

## Sai Vibrionics Newsletter

[a SVIRT publication]

[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

For Sai Devotees the world over, this time of the year around Aradhana Day, when our dear Swami left His physical body, is a time to reflect upon the message of *prema* that He exemplified through His life.

*"Love is God, God is Love. Where there is Love, God is certainly evident there. Love more and more people, love them more intensely; transform love into service, transform service into worship; that is the highest sadhana. There is no living being without the spark of love; even a mad man loves something or somebody intensely... Without that spring of Love that bubbles in your heart, you will not be prompted to love at all... Do not seek anything in return for it from those to whom you extend it... Revere others as having God installed in them; revere yourself also as the seat of God. Make your heart pure so He can reside therein."* - Sri Sathya Sai Baba, March 1965 ([Sri Sathya Sai Speaks, Vol 5](#))

The promising updates on work done by vibrionics practitioners across the globe is certainly proof that we have installed Sai in our hearts whilst we are engaging our hands in service. I am grateful to be part of such a dedicated and diligent team! It is due to the hard work and selfless seva of 113 Indian practitioners that we are now conducting regular camps at 100 different venues spread across a dozen States. So far 16224 patients have been treated in approximately 500 camps. We soon hope to extend this service activity in other States too.

We started our **IB** journey exactly four years ago, and having updated it four times along the way, we crossed the one million mark sometime in Jan 2024. By the end of last month, the official number of beneficiaries stood at 1,033,011 people!

Under the leadership of our two most senior teachers<sup>10375 & 11422</sup>, our Training department has evolved considerably over the last few years. They have made substantial refinements to course structures, workshops - both offline and online, and teaching methods. It is to the credit of these accomplished and dedicated teachers and their constant support and encouragement that lately we have received quite a few enquiries from practitioners about joining advanced courses in SVIRT. The eligibility criteria and other details will be conveyed in our next issue.

Recently, I had the opportunity to attend parts of some workshops and was delighted to note that our teaching methods have undergone a phenomenal change. I strongly recommend that all practitioners should attend further courses and workshops to improve their practice; this will keep you up to date with the latest developments and may even help you acquire more in-depth knowledge of the subject. The changes in our educational system have also brought about a remarkable improvement in the case histories being submitted. New practitioners, using the updated patient record format (that is in a tabular

form designed by an enthusiastic practitioner <sup>11646</sup>) are able to deliver case histories that are concise and yet contain all the relevant information. Due to the success of this format, we would encourage all practitioners, going forward, to switch over to using it for your patient records. It will not only be beneficial to you but to the case histories team as well. You can find this format along with guidelines for writing case histories in our practitioners site (Click **Forms** and then **Download** option on the left: Those filenames are self-explanatory.

I would like to express my gratitude to all of you who have already sent in your inputs for the collective offerings to celebrate the 100<sup>th</sup> birthday of our dear Lord. We have already received several emails with information about camps, exceptional case histories and writeups of extraordinary experiences with vibrionics, and promises from many practitioners to send in their articles soon. I would like to encourage all of you who have not done so to start working on your contributions now. We are happy to extend help and support in case you require assistance with writing up your submissions, please contact [casehistories@vibrionics.org](mailto:casehistories@vibrionics.org) (for case histories) and [admin@vibrionics.org](mailto:admin@vibrionics.org) (for experiences).

With Eswaramma Day just around the corner, let us look at the life of Swami's mother, a selfless, compassionate, and uplifted soul who had only three desires, none of which were for herself. She asked Swami to give Puttaparthi a hospital to provide basic healthcare facilities, a small school and a constant supply of water. As we all know, these blossomed into mammoth undertakings - the SSS Educational Institutions, the SSS General and Super Specialty Hospitals and the SSS Water Project. Let us all strive to take a leaf from the book of the noble Mother and put the needs of the community above our own selfish desires and with this wonderful healing system given by Swami, serve society to the best of our ability.

In loving service to Sai

Jit K Aggarwal

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## ❧ Practitioner Profiles ❧

**Practitioner** <sup>11648...India</sup> is a science graduate and an MBA in Human Resources. She has been working as an HR professional in a steel plant since 2008. She is an outgoing and vivacious individual whose hobbies include sports, visiting temples, and reciting stotras and she is involved in many seva activities.



She feels fortunate to be born in a devout family, her mother was an ardent Sai devotee. She always felt close to God, growing up under the influence of a simple and satvic lifestyle of her parents but was more drawn to the form of Lord Rama. It was only in 2022 after she studied vibrionics that she felt a pang of remorse of not having seen the physical form of 'Sai' Rama but firmly believes that she will have His physical darshan in this lifetime.

The practitioner used to attend weekly bhajans along with her mother; at the age of 20, she began to participate in service activities like clothing and food distribution, spending time with children in orphanages, and supporting old-age homes. She harboured the desire to be well-settled by the age of 30 so that she can continue seva on a daily basis. Having studied biotechnology at college and her father being a homoeopath, inspired her to learn more about human body. Little did she know that Swami was laying the groundwork for her journey with vibrionics. Soon after she got married, her husband was diagnosed with rheumatoid arthritis after a viral fever. Not happy for him to take steroids, she started looking into alternative treatments and discovered that her office colleague is a vibro practitioner. Curious to know more, she visited the website and found that she could apply to become a practitioner herself. She completed her AVP course in Nov 2022 and became a VP in July 2023.

She would like to share a couple of incidents that brought her closer to Swami. Before joining the AVP course, she was advised to assist **VP**<sup>11634</sup> (who later became her mentor) in medical camps. One day she experienced acute pain in all her fingers and realised that the stress about her husband's condition was probably the cause of her pain. Encouraged by the VP, she prayed to Baba and the next morning, to her utter amazement and relief, the pain disappeared. Another time, during her AVP admission process, she threw Swami a challenge to indicate His presence by showing His photo to her. That very day she saw His photo in more than one place on her regular commute to work, whereas earlier she had never noticed this!

Having treated 114 patients from home and 269 in camps in the first year, she shares some of her wonderful experiences eg, she found that skin absorbs vibrations very fast. Even if a patient skips an oral dose, oil application works really well. She adds **CC10.1 Emergencies & CC15.1 Mental & Emotional tonic** to almost all combos for chronic ailments and gives **IB** to all her patients, with excellent results. **CC7.3 Eye infections** is marvellous for stye, eye infections and inflammation (conjunctivitis) and gives complete recovery in a span of just 48 hours. However, stye may return if the remedy is stopped, but giving it **OD** for a month does the trick. On two occasions, for stomach related issues like diarrhoea, indigestion, and bloating, **Eat Well** combo worked within an hour. She describes several instances where “just about to start” cold/cough vanished with only 2 or 3 doses of taking **Get Well + Breathe Well** combo. If the cold/cough is two days old, this combo when given every ten minutes for an hour with **6TD** thereafter, works within a day.

The practitioner has had phenomenal success in a lot of difficult cases, one such heart-warming case is that of a 56-year-old wheelchair-bound female neighbour who had her left leg amputated due to uncontrolled sugar level in May 2019. Moving the wheelchair around herself gave her severe pain in her arms and neck, made worse by a fall on 2 Dec 2023. On 27 Dec 2023 she was given: **#1. CC20.2 SMJ pain + CC20.5 Spine + CC20.7 Fractures...BD** in mustard oil for external application and **#2. CC10.1 Emergencies + #1...6TD**, also our normal combo for poor sleep. Within two weeks all her pains had vanished with only slight improvement in sleep. On 17 Jan 2024 she sought a remedy for hot water burns on her thighs. She was given **#4. CC21.4 Stings & Bites + CC21.11 Wounds & Abrasions...BD** in coconut oil for external application and **#5. CC10.1 Emergencies + 18.5 Neuralgia + #4...6TD**. By 2 Feb the burns had started to dry and cleared by the end of Mar; also her sleep quality was better by 60%. Happy and enjoying life she now takes a remedy for diabetes.

