

## Sai Vibrionics Newsletter

[www.vibrionics.org](http://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 13 Issue 5

Sep/Oct 2022

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## ☞ From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

My heart is filled with gratitude as I share this edition with you on the most auspicious day of Ganesh Chaturthi, the birthday of Lord Ganesh, remover of all obstacles. In His Ganesh Chaturthi discourse on 31 August 1992 Swami said "*to turn human life from this mundane existence towards the Divine, it is essential to have association with "Sath – Sathsangam."* The Sathsangam has three facets...*See only what is good, hear what is good, and do what is good.*" –This is the true basis of spirituality ie, elimination of all animal instincts and manifesting the Divine light within. Interestingly, it is also the guiding principle of the vibrionics mission! In fact, this newsletter is a medium for nurturing and growing good association in our community.

During the time of this very festival, 12 years ago, we began our wonderful journey of a community communicate through the Sai Vibrionics Newsletter – the inaugural issue came out in Sept 2010. At the time, working together with the US & Canada coordinator<sup>01339</sup>, I had envisioned it to be an opportunity to connect with practitioners around the world and offer information, knowledge, and encouragement on an ongoing basis. We had hoped that it would become a useful way of passing on updates, suggestions, and ideas in connection with vibrionics seva, as well as answer questions and share useful tidbits with regards to healthy living. Over the years, it has served to do all of this and more.



I vividly recollect the blissful moments in the physical presence of our beloved Swami when I presented Him with the printed version of the very first newsletter and how His Divine fingers moved over the printed words, blessing it profusely!

It gives me great joy that since that first issue, we have managed to publish the newsletter bi-monthly without a single miss and have expanded our readership over the years. I would like to take this opportunity to acknowledge the overwhelming response of all our readers, the enthusiastic contributions made by our practitioners from around the world, and our dedicated team of editors who work together to ensure this humble venture is rich in content. We look forward to your continuous support and

welcome all offers of seva towards the publication of our official newsletter – please connect with us on [news@vibrionics.org](mailto:news@vibrionics.org).

As reported in the last issue, the think tank formed by the core team of senior practitioners is working

towards establishing the Sai Vibrionics Institute which will handle all aspects of the organisation (including admissions, training, certification, research, practitioner support, etc) in the future. We are now in the process of registering the institute in the state of Andhra Pradesh. Running an organisation of this scale requires manpower and we are always on the lookout for practitioners who are willing to commit 24/7 to the vibro mission. Whatever may be your area of interest, we can find a role for you and provide adequate training. If you are willing to take up the commitment, do reach out to us at [99sairam@vibrionics.org](mailto:99sairam@vibrionics.org).

The backbone of any institute is its research department and sound and systemic research is key to its growth. The vibrionics core team has formalised the SOPs for research and is ready to go ahead with detailed studies in the following areas: improving the quality of water with the use of vibrionics, the impact of vibrionics on plants (both for quantity and quality), and the effect of vibrionics on animal health. Practitioners who are interested in working with the research team should email us at [admin2-1@vibrionics.org](mailto:admin2-1@vibrionics.org).

For the last few months, we have been focussing on taking vibrionics to rural India. In line with this, a Sai Vibrionics Medical Centre was inaugurated on 14 August 2022 at a residential school for physically challenged children in rural Andhra Pradesh. More details can be found about this wonderful initiative in the In Addition section. Post pandemic-upheaval, most of the clinics and camps have restarted and many new clinics are opening up. Local practitioners have been banding together to ensure the patient base in their area has access to a community clinic or a practitioner whom they can approach in the vicinity. Distribution of **IB** has become a regular feature now and to date over 250,000 have been dispensed, benefitting more than 750,000 people. I urge you not to discontinue taking or giving out the **IB** thinking that Covid is no longer a problem. As hundreds of case histories have told us, the efficacy of this remedy has proved to be no less than miraculous, not only for Covid but for general well-being too!

In conclusion, I leave you with this beautiful quote on seva given by our beloved Swami: *“The body has to be utilised for service to others. Activity is its main purpose. Krishna says, ‘I have no need to be engaged in work but I do work in order to activate the world.’ More ananda (bliss) can be won by serving others than what can be got by merely serving oneself. Offer service to someone in need, with open heart and experience the ananda that results. It need not be something big; it can even be small and unnoticed by others. It has to be done to please the God within you and Him”*...Sri Sathya Sai Baba, Seval Conference, 19 November 1981.

Let us all collectively strive to please the Lord and live in Ananda by serving others to the best of our ability.

In loving service to Sai

Jit K Aggarwal

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## ☪ Practitioner Profiles ☪

**Practitioner** <sup>11604...India</sup> is a trained nurse and has a bachelor's degree in Naturopathy/Yoga therapy as well as diplomas in secretarial practice and commerce. She is multilingual and can speak Tamil, Telugu, Hindi, English, Malayalam and Kannada.



Fortunate to be born in a family of Sai devotees, her parents first visited Puttaparthi in 1960 after her mother had complications following a hysterectomy. Swami granted them an interview and healed her mother with vibhuti. From a very young age, the practitioner participated in all the activities at her Sai Centre – bhajans, sadhana camps, Bhagvad Gita classes, etc. In 1969, when the Seval wing of SSSO, Tamil Nadu, was inaugurated by Swami in person, she was one of the 15 young ladies selected to do seva. After attending courses in first aid and home nursing, she started participating in medical camps during Swami's visits to Chennai, festivals at Prashanthi Nilayam, specialized medical camps dealing with gynaecology, polio, and vision, and weekly medical camps held at her local Centre.

She resigned from her job in Chennai in 1992 and decided to settle down in Parthi, where her parents had already moved, to involve herself more fully in seva activities. To her great delight, she was amongst 20 women personally selected by Swami for a year-long training program for nurses, entirely paid for by Swami Himself! She joined SSSIHMS, Puttaparthi, in 1993 where she served as a nurse until 2011 and then as a counsellor until 2013 when she resigned as she was unable to continue due to ankle surgery.

The practitioner always had a deep desire to become a physician. Inspired by her father, a vibrionics practitioner himself, she witnessed first-hand, excellent results, no side effects of this system of healing, no time restraints for this seva, and minimal expense to the practitioner. All this drew her to vibrionics, she completed the AVP training in July 2018 and became a VP in 2021. She strongly feels that serving humanity in this way has fulfilled her life's purpose.

She has treated more than 4000 patients to date and currently attends to an average of 40 patients a month. Apart from seeing patients in her home, she has been practicing in the ashram seva dal building thrice a week for three years (temporarily suspended due to the pandemic). Currently, she runs the weekly clinic at the old people's shed in the ashram and is a regular at the weekly clinic run from the vibrionics site. She actively participates in other vibrionics camps too in Puttaparthi.

She has found that **CC10.1 Emergencies** is one remedy that has an almost instantaneous effect. She recounts an incident that happened in the ashram in 2019. One of her patients brought a tiny baby bird for treatment. The poor bird had fallen out of its nest in a tree and seemed to have broken its legs. The practitioner gave it **CC10.1 Emergencies + CC20.7 Fractures** in water. Within a few minutes, the bird jumped into the practitioner's palms and started flying around the room. Later it was restored to its nest.

In another case, a 40-year-old sevadal, with recurrent infected blisters on her finger for the last five years, was given: **CC21.2 Skin infections + CC21.8 Herpes + CC21.11 Wounds & Abrasions**. Six months later, she reported that there was no recurrence of the blisters. Two years later, soon after she recovered from a severe attack of Covid and hospitalisation, blisters recurred. So **CC10.1 Emergencies + CC17.2 Cleansing** was added to the earlier remedy and the blisters healed quickly; there has been no further recurrence.

