

# AMAITHIYUM AAROKIYAMUM

Monthly Magazine

Amaithi - 5

Arokiyam - 11

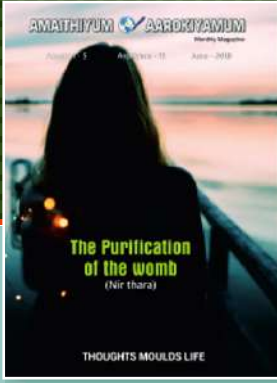
June - 2018

## The Purification of the womb (Nir thara)

THOUGHTS MOULDS LIFE



**You Can**



JUNE 2018

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# AMAITHIYUM AAROKIYAMUM

Monthly Magazine

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## AUTHOR



My dear friends,

We are proud to honor our police department and both chief ministers by way of dubbing them as 'Manithabimana Manickem' who they have ordered for shooting the apathetical public who they were protesting non-violently and saying that they do not anything regarding the humanitarian murder.

They police department had left the gamblers who they are playing rummy through the on-line internet. But, they are arresting the innocent persons who are playing cards on the streets. We proud to honor the police department by way of providing the award "suthata sudamani" More over we proud to provide the award "PUSANIKAI" to those Medias, police department and the ministers who they are pretending as if they do not know anything respecting the business persons called illuminates. But the fact is that 30 percent of persons would know out of the 80 percent of the public everybody pretending.

Endear friends the public would know all these Medias, police department and the politicians are pretending as if they do not know anything regarding these kinds of problems. Hence unless all our lovable friends who are working in this department work-out their conscience in favor of the benefit of the public then only it is possible to secure our Tamilnadu.

Therefore all of the government employees should work cooperatively by means of obeying only for the good commands of their senior officers and they should not accomplish to their senior officers for doing illegal works more over they should obstruct such kind of activities not to happen similarly the film Thana serantha kuttam.



# THE PURIFICATION OF THE WOMB

**Healer Baskar**, Founder  
The Art of Self Treatment

We can cure the below mentioned disease by way of practicing the treatment called Ner Thara.

**There is three more reason for further diseases above these 31 kinds of diseases.**

**W**e can purify all sorts of diseases like the menstrual problems and uterus problems which occur to the women through the treatment called “Nir thara” “The purification of the Uterus. We can cure 31 kind of disease by way of practicing this treatment practice. We can practice this treatment practice through 11 ways. These kinds of practices are very easy and economical too.

Definitely this treatment is curable. This uterus purification treatment is similarly how we practice for enema. We are going to deal very elaborative in this magazine regarding the treatment of 'Uterus purification.

1. Keeping the uterus without cleaning properly. You would be educated through this article to clean the uterus properly.
2. We can keep our uterus clean by way of wearing the air-circulated clothes. We should refrain the air-tightened dresses.
3. We should avoid the griped and pressing clothes. If we wear such kind of air-free clothes that would help us to release the wastages out-side.
4. We are going to use one Can called NERTHARA for purifying the uterus. It is very convenient to handle just like using the anima can.

5. Already the persons who they have used this instrument for the anima treatments would understand easily.

6. There is an explanation for the person who they have not used this can for the anima treatment.

7. The instrument called anima would be similarly the plastic tumbler. The four feet of one pipe would have been affiliated along with the bottom of that tumbler.

8. The entrance of that pipe would have been facilitated as convenient as to fix at the anus by way of affiliated by one nasal.

9. We can see the anima tumbler from the nearby picture. We should not use this anima instrument instantly. We should use after released our natural eliminations.

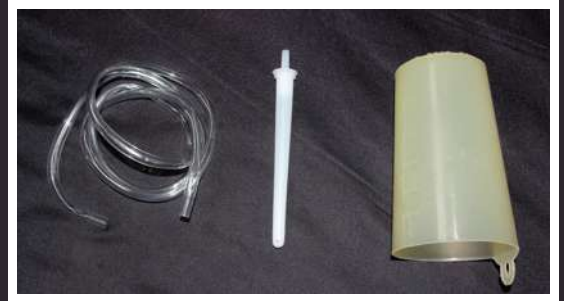
10. If we fix the anima nasal into the anus as if it suck the water from the anima tub the whole water would have been sucked and fill-up the intestines.

