

Diseases? Do they really required medicines, rather they are caused by mental stress in a given population group and body has its own healing power?

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Diseases are there since inception of life and history. What we see as pathological states whether surgical or medical is "Man Made". With the passage of time we have explored the molecular basis of diseases and newer aspects of treatment. Ayurveda and Unani act on molecular level but research has to be done to know the mechanism of action. New diseases are discovered e.g., Ebola Virus after few decades of discovery of HIV. In between we had bird flu and HN24 Diseases. Why so that some unusual viral fever affects some parts of States and kill children and adults in a set up of district hospitals in large no. in a span of few days of a particular season in India. Physical Diseases or infections may meet more surgery and less medicines and mental diseases, stressful, or infection may need vice versa. Previously also they were problematic and now with advent of new fields in medicine still some remain difficult to treat. Malnutrition and improper still remain a major issue in many geographical areas of the world

Mental stress now a days with (Modernization, civilization, fast life and fast food) all parts of life style is a major cause of many diseases. Basically Hurry-Worry-Curry-Mother of all diseases holds good here (an old saying). It is stress which puts pressure on brain

with subsequent stoppage of good CNS Mediators Like DOPA, Endorphins etc. and release of bad signals to cause infections, functional and structural diseases of body organs and even cancers, Neurophysiological Research Centre of Patanjali Yogpeeth by Dr. Serle Telles with Acharya Bal Krishan is doing research for the same problem. Patanjali upcoming in last few years has applying mankind of new concept of life by Yoga & Herbal medicines. Swami Ram Dev and Acharya Bal Krishan have been devoting all efforts day and night - To teach and preach how to destress mental tension and get relief of diseases of various kinds "Chinta chita saman hai" (Tension and worry can cause death) is well taken care by Swami Ramdev Yogas. Along this we have Panchkarma (Oil massage). So there is definitive improvement of health in all aspects from past to present. Even money coins and paper notes if old and have gone through hand of un-hygienic conditions can pass common infections to stressed out people and if same go to a healthy person may not cause diseases. Massage and herbal medicines with fruits and vegetables make this world to go vegetarian and avoid cancers causing affects of artificial foods, Non-vegetarian diet and food preservatives - a concept by Acharya Balkrishna. Antioxidants, Vitamins and fibre rich diets in vegetables and fruits are good to combat many cancers. Lately Cheekoo fruit has been found to contain Sapota- Methanolic extracts- a natural agent and benefits in getting rid of brain, throat and

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mouth cancer.

Swami Ramdev and Sai baba have big heads and dense hair - a sign of Mental and spiritual power (Aura) Acharya Balkrishna herbal medicine encyclopedia update - A voluminous text is coming up under the supervision of Dr. HL Sharma. Also cows milk and Gau-Mutra are other highlights by Acharya ji for good health.

Body's policeman i.e., neutrophils, lymphocytes, Monocytes and R.E. System are control directly or indirectly by brain. That is why we see Tuberculosis, Fungal infections, Coma infections etc. in mentally deranged people. Increasing population globally and especially in India(Our country and conditions)many cases of acute or chronic depression and elation (euphoria) - poles apart are coming up so are the cases of rapes and son beating and killing parents (daughters are rather protective)all due to mental stress and frustration are seen.New generation is different in genetic set-up- Is it evolution? As Swami Vivekanand has told repeated births & deaths will occur till mankind attains eternity. That way Sai centers at Putparthy and Delhi are organizing free check ups, pathological test and treatments to suffering the humanity.

Lungs only, only one side open unlike other organs suffers with inhalation of dust etc. especially smaller particles who go to the depth of lung. Writer saw hundreds of cases of Lung function tests in a free medical camp at Delhi (most polluted city in world) having difficulty in Forced Expiratory Volume with decreased lung compliance. Bhajans by Sai groups and Swami Ramdev are good source of "Musical "(Acoustic) Therapy Homeopathy also works on "similes" symptoms therapy and work wonders - experience of writers homeopathic wives.

Last but not the least one modern medicine doctor (NRI) in USA says that the medicine is being over used on patients is it worth? Again role of normal and natural environment is of utmost importance for excellent health of human beings.

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