In a yet another interesting case, a 72-year-old woman diagnosed with diabetes in 2016 and under allopathic medication started taking **CC6.3 Diabetes + CC12.4 Autoimmune diseases ...OD** in **Aug 2018**. She gradually increased this to **TDS** over a period of eight months while reducing the dosage of allopathic medicine which she stopped completely in August 2019. She continues to take only vibrionics at **BD** and as on 29 March 2022 her blood sugar level is stable at FBS 117 and PPBS at 120 mg/dls.

With her increasing experience and exposure to a variety of cases, the practitioner feels more confident in treating the patients who come her way. She is also able to contribute by being involved in administration and as part of the team for conducting research on plants and animals. Having gained considerable experience of running camps in Puttaparthi, she is streamlining the patient registration process and maintaining comprehensive patient records that should be accessible to all concerned. It will make the seva more efficient by making it easier to treat repeat patients. She urges practitioners to get together with others in their area and conduct regular rural camps. She feels, while individual seva is good, collective sadhana will benefit patients and practitioners alike. She says that being a practitioner is a blessing and has been a very uplifting experience. Vibrionics has helped to shape her into a more sensitive, patient and selfless individual and given a deeper meaning to her life.

#### Cases to share:

- [Psychiatric disorders](#)
- [Psoriasis](#)

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**Practitioner** <sup>11632...India</sup> has a master's degree in bioscience and a bachelor's degree in law. She worked as a biology teacher at Sathya Sai school, Hyderabad, for 16 years from 1998 to 2014 without any remuneration. She enjoys painting and creative art using waste materials and loves to teach children the same.



In 1979 at the age of 21, she had Sai Baba's physical darshan for the first time and was blessed with a personal interview in which Swami materialised a silver locket for her and spoke to her about her father's health issues. In 2002, she was blessed with a second interview when she accompanied the first batch of SSC students from her school to Puttaparthi for Swami's blessings prior to their exams. Since 1998, the practitioner has been a regular participant in bhajans, Bal Vikas, grama seva, medical camps in slum areas, and other seva activities conducted by her local Sai Centre.

When she volunteered in school as a teacher, many of the poor students from illiterate families showed no interest in studying well, despite the best efforts of the teachers. Swami conveyed a message to the disheartened teachers through their principal that He had opened this school in a backward area for

teachers to prove themselves. This was a wake-up call. The teachers began to practice unconditional love toward their students which eventually transformed them. The school could now boast of a 100% pass rate in the Board exam!

In June 2020, the practitioner witnessed a friend, test positive for covid, and heal in 20 days by taking the **IB** remedy. This incident and her first-hand exposure to the plight of the poor who are unable to afford expensive allopathic medicines, spurred her to become an AVP in March 2021. A year later she graduated to be a VP. She was ecstatic that, years after discontinuing her voluntary teaching job, she received another opportunity to prove herself. From the very day she received the 108CC box, she has had a continuous stream of patients and witnessed some amazing results with a wide variety of cases.

In one instance, a 51-year-old artist who paints for 16 hours a day experienced a reeling sensation when in bed one night. She got up and vomited six to eight times. The next day, the practitioner gave her **CC4.10 Indigestion + CC10.1 Emergencies + CC12.1 Adult tonic + CC18.7 Vertigo + CC20.5 Spine...every ten minutes**. Within an hour she felt substantially relieved and in two hours she was 90% better. Three days later she was back to normal and able to resume work.

In another case, she treated a 72-year-old man with Parkinson's disease with tremors in the left hand and leg, nausea and constipation, inability to walk, speak, swallow, or focus eyes while standing or walking or hear properly and unable to sleep at night due to nocturnal polyuria. She gave him: **#1. CC3.7 Circulation + CC4.4 Constipation + CC10.1 Emergencies + CC12.1 Adult tonic + CC18.6 Parkinson's disease** and **#2. CC15.6 Sleep disorders**. On taking the first dose, the patient felt very active and experienced pleasing vibrations in his head. His facial features used to get distorted on bending and this got resolved in two days. In less than a month, his eyes were completely under control and nausea and constipation had reduced substantially. He was also able to sleep without any disturbance. Several of his friends with Parkinson's have now turned to vibrionics!

A 39-year-old software professional with carpal tunnel syndrome reported pain, swelling, and tremors in her fingers after working for 16 hours a day on her laptop. She was given: **CC10.1 Emergencies + CC20.3 Arthritis; #2. CC20.3 Arthritis** in coconut oil for external application. Within three weeks, she was able to move her hand freely and use all fingers. In about six weeks she was almost completely relieved of her symptoms and could resume her work. Now, despite going back to her heavy workload, the symptoms have not recurred.

The practitioner finds that **CC10.1 Emergencies** gives spectacular results. She offers it to her elderly patients in a separate bottle labelled 'OM', to be used in case of emergencies and also gives it to youngsters with stress issues. For asthma and Parkinson's patients, it is helpful in combatting the side effects when taken ten minutes before the allopathic medication. For muscle and joint problems, she obtained very good results with **CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine** when applied externally in mustard oil.

She has set aside fixed hours for her clinic, but is available 24/7 for emergencies. She sends remedies by post to outstation patients and those unable to visit her. She has participated in various vibrionics camps, and has distributed IB in an old-age home where, despite their greater vulnerability, none of the inmates contracted Covid throughout the pandemic!

As most of her patients are illiterate, she has made a video in the local language to show them how to prepare the remedy in water. She has also created an audio file on the precautions/guidelines to be followed when taking remedies. She uses specific colour bottle caps for different types of remedies which helps her save time and energy when a patient seeks clarification on the phone. She stores the phone numbers of all her patients along with their patient number on her mobile, so she can easily pull up the patient records when they call her. Tips like these she shares with other practitioners, so they can perform their seva more efficiently.

Vibrionics has helped the practitioner adopt a healthier lifestyle. She feels that she has become more empathetic as a result of treating so many people with a variety of health, financial, and other issues. She has developed the self-awareness that she plays but a miniscule part in His mission. She prays that she can contribute further to the growth of vibrionics by being part of research activities and regional language training.

#### Cases to share:

- [Lichen planus](#)
- [Chest pain & weakness](#)
- [Recurrent UTI, constipation](#)

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## ∞ Case Histories Using Combos ∞

**1. Psychiatric disorders** <sup>11604...India</sup> A 92-year-old woman was having hallucinations, talking irrelevantly and at times screaming without reason, in addition to having sleepless nights for the past two months. She was being cared for by her 72-year-old daughter whose own mental and physical health was getting affected by her mother's condition. The neighbours were also getting disturbed and started complaining. The daughter did not want allopathic treatment, so approached the practitioner seeking a remedy for her mother. On **26 November 2019**, she was given:

**#1. CC10.1 Emergencies + CC12.1 Adult tonic + CC15.2 Psychiatric disorders...TDS**

**#2. CC15.6 Sleep disorders...half an hour before bedtime**

The next day the daughter informed that her mother had undisturbed sleep and was talking properly. After a month in Dec 2019, the patient's hallucinations, irrelevant talk and screaming completely disappeared and she continued to sleep well at night. The daughter has decided that her mother should continue to take **#1** at TDS and **#2** at OD bedtime for a long time. No further issue has been reported since then.

