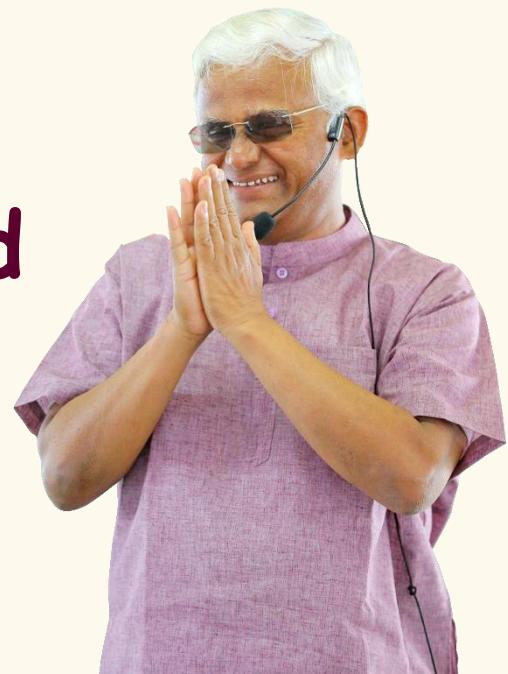


# LEAVES – KASHAYAS

JULY 2020



**Kashayas Suggested  
By Dr. Khadar Vali**

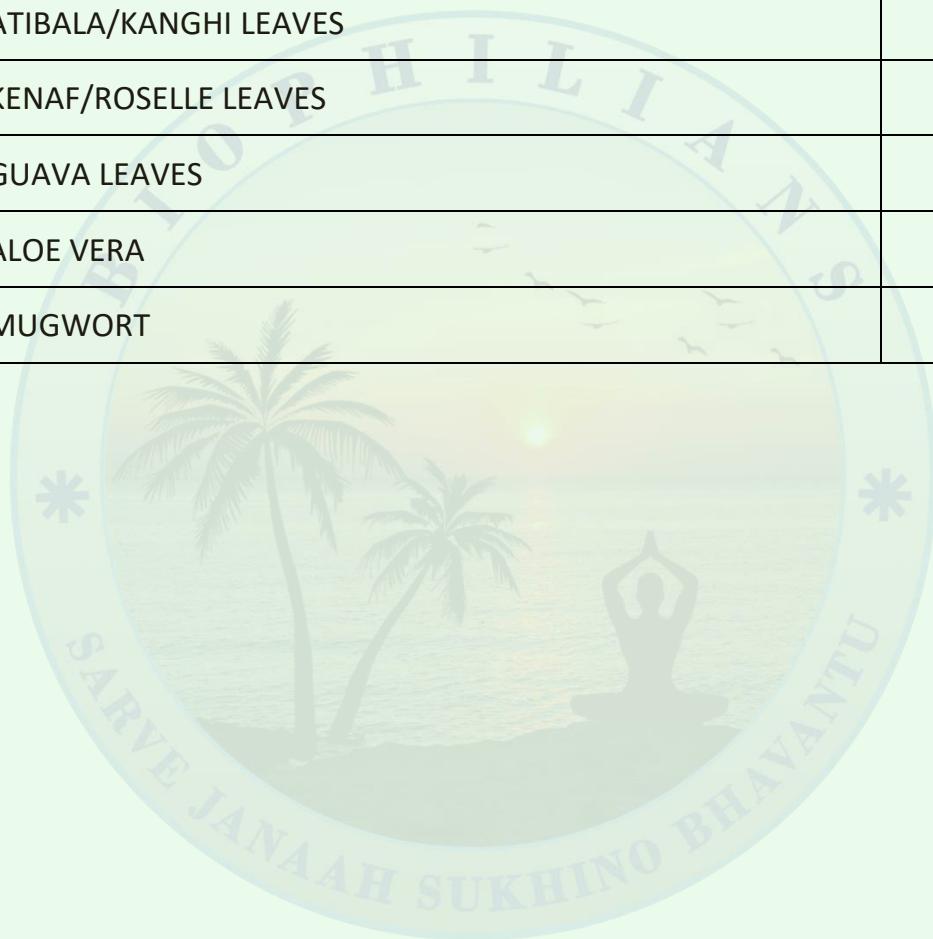


**BIOPHILIANS**

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## KASHAYAS – THEIR IMPORTANCE

Kashayas suggested by Dr. Khadar Vali are simple plant based decoctions prepared by boiling certain selected fresh leaves (like tulsi) or bark (like cinnamon) or tuber (like turmeric or ginger) for three to four minutes. These decoctions help us in several ways. They are

**Strengthening The Immune System:** They work at molecular level in producing antibodies to counter varied diseases. Intake of decoctions of different types of leaves will introduce different types of antigens into the bone marrow where the blood cells are manufactured. Then the antigen specific antibodies are produced by the plasma cells present in the bone marrow. The more diverse the leaves used for kashayas are, the more diverse will be the kind of antigens introduced and the corresponding antibodies produced. Our body will then be well equipped to fight and eliminate any kind of pathogen be it Dengue, or H1N1 or any new virus. This is how kashayas help in boosting immune system in a human body.

**Eliminating The Metabolic Waste:** The phytochemicals and antioxidants present in the leaves of plants like Gongura (Kenaf), Guava, etc. will directly take part in various biochemical reactions going on in our bodies and aid in excretion of several types of metabolic wastes. The phytochemicals which are present at micro level, act as catalysts in various metabolic processes. These phytochemicals get released into water when heated. Ex. Gongura - Proto catechuic acid, Turmeric - Curcumin, Ginger - Zinziber, etc.

**Acting As Prebiotics:** The plant molecules that get infused into the decoctions act as prebiotics and provide food and congenial environment for gut microbes to thrive. They in turn produce essential nutrients for our existence.

