

(Introduction)

Centuries ago, the enlightened masters, in search of spiritual solace, composed the *Ayurveda*, for the welfare of humanity. According to the scriptures, the human body is made up of 72000 channels connected to the seven spiral energy centers, the diseases of body and mind, which in turn block the path to spiritual enlightenment. The *Panchakarma* treatment aims at cleansing these channels, pacifying the disease and nourishing the body. It provides longevity, immunity against the disease, whereas in ancient times *Yoga*, Astrology, *Tantra*, and *Ayurveda* were practiced not for longevity but as an ultimate path to enlightenment. In those ages *Ayurveda* and self-realisation were cognate and the people held this science in veneration. In the present world it is seen as merely a tool to cure human ailments. More over the practitioners of *Ayurveda* were *Yogis*, who would hold the stretched arms of the patients in their hands locate the pulse points and close their eyes as if in a deep trance. Seconds later, they would recount the diagnostic findings one by one. They never had any clinical laboratory or any other technological devices. The innate propensity of certain roots and herbs were so splendid that it could work wonders to cure the diseases.

About us

Inspired by the findings of the *Ayurveda* masters we have formulated a system of treatment at 'Roots & Herbs' bringing the ancient teachings, to the limelight in an attempt to serve humanity. We focus on patients with chronic intractable ailments where routine medicine is only palliative.

Dr. E. Shaji Raj, a disciple of **Bhramashri Parabattaraka Anamgananganathan Padathirtha** completed his BAMS from Madras University. Hailing from a family of *Ayurvedic* physicians, he has been doing active research in the field of healing for the past 8 years – primarily related to raising energy from the lower center of the body to the higher center. Incorporating the philosophy and the gist of *Ayurveda* with the root idea of *Tantra* and *Yoga*, the final result is not just cure, but a sea change – a path to enlightenment and bliss. The results have been amazing and the changes permanent – an enlightened mind in a sound body.

The attributes and the salient features

1. **Diagnosis by pulse reading. The Doctor construes your diseases by reading your pulse.**
2. **The individual constitution of each person differs, so the same treatment and medicines would not work for different people. Hence we contrive the treatment and medicine specially suited for each patient.**
3. **Freshly prepared 100% herbal medicines are prescribed since preserved medicines would lead to side effects.**
4. **We do not offer condensed packages. In nature, birth, growth, and genesis of diseases take their own time. So we believe that for proper healing and reversal of the disease, the process has to abide by the time frame specified by the Masters.**
5. **Patients with neurological and pain oriented problems where usual medication fail to recuperate the patient, are treated by the infusion of *Prana* [*Prana prathista*].**
6. **The Doctor himself does the *PanchaKarma* treatment for the patients.**

Merits of the treatment

1. **External and internal cleansing for the body.**
2. **Very good flexibility of the body.**

3. **Physically, mentally, spiritually and sexually charged.**
4. **Effective pain management.**
5. **Total relaxation and stress relief.**
6. **The treatment and medicine are designed specifically for each patient.**
7. **Rejuvenating whole body by restoring the energy.**
8. **Food and accommodation free for the patient.**

The philosophy

The ultimate aim of all '*Shastras*' (science) is enlightenment. According to the '*Shastras*', the body is made up of 72000 *Nadis* (channels of meridian), which are inter-connected by 7 *Shakthi Chakras* (spinal energy centers) and 3 knots. The 7 spinal energy centers are *MulaDhara*, *Svadhithana*, *Manipuraka*, *Anahata*, *Vishudha*, *Agna* and *Sahasrara Chakara*. The three knots of the body are *Brahma Granthi* (*Brahma's* knot), *Vishnu Granthi* (*Vishnu's* knot), and *Rudra Granthi* (*Rudra's* knot).

The *Ida Nadi* (lunar current) starts from the *MulaDhara* and ends at the left nostril. The *Pingala Nadi* (solar current), starts from the *MulaDhara* and ends at the right nostril. The *Sushumna* (fire channel) starts from *MulaDhara* goes up to the *Agna Chakra*, forms a knot there with *Ida* and *Pingala* as *Rudra Granthi*, and divides into two branches. The anterior branch opens at *Agna*, and the posterior branch opens at *Brahma Randhra* (soft spot). The fire channel is also called as *Brahat Nadi* (channel of the absolute) the *Samvitti Nadi* (the channel of consciousness), the *Madhya Nadi* (central channel or the pathway of *Kundalini*).

