

Sai Vibrionics Newsletter

[a SVIRT publication]

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,

Having just observed Aradhana Mahotsavam on 24 April, Sai devotees round the globe are embracing this truly sacred time to offer heartfelt gratitude to our beloved Swami. His boundless love, grace, and guidance continue to illumine our paths as we journey through the ocean of life. In this spirit of deep reflection, we recall how Swami lovingly showed us the royal road to securing the grace of God. In His Divine discourse on the auspicious occasion of Easwaramma day on 6 May 1985, He said, *"You must be filled with a sense of selfless dedication. This can come only through seva in which there is no egoistic pride. You must revel in giving rather than receiving. When the Divine is there to give all that you need, why seek or receive anything from others? All your actions must be aimed at purifying your minds and hearts to experience the Divine. When the heart is pure, the light of wisdom shines. The illumined heart becomes the receptacle of pure love. Love is everything."* - [Sri Sathya Sai Speaks, Vol 18](#)

Over the last few months, we have been truly overwhelmed by the large number of case histories and extraordinary experiences shared by our practitioners, which bears witness to how they have been putting Swami's teachings on service into practice. It is heartening to see many of you diving into old records and diaries to document your healing journeys to share with us. To assist those who find it difficult to write, we have practitioner-volunteers who will be happy to take all the details over the phone and draft your case histories or experiences for you. Send your contributions to: Case Histories casehistories@vibrionics.org; Extraordinary Experiences admin@vibrionics.org.

I would like to extend a special note of appreciation to our Regional Coordinators for their tireless efforts in staying connected with practitioners, regularly conducting meetings and motivating their teams. Where travelling long distances for meetings is not practical, we encourage local groups of practitioners to meet informally once a week to share ideas and exchange experiences, with a view to further your knowledge. These discussions should then be shared with your Regional Coordinator for wider benefit.

In May 2023, we launched an initiative to bring all Senior Vibrionics Practitioners (SVPs) together on a single platform via WhatsApp, aimed at sharing of knowledge and supporting patients across the globe. It is gratifying to note that these monthly meetings have since been ongoing without interruption, on the first Saturday of the month. Special thanks to **Practitioner 03599** for consistently hosting and documenting these meetings for future reference. There is a wealth of information and innovative ideas being shared, and we urge all SVPs who are not yet part of this group to write to SVIRT@vibrionics.org for inclusion to this group.

At a recent day-long practitioners' meet in Pune, India, some practitioners voiced their concern about finding new patients, having lovingly served their initial contacts over many years. Recognising that a

steady flow of patients is vital to keep our seva vibrant and growing, many ideas were floated to help broaden the patient base and reach more people in need; for full details of the meeting, refer to the *In Addition* section.

It has now been five years since the global introduction of the **IB**, during this time 11,55,000 bottles have been distributed—an inspiring milestone! Another highlight from the field is the vibrionics camps conducted in the Jan to Mar 2025 quarter: 129 practitioners from 13 states held 432 camps and served 15,277 patients across 118 venues. The dedication and devotion of our practitioners is truly laudable.

Finally, I would like to gently remind all practitioners that it is mandatory to become an associate of SVIRT. We sincerely thank those who have renewed their associateship. For those who haven't, we kindly urge you to apply on the Practitioners' site www.practitioners.vibrionics.org and help sustain the mission of the Institute in the service of mankind.

I leave you with a quote from Swami's discourse on Easwaramma day in 1993: "*The act of service is not to be judged according to the cost or publicity it entails; it may be only the offering of a cup of water in the depth of a jungle. But, the need of the recipient, the mood of the person who offers - these decide whether the act is gold or lead.*"...Sri Sathya Sai Baba ([Sri Sathya Sai Speaks, Vol 26](#))

It is my sincere prayer that our acts be gold and not lead so that, together, we may continue to be worthy instruments in Swami's healing mission.

In Loving Service to Sai

Jit K Aggarwal

❧ Practitioner Profiles ❧

Practitioner 03566...USA



holds a Master's degree in Computer Applications and has worked as a substitute teacher in the USA. Currently, on a career break due to personal responsibilities, she enjoys cooking, knitting, and reading books on spirituality and self-improvement, in addition to her seva activities.

Raised in a traditional Hindu household where the family celebrated all festivals and included a photo of Sai Baba on their altar, she initially felt no personal connection to His form. However, in 2012, a deep yearning to understand the true purpose of life awakened within her, so she wanted to find a master to guide her on this path. A spiritually inclined friend (not a devotee herself) sent her a video featuring a devotee's experiences with Sai Baba. That moment was life-changing,

she instantly felt she had found her Guru.

Yet, this newfound devotion was accompanied by regret that she had missed His physical darshan. Swami soon reassured her through a vivid dream in which He appeared in a white robe. As she approached Him for padnamaskar and said, "We have come recently," Swami smiled and gracefully replied, "At last" and blessed her.

She and her husband visited Puttaparthi for the first time during Guru Purnima in 2014. A few months later in Jan 2015, they began attending a nearby Sai Centre regularly and found themselves embraced by a loving Sai family. Since then, she and her family have actively participated in numerous service activities, including preparing meals for a homeless shelter, hosting a pillow-making seva at her home for cancer patients, collecting and distributing winter essentials to the homeless, cleaning up parks, and cooking and delivering meals to a women's shelter. She has also knitted and donated 100 baby bonnets to Swami's hospital in Puttaparthi, a practice she continues.

A firm believer in *Manava Seva is Madhava Seva* (Service to Man is Service to God), she has had a deep desire to do service since childhood but never got an opportunity. Over the years, she witnessed countless individuals and children suffering from various health ailments. Each time she spoke to them or witnessed their struggle, she felt helpless and fervently prayed to Swami to guide her. Her prayers were answered when she came across Souljourns videos featuring Dr Aggarwal and sister Susan Sullivan, talking about Vibrionics. Deeply moved, she knew instantly without a doubt that becoming a practitioner was her calling. She completed her AVP training in June 2018 and became a VP in February 2021; the doors to seva for her had opened in abundance.

She has witnessed many miraculous healings, sometimes even without the remedy being ingested. In one instance, a 35-year-old woman sprained her hand while gardening. Despite taking allopathic painkiller immediately, she continued to experience severe pain (level 9 on a scale of 1:10). The practitioner gave her **CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic + CC20.4 Muscles & Supportive tissue + CC20.7 Fractures**. Astonishingly, the woman experienced immediate relief and the pain vanished completely after the first dose itself. She was able to move her hand freely as if the injury had never occurred!

In another case, a 13-year-old girl started to get depressed because she was neither able to attend school nor meet or play with her peers due to Covid restrictions in Mar 2020. After a month, she had gone into severe depression and was experiencing suicidal thoughts. In April 2020, the worried mother rang the practitioner for a vibrionics remedy; she prepared: **CC10.1 Emergencies + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders**, but it was never collected due to the entire family contracting Covid-19. The practitioner placed the bottle at her altar and prayed daily for the girl's recovery. Two weeks later, the mother called with wonderful news - the daughter had completely recovered and returned to her usual cheerful self.

We previously shared her cases in *Vol 12 #3 (case 6)* and *Vol 12 #5 (anecdote 2.2)*, where two women were healed through dreams - one of chronic "food intolerance" where on Swami's guidance she approached the practitioner for vibrionics treatment, the other of persistent "earache" where the practitioner gave her some liquid remedy from a green bowl. These experiences greatly deepened her faith in vibrionics.

She has found that adding **CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic** to remedies for conditions such as migraines, sprains, and back pain accelerates healing. In cases where there is a chance of a strong pullout, she typically starts new patients on **OD**, increasing gradually to **BD** and **TDS**; this minimizes patient discomfort and encourages compliance.

