

## 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

Vol 17 Issue 3

May/June 2026

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

Dear Practitioners,

Fifteen years have passed since our beloved Sathya Sai Baba chose to take Mahasamadhi on 24 Apr 2011. Yet, in His infinite love and compassion, He has left us a treasury of simple, profound, and practical teachings to guide our lives and inspire us to make our lives His mission. *"There is none in this world who can give us more love than God. We do bhajans and perform service activities only to attain the love of God. God's love fills us with great energy.... Therefore, love God, and love all people who are verily the children of God.... Charity and kindness are an important part of Dharma (righteousness)."*...27 Jan 2007, Thiruvannamur, Chennai, *Sri Sathya Sai Speaks*, Vol 40 (2007)

These divine words remind us that love expressed through selfless service is the essence of our spiritual journey. Vibrionics seva offers each of us a beautiful opportunity to live these teachings in our daily lives. In this spirit, we are exploring a new initiative to enable practitioners to offer vibrionics treatment at Prashanthi Nilayam during major festivals, as well as during the weeks when their respective state sevadals are serving. As many devotees and volunteers speak only their regional language, practitioners from the same state can communicate more easily and serve more effectively. At this stage, we are seeking to gauge interest. If you feel inspired to offer your seva in this way, please write to [Admin@vibrionics.org](mailto:Admin@vibrionics.org). Based on your response, further details will be shared in the next issue.

We are happy to share some inspiring figures from the field. It has now been six years since the global introduction of **Immunity Booster (IB)**, during which more than 12,75,000 bottles have been distributed, a remarkable milestone. In addition, there has been a steady increase in camps serving the most underprivileged sections of society. From Apr 2025 to Mar 2026, 183 practitioners from 14 states conducted 1,926 camps across 134 venues, serving 62,683 patients. The dedication of our practitioners is truly commendable.

All practitioners are required to renew their associateship with SVIRT annually by completing the form on the practitioners' website. Upon doing so, you will receive your ID card, valid for one year. It is heartening that the majority have already completed this process. Those who have not yet done so are requested to complete it at the earliest. The SVIRT Identity Card not only provides a sense of belonging but also serves as official recognition and enables full participation in SVIRT-related activities. For assistance, please write to [SVIRT@vibrionics.org](mailto:SVIRT@vibrionics.org).

The three books offered to Swami as part of the Centenary offering have been very well received and are now available again after a brief period out of stock. We are grateful to our practitioners from France who have volunteered to translate these books into French. It would be wonderful to see them translated into other languages as well, making them accessible to a wider audience. Practitioners are also encouraged

to contribute to the Practitioners' Corner by sharing experiences, insights, reflections, and notable case successes. Your contributions can inspire and guide fellow practitioners. Submissions may be sent to [admin2-1@vibrionics.org](mailto:admin2-1@vibrionics.org).

In line with our commitment to maintaining high standards of training, annual refresher courses are being introduced. The Training Department is pleased to announce its first two-day online refresher course on 30-31 May 2026 on the fundamentals and practice of vibrionics, open to all practitioners. For details and registration, please write to [trainer@vibrionics.org](mailto:trainer@vibrionics.org). To further expand our practitioner base, more workshops will be conducted in regional languages; a Hindi AP workshop is proposed for mid-Sep in Delhi. For admission requirements, please write to [admin2-1@vibrionics.org](mailto:admin2-1@vibrionics.org). Practitioners are also encouraged to reach out to patients, friends, relatives, and others who may wish to join this seva; interested individuals can apply through the Contact Us form on our website.

Let us continue to draw inspiration from Swami's boundless love and dedicate ourselves wholeheartedly to this sacred mission. May we serve with humility, compassion, and unwavering faith, becoming true instruments of His divine will. Remember these golden words of wisdom from Swami: *"Improve yourself, teach yourself, reconstruct yourself, then proceed to solve the problems of others....Activity results in either joy or grief, due to the attachment with which it is done. "I" and "mine" are the two fangs of the serpent; pluck them out. Then you can safely handle the serpent and play with it. You need not give up your activity. As a matter of fact, you have to be intensely active. In this land of sacred action, it is only through karma that you can transcend karma!"*... 26 Oct 1963, Divine Discourse, Sathya Sai Speaks vol 3 1963: <https://saispeaks.sathyasai.org/discourse/will-not-last>

In loving service to Sai

Jit K Aggarwal

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## Practitioners Corner

**Practitioner 11650...India** completed B Com from Swami's college in Whitefield in 1976. He had a long and diverse career in marketing, working across consumer goods, pharmaceuticals, diagnostic equipment, and concept selling. Before retiring, he had the privilege of serving at the SSSIHMS in both Whitefield and Puttaparthi, where he was involved in coordination and public relations.



Swami entered his life in 1960 at the age of four, when his uncle brought home a picture of Baba along with stories of His leelas. The following year, the family was blessed with darshan and an interview in Puttaparthi. From the an early age, he attended Balvikas classes, and over the years this early connection deepened into a steady spiritual routine. He regularly attends bhajans and offers seva through his local Sai Samiti.

His journey into vibrionics began much later in 2018, when he happened to watch an introductory video by Dr Aggarwal. Learning that Swami had personally blessed this system of healing deeply moved him, and he felt an immediate urge to become a practitioner. However, he could not continue through the admission process at that time. Soon after, he had the

opportunity to witness the power of vibrionics firsthand through his 93-year-old mother. For over a decade, she had been unable to sleep for more than an hour at a stretch. Though medically stable, she was troubled by disturbing childhood memories that would surface during the night. One day, out of the blue, she asked him to bring her a homoeopathic remedy to help her sleep. Through the vibrionics website, he contacted a nearby practitioner. To his amazement, after just a single dose before bedtime, she slept peacefully for a full eight hours!

This experience rekindled and strengthened his desire to learn vibrionics. As he did not have the required time for vibrionics seva he began assisting a practitioner at her camps. He eventually enrolled in the online course in Aug-Sept 2022, attended a workshop in Apr-May 2023, and finally fulfilled his long-held wish of becoming a Sai Vibrionics practitioner. He feels deeply blessed to have qualified and appreciates the simplicity and ease with which vibrionics can be practised. He derives immense joy from treating patients, so much so that on days when he does not have a patient, he feels a sense of incompleteness and often reaches out to follow up with those already under his care. The happiness experienced by

patients brings him great satisfaction and motivates him to expand his seva and reach out to more people in need.

He has witnessed rapid relief in several cases, sometimes even with a single dose. On 12 June 2025, he gave **CC15.2 Psychiatric disorders + CC17.2 Cleansing** to a 60-year-old female suffering from symptoms suggestive of possession by entities. She had endured nightly episodes for five to six years, where her body would be involuntarily tossed from side to side. She reported complete recovery after just two doses over four hours; there has been no recurrence. The practitioner has consistently observed good results with this combo, both when taken orally in water and when used as a spray in the home. He has noted significant positive changes in several households, including improved interpersonal relationships, reduction in conflict arising from ego and behavioural issues, resolution of severe alcohol-related aggression in a 28-year-old man, and marked improvement in a case involving obsessive and critical behaviour within a family. These families are now leading more peaceful and harmonious lives.

A pranic healer aged 58, with pain in his right wrist for 16 years, was given **CC3.7 Circulation + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive Tissue + CC20.5 Spine...6TD**. When contacted after two weeks, she reported that the pain had disappeared after just two doses on the first day itself. She continued the remedy for two more days and then stopped, as there was no recurrence.

On 6 Jan 2026, an 18-year-old boy approached him with severe constipation since childhood. He had bowel movements only once in 4 to 5 days and suffered from poor appetite due to abdominal bloating, difficulty concentrating, and reduced participation in sports. He was given **CC4.4 Constipation + CC4.10 Indigestion...6TD**, prepared in water for oral intake and a drop in coconut oil to be applied to navel and after 5 min, to massage around the navel. The boy reported 80% improvement on 13 Jan, and 100% on 18 Jan with no recurrence till date.

Over the past three years, the practitioner has been actively involved in various seva activities. He regularly visits a government mental hospital as part of a team of around 30 volunteers, assisting patients with their daily needs. He also conducts two monthly vibrionics camps and three weekly camps at different locations, some far from his home. At one of these camps, he encourages people to bring their cattle and pets for treatment.

In addition to his practice, he is currently mentoring four vibrionics aspirants and has contributed articles to the books released for Baba's centenary. The practitioner feels that vibrionics offers a valuable opportunity not only to serve others but also for inner growth. Through his interactions with patients, he has developed greater understanding, patience, and compassion. He finds that each encounter helps him connect more deeply with people, support them through difficult moments, and grow as an individual while serving as an instrument of healing.

#### Cases to share:

- [Addiction to alcohol, abdominal pain](#)
- [Leg pain, snoring](#)

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#### Tributes to Pat Hunt keep flowing...

