

Health issue		Decoctions	Millets	
1	Dialysis	Nyctanthes arbor-tristis, Coriander, Bryophyllum pinnatum, Banana stem (organic) Boerhavia diffusa, Abutilon indicum	Little millet Kodo millet Barnyard millet Foxtail millet Brown top millet	- 3 days - 3 days - 3 days - 1 day - 1 day
2	Albumin Urea	Consume all above decoctions one week each and repeat the cycle	Best way to consume millets in the form of Fermented porridge for 9 weeks (For Dialysis patients)	
3	Gout			
4	Diabetes	Tinospora cardifolia, Black plum leaves, Ivy gourd leaves, Mint, Drumstick leaves, Abutilon indicum Consume all above decoctions one week each and repeat the cycle	Little millet Kodo millet Barnyard millet Foxtail millet Brown top millet	- 2 days - 2 days - 2 days - 2 days - 2 days
5	Thyroid	Drumstick leaves, Tender tamarind leaves, Betel leaves (without stem), Pongamia pinnata, Roselle, Abutilon indicum, Tinospora cardifolia	Little millet	- 3 days
6	P.C.O.D		Kodo millet	- 1 days
7	Hormonals Imbalance	Consume all above decoctions one week each and repeat the cycle	Barnyard millet Foxtail millet Brown top millet	- 1 day - 1 day - 1 day
8	Endometriosis	Oils: (At least 3 types of oils) Coconut oil/ Safflower oil/ Peanut oil/ Sesame oil/ Niger seed oil.		
9	Fibroid	Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions. Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.		
10	B.P	Holy basil, Aegle marmelos, Coriander, Ravoulia serpentine leaves ,Opuntia dilleni cactacea,	Little millet Kodo millet Barnyard millet Foxtail millet Brown top millet	- 2 days - 2 days - 2 days - 2 days - 2 days
11	Heart related			
12	Cholesterol	Consume all above decoctions one week each and repeat the cycle		
13	Triglycerides	Juices: Salad cucumber/ Bottle gourd/ Ash gourd.		
14	Angina Pectoris	Consume above mentioned juices one week each and repeat the cycle for 9 weeks. Juices should be taken on empty stomach and maintain gap 30mins between decoctions and juices.		
15	Obesity / Weight loss	Peepal, Betel leaves, Cumin seeds, Bermuda grass, Wild date palm leaves, organic turmeric powder or turmeric bulb. Consume all above decoctions one week each and repeat the cycle	Little millet Kodo millet Barnyard millet Foxtail millet Brown top millet	- 3 days - 3 days - 1 day - 1 day - 1 day

Health issue		Decoctions	Millets		
16	Weight gain (Underweight)	Mustard seeds, Fenugreek seeds, Cumin seeds, Organic banana stem, <i>Abutilon indicum</i> Consume all above decoctions one week each and repeat the cycle	Little millet Kodo millet Barnyard millet Foxtail millet Brown top millet	- 3 days - 3 days - 1 day - 1 day - 1 day	
		Oils : Safflower oil/ Niger seed oil/ Peanut oil Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.			

Healthy people can take Proso millet 1-day, Great millet 1- day along with positive grains.

Sprouted legumes such as green gram, Bengal gram, cowpea, groundnuts should be taken each variety per week. Sprouts should first be steamed for 4to7minutes and then be tempered.

Just two tea spoonsful of one type of steamed and tempered sprouts should be taken once a week along with one teaspoon of fenugreek/methi sprouts.

That means every week the type of legume used for sprouting changes, but fenugreek seed sprouts remains constant.

17	Asthma	Organic turmeric powder or turmeric root, Organic ginger, <i>Ruta graveolens</i> , Neem, Curry leaves, Bermuda grass, <i>Abutilon indicum</i> , <i>Tinospora cordifolia</i>	Foxtail millet Brown top millet Barnyard millet Kodo millet Little millet	- 2 days - 2 days - 1 day - 1 day - 1 day
18	T.B.			
19	Pneumonia	Consume all above decoctions one week each and repeat the cycle		
20	Sinusitis			
21	Respiratory related issues			
22	Parkinson's	Guava leaves, <i>Nyctanthes arbor-tristis</i> , Peepal, <i>Ruta graveolens</i> , Neem, Cinnamon sticks, Organic turmeric powder or turmeric bulb.	Foxtail millet Brown top millet Barnyard millet Kodo millet Little millet	- 3 days - 3 days - 1 day - 1 day - 1 day
23	T.B.			
24	Fits	Consume all above decoctions one week each and repeat the cycle		
25	Paralysis	Oils : Niger seed oil/ Coconut oil/ Peanut oil/ Safflower oil Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.		

