



“ART OF AWARENESS LIVING” **108** CIRCULAR SERIES. CIRCULATE DAILY- MULTIPLY NEW FRIEND
HEALTH AWARENESS TIPS OF TULASY.(INDIAN BASIL)

Tulasi is considered to be a sacred plant in India Tulasi is also known as Indian Basil. It is extensively used in various medicines such as Ayurveda, Homeopathy, Naturopathy, and Aroma therapy. All parts of tulasi plant are useful. Tulasi seeds have stimulant, demulcent, diuretic, as well as cooling properties. Basil oil used as aromatic oil for various applications. There are unlimited medicinal usages of tulasi. Few important of such applications are listed below.

HICCUPS, ASTHMA AND CHEST INFECTIONS: To treat all these problems take 10 gms of tulasi leaves juice mixed with honey.

COUGH AND SOUR THROATS: To treat them take 10 grams of tulasi leaves and boil with little ginger, take a small tumbler of such juice and mix with a spoon of honey and a spoon of lemon juice, take it regularly for some time.

MUMPS AND MEASLES: Oral administration of tulasi leaves paste or directly few leaves and keeping them for some time will prove very effective.

COUGH AND COLD: Early mornings take half tumbler tulasi leaves juice with a spoon of honey for few days, your problem will disappear.

FEVER AND COUGH: Three black pepper seeds mixed with a gram of black salt powdered together, two spoons of tulasi leaves juice mixed with that powder, taken thrice daily is very effective against malarial fever.

LUNGS PROBLEM AND EXCESS MUCOUS: If you have any lung problem or problem of excess mucus from nasal passage, take half cup of tulasi leaves juice mixed with honey, which will cure your problems.

CONSTIPATION: Constipation is a very serious problem. In fact constipation is the main reason for generating many diseases in the body. Total cure of constipation is very much necessary for sound health. Small balls made of 1 gm each by mixing 25gms tulasi leaves juice with 50 gms orange alum (1:2 ratio). Take every night after dinner 1 ball (children), 2 balls for adults for sure relief. Second option is tulasi leaves decoction mixed with ginger and little powdered rock salt can also cure the constipation problem.

PILES: Piles problem is extremely crippling problem, better known only to those sufferers how problematic and threatening they are. Piles causes chronic constipation problem in the patient. To cure the problem of piles half tea spoon of tulasi dried seeds are soaked in half glass of water in the afternoon and those water and seeds are given as oral administration at night after dinner.

GONORRHEA: Gonorrhoea is a serious sexual disease. Many patients suffer themselves, because of stigma. They some times even hesitate to visit the Doctor. Tulasi is the best home remedy for gonorrhoea. Decoction of tulasi leaves works as wonderful remedy for gonorrhoea.

SEMINAL PROBLEMS: Many men, particularly youth, middle aged men with high tension jobs often suffer with seminal problems, particularly with low sperm count, which highly affects the conception of child. For such people tulasi is blessing in disguise. By taking tulasi leaves decoction all sorts of seminal related problems are cured. Persons suffering with low sperm count will overcome their problem.

SEMINAL WEAKNESS AND NIGHT DISCHARGE: Few youth suffer from seminal weakness and discharge semen night times. For them the best home remedy is powder the dried roots of tulasi and take that powder three grams after dinner alternate night. Other alternative is same powder consume with beetle wine and areca nut which also equally cures the problem.

CONTRACEPTION: To avoid conception, boil tulsi leaves in water and drink that water for seven days after menstruation cycle every month.

STONE PROBLEM: A semi solid paste of tulasi leaves inflorescence is made warm and placed on the lower abdomen for few minutes everyday for few weeks. This process breaks your stone without operation.

IRREGULAR MENSTRUATION PROBLEM: Take dried tulasi roots, make them powder and take it with beetle vine for a month and it will result in to regular cycle.

IMMUNE SYSTEM: Eating everyday early morning empty stomach four tulasi leaves strengthen the body's immune system.

STOMACH PROBLEMS: Soak ten to fifteen tulasi leaves in a glass of water in the night and in the morning drain out the leaves and drink that water. This will prevent from all types of stomach problems.

BODY MASSAGE: Extract about a glass of juice from fresh tulasi leaves and make the massaging to the entire body with it in the morning, keep it minimum for fifteen minutes and take bath., It will keep the body physically active and alert the entire day.

BAD MOUTH ODOUR: Bad mouth odor is common in people who's teeth are irregular, who neglect their mouth hygiene, who do not brush teeth at least twice a day, smokers, and in senior citizens etc. It is very embracing when others feel irritated with bad mouth odor while talking. For such people eating 3-4 tulasi leaves in the morning after brushing, will keep the mouth fresh.

SKIN DISEASES: There are so many types of skin diseases. Among them few types are very serious in nature. Tulasi is blessing for any kind of skin disease. For any serious or chronic skin disease make tulasi leaves in to paste and apply it at all affected areas and take bath after 20-30 minutes. In case of other diseases take 50-100 leaves and put them in to bucket allow them to soak at least for minimum for 30 minutes water, then take bath with that water. This will slowly cure all your skin diseases.

