

AGNIHOTRA

How to produce Agnihotra medicines

To produce Agnihotra medicines, first perform Agnihotra regularly using the disciplines mentioned in the book *Light Towards Divine Path* by Vasant V. Paranjpe. This is to be done to insure the unique potency which lies within the ashes of the Agnihotra fire. This ash is the basic substance necessary for preparation of all medicines.

The ashes of Agnihotra fire have the pharmaceutical name "Agnihotra Usta" (Latin: Usta-burnt). To use Agnihotra Usta pharmaceutically, powder the ash and then sift it through a fine mesh. The result is Agnihotra powder.

Agnihotra Powder

Use externally for the skin or internally together with water or honey (2-3 times a day, a teaspoonful at a time)

Agnihotra Capsules

Fill capsules with Agnihotra powder. This is more convenient for travel. Take 2-3 capsules each day.

Agnihotra Ointment

Combine ghee (clarified butter) with Agnihotra ashes. Ghee has special transport qualities to take the medicine to the exact location of the disease. Mix one part Agnihotra powder with nine parts per weight ghee in a suitable pot for preparing ointment. Use externally for burnings, dry skin diseases, etc. and internally for heart patients.

Agnihotra Cream

Combine one part ghee with three parts pure spring or well water by volume and knead together by palm in a vessel of pure copper. Pour out excess water not absorbed by the ghee and add three parts new water again to the ghee. Repeat the same process 15 times. Then, combine one part Agnihotra powder to nine parts of the water-ghee mixture in a pot suitable for making ointments to produce Agnihotra Cream. It may be applied internally or externally.

Agnihotra Eyedrops

Mix one part Agnihotra powder with ten parts highly distilled water in a pot and heat the mixture. Keep the heated mixture for half an hour in boiling water, stirring occasionally. Afterwards pass the mixture through filter paper. The patient may put one drop into each corner of the eye and one drop is rubbed into the skin beneath the eye.

Agnihotra Suppositories

Combine seventeen parts Agnihotra powder with ninety-five parts ghee. Heat the mixture until well blended and pour into molds. Solidify in the refrigerator.

Agnihotra Inhalation

Mix one teaspoonful Agnihotra Usta in a cup of boiling water. The patient is to keep his head straight above the pot with the hot mixture and inhale vapor deeply. To concentrate the steam, the patient should put a



thick towel over the head so that the towel completely covers the pot.

Agnihotra Compress

Put one tablespoon of Agnihotra ash into one liter of water. Now take a piece of cloth, gauze or cotton and soak it with this Agnihotra ash water and place it on the affected area of the body. Place a terry towel on top in order to catch excessive moisture, and leave the Agnihotra compress on for 10-15 minutes. Then repeat the process again. Agnihotra compresses can be applied with cold water for a cooling effect on such problems as sprained ankle, headache, calf-wrap for fever, neck wrap for sore throat, angina, contusions and sport injuries etc. But it can also be used with hot water (as hot as is comfortable) when warmth is needed e.g. liver and gall bladder problems, back pains, heart troubles, etc.

Agnihotra Cough Syrup

Mix the juice from one lemon with 2 tablespoons of honey and half a teaspoon of Agnihotra ash powder in half a cup of boiled water. Take one dessert spoon of this mixture every hour.

Agnihotra Water Cure

Put one tablespoon of Agnihotra ash powder in 2 liter of potable water, preferably well water. Bring to the boil and boil for 10 minutes without a lid.. Then pour the mixture through a strainer, coffee filter or simply let the ash sink to the bottom and pour the water into a separate container. Now drink this Agnihotra water throughout

the day. Many people report feeling stronger and more balanced after drinking the Agnihotra water, and they feel that it is detoxifying.

Agnihotra Vitality Tea

Bring water to boil and then let it cool down to 70% C. Add a teaspoon of green tea for each cup of water and one pinch of Agnihotra ash powder. Let it sit 1 1/2 minutes and then filter. You can enjoy this green Agnihotra tea as often as you like and your body will thank you for it. There are many books written about the health supporting qualities of green tea. In combination with Agnihotra ash, all of its effects are optimized and it will greatly benefit your health.

Agnihotra Herbal Tea

Prepare herbal tea of your choice and add one pinch of Agnihotra ash to it. You will experience how much better its effect is.

Agnihotra Water Treatments

When using treatments like wraps, steam baths, stream jets, foot bath, arm bath, etc., you can simply add a tea spoon of Agnihotra ash powder to the water. This intensifies the effect of the respective treatment.

Agnihotra Healing Bath

Prepare a bathing concentrate by putting 3 tablespoons of horsetail (*Equisetum arvense*) tea to 1 liter of water and boil for 10 minutes. Retrieve the pot from the heat source and add 1 tablespoon of Agnihotra ash powder and 3 tablespoons of green tea. Let stand for 2 minutes without reheating. Pour the mixture

through a strainer and you have a bathing concentrate which you can put in a full bath. This is a special bath treatment as the herbs together with the Agnihotra ash powder revitalize and care for your skin. This concentrate also has a deep action on internal problems.

Agnihotra Relaxing Bath

Prepare your bath and add two drops of essential oil of your choice and 1 teaspoon of Agnihotra ash powder. In this way you can relax wonderfully and gather energy at the same time. Add vanilla if you are stressed and have a hard week ahead, or simply want to relax. Also when feeling fear or sorrow, vanilla is the ideal fragrance for relaxation. Add rosemary if you want to be quickly alert and energized in the morning. It helps circulation and improves stamina. Add melissa (lemon balm) oil if you are looking for balance and inner harmony. Add jasmine if you want to experience beauty and joy or just use the fragrance of your choice and enjoy the experience. One special tip: Put 1 tablespoon of honey with Agnihotra ash powder into the bath and this will nourish and regenerate your skin wonderfully.

Agnihotra Massage Oil

Choose massage oil and add half a teaspoon of Agnihotra ash powder and shake it well. Now the oil is ready to be used and you will experience how much better it works for you.

FOR MORE INFORMATION: