

**Wonderful Therapy**

*OIL PULLING*

**Self help cure  
For diseases**

**Tummala Koteswara Rao  
(Lt Col T K Rao Rtd)**

## **HEADLINES IN THE PRESS**

### **Adbhuta Chikitsa (Wonderful Therapy) OP**

--Andhra Jyothi (Telugu Daily), Sunday Supplement Hyderabad, articles published every week from Oct 1993 to Sep 1996 under above headlines.

### **Noone Pukkilinta (Rinsing with oil)-Cure for 360 Diseases**

--Andhra Prabha Telugu Daily, Dec 1993

### **Super simple cure for many diseases**

-- Wisdom International, English Monthly, Madras, May 1995.

### **The latest panacea for all ills**

-- The Times of India, English Daily, Bangalore, 31 July 1995.

### **Kayile kitteseyuva (Disease drawing out) OP**

--Kannada Prabha, Kannada Daily, Bangalore, 4 June 1996.

### **Spoonful of oil a day keeps the doctor away**

-- Indian Express, English Daily, Bangalore, 14 October 1996.

### **Ondu sarala chikitsa (One easy therapy)**

-- Lankesh Patrika, Kannada Monthly, Bangalore, 7 May 1997

### **A novel therapy with no side effects**

--The Hindu, English Daily, Bangalore, 5 November 1997.

### **OP Therapy – Sarva Roga Nivaraka (Cure for All)**

--Sadara Suddi, Kannada Monthly, 1 Nov 2003

### **OP – Diseases Disappear**

--Kumudham, Tamil Periodical- Chennai, Apr 2004

### **OP – Effectiveness on various diseases**

--Tamil Periodical, Chennai, Ananda Vikatan dated 8 May 2005

### **Wonderful Oil Treatment**

--Arogyam Sep, Oct and Nov 2005- A Malayalam Monthly

### **Arogyakapadikollalu (For Protection of Health) OP**

--Vijaya Karnataka, Kannada Daily, Bangalore, 22 Nov 2005 and

### **Expel Diseases with Oil Rinse**

--Vijay Times, English Daily, Bangalore, 24 Nov 2005

**The Headlines of articles in different News Papers and Journals indicate Oil Pulling cures different diseases.**

#### IMPORTANT NOTE

The therapy and the information contained in OIL PULLING is not intended to take the place of the care and attention of a physician or other medical or health care professional. The information included in this booklet is believed to be accurate but cannot be warranted.

The information in this book is based on the authors experience, others who reported and written their experience and on reported information in various publications.

Natural curing/healing works 'from inside to out,' and in doing so, the body detoxifies and cures/heals itself. This process, sometimes, may cause severe unpleasant 'healing reactions' before cure.

This book is meant for those who are willing to take full responsibility for their own health and healing process and in so doing believe and trust that given a chance, the body has the power and potential to cure itself.

This procedure is not advised in Trauma, Emergency and any other seriously ill cases and for children below five years of age.

This small book/web site contains a self help prescription for a disease free healthy life till the end of God given life span, free from the travails of medical dependency and shows you, how you can cure/heal yourself, manage health and be happy. It gives you

freedom from total dependency on medical treatments and to manage diseases and maintain health.

## **Introduction**

**A simple Ayurvedic daily preventive habit proves effective in curing most diseases --- Found by thousands of practitioners.**

At the dawn of twenty first century it causes doubt, disbelief and astonishment, if one advises you to practice a therapy, which cures most diseases. In the past twelve years the curative results of "Oil Pulling" (OP) of thousands of people provides proof beyond doubt. It is described as the 'Best Drugless Therapy' a cure for most diseases.

In Ayurveda texts OP with sesame oil is prescribed as one of the daily routine mouth hygiene procedures. It is called Kavalagraham. According to Ayurveda texts "OP is a daily hygiene habit which is both preventive and curative of diseases pertaining to mouth, teeth, gums etc and various other diseases". I understand OP is a Russian folk Remedy for various diseases.

During 1990's I was having serious problems of health with allergy, asthma, sleeplessness etc, and somehow got on. It was during that period that I got a pamphlet containing an article on Pulling OIL by Dr F Karach.

Dr. Karach, who proposed OP in a conference of oncologists and bacteriologists, Academy of sciences UDSSR during 1991, said: "Sipping and sucking sunflower oil in the mouth is a fantastic biological healing process. Results of healing process cause astonishment and doubts and by practicing, one can see the results in ones own body and get convinced. It is totally harmless and simple. Different illnesses could be totally cured without surgery or medicines. This heals cells, tissues and all other organs at once by removing the germs in the mouth that cause destruction of human organism".

**Dr Karach added: "OP heals migraine head-aches, bronchitis, diseases of teeth and gums, thrombosis, eczema, encephalitis, ulcers, stomach, intestinal disorders, gastro enteritis, peritonitis, diseases of heart, kidney, liver, and lungs; chronic blood disorders like leukemia; arthritis and related illnesses; Neuro-physiological paralysis, meningitis, chronic sleeplessness and women's hormonal disorders. In**

**terminal diseases such as cancer, Aids, and chronic infections, this treatment method has been shown to successfully replace all others. With OP, I have cured my chronic blood disease with which I suffered for 15 years. It also healed an acute arthritis in three days”.**

My wife and I started practicing OP from January, 1993 and have been practicing it for over twelve years. At the age of 63, I was cured of allergic sneezing and cold in the morning and night (of over four decades), asthma, sleeplessness, palpitation, digestion problems, and allergy due to food items, cosmetics and pungent smell for many years. My wife aged 56 was cured of migraine - headache (of over three decades) and varicose veins and ulcers (of over four decades), arthritis, blood pressure, and many other ailments. We suffered from the above diseases giving up hope, and obtained only temporary relief from different systems of medical treatment. OP cured our diseases without having to take any medicines after practicing it for over a year.

When I got cured of my allergy and asthma, I was obsessed with the desire to tell all those suffering in Bangalore, the allergy and asthma capitol besides being the IT capitol. I printed pamphlets and started telling and distributing them to all those it would be of help in curing their disease.