The practitioner feels that being given the opportunity to practise vibro is a privilege and is extremely grateful to Swami for giving her the chance to participate in medical camps. She and her husband actively served during the 1<sup>st</sup> State Level Conference of Andhra Pradesh and Telangana on 22-23 July at Visakhapatnam. She also emerged as the winner of the quiz held during the conference.

Prior to becoming a practitioner, she would be overcome with anxiety for any small health issue in the family. Sai Vibrionics has given her peace of mind. Her mentor says being an extrovert, she does not lose any opportunity to offer vibro remedies, even to strangers. She is particular about advising patients to supplement remedies with lifestyle changes, even during camps. She does not hesitate to turn to internet to lookup any unfamiliar medical problems. She is also excited to contribute in other areas like translation of case histories, research, and spreading awareness about vibro.

The practitioner believes that if one’s intentions are pure and one abstains from judging others, everything falls in place. In her case, despite her office workload rocketing soon after taking up vibrionics and increasing commitment at home as the mother of a young child, her seva hours were not affected. Treating patients with love and compassion gives her much more satisfaction than material possessions.

#### Cases to share:

- [Respiratory allergy, knee pain, menses pain & fatigue](#)
- [Back pain](#)

**Practitioner** <sup>11645...India</sup> is a qualified mechanical engineer who worked with ONGC for 32 years and retired as Deputy General Manager in June 2021. During his career, he received five meritorious awards for his contribution to maintenance activities of both offshore and onshore machineries.



It was in 1968 at the age of seven that he had his first introduction to Swami when his father brought home Baba’s photo after having His darshan, when Baba was visiting their hometown in Kerala. His aunt was an ardent Sai devotee and, as a child, he used to attend aarti at her home. In 1994, in what he considers a great blessing, he got married to a Sai devotee and started to involve himself in Sai samiti bhajans and service activities. From 1997 to 2021, he and his wife actively participated in medical camps and Narayana seva in Pondicherry where they lived at the time. Post retirement, he participated in monthly food distribution, along with other devotees from his Sai samiti in Kochi.

He heard about Sai Vibrionics from his aunt, a practitioner since 2011, but he did not pay much attention to it. It was not until January 2022, having witnessed first-hand how vibro cured a close family member

suffering from anxiety and insomnia within a week, that he was inspired to become a practitioner. He successfully completed his AVP course in Nov 2022 and got promoted to VP in July 2023.

The practitioner has treated more than 100 patients both for acute and chronic ailments and would like to share a few interesting cases with us.

In March 2023, he treated a 75-year-old lady who was suffering from insomnia for 3 years. He gave her **CC15.6 Sleep Disorders...OD** half an hour before sleep. A mere week later, she reported that she was sleeping soundly through the night, waking up only once to use the toilet. She has continued to take the remedy and is fine.

In Feb 2023, a 41-year-old female approached him for severe anxiety due to her mother's multiple health issues. For the past eight months, she had lost her appetite and always felt as if she was full. He gave her **Eat well - CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC4.10 Indigestion**. Within five days, her anxiety had reduced and she started eating normally, so the dosage was gradually tapered down.

In November 2023, a one-month-old baby girl started passing loose motions 10 to 12 times a day and also became very cranky. The paediatrician diagnosed this as intolerance to cow's milk protein from the mother's breast milk. The mother stopped all milk products and gave the prescribed probiotics syrup to the baby but with hardly any improvement. The practitioner gave the baby **CC4.6 Diarrhoea + CC4.10 Indigestion + CC12.2 Child tonic...6TD** in water (**1-2 drops in mouth \***). The very next day, the frequency of loose motions came down to 5 to 6 times a day and two days later to 3 to 4 times a day and the child became calm. The dosage was reduced to TDS, the baby started passing normal stools and a week later it was further reduced to OD which was continued until the baby was six months old.

\* applicable only to babies *under six months*, as their bodies are not suited for water. Also refer to vol 14 #3.Q1, May-June 2023.

The practitioner finds the combo **CC4.4 Constipation** to be an excellent remedy for constipation and other stomach-related issues and he has treated three patients who quickly got complete relief with this combo. He has witnessed the healing power of **IB** remedy for viral infections in at least ten patients.

Practising vibrionics has given him immense pleasure and satisfaction, especially knowing that vibrionics has proved to be literally a lifesaver where other systems of medicine have failed. He is eager to play an active role in SVIRT and expressed his wish to translate case histories from Hindi and Malayalam into English, any kind of documentation work, or initiatives to raise awareness about Vibrionics. He has recently been allocated the work of transcribing cases/experiences from Malayalam to English. The practitioner feels blessed to be an humble instrument of Swami and says that a favourable outcome is assured if one serves with a pure heart and surrenders completely to the Lord. His sincere prayer to Swami is that the sick and needy everywhere be blessed with access to Sai Vibrionics treatment.

#### Cases to share:

- [Acid reflux](#)
- [Mental agony, fear, severe leg pain](#)
- [Dry eyes, pus discharge](#)

## ❧ Case Histories Using Combos ❧

**1. Respiratory allergy, knee pain, menses pain & fatigue** <sup>11648...India</sup> A 37-year-old female with BMI of 33 had multiple health issues. Since her menarche in 1998, she was having severe pain in her abdomen and breasts every month during her 3-day menses. While homoeopathic pills provided relief, missing a dose would trigger the return of intense pain.

Soon after her father's passing in 2013, she suffered from cough, fever, weakness, and phlegm in throat. While fever subsided and cough resolved within 2 to 3 months, phlegm persisted. From April 2014, she started to have watery left eye and nostril, mild headache, and nasal blockage with breathing difficulty. These episodes, each lasting 4 to 5 days with medication, recurred about three times a month, often triggered by two consecutive days of head baths. She would take homoeopathic remedies and if there was no relief, would turn to allopathy.

She tested positive for Covid in July 2020 and was treated with high-doses of steroids; as a result, she was constantly fatigued. Since Dec 2021, she was having an increased urge to pass motion 3 to 4 times a day and she attributed this to her second dose of Covid vaccine.

In Sept 2022, while preventing herself from falling off a bike, she sprained her left foot which eventually healed. However, she developed pain and swelling in the left knee and ankle, the condition worsened by the end of Oct. Once in three days, the pain was severe, so she took prescribed painkillers along with a course of calcium tablets and vitamin D supplements. Despite these measures and adequate rest, her mobility significantly decreased. She could no longer walk freely even within her office, a stark contrast from her previous ability to walk 4 km daily.

Desperate for a permanent solution, she approached the practitioner and expressed that respiratory symptoms were troubling her the most, followed by knee and menses pain. During consultation, she presented with all her allergy symptoms in addition to a reddish face and a low voice; she had stopped all medications. On **12 Dec 2022**, she was given:

**For respiratory allergy:**

**#1. CC9.2 Infections acute + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies...6TD** for one week followed by **TDS**

**For knee pain:**

**#2. CC18.5 Neuralgia + CC20.2 SMJ pain...TDS** in mustard oil for external application.

**For menses pain:**

**#3. CC8.7 Menses frequent...TDS** to be taken during menses and three days prior to the expected date

Within a week on 18 Dec, she reported 25% relief in allergy symptoms. Oil application would provide immediate relief from knee pain but only for two hours. So **#2** was enhanced as follows and given orally on 20 Dec:

**#4. CC10.1 Emergencies + #2...TDS**

After two weeks on 5 Jan 2023, she excitedly conveyed that she had pain-free menses in Dec 2022 for the first time! Additionally, there was 40% improvement in knee pain and about 60% in respiratory symptoms.

