

## 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

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

Dear Practitioners

Just ten days ago we had the heavenly experience of participating in night-long bhajans on the joyous occasion of Maha Shivaratri. Swami says, "On the night of Chaturdasi, the 14th day, the night of Shiva... Shiva alone has to be meditated upon that night without the mind straying towards thoughts of sleep or food. This must be done once a year on Maha-Shivaratri, a special spurt of spiritual activity is recommended, so that what is shavam (corpse) can become Shivam (God), by the perpetual awareness of its Divine Indweller." (Mahshivaratri Discourse, February 1969). Swami has a beautiful way with words and very simply gave us the secret to connecting with the higher self. This message of Swami has great significance for us all. Having a stable mind and a good heart-mind connection is important for every vibrionics practitioner.

It has been our endeavour to be in touch with practitioners all over the world through our newsletter, once in two months. Sent to all email IDs in our database, the newsletter serves as our main channel of connecting with practitioners. In addition, we indirectly and systematically connect with each one through their Regional Coordinator in India or Country Coordinator, if outside India. It has been a matter of concern for us that over the years we have lost touch with many practitioners. While some changed their email address without updating us, some of our earliest practitioners did not have email IDs in those days and gradually lost contact with us. With the initiative of **Practitioners**<sup>10375 & 11573</sup>, and the relentless efforts of many others, the India database, to a large extent, is now up-to-date. However, updating the records of practitioners outside India still remains a challenge. In this regard, I am happy to report that **Practitioner**<sup>11576</sup> has recently taken on the task and has, in fact, in a short time already made progress. I earnestly request all country coordinators to extend all possible help to him in this challenging task.

Just before the onset of the pandemic, to aid the growth of Vibrionics and its smooth functioning, we formed a structured organization with nine wings, each led by an appointed Director. A few months ago, the core team of senior practitioners who accepted responsibility for running the organisation, set-up a think tank in order to introspect and analyse the functioning of the organization (News Vol 13 Issue 4). The team tasked itself with evaluating the activities of all the wings and formulating a comprehensive roadmap to fulfil the aims and objectives of Sai Vibrionics to take it into the future. We surrendered to the Lord and with His guidance and by receiving inputs from the team after brainstorming with other senior practitioners, we came to a decision - establish a formal institute. In the process of formalising the Institute documents, there have been many challenges spread over several months but the Lord Himself conferred the courage to pursue this to its satisfactory conclusion. Then came many hurdles during the official registration process. Again it was entirely due to His Grace that our efforts were rewarded. I am pleased to announce that Sai Vibrionics Institute for Research and Training (SVIRT) has now been granted registered status with the Government of Andhra Pradesh, India. Our official address is an apartment in Puttaparthi, a

parting gift to the Institute and last wish of our very dear practitioner<sup>03518</sup> (refer to *In Memoriam* in this issue).

After a long period of forced isolation, we enjoyed the opportunity to briefly visit New Delhi last month where we interacted with practitioners from North India (see *In Addition*). It was so heartening for us to hear about the good work being carried out by so many. Their enthusiasm and eagerness to know more and their dedication to vibrionics assured us that, at the ground level, tremendous vibrionics seva is indeed a stable reality in that region. We were encouraged to continue our own efforts and work harder to match their zeal.

Early last month on 6 Feb, a huge earthquake struck parts of Turkey and Syria, leaving a trail of devastation and, sadly, a huge loss of human lives not to mention property. As the world prayed, a group of practitioners from different corners of the globe immediately rushed to broadcast their healing vibrations for the people stricken by the horrendous calamity. Swami says, "*All prayers arising out of pure love, unselfish eagerness to render service and from hearts that are all-inclusive will reach God. For God is the very Embodiment of Love.*" (SSS Vol XI p.121)

Swami's Aradhana Mahotsavam day is just around the corner. Aradhana means an act of glorifying God or worship. His life, His message and His humanitarian works can all be enshrined in one word - Love. His unconditional and limitless love continues to comfort, nourish, protect, heal, and fill the emptiness experienced by millions in every corner of the world. I wholeheartedly believe that serving in the vibrionics mission is a way of worshipping Him.

In loving service to Sai

Jit K Aggarwal

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## ❧ Practitioner Profiles ❧

**Practitioner<sup>11635...India</sup>** is a doctor by profession with an MD in anaesthesia. He served as a consultant anaesthesiologist at Baba's super-specialty hospital in Puttaparthi, from 2001 to 2007. From 2007 to 2014, he looked after the cardiothoracic anaesthesia and critical care departments at Swami's hospital in Whitefield. He is presently working as an Associate Professor and Head of Department of Critical Care and Emergency Medicine at Pramukhswami Medical College, Gujarat.



He first experienced Swami's love in 1997 when he accompanied a doctor friend to Puttaparthi as a sevadal and there he received vibhuti prasadam from the divine hands. Later when he was working in Swami's hospitals in Parthi and Whitefield, through various physical and Divine experiences, Swami changed the way he looked at his profession. The teachings of the supreme Master impressed upon him two key tenets - first, that his primary duty as a doctor was to serve the poor and needy, and secondly, all patients should be treated with love and care.

Since 2014, the practitioner has been actively involved in seva activities of Sai Organisation in Gujarat. He is a regular doctor at a weekly medical camp which provides healthcare services to 250 to 300 patients every Sunday. Over the years during his medical practice, certain shortcomings in allopathy became apparent to him. In cases of several diseases like rheumatoid arthritis, cancer and viral infections, allopathy merely provides supportive and symptomatic care without delving into the root cause. This realisation inspired him to seek an alternative healing method and vibrionics caught his attention. He was excited to discover a system of healing that is almost zero-cost, that removes the financial barrier to providing health care to the downtrodden. He felt vibrionics would perfectly complement his own practice and enable him to treat his patients more holistically. So, he completed his AVP course in July 2021 and qualified as a vibrionics practitioner.

Depending upon their clinical condition, he treats his patients either with vibrionics alone or combines it with allopathy. He finds that because of his allopathic training, the patients are much more willing to receive the vibro remedies from him and this in turn helps to speed up their healing. He is impressed that people without any medical degree can help so many and provide very effective treatment using just vibrionics.

Over time the practitioner's faith in vibrionics has strengthened since he has seen this therapy produce marvellous results where other therapies including allopathy, have failed. He recalls how the cysts on the

ovary of a PCOD patient miraculously disappeared after taking vibro for a short duration, thereby leaving her allopathic doctor utterly perplexed! He finds **CC10.1 Emergencies** to be a fabulous remedy that has helped many recover from acute illnesses. He has also experienced wonderful results with **CC12.1 Adult tonic** in patients with physical weakness and fatigue. He finds diseases like arthritis and viral infection are best treated with vibrionics as opposed to other therapies.

