

Rasayana: Oil Pulling Therapy



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Rasayana Medicine

"The Rejuvenation Therapies of Ancient Egypt, India and China"



***"We must always change, renew,
rejuvenate ourselves; otherwise we harden"***

Johann W. Goethe

Rasayana Medicine

"The Rejuvenation Therapies of Ancient Egypt, India and China"

According to Charaka Samhita,

*"From the administration of **Rasayana tonics** one obtains longevity of life, memory, apprehension, health, youth, brightness, complexion, excellence of voice, great strength of body and the senses, power of making speech true, respect (from others), and a naturalness of features."*

Rasayana, a Sanskrit word (with literal meaning: Path (ayana) of the Elixir of Life), is used to describe ancient alchemy, and chemistry is generally called Rasayan Shastra in Sanskrit, Marathi, Hindi, Kannada and several other Indian languages.



Rasayana Medicine

"The Rejuvenation Therapies of Ancient Egypt, India and China"

“Rasayana tonics are strongly anti-aging, tissue preserving and rejuvenating”

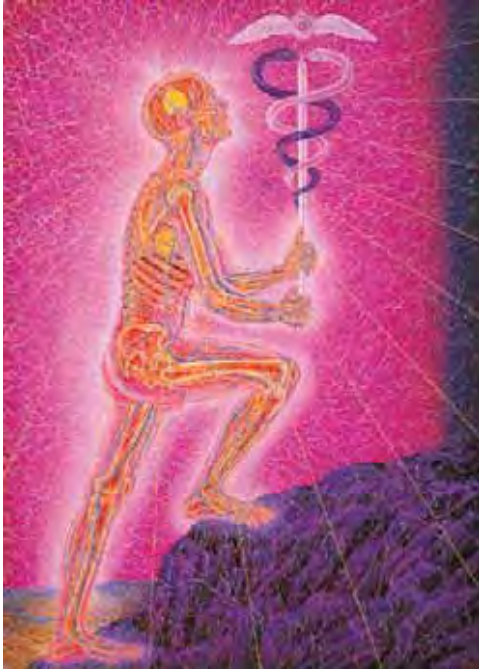
Rasayana has many meanings, the most obvious meaning is "***Rejuvenation via the path of Alchemy.***" Rasayana also means, that which makes new again or helps restore ones youthful state of physical and mental health as well as expand our state of happiness.

In therapeutic process Rasa is concerned with the conservation, transformation, and revitalization of energy. Rasa nourishes our body, boosts immunity and helps to keep the body and mind in best of health.

Tones up the skin and rejuvenates & strengthens all the tissues, so as to achieve ideal health and longevity. Increases 'Ojas' (primary vitality) and improves 'Sattva' (mental clarity) and thereby increases the resistance of the body.

Rasayana Medicine

"The Rejuvenation Therapies of Ancient Egypt, India and China"



In the history of Ancient medicine, the ultimate tonic preparations were known as Rasayana.

Rasayana tonics are described as an herbal preparation that promotes a youthful state of physical and mental health and expands happiness.

Rasayana tonics have high levels of both safety for daily use and effectiveness. They are given to the sick, healthy and to the young and aged. The tonics are called rasayana because of their ability to rejuvenate the human constitution.

Rasayana tonics are for revitalizes the whole body and spirit while slowing or reversing the aging process.

Oil Rejuvenation Therapy

Outline of Rasayana Oil Therapy

1. Oil Pulling - Sesame Oil, Sunflower Oil

2. Oil Massages - Coconut Oil, Almond Oil, Castor Oil

3. Oil Tonics - Coconut Oil, Flaxseed Oil, Olive Oil

4. Oil Applications - Castor Oil, Flaxseed Oil

5. Aromatherapy - Essential Oils



Oil Pulling Therapy

(The Oil Rejuvenation Treatment of Ayurveda)

Oil pulling or oil swishing, in alternative medicine, is a procedure that involves swishing oil in the mouth for oral and systemic health benefits.

