



# Mrityunjay Pravah

2nd Issue

Sept. 2010

A periodic newsletter of the Mrityunjay Mission, Foundation for Vedic Medical Sciences

Dear Reader

You have in your hand the second issue of Mrityunjay Pravah, the newsletter of Mrityunjay Mission. In this issue, we report the special developments of the last few months; of course, the continuous flow of patients being treated through conventional Ayurveda as well as Marma Therapy goes on.

There is a report on a Marma Workshop in New Delhi with participation of several enthusiastic learners from many walks of life; a feedback on the success of the workshop is included. A first and unusual event of setting up of a weekly clinic in Rishikesh devoted only to Marma Therapy finds its place in the Newsletter. Apart from this, there is an outstanding case-study of effective treatment through Marma Chikitsa as well as an exposition of direct knowledge from Vanaspati in the section on Vedic medical sciences. An intriguing and interesting article on the Marma points touched and unconsciously stimulated in normal human postures is featured.

A highlight in this period has been the publication of Dr Joshi's book on Marma Science and Principles of Marma Therapy, based on his original research and concerned with maintenance of health and treatment of disease through Marma therapy. There is a detailed report of this important book in the newsletter.

In the meanwhile we welcome your comments and experiences with Marma Therapy which many of you may have undergone and can be shared with others through this newsletter.

September 2010

*Mrityunjay Mission: for the healing of people*

( 1 )



## MRITYUNJAY MISSION MARMA CHIKITSA KENDRA IN RISHIKESH Photo Story





Mrityunjay Mission is based in Haridwar. It has the presence of the Ganga and some hills and it is a city with a good population. An hour further by road up the river is Rishikesh, at the foothills of the Himalayas and is a very small town, surrounded by a ring of mountains and the Ganga flowing sometimes in a flood, sometimes peacefully. Apart from the population of ordinary people there is a large presence of ashrams, large and old, small and new and the ochre robe is everywhere.

Though Marma camps have been held in several places over the last six years only last year in 2009 a camp was held in April in

Rishikesh. As usual there were some startling cures. Almost a year later, one of the beneficiaries of the camp made a stray remark; why can't we have a 'base centre' here for follow up therapy. This idea kept going round and round in the minds of the Rishikesh members of the Mission. How to start a centre here.

In the meanwhile, a doctor from Himalayan Hospital, Dehradun, who had attended the Rishikesh camp, had startling improvements and followed up treatment with Dr Joshi in Haridwar. So, when Mrityunjay Mission had its first Marma Conference in Haridwar in November 2009, many doctors from Himalayan Hospital (HIHT) attended it and we got acquainted. HIHT has a small hospital (satellite centre) in Rishikesh and agreed to provide space for a weekly Marma Chikitsa Kendra. Two volunteer therapists were identified in Rishikesh and Dr Sunil Joshi and his associate doctors and students, in rotation were to provide the weekly medical team.

From the 3rd of May 2010, was started a charitable weekly clinic in Rishikesh dedicated only to Marma Therapy, the first of its kind. An average of 30-50 patients come every week. They represent diseases covering osteoarthritis, sciatica, paralysis, spondylosis, hypertension, diabetes, painful knee diseases, loss of speech, dwarfism, slipped disc, accident trauma, neurological disorders etc. and are receiving successful treatment.

The protocol in the clinic after diagnosis by the doctor is Marma treatment and then a thorough explanation and training of the patient or attendant for daily follow up before repeat treatment at the next week's clinic.

Dr Sunil Joshi, Dr DD Upreti, Dr Pankaj Bacchas, Dr KK Pandey, Dr Anurag Mishra, Vivek Thakur and Shatrugna Dabral have come in from Haridwar and Prakash and Swarnaprabha are volunteers from Rishikesh. The weekly clinic was initiated by the Rishikesh members/associates of Mrityunjay Mission, Akhila Ghosh, Avik Ghosh, and Chandrasekhar Sharma and is at present

managed by them. The staff at the HIHT Satellite Centre and the Deputy Administrator Mr Naithani are very helpful in preparatory and supportive procedures.