The editorial staff of Andhra Jyothi a Telugu Daily from Hyderabad came to know of its efficacy and published a series of articles by me during October 1993 to September 1996 in their Sunday edition, under the heading **“Adbhuta Chikitsa- Oil Pulling”**. Thus OP became very popular in AP during that period. Articles on OP were published in important English and language dailies and periodicals/papers in Karnataka made it popular in the state and it spread to Tamilnadu and other places. A book in Telugu **“Adbhuta Chikitsa- Oil Pulling”** authored by me was published due to public demand in February 1995. The book in Telugu and its translations in Kannada and Tamil continue to be popular, gaining and growing more popularity even after twelve years.

The year 2005 saw the extensive propagation of OP as an all cure therapy in Chennai and Tamilnadu and to some extent in Kerala by the publication of a medical research report on OP funded by V V V and Sons Virudhnagar, manufacturer of sesame oil.

Most of my family members and few friends/relatives personally known to us have been practicing for over ten years. Large number of people spread over Andhra Pradesh, Karnataka and Tamil Nadu and their relatives settled abroad and some in Ukraine, Russia, Germany, Holland and USA are aware and have been practicing OP. I have been actively engaged in propagating OP from 1993.

I have received more than twelve hundred letters from the people after practicing OP giving their experiences. This is in addition to a few thousand people who practiced OP with beneficial results who either visited or telephoned me. I also had the good fortune to meet a large number of people who had personally related their experiences regarding cures of diseases with OP during over a thousand lecture engagements organized by Rotary, Lions and Ladies clubs, Associations/Groups of Doctors, Lawyers, Teachers,

Employees, Senior Citizens, and Students in the states of Andhra Pradesh, Karnataka, Tamil Nadu and major cities in other states- - over a period of twelve years.

All of them narrated how they suffered from one disease or the other without cure from other medical treatments, but were cured only by OP.

During the last twelve years, I also responded to a very large number of telephone calls and letters seeking help and guidance from people practicing OP and continue to receive letters, telephone calls and visitors some times seeking advice on OP.

The curative property of this preventive daily hygiene measure is a modern marvel in the health of people. I have dedicated myself to propagate this simple technique to reduce suffering of the people. With this in view I have made this Booklet which contains the gist about OP to enable any one to practice with out any difficulty.

### **Procedure for OP**

- Take one **tablespoon (two tea spoons=10ml) of sunflower oil or sesame oil in the mouth on an empty stomach in the morning. Do not swallow.**
- **With the mouth closed and chin up, without speed or effort, sip, suck, and pull the oil through the teeth, and also exercise the jaw as if chewing.** Initially the oil is viscous but slowly it turns thin and white like milk. Spit when the mouth gets full or between 15 to 20 minutes.
- Wash your mouth and teeth thoroughly.
- Drink two or three glasses of water.

**(Note: Stomach is considered empty in the morning before drinking or eating. One hour after drinking liquids like water, tea or coffee and before breakfast. Four hours after breakfast, lunch and dinner also stomach is considered empty).**

### **Precautions:**

- Do not gargle in the throat. If you swallow inadvertently, there is nothing to worry. It will be eliminated by excretion if not digested.
- Spit in the toilet and flush it. Do not spit where people walk or on vegetation.
- If the spit out color is yellow and has not turned white pulling is not done sufficiently long or oil quantity is more.
- If you are allergic to a particular brand, change the brand of oil or change the oil.

### **Frequently Asked Questions**

#### **What is the best time to practice OP?**

Ayurveda advised OP in the morning after brushing teeth and cleaning tongue on empty stomach. Dr Karach advised OP 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 OP on empty stomach.

#### **Who can Practice OP?**

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 OP. People with dentures should remove them and practice. Woman can practice OP during periods and also pregnancy.

**How much time gap is required to eat or drink after OP?**

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

**What other Oils can be used for OP?**

Dr Karach had suggested refined sunflower Oil. Sesame Oil was prescribed in Ayurveda texts for OP. 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 OP. Can we do with 20 ml of oil?**

When we do OP 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 OP. This happens within 15 to 20 minutes for most of the people. 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 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 OP?**

No. It is advised to do OP 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 OP for Acute and Chronic diseases?**

Acute diseases will be cured in two to four days by practicing OP 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 OP: - (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.**

(a) 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. Main reason is lack of adequate salivation due to lack fluids in 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 OP after returning.

(b) To avoid nose block during OP wash, clean and blow your nose before starting OP. Slowly blow out nose to clear while holding the oil in the mouth. Repeat if necessary as you continue OP.

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

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

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

### **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 is back again".

### **How does OP Cure/Heal Diseases?**

**Without going into the way of how curing takes place as per medical and other sciences (I have written one full chapter on 'How OP cures Diseases' in my Book on Oil Pulling) I give you a method by which you can infer how OP cures/heals.**

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

OP is called "**KAVALA GRAHAM**" in the Ayurveda texts. In **Charaka Samhita sutra sthana chapter** it is given: "by OP 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 OP the effect on solving teeth problems. One outstanding result of OP is fixing loose teeth which no dentist can do.

From the experiences you can see that OP will relieve your tooth pain, removes infection, stops 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 "OP 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. OP 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 OP will cure/heal headaches, migraine, sneezing, cold and some pains in a few days or doing OP few times one after another. Hangover will be**

**relieved within two or three times of doing OP in the morning. These also can be experienced in a few days. Judge OP from your experience.**

**In a similar manner OP 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 stop for few days or take any medicine for relief and then continue OP.

**If medicines are being used, gradually reduce their intake as you find improvement with the practice of OP and finally stop and continue OP 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 OP 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 people 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 OP as usual or increase to two or three times a day or even stop 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 OP 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 stop OP, do not stop but continue OP. This is a sure sign before cure. Recognize it as a reaction and continue OP and you will be cured with in a short time and you will know the state of disease free health which makes you happy.

## **Sample testimonies of different disease cured**

There are many testimonies of diseases cured from different people, differing in age, sex and duration of and type of disease. More examples are given in my book on “Oil Pulling”. Sample testimonies of chronic diseases cured are appended below for showing the curative effect of OP.

