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Focus on Medicine



Highlights of the issue:

-  Health Care & Medicine...The Vedic Way
-  Ayurvedic Pathology of Diseases
-  Homa Therapy
-  Medical Care at New Talavan
-  Village Out-reach Program to Talawada

Suffer Miseries of Materialism or Adopt Vedic Civilization

Srila Prabhupada: Ample food grains can be produced through agricultural enterprises, and profuse supplies of milk, yogurt and ghee can be arranged through cow protection. Abundant honey can be obtained if the forests are protected. Unfortunately, in modern civilization, men are busy killing the cows that are the source of yogurt, milk and ghee, they are cutting down all the trees that supply honey, and are opening factories to manufacture nuts, bolts, automobiles and wine instead of engaging in agriculture. How can the people be happy? They must suffer from all the misery of materialism. Their bodies become wrinkled and gradually deteriorate until they become almost like dwarves, and a bad odor emanates from their bodies because of unclean perspiration resulting from eating all kinds of nasty things. This is human civilization. If people actually want happiness in this life and want to prepare for the best in the next life, they must adopt a Vedic civilization. (SB:5.16.25)

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Srila Prabhupada Speaks on Medicine

If You become Idle, You'll be Diseased

Gupta: When we pass, people say "Hare Krsna, Hare Rama."

Śrīla Prabhupāda: This is the test of Vaisnava. If one is actually Vaisnava, then by seeing him one will chant Hare Krsna. This has been created all over the world. Yes. Wherever we go, they chant Hare Krsna. Even at midnight in Athens. Yes. That we have experienced. This is the definition given by Caitanya Mahaprabhu.

Jayadvaita: Prabhupada, if Krsna had already done all the work at Kuruksetra, so why was He so eager to have Arjuna work?

Prabhupada: Huh?

Jayadvaita: Because He'd already done the work.

Prabhupada: Yes.

Jayadvaita: Why did He want Arjuna to work?

Prabhupada: Just to show example, that "Don't sit idly, rascal. Work." Krsna has already done, but you must work. This is the example.

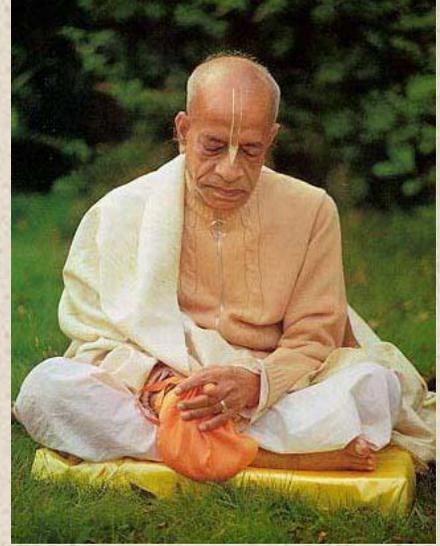
Jayadvaita: People will argue that "Why should we work? If we can make an arrangement for being idle..."

Prabhupada: Eh?

Jayadvaita: People argue that "If we can make an arrangement to be idle, then it's nice. We've worked so hard. Now we can be idle. That's nice."

Prabhupada: Then, that, if you become idle, you'll be diseased. You'll have dysentery. That's all. That will not help you. You'll have to suffer. That, that, that stage has already come. Because so many rascals are idle, now there is so many things want. So you'll suffer. If you don't work, then you'll suffer.

[Source: *Morning Walk* -- March 15, 1974, Vrndavana]



“... The conclusion is that whatever may be our past, let us come to Krishna consciousness and immediately join Krishna. Just like with a diseased man, it is a waste of time to try to find out how he has become diseased, better to spend time curing the disease.”

“As soon as you make misuse, the supply will be stopped. After all, the supply is not in your control. You cannot manufacture all these things. You can kill thousands of cows daily, but you cannot generate even one ant. And you are very much proud of your science. You see. Just produce one ant in the laboratory, moving, with independence. And you are killing so many animals?”



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HH Bhakti Raghava Swami Speaks on Medicine



There is a Hindi saying which goes like this:

ghar-ghar gay, grām- grām gaushālā, yahi hai hamari nirog shālā

[A cow in every house and a cowshed in every village will make for a disease free home.]

Cows, it is said, have a symbiotic relationship with human beings. They are very affectionate and are meant to live and to relate very closely with humans. Not only are they “human like”, being the most advanced animal embodied living entity in the mode of goodness which will take a human form in his next life, but all auspiciousness comes when one keeps a cow at home (and of course the opposite is also true: a home without a cow is considered most inauspicious). We thus find another important slogan which conveys a clear message for those fortunate to know about the Vedic way of life:

jā ghar tulsi aur gāya tā ghar vaidya kabhi na āye

[In a home which has a Tulsi plant and a cow, doctors don't come to that house.]

The approach to health and medicine in the Vedic culture is vastly different from the modern day medical practice. Maintaining good health and taking needed medicines not only relate to the body but indeed encompass such things as the environment in which we live, our intake of food, the spices we use, the company we keep, the time we sleep and rise, and much more.

If one can maintain good health then naturally one will need less or no medicines. For this reason, the Vedic lifestyle promotes “sattvik living” or leading a life in the mode of goodness. Such lifestyle in the mode of goodness was best practiced within an agrarian setting where one lived and worked in a natural environment, free from passion, anxiety and various kinds of pollutions we commonly find in our modern metropolis. One's food, one's occupation, one's personal hygiene, one's daily schedule, one's environment, one's friends and relatives, one's leisure time, and especially one's primary preoccupation in life, spiritual emancipation, would all help enhance a hale and hearty body, a peaceful mind and most important, a healthy and progressive spiritual consciousness.

Modern & Vedic Medicines

Modern day thoughts concerning health and medicine bring flashes of fancy drug stores, sophisticated hospitals, nursing homes for the aged, cramped emergency wards, surgical operations, expensive medical laboratories, chemical manufactured medicines, research scientists, disease prevention, prescriptions from doctors, blood tests, X-rays, unpaid medical bills, etc. Unless the blood is examined and analysed in the laboratory (often they also need to get a sample of the patient's excrements), physicians can generally not determine either the disease or the cure.

The Ayurvedic method of analysing a patient's disease is very different. That is because the understanding of a person's metabolism and psyche is also totally different. Ayurvedic science deals with the balancing of three elements called dhātus, namely mucous (kapha), bile (pitta), and air (vayu) which, when imbalanced, cause various diseases. Ayurveda also believes that most diseases are caused by wrong behaviour, imbalance between body, mind and soul generally caused by an

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unregulated lifestyle and a wrong intake of food. What is the treatment? Balancing of three elements air, bile and mucous which will more easily be accomplished by moving towards a more sattvik way of living.