+ [Suneil Aggarwal](#) 00033...UK

I still remember first hearing about "an English lady" back in 1994, living near Whitefield Ashram who practised homoeopathy along with some other forms of healing . Not long after, my father and I went to visit Pat Aunty at her flat in Sai Colony, Whitefield, when I was still a teenager. At that time, we were just beginning to explore different complementary therapies, and she had an incredible depth of knowledge in homoeopathy. It didn't take long for her to become part of our Sai family. She was always so generous with her time, often using her pendulum to formulate remedies for me and other members of the family whenever needed. I have personally benefited from many combinations she created in this way over the past 30 years.



Over time, our relationship grew into a genuine exchange of ideas; my background in allopathic medicine alongside her understanding of alternative therapies. She was always hugely supportive of my parents in all their work, and it's

hard to imagine vibrionics being what it is today without her. We miss her deeply, but her immense contribution to the field of vibrionics, along with her warmth and kindness, will always stay with us.

**Judith L Oliver** 00696...USA

In September 1994, I had the blessing of meeting a wonderful woman, Pat Hunt. She was full of love and care, offering resources to all who came to her door atop a house not far from the college gates of Whitefield. She soon invited me to work at her clinic, where I offered Jin Shin Jyutsu, cranial sacral, and other energy therapies to her patients. Through Pat, I met many remarkable people visiting Sai Baba's ashram, which opened opportunities for me to share my work more widely. It was through her that I met Jit & Hem and got drawn into vibrionics. Her knowledge and passion for healing led to many years of shared experience.

She had the greatest smile, lighting her whole being. Her kindness and selflessness was a humbling process to witness. During Swami's 70th birthday celebrations, we were swallowed in the crowds but Pat made sure one woman without arms was safe, an example of her natural compassion.

Our association developed into genuine friendship. We shared many trips just enjoying simple companionship. During one such trip to Bangalore, despite eating at a trusted place, we experienced food poisoning; together we took care of a friend who had come with us and felt grateful for Swami's care. In later years, I remember a taxi journey where her keen eye behind the camera captured nature with such enthusiasm, even as we laughed over small imperfections in the view. Every journey with her was filled with warmth and joy. Later, at her home near the Super Specialty Hospital, she shared many experiences with Swami. Once she recounted an incident of spotting a "bracelet snake" just before resting, her face lighting up as she spoke of how Swami's grace had protected her as her gardener happened to be there and knew what to do.

For me, Pat was a true teacher of humility. Despite knowing many influential people, she remained grounded, guided only by her deep love to serve. Above all, I feel blessed to have called her a friend. Her open, loving presence touched everyone she met.

**Sunil Saini** 11573...India

My first interaction with Pat Hunt was through Combo Queries. Her guidance was always spot on. I felt truly privileged to be her student during the SVP e-course. She never minded my silly questions; I would always receive a loving and detailed response. I was usually quick to complete the chapters, often ahead of schedule. But once, when my response was delayed, I received a call from an unknown number. It was Pat. She sounded genuinely concerned, asking about my well-being. I felt deeply touched—and felt almost guilty that I had made her worry. She even asked me to save her number for future (I later learnt she rarely did this with students). The highlight of the actual workshop for me was when she graciously visited the workshop at my request to bless the participants. Even Dr Aggarwal seemed pleasantly surprised, as she had never done this before.

I had the great fortune of interacting with her on many other occasions—whether for difficult cases or deeper spiritual topics such as meditation, chakra and Kundalini awakening, cutting ties, and the "Golden Light" in SM cards (which she referred to as a gift of God). Her insight in all matters was truly invaluable. Some gems she shared that continue to guide and inspire me:

'Swami has given you the gift of raising your Kundalini, as He raised mine many years ago, through this, you will gradually experience deep peace and happiness.'

'You are engaged in a seva that requires surrender to Baba's energy. This will further energise the Divine energy within you—it is already active.'

'Through vibrionics, you will serve the needy with a heart full of love.'

Her greatest contribution to humanity, in my view, was the Immunity Booster (IB) formulation, along with the many updates she brought to the CCs over time. Her legacy in the growth of vibrionics will be remembered forever.

## Case Histories Using Combos

### 1. Addiction to alcohol, abdominal pain <sup>11650...India</sup>

A 28-year-old man, practising as an RMP (Registered Medical Practitioner), had been addicted to alcohol since 2013 when he was 16. He started assisting his father, also an RMP in a rural area, when he was just 12 years of age. Soon he started seeing patients on his own and his father allowed him to keep the money received from patients. This financial independence at a very young age led to unhealthy habits such as taking frequent street food and alcohol, and occasional smoking. Over the years, his alcohol consumption escalated, eventually becoming excessive, continuing from morning until night; this led to steady decline in his overall health.

In Sept 2025, he began to have persistent abdominal pain. Relying on his limited medical knowledge, he attempted to self-medicate, but his condition only worsened. In Oct 2025, he underwent medical evaluation, which revealed peptic ulcers. He took the prescribed allopathic medication for about a month, but experienced minimal relief. Recognising the seriousness of his condition, a well-wisher tried to persuade him but he would not give up alcohol. So, he approached the practitioner who, on 4 Nov 2025, gave him, under the pretext of treating his ulcers:

**CC4.2 Liver & Gallbladder tonic + CC4.5 Ulcers + CC4.11 Liver & Spleen + Dopamine Potentised 1M...** in water to be sipped throughout the day.

#### Treatment progress:

- 11 Nov 2025: No urge to consume alcohol since starting remedy.
- 13 Nov 2025: Could not resist the urge while passing by a liquor shop, consumed excessive alcohol, lost consciousness and collapsed.
- 14 Nov 2025: Well-wisher administered remedy at TDS.
- 20 Nov 2025: Abdominal pain completely resolved; abstained from alcohol when others were drinking, and even serving them liquor without being tempted and repeatedly stated, "I don't feel like drinking; the urge is completely gone."

As of Mar 2026, there has been no recurrence and he has also adopted a healthy lifestyle. He prefers to continue remedy at TDS for one more month before tapering it.

### 2. Leg pain, snoring <sup>11650...India</sup>

A 71-year-old housewife, during Swami's birthday while serving as sevadal, had an accidental fall after an unexpected bump, resulting in injury to her left knee and lower leg. A blood clot had formed, which resolved with allopathic medication within a week but the severe pain persisted. After another 4 weeks, when she met the practitioner at a family function, she was limping even with a quad cane.

Additionally, for the past six years, she had been suffering from snoring; it was continuous and so loud that it caused considerable disturbance to family members even though sleeping in other rooms. She never took any treatment for this. On 27 Dec 2024, she was given for leg pain first:

**#1. CC3.7 Circulation + CC10.1 Emergencies + CC18.5 Neuralgia + CC20.4 Muscles & Supportive tissue...every 10 minutes** for two hours, then 6TD

#### Treatment progress:

- 28 Dec 2024: Pain decreased by 25%.
- 4 Jan 2025: 50% improvement in pain, no limping, no cane indoors; dosage reduced to TDS.
- 10 Jan 2025: Pain 80% better, able to walk comfortably outdoors for longer duration.
- 11 Jan 2025: Complete relief from pain; dosage reduced to OD. Given for snoring: **#2. CC15.6 Sleep disorders...BD**, at 6 pm and before bedtime at 10 pm, an extra dose if still awake after 1-2 hours.

- **15 Jan 2025:** Family reported 50% decrease in intensity of snoring.
- **20 Jan 2025:** Snoring completely resolved, allowing her family uninterrupted sleep; dosage reduced to **OD** at night.
- **31 Jan 2025:** **#1** stopped after remedy exhausted.
- **30 Mar 2025:** **#2** stopped after gradual tapering.

As of Mar 2026, the patient continues to be well. However occasional snoring occurs if she goes to bed immediately after dinner. So, she was advised to maintain at least a one-hour gap post dinner and to take a 15-minute walk before going to bed.

### 3. Dry itchy skin with hyperpigmentation, constipation <sup>11587...India</sup>

A 58-year-old truck driver had been suffering from a 10-year-old skin condition characterised by itchy, dry, blackish patches over the hand joints, elbows, and abdomen. The itching would worsen significantly during winter. He had been using various allopathic ointments over the years, which provided only temporary relief.

For the past three years, he had also been experiencing constipation with irregular bowel movements, occurring 4 to 5 times a week. At times, the stools were extremely hard, causing severe pain during evacuation. His occupation required long hours of driving, leading to irregular eating habits, frequent consumption of roadside junk food, inadequate water intake, and occasional alcohol consumption after long drives. He had been relying on laxatives and ayurvedic remedies and carried purgatives with him.

When he came to the practitioner on **29 Sept 2021**, the skin patches had also spread to his buttocks, he was given:

**For skin patches:**

**#1. CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC21.2 Skin infections + CC21.3 Skin allergies + CC21.10 Psoriasis...TDS** and for external application...**OD** in coconut oil

**For constipation:**

**#2. CC4.4 Constipation + CC4.8 Gastroenteritis + CC4.10 Indigestion + CC10.1 Emergencies...every 10 minutes** for an hour, then **6TD**

He was also advised to drink 2 to 3 litres of water daily, reduce junk food intake and maintain regular meal times as far as possible.

