



# AYUSHMAN Spagyric Herbs

## User Guide

### MODERN PRACTICE OF SPAGYRIC HERBAL REMEDIES

As it is clear by its name the modern way to practice **Spagyric Herbal Remedies**. It is very difficult for Alternative Medicine Practitioners to practice in traditional ways. There are many reasons behind this -

- Principles and concepts are not so clear.
- Methods are so complicated.
- Many different processes to prepare the remedies and many more other complications.

We are trying that the all Alternative Medicine Practitioners who accept and endorse any new and innovative changes with time, should include **The 7 Remedy System** in their practice to get a new dimension.

Time is witness that any new innovative trial takes time to be developed. I have full faith that the step taken by me will be more effective and popular in times to come with the co-operation of all of you.

### The 7 Remedy System

The 7 Remedy System has been prepared from Cohabitation Essence of 115 plants and divided into 7 groups of remedies, by which any Alternative Medicine Practitioner can switch / start his practice into 'The 7 Remedy System' easily. This System is very simple and easier than the other systems of Alternative Medicine and free from all complications. The system has only 7 groups of remedies therefore it is very easy to select the remedy and practice successfully.

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### Instructions for the Remedy use

1. The Remedy can be prepared with **Globules, Diskettes or Distilled Water**.
2. We should not be mix any 2 or more Remedies among them selves.
3. The Remedy can be used directly on tongue or with water.
4. The 7 Remedy System has been divided into 3 main categories -
  - i. The 7 Remedy – **Set A**- (Positive Dilution) for **negative** and **acute** cases.
  - ii. The 7 Remedy – **Set B**- (Higher Dilution) for **positive** and **chronic** cases.
  - iii. The 7 Remedy - **Set C** - (External Remedy)
5. **The 7 Remedy Preparation Methods -**
  - i. **Set A** –
    - \*D4 (Positive Dilution) - 1:9 ratio  
90 drops : 30ml preparation from Set-A.
    - \*D5 (Lighter Dilution) - 1:9 ratio from D4.  
30 drops : 30ml preparation from Set-A.
    - \*D6 (Diluted)- 1:9 ratio from D5.  
3-5 drops : 30ml preparation from Set-A.
  - ii. **Set B – (Higher Dilution) Preparation Methods -**
    - \* 1:49 ratio is preferred
    - \* In general ratio-1 drop:1ml.
  - iii. **Set C – External use Remedy Preparation-**
    - \* 1:9 ratio & 1:49 ratio  
(Both ratio are preferred according to requirements)
6. If it is being given the single remedy-  
The dose frequency should be - 3 to 6 times a day.
7. If it is being given 2 or more remedies-  
The dose frequency should be - 3 times each Remedy a day.
8. If it is being given 2 or more Remedies-  
We should maintain the 1 hour gape at least between the Remedies.
9. The general dose quantum of the Remedy-  
10 - 15 drops in 1/2 cup of water.
10. Rapid dose of Single Remedy-  
5 drops at an interval of every 15 minutes.
11. Rapid dose of 2 or more Remedies-  
5 drops alternately at an interval of every 15 minutes.
12. Vital-Remedy is the all purpose Remedy, so we should try to include it as a main Remedy.
13. Use of External Remedies-
  - i. If it is being used single external Remedy-  
We should use 3 to 4 times a day.
  - ii. If it is being used 2 or more external Remedies-  
Each Remedy should be used 2-3 times a day and better to use alternately.
14. Quantum of External Remedies-  
External Remedy can be taken as much required.
15. We should always try to select minimum Remedies as much as possible.

## The 7 Remedy System

**1. Vital-Remedy-** This remedy is mainly used for balancing metabolic and functional disorders. It regulates and purifies blood & lymph. This Remedy relates to Vital / OD Force (the vitality inside the cells). This is the all purpose Remedy so the Remedy should be used as a main Remedy of 'The 7 Remedy System'.

**Related Disease-** Functional disorders of all organs- Liver, Kidney, Heart, Skin, Hormonal & Non-hormonal glands, Nervous System Blood & Lymph purification, Detoxification, Infections, Intestinal and Digestive problems, Diabetes, Obesity, Blood pressure, immunity, hyperlipidemi, anemia etc.

**2. Cell Remedy-** The main effect of this Remedy is on cell deformability / anatomical disorders. The functional disorder when rises to the next level and starts degeneration of tissues and takes form of anatomical disease / cell deformability, the remedy plays the important role. Vital-Remedy & Cell – Remedy should be considered as a complementary Remedy to each other.

**Related Disease-** Useful in all anatomical disorders - swelling/ inflammation, liver cirrhosis, hepatomegali, cardiomegali, fibroides, wouns, cancer, warts, corns, cysts, abscess, gangrene, lumps, haemorrhoids, organ enlargement etc.

**3. Fluid remedy-** The main effect of this remedy is on the arteries., veins heart and blood circulatory system. This remedy plays an important role in the disease of heart, arteries, veins and whole blood circulatory system. This remedy is mainly used for blood a lymph purification and regulation.

**Related Diseases-** blood pressure, haemorrhoids, wounds, coronary heart, arteries and veins related disease caused by poor blood circulation, bleeding, menstrual disorder, brain related disease, insomnia, migraine etc.

**4. Immune Remedy-** This Remedy is mainly used for strengthening immune system and auto-immune system disorders as well as. It regulates all gland secretion- hormonal, non-hormonal, lymphatic channels and glands etc. It is an excellent blood & lymph purifier and protects from micro-organisms. This Remedy is also used as a nutritive and health tonic.

**Related Disease-** diabetes, thyroidism, obesity, skin disease, allergy, cold and flu, niflamaation, infections, disease related to auto immune disorders, immunity lymph regulation and purification etc.

**5. Microbial Remedy-** This group of Remedy has main influence on foreign organisms present in our body. This Remedy has very good natural anti-biotic property like - anti-viral, anti-bacterial, anti-septic, anti-Protozoal, anti-parasitic, anti-worm etc. This Remedy is very effective in all types of infective diseases and gives good support to our immune system.

**Related Disease-** All types of infective diseases - Skin infections, fever caused by any type of infection, worm infection, hepatitis, tuberculosis, chest and throat infections, cough, cold, flu, coryza, allergic infections, genital infections, swelling and pain caused by any infection etc.

**6. Nerve Remedy-** This group of Remedy has main effect on our nervous system. The Remedy removes out the obstructions in functioning of nervous system and strengthens our nerve and immune system. This Remedy is good for all nerve and brain related disorders. It has very broad sphere of work because all the functioning system of our body operated through the nervous system.

**Related Disease-** Fever, nerve and muscles pain, numbness, infections, nerve and brain disease, fits, convulsions, neuralgia, debilities, spasm, restlessness, insomnia, migraine etc.

**7. Respire Remedy-** This group of Remedy is mainly used for all types of respiratory system disorders whether it may be physiological/ anatomical or infective / non-infective. This Remedy is very effective in lungs, chest and throat related all diseases. This Remedy has very broad sphere of work like - analgesic, gland secretion, disinfectant, expectorant etc.

**Related Disease-** Cough, cold, allergy, asthma, pneumonia, tuberculosis, pleurisy, bronchitis, congestion, whooping cough, hoarsness of voice, respiratory tract infections and inflammation, sinus gland, all types of lungs and throat infections etc.

**Note:-** The book, **Modern Practice of Spagyric Herbal Remedies** must be studied for detailed knowledge and information.



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