Many leaves harbour their own combination of microbes. So, when we partake various greens and vegetables we also infuse many symbiotic bacteria into our gut.

Intake of Kashaya as the first thing in the morning prepares our entire system to carry out the day's activities in full vigour.

**A WORD OF CAUTION:** Not all leaves are suitable for kashayas. Only the ones identified to have medicinal properties, water soluble molecules and non-toxic in nature should be taken.

 **YouTube FOR MORE DETAILS SEE THE FOLLOWING TWO VIDEOS.**

### KASHAYAS – THEIR IMPORTANCE

<https://youtu.be/RXoQ5ikGH6Q> (telugu) , <https://youtu.be/1GIMgFbFU-I> (english)

**SAPTAPATRA KASHAYAS – THEIR IMPORTANCE ➔ <https://youtu.be/uMpl9WniN0g>** (telugu)

## SAPTAPATRA KASHAYAS - INDIA



1. BERMUDA GRASS



2. HOLY BASIL



3. GILOY LEAVES



4. BAEL LEAVES



5. PONGAMIA LEAVES



6. NEEM LEAVES



7. PEEPAL LEAVES

For resistance from all viral infections, 7 leaf decoctions are recommended. Each for 4 days to be taken in the same order mentioned.

1. Bermuda Grass (Dhub, *Cynodon dactylon*, ഗരിക്ക)
2. Holy Basil (*Ocimum tenuiflorum*, *Ocimum sanctum*, തുലസി)
3. Giloy (*Amrutavalli*, *Guduchi*, *Tinospora cordifolia*, തിപ്പുത്തി)
4. Bael (Bili or Bhel, *Aegle Marmelos*, വിലുപ്പത്തം/മൂർജ്ജ)
5. Pongamia pinnata (കാസുര്)
6. Neem (*Azadirachta Indica*, വേപ്)
7. Peepal (*Aswattha*, *Ficus Religiosa*, രാവി)

## **NOTE**

- According to Dr. Khadar Vali, human race is suffering from only one disease i.e. lack of immunity.
- Moreover, we do not get immunity from vaccines. Dr. Khadar Vali says we can improve our immunity power by consuming Saptapatra Kashayas.
- These Saptapatra Kashayas have to be consumed, compulsorily in the order mentioned.
- When we have severe viral fever all over, we can complete these kashayas at  $7 \times 4 = 28$  days i.e. each leaf for four days.
- If we are not in a hurry each leaf can be consumed for seven days too ie  $7 \times 7 = 49$  days.
- These Kashaya's can be taken by all age groups starting from children as young as nine months old. Pregnant women and lactating mothers too can consume these.
- Taking these Kashayas before the onset of the rainy season can protect us from viral and infectious diseases.
- During pandemic or endemic crisis, it is best to consume each leaf for two days in a row ie  $7 \times 2 = 14$  days and repeat the cycle once again.

## **ASHTAPATRA KASHAYAS – USA**

For resistance from all viral infections, eight leaf decoctions are recommended. Each for four days to be taken in the same order mentioned.

1. Bermuda Grass (*Cynodon Dactylon*)
2. Basil (*Ocimum Tenuiflorum*)
3. Mint (*Mentha*)
4. *Symphytum Officinale* (Common Confrey)
5. Yuaupon Holly (*Ilex Vimotoria*)
6. Live Oak (*Quercus Virginiana*)
7. Silver Date Palm
8. Pine Needle

## HOW TO PREARE KASHAYAS ?

- ❖ Take half fistful of small leaves like basil, mint, fenugreek, coriander, curry leaves.
- ❖ Big leaves can be cut into small pieces and half fistful of leaves can be used for making Kashaya.
- ❖ Try using organic leaves for preparing decoctions. If bought outside first immerse the leaves in tamarind water for about ten minutes. Tartaric acid present in tamarind helps in removal of chemicals up to 70%. (squeeze twenty grams of tamarind in three litres of structured water for making the solution.) (Leaves brought from roadside or home grown need not be put in tamarind water. Cleaning them in structured water is sufficient.)
- ❖ Clean and rinse the leaves well. Take 150ml to 200ml of structured water and boil it. Once water starts to boil put these leaves and continue to boil for two to three minutes on a low flame. Switch off the stove and cover it with a lid for two to three minutes. Later strain using a steel strainer/filter and drink the herbal decoction either cool or lukewarm.
- ❖ For preparing decoction make a coarse powder of mustard seeds  $\frac{1}{2}$  tsp/ cumin seeds 1 tsp/ fenugreek seeds  $\frac{1}{2}$  tsp/ turmeric powder  $\frac{1}{2}$  tsp/ cinnamon 2" piece/ pepper  $\frac{1}{2}$  tsp/ cloves 2/ ginger  $\frac{1}{2}$ " piece/ shallots 4to5 (crush)/ aloe vera (white gel) 2tsp and add it to boiling water of 150ml to 200ml for two to three minutes. Switch off the stove, cover with lid and wait for two to three minutes. Later strain using a steel strainer and drink the decoction either cool or lukewarm.
- ❖ To make Kashaya of banana stem add 100g of finely chopped organic banana stem to 200ml of boiling water for two to three minutes. Switch off the stove and put the lid and wait for two to three minutes. Later strain using a steel strainer and drink the decoction either cool or hot.
- ❖ If required add few drops of palm jaggery syrup to the Kashaya.
- ❖ In this way one has to take herbal decoction of one leaf per week.

 **YouTube KASHAYAS PLAYLIST (English, Hindi)**

<https://www.youtube.com/playlist?list=PL-GF2bkup3XhdKGt5z4GiRCN6grRw2jpj> (English)

[https://www.youtube.com/playlist?list=PL-GF2bkup3XhdWr\\_V6fpv4h2GRmyXdxRt](https://www.youtube.com/playlist?list=PL-GF2bkup3XhdWr_V6fpv4h2GRmyXdxRt) (Hindi)

**(Click on the links given above to watch videos on preparation of kashayas.)**

## HOW TO PREARE JUICES ?

### JUICES RELATED TO CARDIAC/ HEART

Dr. Khadar Vali suggested to consume juices of cucumber, bottle gourd and ash gourd for heart/cardiac related issues. He advised to prepare and consume the juice as follows.