*Treatment progress:*

- **13 Nov 2021:** Itching decreased by 50% and stool hardness by 25%; continued laxative when needed; dosage of **#2** reduced to **QDS**.
- **16 Dec 2021:** Itching resolved completely, skin colour improved by 70%; stool hardness and pain improved by 60%; **#2** reduced to **TDS**.
- **31 Dec 2021:** Skin colour almost back to normal; 90% improvement in stool hardness and daily bowel movements.
- **18 Feb 2022:** Complete resolution of symptoms.
- **31 Mar 2022:** Remedies stopped after gradual tapering.

At the last follow-up in Nov 2025 when the patient accompanied another patient, he confirmed no recurrence.

### 4. Respiratory allergy <sup>11618...India</sup>

A 14-year-old girl had been suffering from recurrent respiratory issues for two years since July 2021. Each episode began with a blocked nose, followed by heaviness in the head and face (particularly the cheeks and forehead), difficulty in breathing, especially during sleep, a mild cough and a sensation of phlegm in the lungs. The cold was consistently associated with headaches that started between the eyebrows, extending to the forehead and the start of the hairline, and then radiating to the back of the head. The pain was throbbing in nature and often severe on both sides of the head. These episodes, triggered by

cold weather, dust, refrigerated foods, and change of water\*, occurred 2 to 3 times a month, each lasting about a week. From Nov 2021, she also developed sneezing bouts, 8-10 times, in the mornings.

Drinking warm water, gargling with saltwater and avoiding triggers provided some relief. In Dec 2021, when the doctor diagnosed her condition as respiratory allergy, she was given medical therapy for two weeks, along with dietary advice to boost her immunity. The symptoms became quiescent for about three months but then recurred; further treatment provided only temporary relief; So, she again relied on supportive measures such as steam inhalation and gargling and avoided triggers.

On learning about vibrionics from a friend, she visited the practitioner on **21 Dec 2023**. At that time, she also complained of poor memory, anxiety related to her upcoming board exams and burning sensation in abdomen for past one month. She was given:

**For exam stress, abdominal burning sensation:**

**#1. CC4.10 Indigestion + CC15.1 Mental & Emotional tonic + CC17.3 Brain & Memory tonic...6TD**

**For headache:**

**#2. CC3.7 Circulation + CC10.1 Emergencies + CC11.3 Headaches + CC11.4 Migraines + CC18.1 Brain disabilities + CC18.5 Neuralgia...TDS**

**For respiratory symptoms:**

**#3. CC9.2 Infections acute + CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.5 Sinusitis + CC19.6 Chronic cough...TDS**

**#4. IB...OD (Vol 15 #2)**

She was counselled to stay positive and include fresh fruits in her diet, drink 2 to 3 litres of water daily and focus on her breathing whenever she felt stressed or anxious.

*Treatment progress:*

- **01 Jan 2024:** Felt mentally relaxed; no symptoms since start of remedies.
- **21 Jan 2024:** One mild episode after consuming sweets and ice-creams but resolved in two days.
- **01 Feb 2024:** Complete resolution of symptoms.
- **18 Feb 2024:** **#1** and **#2** stopped after gradual tapering.
- **07 Mar 2024:** Remained symptom-free even on exposure to triggers.
- **10 Apr 2024:** **#3** stopped after gradual tapering.
- **7 July 2024:** **#4** discontinued as per patient's comfort level.

As of Mar 2026, there has been no recurrence.

\* *Each water source has its own natural, harmless microbes that can trigger symptoms in very sensitive individuals.*

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## **5. Psoriasis** <sup>11627...India</sup>

A 61-year-old woman had been suffering from dry, scaly, and itchy skin on the soles of her feet for three years since Mar 2020. Itching was severe and significantly affected her walks and daily activities. Her doctor diagnosed this as psoriasis and prescribed medication. However, she opted for homoeopathic treatment which she continued until Aug 2021 without any improvement. She then consulted another homoeopath and got 50% relief within two months but symptoms resurfaced within a few days of stopping the treatment. From Jan 2022, she underwent allopathic treatment for three months but with only partial relief.

On learning about vibrionics she approached the practitioner on **12 Jan 2023**. She was not taking any other treatment and was given:

**CC21.10 Psoriasis...6TD** and in white petroleum jelly for external application...**OD**

*Treatment progress:*

- **31 Mar 2023:** Complete resolution of symptoms; dosage reduced to **TDS**.

- **14 Apr 2023:** Dosage reduced to **OD**; external application stopped.
- **14 June 2023:** Remedy stopped after gradual tapering.

As of Mar 2026, there has been no recurrence.

## 6. Chemical injury to eyes <sup>10001...India</sup>

A 35-year-old tailoress accidentally splashed mehndi (henna) paste\* into both her eyes in Feb 2023 when a container holding it slipped from her hand. This resulted in burning, itching, watery discharge, redness, pus formation, and diminished vision. She received allopathic treatment for eight months until Oct 2023, which resolved the pus and burning sensation. However, she continued to suffer from persistent itching, redness, watery discharge, and weakened vision. The itching gradually extended to her cheeks. These ongoing symptoms, particularly the impaired vision, forced her to discontinue tailoring, the source of her livelihood. On **1 Nov 2023**, she saw the practitioner who gave her:

**#1. CC7.1 Eye tonic + CC7.3 Eye infections + CC7.6 Eye injury + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC21.1 Skin tonic + CC21.3 Skin allergies...6TD**

She was not taking any other medication.

### Treatment progress:

- **15 Nov 2023:** Itching, redness and watering decreased by 50% in both eyes; dosage reduced to **TDS**.
- **2 Jan 2024:** Itching, redness and watering resolved completely; for vision, remedy enhanced to **#2. CC7.4 Eye defects + #1...TDS**.
- **7 Mar 2024:** Vision fully restored in both eyes; happily resumed tailoring work.
- **1 Apr 2024:** Dosage of **#2** reduced to **OD**.
- **31 May 2024:** Remedy stopped after gradual tapering.

As of Mar 2026, there has been no recurrence.

*\*Warning: Almost certainly, the paste contained some added chemical like para-phenylenediamine, PPD; pure mehndi powder is much safer.*

## 7. Stunted growth in plant <sup>11682...India</sup>

Magnolia tulip plant was procured from a nursery in a dormant state on 28 Jan 2026; the vendor assured that the plant would start blooming within 15 days. Observing multiple buds at the tips of a few stems, the practitioner, an avid and experienced plant enthusiast with over 500 plants at her home, decided to buy it. She had been administering **CC1.2 Plant tonic**, once in two weeks to all her plants and followed the same regimen for this new plant. However, even after 41 days, the plant remained dormant with no visible signs of growth (pic 1), causing considerable disappointment.

On **10 Mar 2026**, the following dosage regimen was initiated:

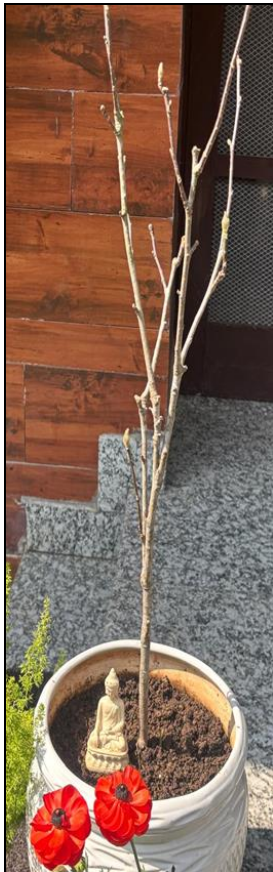
**CC1.2 Plant tonic...OD**, 5 ml of water remedy at the base of stem

### Treatment progress:

- **15 Mar 2026:** To practitioner's delight, first sign of growth observed - a tiny green shoot from base of stem.
- **18 Mar 2026:** Healthy green leaves and buds emerged and developed along main stem.
- **22 Mar 2026:** Two fully bloomed flowers (pic 2); dosage reduced to **OW**.

As of Apr 2026, plant continues to thrive and grow well.

Before treatment



After treatment



**8. Neck, shoulder pain** <sup>11529... India</sup>

A 60-year-old woman had been experiencing persistent swelling and constant pain in her neck and right shoulder for five months since Apr 2022. The pain involved both the joint and surrounding muscles and radiated from the shoulder to the upper arm; she was unable to lie on her right side. It interfered with her daily activities and disturbed her sleep. She had no history of neck pain, spondylitis, or morning stiffness. There were no features suggestive of frozen shoulder, and movement of the arm aggravated the pain. The left shoulder remained normal. She could not recall any specific trigger and attributed her symptoms to age-related degeneration. She took no allopathic medication, relying instead on balm, oil massage and hot compresses and reduced activity for relief.

She consulted the practitioner at a weekly vibrionics camp on **11 Sept 2022** and was given:

**CC3.7 Circulation + CC10.1 Emergencies + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine + CC20.7 Fractures...QDS**

*Treatment progress:*

- **20 Nov 2022:** Pain decreased by 40% and swelling by 60%; also gave the remedy in mustard oil...**TDS** for external application.
- **19 Mar 2023:** Swelling resolved completely, pain improved by 80%; oral dosage reduced to **TDS** and external application to **OD**.
- **11 June 2023:** Pain gone completely, expressed happiness and gratitude; oral dosage reduced to **OD** and external application to **3TW**.
- **12 Aug 2023:** Treatment stopped.

