

FREE ACCESS TO GOOD HEALTH AND WELL-BEING

The Hindu Way of Healing

The ancient medical branches of Hinduism such as but not limited to Ayurveda , practiced and developed their medicines and methods from nature and its 5 elements. Nature cure is a comprehensive form of Hindu treatment that alleviates the elimination of the root cause of diseases through the right use of the elements freely available in nature. Elements such as Earth (mud), Water (jala), Fire (Agni), Air (Vayu), and Space (Akasha) are involved in the complete detox of one's body in the aspect of mind, body and soul, as stated in the Yajnavalkya Smriti Prayashchitta Adhyaya 31st Sloka-

कालोऽग्निः कर्म मृद् वायुर्मनो ज्ञानं तपो जलम् । पश्चात्तापो निराहारः सर्वेऽमी शुद्धिहेतवः ॥

Kālo'gniḥ Karma Mṛd Vāyurmano Jñānaṁ Tapo Jalam . Paścāttāpo Nirāhāraḥ Sarve'mī
Śuddhihetavaḥ

*Translation - Time, Fire, Action, Soil, Air, Mind, Knowledge, Penance, Water, Re-Living And Nirahara -
All Of These Are Means For Purification.*

Time purifies, fire purifies! Soil purifies the skin, Air purifies the internal organs, Mind can purify your buddhi, Powerful cognitions, knowledge can purify your very consciousness, Tapas can purify you physically, psychologically, emotionally, Water can purify many things externally and internally, reliving means reliving and relieving, nirahara. All these are powerful methods for detox.

- The SPH Nithyananda Paramashivam on 19 August 2020

A healthy population is a prerequisite for long-term development and a strong macroeconomy. In turn, a healthy economy is required to provide adequate resources for health-care systems. Nonetheless, despite this mutually beneficial relationship, many governments and financial policymakers have a more pessimistic perspective of health-care spending. Although global economies favor the aim of universal health coverage, they are concerned that health-care spending will be a drain on the economy and if not strictly regulated, it would continue to rise inexorably, leading calls to restrict growth and cut budgets. These beliefs are frequently caused by inaccurate or misleading facts. The evidence is mounting that it is incorrect to define health systems as inefficient and health spending as a drain on the economy. KAILASA provides a convincing case to be made that health systems both improve population health and have direct and indirect consequences that promote national economic goals.

Health is one of the key instruments of increasing human welfare and economic growth. Paramashiva reveals in the Agamas that anything required for day to day living and lifestyle should be created in a self-sufficient way in a healthy economy. In KAILASA this applies to healthcare, clothing as well as food. Self-sufficient economies do not outsource their basic needs. But in the modern consumption-based economy, outsourcing goods like food has led to the creation of dependence of the society on fast food and frozen food, which leads to poor health, which in turn takes a hit on the welfare of the society and the economy. KAILASA believes that a thriving society free of disease, poverty and illiteracy makes a thriving economy.

KAILASA's Department of Health provides free physical, physiological, mental, emotional, and psychological well-being through various Vedic services to all its citizens as per the Paramaśiva's health policy, laid down in the Vedāgamas. KAILASA empowers healthcare systems by operating with the single unified goal of felicitating every individual to explore their ultimate possibility of enlightenment through a yogic body. KAILASA's Department of Health administers Ayurvedic and Siddha Medicines to the citizens of KAILASA and works towards creating a robust, dynamic and contributing society through the most efficient, effective, and holistic medical care approach.

The traditional Hindu economy is two layered – sangha nidhi (wealth from the ocean) and paduma nidhi (wealth from the ground); gold (sangha nidhi) and grain (paduma nidhi). Modern society has created rampant consumerism that has replaced food with food-like products, which has led to devaluation of grains and plunging health. By elevating grain to the level of importance of gold, KAILASA will automatically create self-sustaining ecosystems where health is of highest priority.

Another stark contrast of the economic health policy of KAILASA to the one in the modern world is its focus on holistic health and preventative care. Modern medicine focuses on sickness and cure where doctors are rewarded when they cure sick people, so they do not have immense incentive to keep people healthy in the first place. In ancient Hindu tradition, doctors are paid based on the village's income. The entire village gives grain and the doctor ensures the whole village is healthy.