11. The water would clean all the clogs and dust particles of the intestine, when the water is sustained into the intestine for 10 to 20 minutes.

12. After a while we should discharge that nasal from the anus.

Later when we sit in the bath room would release all the wastage of our intestine. This method is called anima.

13. The similar method we are going to handle in the treatment of NERTHARA the purification of the uterus.



We should exchange the nasal for the treatment of Neerthara or the purification of water after removed that existing nasal. This nasal would be bigger than the anima nasal. The measurement of this nasal is 4to 5inches length. This nasal would be consisted of 4 holes at the side of the nasal and only one hole at the bottom of the nasal.

Totally there are 6 holes in this nasal. The bottom of the uterus would have been surrounded by the water which is sucked by the nasal and especially it has been designed in order to clean the uterus conveniently.

Now we are going to deal about the execution of the Neerthara treatment elaborative. We should insist

the mouth of the nasal into the sex organ of the vegena after filled the water into the anima can. This nasal has been designed for 4to 5 inches of length as if it reaches the entrance of the uterus. If somebody finding the problem for investing the nasal into the vegina they can use some coconut oil on the surface of the nasal.

During the treatment of the uterus purification the women should lied down on the floor as if the body facing towards the roof. They cannot do by lying upside down. It is very difficult to do this practice alone we should need any assistance.

The lady should lie as if the body faces towards the roof. She should stretch the legs wide and another lady should be ready to hold her back. She should assist her for investing the nasal of the Neerthara can.

Thereafter she should pour the water into the Neerthara can. The water would flow towards the 6 part of the Uterus through the 6 holes of the nasal. They should

use only the warm water neither hot water nor the cold water.

Likewise the water that enter into the uterus would pure every dust of the uterus. Through this treatment the water purify the whole blood clots, scares, and pebbles which had been obsessed. We need not worry about this practice because the water would not enter into the uterus but only till the uterus. More over naturally the uterus would have been covered lest the water should enter into the uterus. This treatment would take near about up to 5 minutes to pure all the dust particles.

There is only one difference that while using the instrument for the anima we would fill-up the water then insist the nasal into the anus; on the contrary during the purification of the Neerthara firstly we insist the nasal into the vegena because the water would be spelt if we pour the water first.

By way of cleaning the uterus through this method the sex organ, the organ hole and the mouth of the uterus everything is being purified. We can get so many benefits because of cleaning the long term wastages.

### **The practical exercise: 1**

It is more advisable to use our daily domestic usage water for cleaning



uterus. This practice would cure the 31 kinds of diseases which I before said.

This practice would drive the whole dust and cure the disease called impotency for the persons who they do not have the sexual feeling. This treatment would enhance the feeling of sex more.

### **The practical exercise: 2**

This kind of practice is called Hot and Cold Tara. Such a treatment we use both hot and cold water alternatively. During this practice first 2 minutes we should use only the hot water the next 2 minutes we should use only the cold water. One important note is that when we conclude the treatment we should use only the domestic water.

Handling these both hot and cold water alternatively would cure the menstrual leaking problem .More over the women who do not have the continuity would have the continuous process.