The Rishikesh Marma Chikitsa clinic services, apart from middle-class people, many poor also and a sizeable number of sadhaks and sannyasis. The clinic charges a small registration fee and provides medicines selectively to the needy only. We hope it will continue to provide satisfaction to the increasing demands of patients that is now being generated.



## WORKSHOP ON MARMA SCIENCE IN DELHI

A workshop on Marma Science comprising a lecture, audiovisual presentation, demonstration and minimal training was held in Delhi on 21 April 2010. It was held at the instance of Shri KN Rao, Advisor of the Institute of Astrology, Bharatiya Vidya Bhavan, Delhi and attended by people from various walks of life, mainly from his body of students.

Dr. Sunil Joshi made an audiovisual presentation on the Self-healing powers inherent in man which can be activated through Marma therapy and on the history and fundamentals of Marma science. He



spoke about the inherence of Marma in normal human postures and religious practice

September 2010

*Mrityunjay Mission: for the healing of people*

and its use for curing disease, maintenance of physical and mental health and spiritual advancement. He also spoke about the particular value of this inexpensive and largely self-dependent therapy in the present times of unscrupulous and expensive medical service.

He demonstrated the various important marma points for common use, treated a polio-ridden girl for instant relief and explained marma points to various individuals and groups for their different ailments. He was accompanied and assisted by members of Mrityunjay Mission Akhila Ghosh and Avik Ghosh.

We give below some excerpts from the workshop report, which included feedback and was published in the Journal of the Institute of Astrology.

### Excerpt I (from feedback)

#### **Marma Therapy: Col. Gour**

Marma Therapy is based on Susruta Samhita – the ancient treatise of surgery. This work lists 107 vital points (marmas) located in our bodies. Energising these marmas through pressure exerted by the person himself under the guidance of a trained therapist stimulates the brain centres controlling the concerned organs / limbs which cures the disease as well as relieves the pain.

Dr Joshi's explanation of this therapy was brilliant. He practically demonstrated the Self Marma therapy to a spellbound audience. Manoj Kaushik was the lucky model on whose



( 3 )

body the marmas were shown and the manner of identifying and stimulating these points was explained.

The results were immediate and amazingly effective. A polio-ridden young girl showed remarkable improvement within a few minutes of pressurizing her marma points.

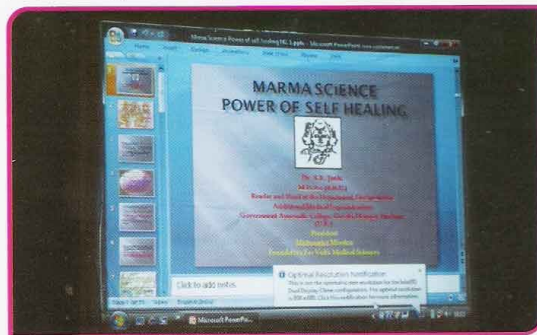


**Excerpt 2 (from main report by Deepak Bisaria)**  
**Marma as I Understand**

In the face of deficiency of trust in the present day medical test reports, diagnosis and treatment by money-making medical centres, it is natural and holistic to get attracted to marma. My understanding is that everyone of us is born with the potential to cure his or her own ailments with his own hands. ....

### **Mrityunjay Mission**

Clearly, the practice of this science can not only cure chronic and incurable diseases but is sure to elevate the practitioner physically, morally and spiritually to a higher



( 4 )

*Mrityunjay Mission: for the healing of people*

**September 2010**

level. Dr Joshi's organization is called Mrityunjay Mission: Mrityunjay being the healing aspect of Lord Shiva. There is a treasure of medical knowledge that could be tapped in the Vedas. Dr Joshi explained Marma Science and its fundamentals with great clarity with the help of graphics. The 107 vital points in the body, which can be anatomically located in the five constituents of ligament, blood vessel, nerve, muscle and bone were explained. Energising these vital points through pressure can stimulate the brain centres that control organs and limbs and set right diseases as well as relieve pain. Like yogic practice, regular self-marma therapy practice can maintain health in a healthy individual and gradually waken spiritual centres also. ....He (Dr Joshi) said that marma therapy can treat a range of diseases and avert various kinds of surgery.