Note that patient was in regular contact with the practitioner; however, the progress was slow but steady. As of Apr 2026, she remains pain-free and is now taking treatment for her skin condition.

*Editor's comment:* Experience shows that external application is just as important as oral ingestion and so, it should be started right at the beginning of treatment. Also, its frequency should not be reduced until complete relief is achieved.

## 9. Tongue ulcer <sup>11646...India</sup>

A 63-year-old man had been suffering from constant pain in his tongue for six months since Mar 2025. He was unable to chew food or even drink water comfortably; pain would begin as soon as he opened his mouth. Salty or spicy foods caused a burning sensation. He could manage only small amounts of semi-solid food which gradually led to weakness. He consulted a doctor, and a biopsy revealed a non-healing ulcer in the wisdom tooth area of tongue, accompanied by chronic inflammation. For about six months, he tried both allopathy and ayurveda but to no avail.

On **15 Sept 2025**, his family approached the practitioner who gave:

**NM16 Drawing + NM36 War + NM63 Back-up + NM86 Immunity + NM89 Mouth & Gum + SR252 Tub-Bac + SR261 Nat Mur + SR271 Arnica 200C + SR301 Mercurius 30C + SR307 Phytolacca 200C + SR317 Sulphur 30C...QDS**

*Treatment progress:*

- **30 Sept 2025:** 50% improvement in pain.
- **10 Oct 2025:** Complete healing of ulcer, able to eat normally; dosage reduced to **BD**.
- **15 Nov 2025:** Remedy gradually tapered and stopped; follow-up by the doctor confirmed tongue returned to normal.

As of Apr 2026, there has been no recurrence.

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## 10. Psoriasis, food allergy <sup>11632...India</sup>

A 55-year-old man had been suffering from a skin condition for 15 years since 2007, initially presenting as itching and whitish scaling on his scalp. A doctor diagnosed it as psoriasis and gave him anti-dandruff treatment; this did not help. His condition became worse and spread across the entire scalp and then to both knees. After two months, he discontinued allopathy and managed without treatment.

In Oct 2010, he took ayurvedic treatment for six months, which provided 2/3<sup>rd</sup>s relief. Then, the symptoms relapsed after six months, spreading further to the abdomen and back, and scratching caused wounds. A second course of ayurvedic treatment, lasting one year, resulted in complete recovery, but once again the symptoms recurred after six months.

In June 2013, he underwent homoeopathic treatment for six months with no improvement. Thereafter he managed with OTC (over the counter) ointment which provided 25% relief from itching. In Jan 2021 he tried homoeopathic treatment from a different doctor. However, by Oct 2021, the condition had spread throughout his body accompanied by mild itching prompting him to discontinue the treatment.

On **14 Oct 2022** he consulted the practitioner, who gave:

**#1. CC10.1 Emergencies + CC12.4 Autoimmune diseases + CC21.2 Skin infections + CC21.3 Skin allergies + CC21.10 Psoriasis + CC21.11 Wounds & Abrasions...OD for 3 days, BD for 3 days, then TDS**

(OTC ointment was continued)

*Treatment progress:*

- **19 Oct 2022:** Scaling decreased by 10%.
- **15 Nov 2022:** Itching subsided completely.
- **12 Dec 2022:** 50% improvement in scaling and skin colour.
- **25 Dec 2022:** Accidental intake of food containing mustard powder three days prior increased thickening of scales; mentioned that he is allergic to mustard, brinjal, sorrel leaves and fish; new remedy could not be given as patient out of station.
- **4 Jan 2023:** Gave enhanced remedy **#2. CC4.10 Indigestion + #1...TDS.**
- **9 Jan 2023:** 50% improvement in scaling and skin colour; no allergic reaction even after consuming fish.
- **30 May 2023:** 80% improvement in scaling, skin colour and wounds; OTC ointment no longer needed.

Patient remained in regular contact.

- **21 Nov 2023:** No further progress; consulted dermatologist, took prescribed oral steroids and applied ointments; within two days, developed nausea, vomiting and diarrhoea; discontinued oral medication but not the ointment; digestive symptoms resolved in two days.
- **5 Dec 2023:** Remedy revised to **#3. CC17.2 Cleansing + CC21.2 Skin infections + CC21.3 Skin allergies + CC21.10 Psoriasis + CC21.11 Wounds & Abrasions...BD** in coconut oil for external application and **#4. CC4.10 Indigestion + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + #3...TDS** orally.
- **9 Jan 2024:** Complete resolution of symptoms; ointment discontinued.

As of Apr 2026, there has been no recurrence. Patient is continuing **#3 & #4** without reducing dosage for comfort.

Editor's comment: Experience shows that external application is just as important as oral ingestion and should therefore be initiated at the very start of treatment. In this case, the delay in starting it likely contributed to the slow progress; in fact, after 30 May 2023 there was no improvement for six months. Only when it was finally introduced, did the symptoms resolve within four weeks.

Before treatment



During treatment



After treatment



### 11. Shoulder pain & numbness, back pain <sup>11648...India</sup>

A 43-year-old man visited the weekly vibronics camp in Apr 2024 during his annual trip to India. Having benefited from this treatment the previous year, he returned seeking relief for a new problem: severe left-shoulder pain since Jan 2024, described as sharp with a persistent pins-and-needles sensation. A month later in February, he developed numbness extending from the left shoulder down to the fingers. By night, the fingers would become swollen, heavy, and painful. Around the same time, he began experiencing pain in his mid-back. The symptoms had progressively worsened over three months and had become unbearable by the first week of Apr 2024. He could not identify a specific cause, though his work involved both physical strain and mental stress. Initially, he attributed the shoulder pain to his sleeping position, but later observed that the pain and numbness persisted even when lying on his right side, his right arm was fine. On **28 Apr 2024** the practitioner gave him:

**CC10.1 Emergencies + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...TDS** and for external application...**BD** in mustard oil.

He was also advised to include more fruits in his diet to address any nutritional deficiency.

*Treatment progress:*

- **12 May 2024:** 60% improvement in pain, numbness, heaviness and swelling in fingers.
- **30 May 2024:** Complete resolution of all symptoms.
- **30 June 2024:** Remedy discontinued.

As of Apr 2026, patient has relocated to India and confirmed there has been no recurrence.

### 12. Menorrhagia <sup>11604...India</sup>

A 40-year-old woman had been suffering from prolonged menses lasting 10 days each month since her menarche 25 years ago, along with consistently low haemoglobin (Hb) levels ranging from 6 to 9 g/dl (normal 12-15 g/dl). Since then, she also had persistent fatigue - worsening during menses, weakness in limbs, pale skin and eyes; physical exertion during menses increased the bleeding. She had not consulted a doctor, as she preferred to avoid allopathic treatment.

During pregnancy, her Hb remained stable at 9 g/dl but after childbirth it dropped to 5 to 6 g/dl. On 26 Oct 2024, the Hb was recorded at 6.4 g/dl. Upon her family's insistence, she consulted a doctor who prescribed four iron injections at three-weekly intervals. She received the first dose on 20 Dec 2024. Her

sister, a vibrionics beneficiary, recommended this treatment and she readily agreed. On 27 Dec 2024, she travelled a long way to visit the SVIRT clinic where she was given:

**#1. IB...OD**

**#2. CC3.2 Bleeding disorders + CC8.5 Vagina & Cervix + CC8.7 Menses frequent + CC10.1 Emergencies + CC12.1 Adult tonic...TDS**

She was also advised to daily eat fruits and vegetables of different colours, in particular iron-rich foods; she followed this diligently.

*Treatment progress:*

- 7 Jan 2025: Menses lasted only for 4 to 5 days; Hb rose to 11.9 g/dl\*; fatigue, limb weakness, paleness of skin and eyes disappeared; dosage of #2 reduced to **BD**.
- 25 Mar 2025: Menses continued to last 4 to 5 days with no recurrence of above symptoms; patient chose to discontinue remedies after they were exhausted.

As of Apr 2026, duration of menses continues to be 4 to 5 days, while she has remained symptom-free. She did not feel the need for a follow-up consultation.

*\*Her doctor was surprised by such an increase in Hb in just 18 days and enquired if she had taken any additional treatment; he stopped the injections!*

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## ☞ Answer Corner ☞

**Q1. How can a new practitioner have 100% faith in Vibrionics to convince his patients unless he himself witnesses consistent cures in his practice?**

**A.** It is natural for a new practitioner to long for unshakeable faith in vibrionics and to first feel it within, before he can inspire confidence in others. Before joining the course, every applicant is encouraged to personally experience the healing power of vibrionics. These early experiences, along with the many documented case histories which the aspiring applicants are guided to study, help build the foundation. But for most of us, the deepest reassurance comes from knowing that this system was lovingly guided by our beloved Swami. That divine origin becomes the first spark of faith.

