

HERBAL MEDICINES

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One of the several prominent blessings endowed upon us by the Almighty is that for prevention and cure of diseases and development of inner vitality, valuable wild medicinal roots and herbs (Jadi-butis) freely grow here and there. One can easily solve most of the health problems on their basis alone. Everybody knows what important role mineral wealth plays in our life. Several valuable materials like, metals, chemicals, coal, oil etc., are obtained from the interior of the Earth. Everyone is aware of the difficulties which will be experienced if these materials were not present. Exactly the same thing can be said about medicinal plants. Ordinary vegetations in the form of grass, fodder, vegetables, and cereals sustain animal and human life. So they have been called the source of life. The matter regarding medicinal plants is a step ahead. Valuable gems like diamonds and emeralds are found at selected places with great difficulty. The same applies to medicinal plants, in the vast field of vegetation. They are fully capable of curing several physical and mental disorders. Not only this, physical strength and mental brilliance can also be achieved through them. They also provide opportunity for development of our immune system.

Several Rishis with divine insight like Maharshi Charaka, Sushrut, Vagbhatt worked hard lifelong searching the entire surface of Earth and documented the curative properties of medicinal roots and herbs for the benefit mankind. The books on Ayurveda incorporate the sum and substance of their research. This is a science which, if properly understood and followed, can help a long way in easily maintaining our health. With its help, one can get rid off diseases and by remaining strong and healthy, secure the advantages of longevity.

It is unfortunate that these days the allopathic system of medicines is being over use. Viral and bacterial infections have been regarded as the cause of diseases and anti- biotic drugs have become a common weapon for killing them. The immediate gain is that the severity of disease subsides quickly, but the great harm

is that the army of life saving blood cells and antibodies is destroyed and friend cells also die along with foes. If the life saving antibodies and bacterial flora on which depends the preservation of normal health are repeatedly destroyed by deadly medicines, a new danger appears in the form of loss of resistance power to fight against the diseases. Then any disease gets full liberty to attack. Even mild variations in heat and cold become unbearable and people often complain about sun-stroke or cough and cold. A little gain of suppressing a disease at the cost of killing life saving bacteria ultimately proves dear and harmful. Despite this, the indiscriminate use of these deadly medicines is increasing day by day with the result that before one disease subsides, several new disastrous disorders appear. Loss of vitality is followed by prolonged weakness which invites its sister ailments in different forms. Besides this, these strong drugs also affect thinking process and thus arise various mental disorders.

One of the several curses of the so-called modern civilization is that we have lost sight of the curative powers of herbs and started frequent use of anti-biotics, alcohol mixtures and strong injections. We have gained nothing but lost much by popularizing the addiction to these drugs. By neglecting use of medicinal herbal plants we have invited lots of troubles in the sphere of health. Our ancestors had depended on them and were healthy, strong and blessed with longevity. On this basis alone, diseases could be challenged without causing any harm to the life saving cells. The specialty of these herbs is that they increase vitality which does not permit growth of viruses and bacteria. This increased strength in the form of vitality acts as a proactive shield. The use of medicinal plants should be propagated on the basis of scientific investigations.

Amongst the medicinal herbs, there are some important plants which may be called Sanjiwani (having the power of reviving the dead to life). There is a reference in Ramayan that Meghnath's Shakti-bana had made Laxman almost half-dead. Realizing the seriousness of the situation, Sushen vaidya directed Hanuman to

procure a divine herb from the Himalayas. This was brought by him and Laxman was treated and brought back to life. There are many such instances in scriptures. The body of old Chyavan Rishi was worn out. Accidently he lost his eyesight too. Ashwinikumar Vaidya treated him with divine herbs. Not only did he regain his sight but was also rejuvenated into a new youthful life. Although the exact prescription is not still available but Chyavanprash-avleh is still in use in Ayurvedic system.

King Dashrath had no children. Shringi Rishi prepared a divine Charu through Puttreshthi- Yagna. The three queens took the Charu and were endowed with four children including Ram and Laxman, This Charu was prepared by a mixture of herbal medicines and processed in the divine fire of Agnihotra.

In Ayurveda there is a specific system of medicine by the name of Kalpa-chikitsa Old king Yayati was transformed back to youth using this technique. Rishis have been described to have enjoyed surprisingly long and healthy lives by the use of various herbal preparations in their daily routine.

It is said that in the fight between snake and mongoose, the latter on being bitten by the former runs for a particular herb and after consuming it, regains fresh strength and attacks the snakes again with a fresh charge. The reason for Mongoose's victory is not its strength but its knowledge of that particular herb that protects it against the snake's venom.

Not only the importance and use but the very awareness about these medicinal plants is fast disappearing. Vegetations similar in appearance are collected, processed by heavy machinery, packaged attractively and sold by big commercial concerns. Herbal medicine become ineffective after the lapse of about an year. After the expiry of this period the ineffective herbs should destroyed. This is followed honestly in the case of English medicines and they are never used after the expiry period, but medicinal plants are stocked for twenty to thirty years by grocers. There is no system evolved yet to monitor and control the distribution of

herbal medicines. These are the reasons that they are not found effective and people are losing faith in them. Things are not going to change if skilled persons do not take over the processing and distribution work in their hands.

It has therefore, been considered necessary to revive the science of herbs. Ayurveda is regarded as the fifth Veda. It contains interpretation and analysis of Atharva Veda. The revival of Vedic knowledge should start from rejuvenation of the science of medicinal plants. Ayurveda mainly consists of use and treatment by herbs alone. The use of rasa and bhasma is a later development hence they have not been included in Ek-Oshadhi Chikitsa, inaugurated by the prominent physicians of this century.