The Vedas and vedic medical sciences with their holistic attitudes to health have a different approach compared to modern medicine.

Self -Marma is the shortest way of exercise. At any time, at any place and in any posture one can stimulate the marmas of upper and lower extremities as well as the marmas of other parts of the body. It takes a maximum of 10 minutes to complete the self marma therapy.

The 150 people who witnessed (the workshop) at the end of it were full of praise.

### **Excerpt 3 (from feedback)**

1. Mrs Renuka Singh, wife of Mr Karnail Singh experienced instant relief from her shoulder problem. She could raise her hand without pain freely.
2. Mail of Radhika reproduced: My sister Padma attended marma chikitsa workshop on 21<sup>st</sup> April. I could not attend as it was a working day. Padma has keen interest in learning self healing therapies. She has learnt reiki and through books she learnt acupressure also. For all problems she prefers to suggest homeopathy or natural home remedies. Her experience about this

workshop was awesome. She says, Dr Sunil Joshi is very knowledgeable and the workshop was useful and informative for self healing. Since Dr Joshi is a medical doctor, his approach to this therapy is very scientific. He conducted this workshop in a very methodical way. The two-week old pain in her knees is being self cured by her. She finds marma therapy very effective. After coming back from the workshop, she taught me all the reflex points (marma points) to press in the body. Now, me and my sister are doing for my mother, as my mother is suffering from acute arthritis from last two decades and we are seeing marginal improvement.

*\*brackets are ours.*

We conclude this report on the workshop with expressing of a hope that gradually, the goodness of marma therapy will spread more and more, through building a chain of transfer of knowledge.

In fact, consequent to the above workshop, it was offered by Shri KN Rao to publish Dr Joshi's book on Marma Science. Then, upon the occasion of the release of the book on August 20<sup>th</sup>, a second workshop was held as a follow-up. More will be found later in this newsletter about this important event of the publication of this book based on original research on Marma Science.



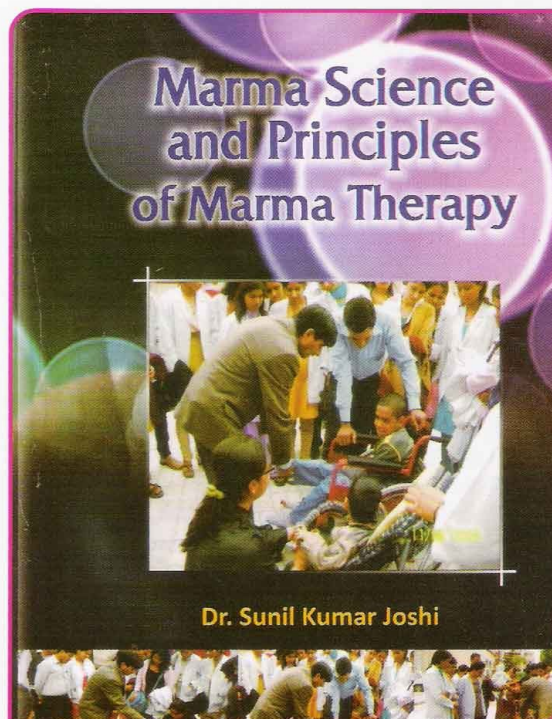
### **NEW BOOK ON MARMA SCIENCE AND PRINCIPLES OF MARMA THERAPY BY DR SK JOSHI**

This book, of 120 pages, with profuse illustrations, was published in August 2010 by Vani Publications, Delhi, in association with Mrityunjay Mission, Haridwar. The book was released formally by Shri Rakesh Shankar, IFS, at a function on August 20<sup>th</sup>, at the Bharatiya Vidya Bhavan, New Delhi.