Until your own experience accumulates, draw strength from vibrionics family. Share newsletters, testimonials, and the conference book with your patients. Seek guidance from seniors; they will lovingly support you through difficult cases and help you grow. In time, your faith will become a lived truth. Your sincerity and devotion will naturally radiate assurance, and patients will feel the divine energy behind your service. That is when vibrionics becomes not just a healing system, but a sacred offering at His lotus feet. True conviction, however, blossoms when you live the practice. When you approach each patient with humility, purity, and selfless service, you begin to witness improvements and sometimes, even miraculous moments.

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**Q2. Our manual suggests that chronic problems are best treated one at a time. But many patients have multiple bothersome issues and want everything addressed simultaneously. How can I balance this for patients to get maximum relief?**

**A.** The guidance to treat one chronic illness at a time is rooted in deep practical wisdom. Often the oldest ailment is the root cause from which later problems sprout; once that is addressed, the newer issues may ease naturally. At the same time, if the oldest problem is not the most distressing, we begin with what brings the patient the greatest comfort. This reassures them that their suffering is being honoured, and it builds trust in their healing journey.

Treating too many chronic issues at once can create confusion, especially if a pullout occurs. We may not know which remedy triggered the cleansing, making it harder to guide the patient with confidence. Experience has shown that when multiple chronic issues are treated together, progress could slow down and the patient may lose faith. Remember that healing requires patience, perseverance and discrimination.

Still, we need not burden the patient with technical details. Our duty is to listen with compassion, prioritise what bothers them most, and choose remedies wisely, eg, combining an oral remedy with an external

application, while keeping in mind any ongoing medical treatment. Vibrionics is not rigid; it is a living, intuitive system. If a situation genuinely calls for addressing more than one issue, the practitioner may proceed, guided by inner wisdom.

What is essential is meticulous documentation. Record your reasoning, the remedies given, and the results that follow.

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**Q3. I have been told that Sai Vibrionics can cure any type of illness, known or unknown. Is this correct?**

**A.** Sai Vibrionics is founded on the understanding that illness arises from disturbances in the body's subtle energy fields, and that the right vibration can restore harmony and activate the body's natural healing process. In this sense, the system has the potential to address any imbalance, whether physical, emotional, or energetic. This is why many believe that vibrionics can cure any illness because the principle itself is universal and spiritually profound.

We must, however, acknowledge that modern science is still in the early stages of understanding these subtle energies. While thousands of real-life cures have been witnessed by practitioners worldwide, scientific validation is still evolving. The data is growing steadily, but the mechanisms behind these healing vibrations remain an area of active exploration.

Continued research, ongoing practice, and deeper study of bioenergetics will help us better understand the full scope, potential, and limitations of vibrionics. Until then, we walk this path with humility, hand in hand with other modalities of healing, trusting the divine origin of the system, honouring the experiences of other practitioners, countless patients, and remaining open to the unfolding scientific understanding that will one day validate what we already know in our hearts.

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**Q4. Can a medical condition like hyponatremia (low sodium levels) be addressed by Vibrionics?**

**A.** Vibrionics does not offer a direct remedy specifically for low sodium levels, and hyponatremia can sometimes indicate a serious underlying condition. It is therefore essential that the patient receives appropriate medical evaluation to identify the root cause. However, vibrionics can play a supportive role. We can gently guide the patient toward sodium-rich vegetables such as beet greens, celery, canned peas or beans, and pickled vegetables to help maintain a minimum sodium balance. We can also advise mindful fluid intake to avoid excessive dilution of sodium. Alongside these measures, **NM34 Water Balance** can help the body maintain internal equilibrium while medical treatment addresses the core issue.

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## ❧ Divine Words from the Master Healer ❧

*"Man commits many offences, knowingly or unknowingly, not only in this life, but also in previous lives. The imprint of these actions is carried by the chitta (memory) over many lives. When the mirror of the mind is so soiled, it cannot perceive anything in its true state. That is why man is unable to recognise his own true nature. Hence, it is necessary to cleanse the mirror of impurities on it. How is this to be done? By regulating one's food and recreational habits. It is important to ensure that the food that is eaten is obtained by righteous means. Many of the ills which men suffer today are due to the fact that the things they consume have been got by unrighteous means."*

...Sathya Sai Baba, "Purity of the mind", Divine Discourse 25 May 1990  
<https://saispeaks.sathyasai.org/discourse/purity-mind-role-senses>

*"It is a mistake to confer doer-ship on yourselves for any service activity undertaken by you. This should never happen. In fact, whatever service activities you are undertaking are for your own upliftment. These service activities must be undertaken with self-confidence, self-satisfaction, self-sacrifice and ultimately for the purpose of self-realisation. Thus, the spirit of service develops **from the self.**"*

...Sathya Sai Baba, Divine Discourse, Understand the Spirit of Service, 11 April 2005  
<https://sssbpt.info/ssspeaks/volume38/sss38-08.pdf>

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## ❧ Announcements ❧

### Forthcoming workshops

- **UK London:** Sai Vibrionics Practitioners Meet, **17 May 2026**, contact [jeramjoe@gmail.com](mailto:jeramjoe@gmail.com)
- **India Puttaparthi:** All India Virtual Refresher Course for Practitioners, **30-31 May 2026**, contact [trainer@vibrionics.org](mailto:trainer@vibrionics.org)#
- **India Puttaparthi:** Telugu AP\* practical Workshop **9-13 July 2026\*\***, contact [admissions4@vibrionics.org](mailto:admissions4@vibrionics.org)
- **India Puttaparthi:** AVP\* face-to-face Workshop **15-19 July 2026\*\***, contact [editor1@vibrionics.org](mailto:editor1@vibrionics.org)
- **India Puttaparthi:** SVP\* Workshop **21-25 July 2026\*\*** contact [promotionsSVP@vibrionics.org](mailto:promotionsSVP@vibrionics.org)
- **India Delhi:** Hindi AP\* practical Workshop **22-26 Sept 2026\*\***, contact [admin2-1@vibrionics.org](mailto:admin2-1@vibrionics.org)
- **India Puttaparthi:** AVP\* face-to-face Workshop **26-30 Nov 2026\*\***, contact [editor1@vibrionics.org](mailto:editor1@vibrionics.org)

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

\*\*Subject to change

# 9am - 1pm both the days

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## ❧ In Addition ❧

### 1. Health article

#### Men! Take Care of your Reproductive Health!

*“Men have more freedom than women and hardly any constraints which women face. What is the use of your education if you do not use such freedom for the service of society? Everywhere man seeks to live happily and peacefully but happiness and peace are not won from worldly activities. The body that yearns to be happy and secure, is subject to disease, decay and death. The Dweller, the self, within the body, is however not born, nor does it die. It is the Atma, God. The body is the temple of God. Hence it is the duty of man to keep the temple in good condition.”...Sathya Sai Baba<sup>1,2</sup>*

**Introduction:** In the previous issue of our newsletter, we dealt at length about taking care of women's reproductive health. Men also undergo functional and physical changes throughout their life from childhood and should know how to be proactive about their reproductive health to meet the vagaries and pangs of growth.

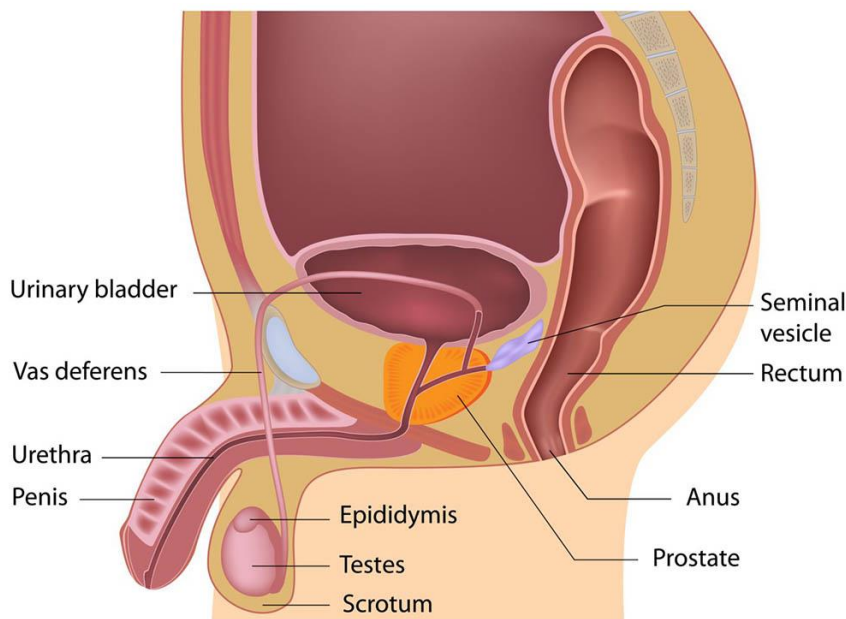
#### 1. Male reproductive system

Key reproductive organs (genitals) responsible for sexual function, reproduction, and urination are both inside and outside the pelvis. The external ones are penis, scrotum, and testes (testicles); internal accessory organs include epididymis, vas deferens, prostate gland, urethra, and seminal vesicles.<sup>3-6</sup>

**1.1 External genitals:** *Penis* is a spongy tissue with a cone shaped tip called glans (head) covered by foreskin and has many sensitive nerve endings. *Scrotum* is a loose pouch-like sac of skin that hangs behind the penis and holds in place the *testes*, the two oval shaped glands that produce millions of tiny sperm cells. Scrotum also provides a sort of climate-control system by changing its size, to keep the testes cooler than body temperature to ensure normal sperm development; when the body is cold, the scrotum shrinks and becomes tighter to hold in body heat and, when warm, it becomes larger and flappier to get rid of extra heat.

