

Miracles of Water

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INTRODUCTION

In introducing the subject that the water is the only Medicine, I have no claim over the originality of the subject, as the Vedas themselves claimed that water is the only Medicine.

“आपो वै भेषजम्”

When and how people have forgotten to drink necessary quantities of water, I am not able to trace. My faithful studies in the prevention and cure of diseases have placed me in a humble position, to record my inferences after the usual method of experiment and observation. After every error I had been rectifying the same and I am having this inference for the last 10 years. I have put this forward openly in the year 1956 in my lecture at Hyderabad. All these 10 years I have applied to theory and found it correct in almost all cases.

The deficiency of water in drinking and bathing is the main cause of all diseases and that the adequate supply of pure water for drinking and bathing purposes is the main part of medicine, is the theme of this small thesis, which I am now offering to the profession who are responsible for the health of the 400 millions whose *ayu* and *aurogya* (health and longevity) are the supreme of all possessions.

In introducing this theme, I do not deny the other aspects regarding the efficacy of other elements, Ether, Air, Heat, Light and our Food. I specially offer the use of water in addition to the above elements only because

the addition of water is so awfully neglected in the prevention and cure of diseases uptill now by the patient as well as the doctor.

I shall now proceed to explain how I have arrived at the conclusion. I thank all the doctors of various schools of medicine, for the knowledge they have handed over to me and crave the help of every one of them to put the theory to test and let me know their experiences, which I hope to make use of in the further editions of this work,

Drinking adequate quantities of water at regular intervals, is not against rules of hygiene. Eight glasses of water taken as a life saving beverage for every day will put any one on the road to health. In addition to the other rules laid down in the books on hygiene, water will supply the missing link.

If you take care of your diet as laid down in this thesis and follow other rules regarding other habits of life such as work, rest, sleep and sexual behaviour, you will seldom find the necessity of taking any medicine.

—Author

MIRACLES OF WATER

“आपो वै भेषजम्”

అపృంశరమమృతం-అపృషేషజమ్

(जल ही औषधि है)

“Water is the Medicine and God is the Curer of all Diseases.”

शरीरे जर्जरी भूते व्याधिग्रस्ते कलेवरे

औषध जान्द्वी तोयम वैद्य नारायणो हरीः

(शरीर की वृद्धावस्था में और व्याधि ग्रस्त या रग्ण होने पर भी गंगाजल औषधि है और भगवान् ही आरोग्य लाभ करनेवाले वैद्य है।)

“*Apo Vy Bheshajam*” is the blessing heard from the *Vedas* thousands and thousands of years ago by the seers of the *Vedas*. People take it for an ordinary meaning. They are cleansing their bodies in and out with water. After more than 40 years of my faithful study in the cause and cure of diseases, now I am in a position to declare openly the efficacy of water in the prevention and cure of all diseases.

People cleanse their bodies in and out by drinking and bathing of water. Most people do not know; nay even most of the learned people in other directions do not know; that they are suffering through many diseases because they do not make use of sufficient quantities of water for drinking purposes.

Not even resorting to any other method of treatment I have cured very serious diseases with drinking of water

and bathing with it. Medicines prepared in the laboratories which cost crores of rupees to the Government (Exchequer), none of them can cure all diseases. They may cure, if at all, a small number of a set of diseases. Other kinds of medicines should be prepared for the treatment of other set of diseases. It means a great strain over the Exchequer and the people of our poor country. Awfully most medicines so prepared give a temporary relief and keep the individuals in a sort of permanent invalidism.

Water on the other hand is available free of charges and freely enough, in so many ways, in the gigantic rivers streams, canals, tanks, wells, etc., anywhere and every where. It is so cheap and so conveniently available. "*Saral, sasta and Sarva-Sulabha.*" When I say pure water I do not mean any distillation, filtration or chlorination. Water in the free nature may be made use of, provided it does not contain any bad odour or taste. There is no need of adding any substance to this water to make it more efficient in the cure of diseases. It is sufficiently efficient, in the cure of any disease. People partaking of water-laden vegetables, fruits, milk, butter milk, etc., need less water than those that partake of dry things, parched things, spiced and fried food stuffs.

In our daily practice we are observing efficacy of water-laden articles, such as vegetables, fruits, fruit juices, butter milk, water with honey or jaggery (Gur), gruel etc;

The cause is simple. Because they contain largest percentage of water in all of them.

Things that are said to cure diseases contain poisons of the vegetable, animal, mineral and sea products. They give only a temporary relief. None of them know the

cause of all the diseases, namely the want of sufficient quantity of water.

When one begins to take the water course in the treatment of diseases, nutrition improves, elimination also improves, and there is a permanent cure. In the meanwhile the patient learns the efficacy of water in the sustenance of health and in prolongation of life. The 7 *Dhatus* beginning with *Rasa* and *Rakta* (Lymph and Blood) become pure; and *Vata*, *Pitta* and *Kapha* gain their normalcy. Water used at regular intervals in moderate quantities can not give any trouble, because it contains no poisons.