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**2. Psoriasis** <sup>11604...India</sup> A 70-year-old female had itchy red patches below the knees and thick black scars on the ankle joints for the past 18 years and it was diagnosed as psoriasis. Her symptoms would escalate with mental and physical stress. She took homoeopathic treatment for 14 years without much success and then ayurvedic treatment for four years but with only minimal improvement, so stopped it. On 27 Apr 2020, she visited the practitioner who gave:

**#1. CC21.2 Skin infections + CC21.3 Skin allergies + CC21.10 Psoriasis + CC21.11 Wounds & Abrasions...BD** in coconut oil for external application

**#2. CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + #1...TDS**

The patient was advised to prevent her skin from drying out. Within two weeks on 11 May, she had 90% relief from itching and the patches had stopped spreading. By 25 May, the patches reduced in size by 50%. As scratching the itchy scar on the ankle made the surrounding area red and swollen, on 16 July the dosage of **#1** was increased to TDS and **#2** to 6TD. By 26 July the itchy, reddish swelling around the scar disappeared, so the dosage of **#1** was reduced to BD and **#2** to TDS, maybe more if necessary. By 21 Dec, patches had reduced in size by 90% and scars had become lighter in colour; **#2** was enhanced to:

**#3. CC17.2 Cleansing + #2...TDS**

By 2 Feb 2021, patches were completely gone and scars had reduced in size by 90%. By 29 Mar, she had 100% improvement in all her symptoms, so **#1** was discontinued. As there was no recurrence of any symptoms during the next six months, **#3** was stopped and replaced with **#2** for maintenance at a dosage of OD. As of Aug 2022, the patient continues to take **#2** and enjoys healthy skin.

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**3. Lichen planus** <sup>11632...India</sup> A 45-year-old woman was suffering from dark, flat, and itchy papules on her hands and feet and vagina during winters, for the last seven years. In addition, the skin on her palms, wrists, knees, ankles and feet was dry and itchy for the past three years, which had worsened in the last year and a half. For the past 10 years, she also suffered from dust allergy, runny nose, continuous sneezing, and difficulty in breathing - this surfaced when she cleaned out cupboards and did dusting around the house. To some extent, she would get relief by taking allopathic anti-allergic medication. In Mar 2021, her doctor, on physical examination, diagnosed her itchy condition to be 'lichen planus', an autoimmune disease, and prescribed tablets and a steroid ointment. She used only the ointment but it gave her very little relief. She contracted Covid in Apr 2021 from which she recovered after taking allopathic treatment.

She approached the practitioner seeking help for her skin condition and expressed her concern of getting re-infected with Covid. On **28 July 2021**, she was given:

For lichen planus:

**#1. CC12.4 Autoimmune diseases + CC21.3 Skin allergies...TDS** and also in olive oil for external application...BD

For recuperation post-Covid: our standard combo as follows:

**#2. CC3.1 Heart tonic + CC3.7 Circulation + CC4.1 Digestion tonic + CC11.3 Headaches + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.3 Chest infections chronic + CC19.4 Asthma**

**attack + CC19.6 Cough chronic + CC19.7 Throat chronic + CC20.1 SMJ tonic + CC21.11 Wounds & Abrasions...TDS for three months along with IB remedy...OD**

She started taking the remedies on **3 Aug 2021**. After a week, itching improved by 20% and it progressed to 50% in another one week. The papules were also becoming lighter in shade. After two more weeks, there was 100% improvement in all her skin symptoms and she was excited that her skin had become very smooth! By 30 Sept, her allergy symptoms also disappeared.

#1 was reduced to **BD** on 30 Oct for two weeks and slowly tapered down before stopping it on 30 Dec. #2 was given for three months and so discontinued on 30 Oct 2021, with advice to continue the **IB** remedy at **OD**. She now felt fully relaxed on all counts.

As of July 2022, the patient continues to do well with no recurrence of any symptom.

**Editor's Note:** Lichen planus (LIE-kun PLAY-nus) is a chronic inflammatory condition that affects the skin, nails, hair and mucous membranes. On the skin, lichen planus usually appears as purplish, itchy, flat bumps that develop over several weeks. In the mouth, vagina and other areas covered by a mucous membrane, lichen planus forms lacy white patches, sometimes with painful sores. It is not caused by an infection, and you can't pass it on to others. Diagnosis is confirmed by a biopsy. Lichen planus has no cure but if you have symptoms, such as severe itching or sores in your mouth or genital area, treatment can help. If you have lichen planus on your scalp, treatment is important to prevent permanent hair loss.

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**4. Chest pain & weakness** <sup>11632...India</sup> A 56-year-old woman had been feeling stiffness, uneasiness, and mild pain on the left side of her chest every morning after waking up, for the past 22 years. Walking for a few minutes would relieve her symptoms after which she would carry on with her usual routine. She had similar feelings coupled with weakness, whenever she exerted herself physically. When she consulted a doctor 17 years ago, she was advised to follow a healthy lifestyle and avoid physical strain as there was no treatment for her condition. Though she followed the doctor's recommendations, she constantly worried about her health. She got tired easily, her morning chores at home would leave her exhausted even before she left for office. Unable to leave her job, she managed both with as little exertion as possible.

She was taking prescribed medication for diabetes and high cholesterol, both of which were under control. She contracted Covid in May 2021. On **8 Jun 2021**, she was given:

**For chest pain & weakness:**

**#1. CC3.5 Arteriosclerosis + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS**

**For post-Covid:**

**#2. Recuperation combo: CC3.1 Heart tonic + CC3.7 Circulation + CC4.1 Digestion tonic + CC11.3 Headaches + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.3 Chest infections chronic + CC19.4 Asthma attack + CC19.6 Cough chronic + CC19.7 Throat chronic + CC20.1 SMJ tonic + CC21.11 Wounds & Abrasions...TDS for 3 months**

Within 10 days, the patient experienced a 50% improvement in stiffness, pain, and uneasiness. After another two months, she no longer felt the early morning symptoms that had been bothering her for the past 22 years! Her fear had disappeared too! She felt energetic and was able to do her household chores with ease and could leave for office without feeling tired. She was also relieved of the weakness due to excess physical strain in another two months' time.

On 1 Oct 2021, the dosage was reduced to **OD** and then tapered down to the maintenance dosage of **OW**, which the patient still continues. There has been no recurrence as of July 2022. She is now under treatment for spondylitis, back pain and vertigo.

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**5. Recurrent UTI, constipation** <sup>11632</sup> A seven-year-old girl was suffering from recurrent urinary tract infection (UTI) with fever and burning sensation while passing urine, for the past two years. She took prescribed antibiotics during each episode that lasted 1 to 2 weeks. However, the infection would recur every alternate month. In addition, for the past three years, she had constipation, her abdomen was hard and she passed stools only once in two days. The prescribed laxative helped but when stopped problem recurred after three months and she had to restart it.

On 2 May 2021, a scan revealed a normal urinary tract but an abnormal fecal loading in the colon. As she was free of UTI at this point in time, on **3 May**, she was treated for constipation:

## #1. CC4.4 Constipation + CC10.1 Emergencies...TDS

She was advised to include a lot of fruits and fibre in her diet. She continued to take the laxative and the vibro remedy. In three days, constipation and abdominal hardness worsened and she had passed stools only once after starting the remedy. Suspecting a pullout, the practitioner advised her to suspend the remedy until she felt better. The hardness continued and the burning sensation during urination restarted. On 13 May, a urine culture showed bacteria and crystals in her urine, so the doctor again gave her antibiotics. The same day she restarted #1 and there was no pullout.