To diagnose a patient entails “analyzing” the patient’s blood pulse, without having to extract even one drop. It is a totally painless and safe method for the patient. A qualified Kaviraja (Ayurvedic doctor) will hold the patient’s wrist and with three of his fingers “scroll” or “scan” the main blood vessel using a combination of his “trained” fingers. It is said that to become an expert in “reading” someone’s pulse, one must practice for 12 years. Within less than 60 seconds the trained Kaviraja will thoroughly understand from what imbalances the patient suffers. Depending on which of the three dhatus are imbalanced, he will prescribe both natural medicines and a diet to help the patient recover. The medicine he will prescribe will be freshly made from pure ingredients he has collected and prepared by trained assistants. Not only is the whole operation painless but it is also much less expensive and less time consuming. It is not uncommon for a qualified Kaviraja to see a few hundred patients a day. Traditionally some of the brahmanas would be practicing Kavirajas and thus one would get free treatment as brahmanas do not take any fee.

Rāsa Sāstra

The ancient Vedic method of diagnosis and treatment was highly advanced. It involved subtle sciences not found or practiced today. Generally most treatment would also be closely connected with the use of pure ghee, clarified butter (most Kavirajas will admit that without pure cow ghee, they cannot practice Ayurvedic medicine), as well as fine mixtures of various metals including gold, mercury, sulfur, etc.

The use of metals is considered the most advanced as well as the most dangerous when not properly applied.

“The branch of Ayurveda dealing with the processing and therapeutic use of metals, minerals and allied products is called the Rasa sastra. Sastra means 'scriptural knowledge' or 'science' and rasa means 'metals' and 'minerals' in general and 'mercury' in particular. According to the Rasa rafna samuccaya:

"Mercury has the power to assimilate (rasanat) all the other metals because of which it is called rasa. In addition, it is effective (rasyate) in preventing and curing the process of aging, pain and even death (untimely death) for which it is called rasa."

“The Atharva Veda has classified treatment of diseases (cikitsa) into four categories, viz. (1) atharvaw, (2) angiras, (3) daivi, and (4) manusyaja. The third variety i.e. daivi cikitsa has been explained in the subsequent alchemical texts to be dealing with metallic including mercurial preparations for the preservations as well as promotion of positive health and for prevention as well as cure of diseases.”

Like metals and minerals, gems and jewels are also used for the treatment of obstinate and otherwise incurable diseases. Sastra says:

"Mineral remedies are therapeutically effective even when administered only in a small dose (unlike vegetable products which are generally required to be administered in a much larger dose). These mineral products are not unpalatable (unlike some of the vegetable remedies which are sometimes very unpalatable because of bitter, astringent and pungent tastes). Mineral products produce their therapeutic effects instantaneously (unlike vegetable products which take longer time because they have to pass through the process of digestion and metabolism before they become therapeutically active)".

Also according to Ayurvedic Sastra:

"Therapies are of three categories, viz., asuri (demoniac) which includes surgical therapies, (2) manusi (human) which is performed by the use of decoctions, etc. of vegetable drugs, and (3) daivi (divine)



which is performed by the administration of metallic and mineral preparations. The succeeding ones are superior to the preceding categories of therapies."

We thus presently find mainly the *asuri* method of treatment which uses all kinds of drugs to treat generally more of the symptoms of a disease than its root cause. Very often such chemically manufactured drugs produce undesirable side effects, some of which can be worse than the disease itself. For this reason, more and more people are now turning to what is called "alternative medicines" which come more in the category of *manusi* treatment. There is thus a need to re-introduce the traditional methods as practiced in Ayurveda. Such a reawakening is taking place both in India and in Western countries.

Mental Stress & Disease

"Diseases are both mental and physical. The cause of mental disease is tension or stress. *vishad karoti iti vish*. Stress gives rise to poison (toxin) in the body. The result of poison in the body is virus or infection. This virus is called *vishanu* (living entity of toxins) in Sanskrit. These cause cancer in the human body. This triggers uncontrolled cell growth causing various types of cancer. When such poison and virus *vishanu* enter the blood it is called blood cancer, etc. In 99% of the cases, cancer is caused due to mental tension of various types. Even to the extent that a child in mother's womb is also affected due to mother's tension. In due course of time the child suffers due to blood cancer or other diseases."

Spices as Medicine

There are a number of spices which are extremely medicinal and should be taken with our food on a regular basis. The spices should be fresh of course, ideally fresh from our garden, for they contain and maintain all the nutritional and medicinal values. Here is what the author of The Hare Krishna Book for Vegetarian Cooking, Adhiraja dasa has to say: "*Spices and herbs, the "jewels of Indian cooking," make the meal not only tasty but also more digestible. Most spices have medicinal properties. Turmeric, for example, is a diuretic; cayenne pepper, a gastric stimulant; and fresh ginger, a tonic. The science of using spices to accentuate the taste of foods and maintain good health goes back thousands of years, to the Ayurveda and Artha-sastra scriptures.*"



Cow Urine as Medicine

"The cow is the abode of all the demigods. She is *Kamadhenu* (desire fulfiller) personified. She is receiver of the auspicious rays from all the heavenly constellations. Thus it contains influences of all constellations. Wherever there is a cow, there is influence of all heavenly constellations; blessings of all gods are there.

The cow is the only divine living being that has a *surya ketu nadi* (vein connected to the sun) passing through her backbone. Therefore the cow's milk, butter and ghee have a golden hue. This is because the *Surya ketu* Vein, on interaction with solar rays produces gold salts in her blood. These salts are present in the cow's milk and cow's other bodily fluids.



In cow blood there is pran shakti (Life Force). Cow urine is cow's blood that is filtered by kidney. Kidneys filter blood. Whatever elements are present in blood are present in cow urine also.”

Spiritual Medicine

In his book Mukunda-mala Stotra written by the renowned King Kulashekhara, the following advice is given in text 37 and commented upon by Srila Prabhupada:

*idam śarīram pariṇāma- pesalam
pataty avaśyam śata-sandhi-jarjaram
kim auśadham prcchasi mūḍha durmate
nirāmayam kṛṣṇa-rasāyanam piba*

“This body's beauty is fleeting, and at last the body must succumb to death after its hundreds of joints have stiffened with old age. So why, bewildered fool, are you asking for medication? Just take the Krishna elixir, the one cure that never fails.”

“Youth is often blind and deaf to the warnings of oncoming old age and death. A passionate young person may think that such admonitions are for old-timers who do not know how to enjoy. Many so-called philosophers encourage this hedonistic attitude, which is precisely the attitude King Kulashekhara is condemning in this verse. The hedonist's advice, "Enjoy as much as you can while you're young, because you only live once." Not only is this advice morally unsound, but its premise is untrue: according to Vedic wisdom, our present life is only one in a series of innumerable lives we've experienced and will experience in innumerable bodies. Thus hedonism is a prescription for disaster, for the karmic reactions to a misspent youth will cause us to suffer in this lifetime and the next. In his poem Saranagati, Srila Bhaktivinoda Thakura outlines the story of the conditioned soul who wastes a brief lifetime:

‘I drank the deadly poison of worldliness, pretending it was nectar, and now the sun is setting on the horizon of my life. So soon has old age arrived and all happiness departed! Wracked by disease, troubled and weak, I find all my senses feeble now, my body wrecked and exhausted and my spirits downcast in the absence of youthful pleasures.

