



# Secrets for a Healthy Life

- by V. Govardhan, Yoga Master



Shri. V. Govardhan, born and brought up in Bangalore, India is a Yoga Master par excellent. With over 35 years of dedicated service to the community through his Free Yoga Classes and treatment. Having completed his study in Yoga under the Great Masters Shri. Yogabhisak P. Shridhar, Shri. S. Janaki Raman and Shri. H. S. S. Rao; Govardhan embarked on a journey of sharing the benefits of Yoga to the common man. To date he has touched the lives of over 45,000 (forty five thousand) people through his selfless work.

With some of the most prestigious awards for Yoga and Service to the Community to his credit including: "The Kempa Gowda Award" presented in 1995 by the Bangalore City Corporation; "Bharath Rathna" presented in 1997; "Shri M. Vishveshwaraiyah Award" presented in 1997; "Award of Honour Yoga Shiromani" presented in 1997 by The Indian Yoga Federation and "Yoga Seva Dhurandhara Award" presented in 1997, to name a few.

Govardhan's free medical clinic through Yoga therapy has benefited thousands of patients with chronic disease that were not cured by traditional medicine but now live productive and full lives thanks to the Yogo therapy that he teaches. To this end some of the leading newspapers have covered his story. The Indian Express reported on 11-6-2003 "Healing the Word, for Free" and The Times of India reported on 6-12-1998 "This Yoga Master has a 'FREE' healing touch" and in another article in the Deccan Herald on 9-4-1990 it was reported " Every Wednesday evening, patients queue up for free consultation and Yoga practice"

Having traveled around the world as special guest to his students, Govardhan is sought after for his knowledge, expertise and commitment toward people living a health and productive life. Govardhan teaches in the following institutions for free. Bangalore Tamil Sangam, National Biblical Catechetical and Liturgical Centre, Anjali Ashram, Shri. Raghavendra Swamy Mission, L.R.D.E. and at the Home Guards & Civil Defense head quarters in Bangalore every week.

To know more about Shri V. Govardhan log on to [www.yogagovardhan.org](http://www.yogagovardhan.org) or send in an email to [yogamaster@govardhan.org](mailto:yogamaster@govardhan.org)

## L I M E

### A L I M E A D A Y K E E P S T H E D O C T O R A W A Y

Lime contains almost all the qualities and ingredients necessary for prevention of diseases and minor ailments and for maintenance of sound health.

The lime is a native of India and grown widely in the warm regions the Himalayas. But it is now grown in all tropical and subtropical countries, especially in India, Ceylone, Malaya, West Indies and Mexico. To some extent it is also grown in the warmer parts of USA (An extract from a book "protective foods")

Dr. Plain after his experiments in 1875 and also afterwards, asserted the fact that "lime is the best purifier of blood."

Though lime tastes sour, it gives alkaline quality to our body. If there is an excess of sourness in our body, lime helps even to reduce it; but never allows it to increase. The most valuable ingredient of lime, is Vitamin C. next one is Citric acid of which contains about 7.2% Citric Acid curbs microbes and germs of infections diseases in our body.



We can say without any hesitation that lime fruit consists of mostly chemicals. Other than in the home, the chief use of lime is in the factory for the production of Citric Acid. Lime of inferior qualities is generally used for this purpose.

It is a good medicine for all sorts of skin diseases. For any sort of skin disease such as itch, sore, scurvy, wounds, etc. lime juice should be applied. Then sun bathe for half an hour and cold water bathe should be taken. This will give a very good result. It is claimed that lime juice prevents influenza and pneumonia and is helpful much for cold affect. In all other bacterial infections, it is undoubtedly more or less useful.

Since the 3 important contents of lime are potassium, phosphorous, and citric acid, it is very good for human health.

Even in the lime skin, carbohydrate, protein fat and other things are available. That is why American take lime every day along with their food. Particularly in Mexico, the people take 2 fruits every day. There are substantial evidence that it is an effective medicine for heart diseases also.

During the 2nd World War, the scientists found out that lime could be best made best use for smoothing the paper in paper producing factories.

Ayurvedic Medical Doctors make use of lime while preparing medicines. It contains larger quantity of potassium than the quantity contained even in Date fruit.