This treatment would help us to remove the fibroid clots. During the periods the entrance of the uterus would require the warmness on the

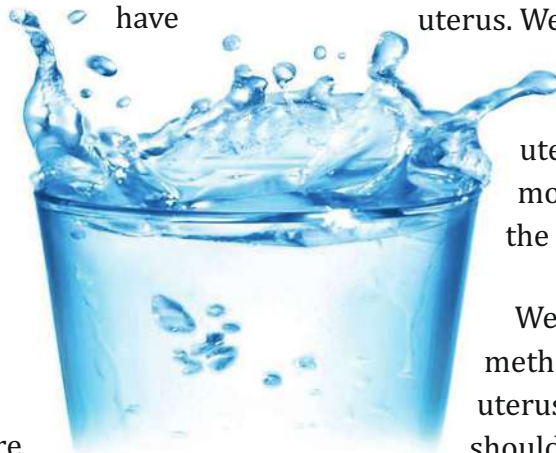
contrary when we practice the purification treatment there is the chance of reducing the heat. On account of the heat fluctuation the wastage would be blocked.

The important note is that during the period times they should use only the hot or cold water process. Never use the normal water or our domestic water.

### **The practical treatment: 3**

The neem leaf soup tara Drowning the neem leaves into the hot water and made to boil then percolate after quenched blending along with the normal water .This method is called Neem leaf Tara. The one method is grinding the neem leaves and blend with the normal water for the treatment. The most important note is that anyway we should not room the place for mingling the dust into the water lest the dust should enter into the uterus. We should take an intensive care about preventing the uterus because that is the most important part of the body.

We can use any kind of method for the treatment of uterus purification but we should be very careful of investing the water into the



anima can. Mostly it is advisable to percolate the water through the cotton cloth before we pour into the treatment can.

We should be very careful lest any dust particles or any powder should enter into the uterus. Any way we should use only the normal water or the neem leaves extracted water for the treatment. This neem leaves extracted soup not only used for the purification but also the infertility medicine.

On account of the bitterness of the neem leaves abstracting the Uterus there is no chance of pregnancy even though the couples have sexual communication. The extract of the neem leaves deactivate the sperm lest it should move towards the uterus. The neem leaves extract paralyze atoms of the sperm lest they should join along with the pregnant eggs. So it is used as the infertility medicine. But we cannot use this as the permanent solution for the infertility. Any way let us know that it is one of the methods for the infertility process.

If you want to know more information regarding the neem extract Tara just go through the previous month magazine" Amaithyum Arokyamum".

On account of handling the nutrients of the neem leaves this

method is called as the Neem leaf extract Tara.

#### **The practical purification 4**

The kadukai powder Neer Tara Drenching the kadukai powder into the water, later use that water after percolated by the white color cotton cloth is called as the kadukai Neer Tara. That would cure the disease like shoriyasis which develops at the sex organs.

Whatever purification methods are introduced here are eligible of curing all kind of diseases. Even we bring to your knowledge that would cure some particular diseases properly. So you need not worry that would cure only some particular diseases and not curing the other diseases. we refer about every practice and whatever disease it cure.

#### **The Neertara practice 5**

Alovera Neer Tara First of all we should collect the Allover herb from our nearby area and peel the skin of the Alovera later we should make the contend of the allover into pieces. There after we should drown those pieces for some hours later we should massif the contend of Allover as if mingle with the water.

Profusely we can use this Alovera juice for the purpose of Allovera water



Tare Treatment. The water Tara has more power to cure more diseases.

### **The Neer tara purification 6**

Tripala SOORNA NEERTARA  
We should take 50gram of Thripala soorna and drench into 500 ml water later percolate through the cotton cloth and use for the Neera Treatment. This juice of Thripala soorn Tara would cure lot of diseases like shyriyasis, cancer, scares of sexual organs..

### **The practical treatment of lemon NeerTara 7**

We have to squeeze the quarter part of the lemon into the 400ml water. We should percolate this water mixer through one white color cotton cloth after left for some hours. This kind of purification is called lemon water NeerTara. This kind of Lemon NeerTara



has more medical attitude of curing the above mentioned 31 kinds of diseases.

### **The practical treatment of Cooling NeerTara 8**

Having the cold water and

purifying the uterus is called Cooling NeerTara. It is not advisable to all sort of persons because this cooling NeerTara is only apt for the persons who they are addicted to sexual attachment. When such a person's do not have any opportunity to fulfill their sexual Thirsty they only should practice this cooling NeerTara.