### **Results of OP Survey by Andhra Jyoti**

Allergy Asthma

**Allergic bronchitis**

**Cancer cases**

**Constipation – Piles**

Diabetes - Pregnancy

**Heart**

**(Mouth) Halitosis**

**Pains**

Skin-- Eczema

**Tooth Pain and Loose Teeth**

**90 year old Senior’s Opinion**

**Case Study**

Healthy Habits

- Air (Physical activity and breathing).
- Exercise/Sunlight
- Water
- Diet (Fiber food).
- Sleep, Rest and Relaxation
- Posture
- Temperance/ Fasting
- Trust in God and Peace of mind

**CONCLUSION**

**Information for Practitioners**

**APPEAL TO ALL CONCERNED**

**ABOUT THE AUTHOR**

**People’s Opinion about OP**

### **Results of OP Survey by Andhra Jyoti**

In 1996, after continuous publication of a regular column for three years in their Sunday edition on OP, Andhra Jyoti, the Telugu daily, 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%).**The analysis indicated cure of the following types of chronic diseases by OP:**

- **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 itching, scars, black patches, 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 fibroids, paralysis** etc 72

### **Forty five year old Asthma and Allergy cured**

I am 56 years old. I have been suffering from allergy and asthma from the age of 11 years when I had my first menses. Whenever I had head bath after monthly periods I was suffering from asthma, cough and phlegm. It was very severe. This was lasting for about 3-4 days every month. In addition whenever I had head bath I used to suffer from the same type of allergy. I had tried all types of treatment for 45 years to get rid of this but without any success. I was spending my life with medicines but without cure. They had even diagnosed as a heart problem. I had lost hope of living. Life seemed a big burden and uncertain.

At this stage, on 3<sup>rd</sup> March 94 I met you (T Koteswara rao) in a marriage and you came to me and explained to me about OP and encouraged me to practice it. 2 months after practicing my problems of health became a little more severe and I took them as healing reactions and consoled myself with the hope that I am going to be cured totally after the reactions. These reactions lasted for about 2 months. Now after 9 months of OP I have become wonderfully healthy. **Asthma has gone, no pains in the joints or body, no spots or discoloration of the skin instead the skin has acquired a new shine, digestion has improved and I can eat anything without the fear of allergy. It is really enjoyable to eat things, which you like instead of fearing about allergy and asthma.**

My advice to all women is, do OP for all your problems you will remain healthy and your looks will improve.

**Ms.V.Lakshminarsamamba, Krishna Dt, A.P**

### **Allergy Asthma- Exhilarating Experience**

- On the first day of OP Feb 25, 1995, I felt an exhilarating feeling of freshness in the mouth.
- Because of OP, addiction to cigar smoking cured on Mar 28, 1995. I was able to work with increased energy, concentration and less impatience. My nostrils were clear and clean.
- I had food allergic asthma from September 1975. By end of March '95, I gave up the use of inhalers for asthma.
- Numbness in hands and legs disappeared in April 1995.
- Discomfort in my feet and joints due to walking disappeared by April '95.
- The food tastes better and I feel more energetic.

- I am enjoying the freshness of mouth, good health and very sound sleep due to OP.

**Prof V.R.R.M. Babu, (57 years), Geology Dept, Andhra University, Waltair**

### **Allergic bronchitis with wheezing**

For the last three months, my wife and I are doing OP regularly. **I suffer from severe running nose. Now after I started doing OP, the running nose has become very mild and it persists only for a day or so. I also used to get severe bouts of cough and with great difficulty manage to get the sputum out. Now the running nose does not follow by cough.**

**My wife used to develop allergic bronchitis with wheezing due to dust or after severe cold and on long journeys. She tried OP for three months and did not develop wheezing or severe cough.**

**Dr. P.V.R.D.N. Prasad Sarma, (practicing since 1955), Machilipatnam, AP**

### **Cancer cases**

Most importantly, I want to write about **three cases of cancer. In two cases, biopsy report confirms “schirrus type of carcinoma of uterus”. In the third case, it is malignant growth of a tumor of a size bigger than tennis ball on the jawbone.** This case is also of a woman on homeopathy medicines. **Within two months of OP, in both cases of carcinoma of uterus bleeding reduced, general condition improved and they are confident that their disease will go.** You know confidence/faith contributes to cure more than medicine.

**In the case of malignant tumor after a month of OP, pus came out of a hole in the tumor on the jawbone. The pus stopped after three weeks, the hole closed and the size of tumor came down to almost normal.** In these cases, my medicines must have given temporary relief. I am hoping they will totally heal.

**In case of joint pains the improvement that would have resulted in eight months with my medicines, have come within two months of OP.**

**For allergy, asthma and tooth diseases, the results are wonderful.** My medicines must have given only temporary relief. I am hoping OP will heal them totally.

**Dr.S.Chandramouli, Homeopath, Gollalamamidalam, E.G. Dt., A. P**

### **Constipation – Piles-“With OP Health Is Great Wealth”**

I have been practicing OP for the last one year with **Til (gingelly -sesame) oil** for fifteen to twenty minutes daily in the morning without fail. **I am 82 years old.** I have **been suffering from constipation and piles for the last four decades.** I consulted many doctors, used many medicines but with only temporary relief.

Within two weeks of practicing OP, I started getting relief. There was no pain during motion. Inflammation and piles decreased. I started having free and clear evacuation. I am sleeping peacefully and happily at night. Indigestion, lack of appetite has gone. Decades old pain has gone just by doing OP with gingelly (sesame) oil. Our Ayurvedic treatment is a comprehensive solution for all diseases. It is good for all to practice. -“With OP Health Is Great Wealth”.