On 30 Jan 2023, she joyfully reported that fatigue had vanished and all other symptoms were better by about 75%. On 26 Feb, she reported 100% relief in the respiratory symptoms even though she had been taking head bath for several days; **#1** was reduced to **OD**. Subsequent follow-ups could not be done due to emergency situations in her family.

It was not until 14 June that she informed that there had been no recurrence of respiratory symptoms or the menses pain. The urge for frequent bowel movements and the knee pain disappeared, except for slight knee pain during excessive strain which resolved with rest. She resumed her 4 km daily walks. **#4** was also reduced to **OD**; **#3** was advised **SOS** just in case.

At this juncture she also disclosed 30% improvement in her food cravings, an unexpected bonus, stemming from hypothyroidism diagnosed in Apr 2014.

On 24 June 2023, **#1** and **#4** were tapered off and stopped, along with **#2** on 4 Dec.

As of Apr 2024, she has been free from all symptoms. Recently, she has started taking remedies for hypothyroidism and overweight.

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**2. Back pain** <sup>11648...India</sup> A 44-year-old man had been struggling with lower back pain for the past one year, since Oct 2022. He attributed the pain to his daily 50 km commute to work by motorcycle. Initially manageable with rest and a pain relief spray, his condition worsened in June 2023 when he started using a new motorcycle with a high and narrow seat. The pain would gradually intensify during the day and become severe by the evening; he was not only forced to stop his 4 km daily walk but also he found it hard to enjoy quality-time with his family. Using a heat pad and taking adequate rest at night would give him temporary relief. In early Sept when the pain became unbearable, he consulted a doctor who recommended MRI and an oral painkiller. However, following the advice of his doctor friend, he refrained from immediate MRI and took U0000ltracet (containing opioid) for severe pain. This gave him relief in two hours but the pain did return soon after an unavoidable motorcycle ride. On **20 Oct 2023**, he consulted the practitioner who gave him:

**CC10.1 Emergencies + CC20.5 Spine...TDS** and in mustard oil for external application...**BD**

In just three days, there was 20% relief from pain even though he took the remedy only at **BD** because of his work schedule. By 3 Nov, there was 50% improvement, also he switched to a motorcycle with a broad

and low seat. On 30 Nov, he joyfully reported 80% relief. After just a ten-minute rest in the evenings, he could relax and enjoy with his family. He did not need painkillers or heat pad since starting the remedy.

From 28 Dec, he missed taking the remedy for a week during which pain recurred. Five days after resuming the remedy on 4 Jan 2024, he was back to 80% relief. This progressed to 100% by 16 Feb when the dosage was reduced to **OD** and external application stopped. He could now resume his daily walks and motorcycle commutes without pain.

As of 3 Apr 2024, there has been no recurrence of pain but he continues at **OD** for his comfort. He is so happy with his own cure that he has been taking remedies for the relatives in his village.

**Patient's testimonial (slightly paraphrased for clarity):**

I kept postponing to consult the practitioner for my back pain but only after starting the remedy did I realise that had I taken it earlier I would not have suffered so much. The remedy did wonders when I took it for severe pain, I respect it immensely and have been strongly recommending it to others. I am also encouraging my friends to become practitioners.

**3. Acid reflux** <sup>11645...India</sup> An 80-year-old female had been suffering from severe acidity, causing burning sensation in her oesophagus accompanied with regurgitation with sour taste after every meal, for five years since May 2018. These episodes resulted in dizziness and severely limited her food intake and mobility, making her bedridden and dependent on others for her basic tasks.

Initially, she got temporary relief from prescribed antacids but her symptoms worsened and the doctor diagnosed her condition as acid reflux. Whenever the symptoms became severe, she decided to switch to homoeopathic remedies in June 2018, even though they only provided around 30% relief.

After she learnt about vibrionics, on **10 May 2023**, her son consulted the practitioner who gave: **CC4.10 Indigestion + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS**

The patient was advised to avoid spicy food, adopt a fibre-rich diet and slowly increase her water intake to 2 to 3 litres per day; she stopped all other medicines.

Within a week on 18 May, her son delightfully reported 75% relief in all her symptoms! By 20 July, she had become symptom-free, was eating normally and carrying out her daily chores without any assistance! The dosage was reduced to **BD** for a month and then to **OD** which is ongoing. As of March 2024, she continues to enjoy normal food and feels fine.

**Patient's son's testimonial:**

My mother was suffering from severe acidity and related problems for more than 5 years. The problem was not improving with allopathy or homoeo medicines. After taking vibrionics remedy, her problems reduced at first and now she is normal. Thanks Swami and practitioner for helping my mother."

**4. Mental agony, fear, severe leg pain** <sup>11645...India</sup> A 76-year-old woman, living alone after her husband's passing in 2012, battled with loneliness, fear, and mental anguish, akin to depression. She found solace in frequent visits to temples and relatives and regularly driving her car. In 2019, her routine was disrupted due to severe right leg pain particularly while driving, the pain worsened with time. This compounded her distress, disturbing her sleep and exacerbating her mental state. During excessive strain, she would feel severe pain in both legs, resulting in sleepless nights. Despite four years of allopathic treatment involving painkillers and vitamins, her condition persisted, making life challenging. Desperate for relief, she was pleasantly surprised when her relative informed her that vibrionics could not only alleviate the pain but also improve her mental state. Immediately, on **8 Apr 2023**, she consulted the practitioner who gave her: **CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.2 SMJ pain + CC20.4 Muscle & Supportive tissue + CC20.5 Spine...TDS**

Within a month, she felt mentally relaxed and happy after a very long time! Also, there was 90% improvement in muscle pain during driving as well as in the nights, thus enhancing her sleep; she did not feel the need to take painkiller. After another month on 10 June, she happily reported that she felt peaceful as the thoughts of fear and anguish were gone and even under strain, there was no trace of pain. The dosage was reduced to **BD** for a month and then **OD** before it was stopped on 25 Aug. She expressed gratitude to vibrionics for improving the quality of her life and relieving her mental agony, for which she earlier thought there was no cure!

As of March 2024, she continues to enjoy driving and feels mentally fit.

**5. Dry eyes, pus discharge** <sup>11645...India</sup> A 40-year-old woman had been suffering from dry and gritty eyes with redness, itching, and discharge of whitish pus since June 2020, two months after recovering from Covid-19. She neglected her symptoms until Feb 2021 when they became worse; the ophthalmologist attributed her condition to post-covid effects and prescribed steroid eye drops. This provided 50% relief from itching and pus discharge which would return if she stopped using the eye drops. Her condition was affecting her personal life as well as her career, since her job involved working on computers daily for six hours.

On **10 Dec 2022**, she visited the practitioner with red and pus-filled eyes and was given:  
**CC7.3 Eye infections...TDS** orally and in distilled water as eye drops

She stopped the allopathic treatment immediately. There was no change in the 1<sup>st</sup> month but inspired by the practitioner's faith and advice continued the remedy for 2 more months. On 10 March, she reported 25% reduction in pus in both eyes but no other change. By 11 April, to the patient's great relief, the pus reduced by 90% and other symptoms by 50%. Two more months later, on 15 June, reporting 100% relief from all the symptoms, she excitedly conveyed that she was now able to work on her laptop comfortably. The dosage was reduced to **OD**. After another month, oral remedy was stopped. The patient continues the eye drops at **OD** for maintenance. She was also given **IB** at **OD**.

