

# AMAITHIYUM AAROKIYAMUM

Monthly Magazine

Amaithi - 5

Arokiyam - 12

July - 2018

**The cooling powder  
for the skin diseases**

**THOUGHTS MOULDS LIFE**





**It's not important how others see you !  
It is important that you see yourself !**



# AMAITHIYUM AAROKIYAMUM

Monthly Magazine

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## AUTHOR



The motivation of our Magazine Amaithiyum Arokiyamum is excavating the disappeared and buried events and revealing to the public.

I request our Global friends to send their good valuable messages as articles to us. We do not receive sufficient articles so far. Please send me your valuable and well-known articles us.

Although you do not know the good information you can introduce your relations and best friends who they knew food in formations.

Please mention particularly about their special areas and their efficiency of respecting skills along with their address.

Later I would communicate them and apprehend about their values there after we would advertise to public.

The total amounts of valuable informations are less. We want to render more information to public.

Therefore please you try to benefit more good information out of these articles directly.

You may eager to reveal more valuable subjects to the universe and other hand you may think not to reveal your name address.

We would do as per your will wish. I expect more information shortly from you.

## JULY 2018

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# The Cooling Powder For The Skin Diseases

- Healer Baskar, Founder  
Anatomic Art of Self Treatment

**W**e are going to know about one kind of curable medical powder that would cure all kind of skin diseases and the pimples.

We are going to deal about the manufacturing of rice powder and know that how would cure the skin diseases, pimples of children.

This rice powder can be used by even elders. The Malaysian people do have the habits of using this cooling powder day to day.

They call this powder as (Bedeck Seljuk) Bedeck Seljuk means that is powder Seljuk means cooling.

We require the raw-rice to produce this cooling powder .if it is hand -made raw-rice that would be

much better if we not able to get the hand-made rice it is advisable to use the raw-rice.

The manufacturing process of cooling powder

First of all we should drench the rice into the water. We have to change the water 6 hours once because if the rice is drenched into the same water that would be acidified.

The water should not be acidified





so if the acid smell is stenches we should change the water. we should drench the rice in such a method.

Likewise we should change the water consecutively and drench the raw-rice into the water. When we pour the fresh water we should release the dirty water.

One more noticeable point is hint is that we should store that dirty water instead of pouring out –side, because that dirty water has the medical attitude.

We can use this medical water for taking bath .when we apply this medical water on the body that would cure all the skin diseases.

The water would shine our skin and it is eligible for the usage of all ages like children to adults.

The rice dirty water would give more benefits to women who they wash their sex organ through this dirty water that would cure all sorts of uterus problems and menstrual problems.

After we drenched the raw rice we should wash through the fresh water. Later we should grind through the mixer nicely.



After we ground the rice we should keep into the white cotton cloth and squeeze as if the water should be extracted.

Thereafter we should mix sufficiently the rose and rose water powder. When we use the rose-water we should purchase only the genuine rose-water.

It is more advisable to purchase from the organic shops better than purchase from the ordinary petty shops.

The genuine rose powder would be available at country herbal shops. We should massif the above –mentioned rose-water, rose powder along with the rice flour.



Later we should make it as the small size according to our usage. After made the rice flour as the small balls we should keep in the hot sun as if it is burning directly from the sun.

How long we dry in the hot sun as long as the rice balls would be prolonging without spoil. There after we can protect these rice balls into the glass bottles safely.

Now the cooling rice balls are ready. All sorts of ages can use this and that would cure all kind of skin diseases even the sweating peoples can use for curing.

Whenever we want to use this cooling rice balls we should made as paste through mixing by water later apply on the whole body.

The important notice is that we should not take bath after applied this paste on the body similarly how we use the powder. We should use only after the body-wash.

We can apply this cooling rice ball powder on the shining part of the skin by mixing with rose water or water. This would terminate all the disease causing germs this method is called Bedak sejuk by Malaysian people. This paste would make the skin as cool. These kind of cooling rice balls are



available at Malaysian shops. So we too produce these kinds of cooling rice balls and benefits.

Whenever we find the heat pebbles right that moment we stop to take bath from hot water and we should take bath with cold water only.

All sorts of ages should take bath from cold water in orde3r to avoid the heat pebbles. During that time it is advisable to use only the herbal powder, seekai, green-gram powder and Chena powder.