**Padma Bhusan Sri Kalogi Narayana Rao, People's Poet, Tirupathi, A.P**

## **Diabetes - Pregnancy - Child birth**

My age is 41 years. I am a diabetic patient with no children. **After doing OP for three months, I became pregnant.** At the time of pregnancy, my blood sugar increased. I stopped OP for about a month thinking it was aggravating my problem. Having come to know that aggravation is a sign of cure, I started OP again. The sugar level came down and I continued OP throughout my pregnancy. After a caesarian operation, I gave birth to a baby. The doctors checked for sugar, both for the baby and me. We both were free from sugar. The wound healed well and stitches removed on the seventh day. Doctor was astonished at this. I found OP benefited me in the following ways:

- I weigh 90 Kgs. height 4'11" with weak twisted foot. By walking, the foot used to become septic and pus used to ooze. By OP and walking daily, I became strong and was able to walk up the steps without difficulty.
- OP reduced sugar gradually and diabetes cured. The skin became clear and shining and the spots on the body disappeared.
- The body became strong, teeth firm; gums healthy and the hair turned black and stopped becoming white or gray.

**Mrs AVL Umamaheswari, Commercial Tax Dept, Eluru, A.P.**

## **Diabetes**

At the advanced age of 74, it is unjust to expect miraculous result from any kind of therapy. Yet I must say that what I have experienced through OP therapy is almost a miracle and quite unbelievable.

**Diabetes has been troubling me for the past 13 years.** Now my blood sugar level is normal, though I do not take any medicine. I have discontinued all medication including vitamins, enzymes etc.

**(Swami Swarupanand Bharati, (K.R.K.Chetty, IPS, D.I.G. (Retd)), Hyderabad**

## **Heart**

**Retired Brigadier's report on major problems of health-Heart:- I had a heart attack in Febraury 1987. Angiography revealed 2-vessel disease. RCA, CTX fully blocked, and LCA clear. For more than 11 years, has been on medicines.** I had Parkinson's disease for the last 5 years and been on medicines.

I started regular OP on Feb 15, 1998 and completed 5 months. I do it only once everyday in the morning. The results are -

**Blood Pressure:** There has been a distinct drop. Now it is generally 130/80.

**Breathlessness** - Disappeared. This means increased exercise tolerance.

**Insomnia:** Now I have sound sleep. No longer getting up several times for going to the toilet

**Snoring** - Totally gone much to the satisfaction of other family members

**Phlegm** - It used to be a major problem. Now totally cured

**Gums** - Much healthier, red, and no longer bleeding

**Teeth** - Cleaner and healthier

**Itching** - Disappeared

**Blood clots near the ankles** - 90-95% disappeared. Skin, which used to be black, has become whitish (due to better blood circulation)

**Blood vessels** - Used to be bulging out prominently, especially on the back of the palms. Now the hands are smooth and arteries/veins have become soft.

**Temperament** - Now much more tolerant with 90% improvement

**Involuntary tremors** - The improvement is 40 %

**Reduced limbs functioning** - Especially in the right arm and leg, there is significant improvement, manifested by improved handwriting to about 60-70%

**Swollen feet/ ankles** - Swelling has reduced to the extent of 50-60%

**Eyesight** - Been using reading glasses for the past 25 years and am pleasantly surprised to manage playing bridge for the first time without spectacles

**Vertigo** - For the first time in my life, I had a few incidents. Investigation revealed very high blood sugar levels controlled by exercise and food control

**Memory** - There is much improvement in memory

**General** - Improved breathing, better blood circulation, better reflexes, better exercise tolerance, and cool temper and can easily walk with out fatigue

**Medicines** - Tapered down in a systematic manner, sleeping pills no longer needed, and Parkinson's medicines not required

The digestion is perfect. Speed of writing, tying of turban and strength of right arm shows overall improvement. The shine and health of the skin is also improving.

**Brig (Retd) T.S.Chowdary**, (63years), Janakpuri, New Delhi

#### **Retired Civil Surgeon's Report- Left Ventricular failure**

I had recently suffered from **Left Ventricular failure**. After 15 days of starting OP, I could find the change in my condition as evidenced by the echocardiogram. I was suffering from **Acid Peptic disease (duodenal ulcer)** for the past 30 years, and OP has miraculously given relief and I have stopped using antacids.

I had **Benign Hypertrophy of Prostate** since some years, and after OP nocturnal frequency of urine is much reduced.

Some minor ailments like stomatitis (inflammation of the mucus membrane of the mouth), glossitis (inflammation of the tongue), itching of skin on chest and neck, discoloration of skin have also gone.

After OP, I saw my palms appeared definitely bright and full-blooded. So I went to the laboratory and got my HB tested. I was surprised to see that my **hemoglobin content of blood has risen from 11gms to 12.4gms within a period of 2 months**.

**Dr. N.Ranga Rao**, Dy. Civil Surgeon (Retd.), Peddapuram, A.P

#### **(Mouth) Halitosis- bad smell in Mouth**

I have been suffering from bad smell in the mouth and pyorrhea for the last eight years. Mouth smell has not gone except visiting the dentist and getting things cleaned, and medication, Medication and dental cleaning was giving me only temporary relief. After five months of OP bad smell in the mouth has completely gone whereas, pyorrhea has decreased and I feel confident that I will be normal without this problem. OP has helped me to bring back my self-confidence in a helpless state. With your kindness I am breathing happily and feel that you have given me rebirth.

**G.B.Rao, Rajamundry, A.P**

I am one of the old patients suffering **from mouth ulcer since last 12 to 15 years**. After going through the article published in Kannada Prabha daily I started "OIL PULLING" twice in a day (morning & evening) from 27th of June 1995 along with medicine. During initial 2-3 months period I got only 25 % benefit. After that I got more benefit in 4-5 months period. After completing 6 months I got 100 % result and at the same time I slowly reduced my medicines. Now after completing of 7 months I have completely stopped the medicines and I have no complaints of mouth ulcer since last 2 to 3 months. So I am happy to say that I got 100 % relief/cure of my old sickness of mouth ulcer from "OIL PULLING".