Since I lack even a particle of devotion and am devoid of all enlightenment, what help is there for me now? Only You, O Lord, O friend of the fallen, can help me. I am certainly fallen, the lowest of men. So please lift me up and place me at Your lotus feet.’

King Kulashekhara berates the foolish old person whose only response to his failing health is to seek some medicine. No medicine in the material world can prevent old age and disease, though modern allopathic medicine may temporarily cover the symptoms. The only medicine that can actually bring relief is the Krishna elixir—Krishna consciousness. It is sheer folly to turn solely to doctors in old age instead of to Krishna.

One can see enlightenment among the elderly at pilgrimage sites in India, especially in Vrindavana. There one sees many old people visiting temples with intense devotion early in the morning. Hundreds of old people walk the circumambulation (parikrama) paths despite physical debilities. Some are bent nearly double! Someone might criticize that these people are not being provided with the Western medical treatment that could add a few years to their lives or ease their pain. But the sincere babajis and widows of Vrindavana who somehow make their way every morning to see Krishna in the temples and who call out "Jaya Radhe!" are actually fortunate and most intelligent. They are taking the Krishnaa-rasayana, the elixir that will grant them eternal life in Krishna's spiritual abode. The Vedic sastras recommend that one drink this elixir from the beginning of life, but even if one neglects to do so earlier, one should by all means drink it during the waning days of life and thus cure the disease of repeated birth and death.” Hare Krishna!

— *HH Bhakti Raghava Swami*

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Ayurvedic Pathology of Diseases

<http://www.veda.harekrsna.cz/encyclopedia/ayurveda.htm>

Ayurvedic pathology of disease, the manifestation of which is not immediate, is very scientific. In the Dhanvantari-samhita of the Garuda Purana indigestion is called the "parent of all diseases" and according to Ayurveda all diseases have their origin somewhere in gastro-intestinal tract where undigested, raw material called ama is allowed to accumulate. Therefore so much emphasis is put on not overeating.

The place of origin of disease is called the mulasthan (root situation) and Ayurvedic medicines aim at interfering with it there. There are three doshas. They are known as vayu-dosha, air or the nervous system; pitta-dosha, bile or the metabolic system; and kapha-dosha, mucus-phlegm or the excretory system. In fact, all understanding of the science hinges around these.

Ayurvedic medicines are prescribed to eliminate the specific dosha buildup and vitiation, called dosha-kara. The germs which cause the disease have their habitat taken away from them. This is the right way to cure disease.

But along with the medicines there must be a proper program of activity for their effectiveness. Strictly following Srila Prabhupada's sadhana complemented with common sense and intelligence incorporates almost all of these understandings.

Pillars of Disease Prevention

1. Dina-charya

Dina-charya means a daily routine. We can see that the Ayurvedic recommendation and our spiritual master's formula run on parallel tracks:

- Wake up early and attend to nature's calls. Wash the mouth and clean the mouth.
- Brush the teeth with neem twigs which are pungent, bitter and astringent in taste.

Neem tooth brushes are very good because right away early in the morning they neutralize the heavy sweet mucus buildup in the mouth. Sweet toothpastes is congenial only to unwanted mucus buildup.

- Clean the tongue thoroughly with the fingers and a stick used as a soft brush.
- Clean the eyes, ears and nose. Use cold water for both but only as cold as that prevents detrimental bodily reactions.
- Take regular exercise but not too much.
- After breakfast proceed to your regular duties.
- Eat lunch in a happy frame of mind.
- Have a light evening meal and go to bed early.

Lies & Deception: How FDA does NOT protect your best interests.

Did you know that many retired FDA officials go to work as special advisors to the pharmaceutical and food industries? ... Federal agencies like the FDA—which were created to protect consumers—often behave like branch offices of companies like Monsanto, which they are supposed to regulate. And when the names and dossiers of the individuals who work with allies in Congress and the White House to oppose food safety measures are revealed, the picture becomes even more sinister. The fact is, it has been widely reported that FDA (Federal Drug Administration), EPA (Environmental Protection Agency), and USDA (United States Department of Agriculture) officials are frequently rewarded with lucrative jobs at the companies they were regulating.

www.smart-publications.com/nutrition/fda.php

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2. Ritu-charya

Ritu-charya means the seasonal adaptations. The seasonal divisions in the East have their following Western counterparts:

- March-April, Vasanta-ritu, spring
- May-June, Grishma-ritu, summer
- July-August, Varsha-ritu, monsoon
- Sept-Oct, Sharad-ritu, short summer
- Nov-Dec, Hemanta-ritu, winter
- Jan-Feb, Shishira-ritu, cold winter

Hemanta and Shishir ritu is the time for eating very plentifully and much exercise, building a solid foundation for the rest of the year. In Vasanta-ritu one is prone to illnesses. This season is kapha-kara, i.e. mucus builds up automatically. Light diet, limited sleep (none in the afternoon), avoidance of sweets, fats and liquids that produce mucus is recommended.

Grishma-ritu is the season of dehydration, exhaustion, lack of energy and lethargy. Cold but not hot fluids, cold baths and swimming. Too much exertion and sunshine should be avoided. The diet should be light and free from pungent and sour foods. Because nights are short, some sleep during noontime is recommended. In Varsha-ritu digestive power is poor and lack of sunshine as well as a cloudy atmosphere are uncongenial to health. Ginger, black pepper and lemon juice may be taken to reinforce appetite. Leafy vegetables should be taken sparingly. The rainy season increases vayu-kara. Foods should be hot and light with ghee, curd and honey. River water is to be avoided for drinking as well as daytime naps, too many liquids and overexposure to elements. Chaturmasya abstinence is in sync with nature. If one observes the chaturmasya fasting, everything is easily taken care of.

3. Shad-vritta

Shad-vritta means mental culture. The two mental doshas are actually the lower modes of nature (rajo and tamo guna). Anxiety and anger are two main mental pollutions that give rise to the gross disease. On all of the prescriptions for taking Ayurvedic medicines there is a list of prohibitions. Shad-vritta principles are presented more in depth in the *Bhagavad-gita*. It recommends:

- Be noble in your thoughts and deeds. Have compassion for all living beings.
- Do not waste energy in avoidable talk. Speak the truth.
- Give up inimical thoughts, cultivate friendly ones.
- Avoid self-denigration, self-torture, self-praise, etc.
- Do your duty carefully without attachment to results.
- Maintain mental equilibrium both in success and failure and other opposites.
- Have respect and liking for learning and the learned. Cultivate patience and forgiveness.