**September 2010**

*Mrityunjay Mission: for the healing of people*

**( 5 )**



The book, **Marma Science and Principles of Marma Therapy**, is based on several years of research by Dr Joshi, both practical research and academic research in Marma Science. The academic research includes ancient texts as well and practical research is based on treatment of thousands of patients over the last 20 years, and brings to the contemporary world a method of treatment which is a non-medicinal and non-surgical intervention.

The cover page shows Dr Joshi treating a disabled child in a demonstration mode to a number of students. This photo is surrounded by coloured circles, visualising the universal energies that are present in the individual and get invoked/stimulated during marma therapy. This congruence of energies is a very important dimension in the entire book, though a large part of the book is concerned with mundane aspect of therapy. So it is not simply a medical book, but also has religious/spiritual dimensions.

The Preface is usually not read by

many people. However it contains a core and important message of the book, which is an overwhelming statement about the self-healing powers inherent in man, which the therapy is only activating. In the modern times this is a heartening and unknown message.

The book is divided into four sections.

The first section deals with the historical basis of Marma science in the Sushruta Samhita, its definition and fundamentals, classifications according to different criteria like location of points in the human body, the body constituents of marma points and their properties etc. The basic sketch of some important points in the body is in this section.

The second section is the main body of therapy and deals with different techniques and methods of marma therapy in various diseases, the precautions to be followed, and the use of marma therapy in psychological conditions and management of pain. There follows a chapter on self-marma, a regular practice that can be adopted like Yoga practice, to prevent disease, maintain and promote health, both mental and physical, through daily re-energising through stimulating the marma points. This supports the second objective of Ayurveda, that is, not only to cure disease, but to maintain health in the healthy.

The third section reveals what is little known, — that stimulation of marma points is inherent in all Yogic practice, including asanas, pranayama and mudras. However, the section goes into detail about 11 to 12 asanas, what are the marma points involved in them, and how when sometimes the performance of the asanas are contraindicated, the marma therapy involved in them may still be continued for the same benefits.

The last section is brief but important as it compares Marma science with some popular eastern therapies like accupressure, in its similarities and differences. The concluding chapter in this section points to the evidence of the knowledge of Marma

science even in the Ramayana/Mahabharata and hopes that this knowledge may be revived and used as widely as possible for human welfare.

The symbol of Mrityunjay Mission appears on the title page and on every section separator and depicts Mrityunjay, the healing aspect of Shiva.

It is to be remembered that this book is not a manual but an initial exposure of contemporary research on an ancient medical science. It will engage doctors of any discipline, para- medical persons engaged in alternative therapies and Yogic practices, as well as lay people interested in health.



## CASE STUDY OF MARMA THERAPY

### Fibromatosis:

**Mrs Rakhi Agarwal, Haridwar**



Last advice before initiating Marma Therapy  
Dr. Suresh H. Adwani, Medical Oncologist  
Indraprastha Apollo Hospitals Delhi.

Name-Rakhi Agarwal Age-28 years Female  
Since December 2003, Recurrent  
fibromatosis (Posterior aspect of thigh up to  
calf, extensive disease) it is inoperable.

Advice- Tablet- Imaget 400 mg once daily for  
six weeks. (12-04-08)

Continue Imaget 400 mg for four months.  
(25-06-08)

The patient was asymptomatic before 8  
yrs, but in the starting of 2003 the patient

started feeling pain in postero-medical aspect just below the thigh and in calf muscle of right leg. Gradually the pain increased and that area also became harder. She went to H.I.H.T. Hospital(Jolly Grant)Dehra Dun for her treatment; after examining her, the doctor suggested a biopsy and MRI of right thigh and leg. Histopathology report was clear evidence of Fibromatosis in her right leg. After diagnosing Fibromatosis the doctor advised surgery and she was operated in the same hospital in 2004.

After surgery she was asymptomatic for three and half years, but again she started feeling pain in the same leg at the same site. Then she again went to the hospital where doctors had done MRI, in which findings were suggestive of recurrence of Fibromatosis.