Testes are also part of the endocrine system as they make hormones including testosterone through puberty in boys.<sup>3-6</sup>

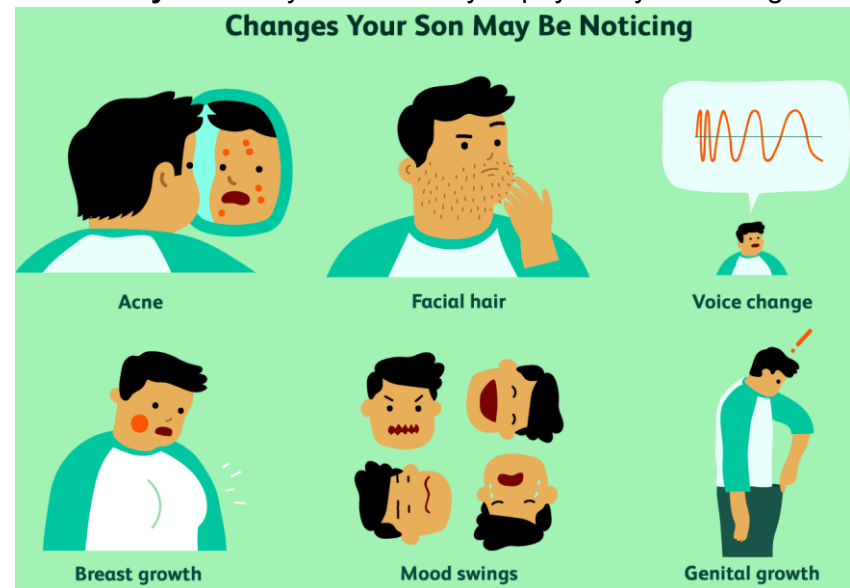
**1.2 Internal reproductive organs:** *Epididymis*, a tightly coiled tube inside the scrotum at the back of each testis, helps mature, store, and transport the sperm cells. *Vas deferens* is a muscular tube connected to the epididymis and carries the mature sperms up to the walnut-sized prostate gland and urethra that runs through the centre of this gland. *Prostate gland* plays a crucial role in male fertility and helps in making the extra fluid in semen to nourish the sperm cells and lubricate the urethra which carries both urine and sperm out of the penis. *Seminal vesicles* are two small glands below the bladder clinging to the vas deferens that make up much of the fluid in the semen which carries the sperms during ejaculation.<sup>3-6</sup>



**2. Stages in growth of males**

Growth happens at different rates, depending on their genetics and other factors; most growth happens in the teen years; some continue developing into their 20s.<sup>7</sup>

**2.1 Puberty:** It is body’s natural way of physically becoming an adult when major organs and body



systems gradually mature. Primarily induced and regulated by the pituitary gland, the testes produce about 95% of the hormone testosterone. It increases fast at the onset of puberty, around age 11, from approximately 25-30 ng/dL (nanograms per decilitre in the blood) to 300-1000 ng/dL in adult males. This causes many changes in the body of boys – scrotum and testes get bigger, penis gets longer, hair grows in the pubic area, underarms, and face, seminal vesicles and prostate gland grow and sperm cells form, muscles become bigger and stronger, shoulders get wider, voices deeper with temporary cracking; there

is growth in height and weight, sweating, body odour, oily skin and acne. All these indicators may be minimal or delayed if the hormone production is less than the normal range during puberty. If in excess, puberty may dawn earlier around age 9.<sup>7-11</sup>

Boys undergo some emotional discomforts during puberty while going through the various physical changes like girls, though on a different scale. They may also feel clumsy or insecure. Parents should be observant and appropriately talk to their kids and make them feel comfortable about their bodies and the changes they are experiencing. Signs of anxiety, depression, mood swings, or aggression may be visible while they cope with their changes. Watch out! As they grow, young men may also tend to indulge in risky behaviours like drinking and fast driving.<sup>7-11</sup>

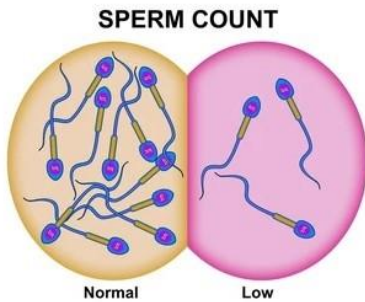
**2.2 Late-onset hypogonadism:** Men do not experience menopause like women do in their 40s and 50s. Testosterone levels remain in the standard range in majority of men till the age of 80 or more. Decline in fertility is very gradual in males as metabolism starts slowing in their 30s and 40s; normally testosterone level drops by about 1% every year from age 40. It gets accelerated and becomes noticeable after 50, causing changes in the way fat is distributed, extra weight around the mid-section, less hair on the head

and more in the ears and nose. Poor eating habits, inadequate restful sleep or irregular sleep, and lack of exercise can make it uncomfortable for them.<sup>7,9,12-14</sup>

**2.3 Health risks for aged men:** Chronic conditions in older adults above 65, worldwide, are predominantly hypertension, high cholesterol, arthritis, and obesity, followed by diabetes, cancer, and heart disease. Depression and pulmonary or respiratory disorders also may catch up depending on one's life style and habits. In India, most men suffer from cardiovascular diseases and hypertension, followed by musculoskeletal issues and diabetes. In some places, ocular and gastrointestinal disorders also dominate the aged.<sup>15-17</sup>

### 1. Reproductive or hormonal disorders in men

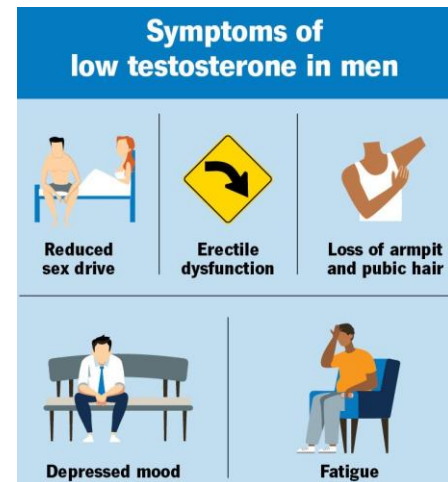
**3.1 Fertility decline:** Fertility issue in young men is inability to cause pregnancy due to low sperm count, poor motility, or abnormal morphology, mostly caused by swollen veins, infections, hormonal or genetic issues, or lifestyle factors like drinking and smoking. After age 50, when fertility declines along with sperm quality, sperm DNA is damaged, and testes shrink or soften, there are increased risks of miscarriage and developmental disorders in the offspring like autism, schizophrenia, and genetic abnormalities.<sup>18,19,20</sup>



**3.2 Erectile dysfunction (ED):** It is inability to achieve or maintain an erection sufficient for a satisfactory

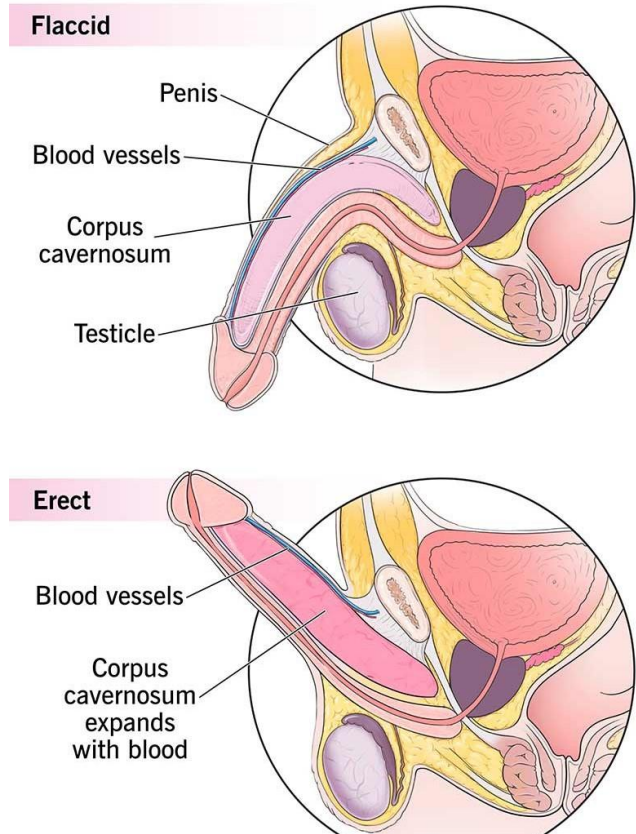
sexual performance, more common with age, due to reduced blood flow to the penis, or diabetes, medication, or lower testosterone. It is becoming increasingly common in young adults due to lifestyle and psychological factors.<sup>21,22</sup>

