APPENDICES.
APPENDIX - I

USE OF TULSI LEAVES (SANDAHARA, 1972)

Take 25 to 100 leaves according to disease and season and
the age and the strength of the individual in cold season more,
in hot less. For children 5 to 25 leaves. They may be crushed
or powdered to fineness in a clean vessel. The juice can also
be taken 10 to 25 gms. (Flowers may be taken 1/2 to 1 gm. They
are tonic and diuretic as well) Leaves can be dried under the
shade and its powder can also be taken but it is less effective
compared to the fresh leaves. The white basil and the purple
stalked basil has equal therapeutic effects. (Family Labiatae)
Latin - Ocimum Album and Ocimum sanctum.

2 Anupam (Fluid Vehicle)

Fresh Curd, varying from 50 to 100 gms. according to age,
strength of the individual and the season. In case curd is not
available or suitable pure honey or good (Gur) treacle is
useful. Milk under no circumstances. In case of children,
little honey can be added to the curd.

3 Time

In the morning after cleaning the mouth, 30 minutes after
the milk, tea or breakfast may be taken. Ordinarily once, but
in acute conditions twice or thrice or it can be administered
every two hours till the disease condition is under control. In
conditions that are difficult to cure or are incurable, 2 or 3
times it should be administered. Maximum therapeutic effect is
obtained by taking first thing in the morning.

4 Indications

The following diseases and conditions have been cured
totally or considerably relieved by this regimen.

1. Arthritis, osteoarthritis and muscular pain.

2. Sinusitis and cold. In certain cases where operation was
necessary a fifteen-days treatment cured the patient.

3. **Kidney Diseases.** In conditions where there is oliguria or oedema. The regimen has removed the Oedema and urine is passed in normal quantity, salt intake has to be stopped or restricted. In one case of kidney stones, in six months the stone was dissolved and the gravel gradually came out. In this case the fluid vehicle was Honey and not curd as it did not suit the patient.

4. **Leucoderma—** in certain cases total cure and in some patches diminishing and the skin is getting normalised.

5. **Blood Cholesterol:** In case of high blood cholesterol it has rapidly come to normal.

6. In flabby and fat individuals the extra fat disappears and the fat is distributed evenly and giving a good shape and appearance. In some cases even if the weight has increased people ask 'what dieting has effected this reduction'?

7. Loss or lack of appetite, constipation, indigestion.— If underweight, weight increases, following improvements in digestion and assimilation.

8. **Acidity disappears.**

9. **Dysentery and Colitis rapidly improve.**

10. **In prostatic difficulties weakness due to old age disappears and the person feels energetic.**

11. **Specific in allergic cold of long duration.**

12. A gentleman met with a motor accident and could not breathe well from the left nostril, could not take cold bath and could not tolerate fan or air-conditioning.
Thus he was unhappy in all seasons. With 4 months Tulsi regimen all the above difficulties have disappeared and he gets sound sleep.

13. In one mentally retarded child this regimen was followed at the age of sixteen. Within two months 23% improvement has been noticed as he does intelligent questions and answers. There is diminished mental exhaustion and his capacity for mental exercise is increased.

14. Specific for Chronic Headache. In one case a fifteen-years old malady disappeared.

15. In certain diseases of children, particularly cold, cough rhinorrhea, diarrhoea, vomiting etc. disappeared. Teething is eventful.

16. One young man was getting fever every month since last five years. After three months' regimen the fever has disappeared. Chronic low grade fevers of 5 to 30 years duration are cured by 4 to 6 months' tulasi Therapy.

17. Wonderful improvement has been found in heart diseases and its accompanying weakness and complications. These forbidden to stay at the hill stations after the heart attack can conveniently stay after its regimen. Both high and low blood pressure are resuming their optimum level. Obvious improvement is seen in other cardiac weaknesses.

18. A decoction of ginger, Mari, i.e. Black Pepper, and Tulsi with treacle may be prepared and when cold it may be taken with 1/2 a sour lime juice, twice or thrice a day in case of common cold and fever. After that one should cover himself with warm cover and rest. Milk is not to be added in the decoction.

19. The above decoction is useful in malaria.
20. Those addicted to tea and tobacco, can take the above decoction instead of tea; the tulsi leaves and black pepper to be chewed in place of tobacco.

Thus they can get ride of the addiction. It is possible this might help the alcoholics as well. It is worth trying. Ordinary leper and cold are relieved by chewing Tulsi and Mari-Black Pepper.

Precautions :— Prohibited in those suffering from Piles.

21. Wrinkles over the skin, fissures in hands and feet however, old, are found disappearing. Tulsi with sour lime juice have been found useful in epidermophytosis, itch and seborrhoea of the sleep. New nails have grown in persons suffering from disease and atrophy caused by certain serious maladies. Found very useful in Leprosy.

22. Wounds heal quickly and fractures of the bones united rapidly.

23. In anaemia Haemopoiesis is rapid.

24. (a) In one case of cancer after operation and radium treatment there was healing of a weeping sore.

(b) Another person aged sixty was treated for his infratracheal cancer by operation and cobalt bomb. Then he was considered incurable, had putred expectoration, with multiple Tubercular cavities and liver deficiency. With 5 week's treatment he is able to walk a mile a day.

(c) In another case of vaginal cancer aged 60 Radium and Cobalt Bomb treatment was instituted, was considered incurable. Within ten days' treatment
bleeding and menses have considerably decreased and paid has become tolerable.

After 450 days' treatment the pain has completely gone. There is no bleeding and menses discharge. The weeping sore has healed.

(d) An elderly gentleman (55 years) suffering from Lung Cancer along with paralysis of larynx and heart disease has improved a lot. He is enjoying nearly normal health after three months' treatment.

It is not opportune to make very definite statements but prolonged observation in such cases is necessary.

25. A man aged 40, suffering from Asthma, Leucoerytoses and colitis has improved very rapidly. He had Taeniosis inestation of his bowels also.

In chronic Asthma, dry cough with expectation and in other Pulmonary conditions a great relief is noted in all and some of them are totally cured.

26. A girl aged seven suffering from drug reactions producing severe purpuric spots and apathy with anemia was totally cured of the reactions.

27. In addition, in Vitamin A and B deficiencies and in amenorrhea or scanty menses its regimen has been found useful. Chronic Sanguineous Leucorrhoea and dysmenorrhoea are also cured.

28. In early conjunctivities or fatigue of the eyes in reading the regimen has been found very useful.

29. Chronic Migraine relieved, with many other complications.

30. A very good preventive medicine for measles.
31. Useful in Hiccough and vomiting.

32. Notable improvement in various diseases of the vertebral column.

33. Very useful in curing bed-wetting.

34. Useful in Polyuria and Polydipsia.

35. Ocimum Viride, a variety of Tulsi is particularly mosquito repellent. Sir George Birdwood has mentioned in an article in 'London Times' on 29-4-1904 and described Ocimum Virde as a mosquito plant.

36. Swami Trilekhnath, the founder director of the biggest Homeopathic Hospital of India (Devtray Homeopathic Hospital), Aligarh, U.P. has found great relief in his chronic ailments; and has instituted Tulsi Therapy in all old patients and all of them have shown improvement. He is off and on requesting guidance in Tulsi Therapy.

37. Vaidya Shri Jankilalji Tripethi, Director of Ayurved Section of Hanumanprasad Cancer Hospital, Gorakhpur (U.P.) is also giving Tulasi Therapy and is getting guidance from the author as and when necessary by postal communications.