When there the sex organ is more heat the sexual desire would be more, in order to quench the sexual thirsty this kind of Lemon Tara is used. It is advisable to only those persons who want to quench their sexual organ heat and reduce the sexual attachment. The most important note is that this Lemon NeerTara treatment is only for reducing the heat of the sex organ rather than we should not use for any kind treatment. It is advisable mostly with warm manner.

### **The practical purification 9**

The Rice water Neer Tara In this Rice water purification the water is used after washed the rice through the water. That is why it is called as the rice water Tara. We should use only the rice water of handmade rice water. We should keep one thing at our mind that when we conclude this kind of Rice water NeerTara we should use only the normal water .Generally we have to wash through the normal water.



### **The practical purification 10**

Padikara NeerTara Even we can do the purification through the Padikaram. It is called padikara NeerTara. First of all we should drench the Padikaram into 2 liters of water more than 2 hours. Afterwards we can use for the purification treatment after percolated well by means of one white cotton cloth.

This treatment is curing the most epidemic diseases like syphilis; gonorrhea more over it is terminating all the bacteria which would cause the diseases to the Uterus.



### **The practical water purification 11**

The cumin seeds water purification In such kind of treatment we should drench the 2 spoons of cumin

seeds into the 500 ml water for one whole night.

Later early morning we should percolate that cumin seeds water through the white color cotton cloth and use that water for the treatment. This cumin seeds water purification would purify all sorts of the diseases like mental obsession, inflammation on the sex organ.

### **The General questions and answers:**

#### **Question: 1**

How many times we shall do this practice?

Answer: we can do this practice weekly once.

#### **Question: 2**

How many days we should practice this practice?

Answer: Generally we can do this practice till they recuperate from the ailments. Generally it is advisable to practice after the period time. If they do like that the treatment would cure all the remaining wastages from the uterus. It is advisable to practice monthly once after the period time.

#### **Question: 3**

Is this treatment advisable for the patients who they have undergone the uterus operation or the baby

abortion also who they have made T.N.C treatment?

**Answer: 3**

Definitely all women may do this treatment that they have undergone the uterus operation, T.N.C treatment more over the baby abortion ladies. When they do this treatment after the baby abortion this treatment would bring out all the wastages which they have been remaining inside of the body. So everybody can do this practice.

**Question:4**

Shall we practice this treatment during the menstrual period time?

Answer 4 : During the time of Menstrual period we should practice treatment, because our uterus should need the sufficient warmness .On the contrary when we practice this kind of treatment that would reduce the heat and that would not release the wastages properly and completely. So it is advisable not to practice during the period time.

For example if a lady stops her menstrual elimination within the 7th day she can start her practice on the 8th day. If another lady stops her menstrual elimination on the 5th day she can resume her treatment on the 6th day itself.

On the contrary if somebody does not feel properly and releasing drop by drop they can practice the cold water treatment or hot water treatment. Respectively they should start the practice after the purification of the menstrual elimination.

**Question 5**

Which is the favorable time to practice this treatment?

Answer 5 : It is more advisable to do this practice when the environment is warm. It is not advisable to do the practice on the night time, cold climate, rainy time, mist time.

**Question: 6**

Shall we do this practice during the pregnancy time?

**Answer 6 :** We can do but remembering some notifications in the mind and start to practice. There is the chance of dangers to the baby making the treatment during the pregnancy time. So we should practice the treatment alternatively when in accordance to the climatically conditions whether hot or cold. It is more advisable to practice after the elder's guidance.

**Question: 7**

Is this practice advisable to practice all sort of women?

Answer 7 : Absolutely this practice is advisable to all sorts of ladies for all ages whatever country she belongs it does not matter. When they



practice this treatment that may not be apt to some sort of people and they might not have been benefited out of these practices because of their reluctance or heartedness.