Pulse reading:

Pulse reading was practiced in ancient days to diagnose the disease of the patient. Practical experience shows that the pulse always operates on a right patient, at the right place and right time. By feeling the pulse, we can construe their disease, their character, the ailments of their parents, the environment where they live, the diseases that affects them etc. The above said is possible only when the *Kundalini* of the patient interacts with the *Kundalini* of the Physician. For this the physician must be an *Upasaka* (Worshipper) of *Kundalini*. This could be clearly understood by looking back to the past. If we observe, we could see that all the *Ayurvedic* practitioners were not merely physicians but *Upasakas* of *Kundalini* - with the power of their penance they could heal chronic ailments, which are still challenging to the modern physicians. In the due course of time, the new generation of *Ayurvedic* physicians lost this practice and the old generation didn't want to pass on this knowledge since it is very deadly if it goes to wrong hands. All the great Enlightened masters like Jesus Christ and Buddha were very good healers. They gave no medicine, just their touch or look could heal because they were positive spirits. By their touch, word or look they could infuse the *Prana* on a patient, thereby removing the negativity of their subtle body (*Prana Prathishta*). Any individual could reach this stage, but their negativity and attachments is what prevents them. Once when the mind is focused inside, the desires will be limited and when the desires are limited, it prevents from creating new actions (*Karmas*).

It is only when the *Karma* of the patient is exhausted; the physician can read his pulse. This is what 'right patient' in pulse reading means. After reading the pulse the physician should prescribe a decoction of drugs as *Kashaya*. The practice of prescribing prepared *Kashaya* from the market is not encouraged here, since the level of *Prana* and the nine factors explained by *Ayurvedic* texts are different in different persons. This was the method practiced by ancient *Ayurvedic* physicians. Moreover this method does not cure the disease of the gross body, but it equalizes the energy of the subtle body, thereby equalizing the

3 *Dhoshas* (*Vatha*, *Pittha*, and *Kabha*). Thereby the flow of inward and outward breath in both nostrils will be equalized. This can particularly be observed in patients during the *PanchaKarma* treatment.

Kundalini:

Within every human being lies a divine energy called *Kundalini*. In Japanese it is called as 'Ki' and Chinese 'Chi'. The scriptures of Christianity call it as 'Holy Spirit'.

Dwelling at the *center* of the body, at the base of the spine (*MulaDhara*) she controls and maintains our whole physiological system through the network of 72000 channels. The *Kundalini* is like a 3 1/2-coiled serpent around the '*Lingo*', with her tail in her mouth, looking downwards. The 3 1/2 coil of *Kundalini* denotes the 3 *Gunas* (qualities) and 1/2 cobra mouth the seat of ego. These 3 *Gunas*, the six tastes (sweet, sour, salt, bitter, pungent, and astringent) and the five great elements make the body. The 3 *Gunas* control our mind, the five elements shape our body and the world around us, and the taste controls our internal chemistry, which links our body and mind together. So in an ordinary person, the flow of energy will be only in the downward direction. When *Ida* and *Pingala* channel work with equal force, only then the *Prana* is forced in to the *Sushumna* for the upward movement of *Kundalini*. When she is awakened, her mouth opens, and she moves upward through the five channels piercing the six spinal energy *centers* and 3 knots to meet her Lord *Kameshara* at *Sahasrara*. **The whole purpose of Kundalini Yoga is to reunite Shiva and Shakthi or create an eternal form of Shiva i.e. SadaShiva.**

This energy has got two aspects, 1. to manifest this worldly existence. 2. the other leads us to the higher truth. When the inner *Kundalini* is awakened, it sets of different aspects of combinations within us. That is why *Kundalini* has been described as '*Vidud Lahta*' or lightning creeper. The awakening of the inner *Kundalini* is the true beginning of the spiritual journey. *Kundalini* can be aroused through intense devotion to God (i.e. *Bhakthi Marga*), by the repetition of *Mantra* (i.e. *Shakthi Marga*) and through various *Yogic* practices.