The truth that water administered in sufficient quantities is necessary for health, and not against the teachings of any hygienic or other methods of treatments. If prudently made use of, this water will help other methods of treatments to a great extent. Fruits and vegetables spoken of as hygienic and curative contain mostly water. This explains away the secret of the pharmaceutical nature of water in those articles.

People drink very large quantities of water at one stretch and they can not get as much benefit as drinking water in moderation and regulation. The reason is simple. If one exceeds in drinking certain quantity of water the valves open and the water goes down without doing the necessary good, like the food we eat in excess, does not nourish the body but burdens the system and at times creates troubles. People often say that they do not feel thirst. The body has got a curious nature that it can go on with more or less food for years together. People with meagre means to furnish them with food and go on with less food. It does not mean that they can have

full growth. So also when people take less water the body thrives in its own way. In both cases the detoxification is inevitable. Those that do not take the necessary quantities of water will get anaemia, and general weakness, leucorrhoea and spermatorrhoea, etc., are due to want of water. Dropsy also is the outcome of the deficiency of water drinking. Constipation is caused by eating dried, fried, parched, spiced things, and less quantities of water in drinking. When those people suffering from constipation begin to partake of vegetables and fruits which are mostly water, in sufficient quantities, get cured. Dropsy a disease which people often mistake to contain more water is in truth not a result of water but the starch percentage that floats in lymph and blood. When we start water as a medicine for dropsy, the sticky starchy matter gets diluted and is eliminated through the bladder and through the capillaries.

As long as the body contains the sticky matter the consistency of the lymph and blood hinder the free flow of water through the capillaries into the bladder. When we avoid the use of salt and sugar and cut down the starches and carbohydrates, get cured of dropsy, with the drinking of water or water laden fruit juices.

II

In all things metabolism goes long as they are alive. Anabolism and catabolism are the two sections of metabolism. In anabolism they get their nourishment. In catabolism cleansing goes on to make them pure, clean and healthy.

I shall deal with the nutritive portion of metabolism in this chapter. The quantitative and qualitative in-take of solids, and gasses in the shape of food or drink go to form into lymph, before it is absorbed and assimilated by the body. The body is made up of small tiny bodies called cells. To keep one healthy, every cell in the body must have a regular supply of this lymph as food in the first place. From the tongue to the anus there are billions of capillaries that carry this lymph into the general circulation of the lymphatic channels. Like the big rivers that have got the string like streams and become gigantic rivers, these small tiny lymphetic capillaries go to form bigger and bigger channels of lymph. Like the big rivers that quench the thirst of each and every plant of the field, very small and tiny capillaries carry thin lymph to every cell in the body. One must not forget that the lymphetic capillaries are very tiny and thin, and before the individual cells can receive its nourishment, the lymph should pass through these very tiny capillaries. Every particle of food that is taken by us should be converted into very thin fluid (like water) so that it can pass through these small capillaries.

The quantity of water that is needed for the body in the act of nutrition is so very great and most people do not exceed this quantity. The want of water in this act of nutrition is responsible for people feeling weakness, even though they take a large quantity of the various quality foods, the so-called "nourishing foods". Moreover, the body is not a laboratory test tube. It makes good the bad circumstances. I mean this, when people partake of dried, fried, parched, spiced and stimulating food stuffs, the body loses its moisture. This moisture, you must not forget, is from the vital fluids of the body. When

such things are eaten or partaken and the necessary quantity of water is not then in, then the body loses its vital fluids and one feels very weak and exhausted. Though they take most nourishing foods in accordance with the food-tables, still they feel weak and exhausted. This is how even those who are fortunate to take nourishing food can not get the maximum benefit out of it, and feel weaker than those who can afford to have only meagre (poor) diet.

It does not stop there. When the lymph is not properly made thin by adding the necessary quantity of liquids it can not flow through the capillaries and float into the bigger tubes of the lymphetic channels. Such thick (un-diluted by water) lymph which is not properly utilised by the small cells of the body, floats into the bigger tubes of the lymphetic channels and become thicker later on (in due course of time). To vacate the channels, as a natural function of the body, such fluid is thrown aside to form the granular and nodulous growths and such other growths of various types and shapes.

If there is sufficient vitality and activity in the body, this lymph is thrown out of the body in the shape of running ears (white or yellowish watery and sticky discharges from the ears). Mucus (slimy substance secreted by an organ of the body, called *Balgum* or *Sleshma* (in Hindi) from the nose and or throat and even the white discharge from the genital organs of both sexes, as in dysentery, wet-dreams (*Swapna-Dosh*), leucorrhoeal discharges etc.

One is very fortunate if the excess unused fluid, (un used not because of its quantity, but because of its thick and sticky quality owing to lack of sufficient water) goes

out of the body. Unfortunately people will not welcome such occurrences and try to stop them with 'Potions' and 'powders' and the like.

Let any one observe a small fast of a day or two only with the intake of plenty of water, at regular intervals during any sort of colds and coughs (i. e. discharges from the body) and see for himself the miracle of this water-cure.