Otherwise you can produce the coconut soap by way of watching my videos of the coconuts soap manufacturing and articles of coconut soap making.

During the time of having scares and pebbles we should avoid the smoking process for children by using frankincense or herbal powder, because the smoke is in agreeable to the scare skins.



Moreover do not use the powders which are available from shops. All these powder would cause disease to the human body.

All these powders are manufacturing the rigid stone by way of grinding them nicely and they mix the perfumes into the powder.

Once upon a time our ancestors had been using only rice powders for the body wash, but nowadays the foreign companies have been selling the chemical powders that are driven from crusher powder.

Crusher powder means which made of the house construction materials so it is advisable not to use these powders. My hearty thanks to my beloved wife Mrs.....who she taught me to produce the cooling powder.



# How to invest beneficially



- Healer Baskar

**T**he global people do not know how to invest the money lucratively?

That is the reason why only a few people become the richest persons of the world.

The numbers of the poor persons are more this world.

The cause of this problem is that they do not know how to invest the money and how to earn the profit?

So we are going to deal the strategies through this article how to invest the beneficially.

Generally everybody invest their money in either field. It is not right to invest the money in only one field, because suppose the business that we

have decided is failed, and go falling towards the loss of business, the investors would have to lose the investment completely and would be suffered.

If we apprehend how those 13 yutha illuminates they belong the secret society families are investing the money in the business, we too can invest the money and multiply the business.

**For instance you can fix your investment like the below mentioned list:**

1. Deposit the money in the bank account.

2. The fixed deposit money

3. Cash in hand

4. Debit the money to friends as loan



5. Purchasing Gold and stock.

6. Invest in land

7. Investing in the building

8. Invest in the share market.

9. Invest of commodity commerce.

10. Invest of crude oil

Illuminates would divide and invest their capital into 10 to 20 businesses. Later they would sell their shares that which business is successful and again they would invest in the loss of business in addition to that they would purchase the shares of that falling business.

This investment method is the main reason for owning most of the properties by way of following the investment method right beginning of their time.

They have been increasing the investments and benefits multi times by way of purchasing the shares of the loss of business and selling the shares of the success of the business.

For instance they enhance the value of the American dollars many times purposely mean while they

decreased the value of African coins many times less.



On account of this strategic techniques the economy of the African slashed down the illuminates invested the American dollar into Africa. Now you would have understood the strategic of illuminates.

Having the eligibility of causing the profit and loss of the economy in every country they enhanced the value of the American dollars and decreased the value of the African coins.

Now the illuminates have started their next level job that they have invested the investment in the affluence of Africa and in the company share.

Similarly they have devaluated the value of America dollars and made the economy to fall towards the loss. Same time multiply the prosperity of business and going to earn many times benefits out of the investment.

Nowadays they have been contemplating and pre-planning to inaugurate so many micro-industries in African country and they go to increase the value of the money.



So far we dealt about how the illuminates invest the money here after let us consider how we can handle the investment of the business by following their investment methods.

You can divide your money into ten parts and invest into ten businesses that I direct you.

For an example if you have 1 core capital divide that into ten parts and invest that into ten businesses. You can invest in the below mentioned ten business.

You should sell the shares of the successful business and invest into the loss of business among those ten.

Likewise continually we should sell the shares of the lucrative business and invest into the loss of the business among those ten.

If we do like this method we can benefit during the loss of business is in growth.

In consequence of the money into the business as per above mentioned methods our investment would have been multiplied into so many times after certain time.

1. Deposit the money in the bank account.
  2. The fixed deposit money.
  3. Cash in hand.
  4. Debit the money to friends.
  5. Purchasing the Gold and shares.
  6. Invest in lands.
  7. Investment in buildings.
  8. Investments of share market.
  9. Investment of Commerce commodity.
  10. Investment of crude oil
- My dear friends I do not suggest you that you should invest only the above mentioned ten businesses, you can invest into some other business as you know I have described as per my knowledge.

The major and general mistake that we do is investing the money into only one business. On account of investing into only lone business you would be facing the continuous loss. so many persons are wandering on the streets as lunatic and somebody frustrated.

So dividing the money into different business is only the way for investments.

It is an advisable action If we like this method the investment would not bring loss. It is not necessary that you should invest into ten business fields you may invest even 5 fields only. Why not 7 or 70 field? It depends upon your efficiency.

