahasun)

Though a bulb vegetable, it is used as a spice. High in certain sulphur compounds and filled with vital nutrients, it is intensely aromatic and flavourful, very pungent when eaten raw. It may be added to any dish sautéed, raw, roasted, baked, or cooked.

Fresh garlic contains an amino acid called alliin. When a clove of garlic is crushed or chopped, an enzyme, alliinase, is released. Alliin and alliinase interact to form allicin, which is considered the major biologically active component of garlic. Scientists suggest allowing garlic to stand for 10 minutes after chopping or crushing before cooking it, as allicin needs a few minutes to become active. Raw garlic gives the most benefits; cook it at below 140°F as higher temperatures will kill allicin. Best to add garlic when you have almost finished cooking a dish.



Garlic

In the ancient and medieval times, it was revered for its medicinal properties. Grave diggers used crushed garlic as a protection against plague. During the two world wars, it was used as an antiseptic for wounds and to prevent infections like gangrene in soldiers. Considered a super spice next to turmeric, many

studies on its benefits reveal its power in preventing major illnesses like heart disease, stroke, cancer, diabetes, and infections. It can control blood pressure, prevent common cold, hair loss, Alzheimer's disease and dementia, fight fungus and treat athlete's foot. **Note:** Garlic supplements hardly provide any benefits.

Caution: Use it in minimal amount, a clove of garlic a day is recommended for people who suffer from chronic or recurrent infections or low resistance to colds and flu. Those having low BP, ulcers, intestinal issues, and on blood thinners should consult their physician before consuming garlic. It is regarded by spiritual masters as a negative energy food for daily intake, except as a medicine, as it stimulates the nervous system in a big way; not advocated for serious spiritual seekers.⁴²⁻⁴⁶

Onion which is an edible bulb of the same family as garlic is a vegetable, though used like a spice due to its aroma (onions previously covered in 2 parts in vol 5 #1&2).

13. Anise/Fennel seeds (Saunf)



Anise seeds



Fennel seeds

Anise and fennel seeds are from two different plants of the same family, and have similar flavour - sweet, mildly spicy, and aromatic. One can be a substitute for the other, though anise being stronger may be used in lesser quantity. Seeds, whole or powdered, are used in salads, pasta dishes, and vegetables; added to dough for baking cookies, in fruit fillings, hot chocolate or coffee, and also made as tea.

They are often chewed after a meal to freshen breath and to aid digestion. They can fight bacterial and fungal infections, treat stomach ulcers, and ease symptoms of menopause and depression. Studies show use of 5 gm as medicine improved postmenopausal symptoms. As a spice, ½ to 1 teaspoon should suffice. *Star Anise (a star-shaped spice) should not be confused with Anise as it comes from a different family of plants but both have liquorice-like flavour with similar health benefits*^{47,48}

14. Cardamom-Green (Elaichi), Black (Badi Elaichi)

Green cardamom: It has a unique flavour, with hints of lemon and mint, and its fragrance is nutty, spicy, citrusy, and sweet. As it needs to be harvested manually, it is labour intensive and very expensive. Remove the seeds from the pod and freshly grind for best effect. It is a popular additive in India in tea; also in savoury dishes, breads, pancakes, cakes and cookies, pies and puddings, smoothies and desserts. A natural breath freshener and an essential ingredient in some chewing gums, it is chewed after a heavy meal to aid digestion and cleanse the saliva to prevent bad breath and tooth decay. It helps in asthma and bronchial disorders and can lower blood pressure.



Green and Black Cardamom

Black cardamom: It has a distinct smoky aroma and flavour. Rarely used in sweet dishes, this spice is used in cooking kidney beans, chickpeas, vegetables, curries, and special rice preparations. Black cardamom helps in reducing various stomach ailments, common infections, and dental problems, and acts as a mouth freshener. In traditional Chinese medicine it was used to treat malaria.