Reflecting on her journey, she shares that vibrionics has transformed her life. It has made her more organized, more intuitive, and more aware of subtle energies -especially those influenced by diet and media. She considers her role as a vibrionics practitioner one of the greatest blessings of her life and is deeply grateful for the opportunity to be a channel of Swami's healing energy.

Cases to share:

- [Frozen shoulder](#)
- [Tinnitus](#)

Practitioner 11602...India



a medical doctor with a postgraduate specialization in pathology, began her professional journey with a deep sense of service. Now residing in Puttaparthi, she lives a life of devotion and service. Her many interests include meditating, singing, playing musical instruments, participating in sports, and travelling. Looking back, she recognizes that Swami's guiding hand was present throughout her life, even before she became aware of it.

Her spiritual journey deepened in 2003 during a time of personal grief following the loss of her uncle, a father figure to her. She had just been initiated into Kriya Yoga when she encountered a Sai devotee who relayed Swami's message: she should leave Kriya Yoga behind and immerse herself in bhajan singing instead.

She practised both for a while, but gradually, bhajan singing became her sole spiritual practice. From that point, her connection with Swami grew stronger, and she began to experience His divine presence in profound ways.

In 2003, she established her own diagnostic centre in New Delhi, providing affordable diagnostic services, often free to the underprivileged. She worked tirelessly, collecting samples from across the city, and clinics at the International Sai Centre and other locations, and from mobile clinics, all of which were analysed in her lab at no cost. She continued this seva until 2014.

She also extended her service to Swami's super specialty hospital in Puttaparthi for a decade, first as a visiting volunteer doctor for screening patients, and from 2014 as a consultant pathologist and microbiologist. Later, she worked in Swami's mobile hospital from 2017 till early 2020.

Always drawn to holistic healing, the practitioner trained in various alternative modalities including yoga, Reiki, pranic healing, magnified healing, theta healing, Sai Sanjeevini etc. Her journey into Sai Vibrionics

began in 2017 when she experienced its healing power first-hand. Convinced of its efficacy, she became an AVP in July 2018 and a VP in Dec 2019.

Since then, she has witnessed many remarkable healings. In one instance, a fellow doctor at the mobile hospital had a forehead haematoma that dramatically subsided within minutes of taking a single dose of vibrionics. Another doctor with arthritis for years and suffering from persistent pain while walking, took one dose of vibrionics remedy, and she went to work completely pain-free for the first time, without her usual painkiller. The practitioner herself was once kept awake by intense neck pain. Too exhausted to prepare a specific remedy, she took a dose of **CC10.1 Emergencies**, which she always kept nearby. It provided enough relief to let her sleep. The next morning, she prepared a targeted combo, and after four doses, the pain vanished entirely.

Over time, she has come to rely on specific combinations: **CC10.1 Emergencies** for rapid response to injuries, pain, and spondylitis, **CC17.2 Cleansing** to break through healing plateaus and **CC11.5 Mouth infections + CC11.6 Tooth infections** for acute dental caries, once even resolving the case of a root-canal with just a simple filling.

She recalls the case of a 50-year-old female with acute diarrhoea (12 to 14 watery motions in 30 minutes with cramps) avoided hospitalization after receiving **CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC4.10 Indigestion** in water **every 10 minutes** for an hour, then **6TD**; she recovered within a day. A 23-year-old Sai student with painful corns on his feet for the last ten days, struggled to walk a few days before the sports day since the allopathic ointment was not helping at all; he was healed completely within four days using **CC21.5 Dry Sores** orally and topically. He was able to fully participate in the sports event.

In another case, a 48-year-old woman with recurrent cough and breathlessness had these symptoms for one month and was unresponsive to conventional treatment. She responded rapidly to the combo **CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.4 Asthma attack + CC19.6 Cough chronic** given both orally and via inhalation, with noticeable improvement in just three days.

Her seva continued across multiple fronts including old-age homes, medical camps in Puttaparthi, the Sevalal building inside the ashram, and the bi-weekly clinic at SVIRT office; during the pandemic she contributed significantly to the packing and distribution of **IB**. During Swami's birthday celebrations, she helps run the camp at Prasanthi Nilayam railway station. She also assists in recharging remedy boxes and in charging session of AVP workshops. For the past one month she is employed at Sri Sathya Sai Palliative Care in Puttaparthi.

As part of the Sri Sathya Sai centenary celebrations, she was recently invited to speak on "Vibrionics and Yoga" to a global audience in the ashram, an honour that reaffirmed her deep bond with Swami and this healing mission.

Despite her background in modern medicine, she considers vibrionics her first line of treatment for patients who visit her. To her, vibrionics is more than just a healing tool, it is a path of spiritual growth. She says, since prayer is an integral part of this healing modality, it helps her to connect with Sai and thus remain focused as an instrument as ultimately, He is the healer. She firmly believes that in healing others, we heal ourselves, as we strive to embody Swami's teachings of discipline, dedication, faith, patience, devotion, and empathy through the practice of vibrionics.

Cases to share:

- [Dizzy spells & excessive hunger in prediabetic](#)
- [Vertigo, loss of balance](#)

❧ Case Histories Using Combos ❧

1. Frozen shoulder 03566...USA

A 56-year-old woman had been experiencing recurring pain in her right shoulder for the past 7 to 8 years. The episodes were linked to her menstrual cycle, typically occurring a few days before and during her periods. However, after menopause a year ago, the pain became constant and more severe, significantly limiting the mobility of her right arm. The pain was especially intense at night, lasting 8 to 10 hours, disturbing her sleep, and forcing her to lie on her back. Even a slight change in position would cause sharp, intense discomfort.

On 22 May 2018, she consulted a doctor who diagnosed her with frozen shoulder. She was advised to take over-the-counter pain relievers and undergo physiotherapy to improve mobility. She took ibuprofen

every night but found little to no relief. Concerned about the side effects of prolonged use and discouraged by the lack of progress, she discontinued the medication after a month. After three weeks of painful and distressing physiotherapy sessions with no improvement, she stopped those too.

Several months later, a friend who had experienced similar symptoms recommended vibrionics. Encouraged by her friend's success with this alternative approach, she decided to give it a try. On **5 Feb 2019**, the practitioner gave her:

CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.4 Muscles & Supportive tissue + CC20.7 Fractures...OD orally and in extra- virgin coconut oil mixed with corn starch, for external application; dosage was increased to **TDS** on 11 Feb.

Within a month on 10 March, she reported 50% improvement in **both** pain and mobility. By 31 March there was complete relief from pain, she was sleeping soundly through the night and had regained full range of motion in her right arm! On 2 May, dosage was reduced to **BD** and over the next few months, gradually tapered off before stopping on 25 Aug 2019.

Two years later in 2021, the practitioner met the patient again, and she confirmed that she has continued to do well with no recurrence of symptoms.

Editor's note: **CC20.4**, combo for frozen shoulder includes **CC20.2** which in turn includes **CC20.1**, so the latter two are not needed; also **CC20.7 Fractures** is superfluous.

2. Tinnitus ^{03566...USA}

A 42-year-old woman began experiencing persistent buzzing in her left ear after receiving her second dose of COVID-19 vaccine in March 2021. On 16 Feb 2022, after a hearing test, her audiologist diagnosed her with tinnitus while confirming that her hearing remained within normal limits. The ongoing noise in her ear affected her quality of life, leading to depression, irritability, and severe sleep disturbances.