You must remember the information that we should invest 70% of money from our capital of money for our personal expenses and emergency needs.

For example if he has so lakhs and invest the money in the share market with the view of recovery in spite of having an important expense that his daughter's matrimonial expenses.

Later he organized all the marriage arrangements as soon as he got a good alliance.

During that time he requires the money on the contrary the shares of the market is going very down. Meanwhile he is necessary to sell his shares for the least price.

We so many persons are doing this blunder mistake that having invested all the money into only one bossiness and recollecting the money as the loss of business during the time of emergency requirements. Let us follow this investment method and multiply the benefits of the business. Meanwhile we should invest into different business and benefit multiply.



## ONE STONE NINE MANGO

If you send a mail to [onestoneninemango@gmail.com](mailto:onestoneninemango@gmail.com), you will get replies as nine mails which contain Healer Baskar's video, audio, books etc.





# A little Garlic Treatment

- Healer Baskar

**A** little Garlic Treatment means treating through the Garlic. The treat is helpful all sort of diseases .We may call as sarva Roga Nevarani.

This Garlic treatment becomes the solution for all kinds of diseases like the women's general problems like menstrual problems, uterus problems, stomach ache problems and constipation problems.

Endear friends when I particularly use the word Sarva Roga Nivarani that would cure all kind of diseases. In spite of not mentioning the some other disease in the table the word sarva Roga Mevarani would mean



that it would cure all kind of diseases.

## The practical method

We should take only three pulse of garlic and make into small pieces. This garlic pulses help for the proper digestion as soon as those enter into the intestine. The urine would release freely. The lungs would function properly. All the eliminations of the body would release freely.

The hygienic persons can be doing this practice weekly once or monthly once. The patients who they have been affected by severe disease may be eating continuously 21 days.

Suppose anyone has the problems can avoid this treatment soon. You clearly understand that this

treatment would not cause any side effects.

There is an alternative method to the persons who they feel vomiting sense. There is no any chemical contention in this herb Garlic.

They can fry the garlic pulses without peeling by the gingili oil through the frying pan. Later cut into small pieces and swallow through hot - water.

Eating the raw garlic pulses is advisable than eating the fried pulse. We suggest this alternative solution only the persons who they are unable allergy of the raw garlic.

Please share your experience of the garlic treatment through mail or Telephone.





# The bath of Chapels

- Healer Baskar

My dear friends this may be surprising to you by hearing the word that the bath of the chandelles, because you would have heard the several kind of baths like plantain leaf bath and the soil bath. This footwear bath would be peculiar to you.

The bath of the footwear means that giving bath to the foot wears. Every day when we start from our house we wear shoes and chapels for travelling outside. After returned to home simply we leave the chapels outside of the house and enter into the home without washing our feet.

Actually this foot wears were carrying us more than 8 to 9 hours for the whole day. When we take bath we wash our physic and feet but we don't wash our feet. What a pity? We use those chapels for the whole day but we never think to keep those chapels clean. On account of wearing those dirty

chapels without wash clear all the dust, mud, stain is sticking with the feet; hereby our palms are not clear ever. chapels are not clear the stain easily sticking with our bare feet.

The main reason for several diseases is only the dust and stain of our feet. Meantime we can prevent our physic from all sorts of diseases by way of keeping our feet and foot wears.

Some merchants are selling some kind of chapels lest the water should touch the foot wears. Please do not purchase that kind of chapels' .So many persons are using that kind of chapels without cleaning that because of that those chapels would be lost, so hereafter when you purchase please purchase only the water proof chapels as if we clear frequently.



Similarly when we use the socks of the shoes please care to use only the fresh socks. Strongly have in your mind that we should use only the fresh clean socks while we wear the shoes.

It is advisable to use two or three pairs of socks per day the persons who they have the sweating problems. We should clear the shoes also how we clear the chapels. When we but the shoes we should buy only the water proof shoes. More over us should keep

the shoes in the hot sun as if it dries the moisture of the shoes.

By keeping the shoes in the hot sun would drive the bad smell from the shoes. We should understand that as much as we keep neat our shoes and our feet that much hygienic and health would be provided us. Most of the persons do not give preference to the body and foot wears. So let us take a great care of our health by way of giving bath to our chapels.