As long as you are alive, the body in which it is kept limits your consciousness. Since the body is made up of five elements, these very five elements limit your consciousness. The essence of *Tantra* is purification of five elements, to awaken the *Kundalini*, which is your personal power or energy. Once the elements in the body have been purified the *Kundalini* can be awakened. The *Kundalini* is the highest possible expansion of the individuals' will power.

3 Knots:

The *Brahma Granthi* is located below the navel, which is filled with *Prana Vayu* (life force). From that a flame called *JadarAgni* keeps on burning in a living body (*Pachaka Pitta*). According to *Nada Yoga* (music) when the *Prana Vayu* touches this flame *Nada* (sound) is produced. The 2nd knot *Vishnu Granthi*, is located in the area of the *Anahata Chakra*. The 3rd knot *Rudra Granthi* is between the two eyes.

Signs indicating imminent death (Marana Lakshana)

In the middle of the *Bhramas* knot is the 12 pedalled '*Nabhi chakra*', where the *Jeeva* (individual life span) is moving like a spider in its web. This *Jeeva* mingles with the '*Prana*' and travels along with the central channel from *Muladhara* to *Sahasrara* as vital life force. By feeling the force, the signs and symptoms of death was designed.

Chakras (The Spinal Energy Centers):

The *Chakras* are the centers of activity of the subtle vital force termed subtle *Prana*. They are interrelated with the parasympathetic, sympathetic and autonomous nervous system, and thus the gross body is related to them. In general there are 6 *Chakras*, but some schools of thought explain about 10 *Chakras*. Each *Chakra* has got specific number of lotus petals, the petal has got a sound, a quality, a *Mantra*, etc. Astrologically each *Chakra* has got a ruling planet. The following chart will explain more about the relation between *Chakras* and other subjects.

The lotus petals of the *Chakra* work only on the subtle body. A lotus opens only when touched by the morning sun and closes just as the sun sets. Likewise, the lotus of the six *Chakras* opens only when the *Kundalini* is present within them. So, in an ordinary man all the lotus petals remain closed.

Yajna

The *Rigveda* starts with the word *Agni* or fire. It is from the fire all creatures are generated and when the fire goes from our body we die. The Vedic religion is basically a religion of fire worshippers. They worshipped fire because worshipping earth may take you aeons, because the chief character of earth is stability. Worship of water is unwise because water is the main substance, which makes up the body and most of us identify too strongly with our body. Worship of air is likely to make you seriously unstable. Since fire is the representative of the sun on earth and without sun life cannot exist on earth, fire is worshipped. The fire also purifies and amplifies whatever is offered to it. The worship of fire is meant to purify the fire element in the body and to purify the consciousness by amplifying the *Mantras* we repeat.

The Vedic worship of fire is known as *Yajna*, which is extremely detailed and complicated. Its simplified form is '*Homa*', which requires a fire pit, offerings, *Mantra* and several medicinal herbs specified for each *Homa*, depending on the deity. The colour of the light of the flame and the smoke produced by burning of the herbs and offerings purifies the environment and rejuvenates the body and mind. The worship of fire is much easier than worship of air by *Pranayama* (breathing exercise) in a polluted environment because by doing *Homa* the fire burns away all the bad '*Karmas*' and thereby helps in the process of spiritual practice. *Homa* is done regularly to purify the *Mantra* and amplify its effects. Enlightenment means burning of *Karmas* through *Tapas*, which means heat or fire.

The *BhutAgni* is the fire of the subtle body. It is the fire that must be ignited for the purpose of the spiritual practice. One important reason for doing *Homa* is to awaken the '*BhutAgni*'.

Mantra:

The *Mantra* is the essence of sound or it is the embodiment of truth in the form of sound. The mind rides on the subtle energy of the breath. The *Prana* is the factor that purifies the subtle channels of the body. So when you chant a *Mantra*, you are charging your breath and energy with the energy of the *Mantra* and so working directly on your mind and subtle body.

The '*Guru*' of master who gives the *Mantra* has repeated it himself for a long time, during the course of his spiritual practice. He also has realized the power of the *Mantra* and is able to charge it with a living conscious force. When the *Guru* has made his *Mantra* divine and alive that *Mantra* is perfect, it brings liberation, and also bestows all types of powers. Through constant repetition of the *Mantra* the *Kundalini* is awakened.

