

Did You Know...

. . . that the ancient Ayurvedic practice of *oil pulling* has been shown to heal a wide variety of health problems? Here's just a small sample of diseases it has been shown to treat successfully:

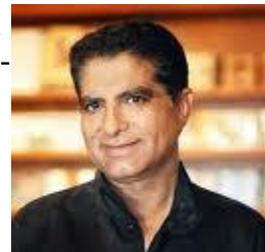
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| <input checked="" type="checkbox"/> Cancer | <input checked="" type="checkbox"/> Allergies | <input checked="" type="checkbox"/> Heart Disease |
| <input checked="" type="checkbox"/> AIDS | <input checked="" type="checkbox"/> High Blood Sugar | <input checked="" type="checkbox"/> Kidney and Lung Diseases |
| <input checked="" type="checkbox"/> Arthritis | <input checked="" type="checkbox"/> Mouth & Gum Disease | <input checked="" type="checkbox"/> Meningitis |
| <input checked="" type="checkbox"/> Asthma | <input checked="" type="checkbox"/> Varicose Veins | <input checked="" type="checkbox"/> Polio |
| <input checked="" type="checkbox"/> Diabetes | <input checked="" type="checkbox"/> High Blood Pressure | <input checked="" type="checkbox"/> ...and many other diseases |

What in the world is oil pulling?

Oil pulling is the practice of taking 1 tablespoon of a cold-pressed vegetable oil (such as *sesame* or *sunflower seed oil*) and swishing it in your mouth for about 15-20 minutes. This is done soon after waking, before eating or brushing one's teeth -- and it has the effect of "pulling" bacteria, parasites, mucous and other toxins from your body through your saliva.

Oil pulling has its roots in Ayurveda, the Hindu art of healing, which asserts that the tongue is mapped by organ-locations. This means that each section of the tongue is connected to, or corresponds to, the liver, heart, kidneys, lungs, spleen, pancreas, small intestines, stomach, colon, and spine. When you swish the oil around the tongue, you effectively soothe and stimulate the key meridians of the body, and their corresponding organs.

In his book, *Perfect Health*, Deepak Chopra, an American physician born in India, a bestselling author and lecturer on Ayurveda, spirituality and mind-body medicine, cites oil pulling as an Ayurvedic technique that is "valuable for purifying and strengthening the body."



Oil pulling gained popularity in recent years partly because a Ukrainian doctor, Dr. F. Karach, who reportedly cured his own chronic blood disease and 15-year-old arthritis through oil pulling, made the world aware of this unusual therapy.

. Dr. Karach claims that oil pulling totally heals "headaches, bronchitis, tooth pain, thrombosis, eczema, ulcers and diseases of stomach, intestines, heart, blood, kidney, liver, lungs and *women's diseases*. It heals diseases of nerves, paralysis, and *encephalitis*. It **prevents the growth of malignant tumors**, cuts and heals them. Chronic sleeplessness is cured." Dr. Karach even challenged a conference of Ukrainian cancer specialists to try the process in the treatment of cancer.

If you wish to experience the health benefits of oil pulling for yourself, here's the simple

procedure that Ayurveda practitioners recommend:

- 1) Immediately upon waking up in the morning, before brushing your teeth, eating or drinking, put 1 tablespoon of either cold-pressed sesame oil or sunflower seed oil in your mouth.
- 2) Tilt your chin up and slowly swish the oil around your tongue, pulling and sucking it through the teeth, making sure you don't swallow the oil. Do this for 15 to 20 minutes until the oil in your mouth becomes a thin, white foam. You can check your progress periodically -- if the oil is still yellow, continue swishing. Do not gargle the oil. Just swish it in your mouth.
- 3) When the oil turns white, spit it out, then rinse the remaining oil out of your mouth.
- 4) Drink 1 - 3 glasses of water.

For maximum detoxification, some people do this procedure 2 more times during the day -- always on an empty stomach, or 4 hours after meals.

OIL PULLING

Who can Practice Oil Pulling Therapy?

Everybody above the age of five years can practice. For children of five years and above use only a teaspoon (five ml) of oil for Oil Pulling Therapy. Oil Pulling Therapy with dentures should remove them and practice. Woman can practice Oil Pulling Therapy during periods and also pregnancy.

What is the best time to practice Oil Pulling Therapy?

