



**miracle drinks**  
NEO AYURVEDA®

# Miracle Drinks

## Be Healthy Again

Range of Ayurvedic Medicine that address more than 170 diseases

Developed on the basis of Vedic Literature



PROTECT THE TREE, AND THE TREE WILL PROTECT YOU  
VRUKSHO RAKSHITAH RAKSHITAH

Inventor  
**Dr. S. M. Raju IAS (Retd.)**





**Dr. S.M. Raju** IAS (Retd.)

## Miracle Drinks Inventor Profile

Dr. S.M. Raju, is a recently Retd. Indian Administrative Service (IAS) officer, having served the country from 1991 till 2020, in different departments. Ever since the beginning of his career, he has been involved in implementing various innovative and path-breaking policies which have been accepted at the State and the National level by the Government of India and have been globally recognized for their far-reaching impact on our society.

After an eventful childhood, he received a degree in Bachelors of Agricultural Sciences from the University of Agricultural, Sciences Bengaluru in 1982. During his time at the University, he was introduced to the field of Medicinal herbs wherein he developed extensive expertise.

Dr. SM Raju has been carrying out extensive research on medicinal plants for more than 40 years now. He has formulated a varied variety of Herbal Concoctions, extracts and supplements which are recognized for their therapeutic properties in helping address more than 170 different types of chronic and unique ailments. He initially developed these supplements to treat himself as he suffered from Rheumatoid Arthritis (1984). He later had to intensify his research when his father was diagnosed with Acute Renal Failure (2008) and when his son was identified with Acute Myeloid Leukaemia (2010). While his son took Ayurvedic medicines along with Allopathic medicine(s), his father got cured for his Renal issues without any Allopathic medication.

His findings and research, now christened by him as Neo-Ayurveda, is a proprietary science that blend's the principle(s) of diagnosis of health disorders/ diseases from the Allopathic sciences blended with various treatment principles, namely, through Natural medicines, Diets, Home Remedies, Yoga and Meditation taken from the age-old literature of Charak Samhita as detailed in the Vedas i.e Ayurveda. The Herbal concoctions and Supplements have been recognized as an Ayurvedic Medicine under the AYUSH License issued under the guidelines of the Ministry of AYUSH, Govt of India. The medicinal range is today marketed under the brand name of MIRACLE DRINKS.

## Letter of appreciation by Hon. Union Minister for AYUSH Shri. Shripad Naik to Dr. S.M.Raju



श्रीपाद नाईक  
SHRIPAD NAIK

राज्य मंत्री (स्वतंत्र प्रभार)  
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी सिद्ध एवं  
होम्योपैथी (आयुष) एवं  
राज्य मंत्री (स्वास्थ्य और परिवार कल्याण)  
भारत सरकार  
MINISTER OF STATE (INDEPENDENT CHARGE) FOR  
AYURVEDA, YOGA & NATUROPATHY  
UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)  
AND MINISTER OF STATE FOR HEALTH & FAMILY WELFARE  
GOVERNMENT OF INDIA

### LETTER OF APPRECIATION

I am pleased to appreciate the novel herbal elixir developed by Shri S.M. Raju, I.A.S. The product is an outcome of Shri Raju's deep interest, scientific acumen and hard efforts to have explored a natural modality of various herbal ingredients for holistic health promotion with restorative and revitalizing properties. I have personally experienced health benefits of the herbal elixir and found it useful as a tonic to boost immunity and vitality in the emerging spectrum of stressful and erratic lifestyles of the people.

I wish Shri S.M. Raju all success in his endeavors and pursuits.

  
(SHRIPAD NAIK)


Place: New Delhi  
Dated: 22<sup>nd</sup> June, 2016




**Appreciation letter by Hon. Union Minister,  
Shri. Giriraj Singh Currently Cabinet Minister for the ministry of  
Rural Development & Panchayat Raj Govt. of India to Dr. S.M.Raju**

D.D. No. 635/MOS(MSME)/2616

**गिरिराज सिंह**  
**GIRIRAJ SINGH**



सत्यमेव जयते



एक चरण सफलता की ओर

राज्य मंत्री  
सूक्ष्म, लघु और मध्यम उद्यम  
भारत सरकार  
नई दिल्ली - 110011  
MINISTER OF STATE  
FOR  
MICRO, SMALL & MEDIUM ENTERPRISES  
GOVERNMENT OF INDIA  
NEW DELHI-110011


जुलाई, 2016

**प्रशंसा पत्र**

मुझे हार्दिक प्रसन्नता है कि श्री एस.एम. राजू, आईएस, बिहार केंद्र ने एक अद्भुत हर्बल पोषण विकसित किया है। प्राकृतिक हर्बल अवयवों से युक्त यह उत्पाद श्री राजू की वैज्ञानिक सोच, गहरी अभिरूचि और लगातार अनुसंधान का परिणाम है जो सम्यक स्वस्थ जीवन के लिए अत्यन्त लाभकारी है। उनके द्वारा बनाये गए हर्बल युक्त उत्पाद से हमें भी लाभ प्राप्त हुआ है।

श्री राजू योग्य प्रशासनिक पदाधिकारी होने के साथ-साथ वैज्ञानिक क्षमता से भी धनी हैं और मानव मात्र की उन्नत जीवन शैली के लिए लगातार प्रयासरत हैं।

इसके लिए मैं उन्हें अपनी शुभकामनाएं और साधुवाद् व्यक्त करता हूँ।

  
(गिरिराज सिंह)

कमरा नं. 133, उद्योग भवन, नई दिल्ली-110011, दूरभाष: 011-23063836, 23063826  
Room No. 133, Udyog Bhawan, New Delhi-110011, Ph. : 011-23063836, 23063826

## Vision

**Our Vision** is to Provide Health remedies to people worldwide who suffer from chronic ailments and other such health disorders. This is being delivered through the age-old principles of Ayurveda, made contextually relevant to modern times through our proprietary science of Neo-Ayurveda<sup>®</sup>. We will achieve this by sustainable and environmentally responsible activities through community participation, delivering healthier and happier livelihoods to one and all.