## Self - Oriented Life - 1

# Natural Shampoo

### Practical methods:-

First of all we should remove the seeds from the boonthy kai, later we should pulverize the poondhi kai skin, seekai, Fenugreek and Ali seeds.

Later invest the curry leaves sarsaparilla root, Arupu and Allovers pulp also the Hibiscus petals, Hibiscus leaves into that half-liter water and boil highly as if the ½ liter water is abbreviated to ¼ liter water after pour that extract into one glass bottle and save safely.

### Usage:

We can use along with little water as ell as shampoo we can retain this shampoo for three days.



### Required ingredients:-

Poondhi kai skin	-50 grams
Seekai	-50 gram
Sarsaparilla root	-1 spoon
Fenugreek	-1 spoon
Curry leaves	-1 hand full
Hibiscus flowers	-10nos
Hibiscus leaves	-1 hand full
Arappu	-1spoon
Ali seeds	-20 gram
Allover	-Sufficiently

# NATURAL Hair die

## Required ingredients:-

1. Avuri leaves- sufficient
2. Mahanthi leaves-sufficient

## Practical method

We should pulverize firstly the mahanthi leaves and Avuri leaves.

## The usage:

1. The first day we should drench the mahanthi leaves into the water for the whole night.
2. The next day we should dry the hair after the oil-bath.
3. Later we should rub the drenched mahanthi paste on the hair deeply as if touches the roots of the hair .After one hour wash the hair properly.
4. Again we should apply the Avuri leaf powder on hair after the skull dried properly.
5. Again leave for one hour for drying later wash through the water.



6. Now the dye would be prolonging for three weeks. If we do not use any kind of chemical shampoo it would sustain for a month, rather than if we use the natural herbs it would prolong then a month. On account of using the hair dye there is the chance of cancer on the kidney.

So here after use the natural hair dye and live for long.





Self - Oriented Life -3

# The instant Dosa Flour Powder

## Practical method:-

First of all dry the above mentioned ingredients under the hot sun and stove. Later fry the asafetida and the stone salt into the iron pan.

Finally grind all those ingredients through the mixer or grinder. Now the flour is ready for preparing dosa.

## Usage:

Have the instant dosa powder and blend the water for dosa preparing condition then prepare dosa and taste.

## Benefits:

1. We are liberated from the dough flour

## Required ingredients:

Green Gram	-250 gram
Black Gram	-100gram
Raw-rice	-100gram
Fenugreek	-20 grams
Cumin seeds	-20 grams
Asafetida	-10gram
Salt	-Sufficient

because of keeping at the refrigerator.

2. Relief from the poisonous dosa powder which is sold from the shop. Let us use the instant dosa powder and live a long life.





# The vessels washing powder

## Required ingredients :

Boondhi kai skin	- 1kg
Seekai	- 1/2kg
Red gram	- 1/4kg
Fenugreek	- 100gram
Lemon skin	- 10nos
Ash	- Sufficient

## Practical method

Remove the seed from boondhi kai and make dry all above mentioned ingredients through the hot sun light.

Later grind through mixer or grinder. Now the washing powder is ready.

## Usage:

Apply a little powder along with the washing Fiber.

## Benefits:

1. A less amount of powder will be required for huge amount of vessels.

2. If we wash the vessels through this powder as less powder would be

requires.

3. No hand burning or paining

4. Use this natural powder you would see your face.

If we mix a little store salt with this powder and wash the copper vessels even the original copper would be defeated.

Use natural washing powder and live al long life.

**Healer Mathivanan**  
and Group's, Kovai.



# Lady's finger Treatment



Natural physician  
**Mr. Natarajan**

**W**e know that the lady's finger is very hygienic vegetable.

Some people would eat the raw and some people would eat boiled. On the contrary if we eat in the liquid form whatever benefits do we have? Do you know?

Before we go to bed we should cut the lady's finger into small pieces and keep into the 1 tumbler of water.

**Benefit of this lady's finger juice is more.**

1. The diabetic patients can balance the value of the sugar by way of drinking the lady's finger extracted water. It contends of water energy and fiber energy. It prevents the loss of the

water energy and deepens the body cool.

2. The constipation would be avoided by way of drinking the fiber energy contend lady's finger water.

3. On account of drinking the lady's finger extracted water it would strengthen the bones and prevent from the Osteoporosis. So if you want to enhance the dignity of your bones you drink the lady's finger water.