**Salamander Shiny Parkal, Manipal**

### **Myasthenia Gravis (MG) [Double Vision]**

In my 36th year in 1980, I had suddenly developed double vision and right eyelid closing. Diagnosed as myasthenia gravis, medicine (prostigmine) prescribed. During the year 1993, I started practicing OP. I used medicine for one month along with OP. Later I stopped medicines and continued OP. Myasthenia Gravis cured without medicines. When I stopped for one month, it came up again. **Now I do OP only and do not use any medicines.**

**T.Brahmaji Rao, Pedavadlapudu, Guntur Dt. A.P**

### **Pains**

Case 1: **My back pain and neck pain of the last two years have disappeared within three weeks of practicing OP. I suffered a lot with pain and used medicines and injections for relief. In the beginning for one week I used peanut oil for pulling and this increased the pain. I changed to sunflower oil, which cured my pain totally within three weeks. Because of pain I could not move the neck. Now I am very happy.** Malasani Jayachandhra Reddy, Tirupathi, A.P

**Author's Comment:** Some oil or a particular brand of oil may not suit all. So do not hesitate to change the oil in case you do not feel happy with the result.

Case 2: **I have been having lower back pain for many years. I had been doing OP for the last one year and eight months. I am happy to inform you that lower back pain has disappeared.** I appreciate your service to society.

**C V P Rao M A, B Ed, Jawahar Street, Madras**

Case 3 I have been practicing OP for almost nine to ten months now. I am 58 years old.

**I had spondylitis problem. My eyesight was becoming weak. I also had repeated tooth problem. With this treatment, I am feeling much better now. In fact I am not having any of the above problems.**

**K.S.Rajashekar, Defense Colony, Barder, GOA**

Case 4: **Arthritis:** In 1994 there were symptoms of Arthritis (joint pains) in me. Since I am doing OP almost everyday from 1994 there is no sign of it. Indeed I am extremely

happy to write you this letter as a propagator of OP - a super simple process for good health without medicine.

To spread happiness to mankind should be one's purpose of life.

**L.C.Boregowda, DGM (Marketing), MEI, Bangalore**

**Headaches-MIGRAINE:** Migraine is recurrent headache that is very severe and usually associated with nausea, vomiting, sensitivity to light or sound. It is estimated that 10 to 15% of the people in India are affected by migraine. Migraine is ranked 19<sup>th</sup> among all diseases causing disability. Women are affected three times more than men. Few cases of migraine cured with OP are given below:

1. I am doing OP for the last over 12 years. I suffered from migraine for over 25 years. OP cured my migraine in about two weeks. Ms T S Manoharam (68 years), Bangalore.
2. I suffered from migraine for about two years. OP cured my migraine almost immediately. It is difficult to tell the duration exactly as migraine attacks are sudden and without warning. I did not have migraine after starting OP. There was a healing reaction after about ten months of OP, when I had migraine two times within ten days. After that I was free from it. Ms N Sharada, (37 yrs), Bangalore.
3. Ms Bore Gowda (50 years), Bangalore, was suffering from migraine for over eight years. OP cured her in two months.
4. Ms Rama Raju (39 years), Vijayavada, was suffering from migraine for over 25 years. It started during monthly menses and after a head bath, it increased whenever she traveled and over worked in the house. OP cured it in four months.
5. Mrs G I Sharada Shettar, 64 years, (Gadag, now residing at Bangalore), was suffering from migraine for a long time and it was cured by doing OP.

### **Skin-- Eczema Cured**

I am 79 years and have retired as a teacher. I wanted to be healthy by doing OP and have been practicing once daily since November 95. **I have eczema for the last 30 years on the left foot. It has been there inspite of various treatments. Similarly, on the right hand index finger eczema is there for the last 10 years.** I have lower back pain for quite few years. It was called spondylitis. I have been OP for the last 1 year and 8 months. Lower back pain has completely gone and no pain. **Eczema on the right index finger is also cured and skin is normal. The eczema on the left foot is becoming normal with a little itching sometimes. I am sure it will also go, but the cure is simply surprising, but I am confident that the remaining symptoms of eczema on the left foot will also be cured.**

**C.V.Purnachandra Rao, Chennai, T.N**

### **Tooth Pain and Loose Teeth**

I am an 86 year, aged retired public servant. I developed tooth ache. The **toothache** was really agonizing. I thought, I may try, being a skeptic, oil pulling before visiting the dentist. Hardly did I try it for a couple of days then the intensity of ache came down. In another two days **the pain stopped totally.** This pain was centered on an incisor the base

of which was affected and tooth itself was shaking. Having got some relief I developed faith in its efficacy and continued the treatment for a fortnight. The **affected tooth miraculously firmed up** and now I am able to bite fruits and other not so hard items of food. This is a radical change....I feel thankful for this therapy.

**G.R.Bhagavannarayana, (Retd, Govt service), 86 years, Rajamundry,533 105 AP.**

### **90 year old Senior's Opinion**

Summer is very severe and heat is unbearable with day temperatures about 40degrees centigrade. After 7 to 8 months of OP, I have found good results. I have removed the 'neck band'. The digestive system has improved. My wife completed one year of OP. In the beginning the spit out after OP was **viscous and thick and now it is watery**. We feel that our diseases have pulled out of our body and we have become healthy. We wish to continue OP life long. If any one asks my opinion, I tell them it is **'excellent and there is no comparison'**.

I have been continuing OP for the last six years with sunflower oil. I am now running my 90<sup>th</sup> year. Our health is good by God's grace and your good advice.

