

Homoeopathy

Affordable Wellness

Pure & Quick Natural Remedies

शुद्ध और शीघ्र प्राकृतिक उपचार
বিশুদ্ধ ও দ্রুত প্রাকৃতিক প্রতিকার





**Homoeopathy was introduced in 1796
by the German physician
Samuel Hahnemann
and is based upon the “law of similars”**

- Homoeopathy is the second largest medical system in the world, according to WHO
- Homoeopathy is used by over 800 million people world-wide
- Around 15% of people in India use homoeopathic medicines
- Around 30% people in Europe use homoeopathic medicine
- Homoeopathy is the world's fastest growing medical system. It is expected to grow globally at a CAGR of 14.3% from 2020 to 2028 and much more in India
- Homoeopathy is practised in more than 100 countries. Homoeopathy is the most practiced AYUSH system in the world
- Dr. Sudhanshu Trivedi's speech on the National Commission for Indian System of Medicine Bill, 2019 & The National Commission for Homoeopathy Bill, 2019 in Rajya Sabha on 18.03.2020
<https://www.youtube.com/watch?v=fC8zPnza7nQ>
- Homoeopathic medicines are recognized as the safest, with no side effects



KEWAL SAMARPAN FOUNDATION

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Homoeopathy: A Mystery of Nature Home Guide

By CA Rajneesh Agarwal-Mob. 98313-14015

(My hobby for 25 years)

(dedicated to the memory of my father Late Kewal Krishan Aggarwal)

Reviewed by Dr Ved Prakash Upadhyay, B.H.M.S.-(C.U.), Kolkata

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(Disclaimer: This Home Guide should be followed under Doctor's advice)

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Complimentary Book

Foreword

Apr 10, 2022

To
The Board of Directors
Kewal Samarpan Foundation
34A Metcalfe Street, 4th Floor
Kolkata-700013

Dear Friends

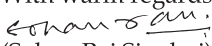
I am happy to write this foreword for your Home Guide titled, "Homoeopathy: A Miracle of Nature". Homoeopathy is nothing new in our family. From early childhood I have seen my father, Late Bachhraj Singhwi, serving numerous people with homoeopathy almost every day. He had immense faith in Homoeopathy and was an ardent proponent of these medicines.

In my personal life, I have seen the miraculous cure of my wife. She had a severe attack of rheumatoid arthritis, making her immobile with unbearable pain. A lot of medicines and even cortisone (steroids) were given, but did not help at all. As usual, the last choice was Homoeopathy and, on the suggestion of a friend, I called a Homoeopathic Doctor. Looking at her condition, he explained that he would give her just one dose to see if she improved even 5-10% because after steroids, sometimes, homoeopathic medicines do not work. Luckily, she felt better the very next morning and after completing the full course she was fully cured and, amazingly, had no further recurrence.

Another miracle I can never forget, is that around 20-30 yrs ago I used to get cyclical headaches every month for 3 days on the back of my head and painkillers were the only solution. After the cure of my wife by Homoeopathy, I consulted a Homoeopath, took the medicines for a month and thereafter had no headaches any more. These two wonders can never be erased from my memory.

In brief, Homoeopathic medicines are safe, palatable, non-toxic and easy to administer. They are also inexpensive, easily available and many ailments are cured permanently.

Allopathic medicines are expensive and beyond the reach of poor people. Moreover, sometimes they have adverse effects. Spreading awareness and opening such a Centre is a great service to the nation.

With warm regards,

(Sohan Raj Singhvi)

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Preface

Rebirth, Karma, Destiny and a myriad other mysteries of life have intrigued me from early childhood and my life has been full of the unexpected. I believe we are all in the same boat, and often ponder over questions such as:

1. Who am I and where did I come from?
2. Did I have a previous Life and will I have a next Life?
3. What is my Karma and my Destiny?
4. Why am I born at a certain place, at a certain time, in a certain family?
5. Why is my Religion or caste decided by birth and not by what I do?
6. Why do we sometimes dream of specific future events and they come true?
7. Where do our thoughts and dreams come from?
8. Why is the world always at war?
9. Is earning, spending and accumulating wealth the purpose of life?
10. Why does our education curriculum not make us enlightened persons?

In the present world, the endless pursuit of wealth and consumption continuously push these questions into the background. Having survived a near-death experience, these questions have become louder than ever before and I have embarked upon the life of a seeker through service to humanity.

In 1987, on a certain occasion, I felt overpowered by an unfamiliar inner voice which spoke in a tone and words unknown to me. Similarly, once in 1991, during meditation, upon being disturbed, I felt a devastating electric shock and my face became flushed, a phenomenon, that, I understood much later, was due to outside the body travel and return with a sudden shock. Again, in 1994, I woke up one morning and narrated my dreams about places where I had never been and events I had never experienced. Those events actually took place a few months later. I have had many such dreams and often wondered how they were possible. Such phenomena forced me to think deeper about the mysteries of life and to read books by a variety of authors to learn from their experiences.

In 2015, I had my first brush with astrology, when I learnt the time of my birth from my uncle and met a few people who spoke accurately about my past and future, based on the planetary positions. Most of these events came true and this led me to dig deeper into the forces that govern our life and explore, even further, unknown horizons.

The position of the planets at the time of our birth, their movements, and the resulting changing effects on our dynamic energy is the code of life. The combination of the cosmic energy of the sun, moons, planets, stars etc at the moment of birth can be

mathematically computed and intuitively interpreted to tell our past, present and future (even previous and future births). Many of us have also had real life experience of such phenomena.

I feel our ancient wisdom of “Vasudhaiv Kutumbakam” defines an invisible Cosmic internet, where all our souls are connected, which runs our life in ways unknown to us just like the “world wide web” in the outer world. The cosmic internet of the inner world goes far beyond and its exploration is daunting, fascinating and endless. This also explains numerous unexplained phenomena in our life. These have also been widely chronicled in our scriptures but are being increasingly dismissed by the modern world.