At that time she was pregnant so doctors advised her not to take any allopathic medicine until her delivery. So, then she started taking homeopathic medicine from a homeopath during pregnancy. But she could not get relief from homeopathic medicine. After some time of her delivery, she developed Deep Vein Thrombosis in her left leg. She took treatment for D.V.T. for one year but during that period tumour of fibromatosis spread in her whole right thigh and leg. Doctors of H.I.H.T. referred her to Delhi for better management.

In Delhi, in April 2008 she consulted in Dharamshila Hospital, Mata Chanan Devi Hospital and Indraprastha Apollo Hospital. Again MRI was done and after seeing her report doctors suggested that it is a case of recurrent fibromatosis (Posterior aspect of thigh up to calf, extensive disease). It is inoperable and even after surgery her right leg will not work properly. She was advised tablet Imaget 400 mg once daily for six weeks. (12-04-08) and to continue Imaget 400 mg for four months. (25-06-08)

Then she came back to Haridwar and started treatment from Dr. S.K.Joshi, for Fibromatosis in June 2008. She was treated with Marma therapy along with Ayurvedic medication. After starting this treatment she

discontinued taking tablet imaget 400 mg. After regular Marma therapy for three months again MRI was done, which was suggestive of no further increase in the size of tumour and after one and half years again MRI was done in which there was significant reduction in the size of tumour as compared with previous MRI, which was amazing and not less than a miracle in the field of medical sciences.

From the very first day of Marma therapy she got tremendous response in pain and stiffness. Usually for pain she used to take analgesic and anti inflammatory medicine regularly. From the very first day of Marma therapy there was no need of any analgesic medicine. Now she has no pain in her right leg and she hopes that in few months she will be cured completely.



## VEDIC MEDICAL SCIENCES

In the following piece, a revered Jain Muni, Arvind Kumar, shares with us his knowledge about a little-known or forgotten aspect in Ayurveda, the foremost Vedic Medical Science:

### Direct Knowledge from Plants and Trees

In the Indian cultural tradition, the highest aim of human life is to spiritually evolve through fostering the four Purusharthas of Dharma, Artha, Kama, Moksha, and get released from the cycle of birth and death and merge in God.

The real means and basis of achieving these Purusharthas is the total health of the body. Among the "seven blessings" that have been mentioned, the first blessing is healthy body. In the foremost text of Ayurveda, the Charaka Samhita, in the Sutra 1/15, the same thing is said—"Dharmaarthakamamokshanam Arogyam Moolamantramam"—health is the foundation of Dharmaarthakamamoksha.

These days people are turning away from Nature, turning away from one's own consciousness, because of which man has lost his state of natural health or Swasthya. For man to regain health of the body, filled with a pure mind and consciousness, the Margdarshan or the way shown by Ayurveda, is essential. Ayurveda connects man to one's own nature and consciousness. It imparts knowledge of a superior lifestyle. In my opinion, the oldest science in the world concerning itself with health and medical treatment is Ayurveda.

In this world, there is not any substance that does not have medicinal properties. According to different needs, in different ways, every substance can be purified and used as medicine, often proven to be life-saving.

There was a time, long ago, when there used to be dialogue between human beings and plants and trees! When a man, filled with great respect and permeated with a feeling of love, asked the tree—

*like, for instance he approaches a Pipul tree and asks, "Oh Medicine of the Forest, Oh Pipul Tree, tell me how you can be useful to me, what you can do for me? So that, by using your parts, we can become healthy in body and mind."*

*Then, after listening to the man's words, filled with great respect and love, the Pipul tree,*

*pleased, replies "Oh man, my leaves, fruits, branches, aerial roots, and roots, will benefit you in this way—you will benefit also from sitting and sleeping by me."*



( 8 )

*Mrityunjay Mission: for the healing of people*

**September 2010**

In the same way, they would go to a Neem tree and other trees and plants and ask and converse with them, and by that, easily learn their utility and then put it to use. These are all natural things and man will be happy to whatever extent he stays close to Nature and the further he moves away from Nature, to that extent, he will be unhappy. In ancient times, human beings sat under the Kalpavriksh in the same way and what they wished they received. Mention of this is also there in Jain texts.