We pray to God to keep you and your family healthy and happy. Our blessings to you

**K.Hutcha.Reddy, Siruguppa, Bellary, Karnataka**

## **CASE STUDY**

### **OIL PULLING THERAPY IN PIONEER MATCH INDUSTRIES**

**DHARMAPURI, Tamil Nadu, India**

(Letter from J P Balasubramanyam, Managing Partner, dated 28- 9- 2005, reproduced)

Oil Pulling (OP) therapy was introduced to around 150 women workers in the factory. They report to the factory in the morning between 6 to 7 AM. The benefits of the therapy were explained to them and were asked to report without eating or drinking- on empty stomach. Oil was distributed to them, free of cost. After 25 days we have ascertained their impression regarding the results it produces on their body. As OP cures various types of ailments, we asked their opinion, in the under mentioned four categories. The results of 144 workers who have done OP for a minimum of 40 days are given below:-

	<b>Workers</b>	<b>percentage</b>
<b>Very good</b>	<b>23</b>	<b>16 %</b>
<b>Good</b>	<b>58</b>	<b>40 %</b>
<b>Average</b>	<b>56</b>	<b>39 %</b>
<b>No effect</b>	<b>7</b>	<b>5 %</b>
<b>Total -144</b>		

In one of the above mentioned 144 workers, we have found an excellent effect on a woman supervisor aged 35 with two children. She is a diabetic for the last two years. She spends about Rupees 300/- per month on medicines. After 20 days of OP she reduced 50

% of the medicines and found there is no problem in doing daily routine work and blood sugar was normal. Again after another 20 days of OP, she discontinued all medicines. Blood sugar level was normal. She is able to do the routine work in the factory in a much better manner; general tiredness reduced a lot. She is able to do more work with less strain to the body.

Informal talk with those who practiced **OP, indicates it working very well for the diseases: Tooth pain and related problems; Cold; Asthma; Blood Pressure; Diabetes; Menstrual Problems, constipation and general health.**

### **How does OP cure diseases?**

- Physically the process of OP cleans the teeth, mouth and makes the oral cavity hygienic, free from bacteria and foreign particles.
- The burden of the body and toxic load gets reduced and blood is purified.
- During OP the metabolism is increased and keeps the body in a persistent state of health.
- During OP, nervous stimulation releases/inhibits hormones and other secretions and brings about homeostasis. The immune system is also strengthened.
  
- According to Ayurveda Tridosha principle the doshas Vata, Pitta and Kapha in balance is health and imbalance is disease. OP with sesame oil is prescribed as a daily routine. Keeping oil gargles in the mouth daily balances three-Doshas and cures diseases.
- If oils (fats- cholestrol) cause diseases, oil used as in oil pulling cures diseases caused by oil – the Homoeopathic principle.

### **HEALTHY HABITS**

When young, healthy and strong we do not normally think or care for the importance of healthy habits. When struck by a nagging and debilitating disease we start thinking of some reasons for it and a simple solution of habit in daily life. We become aware that some of the problems of health are due to wrong habits. We try to develop and follow some habits. When the disease is interfering with daily work and has to depend on daily medication involving expenditure on drugs, diagnostics, doctors, time, travel etc one surely tries to learn and practice healthy habits. In my interaction with number of OP practitioners I had not found any who asked me about healthy habits as their importance in daily life is not realized.

In the first pamphlet on OP and the first Book on OP I had included healthy habits as I became fully aware of the impact of healthy habits on health to get rid of my sneezing, nose block and cold for 43 years from the age of 20 till 63 the best part of my productive life. It is unfortunate that this most important subject was and is ignored in our education whereas it should be the first subject to be taught and then practiced for our entire life to minimise risks of suffering from illness or developing chronic diseases.

There is a wise saying: “If you eat right no medicine is required; if you eat wrong no medicine will work”. So is the case with breathing, drinking, sleeping, working and peace of mind. One has to observe and follow habits in respect of duties to the body throughout

life correctly, timely and regularly besides practice of OP to maintain optimum health. The following healthy habits, given briefly in gist, form the foundation of life long health and happiness:

- Air (Physical activity and breathing).
- Exercise/Sunlight
- Water
- Diet (Fiber food).
- Sleep, Rest and Relaxation
- Posture
- Temperance/ Fasting
- Trust in God and Peace of mind

### **Air (Physical activity and breathing).**

Plentiful supply of fresh air is most necessary. Fresh pure air both day and night gives us oxygen and purifies our blood. Open the windows often and spend time outside. Avoid polluted air laden with dust, smokes and fumes. Practice deep, regular, rhythmical, abdominal (diaphragmatic) breathing while walking (physical activity) which is essential for physical and mental health.

### **EXERCISE/SUNLIGHT**

Exercise increases pumping of blood due to rhythmic muscular contractions in legs and hands and increases rate of heart function, oxygenation and circulation of blood to all parts of the body. It helps in building muscle fiber and strength. In Ayurveda Charaka Samhita text reads: “Physical exercise increases appetite, improves digestion and removes laziness. It increases tolerance for hunger, thirst, heat and cold, it provides lightness, power of work, steadiness and fortitude”. Sunlight kills germs and provides Vitamin D for strong bones and muscles. There would be no life without sunshine. It puts color in plants and gives you rosy cheeks. Early morning or late evening sun while walking or exercising in the Sun is excellent for a healthy body. Exercise keeps one active at work, gives good sleep and makes mind more peaceful. Daily 30 to 45 minutes brisk walk in the morning sun is advised.

### **WATER**

**Sufficient intake of water correctly and daily is** very important in the maintenance of bodily functions and health. An important guideline in Ayurveda for water is: “For indigestion water acts as medicine; water gives strength when taken after the digestion of food; water acts like nectar when taken during meals.” Water should not be taken before two hours after meals and at night before retiring. A very good time for taking water is early morning. Drinking one fourth to one third total requirement of water per day is advised either immediately after OP or one hour before OP. One must drink about 30-40 mL of water per kg weight of body per day.

### **DIET (FIBER FOOD)**

Fruits, vegetables, whole grains, nuts and sprouts in their most natural form, available in season and in the area you live are the best and have fiber good for health and should be preferred. Through incorrect diet of mind and body, the body becomes a factory producing acids and toxins. The result is pain and disease. So with any system of medicine diet becomes a very important factor in the cure of a disease. Food must be taken at regular times and in moderation. Avoid/reduce consumption of refined sugar, polished rice, packaged and fried foods as they do not have fiber and essential micro nutrients required by the body.

### **SLEEP/REST/RELAXATION**

Recreation and laughter relaxes the body and improves health. When engaged in continuous physical or mental work rest and relax every hour or two hours for about ten minutes to avoid fatigue and to refresh. Moving about breathing well during those ten minutes enhances your capacity to work productively. 20 to 30 minutes of rest and relaxation in the afternoon after lunch or any time you are tired is strengthening, refreshing and removes fatigue, Early to bed and early to rise will keep us healthy and wise. Try to go to bed and get up at regular times each day. 6 to 8 hours of sleep is normal and is essential for good health. Lack of adequate sleep increases disease proneness by weakening the immune system. As you lay down to sleep, surrender to Him by mentally repeating His name.