Caution: Not more than 1 or 2 green cardamom per day for fresh breath and digestion is recommended, one black cardamom should suffice in cooking. Avoid using it if one has gallstones as it may trigger spasmodic pain.⁴⁹⁻⁵¹

15. Clove (Laung)



Clove

It is a dried flower bud, intensely aromatic but pungent, with a sweet warm flavour, added to a number of savoury and sweet dishes. With high antioxidant count, it can prevent life threatening diseases like cancer. As a principal natural source of eugenol, a phenolic acid, it is anti-inflammatory, anti-mutagenic and antimicrobial and works as an antiseptic and analgesic, excellent for oral health, used in dental procedures and preparations, and gives relief from headaches. Ground cloves are applied to minor cuts for healing. In hot beverages, it can relieve congestion and cough.

Caution: It is safe to take up to 15 whole cloves per day; avoid if prone to skin allergy or have a bleeding disorder.⁵²⁻⁵⁵

16. Cinnamon (Dalchini)

Derived from the brown bark of cinnamon trees, it has a sweet woody scent, with a warm and soothing fragrance. Ranked by researchers as world's number one spice, it helps the body to absorb other spices better. It is added to desserts, beverages, and fruits. It is a natural food preservative and can stop discolouration of cut fruits and vegetables. High in antioxidants, it is especially rich in fibre and manganese. It can fight inflammation, infections especially viruses, and allergies, decrease menstrual pain and stop excess bleeding, stabilise blood sugar, preventing spikes after a meal, maintain oral health, prevent candida in the digestive tract, clear respiratory passage when taken with ginger and pepper, especially in cold weather, and help in osteoporosis. Just smelling cinnamon or chewing cinnamon can boost brain activity.



Cinnamon

Caution: Taking up to a maximum of 6 g per day is considered safe. Higher intake may cause allergic reactions, mouth sores, liver problems, low blood sugar, and difficulty in breathing.⁵⁶⁻⁵⁹

17. Saffron (Kesar)

Derived from the separated and dried stigma of purple saffron flowers, this exotic aromatic spice is red in colour, with a pungent and slightly bitter taste. Growing and harvesting it is highly labour-intensive as more than a million flowers give only a pound of saffron; so, it is the most expensive spice and comes in very small quantities as saffron threads. It goes well with desserts and puddings, rice dishes, and vegetables lending a beautiful yellow-orange colour.



Saffron

Traditionally used for gastrointestinal ailments and upper respiratory complaints, and to heal wounds, it has been particularly found effective in reducing anxiety, depression, hormonal disorders, hypertension, macular degeneration and improving cardiovascular health. It can reverse aluminium toxicity. With its predominant manganese content, it is good for skeletal and thyroid health.

Caution: Buy from a reliable source! As per most studies on patients, it is considered safe to take as a medicine 30 mg per day for 6 weeks. High doses are reported to be toxic.⁶⁰⁻⁶²

18. Nutmeg/Mace (Javitri/Jaiphal)

Nutmeg and mace are siblings from the same fruit of nutmeg tree with different characteristics. Nutmeg is the dark coloured stone or seed within the fruit; mace is the red wrap around the stone. Known to be sweet and warm, both are used in baked savouries and sweet dishes. Mace is sweeter, milder, and more subtle in taste and flavour. The benefits are similar.

One teaspoon of honey with a full pinch of ground nutmeg/mace can help rid the body of kidney infection and stones. Mixed with water and a little ginger, it can settle the stomach and put an end to diarrhoea. It is good for stomach ulcers, oral health, soothing the nerves and treating insomnia as well as boosting heart, brain, and skin health.