There are four ways in which the *Guru* deliberately awakens the *Kundalini* – by touch, word, look and thought. There are 3 main places the *Guru* touches. The practice of *Guru* Yoga has four main phases like invocation, merging your mind with the master through the heart essence of the *Mantra*, receiving the blessings or empowerment and uniting your mind with the *Guru*, and resting in the nature of bliss. This is the essence of *Guru Paduka Mantra*.

Tantra:

The whole purpose of *Tantra* is to free us from all limitations i.e. that of the five great elements which makes the universe. Purifying the five great elements i.e. '*Bootha Shudhi*' is the essence of *Tantra*. In *Tantra* the flower represents the ether element, incense the air element, the lamp represents the fire element, water represents water element while sandalwood paste the earth element.

The science of *Tantra* explains three important types of initiation of *Diksha* as *Avanam*, *Shaktham* and *Sambhavam*. In *AnavaDiksha* decoction of *Ayurvedic* drugs are made and poured throughout the body. After giving the '*Purna Diksha*' – full initiation only, the master passes on his full knowledge of *Tantra* to his disciple.

Panchamakara Pooja:

The *Tantra* explains five types of articles like *Madhya* (alcohol), *Matsya* (fish), *Mamsa* (meat), *Mudra* (posture), and *Maidhuna* (sex). In *Panchamakara* the fish represents water, posture the earth, alcohol the fire, meat the air, and sex represents ether. In the way, the universe itself is made as a tool to worship. Normally these five articles bind you more tightly to the world, but if you use the same substances in the Tantric way, they can be the source of liberation from bondage. In our body the tongue is the flesh, fish is the breath i.e. '*Pranayama*', posture to encourage free movement of energy. These postures make the body to form a circuit, and so the body's electricity cannot escape thereby the inner energy becomes balanced and silent. Alcohol is the nectar that flows from '*Soma Chakra*'. Sex is the ultimate union of *Shiva* and *Shakthi*. The *Pooja* in which *Panchamakara* is used is called *Chakra Pooja* or *Yantra Pooja*. The ultimate *Yantra* is the '*Sri Yantra*', which corresponds the whole universe.

The *Tantra* mentions that the consciousness of a certain region of the physical body is its deity. For example in a human body, a man's pubic hair forms a triangle with the point upwards. Women's pubic hair is also triangular, but pointing downwards. Once when a man and woman enjoy sex, the two triangles come together forming a six-pointed star. The creation is because of friction. Where there is friction there is fire, and when a point is placed inside the six-pointed star, it corresponds bliss. Since each *Mantra* is a deity, the entire human body is composed of *Mantra*. By repeating *Mantra* you are continuously recreating yourself in a new image. Eventually when you are truly purified, your original personality vanishes and only the image of your deity remains. In *Yantra Pooja* the '*Japa*' purifies the air and ether element, *Tarpana* the water element, *Marjana* the earth element and *Bhojana* the final offering, which is made up of six tastes to the deity. The external *Yantra* can be lost or stolen, so the *Yogis* considered their whole body as a *Yantra* which helped them in continuing their spiritual practice internally.

The temple acts as a laboratory and it is the biggest form of *Yantra*. The significance and purpose of domes of the temples were based on the model of the sky, which were used to create sound circles through the chanting of the *Mantras* and as soon as the sound circles is formed, thoughts will stop.

The process and the treatments

PanchaKarma Treatment:

The ultimate aim of *PanchaKarma* treatment is for realization. All these treatments are basically meant for a healthy man to lead a disease free life. Realization through *PanchaKarma* is not advisable for an individual affected with chronic ailment because when the energy starts rising, the body cannot withstand its intensity.

Initially the infusion of *Prana* (*Prana Prathishta*) is followed by intake of ghee treatment (*Sneha Pana*).

Oil Dhara: Oil *Dhara* activates the five energy *centers* of the spine and thereby the energy can also be raised. The patients say that they feel very light, thought less and blissful during this oil *Dhara*.