On 24 May, #1 was enhanced to cover UTI also:

## #2. CC4.1 Digestion tonic + CC13.2 Kidney & Bladder infections + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis + #1...TDS

By 6 June, constipation and abdominal hardness improved by 100% and the burning sensation by 80%. On 14 June, her doctor stopped the laxative and the antibiotics. On 1 Sept, the girl complained of anal itching and suspecting a worm infestation, #3. CC4.6 Diarrhoea...TDS was given for one month. By 6 Oct 2021, anal itching was gone and #2 was reduced to BD which she continues till date, as per her parent's choice. As of Aug 2022, there has been no recurrence.

Editor's note: The presence of crystals in urine suggested the possibility of gout, hence CC20.3 was included in #2.

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**6. Poison ivy/oak rash, blisters** <sup>03547...USA</sup> On 26 May 2022, the practitioner noticed rash and blisters near both his wrists. This was accompanied with itching and happened on the fourth day after cleaning the bushes and plants in his garden. He suspected that the itching was due to poison ivy or poison oak which accidentally touched his skin. On **28 May**, due to his interest in homoeopathy, he prepared:

**#1. SR268 Anacardium + SR311 Rhus Tox + SR382 Croton Tig...6TD** in water.

After two days the blisters and itching started to spread even further. Having recently qualified as an SVP he decided to potentise the Ivy leaf. On 31 May, he stopped #1 and took:

**#2. Potentised Ivy leaf** (having soaked in alcohol for 30 minutes) **6X, 30C & 200C...TDS**

The itching sensation reduced by 80% overnight and gone in two days, along with the blisters! He



Left hand - before treatment



After treatment



Right hand - before treatment



After treatment

continued the remedy for 2 days.

On 9 June, when the practitioner cleaned the garden again, the blisters appeared after two days of working in the garden. On 12 June, he took

**#2...6TD**, and itching and blisters started to improve and practically vanished in three days. This was a good lesson for the practitioner on the power of potentising!

Editor's note: In an acute condition also, remedy needs to be tapered down, not just abruptly stopped. If the problem recurs on exposure to ivy every time, it is advisable to treat it as chronic and take preventive dosage if necessary.

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**7. Lazy bile** <sup>03606... Romania</sup> A 23-year-old man sought vibrionics treatment for headache, nausea, vomiting, abdominal pain, and constipation; he suffered from a bad bout of these symptoms 2 to 3 times a month, each episode lasting 2 to 3 days. Based on these symptoms, the doctors diagnosed his condition as lazy bile and fatty liver. For the past ten years, whenever there was an episode, he took prescribed allopathic medicines but only got temporary relief. The patient admitted that his food timings were irregular and that he had the habit of overeating. On **24 Dec 2021**, he was given:

**C4.4 Constipation + CC4.10 Indigestion...6TD**

On 27 Dec, he reported that his headache and nausea had worsened (most likely pullout), so he took some allopathic medicines along with the above remedy. This condition lasted for a day after which all

symptoms disappeared. A week later on 4 Jan 2022, dosage was reduced to **TDS** and he stopped the allopathic medicines. On 15 Jan, he conveyed that he was no longer overeating and was delighted as he felt a sense of great achievement! The dosage was further reduced to **OD** for maintenance.

On 7 Feb, the patient confirmed that he had no episode in the past six weeks except for an occasional mild nausea/headache when under a lot of stress and it would go away on its own. As of Aug 2022, he continues to be fine.

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**8. Urinary tract infection (UTI)** <sup>03607...UK</sup> A 33-year-old woman had been suffering for seven years, from severe burning sensation during urination. Each time she passed urine, she had to wash the vaginal area thoroughly to relieve the intensity of burning. She also had frequent urination 12-13 times during the day and three times at night. During pregnancy she had urinary tract infection with severe abdominal pain and itching in the vaginal region. She had four such episodes in the past seven years. Each time she was prescribed antibiotics and it relieved her abdominal pain but the frequency of urination and burning sensation persisted. On **7 Dec 2021** she was given:

**CC8.5 Vagina & Cervix + CC10.1 Emergencies + CC12.1 Adult tonic + CC13.2 Kidney & Bladder infections...TDS**

In just three days on 10 Dec, frequency of urination reduced to two-hourly during the day and once in the night; burning sensation came down by 50%. By 31 Dec, there were no symptoms, though she had to pass urine 5-6 times a day and only occasionally, a slight burning sensation was felt. By 10 Feb 2022, there was 100% improvement, so the dosage was tapered off gradually before stopping it on 12 Mar.

As of July 2022, there has been no recurrence of any symptom and she continues to be fine.

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**9. Fungal Infection** <sup>11630...India</sup> A 23-year-old woman was suffering from an itchy rash on her legs and midsection, on and off for the last five years. It had been diagnosed as a fungal infection. What started out as an itchy patch around her calf muscle had spread to her thighs and waistline as a red swollen rash, aggravated by constant itching and sweating. Her symptoms worsened during the night and in the summer, this in turn disturbed her sleep.

She was prescribed antifungal medicines including a powder for external application but these gave only temporary relief. She took the oral medicine only when the itching was severe. During the summer she had to take two tablets instead of the usual one tablet to control the infection. When the infection cleared up, she was left with dark pigmentation which continued for weeks or even months. She was very upset and desperate for a permanent solution. She consulted the practitioner on **24 Apr 2021** and was given:

**#1. CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC21.3 Skin allergies + CC21.7 Fungus...OD** for a week and then **TDS**

**#2. CC21.7 Fungus + CC21.3 Skin allergies...OD** in vibhuti for external application

Within five days on **29 Apr**, the patient reported that her thighs and waistline remained dry without any sweat and that the itching had reduced by 70%. She pointed out that remedy **#2** was very effective in reducing sweat, so its dosage was increased to **TDS** as summer was approaching.

In another two weeks itching, rash, and inflammation came down by 80%. In the middle of the night, if she felt itchy, she would apply the antifungal powder, so the practitioner advised her to use **#2** instead.

By 31 May, there was 95% improvement in itching and rash while the pigmentation had disappeared. The patient was relieved that she did not need allopathic medicine even once during the summer. By 14 June, all her skin problems were gone. **#1** was reduced to **OD** for a week, then slowly tapered down to zero on 16 Aug. **#2** had been stopped on 3 Aug 2021. A year later she continues to enjoy her freedom from rash!

+++++

**10. Corns** <sup>11630...India</sup> A 25-year-old man developed corns, some big and some small, on both his feet six months ago. Being a civil engineer, he did field work six days a week which required him to wear hard shoes and walk for a minimum of 6 to 7 hours a day; he did this for three years. Then the first corn appeared in his right foot in Jan 2021. Within a span of three months, he developed two big corns about 10 mm in diameter and three small corns on the right foot and two small corns on the left foot. In the beginning, there was mild pain which worsened with time. On May 21 the corns were removed by a doctor but these regrew and he did not get any relief from the pain. By July, they became so painful that he found it difficult to walk barefoot even for 10 minutes. On **9 Aug 2021**, when he approached the practitioner, he was given:



**#1. CC15.1 Mental & Emotional tonic + CC21.5 Dry Sores...TDS**

**#2. CC21.5 Dry Sores...BD in vaseline for external application**



Within a week, the patient felt 25% relief from pain, but he did not see a significant reduction in the size of the corns. By second week, the pain reduced by 50% and the small corns reduced in size by 80% and big corns by 25%.

By 9 Sept, the pain was totally gone - he was able to walk barefoot without any discomfort and #2 was stopped. By 23 Sept, the small corns completely disappeared and the big corns were 60% smaller.

By 12 Oct, all the corns vanished but #1 was continued for another three weeks before it was slowly tapered off and stopped on 29 Nov 2021. As of Aug 2022, he continues to be free of corns.