Since coming into the Sai fold, the practitioner has adopted Swami's quotation 'Service to man is service to God' as his motto in life. He feels that serving society helps to transform and spiritually uplift an individual. He is extremely grateful to Swami for the gift of vibrionics that is providing healthcare to masses without any financial constraint and without any side-effects. Finding that this healing system is so very beneficial, he prays that it should reach the maximum number of people. His future plans include participating in teaching as well as research and he is enthusiastic to support the vibrionics newsletter.

#### Cases to share:

- [Dyspepsia](#)
- [Migraine, persistent](#)
- [Frequent, painful menses](#)

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#### Practitioner <sup>03564...Australia</sup>



has a master's degree in Pharmacology from India and, nurturing his passion to teach, started his career as a Pharmacy lecturer. In 1995, he won a scholarship to do PhD in New Zealand, moved to Malaysia and taught for two years before continuing to teach in Australia where he immigrated in 2001. Currently, he runs his own pharmacy there.

Interestingly, the practitioner first heard of Sai Baba at the age of 15 in 1969 from a teenage boy whom he bumped into at the railway platform in his village. He was surprised to note that he had never seen this boy before, although he knew almost every face in his village. Just a few months earlier, he had read about Sai Baba in a magazine and now, out of the blue, this boy was talking to him about the same person. But, as he thought of asking some questions, the boy disappeared from his sight. Considering himself too young to embrace spirituality, the practitioner kept aside all thoughts of Sai Baba and it was 13

years later in 1982, that he was inspired to visit Puttaparthi after coming across a book about Baba. Swami granted him padnamaskar on his first visit and after that there was no looking back.

He involved himself in seva activities conducted by his Sai Centre - free medical and dental camps, food distribution, Bal Vikas, bhajans etc. In fact, for eight years since 1987 when he lived in Calicut in India, his house became a Sai Centre. His home was blessed when several devotees saw Swami walk into his hall one Saturday after the group had completed nagar sankeertan and were about to offer aarti. In 2001, after relocating to Australia, the practitioner set up a Sai Centre at his home and took on the responsibility of being a coordinator for almost two years.

In Sept 2016, he first heard of Sai Vibrionics from a practitioner at a vibrionics clinic in a town hall in Australia. After learning about how the system works, he was inspired to take up vibro seva and became an AVP in Nov 2017 and a VP in June 2018. He believes that vibrionics has given him the opportunity to do seva with love and devotion. As his practice has progressed, vibro has taught him humility and an important lesson that God is *the only* Healer and he is a mere instrument.

He recalls an interesting case of a 60-year-old lady who suffered from numbness in her thigh for 11 years, caused by possible nerve damage while she was being given an epidural during a hysterectomy. The thigh muscle would often go into a spasm, thus twitching involuntarily and she would experience severe jolting pain, like an electric shock, after taking a long walk or standing continuously for long periods. This would happen 2 to 3 times a week. She had been taking prescribed painkillers when required, for more than a decade. In Jan 2018, she approached the practitioner who gave **CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.1 SMJ tonic + CC20.4 Muscles & Supportive tissue + CC20.7 Fractures... QDS**. Over the next several months both the intensity of pain and frequency of spasms came down. Within a year of starting the remedy, her pain was 50% better and spasms came only once in three months. In Jan 2019 the dosage was reduced to **TDS** and she was also given **CC17.2 Cleansing...OD**. By June 2019 pain had gone down by 75%. In Jan 2021 she was diagnosed with Vit-B12 and Vit-D deficiency and started taking supplements. Now the pain has reduced by 90% and the spasms have completely gone. In his practice,

the practitioner has found **CC15.6 Sleep disorders** to be a great remedy that gives spectacular results in treating sleeplessness. During the pandemic, he gave **IB** to all his patients and

believes that it has kept them safe while additionally instilling in them a great deal of faith in vibrionics. He strongly feels that faith in Swami, the master Healer, expedites the healing process. He encourages his patients to read case histories published in the newsletter in order to strengthen their faith in vibro. He also finds reading allopathic diagnostic reports of his patients to be a valuable resource in understanding their ailments and for giving treatment.

Going forward, the practitioner is happy to go beyond treating patients and get involved in vibrionics research activities and also provide support to the postal network.

**Cases to share:**

- [Violent dreams](#)
- [Dementia](#)

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## ☞ Case Histories Using Combos ☞

**1. Dyspepsia** <sup>11635...India</sup> A 40-year-old man had been suffering for the past four years from frequent belching and bloating in the abdomen and burning sensation in the oesophagus with pain in the left side of the upper abdomen after every meal. Eating spicy food aggravated his condition. An endoscopic scan advised by his physician in June 2017, revealed that he had gastric ulcers. He took the prescribed medication for five months but stopped it as there was no relief. In Jan 2018, he started ayurvedic treatment and took it for ten months but to no avail. While on the look out for a permanent solution, he began to manage his condition by avoiding spicy food and walking regularly. On **21 Aug 2021** he was given:

**CC4.5 Ulcers + CC4.10 Indigestion...TDS**

By 4 Sept he had 20% improvement in the bloating and belching while the other symptoms remained the same. By 18 Sep, he had 90% improvement in all symptoms. On 17 Oct, he was 100% symptom-free.

On 14 Nov, the dosage was reduced to **BD** and gradually tapered down before stopping it on 2 Apr 2022. As of Feb 2023, he remains asymptomatic but cautiously avoids eating spicy food.

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**2. Migraine, persistent** <sup>11635...India</sup> A 50-year-old nurse was suffering from recurring left-side migraine since Feb 2015. The severe headaches, triggered by over-exertion, occurred once a week, each episode lasting 5-6 hours and was accompanied by periorbital (around the eyes) pain, nausea, and vomiting. So she was not able to perform her job properly. The next month, she consulted a physician who simply prescribed a painkiller. She took it for five months but as it did not give her any relief, the doctor gave her diclofenac - a stronger painkiller; this reduced the intensity of pain only slightly and she struggled with this for several years. When her pain became worse, she consulted a vibrionics practitioner on **1 Aug 2021** and was given:

**CC11.4 Migraines + CC15.1 Mental & Emotional tonic...TDS** generally but at the start of an episode, **every 10 minutes** for one or two hours.

She continued to take diclofenac during an attack. By 31 Aug, she had 15% reduction in intensity of headaches, periorbital pain, nausea, and vomiting. However, the episodes continued to occur once a week. By the end of Sept, the frequency of headaches got reduced to once every two weeks and all other symptoms improved by 50%. She stopped taking diclofenac on 21 Sept as she did not feel the need for it. During Oct and Nov, she did not have a single migraine episode, so on 4 Dec, the dosage was reduced to **BD** and then slowly tapered off before stopping it on 21 Jan 2022.

As of Feb 2023, there has been no recurrence of migraine.

