

STONE

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GUIDELINE BY SANJAY G.M.

- **CAUSES**
 - Vitamin D deficiency
 - Canned drinks & packed food
 - Less water dehydration
 - High Uric acid
- **SYMPTOM** – Abdomen pain
- **SOLUTION**
 - FIRST AID: Drink apple cider vinegar with water to reduce pain for whole day, give heat by towel on pain portion
 - Be hydrated
 - Take equal part 50gm each of 3 item -
कुळीथ, पाषाणभेद, गोखरू
original & mix it, then in 1 glass water take 2 spoon mix powder & boil until half glass water remains then strain that juice from a cloth & drink that mild hot water at morning & night for 15 days and check stone again, if still there is small stone then continue for next 10 days.

OR

Generally, Ayurvedic medicine is more effective so contact any Ayurvedic doctor who is well known for stone. In my contact one of the doctor is Mr. Amol [ph no. 8411023339/9870811159] who has great effective medicine.

- Drink lemon juice
- Don't eat tomato seeds
- Take light sunlight to cover vitamin D deficiency
- Avoid purine rich food like spinach, cauliflower, and asparagus Till solve.
- कुकीथ, Cucumber , Watermelon add in your food.

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.