#### ❖ CUCUMBER JUICE (ಕ್ರಿರ ದೊಸಕಾಯ)

##### INGREDIENTS:

1. Cucumber : 100g to 150g
2. Structured Water : 150ml (purified using copper plate)



##### PROCEDURE:

Take a cucumber and place it in tamarind water for 10min to reduce the pesticide effect on vegetables. Later wash it neatly with water purified using a copper plate.

Now peel it and cut into small pieces. Put these pieces into a mixer and make a paste. Now mix this paste with 150ml water and drink.

#### ❖ BOTTLE GOURD JUICE (ಸಾರಕಾಯ)

##### INGREDIENTS:

1. Bottle Gourd : 100g to 150g
2. Structured Water : 150ml (purified using copper plate)



##### PROCEDURE:

Take a bottle gourd and place it in tamarind water for 10min to reduce the pesticide effect on vegetables. Later wash it neatly with water purified using a copper plate.

Now peel it, remove seeds and cut into small pieces. Put these pieces into a mixer and make a paste. Now mix this paste with 150ml water and drink.

#### ❖ ASH GOURD JUICE (ಬೂಡಿದ ಗುಮ್ಮಡಿ ಕಾಯ)

##### INGREDIENTS:

1. Ash Gourd : 100g to 150g
2. Structured Water : 150ml (purified using copper plate)



## **PROCEDURE:**

Take an ash gourd and place it in tamarind water for 10min to reduce the pesticide effect on vegetables. Later wash it neatly with water purified using a copper plate.

Now peel it, remove seeds and cut into small pieces. Put these pieces into a mixer and make a paste. Now mix this paste with 150ml water and drink.

## **JUICES RELATED TO EYES**

Dr. Khadar Vali suggested to consume juices of carrot and knol khol for eye related issues. He advised to prepare and consume the juice as follows.

### ❖ **CARROT JUICE (ಕಾರ್ಟೂನ್)**

#### **INGREDIENTS:**

1. Carrot : 100g to 150g
2. Structured Water : 150ml (purified using copper plate)



#### **PROCEDURE:**

Take a carrot and place it in tamarind water for 10min to reduce the pesticide effect on vegetables. Later wash it neatly with water purified using a copper plate.

Now peel it and cut into small pieces. Put these pieces into a mixer and make a paste. Now mix this paste with 150ml water and add lemon juice. Later add either palm jaggery syrup or salt-pepper powder and drink.

### ❖ **KNOL KHOL JUICE/ GERMAN TURNIP (ನೂಲುಕ್ಕೆಲು)**

#### **INGREDIENTS:**

1. Knol Khol : 100g to 150g
2. Structured Water : 150ml (purified using copper plate)



#### **PROCEDURE:**

Take a knol khol and place it in tamarind water for 10min to reduce the pesticide effect on vegetables. Later wash it neatly with water purified using a copper plate.

Now peel it and cut into small pieces. Put these pieces into a mixer and make a paste. Now mix this paste with 150ml water and add lemon juice. Later add either palm jaggery syrup or salt-pepper powder and drink.

## **IMPORTANT NOTE**

- Use structured water (water purified by placing a copper sheet or water stored in a copper vessel) for preparing kashayas, juices and for cooking and drinking purposes.
- Only fresh leaves have to be used for preparing these decoctions to get maximum benefits. If not easily available these leaves can be wrapped in a wet cotton cloth or put them in a bowl of water which can be used for two days. Kashaya has to be made using the same water. Frozen or dry leaves aren't effective.
- Either the kashaya or the juice or the oil can be consumed as the first thing in the morning. The only rule is, a gap of half an hour should be maintained between the three. All of them have to be taken on empty stomach i.e. before having breakfast.
- To get the maximum benefit and good absorption of kashayas by our body they have to be taken on empty stomach morning/evening i.e. one hour before food. They can be taken three times a day as well.
- Cancer patients have to take same kashaya morning and evening but a different kashaya during afternoon.
- There isn't any hard and fast rule that kashayas have to be taken in the same order mentioned in the PDF's. We can take kashaya of any leaf as per its availability and our convenience. Minimum three different kashayas have to be taken for a particular disease.
- If three or four leaves are mentioned in the same week it means that we can choose any one leaf from that list.

### **SIRIDHANYAS AND KASHAYAS ARE THE BEST REM**

Sl. No.	Ailment / Disease	Kashayas (200 ml.) each week on rotation To be taken in empty stomach every morning
1.	Dialysis	Nyctanthus arbor - tristis Coriander Boerhavia Diffusa Bryophyllum Leaves Phyllanthus Amarus
2.	Diabetes	Giloy Leaves (Tinospora Cordifolia) Mint Leaves / Fenugreek Leaves Drum Stick Leaves Black Plum, Tindora Leaves
3	Thyroid PCOD Fibroid Hormone Imbalance	Aegle Marmelos Leaves / Pongamia Pinnata / Tamarind Leaves / Drumstick Leaves / Sour Spinach / Piper Betel Leaves / Neem Leaves / Peepul Leaves
Take on empty stomach early morning 3 Spoons of Coconut oil / Sesame oil		
4	B.P.	Aegle Marmelos Leaves Holy Basil Coriander Leaves <i>Cactus grandiflorus</i> Rauvolfia Serpentina Leaves



- To prepare palm jaggery syrup, make small pieces of palm jaggery and dissolve it in required water. Boil it until it reaches single string consistency. Cool it and store in a glass jar or steel bottle. Can be stored for ten to fifteen days.
- Kashayas can be taken twice a day. Once in the morning on empty stomach and an hour before taking dinner in the evening.
- These Kashaya's can be taken by all age groups starting from children as young as nine months old. Pregnant women and lactating mothers too can consume these.