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**3. Frequent, painful menses** <sup>11635...India</sup> A 20-year-old woman suffered from frequent menses with heavy bleeding, abdominal pain, and fatigue since her menarche four years ago. Her periods occurred every 15 days and lasted 8 to 10 days each time. The USG scan and thyroid tests advised by her gynaecologist were normal. In Nov 2017, the doctor diagnosed the cause to be hormonal imbalance and prescribed iron, antispasmodic and progesterone tablets. There was no improvement except for 10% relief in abdominal pain. Even the haemoglobin level remained constant at 8. As her condition became much worse in May

2021, she began looking for alternative treatments. She approached the practitioner on **18 Aug 2021**, in the midst of a heavy and painful period, and was given:

**CC3.1 Heart tonic + CC8.7 Menses frequent...6TD**

She stopped taking all allopathic medicines and after four days, on 22 Aug, she informed that her period lasted only four days and without any trace of pain! The dosage was reduced to **TDS** except during menses. For the next five months, she experienced painless menses lasting 4 to 5 days, occurring every 28 to 30 days. The fatigue also vanished. On 10 Feb 2022, the dosage was reduced to **BD** and gradually tapered down before stopping it on 12 Apr 2022. By 22 June, the patient's haemoglobin level had gone up from 8 to 10.2.

As of Feb 2023, she continues to have a normal menstrual cycle with no symptoms of anaemia.

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**4. Violent dreams** <sup>03564...Australia</sup> A 68-year-old man had disturbed sleep for the past 50 years due to violent dreams which occurred at least once a fortnight. He would act out his dreams while asleep. Till the age of 45, his dreams were mostly those of being strangled by a wild fierce man. He would scream loudly and wake up others in the household. He was not keen to visit a doctor as he did not consider these issues to be serious. Later the dreams changed to him being chased by a dog. He would run for his life and at times in defense would kick the dog in the dream and in reality he would hurt his leg by kicking the wall or sometimes kick his partner. In his late fifties, he was being chased by snakes. He would fall asleep within fifteen minutes of going to bed and soon, violent dreams would occur and disrupt his sleep. The frequency of these dreams had no fixed pattern. Over-exertion at work and fatigue seemed to trigger them and varied between once a week to once a month. He always seemed to be in panic due to fear of his wife getting hurt. He felt tired on waking up and sleepy the rest of the day.

With age, intensity of dreams was getting worse, so he took a neurologist's appointment but it was over six months away. At this juncture, he sought vibronics treatment and on **14 Nov 2020**, he was given:

**#1. CC10.1 Emergencies + CC12.1 Adult tonic + CC15.2 Psychiatric disorders + CC17.3 Brain & Memory tonic + CC18.5 Neuralgia...QDS**

**#2. CC15.6 Sleep disorders...1st dose half an hour before bedtime**, to be repeated every half an hour until asleep

Within a week by 21 Nov, the fear of hurting himself or his wife was reduced by 50% and his sleep quality improved a little. As a result, he felt energetic and remained active throughout the day. By 20 Dec, the intensity of the violent dreams subsided by 20%, fear by 90% and his sleep quality improved significantly. By Jan 2021, **#2** was stopped as he was having a restful sleep daily.

By 20 May, he had 100% improvement as all his symptoms were gone! He cancelled his appointment with the neurologist. **#1** was reduced to **TDS** and he was given:

**#3. CC17.2 Cleansing...OD** for a year

On 22 July 2021, **#1** was reduced to **BD** and on 20 Dec, to **OD** which he continues to take as maintenance dosage. As of Jan 2023, violent dreams are a thing of the past! He has also retired now, is stress-free, drinks plenty of water and does yoga to keep himself fit and happy.

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**5. Dementia** <sup>03564...Australia</sup> An 85-year-old man sought treatment for his short-term memory loss which started two years ago. His main symptom was repeating the same question or dialogue several times, not realizing that he was repeating them. He could remember events of the past and the names of people easily. The Mini Mental State Examination (MMSE)\* score taken in March 2017 was 23, suggestive of mild dementia. Since then, he took a herbal supplement regularly though it did not help. He was a very cheerful man and did regular walks twice daily.

He was taking allopathic medication for other ailments such as hypertension, benign prostate hyperplasia (BPH) etc which were under good control but he did not want to take allopathy for memory loss whereas his family was much concerned since his symptoms were slowly becoming worse. On **24 May 2019**, he consulted the practitioner who gave:

**#1. CC12.1 Adult tonic + CC14.2 Prostate + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic + CC18.2 Alzheimer's disease + CC18.5 Neuralgia...QDS**

He stopped the herbal supplement immediately and took the vibro remedy diligently without missing a dose. Over the next several months, his condition did not deteriorate. On 3 Nov, he was also given:

**#2. CC17.2 Cleansing...OD**

In May 2020, although his MMSE score remained the same, his family was happy for him to continue the treatment as his condition remained stable. #2 was stopped in Sep 2020. By 12 Dec, his dialogue repetition came down noticeably (the progress was not quantifiable) and the dosage was reduced to **TDS**. He remained independent, active and cheerful. By 28 May 2021, there was further improvement and the dosage was reduced to **BD**. By Oct 2022 the memory loss became almost negligible and as of Feb 2023, he remains stable. He is happy to continue the remedy at **BD**.

\*The **MMSE or Folstein test** is a 30-point questionnaire used extensively in clinical and research settings to measure cognitive impairment and to estimate its severity and progression. It helps to follow the course of cognitive changes in an individual over time, thus making it an effective way to document an individual's response to treatment. A score of 24 or more out of 30 indicates a normal cognition.

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**6. Retinal-tear** <sup>01339...USA</sup> On 4 Nov 2022, a female aged 65, noticed a curtain of lines and dots, as if distorted musical notes, and floaters in her right eye but she could see through them. Vision in her left eye seemed to be normal. Her eye doctor diagnosed it as a substantial horseshoe-shaped tear in her right retina and referred her to a retina specialist who diagnosed on 8 Nov that the horseshoe-shaped tears were in both eyes, but much smaller in the left eye. He also noticed a small hole in both retinas. He immediately performed a laser surgery on the right eye to tack the tear, lest it becomes worse and the whole retina collapses. He also said that nothing can be done to prevent this in the future. He advised her to come back in two weeks for the same procedure in the left eye.

On **12 Nov 2022**, she consulted the practitioner who gave:

**CC7.1 Eye tonic + CC7.6 Eye injury + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic** in water, **frequently for two hours**, then **every hour** for two days and **6TD** thereafter

On 22 Nov, she returned to the specialist for treatment of her left eye. After repeated reviewing of the prior and current photo-images, the doctor found that the tears had almost healed, the holes in both eyes were also gone. As there was no longer a threat to her eyesight, she did not need any surgery on her left eye. The dosage was slowly tapered off to **OD**.

As of Feb 2023, she still continues to take her remedy **OD** and remains without any issues in her vision.

**Patient's testimonial:** From the day I received the Vibrionics remedy, I started following the directions carefully. On 22 November, 12 days after my surgery, I went to see the eye specialist to get my left eye lasered. I went through countless tests, and they took photos of both eyes. The Doctor was pleased that the right eye had healed almost completely. He then looked at the prior and present left eye photos. There was no indication of a tear. He had to look into my left eye to be sure and then look back at the photo. He did this twice. He was very pleased that the tear in the left eye had also healed considerably and that he did not need to do the laser treatment. He then proceeded to look for the holes. They were almost completely closed. In fact, it was the first time I ever saw him smile. Thank you, Swami!!

