

STILL TORMENTED BY DISEASES?

*Namani Dhanwanthary Aadi
Devam,
Surasura Vanditham Pada
Padmam,
Loke Jara Rogbhay Mrityu
Nashakam,
Datharam Eesham
Vividhaushadhinma*



O Lord Dhanwantary! I bow you. You are worshipped by both Gods and demons. You bless people with your divine powers and bring them out of sufferings, diseases, old-age and fear of death. Oh Lord! Please give me your medicines and blessings to cure the sick people.

Lord Dhanvantari is the founder of Ayurveda, the science of healthy living. Dhanvanthari Dev specialized in surgery. Attreya Rishi specialised in Internal medicine and Kashyapa Rishi specialized in gynecology and pediatrics. The Vedas sustained in the oral tradition for millenia before they were put in writing. Lord Dhanvantari, the incarnation of Lord Vishnu, is revered as “the physician” of devas. At the conclusion of the great churning of the ocean by Gods and demons.

Lord Dhanvantari emerged from the ocean holding a vessel containing nector, the nectar that conferred immortality on devas.

The major Ayurvedic literature after the Vedas are:

- Charak Samhita
- Sushrut Samhita
- Ashtang Hridaya

India was a leader in the field of medical sciences where great scholars like Dabur, Charak, Patanjali etc. have created various medicines or yoga postures to not only cure diseases but also to keep them away from entering into our body. We all know that Ayurveda in itself is very effective and can cure diseases which even Allopathic treatment can't cure as of now. Even though there has been significant improvement in the field of modern medical science, yet there are many diseases which are incurable and a miserable person trapped in such a disease is left hopeless and heartbroken.

Our current lifestyle, eating habits,

polluted environment in which we are living are the real reasons behind our physical downfall. If one visits a village and see a man ploughing a field, he will definitely get positively affected by his good physique. People living in big cities are the one who are suffering the most from physical as well as mental diseases, whereas people living in villages are comparatively living a happy and fit life. The reason behind this is that they daily devote sometime of their day for some sort of physical exercise. Yes, it is true that we people living in big cities can't plough or even can't go to jungles and cut down a tree. **However, we can definitely do some physical exercise in the form of jogging, cycling etc. to keep ourselves fit.**

Yoga should be an essential part of every person, as it is very effective and can keep our body fit and full of energy. Sage Patanjali created various yoga postures which are very effective in exercising particular parts of our body. Regular practice of yoga not only makes our muscles stronger, keeps our joints and body flexible, it also helps in activating our

Kundalini power. Practicing specific yoga postures can cure back ache, can give mental peace and strength, can relieve us from tensions and even cure issues related to our genitals. All one needs is to find a good tutor and learn yoga under his or her guidance.

Charak is one of the most applauded sages of ancient India who invented many new medicines and also introduced the surgery for the first time. He was the first to speak about metabolism and the three main causes of the occurrence of any sort of disease. **His work Charak Sanhita is still followed as the golden book by any Ayurvedic professional. Compared to the present philosophy of Allopathic medicine which believes in suppressing the disease, Ayurvedic medicines or philosophy believes in curing the root cause of the disease and thus enable the body to fight against the disease in future too.**

However, the tragedy of this country is that both Ayurveda as well as Yoga have been neglected by the citizens of this country only. And the irony is that when these sciences have



been acclaimed in the foreign countries, then we Indians have also started to practice and believe in them. The issue that lies before us is that it is very difficult to find a good yoga teacher or to find a well-qualified Ayurvedic doctor. **Additionally, if someone is weak and even though he is acquainted with some knowledgeable Yoga Guru, it is still very difficult for him to practice yoga. On the other hand, what if a person knows a good Ayurvedic doctor, but what if his disease is a non-curable disease. So, what is the solution in such a case?**

Lord Dhanvantari comes to the rescue in such circumstances. He is the Lord of all the medical sciences and He bestows good health on to His devotees. He possesses the power to eradicate any disease and make one feel both physically as well as mentally fit. It has become essential for each and every person to perform His sadhana in present era. **Looking at the current generation, it can be easily deduced that people remain energetic only**

till the age to 35-40 years. Thereafter they start getting captivated by diseases, whether physical or mental. However our ancestors used to live for 100 years. Did we ever think how they were able to attain such a long life?

Many sages living in the caves in Himalayas and they remain fit and energetic, they never fall ill. They hardly keep any cloth with themselves so forget about any woolen clothes and yet they are never tormented by any disease. The reason behind this is that they are an accomplished sadhak of Lord Dhanvantari Sadhana. This sadhana is definitely a boon for us and can be treated as a gift from our ancestors. **This sadhana was obtained by a very successful and highly acclaimed sage who has himself attained success in this sadhana. Looking at him, no one can tell that he is 80 years old, rather he just appears to be in the age group of 35-40 years.**



Sadhana Articles: Dhanvantari Yantra, Ashmina and Dhanvantari Rosary.

Sadhana Procedure: 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 clean and fresh yellow clothes and sit on a yellow mat facing East. Take a wooden plank and cover it with fresh yellow cloth. First place a picture of Revered Gurudev and worship Him with vermillion, rice grains and flowers. Offer prayers to Him and seek His blessings for success in the sadhana. Next chant one round of Guru Mantra.

Now take the yantra and place in on the plank. Worship the yantra with vermillion, rice grains and flowers. Make of mound of rice grains dyes in vermillion and on the left side of the yantra and place *Ashmina* on it and worship *Ashmina* too. Next light a ghee lamp and an incense stick. Now pray to Lord *Dhanvantari* and offer flowers 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 this mantra with the rosary and then place all the articles in a clay pot.

Mantra

***Om Ram Rudra Roganaashaaya
Dhanavantaryai Phat***

॥ ॐ रं रुद्र रोगनाशाय धनवन्तर्यै फट् ॥

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

Sadhana Articles 690/-