In April, when she met the practitioner at a devotional gathering and learnt about vibrionics, she decided to give it a try. On **5 May 2022**, she was given:

For tinnitus:

#1. CC5.1 Ear infections + CC5.2 Deafness + CC5.3 Meniere's disease + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...OD for five days, then **BD** for a week followed by **TDS**

For sleep:

#2. CC15.1 Mental & Emotional tonic + CC15.6 Sleeping disorders...a dose half an hour before bedtime, to be repeated if necessary.

Improvement progress:

10 June 2022: Buzzing noise felt distant.

21 June 2022: Noise reduced to 5 to 6 hours daily; improvement quantified at 50%.

13 July 2022: Episodes further shortened to 1 to 2 hours daily – 75% improvement.

10 Oct 2022: Occurrence reduced to once a week.

15 Dec 2022: Complete resolution of tinnitus; sleep quality fully restored.

On 18 Jan 2023, dosage of **#1** was reduced to **OD**; on 12 Feb 2023, started to taper down and discontinued on 28 Feb.

As of April 2025, the patient remains symptom-free and continues to take **#2** as needed. She expressed profound gratitude for her transformation.

3. Dizzy spells & excessive hunger in prediabetic ^{11602...India}

A 48-year-old male presented with dizzy spells and intense hunger, both occurring 2-3 hours after meals, for the past four months. These episodes, occurring 4-5 times daily and lasting 6-7 minutes, were

occasionally accompanied by sweating. Symptoms would often subside upon food intake, prompting the patient to carry fruits or candy for quick relief.

The patient was diagnosed with hypertension and angina in 2017 and managed with Telma 40 mg and Amlodipine 5 mg daily. A routine blood test on 9 June 2021 indicated prediabetes and elevated LDL cholesterol and triglycerides. Atorvastatin was prescribed but discontinued after one week to minimize the use of allopathic medications. Further cardiac evaluations, including ECG, echocardiogram, and treadmill tests, revealed no abnormalities.

On **11 June 2021**, the practitioner gave him:

#1. CC3.3 High Blood Pressure (BP) + CC3.5 Arteriosclerosis + CC4.10 Indigestion + CC6.3 Diabetes + CC15.1 Mental & Emotional tonic...TDS

#2. Potentised BP medications...OD to be taken so long as the allopathic medicines continue.

In addition, lifestyle modifications were recommended. Within three days, the frequency of episodes reduced to 2-3 per day, each lasting 2-3 minutes. By the ninth day, episodes further decreased to 1-2 per week. On 30 June, the following was added to speed up the healing:

#3. CC17.2 Cleansing...6TD

Within seven days on 7 July, all symptoms, including dizzy spells and sweating, completely resolved. Follow-up blood tests indicated normal glucose and lipid levels; his doctor halved Amlodipine to 2.5 mg. The dosage of both **#1** and **#3** was reduced to **OD**. In Sept 2021, **#3** was stopped.

As of April 2025, he remains symptom-free. His blood sugar and lipid levels are stable within normal limits. He continues to take **#1** at the maintenance dosage of **OD** and **#2** along with his prescribed BP medication.

4. Vertigo, loss of balance ^{11602...India}

A 47-year-old software engineer had been battling with recurrent episodes of vertigo and loss of balance for almost five years since 2019. Initially occurring once or twice a day, within a month, the episodes escalated to 8 to 10 times daily. He was prescribed allopathic medication which he discontinued after a month due to minimal relief and side effects such as drowsiness and weakness. In search of an alternative solution, he turned to ayurvedic treatment which he continued for a year, but this too failed to improve his condition.

Additionally, he had been troubled by constant pain in his neck and shoulders, radiating down to his arms and fingers, for the past three years. Ayurvedic medicines and occasional painkillers provided only temporary relief. Two years ago, he also began experiencing tinnitus, for which allopathic treatment was ineffective and poorly tolerated. At one point, he was told that his symptoms were psychosomatic.

These persistent health challenges had a profound impact on his personal and professional life. He would take 3 to 7 days breaks from work, once a month, increasing to 2 to 3 times a month, and eventually, even working from home became difficult, as prolonged computer use aggravated his symptoms.

To make matters worse, his lipid profile on 20 Dec 2023 revealed elevated levels of cholesterol and triglyceride (total cholesterol: 350 mg%, triglycerides: 400 mg%). Feeling desperate, he explored other healing systems and came across vibrionics.

On **10 Jan 2024**, he was given:

CC3.5 Arteriosclerosis + CC3.7 Circulation + CC5.3 Meniere's disease + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC18.7 Vertigo + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.6 Osteoporosis...TDS

He was also encouraged to adopt a more holistic lifestyle, including a nutritious diet, yoga, yoga nidra, regular walks, ten-minute stretching breaks after every hour of computer work and listening to music for relaxation.

Remarkably, within two days of starting the remedy, his pain completely subsided; by the fifth day, the vertigo episodes stopped altogether! His mental clarity and productivity returned, much to his delight. A follow-up lipid profile on 25 Feb 2024 showed a dramatic improvement, with cholesterol and triglyceride levels back to normal. Dosage was reduced to **OD**.

As of Apr 2025, he remains healthy, continues the remedy at a maintenance dosage of **OW**, and maintains his improved lifestyle. He is now successfully managing his own business.

5. Shoulder pain ^{11661...India}

A 65-year-old woman, the practitioner's neighbour, presented with pain in her right shoulder, which prevented her from lifting her arm above shoulder level. The symptoms began three months ago when she suddenly felt as though her right arm had slipped out of the shoulder joint while walking. She took over-the-counter painkillers for a few days but discontinued them due to lack of relief. Over time, she managed the pain by avoiding movements that involved raising her arm above shoulder height. This adaptation reduced the pain to a bearable level, although the restriction in mobility persisted.

On **11 Oct 2024**, she was given the following remedy:

#1. CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.7 Fractures...TDS

On 6 Nov, she reported 50% reduction in pain and could lift her arm to some extent. A refill of **#1** was provided, along with another remedy to support further healing:

#2. CC3.7 Circulation + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.7 Fractures...BD in coconut oil for external application

By 12 Nov, much to her delight, there was 100% relief from pain and she was able to lift her arm above shoulder level with ease; **#2** was discontinued. Dosage of **#1** was gradually tapered off and stopped by the end of Dec 2024.

As of April 2025, she remains completely pain-free with full restoration of shoulder mobility and no recurrence of symptoms.

6. Trigger finger syndrome ^{11654...India}

A 65-year-old man had been experiencing recurring episodes of sudden, involuntary bending of his left ring finger, occurring 4 to 5 times daily since June 2023. While bending caused mild discomfort, manual straightening of the finger resulted in severe pain, though finger mobility remained normal when unbent; there had been no injury.

On 3 July he consulted an orthopaedic physician who diagnosed it as 'trigger finger syndrome' and recommended surgery which the patient declined. He prescribed multiple medications which the patient took only for two days, since their side effects were worse than enduring the pain.

Having heard about vibrionics from a Sai devotee, he decided to try it. On **1 Aug 2023**, he was given:

#1. CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue...6TD and for external application...**BD** in mustard oil.

By 12 Aug, there were no further episodes and pain resolved entirely. Dosage was reduced to **TDS** for one week, **OD** for another week and stopped on 17 Nov but he continued the external application at **OD**, as a preventive till 30 Nov 2023.

However, on 16 Jan 2024, he returned with recurrence of his symptoms. He was given an enhanced remedy:

#2. CC20.2 SMJ pain + #1...6TD and for external application...**BD** in mustard oil.

Within a month on 15 Feb, the patient reported 100% improvement. Dosage was tapered down to **TDS** for one week, then **OD** and stopped on 2 Mar but the external application was continued to 31 Mar 2024.

