



PMYV Illness No More!

Lord Dhanvantari Sadhana

*Devadinam Rakshnaaya Hvatharmaharanaaya Cha,
 Dushtaanaam Cha Vadhaarthaaya Hvavataaram Karoti Cha.
 Yathaa Dhanvantarirvanshe Jaatah KsheetoDamanthane,
 Devaadinaam Jeevanaaya Hvayorvedamuvaacha Ha,
 Vishwamirtasutaayai Sushurutaaya Maatmane*

As per Purans, **Gods** and **demons** churned the ocean to obtain nectar. During this process, a divine being with **great aura**, **wearing beautiful ornaments**, **extremely beautiful** and holding a pot filled with nectar emerged out of the ocean. This divine being was none other than **Lord Dhanvantari**. The day He

was incarnated was the third day of **dark lunar phase** of **Kartik month** and each year this day is also celebrated as **Lord Dhanvantari day**.

Lord Dhanvantari shared the knowledge of **Ayurveda** to sage **Vishwamitra's son Sushrut** for the better **health of Gods**. Texts

created by Lord Dhanvantari, **Dhanvantari Sanhita**, is the base of **Ayurveda**. Lord Dhanvantari is a part of **Lord Vishnu** and just by remembering Him, one can get rid of **diseases**. The knowledge shared by **Lord Dhanvantari** was absorbed by sages like **Bhardwaj, Ashwani Kumar, Sushrut, Charak** etc. who created many texts for a healthier life of human beings.

All the health related procedures in this world have emerged from **Ayurved** and anyone who follows Ayurveda properly can win over all sorts of **diseases**. The biggest pain of the current world is disease. It is also a fact that today we are troubled by a lot of things in life which slowly takes a form of **disease**. Also, in this **polluted** world, it is almost impossible to remain healthy for anyone.

For the **medical science**, there is no permanent solution for a lot of diseases. In many cases, the diseases are suppressed by means of

medicines or **vaccinations**, however these microorganisms too evolve in our polluted world and continue to **harm** us. An example of this is the emergence various traces of **CORONA virus** that is still uncontrolled by medical science and is a cause of pandemic all across the globe. Not only this, there are expectations of several variants of this virus which might torment us in coming days too.

If we look back, we can see the life of a human being was considered to be of 100 years. However, in the current scenario, a man once he turns 40, starts to see some sort of disease appearing in his body. By 55-60, the body becomes **weak** and **houses a lot of diseases** and the human being just continues to breathe waiting for his last breath. If a survey is conducted related to the segment of life where human being feels **maximum happiness, youthfulness** and **energy**, then it won't be astonishing to see the



maximum votes for a number like 25-30 years. Astonishingly, on the other hands, our **ancestors** remained energetic even till the age of 100 years.

Important point to understand here is the reason what kept our ancestors **energetic**, had higher potential than us, were **more powerful** and had **more strength**. The answer to this is their lifestyle, their eating habits and a science which was highly effective against the diseases.

It was not that they never got sick as these diseases existed in earlier days too.

Even in today's **scientific world**, we can see many tribes who are deprived of medical science but have faith in mantra **Sadhanas** and are able to cure many **diseases**. Medical science has not been able to accept the efficacy of mantra Sadhanas till now. Mantra Sadhanas can revive even a body lying on a **death bed**.

There are few Sadhanas using which the sages living in isolated locations are able to cure their diseases. One such extraordinary Sadhana is **Dhanvantri Siddhi Sadhana procedure** using which a person can get rid of all the diseases. This procedure is a blessing from our sages and has been obtained from a **great Yogi**. The Yogi told us that after performing this Sadhana, a person is not only able to get rid of his physical diseases but is also able to get rid of mental problems. The person starts to live a **happy** and **energetic life**, his working capability increases many folds and no disease can further harm him.

Sadhana Procedure:

One needs **Dhanvantari Yantra**, **Ashmina** and **Dhanvantari Rosary** for this Sadhana. The most auspicious day to perform this Sadhana is on **Dhanvantari Jayanti** however, the same can also be performed on the **13th day of the dark lunar phase**. This is a one day Sadhana. One should eat food only once on the day of the Sadhana but can have fruits as other meals. One should not leave the Sadhana in between, however if it is unavoidable, one should wash his hands and feet again and then only restart the Sadhana. One should perform this Sadhana with full devotion and should prefer to remain silent.

One should clean the worship place before starting the **Sadhana** and should then **take a bath**. Get in a clean and fresh yellow cloth and sit on a **yellow mat** facing east. Take a wooden plank and cover it with fresh yellow cloth. First of all place a picture of Revered **SadGurudev** and worship Him with **vermillion**, **rice grains** and **flowers**. Offer your prayers to Gurudev and seek His blessings for the success in the Sadhana. Next chant one round of **Guru Mantra**.

Now take the **yantra** and place it in front of **Gurudev's picture**. Worship the yantra with **vermillion**, **unbroken rice grains** and **flowers**. Make a mound of rice grains dyed in vermillion on the left side of the yantra and place **Ashmina** on it and worship Ashmina too with vermillion, unbroken rice grains and flowers. Next light a **ghee lamp** and an **incense stick**. Now pray to **Lord Dhanvantari** and offer flowers on to the yantra chanting thus:

Satyam Cha Yena Niratam
Roogam Vidhootam,
Anveshitam Cha Savidhim
Aarogyamasya.
Ghoordham Nighoordham
Aushdhyaroopam,
Dhanvantari Cha Satatam
Pranamaami Nityam

Now chant **11 rounds** of the below **mantra** with the **rosary** and then place all the articles in a clay pot.

Mantra
||Om Ram Rudra Roganaashaaya
Dhanvantaryai Phat||
॥ ଝୁଣ୍ଡ ରେଣ୍ଟାଶ୍ୟ ଧନଵନ୍ତର୍ୟେ ଫଦ୍ ॥

Keep all the **Sadhana articles** in your worship place and continue to **chant one round** of the above mantra for **next 13 days** of the lunar phase. Drop all the Sadhana articles along with **two handfuls** of **rice grains** in a river or pond on the last day after completing the mantra chanting.

Sadhana Articles 745/-