This kind of bitter experiences would have happened one or two persons out of lake persons. Of course if anybody feel allergy they need not do this practice.

They should continue the practice after deleted their suspicious thoughts from the sub-conscious mind by way of learning Vipassana meditation at the vipassana meditation training center.

### **Question: 8**

ARE there only 11 kinds of NeerTara Treatments?

Answer 8 : No there are so many types of treatments but only these 11 treatments are more important out of those all treatments.

### **Question: 9**

Should the baby abortive women go to the hospital and clean the uterus?

Answer 9 : It is not necessary it is enough to practice the Neer Tara.

Question10 : Some of the doctors say that emergently we should remove the uterus is that necessary? Or shall we avoid that surgery by way of this NeerTara Treatment?

Answer 10 : Definitely the surgery is not necessary if we do the NeerTara treatment.

### **Notifications:**

1. When the women feels the pain at the hip during the time of sexual communication that is the symptom for the infertility and the Uterus diseases. The major reason of this problem is only the wastages of the Uterus. If we practice the water purification treatment we can recover from the infertility and diseases of the Uterus.
2. The defect is that there is the chance of storing dusts inside of the uterus, during the time of the scanning. The lab-technicians are using only one

instrument in order to testify the embryo into the women sexual organ without washing instrument. It is advisable to clarify the technicians whether they have washed the instrument properly or not before undergo for the check-up.

3. It is more advisable not to clean the hair of the women's sex organ, and it is more advisable not to handle any method. More over it would develop the hygienic of the body. One of the medical reports says that it is more advisable to leave the hair of the women's sex organ without cleaning lifelong and they are living for long life. Generally the use the sharp instruments like plade, or some gel in order to remove the hair from their vegena. But that activity causes some scare on the sex organ. On account of the scare that particular part develops some inflammation and burning. More over it reduces the interest in the husband wife sexual communication, so it is advisable to educate the children to grow the hair from that particular part. More over the reason that wearing the airtight costumes like genes, pants. Those dresses block the air circulation into that area, so the hair growth is high. On the contrary if we use to wear the very flexible dresses that would reduce the growth of the hair at that particular part. My final suggestion regarding this problem is that educating the future

generation to wear only the cotton dresses which would help the normal growth of the hair and prevent our generation.

4. Never use to wear the other materials like pollster, nylon which would cause more diseases to the body, rather than it is advisable to wear only the cotton, handloom clothes to save the hygienic of the body. Instead of that if we wear such materials like polilster, nilon that would develop more diseases to the secret part.

5. The most important information is that not to use any kind of the costumes like napkin, which is frequently advertised through the media like Magazine and TV. Because more chemical materials that would cause diseases are mixed into that Napkin. Shortly we have planned to publish one article regarding manufacture of the herbal napkin.



6. It is more advisable to learn to manufacture the natural napkins out of the ordinary clothes and use only the natural made.

7. Especially it is very important that the ladies take the oil bath during the menstrual period time. If we take oil bath during that menstrual time that would make cool the body and stop all the wastages not to release outside. Having understood this defect please avoid taking oil bath during that menstrual period.

8. The wastages of uterus are only the reason for the reluctance of sexual communication. So if we practice the Neer Tara water purification treatment we can get more satisfaction through the sexual communication.

9. The persons who they do not have the sexual feeling can retain their sexual potentiality through the NeerTara water purification. Mean while the persons who they have more sexual attachment can reduce their temptation through practicing the cold NeerTara treatment. So we can reform both sexual problems either uncontrollable sexual temptation or the impotency of the sexual defect.

### **The important notes of the water purification treatment:**

At any cost no dust or scarabs

should enter into the entrance of the uterus during the treatment of NeerTara water purification. Any way whatever herbal you mix with the water that should be percolated through the white cotton cloth well as if there is no dust or scarabs inside of the mixer. I remind you again and again because you should be remembering for the long time.