When ever this unwanted matter is obstructed from being thrown out of the system (body), the spleen gets spoiled to be responsible for malaria, or the fluid may be deposited in the joints and form into Rheumatism and Gout later on.

So many people do not know the real cause of fever. Every kind of fever is ascribed to the presence of one or the other kind of germs. But the truth is this. The body wants to eliminate the unwanted matter from it. It wants to burn away and eliminate the excess lymph. High fever, quick beating of the heart, increase of respirations and great thirst with un-rest or uneasiness due to the activities of combustion going on in and out, are the symptoms. Any ordinary man with commonsense can understand that the body needs water in fevers.

Water diminishes the height of temperature, lessens the heart-beat and respiration. The colour of the urine in fevers is deep yellowish or reddish. Taken at regular intervals sufficient quantities of water will lower (soften) the colour of the urine and the body will get cooler. The fever goes down.

I am at a loss to understand why people do not admit (understand) the simple truth and they administer poisons

in a fever which can be very easily cured with water. The medicines that are used for fever, if they are used on ordinary healthy body, will make one sick and feverish.

The delirium and insomnia in fevers, I fear, are not outcome of the fever itself, but are due to the indiscriminate use of drugs administered to cure or suppress (?) the fever.

Taking up the string of the story, the lymph in the proper consistency will nourish each and every cell in the body. One feels healthy, happy and strong. Every mental and physical organ is active. There will be no unusual stimulation in the genital system. They are fertile. Facundation (confinement) and parturition (delivery) are no more things to be afraid of. Children born to such fortunate parents will have their nourishment from their own mothers. The bodies will be normal. They are; the organs; are symmetrical. All this needs water. For all this water-laden fruits and vegetables are necessary. There is one sloka from the *Gita* :

అయస్సర్వబలారోగ్య సుఖప్రీతివివర్ధనాః

రస్యాః పీష్టాస్థిరాః హృద్యాః ఆహారాః సాత్వికప్రియాః

आयुस्सत्वबालारोग्य मुल प्रीति विवर्धनाः

रस्याः स्तिग्धाः स्थिराः हृदयाः सात्त्विक प्रियाः

This is a very great promise from the *Bhagwat Gita*, that those that partake of foods have not lost their *Rasa* (juice) in the act of drying, frying, parching, cooking, etc. and those that partake of things that retain their oils and flavours and which are not spoiled by putrefaction disintegration, which are pleasing to the 5 senses will be long lived or will have a long life. They retain their

stamina and strength. The health is not disturbed. They are happy and they extend their love to each and every one. Because we can not get things in their natural state. we soak, cook and make things tender. It is always wise to take along with our food so prepared some vegetables and some seasonal fruits. There are poor people who can not afford to buy even those things. In nature we are able to see that even those people are able to sustain their health and happiness through the use of this innocent water in necessary quantities.

III

In ordinary circumstances every cell receives its nourishment from the lymphetic circulation, every day. Remaining lymph that is not made use of by the cells, goes into the Vena-cava from the Portal vein.

That lymph which enters the venous circulation gets into the heart and from there goes into the lungs. through the Pulmonary Artery. From the lungs it is divided and sub-divided and enter the Areolae. In the Areolae this venous blood takes in oxygen in the inspiration and sheds out carbon-di-oxide in the expiration. Thus it gets pure full of oxygen, red in colour and enters the pulmonary veins. It then reaches the left side of the heart and is pumped out through the main artery (Aorta) from which it goes through the various branches of the arterial blood vessels. This blood has got the peculiar nature of supplying food to the various cells in accordance with their needs, by the act of chemical affinity. In normal conditions this is the condition that is going on every day,

For converting this venous blood and the lymph into pure arterial blood 3 things are necessary. Pure air, sun light and activity of the body. How ever nutritious the food may be, and even if the necessary quantity of liquids are taken, it cannot be converted properly into pure arterial blood if the 3 above mentioned conditions are not properly fulfilled. This is the cause of the poor men with meagre diet getting more nourishment, strength, ability, agility, and potency, than the idle men with more nourishing food. Taking up the string, one does not need so much of heavy food materials, but more (rich) easily digestible foods and sun light, air and movements of the body or work; means exercise.

If the food contains carbohydrates, fats and proteins, in excess of what the body needs, the body is burdened with this unwanted matter. The heart can not pump out such impure material into the pulmonary circulation and can not absorb improperly purified blood from the lungs.

In such cases, we cut the carbohydrate, fat and protein foods and increase the quantity of vegetables and fruits. We naturally give a course of water drinking in regulation and moderation. In this way the lymphetic and venous blood is properly diluted with pure water and goes out of the body in the shape of urine, sweat and stools. In this way, water again begins to help the over-laden body in the act of elimination by dilution. Every cell in the body takes its quota of food from the lymphetic and the blood-circulatory systems, in accordance with its needs.