As of March 2024, she remains symptom-free.

**Editor's comment:** Following a cue from the ophthalmologist's diagnosis, the practitioner could have given the combo for Covid Recuperation for faster relief.

**6. Psoriasis** <sup>11632...India</sup> A 52-year-old female got itching and pain in her right big toe and heel in March 2001 and obtained relief with allopathic medication though it was temporary. In 2002, when similar symptoms emerged on the palms and fingers of both hands, the same medication proved ineffective. Since then, she has endured persistent pain, itching, and a burning sensation in her palms, particularly severe upon waking up. Her palms were covered with whitish thick scaly patches; she would rub them against a wall or her bed to relieve the itch, causing the scales to fall off.

Daily tasks such as washing utensils, and handling salt and tamarind aggravated the burning sensation. Gripping handrails on buses or something similar resulted in minor cuts on her palms and fingers, leading to bleeding. She attempted to mitigate this with gloves but persistent itch posed a challenge. Despite consulting numerous doctors, relief remained elusive. She applied home remedies such as coconut oil and turmeric to manage the symptoms.

In Oct 2019, following a family tragedy, her symptoms worsened, extending to her face. She took previously prescribed medication which led to further complications, causing darkening of skin throughout her body and swelling in her feet. Ayurvedic treatment for two months from Oct 2019 did not help. In Dec 2019 she switched to homoeopathy but discontinued after a month due to increased swelling in her feet. Since then, she had tried various medications prescribed by different doctors but to no avail. Over-the-counter antihistamine provided temporary relief.

On 9 June 2021, a dermatologist revealed psoriatic erythroderma through biopsy and other tests (reports available). After 15 days of prescribed medications, she had relief from all symptoms except those on her palms and fingers. Frustrated with the prolonged treatment (over 7 weeks) and the ensuing expense, she discontinued it on 28 July and again resorted to home remedies.

On **12 Nov 2022**, during a bhajan gathering at the practitioner's house, she was suggested vibrionics. The patient willingly agreed and was given the following:

**#1. CC21.3 Skin allergies + CC21.10 Psoriasis...BD** in coconut oil for external application

**#2. CC12.4 Autoimmune diseases + #1...TDS**

The very next day, to her amazement, there was 80% relief in pain, itching, burning sensation as well as the size of the patches! For the first time in years, she no longer felt the need to scratch her palms. Just three days later on 16 Nov, with utter disbelief, she reported 100% relief and the skin started to become smooth. Though the patches remained visible, they no longer bothered her. She could wash utensils and take head baths without any problem. She felt mild discomfort when clapping hands during bhajans, this

disappeared by Feb 2023.

During a followup in Sept, she confirmed no recurrence, but chose to continue the remedies as a precautionary measure. On 1 Apr 2024, she continued to apply #1 at **BD** and reduced oral remedy #2 to **OD**. As of 25 Apr, she remains absolutely fine.



Before, during treatment pics above

After treatment pics above

**7. Drooping eyelids (Ptosis)** <sup>11632...India</sup> In a monthly vibrionics camp at an old age home, an 80-year-old woman, sought treatment for drooping of eyelids that started in Jan 2022. Initially, she had difficulty in opening her eyes upon waking, feeling as though her eyelids were stuck; she had to open them with her fingers. As the day progressed, her right eyelid would droop fully, while the left only partially. Within 2 to 3 weeks, her condition worsened. Upon waking, the right eyelid after forcing it open, would shut within 1 to 2 minutes, and the left would close partially. This significantly impaired her vision.

As the only literate inmate, she diligently read spiritual texts to the others every evening, a ritual she cherished. Watching TV was another favourite pastime. However, her deteriorating eye condition made it hard for her to continue her hobbies; after just 15 minutes of reading or watching TV, pain would set in, relieved only by short rests.

In Feb, a doctor attributed her eye condition to old age and prescribed vitamin supplements for five months, these had no effect. Homoeopathic treatment from Aug 2022 for five months did not help her either.



In Feb, a doctor attributed her eye condition to old age and prescribed vitamin supplements for five months, these had no effect. Homoeopathic treatment from Aug 2022 for five months did not help her either.

On **6 Feb 2023**, the practitioner gave her:

**#1. CC3.7 Circulation + CC18.4 Paralysis + CC18.5 Neuralgia + CC20.2 SMJ pain...TDS** in coconut oil for external application

**#2. CC10.1 Emergencies + #1...TDS**

Gently and carefully, she massaged **#1** on her eyelids. There was steady improvement in the next four months. On 9 Jun, she reported being able to open both eyes without using her fingers, albeit partially, within five minutes of waking up and they would stay that way throughout the day. Additionally, there was 50% relief in pain felt during reading or watching TV.

In another three months by 13 Sep, the pain was totally gone. Moreover, she could open her eyes normally within one minute of waking up. In another two months by 15 Nov, her eyelids were functioning normally. She joyfully resumed her daily reading ritual and expressed her heartfelt gratitude to vibrionics.

On 27 Dec, the dosage of **#1** and **#2** was reduced to **BD** and after a month to **OD**, before stopping it on 1 March 2024.

As of Apr 2024, there has been no recurrence.



Before treatment



After treatment

**8. Skin allergy** <sup>11658...India</sup> For the past 30 years, a 45-year-old woman had allergy on both her hands, whenever she touched soap or vegetables. Her palms would darken and noticeable lines and cuts would appear, particularly around her nails. Once a month or so, these cuts would bleed, and she would get a fever. Occasionally, her palms would itch. She resorted to ayurvedic cream, petroleum jelly, and mustard oil which provided only temporary relief. This made it difficult for her to manage daily tasks without assistance. She never consulted any doctor believing this to be incurable, having witnessed similar condition in her father. Upon learning about the efficacy of vibrionics, she promptly consulted the practitioner on **28 Dec 2023** and was given:

**CC21.3 Skin allergies + CC21.5 Dry Sores...TDS** and in virgin coconut oil for external application...**BD**

She stopped applying her usual creams and oil. Within three days on 30 Dec, she reported 80% relief in her symptoms, this quickly progressed to 100% by 2 Jan 2024! She was astonished at the quick results; there was no trace of any allergy, even upon constant exposure to usual triggers. The dosage of the oral remedy was reduced to **BD** for a week, **OD** for another week and then tapered off before stopping on 5 Feb. The external remedy was reduced to **OD** which the patient prefers to continue. She expressed immense gratitude to vibrionics and referred two of her friends to the practitioner.

As of Apr 2024, there has been no recurrence.

**Patient's testimonial:**

"I was unable to do any household chores due to my skin allergy on palms right from my teens. After my marriage I was completely dependent on 3 maids, who do all my work. But after taking vibrionics remedy, I was shocked to see that I could do all my daily chores without any allergy on my palms. My palms are now very smooth and without any cuts. I am extremely thankful for this free seva. Now my daughter is also taking remedy for varicose veins on her legs. Even from next month I would like to take remedy to cure my migraine and muscular pains completely without depending on allopathic medications."



Before treatment

After treatment

**9. Irritable bowel syndrome (IBS)**<sup>11650...India</sup> In Oct 2022, a 13-year-old boy with BMI of 25, started to have 3 or 4 bowel movements a day (normally once) with moderately hard stools, accompanied by slight abdominal discomfort and an urgency to defecate soon after each meal, irrespective of the portion size. By 15 Dec, the frequency went up to 7 or 8 times. with abdominal cramps and discomfort. The boy kept this to himself until his mother noticed his frequent trips to the washroom. In the past few days, there was decline in his appetite and reluctance to eat owing to fear of visiting the washroom soon after.