Learning so much from plants and trees, our Rishi-Munis, searching through the power of their intellect and intuition, found out what more benefits can be derived from plants. These things came to the fore as to the essence of which plant materials would yield what medicinal materials and what medicine can be made from them; the plant material obtained under what star can be utilized for what, with what medium can the medicine be consumed and what benefit will result from it, what benefit will come from keeping which "jadi-bhooti" close to oneself etcetera. From many angles, the utilization of several plant parts was taught. Even now, benefit can be derived from that research. Apart from Maharshi Charak and Sushruta, several Jain Munis and Acharyas have done deep study, research and application on the subjects of body-mind, lifestyle, diet, medicine and medical science. Thus, Ayurveda is not a mere medical science but a complete science of life.

Rishi Munis of India, after having gained comprehensive knowledge of human existence and the secret of human life and its span, searched for the means of stabilizing the life force and preventing disease. Along with this, the Muni Rishis obtained long life and showed the way to achieve Samadhi, removing obstacles to long life like illness and disease.

The Acharang Sutra of Bhagawan Mahavir, the last Jain Tirthankar, is important from the point of view of Ayurveda and medical science. Making this the basis, Jainacharya Mahaprajnaji has written the



Mahavir ka Swasthya Shastra which is available to us. Readers of this book will be happy to know that Ayurveda is not at all different from it.

Bhagawan Mahavir's achievement o Kaivalya or Sarvajna, the state of supreme Knowledge, is world-famous. When Mahavir became the All-Knowing, he was in meditation under a Sal Tree. You can imagine the great contribution of the Sal Tree in His obtaining Samadhi or Supreme Knowledge. In world history and from the point of view of Ayurveda, this incident of Mahavir attaining Supreme Knowledge is without parallel and unique. This inspires us to think that trees and plants have a singular role in the movement of the individual soul towards the Universal Soul. Without the support of Nature in this universe, we cannot obtain the aim of life, that is Moksha.



### **SOME NOTES ON MARMA THERAPY** **Marma Points Are Inherent in Human Postures**

In this universe a number of species of animals and plants are in existence, along with the human being. According to Indian mythology, eighty four lakh species are in existence in this world. The soul then comes into the human being crossing all these species.

All species have their own identity and some specific property/value along with their posture. In yogic texts, forty eight lakh postures are enumerated, but with the descriptive importance only eighty four postures are discussed. Among them, in the light of practice and response, all these postures are not in use. Only some important ones are practiced regularly. Usually these postures are concerned with Hatha yoga asanas. It is apparent that these postures are popular for the prevention of disease, has therapeutic means in different diseases and

for gaining energy.

Among these postures, only a few are related with the human being. A number of unusual animal-like postures are forcefully adopted. With these exercises it is accepted that we are gaining some special response for extraordinary purpose.

There is a strange fact to be noted here. Among all yogasanas, there are only three postures related to the human being: Garbhasana, Sukhasana and Shavasana. These relate to human life. But so many other asanas take their name from animals, plants and other forms of life. For example, Mayurasana, Shalabhasana, Kurmasana, Bhujangasana etc.

But does a lion adopt a tortoise posture or a snake adopt a peacock's posture for any benefit? So, why do we adopt postures based on other forms of life, overlooking human postures? The amazing fact is that in our ordinary human postures several marma points are inherent and get stimulated and give us great benefit.

As you know we adopt some postures for different routine or specific works. As for the cycle or motorcycle driving we have to adopt specific posture, official work or computer work needs sitting posture on chair, in the same way the human being adopts a number of poses during day-to-day life. A number of postures are adopted in sitting, standing and sleeping activities and these postures are very useful in all respects of life, because they are unconsciously and spontaneously stimulating marma points.





implement/practisce these urges of spontaneous human postures, which are the need of the body at that particular time, then we derive still greater benefit.

Now let us see some of these postures which we unthinkingly assume in day-to-day life and we were never aware that they serve us by stimulating our vital or marma points.