In the physiological work going on in the body, every cell takes its quota food and has got to eliminate its debris (ashes). This debris must go through very tiny

capillaries into the venous circulation. It requires again water for the dilution of the debris. Being not sufficiently diluted to be able to go (pass) through the capillaries, the debris collects in the body, to form into unwanted filth, which is responsible for auto-intoxication and self poisoning. There is yet another stage where water is needed. It is in the proper elimination of unwanted matter through the eliminative organs, namely the skin (sweat) and kidneys (urine). Before a drop of water goes into the bladder or the sweat-gland, it is divided into very tiny microscopic particles of (H_2O) of water. Else the impurities flow into the blood, giving strain to the heart and spoiling the liver and the spleen.

So at every stage we find the necessity of water in assimilation of food stuffs and the elimination of unwanted matter from the body.

Again, the brain and the nervous systems are moistened every second with blood fluids or with the lymphetic fluids. 1/6th of the blood that goes to feed all the cells of the body, goes to feed the cells of the brain. That explains how the brain is continuously soaked in blood and lymph. The two liquids are shock-absorbing also and keep the brain always active without any hinderance.

There is another intricate action in the brain and the nerve-cells, which require some explanation. When a copper wire and a zinc rod are placed in a solution of sulphuric acid and the two ends are joined, you find the pulsation of electricity. In the brain as well as along the nerve fibres which begin in the medulla oblongata. and branch out at various stations passing to spinal cord are intensified in action by the arterial and venous blood channels that run on either side of them. As long as the

water supply is not deficient the arterial blood is sufficiently pure and contrasts with the venous blood. And whenever the water supply is deficient, bodily impurities are not sufficiently thrown out, impurity still floats in the arterial blood, also thus making the contrast less powerful. The nerve electricities become less and less powerful.

The blood vessels are actuated by the nerve forces, and nerves act properly while there is a proper contrast in the arterial and venous circulations. Thus the circulatory system and the nervous system are inter-dependent and they work hand in hand all through our life.

There are two other organs which work in contrast to each other. They are liver and spleen. The spleen gets enlarged if the lymphatic circulation is sluggish or it is not made sufficiently thin to pass through the capillaries that have to feed billions and trillions of bodily cells day in and day out. The liver also can not send in its fluids into the digestive circulation, nor can it process and repair the unwanted particles floating in the blood, if there is deficiency of water.

Clearly enough whenever we come across the enlargement of liver and spleen, or the presence of stone in the gall-bladder, we have detected that the patients drink very little quantities of water.

Nephritis and presence of pussy granular deposits and the presence of stones in the bladder are due to the want of necessary quantities of water that can wash them off.

Gastritis and gastralgia and inflammations and ulcerations in the duodenum and in any other centre in the

digestive tracks, that is all due to the want of water. People may ask why people do not drink sufficient quantities of water. My answer is simply this, that is due to ignorance, indifference and neglect. The reason also is simple. Water is so simple a thing which requires no cost or processing, mixing and concoction, etc. People can not so easily believe that so innocent an article; can cure them of their diseases which could not be combated by obnoxious mixtures and wild concoctions which are processed and mixed with costly minerals and poisons of vegetable and nonvegetable kingdoms.

Let any body give a trial to dissolving his bodily poisons with pure water in regulation and moderation. One will begin to realise the efficacy of water in the cure of his disease and in the sustenance and maintainance of his health.

I shall now proceed to analyse a number of diseases and try to convince any unbiased person that the necessity of water not taken in regulation and moderation is the cause for any disease. I shall try to explain also how any disease can be cured without the use of any medicine; Alopatic, Ayurvedic, Homeopathic or Yunani or any other system of medicine, if one sticks to biological commonsense methods of eating, drinking and living.

IV

In our daily life, we come across a number of times works pertaining to repair, renovation and remodelling etc., on the roads, canals and in the town. So also, in

the body. when the routes (channels) in which the lymphetic and blood-fluids flow, so much of repair work and remodelling work will be going on. For that, temporary arrangements are often being made in diverting and adjusting the temporary suspence of traffic may also be necessary for carrying on capital work.

Whenever there is any irregularity, we must be able to understand the plan on wick the temporary suspensions divertions or adjustments are based. In our haste, unknowingly if we fail to understand the interior plan for the temporary arrangements and try to put things right in a wrong or superficial way, we will be doing the most injustice to the plan of nature and to ourselves.

In hundreds of cases, I have observed that most of the diseases are intended in the above way, for repairing, rennovating and adjusting the system. I shall take up one case after another and prove that such diseases are not only most natural, but are most helpful in a set of pathological conditions. I often say—

“They are pathological necessities”.

The fever is an ordinary disease which, afflicts a number of times, almost all the people. If I can explain and analyse what a fever is and how it is necessary in that very pathological condition then most of my work will be over.