If we have the habit of taking lime juice everyday instead of coffee and tea, our health will improve and at the same time we can be free from diseases. In hilly areas the quantity of (oxygen) is very less. People dwelling in such high places can use lime which is also called as "Air-Bank".

Even tensing Hillary and others who undertook the adventurous task of climbing the top of Everest say by their practical experience that lime which they had taken along with them, acted effectively as the best reliever of tiredness, weariness and tediousness while climbing.

*According to Dr. Dorwin, lime is not only a good medicine to human diseases but also to animals.*

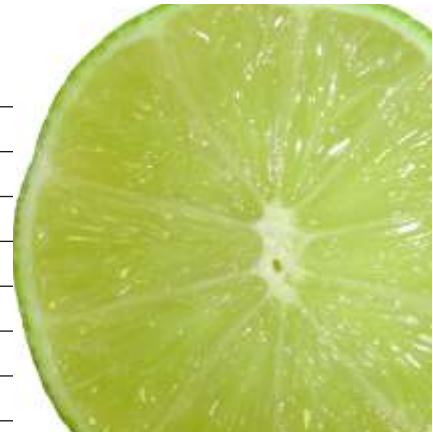
We can take lime along with our every day food. We can feel the effectiveness of lime within 4 days. The juice removes all waste products coagulated in the blood vessels and acid in intestines, keeps our blood clean. It relieves us from tiredness and weariness. Dr. Albert, in his book "Fruits for Health" writes, 'regular use of lime keeps our eyes very clean and also cures such diseases as cough, bronchitis, Asthma, Consumption, Cancer etc.

## FOR CLEANING UTENSILS ALSO LIME CAN BE USED

It promotes good appetite if we take this regularly.

### Contents

Water	84.6%	Protein	1.5%
Vegetable salts		Carbohydrate	10.9%
(Potassium, Magnesium		Calcium	0.9%
& Chlorine)	0.7%	Phosphorous	0.2%
Iron	0.3%	Fat	1.0%
Vitamin B	2.0%	Vitamin A	2.6%
		Vitamin B	6.3%



As far as possible it is better to use fresh lime, plucked just then. If we want to retain for a few days, it can be kept in a covered mud pot with full of water, so that juice will not get reduced.

While taking lime, it should be diluted with cold or warm or hot water or with some other fruit juice, or along with vegetables, etc.

It should never be taken alone or undiluted. Other wise both in chest and in the throat a sort of irritation and burning sensation may be cause. But lime juice added with orange juice will give much benefit to health.

Always it is very good if we take this juice in empty stomach. It can be kept in water of luke warm water for about 1 or 2 hours so that we can get more juice.

## SKIN DISEASES

Every day if we take our bathe in the water mixed with 2 lime juice and a little salt, this will remove as well as prevent any skin disease, such as itch, wounds. Also it removes any badsmell in the body, smoothness our skin and prevents shrinkage in the skin.

Disease like small pox spoils our face. For this application of lime juice in our face every day half-an-hour before our bath, removes such black spots or scars in the face caused by small pox and beautifies our face.

## PIMPLES

To remove pimples from our face, every day early in the morning we should take lime juice in cold or hot water also we can apply lime juice in the face and after it gets dried, we should wash our face with hot water. If we strictly follow these methods, in a few days all the pimples black spots, etc. in our face will vanish. If the pimples are grown and ripened, lime juice mixed either with cow-ghee or with glycerine should be applied. This is an effective medicine.

## SNOW PREPARATION

For preparation of natural snow, following things are required.

Coconut Oil	:	¼ litre
Gingili Oil	:	¼ litre
Decanted lime water	:	½ litre
Lime fruit	:	35 Nos.



1. The juice should be taken from all the limes.
2. Skin of the limes be kept in coconut oil for about 24 hours in hot sun.
3. Afterwards, skins can be removed from coconut oil
4. Then lime juice, gingili oil, and coconut oil should be mixed together and kept in a bottle.
5. Then add the decanted lime water and stir it properly. Then it becomes milky white colour.
6. Then wrap up the bottle with a woolen or handloom cloth so that it will get solid formation.

This natural snow is very good for pimples, in the face and also it beautifies our face by a natural method.

The excess quantity of Hydrochloric Acid is the root cause of all the troubles in the stomach or gullets and intestinal diseases. After the experiments conducted in California (America) by famous Doctors, Chrance, Sarsn etc., it has been established that none of the medicines is so effective as lime juice. Hence they have recommended and advised the people to use lime in their every day food.