### **POSTURE**

Good posture is good for health and prevents many chronic diseases. The leading cause of lower back ache/pain and to an extent sciatica and cervical spondylitis are due to incorrect posture at work, sitting, standing, sleeping and or driving or riding. Posture induced damage to the discs in the vertebral column is attributable to riding on rough, bumpy roads and wrong posture at sedentary work. Head, neck and back bone in upright position is preventive to avoid chronic diseases due to wrong posture and is healthy habit.

### **TEMPERANCE/FASTING**

Tobacco, Drugs, Alcohol, foods with lots of sugar or fat or even excessive food will make us weak and sick. A strong person will say no to things which harm his body. Avoid scrupulously consumption of those harmful for health. Cultivate eating healthy foods in moderation. Be temperate in your habits of living and working. Fasting and giving rest to the digestive system once a fortnight (on Ekadasi) is beneficial for mental and physical health. Fasting when you are conscious that the body is not in healthy condition is good. Fasting as a habit weekly or fortnightly promotes health by reducing the toxic load and burden of the body. Practice OP two or three times daily on such days.

**Important Note: Whenever you start any new habit begin slowly and gradually increase over a period of time to avoid adverse reactions**

### **TRUST in God and Peace of mind**

God loves us and wants to have peace in our mind and heart. He will help you if you ask him to. Being grateful, forgiving others and being cheerful is the best medicine. Be

aware of his Omnipresence, Omnipotence and Omniscience. Prayer heals. Trust in Him and mentally repeat the name (Nama Japa) of the Lord (your personal Deity or God) at any time or all the time. It will bring peace to mind and peace of mind is the best medicine for any disease.

## CONCLUSION

**Experiment with the oil therapy for any common disease, like cold, sneezing, hay fever, migraine headache, cough, sore throat, pains and see the results in your own body within a short period you will get convinced.**

There is a saying "**Health is Wealth**". Keeping healthy is our primary responsibility. Oral hygiene is one of the most important habits to be healthy and keep away diseases. OP is safe and affordable home therapy and easily the best method to keep mouth, teeth and gums healthy. It is therefore advisable and desirable that one should practice it everyday as suggested in Ayurveda books **as routine mouth hygiene. This daily preventive measure not only works as a preventive but also becomes a measure to cure diseases as proved by the experience of thousands of OP practitioners.**

**My sincere advice is "Practice OP and Judge by your experience". It will be good in spreading Health and Happiness not only for you but also to your family and the society and will save money, time, and energy and increases productivity**

**In this age of modern medical advances to discover the effectiveness of OP to cure most diseases by Dr Karach is God's Gracious Gift to suffering humanity.**

**Before concluding I would like to quote from Srimad Bhagavad Gita text 4.40 which I consider relevant: "He who lacks knowledge (ignorant), is devoid of faith (faithless), and is at the same time possessed by doubt (doubting self) is lost (goes to destruction). For him there is no happiness in this world or in world beyond".**

**Whether you have knowledge or not, do with faith and without harbouring doubt. You will succeed. That was exactly what I did when I started and continued with OP in 1993. Results proved that Dr Karach and Ayurveda were 100% correct. After over 12 years with OP, experiences and Testimonies of and my knowledge acquired through study, observation and experimentation, I confidently declare and agree with Dr Karach and Ayurveda that OP cures.**

**Practice OP and Healthy Habits daily and be happy**

**Practical results of OP proved that "Prevention is better than cure. Preventive measures/methods become curative over a period of time".**

**Remember God by chanting His Name.**

**Help and Serve His creation with Love**

**May all be healthy, happy and love each other.**

**RAMA KRISHNA HARI  
JAI JAI**

**Information for Practitioners**

With the aim to propagate to all I hereby permit this Booklet on Oil Pulling to be reproduced or translated into any language and printed or reprinted in any publication. It should not be altered, changed, distorted, or abridged. Any one who does such reproduction should send me a dozen copies of it and it is mandatory.

I am at your service to explain advice and demonstrate OP to any group in a meeting or assembly and clear doubts during practice. Write to me with a self-addressed stamped envelope for fixing other details.

Write your experience and help in the promotion and propagation of OP. Send copies to the Newspapers and periodicals if you have started after reading the article published in that publication and a copy to me. Print media is the best to promote this therapy. If you do not want your name to be published do not hesitate but write that also.

If you have a web site, give a link to this web site, with the addition of "If you or any one known to you is having any type of illness, please go through the web site [www.oilpulling.com](http://www.oilpulling.com) for a simple solution". This may help those visiting your web site. You would be doing service to them.

There is a book in English under publication on the subject by me. First two chapters give complete details about OP, frequently asked questions with answers, reactions and how to overcome and the Effect of OP on Ageing and Longevity; third chapter on specific diseases with advice; fourth chapter gives about 120 testimonials on diseases cured; fifth chapter explains how OP cures diseases as oil used in mouth and in terms of Homeopathy, Ayurveda and Modern medicine and diseases cured and the sixth chapter is on healthy habits with questions and answers. Healthy Habits with details on each of the subjects with frequently asked questions and answers are also included because healthy habits are important for a healthy life.

Translation and Publication in other languages of the Book is under active consideration. You may write if you are interested.

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**APPEAL TO ALL CONCERNED**

**Well Known Law in Physics:** What is proved theoretically may not always be proved experimentally but what is proved experimentally can always be proved theoretically.

Testimonies provide the experimental proof. I have given briefly an indication of the theoretical back ground of “How OP cures Diseases” under Ayurveda, Homeopathy, Modern medicine and the effect of sunflower swishing in the mouth for 15 to 20 minutes in detail in my book on “OIL PULLING”.

Prevention of sickness is good, not only for you personally but also for the family, society, your organization and the country. Minimizing expenditure, increasing productivity, reducing personal and family suffering, minimizing the load on public and private health care systems and increasing availability of medical facilities to deserving cases are the benefits of preventive health care.