## IMAGES OF VARIOUS LEAVES WITH SCIENTIFIC NAMES



Nyctanthes arbor – tristis (පාරිජාතං)



Coriander Leaves (ක්‍රැටිමීර)



Boerhavia diffusa (పునర్వ / గలిజేరు)



Bryophyllum pinnatum (రణపాల)



Phyllanthus niruri (నేల స్లీ / నేల ఉసిరి)



Tinospora cordifolia, Giloy Leaves (తిష్టుతీగ)



Fenugreek Leaves (మెంతి ఆకులు)



Mint Leaves (పుదీనా)



Black Jamun Leaves, Syzygium cumini (నేరేడు)



Ivy Gourd Leaves (దొండకాయ)



Moringa oleifera Leaves/ Flowers  
(మునగాకు/పూలు)



Bael, Aegle marmelos (బిల్వపత్రం / మారేడు)



Pongamia pinnata (కాసుగు)



Tender Tamarind Leaves (చింత చిగురు)



Hibiscus cannabinus, Roselle, Kenaf (గోంగూరు)



Piper betle Leaves (తమలపాకు)



Neem, Azadirachta indica (వేపు)



Peepal, Ficus religiosa (రావి)



Lawsonia inermis, Henna Leaves (గోరింటాకు)



Holy Basil (తులసి)



Opuntia dilleni (బ్రహ్మ జెముడు)



Rauvolfia serpentina (సర్పగంధ)



Cumin Seeds (జీలకర్)



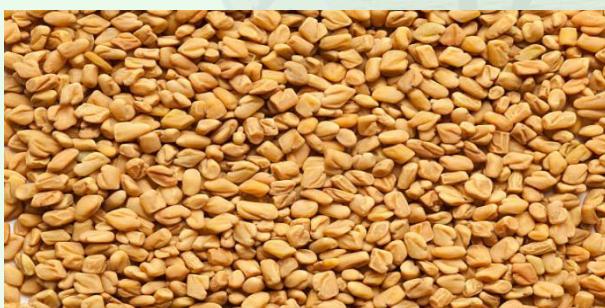
Bermuda Grass, Cynodon dactylon (గరిక)



Phoenix sylvestris, Wild Date (శాత ఆకులు)  
Silver Date, Sugar Date, Indian Date Palm



Organic Turmeric Powder/ Fresh Turmeric Tubers  
(సేంద్రీయ పసుపు / పచ్చి పసుపు కొమ్మలు)





Cinnamon (ದಾಲ್ವಿನ ಚೆಕ್ಕು)



Cloves (ಲವಂಗಾಲು)



Guava Leaves (ಜಾಮ ಅಕ್ಕಲು)



Banana Stem (ಅರಟಿ ದಿಂಡು, ಅರಟಿ ಬೋದ)



Niger Seeds (ಗಡ್ಡಿ ಸುಪ್ಪುಲು, ವೆಲಿ ಸುಪ್ಪುಲು)



Sesame Seeds (ಸುಪ್ಪುಲು)



Cassia auriculata (ತಂಗೆಡು ಅಕ್ಕಲು)



Pimenta dioica, (ಪಚ್ಚಿ ಬಿರ್ಯಾನೀ ಅಕ್ಕ) All Spice Leaves



Dill Weed (ಶತಪ್ತಿ, ಸಬ್ಬಕ್ಕಿ ಅಕ್ಕ, ಸೋಯ ಅಕ್ಕ)



Ruta graveolens (ಸದಾಪಾಕು, ನಾಗದಾಲಿ)

Common Rue



Ziziphus mauritiana (ರೆಗಿ ಆಕು)



Curry Leaves (ಕರಿವೆಪಾಕು)



Papaya Leaves (ಬೊವ್ಯಾಯಿ ಆಕುಲು)



Aloe vera (ಕಲಬಂದ)



Chamomile Tea (ಕೆಮೊನೆಟೆರ್ ಟೀ)



Tridax procumbens (ಗಡ್ಡಿ ಚೆಮಂತಿ)



Marigold Flowers/ Leaves (ಬಂತಿ ಪೂಲು/ಆಕುಲು)



Banyan Tree Leaves (ಮರಿ ಚೆಟ್ಟು ಆಕುಲು)



Hydrocotyle asiatica (ಸರಣ್ಣತೀ ಆಕು)



Centella asiatica (ಬ್ರಹ್ಮಿ ಆಕು)



Lemon Leaves (నిమ్మ ఆకులు)



Lemon Grass (నిమ్మ గడ్డి)



Shallots (సాంబార్ ఉల్లిపాయ)



Mango Tree Leaves (మామిడి ఆకులు)



Abutilon indicum Leaves  
(అతిబల ఆకు, దువ్వెన చెట్టు, మధ్య చెట్టు)



Abutilon indicum Leaves  
(అతిబల ఆకు, దువ్వెన చెట్టు, మధ్య చెట్టు)



Castor Oil Plant (ఆముదం ఆకు)



Chilli Leaves (మిరప ఆకులు)

**YouTube BIOPHILIANS KITCHEN & MILLET MAGIC**



<http://www.youtube.com/c/BIOPHILIANSKITCHEN>

<https://www.youtube.com/channel/UCBrHICLFeM9Sv7JJHZXV3yg>

**(Click the above link to view recipes made using Siridhanya (Millets).)**

## BENEFITS OF VARIOUS KASHAYAS

### 1. BERMUDA GRASS

Bermuda Grass is almost known to all. Its scientific name is Cynodon dactylon. Known as Dhub in hindi. This grass is mainly used in the worship of Lord Ganesha.