**11. Kidney stones** <sup>11220...India</sup> A 19-year-old boy was suffering from painful urination along with severe abdominal and back pain, every 2 to 3 days for the past four years (since 2009). A scan revealed kidney stones. His doctor advised him to increase water intake and take painkillers whenever he had severe pain but these only gave him temporary relief. He underwent a ureteroscopy and the symptoms vanished but only for four months. Then for nearly four years, he managed with painkillers, siddha medicine, and home remedies; even then the symptoms recurred every 3 to 5 days. The doctor advised him to undergo another scan and ureteroscopy, but the patient could not afford to pay for these. He stopped all other treatments and opted for vibrionics. On **19 June 2013** he was given:

**CC13.5 Kidney stones...TDS**

By 15 July, there was 50% improvement in all pains. On 15 Aug, he reported 90% improvement and remarked that some stones had passed out through urine. In another 7 days, all pains had disappeared. From 22 Aug the dosage was tapered down slowly to zero in Dec 2013. Since then there has been no further issue.



**12. Revival of apricot tree** <sup>03546...France</sup> The practitioner came across a seemingly dead apricot tree with broken branches in her friend's garden. When the friend mentioned her plans to cut down the tree, she appealed to her to try vibrionics treatment first for a few months to which she agreed.

On **27 Aug 2021**, the practitioner made the following remedy in a 500 ml spray bottle:

**CC1.2 Plant tonic + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic**



She sprayed it on the tree. She also made an emotio

nal appeal to the tree to accept her care, as the 94-year-old gardener who had planted the tree was now in a retirement home but was always thinking of the tree. She encouraged the tree to continue to live and not wither away. She lovingly touched the part of the trunk where the branches had broken off, sprayed the remedy generously all over the tree and watered its roots. She sprayed three more times in the same manner on 31 Aug, 7 Sept and 14 Sept. After that she could not continue the treatment as she was away.

On 4 July 2022, her friend brought her boxes full of fresh apricots and shared pictures of the healthy tree laden with fruits. The apricots were delicious. Later, the practitioner went to the tree and thanked it personally for agreeing to survive and provide tasty fruits and sprayed it with the remedy once again. The tree continues to be healthy.

A testimony to the power of love and loving vibrations!



## ☪ Answer Corner ☪

Q1. Can we safely prescribe our remedies to a heart patient with a pacemaker?

A: Vibrionics remedies will certainly not interfere with the working of a pacemaker. The only question is, will they work despite metallic insertions or fixtures in the body. Yes, they will work. As soon as the remedy goes under the tongue the vibrations are absorbed by the body. In any case our body is unlikely to be completely free of all metals. There may be buttons, buckles, or jewellery worn on the body. Therefore, without any hesitation, we can give the vibrionics remedy to a patient with a pacemaker.

Q2. How should a patient with braces or metallic dentures/false teeth take the remedy orally? Is there any extra care needed to prevent vibrations from being affected by such metal parts?

A: A patient should carefully place the remedy under the tongue so that it does not touch any metal part. Also refer to a similar question in vol 6 issue 5.

Q3. Recently there has been an outbreak of tomato flu in some parts of the world. Will our IB work on this ailment or can you suggest another remedy?

A. This is a viral infection and rashes on the patient's body lead to skin irritation; symptoms include fatigue, nausea, vomiting, diarrhoea, fever, dehydration, swelling of joints, body ache, and any other normal flu symptom. It is named tomato fever as the red and painful blisters throughout the body can grow to the size of a tomato. For prevention we recommend taking the **IB** at **BD** in areas where it is prevalent, see revised **IB** in the *In Addition* section of this issue. For treatment take **IB + CC21.8 Herpes...6TD** reducing on improvement.

Q4. Is it okay to wear an Apple watch while handling remedies?

A. If you wear a watch with internet facility, it may affect the remedies since it emits EMF radiation via wi-fi. Keep the watch at the same distance from the remedies and the 108CC box as you would from a mobile phone.

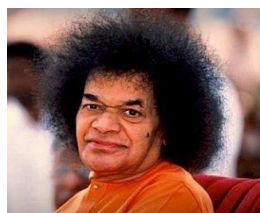
Q5. For the treatment of hypothyroidism, is it sufficient for the patient to take CC6.2 Hypothyroidism alone or should this be taken along with allopathic thyroxine?

A. As we know vibrionics is perfectly compatible with allopathy, so as a general rule it is better to take both for some time and then the allopathic medicine can be tapered down in consultation with the patient's physician. Also, refer to a similar question in vol 7 issue 4.

Q6. The remedies in 108CC box are prepared in brown bottles. Is there any reason why only brown bottles are used or can I use another colour or just a transparent bottle?

A. Vibrionics has adopted this practice from homoeopathy but not without a good reason. Each colour emits its own vibration but as brown colour is neutral, it does not affect the remedy. If a colourless transparent bottle is used there may be photochemical reaction through the absorption of light. Therefore, it is best to stick to brown glass bottles for liquid remedies.

## ☪ Divine Words from the Master Healer ☪



*"Be careful about your physical health. Satisfy the demands of nature; the car must be given the petrol that it needs. Otherwise, your head might reel and your eyes might get blurred through sheer exhaustion. How can thoughts of the Lord be stabilised in a weak frame? Only, do not forget the purpose of this body when*

you are tending it... that you have come embodied so that you might realise the end of this cycle of birth and death.”

...Sathya Sai Baba, SSS01, Chapter 5, “ Meditation on the Lord’s Form and Name”, Divine Discourse, Chitravati River Bed Puttaparthi, 23 Feb 1958  
<https://www.sssbpt.info/ssspeaks/volume01/sss01.pdf>

“Men are not aware that time sanctified by service offers high rewards to themselves as well as those whom they serve. All acts of service are not equally sanctifying or uniform in the benefits they confer. When service is undertaken by power-hungry people, or under compulsion or by imitative urges, it results in more harm than good. Self-aggrandizement or competition or ostentation are motives that will pollute the sacred Sadhana of Service. The candidate for this Sadhana has to avoid Ahamkara (egoism), Adamabara (exhibitionism) and Abhimana (attachment).”

...Sathya Sai Baba, “Equipment for Service” Discourse, 21 November 1986  
<http://www.sssbpt.info/ssspeaks/volume19/sss19-25.pdf>

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## ❧ Announcements ❧

### Forthcoming Workshops\*

- **UK London:** Virtual Annual Refresher Seminar **18 Sept 2022**, contact Jeram Patel at [jeramjoe@gmail.com](mailto:jeramjoe@gmail.com)
- **India Puttaparthi:** Virtual Follow-up Workshop for recently qualified SVPs **8-9 Oct 2022**, contact Padma at [trainer-cc@in.vibrionics.org](mailto:trainer-cc@in.vibrionics.org)
- **India Puttaparthi:** Virtual AVP Practical Workshop **2-20 Nov 2022\*\*** followed by face-to-face workshop **25-27 Nov 2022**, contact Lalitha at [editor1@vibrionics.org](mailto:editor1@vibrionics.org)
- **India Puttaparthi:** AP Workshop (Tamil) **29-30 Nov & 1 Dec 2022\*\*** contact Lalitha at [editor1@vibrionics.org](mailto:editor1@vibrionics.org)
- **India Puttaparthi:** AP Workshop (Telugu) **29-30 Nov & 1 Dec 2022\*\*** contact Padma at [trainer-cc@in.vibrionics.org](mailto:trainer-cc@in.vibrionics.org)

\*Workshops are only for those who have undergone the admission process and the e-course. Refresher seminar is for existing practitioners.