I want to gratitude Mrs.Akila {diploma in naturopathy and Yoga science} who has been working at the Natural medical centers in different places of the Tamilnadu state and kerala state. At present she is living at Coimbatore along with her family members. If you want any clarification regarding the water purification treatment you can communicate her contact number.



I feel like not yet I have explained you very elaborative if you are interested you can invite that madam Mrs.Akila to your native and organize one good concert about the Water purification treatment. She would train well and explain well.

In this article we have mentioned about the assistance of the lady during the water purification treatment. Suppose if you not able to get any assistants you can directly inviter

mrs.Akila, she herself would come and help you.

It does not a matter that you belong to whatever state or district she would help without any hesitation.

If you want to purchase the instruments simply you can communicate to the below mentioned number and receive the instruments through either the courier or directly.

Giri Iyya publication:91-9629032767 If you know such kind of

good persons please introduce me to serve this world when the evil persons are together in order to terminate this existence why not we all good persons should not co-operate together in favor of saving this Globe from those miscreants.

Let God bless the women for living the long life out of purifying the uterus through the water purification treatment.

**“Let God bless you all”**





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# Herbal also the Grain nutritious food

- Healer Baskar

**M**y dear friends recently I had gone to one of my best friends at Chennai. Some of the persons were preparing the grain made food.

Generally most of the persons would be manufacturing the food made of Grains like maize, corn rage etc...and some of the persons would be manufacturing the herbal tea and herbal drinks. On the contrary in that friend's house they were preparing the food out of mixing with grains and herbals.

When I asked about their preparation they started to say their storey as they have been doing the job of manufacturing such kind of food varieties for so many generations traditionally.

Her grandmother had been practicing to provide the grain gaur to their family, So that family persons had been living very hygienically. After the

disappearance of that grand-lady they stopped to prepare that grain gaur service.

After a long period one of their family members Mr.Balasubramaniam and Mrs.Kaliselve re instated that grain gaur manufacturing job. We are going to analyze the manufacturing of Grain nutritious flour in our home ourselves.

We require near about 46 ingredients products in order to manufacture the nutritious food in accordance to the below mentioned list. Most of the things would be available at our home .we need not purchase that from the shops. The UN -available ingredients would be available at the department stores or the country shops.

Some of the ingredients would be available at our own garden.

Likewise we should collect all above mentioned ingredients after dried



in the shady place. Later we should fry this lightly and grind at the nearby grinding mills. We can use this nutritious food by way of blending into the water along with the sugar or salt and this would generate our strength more.

On account of receiving more nutrition from the herbal and grains we procure more energy and it controls more diseases.

The ratio of the recipe you should decide according to your desire. It is advisable to take a note about the ratio of the ingredients before prepare the herbal food. Every time when you prepare the nutrition food just you take the sample and describe about the recipe.

Meanwhile you should change the ratio of the nutrition food and testily the taste of that item and take note of that preparation. When the taste is so delicious you finalize that ratio and combination. According to that formula you can be continually manufacturing food.

One of the important notifications is that it is not necessary that we should have some measurement of using that grains and herbs. Likewise when we manufacture the nutrition food at our home ourselves there is no chance of the nutrition deficiency in our



family.

On other hand it is not necessary to us to purchase the eatables and snacks like Horlicks, Born-vita outside which is made of chemical combinations. We can prepare ourselves and we can terminate such companies soon.

In spite of near about 150 ingredients which are used by that family, but we have mentioned only 46 items here.

My heartfelt thanks to Mr.Thirumoorthy and his parents Mr.Balasubramaniam and Mrs.Kalaiselvi who they have introduced about this nutrition food and the preparation of this nutrition food.

If you want further information you can contact through the telephone or meet him directly and gather more information. Cell : 91-9444352438

I am a sathumavu boy  
Live the long lie the universe....