Astral travel, Levitation, Clairvoyance, Dreams of the Future, Premonitions, Telepathy, Time travel (into the past and future), Out of Body travel, Rebirth (memory of previous birth), Astrology, Numerology, Occult Sciences, Mantra, Tantra, Chakras, Pineal gland, Pituitary gland, Third eye, Mudras, Acupuncture, Acupressure, Pranic healing, Reiki, Vastu, Feng shui, Colour & Gems, Magnets etc, all exist around us but we are unable to connect with them as we remain under the spell of the material world (Maya). These phenomena require deep meditation, pranayams and other practices which activate our subtle sensory perceptions to connect with Nature at a deeper level. Only a selfless person can acquire and retain such intuitive and supernatural powers to experience such phenomena.

When I look back at the 62 years of my life I feel I have been a complete stranger to my own life. While I always felt that I was doing things, in reality they were all happening to me. If this was true of the past this is true of the present and the future also.

All our scriptures teach us that the soul lives forever and this body is just its temporary abode in this life on earth. However, it is difficult for us to actually relate to this distinction but one example that guides me is this: “the way we live in a house and the house shelters a human, in the same way a soul lives in a body and the body shelters the soul”.

Friends, in my perception we are all actors on a stage in this physical world and we should constantly try to strengthen the connection of our souls with the cosmic world via the cosmic internet.

CA Rajneesh Agarwal
April 10, 2022

Acknowledgements

I acknowledge, with deep devotion and gratitude, the contribution of my brother, Shri Mahesh Raj Singhwi, without whose continuous guidance and support this journey would not have begun.

I also thank my sister, Manjula Maheswari, who has stood by me like a rock and has also assisted in doing the Hindi translation of this publication. Her selfless devotion and purity in serving society continue to inspire me.

I thank my school friend Anil Sethia, whose lifelong support, quiet simplicity and endless pursuit of self-discovery has been immensely valuable.

I would like to thank Swapan Bhattacharya, a man of science, whose continuous belief in my pursuit of nature, continues to inspire me.

I will always remain grateful to Sh Ramesh Maheswari, a father figure and a lifelong role model, who continues to guide me with his immense wisdom and experience.

This booklet would not have been possible but for Dr V P Upadhyay who not only saved my life but has shown me the real meaning of selfless service. He is a living example of what Swami Vivekananda said, "This is the gist of all worship - to be pure and to do good to others. He who sees Siva in the poor, in the weak, and in the diseased, really worships Siva."

I also thank Mr Deb Kumar Das, my yoga and physiotherapy expert, who untiringly rebuilt every part of my body with his nimble hands and exceptional skills.

I thank my sister Alka Agarwal, my close friends Pradeep Chhawchharia, Anil Jhunjhunwala, Sandeep Fogla, Dinesh Agarwal, Ashoke Maheswari, Surendra Kr Dugar and many others for their untiring support and contribution.

Lastly, I thank my readers for taking interest in this publication. I trust you will benefit from it.

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Homoeopathy restores Energy and boosts Immunity

Our Team

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53 Sardar Sankar Road, Kolkata-700 029

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Shri Tuhin Arvind Parikh	Sr. MD-Blackstone Real Estate
Shri Chetan Dalal	Chartered Accountant
And our numerous Well Wishers	

Our Eternal Teachers

Name	Guidance
Acharya Rajneesh (Osho) (India)	Spirituality and Deception of life
Rumi (Persia-Iran)	Spirituality and Sufism
Dr. Samuel Hahnemann (Germany)	Founder of Homoeopathy
Masaru Emoto (Japan)	Consciousness in Water
Luc Montagnier (France) (Nobel-Virology)	Water Memory
Dr. B M Hegde (India) (Padma Vibhushan)	Health, Medicine and Truth
Rajiv Dixit (India)	Our Golden Culture
Herman Hesse (Germany) (Nobel-Literature)	Essence of Buddhism
Lobsang Rampa (UK)	Mysticism of Buddhism
Richard P. Feynman(USA) (Nobel-Physics)	Learning and Joy of Living
Julian Assange (Australia) (Wikileaks)	Embrace Death for Truth
Erich von Daniken (Switzerland)	Archeology and Extraterrestrial Life
Leonardo da Vinci (Italy)	Science, Art and the Futurist
Jules Verne (France)	Long Range Futurist
Sir Arthur Conan Doyle(UK)	Observation and Common Sense
# And countless others #	

Real Life Miracle of Homoeopathy of CA Rajneesh Agarwal

1. Hairline fracture in the right foot due to a fall. Wire inserted by surgery in **July 2015**.
2. Heart attack in a few days, triple bypasses, **7 days in coma, deep hallucinations**.
3. Both legs and feet were totally disabled due to foot surgery and removal of veins.
4. Right foot infected, oozing pus for months and wound not healing.
5. Kidneys became weak due to medicines, water retention and the body swelled.
6. Continuous breathlessness due to water in the lungs which was drained repeatedly.
7. Catheter and then a direct pipe inserted in the urinary bladder to drain out urine.
8. Could not eat for months due to blisters in the mouth caused by medicines
9. Seven months in and out of hospitals in Kolkata, Delhi & Gurgaon
10. The infection became resistant to nearly all antibiotics.
11. Skin grafting on the right foot also failed (Nov 2015)
12. Amputation of right leg advised but repeat heart attack feared upon amputation
13. Doctors declared that they had no other treatment and there was no chance of survival. Walked out of the hospital, stopped all medications (except for heart)-**Feb 2016**
- 14. Past experience and conviction led to homoeopathy and started homoeopathic medicines and physiotherapy (Feb 2016)**
15. All infections began to heal and were fully cured by Homoeopathy and Physiotherapy.
16. Resumed normal life from **-Oct 2018. Miracle Bestowing Second life!**
17. Earlier had been cured permanently by Homoeopathy from :
 - Chronic Psoriasis (2011)
 - Chronic Piles (2011)
 - Chronic Sinusitis (2011)
 - Enlarged Prostate (2012)
 - Tuberculosis (2012)

(Note: Illustrations are at the end)

Nature, Ayurveda, Homoeopathy and Modern Science

*“ सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु, मा कश्चित् दुःख भाग्भवेत् !
“Sarve Bhavantu Sukhinah, Sarve Santu Niramayah. Sarve Bhadrani Pashyantu,
Ma Kashchit Dukh Bhagbhavet!”*

In this prayer of the Brihadaranyaka Upanishad, it has been wished that everyone should be happy in the whole world, may all be disease free, may everyone's life be happy and no one should be the part of sorrow. Our body is a priceless gift given to us by God, which gradually withers away with age. Our lifestyle and mind have a great impact on our body, often due to which our immunity to fight (resist) diseases decreases. But it is not that we cannot increase our immunity. Our body and mind are inhabited by the Para and Apara powers. By keeping them balanced we can keep our body disease free. To know our body, we also need to know our overall consciousness. On the basis of this we can keep ourselves disease free by adopting an appropriate medical system. In this regard, I would like to present before you my views on some important points.