4. Timely attention to nature's calls

Intuitional reflex desires and actions are triggered by vayu-dosha. The vayu-dosha becomes vitiated when basic bodily needs are not attended to and diseases of that nature begin to manifest.

5. Inherent qualities of liquids and solids

Water during the meal should be taken sparingly. Cow's milk is a tonic, good for brain power and complexion. Cow milk is always the milk of choice. Buttermilk is light, astringent and a good digestive. It neutralizes many diseases originating from kapha. One should be careful with curds since they are blood heating, constipative and heavy to digest. During Vasanta and at night they are not to be eaten. Modern science groups ghee with oils and fats but Ayurveda does not. Ghee is just the opposite - cooling and synthetic. It is a part of many Ayurvedic remedies and is also a good digestive.



Land, manure, fertilizers and insecticides affect food. Time of the day, hunger, consciousness of the cook, indigestion (if any) are other important factors. Also, Prabhupada points out that food unoffered to Krsna only increases disease.

6. Consciousness while eating

Meals should be taken in pleasant frame of mind, fresh, hot, with ghee which facilitates digestion, assimilation and excretion. One fourth of the stomach should be filled with water, one half filled with food and one fourth left for air.

7. Proper sleep

Both excessive and less sleep and sleeping during day time (only under exceptions situations) are not advisable.

Simply by following regular sadhana, ayurvedic prescriptions and with some basic knowledge of the bodily makeup anyone can very easily regulate health.

Therapeutics in Ayurveda

Chikitsa means "therapeutic measures" in Sanskrit. There are two basic chikitsas. Branhana chikitsa is the nourishing measure - the disease is cured by more proper nourishment. Langhana chikitsa is divided into two: shamana and shodana. Shamana is using gradual sedative measures such as controlled fasting, exercises and diet restriction. Shodana is the radical method to uproot serious dosha vitiation through vomiting (vamana vidhi), enemas (basti vidhi), purgation, bloodletting, surgery, etc.

Good health gives one free time to study the holy sastras which can help to transcend the material world with its diseases forever.

Dhanvantari Mala Mantra (Dhanvantari Shloka)

Chanting of this mantra 108 times during Brahma Muhurta (starts 96 min before sunrise) will free the human body from all diseases.

om namo bhagavate vasudevaaya
dhanvantaraaye 'mrta-kalasha-hastaaya
sarvaamaya-vinaashanaaya
trailokya-naathaaya
shrii-mahaa-vishnave svaahaa

"O my Lord, Sri Krsna, son of Vasudeva, O all-pervading Personality of Godhead, I offer my respectful obeisances unto You (om namo bhagavate vasudevaaya). You incarnate as Dhanvantari, holding a pot of nectar (amrta kalasha) in Your hands (hastaya). You destroy all disease (sarvamaya- vinashana) and are the master of the three worlds (trailokya-natha). I offer my respectful oblations to You, O great Lord Visnu (sri-maha-visnave svaha)."

[Excerpts taken from: <http://www.veda.harekrsna.cz/encyclopedia/ayurveda.htm>]

DOCTOR DOCTOR

When Srila Prabhupada was sick and preparing to leave his body in Vrindavan so many doctors came to see and treat him. I saw doctors from many schools come with various treatments. Some would see Srila Prabhupada and prescribe some medicine etc. and go out in front of the temple and boast that they had 'saved' Srila Prabhupada.

The day after one such episode the secretary, Tamal Krishna Goswami, brought some medicine for Srila Prabhupada to take. Srila Prabhupada refused to take it. Tamal K.G. then pleaded with Srila Prabhupada to take it, saying that he told the doctor he would. Srila Prabhupada said that he simply was accepting the doctors service, but he didn't want the medicine. He said, "Krishna is my medicine!"

Srila Prabhupada was/is an ocean of compassion. He accepted even a little service as very significant from the doctors ... Srila Prabhupada was totally dependant on Krishna. He fasted for days on end and still had the strength to preach. It was obvious that he was getting his strength from Krishna. Balam balavatam caham . (Vrindavan 1977)

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Medical Care at New Talavan - By Bhakta Blake C



Deep in the forests of southern Mississippi lives HG Dwi Buja, who is one of the pioneers of New Talavana, Carriere, Mississippi; a disciple of Srila Prabhupada and who has been running a successful herbal medicine service for many years. He and another long term resident of New Talavana, HG Jayanti dd, personally gather all the herbs by hand, digging up and collecting them for the medicinal preparations. Those herbs can be located in the surrounding thickets, fields, and in the rich forest of New Talavana.

The philosophy behind natural-herbal medicine is that the whole body should be understood and treated and not just treat the symptoms. A major problem with "allopathy" or western chemical-based medicine is that it is symptom-based treatment and not cause-based. If you have a pain, allopathic medicine will attempt to make the pain go away. Problem solved?- No, because the source of the pain needs to be understood and fixed. Perhaps regular headaches are a symptom of something much bigger, like over-toxicity or a poor diet. The root of the problem has to be addressed. The respective herbal suggestions can be used, instead of a temporary artificial chemical cover-up.

Dwi Buja's herbal preparations are based on knowledge stored locally over thousands of years of herbal medical practice undertaken by the Native American tribes of Southeast US and also the "eclectic" western medicine practitioners of the 19th and 20th century. These records and information on local healing herbs is saved in many medical texts, long ignored by allopathic western doctors as irrelevant, but thankfully appreciated, preserved, and understood by few rare people like Dwi Buja. Using this information, he offers real healing out of nature's bounty. He uses a simple process to invest the herbs with medicinal value. A potent natural alcohol is used to extract the "active ingredients," (which activate body's ability to self heal) from the herbs. First the herbs are cut and soaked in the alcohol for several days or weeks in large glass jars. After this process, the herb-infused alcohol is carefully poured into smaller glass bottles and the left over herbs are pressed to extract all the juice and trace of alcohol. This extract is then bottled and labeled with the name of the herbs and of the tonic. Each bottle wears a sweet picture of little Govinda playing His flute. Dwi Buja's philosophy around using extracts is that "If you're sick the last thing you want to do is go in the woods and start digging up for roots". He makes the extracts which are convenient, safe, and can be stored for years. The herbs are pre-processed, easily absorbed by the body, and are just of the right dosage. This makes them very simple, yet effective. He also sells home-made herbal salves for the body and are used for dry skin, scrapes, abrasions, and even bruises. He also runs Himalaya brand Ayurvedic medicine imported from India and other natural health products. His wife, HG Maha Laxmi is a certified body work massage therapist and operates out of the store at New Talavana.