Nutmeg & Mace

Caution: It should be used sparingly, maximum up to 1 g; could become toxic at 5 g and affect the central nervous system.⁶³⁻⁶⁶

19. Allspice



Allspice

Contrary to its name, it is a single spice made from dried berries. It looks like peppercorns, but the taste has a mix of pepper, clove, cinnamon, and nutmeg. It is used to flavour ginger breads, desserts, and beverages. Due to its sweetness, one can reduce the use of sugar. Tea made from allspice can relieve bloating and flatulence; poultice made from its powder can relieve pain.⁶⁷

20. Popular Spice mixes

Garam masala is a blend of ground spices used extensively in Indian cuisine. The mix generally consists of: cumin, coriander, dried red chilli, black and white peppercorns, fennel, cloves, cinnamon, black and green cardamom and mace. These may be roasted before grinding to release their aromas and flavours. All have to be carefully blended to have a balanced effect.⁶⁸

Panch phoron is a colourful blend of 5 whole spices - cumin, fenugreek, black mustard, nigella, and fennel seeds. The mix which originated from eastern part of India, is extensively used for making pickles. For cooking vegetables and lentils, the mix is first tempered in oil or ghee for special taste and flavour.⁶⁹

Conclusion: Spices no doubt will impart colour, life, and zest, to our food making it delicious, help maintain our health, and protect us from many ailments, if used with understanding and care. As advised by Sri Sathya Sai Baba “take care to avoid excess of spices, chilli, and salt”.⁷⁰

References and Links:

