**Decoctions**

To Boost Immunity levels in our body along with your regular diet use the following Decoctions in the same order for 4 days each and your cycle would be completed with in 28 days.

1. గరిక (Bermuda Grass, Dhub, Cynodon dactylon)

2. తులసి (Holy Basil, Ocimum tenuiflorum, Ocimum sanctum)

3. తిప్పతీగ (Guduchi, Amrutavalli, Tinospora cordifolia)

4. బిలవప్త్రం/ మారేడు (Bael or Bili or Bhel, Aegle marmelos)

5. కానుగ (Pongamia pinnata)

6. వేప్ (Neem, Azadirachta indica)

7. రావి (Peepal, Aswattha, Ficus religiosa)

As a preventive medicine before starting rainy season one can use the above cycle to avoid seasonal diseases.

Pandemic and Endemic : use the above Decoctions 2 days each in the same order for 14 days.

Age limit : this can be used from 9 months baby. Even pregnant ladies and after delivery also this Decoctions can be used.

Normal healthy people can practice 1 leaf for one week in this Process. Your cycle would be completed in 49 days.

Preparation:

1. Take half a handful of small leaves such as Tulsi, Pudina, Manthi, Kothitamira, Curry leaves.
2. If they are big leaves, make them into small and take half a handful of leaves.
3. Pour 150-200 ml of water on the pan, add the leaves and let them boil for 2-3 minutes. After that, put the lid on for 2-3 minutes, strain the leaves with a filter and drink it warm or cold.
4. Mustard ½ tsp/ Cumin 1 tsp/ Mantulu ½ tsp/ Organic Psuppa ½ tsp/ Dalina Chekaka 2” ground/ Pepper ½ tsp/ Cloves 2/ Alum ½” ground/ Sambar Ulupaya 4-5/ Aloe Vera Gujuja(white gel) 2 tbsp. Grind these roughly and make the infusion as mentioned above.
5. 100g for making banana pulp/boda/oosa infusion. Add 150 - 200 ml of water to the organic banana pulp and boil for 2-3 minutes. After that, put the lid on for 2-3 minutes, strain the leaves with a filter and drink it warm or cold.
6. If you want, you can mix a little bit of palm jagiry into decoction.