As of Apr 2025, there has been no recurrence. He is also being treated for hair fall and dandruff.

7. Perianal abscess, constipation ^{11573...India}

A 27-year-old man visited the practitioner with a painful boil near the anal region, this had been troubling him for over two months. The pain was severe enough to affect his posture and gait, making it difficult for him to walk upright. Upon further inquiry, it was revealed that he had poor water intake and was having

only three bowel movements a week over the past year. His stools were hard, and he was not taking any treatment.

On **21 Nov 2022** he was given:

CC4.4 Constipation + CC10.1 Emergencies + CC20.1 SMJ tonic...TDS

In addition, the patient was advised to increase his daily water intake to 2 to 3 litres and adopt a fibre-rich diet.

On 20 Dec, the patient reported complete relief, the boil had vanished, pain had subsided, and he was having regular daily bowel movements. On 21 Jan 2023, dosage was reduced to **BD** and tapered off gradually before stopping on 20 June.

As of April 2025 he remains symptom-free, with no recurrence of a boil or constipation.

8. Cervical spondylosis with radiculopathy ^{11587...India}

A 48-year-old woman had been experiencing constant neck pain radiating to both arms since January 2022. When she sought vibrionics treatment six months later, the pain was so severe that she was unable to move her head from side to side and on medical advice, had to wear a cervical collar. Her work as a farm labourer involved continuous bending and physical work in the fields, which was likely the underlying cause of her condition. She had previously tried various treatments, including allopathic medicines, painkillers, and oil massages, but none provided lasting relief.

On **28 July 2022**, she consulted the practitioner who gave her:

CC3.7 Circulation + CC12.1 Adult tonic + CC18.5 Neuralgia + CC20.2 SMJ pain + CC20.5 Spine + CC20.7 Fractures...6TD

Within three weeks by 20 Aug, there was 60% improvement in pain and she was able to move her head slightly without discomfort. The dosage was reduced to **TDS**.

On 23 Sept, she reported 100% relief and was able to move her neck freely without any discomfort. On 6 Oct, dosage was reduced to **OD** and gradually tapered off until stopped on 28 Nov 2022. At her last review in Aug 2023, the patient confirmed that there had been no recurrence of symptoms.

9. Allergic rhinitis, diarrhoea ^{11587...India}

A 47-year-old woman had been suffering from respiratory allergy for eight years since Sept 2014. She had a persistent cough, initially dry, later becoming wet, along with a runny nose. Her symptoms worsened with dust exposure and during winters. She had been on allopathic medication for several years, which provided only temporary relief. Later, she tried ayurvedic treatment for about a year, but this too offered only short-term improvement.

Three days before consulting the practitioner, she developed acute diarrhoea after attending a party on 18 July 2022. Despite trying several home remedies, she continued to pass watery stools 6 to 7 times a day and was distressed by the frequent and urgent need to use the restroom. This significantly disrupted her sleep. Not keen to take allopathic medication, she requested urgent vibrionics support. On **21 July 2022**, she was treated for acute diarrhoea with:

#1. CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC4.10 Indigestion + CC10.1 Emergencies...one dose every 10 minutes for two hours, followed by 6TD.

Within two days, her bowel movements reduced to 1 to 2 times a day, and by 30 July, diarrhoea completely resolved. The dosage was gradually reduced and stopped on 14 Aug.

On 4 Aug 2022, she was given for her respiratory symptoms:

#2. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.6 Cough chronic + CC19.7 Throat chronic...QDS

Two weeks later on 18 Aug, she reported 60% improvement in her cough and runny nose. The dosage was reduced to **TDS**. By 28 Sept, she was completely free from all allergy-related symptoms. The dosage was gradually tapered off and stopped on 20 Dec 2022.

As of 5 May 2024, she remained symptom-free; the practitioner has since lost contact with the patient.

10. Chest pain, hypertension, constipation ^{10547...India}

45-year-old grocery shop assistant, diagnosed with hypertension (BP: 160/90 mmHg) a few years ago, was experiencing unpredictable episodes of chest pain for the past three years, each lasting a few minutes. In addition, he suffered from hard stools, poor appetite, severe weakness, and health-related anxiety that interfered with his daily life. Despite taking prescribed medication, he found only minimal relief and decided to consult the practitioner on **13 Oct 2022**, he was given:

For high blood pressure and chest pain:

#1. CC3.1 Heart tonic + CC3.3 High Blood Pressure (BP) + CC3.4 Heart emergencies + CC3.5 Arteriosclerosis + CC3.6 Pulse irregular + CC13.1 Kidney & Bladder tonic...QDS

For constipation and anxiety:

#2. CC4.2 Liver & Gallbladder tonic + CC4.4 Constipation + CC4.10 Indigestion + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...QDS

He continued with his allopathic medication for high blood pressure.

Treatment Progress

2 Feb 2023: BP reduced slightly to 150/90 mmHg. No chest pain since starting treatment. Energy levels up by 40%; notable improvement in overall wellbeing.

1 June 2023: BP stable at 140/80 mmHg. Energy level and daily functioning improved by 70%. Bowel movements back to normal.

6 July 2023: Patient felt fully recovered, no weakness, stable BP, resumed routine work with ease. **#1 & #2** reduced to **TDS** for three months, then to **OD**.

At his follow-up on 6 Mar 2024, he confirmed no recurrence of symptoms and opted to continue with the maintenance dose of **OD** alongside his allopathic BP medication. Then the practitioner lost contact with the patient.

11. Chronic constipation, haemorrhoids ^{11601...India}

A 15-year-old girl had been struggling with constipation since childhood, marked by hard stools, irregular bowel movements, and recurrent haemorrhoids. She developed a painful anal swelling that caused significant discomfort while sitting, especially during school hours, leading to frequent absences. These flare-ups occurred at least once a week and were unrelated to her diet. Persistent straining during bowel movements often led to some bleeding from the anus.

Despite trying both allopathic and ayurvedic treatments, she experienced no lasting relief. Eventually, a doctor recommended surgery due to severity of her symptoms. However, her parents declined the invasive procedure. Their concern deepened when the girl began avoiding food to prevent bowel movements, resulting in increasing weakness.

On **6 Oct 2022**, the parents consulted the practitioner who gave her:

SR350 Hydrastis + SR356 Plumbum Met + CC2.3 Tumours & Growths + CC3.2 Bleeding disorders + CC4.4 Constipation + CC12.2 Child tonic...every 10 minutes for one hour followed by **TDS**

Treatment Progress

27 Oct 2022: Anal swelling and pain resolved; only one minor episode of bleeding. Stools were softer, and bowel movements became easier, though not yet daily. 75% improvement overall.

1 Dec 2022: Full recovery. Regular daily bowel movements resumed. Dosage reduced to **OD**.

2 Mar 2023: No recurrence of symptoms. Remedy was gradually tapered off and stopped on 23 Mar.

At the last review in Apr 2024, the patient remained in excellent health with no return of constipation or haemorrhoids.

12. Depression ^{02799...UK}

A 65-year-old woman sought treatment for depression that had persisted for three months. She appeared visibly distressed and reported irritability, fatigue, disturbed sleep, and emotional turmoil stemming from challenges in her family environment. She had no other underlying health conditions. Her doctor

prescribed anti-depressants which she declined due to concerns about their potential side effects. Instead, on **10 March 2023**, she consulted the practitioner who gave her:

CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders + CC17.3 Brain & Memory tonic + CC18.1 Brain disabilities...6TD

Treatment Progress:

17 March 2023: 50% improvement in mood and energy. Dosage reduced to **QDS**.

7 April 2023: Patient reported 70% improvement in emotional well-being and sleep quality.

June 2023: Patient has recovered, feels her usual self again. Dosage reduced to **BD**.