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26	Kidney stones	Coriander leaves, Boerhavia diffusa, Bryophyllum pinnatum, Organic banana stem, Pongamia pinnata, Abutilon indicum	Foxtail millet	- 2 days
27	Gall bladder stones	Consume all above decoctions one week each and repeat the cycle	Brown top millet	- 2 days
28	Pancreas stones	Oils: Niger seed oil/ Coconut oil Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.	Barnyard millet	- 2 days
			Kodo millet	- 2 days
			Little millet	- 2 days
29	Gastric Problems	Betel leaves, Fenugreek leaves, Pongamia pinnata leaves, Cumin seeds, Senna auriculata leaves, Abutilon indicum	Foxtail millet	- 2 days
30	Acidity	Consume all above decoctions one week each and repeat the cycle	Brown top millet	- 2 days
31	GERD (Gastro esophageal reflex disease)		Barnyard millet	- 2 days
			Kodo millet	- 2 days
			Little millet	- 2 days
32	Eye problems Glycoma	Dillweed leaves, Drumstick leaves, Mint leaves, Curry leaves, Betel leaves, Ruta graveolens Consume all above decoctions one week each and repeat the cycle	The best way to consume millets in the form of fermented porridge for 5 to 6 weeks	Foxtail millet - 3 days
			Brown top millet - 3 days	
			Barnyard millet - 1 day	
			Kodo millet - 1 day	
			Little millet - 1 day	
33	Liver	Ruta graveolens, Fenugreek seeds or leaves, Bryophyllum pinnatum, Boerhavia diffusa, Phyllanthus amarus, Abutilon indicum	Barnyard millet	- 3 days
34	Kidney	Consume all above decoctions one week each and repeat the cycle	Kodo millet	- 1 day
35	Pancreas		Little millet	- 1 day
36	Hepatitis A and B		Foxtail millet	- 1 day
			Brown top millet	- 1 day

Health issue		Decoctions	Millets	
37	Nervous problems	Bermuda grass, Guava leaves, Nyctanthes arbor-tristis, Ruta graveolens, Organic turmeric powder or turmeric bulb, Abutilon indicum	Foxtail millet	- 3 days
38	Vertigo and Migraine	Consume all above decoctions one week each and repeat the cycle	Brown top millet	- 3 days
39	Sweating in palm/ feet Snoring Stammering		Barnyard millet	- 1 day
				Kodo millet - 1 day
				Little millet - 1 day
<p>Oils: Coconut oil/ Sesame oil/ Niger seed oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p> <p>Migraine:</p> <p>Take a spoon of sesame seeds and fry them on a small flame, until the sesame seeds pop(sound) and change color, on the iron pan. Let them cool down. Chew them till you feel oil in the mouth and then drink a glass of water. Do this on empty stomach for 21 days.</p> <p>If you still feel that you did not get relief from migraine, give a gap of 15 days and then do the protocol again for 21 days. This cycle should be repeated until the migraine is gone.</p>				
40	Tachy cardia	Coriander leaves, Holy basil, Betel leaves, Mint, Tinospora cardifolia, Abutilon indicum	Little millet	- 2 days
41	After Heart attack	Consume all above decoctions one week each and repeat the cycle	Kodo millet	- 2 days
42	Hole in the Heart		Barnyard millet	- 1 day
				Foxtail millet - 1 day
				Brown top millet - 1 day
<p>The best way to consume millets in the form of fermented porridge for 5 to 6 weeks</p> <p>Juices: Salad cucumber/ Bottle gourd/ Ash gourd.</p> <p>Consume above mentioned juices one week each and repeat the cycle for 9 weeks. Juices should be taken on empty stomach and maintain gap 30mins between decoctions and juices.</p>				
43	C4, C5	Curry leaves, Nyctanthes arbor-tristis, Guava leaves, Abutilon indicum, Pongamia pinnata, Tender tamarind leaves	Foxtail millet	- 3 days
44	L4, L5	Consume all above decoctions one week each and repeat the cycle	Brown top millet	- 3 days
45	Sciatica		Barnyard millet	- 1 day
				Kodo millet - 1 day
				Little millet - 1 day
<p>Take weekly one sesame laddu made with palm jaggery</p>				