\*\*Subject to change

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## ❧ In Addition ❧

### 1. Health article

#### Prevent sleep disorders

**“Nowadays none wakes up when the cock crows, nor when the loud whistle of train blows, but get up late in the morning at eight or nine. What is the reason? They go to sleep late at night. Are they at least using the night hours for studies? Not at all. They put on Television or Radio, thus polluting their own minds besides wasting time... None protests against this evil, neither parents inside house, nor the teachers, the educated persons and the elders in the society. The reason simply is that they too have succumbed to this addiction... Firstly, preserve your health. Bad habits are the root cause for ill health; so, eschew bad habits totally.” ...Sri Sathya Sai Baba<sup>1</sup>**

#### 1. What is sleep?

Sleep is a complex biological process. While you sleep, you are unconscious. But, your brain and body functions are engaged in the process of repair and restoration to keep you healthy to function at your best while you are awake. “Normal sleep” differs for each person.<sup>2,3</sup>

#### 2. What is sleep disorder?

You are heading for a sleep disorder if you do not have sound sleep during the night regularly for at least three nights a week for over a month. This often leads to fatigue or sleepiness during the day, difficulty in concentrating, reduced or impaired ability to perform regular daytime activities, irritability and mood swings, accidents at work or while driving. In essence, health and quality of life deteriorate.<sup>4,5</sup>

### 3. Types of sleep disorders

#### 3.1 Insomnia

**Symptoms** are difficulty in falling asleep, waking up often during the night or waking up very early and having trouble going back to sleep, lying awake at night and sleeping late into the morning (known as circadian rhythm disorders), and waking up tired or irritable and unrefreshed.<sup>2-9</sup>

**Multiple factors play a part:** Occasional bouts of insomnia could be due to uncomfortable bed, light,



Daytime sleepiness



Insomnia



Hypersomnia

noise, or extreme temperatures, shift work, jet lag, recent illness, any pain, death or any distress in the family, or a temporary loss or setback in life. Insomnia is common during hormonal shifts or pregnancy,

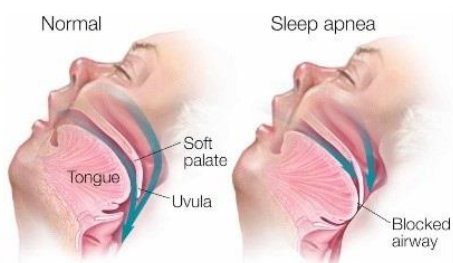
especially in the first and third trimesters. It could also be due to unhealthy habits or lifestyle like long afternoon nap, late dinner, irregular sleep schedule, intake of caffeine, nicotine, alcohol, or a recreational drug, watching films or using digital devices late at night, or using the bed for activities besides sleep that can create mental associations between the bed and wakefulness. It could be due to a medical or psychiatric condition or a side effect of medications. Low iron level can also affect sleep. Poor sleep can trigger or worsen health issues, hinder their treatment, and create a complex chain of cause and effect.<sup>5-9</sup>

#### 3.2 Snoring & Sleep apnoea

**Snoring:** It is a hoarse, harsh, rattling, rumbling, snorting, or grumbling sound that occurs as soft tissues in the mouth, nose, and throat bump into each other and vibrate when air is unable to flow easily through the nose or mouth. It is very common and not usually caused by anything serious. You are more likely to snore if you have blocked or narrow airways due to nasal stuffiness because of allergy and common cold, deviated nasal septum, enlarged adenoids, or tonsils. Also, if you sleep on your back, are overweight, smoke or drink too much, or have a family history of snoring. Other possible causes could be a long soft palate partially blocking the back of your throat or mouth falling open when asleep. Many may not realise they snore during sleep unless anyone nearby tells them. If snoring becomes chronic and interrupts sleep, it needs to be addressed.<sup>10,11</sup>



Snoring



Sleep apnoea



Overweight

**Sleep apnoea:** Breathing is interrupted during sleep, it stops repeatedly for about 10 seconds or sometimes up to a minute. It is normally due to partial or complete blockage of the upper airway when the soft tissues in the back of the throat relax too much and the walls of the throat collapse

and become narrow during sleep (*obstructive sleep apnoea*). Rarely, breathing can stop for a while when the brain fails to tell the body to breathe (*central sleep apnoea*), a sleep disorder related to the central nervous system.<sup>4,12-14</sup>

Common symptoms are gasping for air and recurrently waking up suddenly during sleep; also, snoring, restless sleep, night sweats, or frequent nocturnal urination. They may result in morning headaches, dry mouth or sore throat upon waking up, or excessive daytime sleepiness (*hypersomnia*). Symptoms in children may also include sleeping in unusual positions, bedwetting, mouth breathing during the day, and swallowing difficulty, apart from behavioural and learning disorders.<sup>4,12-14</sup>

During an episode of sleep apnoea, the flow of oxygen to vital organs gets reduced during the pause in breathing; heart rhythm becomes irregular as breathing resumes with a gasp or jerk. Risk increases when one stops breathing for thirty times or more per hour. If left untreated, one can stop breathing repeatedly, sometimes hundreds of times during the night. Apart from the resultant fatigue, it can also lead to high blood pressure, stroke, enlargement of the muscle tissue of the heart (cardiomyopathy), heart failure, diabetes, and heart attack.<sup>4,12-14</sup>

**Anatomical indicators:** Certain physical features or traits may be indicative of sleep apnoea, like, excessive weight, large neck and structural abnormalities reducing the diameter of the upper airway, nasal

obstruction, a low hanging soft palate, enlarged tonsils or a small jaw with an overbite.<sup>4,12-14</sup>

**Pickwickian syndrome:** People with this disorder breathe in a way that is too slow or too shallow leading to low oxygen levels, combined with high levels of carbon dioxide in the blood. Symptoms include loud snoring, choking in breathing during sleep, laboured breathing during the day, hypersomnia, enlarged neck, and swelling in the feet, ankles, and legs. Those with sleep apnoea and obesity are at greater risk. The cause is unknown but believed to be due to hormonal factors, and breathing or neurological issues.<sup>15,16</sup>

### 3.3 Other Sleep disorders

**Restless leg syndrome (RLS):** It is an intense uncontrollable urge to move the legs, usually with an uncomfortable sensation in the limbs like creeping, itching, pulling, crawling, tugging, throbbing, aching, burning, or gnawing. It begins or worsens during periods of inactivity or rest, typically evenings, making it difficult to fall asleep or have a good night's sleep. It can be partially or totally relieved by activities like stretching, walking, or exercising the affected muscles or relaxing with hot and cold compress, or mild massage. Believed to be genetic, it can start from childhood and worsen with age; it is associated with many diseases, medications, or iron deficiency. Caffeine, nicotine, and alcohol can make symptoms worse.<sup>4,17-19</sup>

**Narcolepsy:** It is a comparatively rare neurological sleep disorder and creates unstable sleep-wake boundaries for the patient. Symptoms include hypersomnia characterised by sudden sleep attacks during any type of activity at any time of the day; *recurrent sleep paralysis* lasting a few seconds to a few minutes when one cannot move or speak though aware of surroundings, very rarely accompanied by hallucinations. In some cases, after the onset of sleepiness, a sudden sensation of weakness in a few muscles may occur, usually triggered by strong positive emotions like laughter, witty conversations, pleasant surprises and sometimes by anger. When severe, one may experience total loss of voluntary muscle control and collapse, though conscious and aware. But it resolves on its own after a couple of minutes, unlike fainting or seizures. Symptoms being very similar to other sleep disorders or depression, narcolepsy may go undiagnosed and untreated for years.<sup>4,20-22</sup>