Srila Prabhupada wanted his ISKCON farm communities to be self-sufficient, using natural products for farming, medicine and meeting all basic needs. Dwi Buja Prabhu does a great service to the devotees of New Talavana by making this natural and effective medicine available and affordable. Medicine is an important part of any society and farm communities everywhere should follow suit by understanding and using the local plants for medicine. His Grace also holds classes and seminars on herbal medicine and leads herb identification walks around the Southeast USA. Thankfully, his 16 year old son Jonaki wishes to continue this practice. He can be contacted at blue.boy@datastar.net and also at 1-800-798-9951. Hare Krsna!

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How Green was Green Revolution? Punjab-Food Bowl of the Country- The Sinking Feeling

- By Sukhdeep Kaur

With the runaway success of the green revolution in the '70s, Punjab formed an important part of the country's food bowl. Consider the figures: with a mere 1.5% of India's total geographical area, the state accounts for 22 % of the country's wheat production and 13% of rice and cotton. Nearly 85% of its land is under cultivation. However, Punjab's contribution to the nation's food security is coming at the cost of its natural resources. The land of bountiful rivers and crops is fast heading towards desertification, warn hydrologists. The water table in as much as 79% of Punjab is depleting fast, with 103 out of 141 blocks declared over-exploited (more than 85% exploitation) by the Central Groundwater Board and as many as 12 blocks labelled absolutely dark, where groundwater has completely dried out. The rate of exploitation in several blocks of its central districts of Jalandhar, Moga and Ludhiana ranges between 200 to 250% with Nihalsinghwa block in Moga district being the worst affected at an exploitation rate of 400%. The first alarm was sounded in July 2007 by the Union Water Resources Ministry which had asked Punjab to address the impending crisis through a legislation. In August 2009, based on satellite imagery, NASA scientists too warned of a "collapse of agricultural output and severe shortage of potable water" in India's bread basket. Led by hydrologist Matt Rodell, who has been tracking the disappearing groundwater in northern India, particularly in Punjab, Haryana and Rajasthan, using twin satellites of GRACE (Gravity Recovery and Climate Change Experiment), scientists, in their report posted on the NASA website in August last year, had warned that "beneath northern India's irrigated fields of wheat, rice and barley.... the groundwater is fast disappearing."

The state brought in a law -Punjab Preservation of Sub-Soil Water- in 2008 prohibiting farmers from sowing paddy nursery before May 10 and transplanting it before June 10. However, with the number of tubewells growing from 1.2 lakh in 1970s to 12.32 lakh in 2009 and another 52,889 connections released last year, the groundwater decline has reached 50 to 100 cm per annum in the state with the irrigation deficit of 1.36 mham being met from overdrawing of groundwater. The free power regime is also fuelling indiscriminate exploitation of groundwater. Though the state has started billing farmers this year, it is too little and too late. The farmers will be charged at a heavily discounted rate of 50 bhp per month, one-fifth of the actual cost, and the bills would be collected biannually and reimbursed to them as productivity bonus by the government. To make matters worse, more and more farmers are replacing centrifugal pumps with submersible ones which are digging deep into its water table. The total number of such pumps has reached nearly 4.5 lakh in the state. In the dark zones of the state, the pumps have gone down to a depth of 450 feet.

The Punjab Directorate of Water Resources which is monitoring all the three zones of the state --Majha, Doaba and Malwa --says 325 out of a total of 551 sites under observation have shown a fall in the water table in the period from June 2008 to June 2009. After every paddy season, the situation gets worse. "Nearly 65% of sites in Doaba have shown a decline, 63% in Malwa and 47% in Majha. Though some sites have shown improvement, it is very minimal," says K S Takshi, Punjab Director of Water Resources. Former Chief Conservator of Soils and Water, Punjab, A K Sondhi attributes this to demand-availability deficit. "Against a demand of 4.40 million hectares metre (mhm) -that is one million hectares of land covered with water one metre deep -the deficit in Punjab is 1.36 mhm. This deficit is being met by groundwater. In the central part of Punjab, the water table was at 15 feet in 1964. With the green revolution, it started declining. During 1993 to 2003, the average fall in water table in Punjab was 2 feet per year. Now, out of 70 blocks, water table in 40 blocks has gone down below 50 feet. The worst affected districts are Sangrur and Moga where the water table is below 50 feet in 12 out of 13 and four out of five blocks respectively " he says.

[Based on the report published in *Indian Express*, June 15, Chandigarh.]

ਲਾਕੇ ਚੰਦਰਾਵਨ ਗੋਲਡੈਡ





Homa Therapy



- By Vrndavanlila dd (based on www.homatherapy.org)

You heal the atmosphere and the healed atmosphere heals you.

Man and nature are inextricably related to each other. A change here, produces its impact every where. A timid butterfly flutters its wings here and hurricanes are caused elsewhere- our system is more sensitive than stock markets. The system is very delicately intertwined and interdependent and we are just a speck in the big ecosystem. Simple things that we do have a great effect on the atmosphere. Burning generates energy. Man has known this for thousands of years. But it helps generate even more subtle energies. Homa is a Sanskrit technical term from the Vedic science of bioenergy. The Vedas are the most ancient body of knowledge known to mankind and describe several sciences including bioenergy, psychotherapy, medicine, agriculture, biogenetics, climate engineering and inter-planetary communication. By putting certain materials such as medicinal herbs for example into specially prepared fires accompanied by certain sound (mantra) combinations, can remove toxic conditions of the atmosphere to make it healing and purifying. That healing effect is then passed on to all the life-forms which are sustained by that atmosphere. Using the sacred fire to cleanse our atmosphere and body maladies is homa therapy. The simple yajna is agnihotra. Agnihotra is effectively tuned to the biorhythm of sunrise/sunset. Its impact is so much that it not only heals the physical ailments but also spurs the farming produce in a very organic way.

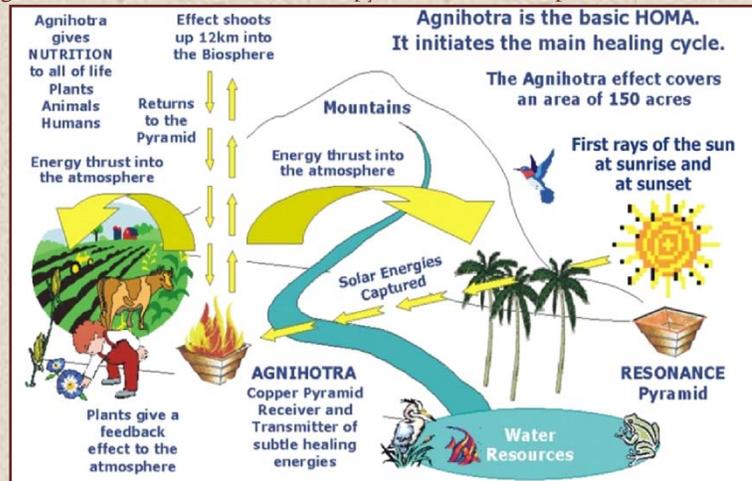
How does it work?