It is mentioned in the Ayurvedic text Charaka Samhita where it is called **Kavala Gandusha** or **Kavala Graha** and is claimed to cure about 30 systemic diseases ranging from headache, migraine to diabetes and asthma.



Oil Pulling Therapy

(The Oil Rejuvenation Treatment of Ayurveda)

Dr. Karach M.D. spoke about a remarkable treatment at a conference of the All Ukranische-Union of the Oncologists (Specialists for Tumor diseases) and Bacteriologists, a part of the Academy of Sciences of UDSSR.

He talked about a super simple Healing process for the human body by sesame or sunflower oil.

The Oil-therapy heals headaches, bronchitis, tooth pain, thrombosis, eczema, ulcers, intestinal diseases, heart and kidney diseases, encephalitis and woman's diseases. Preventively the growth of malignant tumors is cut and healed.

Chronic blood diseases, paralysis, diseases of nerves, stomach, lungs and liver and sleeplessness are cured. Therefore, as Dr. Karach says, it is possible to heal many diseases, also those caused by poisonous chemical parts of drugs.



Oil Pulling Therapy

REPORTED CURES WITH OIL PULLING: Acne, AIDS; Allergies; Arthritis; Asthma; Chronic Infections; Constipation; Bronchitis; Cancer; Cracked Heels, Diabetes; Eczema; Fatigue, Heart, High Blood Pressure; High Blood Sugar; Indigestion, Insomnia; Kidney, Leukemia; Lung diseases; Menopause (hormonal issues); Meningitis; Migraines; Mouth & Gum Disease; Polio; Sinusitis, Stiff Joints; Varicose Veins; etc.

“The first sign of improvement is in the teeth—they become firm and white, he says. Other healing indications: fresh, relaxed feeling on waking up, disappearing dark pouches below the eyes, anew appetite and energy, better memory and deep sleep”.

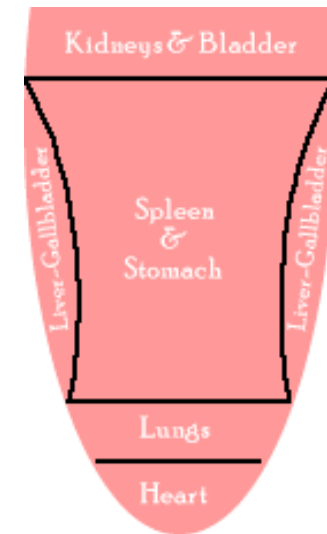


Oil Pulling Therapy

Oil Pulling claims a lot of benefits. Some of the theories on how it works are:

1. The tongue is an indicator of what is going on in the body. By examining the tongue and its color, it is possible to pass a judgment on the condition of the patient and the nature of the ailment. Just as the skin is known as a very good organ for excreting waste and toxins, it is claimed that the **tongue also is a key organ in eliminating toxins and harmful microbes** from the body.

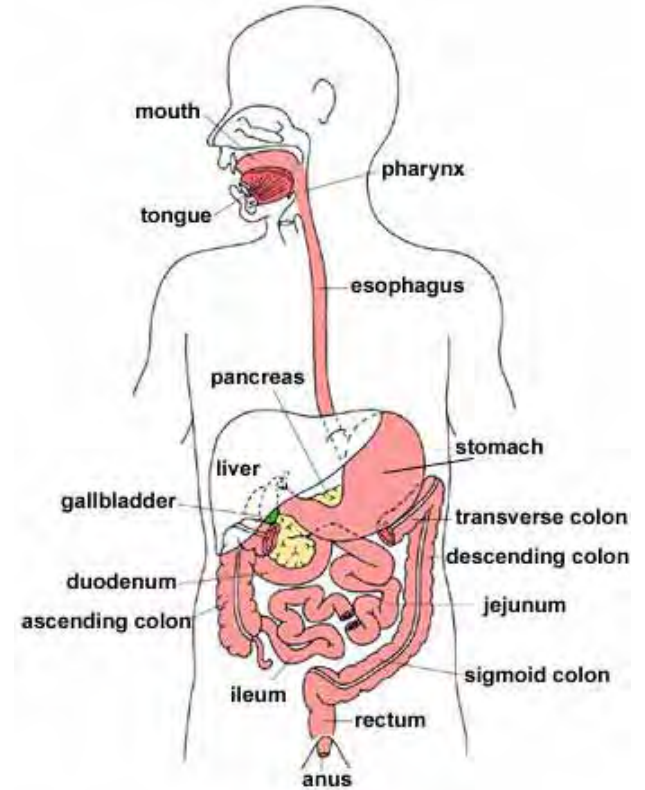
According to this Ayurvedic science, the tongue is mapped by organ-locations. Each section of the tongue is connected to the **kidneys, lungs, spleen, liver, heart, pancreas, small intestines, stomach, colon, and spine**. Oil swishing eliminates toxins from the whole body through the tongue.