As of 23 April 2025, the patient remains happy, stable, and symptom-free while continuing dosage at **BD** as per her choice, for maintenance.

❧ Answer Corner ❧

Q1. Can you please give a step-by-step procedure for potentiising the allergen – sunlight?

A. Set potency on SRHVP to **1M** (previously **200C**). Place a half-filled plain dilution bottle in the 'Remedy' well (marked 'Out' on older models). Completely cover the right side (Remedy well) of the SRHVP with a thick black cloth or plastic bag to prevent sun rays from affecting/neutralizing the remedy. Next, place the SRHVP on a flat surface exposed to direct sunlight, ideally between 10 am and 4 pm when UV radiation is at its peak, preferably around midday. Leave it exposed for at least one minute while offering a prayer. The sun's vibrations will be captured in the Sample well and transferred to the dilution in the remedy well. Afterwards, move the SRHVP to a shaded area and carefully remove the remedy bottle for use.

+++++

Q2. I am a VP and have been practising vibrionics for four years. Recently, at a wedding, some people showed interest and asked for my visiting card. Can I print my own, or is there a standard format?

A. Yes, there is a standard visiting card format that all practitioners are required to use. First, ensure that you are an Associate of the Institute and that your reports are up-to-date on the Practitioner's portal. You may then write to helpdeskIT@vibrionics.org to request the official visiting card template. You will simply need to fill in your personal details in the template and get the visiting cards printed as per your requirement.

+++++

Q3. While broadcasting vibrations using SRHVP for a patient in the ICU, can I leave the remedy in the Sample well and the patient's photo in the Remedy well round the clock, instead of broadcasting for 10 minutes at 6TD?

A. Yes, this is acceptable provided you offer prayers six times a day at fixed time slots. You may also encourage the patient's family or other well-wishers to join in the prayers during those times for collective healing support.

+++++

Q4. How do we deal with a terminally ill patient who is requesting euthanasia?

A. Euthanasia (mercy killing) is an act of painlessly putting to death a person suffering from painful and incurable disease. As this is a deeply sensitive, and complex ethical and legal issue, it is essential to approach such situations with deep empathy and without judgment. As a vibrionics practitioner, refrain from offering medical or legal advice; your role is to offer compassionate listening, spiritual support, and healing remedies that ease suffering and bring peace. In addition to the medications the patient may be already receiving, you can offer **SR272 Arsen Alb CM** or **CC15.2 Psychiatric disorders** (see Vol 12 #5.Q4).

+++++

Q5. During camps, the crowd is often overwhelming, and I don't always have time to explain how to make a water remedy. This means many patients miss out on its faster healing benefits. What can I do in such situations?

A. A practical solution is to create a simple poster or flyer (in the local language if needed) explaining the preparation and benefits of water remedies. Display it clearly at your table or nearby so patients can read it while waiting.

Alternatively, keep a stack of small, easy-to-understand leaflets to distribute along with the remedy. You can also send a follow-up SMS or WhatsApp message with the same instructions, just ensure you collect the patient's phone number at the time of consultation.

❧ Divine Words from the Master Healer ❧

"It is not only unbridled passion which damages the health of man. Living on ill-gotten money also causes ill-health to some extent. Living on earnings got by unjust means causes many unknown diseases to take root in us. It is said;

As is the food, so is the mind;

As is the mind, so are the thoughts;

As are the thoughts, so is the conduct;

As is the conduct, so is the health."

...Sathya Sai Baba, "Mirror and comb" Discourse given on 26 June 1969

<http://www.sssbpt.info/ssspeaks/volume27/sss27-03.pdf>

"Wear the invisible badge of a volunteer of God at all hours and in all places. Let all the days of living be a continuous offering of Love, as an oil lamp exhausts itself in illumining the surroundings."

...Sathya Sai Baba, "Mirror and comb" Discourse given on 26 June 1969

<https://www.sssbpt.info/ssspeaks/volume09/sss09-12.pdf>

❧ Announcements ❧

Forthcoming workshops*

- **India Puttaparthi:** Virtual SVP follow-up course, 26-27 July 2025** contact promotionsSVP@vibrionics.org
- **India Puttaparthi:** Telugu AP Practical Workshop 31 July-4 Aug 2025** (these dates replace the earlier published dates), contact admissions4@vibrionics.org
- **India Puttaparthi:** Hindi AP Practical Workshop 31 July-4 Aug 2025** contact trainer-cc@vibrionics.org
- **India Puttaparthi:** Virtual AVP* Practical Workshop 3-21 Nov 2025** followed by face-to-face workshop 26-28 Nov 2025**, contact editor1@vibrionics.org
- **India Puttaparthi:** SVP* Practical Workshop 1-4 Dec 2025**, contact promotionsSVP@vibrionics.org
- **India Puttaparthi:** Teachers Training Workshop for all e-course teachers and participants of Dec 2024 TT workshop 6-8 Dec 2025** contact trainer-cc@vibrionics.org

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

**Subject to change; participants will be informed of changes, if any.

❧ In Addition ❧

1. Health article

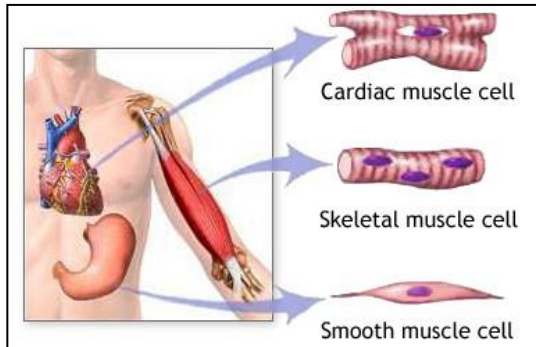
Nurture the Mighty Muscles and enjoy Good Health

"It is the prime duty of every individual to take the greatest possible care of the body. The body is an indispensable vehicle for experiences. Without it nothing can be done, not even a simple task. The human body is, therefore, more precious than worldly wealth and such other material acquisitions. Life must be sanctified by making proper use of the body and engaging it in sacred actions."... Sathya Sai Baba¹

Introduction: In earlier issues (Vol 13 #4, Vol 15 #4, and Vol 16 #1 & 2), we learnt about preserving the health of our joints, brain, spine, and bones. Now, let us explore the vital role of our muscles and how to care for them.

1. Know your muscles

1.1 Nature of muscles: It is said “*Muscles maketh man*” and “*Great ideas originate in the muscles*”.² Our

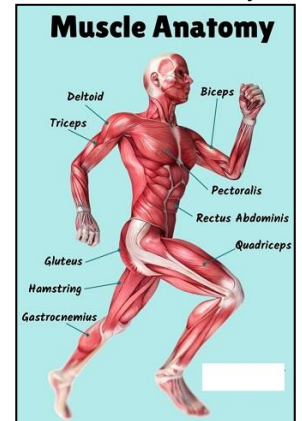


muscles are composed of thousands of small fibres woven together like a quilt covering the body. More than 600 in number, muscles are distributed throughout the body, enabling movement, posture, and stability. They work in coordination with the brain and the nervous system, and are of three types: skeletal, cardiac, and smooth muscles.³⁻⁷