The sun brings or takes the energy, which makes all conditions conducive to an anti-pollutionary change. It calms the world. The pyramid is the generator, the fire, the turbine. The cow dung, ghee (clarified pure cow's butter without any additives) and rice then interact to form a composition which is thrust, surrounds, neutralizes and nutritionalizes the material. Then, with organic substances, this provides the nutrients for survival, yield and propagation. Just at morning Agnihotra all the electricities, energies, ethers are attracted to the pyramid in its shape. At sunset these energies are thrust out in the same shape.

This flood of energies at sunrise creates strong purifying effects on all levels wherever it touches the Earth. Agnihotra amplifies these purifying effects. This flood of subtle energies carries music with it. The morning Agnihotra Mantra is the quintessential sound of that flood.

If you then prepare the fire in the prescribed copper pyramid, utter these mantras and offer the rice mixed with ghee to the fire, then a channel is being created through all the atmosphere and PRANA - life energy, is purified. Tremendous amounts of energy are gathered around the

Agnihotra copper pyramid just at Agnihotra time. A magnetic type field is created, one which neutralizes negative energies and reinforces positive energies. When Agnihotra fire is burnt there is not just energy from the fire. The rhythms and Mantras generate subtle energies which are thrust into the atmosphere by fire. Also consider the quality of materials burnt wherein lies the full effect of this healing HOMA. Therefore a positive pattern is created by one who does Agnihotra merely by his/her performance. Though in the traditional practice different mantras have been recommended, one can replace them with the mahamantra- the most potent of the sound strings and the mantras. Hare Krishna!



लक्ष्मी वरुणदास चौधरी



• Village Out-Reach Program to Talawada



Fond Memories of My Village



- By H.G. Pundalika Das

My Village is Talawada(M) it comes under Bhalki (Taluka), district Bidar of Karnataka. It is situated on the banks of beautiful river Manjira that supplies fresh drinking water not only to Karnataka but also Hyderabad (Andhra Pradesh).

Earlier our village was well protected by the invasion of the cities as there were not modern means of reaching there, only kutch mud roads or train. The train also were a partial solution as they stopped not directly, but at one station Kalgapur (Noebour Village) which was also not so near by. One had to cross different villages walking through fields and finally crossing the river to enter our village.

Very integral to our village setting is one very old temple of Hanumanji. Its history dates back quite early and has huge imposing gopurams constructed using big rocks. Everyday one can hear melodious sound of bhajans and kirtans coming from the temple. In addition, there is typical flavor of Hari Path – special Marathi bhakti sangeet. It is very similar to Hari naam sankirtan or chanting the holy names of the Lord with a regional flavor. It was contributed by Sant Dnyaneshwar, a great devotee of the Lord and a Bhakti Margi.

There is another temple of Lord Shiva. It once collapsed under the pressure of time, but it was rebuilt. My grandfather rendered his services daily from morning to evening. Without accepting anything in return he has been regularly cleaning the complete temple premise, protecting temple from animals, wild plantation etc. In the same area, there were three big tamarind trees and another small temple, one of Lord Gurudatta. Every year there is a big festival called “Datta paru”, when thousands of devotees came to participate. Behind the temple there are two big ponds. Once upon a time they used to be full with water, but now they are dry.

We have our ancestral house, a big house of black stones constructed by my grandfather's father. Its exterior is like a small fort. For the welfare of the villagers, he got many deep wells dug, which are approximately 50 feet deep (not so by modern standards when the water level is receding but then that was more than sufficient).

Now the so called development has the age-old serenity violated. Now our village has expanded and is well-connected. It is “accessible” to everybody, one can easily go by road. One can see many buses and jeeps plying the road between taluka place and our village. The ponds may have gone dry but still there are some interesting remnants of her old glorious beauty. While going by the road towards our village, we can still see three mystically beautiful lakes. These lakes merge into the nearby majestically flowing Manjira river. We have been lucky that still we have a huge area earmarked for grazing cattle and other animals. We can still see milky white, chocolate colour cows mooing for their calves and happily grazing there. The sunset is still the same old golden hued ball sinking over the horizon. It still looks wonderful from the big railway bridge (constructed by the British government) atop Manjira river.

I may have moved from my village to Hyderabad city, but I miss my beautiful village. Anybody who has tasted gulabjamuns will not settle for mere sugar and that also adulterated. My village harkens me back. This unaffected sunset gives me the strength and desire to go back. Falling in

sync with the prophecy of Srila Prabhupada, cities are crumbling down. Let not their destruction come when we have already destroyed villages too and have nowhere else to go. It is against the wise saying- *Don't burn the bridges behind as you go forward*. But this is what we are fortunately going. I have already started winding up my city affairs and will soon be seen playing with the black soil of my village amidst the cows. Hare Krishna!



लकड चन्द्रचान चौधुरी





Billions of Gallons of Water from Alaskan Lake to be Shipped to India (www.pfsk.com)

July 16, 2010. New Delhi. In what could be a sign of things to come, a Texas-based water supply management company, S2C Global Systems, has announced it will ship billions of gallons of water annually from an Alaskan city to India. The company will buy water from the Blue Lake Reservoir in Sitka, Alaska and export over 3 billion gallons each year to India and other parts of Asia. India is experiencing a rapid growth in population, but the improvements in water management and purification have not been able to keep up with the population rate. Strangely enough, there was not much opposition by Alaskans living near the lake reservoir who seem to believe they have enough water to meet their needs and then some more.



Dengue Wars: Battle Begins (*Hindustan Times*)

July 26, 2010. New Delhi. Dengue is back. Going by the four-year cyclic trend the virus follows, experts predict a spurt in cases this year. And the numbers have already started nodding in consonance with the experts. With one death, that of seven-year-old Fakir (an "imported" since he contracted the virus in Bihar on a , the Capital has already recorded 30 cases till July 26 this year.

As per the MCD data, that is a 15-time increase in cases as compared to two cases recorded till July 31 in 2009. While Fakir died, another little boy is fighting for his life at the All India Institute of Medical Sciences (AIIMS). Experts say the numbers are going to rise even further.

"Every four years, the dengue strain becomes potent, leading to dengue shock syndrome. So, if the number of cases is checked, we might be able to manage the severe strain," said Dr Randeep Guleria, professor, department of medicine, AIIMS. He also said, "If both the numbers are high and the strain is severe, the situation may roll out of hand."



Ayurvedic drugs need to be clinically tested, says govt (www.livemint.com)

India wants Ayurvedic drugs to go through the same rigorous process of testing as allopathic drugs and while companies in this traditional medicines business agree that their products need to be tested, they are uncomfortable at having to

follow the same process that has been defined with modern medicines in mind.

The new testing regime will also apply to other traditional systems of medicine.