Let us see how to differentiate between the regular grass and the bermuda grass. This grass unlike the other types has rough edges and has several nodes from where each blade of grass grows. The surface of this grass is hydrophobic like the lotus leaves. So, the water droplets shine like pearls of mercury. At the end of each of the stems Panicles emerge. These help us to easily identify bermuda grass.

Bermuda Grass Kashaya has innumerable benefits.

- It occupies the 1<sup>st</sup> place in the list of Saptapatra Kashayas suggested by Dr. Khadar Vali meant to enhance the immunity levels in our body.
- Provides relief from all types of respiratory problems.
- Helps to reduce the heat in one's body.
- Aids in weight loss.
- Acts as an effective remedy for joint pains.
- Helps in mitigation of neurological disorders.
- Alleviates tooth ache.
- Helps in bringing down the count of RBC's, WBC's and platelets in the blood to normal level when it is abnormally high.
- Also beneficial for people suffering from ailments like insomnia, autism, mouth ulcers, HIV, hepatitis B, hepatitis C, scleroderma, multiple sclerosis, muscular dystrophy and myasthenia gravis.



1. Bermuda Grass - Cynodon dactylon



**BERMUDA GRASS KASHAYA PREPARATION → <https://youtu.be/v3oBOgMDfps>**

## 2. HOLY BASIL

The scientific name of Holy Basil or Tulsi is *Ocimum tenuiflorum*. It is also called *Ocimum sanctum*.

Tulsi is considered as the most holy plant by Indians. It is not an exaggeration to say that almost every home in India has a Tulsi plant.

This plant is worshipped as the replica of goddess Sri Maha Lakshmi. It is believed to be the panacea for all ailments.

Tulsi is an aromatic perennial plant. If exposed to adequate sunlight, and watered regularly Tulsi grows into a lushy bush.

There are varieties in tulsi. We can take any kind of tulsi for making kashaya or herbal decoction.

Tulsi Leaves Kashaya has countless benefits.

- It occupies the 2<sup>nd</sup> place in the list of Saptapatra Kashayas suggested by Dr. Khadar Vali meant to enhance the immunity levels in our body.
- It has the ability to keep the mental disorders at bay.
- Acts as an effective remedy for BP, cholesterol, triglycerides and all heart related issues.
- Helps in bringing down the count of platelets in the blood to normal level when it is abnormally high.
- Provides relief from all types of respiratory problems like cough, TB, pneumonia etc.
- Aids in eliminating all throat related problems like tonsils, hoarse voice etc.
- Helps in mitigation of neurological disorders.
- It keeps the body temperature in balance.
- It is a perfect remedy for all types of cold that attack us in any season.
- Helpful in curing all kinds of fevers including viral fevers.
- Tulsi Kashaya also is useful in alleviating ankylosing spondylitis.



**HOLY BASIL KASHAYA PREPARATION ➔ [https://youtu.be/tJ\\_MpCUv6bg](https://youtu.be/tJ_MpCUv6bg)**

### 3. GILOY LEAVES

The scientific name of Giloy Leaves is *Tinospora Cordifolia*. This is also called Amritavalli meaning - The one that is immortal. Commonly known as Guduchi too.

It is a creeper widely found growing wild in agricultural fields and farm fences. Leaves are



3. Giloy Leaves - *Tinospora cordifolia*

heart shaped. Flowers of this vine are greenish yellow in colour while the fruits are bright red in colour.

It is a perennial creeper that can be grown very easily by simply planting a stem cutting that has a thickness of our little finger and 6 to 8 inches in length with at least two nodes.

Giloy Leaves Kashaya has a multitude of benefits.

- It occupies the 3<sup>rd</sup> place in the list of Saptapatra Kashayas suggested by Dr. Khadar Vali meant to enhance the immunity levels in our body.
- Helps to overcome issues like diabetes and mental disorders.
- Helps in correcting the hormonal imbalance.
- Acts as a perfect remedy for all heart related ailments.
- Helps in mitigation of nerve related ailments like paralysis.
- This helps in getting de addicted from consumption of tea, coffee, alcohol, drugs, gutka and also smoking.
- Beneficial for people suffering from issues like HIV, hepatitis B, hepatitis C, mouth ulcers, chicken pox.
- Helpful in curing fibroids and lipoma too.
- Provides relief from all types of viral fevers including COVID 19, H1N1.

 **YouTube GILOY LEAVES KASHAYA PREPARATION ➔ <https://youtu.be/Q2xit0VoiUs>**

## 4. BAEL LEAVES

The scientific name of Bael Leaves is Aegle marmelos. It is commonly known as Bilva Vruksham in India. Since it is used in the worship of Lord Shiva, these trees are planted in Shiva temples.

These leaves are generally trifoliate i.e. each leaf has three leaflets. However, we also find some rare varieties of bael trees which have leaves with five as well as nine leaflets.

Bilva trees have strong thorns and hard fruits. These leaves can be got from vendors who sell flowers, bermuda/durba grass and other pooja materials near temples.

Bael Leaves Kashaya has countless benefits.

- It occupies the 4<sup>th</sup> place in the list of Saptapatra Kashayas suggested by Dr. Khadar Vali meant to enhance the immunity levels in our body.
- This helps in getting de-addicted from consumption of tea, coffee, alcohol, drugs, gutka, excess consumption of food and also smoking.
- Provides relief from pain anywhere in the body.
- Acts as a perfect remedy for all heart related ailments.
- Helps in correcting the hormonal imbalance.
- Helps in mitigation of ailments like varicose veins, varicocele, hydrocele.
- Useful to alleviate all ailments related to the liver and nerves.
- Beneficial for people suffering from issues like HIV, hepatitis B, hepatitis C, SLE, autism, MND, multiple sclerosis, filariasis, mouth ulcers and muscle cramps.
- Also acts as an effective remedy for brain and abdominal cancers.