Vitamin A in lime prevents diseases in general and maintains normal growth of our body. Vitamin C in lime helps for easy digested of foods that we take. The other chemical contents in lime such as iron, sulphur, iodine, etc., are essential for maintaining sound health.

It reduces heat in our body, remove sourness and bitterness, keeps our body clean, stimulates internal parts to function properly, sharpens our brain take away the mucous, cures such diseases as pneumonia, cough, consumption, some throat, gall, sensation of tastelessness, cures piles, acts as anti poison etc.

Phosphorous is one of the chemical contents of lime. It strengthens nervous system. Potassium another content of lime not only safeguard our nervous systems but also control acid quality in the blood.

It is generally accepted fact that it is the best medicine for children's ailments, according to some Roman specialists, if the children are given lime juice, they grow very rapidly for indigestion children can be given lime juice about 15 mnts. Before milk is given so that milk gets easily digested. Also it helps much for the general growth and sound health of children. Even for pain in the waist, diabetes, etc it can be used.

## SCORPION BITE

Seeds in lime along with a little salt should be powdered and drunk for scorpion bite. Immediately the poison will disappear. Even this can be applied in the place of the scorpion bite.

## FORTOOTH BRUSHING

Skin of the almond nut should be powdered nicely and mixed with lime juice. If we use this for tooth brushing, teeth will be white and bright. Also the germs which spoil the teeth will never stay in the teeth.

The lime kept in the hot sun for sometime, mixed with water should be sprinkled in the house for preventing ants and flies, spreading in the house.

Lime also removes any scar in silk woolen clothes.

## INDIGESTION

Indigestion spoils the beauty. To get relieved from such indigestion 1 hour before taking our food, we should take lime juice in hot water. This is also good for weighty sensation after taking food.

In hot days of summer we can take lime juice, orange juice, honey mixed together, to bring down the heat in our body.

For high blood pressure, a lime juice in a glass of butter milk is an effective medicine.

For hysteria, lime juice with asafetida can be taken thrice a day.

Gooseberry with lime juice can be powdered and applied in the head for curing baldness. Also it gives blackness to the hair. Even paper and lime seeds can be powdered, with water and applied for growing hair in the bald head.

For single sided headache, this is a very effective one. If this type of headache is on left side, three drops of hot water and lime juice can be poured in right ear and vice versa. Also lime juice in hot water will also give a good relief. Fainting, giddiness, etc. can be cured by water mixed with lime juice and honey.

¼ litre of rose water and 2 spoons of lime juice with water can be used for washing mouth to cure wounds in the mouth and swelling in gums.

If we wash our mouth with lime juice and water for about 25 mnts. Every day in the morning and in the night before going to bed, slight wounds, sore in the mouth and swelling and bleeding in the gums can be cured. Also dirty things stored in between teeth can also be removed by regular usage of this.

**SORE THROAT** : it can be cured by lime juice and water

**CONSTIPATION** : the best medicine for the constipation is lime juice. Skin less lime even without removing the inner skin and seeds should be put in a bottle of water and kept whole of a night in a open place. In the early morning we should filter this lime juice and drink. If we regularly do this constipation will vanish soon.

Every day 3 drops of lime juice should be poured in the eyes before going to bed so that eye vision will be very clear and the growth of dimness can be prevented.

Lime is capable of stopping bleeding the nose. Whenever the nose bleeds the lime juice should be applied in the nose, so that the bleeding gets stopped.

## EARACHE

For pains in the ears the lime juice and glyzerine in the ratio of 1 should be applied in the ear. If there is pus coming from ear, lime juice can be used. A blue bottle containing lime juice should be kept in the hot sun for 4 days. Mixing with gingili oil, 2 drops can be poured in the ear thrice a day.

## RHEUMATISM

For this lime juice is the best medicine. Lime juice diluted in water should be taken thrice a day. In addition 10 dry grapes should be kept in lime juice for one night and in the early morning that juice stirred properly with dry grapes should be taken. Also, wherever there is feeling of pain, juice can be applied and made it dried in the hot sun. These will be very effective.

Pregnant ladies can start taking the lime juice with honey and water both in the morning and in the evening from 4th month onwards for easy delivery.