In June, the government introduced an official guideline that was based on an earlier document of the Central Drugs Standard Control Organization, the country's drug regulatory body, on good clinical practices for clinical trials of allopathic drugs. The June guideline, according to a notification by the ministry of health, should be followed for all Ayurveda, Siddha and Unani drugs at all stages of drug development, whether prior or subsequent to the product's registration.

A senior official at the government's department of Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (Ayush) said the new regulatory regime would help bring a systematic approach to the way traditional drugs are developed in the country. Firms in the traditional medicines business are concerned.



DCGI sets stringent rules for Clinical Trials (*Business Standard*)

July 27, 2010. New Delhi. The country's apex pharmaceutical regulator — the Drugs Controller General of India (DCGI) — has tightened the approval mechanism for clinical trials and marketing licenses for biotechnology drugs, medical devices and vaccines in the country.

Following the DCGI move on July 12, four marketing approval applications for vaccines were cleared, while four others, from well known names such as Johnson & Johnson, Panacea, and GlaxoSmithKline were returned with attached deficiency letters.



Drug racket forces TN co-op to bear the cross (*Deccan Herald*)

July 24, 2010. Chennai. Shattered by the recent expose of the multi-crore racket in sale of fake medicines and time-expired drugs in Tamil Nadu, otherwise a much sought-after medical destination, the state has come out with a novel initiative to restore people's confidence in the pharmacy sector.

India's first consumer cooperative society, the Triplicane Urban Cooperative Society (TUCS), will foray into retail pharmacy, from just selling



essential commodities under the state's Public Distribution System (PDS) and consumer articles. As an added incentive to consumers, offer an attractive 15 per cent discount on the total value of drugs purchased on a proper medical prescription, says Saravanan. These cooperative retail outlets will also sell traditional 'Siddha', 'Ayurveda' and 'Unani' medicines along with allopathic drugs which will be thoroughly scrutinised for their validity period, emphasises Saravanan. The discount will be in the form of gift vouchers, which customers could use to buy other consumer items in TUCS' super markets, he said. The Tamil Nadu Cooperation Minister, K S Mani will launch the scheme on August 1. The Kamadhenu Cooperative Pharmacies will also offer free home delivery of medicines to consumers who purchase minimum Rs 500 worth medicines.



Pure organic ghee based on ancient philosophy (*Hindustan Times*)

July 18, 2010. Lucknow. Lucknow-based multinational organic food company has come out with 'stress-free' organic cow ghee. Produced by following ancient Indian philosophy, it neither has a trace of buffalo milk nor hazardous oxytocin. "It is organic to the extent that Ayurveda (ancient Indian system of medicine) is applied if any cow falls ill," said Dr BN Singh, DGM, who manages the Vrindavan Farm of Organic India Pvt Ltd. Company's Managing Director and Global CEO, Krishan Gupta says the desi ghee the company produces is a 'Sattvik' food in the real sense. "Only after a calf has its fill, we milk a cow. After ghee making, milk is fed to calf and cow. We do not subject our cows to oxytocin or any yield increasing medicine." Apart from this, the Organic India cows have comfortable and spacious sheds besides large area to roam around and graze. They are not kept tethered.



India set to become major player in global pharma market (*Hindustan Times*)

July 19, 2010. Mumbai. The Indian pharma sector is on the threshold of becoming a major player in global pharmaceutical markets and needs to be strengthened, a top government official said today. "We have every capability to become a major pharma player in global pharmaceutical markets." The Indian pharmaceuticals industry would be worth USD 40

billion by 2015 from the existing USD 20 billion, he added.



UCSF VA researchers call drug company deceptions typical (news.ucsf.edu/releases/ucsf-va-researchers-call-drug-company-deceptions-typical).

January 15, 2009. The pharmaceutical company Parke-Davis employed "the systematic use of deception and misinformation" in order to manipulate physicians into prescribing the drug gabapentin for so-called off-label uses, write two San Francisco VA Medical Center physicians in the New England Journal of Medicine.

The company's deceptive marketing campaign was, and is, typical of the pharmaceutical industry, the authors say in the NEJM "Perspective" piece (January 8, 2009).

The authors are Seth Landefeld, MD, associate chief of staff of geriatrics and extended care at SFVAMC and a professor of medicine, epidemiology, and biostatistics at the University of California, San Francisco, and Michael Steinman, MD, an SFVAMC staff physician and an assistant professor of medicine at UCSF.

They base their opinion on a review of internal company documents made public as a result of a lawsuit brought in 1996 against Parke-Davis, a division of Warner-Lambert, by a former employee who was troubled by the company's marketing practices. Warner-Lambert was purchased by Pfizer in 2000.

The true significance of the case, say Landefeld and Steinman, is that it brought to light pharmaceutical marketing practices "that may be widespread but remain unseen because companies are rarely prosecuted for illegal marketing." ...The authors draw three main conclusions from the Neurontin case. The first is that because so much marketing material is disguised as education, research, or respected opinion, and is thus essentially invisible, "drug promotion can corrupt the science, teaching, and practice of medicine." The second is that "many people and institutions," from drug company employees to federal agencies, either do not recognize the ethical and legal implications of deceptive drug marketing or fail to exercise oversight and enforcement - and in fact tend to view such practices as "business as usual." The third is a recommendation by Landefeld and Steinman, namely that the government and the drug industry work together to greatly increase



openness and accountability during the drug approval process “in order to preserve the integrity of medical science and practice.”

They suggest the creation of a National Institute for Pharmaceutical Research that would support independent peer-reviewed drug trials. “This would fund important drug studies in a manner that could avoid putting the sponsor in direct conflict of interest with the outcome of the study,” says Steinman.

Documents from the Neurontin case are available online from the Drug Industry Document Archive (DIDA) at the UCSF Library. The archive, a fully searchable record of company marketing strategy reports, internal correspondence, and descriptions of company-sponsored activities, is located at <http://dida.library.ucsf.edu>.



HG Aindra das passes away in Vrindavan

July 17, 2010. Vrindavan. HG Aindra Prabhu lived in Vrindavan for the past 24 years, rejuvenating the dham with his inspiring 24 hour matchless kirtans as his Guru Srila Prabhupada had instructed him. He often sang bhajans until the dead of night. On the night of 16th July 2010, he probably did the same, and never knew that was his last day. Probably to cook some bhoga for his deities, he lit the gas stove unaware of the gas leakage.



It ignited the room making a mild blast as well because the pujaris Rupa-Sanatan Prabhu and Vraja Rupa Prabhu, chanting on the terrace, heard the explosion. They ran down and knocked at the door, but none opened. The blast gave minor burn injuries to the skin on face and the left side of prabhu's chest, while items kept near the door

caught fire and kept ablaze. Unable to find a way out, Aindra Prabhu took refuge behind Gaura Nitai Deities in his room. He kneeled to Them in supplication and remained in dandavat. Perhaps due to lack of oxygen, he became unconscious and finally departed this world leaving behind the body in the same position. He was finally rested on the bank of Yamuna and his funeral pyre was also lit at the same time he often begun his sankirtana-yajna. His life was full of glories blessed with the science of astrology and numerology, and it is noticeable as the numbers too stood in salutation chanting his glories.