**BAEL LEAVES KASHAYA PREPARATION ➔ <https://youtu.be/BKzrnwsDkiM>**

## 5. PONGAMIA LEAVES

Pongamia Pinnata tree is commonly known as Pongam tree, Indian beech tree and as Karanj in hindi, kanuga or ganuga in telugu. It is known as the richest and brightest trees of India and one of the most valuable medicinal plants that the nature has given to us. It is a fast growing evergreen tree found almost everywhere around us. The leaves of Pongam tree have 5,7 or 9 oval shaped leaflets that have pointed tips. We can easily identify this plant by looking at the fruits which are dark grey in color. Flowers have 5 white petals that are traced with pink or violet color.



5. Pongam Leaves - *Pongamia pinnata*

Pongamia Leaves Kashaya has a multitude of benefits.

- It occupies the 5<sup>th</sup> place in the list of Saptapatra Kashayas suggested by Dr. Khadar Vali meant to enhance the immunity levels in our body.
- Helps in correcting the hormonal imbalance, thyroid, PCOD, pancreatitis, endometriosis.
- Provides relief from fibroids, lipoma as well as dissolving stones in gall bladder.
- Useful in treatment of conditions like diabetes, autism, rheumatoid arthritis.
- It is beneficial in treating all stomach related issues Like gastritis, acidity, indigestion, infections, ibs, constipation etc.
- Useful to alleviate anal disorders like colitis, Crohn's Disease, piles, fissures, fistula.
- Helps in fighting breast cancer, anal cancer and intestinal cancer.
- Acts as a perfect remedy for de-addiction from tea, coffee, alcohol, drugs, gutka, smoking and even consumption of excess food.
- It cleanses and regenerates the liver and is also a definite cure for all problems related to liver.
- Pongamia Kashaya is useful in reducing body heat and inflammation.
- Acts as an effective remedy for dental and gum related problems.
- One can even overcome the infections to the gums by chewing the pongamia leaf.
- We can get rid of the plaque on teeth by using pongamia sticks at least twice a week. By doing so we can even control bad breath and infections to teeth and gums.

## 6. NEEM LEAVES

The scientific name of Neem Tree is Azadirachta Indica. This plant is worshipped as the replica of goddess Sri Maha Lakshmi. Neem tree has been used traditionally for many years for its many beneficial qualities.

Neem tree has a unique property of purifying air in its surroundings. It is also believed to be releasing more oxygen than most other plants. It is trusted

It has been observed to be the panacea for all ailments and ills. It is a large, fast-growing evergreen tree. Neem tree has 2inch long serrated leaflets which have a bitter taste. Edible fruits are oval to round in shape that have a thin skin.

Neem Leaves Kashaya has numerous benefits.

- It occupies the 6<sup>th</sup> place in the list of Saptapatra Kashayas suggested by Dr. Khadar Vali meant to enhance the immunity levels in our body.
- Provides relief from all types of respiratory problems like asthma, TB, pneumonia, cold etc
- Helps in correcting the hormonal imbalance, thyroid, PCOD, pancreatitis, endometriosis.
- A perfect remedy for infertility and oligospermia or low sperm count.
- Helps in mitigation of neurological disorders like Parkinson's, Alzheimer's, fits, paralysis etc.
- Useful in treatment of conditions like diabetes.
- Helps in fighting breast cancer.
- Acts as a protective shield from viruses like small pox. Extremely beneficial during times of low immunity.
- Useful in eliminating the intestinal worms.
- We can get rid of the plaque on teeth by using neem sticks at least twice a week. By doing so we can prevent formation of plaque and even control bad breath, infections to teeth and gums.



6. Neem Leaves - Azadirachta indica



**NEEM LEAVES KASHAYA PREPARATION ➔ <https://youtu.be/fIMHfBuVKil>**

## 7. PEEPAL LEAVES

The scientific name of Peepal Tree is Ficus Religiosa. It is also called the Sacred Fig, the Bodhi Tree and the Ashwattha Tree. It is a very sacred tree and can be seen in many temples. Neem Tree and Peepal Tree are planted together in temples and are worshiped as a symbol of goddess Lakshmi and Lord Narayana.



7. Peepal Leaves - *Ficus religiosa*

Apart from its religious significance, Peepal tree is also known for its medicinal value. The leaves are cordate in shape with a distinctive extended drip tip. (heart shaped leaves that have long narrowing tips.) This tree bears tiny small fig like fruits which look these.

Peepal tree provides food to thousands of living creatures that live in the forests. It happens to be one of the most important trees that are useful to several forms of life. It also plays an important role in maintaining the health of other plants in the wild.

Peepal trees live for centuries and there are a few peepal trees which have been there for over two millennia. We find peepal trees wildly growing from the crevices of walls of the old and dilapidated buildings, at the base of overhead water tanks, etc. The leaves of even such trees can be used for Kashaya.

Peepal Leaves Kashaya has countless benefits.

- It occupies the 7<sup>th</sup> and last place in the list of Saptapatra Kashayas suggested by Dr. Khadar Vali meant to enhance the immunity levels in our body.
- Useful in curing diabetes, dental issues and also aids in weight loss.
- A perfect remedy for infertility and oligospermia or low sperm count.
- Helps in mitigation of neurological disorders like Parkinson's, Alzheimer's, fits, paralysis etc.
- Helps in correcting the hormonal imbalance, thyroid, PCOD, pancreatitis, endometriosis.
- Works wonders in alleviating any problem related to menstruation and pregnancy in women.
- This kashaya helps kids overcome several health issues like attention deficit hyperactive disorder (ADHD), borderline autism and speech delay.
- Provides relief from mental disorders, insomnia, and also helps in fighting filariasis too.