1. Life is beyond words. Emotions, feelings, pain, joy, taste, smell, sound, tone, etc. cannot be explained in words; they all have to be experienced e.g. to know the taste of a mango, it has to be eaten and savoured. Similarly, life is felt by each one of us in a unique way and it is beyond words. Yet, words are the only means of communication for most of us. Therefore, I am trying here to share some of my perceptions in words, as best as possible!
2. We exist on three planes: the Body, the Mind (conscious/unconscious) and the Soul (Dynamic Energy, Chetna, Prana). We find it hard to distinguish them but 700 energy points (100 points of each of the 7 Chakras) are said to connect our body with our mind and soul. Numerous ancient practices stimulate these connectors to synchronize the rhythms amidst body, mind & soul and boost our immunity. It is also well understood that most ailments begin in the Mind, and family, friends and laughter are all curative for the mind.
3. True Saints are depicted with an Aura around their heads which is a highly powerful energy field. It represents the pure and powerful dynamic energy of their soul. Upon their touch/blessing, their high voltage dynamic energy comes in contact with our weak energy and instantly recharges and restores our energy flow to cure us. Many of us have felt such energies in certain places of worship also.

4. These domains of dynamic energy have always existed in various traditions, like praying to trees (Tulsi, Peepal-Bodhi etc), praying to a pitcher of drinking water, offering food to Gods before eating, feeding ancestors, following the moon cycles and cosmic cycles for a number of rituals. These ancient practices are based on the rhythms of our body, mind & soul and their sublime interactions with the dynamic energy of Nature and the Cosmos. Life has evolved around these practices for thousands of years.
5. Life cannot exist without Water. Water is the only element in Nature which exists in all three forms/states (solid, liquid and gas). Also, it is the only element which expands when cooled. Our body is approximately 70% water and the water in our body is constantly interacting with our consciousness. It absorbs our good and bad thoughts (energy/vibrations) which are even carried to the person who drinks the water offered by us. All humanity offers prayers to water and instinctively believes in the pure vibrations of holy water which is often given to the sick as a cure.
6. Nature's hidden forces exist in plants, minerals, animal secretions/venoms (Ayurveda, Unani), Sunrays (Colour & Gem therapy), Cosmic waves & sounds (Mantras, Meditation & Pranayam) and in many other elements. These have a huge curative effect on humans and also on other life forms. Throughout the ages, humanity has practised such cures under various traditional methods of medicine.
7. Nature has also provided an abundant supply of plants, fruits and vegetables to take care of us. Our kitchen itself is a huge repository of Ayurvedic medicines. In Ayurvedic medicines, the plants and minerals are absorbed like food in our stomach and intestines and then pass through our liver to enter the bloodstream to cure the disease. This requires a lot of dietary discipline and other restrictions. Many of these plants and minerals are also difficult to source and are quite expensive.
8. Water has its own consciousness and retains the memory of natural substances. Water memory contradicts the current scientific understanding of physical chemistry and is generally not accepted by the scientific community even though significant work has been done on it by many renowned researchers like Masaru Emoto (Japan), Luc Montagnier (France, Nobel prize winner for the discovery of HIV) & many others in recent years. **This is the mechanism by which homoeopathic remedies work.** They contain the imprint of the substances even after they are diluted to the point where no identifiable molecule of the original substance remains in them.

9. Homoeopathy has developed as a medical science, based on the principle, “like cures like”. This means that a medicine capable of producing certain symptoms in a healthy human is capable of curing an illness which displays those symptoms in another human. This law of similars was first described by the Greek physician, Hippocrates (b 460 BC) and has been utilized by many cultures, including the Mayans, Chinese, Greeks, Native Red Indians, and Indians, but it was Samuel Hahnemann (1755-1843), a German physician, who codified ‘the law of similars’ into a systematic medical science called Homoeopathy.
10. In the past 200 years Homoeopathy has developed as an advanced and purified system of medicine which does not have any side effects and the numerous restrictions associated with all other systems of medicine. The botanical plants & minerals with known curative properties, are dipped in alcohol and stirred regularly over several days to first capture their vibrations (molecular memory/energy imprint) which is then filtered and diluted by a potentiation or trituration process. This energy is then absorbed in our body through homoeopathic medicines (powders, pills or drops). Homoeopathic medicines enter our bloodstream directly from our tongue and soft tissue and trigger the curative vibrations to restore our natural rhythm and also stop the generation of illness in our mind/energy.
11. Modern Science does not yet have the equipment to see the hidden molecular memory of the natural substances in homoeopathic dilutions and it often declares them to be placebos. But, in real life, the cure is so widespread and obvious that it needs no scientific proof. The quick and magical cures are observed by one and all for many day to day illnesses. The common belief that it takes a long time to cure is a myth. Only where the illness has gone deep in one’s field of energy due to suppression over a long period of time, does the cure take a little longer.
12. Our behaviour, physical symptoms, thirst, food choices, thoughts, dreams, time of occurrence, feelings etc. reflect the imbalances in our mind. These are intuitively interpreted and then cured with select Homoeopathic medicines from deep within and the symptoms are never suppressed. The combination of several symptoms is often treated with one medicine only. The core concepts of Homoeopathy never change.

An illustration: In Homoeopathy, the grief of bereavement is easily relieved from deep inside by Ignatia. Similarly, that of sudden fear/shock is relieved by Aconite Nap and that of physical/emotional injury or trauma is relieved by Arnica. There are many other variations and remedies for different forms of fear, shock or grief. But in Allopathy there are only tranquilizers/sedatives which weaken your body responses and force sleep only for short periods of time. There is no cure.