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**7. Heel pain, cough & migraine** <sup>11633...India</sup> A 65-year-old male had mild migraine on the right side 2 to 3 times a week since 2011; the headache was aggravated by bright sunlight and loud noise. He took paracetamol and got relief every time. After his retirement in Oct 2015, the frequency of episodes reduced to once in two months. In Feb 2021, after recovering from a viral fever for which he took prescribed medicines for five days, he started feeling pain in both his heels at night before going to bed and upon waking up. He simply managed it with daily application of a herbal remedy and by taking more rest.

In May 2021, he tested Covid-positive, so took allopathic treatment and recovered. Since then, the heel pain worsened; the pain at night he managed as before. On waking up there was intense pricking pain in both heels. After walking slowly for a few minutes, the intensity of the pain would come down. Post-covid, the frequency of migraine headaches went back to 2 to 3 times a week and a painkiller provided relief for an hour. He also developed daily bouts of severe dry cough for which home remedies gave only 25% relief. He led an active life with regular walks and yoga. As he was concerned about the potential side effects of frequent painkillers, he sought vibrionics treatment. On **17 Aug 2021** he stopped home remedies and the practitioner gave (refer to Newsletter vol 12 issue 4 for covid-19 combos):

**#1. Immunity Booster (IB)...OD**

**#2. Covid Recuperation...TDS**

By 25 Aug, there was 20% improvement in dry cough and as there was *only one* mild migraine attack, he

did not take a painkiller. However there was no change in the pricking heel pain, so #2 was replaced with: **#3. CC20.4 Muscles & Supportive tissue...TDS**

By 4 Sep, there was 30% improvement in dry cough and migraine became a thing of the past! As there was still no improvement in heel pain, #3 was enhanced to:

**#4. CC9.1 Recuperation + #3...TDS**

In the next eight days, he had 50% improvement in dry cough and only 10% in heel pain. Hence #4 was further enhanced to:

**#5. CC20.2 SMJ pain + CC20.3 Arthritis + #4...TDS**

By 10 Nov, there was 100% improvement in cough, and 85% in heel pain which disappeared by 15 Dec. #5 was reduced to **OD** and slowly tapered down to zero on 30 Jan 2022.

As of Jan 2023, there has been no recurrence of any symptom. He continues to take #1 at **OD** and remains well.

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**8. Sole pain, indigestion & Covid-19** <sup>03611...USA</sup> A 55-year-old woman had several chronic ailments. Since 2017, she was having pain in the soles of her feet and was not able to stand or walk for more than 15 minutes. She managed with over-the-counter painkillers and avoided straining herself. Also, occasional eating out with family would give her a feeling of heaviness and discomfort in stomach for the next 1 to 2 days, so she ate mostly home-cooked food. Since 2019, she was also feeling body ache and general weakness during stressful situations but this did not bother her much. When her condition became much worse, she contacted the practitioner. For the past 15 years, she was under allopathic treatment for epileptic fits which she got twice a year; this was satisfactory, so did not want vibro treatment for this. On 2 July 2022 she was given:

For sole pain:

**#1. CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC20.2 SMJ pain + CC20.3 Arthritis...TDS**

For indigestion:

**#2. CC4.10 Indigestion + CC12.1 Adult tonic + CC20.4 Muscles & Supportive tissue...TDS**

By 10 July, she had 15% improvement in sole pain and 20% in indigestion. On the same day, she tested covid-positive with severe sore throat, cough, sneezing, runny nose, headache, mild fever and diarrhoea along with neck and shoulder pain. Her doctor decided not to prescribe covid-19 medicines as they might cause complications when combined with epilepsy medicines. #1 and #2 were suspended and she was given:

**#3 IB** (as given in Vol 12 #4) **every 10 mins** for two hours followed by **6TD**

She followed covid-appropriate behaviour and updated her progress daily. By 14 July, she had 100% relief from sneezing, runny nose, fever, headache and diarrhoea, 80% relief from sore throat and cough. For the neck and shoulder pain, she took over-the-counter pain medication as needed and felt 20% better. She was advised to resume #1 and #2 at **BD** as she complained of sole pain and indigestion. In another two days, she had 100% improvement in all covid symptoms and 25% in sole pain and indigestion. On 18 July, #3 was reduced to **BD** for maintenance and #2 was increased to **TDS** as she was feeling fatigued. In addition, she was given:

For covid recuperation:

**#4. Covid recuperation** (as given in Vol 12 #4)...**TDS**

In just three days, she had 80-90% improvement in fatigue, sole pain as well as indigestion. By 25 July, she was vibrant and much relieved that she was 100% free of sole pain, indigestion and the post-covid fatigue. She could walk, stand or work, and properly tend to her family and was able to eat out without problems. #4 was tapered down to **OD** before stopping on 29 July. #1 and #2 were tapered down and stopped on 17 Aug. She continues to take #3 at **BD** as it gives her a feeling of overall well-being.

As of Jan 2023, she continues to feel energetic and positive, with no recurrence of any of the symptoms.

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**9. Fungal skin infection, pharyngitis** <sup>10741...India</sup> A 21-year-old man had been suffering for over a decade since 2010, from skin rash with black spots on his hands, back and abdomen accompanied by mild itching. At the age of 11, he was diagnosed as having a fungal infection and took the prescribed oral and external medicines. Since he did not see any appreciable improvement even after four months, he started

taking homoeopathic treatment simultaneously. This too did not help and he turned to ayurveda in 2013, but in vain. Since then he kept switching between allopathy, homoeopathy and ayurveda until Dec 2020, when after seven years, in desperation, he stopped everything and opted for vibrionics. On **26 Dec 2020**, he was given:

**#1. CC21.1 Skin tonic + CC21.2 Skin infections + CC21.3 Skin allergies + CC21.7 Fungus...BD** in petroleum jelly and vibhuti for external application

**#2. CC10.1 Emergencies + CC14.1 Male tonic + CC15.1 Mental & Emotional tonic + #1...TDS**

Within a month, by 22 Jan 2021, his itchy rash and black spots were gone and the skin had become smooth and clear. Though he was advised to reduce the dosage gradually, on his own he stopped the remedies in Feb 2021.

Two months later, he sought treatment for his recurring sore throat, difficulty in swallowing and muffled voice which he was getting during every winter since 2010 and whenever he ate anything cold. His doctor had diagnosed it as pharyngitis and would prescribe antibiotics every time. His sore throat and difficulty in swallowing would improve soon after but the muffled voice would persist for the next two months. He was a lead bhajan singer at a local Sai Centre and had to forego bhajan singing for over two months, each time he had these issues. He also tried homoeopathic treatment for pharyngitis for six months but stopped it as it did not help. On 12 Apr 2021, when he was actually having a sore throat, he was given:

**#3. CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.1 Chest tonic + CC19.7 Throat chronic...TDS**

Exactly in one month, by 12 May, he had 100% improvement in his symptoms. He was happy to resume singing. **#3** was slowly tapered off to zero by 11 July. He was free of these symptoms during the following winter and never needed an antibiotic. Additionally, he stopped taking cold foods/drinks.