On 20 Dec 2022, he was diagnosed with IBS and found relief with allopathic medication. However, upon stopping the medication, his symptoms recurred. He grew cautious about his diet, taking only mild spicy food and avoiding outside food. In March 2023, as he also developed anal pain, he was prescribed oral medicines along with a topical ointment. Normally he used only the ointment, reserving the tablets for severe symptoms which provided temporary relief only. He managed in this way for months until the parents discovered vibrionics. At the time of consultation on **3 Jan 2024**, the boy presented with frequent stools with abdominal cramps and anal pain, which began that morning. The mother also confided that her son, typically reserved, shied away from interaction with anyone except his parents. Exclusively opting for vibrionics, he stopped other medicines. He was given:

**For digestive problems:**

**#1. CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC4.10 Indigestion + CC10.1 Emergencies...6TD** for five days followed by TDS

**For emotional wellbeing:**

**#2. CC10.1 Emergencies + CC12.1 Adult tonic + CC15.2 Psychiatric disorders + CC17.3 Brain & Memory tonic...TDS**

**For general wellbeing:**

**#3. IB\*...OD**

Within five days by 8 Jan, abdominal cramps vanished, with stool frequency coming down to 4 or 5 times a day. By 16 Jan, he was passing normal stools only twice a day and anal pain had disappeared. Furthermore, much to his parents' joy, the boy looked happier, more confident and started to mingle with others! By 22 Jan, his appetite returned and he was passing motion once a day. His parents were relieved that he no longer needed allopathic medication. On 1 Feb, **#1** and **#2** were combined and the dosage was reduced to **BD** and in two weeks to **OD** which he continues.

As of 20 April 2024, the boy is just fine and is taking treatment for his overweight.

**\*IB combo** as per newsletter vol 13 #5.

**10. Migraine & acidity**<sup>11652...India</sup> An 18-year-old boy had been struggling with severe headaches for five years since 2018, occurring after cycling home from school in the scorching sun. The pain diagnosed as migraine afflicted both sides of his head. Exposure to loud noise, exacerbated the headaches, as did studying or reading. He took prescribed medication for one week; though this provided relief, financial constraint prevented him from continuing the treatment. Instead, applying a pain balm would make him sleep for 2 to 4 hours, resulting in complete relief.

Over the past three years, the headaches were accompanied by dizziness and burning sensation in the chest 3 to 4 times a week; an ayurvedic digestive tablet (hajmola) provided relief from burning feeling. However, he was upset that, despite maintaining a moderately healthy diet, his symptoms persisted, significantly impacting his studies. He had to miss school 2 to 3 times a week. During holidays, when he avoided sun exposure, he was fine. Additionally, also three years ago, he started to stammer which worsened with time but the practitioner decided to treat this later and on **12 May 23**, gave him:

**CC4.10 Indigestion + CC11.4 Migraines + CC14.1 Male tonic + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic...TDS**

On 25 May, after two weeks of diligently and judiciously taking the remedy, he excitedly conveyed that the migraine episodes had reduced to two per week at only half intensity. additionally, there were only 2 to 3 instances of mild dizziness and burning sensation. He no longer needed the balm or the digestive tablets. His energy levels were up and he was able to focus better on his studies.

After three weeks on 16 June, during his revisit, he looked relaxed and happier. Headache was occurring once a week with 80% decrease in intensity. In another month, dizziness and burning sensation completely disappeared with only two mild episodes of headache. As he remained symptom-free even when exposed to his usual triggers, on 18 Aug, dosage was reduced to **BD** and tapered off before stopping on 8 Oct. After starting vibrionics, he did not miss school even for a single day!

As of 9 Apr 2024, there has been no recurrence of any symptom. He gets a mild headache with prolonged use of laptop, which has prompted him to manage his screentime effectively. He has been taking vibrionics for stammering since 20 Oct 2023 and there is 50% improvement in less than six months.

+++++  
**11. Persistent cough**<sup>11654...India</sup> For 30 years since 1993, a 46-year-old woman had been suffering from constant cough with sputum daily and mild nasal congestion at night. Seasonal changes and consumption of outside food aggravated the symptoms, especially at night; sputum stuck in her throat caused irritation and pain. In 1995, she started taking allopathic medicines whenever the symptoms were severe; this gave relief within a day or so. But the cough never went away. Having witnessed her grandmother's life-long struggle with asthma, she resigned herself to believing that cough was an inevitable part of her life.

During a consultation for her mother-in-law, she decided to seek treatment for herself as well. She complained of her persistent cough, which had earned her the nickname "the coughing lady" among her neighbours. On **11 Aug 2023**, she was given:

**#1. CC10.1 Emergencies + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.5 Sinusitis + CC19.6 Cough chronic...TDS**

**#2. IB\*...OD**

Within five days by 16 Aug, to her utter disbelief, the cough, sputum, and nasal congestion disappeared without a trace and she didn't need any other medicine! Ten days later on 26 Aug, she excitedly shared that her neighbours were surprised by her newfound freedom from her characteristic cough! Encouraged by this rapid improvement, **#1** was reduced to **OD** for a month. The patient stopped the remedies at the end of Sept as they got exhausted, even though she was advised to take the maintenance dosage.

On 5 Jan 2024, out of the blue, she reported that she had been symptom-free for the past four months but two days ago, she had developed a mild cough, likely due to the chilly weather. The practitioner gave her a refill of **#1...TDS** and **#2...OD**. In four days, the cough disappeared. On 10 Feb, **#1** was reduced to **OD**.

As of 11 April, there has been no recurrence of symptoms. The patient continues to take **#1** and **#2** at **OD**, with plans to taper off to the maintenance dosage of **OW**. Grateful for vibrionics, she has been referring many of her friends to the practitioner.

+++++  
**12. Depression, headache, acidity & insomnia**<sup>11570...India</sup> Shortly after the untimely death of a close relative in 2017, a 36-year-old woman went into depression, lost all interest in daily activities, had constant headache and could not sleep due to intrusive thoughts. She had burning sensation in the chest

due to excessive acidity and a lot of burping post meals. Three years of allopathic treatment for depression and sleeplessness provided no relief; it was stopped in Sept 2020. She took over-the-counter medicines for headache and acidity when these were severe and got temporary relief.

On **18 Dec 2020**, when she consulted the practitioner, she mentioned she was anxious about her recovery. She was given:

For depression, headache, acidity:

**#1. CC4.10 Indigestion + CC10.1 Emergencies + CC11.3 Headaches + CC15.2 Psychiatric disorders...TDS**

For insomnia:

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

Within two weeks, there was 50% improvement in all symptoms! This moved up to 80% in another two weeks by 16 Jan 2021, she felt very refreshed; #1 was reduced to **BD**. As she was sleeping well without taking #2, she was advised to take it only when needed.

By 28 Jan, all her symptoms had gone; she felt very happy, free from anxiety and fears! #2 was not needed anyway and #1 was reduced to **OD** and tapered down to **OW** and stopped on 3 Mar 2021.

As of April 2024, she remains happy and healthy with never any recurrence.

**Patient's testimonial** (exact translation from Hindi):

Earlier, I used to get very tensed over small things. I could not sleep at night. I was taking medicine for depression for 3 years but there was no improvement. Then I started taking Vibrionics medicine. With this medicine, I started getting better within a few days. Now I sleep well and don't have any tension about anything. I am very thankful to the practitioner who gave me the medicine.