**Parasomnias** cover a group of unusual sleep behaviours like *sleep talking*, *sleepwalking*, *bedwetting*, *night terrors*, most common in children, *sleep-related eating disorder* (eating while partially awake those food combinations one would normally not eat while awake), and a unique "*exploding head syndrome*" (a loud explosion or flash of light perceived in the sleeper's head lasting less than a second, during the transition period between sleep and wakefulness, followed by fear and anxiety characterised by sweating, palpitations, and difficulty breathing).<sup>2,23,24</sup>

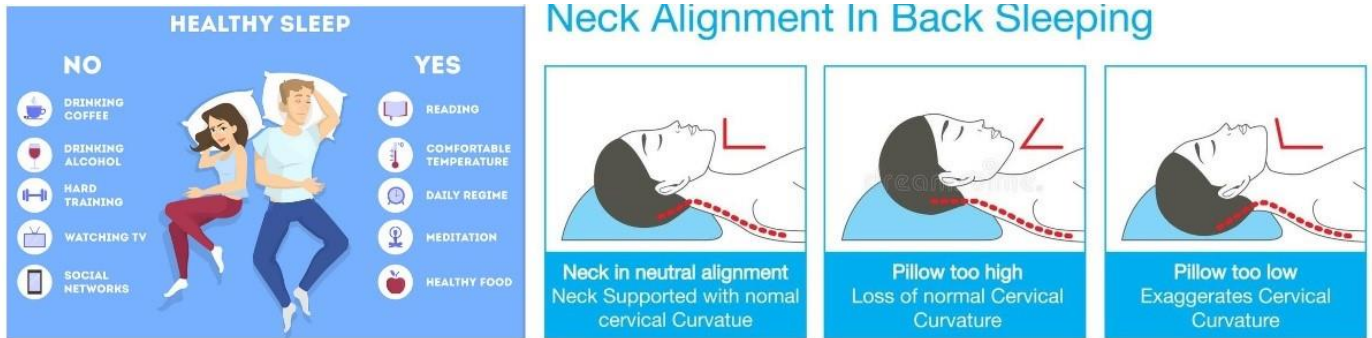
**Sleepwalking (somnambulism)** originates during deep sleep, in the first half of the night, involving walking or performing complex or abnormal acts or feats while still asleep. Eyes may be open and glassy but sleepwalkers will have a blank look on their face, usually minimally responsive and incoherent in their speech. Sleepwalking may last for a few seconds to 10 minutes maximum up to half an hour after which they may go back to sleep on their own; may wake up confused while they are still on their nocturnal errand. They may not have any recollection of the episode, about which they will know only from someone who has witnessed it. This disorder is attributed to family history, sleep deprivation, and a tendency to repeatedly wake up during the night.<sup>2,23,24</sup>



### 4. Tips to prevent and manage sleep disorders

- Improve the quality of your sleep. Track your sleep patterns, habits, lifestyle by keeping a diary such as: do you regularly take more than a few minutes to fall asleep, your activities before going to sleep, how long you sleep, how well you sleep, do you feel refreshed on waking up, impact on your physical and mental activity, and state of alertness during the day.<sup>4,5,6,8</sup>
- Pregnant women, children and elders need special care to help them tide over their sleep issues.<sup>9</sup>
- Monitor your weight and keep it under control, also check your iron level.
- Sleep disorders other than insomnia can be gauged through tests such as polysomnogram and actigraphy.<sup>4,5,6,8,12,15,17,21,24</sup>
- Do not drive when you are sleepy. Avoid stimulants at least four hours before bedtime; also, sleeping pills, as they can worsen sleep apnoea. Resort to natural sleep aids like warm milk or herbal tea. Have

a conducive and safe sleeping environment. Raise the head of the bed to improve airflow or try a snore-reducing pillow to keep the head and neck in proper position during sleep.<sup>4-6,8,10-13,15,20,24</sup>



To know about your sleep cycle, how much sleep is adequate, how to sleep and wake up well, **refer to our article "Wake up to sleeping well", vol 9 #3, May-June 2018.**<sup>3</sup>

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24. <https://my.clevelandclinic.org/health/diseases/12133-parasomnias--disruptive-sleep-disorders#>

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**2. Updates on Covid-19 remedy, last updated on 9 June 2021, Vol 12 Issue 4**

In view of the mutating virus the research team has made further revision to the previous combos, this time it also includes Monkeypox (2022). Given below are the revised combos with the complete treatment protocol.

*A. Immunity Booster (IB) for prophylaxis and treatment*

For those having 108CC box

**CC4.10 Indigestion + CC7.2 Partial Vision + CC9.4 Children’s Diseases + CC11.4 Migraines + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities + CC19.3 Chest infections chronic + CC19.5 Sinusitis + CC19.6 Cough chronic + CC19.7 Throat chronic + CC20.4 Muscles & Supportive tissue + CC21.2 Skin infections.**

For those without 108CC box but having SRHVP:

**NM101 Skin-H + NM102 Skin Itch + SM1 Removal of Entities + SM2 Divine Protection + SM5 Peace & Love Alignment + SM18 Digestion + SM20 Eyes + SM26 Immunity + SM27 Infection + SM31 Lung & Chest + SM35 Sinus + SM39 Tension + SM40 Throat + SR272 Arsen Alb 30C + SR291 Gelsemium 30C + SR318 Thuja 200C + SR566 Fungi-Pathogenic**

**Dosage:** For prophylaxis: **OD** on waking to those fully vaccinated or recovered from Covid-19 or living in an area where there is no Covid. **BD** on waking and before sleep in areas where it is rampant.

**For treatment:** A dose every hour for 6 hours followed by **6TD**, tapering down on improvement to **QDS - TDS - BD - OD**. Follow same dosage for those with post-Covid complication such as fungal infection or blood clots.

**For those with Covid-19 symptoms but tested negative or test not taken:** start at **6TD**, then taper down as above.

**Warning: Any allopathic treatment should be continued and NOT discouraged at any time**

*B. Recuperation: When a patient has recovered and tested negative but has little energy and feels tired in body and mind or develops a complication, give the following until the patient feels healthy and strong:*

**For those having 108CC box:** **CC3.1 Heart tonic + CC4.1 Digestion tonic + CC7.1 Eye tonic + CC12.2 Child tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic + CC19.6 Cough chronic**

**For those without 108CC box but having SRHVP:** **NM5 Brain Tissue Salts + NM7 CB7 + NM69 CB8 + SM1 Removal of Entities + SM2 Divine Protection + SM12 Brain & Paralysis + SM18 Digestion + SM26 Immunity + SM31 Lung & Chest + SR269 Antim Tart 30C + SR272 Arsen Alb 30C + SR291 Gelsemium 30C + SR328 White Chestnut + SR521 Pineal Gland**

**Dosage:** **TDS**, tapering down on improvement but continue **IB** at **OD** on waking with a gap of at least 20 minutes between the two.

*C. To avoid side effects of vaccination:*

**For those having SRHVP:** **SR318 Thuja 30C.**

**For those with only 108CC box:** **CC9.4 Children's diseases**

**Dosage:** **OD** at night, start two days before vaccination and for 10 days from day of vaccination, while taking **IB** at **OD** on waking during this period.

*In case a patient develops side effects* (symptoms being, extreme soreness in arm, tiredness, headache, aches & pains, nausea or vomiting), usually a day or two after vaccination, additionally take the Recuperation combo as given above.