In Sep 2021, skin rash with black spots recurred but without the itching and he came back for treatment only on 20 Jan 2022. **#1** and **#2** were prescribed again and by 15 Feb, he had complete recovery. This time he followed the proper reduction procedure and finally stopped both **#1** and **#2** on 20 Apr 2022.

As of Feb 2023, there has been no recurrence.

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**10. Knee pain in young boy** <sup>11641...India</sup> A 12-year-old boy, a keen football player, had been experiencing knee pain after playing for an hour, for the past six years. His parents didn't bother much as the boy got relief after resting for 40 minutes. But as he grew up, the pain level increased and so did the resting time.

Since Mar 2021, the pain had worsened and the boy had to rest for more than an hour to get relief but he did not take any treatment. In Mar 2022, his knee x-ray came normal and he was prescribed a painkiller for five days but then, the pain recurred. Later he got selected for the school team but was reluctant to join because of the pain. On **4 Oct 2022**, his parents consulted the practitioner (also his Balvikas teacher), who gave:

**CC12.2 Child tonic + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...TDS** orally and in sesame oil for external application...**BD**

Within a week, the pain in both knees was 50% better and the resting time came down to 30 minutes. By 21 Oct, he had 80% improvement and he did not feel the need to take rest after playing. By 10 Nov, the pain had vanished. The external application was stopped and the oral remedy was tapered down to **BD** to **OD** and stopped on 25 Dec 2022.

At a review in Feb 2023, the boy has been enjoying playing football without pain and is very happy to be a part of his school football team.

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**11. Knee, shoulder pain & constipation** <sup>11642...India</sup> A 50-year-old male was experiencing constant pain in both knees and right shoulder ever since he had an accident in Dec 2019. There was no fracture and a painkiller did the trick. He took it daily for three months and occasionally thereafter when the pain was unbearable. He decided to stop it after six months due to only short-term relief and decided to learn to live with the pain. However it worsened when he tried to lift his right arm above the nose level. His job as a security guard demanded long hours of standing and this added to his discomfort. Also in Feb 2021, he developed constipation and passed stools only once in 2 to 3 days. He was not taking any treatment. On **10 Sep 2022**, he was given:

**CC3.7 Circulation + CC4.4 Constipation + CC12.1 Adult tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.6 Osteoporosis...TDS**



Within seven days, he had 80% improvement in his knee and shoulder pain, could lift his arm a little higher and was passing stools daily! Within two weeks by 24 Sep, he had complete recovery. On 30 Sep, the dosage was reduced to **BD** for a week and tapered down slowly before stopping it on 15 Oct.

As of Feb 2023, there has been no recurrence.

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**12. Fibroids** <sup>11627...India</sup> A 39-year-old woman had been experiencing abdominal pain for 16 years since 2004, for 12 to 14 days post-menses every month. Her menses would last 3 to 4 days with normal bleeding and no pain. She did not consult a doctor as the pain was mild. Five years ago in 2015, when the pain got worse, she consulted a gynaecologist and had a scan which revealed an enlarged uterus with a few small fibroids inside. She took a prescribed painkiller almost daily during the 12 days post-menses every month and would get relief within an hour. In 2016, she tried homoeopathy for a whole year but she always ended up taking the painkiller. Out of frustration, she looked for an alternative solution and on **11 June 2020**, she consulted the practitioner who gave:

**CC4.8 Gastroenteritis + CC4.10 Indigestion + CC8.4 Ovaries & Uterus + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...6TD**

On 3 July, the day after her next menses, the pain was less intense, so she decided to stop the painkiller. As advised, she took the remedy frequently for an hour and the pain diminished by 90% and she resumed the dosage to **6TD**. In another three days the pain was completely gone! After the next menses on 2 Aug, she had slight pain for one day, it subsided on its own. On 10 Aug, the dosage was reduced to **TDS**.

During the next nine months the pain never recurred. On 3 May 2021 the dosage was reduced to **OD** and stopped at the end of June. As of Feb 2023, she remains pain free.

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## Answer corner

**Q1. What is Hypervitaminosis and how do we treat this with Vibrionics?**

**A.** While vitamins can help prevent certain chronic diseases, taking high doses of vitamin supplements can lead to a condition called Hypervitaminosis. Water-soluble vitamins B and C are readily excreted from the body, except that excessive intake of B3 Niacin and B6 Pyridoxine can lead to liver damage and nerve damage respectively. Fat-soluble vitamins A, D, and E can be stored in tissues and are more likely to cause toxicity which can lead to various symptoms such as over-excitement, irritability and frequent urination, eye irritation, rapid heartbeat, bone, joint and muscle pain. The patient then must immediately stop the intake of supplements, start drinking lots of water to flush out toxins and take **CC4.2 Liver & Gallbladder tonic + CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic...TDS** for four weeks. Depending on the symptoms, **CC3.1 Heart tonic** or **CC20.4 Muscles & Supportive tissue** may also be considered.

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**Q2. Can I mail liquid remedies for eyes, ears and nose to patients, especially abroad?**

**A.** Within the country, there is no problem with sending liquid remedies (of course not in alcohol) in an air-tight container. However, it is preferable to get the remedy directly from a local practitioner whose details can be obtained from [practitionerinfo@vibrionics.org](mailto:practitionerinfo@vibrionics.org). We don't recommend mailing remedies abroad, whether liquid or pills, as these are subject to radiation from x-ray machines and custom formalities. In any case, do not use water remedy prepared from pills to be used as eye or ear drops.

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**Q3. I keep coming across situations where a patient has full faith in Vibrionics but the recovery is not along expected lines, what should I do?**

**A.** It is true to say that faith goes a long way in the healing process, nevertheless we all have an expectation sometime or the other that a patient should get well quickly. Here we should remember "Man treats but God cures". As the only healer, God is curing the patient and only He knows what is best for the patient. Since God always responds to a genuine prayer emanating from a pure heart, it will be best to drop any expectations and instead, we sincerely pray to Him with full faith.

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**Q4. Patients tend to keep to themselves certain things, unknown to practitioners but could be vital for a complete cure. How can I find out such information?**

A. Such information is most likely to be personal to the patient and so he may be unwilling to disclose this to a stranger, in this case the practitioner. It is therefore important to establish a rapport with the patient and this may take more than just the first meeting. When the patient is ready to open up, he can be guided to be more forthcoming. There may be other information of which the patient may be completely unaware, and this may relate to the root cause of his particular illness. Such details should be obtained by gently questioning the patient, preferably in the 1<sup>st</sup> meeting itself, as per the guidelines in the AVP manual.

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Q5. Some patients are reluctant to follow the reduction procedure after the complete disappearance of their symptoms. How can I ensure that they comply?