HEART GUARD: Tulasi is a proven best heart guard. Patients suffering with any kind of heart problem if they consume 4 raw tulasi leaves daily in the morning empty stomach, it will strengthen heart muscles and guards the heart from all problems.

CHOLESTEROL CONTROLLER: Tulasi is a very effective cholesterol reducer. People suffering with high cholesterol are advised to consume 4 raw tulasi leaves in the morning regularly to reduce their blood cholesterol levels.

TREATING UNCONSCIOUS: Bring an unconscious person to conscious, add a pinch of salt to tulasi juice, put few drops of that juice in to nostrils, the person will come back to conscious.

WATER PURIFIER: Tulasi is a well known water purifier from ancient times. Whenever and wherever pure drinking water is not available, best thing is to use tulasi as handy water purifier. Add at the rate of 2 tulasi leaves per liter of water and leave it for an hour, it will purify the water worth for drinking.

GUARD FOR TOOTH AND GUMS:Tulasi has got curing properties to guard your teeth and gums. Keep 4 tulasi leaves in your mouth and rotate them once in a while .This will protect your gums from various diseases and protect your teeth from early decay.

GRAY HAIR:Tulasi is an ancient Indian gray hair remedy ever used. Take 20 dried tulasi leaves and 10 gms of dried amla1 both mixed together make powder and add this powder with water to make paste. Apply this paste to your hair and after 15-20 minutes take bath. After hair dried apply coconut water.

MIGRAIN:To cure the migraine inhale 3 drops of tulasi oil mixed with 3 drops of lavender and 3 drops of peppermint oil, steadily your migraine problem will disappear.

HEAD ACHE AND NEURALGIA: If you are often suffering with head ache or with neuralgia consume half spoon of dried tulasi seeds everyday, that will solve your problem.

TOOTH ACHE: Tooth ache is the most unbearable pain for anybody. Make a mixture of 20 tulasi leaves and 5 gms of black cumin and apply that paste on paining tooth, your pain will vanish in no time.

ARTHRITIS,RHEUMATISM AND MUSCULAR PAIN: Aged people only know the intensity of pain with arthritis, rheumatism and muscular pain, which is unbearable and unavoidable. For such people tea made with dried tulasi leaves is a very good remedy.

PARALYSIS:Tulasi leaves fumigations will be effective in treating the paralysis patients.

DIGESION DISORDERS:Tulasi is a very good appetizer. people who are suffering with indigestion are advisable to consume 2-3 fresh tulasi leaves before the meals.

BLOOD PURIFIER:Tulasi is well known blood purifier. People suffering with any blood impurities are advised to consume 2-3 tulasi leaves regularly, for a month.

NERVES PROBLEM:Tulasi is an excellent tonic for nerves toning. People suffering with nerves weakness or nerves problem to consume 2-3 fresh tulasi leaves in the early morning. Period depends on the severity of the problem.

ECZEMA, FUNGAL INFECTION AND ITCHING: For eczema make fresh tulasi leaves paste and apply it at affected areas. for fungal infection and itching make tulasi leaves juice and apply it at affected areas, wait for minimum 15 minutes and take bath. Your problem will disappear steadily.

DEWORMING:Tulasi works very effectively in cleaning out worms. To root out worms one has to consume 4 tulasi leaves regularly in the early morning ,until the problem is cured.

PIMPLES: Pimples are a problem of series concern, particularly for teenagers. They cripple the young hearts unimaginably.Tulasi is an excellent home remedy for pimples. Make semi solid paste of tulasi leaves and apply the same on pimples regularly, allow it to dry for 15 minutes and take bath.

DANDRUF:Dandruf problem is a very common problem in many people, particularly in those who neglect their health, middle aged , and senior citizens etc.To solve the dandruff problem make tulasi leaves paste apply it thoroughly to your hair take bath after 15 minutes.

GENERAL TONIC: Preparing tea with tulasi fresh leaves instead of tea leaves and consuming it regularly work wonders. It works as guard s against all infections by improving your all-round immune system. Over all it works as general tonic to your entire body.

CAUTION: The only precaution to be exercised is , it is to be avoided by ladies during pregnancy.

Tulasi in other words, it is nector.Simply blessed herb of poor man's home remedy. Grow tulasi in your backyard ,use it in appropriate way to cure your problems and enjoy trouble free stress free cost-free all-round natural health.

FOUNDER: SRI. KRISHNA MURTHI, CHAIRPERSON: SMT. K. PRAMEELA,

Add: SRI MISSION, 1097, 7th block, HMT Layout, Vidyaranyapura, Bangalore-97. Ph- 08023641839.

*Send your email ID with request for SRI Mission's free awareness emag "Master" to master.emag@gmail.com.

* Read all art of awareness living circular series without fail. Become yourself awareness master.

* "Become noble reformer gift free new lives". *Print art of awareness living circulars 1000 copies for RS. 500 with your name, address, business details and distribute in your locality. Become noble reformer/promote your business.

SOCIAL SERVICE IS THE SUPREME GOAL OF LIFE.

Art of awareness living circular gift from

K. HARI RAJIV

Sri Bindu, 7th block, 10th cross, HMT Layout, Vidyaranyapura, Bangalore-97.

SPONSORERS/ADVERTISERS SPACE