Ayurveda advised Oil Pulling Therapy in the morning after brushing teeth and cleaning tongue on empty stomach. Dr Karach advised Oil Pulling Therapy before breakfast on empty stomach. One hour after drinking water or tea or coffee or liquids in the morning but before breakfast. The best time is when you do not feel well for any health problem do Oil Pulling Therapy on empty stomach.

How much time gap is required to eat or drink after Oil Pulling Therapy?

After doing Oil Pulling Therapy, wash your mouth, and then you can eat or drink and no time gap is required.

What other Oils can be used for Oil Pulling Therapy?

Dr Karach had suggested refined sunflower Oil. Sesame Oil was prescribed in Ayurveda texts for Oil Pulling Therapy. Both oils worked well in curing health problems. Some found sesame oil better. Other oils have been used by some practitioners on their own, and they did not report desirable results to enable me to recommend. Some other oils may be suitable for particular problems, but I do not recommend for daily practice.

The quantity of 10 ml of oil is too little for Oil Pulling Therapy. Can we do with 20 ml of oil?

When we do Oil Pulling Therapy the entire oil should become thin, like water and no oily feeling should be left. When that happens, we would have utilized the entire oil for the purpose of Oil Pulling Therapy. This happens within 15 to 20 minutes for most of the Oil Pulling Therapy. If the quantity is increased it takes more time to become watery and white and many would not like to spend more time on pulling. Spitting when it is still oily is waste of oil and a feeling of freshness does not come which is not desirable. If you feel a few ml of more oil is required to try, there is no harm. This is also the reason for suggesting only five ml of oil for children.

Can we do any other work while doing Oil Pulling Therapy?

No. It is advised to do Oil Pulling Therapy slowly, chin up preferably in sitting position, to see that oil pulled through teeth and touches all portions of mucous membrane in the oral cavity.

Is there any difference in the practice of Oil Pulling Therapy for Acute and Chronic diseases?

Acute diseases will be cured in two to four days by practicing Oil Pulling Therapy three times a day on empty stomach, before breakfast, lunch and dinner. Chronic diseases need more time may be up to one year or more depending on the condition of disease, age, habits, state of general health of the person, etc.

What problems arise during Oil Pulling Therapy?

- (a) Oil does not become watery or thin even after 30 minutes, and it appears the oil is being absorbed and it reduces in quantity
- (b) Nose block due to accumulation of mucus
- (c) Sneezing and coughing
- (d) Phlegm in the throat gets loose and comes into the mouth
- (e) Urge to pass urine or stools.
- (f) Oil does not become watery because there is inadequate salivation and mouth is dry. In most cases, it happens in the morning and in some cases evening also. Under normal circumstances oil will not get absorbed in the mouth. A main reason is lack of adequate salivation due to lack fluids in a body. In all such cases, you must drink two or three glasses of water, go for a walk of 30 to 45 minutes and do Oil Pulling Therapy after returning.
- (g) To avoid nose block during Oil Pulling Therapy wash, clean and blow your nose before starting Oil Pulling Therapy. Slowly blow out a nose to clear while holding the oil in the mouth. Repeat if necessary as you continue Oil Pulling Therapy.

(h) Sensation/irritation may cause sneezing or coughing while doing Oil Pulling Therapy. Do Oil Pulling Therapy slowly in a relaxed state to avoid such an irritation. Oil Pulling Therapy pulling and relax as irritation or sensation to sneeze is felt. It will subside. You can sneeze or cough while holding oil in a mouth. If you have to sneeze or cough through mouth do it in the sink or some such place to avoid oil dribblets spray all over or cover mouth with tissue paper.

(i) If phlegm comes into the mouth, making pulling inconvenient, spit and do pulling with fresh oil again.

(j) Urge to urinate or pass stools will arise only if you have not gone through nature's calls before Oil Pulling Therapy. In all cases of urge to pass stools or urinate during Oil Pulling Therapy, the best is to relax on the commode and do Oil Pulling Therapy.

How long will it take to cure a particular disease?

How long it takes to cure a particular disease is difficult to specify because it depends on the age, state of health and disease, food and other habits etc of each person. Dr Karach however said that chronic diseases may take a year whereas acute diseases can be cured in 2 to 4 days. Practice until the original strength, freshness, calm sleep, good appetite and good remembrance are back again.

How does Oil Pulling Therapy Cure/Heal Diseases?