A. A practitioner should ensure that his patient clearly understands that the disease is likely to return if the remedy is suddenly discontinued. It is a bit like withdrawal symptoms appearing when an allopathic drug, being taken for long by a patient, is stopped suddenly. It is much easier for the body to maintain its improved state when it is weaned off the remedy by following the reduction procedure, so its importance should be stressed upon the patient. Once that is done, the patient is more likely to comply and if not, he would learn the hard way when his symptoms come back!

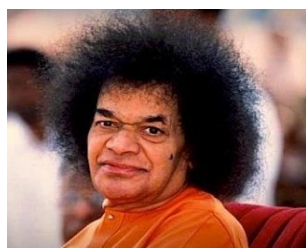
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Q6. Can Vibrionics be taken along with Chyavanprash, an ayurvedic tonic?

A. As per our AVP manual, all ayurvedic tonics can be taken along with our remedies. Chyavanprash, an ayurvedic **dietary** supplement, is a cooked mixture of jaggery, honey, ghee, Indian gooseberry (amla), sesame oil, berries and various herbs and spices. It is prepared as per the instructions from ayurvedic texts. Also refer to our newsletter vol 10 issue 4, Jul-Aug 2019.

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## ☪ Divine Words from the Master Healer ☪



*"As the food, so is the head (thoughts). As the head, so is God" Thus, the food, the head, and God will be on the same wavelength. Hence, one has to cultivate good and noble thoughts always. If you eat satvic (pure, serene) food and cultivate satvic nature right from childhood, your entire life will run smoothly. Hence, one has to be wary of one's food and head (thoughts)."*

...Sathya Sai Baba, "Cultivate Satvic Qualities Right from Childhood" Discourse 22 October 2005  
<https://www.ssbpt.info/ssspeaks/volume38/sss38-17.pdf>

*"You must not merely have enthusiasm to serve, but the intelligence and the skill also; then only can you be efficient and useful...Seva done lovingly and well to the people...is a great opportunity for you to acquire discrimination and non-attachment, to widen and deepen your bhakti, and to realise how Sai is the inner motivator of all beings. I wish you well. Be humble, be sweet, be sincere."*

...Sathya Sai Baba, "The Badge: a call to sadhana", Divine Discourse Prashanti Nilayam, 22 Nov 1965  
<https://www.ssbpt.info/ssspeaks/volume05/sss05-54.pdf>

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## ☪ Announcements ☪

### Forthcoming Workshops\*

- **USA** Virtual AVP Practical Workshop **20 Mar-17 Apr 2023**, contact Susan at [practitionerinfo@us.vibrionics.org](mailto:practitionerinfo@us.vibrionics.org)
- **India Puttapparthi**: Virtual AVP Practical Workshop **2-20 Apr 2023\*\*** followed by face-to-face workshop **26-28 Apr 2023\*\***, contact Lalitha at [editor1@vibrionics.org](mailto:editor1@vibrionics.org)
- **India Puttapparthi**: SVP workshop **2-4 May 2023\*\***, contact Padma at [promotionsSVP@vibrionics.org](mailto:promotionsSVP@vibrionics.org)

- **France Périgueux:** AVP workshop **21-25 May 2023\*\*** contact Danielle at [trainer1@fr.vibrionics.org](mailto:trainer1@fr.vibrionics.org)

\*Workshops are only for those who have undergone the admission process and the e-course.

\*\*Subject to change

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## ❧ In Addition ❧

### 1. Health Tips

#### Milk – To have or not to have!

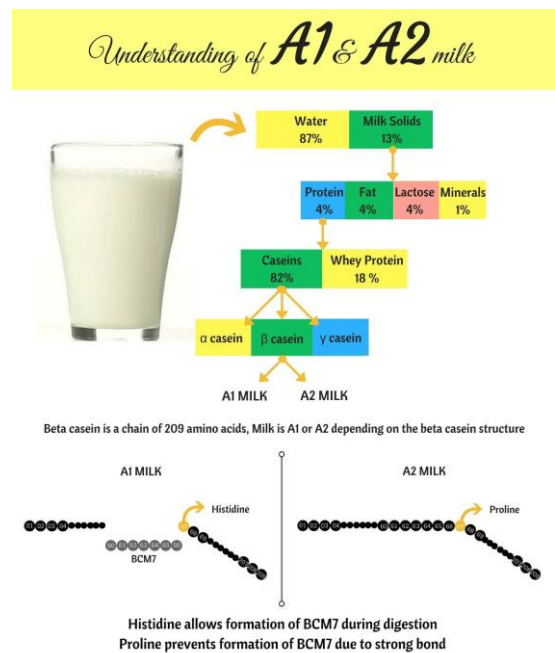
“Some people are under the mistaken impression that satvic food should consist of only milk, yogurt, sweets, and fruits...they will become satvic by consuming large quantities of these delicacies. They are absolutely mistaken. Excessive and immoderate consumption of milk and its products awakens and aggravates the rajasic and tamasic qualities in man. A diet extra rich in milk, curd, and ghee cannot be called satvic because it leads to the development of the passionate nature of man.” ... *Sathya Sai Baba*<sup>1</sup>

**Prelude:** There have been health articles on nutritive fruits, vegetables, nuts, grains, spices, oil, and so on in the previous issues of our Newsletter. This article explores the benefits and possible side effects of consuming milk as well as the alternatives available. Traditionally glorified as satvic food, the goodness of milk has become debatable over the years because of the evolving methods of mass-scale production and the treatment meted out to the milk-giving animals and their offspring. In Ayurvedic thought: *good milk is like pure plasma that nourishes all the tissues. Poor-quality milk is like pure mucus which is a waste product of plasma.*<sup>2</sup>

#### 1. Benefits of milk

From time immemorial milk is regarded as nature’s most unique and complete food, an invariable part of our daily diet from infancy to old age.

**1.1 Milk from indigenous, healthy, grass-fed cows**, unpasteurised and unhomogenised, is known to contain all the easily absorbable nutrients in balanced proportion: water (88%), protein (mainly A2 beta-casein and whey), milk fat, carbs (lactose known as milk sugar), minerals (esp. calcium), vitamins B and D, pigments called carotenoids, and enzymes. Cow milk has been found curative for dry cough, bleeding from lungs, ulcers, infertility, and lack of vitality. But, there are varied studies and reports cautioning about its increasing A1 beta-casein protein content, considering its toxic side effects, as compared to the health benefits of A2 protein found in other animals’ milk!<sup>2-6</sup>



#### 1.2 Milk from other animals:

**Buffalo milk** containing only A2 beta-casein protein, richer in fat, calories, and minerals is considered one of the healthiest foods, creamy, and ideal for curd and cottage cheese.<sup>7,8</sup>

**Camel milk** is similar to cow milk, saltier, three times richer in vitamin C, and prevents malnutrition. It is also used to treat autism and diabetes. Most suitable for people in arid and semi-arid regions, it is expensive and not easily available in many regions.<sup>9,10</sup>