13. Modern Science is constantly trying to understand Nature but this quest seems endless. Modern Science cannot create Nature because it does not know the deeper energies/phenomena of Nature as yet. Modern Science and medicine have provided many remarkable applications-like diagnostics, surgery, dentistry, anesthesia etc. Its drive towards quick/temporary suppression of symptoms with toxic chemicals has led to a world full of disease, forever dependent on the consumption of synthetic chemicals. Nature fights these synthetics and our body becomes weak and resistant, ultimately resulting in organ failure and death. It is also very expensive and beyond the reach of the poor and the middle class. This has also led to a lot of exploitation and malpractice.
14. There is a need for a judicious mix of ancient and modern science to create a “Holistic” practice so that the knowledge developed over many millennia can be combined with some aspects of modern medicine to synergize and complement the natural healing process. Society is also in desperate need of low cost, quick, curative and effective treatments provided by Homoeopathy. Society will get relief from the disease, life threatening toxicity and financial ruin caused by modern medicine.

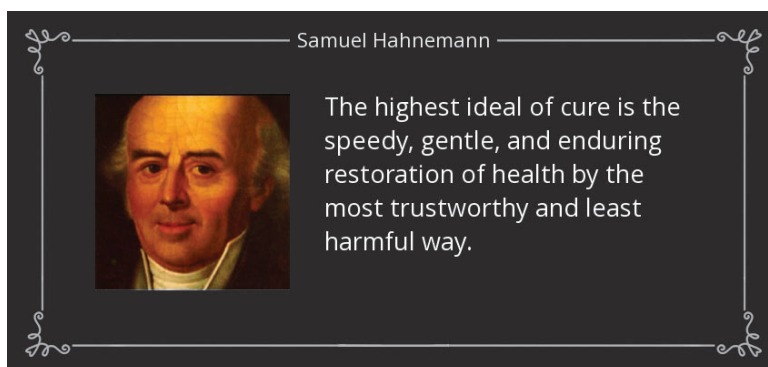
“Nature is God, God is Nature”

Homoeopathy Medicines, Herbs & Spices in the Kitchen

Sl	Common/Ayurveda	English	Homoeopathy	Botany
1	Adrak	Ginger	Zingiber Officinale	Zingiber Officinale
2	Ajwain (Khurasani)	Black Henbane	Hyoscyamus Niger	Hyoscyamus Niger
3	Aloe Vera (Ghrita-kumari)	Aloe Vera	Aloe Socotrima	Aloe Barbadensis
4	Amla	Embellic Myrobalan	Emblica Officinalis	Phyllanthus emblica
5	Arjuna	Arjuna	Terminalia Arjuna	Terminalia Arjuna
6	Ashoka	Ashoka	Janosia Ashoka	Saraca Asoca
7	Ashvagandha	Ashvagandha	Ashwagandha	Ashvagandha
8	Bael	Bael	Aegle Marmelos	Aegle Marmelos
9	Bahera	Belleric Myrobalan	Terminalia Bellirica	Terminalia Bellirica
10	Choti Elaichi	Cardamom	Eletaria Cardamomum	Amomum Cardamomum
11	Dal Chini	Cinnamon	Cinnamomum Ceylanicum	Cinnamomum Verum
12	Dhania	Coriander	Coriandrum Sativum	Coriandrum Sativum.
13	Dhatura	Thorn Apple	Stramonium	Datura stramonium
14	Giloy	Tinospora	Tinospora cordifolia	Tinospora Cordifolia
15	Haldi	Turmeric	Curcuma Longa	Curcuma Longa
16	Harad	Chebolic Myrobalan	Terminalia Chebula	Terminalia Chebula
17	Hing	Asafoetida	Asafoetida	Ferula Jaeschkeana
18	Imli	Tamarind	Tamarindus indica	Tamarindus indica
19	Jamun	Indian Blackberry	Syzygium Jambulanum	Syzygium Cumini
20	Kala Jeera	Cumin seeds	Nigella sativa	Nigella sativa
21	Kali Mirch	Black Pepper	Piper Nigrum	Piper Nigrum
22	Jau	Barley	Hordeum vulgare	Hordeum vulgare
23	Lavang	Cloves	Syzygium Aromaticum	Syzygium Aromaticum
24	Mehndi	Henna	Lawsonia inermis	Lawsonia inermis
25	Methi	Fenugreek	Trigonella Foenum	Trigonella Foenum
26	Neem	Margosa	Azadirachta indica	Azadirachta indica
27	Peepal (Bodhi tree)	Sacred Fig	Ficus religiosa	Ficus religiosa
28	Pudina	Mint	Mentha Piperita	Mentha Piperita
29	Quinine	Cinchona	Cinchona Officialis	Cinchona pubescens
30	Sagangur (Angur shafa)	Belladonna	Belladonna	Atropa Acuminata
31	Sarson	Mustard	Sinapis Nigra	Sinapis Nigra
32	Satawari (Satamuli)	Asparagus	Asparagus officialis	Asparagus Racemosus
33	Saunf	Fennel seeds	Foeniculum Vulgare	Foeniculum vulgare
34	Tulsi	Sacred Basil	Ocimum sanctum	Ocimum sanctum Linn.
35	Vachnag	Aconitum	Aconitum napellus	Aconitum Species

Homoeopathy Home Kit & Sources from Nature

Sl	Name	Potency	Category	Source
1.	Aconitum Nap	200	Plant	Monkshade
2.	Allium Cepa	30	Plant	Red Onion
3.	Aloe Soc	200	Plant	Aloe Vera
4.	Apis Mel	200	Animal	Honey Bee venom
5.	Arnica Montana	30	Plant	Flower
6.	Arsenicum Album	200	Mineral	White oxide of Arsenic
7.	Belladonna	200	Plant	Sagangur
8.	Bryonia	30	Plant	Wild Hop-vine
9.	Calendula	30	Plant	Marigold Flower
10.	Cantharis	30	Animal	Spanish Fly venom
11.	Carbo Veg	30	Plant	Charcoal
12.	Chamomilla	30	Plant	Chamomile Flower
13.	Gelsemium	30	Plant	Yellow Jasmine Flower
14.	Hypericum	200	Plant	Herb
15.	Ipecacuanha	30	Plant	Roots
16.	Kali Bichrome	30	Mineral	Potassium Bichromate
17.	Merc sol	30	Mineral	Mercury
18.	Nux Vomica	30	Plant	Poison Nut
19.	Rhus Tox	200	Plant	Poison Oak
20.	Robinia	30	Plant	Yellow locust
21.	Ruta G	200	Plant	Shrub