\*\*\*\*\*

## ☞ Answer Corner ☞

Q1. What is the vibrionics substitute for antibiotics taken for bacterial infections?

A. Antibiotics are natural, semisynthetic or synthetic antimicrobials that work by killing bacteria or preventing them from multiplying. There are many classes of antibiotics, and each is effective only against a specific type of bacteria. A vibro remedy, on the other hand, is a common remedy for all bacterial (or viral) infections. This is because unlike antibiotics, vibrations do not kill bacteria (or virus), but work by simply boosting the body's own immunity to fight an infection. In the 108CC box we have **CC9.2 Infections acute** and with SRHVP we can make **NM36 War** or **SR293 Gunpowder**, usually a more potent vibration. Simplistically put, we prescribe according to symptoms, and/or give vibrations for a body part so that it will go directly to that organ.

Q2. Why do we recommend to avoid storing a water remedy in the fridge?

A. First we should remember to keep **all** remedies in a cool place, away from strong light, specially sunlight. We avoid putting remedies in the fridge because in some cases, the mechanical vibrations from the compressor can change the potency of the remedy. Having said that, latest findings indicate that it is safe to keep a water remedy in the fridge for short duration of say, two days (but do so only if the climatic conditions necessitate). So the best option is to repeatedly make water remedy in small quantities, and if there is still excess remedy water, it can be utilised for plants. Some practitioners have reported, depending upon the environmental conditions, a water remedy outside the fridge can last longer than two days. See earlier answers in vol 4 #2.Q1 and vol 6 #1.Q6.

Q3. We have many bodies - physical, etheric, emotional, mental, astral, spiritual etc; on which body do vibrionics globules work? Please explain in detail.

A. The active ingredient in the pills is the healing vibration and it works at the etheric level because this is a network of subtle energies with which the healing vibrations would interact. Note that all the bodies are intimately interconnected via the vital life force energy (prana), so the changes taking place in one body will filter through to all the other bodies. Hence, in effect, vibrations are working at all levels.

Q4. If an SVP wants to create his personal SRHVP card corresponding to his own combination of remedies eg, homoeopathic remedies and/or natural/plant substances for some disease, how can he do it?

A. The cards are created using the techniques of radionics and radiesthesia, hence this topic is outside the scope of vibrionics. However if you wish to make vibration of a homoeopathic remedy, you can potentise either mother tincture or potency to any desired potency; the same can be done with any natural or plant substance

Q5. As vibrionics works at all levels of our body, once the physical ailments disappear, should there be any need for patients to do anything additionally for taking care of their mental and emotional states?

A. While treating the physical ailment vibrionics remedies will also bring your mental and emotional levels back in balance but remember 'Our health is in our hands'. If we don't follow a healthy lifestyle conducive to both physical and mental wellbeing, the ailment is likely to return, even though in some cases, it could take a long time! We recommend you read our many newsletters on healthy diet, exercise, meditation, positive thinking etc.

## ❧ Divine Words from the Master Healer ❧

*"The secret of perfect health lies in keeping the mind always cheerful - never worried, never hurried, never borne down by any fear, thought or anxiety."*

...Sri Sathya Sai Baba, Divine Discourse

<https://www.srisathyasai.org/pages/sai-his-messages-quotes.html#>

*"The service activities that we undertake are meant to experience unity in society. It is a great mistake if you think that you are serving others. In fact, you should not consider anybody as "other", for all are the embodiments of divinity. But man is not making efforts to realise this truth. Hence, he is subjected to difficulties. Once man realises that God is all-pervasive, he will be free from suffering. In order to get rid of suffering, man has to practise the principle of unity in society."*

...Sathya Sai Baba, "Service Activities For Unity In Society" Discourse 21 July 2002

<https://saispeaks.sathyasai.org/discourse/service-activities-unity-society>

## ❧ Announcements ❧

### Forthcoming workshops\*

- **India Puttaparthi:** Virtual SVP follow-up course for the May 2023 batch, **27-28 July 2024**, contact [admin1@vibrionics.org](mailto:admin1@vibrionics.org)
- **India Puttaparthi:** Virtual AVP Practical Workshop **1-20 Nov 2024\*\*** followed by face-to-face workshop **26-28 Nov 2024\*\***, contact [editor1@vibrionics.org](mailto:editor1@vibrionics.org)
- **India Puttaparthi:** SVP workshop dates changed from July to **1-3 Dec 2024\*\*** contact [admin1@vibrionics.org](mailto:admin1@vibrionics.org)

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

\*\*Subject to change

# ∞ In Addition ∞

## 1. Health article

### Healthy Gut Healthy Life!

*"The stomach cries out, 'Enough', but the tongue insists on more, and man becomes the helpless target of disease...The type of food that you consume decides the degree of concentration you can command; its quality and quantity decide how much your self-control is lessened or heightened...Eat to live; do not believe that you live in order to eat" ...Sathya Sai Baba<sup>1,2</sup>*

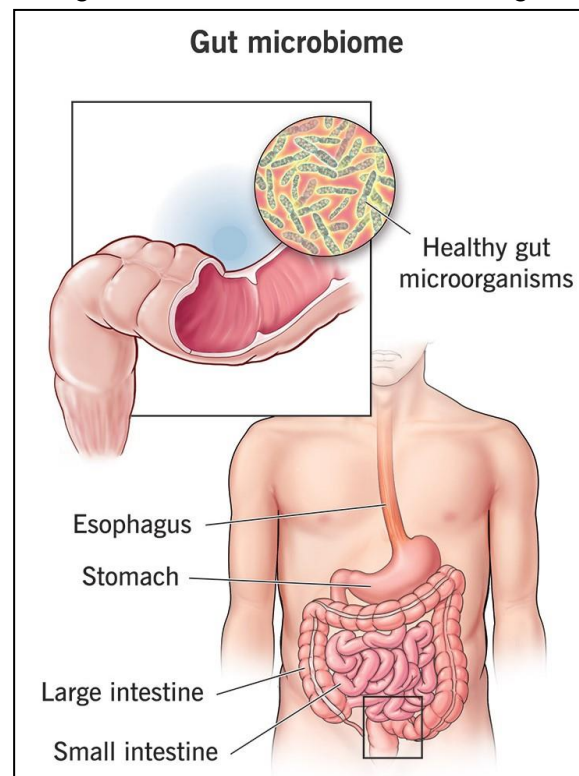
#### 1. What is gut?

In common usage "gut" is referred to as "intestines". An essential part of our digestive system, actually "gut" is the gastrointestinal tract (GI tract) known as alimentary canal. It starts from the mouth where mechanical digestion happens when salivary juices moisten the food to facilitate its easy passage through the oesophagus (the food pipe/gullet) to the stomach. Here, the food is further broken down and mixed with digestive juices to form chyme and carried to the **small intestine**, a 22 feet long coiled tube, 3½ times the length of our body, also called small bowel. Water and nutrients are absorbed by the mucosa and digestive enzymes of small intestine and undigested elements are sent to the **large intestine or colon**. The absorption process is completed here and wastes are eliminated through the rectum and anus. The associated organs liver, pancreas, and gall bladder help in this digestive process. Thus, gut is not just a passage but hosts a full-fledged system of ingestion, digestion, absorption, assimilation, and defecation of waste.<sup>3,4</sup> It is also the most underrated supporting "organ", also called the second brain, that gives

us the proverbial "gut feeling"!