- Acts as an effective remedy for ailments such as candidiasis, henoch-schonlein purpura (HSP), prader villi syndrome, avascular necrosis, prostate gland problem, and vasculitis.
- It is one of the three kashayas prescribed by Dr. Khadar Vali to help fight cancer in any part of the body.

 **YouTube PEEPAL LEAVES KASHAYA PREPARATION ➔ <https://youtu.be/Y7v6XmM7HRE>**

## 8. CURRY LEAVES

BENEFITS:

- Since these leaves are rich in iron the kashaya made with these leaves helps in improving production of blood. It therefore helps in overcoming anaemia.
- Curry leaves are loaded with anti-oxidants and therefore it acts as an anti-carcinogenic.
- It helps in maintaining the hormonal balance.
- Consuming chutney powder made with these leaves enables lactating mothers to produce adequate milk.



Curry Leaves - *Murraya koenigii*

## 9. FENUGREEK SEEDS

BENEFITS:

- Dr. Khadar Vali says this kashaya is good for lactating mothers.
- Helps in relieving problems such as diarrhoea, blood stools and dysentery.
- It can be consumed to control bleeding anywhere in the body like bleeding from nose, bleeding piles etc.
- Also good for the prevention of almost all gastro intestinal issues.
- Fenugreek is natures boon to our digestive system. Dr. Khadar Vali advices that we should drink a glass of buttermilk with half teaspoon of fenugreek seeds added to it. It helps to minimise the side effects if we ever eat outside in the event of inevitable situations.



Fenugreek Seeds - *Trigonella foenum-graecum*

 **YouTube FENUGREEK SEEDS KASHAYA PREPARATION ➔ <https://youtu.be/bOLZUsHAthk>**

## 10. CINNAMON

BENEFITS:

- It protects us from brain related issues like brain cancer, brain tumour etc.
- It is useful for all nervous related issues like autism, Parkinson's, paralysis, fits etc.
- Beneficial for people suffering from psychological problems like OCD, anxiety.
- Helps in relieving all stomach related issues.
- Also aids in improving the memory power.



Cinnamon - *Cinnamomum verum*

► YouTube **CINNAMON KASHAYA PREPARATION** ➔ [https://youtu.be/KZzE4\\_a\\_wRw](https://youtu.be/KZzE4_a_wRw)

## 11. CUSTARD APPLE LEAVES

BENEFITS:

- It is useful to eliminate intestinal worms in children.
- It provides relief to women suffering from white discharge issues.
- It is of great use even for other uterine problems.
- Eating custard apple fruit can help you get calcium.



Custard Apple Leaves - *Annona squamosa*

► YouTube **CINNAMON KASHAYA PREPARATION** ➔ <https://youtu.be/Fsi342DDCAw>

## 12. MULTI VITAMIN PLANT

BENEFITS:

- Helps to overcome anaemia.
- Aids in optimal growth of children.
- Provides relief from mouth ulcers.
- Useful in curing all heart related ailments.
- Good remedy for viral infections like HIV.



MultiVitamin Plant - *Sauvopas androgynus*

## 13. BANANA STEM

Helps to solve the problem of insomnia.

- Useful in alleviation of psychiatric problems.
- Aids in dissolving stones in kidneys, gall bladder and pancreas.
- Helps in improving the condition of autistic kids.
- Acts as an effective remedy for most kinds of mouth ulcers.
- Helps to reduce the body heat.



Banana Stem - *Musa acuminate/ Musa balbisiana/ Musa paradisiaca*

**YouTube BANANA STEM KASHAYA PREPARATION ➔ <https://youtu.be/8EqBdGiM44g>**

## 14. CHAFF FLOWER

BENEFITS:

- Helps in prevention of infections to gums and teeth.
- Provides relief from issues related to menopause.
- Aids in regulating the calcium metabolism.
- Strengthens bones.



Chaff Flower - *Achyranthes aspera*

## 15. SHALLOTS

Enhances production of blood in people suffering with anaemia.

- Useful in curing all heart related ailments.
- Helps to overcome insomnia.
- It has the ability to keep the mental disorders at bay like OCD, bipolar, schizophrenia etc.
- Helps to alleviate all kinds of allergies.
- Helps in bringing down the count of platelets in the blood to normal level when it is abnormally high.
- The immune cells in our body are over-responsive in autoimmune diseases. This kashaya prevents the over-reaction of those cells and balances the immune system.



Shallots - *Allium ascalonicum*

**YouTube SHALLOTS KASHAYA PREPARATION ➔ <https://youtu.be/5gekm15oB8Q>**

## 16. NIGHT JASMINE

Parijat is also called as Night Jasmine as its flowers bloom at dusk and fall off the shrub by morning. The corolla (petals) of the flower is white in colour with deep orange stalk. These flowers are delicate and emit pleasant fragrance. Its scientific name is *Nyctanthes arbor-tristis*.



Night Jasmine - *Nyctanthes arbor-tristis*

It is referred to as Har Singhar in North India. It is found in most Indian homes. The leaves of this tree have very rough surface and a sharp tip (apex).

### BENEFITS:

Parijat kashaya is one of the best kashayas with amazing health benefits.

- As per Dr. Khader Vali, it is one of the three important kashayas for treating all types of cancers.
- It has the ability to keep us away from all kidney disorders.
- It can cure all types of fevers and body pains.
- It can aid in maintaining right levels of each of the components of blood like red blood cells, white blood cells, platelets and is of great use for several blood related issues such as anemia, high ESR which indicates some inflammation and so on.
- This is a good remedy for children with attention deficit hyperactivity disorder (ADHD) and Border line autism.
- Helps in overcoming health disorders like varicose veins, varicocele, scrotal hernia etc.
- Beneficial for issues like diabetes, diabetic gangrene and gangrene.
- Helps in mitigation of nerve related ailments like Parkinson's, Alzheimer's, fits and paralysis.
- Also corrects hormonal imbalance and other gynaec disorders.
- Provides relief from pain anywhere in the body.
- Acts as an effective remedy for joint pains, joint swellings, gout, rheumatoid arthritis etc.
- Spinal problems such as C4, C5, L4 and L5 can also be alleviated with this kashaya.
- It has amazing power to cure rare diseases like avascular necrosis, motor neuron disease, scleroderma, multiple sclerosis, muscular dystrophy, deep vein thrombosis (blood clotting in legs), fibroadenoma (swellings in body), brain tumour, etc.