**Goat milk** is becoming popular worldwide being rich in A2 protein and calcium, low in lactose, and easy on the gut. Unlike cow’s milk, it enhances the body’s ability to absorb important nutrients from other foods. The nutrient composition is such that it is appropriate for older children, not for infants. When heated, pasteurised, or processed, it will have a distinct goat flavour.<sup>11,12,13</sup>

**Sheep milk** is considered richer in A2 protein and fat, delicious, more nutritious, and easily digestible than cow and goat milk. Important for people in the Mediterranean region, most of this milk is processed into cheese. Other choices are **yak milk** (similar to that of buffalo) and **equine milk** comprising *donkey milk* (boosts immunity and maintains blood pressure; also used in moisturisers for flawless skin) and *horse/mare’s milk* (eliminates toxins and boosts stamina).<sup>14,15,16,17</sup>

**1.3 Raw milk from cows and other animals** is closer to human milk and very healthy for immune, skeletal, digestive, and neuro systems, also skin, hair, and nails. Its hygienic quality is of crucial importance. Ideally, it should be fresh from genuine organic farms preferably from grass-fed animals raised in humane conditions.<sup>18-20</sup>

**Caution 1:** Unpasteurised raw milk is considered unsafe by health experts for fear of infection due to milk borne pathogens; strictly regulated in some countries like USA, UK, and Canada. Pasteurisation involves heating the milk to kill any germs in it and increase its shelf life.<sup>2,3,20,21</sup>

**Caution 2:** People for the Ethical Treatment of Animals (PETA) advise against any animal-based milk including goat milk as animals produce it for their own little ones and not humans. Above all, they emphasise the cruelty to animals and their offspring.<sup>22</sup>

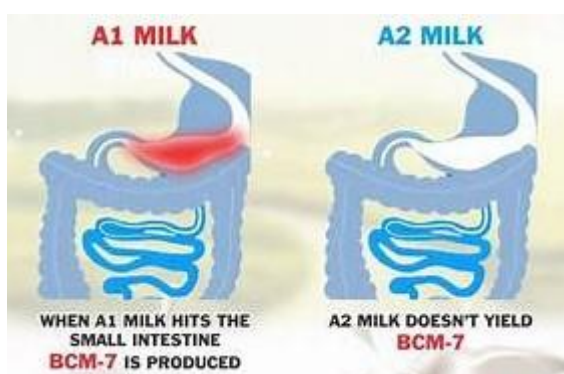
## 2. Can human beings digest milk - the flip side!

No mammals are known to drink milk beyond childhood; nor do they suffer from osteoporosis, except the occasional pet raised on human meals. Studies show only children below the age of three have the necessary enzymes to digest milk completely. After a child is weaned from breast milk, the mother gradually stops producing the milk-digesting lactase enzyme. The undigested milk protein molecules in the body form mucus, get absorbed into the blood system and also get deposited in different organs, especially the lower organs due to gravitational pull. This causes serious gastrointestinal (GI) issues, heart disease, as well as tumour or cancer. The inability to digest milk has come to be known as lactose intolerance. However, many people due to possible genetic mutation continue to produce lactase throughout adulthood to digest milk, a trait known as lactase persistence.<sup>23-27</sup>

Homogenisation of milk involves reducing and breaking down its fat globules and smoothing to make it white and creamy. This way milk stays fresh for a longer period and is easily digestible too. But the flip side is the tiny fat globules can easily get absorbed into the bloodstream directly causing harm to our health; also it reduces the nutrient value, especially vitamins A and D.<sup>28</sup>

## 3. Progressive toxification of milk – a big concern!

There are many standards and codes for milk products laid down by the Food and Agriculture Organisation of the UN. But modern feeding methods, cross-breeding, the use of hormones and drugs to increase milk production, and antibiotics to keep the cattle free of infections have transformed healthy milk into allergens and carcinogens bereft of the natural enzymes and butterfat necessary to make milk bioabsorbable. This has led to respiratory problems, skin allergy, and recurrent ear infections in children, not to mention gastric problems. It has also been linked to insulin-dependent diabetes, rheumatoid arthritis, infertility, and leukaemia. A2 milk protein originally found in dairy (as in human milk) has through



mutation in the European herd led to the formation of toxic beta-casein protein. Studies suggest that BCM-7, an opioid peptide is released while digesting A1 protein, affecting the immune and GI systems causing many serious health conditions, including autism, Parkinson's disease, and schizophrenia.<sup>5,6,29-32</sup>

Traditionally cattle were treated as family with love, warmth and respect. Cow's milk was first given to her calf and the remaining milk was used for human consumption. This helped her to be happy, promoting the nutritive quality of milk. Now when dairy calves are taken away abruptly for whatever reason, the mothers' distress creates toxins in the milk.<sup>2,33</sup>

## 4. Plant-based milk and calcium – An alternative!

**Plant-based milk** from cereals, grains, nuts, seeds, and legumes can be explored as healthier, cruelty-free, and lactose-free options, though some nutrients get lost in the milking process. Mineral-rich **coconut milk**, a miracle liquid, builds immunity and prevents disease. Others include calcium-rich **almond milk**, home-made naturally sweet **cashew milk**, **macadamia nut milk** rich in calories, vitamins, and fatty acids, apt for coffee drinks; nutritive **soy milk** and its curd tofu, an incredible food; fibre, calcium, and protein-rich **oat milk**, good for lowering blood sugar; home-made super creamy **banana milk**, carb-rich **rice milk**, and protein-rich **pea and hemp milk**.<sup>4,34-36</sup>

**Other simpler sources of calcium** are: a handful of overnight soaked raw groundnuts; germinated or sprouted horse gram, ideal in cloudy rainy weather to be balanced by sprouted green gram when the sun is up. One study reports a 28% drop in the risk for heart disease when calories from full-fat dairy products were replaced with carbohydrates from whole grains.<sup>23,36</sup>

**Caution 3:** While purchasing, check and satisfy that alternatives to milk are not genetically modified. They should be sugar-free and fortified for the missing nutrients.

## 5. Be careful in consuming milk and its products

- **Choose the kind of milk that suits** the individual's body and health condition: either whole milk with original fat content, virtually fat and calorie-free skimmed milk with full nutrients of whole milk, or toned milk (an Indian concept) made by diluting whole buffalo milk by adding skimmed milk and water.
- **Opt for A2 milk** or lab-modified lactose-free milk
- **Refrigerate** as it is a perishable food, susceptible to microbial spoilage
- **Use diluted milk as it is easier to digest. Warm milk cures and cold milk causes disease.** Avoid very hot as it may lead to thermal burns in the sensitive oesophagus tissues. Warm milk with ghee is a natural laxative. The mucus-creating property of milk should be antidoted with spices like cardamom, dry ginger, turmeric, or cinnamon to prevent cold and cough. Warm milk with a pinch of nutmeg is a good home remedy for insomnia.
- **Ice cream is a difficult dessert as the cold suppresses the digestive fire, especially after a meal.**
- **Home-made fresh curd, yogurt, kefir or buttermilk, fermented products are the best way to consume dairy.** They provide calcium, vitamin B12 and keep the skin moisturised. Avoid fermented dairy at night.
- **Butter is good for people with strong digestion;** applied externally, it helps with burns and skin rash.
- **Raw and unsalted clarified butter called ghee is good for most, especially with a meal.**



Considered excellent for mental work, ghee increases strength, vitality, and awareness; it also counters fever and infection. When kept in a copper vessel and applied to the skin, it gives relief from rash and skin inflammation. When used as lamp oil, ghee purifies the environment, makes it conducive for meditation.