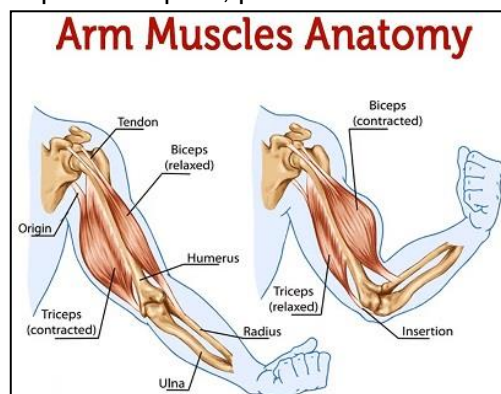
1.2 Skeletal muscles, also called *striated* muscles as they appear striped under a microscope, comprise 40% of human body weight and contain 50-75% of all body

proteins. Primarily located between bones, they vary in structure in different areas such as the face, tongue, eye socket, diaphragm, and oesophagus. Facial muscles, for instance, are not directly attached to bone and enable rapid changes in expressions from a smile into a frown and vice versa even with smallest movement.³⁻⁷

Major skeletal muscles: Feel the amazing power of skeletal muscles by rotating your head around and moving it back and forth - the neck and upper back muscles support this movement. Some of the largest and strongest skeletal muscles are located in calves and thighs. Key muscles include *trapezius* on neck and upper back, *deltoid* in shoulders, *pectoralis* on each side of upper chest, *abdominis* under rib cage, *biceps* and *triceps* on upper arm, *quadriceps* and *hamstrings* on front and back of thighs, *gastrocnemius* in calf, and *gluteus* at hip joints. Even within a single muscle, fibres are arranged to allow synchronized contraction, generating force and movement.⁵



Functions of skeletal muscles: Working with bones, tendons, and ligaments, these muscles hold the skeleton together, stabilize joints, define body shape, maintain posture, generate heat to maintain body temperature, store nutrients, support soft tissues, and regulate blood sugar levels. They often operate in pairs; when one muscle contracts, the opposing muscle relaxes, enabling joint movement. Although capable of quick, powerful contractions, skeletal muscles tire easily. Being voluntary muscles, most of their movement is consciously controlled eg, our hand will only stretch to pick something up when we want to.⁴⁻⁷



gastrointestinal, urinary, respiratory, and reproductive systems. They are essential for functions like aiding digestion, moving waste through intestines, helping the lungs expand during breathing, and regulating blood pressure. Unlike skeletal muscles, they contract slowly but can remain contracted for long periods without fatigue. Smooth muscles function involuntarily.^{3-5,7}

1.3 Cardiac muscle (myocardium) is found only in the heart's middle layer. It contracts and relaxes rhythmically to pump blood through the cardiovascular system. This is an involuntary muscle, the heart beats independently without conscious effort.^{3-5,7}

1.4 Smooth muscles primarily line the walls of hollow organs and blood vessels, one layer of muscle behind the other, in

Voluntary vs Involuntary Muscles

These are muscles that you can control consciously, such as those in your arms and legs, allowing you to perform activities.

These are muscles that operate automatically without conscious control, such as those found in the heart and digestive system.

Neck Muscles



Triceps



Facial Muscles



Abdominal Muscles



Vs

Cardiac Muscles



Muscles in Digestive



Muscles in Kidney

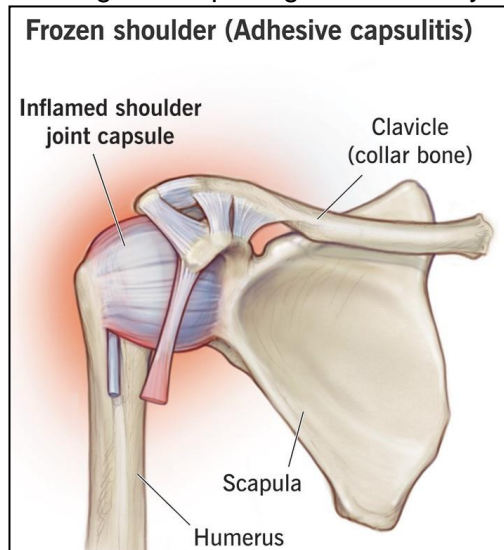


Muscles in Lungs



2. Muscle disorders

2.1 Frozen shoulder (adhesive capsulitis), a musculoskeletal disorder, often develops after prolonged inactivity eg, post-surgery or fracture. People with diabetes, thyroid disorder, Parkinson's disease or stroke are at higher risk. Symptoms include dull or aching pain and stiffness in shoulder joint, sometimes radiating to upper arm, which can gradually get worse limiting its mobility. Even simple activities like combing hair or putting on a belt may become difficult. It progresses through three stages: **Freezing**, the



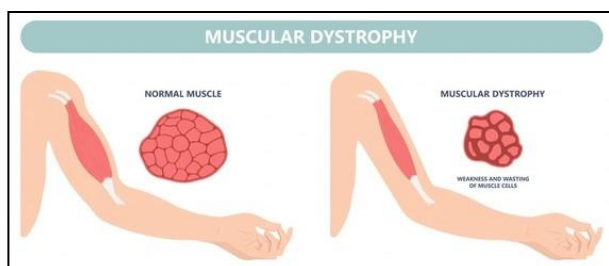
most painful early stage, where pain worsens with movement and at night, lasting 6 weeks to 9 months; **Frozen** when the pain may lessen but stiffness persists for 2-6 months; and **Thawing** during which the pain starts to fade and mobility gradually returns over a period of 6 months to 2 years. Altogether, it takes 2-3 years for complete recovery and can occur in the other shoulder after 4-5 years. Early intervention with appropriate remedies and physiotherapy is crucial. Ice pack for 10-15 minutes several times a day in the freezing and thawing stages may reduce pain and swelling; during the frozen stage, a warm fomentation may help.⁸⁻¹³

2.2 Fibromyalgia is a disorder characterized by widespread musculoskeletal pain on both sides of the body, above and below the waist (basically pain in all muscles and joints) coupled with constant fatigue, poor sleep, memory issues, and mood disturbances. Patients are hypersensitive to pain and often

awaken tired, even after long sleep, experiencing cognitive difficulties (fibro fog) that impairs the ability to pay attention, concentrate or focus on mental tasks. It is neither autoimmune nor inflammatory and does not worsen over time, though symptoms may fluctuate. It often coexists with migraine or headache, TMJ disorders that affect jaw joints, irritable bowel syndrome, painful bladder, anxiety and depression. Though real cause is unknown, it is often triggered by a trauma, infection, hormonal changes, or psychological stress, women being at greater risk. The management of symptoms can be slow and challenging, it demands consistent self-care.¹⁴⁻¹⁶

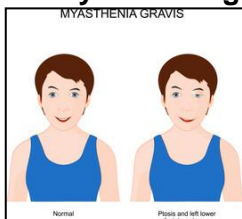
2.3 Ataxia is loss of muscle control resulting in symptoms such as unsteady gait, clumsy walk with feet wide apart, loss of balance and muscle coordination in hand, arm, or leg, slurred speech, difficulty swallowing, and uncontrolled eye movements. Caused by damage to the cerebellum, it may result from stroke, tumours, multiple sclerosis, degenerative diseases, medications, vitamin B12 deficiency, or alcohol abuse; could be genetic too. It should not be confused with *apraxia*, a brain disorder that affects a person's speech or movements though his muscles are not otherwise weak or paralyzed.^{17,18}

2.4 Muscular dystrophy refers to a group of genetic conditions characterised by progressive muscle



weakness and loss of muscle mass affecting the ability to move, walk, and perform daily activities; it can affect the muscles of the heart and lungs too. Some signs which typically appear in childhood, more common in boys, are frequent falls, difficulty in rising from a lying or sitting position, trouble running or jumping, waddling gait, walking on toes, enlarged calves, muscle pain and stiffness, delayed growth, and learning disabilities.^{19,20}