**Sesame oil and Sun flower oil are good and suitable for OP. These are used daily in the kitchen in many/most of the countries in the world.** The World Health Organization, governments all over the globe, all organizations and individuals in the service of people in health care would be doing the greatest service to suffering humanity by propagating this therapy and promoting healthy habits. This will improve health of people at the least cost. A healthy nation will become a wealthy nation.

They may consider to get verified scientifically, to confirm for themselves, that OP is an effective curative as well as preventive measure in the promotion of health.

Ayurveda texts contain the primary preventive routine to be followed for maintaining health by all individuals in Swastha Vritha. They could be suitably modified for the present day conditions and propagated among the people. Formulation of these rules and educating the people will improve the health of people at minimal cost and reduce the burden on health services besides being cost effective. The daily and seasonal practices increase immunity, resistance and preserve the health of the individual. The practices are preventive, curative and prophylactic for maintenance of health.

**MAY ALL BE HEALTHY AND HAPPY**

**RAMA KRISHNA HARI      JAI JAI**

### **ABOUT THE AUTHOR**

Born in 1930 at Rimmanapudy, Krishna Dist., A.P. Father, Tummala Subramanyam and Mother Rama Kotamma; belong to agricultural families. Married Smt Sitamanoharam, and have three married daughters and grandchildren.

**Education** – Had schooling up to SSLC at Pammarru, Intermediate at Hindu College, Machilipatnam, and B.E. (Telecom), at College of Engineering, Guindy, Madras (1948-1952).

**Professional** - Life member of - a) Institute of Electronics and Telecommunication

Engineers, b) Solar Energy Society of India and c) Indian Society for Training and Development.

**Service** – He worked in All India Radio, New Delhi, from October 1952 to June 1953 and joined the Army Corps of Signals as a commissioned officer, in July 1953. He served in various capacities in different signal units in field areas at different periods of service. Was a Faculty member at the Military College of Telecommunication Engineering, Mhow, MP, during 1961 to 1963. He attended Defence Services Staff College at Wellington (Nilgiris, India) during 1964. Was a General Staff Officer at Divisional Headquarters in the Field area. He was Dy Chief Inspector Quality Assurance, DGQA at Bharat Electronics Limited Bangalore, 1968 to 1972. He Commanded a Divisional Signal Regiment in Jammu and Kashmir during 1972-1974. Took voluntary retirement in February 1975, and started Tummala Electronics Pvt. Ltd, a small-scale industry, manufacturing Railway communication equipment in the year 1975 and is the Managing Director of the Company since 1975. He is also Managing Director of Modern Technology Center Pvt.Ltd, manufacturers of Solar and related Equipments since 1984.

**Past activities:** President and Founder Trustee a) Melu Kalaiyika Foundation Trust - Telugu Cultural Organization b) Bangalore Study Circle Trust - training youth for employment-oriented examinations and studies c) President - The Guindy Alumni Association, Bangalore Chapter of Engineers from College of Engineering, Guindy, Madras.

**Author** - "Adbhuta Chikitsa, OP" in Telugu, Kannada and Tamil

**Interests** – (a) Study of Bhagavad Gita, Srimad Bhagavatham, books on phylosophy, physiology, subjects on health and reciting Vishnu Sahasranaamam (b) Studying and experimenting with health related subjects without medicines

**Present Activities** - Propagation of OP and healthy habits

**MISSION FOR LIFE: SERVE WITH LOVE**

## **People's Opinion about OP**

I am practicing OP daily. It is very good. I am instructing all my devotees to practice OP and they are practicing it. I am thankful to you for having taken so much interest to propagate this simple method of cure to all the people.

The Compassionate Almighty God may give you unlimited Devotion, Knowledge and Spiritual strength and protect you!

**Swami Devananda, Divine Life Society Rishikesh, U.P**

OP brings out phlegm from the body. Phlegm is poison. Removal of this brings life, energy, light and shine to the body. I can say with 58 years experience in Ayurveda, that OP is a therapy of potency and power to bring health to body.

**Dr. T. Madhusudhana Rao, Nuzvid.**

I have been doing OP for two years now with my family members.  
It is a healthy and good habit and has no side effects.

**Dr. Arvind M. Sangolli, M.S., Consultant Surgeon (ENT), Bangalore**

This therapy is very simple and inexpensive. Based on the benefits I gained, I strongly recommend this therapy to heart patients as well as people suffering from asthma and other lung infections. It has many good effects and therefore all can practice.

**Prof. M.S.Naidu, PhD, IISc, Bangalore**

I am kicking off allopathic medicines. I am recommending OP to others. I use gingely oil. All members of my household are now practicing OP. OP is a magic and wonder cure for all diseases.

**Prof C S Mahadevan, Chennai, Tamil Nadu**

“Many think it is a simple therapy. True it is simple, cheap, safe and sure therapy. It is gentle and kind to the afflicted - a divine gift to the suffering humanity. "Practice it and become healthy”.

**Swami Swaroopananda Bharati, (formerly DIG Police), Hyderabad**

I am 82 years old. I have been suffering from constipation and piles for the last four decades. Within two weeks of practicing OP, I started getting relief. Inflammation and piles decreased. Decades old pain has gone just by doing OP with gingely (sesame) oil. It is good for all to practice.

**Padma Bhusan, Sri Kalogi Narayana Rao, People's Poet, Tirupathi, A.P**

The effect of OP on a variety of diseases like skin lesions, eczema, tooth pain, throat, ulcers, bleeding gums, upper and lower respiratory diseases, allergies, asthma, gynecological disorders, piles, chronic dyspepsia, are surprisingly and unbelievably good, all this at almost negligible cost and with no untoward reactions. I, whole-heartedly and without any inhibitions, recommend OP to all.

**(Late) Dr. Nuthakki Venkateswara Rao,**

**B.A; M.B.B.S; M.S; F.I.C.S; F.I.A.M.S;**

**Member Central Working Committee, I.M.A, Guntur, A.P**