1. Sathya Sai Speaks on “Vehicle care” to prevent illness, 16 October 1974, <http://www.sssbpt.info/ssspeaks/volume12/sss12-48.pdf>
2. What is a spice: <https://www.thespruceeats.com/what-are-spices-995747>
3. https://www.diffen.com/difference/Herbs_vs_Spices
4. Spices for life: <http://www.ayurvedacollege.com/blog/ayurvedic-uses-spices-incredible-powerhouses-medicinal-benefits/>
5. Benefits of spices: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5030248/>
6. Mustard seeds: <https://foodfacts.mercola.com/mustard-seed.html>
7. <https://www.healthline.com/nutrition/is-mustard-good-for-you#nutrition>
8. Cumin Benefits: <https://draxe.com/nutrition/cumin-seeds/>
9. Cumin Benefits & Caution: <https://www.emedihealth.com/cumin-benefits.html>
10. Cumin Study: <https://www.medicalnewstoday.com/articles/319562>
11. Cumin tea: <https://food.ndtv.com/health/15-incredible-benefits-of-jeera-water-for-your-skin-hair-and-health-1644227>
12. Asafoetida: <https://draxe.com/nutrition/asafoetida/>
13. <https://www.emedicinehealth.com/asafoetida/vitamins-supplements.htm>
14. <https://www.ayurtimes.com/hing/>
15. Red Chili: <https://www.gyanunlimited.com/health/top-5-health-benefits-of-chilli-the-queen-of-spices/2755/>
16. Paprika: <https://draxe.com/nutrition/paprika/>
17. Different peppers: <https://www.masterclass.com/articles/whats-the-difference-between-cayenne-pepper-paprika-red-chili-pepper-and-ground-red-pepper-plus-15-red-pepper-varieties-and-culinary-uses>
18. Cayenne: <https://draxe.com/nutrition/cayenne-pepper-benefits/>
19. Black pepper benefits: <https://www.emedihealth.com/black-pepper-benefits.html>
20. Black pepper: <https://www.24mantra.com/blogs/organic-lifestyle/top-6-health-benefits-of-black-pepper/>
21. Healthy black pepper study: <https://www.ncbi.nlm.nih.gov/pubmed/23768180>
22. Black/white/red pepper: <https://draxe.com/nutrition/black-pepper-benefits/>
23. Coriander seed: <https://draxe.com/nutrition/coriander/>
24. <https://food.ndtv.com/food-drinks/7-amazing-coriander-seeds-benefits-from-tackling-diabetes-to-improving-the-skin-1407915>
25. Fenugreek: <https://draxe.com/nutrition/fenugreek/>
26. <https://www.emedihealth.com/fenugreek-benefits.html>
27. <https://foodfacts.mercola.com/fenugreek.html>
28. Carom: <https://www.healthline.com/nutrition/carom-seeds>
29. <https://food.ndtv.com/food-drinks/9-super-benefits-of-ajwain-the-multi-talented-household-spice-1438699>
30. Nigella: Miraculous healing powers studied: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3642442/>
31. <https://food.ndtv.com/food-drinks/10-incredible-health-benefits-of-nigella-seeds-kalonji-1456233>
32. <https://www.verywellhealth.com/nigella-sativa-89064>
33. Turmeric: <https://healthcare.utah.edu/healthfeed/postings/2020/02/turmeric.php>
34. <https://food.ndtv.com/food-drinks/what-is-the-difference-between-turmeric-and-curcumin-1657211>
35. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664031/>
36. <https://foodfacts.mercola.com/turmeric.html>
37. <https://draxe.com/nutrition/turmeric-curcumin-benefits/>
38. <https://www.hopkinsmedicine.org/news/publications/johns-hopkins-health/summer-2013/a-simple-spice-that-may-battle-cancer>
39. Ginger: <https://foodfacts.mercola.com/ginger.html>
40. <https://draxe.com/nutrition/ginger-tea-benefits/>
41. <https://www.ncbi.nlm.nih.gov/books/NBK92775/>
42. Garlic: <https://draxe.com/nutrition/7-raw-garlic-benefits-reversing-disease/>
43. <https://www.thespruceeats.com/all-about-garlic-995693>
44. <https://health.clevelandclinic.org/6-surprising-ways-garlic-boosts-your-health/>
45. Garlic a negative energy food!: <https://www.youtube.com/watch?v=VBEOjcUDeFM>; <https://www.youtube.com/watch?v=so3rT66Hx7E>
46. Ayurvedic view on garlic/onion: <https://www.thehealthsite.com/diseases-conditions/heres-why-a-no-onion-garlic-diet-is-recommended-in-ayurveda-bs0416-388694/>
47. Anise/Fennel: <https://www.thespruceeats.com/what-is-anise-995562>
48. Anise: <https://draxe.com/nutrition/anise-seed/>
49. Cardamom: <https://draxe.com/nutrition/cardamom/>
50. <https://foodfacts.mercola.com/cardamom.html>
51. Black cardamom: <https://www.thespruceeats.com/badi-elaichi-black-cardamom-1957875>
52. Cloves: <https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-cloves.html>
53. <https://www.prohealth.com/library/clove-valuable-spice-thats-used-centuries-89015>
54. <https://www.thespruceeats.com/substitute-for-whole-and-ground-cloves-4153883>
55. Clove, a powerful antioxidant: <https://draxe.com/essential-oils/clove-oil-uses-benefits/>
56. Cinnamon: <https://draxe.com/nutrition/health-benefits-cinnamon/>
57. <https://foodfacts.mercola.com/cinnamon.html>
58. <https://www.drugs.com/npp/cinnamon.html>
59. <https://www.organicauthority.com/health/11-health-benefits-of-cinnamon>
60. Saffron: <https://draxe.com/nutrition/saffron/>
61. <https://foodfacts.mercola.com/saffron.html>
62. <https://www.drugs.com/npp/saffron.html>
63. Nutmeg/mace: <https://thespiceguide.com/mace-vs-nutmeg-whats-the-difference/>
64. <https://thespiceguide.com/15-amazing-health-benefits-for-nutmeg/>
65. <https://draxe.com/nutrition/nutmeg/>

- 66. <https://www.drugs.com/npp/nutmeg.html>
- 67. Allspice: <https://www.thespruceeats.com/what-is-allspice-p2-995556>
- 68. Garam masala: https://en.wikipedia.org/wiki/Garam_masala
- 69. Panch Phoron: <https://www.tarladalal.com/glossary-panch-phoron-1027i>
- 70. Food for a healthy body and mind: Sathya Sai Baba Speaks on Food, September 2014 edition, page 65, sourced from Sathya Sai Newsletter, USA, Vol28-3 (May-June 2004)