## Mission

**Our Mission** is to Deliver cumulative business of Rs.200 Cr in the next 1,000 days by positively impacting the lives of 2 million people globally through the manufacturing of world-best quality Ayurvedic health products based on our proprietary science of Neo-Ayurveda<sup>®</sup>.

## Launch of Miracle Drinks in Year 2016

Launched by the Honorable Union Minister for State (Independent charge) Minister of AYUSH, Government of India, Shri Shripad Yesso Naik, on 11th October 2016 at the Constitution Club, New Delhi.



From Left to Right - 1. Dr. S.M.Raju I.A.S, Inventor of the Herbal Compounds. 2. Dr. D.C Katoch, Advisor to Ministry of AYUSH. 3. Hon. Minister Shri Giriraj Singh, Union Minister of State for Micro, Small and Medium Enterprises (Independent). 4. Hon. Minister Shri Shripad Yesso Naik, Union Minister of State (Independent) for ministry of AYUSH, Government of India. 5. Hon. Justice Mr. Rajendra Prasad, Patna High Court (RET.) 6. Hon. Justice Mr. V.K Sinha, Patna High Court (RET.) 7. Mr. Aditya Pancholi, Indian Film Actor, Producer and Singer. 8. Mrs. Zarina Wahab, Indian Actress.



# Contents

<b>Chapter 1:</b>	<b>The Science of Neo-Ayurveda.....</b>	<b>01 - 02</b>
<b>Chapter 2:</b>	<b>How Miracle Drinks Assists.....</b>	<b>03 - 04</b>
<b>Chapter 3:</b>	<b>Consumption Guide.....</b>	<b>05 - 06</b>
<b>Chapter 4:</b>	<b>Products .....</b>	<b>07 - 19</b>
	4.1 Anti Ageing Support.....	07
	4.2 Ortho Support.....	08
	4.3 Cardiovascular Support.....	09
	4.4 Liver Health Support.....	10
	4.5 Renal Care.....	11
	4.6 Gastro Support.....	12
	4.7 Immune Care.....	13
	4.8 Sugar Care.....	14
	4.9 Ved Staminoa .....	15
	4.10 CardioRev .....	16
	4.11 EdemaEx .....	17
	4.12 Graviola .....	18
	4.13 Flax Seeds, Flax Oil & Kalonji Oil .....	19
<b>Chapter 5:</b>	<b>Manufacturing unit &amp; Factory Certifications .....</b>	<b>20 - 25</b>
	5.1 Details of the manufacturing unit .....	20 - 22
	5.2 US FDA Certificate for manufacturing unit .....	23
	5.3 ISO Certificate .....	24
	5.4 Organic Certificate .....	25
<b>Chapter 6:</b>	<b>Awards .....</b>	<b>26 - 40</b>
	6.1 Interactive Innovation award for the inventor.....	26
	6.2 Doctor of Philosophy Ayur Yoga to Dr. S. M. Raju .....	27
	6.3 Times Health Excellence Award .....	28
	6.4 Bharat Gaurav Award - 2018 .....	29
	6.5 Asia'a Greatest Brands and Leaders 2018 .....	30
	6.6 Dubai 2017 - Global Leadership of Business Excellence .....	31