What are the symptoms in a fever? The symptoms are high temperature, (2) a quicker heart-beat (3) Increase in respirations (4) Thirst (5) uneasiness (6) burning sensations throughout the limbs and (7) the heightened or thickened colour of the urine; almost reddish yellow or deep yellow. The tongue is quoted (gray or white)

and there is no hunger. Any body who wants to take any food in those conditions, can not relish it and in case if he takes any food inspite of the warning of the nature, it brings nausea and vomiting. Often it tastes bitter. The continuous irregularities in diet and living habits in which a pathological condition has been created where no more food is needed, and there is yet so much of the unwanted material gathered, to be burnt away and thrown, material that is stagnating and purifying in the body, should be diluted with pure water and sent out of the body, in the form of stools, urine, sweat etc.

If we simply understand this plan of the body, we would naturally feed the body with copious quantities of water or liquid, acid or sub-acid fruit-juices. The liquids or fluids so taken, dilute the pathogenic materials and there will be increased urination with lowered or softened colour and unhindered profuse sweat. There may be an increase in the quality and quantity of stools. All these things lessen the burden on the heart and the lungs, so that in a certain period of silent and patient waiting the body gets repaired, the coating on the tongue vanishes. The temperature, the heart-beat and the breathings come to normalcy. The hunger sets in and the convalescence-period is much shortened. The patient regains his normal health in a very short time.

On the contrary, if one resorts to vile concoctions, sugar coated poisons, specifics etc., one makes the plan of nature topsyturvey. All the debris and the depleted material is kept inside and there may or may not be a temporary relief which is more harmful and detrimental to the system than the disease itself, for which the medicines have been administered.

People have been taught to feel and complain that the continuation of the fever will put down the vitality of the system and so an urgent and immediate "check" is necessary without which the case would fare fatal! The reverse is the truth. As I have explained already, though a relief of a very temporary nature is perceived, the patient does not feel normalcy in hunger, digestion and assimilation. There is still constipation lingering and the patient does not feel relieved nor does he feel the normal strength for a very long time. The poisons introduced into the body will be doing their havoc and preparing the body to be a subject to asthma, consumption etc., in the long run.

It is almost a natural phenomena in most cases of asthma and consumption that the diseases are not due to continuous fever, but owing to medicines administered to put down the temperature for a protracted period. Had the first fever been cured and body repaired in accordance with the plan of nature, there would not have been the persistent recurrence of fevers or temperatures and the subsequent medications.

I think I will be excused, when I say that asthma and consumption are diseases hatched in the medicines' chest of fever-remedies and are the products of unwanted indiscriminate "fever-specifics" and invented concoctions.

In a number of cases, I have observed that when a fever is suppressed in this manner, the lymph which was not properly used, has settled in the body. as it could not be properly diluted and thrown out. It enters the brain area and the nervous system to be responsible for a number

of nervous diseases. You will wonder when I inform you that the lymphatic deposits can be seen in the iris where the locality designed for the brain area, has got a patch of white fog. explaining the cause of the set of diseases known as insanity, epilepsy, paralysis, apoplexy and hysteria, whenever the impurities are diluted and drawn to circulation to be thrown out of the body and through the natural organs of elimination, the most distressing and baffling diseases go down in their virulence and a cure is obtained. It is commonsense.

I shall now probe into the causes of Malaria and try to analyse the various symptoms and explain the true purpose of those symptoms in the economy of health. Malaria is not a disease that afflicts one all of a sudden. Chronic defiance of the rules of health and indulgence in things that are detrimental to the health, due to ignorance, are at the root of this malady, As explained before, the unused lymph is mostly responsible for this disease. Over-eating of starch along with milk and milk products may be mentioned amongst the mistakes that are responsible for this disease. Sedentary habits, lack of pure air and sun-light and lack of proper exercise may also be added to the list of mistakes causing malaria. Ignorance to the efficacy water-drinking is the crown of all causes. Food that is not properly diluted and made thin, to be properly carried to the millions of hungry cells, remain in the bigger channels of the lymphatic circulation, get thickened and obstruct the lymphatic circulation. The Great Designer of our bodies has placed an organ called spleen which tries to absorb in a concentrated form the thick pasty fluid, and relieve the obstacles in the circulation of the lymph. In spite of the repeated warning from inside in the shape of dyspepsia

indigestion, nausea, loss of appetite and loss of taste and repugnance to food, etc., one resorts to medicines and tries to defeat the purpose of the Nature or defy the law and order of the Creator.

Benign Nature does not allow this kind of detrimental behaviour and tries to throw out the un-wanted matter from the body, and that is Malaria.

Like many other varieties of fevers, in Malaria also there are loss of appetite, repugnance to food, bitter taste in the mouth, abnsia, reeling in the head, burning of the body and eyes, headache, thirst, rapidity of the pulse, hard breathing.

The curious symptom of chill is felt in the begining of the Malaria fever. And what and why is this chill after all? It is because the automatic resources of the All Powerful, so very kind and always protective Nature provides or supplies the chill through the nervous system with view to prepare the outer surface and the entire body to tolerate the in-coming high temperature, or in other words, to save the body from being burnt in so high a fever. Unlike in other fevers, the temperature in Malaria would rise upto 105°, 106°, 107° and burning sensation takes the place of chill and shivering. Great thirst, is left and abnormal quantities of water taken. After hours of this high fever, the fever goes down with a profuse perspiration, all over the body, once or twice after every fever. The patient feels highly relieved and feels jubilant after every fever until another attack of fever.