*D. For increasing the oxygen saturation level but continue all other treatments:*

**For those having SRHVP:** **SR304 Oxygen 200C** in water

**For those with only 108CC box:** **CC19.1 Chest tonic** in water

**Dosage:** every ten minutes until oxygen level reaches 90, then every hour as long as needed.

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### **3. AVP workshop: virtual 6-22 July followed by face-to-face at Puttaparthi 28-30 July 2022**



Eight enthusiastic participants, five new AVPs and three practitioners who had lost touch with vibrionics, attended this highly interactive workshop. In his valedictory address, Dr Jit Aggarwal called upon the participants to jump into the deep end to confidently start their practice, cautioned not to raise false hopes of a patient but inspire them, as effort coupled with prayer from your genuine heart will make His Grace flow! The icing on the cake was that he touched upon the sanctity of the 108CC box they had just received, highlighting the sincerity, hard work and time, that had gone into the making of the Master Box using SRHVP. Two highly dedicated practitioners worked full-time for a whole month in Puttaparthi to

charge the bottles with hundreds of healing vibrations. Swami Himself blessed the box by extending His blessing hand covering all the bottles and said thrice "I Bless, I Bless, I Bless".



#### 4. New Sai Vibrionics Medical center in Visakhapatnam zone

The inauguration of Sai Vibrionics Medical Centre at the Integrated Vikalangua Ashrama school at Atchutapuram, Anakapalle, AP, was a noteworthy and memorable occasion. The school was established in 1988 to empower children with disabilities for better livelihood, through free education. The founder



himself is physically challenged by birth and has received many awards including the best National individual award from the President of India in 2006.

**Senior practitioner** <sup>11567...India</sup> gave a brief inaugural talk regarding the benefits and salient features of Sai Vibrionics. The event was attended by the school children and parents, physically challenged persons, sevadals, and other members of the public. In addition to **IB** distribution, 29 patients were treated.

**Practitioner** <sup>11634...India</sup> has committed to rendering



service at this centre every Sunday morning.



#### 5. Anecdotes

##### 1. Magic **IB** & its multiple uses <sup>10375...India</sup>

A 59-year-old male returned from his office with headache, feverishness, slight throat pain, and weakness on **8 July 2022**. His wife, **practitioner**, immediately put him on **IB**...one dose every 10 minutes for an hour. As all his symptoms improved by 50%, the dosage was **6TD** from the next day.

On 11 July morning he got up with a heaviness in his head and his nose and throat completely blocked and his Covid report came positive the same evening. He was additionally given **IB** nasal drops, one drop in each nostril. Instantly, all the mucus was blown out of the nose, the congestion & heaviness in the head got completely cleared much to the glee of the patient! He did not have to use the nasal drops again! For his throat pain, he gargled twice a day, 1 drop of **IB** in 100 ml warm water, and took inhalation - one drop of **IB** in one litre of hot water. Within two days, he was free of all symptoms.

**2. Power of CC10.1** <sup>03518...India</sup> As early morning group devotional walking and singing was coming to a close on 12 July 2022 in Prashanti, participants noticed one woman, although standing upright, looked as though she might be tilting over, so her neighbours rushed to support her. Practitioner who was nearby and carrying her **CC10.1 Emergencies** pill bottle in her backpack tried to put a pill into her clenched mouth but failed. The woman looked lifeless and remained stiff as a board. With all constantly chanting "Om Sai Ram", water was sprinkled on her face and she relaxed sufficiently for her mouth to be opened for the tiny pill. She could now be gently guided to a chair. Within a couple of minutes, the patient opened her eyes, stood up and smiled, looking around as if nothing had happened, took a few steps and prostrated to the deity at the Gopuram gate with ease. On request, a sevadal was given the remedy bottle for possible future episodes.



### 3. A couple of amazing experiences from the weekly makeshift clinic started 22 March 2022 at Puttapparthi vibrionics site.

#### A. Sightless seeing stars after seven years!

A 72-year-old man, when he visited the clinic on 24 May 2022, had no vision in his left eye and could see hazily up to three feet only with his right eye. He could not see faces to make out who he talks to and his visibility at night was zero. On prodding, he narrated he had fallen down from a cycle in 2012 and had stitches above the left eye which had become blue. Within a year he lost his sight completely in that eye, despite getting injections and medicines. This was followed by gradual loss of vision in the right eye too. He said he had been visiting Super hospital regularly, his last visit being 27 July 2021. He was given **CC3.2 Bleeding disorders + CC7.1 Eye tonic + CC7.2 Partial Vision + CC7.6 Eye injury + CC10.1 Emergencies + CC20.7 Fractures...6TD**. On his next visit the following week, he was delighted to report he could see stars in the sky at night after a gap of 7 years. Improvement continues, and remedies are being reviewed and modified on his monthly visits.

#### B. De-addiction in no time!

An 18-year-old mason's helper had been smoking 25 beedies (a mild Indian cigarette) a day. He developed this habit when he was in Grade 2 at school. Desirous of kicking the habit he approached the practitioner<sup>11612</sup>. He was also suffering from nasal block, sinusitis, sneezing and itchy eyes at night, regardless of the weather. His appetite was poor. On 4 Aug 2022 he was given **CC4.1 Digestion tonic + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.3 Addictions**. Within two days the number of beedies he smoked came down to four a day. As of 12 Aug, his appetite has returned and he has 40% improvement in his allergy symptoms. He is delighted that he is generally smoking four beedies a day, never more than six.

### 4. Cockroach infestation nipped<sup>03608...South Africa</sup>

On 19 Jan 2022, the cleaner from the practitioner's apartment complex reported a cockroach infestation in the drains and garden, due to the hot summer weather. The practitioner prepared **CC1.1 Animal tonic + CC1.2 Plant tonic + CC15.2 Psychiatric disorders + CC17.2 Cleansing** in 10 litres of water.

She advised the cleaner to pour it in the drains and spray in the garden daily. To the cleaner, it looked like ordinary water and he put it in one drain only. The very next day, he reported his astonishment that dead cockroaches were lying outside the drain and requested more water to pour in all the drains and in the garden. He repeated the procedure twice and by 26 Jan no further cockroaches were seen in the drains and garden.

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### 6. In Memoriam

**Mrs Uma Mathur**<sup>11421...India</sup> at the age of 85 graciously left for her heavenly abode on 12 Feb 2022. She had bravely steered herself through every situation in life including Covid-19. Her last moments were spent with her children and grandchildren by her side. A Sai devotee in a true sense she was a sevadal member, bhajan singer, senior Bal Vikas Guru, mentoring children for decades in Delhi, and a Vibrionics practitioner since 2011. She epitomized selfless love and service and was a role model for the younger devotees. Despite her frailty, she treated patients with sincerity, enthusiasm, and compassion and diligently abided by her Promise to God. We salute her dedication, humility, and courage.

**Rajesh K Raman**<sup>11271...India</sup> merged with Swami on 16 July 2022 at the young age of 48. We are deeply pained at this irreparable loss of a very valuable colleague. He trained as a practitioner in March 2010 but his journey with vibrionics began even earlier as he worked with his father-in-law, the very first practitioner<sup>02090</sup> from the state of Kerala and later, a coordinator. No one who met Rajesh remained untouched by his infectious passion for seva and great humility. An active member of the core team he was instrumental in setting up of the IASVP and tremendous support at the time of the first international conference. With his great efforts, we were able to procure and assemble the 108CC boxes at a time when there was a break in the supply chain. Vibrionics will ever remain indebted to him for his commitment and readiness to do anything needed. Our hearts and prayers go out to his wife and two daughters and other members of his family.

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Om Sai Ram