# THE DEER PRACTICE FOR WOMEN

— ஹீலர் பாஸ்கர்

**T**his practice is an essential practice for the women only.

This is the special practice which would give solution for all sorts of women diseases like menstrual problems, Uterus problems, and infertility problems. When the yoga Guru vethatri maharishi has gone to japan he had learnt that practice. As soon as he returned from japan he had trained so many women to practice this Deer yoga. So let us gratitude to Yoga Guru vethatri Maharishi in favor of contributed this valuable practice for our Indian public.

## The Deer practice

The Deer practice provides the solutions to all sort women physical problems. Again again I do not want to repeat the same details that whatever diseases the deer practice is curing. I want to say through only one word that would cure all sorts of women diseases.

We can practice this practice either on the floor or on the chair. Wherever we sit we should as if the heel of the either leg should touch the sex organ of the practices. You may see the status at the temple as if the leg touches the sex organ.

While practicing this yoga we should sit in the Moola pandana state. Moola pandana state means that keeping our anus in abbreviated state. You should listen carefully I pronunciation as Moola pandan state not as Aswinee mudra, because there is difference between aswenee mudra and moola pandan.

The practice aswinee mudra means there we are abbreviating and expanding our anus till completes the practice. But Moola Pandan means there we should keep the anus only in the abbreviate position. That is the reason why I have told as Moola pandan instead of saying Aswinee mudra.

First of all we should develop the heat at the both of our palms by way of rubbing each other, then keep the right palm on the right chest and the left palm on the left chest as if we massage conveniently.

Then slowly we should massage our right breast through the right fingers left breast through the left fingers as if the fingers do not touch the teats of the breast. When we practice this practice we should start from the top of the breast towards the bottom of the breast. We should be continually doing for both of the breasts.

When you are massaging on your right breast that would appearing as if the spike of the wall clock rotating anti clock wise and when you are massaging your left breast that would be appearing as if the clock wise . We should be massaging continually for seven days lest the fingers touch the teats of the breast. Every time we should rotate the massage for 36 times around the breast.

After the seven days we should be massaging for next seven days for each practice 72 rotates. From the 15th day on wards we should be massaging for 108 times. This counting for the normal persons if they are the patients of epidemic diseases they would have to massage for 360 times. Generally it is advisable to do with the empty stomach.

We can practice this deer practice one time otherwise two times for a day. This practice is advisable for those who have deducted the breast part or the Uterus through the surgery.

The important note is that the pregnant ladies should not do this practice during the period of before the delivery and after delivered the baby .Similarly the women who are feeding for baby and who they have ill health and menstrual problems should practice this practice.

The puberty girls should do this practice till six months since they matured. Thereafter they can be doing for life long.

It is advisable to practice this yoga with only the air free dress otherwise it is more advisable to do without dress.

By way of practicing this deer practice the menstrual process which is prolonging for 5days or 6days would be shortened as 2days and end with only one day, because within only one day all of the elimination would be exhausted.

Especially the menstrual process would be concluded within only one day for the hygienic healthy women. On account of the shorten process of the menstrual would prolong our life time

more.

On consequence of practicing this deer practice would release only the wastage but not the blood bleeding.

More over this practice is not only supporting for the good health but also curing all sort of diseases like uterus problems, infertility, the menstrual pain everything.

I gratitude that honorable madam Miss.Aparna who belongs to

Arcott and who she has been pressurizing me for publishing this article.

If you want further details, you should approach the yoga and meditation training centers which belongs to Yoga Guru Vethathri iyya. Mean time I want to say that yoga guru Vethathri iyya is one of my favorable Gurus.

Let the vethathriyam live a long life  
Let grow his spiritual service!



**Thiru. Sugumar**  
9865287123

## The manufacturing of the **KUMKUM**

### REQUIRED INGREDIENTS

Turmeric-350gm  
Raw turmeric-700gm  
Lemon juice-450ml  
Venkaram -35gm  
Padikaram-35gm  
The turmeric should be fragmented into small pieces similarly to tamarind nuts.