Health issue		Decoctions	Millets	
46	Varicose veins	Aegle marmelos, Ivy gourd leaves, Nyctanthes arbor-tristis leaves, papaya leaves, Curry leaves	Little millet	- 3 days
47	Varicocele	Consume all above decoctions one week each and repeat the cycle	Kodo millet	- 3 days
	Hydrocele		Barnyard millet	- 1 day
			Foxtail millet	- 1 day
			Brown top millet	- 1 day
		Juices: Tomato / Ivy gourd / Capsicum Consume above mentioned juices one week each and repeat the cycle. Juices should be taken on empty stomach and maintain gap 30mins between decoctions and juices.		
		Apply tomato juice on varicose veins and wash it after some time. Apply homeo medicine Hamamelis Virginica .		
48	Increasing platelets	Nyctanthes arbor-tristis, Papaya leaves, Curry leaves, Drumstick leaves, Holy basil, Tinospora cordifolia	Little millet	- 2 days
49	Dengue fever	Consume all above decoctions one week each and repeat the cycle	Kodo millet	- 2 days
50	Decreasing platelets	Nyctanthes arbor-tristis, Papaya leaves, Holy basil, Bermuda grass, Wild date palm, Sambar onion	Barnyard millet	- 1 day
51	Decreasing WBC		Foxtail millet	- 1 day
			Brown top millet	- 1 day
52	Infertility	Tender tamarind, Drumstick leaves, Peepal leaves, Neem leaves, betel leaves (Remove the stem)	Little millet	- 2 days
53	Increasing Sperm count	Abutilon indicum Consume all above decoctions one week each and repeat the cycle	Kodo millet	- 2 days
		Oils: Coconut oil / Safflower oil / Niger seed oil Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.	Barnyard millet	- 2 days
			Foxtail millet	- 2 days
			Brown top millet	- 2 days
			Barnyard millet	- 2 days
			Kodo millet	- 2 days
			Little millet	- 2 days
54	Constipation	Pongamia pinnata, Senna auriculata, Roselle, Fenugreek leaves, Coriander leaves, Organic banana stem	Foxtail millet	- 3 days
55	Piles		Brown top millet	- 3 days
56	Fistula	Consume all above decoctions one week each and repeat the cycle	Barnyard millet	- 1 day
57	Fissures		Kodo millet	- 1 day
			Little millet	- 1 day
			The best way to consume millets in the form of fermented porridge for 5 to 6 weeks	

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58	Urine infection	Bryophyllum pinnatum, Coriander leaves, Mint, Boerhavia diffusa, Drumstick leaves, Ruta graveolens, Dillweed leaves, Organic banana stem.	Little millet Kodo millet Barnyard millet Foxtail millet Brown top millet	- 3 days - 1 day - 1 day - 1 day - 1 day
59	Prostrate (Men)			
		<p>Using of structured water for cooking and drinking is mandatory.</p> <p>Take buttermilk. Finger millet milk, Pearl millet milk works very well on this issue. Take Fenugreek seed water, coconut water, and lemon water. One can take Bottle gourd/ Ash gourd/ Salad cucumber juice. One can also take Organic banana decoction with outer layer in the morning and evening.</p> <p>After urination clean that part with Sour buttermilk. After 2 to 3 minutes wash it with clean water. This has to be done for a week.</p>		
60	HIV	<p>Wild date palm leaves, Bermuda grass, Tinospora cardifolia, Pongamia pinnata, Aegle marmelos, Phyllanthus amarus</p> <p>Consume all above decoctions one week each and repeat the cycle</p>	<p>Kodo millet Little millet Barnyard millet Foxtail millet Brown top millet</p>	<p>- 3 days - 1 day - 1 day - 1 day - 1 day</p>
		<p>Oils: Coconut oil / Niger seed oil / Peanut oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoction.</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>		
61	Skin problems	Aloe vera, Centella asiatica, Mint, coriander, Dill weed, Abutilon indicum	Foxtail millet Brown top millet Barnyard millet Kodo millet Little millet	- 3 days - 3 days - 1 day - 1 day - 1 day
62	Psoriasis			
63	Eczema dry/ weeping	Consume all above decoctions one week each and repeat the cycle		
64	Vitiligo			
65	Ichthyosis	<p>Oils : Sesame oil / Coconut oil / Safflower oil</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p> <p>Daily Night apply Sesame Oil to the affected area.</p>		

Roselle decoction is very good for women related health problems

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66	E.S.R	Nyctanthes arbor-tristis, Papaya leaves, Curry leaves, Abutilon indicum, Organic banana stem, Sambar onion	Kodo millet - 3 days Little millet - 3 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
67	Urticaria	Consume all above decoctions one week each and repeat the cycle	
		<p>Juices : Take the below juices for 21 days give one-week gap and again you can take the juices.</p> <p>Morning:- (1 hour Before Breakfast)</p> <p>Carrot - 25 gm Beetroot - 25 gm Guava / Gooseberry - 5 g</p> <p>Grind all above mixture and add 200 ml water to prepare Juice.</p> <p>Evening:- (1 hour Before Dinner)</p> <p>20 Curry leaves (Grinded)</p> <p>Soak these in Butter milk for 30 mins and Consume.</p>	
68	I.B.S	Pongamia pinnata, Senna auriculata, Castor leaves, Fenugreek leaves, Organic banana stem	Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day
69	Colitis		
70	Crohn's disease	Consume all above decoctions one week each and repeat the cycle	
			The best way to consume millets in the form of fermented porridge for 5 to 6 weeks
71	Anemia	Nyctanthes arbor-tristis, Papaya leaves, Curry leaves, Fenugreek leaves	Kodo millet - 3 days Little millet - 3 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
		Consume all above decoctions one week each and repeat the cycle	
		<p>Juices : Take the below juices for 21 days give one-week gap and again you can take the juices.</p> <p>Morning: (1 hour Before Breakfast)</p> <p>Carrot - 25 gm Beetroot - 25 gm Guava / Gooseberry - 5 g</p> <p>Grind all above mixture and add 200 ml water to prepare Juice.</p> <p>Evening: (1 hour Before Dinner)</p> <p>20 Curry leaves (Grinded)</p> <p>Soak these in Butter milk for 30 mins and Consume.</p>	