### Marma and Acupressure—Some Points

1. Marma Science has mention in ancient texts like the Vedas, Brahmanas, Upanishads, Puranas and Samhitas including the Sushruta Samhita. In these texts are incorporated the knowledge of Marma Science which in fact existed even before these texts, and which had **origin** in a timeless period. It is a system which is existing in the human body from the time of evolution of the human being and was not devised/invented by anyone. It exists in Nature.

Whereas Marma Science pertaining to martial arts – wounding, prevention, protection and healing of battle wound – was preserved to a very small extent, its curative aspect was almost lost. Some people in South India had a very limited and perhaps distorted knowledge of it.

Acupressure is a Far Eastern practice and perhaps spread from India, but its original basis was lost. It has been in existence since 2 or 3 thousand years, since the time of the Buddha.

2 The **basis** of Marma Science is 107 vital points in the body, which are locatable in anatomically defined sites. They are therefore accurate and results potent. They are also locatable through and in different spontaneous human postures and by measurement of one's own body parts.

Acupressure is based on meridians (routes of psychic energy) which are assessed differently by different persons and the cumulative resultant was developed as acupressure and other Oriental medical

Many of these human postures are spontaneous and based on urges arising in the body and mind just as passing stools and urine. But if we acknowledge, recognize and

practices like *shiatsu*, *moxibustion*, *kampo*, *tsubo* and *anma*.

3 The **points** for various diseases are different in Marma Science and Therapy from acupressure. They are not the same points.

4 The **methods** of Marma Therapy resort to simple finger pressure or vibration and do not use instruments, like in acupressure or acupuncture. It is a non-invasive method, unlike acupuncture.

5 Stimulation of Marma points is inherent in Yogasanas, Mudras and

Pranayama. Similar stimulation can be done directly through **regular self-marma therapy**, like Yogic practice, for maintenance and promotion of health at all levels – physical, mental and spiritual.

6 The application and **results** of Marma Therapy are fairly comprehensive and long duration, but often results are immediate as well as permanent. We cannot compare the results of Marma Science with other Oriental Science because Marma Therapy is more accurately targeted with a definite premise, and does not rely on multiple points/sets of points for a particular disease.

#### **TRAINING PROGRAMME**

Mrityunjay Mission is holding a Marma Science and Marma Therapy Training Programme (Level One) in Haridwar between 22 to 28 November, 2010.

#### **ACKNOWLEDGEMENTS**

Aside from the Trustees and members of Mrityunjay Mission, we are grateful to the following for their substantial financial support:

Shri Chandrasekhar Sharma, Rishikesh  
Shrimati Neelam and Shri Balendu Sharma, Haridwar  
Sarasija Education Trust, Rishikesh  
Shri YR Gupta, Rishikesh  
Shri Pramod Vatsalya, Rishikesh