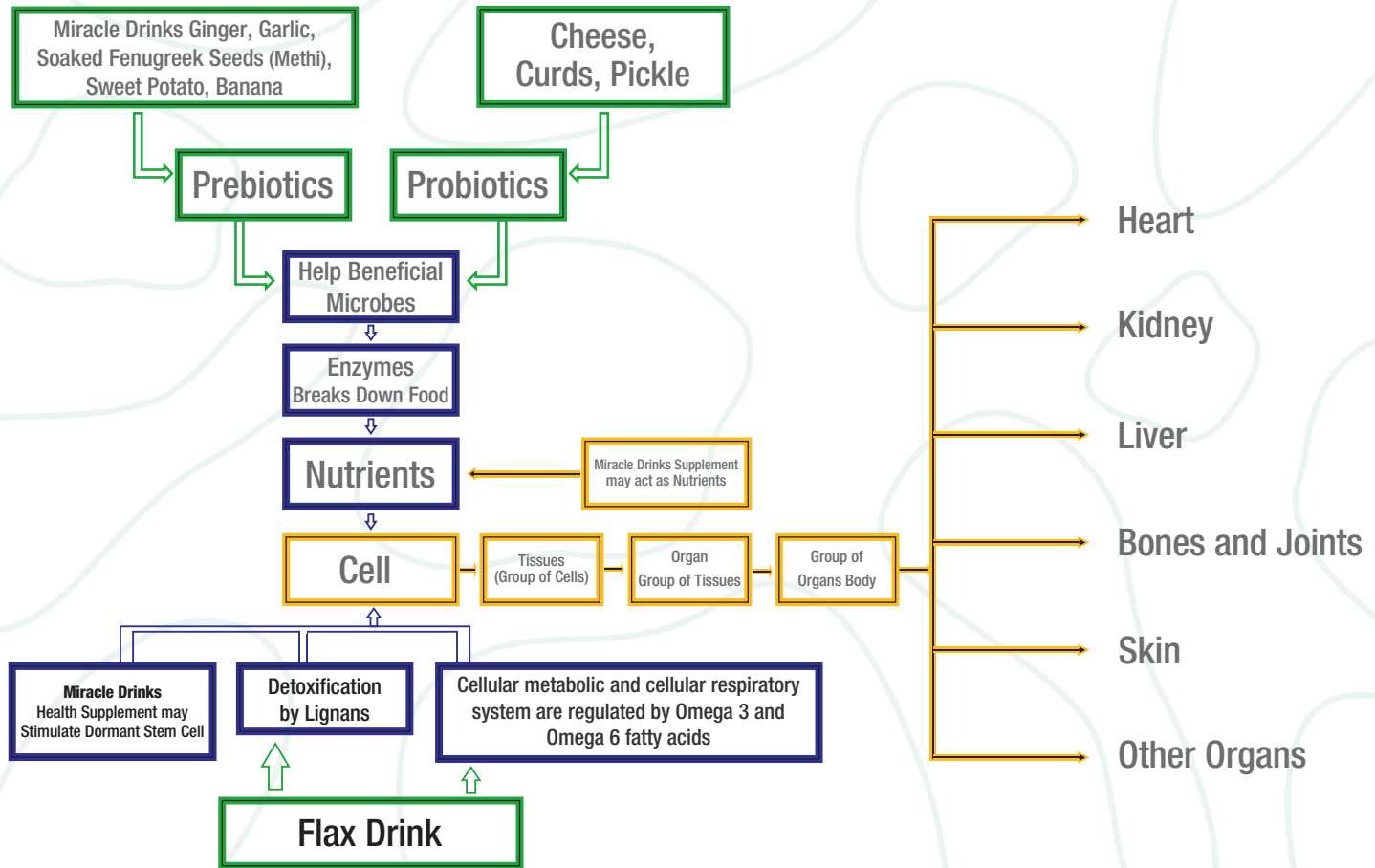
6.7 Honoured by Honourable Governor for Karnataka Shri Vajubhai Rudra Bhai Vala .....	32
6.8 Article by Forbes India published on Dr. SM. Raju, on restoring health herbally - Research work .....	33
6.9 Economic Times Article published on Dr. S. M. Raju's discovery of Herbal elixir developed from Ayurvedic Literature-Research work .....	34
6.10 Economic Times Article published on Dr. S. M. Raju's discovery of Herbal elixir developed from Ayurvedic Literature-Research work .....	35
6.11 Times of India article on innovation of herbal compounds and regulatory approval .....	36
6.12 Article on tree plantation one day one crore by Dr. S. M. Raju BBC titled Dr. S. M. Raju as a Indian planting guru in 2009 .....	37
6.13 Honourable ex-president of India Dr. APJ Abdul Kalam wrote in his book .....	38
6.14 Article on Tree plantation in the Pioneer 2009 .....	39
6.15 Testimonials of different High Profile Personalities like Honourable Retired Chief Justices, Allopathic Doctors, Film Celebrities and Industrialists ...	40
<b>Chapter 7: Importance of Tree Plantation .....</b>	<b>41 - 44</b>
7.1 With his holiness Dalai Lama during the redevelopment of the Mahabodhi Temple (As Chairman of the Mahabodhi Temple Trust in Bodh Gaya, Bihar) - 1997 .....	42
7.2 With Hollywood Actor Richard Gere during the development of Mahabodhi Temple and Persuasion of World Heritage Monument (Bodh Gaya, Bihar) .....	43
7.3 Inviting the Founder of Microsoft Corporation Mr. Bill Gates as secretary of Welfare Department Govt. of Bihar - 2015 .....	44
<b>Chapter 8: Combinations of supplements, Super Diet and the Special Diet for the treatment of various diseases .....</b>	<b>45 - 53</b>
8.1 Non Critical Condition treatment protocol .....	45 - 46
8.2 Critical Condition treatment protocol .....	47 - 51
8.3 Super Diet .....	52
8.4 Special Diet .....	53



# 1. The Science of Neo-Ayurveda

©

## CONCEPT BEHIND THE HEALTH SUPPLEMENTS IN CELL REGENERATION PROCESS



Miracle Drinks/Health  
supplement/support guide




Miracle Drinks  
Research Manuals

Miracle Drinks is the brand name of series of Ayurvedic Proprietary Medicine.

COMBINATIONS OF 8 AYURVEDIC PROPRIETARY MEDICINES ASSISTS THE BODY WITH MORE THAN 170 DISEASES

## Root causes of Non Communicable Health Disorders

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• Detachment from Nature</li> <li>• Degrading the ecosystem</li> <li>• Bad Lifestyle</li> <li>• Air pollution</li> <li>• Bad Food habits</li> </ul> | <p>Leads to</p>  | <ul style="list-style-type: none"> <li>• Cardio vascular diseases</li> <li>• Stroke</li> <li>• Cancer</li> <li>• Hypertension</li> <li>• Diabetes</li> <li>• Obesity</li> </ul> |
|--|---|---|

Non Communicable Diseases (NCDs) kills 4.1 Crore people each year, which is equivalent to 71% of all death Globally.