2.5 Myasthenia gravis is an autoimmune neuromuscular disorder where communication between nerves and muscles breaks down, weakening the skeletal muscles in the eyes, face, mouth, throat, neck, arms, and legs. Common symptoms are drooping eyelids, double vision, muscle weakness and fatigue, difficulty in swallowing, breathing, pronouncing words, holding the head up, raising arms and walking, and facial changes eg, expression of smile into snarl! Symptoms usually improve with rest. Most patients can improve their muscle strength and lead normal or near-normal lives, but crises requiring urgent care can occur. People with arthritis or thyroid condition are at higher risk. Some



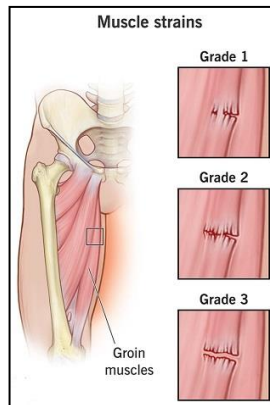
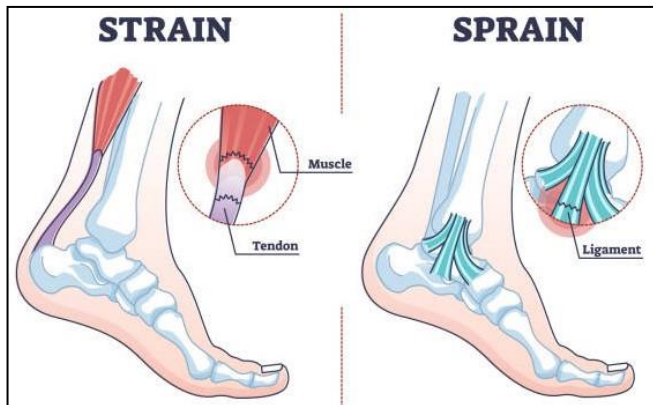
medications, surgery, or an infection can act as triggers.²¹⁻²³

How to alleviate symptoms and prevent myasthenia flare-ups or crisis: Strengthen muscles through exercise under medical guidance; avoid exposure to heat; keep the body and mind energised and calm through proper diet, recreation, and healthy practices like meditation; tackle the most exhausting tasks earlier in the day, and take proper naps and frequent breaks throughout the day.²²

2.6 Polymyositis is a rare autoimmune inflammatory disease that attacks muscles close to the centre of the body. Common symptoms are muscle weakness especially in shoulders and hips, persistent fatigue, joint pains and stiffness right after waking, fever, and weight loss.²⁴

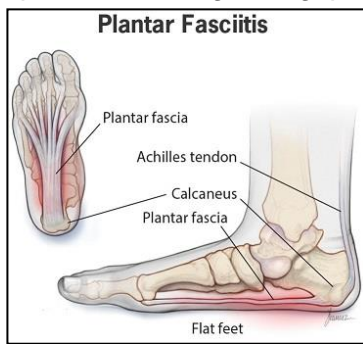
3. Muscle injuries and overuse

3.1 Sprain and Strain: Common in sportspersons, a “sprain” happens due to overstretching or tearing of



a ligament, the most common location being the joint in ankle, knee, wrist, or thumb. A “strain” is due to overstretching or tearing of a muscle or tendon, mostly in hamstring and lower back; often these terms are used interchangeably. Risk factors are: putting a lot of pressure on one joint or muscle, doing a sport without preparation, proper equipment, or warming

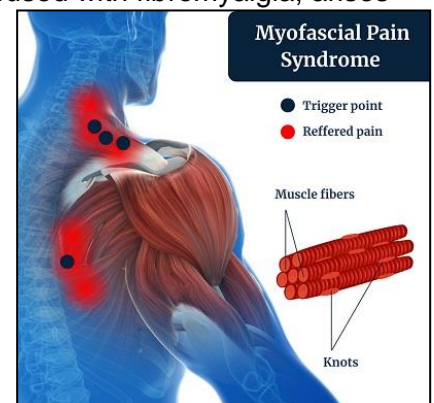
up or after a long time gap. The symptoms for both sprain and strain are pain, swelling, reduced flexibility, and limited joint movement; sprains often cause bruising but strains may cause muscle spasms. Other common symptoms of a muscle injury are weakness, cramps, and skin discoloration. A cramp or a spasm could also be due to dehydration or after over-activity.²⁵⁻²⁷



3.2 Plantar fasciitis, inflammation of the plantar fascia - ligament running from heel to toes, is commonly caused by overuse of or too much stress on the feet; this results in heel pain.²⁸⁻³⁰

3.3 Myofascial pain syndrome, often confused with fibromyalgia, arises from inflammation of muscles, mostly in one specific area but sometimes, in

multiple areas on the same side of the body. Common causes are injury, repetitive motions like hammering, tensing the muscle over and over, and poor posture. It is not easily diagnosed due to overlapping of its symptoms with other conditions affecting the nerves, bones, ligaments, and tendons.³¹

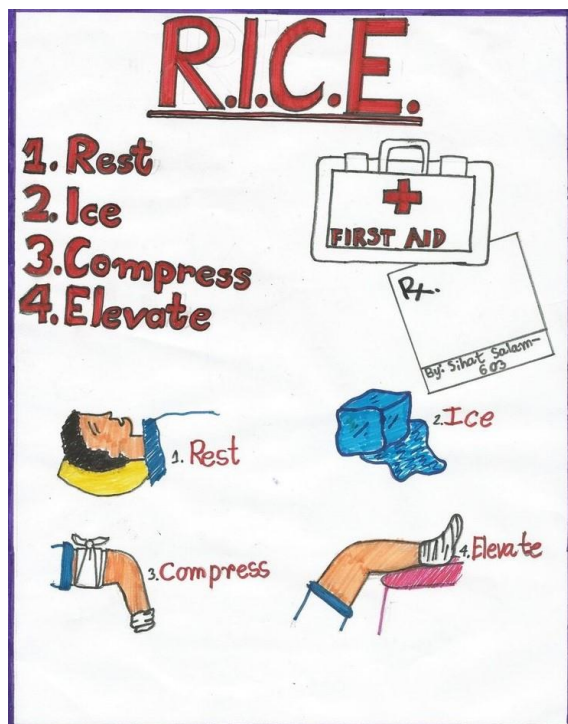


4. Tackling a muscle injury

- Refer to spine and bone health articles (Vol 16 #1 & #2) for detailed exercises and first aid.^{30,32}
- Follow the "PRICE" or "RICE" method ^{26,27,36}:
- **Protect** the injured body part by using a support, eg, shoes to support the foot or ankle.
- **Rest:** Avoid the activity that caused the injury and avoid using the injured part or putting any weight on it.
- **Ice:** Wrap ice packs or a bag of frozen peas in a towel or a thin cloth and apply this cold compress for 15-20 minutes at a time, every 2-3 hours.
- **Protect** the injured body part by using a support, eg, shoes to support the foot or ankle.
- **Rest:** Avoid the activity that caused the injury and avoid using the injured part or putting any weight on it.
- **Ice:** Wrap ice packs or a bag of frozen peas in a towel or a thin cloth and apply this cold compress for 15-20 minutes at a time, every 2-3 hours.
- **Compression:** Wrap an elastic bandage around the injured part to help reduce swelling.
- **Elevation:** Keep the injured part raised above the level of heart, as much as possible and as often as possible.
- Avoid hot packs or baths during the acute phase (first 2–3 days).^{26,36}

- Seek medical treatment promptly for guidance.
- Recovery usually takes about two weeks but avoid strenuous activity like running during this period.