KAILASA's policies are practical, simple, straightforward and aligned with Paramashiva's Hindu economic principles. With the right health policies medical professionals will make every effort to ensure everyone is healthy and no 'body' is an income source. Each citizen's active life is an investment as well as source of income for health officials in KAILASA. KAILASA's health care will consider people as conscious beings which treat them holistically. This is a crucial part of the "people-based" economy of KAILASA. KAILASA's Department of Health aims to achieve its vision of providing health and well being to all of KAILASA's relating agencies that facilitate KAILASA's free health policy:

1. ShriKailasa Uniting Nations For a Cure for HIV/AIDS
2. ShriKailasa Uniting Nations for Family Health and Development
3. ShriKailasa Uniting Nations for Healing Chronic Illness
4. ShriKailasa Uniting Nations for Alternative and Wholistic Medicine
5. ShriKailasa Uniting Nations for Reproductive Health and Maternity
6. Shrikailasa Uniting Nations for Healing Autism
7. ShriKailasa Uniting Nations for Mental Health and Development
8. ShriKailasa Uniting Nations for the Advancement of Palliative Care
9. ShriKailasa Uniting Nations Against Medical Malpractice
10. ShriKailasa Uniting Nations for Enlightened Birthing and Pregnancy
11. ShriKailasa Uniting Nations for Affordable and Wholistic Healthcare
12. ShriKailasa Uniting Nations for Yoga
13. ShriKailasa United Nations Against Euthanasia
14. International Humanitarian Agency - White Om

The obesity epidemic is a societal and economic problem rather than a failure of biological processes. Individually, groups with poor education and poverty have a higher prevalence of obesity. On a macro level, the highest rates of obesity are seen in lower-income states, lower-income congressional districts, and the most impoverished locations. Healthy diets prevent illness and mortality while also providing numerous economic benefits such as lower medical care and institutional care expenses, increased productivity, better quality of life, and extended life expectancy.

1. Nirahara Samyama

The science of living beyond food or Nithyananda Nirahara Samyama (its variations include: Rama Nirahara Samyayama, Krishna Nirahara Samyayama and Veda Vyasa Nirahara Samyayama) opens up dimensions for humanity that tap into the innate intelligence and reawakens the infinite possibilities of surviving on the energy derived directly from ether or space, without having any external input like food or water.

Nithyananda Nirahara Samyama aims to strengthen the realization that living an active, healthy, blissful life without solid food is possible and most practical. Nithyananda Nirahara Samyama brings peace and breaks one's addictions, mental patterns and helps overcome psychosomatic conditions giving citizens a new sense of purpose and a new meaning to life. Through the Nithyananda Nirahara Samyama individuals become active citizens who contribute to life and in turn, the society and economy by vigorously participating in it.

2. Mucus Free Diet

In today's rapidly changing dynamics of the economy, the unconcealed disregard for myriad issues related to anger is causing an enormous impact on individual well-being and the economy leading to mismanagement, clouded judgment, instability during decision-making, leading to poor mental and behavioral conditions. Anger harms physical and emotional health of an individual too which rapidly escalates to verbal and physical violence, harming individuals internally and externally, leading to senseless acts of violence and war crimes at the expense of the nation's economic growth and progress.

The genesis of anger takes root in the form of mucus in the body. Mucus accumulation in the body results in the inflammation of organs which is responsible for the external outbursts of unwarranted anger, hate and violence. KAILASA's Department of Health aims to remove the mucus from the body through the initiative of Turiyatita Samyama or commonly known as the Mucus-free diet promoting a peaceful, blissful and anger-free life. Global and practical health solutions for humanity is the core tenet of KAILASA's Department of Health's strategy for countering the novel anger problem. It is the policy of KAILASA's Department of Health, to prepare humanity to receive the Science of Living Enlightenment through the Mucus Free Diet due to which citizens will be free from being slaves to primal emotions and shift their focus to serving the society through enriching contributions or running successful businesses uplifting the economy.

3. Pachai Patni Vratam

The Hindu Purana relates twenty-eight days fast observed by Devi Mariamma (the embodiment of feminine consciousness) during Maasi - Panguni months (mid-march - mid-april) in accordance with the Tamil calendar, for the welfare of her devotees. As the onset of the months, March - April see the prospects of the upsurge of sickness. Devi takes the responsibility to purify the world from viruses and disease outbreaks, and toxification through the Hindu spiritual purification technique of Pachai Pattini Viratham.