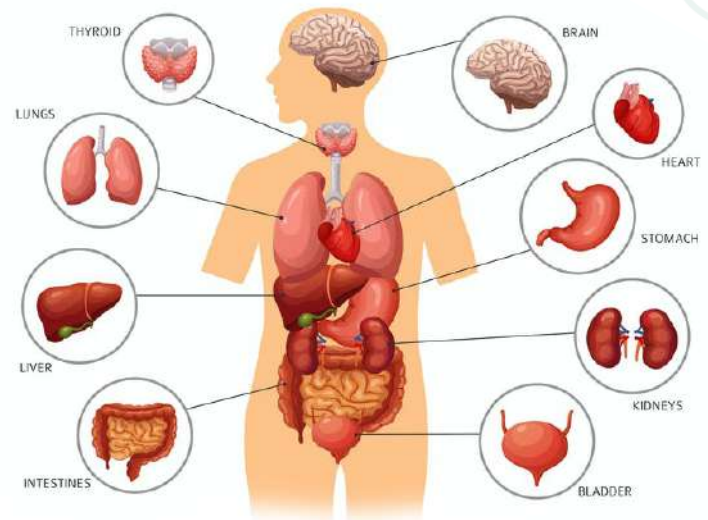
Source: WHO

"Let food be thy medicine, and let medicine be thy food." This famous quote is often attributed to Hippocrates Cir 400 BC

## Miracle Drinks Health Supplements

Support all the organs of the body

### HUMAN ORGANS



Miracle Drinks  
Brand Video

English



Miracle Drinks  
Super Diet &  
Special Diet

English



How Miracle Drink  
was Invented by  
Dr. S. M Raju (IAS Rtd)

English



Miracle Drinks  
products assist more  
than 170 diseases

English

## 2. How Miracle Drinks Assists

1. It acts as a prebiotic, which is beneficial to the microbes in the gut system. This leads to activation of the microbes which prompts the release of different types of enzymes. These enzymes act as a catalyst to release different types of nutrients from the food consumed and nourishes the cells in the body.
2. It acts as an antioxidant and detox(s) the cells as well as helps in flourishing the beneficial microbes in the body.
3. It nourishes different types of cells as a nutrient.
4. Combination of the herbal medicinal plant extracts is effective in cleansing the arteries, and strengthening the valves in the blood circulatory system.
5. It is effective in promoting the cellular metabolic activity and cellular respiratory system
6. It is a 100% herbal aqueous concoction with no side effects.
7. Compatible with allopathic medications and as per the FSSAI guidelines F No-1-4/ Nutraceuticals /FSSAI-2003 dated 24.11.2016 all the ingredients which have been used in these formulations have been declared as health supplements.
8. It is not necessary to consume Miracle Drinks products in combination with one another, consuming a single variant of the Miracle Drinks medicine also assists the body with health disorders.

**Ex:** Cardio Vascular Support helps with heart diseases without the need to consume it in combination with other medicines. Similarly liver support helps with liver related diseases without the need to consume it in combination with other medicines, However, for acute ailments, effective and faster results, a combination of herbal compounds is recommended.

**9. A Combination of different products of Miracle Drinks assists in resolving multiple disorders in one go. Most serious patients suffer from multiple ailments, and they benefit from such prescriptions.**

**Ex:** Any type of heart diseases, Diabetes, Gastric problem, Chronic Kidney diseases- in this scenario "heart disease" can be taken as a predominant health issue accordingly combinations are;

Morning	Afternoon	Evening	Additional benefits
S10, S3, S7 after food Gastro support S6	S3 and S4	S10, S3, S7	Bones and Joints problems, Migraine, Liver disorder, Eye disorders, Gastrointestinal disorder, Diabetes and CKD.

**10. Whichever variant of the diet is consumed, it is important to monitor the Blood Pressure levels and the Sugar levels in the body as this diet also assists people suffering from Diabetes and Blood Pressure issues. Accordingly, alternate medicines consumed for these problems should be tapered down proportionately.**

## Disclaimer

This Brochure does not replace consultation with your physician. The author and publisher of this book does not assume any responsibility for any if that may happen, directly or indirectly, for following the instruction in this brochure. Consultation with a Certified Physician/ Doctor is always recommended.

Testimonial



### 3. Consumption Guide

#### Morning

**Step1–** On an empty stomach (these supplements are more effective when consumed in an empty stomach when compared to after food)

Drink 15 ml of any miracle drinks products (if consuming more than one product at a time, then all the product can be mixed together) with warm or room temperature water.

Note 1- People Suffering from Kidney Disorders must NOT mix the supplements with water, they should drink the supplements as it is.