Workshop on Self-sufficiency conducted at Govardhan office

July 17, Secunderabad. At 'New Govardhan', the first city office of Varnasrama Ministry, which nurtured growth of all its different wings and honed its human capital organized 1-day workshop on self-sufficiency under the leadership of HG Saci Kumar Prabhu who has hands on experience on his 33-acre farm with 46 cows in Gujarat and has made bumper profits using traditional methods in every area of life. He very pragmatically addressed the basic issues of self-sufficiency – *roti, kapada aur makaan* (food, cloth and house) in his workshop. Though rain played the spoil sport, the program was still well attended by serious interested people.

Seeing the interest of the participants and on the request of a few members who were not able to attend but are interested in the subject a similar such workshop is planned to be organized once again in future. It will be intimated to the readers well in advance through this newsletter itself.

Something inspiring to share

Software professional goes cycling to his office

Amar Gaur prabhu, a software professional in Pune (India) decided to cycle the way to his office. Read his mail written to the editor: “...Meanwhile, you may be happy to know that I have taken my first step towards a “rural-lifestyle”. I have bought a bicycle. Now I am travelling to-an-fro my office on it; I cover a distance of 15 kms a day. I know it sounds ridiculous compared to the giant steps which ... other devotees have taken, but I felt like starting-off by reducing my dependence on oil, 1.5 litres a week. The first day I took the bicycle to office, I was huffing-and-puffing as if I had just returned from a tour of the universe with the scorching Sudarshan behind me.

One amazing realization I had after cycling to office- virtually, I am almost 70 years old, though I have spent only 30 years in my present body. This tremendous increase in my virtual age, and an equivalent reduction of my physical endurance is the greatest gift of my software job... I felt that before I start pushing around the plough behind a bull, it would be a good idea to increase my physical strength/stamina to a respectable level, from the insane depths it has plummeted to.”



● **Mails to the Editor**

Dear Vrindavana Lila mataji,
I had a browse through your 8-petals and liked the theme of prasadam and the related articles. They are getting better and better, so please continue and make it a rival to BTG...

- *HG Dhaneshwar das, Ukraine.*

My dear Mother,
Please accept my blessings.
Nice issue! Enjoyed it much. ...

- *HG Patita Pavan Adhikary, Bulgaria.*

Hare Krishna Vrindavan Lila Mataji.
Please accept my humble obeisance. All glories to Srila Prabhupada.
All Glories to Sri Sri Guru and Gauranga
Thank you very much for the Newsletter mataji. Very nice job. I ask for permission to publish it on my blog.

- *HG Lakshmi Narayan das, Indonesia.*

Hare Krishna,
I have excellent idea for growing and saving COWS. Some centers should open farms where they will maintain cows. For this the funds should be raised as shares by devotees and in return devotees may get corresponding amount of butter or ghee or any milk products regularly.this will be helpfull because many devotees those are staying in cities can't maintain cow in home as it is small area.

- *Bhakta Nilesh Pawar, India.*

Hare Krishna Prabhus,
Please accept my humble obeisance .All glories to Srila Prabhupada .
Thank you Mataji for all the help you are providing us to nurture the desire to have a sustainable lifestyle.We need to hear sufficiently, the glories to Varnashram project in order to eventually take to it , and that we get through the your Eight Petals monthly e-zine. I thank you for all the effort you put in to bring out the e-zine . From e-zine of Madhusudhana Mas I enjoyed reading the quote of Prabhupada related to SIMPLY WONDERFUL , we enjoyed every line of that . Also the article by HH Bhakti Raghav Maharaj was an eye opener .
Moreover I have tried to grow some vegetable on our terrace.Palak grew well , we enjoyed offering it each time to the Lord and recently we had few bhindis as well which filled us with great jubilations while offering them to Lord . It's a small experience though still encouraging one .
Also I am facing some problem due to pests eg:
1. I grew coriander and they were infested by pests (Black , green colored small insects occupied each portion of the stem of corriander) and so I had to uproot them all
2. Also we have some Bhindi crops and they are as well on the verge of being conquered by pests .
Do we have any organic pesticides which are powerful enough to drive away these pests ? or do you know of some devotee who is using them ? Moreover it would be nice if some of the future article would throw some light on Organic Pesticides...

- *HG Saunak Rsi Das, India*

Hare Krishna,
Please accept my best wishes. ...I very much appreciate the article by HH Bhakti Raghava Swami. May the Lord Sri Krsna give us the intelligence to follow maharaja's ideas and instructions to move forward the social movement of vaishna society.

- *HG Pundarikaksha das.*

Make Vrindavan Villages



Dear Mataji

Please accept my humble obeisances

All glories to Srila Prabhupada

All glories to his servant HH Srila Bhakti Raghava Swami

All glories to your service

Mataji just to point out that in the second paragraph, third sentence of the article entitled : Vedic Solution to Food Problem found in Volume 2, Issue May ' 10 - June ' 10 of The Eight Petals we have found the expression : "child brain "

In this context I believe the expression to be used is "brain child".

Yours in service,

- *HG Ramacandra das*

Hare Krishna Vrindavanlila mataji,

I was eagerly waiting for the release of the newsletter...This newsletter with focus on food is very beneficial for many foodies (people like me). It helps people to change some of their diets too...Your article on "Perfection of life through Tongue" was too good....

- *Bhaktin Nithika, India.*

Hare Krishna Mataji.

Please accept my humble obeisance. All glories to Srila Prabhupada.

Thank you very much for sending the newsletter for the Madhusudan month. It has been very wonderfully compiled and edited. The article by HH Bhakti Raghav is amazing, and points to his immense knowledge about the whole Varnashrama as well as the anomalies in the current world food scenario.

Your article on Prasadam has been very crisply authored, and conveys the point of making a sincere effort to lead a pure life very strongly. I liked a particular point very much,"*May be unwittingly, but we are still eating only sin especially if we are in the city where everything from toothpaste, cooking oil, medicines, soaps to cosmetics (lipsticks too) is adulterated with abominable cow-fat and derived products! Can the Lord, who is also known as Gopala or Govinda and who resides in Goloka-Vrindavan accept this offering?"* Also, thank you once again for including the comments of an insignificant soul like me.

- *HG Amar Gaur das, India.*



The mails/ articles can be posted to eightpetalsnewsletter@gmail.com or vrindavanlila.brs@gmail.com

ॐ Money ॐ

Focus for the next issue-

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Make Vrindavan Villages