Siro Vasthi: *Siro Vasthi* and *Siro Dhara* can be performed to stimulate the *Sahasrara*. When the oil is kept on the head for *Siro Vasthi*, then by feeling the pulse of the patient we can locate where the medicine acts in the system.

Nasyam: The *Agna Chakra* and *Lalana Chakra* can be stimulated by *Nasyam*.

Vamanam: The channels of the mind are cleansed by vomiting.

Purging: The toxins in the body are removed by purging.

Vasthi: *Vasthi* is the only treatment by which the energy can be activated instantly; hence it is called the king of all treatments in *Ayurveda*.

The aim of Ayurvedic treatment is the stimulation of *Kayagni* or the fire of the body, whereas *Tantra* aims in stimulating the *Bhuthagni*. Both the *Bhuthagni* and *Kayagni* can be stimulated by *Panchakarma* treatment, which results in the generation of tremendous amount of energy, which can be used for healing or raising the *Kundalini*.

The basis of all diseases and pain is the impurities, which blocks the flow of *Prana* in the channels. When the flow of *Prana* along the channels is synchronised, the body becomes rejuvenated and strong. The purification of the channels is the purification of the whole system. When the channels are cleaned, the mind is purified. When the channels of mind are purified the mind becomes thoughtless, which is the ultimate aim of all yoga.

The whole process of *Panchakarma* can be compared to ‘*Homa*’. Initially, after *Prana Prathishta*, the fire pit or *Homakunda* is considered as the body, the ‘*Havis*’ is the *Snahapana* (administration of the ghee treatment). The offerings made of six tastes are the medicines taken internally. The heat produced by the oil *Dhara* and other therapies stimulates the *Bhutagni* and *Kayagni*, thereby purifying the whole 72000 channels. In such a state no *Prana* is consumed nor does the body

generate *Apana*. In that stage, the mind becomes thoughtless, whenever there is no mind the energy starts rising, which is the ultimate aim of all Indian *Shastras*.

Chart for *Chakras*

		Astrology	<i>Ayurveda</i>				<i>Tantra</i>						
Name	Meaning	Age & Planet	Predominant Sense	Sense Organ	Work Organ	<i>Vayu</i>	Element & quality	No. of lotus petals	Symbol	Sound of <i>Chakra</i>	Male force	Female force	Vehicle
<i>MulaDhara</i>	Foundation	1-7yrs Mars	Smell	Nose	Anus	<i>Apana</i>	Earth Patience	4	□	<i>Lam</i>	<i>Bala Brahma</i>	<i>Dakini</i>	<i>Airavatha</i>
<i>Svadishtana</i>	Dwelling place of the self	8-14yrs. Mercury	Taste	Tongue	Sex Organs	<i>Apana</i>	Water Purity	6	○	<i>Vam</i>	<i>Vishnu</i>	<i>Rakini</i>	Crocodile
<i>ManipurakaI</i>	City of jems	14-21yrs Sun	Sight	Eyes	Legs	<i>Samana</i>	Fire Radianc	10	△	<i>Ram</i>	<i>Rudra</i>	<i>Lakini</i>	Ram
<i>Anahata</i>	Unsticken	21-28yrs	Touch	Skin	Hand	<i>Prana</i>	Air Contentment	12	☆	<i>Yam</i>	<i>Ishana Rudra</i>	<i>Kakini</i>	Deer
<i>Vishuddha</i>	Pure	28-35yrs Jupiter	Hearing	Ear	Mouth	Udana	Ether	16	☾	<i>Ham</i>	5 headed <i>Shiva</i>	<i>Shakini</i>	Elephant
<i>Lalana</i>								12					
<i>Aгна</i>	Authority or Unlimited power	Saturn	<i>MahaTatva</i> i.e. all element				Essence of all elements	3	•		<i>Ardha Narishvara</i>	<i>Hakini</i>	Nada
<i>Mano</i>	Seat of mind												
<i>Soma</i>	Nectar	<i>Rahu</i>						16			<i>Kamashvara</i>	<i>Kamashvari</i>	<i>Kamadhenu</i>
<i>Sahasrara</i>	1000 Petal	<i>Kethu</i>						1000			<i>Guru</i>	<i>MahaShakthi</i> Or <i>Chaithanya</i>	<i>Bindu</i>