4. The valuable experiment is assuring that the lady's finger water would reduce the danger of lung problems like Asthma for the breathing problems.

5. We can say the anti-diseases lady's finger as the body energizer. Because if

strengthen the anti-bacterial system and prevent the body from fever and cold.

6. If anybody drinks the lady's finger extract daily their cloistral would be controlled and that would prevent from heart problems.

7. Lady's finger is the best medicine for curing the diseases like blood deficiency, wheezing, cloistral, constipation, cancer, diabetics, stomach ache and eye defects.

8. The in- dissolvable fiber energy of the ladies finger would reduce the danger of the intestine cancer.



# Turmeric Powder

1. Turmeric pulp	-1kg
2. Poolan pulp	-200gm
3. Sarasaparilla	-100gm
4. Rose petals	-100gm
5. Avarm poo	-100
6. Thirneeru pathri	-100gm
7. Raw-rice	-100gm
8. vasambu	-50gm
9. Neem flower	-100gm

We should use this powder after ground the above-mentioned ingredients by drying in the hot-sun. This powder would give us the good shines and color. It is works as the insect killer also.





# SUGI

## HEALTH MIX

**I have added the below mentioned  
21 kinds of grains**

1. Green gram-1kg
2. Horse vally-1kg
3. Samai -1kg
4. varagu-1kg
5. Themai-1kg
6. Mullet -1kg
7. Nattu solam-1kg
8. Makka cholam-1kg
9. Ragi-1kg
10. Sweet rice-1/4 kg
11. Barli-1kg
12. Samba wheat-1kg
13. Buffed-rice and ground nut-1kg
14. Fried ground-nut-1kg
15. Black-chenna-1kg
16. White soya-1kg

17. Red Gowni rice-1kg
18. Almonds-200gm
19. Chasew nuts-200gm
20. Ginger-50gm
21. Cardomon-10gm

First of all we should fry each and every grain into golden color. Later we should grind through the mixer.

There after invest this flour into one Air-tight container.

Blend this nutritious powder with waterless milk and boil till it becomes gaur. While we drink nutritious milk it would give all energy us.



# THE FOLLOW-UPS OF DINNING

1. On account of adding pepper it breaks the poison of the body and food.
2. If we add cumin seed in the food not only it reforms the body but also provide cool to body.
3. Fenugreek reduces the heat of the body. Drenching the fenugreek into the water and drink in the morning would release the heat of the body.
4. Mustard seed balancing the body heat.
5. If we add ginger in the food it avoids the vomit and head spinning.
6. We should not eat the food by supporting the left hand and during that time we should not eat food.
7. We should not eat the food at the door step by opening the door.
8. We should not eat the food by wearing the chapel.
9. We should eat the food in the dark room or the shady place; similarly during eat the food we should not move away.
10. Do not eat the food with
11. Carrying the food plate by the hand and eat is not advisable.
12. Do not eat the food by standing.
13. Do not eat the food by keeping on the lap and do not eat the food by lying on the bed.
14. If we eat the food by purasa leaves that would develop our knowledge.
15. If we eat the food by using silver plate that would give us good knowledge, concentration and benefits. Never should we close our food vessels by the spittle plates.
16. During the night time we should not eat the ginger, curd, bitter-gourd and greens.
16. Never we should serve the food without serving first the vegetables, papada or sweet.

Hearty thanks to **Mr. Natarajan**,  
Physician. 9444167098



# Thenai PUTTU

- Mrs. Malika

## Practical performance:

First of all drench the Thenai rice into the water for an hour. Later grind the rice without mixing water through mixer by adding chili, salt and asafetida.

Thereafter boil Thenai rice through the steamer for 15 minutes by adding oil. After the pan cakes are hardened just separate through the mixer.

Afterwards just fry the Thenai puttu through the iron pan by adding the oil, mustard seed and small onion.

Then unload from the Iron pan by adding curry leaves now the puttu is ready.

## Usages:

The anti-axsident from the onion would maximize the immunity power. Mustard seed would release the pain from the muscles. This Thenai puttu would cure the cold and acidity.

## Ingredients

Thenai rice-1/2cup  
Red chilli -1  
Asafodeita -1 spoon  
Onion pieces-1  
Oil-1spoon,  
Mustard seed-1/4 spoon  
Salt, Coriander leaves,  
Curry leaves - Sufficient

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