I shall now try to explain, what is actually going on in side the body. The body intends to throw out a certain

quantity of the concentrated lymphetic fluid that has accumulated in the spleen and other portions of the body. The shivering and the chillness is felt on the surface of the whole body. To save the body temperature from the chillness of this electric shock, the hot overworks and that is the cause of the high fever. The lymph that is driven to the surface of body in the ionised form is burnt there and thrown out in the subsequent sweats. The sticky, foul smelling sweat is nothing but the matter thrown out of the body because it could not be properly and timely used by the body for want of necessary quantities of water. Had the warnings of nature been heeded and the solid food reduced to a minimum and drinking of water and other fluid and water-laden substances increased, there would be no occurances of such types.

In accordance with the quantum of impurities encumbered in the body, the body is subjected to this kind of ordeal a number of times, and that is the cause of the repetition of fevers in a regular intermittant form.

After all the encumbered matter is thrown away the symptoms fade away and the body becomes normal and healthy. These fevers do not bring in either anaemia or any destructive diseases, provided care is taken to drink sufficient quantities of fruit juices, vegetable soup or water mixed with or without fruit juices or honey or butter milk, during the whole ordeal.

Unlike other fevers it seems that very light nourishment is needed for malarial patients when they have no fever on the body.

I am at a loss to understand why any medicine should be used in such a healthy process of the cleaning of the

body from within. Any interference in the shape of administration of quinine, aconite, arsenic, and so many bitter vegetable products will fail like a sudden break to a fast going automobile.

On enquiry I have learnt in a number of cases, anaemia, dysentery, asthma and consumption are brought about by this unnecessary interference with medicines. In one or two cases of insanity I have traced the cause to be the repeated interference in cases of Malaria with highly poisonous medicines.

I can assure you that people who are alive to the need of water in the metabolism of the body and drink and make use of sufficient quantities of water-laden fruits and vegetables or water alone, will never be subject to this disease.

Sufficient quantities of water for Malarial patients will lessen the virulence of the fever and shivering and the cure will be quicker than without the much needed water.

V

I shall now proceed to explain other kinds of fevers which are more common than other minor ailments and also of a more common occurrence. The intelligent advocate of Naturopathy will handle these cases very easily because he aims at the root cause of the said diseases. I was telling in many of my speeches to teach the child to take a few drops of water, even from the inception. A few drops of water every day, will keep the child healthy and happy. Though the child takes only

liquid food, it happens in most mothers that they take lots of solid (dry) food and do not drink the necessary quantity of water themselves. The milk that comes out of the breast of such "water deficient mother" is not thin or digestible enough and the child fed by such a sticky or thickened milk, comes across so many diseases of the children. Most of the "infant mortality", it is learnt from the Government-Records or Government-Health-Reports, happens in the first 6 months of the baby's life. To see that the infants mortality is minimised or warded off, we will have to look to the health of the children, especially in the first 6 months of their infancy. Children will learn the sipping of water with a pleasant delight and any intelligent mother can very conveniently select one or two times in the day for water-feeding, in place of milk-feeding.

It is not true that the children will catch cold or cough. Because the water (immune and innocent water) does not contain any phlegm itself. Any phlegm that comes out after the feeding of water is the matter already accumulated there from before, and in the course of diluting and driving out (eliminating) the phlegmatic particles, the cough and cold is felt; only in the beginning.

The children that are fed without water and those whose mother's milk is thicker than they can digest and assimilate are prone to the so-called children's diseases; nay "Mother's Diseases" as I want to put it, with apologies. All these diseases can be prevented and the child also can grow healthy and happy by the simple water method. It is only those children that do not receive the necessary quota of water-feeding that are affected with eruptive fevers; the cause and cure of which is now going to be explained.

ERRUPTIVE FEVERS

In the first 6 months of the child's life, the nature is more benign and tries to save the child eagerly and that is an acute disease. Nature does not allow the indiscriminate encumbrance of the impurities in the small and tender body of the child; and as such it tries to dispose off the very little quantities of impurities, as soon as they occur or creep in into the body of a child. And that is the cause of repeated or frequent acute diseases in children.

Unless the cause is checked and remedied, the health of the child is spoiled day by day and it ultimately results into the child mortality. The unwise medication, which is a drastic violation of Nature's attempt, lowers vitality of the child and becomes the cause of the abhorring infant mortality.