Note 2- VedStaminoa can be consumed separately or together with the Miracle Drinks products

**Step 2 –** If available, drink 1 tablespoon of Neem and Peepal Extract



Neem & Peepal information

**Step 3 –** Eat (chew thoroughly) the following prebiotics;

- i. Garlic - 3 Cloves (Three small pieces)
- ii. Ginger - 2 Slices (Thin Slices)
- iii. Fenugreek Seeds - 2 tsp (soaked overnight or sprouted)



Fenugreek Seeds



Fresh Ginger



Garlic Cloves

**Step 4 –** Meditate for 30 minutes;

- i. Pranayama - 10 minutes
- ii. Kapalabati - 10 minutes
- iii. Anuloma Viloma - 10 minutes





### 3. Consumption Guide (contd.)

**Step 5** - Consume flax diet as a 1st course of breakfast, after that if hungry then only take break fast.

Flax diet preparation method.



#### Afternoon

On an empty stomach (these supplements are more effective when consumed on an empty stomach) drink 15 ml of any Miracle Drinks products ( if consuming more than one product at a time, then all the product can be mixed together) with a little warm or room temperature water.

**Note:** People Suffering from Kidney Disorders must NOT mix the supplements with water, they should drink the supplements as it is.

Raw vegetable juice followed with lunch if possible.

#### Evening

Drink the Flax Drink diet preparation.

#### Night

On an empty stomach (these supplements are more effective when consumed on an empty stomach) drink 15 ml of any Miracle Drinks products ( if consuming more than one product at a time, then all the product can be mixed together) with a little warm or room temperature water.

**Note:** People Suffering from Kidney Disorders must NOT mix the supplements with water, they should drink the supplements as it is.

## 4. Products

### 4.1 Anti Ageing Support (S1)

This supplement detoxifies the body. It helps in maintaining the blood parameters to be in normal range and helps the body to stay energetic throughout the day.

#### Benefits:

- Energy booster
- General health
- Enhances facial glow
- Aids in blood purification
- Removes body toxins
- Aids in reducing cholesterol levels

#### Disorders/Diseases:

- Asthma
- Thyroid problems
- Premature hair greying
- Cough & cold



### Ingredients used in 15 ml of Anti Ageing Support –

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Haritaki	Terminalia Chebula	1.8 gm
2	Brahmi	Bacopa Monnieri	1.2 gm
3	Karanja	Pongamia Pinnata	120 mg
4	Chirayata	Swerita Chirata	1.8 gm
5	Arjuna	Terminalia Arjuna	750mg
6	Amalaki	Emblica Officinalis	300 mg
7	Nimba	Azadirachta Indica	120 mg
8	Bilwa	Aegle Marmelos	165 mg
9	Jambu	Syzyguim Cumin	60 mg
10	Gokshura	Tribulus Terrestris	1.2 gm
11	Ashwagandha	Withania Somnifera	120 mg

0.1% Sodium Benzoate as per statutory rules

#### Testimonial:

Name: Priyanka, 28 years

Place: Bangalore

Problem: Thyroid

#### Difference noted:

TSH levels: Initially TSH level was 6.0, after one month of consuming Miracle Drinks Supplements TSH level has reached to 2.0.

## 4.2 Ortho Support (S2)

Ortho Support assists people suffering from disorders related to bones, joints, ligaments and muscles.

### Benefits:

- Reduces joint pain and body pain

### Disorders/Diseases:

- Arthritis
- Osteoarthritis
- Rheumatoid Arthritis
- Cervical Spondylitis
- Lower back pain



### Ingredients used in 15 ml of Ortho Support –

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Jambu	Syzyguim Cumini	120 mg
2	Amalaki	Emblica Officinalis	630 mg
3	Guggul	Commiphora Mukul	900 mg
4	Nimba	Azadirachta Indica	300 mg
5	Arjuna	Terminalia Arjuna	240 mg
6	Bibhitaki	Terminalia Bellirica	1.2 gm
7	Brahmi	Bacopa Monnieri	570 mg
8	Bilwa	Aegle Marmelos	390 mg
9	Ashwagandha	Withania Somnifera	630 mg
10	Gokshura	Tribulus Terrestris	420 gm
11	Chirayata	Swerita Chirata	480 mg
12	Karanja	Pongamia Pinnata	120 mg

0.1% Sodium Benzoate as per statutory rules

### Testimonial:

Name: NA

Place: Chikkaballapura

Problem: Joint pain and bloating

### Difference noted:

Stiffness in fingers has come to normal in two months.

## 4.3 Cardiovascular Support (S3)

Cardiovascular Support assists people suffering from disorders related to the heart, blood vessels, brain and neurological disorders.

### Benefits:

- Blood thinning
- Artery strengthening
- Rejuvenating organs
- Normalizing hypertension
- Dissolving blood clots

### Disorders/Diseases:

- Hypertension
- Cardiomyopathy
- Multiple artery blockage
- Brain stroke

For more information



## Ingredients used in 15 ml of Cardiovascular Support –

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Chirayata	Swerita Chirata	2.1 gm
2	Gokshura	Tribulus Terrestris	90 mg
3	Bilwa	Aegle Marmelos	225 mg
4	Bibhitaki	Terminalia Bellirica	600 mg
5	Karanja	Pongamia Pinnata	180 mg
6	Haritaki	Terminalia chebula	315 mg
7	Jambu	Syzyguim Cumin	180 mg
8	Amalaki	Emblica Officinalis	360 mg
9	Ashwagandha	Withania Somnifera	390 mg
10	Nimba	Azadirachta Indica	150 mg
11	Arjuna	Terminalia Arjuna	210 mg
12	Brahmi	Bacopa Monnieri	1.2 gm

0.1% Sodium Benzoate as per statutory rules

### Testimonial:

Name: Nandish, 52 years

Place: Tumkur

Problem: Dilated  
Cardiomyopathy

### Difference noted:

Symptoms such as breathing problem, Fatigue, insomnia and phlegm have reduced. Energy levels are increased and able to do all my work.