**3.3 Hormonal imbalance:** It happens when one has too much or too little of one or more hormones. It causes changes in body functions, sleep patterns, and energy levels, including sexual dysfunction due to high stress levels of a fast-paced life and poor diet and exercise habits. These are broadly: *chronic stress* with brain fog, body aches, and sleep disturbances due to low level of cortisol, the stress hormone, resulting from long exposure to stress; *hypothyroidism* due to underactive thyroid with symptoms of weight gain, fatigue, and cold intolerance; *hyperthyroid issue due to* overactive thyroid with weight loss, anxiety, rapid heart rate, and heat intolerance. **Testosterone deficiency:** *Symptoms* are unexplained reduction in muscle mass and an increase in body fat, mild unexplained anaemia, breast tenderness or swelling, loss of body hair, depressed mood, hot flashes or sweats, erectile dysfunction, low libido/sex drive, osteoporosis, joint pain, fatigue, difficulty with concentration and memory, and rise in sleepiness or sleep disturbances. Obstructive sleep apnoea, obesity, stress from a serious illness or hospitalization, or pain killers can also be the cause for low testosterone.<sup>23-25</sup>

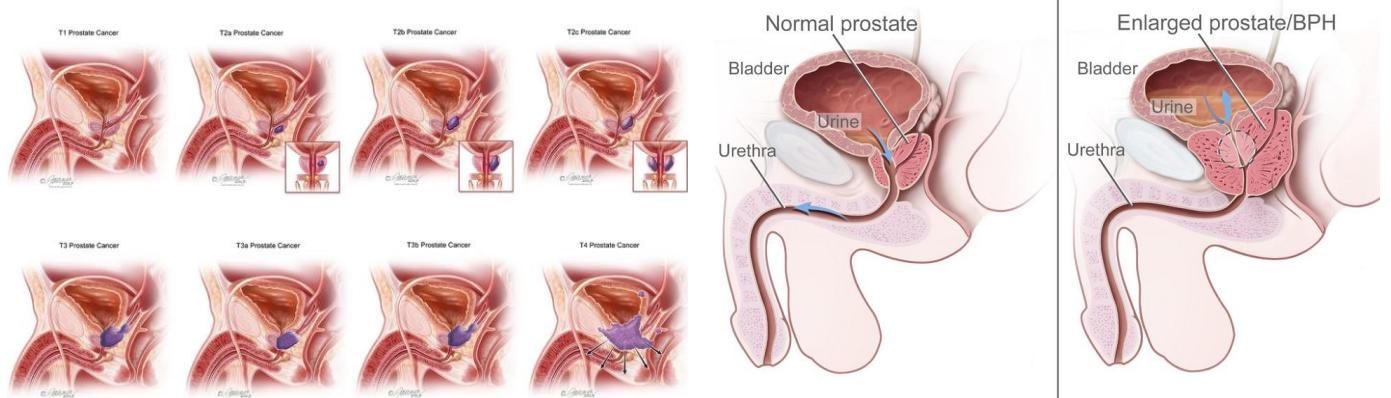


### Erectile dysfunction

If you fail to achieve a full erection more than 50% of the time, see a healthcare provider.

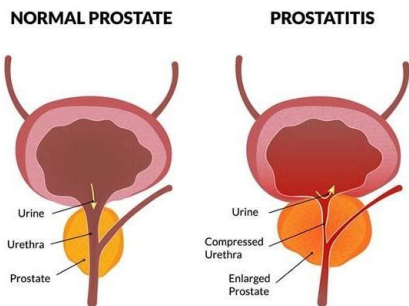


### 3.4 Benign prostatic hyperplasia (BPH) & Prostate cancer. Prostate enlarges with age, usually after



50, affecting 50% of men. Symptoms of BPH are: frequent or sudden need to urinate, especially at night, difficulty starting or stopping urination, a weak, slow, or interrupted stream of urine, inability to completely empty the bladder, dribbling or leaking (incontinence), blood in urine or semen (common symptom of cancer), painful or burning urination, and change in urine colour. BPH can block urethra, and if not treated, can cause urinary tract infection, bladder stones, or damage to kidney. In **prostate cancer**, similar symptoms arise, along with severe pain in bones and lower back, hip, upper thighs, or chest; as the disease progresses slowly and if diagnosed early, it is treatable. Grading and staging define the progress of cancer through a system called Gleason scoring system where the score for prostate cancer ranges from 6 (low-grade) to 10 (high-grade) cancer.<sup>26-29</sup>

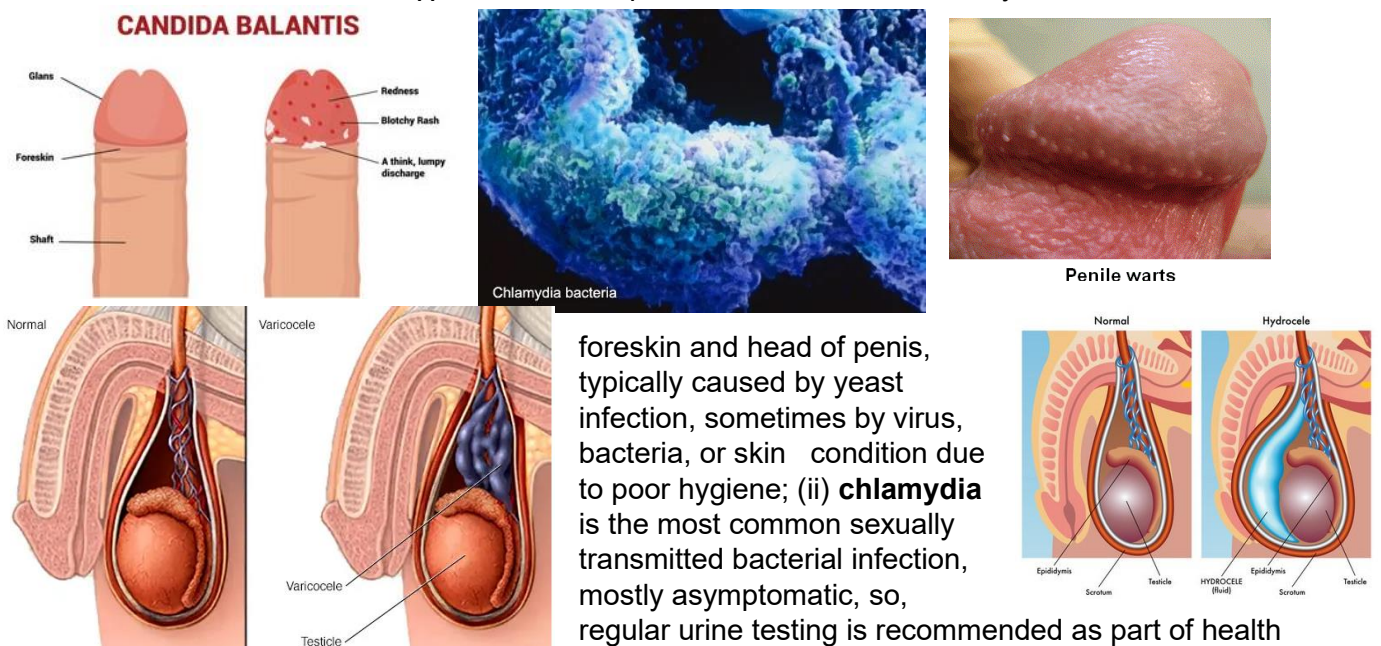
**3.5 Prostatitis** is when tissues in and around prostate become swollen. It can be acute (with fever and chills - an emergency) or chronic bacterial prostatitis that develops slowly, often caused by recurring urinary tract infections. It could also be the most common chronic pelvic pain syndrome (CPPS) with persistent pain in pelvic region without active infection; or inflammation without symptoms, often detected during fertility or cancer checks.<sup>30,31</sup>



**3.6 Significance of PSA test:** A PSA (prostate-specific antigen) blood test will show the level of protein produced by the prostate in the blood. PSA levels below 4 ng/mL indicate a lower likelihood of prostate cancer, while levels between 4-10 ng/mL may reflect benign conditions such as BPH or prostatitis and carry a low to moderate risk; values

above 10 ng/mL are associated with a higher probability of cancer. Remember that PSA is not a cancer test, it is a risk indicator. While PSA testing has benefits like early detection and lower mortality, it may also lead to unnecessary biopsies, overdiagnosis of slow growing tumours, and a risk of overtreatment.<sup>32-34</sup>

**3.7 Other male disorders are:** (i) **balanitis** is a painful, discoloured, and itchy inflammation of the



foreskin and head of penis, typically caused by yeast infection, sometimes by virus, bacteria, or skin condition due to poor hygiene; (ii) **chlamydia** is the most common sexually transmitted bacterial infection, mostly asymptomatic, so, regular urine testing is recommended as part of health

maintenance; (iii) **penile warts**, caused by low risk human papillomavirus, are tiny cauliflower like clusters or grey bumps on the penis, scrotum, or anus, a common sexually transmitted infection (STI), which may recur; (iv) **hydrocele** is a soft fluid filled lump in the scrotum, more common in newborns; the swelling being in a sensitive part, it can be alarming though not always painful. (v) **varicocele** - veins in the scrotum enlarge like a bag of worms, with dull aching pain (worse when standing); this is due to faulty valves causing blood to pool, mostly during puberty, and can cause infertility.<sup>35-39</sup>