Homoeopathy Home Kit & Select Symptoms

1. **Aconitum Nap (Monkshade)**

- Running nose, headache, fever -Exposure to dry, cold winds -(Nov to Feb)
- Sudden stiffness/tightness of body, sudden fear and acute symptoms of illness
- Sudden shock/fear
- Birth shocks, urine stoppage,

2. **Allium Cepa (Red Onion)**

- Violent sneezing with watering nose and eyes

3. **Aloe Soc (Aloe Vera)**

- Rumbling, gurgling in the stomach with loose watery & gaseous stool
- Suddenly stool escapes with wind

4. **Apis Mel (Honey Bee Venom)**

- Burning, swelling, stinging pain due to Insect bites
- Swelling/puffing under lower eyes

5. **Arnica Montana (Flower)**

- Physical or emotional Injury & trauma-
- Sudden fatigue, Sore, bruised, lame feeling as if beaten
- Before and after surgery-also relieves pain

6. **Arsenicum Album (White oxide of Arsenic)**

- Food Poisoning due to spoilt food- nausea, vomiting and loose motions
- Running nose
- Chill-feeling very cold
- Very thirsty but taking small sips of water constantly

7. **Belladonna (Plant- Sagangur)**

- Tonsils-Swollen and pain on swallowing and earache
- Headache - congestive/throbbing
- High Fever due to exposure to cold- with no thirst
- Airsickness

8. **Bryonia (Wild hop vine)**

- Splitting frontal headache and fever early morning (often due to constipation)
- Muscles stiff/painful (often due to exposure to cold air at night) aggravation on movement-desire to lie down/sinking in the mattress
- Heaviness of body
- Thirsty-drinks huge quantity of water
- Kolkata weather when days are hot and nights are cold

9. Calendula (Marigold Flower)

- Cut injury & skin bruises-Antiseptic

10. Cantharis (Spanish fly venom)

- Burns caused by fire, sunlight, boiling water, scalds etc
- Burning and difficult urination
- Burning sensation anywhere, blisters

11. Carbo Veg (Charcoal)

- Acidity, Slow digestion & Gas
- Sour belching & heaviness in upper stomach
- Hungry at mealtimes but previous meal not digested.
- Undigested food in stool
- Effective digestive & gas medicine- feels better by belching or passing gas
- Surgery shock

12. Chamomilla (Chamomilla flower)

- Teething, whining, crying, wants to be carried
- Children & infants' medicine

13. Gelsemium (Yellow Jasmine flower)

- Throbbing headache around the temples, head feels tied with a band
- Occipital headache- in orbits, pain in lower neck, shoulders and back bone
- Eyelids are heavy-drooping, Sluggish back, fever & chills in spine
- Heat stroke-very good medicine

14. Hypericum (Herb)

- Crushed fingertips, nerve injuries
- Spinal injury upon falling-specially in the coccyx region
- Blow on the head causing convulsion

15. Ipecacuanha (Root)

- Acute nausea and vomiting-due to exposure to cold winds, with fever and headache, nausea not relieved by vomiting, Pregnancy nausea

16. Kali Bichrom (Potassium Bichromate)

- Tough, stringy mucus, cold & earache
- Internal nasal drip causing severe cough at night
- The inward flow of mucus is reversed and flows out

17. Merc Sol (Mercury)

- Severe griping pain around the navel, Amoebiasis
- Blood in the stool
- Recurrent mouth ulcers

18. Nux Vomica (Poison Nut)

- Stomach pain a little after any meal
- Indigestion due to late nights, ill effects of modern lifestyle, constipation and diarrhea alternately, Nausea/vomiting-due to irregular food timings (e.g. international travel/night duty/late nights)
- An antidote to allopathic drugs & also alcohol
- Stomach hernia

19. Rhus Tox (Poison Oak)

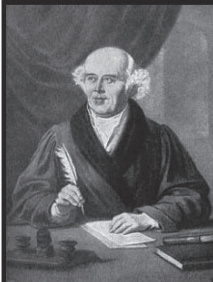
- Muscular pain or stiffness--better on movement- feels better in the evening
- Exposure to the sudden change from heat to cold
- Muscle, ligament, tendon injury

20. Robinia (Yellow locust plant)

- Acute acidity

21. Ruta G (Shrub)

- Ligament, bone and cartilage injury
- Injury from a fall, the body feels bruised



The physician's highest calling, his only calling, is to make sick people healthy - to heal, as it is termed.

(Samuel Hahnemann)

Homoeopathy Home Kit, Common Ailments & Remedies

1. Fever, headache and body ache

- Running nose, headache, fever -exposure to dry, cold winds -(Nov to Feb)-
Aconite Nap
- Chill-feeling very cold, very thirsty but taking small sips of water constantly -
Arsenic Album
- Headache - congestive/throbbing, high fever due to exposure to cold- with no thirst - **Belladonna**
- Splitting frontal headache and fever early morning (often due to constipation), muscles stiff/painful (often due to exposure to cold air at night), aggravation on movement, desire to lie down/sinking in mattress, heaviness of the body, thirsty-drinks huge quantity of water, Kolkata weather when days are hot and nights are cold -**Bryonia**
- Throbbing headache around the temples, head feels tied with a band, occipital headache-settles in orbits, pain in the lower neck, shoulders and backbone, eyelids are heavy-drooping sluggish back, fever & chills in spine, heat stroke-very good medicine - **Gelsemium**
- Muscular pain or stiffness-better on movement-feels better in the evening, exposure to the sudden change from heat to cold - **Rhus tox**
- Piercing headache- (as if a nail is driven in) - **Coffea**
- Right-sided headache - **Sanguinaria Can**

2. Colds and throat pain

- Running nose, headache, fever -exposure to dry, cold winds-(Nov to Feb)- **Aconite**
- Violent sneezing with watering nose and eyes - **Allium Cepa**
- Running nose - **Arsenic Album**
- Tonsils-Swollen and pain on swallowing and earache - **Belladonna**
- Tough, stringy mucus, cold & earache, internal nasal drip causing severe cough at night, the inward flow of mucus is reversed and flows out - **Kali Bichrome**
- Yellow mucus - **Pulsatilla**
- Watering eyes - **Euphrasia**