Oil Pulling Therapy

2. Sublingual absorption through the tongue is more efficient and faster in some cases. Some hormone replacement therapy products and vitamin supplement products take advantage of this method. Trace amounts of vitamins, minerals, hormones and other chemicals in the oil might be absorbed into the body, and circulated to various body parts, through the tongue.

Phyto-chemicals in oil and oil seeds have been shown to reduce cholesterol, fight cancer, treat hormone related imbalance like acne and improve the mood. The List of phyto-chemicals and foods in which they are prominent include Phytoestrogens and Phytosterol in soybean, sesame oil, sunflower seeds.

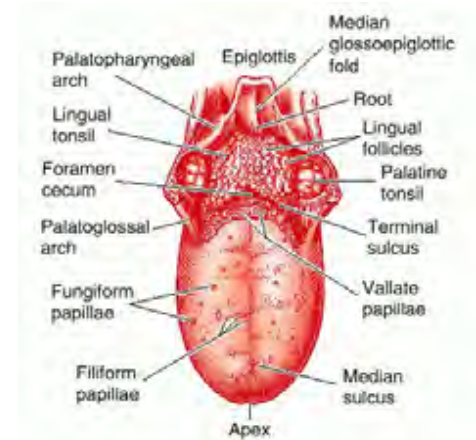


Oil Pulling Therapy

Oil Pulling pulls out toxins from the tissues (organs) and restores health.

Results of Oil pulling Survey by a news paper in India: In 1996, after continuous publication of a regular column for three years in their Sunday edition on OP, Andhra Jyoti, a Telugu daily news paper, conducted a survey to find out the types of diseases cured and the effectiveness of OP.

Out of a total of 1041 respondents, 927 (89%) reported cure of one or more diseases. People who did not report any cure were 114(11%).



Oil Pulling Therapy

The analysis indicated cure of the following types of chronic diseases:



Pains in the body and problems pertaining to neck and above 758 cases

Allergy and respiratory problems of lungs like asthma, bronchitis etc. 191 cases

Skin problems like pigmentation, itching, scars, black patches, and eczema etc 171 cases

Digestive system-155 cases

Constipation-110 cases

Arthritis and joint pains-91 cases

Heart disease and B.P-74 cases

Diabetes-56 cases

Piles-27 cases

Diseases pertaining to female reproductive system reported by women-21 cases

Diseases like Polio, Cancer, Leprosy, polycystic kidney, neural fibroma, paralysis etc 72 cases

Oil Pulling Instructions

(The Oil Rejuvenation Treatment of Ayurveda)

1. First thing in the morning, before brushing your teeth, eating or drinking, take 1 TBSP of either sesame or sunflower oil. Put the oil in your mouth, tilt your chin up and slowly swish, suck, chomp and pull through the teeth. Do this for at least 10 minutes. 15 to 20 minutes is better.