#### 2. Importance of a healthy gut

**2.1 Gut flora:** At birth gut is sterile with hardly any microbes. Gradually, colonisation begins as it collects both good and bad from all the microorganisms in the environment creating a sophisticated, complex,



microscopic world of trillions of bacteria called "**the microbiome**", also referred to as "**microbiota**" interchangeably. It includes some viruses, fungi, and parasites too and is found in large numbers in the intestines. The quality of the microbiome formed in the first few years of life depends on genetics, maternal microbiota, normal vaginal delivery (rather than a caesarean section), and breast feeding.<sup>5</sup> Primary microbiota acquired in infancy build better immunity. They also become instrumental in determining the quality of adult microbiota, though they keep evolving throughout life in response to diet and environmental exposure playing a pivotal role in both health and disease.<sup>6</sup>

**2.2 How microbiome works and benefits our body!** In a healthy person the host gut cells and the resident bacteria coexist peacefully in a symbiotic relationship where both benefit from one another. The human intestine provides nutrients to the bacteria which in turn aid in digestion, absorption, and other processes. They break down compounds, synthesise amino acids and certain vitamins including B-vitamins and vitamin K. The key enzymes needed to form vitamin B12 are synthesised by the gut bacteria, not by plants or animals.<sup>6</sup> They also aid in the

metabolism of carbohydrates in the colon. Sugar gets quickly absorbed in the upper part of the small intestine. Complex carbs like starch and fibre travel down to large intestine where the microbiota break them down with their digestive enzymes. Indigestible fibres get fermented and release short chain fatty acids (SCFA) that lower the pH of the colon limiting the growth of harmful bacteria. SCFA in the gut can

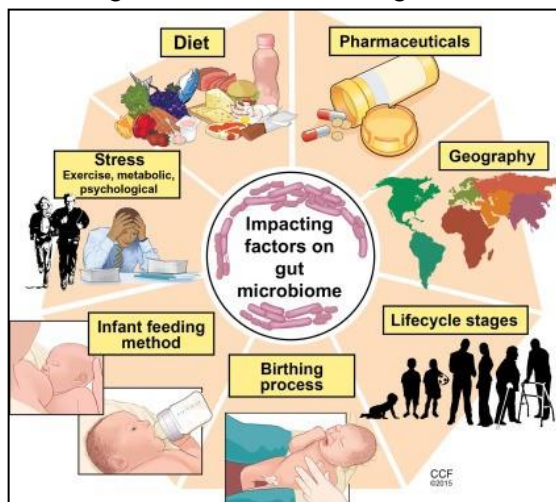
enhance muscle function, prevent chronic diseases including cancer and bowel disorders, and help in treating ulcerative colitis, Crohn's disease, and antibiotic-associated diarrhoea. Gut bacteria also metabolise the bile in our intestines sent by the liver to help digest fats.<sup>6</sup>

The communication system between the gut and the brain enables the intestinal microbiota to determine our mental health. 95% of body's serotonin, the mood boosting hormone, is produced by the gut bacteria. Stress is known to influence the composition of the microbiota which in turn can adversely affect our hormonal and nervous system.<sup>7</sup>

Further, 80% of our immune system is located in the gut closely linked with our metabolic systems too. Gut bacteria stimulate and train the immune system to respond proportionately to "antigens" (unrecognised substance or organism).<sup>8</sup> Allergic infants and young children have been found to have a different composition of intestinal bacteria than those who do not develop allergies.<sup>5</sup>

A clean and healthy gut will thus ward off harmful pathogens, develop and modulate the immune system, prevent allergies, infections, and diseases, and take care of overall health

**2.3 Factors that encourage good gut flora and health:** A robust gut has a healthy diversity of microorganisms where no single bacteria, virus, or fungus dominates. This can be ensured through a proper diverse diet.



**Fibre rich foods** like vegetables, fruits, whole grains, beans and legumes, nuts and seeds, with a good combination of macro and micronutrients are important. Complementing foods like rice and beans, pasta with cheese, pita bread and hummus, peanut butter on toast provide all the amino acids.

**Prebiotics**, naturally present in many plant foods, serve as food for good gut bacteria and nurture them. All prebiotics are fibre but all fibre rich foods are not prebiotics. They include fruits like apples, bananas, vegetables like raw garlic, onions, leeks, asparagus, artichokes, cabbage, jicama or Mexican turnip, peas, dandelion greens, whole grains like wheat, oats, rye, barley, quinoa, amaranth, corn, beans and legumes, flax seeds, chia seeds, and walnuts.<sup>9</sup>

**Probiotics are live beneficial microbiota** found in fermented foods like unprocessed *yogurt* with active or live culture, *pickled vegetables*; *soy based tempeh*, *miso* (rich in B-vitamins, esp. B12) and *natto*, *kimchi* and *sauerkraut* made from vegetables, esp. cabbage, *kefir* (a milk drink called champagne of the dairy world), and fermented tea kombucha.<sup>10</sup> Fermented and steamed foods like *Indian Idlis* and *dhokla* are still considered beneficial though there are varied views whether probiotics survive steaming or cooking!

**Hydration:** Stay hydrated with plenty of pure water and fresh juicy fruits and vegetables.

**2.4 Factors that cause imbalance and increase unhealthy gut microbiome:** Regular movement of our bowels ensure turnover of microorganisms. The movement of food and waste through the GI tract distributes different microbes into different places along the way. If elimination is faster, unhealthy ones cannot thrive. The balance gets disturbed by certain diets, infectious illness, prolonged use of antibiotics or any other medication, too little sleep, and high stress levels. Foods that are processed or high in sugar help unhealthy microorganisms to flourish. Environmental toxins like alcohol, tobacco, smoke, and other pollutants, and pesticides prevent good microbes from thriving.<sup>8,11,12</sup>

### 3. Symptoms of imbalance in gut bacteria (gut dysbiosis)

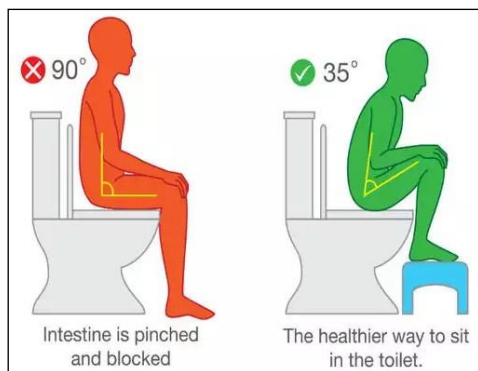
Dysbiosis is lack of diversity and imbalance of microbiome. Symptoms are digestive issues like, bad breath, gas with pain, bloated stomach, heartburn, acidity, acid reflux, poor digestion, lower abdominal pain, diarrhoea, constipation, any change in bowel habits, lack of a sense of well-being, sudden onset of food intolerances, unexplained fatigue, mood disorders like anxiety and depression, or weight gain, sugar cravings, skin rash or allergies, and sleep disorders.<sup>11,13</sup> If there is no other medical condition for these symptoms, it could be related to an unhealthy gut and intake of excess processed foods.