Health issue		Decoctions	Millets		
72	Dental problems	Wild date palm leaves, Tender tamarind leaves, Pongamia pinnata, Organic turmeric powder or Bulb	Kodo millet - 3 days Little millet - 3 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day		
73	Gum problems	Consume all above decoctions one week each and repeat the cycle			
74	Bleeding gums	Stop using tooth paste and clean the teeth and gums with activated charcoal powder by using fingers.			
75	Gums pain	Guava leaves, Cloves, Chamomile leaves, Pongamia pinnata leaves	Kodo millet - 3 days Little millet - 3 days Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day		
76	Tooth pain	Consume all above decoctions one week each and repeat the cycle	Stop using tooth paste and clean the teeth and gums with activated charcoal powder by using fingers.		
77	Lupus	<p>Wild date palm leaves, Aegle marmelos, Pongamia pinnata, Abutilon indicum</p> <p>Consume all above decoctions one week each and repeat the cycle</p> 	Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day		
			The best way to consume millets in the form of fermented porridge for 5 to 6 weeks		
		<p>Oils: Coconut oil/ Safflower oil / Niger seed oil.</p> <p>Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions</p> <p>Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.</p>			
78	Chikungunya	Bermuda grass, Ruta graveolens, Chamomile leaves, Guava leaves, Nyctanthes arbor-tristis, Abutilon indicum	Foxtail millet - 3 days Brown top millet - 3 days Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day		
79	H1 N1	Peepal, Nyctanthes arbor-tristis , Holy basil	Millet Porridge : 10 days		
80	H5 N1	Consume all above decoctions one week each and repeat the cycle	Kodo millet – 1 day Little millet – 1 day		

To reduce excess body heat, drink Fenugreek, Bermuda grass and Pongamia decoctions each one for a week for about 3 months

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81	Viral fevers: Malaria Typhoid	Morning and Evening: Tinospora cardifolia - 1 day Ruta graveolens - 1 day Nyctanthes arbor- tristis - 1 day Japanese mugwort - 1 day (Repeat the cycle)	 Foxtail millet - 1 day Brown top millet - 1 day Barnyard millet - 1 day Kodo millet - 1 day Little millet - 1 day	
82	Fatty liver	Ruta graveolens, Mint leaves, Aegle marmelos, Betel leaves, Abutilon indicum		Kodo millet - 3 days
83	Spleen	Consume all above decoctions one week each and repeat the cycle		Little millet - 3 days
84	Pancreatitis	 Oils : Coconut oil / Safflower oil / Niger seed oil Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.		Barnyard millet - 1 day Foxtail millet - 1 day Brown top millet - 1 day
85	Differently abled	Aegle marmelos, Bermuda grass, Pongamia pinnata, Organic Banana stem, Guava leaves		Foxtail millet - 2 days
86	Autism Cerebral palsy Polio Physically disabled	Consume all above decoctions one week each and repeat the cycle		Brown top millet - 2 days Barnyard millet - 2 days Kodo millet - 2 days Little millet - 2 days
		 Oils : Coconut oil / Sesame oil / Niger seed oil / Safflower oil Consume all above mentioned oils one week each and repeat the cycle. Take 2 to 3 spoons of oil and maintain gap of 30 mins between oils and decoctions Source of oils should be strictly from bull driven wooden Ghana's Oils should be stored in glass or porcelain containers.		The best way to consume millets in the form of fermented porridge for 5 to 6 weeks
		 Plant based milk: Coconut, Sesame, Safflower, Groundnut/Peanut, Pearl millet, Finger Millet, Sorghum. One variety of milk per day. Laddu/Sweet ball: One variety of ball per day made of Palm Jaggery - Coconut, Sesame, Groundnut/Peanut One variety of green leaf vegetable per day - Methi, Spinach, Sorrel , Amaranth, Basella / vine spinach, Punarnava, Alternanthera sessile. One hour of walking. Watch sunrise and sunset.		