

# UTI

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## **GUIDELINE BY SANJAY G.M.**

### ○ **CAUSES**

- Holding urine for long time
- Dehydration
- D deficiency
- Bacteria infection

### ○ **SYMPTOMS**

- Burn sensation at time of urine
- Drop, drop urine & frequently
- Urine smelly and cloudy

### ○ **SOLUTION**

- Improve D deficiency by taking sunlight for 10-20 mins (7-8am or 5-6pm)
- Drink plenty of water
- Drink orange juice, lemon juice
- D-Mannose pure powder
- At last take Amil “NEERI SYRUP” 2 teaspoon 2 times/day
- Eat cucumber, Watermelon
- Take Chandrakala ras (चंद्रकला रस) 1 tablet with 3 spoon syrup of Chandanasava (चंदनासव ) & 3 spoon syrup of Rohitkarishta (रोहितकारिष्ट ) 2 times a day for 20 days.

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