- **Cheese is heavy, often sticky and hard to digest. Go for cottage cheese or milder sweeter-tasting vegetarian cheese with little or no salt.**
- **Do not combine milk with fruits** which digest more quickly; the milk will go to the intestine with the fruit without getting digested in the stomach.
- **Limit usage per day** to a cup of milk as per the target set by “planetary health diet” for good health and eco-friendliness, reducing the carbon footprint on earth! Milk intake in excess can lead to indigestion, clog the channels of circulation, and lead to osteoporosis. Countries with the highest dairy consumption lead the world in rates of osteoporosis.<sup>2,4,5,24,35,36</sup>

## 6. Final word

Eat and drink joyfully, in moderation for good health! Be comfortable and conscious of what you consume, taking into account your health condition and the recommended diet but without making it a life-restricting philosophy.

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## 2. Vibrionics Seminar at Delhi, 4 Feb 2023

After a four-year hiatus, there was much to share at the day-long face-to-face seminar conducted at Sri



Sathya Sai International Centre, Delhi, for the practitioners in Delhi, Uttarakhand, and other nearby regions. It was graced by Mrs. Hem Aggarwal and Dr Jit Aggarwal who gave invaluable inputs on how to deal with difficult cases, how to do one's best as a practitioner with a positive frame of mind and love, importance of prayers, and the need to connect to Swami and leave the results to Him. Dr Aggarwal also revealed plans for expansion of Sai Vibrionics including the steps taken for the

upcoming Sai Vibrionics Institute for Research and Training in Puttaparthi (see "From the Desk" for details and updates) . The participants expressed their delight and appreciated the efforts put in by the founders and his task teams to take vibrionics forward.



## 3. Camps & Clinics

### a, Weekly clinic at T Nagar Chennai, Tamil Nadu

With Swamis' Divine Blessings, the tireless efforts of the practitioners with the support of some eminent devotees in Chennai resulted in starting a weekly Vibrionics camp **from 9 Oct 2022** in a premises generously extended by a devotee who happens to be a member of the Tamil Nadu Sri Sathya Sai Trust. Inaugurated on the auspicious Vijayadashami day on 5 Oct 2022, the clinic is managed by a team of dedicated practitioners<sup>11586, 11599, 11605, 11616, 11639</sup> by turns, ably assisted by an AVP applicant. As the clinic progressed, it was visited by some employees of the nearby Pothys Hyper Mart, which is a chain of textile showrooms in South India. This led to a request from their organisation for IBs for all the 400 employees of that showroom which was done. Till end of Feb, the clinic has treated 194 patients in all.



### b. Awareness camp, Chandigarh, India

On 7 Dec 2022, practitioners<sup>02816 and 11641</sup> held a vibrionics awareness camp at SGS Public school, in Halloo-Majra village on the outskirts of Chandigarh. In addition to giving an awareness talk to staff and parents, the senior practitioner attended to 9 patients with chronic ailments and 250 **IB** bottles were distributed. The attendees requested for an appointment-based clinic at the school **and a regular monthly camp**. During the Jan camp the feedback on IB was overwhelming. Even though it was the peak of winter, a season for respiratory ailments, absenteeism in school had reduced; some patients reported 30-40% improvement in their chronic throat issues which PGI, their premier health institute, had not been able to help them with. During Feb, **CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic** was given to 70 students, slow learners as identified by their teachers.



#### 4. Anecdote

##### Difficulty with conception resolved with vibrionics <sup>03525...USA</sup>

The practitioner's daughter, aged 33 is an allopathic doctor as is her husband. Married for 10 years with a 3-year-old daughter, the couple desired a sibling for their child, but after trying for 18 months failed to conceive. The daughter endured a full course of hormone therapy but to no avail, so the couple decided to adopt. Suddenly the daughter asked, "Mom, do you have anything in vibrionics for conception?" "Yes, but you must take it diligently with full faith. I'm not sure you believe in it". "I am willing to give it a try, I promise," pleaded the daughter. Both doctors had been suspicious of alternative modalities and sceptical of the mother's vibrionics successes, the husband flatly refused to take vibro. On 22 Nov 2021 the wife was given **CC8.2 Pregnancy tonic + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic + CC20.2 SMJ pain** in water, the last two **SMJ** remedies were added for the upper back pain she suffered due to continuously hunching over her computer, disturbing her sleep and requiring her to take Ibuprofen. Six weeks later she was pregnant! Now the daughter admits that there is "something" beyond medical science that is still not understood. Her mother responded, "I call it God." A healthy baby girl weighing 2.8 kg (6 lb 3 oz) was delivered after just five contractions during 15 minutes of labour on 3 Sept 2022, 15 days ahead of the due date in a dramatic home delivery. An added bonus: her sleep improved with less back pain, not needing ibuprofen!

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#### 5. In Memoriam

With a very heavy heart we pay homage to our 65-year-old SVP Nalina Kumar <sup>03518</sup> who merged with Swami on the night of 26 Feb. Her departure has created a void, hard to be filled. She took over many responsibilities as soon as she relocated to Puttaparthi in Sep 2020 from Canada. As our Training Coordinator, she was actively making all arrangements for smooth conduct of our workshops. As Operations Coordinator she was interacting with all practitioners visiting Parthi, holding many recharging sessions lovingly and handing out supplies while still attending to a huge patient turnout. A person with many accomplishments (profiled in vol 13 #1) she was full of ideas to take Sai Vibrionics forward, edited many SOPs, was instrumental in conducting 'think tank' meetings, and initiated the National SVP meetings; sadly, we missed her at the very first meeting on 25 Feb 2023.

A very loving and generous person, forthright and introspective at the same time, she was strong-willed and very connected to Swami especially during the past two months when she saw her end nearing. The serious illness which took her body did not deter her from holding on to His Lotus feet with undivided attention. How she embraced the ultimate reality with grace and serenity with total surrender to Swami was remarkable and inspiring as well as a sight to witness that she was pain-free to the end despite the illness! When she realised her time had come, she lost no time to do something for Vibrionics before her departure; as her parting gift she has dedicated her apartment in the service of Vibrionics and discharged the necessary formalities of registration by His Grace in time on Thursday, 23 Feb. This, she said, was her last wish. It is now the registered office of Vibrionics Institute and its activities will take place here till the Institute building comes up at the allocated site in Puttaparthi.

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Om Sai Ram

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