3. Stomach pain, gas, bloating, nausea and vomiting

- Rumbling, gurgling in the stomach with loose watery & gaseous stool Suddenly stool escapes with wind - **Aloe Soc**
- Food Poisoning due to spoilt food-nausea, vomiting and loose motions -**Arsenic Album**
- Acidity, slow digestion, gas in the stomach, sour belching, heaviness in upper stomach, hungry at mealtimes but previous meal not digested, undigested food in stool -**Carbo Veg**
- Acute nausea and vomiting due to exposure to cold winds, with fever & headache nausea not relieved by vomiting- **Ipecacuanha**
- Severe griping pain around the navel, blood in the stool, Amoebiasis - **Merc Sol**
- Stomach pain after any meal, indigestion due to late nights-Nausea-due to irregular food timings, international travel, night duty etc- **Nux Vomica**
- Acute Acidity -**Robinia**

4. Injury and shock

- Sudden stiffness/tightness of body, sudden fear and acute symptoms of illness - **Aconite Nap**
- Physical or emotional Injury & trauma - **Arnica Montana**
- Cut injury & skin bruises-Antiseptic - **Calendula**
- Burns caused by fire, sunlight, boiling water, scalds etc - **Cantharis**
- Surgery shock - **Carbo veg**
- Crushed fingertips, nerve injuries, spinal injury upon falling-specially in the coccyx region, blow on the head causing convulsion - **Hypericum**
- Muscle, ligament, tendon injury - **Rhus Tox**
- Ligament, bone and cartilage injury, injury from a fall, the body feels bruised - **Ruta G**
- Fractures - **Calcarea Phos & Symphytum**

5. Children & Infants-

- Birth shocks, urine stoppage, scratching of genitalia - **Aconite Nap**
- Burning, swelling, stinging pain due to Insect bites - **Apis Mel**
- Tonsils-Swollen and pain on swallowing and earache - **Belladonna**

- Teething, whining, crying, wants to be carried Children & infants' medicine - **Chamomilla**
- Stomach worms - **Cina**
- Corns - **Antim crud**
- Bedwetting - **Equisetum Hyemale**
- Dentition diarrhea - **Podophyllum**
- Wind & colicky pain- **Senna**

6. Some Common Cures

- Sudden stiffness/tightness of body, birth shocks, urine stoppage, sudden fear and acute symptoms of illness - **Aconite Nap**
- Burning, swelling, stinging pain due to insect bites swelling/puffing under lower eyes - **Apis Mel**
- Sudden fatigue, sore, bruised, lame feeling as if beaten, before and after surgery- also relieves pain - **Arnica Montana**
- Airsickness - **Belladonna**
- Burning and difficult urination Burning sensation anywhere, blisters - **Cantharis**
- Sudden weakness - **Carbo veg**
- Pregnancy nausea - **Ipecacuanha**
- Recurrent mouth ulcers - **Merc sol & Borax**
- An antidote to allopathic drugs and alcohol - **Nux Vomica**
- Stomach hernia - **Nux Vomica**
- Thorn like feeling in the throat - **Hepar sulph**
- Itching (upon undressing)- **Rumex**
- Cough (stops on taking a hot drink)- **Spongia**

Dosage, Duration & Potency - "Less is more"

- 3-4 drops or pills on the tongue 3 4 times a day are enough. In acute problems, these can be taken at shorter gaps and as the patient gets better the gap should be increased. These should be stopped as the cure is achieved. Liquids, pills, powders are all the same.
- Dilutions 6, 12, 30 give quick/short acting relief and dilutions like 200, 1000 give slower but long-acting relief. A good doctor advises medicine potency and frequency based on the depth of the disease. Children are normally given lower dilutions like 6,12 or 30
- Dilution Q is the mother tincture which is diluted to make higher dilutions like 6, 12, 30, 200, 1000 etc. A higher number means diluted that many times e.g 1000, means mother tincture is further diluted 1000 times. In homoeopathy higher dilutions i.e. less medicine is more powerful.
- The mouth should be neutral e.g. on waking up without washing/brushing your mouth or just before sleep. At other times keep at least 20 minute gap between any food, drink or other intake. Onion, garlic, coffee etc. are usually avoided because their taste lingers on the tongue and overpowers these mild medicines.
- Alcohol based medicines can be diluted in a spoon of water and taken or given by dropper to young children or elderly persons. Alcohol based medicines also have a very long shelf life.

SIDDHARTHA -An Indian Tale

By Hermann Hesse (Nobel prize winner for literature in 1946)

Excerpts from last Chapter: "Govinda"

Siddhartha: "I've had thoughts, yes, and insight, again and again. Sometimes, for an hour or for an entire day, I have felt knowledge in me, as one would feel life in one's heart. There have been many thoughts, but it would be hard for me to convey them to you. Look, my dear Govinda, this is one of my thoughts, which I have found: **wisdom cannot be passed on. Wisdom which a wise man tries to pass on to someone always sounds like foolishness.**"

"Are you kidding?" asked Govinda.

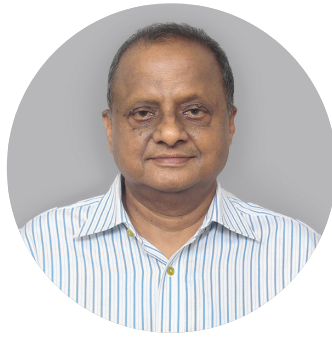
"I'm not kidding. I'm telling you what I've found. Knowledge can be conveyed, but not wisdom. It can be found, it can be lived, it is possible to be carried by it, miracles can be performed with it, but it cannot be expressed in words and taught. This was what I, even as a young man, sometimes suspected, what has driven me away from the teachers. I have found a thought, Govinda, which you'll again regard as a joke or foolishness, but which is my best thought. It says: The opposite of every truth is just as true! That's like this: any truth can only be expressed and put into words when it is one-sided. Everything is one-sided which can be thought with thoughts and said with words, it's all one-sided, all just one half, all lack completeness, roundness, oneness. When the exalted Gotama spoke in his teachings of the world, he had to divide it into Sansara and Nirvana, into deception and truth, into suffering and salvation. It cannot be done differently, there is no other way for him who wants to teach. But the world itself, what exists around us and inside of us, is never one-sided. A person or an act is never entirely Sansara or entirely Nirvana, a person is never entirely holy or entirely sinful. It does really seem like this, because we are subject to deception, as if time was something real. Time is not real, Govinda, I have experienced this often and often again. And if time is not real, then the gap which seems to be between the world and the eternity, between suffering and blissfulness, between evil and good, is also a deception."

