

FOR VITILIGO

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GUIDELINE BY SANJAY G.M.

- VITILIGO is AUTOIMMUNE DISEASE mainly caused by cross foods (eating mainly with milk). Our defense cells start to kill our healthy cell Melanin, which is why WHITE spots appear OR any unknown thing.
 - During 12.00-3.00 pm exposure to heavy sun rays/ accidents/ sickness in these conditions white spots can lead to increase/progression.
 - MONOCYTES absolute can reduce (below range) at progression of this disease.
- B12, D, Zinc & copper level important to recovery of white spot.
→ Target to increase B12, Zinc, Copper & Vitamin D by changing diet as follows will get recovery (not by supplements) Check level every 3 month & increase.

→ Take diet as below:

For B12 - sprouted Lentil (Masoor) & other Pulses/ 2 spoon Desi GIRI cow ghee/ Asparagus.

For D - Golden Sunlight 20 minutes 7-8am or 5-6pm

For Copper - Drink water from copper pot. It is important copper pot should be original old copper pot. Verify it.

Zinc - Eat soaked chickpeas Brown, drink soaked water as well (NO need blood test)

SOLUTION:-

- Don't take Milk or any milk item
- Don't eat sour items mean's curd, sour fruits etc.
- 1) Take 20 minutes sunlight.
- 2) Asparagus vegetables eat 3 times a week or every day.
- 3) HH-MUS Tacrolimus Ointment 0.1% cream - Apply this cream with feeling sensation 2 time in a day.
- 4) Take Bakuchi Ghan 1 tablet at morning.
- 5) Eat flaxseed, walnut / sprout lentils or moog or chickpeas every day in breakfast.
- 6) Hold "KUTKI" "1" INCH Ayurvedic herb 3 hour & chew & swallow.

You will see a result in 45 days, if you did above 6 things without fell; result is due to effect of all 6 things combination. Even if you miss any 1 point then you will not get result.

Follow below point if spot is increasing:-

- A) Take 1 tablet 1 time or 2 times of "Bakuchi Ghana" of "Chaitanya" company.
- B) In blood CBC report if eosinophis level is high then take for germs medicine "Vidangarishta syrup" विडंगारिष्ट & "krumikuthor" कृमिकुठार tablets 2 times 1 day together.
- C) You can try UV light theory on spot.

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