Imbalance of normal gut bacteria can cause inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS). Its wider systemic manifestations are obesity, type-2 diabetes, and atopy; may also lead to Parkinson's or Alzheimer's disease.<sup>5</sup>

One may know the composition of one's gut microbiome, but enough research has not been done to reveal how different types of gut bacteria affect our health. But infections and bacterial overgrowth can be checked through blood, stool, or breath test, esp. if the imbalance is visible and persistent.<sup>8</sup>

#### 4. Tips to increase, maintain, or restore good gut bacteria

- **Eat slowly**, chewing thoroughly and attentively, fresh wholesome locally grown food and fermented foods.<sup>11</sup> Also, ensure the food is hygienically prepared and partake in a worshipful manner as a precious gift from God, with gratitude and love, in silence, free from digital distractions. Also, avoid packaged and processed foods, or salted and sugary foods; do not overeat. Follow a good water regimen.
- **Do not increase Prebiotic food suddenly**; it will produce a lot of gas leading to flatulence and bloating. Start with a small amount to assess one's tolerance and sensitivity and gradually increase the high fibre diet, which is a must as low fibre food can decrease good bacteria and encourage the growth of pathogenic bacteria.<sup>6</sup>
- **Observe, to start with, at least 12 hours of fasting through night to aid digestion and detoxify at a cellular level.** Observe a time restricted eating schedule during the day in tune with the natural circadian rhythm.<sup>14</sup> Ensure first intake of any drink (other than water) after sunrise is after 7am and the last intake is by sunset, latest by 7pm. Can decrease gradually the eating window time from 12 hours to at least 10 hours. Coupled with timely sleeping schedule by 10pm and early rising at least an hour before sunrise, this discipline will help build up good gut bacteria. (Research indicates that such time restricted eating rhythm, or intermittent fasting as popularly known, gives rest to the digestive process and allows cyclical healing of the intestinal mucosa involving removal of old cells and regeneration of new cells).<sup>15</sup>
- **To defecate, sit properly in a squatting style or replicate that position** by using a small foot stool in pedestal toilets or by inclining the upper body forward slightly and putting the feet on a low footrest in front of the toilet! This will relax the muscles and facilitate smooth bowel movement.<sup>4</sup>



**Final word:** You are what you eat, when you eat, and how much you eat! A healthy whole foods diet with pre- and pro-biotics and adequate hydration with an appropriate lifestyle is the key to a healthy gut and a healthy life!

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13. Imbalance/Dysbiosis: <https://my.clevelandclinic.org/health/diseases/dysbiosis>
14. Circadian rhythm for health: <https://www.youtube.com/watch?v=fciGNBN0nKM>
15. Right way of intermittent fasting: <https://www.youtube.com/watch?v=0P2lz45rFCA>



## 2. Workshops & Seminar

### 2.1 AVP workshop in Spanish, Montevideo, Uruguay 6-7 April 2024

Practitioner<sup>01001</sup> conducted her maiden workshop in Spanish where two committed students from Argentina made a long journey to Uruguay and became AVPs after completing their e-course and qualifying at the virtual course held from 19 to 23 Feb 2024. She was supported by two senior teachers<sup>11422 & 10375</sup>. Dr Aggarwal addressed the participants and answered their queries during the 2-day workshop. The newly qualified practitioners<sup>03618 & 03619</sup> felt truly inspired and deeply connected with the pure spirit of Vibrionics seva. Grateful for this immense gift, they returned to their cities ready to begin their journey on this wonderful path that Swami has laid before them.



### 2.2 AVP workshop, Puttaparthi 26-28 April 2024

Eight enthusiastic participants of the April batch qualified during the virtual course and became AVPs<sup>11661-11668</sup> and proud receivers of the blessed 108CC box on 27 April. Throughout the course, they were eager to understand the subject and the nuances of practice, delighted the faculty by raising pertinent and perceptive questions. They had the opportunity to interact with patients one-to-one, learnt how gently to get details from patients, plan and make their remedies, and follow up. Dr Aggarwal shared at the valedictory session his personal experiences in treating patients, how simple and potent vibrionics is, the importance of faith and the need to stay connected with Swami, and how to tame the mind away from worldly attractions. Practitioner<sup>11614</sup> who had years of experience as a nurse in Swami's hospital gave some first aid tips in situations such as fainting, epileptic or heart attack, snake bite, bleeding, or hypoglycaemia in a diabetic. Their joyful faces and expressions of gratitude while leaving reflected their readiness to plunge into this seva!



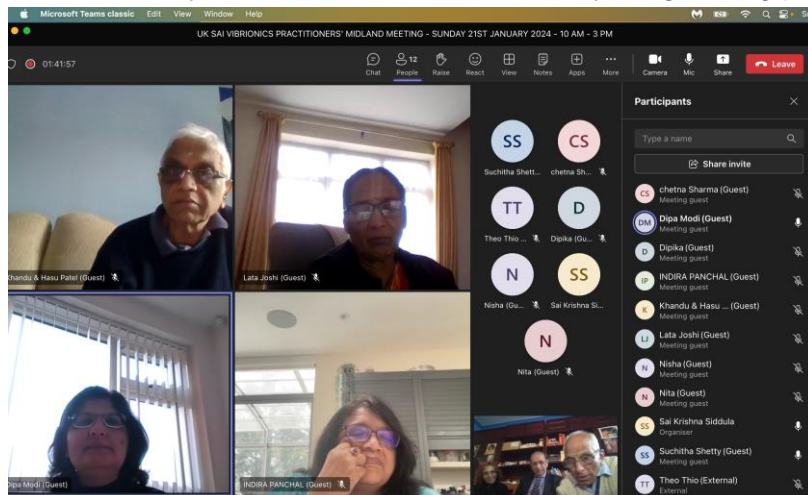


Picture taken during the Valedictory Address by Dr. Aggarwal (using Teams' Together Mode option)

### 2.3 Sai Vibrionics Practitioners' Meeting, UK Midland Group, 21 January 2024

This half-a-day virtual seminar was marked by enlightening presentations by Practitioners<sup>02802 & 00534</sup> on

dementia and managing the endocrine system through hormonal balance. The participants also learnt the techniques to manage pain, including using bay leaves for healing, from a visiting faculty Dr Pabani. The meeting ended with expression of gratitude for all those devoted to Vibrionics in multiple ways. Note : The material presented are available at our practitioners site (**Forms > Download** option).



### 3. Camps & Clinics

#### New Sai Vibrionics Centre inaugurated, 7 April 2024, AP.

With the Divine Blessings and Grace of our beloved Bhagawan Sri Sathya Sai Baba, a Sai Vibrionics Wellness Centre was inaugurated on 7 April 2024 at the Sri Sathya Sai Mandiram, Haripalem, Atchutapuram, Anakapalli District, Andhra Pradesh. This well attended programme by the members of local samitis and people around was charged with devotional prayers and bhajans, followed by an inspirational talk by a senior practitioner<sup>11567</sup>, and a question-answer session on Vibrionics. It concluded with Aarti and Prasadam, but not before distribution of 54 **IB** bottles to the visitors. A team of two practitioners<sup>11634 & 18009</sup> will treat patients at this centre every 1st Sunday of the month from 10:00 am to 12:00 pm starting from 5 May 2024.



#### 4. In Memoriam

**Sri Mahendra Popat** <sup>00298...UK</sup> from London left for his heavenly abode at the age of 75 on 24 March 2024. He was one of the earliest practitioners and helped greatly in establishing vibrionics in the UK by organising meetings/workshops in London in those early days. His elder sister **Practitioner** <sup>02821</sup>, inspired by him to take up vibrionics, has this to say about him 'His detachment was truly amazing! He had strength and courage like no one, his seva was truly selfless'; these sentiments are shared by all those who crossed his path. He was always focussed on healing seva and would come to Puttaparthi for several months at a time to treat patients. Since his stroke in 2020 he was not so active but was always ready to help patients and practitioners with advice. He will be sadly missed by his family friends and colleagues. May his departed soul rest in peace and eternal Bliss!

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**Om Sai Ram!**

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