#### 4. Tips for reproductive health of men

- **Take time out to care** for your body and mind where divinity resides, with awareness, appropriate lifestyle, and hygiene, free of harmful habits like smoking, drinking etc. to attain the purpose of this precious life joyfully!
- **Ensure annual check-ups** especially after 35 for blood pressure, blood sugar, cholesterol, and testosterone; early detection prevents heart disease, diabetes, hormonal complications; after 50 (40 for those with family history), get a PSA blood test done after consulting your doctor.<sup>15-17,32-34</sup>
- **Self-exam monthly**: Men to check their testes for lumps, swelling, or changes in size/shape, do it in the shower for ease; testicular cancer peaks in men aged 15-35 but is highly curable if caught early; keep the testicles cool by avoiding hot tubs and tight underwear.<sup>40,41</sup>
- **Seek help early**: Sexual health isn't optional: Erectile dysfunction (ED) can signal heart disease or diabetes, not just "aging", and it is treatable.<sup>21,22</sup>
- **Don't ignore urinary symptoms** like frequent nighttime trips, weak stream, or urgency.<sup>26-29</sup>
- **Do not skip help for depression or anxiety**. If mood swings, irritability, or loss of interest last over two weeks, talk to a healthcare professional.

#### References and Links

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7. Stages in men health: <https://www.henryford.com/blog/2024/11/mens-health-each-age-stage>
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13. Male reproductive disorders of aging: <https://medlineplus.gov/ency/article/004017.htm>
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37. Genital warts: <https://my.clevelandclinic.org/health/diseases/4209-genital-warts>
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39. Varicocele: <https://www.urologyhealth.org/urology-a-z/v/varicoceles>

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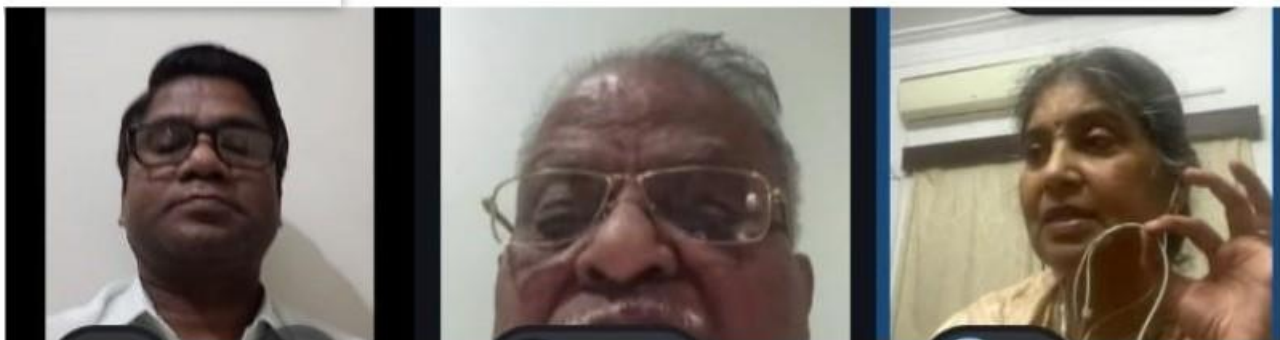
## 2. Workshops & Seminars

### East Maharashtra Practitioners Online Meet - 22 Feb 2026 & 5 Apr 2026

In line with SVIRT's policy of ongoing training, a meeting for practitioners was conducted by the East Maharashtra Regional Coordinator <sup>10332</sup> on 22 Feb 2026, with 15 participants from Gadchiroli, Nashik, Yavatmal, Amravati, Akola, Chandrapur, Bhandara, and Solapur districts. The Education Director <sup>10375</sup> was invited to provide guidance on key aspects of seva, including reaching out to patients, building confidence, the role of prayer, and clarification on activities that constitute vibrionics seva.

In a follow-up session held on 5 Apr 2026 and attended by 19 practitioners, she emphasised the mandatory recharging of 108CC boxes every two years, with interim monthly self-recharging, and highlighted the importance of regular submission of monthly reports for tracking seva activity, facilitating patient referrals, and enabling support for recharges of 108CC boxes. She also explained the purpose and benefits of SVIRT membership and encouraged practitioners to read the bi-monthly newsletter, contribute case histories, and regularly take and distribute the Immunity Booster remedy. The need for Marathi-speaking teachers and translators was discussed, and an online demonstration was given on uploading reports independently and completing membership formalities.

These meetings will be held periodically.



## 3. Camps & clinics

### 3.1 Sri Sathya Sai Seva Samithi, Jaggayyapeta, NTR District, AP, 1 Mar 2026:

The Samithi has long been conducting monthly Eye Camps with doctors from Sankar Eye Hospital, Kakani (near Guntur), providing screening and free cataract surgeries for the needy. Inspired by this service, the Samithi Convener, in consultation with **Practitioner** <sup>11542</sup>, initiated a vibrionics camp alongside the Eye Camp.

The inaugural session began with an explanation of the Eye Camp process by the doctors, followed by a brief introduction to Sai Vibrionics by **Practitioner** <sup>11542</sup>. Supported by **Practitioner** <sup>11683</sup>, they treated a

total of 46 patients for various conditions, including joint pain, acidity, asthma, diabetes, hypertension, allergies, and skin disorders. The camp will henceforth be held on the first Sunday of every month alongside the Eye Camp.



### 3.2 Sri Sathya Sai Seva Samithi, Railway Colony, Vijayawada, NTR District, AP, 19 Mar 2026:

On the initiative of the Samithi convener, a new vibrionics camp was inaugurated by **Practitioner** <sup>11542</sup> with the support of **Practitioner** <sup>11592</sup> on the auspicious day of Ugadi, the Telugu New Year. They treated 17 patients for a range of conditions, including post-cancer recovery, Parkinson's disease, vertigo, ear and skin issues, asthma, liver disorders, joint pain, and urinary infections. The camp will now be conducted regularly on the second Sunday of every month.



### 3.3 Sri Sathya Sai Samithi, BHEL, Hyderabad, Telangana State, 24 Apr 2026

At the request of the Samithi Convener, **Practitioner** <sup>11632</sup> organised a special camp, supported by **Practitioners** <sup>11568,11587,11656,11658,11674&11676</sup>. From our Wellness kit, three combos - *Breathe Well*, *Move Well*, and *Eat Well*, along with *Diabetes Tonic* and *Sunstroke Remedy* (as per the addendum in Vol 15 #2), were prepared in bulk in advance for easy distribution.

A total of 80 patients received remedies; 50 were given the ready-made combos, while the remaining were treated with tailor-made remedies for specific ailments. The camp also served as an introduction to Sai Vibrionics for many attendees, several of whom expressed interest in attending the regular monthly camp at this venue.



#### 4. Anecdote

##### *From the Diary of Dr Jit K Aggarwal – When Seva Invites Grace!*

Back in 1997, I was conducting a teaching workshop in the ashram. Among the participants were two ladies from Croatia, sharing a room in the North Block. They had originally come to Puttaparthi solely for Baba’s darshan. But once they discovered vibrionics, their curiosity was stirred. They filled up the application, attended the interview, and secured admission to the intensive seven-day course.

By the third day, after long hours of class and diligently completing their homework during whatever spare time they had, they began to feel a little sad. They told me they were missing Baba’s darshan and wished they could take a day off. With seven other students and a tightly packed schedule, this simply wasn’t possible. Half-jokingly, I told them, “Don’t worry, Swami can even come to your room to give darshan.” They laughed it off, clearly unconvinced.

That evening, when they returned from class, they found vibhuti sprinkled all over their front door. Overjoyed, they came running to tell me that Swami had indeed come to their room. Then, almost immediately, they felt a pang of regret: the front door had been locked, so Swami did not go inside. The next day, after class, they opened their room to find vibhuti on an inside door. This time they were ecstatic, Swami had come *inside*. Their joy knew no bounds. On the third day, they eagerly searched every corner of their flat for more vibhuti. But this time, there was none. And that, in its own way, was the perfect ending: Swami had given them exactly what they needed, exactly when they needed it!

#### 5. In Memoriam

We are saddened to announce the passing of **Sri. Govind D Gajjam<sup>10440...India</sup>**, VP from Solapur, Maharashtra, who left his mortal coil on 1 Dec 2024 at the age of 70 after a prolonged illness. Fondly known as Gajjam Sir, he served as a devoted Government school teacher and retired as a respected Head Master. Chosen by Bhagawan to serve in the SSSSO, he offered over four decades of dedicated service in various capacities.



inspiring presence.

He became a vibrionics practitioner in 2009 and, for the next 13 years, conducted numerous camps in and around Solapur. A much-sought-after practitioner, he was for his kindness, compassion, and selfless seva. Always seen with a gentle smile, he was a father-figure to many co-practitioners who frequently sought his guidance in vibrionics. His family and the Sai fraternity deeply miss his loving and

Om Sai Ram!

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