## 4.4 Liver Health Support (S4)

Liver Health Support assists with rejuvenating the liver damaged by excessive consumption of alcohol, drug abuse, viruses or any other reason.

### Benefits:

- Removes calcareous formations
- Reduces fat formation on the liver
- Improves digestive system

### Disorders/Diseases:

- Hepatitis B
- Liver Cirrhosis
- Fatty liver
- Liver cyst
- Body itching
- Chronic indigestion problem



## Ingredients used in 15 ml of Liver Health Support –

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Bhringraj	Eclipta alba Hassk	600 mg
2	Gokshura	Tribulus Terrestris	1.237 gm
3	Nimba	Azadirachta Indica	133.2 mg
4	Chirayata	Swerita Chirata	1.837 gm
5	Arjuna	Terminalia Arjuna	120 mg
6	Bilwa	Aegle Marmelos	189 mg
7	Bibhitaki	Terminalia Bellirica	300 mg
8	Haritaki	Terminalia Chebula	1.2 gm
9	Ashwagandha	Withania Somnifera	1.320 gm

0.1% Sodium Benzoate as per statutory rules

### Testimonial:

Name: Aleem, 55 years

Place: Mandya

Problem: Fatty Liver

### Difference noted:

Energy levels have increased and indigestion problem has reduced.



## 4.5 Renal Care (S5)

Renal Support assists suffering from various Kidney Related Disorders. This supplement works best for people suffering from Acute Renal Failure and for those whose Creatinine level is below 5.

### Benefits:

- Rejuvenating Glomerulus
- Capillary functioning of the kidney
- Helps in protecting the kidney from deterioration

### Disorders/Diseases:

- Chronic kidney disease
- Kidney stone
- Protein leakage
- Uric acid



## Ingredients used in 15 ml of Renal Care –

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Karanja	Pongamia Pinnata	660 mg
2	Arjuna	Terminalia Arjuna	360 mg
3	Nimba	Azadirachta Indica	180 mg
4	Chirayata	Swerita Chirata	1.2 gm
5	Gokshura	Tribulus Terrestris	2.1 gm
6	Haritaki	Terminalia Chebula	900 mg
7	Ashwagandha	Withania Somnifera	600 mg

0.1% Sodium Benzoate as per statutory rules

### Testimonial:

Name: Vasant Kumar, 52 years

Place: Electronic city, Bangalore

Problem: CKD and Diabetes

### Difference noted:

Sugar levels: Fasting sugar level was 476, now my fasting sugar level has come to 146 and now reached to 71.

Dialysis: 3 times a day, now reduced to once a day.

## 4.6 Gastro Support (S6)

Gastro Support assists with people suffering from various types of digestive disorders. It provides instant relief for people having acidity problem, and for those who feel uneasy after a heavy meal.

### Benefits:

- Instant relief from acidity problem

### Disorders/Diseases:

- Indigestion problem
- Ulcers
- Ulcerative colitis
- Piles and Fissure problem
- Constipation
- Irritable bowel syndrome
- Acid reflux



## Ingredients used in 15 ml of Gastro Support –

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Nimba	Azadirachta Indica	150 mg
2	Bilwa	Aegle Marmelos	168 mg
3	Jambu	Syzyguim Cumin	120 mg
4	Bibhitaki	Terminalia Bellirica	150 mg
5	Gokshura	Tribulus Terrestris	240 mg
6	Haritaki	Terminalia Chebula	1.5 gm
7	Ashwagandha	Withania Somnifera	972 mg
8	Karanja	Pongamia Pinnata	300 mg
9	Chirayata	Swerita Chirata	1.8 gm
10	Guduchi	Tinospora Cordifolia	600 mg

0.1% Sodium Benzoate as per statutory rules

### Testimonial:

Name: Aarti Basavarajalu, 42 years

Place: Hubli

Problem: Gastric problem

### Difference noted:

8 years acidity problem has been resolved within 2 ½ months.

## 4.7 Immune Care (S7)

Immune Care Support assists with people suffering from various immunity related disorders. It boosts the general immune system of the body.

### Benefits:

- It boosts immunity

### Disorders/Diseases:

- All types of skin allergies
- Throat allergy
- Asthma
- Cold, Cough
- Fever



## Ingredients used in 15 ml of Immune Care –

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Guduchi	Tinospora Cordifolia	500 mg
2	Nimba	Azadirachta Indica	100 mg
3	Haritaki	Terminalia Chebula	1.8 gm
4	Chirayata	Swerita Chirata	300 mg
5	Jambu	Syzyguim Cumin	1.5 gm
6	Arjuna	Terminalia Arjuna	650 mg
7	Ashwagandha	Withania Somnifera	630 mg
8	Karanja	Pongamia Pinnata	120 mg

0.1% Sodium Benzoate as per statutory rules

### Testimonial:

Name: Kumar R, 59 years

Place: Palamaner

Problem: HIV

### Difference noted:

HIV 1 and 2 was tested negative in two months.