"How come?" asked Govinda timidly.

"Listen well, my dear, listen well! The sinner, which I am and which you are, is a sinner, but in times to come he will be Brahma again, he will reach the Nirvana, will be Buddha—and now see: these 'times to come' are a deception, are only a parable! The sinner is not on his way to become a Buddha, he is not in the process of developing, though our capacity for thinking does not know how else to picture these things. No, within the sinner is now and today already the future Buddha, his future is already all there, you have to worship in him, in you, in everyone the Buddha which is coming into being, the possible, the hidden Buddha. The world, my friend Govinda, is not imperfect,

or on a slow path towards perfection: no, it is perfect in every moment, all sin already carries the divine forgiveness in itself, all small children already have the old person in themselves, all infants already have death, all dying people the eternal life. It is not possible for any person to see how far another one has already progressed on his path; in the robber and dice-gambler, the Buddha is waiting; in the Brahman, the robber is waiting. **In deep meditation, there is the possibility to put time out of existence, to see all life which was, is, and will be as if it was simultaneous,** and there everything is good, everything is perfect, everything is Brahman. Therefore, I see whatever exists as good, death is to me like life, sin like holiness, wisdom like foolishness, everything has to be as it is, everything only requires my consent, only my willingness, my loving agreement, to be good for me, to do nothing but work for my benefit, to be unable to ever harm me. I have experienced on my body and on my soul that I needed sin very much, I needed lust, the desire for possessions, vanity, and needed the most shameful despair, in order to learn how to give up all resistance, in order to learn how to love the world, in order to stop comparing it to some world I wished, I imagined, some kind of perfection I had made up, but to leave it as it is and to love it and to enjoy being a part of it. – These, oh Govinda, are some of the thoughts which have come into my mind.”

***“ Believe in God and become fearless,
Be fearless and realise God ”***



Writer

The writer, CA Rajneesh Agarwal, has been a practising Chartered Accountant for more than 40 years. He stood 1st in B.Com. (Hons.) in 1979 from St Xavier's College, Kolkata, in Calcutta University. He was an Honorary Professor at St Xavier's College, Kolkata, and has been a regular speaker at professional seminars. He qualified for admission to the National Defence Academy in 1975, but could not join as the inward curve of his legs was not considered suitable for the Indian Air Force. He has always been curious about Nature, Modern Science and a diversity of subjects.

He had suffered from chronic colds since early childhood and tried various treatments, without success. Ultimately, Homoeopathy came to his rescue and he started to take a keen interest in the subject. Later, this hobby was instrumental in saving his life in 2016 when he was bestowed with a new life by Homoeopathy. Now, he has set up a Foundation, with a dream to make the benefits of Homoeopathy available to one and all.

The basis of homoeopathy medicine is natural herbs and elements. There is no synthetic chemical or substance and therefore homoeopathy is considered safest and without any side effects. It gives him great joy to present this booklet in the lotus feet of all homoeopathy lovers with gratitude. He has full faith that this small booklet will help all of you in understanding the importance of homoeopathy and insulate you from the severe ill effects of the synthetic chemical poisons of other treatments. He wishes that you stay healthy, stay peaceful and lead a happy life.

He hopes that this effort will benefit humanity at large.

“The Soul mirrors the Universe”

Illustrations

चिब्रण

इलास्ट्रेशन

Homoeopathy Home Kit & Sources from Nature

होम्योपैथी होम किट और प्रकृति से स्रोत

হোমিওপ্যাথি হোম কিট এবং প্রকৃতি থেকে উৎস



Aconite Nap
एकोनाइट नैप
अ्याकोनाईट न्याप



Allium Cepa
एलियम सेपा
अ्यालियाम सेपा



Aloe Soc
एलो सोक
अ्यालो सोक



Apis Mel
एपिस मेल
एपिस मेल



Arnica Mont
अर्निका मोंटाना
अर्निका मन्टाना



White oxide of Arsenic
आर्सेनिकम एल्बम
आर्सेनिक अ्यालबाम



Belladonna
बेल्लाडोना
बेलाडोना



Bryonia
ब्रायोनिया
ब्रायोनिया



Calendula
कैलेडुला
क्यालेडुला

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Cantharis

कैंथारिस
ক্যান্থারিস



Carbo veg

कार्बो वेज
কার্বো ভেজ



Chamomilla

कैमोमिला
ক্যামোমিলা



Gelsemium

जेलसेमियम
জেলসেমিয়াম



Hypericum

हार्डिपेरिकम
হাইপারিকাম



Ipecacuanha

इपीकाकुन्हा
ইপেকাকুয়ানহা



Kali Bichrom

काली बाइक्रोम
ক্যালি বাই ক্রোম



Merc Sol (Mercury)

मर्क सोल
মার্কসল



Nux Vomica

नक्स वोमिका
নাক্স ভমিকা

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হোমিওপ্যাথি হোম কিট এবং প্রকৃতি থেকে উৎস



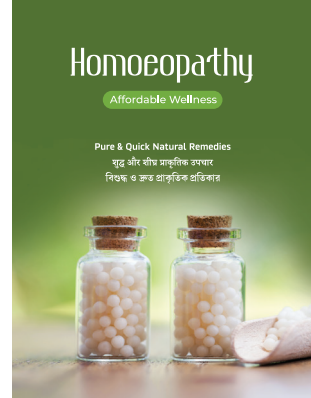
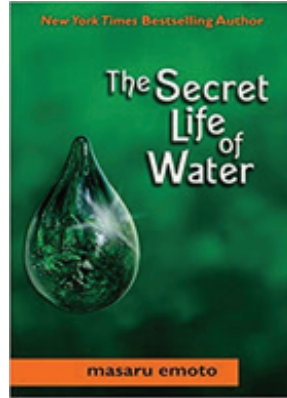
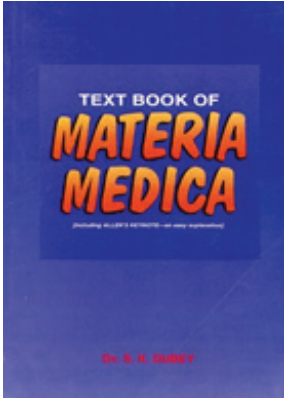
Rhus Tox
रस टॉक्स
রস টকস