### Practical demonstration

We should pulverize both venkaram and the padikaram then keep into the bowl and pour that 450ml lemon juice. Thereafter we should put the Turmeric and kindle continually three days. With a couple of days that would have been hardened. After pulverized this turmeric and add some ghee it is called KUMKUM.



# Herbal Seekai Powder

**W**e are going to deal How to prepare the herbal seekai powder? We can use this powder as an alternative for shampoo to the head and soap for the body wash. More over we can use this powder as the tooth paste for the teeth. Likewise this herbal powder has more significance.

## The required ingredients:

Seekai : 1kg  
 Vetri root:50gram  
 Nelikai -100gram  
 Avaram poo-100gram  
 Poolankilangu-100gram  
 Rose petals-50 gram  
 Poonthi nets-100grams  
 Green gram-50grams  
 Fenugreek -50grams  
 Lemon skin-100grams  
 Beetal leaves –sufficient  
 Marikolunthu-sufficient

## Practical Explanation

We should not keep all the above mentioned ingredients directly in the hot sun. We should dry in the sun shade during the time of hot sun. But the exception is that we can dry only the seekai in the hot sun.

After dried all those above mentioned ingredients we should approach to the nearby grinding mill and make powder. Now we can use for the multi usage like shampoo, soap, tooth paste and it is curing lot of diseases like poduku, hair falling and head ache.

While we are using this powder for the tooth we can brush by fingers or tooth brush. By way of using this herbal powder we can boy-cot the multi-national companies and we can live the self-oriented life.

My hearty thanks to Mrs. Suganthi who she helped me to publish this article regarding the herbal powder and the usage. If you want the further details you can contact he cell no:91-6381957190



Mrs. Suganthi

let us resume the self –oriented life.  
 Let the universe live long...



SIRKAZHI

21

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*Thanks You...*

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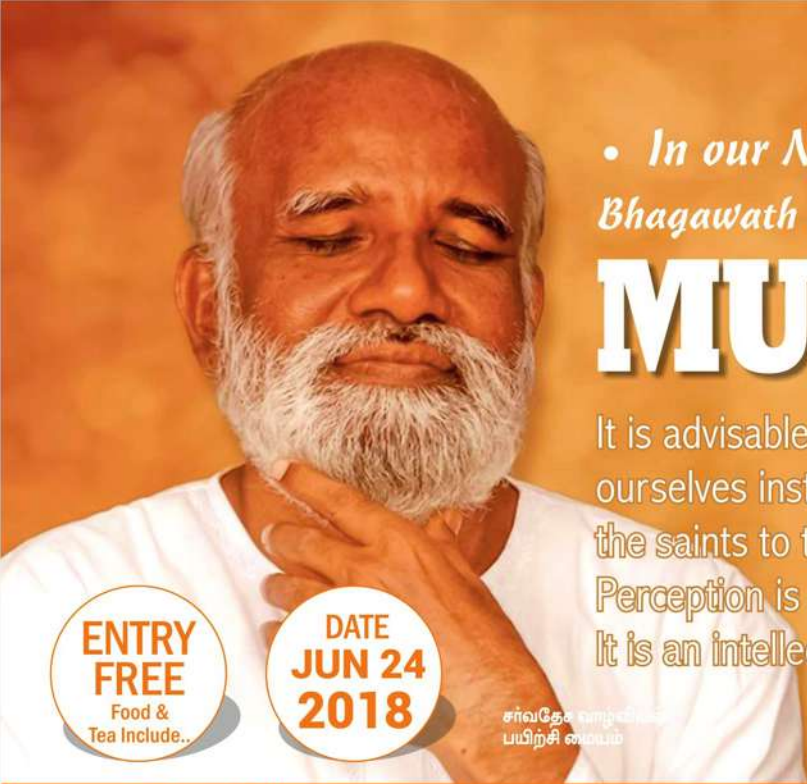
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# MUKTHI

It is advisable to be enlightened ourselves instead of approaching the saints to their places.  
Perception is not an experience  
It is an intellectual understanding only.

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