Eruptive fevers are no other (nothing else) than the Nature's own attempts for the disposal of the un-wanted matters gathered in the child's body. Chicken pox, Measles, Scarlatina etc., and for such other eruptive fevers no special medication is necessary. The forcing of food in the body of a child suffering from these diseases should be avoided and sweet fruit-juices may take the place of mothers' breast. Water at frequent (measured) intervals will dilute the filthy matter and will throw out or bring out of the body; through urine, sweat, etc., and will relieve the body much earlier, and the health is regained in a very short time. Every where, in the villages as well as in cities, such eruptive fevers or epidemics are called *Mata*, *Shitla*, *Maharani* etc., which

term denotes the mother and which means that is due to or pertaining to the mother. It may be, as the sayings go, either the blessing or the curse of a Mother. But I certainly feel that it is after all the "Gift" from the mother. And any interference with medicines, it is believed, will bring in the displeasure of the *Mata*, *Bhavan*i or mother, and the death becomes a surity.

People do not give any medicine in such eruptive fevers, as soon as they recognise it to be a *Mata*. They then patiently and hopefully wait for a normal conclusion of the protracted illness and a happy reclamation (recovery) of the child.

Even in such cases, the want or shortage of water is the root cause, and proper administration of water and water-laden fruits or fruit-juices alone are the correct remedies.

Now I shall deal with two virulent types of eruptive fevers namely the "Small-Pox" and the "Typhoid" fevers. Both of them have got eruptions. In Small-pox the filth is thrown out to the surface of the body, whereas in Typhoid fever the filth is thrown inside, towards the digestive tracts. Both of them take a long period for the repair of the body and the result is invariably salutary if no medicine is introduced into the body, and instead, proper care is taken to help the nature by dilution and washing away the impurities from the body, with copious quantities of sweet fruit-juices and water.

The hideous figures that are said to be the outcome of Small-pox or Typhoid, are the results of, not the disease but un-necessary and indiscriminate feeding that is resorted to, for the sake of stopping or checking the

disease. As otherwise these diseases are totally harmless and the results most beneficial, if the above rules are strictly adhered to.

The medical interference is the root cause of Pneumonia, Influenza, Asthma and even Consumption of the lungs. The oft repeated craving to "do something" has made the medical man helpless in administering some obnoxious and wild concoctions to put down the benign simple fever, thereby driving the impurities from the lower body to the lungs, where it causes (creates) the above mentioned four kinds of diseases.

The next important disease or kind of fever is Jaundice. In this disease the whole body becomes yellow. The eyes are yellow, the nails are yellow. colour of the urine also is deep yellow and at times reddish. Loss of appetite or hunger and the presence of thirst is there. A gigantic effort is going on inside the body to relieve the liver of its excess reserves of the Liver-fluids. Fever and thirst tell us plainly that the water-reserve has exhausted. Any attempt to put down the temperature in Jaundice will result in the further destruction of the liver. Jaundice, if interfered with unnecessary and unwanted medication, will result into ascites and death might become inevitable. So, care must be taken not to use any medicine to bring down the fever, but to help the nature by adding to the body more and more sweet fruit juices or atleast water, if one can not afford the fruit-juice. No one need be afraid of starvation in this disease because there is practically no real hunger for food. Water and water only is the needful substance which is able to bring down the yellow colour and the height of the fever.

The bubonic plague can also be cured with the same treatment as above, and the cause is also very simple, milk and milk-products and the abnormal quantities of sugar consumed in sweets and food and lack of fresh water to dilute them is learnt to be responsible for the diseases of this kind. As in Small-pox in this disease also, you see clearly the attempt of nature to throw out the filthy matter from the body. Unlike the Small-pox in the Plague the buboes are so very big and the disease is so very virulent; the death-rolc also is so very heavy! We offer vegetables and fruit-juices and water to be the preventive and curative agents in cases of this sort.

Those fevers that did not come into this purview may be safely dealt with in the same way as is put forward in the previous chapters.

VI

I have said about the need of water in supplying food to the millions of cells in the body. I told also the need of water in driving out the debris from each cell. The need of water in sending out the matter from the body through the eliminative organs, I will now show you how it is very essential in the very conversion of the food intake into the usable fluid called lymph. The need of water in mechanising the food intake from mouth to the anus.

No one need think that the long digestive track is a hollow open tube. The peristaltic action and the valvular obstacles that are there at every stage of the digestion, need a lot of water. Without water the food

contents are obstructed at every stage of digestion and delay is the result. In delaying the matter at each and every stage the matter becomes stagnant and putrified. By that people suffer a lot from inflammation and ulceration, in the various stations, between the mouth and the anus.

The alkaline saliva in the mouth that is so very useful for the digestion of the starches, in itself is 95 percent water. People partaking of dried, fried, "parched, spiced articles require a lot more of water than those that eat food which is moist, oily, soft and rich in natural flavours. Without proper digestion of starches in the mouth, the digestion in the stomach is delayed by a lot of time and it requires much more hydrochloric acid for digestion. The hydrochloric acid (gastric fluid) is itself again mostly water. People partaking of very solid diet will have to suffer a lot of indigestion, through the delayed stomach digestion and the resultant putrefaction and inflammation in the stomach. At the lower end of the stomach, there is a valve called "Pylorus". It will not allow substances to go down unless they are sufficiently masticated and churned in the stomach and made digestible in the "Duodenum". People drinking water after heavy meal will experience the taste and smell of the food they have eaten, even after several hours. It means that the food is delayed so many long hours in the stomach and that the Pylorus would not allow it to go down into Duodenum. After drinking water 2 or 3 times after a meal, you do not feel the taste and odour of the meal. That means that the food has passed through the Pylorus into the Duodenum. People complaining of gastralgia and gastritis are eaters of dry food and do not properly masticate their foods and also do not drink sufficient quantities of water.