## 4.8 Sugar Care (S10)

**Sugar Care Support** assists people suffering from abnormal levels of glucose in their blood.

### Benefits:

- It normalises blood sugar levels
- Rejuvenate dead tissues

### Disorders/Diseases:

- Diabetes Mellitus
- Uric Acid
- Arthritis
- Skin Psoriasis
- Diabetic Ulcer
- Gangrene



## Ingredients used in 15 ml of Sugar Care –

S.No	Ingredients	Botanical Name	Quantity used for aqueous extraction for 15 ml
1	Amalaki	Emblica Officinalis	75 mg
2	Bilwa	Aegle Marmelos	60 mg
3	Ashwagandha	Withania Somnifera	630 mg
4	Gokshura	Tribulus Terrestris	420 mg
5	Guduchi	Tinospora Cordifolia	600 mg
6	Haritaki	Terminalia Chebula	1.8 gm
7	Jambu	Syzyguim Cumin	150 mg
8	Nimba	Azadirachta Indica	105 mg
9	Arjuna	Terminalia Arjuna	175 mg
10	Brahmi	Bacopa Monnieri	1.2 gm
11	Chirayata	Swerita Chirata	480 mg
12	Karanja	Pongamia Pinnata	120 mg

0.1% Sodium Benzoate as per statutory rules

### Testimonial:

Name: Ramchandran, 68 years  
Place: Bangalore  
Problem: Diabetes

### Difference noted:

After taking Miracle Drinks for a month, sugar level had reached to normal, hence stopped Insulin injection.

## 4.9 VedStaminoa Powder (S9)

It increases sperm count. It is a good Nervine tonic, which assist with Parkinson disease and all neurological disorder.

### Benefits:

- It helps to maintain high energy level throughout the day
- Libido and sexual function
- Stress relief
- Maintain cholesterol and triglyceride levels

### Disorders/Diseases:

- Neurological problems
- Thyroid
- Gynae problems



## Ingredients used in VedStaminoa Powder –

S.No	Ingredients	Botanical Name	Quantity
1	Musali	<i>Chlorophytum borivillianum</i>	5 - 10 gm
2	Ashwagandha	<i>Withania somnifera</i> (L.) Dunal	3 - 6 gm
3	Kawach	<i>Mucuna Pruriens</i> (L.) DC	5 - 10 gm
4	Bariyara	<i>Sida corodifolia</i> L	10 - 30 gm
5	Gokshura	<i>Tribulus terrestris</i>	5 - 10 gm

0.1% Sodium Benzoate as per statutory rules



## 4.10 CardioRev (S17)

This helps to maintain blood pressure in normal range.

### Benefits:

- It helps to restore energy at the cellular level
- Reduces cellular inflammation
- It enhances body immunity
- It helps to maintain high energy level throughout the day
- It supports the functioning of all vital organs like Heart, Kidney, Liver, Pancreas, Spleen

### Disorders/Diseases:

- Blood pressure



## Ingredients used in CardioRev Powder –

S.No	Ingredients	Botanical Name	Quantity
1	Shatavar bhed	<i>Asparagus officinalis</i> L	785mg
2	Dalchini	<i>Cinnamomum Zeylanicum</i> Blume	794mg
3	Ashwagandha	<i>Withania somnifera</i> L Dunal	1460mg
4	Kawach	<i>Mucuna Pruriens</i> L DC	455mg
5	Shareefa	<i>Annona muricata</i>	378mg
6	Sahijan	<i>Moringa oleifera</i> Lam	1095mg

0.1% Sodium Benzoate as per statutory rules

## 4.11 EdemaEx (S18)

It helps to remove excess salts and fluid accumulated in the body.

### Benefits:

- It helps to restore energy at the cellular level
- Reduces cellular inflammation
- It supports the functioning of all vital organs like Heart, Kidney, Liver, Pancreas, Spleen

### Disorders/Diseases:

- Chronic kidney disorder
- Liver Cirrhosis
- Congestive Heart Failure



## Ingredients used in EdemaEx Powder –

S.No	Ingredients	Botanical Name	Quantity
1	Dhaniya	<i>Coriandrum sativum</i>	480mg
2	Shareefa	<i>Annona muricata</i>	625mg
3	Ashwagandha	<i>Withania somnifera</i> L Dunal	1271mg
4	Kawach	<i>Mucuna pruriens</i> L DC	568mg
5	Dalchini	<i>Cinnamomum zeylanicum</i> Blume	978mg
6	Shatavar bhed	<i>Asparagus officinalis</i> L	980mg

0.1% Sodium Benzoate as per statutory rules

### Testimonial:

Name: Rajappa, 28 years  
Place: Bangalore  
Problem: Chronic Kidney Disease

### Difference noted:

After consuming Miracle Drinks with Edemaex powder for a month swelling in legs has reduced. Insomnia and loss of appetite problems have reduced.

## 4.12 Graviola (S16)

It effectively reduces the growth of cancerous cells.