2. Without great effort or speed, you swish and suck the oil inside the mouth, pull it through the teeth and all that with closed mouth for 15 to 20 minutes. **DO IT SLOWLY. DO NOT GARGLE IN THE THROAT. THE OIL IS MEANT TO BE SWISHED IN THE MOUTH ONLY.**

3. First, the oil is viscous, but more and more it becomes liquid thin and white like wool. **DO NOT SWALLOW THE OIL.** Then you spit it out. (As long as the liquid is still yellow you did not work with the oil long enough)

4. The best time for the oil pulling is in the morning before breakfast. To enhance the healing process, you can repeat the treatment three times a day, but always before meal and with empty stomach. Rinse mouth out with water, then drink 1-2 glasses of water.



Oil Pulling Therapy



Do not stop when your state gets worse: says Dr. Karach. There is no reason to interrupt the treatment even when the body temperature gets higher (it is healing temperature). Mainly when these signs are there, you should go on without interruption.

If you interrupt you should know, that the healing only is there during the time of oil pulling. I point out says Dr. Karach, that a worsening of your health state is a sign that your disease is disappearing.

9/14/2007: Francine from Playa Del Rey, ca writes: "I started oil pulling almost 4 weeks ago, I started seeing results of hair softening, teeth and gum health improving, but I after 2 days of the pulling my lungs started filling with mucus and turned into full blown bronchitis, this has gone on for 3 1/2 weeks now and finally I stopped the pulling, the mucus seems less. I started with coconut oil, switched to sesame and then to sunflower (which seemed to be the worst) as far as mucus escalation. The mucus never turned green but it continued to get worse and I was so lethargic I had to stop the pulling. Any advise? I liked the other benefits and my husband is having success."

Oil Pulling Cures

(The Oil Rejuvenation Treatment of Ayurveda)

One of the obvious results is the fixing of loosened teeth, stopping gum bleeding, sensitive teeth, gums and whitening of the teeth. Mouth sores, ulcers, bad breath, coated tongue, etc.



11/04/2007: Hollis from Hilo, Hawaii writes: "I've been pulling oil since 10/06 and feel that the most obvious improvement is in my teeth and gums.....**bright white teeth and healthy gums** that hold my teeth firmly in place where they used to be loose before.

Also I sleep more soundly and **feel refreshed** in the morning. I want to do this for the rest of my life and wonder if that would be OK or not. Is there anything negative that could come from my pulling oil once a day forever.....I'm 65 and it sure beats medication."

Oil Pulling Therapy

12/1/2007: Debo from Tel Shevah, Israel writes: "I have been oil pulling for a little over a month now and have had some wonderful results.

- 1. Teeth that had begun to loosen are now firmed up in the gums.**
- 2. Definitely whiter teeth and fresher breath.**
- 3. Quite unexpectedly, I have lost 4 kilos with no change in eating habits! This is something I have been trying to do for over a year with mixed results. And the weight has stayed off.**
- 4. A reduction in my fat index. Lessening of fatty build-up in my abdominal area.**
- 5. DEEEEP restful sleep.**
- 6. Cessation of heart palpitations.**
- 7. Initially I had seen a marked lowering of blood pressure although it has now gone back up, which possibly can be attributed to me starting to eat foods that were no-nos for me after I saw the easy weight loss and lowered blood pressure. I shall return to my restricted diet and see if I note a lowering again.**
- 8. Much greater energy levels and increased stamina.**
- 9. An overall healthier and glowing appearance, skin and hair.**

While I can't begin to say why this works scientifically, it stands to reason that if the oil pulling reduces the toxic load in the mouth, (which, let's face it, can be a cesspool) the immune system is freed up to reduce and remove the toxic load in other tissues."

Oil Pulling Therapy



10/16/2007: Jarrod from Fillmore, California writes: "I've been oil pulling for about a month now. I use Sunflower and Sesame Oil. I like the Sesame (Not toasted) better, but i'm all out so Sunflower it is! My teeth are whiter, my energy is up and my head seems more clear than usual. If you haven't tried this, do."