Robinia
रोबिनिया
রবিনিয়া



Ruta G
रूटा जी
রুতা জি



**Homoeopathy Medicines manufacturing process at the factory of
M Bhattacharya & Co Pvt Ltd (Estb-1889)**

एम भट्टाचार्य एंड कंपनी प्राइवेट लिमिटेड (स्था.-1889) के कारखाने में होम्योपैथी दवा निर्माण प्रक्रिया
এম ভট্টাচার্য অ্যান্ড কো প্রাইভেট লিমিটেড (Estb-1889) এর কারখানায় হোমিওপ্যাথি ওষুধ তৈরির প্রক্রিয়া



Storage of Raw Materials

कच्चे माल का भंडारण
কাঁচামালের স্টোরেজ



Sorting of Raw Materials

कच्चे माल की छँटाई
কাঁচামাল বাছাই



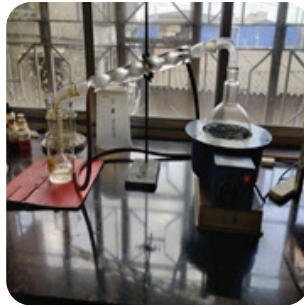
Dissolving & Stirring in Alcohol

ऐलकोहल में घुलना और हिलाना
দ্রবীভূত করা এবং অ্যালকোহলে আলোড়ন



Filtering of the Solution

समाधान को छनाना
সমাধান ফিল্টারিং



Purification

शुद्धिकरण
শুদ্ধিকরণ



Medicine Mother Tinctures

मेडिसिन मदर टिंचर
মেডিসিন মাদার টিংচার



Storage of Medicines

दवाओं का भंडारण
ওষুধের স্টোরেজ



Final Packaging

अंतिम उत्पाद की पैकेजिंग
চূড়ান্ত পণ্য প্যাকেজিং



Our Team

हमारी टीम
আমাদের টিম

Fatal infection resistant to all antibiotics cured by Homoeopathy of CA-Rajneesh Agarwal

सभी एंटीबायोटिक दवाओं से प्रतिरोधी होने के बावजूद घातक संक्रमण होम्योपैथी द्वारा ठीक हो गया - सीए रजनीश अगरवाल
সমস্ত অ্যান্টিবায়োটিকের প্রতিরোধী হওয়া সত্ত্বেও, মারাত্মক সংক্রমণ হোমিওপ্যাথি দ্বারা নিরাময় - সিএ রজনীশ আগরওয়াল



Some Homoeopathic Miracle Cures by Our Expert

हमारे विशेषज्ञ द्वारा कुछ होम्योपैथिक चमत्कारी इलाज

আমাদের বিশেষজ্ঞ দ্বারা কিছু হোমিওপ্যাথিক অলৌকিক নিরাময়

Before

After



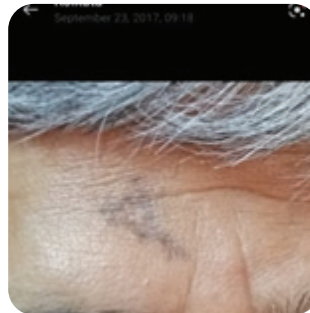
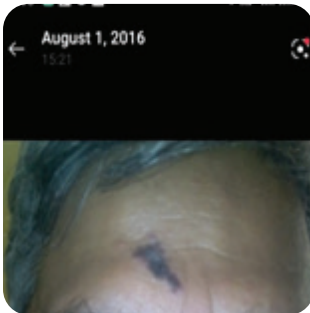
Cellulitis
কোষিকা
সেলুলাইটিস



Severe Burns
গংभीর জলনা
গুরুতর পোড়া



Severe Burns
গংभीর জলনা
গুরুতর পোড়া



Lichen Planus
লাইকেন প্লানস
লাইকেন প্লানাস

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Before

After



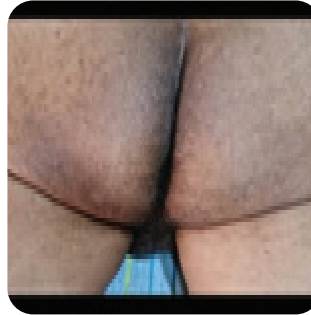
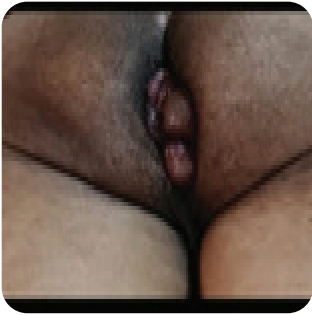
Severe Psoriasis

गंभीर सोरायसिस
গুরুতর সোরিয়াসিস



Lichen Planus-
Oral Cavity

লাইকেন প্লেনাস-ওরাল কৈবিটি
লাইকেন প্ল্যানাস-
ওরাল ক্যাভিটি



Severe prolapsed
Hemorrhoids

गंभीर प्रोलेप्सड बवासीर
গুরুতর প্রল্যাপসড
হেমোরয়েডস



Improving Keloids

কেলোইডস মেন্ সুধার
কেলুইডস উন্নতি



अहोभाव

डर एक प्रकार की मूढता है, अगर किसी
महामारी से अभी नहीं भी मरे तो भी
एक न एक दिन मरना ही होगा, और वो
एक दिन कोई भी दिन हो सकता है,
इसलिए विद्वानों की तरह जिये, भीड़
की तरह नहीं!!
ओशो

*“ Health is not just about what you are eating'
it's also about what you are thinking and saying. ”*

Looking forward to your valuable comments and suggestions.

आपकी बहुमूल्य टिप्पणियों और सुझावों की प्रतीक्षा रहेगी।
আপনার মূল্যবান মন্তব্য এবং পরামর্শের জন্য উন্মুখ।
rajneesh@racocal.com

Notes/ नोट्स /নোটস



Kewal Samarpan Foundation

(Spreading Happiness)

Health, Education and Spirituality

(Service to Humanity is Service to God)

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