They often complain also that drinking of water will cause nausea or vomiting of acid fluid. They are afraid of water which is so very necessary in their case and which is so very necessary in the cure of their diseases. The doctors also threaten them that water will produce acid (sour vomitings) and prescribe alkaline powders and pills which just neutralise the acid for the time being. The cause of the disease which is the lack of water is untouched and the patient never gets cured. The patient runs from one doctor to another and exhausts one after the another patent medicines for the cure of that disease. Gastralgia and gastritis become chronic and the patient becomes a victim of anaemia and bloodlessness. I analyse the cause of this disease to be "want of water" and make the patients drink sufficient quantities of water at regular intervals. They also get nausea and acid vomitings in the beginning and as time passes on the strength of the acid goes down and the pain fades away then there is a permanent cure.

How in the duodenum the chief conversion of food into lymph is going on? Fluids from liver and pancreas join to assist further digestion in the duodenum. Only that amount of sugar which the body can use properly goes down into the smaller intestines and the excess sugar is stored in the pancreas. The excess protein that the body cannot use, goes back to the liver to be made use of or changed into albuminoids and urea. The urea is eliminated from the body through the kidneys. Some of the lymph is stored in the spleen to be made use of at a later period when the food contains less quantities of starches or at the time of fasting or starvation.

The above holds good if the bile is sufficiently thin and can pass through the tiny holes that go into the duodenum. If the bile is not sufficiently thin and can easily pass into the duodenum it stays back and gets into the gall bladder and putrify to inflame or form into stones in the gall bladder.

The digestion is impaired for want of liver-fluids, stools does not get the colour of the liver fluid. It is due to this cause, we see in indigestion the stools getting white. Not only this, the liver fluid is disinfectant and a de-odouriser and when it does not flow properly, the smell of the stool becomes very foul. In Jaundice again it is the lack of fluid that makes the liver so inactive. The bile does not flow into the digestive tract, the stool has a white colour, the quantity of urine is lessened and it becomes dark or reddish in colour. The blood is filled with yellow fluid and the whole body gets the yellow hue. So the lack of water makes the food delayed even in the Duodenum, gives rise to inflammation and ulceration in the duodenum. Again the anaemia and lack of blood will result for want of distribution of proper food to the remotest parts of the body and one becomes a permanent invalid and a chronic patient. Medicines used to combat this condition may or may not give temporary relief, but the condition gets worse with each medication. It often proves fatal in the hands of those who do not know the real cause to be the lack of water, in this case also.

The small intestines are a much more intricate laboratory, with millions of furrows inside and with almost all the chemical substances that are responsible for the digestion of the food in the upper region of the digestive

tract. It will be very hard to digest food that is not properly masticated and properly churned and chemically treated in the stomach and does not receive its necessary quota of the fluids from the pancreas and liver. There again the stagnation, putrifaction, inflammation, ulceration etc., will result. Certain portions of the smaller intestines loose their tone due to the stagnation and putrifaction of food material dropped into the scrotum through the inguinal canal to give rise to the annoying disease called "hernia". I have treated patients suffering from hernia with increased quantities of water and lessening the food intake, specially the protein. They are relieved of that trouble and are now acting as missionaries to the slogan *Apo Vai Bhesajani*.

After laborious process of digestion in the intestines the food that remains to be digested has to climb up the ascending colon. The Great Designer of our bodies has stationed a second Engine in the Appendicula-Vermiformis. In that tiny organ, he has placed a red fluid which gives an extra impetus for driving the matter upwards through the ascending colon, not knowing the efficacy of water in the proper digestion of food they eat a lot of solid food and drink very sparingly the pure water. The Appendicula-Vermiformis becomes exhausted and gives rise to inflammation and ulceration in that small vital organ. It is ordinarily believed that the small organ is not at all necessary and by removing the organ, by operation there will be no more inflammation or ulceration in that portion of the body. Proper care not being taken about the food and drink, the patient suffers a lot with chronic indigestion and Anaemia. Again the food undergoes a chemical treatment in the larger intestine

called the colon. The colon contains more protiens than the body can use. More protien passes into the feces, unused and even unchanged, or give rise to again inflammation and ulceration in the larger intestine.

The whole narration is intended to show that the whole process of digestion requires large quantities of liquid food, such as fruit juices and water laden vegetables or even water in combination with lesser quantities of solid food. That makes our national economic problem also easier by saving one out of every 3 meals and that is not an ordinary saving in a country which has got over 400 millions feeling every time the stress of food shortage. The Government exchequer also will save a lot by saving millions of foreign exchange that is now being used for the purchase of food stuffs from abroad.

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