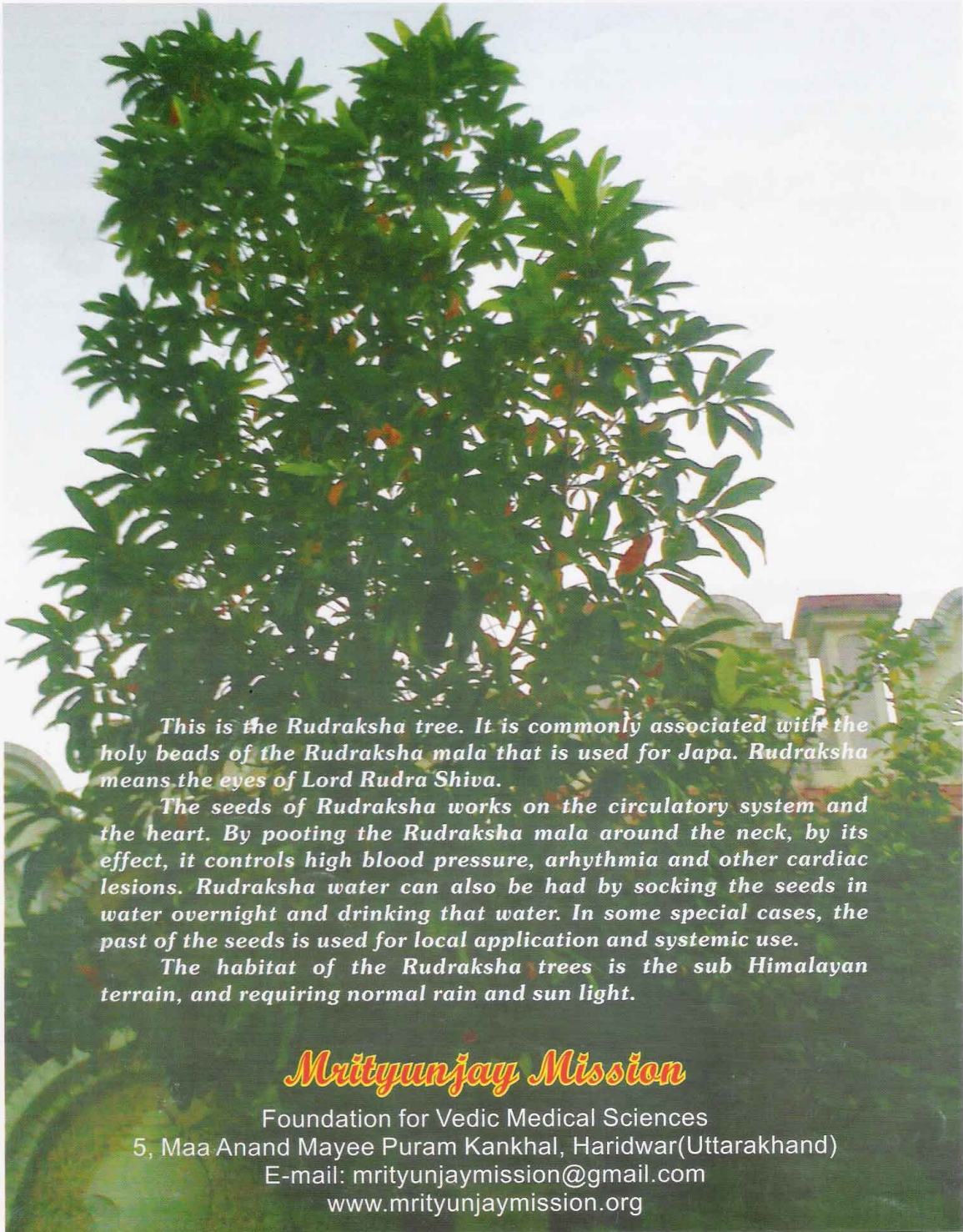
Printed & Published by Dr. S.K.Joshi on behalf of Mrityunjay Mission  
5, Ma Anandamayee Puram, Kankhal, Haridwar 249404, Uttarakhand.

Editor Dr. S.K.Joshi. Joint Editor -Akhila Ghosh.

Editorial Team- Avik Ghosh, Dr. Mridul Joshi, Layout- Satish Kumar Pundir

Printed at Bhargava Printers, Haridwar

Email: [mrityunjaymission@gmail.com](mailto:mrityunjaymission@gmail.com)



*This is the Rudraksha tree. It is commonly associated with the holy beads of the Rudraksha mala that is used for Japa. Rudraksha means the eyes of Lord Rudra Shiva.*

*The seeds of Rudraksha works on the circulatory system and the heart. By putting the Rudraksha mala around the neck, by its effect, it controls high blood pressure, arrhythmia and other cardiac lesions. Rudraksha water can also be had by soaking the seeds in water overnight and drinking that water. In some special cases, the paste of the seeds is used for local application and systemic use.*

*The habitat of the Rudraksha trees is the sub Himalayan terrain, and requiring normal rain and sun light.*

### ***Mrityunjay Mission***

Foundation for Vedic Medical Sciences  
5, Maa Anand Mayee Puram Kankhal, Haridwar(Uttarakhand)  
E-mail: [mrityunjaymission@gmail.com](mailto:mrityunjaymission@gmail.com)  
[www.mrityunjaymission.org](http://www.mrityunjaymission.org)