In the context of reviving the ancient traditions of the Divine culture, research work on all the important herbal plants has been taken up at the Brahmavarchas-Shodh-Sansathan. Rare medicinal plants have been collected and specially brought from the distant Himalayan regions and planted in Ashram's nursery. For their thorough chemical analysis, a self-sufficient laboratory has been set up in order to judge genuineness and analyze their ingredients and qualities. It would be possible on this basis only to acquaint the scientific world with the significance, qualities, effect and potentiality of herbs as medicines.

It is planned to have nurseries of jadi-butis (herbs) in all the 2400 Shakti-Peeths built by the mission to provide facilities in that area for treatment of minor ailments and enhancement of vitality in the local population.

Several herbs are known to be useful in the development of mental faculties and are helpful in spiritual advancement too. Those who attend Sadhna sessions in Shanti-Kunj are given a Kalka of such herbs. This has been found very useful in reforming and elevating the physical, subtle and causal bodies. Competent physicians of Brahmavarchas and Shantikunj advise from time to time how, when and what particular herbs should be taken by a particular participant. Their advice is always available to every one free of cost. Several persons suffering from physical

and mental ailments take away these pure and effective herbal powders from Shanti- Kunj and on getting miraculous results they advise others too, to use them. Several persons have started systematic cultivation and harvesting of herbs. This is an indication of a bright future in preserving and promoting this ancient science.

The medicinal plant laboratory of Shanti-Kunj has emphasized the ancient principle of “one disease - one medicine”- Ek-Oshadhi system. In this system, only one herb is used at a time. It has been found that by mixing several herbal medicines, the qualities of each are minimized. It is a misconception that by mixing several medicines, the qualities of each will remain intact. The truth is that by mixing more than one such medicines, all the components lose their special qualities and the reaction tends to nil or somewhat different. Keeping this fact in view, Shanti-kunj has fallen in line with the ancient Ayurveda emphasizing that only one herb should be used at a time.

In treatment by Yaga / Agnihotra, the havan- samagri used consists of these medicinal plants only. New research on the science of Yagya is also going on in Shanti Kunj. Investigations are being conducted to assess an alternative system of medicine based on Yagya. Medicine in its gaseous form is easily dispersed and gains higher potency.

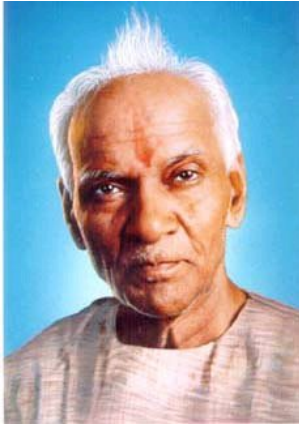
A new experiment of preparing the dhoop of havya herbs has been started. It is utilized by burning it in the room and inhaling the fumes. This is a miniature form of Agnihotra. This has helped not only in safeguarding health but also in mental and spiritual development. Dhoop was being used till now in religious rites only. Now this system is being made more wide-spread and of direct public utility. The use of herbal plants in Agnihotra is being popularized by the mission. This a unique contribution of Shanti-kunj.

With these efforts, it is hoped that Ayurveda will regain universal acknowledgement and prove its scientific worth. The fog which has obscured the great efforts of hermits like Charak, Sushruta and Vagbhatta, will disappear with the

advent of the new dawn.

About the Author:

Shriram Sharma Acharya: A seer-sage and a visionary of the New Golden Era.



His personality was a harmonious blend of a saint, spiritual scientist, yogi, philosopher, psychologist, writer, reformer, freedom fighter, researcher, eminent scholar and visionary. He pioneered the revival of spirituality and creative integration of the modern and ancient sciences and religion relevant in the challenging circumstances of the present times. In 1979, he founded the Brahmavarchas Research Institute, the research center in Haridwar (India) dedicated to the integration of the modern and ancient sciences in a practical way motivated by the noble goal of health and happiness for all. This center houses well equipped laboratories of Haemetology, Biochemistry, Neurophysiology, Cardiology, Phytochemistry, Psychometry, Yagyopathy etc.

At the age of 15, (Jan 18th, 1926) a great Himalayan yogi, Swami Sarveshvaranandji appeared before him in astral body from the flame of the Dipaka (lamp) and guided him throughout his entire life. The next 24 years of his life were devoted to 24 Mahapurashcharanas –each consisting of the rhythmic recitation (japa) of 2.4 million Gayatri Mantra with strictest of disciplines. In 1943, he married Bhagwati Devi, and ever since, the saintly couple dedicatedly pursued the noble mission of spiritual upliftment of humankind.

Realizing the potential of inspiring literature and its relevance in the present era of intellectual evolution, he had chosen writing as the principal mode towards uprooting the evil tendencies and blind faith from people's minds and arousing the indwelling wisdom, strength and spiritual bliss. He wrote about 3000 enlightening books in Hindi on almost all topics concerning human life. He translated the entire Vedic Vangmaya (4 Vedas, 108 Upanishads, 18 Puranas etc.) in Hindi elucidating the tradition, style, universality and history of Vedic Literature. He also practiced higher-level Sadhana on the arduous heights of the Himalayas and established enliven contact with the Rishis of the Himalayas. During 1984-1986, he carried out the unique spiritual experiment of Sukshmikarana, meaning sublimation of vital force and physical, mental and spiritual energies. He authored a special set of 20 books highlighting the future of the world and conveying the message of the dawn of the New Era of Truth during the 21st Century. On 2nd June 1990, he voluntarily shed his physical sheath.

For more information:

To find out more about Shriram Sharma Acharya and his spiritual establishment visit www.awgp.org

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