Dr (med.) Karach the author of Oil Pulling Therapy said: "The oil therapy heals tooth pain totally. Obvious results are re-fixing of loose teeth, Oil Pulling Therapy bleeding gums and whitening of the teeth.

Oil Pulling Therapy is called "KAVALA GRAHAM" in the Ayurveda texts. In Charaka Samhita sutra sthana chapter, it is given: ♦by Oil Pulling Therapy with til-taila (sesame oil) teeth are not affected with cavities, and they become firm rooted. Teeth pain and sensitivity to sour items will be healed and one will be able to chew the hardest items.

Those who have given their experience are given in Specific diseases under Teeth and in Testimonies give the results of Oil Pulling Therapy the effect on solving teeth problems. One amazing result of Oil Pulling Therapy is fixing loose teeth which no dentist can do.

From the experiences you can see that Oil Pulling Therapy will relieve your tooth pain, removes infection, Oil Pulling Therapy further decay, reduces/eliminates sensitivity of teeth and fixes loose/shaky teeth.

From the above you can draw a parallel to existing methods of cure by doctors in that Oil Pulling Therapy is analgesic in relieving pain, antibiotic in eliminating infection, anabolic in fixing loose teeth, reduces sensitivity of teeth like sensodant and also ensures oral hygiene. Oil Pulling Therapy makes this possible by its influence on the nervous system, endocrine and immune systems towards a state of balance-is health-from an unbalanced state-ill health.

In a similar way Oil Pulling Therapy will cure/heal headaches, migraine, sneezing, cold and some pains in a few days or doing Oil Pulling Therapy few times one after another. Hangover will be relieved within two or three times of doing Oil Pulling Therapy in the morning. These also can be experienced in a few days. Judge Oil Pulling Therapy from your experience.

In a similar manner Oil Pulling Therapy cures all other diseases and the time taken will be different for each person.

Are there any reactions and can the medicines be used and /or continued?

Normally there are no reactions and the curing is smooth, gentle and pleasant. Some times in some cases, there might be an aggravation-worsening of a disease. At such times, there is nothing to worry. Aggravation of the disease is a sure sign of cure. In case the aggravation is not tolerable you may Oil Pulling Therapy for few days or take any medicine for relief and then continue Oil Pulling Therapy.

If medicines are being used, gradually reduce their intake as you find improvement with the practice of Oil Pulling Therapy and finally Oil Pulling Therapy and continue Oil Pulling Therapy to fully eradicate the disease from the body. In case of any chronic disease, if you are taking medicines regularly and do not wish to reduce chemical medicines Oil Pulling Therapy will not be effective in curing your chronic disease but will certainly reduce the side effects of the remnants of chemicals drugs.

Dr Karach said: some Oil Pulling Therapy in whom various illnesses are simultaneously manifest, an apparent worsening of condition is possible. This is due to primary infection first being depleted, causing secondary infections to dominate temporarily. After a few days secondary infection will disappear while another may be stimulated into activity. Such symptoms are usually apparent in persons suffering from chronic or terminal illnesses. Under these circumstances Dr Karach recommends that the affected person steadfastly continues the treatment even if fevers are initiated. Dr Karach maintains just when these symptoms appear the oil treatment will facilitate rapid healing. Should the treatment be broken for one reason or another the overall effects will be slowed down? For these reasons Dr Karach maintains that an apparent worsening of health is an excellent sign that disease is progressively being removed from the body.

Examples of reactions: -

- (a) Itching of the skin during infection and inflammation of an injury or wound and the same itching may be present in an aggravated manner during cure of the wound/injury.
- (b) A bone breaks due to an accident. The pain at the time of setting is more severe and also during the process of healing.

Advice on how to deal with healing reactions

Do Oil Pulling Therapy as usual or increase to two or three times a day or even stOil Pulling Therapy for a few days depending on the severity and your reaction?

Take medicine under the advice of a doctor for a minimum period, for relief and continue Oil Pulling Therapy after the reaction is over.

It is not necessary that there will be healing reactions for all cases. Most of the cases are chronic and the patient has been suffering for long and possibly under treatment. Healing reaction appears more severe and one gets the feeling that disease is aggravating. At such time one is inclined to Oil Pulling Therapy Oil Pulling Therapy, do not Oil Pulling Therapy but continue Oil Pulling Therapy. This is a sure sign before cure. Recognize it as a reaction and continue Oil Pulling Therapy and you will be cured with in a short time and you will know the state of disease free health which makes you happy.