KAILASA's Department of Health is committed to spiritually enriching and en-reaching Hindus around the world to protect and support by dedicating thousands of hours to spread the groundbreaking revelations of traditional practices and immunization techniques of the Science of Pacha Pattini Vratam to augment one's immune strength drastically. The purpose of Pacha Pattini Vratam is designed for individuals to make their bodies a medium for Paramashiva and Parashakti to manifest and heal them, making them immune to diseases and extending their lifespan multifold, making them happy and successful citizens of the

nation.

4. Free Medical Camps

Economic growth is aided by a healthy population. To begin with, those who are in better health are more economically productive. KAILASA's Department of Health, in collaboration with ShriKailasa Uniting Nations for Healing Chronic Illness and ShriKailasa Uniting Nations for Affordable and Wholistic Health Care, is working to provide free healthcare and increase access to essential health services by holding regular free medical camps and health fairs in KAILASA's de facto embassies around the world, benefiting the entire human race. KAILASA's doctors offered individuals with important drugs, vitamins, and supplements from both Hindu and modern medical systems, resulting in comprehensive health care and assistance, especially for the poor.

5. eN-Pregnancy

Miscarriages and failed pregnancy often lead to mental health issues, directly affecting the individuals health, and indirectly costs the economy, due to less productivity and increased need of medical service. In today's world, miscarriages and stillbirths are taboo subjects linked to stigma, shame, and guilt. Women perceive the situation to be unavoidable thus develop mental health issues that last for months or years on the end. Complications during pregnancy can seriously lead to life-threatening complications affecting the unborn baby's health and the mother's health. The impact of physical, mental, and psychological disorders and lack of spiritual strength during pregnancy are often difficult to assess and therefore, inflict lasting damage. . Providing better quality of care during pregnancy and childbirth could prevent over half a million stillbirths worldwide

KAILASA's Department of Health aims to prevent deaths and complications from preterm births through various Hindu techniques through the eN-Pregnancy program. eN-Pregnancy is a perfect blend of ancient Vedic practices backed by modern scientific authentication that includes practices to ensure a healthy pregnancy outcome for the betterment of the people and the economy.

6. Nithyananda Yoga

The yoga industry is worth over \$84 billion dollars worldwide. There are more than 300 million yoga practitioners worldwide, according to yoga statistics. By investing in Yoga, KAILASA has boosted its economy. The SPH Nithyananda Paramashiva has brought the best of the best of the one million yogic scriptures available from all the sampradayas of Sanatana Hindu Dharma's Veda-Āgamic tradition and compiled it in the form of Nithyananda Yoga as per the intention of Paramasiva to manifest yogic powers (Shaktis). The revival of the ancient Shashtanga Yoga (12 faceted yoga) through Nithyananda Yoga is the priceless treasure and a potent spiritual treatise gifted to humanity.

Unfortunately, in the modern-day, to meet the international fitness obsession, the mighty potential of yoga has been entirely stripped to the physical postures alone, incapacitating its other eleven arms rendering it as superficial as exertion. To serve the purpose of the genesis of Nithyananda Yoga, KAILASA's Department of Health pledges to promote and enable all to unlock and expand the human potential and to give humanity a superconscious breakthrough without discriminating between caste, creed, gender, age, ability and religion.

भगवान्- योगादसिद्धिश्च मोक्षश्च तदभ्यासाच्छुभम् खग । षडङ्गस्सच बोद्धव्यस्तस्याङ्गाम् सृणुष्व तत् ॥

Bhagavān- Yogādsiddhiśca mokṣaśca tadabhyāsācchubham khaga |
ṣaḍaṅgassaca boddhavyastasyāṅgām sṛṇuṣva tat ||

“Through the practice of Yoga, one can attain beneficent accomplishments. He can attain liberation. He can ascend to the state of ineffable bliss. Yoga is not just postures and breathing techniques, but the very science of achieving the space, radiating the state and manifesting the powers – the Shaktis – of the Original Yogi in the universe – Paramashiva Himself. Authentic Yoga makes people manifest spiritual powers from 'Advaita', the space of Oneness or Enlightenment.”