2. AVP workshop, Puttaparthi, India, 23-29 February 2020

Conducted by senior teachers ^{10375 & 11422}, this intense one-week workshop was attended by 11 enthusiastic



participants from India and abroad (South Africa, Gabon, & Indonesia). Additionally, four overseas practitioners (France, Gabon, Canada & Ireland) participated in order to refresh and update their knowledge, one of whom ⁰³⁵⁷⁸ volunteered as French translator. The workshop was geared to provide practical training through both mock and live clinics as well as demos and role play by

teachers and senior practitioners ^{11578 & 11964}. This livened the atmosphere and helped to make the concepts clear. While giving her inputs on case history writing, Hem Aggarwal stressed the importance of supporting the case studies with photographs where possible. Dr Jit Aggarwal in his inaugural address prompted the attendees to think why they were in the workshop. Based on his personal interactions with Swami, he explained what selfless seva is, quoting actual incidents. He also shared how the SRHVP machine was blessed and Swami's inspiring words that Vibrionics is the medicine of the future, but cautioned the practitioners not to make tall claims about vibrionics, thus raising expectations in the minds of patients. He said 'let the remedy speak for itself and this will inspire confidence in your patients'. In his valedictory address, he summarised that to become a good practitioner, one needs to take a professional approach and at the same time work with a heart filled with love and compassion.



3. Covid-19 – Global response from Sai Vibrionics Practitioners

The pandemic situation caused by the outbreak of the Covid-19 virus has created unprecedented challenges. In early February 2020 when the first death from this virus took place outside China, we started to get enquiries from some practitioners in Europe and the vibrionics research team soon realised that the best way to handle this virus would be to boost the immunity of people, so an "Immunity booster" remedy was made to act as a prophylactic on 12 February and this was circulated to those who had made enquires. It was widely circulated to all our practitioners through the newsletter published on 1 March. From early

March the situation worldwide started to deteriorate and on 11 March the WHO declared Covid-19 as a pandemic. Our research team swung into action and on 12 March, had carefully put together remedies for treatment of Covid-19; this update was immediately sent to all practitioners. With more information coming

from all corners of the world, we understood more about how the virus was affecting the body. So, this time, our research team responded with an enhanced combo for prevention and the same to be used for treatment but at a higher dosage; a 2nd update was sent out on 20 March. Now we were getting daily feedback and inputs from practitioners around the globe and finally a third update was issued on 13 April to include a remedy further refined.

We share with you the limited number of reports received so far.

India: Practitioners all over India were able to dispense the remedy to their regular patients, their family members, and in Medical Camps before the national lockdown. After the lockdown they started dispensing as per guidelines of the third update of 13 April. At the time of going to press, according to recorded feedback from twelve states in India, 42,903 individuals are taking Immunity booster! There are valid reasons to believe that the number would be much more as many practitioners have not sent their data and reports are still coming.

Outside India: Out of a total of 80 countries where we have practitioners, we have received reports from only 19, that too from just a handful of practitioners in some countries. A total of 5,088 preventive remedy bottles were given out; USA (1504), UK (1001), Poland (628), Benin (480), France (427), Slovenia (295), Croatia (175), Russia (124), Greece (102), Argentina (78), Uruguay (76), Gabon (48), Romania (45), South Africa (44), Peru (29), Spain (13), Belgium (10), Luxembourg (6), and Mauritius (3).

A total of 131 patients who were either tested positive or had strong Covid-19 symptoms were treated, some through broadcasting. Practically all of them recovered completely within 2 weeks but majority within one week and at least 26 within 2-4 days. One patient in ICU when his treatment started and although improving, is still in the ICU. The general experience was that where treatment was started immediately on the onset of Covid-19 symptoms, the remedies worked very fast. In three cases, patients developed symptoms while they were on preventive dosage of OD, but when dosage was increased the symptoms started receding and they recovered quickly.

We have received quite a few inspiring tales of how so many practitioners have put themselves forward to bring joy back into the lives of many. We hope to share these with you at a later date.

Samastha Lokah Sukhino Bhavantu! May all beings in all the worlds be happy and free!

Om Sai Ram

Sai Vibrionics. . .towards excellence in affordable healthcare - free to patients