 YouTube **NIGHT JASMINE KASHAYA PREPARATION** ➔ <https://youtu.be/C7g6LClxj0>

## 17. ATIBALA

### BENEFITS:

- It has the ability to provide relief from all kidney related ailments like dialysis, stones in kidney, uric acid, creatinine etc.
- Helps in curing hormonal imbalance, thyroid, PCOD, endometriosis.
- It offers solution to problems like infertility, oligospermia (low sperm count) etc.
- Aids in mitigation of nerve related ailments like Parkinson's, Alzheimer's, fits, paralysis, vertigo.
- Beneficial for people suffering from skin disorders like psoriasis, dry eczema, vitiligo, ichthyosis etc.
- Provides relief from all types of respiratory problems like asthma, TB, pneumonia, common cold, etc.
- Acts as an effective remedy for all heart related issues.
- Useful in treatment of conditions like fatty liver, hepatitis A and pancreatitis.
- It helps in curing all digestive issues like gastritis, acidity, acid reflux etc.
- Spinal problems such as C4, C5, L4, L5, sciatica can also be alleviated with this kashaya.
- It offers great help in treating diabetes.
- It even provides cure for chikungunya.



## 18. KENAF/ ROSELLE

### BENEFITS:

- Dr. Khadar reiterates that this kashaya is a perfect remedy for several gynaecological issues in women of different ages.  
Ex: fibroids, endometriosis, PCOD, thyroid, hormonal imbalance, menopausal problems etc.  
Even pregnant women, lactating mothers can consume this kashaya.
- Useful to alleviate all nerve related ailments.



Kenaf/Roselle - *Hibiscus cannabinus*  
*Hibiscus sabdariffa*

- Provides relief from constipation, IBS, colitis, Chron's Disease, piles, fissures, fistula, haemorrhoids and other colon and rectal affections.
- It acts as a good deworming agent.
- Helps in bringing down the count of RBC's and WBC's in the blood to normal level when it is abnormally high.
- Can help in fight against breast cancer.
- It helps in elimination of kidney stones.
- Useful in treatment of multiple sclerosis.
- It helps in alleviation of problems related to ear, eye, hair.
- It rejuvenates a person's energy levels after a hectic schedule.

## 19. GUAVA LEAVES

### BENEFITS:

- Provides relief from pains and aches anywhere in the body.
- Acts as an effective remedy for joint pains, joint swellings, gout, rheumatoid arthritis etc.
- Helps in correcting the hormonal imbalance.
- Spinal problems such as C4, C5, L4 and L5 can also be alleviated with this kashaya.
- It is one of the three kashayas prescribed by Dr. Khadar Vali to help fight cancer in any part of the body.
- Provides relief from constipation, IBS, colitis, Chron's Disease, piles, fissures, fistula and other colon and rectal affections.
- Infections to teeth and gums can also be treated by consuming this kashaya.
- Helpful in curing fibroids, lipoma as well as dissolving stones in gall bladder.
- Useful in mitigation of nerve related ailments like Parkinson's, Alzheimer's, fits, paralysis, vertigo etc.
- Acts as a good remedy for gynaecological diseases like oestrous (menstrual) cycle problems and other problems related to uterus.
- Extremely beneficial for ailments like extra wear of bones, prostrate problems, muscular dystrophy, scleroderma, fibromyalgia, trigeminal neuralgia, cracks in palms and soles.
- Boosts the immunity levels in our body.



Guava Leaves – *Psidium guajava*

## 20. ALOE VERA

- Acts as an effective remedy for people suffering from skin disorders like psoriasis, dry eczema, vitiligo, ichthyosis etc.
- Helps in fighting skin cancer.
- Acts as a perfect remedy for keeping the skin healthy always. Its gel can be applied topically and can also be taken in the form of kashaya.
- Provides relief from itching in any part of the body like ear, eyes, nose, etc.
- Useful in treatment of warts and scalp affections.
- Provides relief from constipation, IBS, colitis, Chron's Disease, piles, fissures, fistula, haemorrhoids and other colon and rectal affections.



Medicinal Aloe/ Burn Plant – Aloe vera

## 21. MUGWORT

The scientific name of Mugwort is *Artemisia vulgaris*. Of the 21 kinds of leaves used to worship Lord Ganesha on Ganesh Chaturthi, Machipatri or Mugwort is the first one. Like the Crysanthemums, Mugwort too belongs to Asteraceae family. The leaves have a pleasant smell and are somewhat similar to those of Chrysanthemum. This plant has several medicinal properties and can be easily grown in a pot. It generally thrives for three years leaving tiny plants behind. This plant grows two to three feet tall depending on the soil and the environment. It has panicle like inflorescence.



Mugwort – *Artemisia vulgaris*

- The kashaya made with mugwort leaves helps a great deal in tiding over all problems of respiratory system.
- Alleviates various problems related to blood for example clotting of blood in blood vessels.
- Helps to overcome malaria and viral fevers.
- Provides relief from epilepsy in children especially for the ones who get fits during night time.
- It is a perfect remedy for green stools in children.
- Mitigates the problem of hydrocephalus (children born with large head).
- Aids in overcoming all issues related to menstrual cycles and hormonal imbalance in women.

**YouTube MUGWORT KASHAYA PREPARATION ➔ [https://youtu.be/r2Sp0\\_ZFHDs](https://youtu.be/r2Sp0_ZFHDs)**

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