Karana Agama, Yoga Pada (2.3)

Therefore KAILASA's Department of Health, through availing the sacred science of Nithyananda Yoga to humanity aims to give a breakthrough to economic growth by tapping into the extraordinary potential that emerges from the merge the individual consciousness with the Cosmic consciousness and expresses all the mystical powers outlined by Paramśiva.

7. Nithya Kriya

In today's cost-conscious political context, the economic ramifications of planned health-care spending are scrutinized closely. The optimal allocation of medical resources between prevention and treatment provides value to the population's health while also boosting the relationship between ageing, health, and economic performance. Appropriate prophylaxis is related with lower rates of poor health prevalence, resulting in long-term productivity increase. Nithya Kriya is unique and an ancient combination of components of Yoga, that include, asanas, kumbhaka, pranayamas, visualization along with external verbalization (external sound one hears or chants) and internal verbalization (internally hearing of sound or mantra) are drawn from the most authentic sacred yogic scriptures of the Vedic tradition, while the specific assembly of these various components has been personally designed by The SPH Nithyananda Paramashivam with the aim of not only curing but providing preventive care for various physical and mental afflictions by permanently awakening the non-mechanical parts of the brain which possesses untapped potential responsible for many extraordinary faculties and powers enabling one to experience the peak of conscious coherence, joy, and bliss.

Over the years Nithya Kriya has made extraordinary progress in recognizing, diagnosing, and treating mental illnesses as well as severe psychological distress. KAILASA's Department of Health is committed to building on that success by matching humanity's hardships with equally magnanimous responsibility by improving the quality of healthcare for all the Hindus through the science of Nithya Kriya. It is the policy of KAILASA's Department of Health to work towards the unified goal of bringing excellence to the healthcare provisions to its citizens by providing them with the best services towards well-being so they can achieve success and prosperity, ultimately contributing to the world.

8. Aushada

The science of Aushada is the ancient vedic system of Medicine which has expressed views on the concept of Holistic Health thousand years ago. The high quality of Medical Knowledge distilled from the Atharva Veda is not confined to the existing characteristics and means of medicine, rather is a versatile product to solve any definite and indefinite medical ailments. Through the investment of the science of Aushadas KAILASA's Department of Vedic Science

& Technology has positively impacted and healed millions of citizens of KAILASA, physically, physiologically and psychologically helping them reach their peak potential. KAILASA's Department of Vedic Science & Technology has invested in this science and is expanding its resources to meet the demand of millions across the globe.

9. Science of Completion^{SM 1}, Science of Unclutching^{®2}, Science of Power Manifestation³, Science of Kundalini Shakti⁴, living the Four Tattvas (Principles) of Authenticity, Integrity, Responsibility and Enriching⁵, removing SDHD (Self-doubt, Self-hatred and Self-denial)⁶

¹ The incompleteness one carries in the system is powerful enough not only to create disorders in the body but permanent disorders in the mind. The age-old science of completion liberates one from their karmas and leads one to experience the truth and ultimately experience the reality of life. This powerful technique helps one live and act without any hangover of the past incidents, words, actions or memories.

² A technique where one is established in the space of complete restful awareness and does not clutch on to any thought, emotion and becomes free from being prisoners of the past, and sheds repeated behaviors.

³ Manifestation is the science of consciously altering the reality as one wants, and experiencing the reality as one wants.

⁴ The Kundalini Shakti which is in each one of us, is responsible for the manifestation of the body and mind and enhances our overall mental status by establishing one in clarity and stability.

⁵ Integrity is you fulfilling the word and thought you give to yourself and to others and experiencing a state of Poornatva – completion with yourself and with life. Authenticity is you being established in the peak of your energy, the peak of your capability, and responding to life from who you perceive yourself to be for you. And who you project yourself to be for others, and what others expect you to be for them. Responsibility means living and responding to life from the truth that you are the Source of, and therefore responsible for, all happenings in and around you. Enriching (Aapyayanam) is you taking responsibility with Integrity and Authenticity that you are committed to continuously enriching, which is expanding yourself and life in and around you.

⁶ The 3 main cognitions and patterned behavior that prevents our growth and expansion