11/09/2007: Taylor from NY, USA writes: "I have been doing Oil pulling for one month. I read that it helps hormonal problems, but I didn't think it would eradicate my cramps. **But after pulling for 1 month, my menstrual cramps and other PMS associated problems are almost non existent.**

For the first time in years I was able to spend the first day of my course like any other normal day, not bent over in agonizing pain. **And my skin has cleared up as well.** My sister started OP and after a week she had the same outcome!! No Cramps. I will continue to OP and wait to see all the benefits from "pulling" the toxins out of my body. I also find that it is VERY!!! important that you brush your teeth and drink a large glass of water after pulling because you are releasing these poisonous toxins and you want to get them out."

Oil Pulling Therapy

10/10/2007: Sorena from Fort Bragg, North Carolina writes: "I had immediate relief from a **tooth injury** from a bad dentist. I can't really explain how it works, but I also **sleep better**, too. I used extra virgin olive oil first and then sesame seed oil. When I first did it, the tooth pain stopped. I had a **terrible taste of metal** in my mouth which is one of the reasons I really knew this was pulling toxins out. I also felt very weak and run down for the first two days and then very energetic! I believe it is very helpful and don't know why I did not hear of this sooner as I am very much into the alternative health. Thank you for posting about this!"

9/22/2007: Colin (colin.roch@videotron.ca) from Montreal, Canada writes: "I've done OP for only a week, each morning with sesame oil, and I was surprised to see that the little bit of eczema on my hand which included an open cut has been disappearing as if I was using a prescription cream which I haven't. The cut has closed over and all that's left is some dry skin, it's not red like it was. **I've also noticed, my skin in general, ie. on my face is more soft and moisturized and my hands and face are less pale. Also, I would my mentality feels more alert.**"

Oil Pulling Therapy

9/17/2007: Valerie Wright from Toronto, Ontario, Canada writes: "Have been oil pulling for 12 days and taking coconut oil for 10. Am thrilled with the results. On the 2nd day of OP my sinuses started to drain (didn't know they were congested) and two days later my lungs started to expel mucus. Also found that I was sleeping much better and had more energy. Of course, the mouth and teeth felt great. I am taking coconut oil about 3 times a day. It is all absolutely astounding.



9/17/2007: Sylvia from Laveen, Arizona writes: "I started OP two weeks ago. The results are amazing. My sinus problems have cleared up after much mucus building and spitting the first few days. Sinus med's are now a thing of the past. My teeth are brighter and my gums no longer bleed when I brush my teeth. My hair is thicker and shinier. I have adult acne that flairs up at times and the OP hasn't really done much for that. I will keep up on the OP daily in hopes that it will clear up my skin. This OP is amazing."

Oil Pulling Therapy

7/28/2007: A. from G, North Carolina writes: I've been oil pulling for a little over two months now. Here are some of the things that OP has helped me with: 1. PMS - my cramps are almost completely gone now! I used to live on ibuprofen but I didn't even take it this time. 2. Bloating - non-existent 3. Gas - nearly gone! 4. Extremely tired in the mornings - gone. Oil pulling is one of the most amazing things. I wish everyone could learn about it!"

5/23/2007: Lee (zazz7zazz@yahoo.com) from west bountiful, utah writes: "i've been oil pulling and my wife also for one month and three days. to us it has been overwhelming and many very effective changes have occurred in our bodies which allows me to recognize how powerful this therapy is. i have far **more peace of mind**, extremely **improved digestion and elimination**, **sleep much better**, **strain in muscles is vanished**, **I'm 65 years old, my loose teeth are much tighter** and I am **feeling like I'm walking around with a younger persons body**. my wife and i have not eaten ice cream or cake or pie or candy or chocolate or soda pop for five years. no white sugar or white bread. in short, we'll change our life in any way to achieve good health. if we're not to improve any more than this I would do oil pulling for the rest of my life. **This is the most powerful therapy that has ever come to me.** Anyone who won't search and research this method and do it for a month to understand that it works is truly dumber than a rock. My whole story, and my wife's story would take a while to relate. how can we get the world to comprehend?"