26,36



5. Tips to prevent muscle injury ^{26, 27,30,32-36}

- Develop a balanced fitness routine with cardiovascular, strength, and flexibility exercises.
- Always warm up and stretch before activities; never begin abruptly or jerkily.
- Use appropriate equipment, sportswear and well-fitting footwear.
- Gradually increase time of activity and exercise intensity so as not to get tired; stay hydrated and maintain a healthy diet.
- Cool down and stretch after exercising, cool-down to be twice as long as warm-up.
- Rest adequately between intense activities, allowing enough time for body to recover; avoid pushing through pain.
- Listen to your body's signals.

6. Final word: Self-care and healthy habits are the best health insurance!

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2. Camps & Clinics

1. Ananda Sai Mandir, Sujatha Nagar, Visakhapatnam, AP, 6 Mar 2025:

At the request of local Bhajan Group, this camp was inaugurated on 6 Mar 2025 after their evening bhajan. **Senior Practitioner** ¹¹⁵⁶⁷ gave a brief introduction about Sai Vibrionics to about sixty devotees and answered questions from the audience. **Practitioner** ¹¹⁶⁴⁸ introduced the **Immunity Booster** and talked about the precautions to be followed while taking remedies. This camp will be run initially once a month on every 2nd Sunday.

The first camp was successfully held on 9 Mar by **Practitioner** ¹¹⁶⁴⁸ and her spouse from 4:30 pm to 10:00 pm; altogether fifty one patients were given remedies for various ailments. They were truly impressed by the hospitality extended to them by the Samiti members.



2. Gayatri Chetana Kendra, Sriram Nagar, Srinagar, Gajuwaka, Visakhapatnam, AP, 6 Apr 2025

This Camp was inaugurated on 6 Apr 2025 at their Gayatri Chetana Kendra, the local arm of All World Gayatri Pariwar. The latter is a global entity in Haridwar, with initiatives in holistic health and other welfare projects to bring about a transformative shift in society. This took place on the auspicious occasion of Sri Rama Navami after the completion of Gayatri Homam. **Senior Practitioner** ¹¹⁵⁶⁷ gave a brief introduction about Sai Vibrionics to a large audience that included the trustees of the Kendra; 125 bottles of **Immunity Booster** were distributed to all those present.

This camp will be run initially once a month on 2nd Sunday by **Practitioners** ^{11634 & 18009} who successfully held the first camp on 13 Apr 2025 from 10:00 am to 12:30 pm; and treated eleven patients for various ailments.



3. Gattumalla Village, Bhadradi Dist, Telangana State, 24 Apr 2025

On the sacred occasion of Aradhana Mahotsavam, a special camp was held by the **Regional**

coordinator ¹¹⁵⁸⁵ at Gattumalla, a remote tribal village, 12 kilometers away from its nearest town Palvoncha. During the camp, 38 patients received personalized vibrionics remedies, lovingly offered as Swami's prasadam. A range of health conditions were addressed, including cold and cough, fever, ear and eye problems, skin issues, gastric discomfort, joint and muscle pains, anaemia, headaches, wounds,



allergies, and various female health concerns. The session served as a humble act of love and healing, bringing much-needed care to a remote community while honouring the legacy of selfless service exemplified by Bhagawan Baba.

3. Practitioners Meet

3.1 Pune, Maharashtra - 26 March 2025

Twelve enthusiastic practitioners attended a full-day meeting held at Sai Nilayam, Pune. The discussions focused on submitting successful case histories and extraordinary experiences, as well as identifying new locations to hold vibrionics camps. Many case histories and extraordinary experiences were collected by volunteer-practitioners during the meeting; these will be refined and prepared for publication in a book being offered to Swami for His centenary celebrations. A few more practitioners submitted their case histories following the meeting.

In one hour-long enlightening address, Dr Aggarwal emphasized that the true essence of patient seva lies in serving ourselves, leading to our own self-transformation. He stressed the importance of expanding our reach by organizing camps in places such as temples, gurudwaras, old-age homes, orphanages, animal shelters, and Sai centres (venues not explored earlier), after obtaining consent from the concerned officials. A senior practitioner can conduct introductory talks, using power point presentations and the video "What is Vibrionics?". For help with presentation material, write to admin@vibrionics.org. This should be followed by launching regular camps at these locations.

He also encouraged practitioners living in the same area to meet informally, perhaps once a month, to discuss cases, patients, and the Vibrionics system, rather than wait for city-level meetings to be convened by the Regional Coordinator. Such regular interactions, he said, would help practitioners bond more closely and stay motivated. Another innovative suggestion from Dr Aggarwal was for each practitioner to organize quarterly meetings with their patients residing nearby, inspiring them to share their vibrionics experiences and health tips with others.

The meeting included a recharging session and concluded with a heartfelt aarti to Swami. All practitioners left with renewed enthusiasm, affirming their commitment to vibrionics.



3.2 Chennai, Tamil Nadu - 6 Apr 2025

Tamil Nadu Sai Vibrionics team held a meeting and recharging session on 6 April 2025 at the residence of **Practitioners** ^{11586&11616}. It began with **heartfelt** prayers, creating a serene and focused atmosphere for the recharging session that followed.

The practitioners shared their enriching experiences, highlighting the diverse and compassionate applications of Sai Vibrionics.



Practitioner ¹¹⁶⁵³ shared his **inspiring work** using **vibrionics remedies** for pregnant cows and for enhancing the health of crops on his organic farm by putting **Plant tonic** in the well, used for irrigation. **Practitioners** ^{11220, 11616, 11639} presented several case studies, prompting insightful discussion on remedy selection and outcomes. **Practitioner** ⁰²⁷⁹² captivated the group with his testimony of treating over 1,000 patients and shared how he was divinely guided by Swami to learn and serve through **vibrionics**. **Practitioner** ¹¹⁵⁹⁹ shared a few remarkable cases where improvement was more pronounced while using single remedies from cards. He emphasized the need for

practitioners to deepen their understanding of medical terminology and pharmacology, as this will enhance the accuracy and effectiveness of remedy selection.

The meeting concluded with a renewed sense of purpose and dedication to Swami's mission.

4. Anecdote

From the diary of Dr Jit K Aggarwal - The 'Darshan Pill': A Touch of Healing During the Golden Days

It was the late 1990s, those formative years of Sai Vibrionics, when each experience felt divinely orchestrated. Having seen the almost immediate relief **NM20 Injury** provided for acute aches and pains, I developed deep trust in its power and soon began carrying a small bottle with me wherever I went.

It was a golden era: our beloved Swami was giving long, blissful darshans, and devotees sat for hours in eager anticipation, often packed closely together. One day at Prashanti Nilayam, I noticed an overseas devotee beside me, visibly uncomfortable. When I gently enquired, he shared that he wasn't used to sitting on the floor for long and was in considerable pain, which was distracting him from the divine experience. Without hesitation, I offered him a pill from my **NM20** bottle*, always close at hand. Within minutes, he relaxed and looked relieved. Curious, he asked, "What was that?" Smiling, I half-joked, "It's a darshan pill."

We laughed quietly, but word soon spread. Other devotees began approaching me for the now playfully nicknamed "darshan pill." Behind the humour was something more meaningful how Swami's grace, through vibrionics, could ease discomfort and bring peace, allowing devotees to fully absorb His presence.

Looking back, it wasn't just about pain relief. It was about being quietly ready to serve, even in a crowd, offering love and comfort in the smallest, most heartfelt way, just as Swami would have wanted.

* If using the 108CC box give: **CC10.1 Emergencies + CC20.7 Fractures**

Om Sai Ram!

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