### Benefits:

- It effectively reduces the growth of cancerous cells
- It helps with arthritis and heart ailments

### Disorders/Diseases:

- Cancer patient
- Blood pressure
- Rheumatoid Arthritis



## Ingredients used in Graviola Powder –

S.No	Ingredients	Botanical Name	Quantity
1	Shareefa	<i>Annona muricata</i>	4.8mg

0.1% Sodium Benzoate as per statutory rules

## 4.13 Flax Oil & Flax Seeds

Flax seeds and Cold-pressed flax oil is packed with nutrients which help in detoxifying the cells, regulating cellular metabolic activity and the cellular respiratory system. Flax seeds contain high levels of Omega-3 and Omega-6 essential fatty acids and high levels of Lignans. These essential fatty acids help boost cellular metabolic and cellular respiratory activity, and the lignans help detoxify cells. Adding one tablespoon of cold pressed flaxseed oil to the flax drink doubles its' nutritional value.

### Benefits:

- Improves digestion
- Improves blood pressure
- Nourishes skin and hair
- Promotes weight loss
- Lowers cholesterol and triglycerides
- Fights cancer, Arthritis and heart ailments
- Benefits menopausal women

### Disorders/Diseases:

- Cancer
- General health
- Indigestion



## kalonji Oil

Kalonji seeds contains protein, carbohydrate, dietary fiber and fat and essential minerals including calcium, phosphorus, iron, sodium and potassium and essential vitamins A, C, E and K. Kalonji is high in antioxidants, which help neutralize harmful free radicals that may contribute to the development of diseases like cancer.

### Benefits:

- It suppress tumor
- To reduce asthma and bronchitis symptoms
- To reduce inflammation

### Disorders/Diseases:

- Rheumatoid arthritis.
- Diarrhea, Flatulence
- Tumor
- Helminthiasis / Worm infestation
- Diabetes
- Arthritis

## 5. Manufacturing Unit and Factory Certification

### 5.1 Details of the Manufacturing Unit



**This project is funded by the Government of India through Industrial Financial Corporation of India and the Government of Karnataka through Karnataka State Financial Corporation.**

**The campus spans 40 acres, with a built up area of 94,000 sqft. Our storage unit is big enough to park 2 Boeing 737 aircrafts.**

**5% of the campus consists of the built up area and 95% of the campus is covered with lush greenery made up of medicinal plantations**

**Our production facility is situated 40km from Bangalore International Airport, right next to the Karnataka Masthenalli Industrial Park, Phase 2 development area.**



## Details of the Manufacturing Unit



**Mallur Flora and Hospitality Pvt. Ltd. was established in 1998. We initially focused on the production and marketing of floriculture and sericulture both locally and globally. In 2004 we entered the hospitality industry by establishing an up-scale restaurant in Bangalore, India.**

**In 2015, we procured the formula for Miracle Drinks and Miracle Drinks Health supplements for mass production from Dr. S. M. Raju under the condition that 50% of all the profits from the sales of these supplements be used for the education of rural & underprivileged children.**

**In 2016, we opened our production unit. It took us just 11 months to break ground and complete the largest production unit of its kind in India.**

## Manufacturing Unit



**Total Factory Automation. 100% SCADA implementation from Allen Bradley. World-class PLC Installations. Contamination free Products. Consistent quality output. Highly trained and limited human interface. Huge Production capacity.**



## 5.2 US FDA Certificate for manufacturing unit



2022

**CERTIFICATE OF REGISTRATION**

*This certifies that:*

**Mallur Flora and Hospitality Private Limited**  
**Sy No. 14, Alasuru Dinne Kasaba Hobli, Sidlaghatta Taluk**  
**Chikballapur, KA 562105**  
**India**

is registered with the U.S. Food and Drug Administration pursuant to the Federal Food Drug and Cosmetic Act, as amended by the Bioterrorism Act of 2002 and the FDA Food Safety Modernization Act, such registration having been verified as currently effective on the date hereof by Registrar Corp:

U.S. FDA Registration No.: **14900359152**  
 U.S. Agent for FDA **Registrar Corp**  
 Communications: 144 Research Drive, Hampton, Virginia, 23666, USA  
 Telephone: +1-757-224-0177 • Fax: +1-757-224-0179

*This certificate affirms that the above stated facility is registered with the U.S. Food and Drug Administration pursuant to the Federal Food Drug and Cosmetic Act, as amended by the Bioterrorism Act of 2002 and the FDA Food Safety Modernization Act, such registration having been verified as effective by Registrar Corp as of the date hereof, and Registrar Corp will confirm that such registration remains effective upon request and presentation of this certificate until December 31, 2022, unless such registration has been terminated after issuance of this certificate. Registrar Corp makes no other representations or warranties, nor does this certificate make any representations or warranties to any person or entity other than the named certificate holder, for whose sole benefit it is issued. Registrar Corp assumes no liability to any person or entity in connection with the foregoing. The U.S. Food and Drug Administration does not issue a certificate of registration, nor does the U.S. Food and Drug Administration recognize a certificate of registration. Registrar Corp is not affiliated with the U.S. Food and Drug Administration.*

**Registrar Corp**  
 144 Research Drive, Hampton, Virginia, 23666, USA  
 Telephone: +1-757-224-0177 • Fax: +1-757-224-0179  
 info@registrarcorp.com • www.registrarcorp.com

*David Lemarz*  
 David Lemarz  
 Executive Director  
 Registrar Corp  
 Dated: January 3, 2022  
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This certificate indicates that the facilities have met stringent standards for providing quality mammography. The Food and Drug Administration is responsible for protecting the public health by ensuring the safety, efficacy, and security of humans.

## 5.3 ISO Certificate



ISO 22000:2005 specifies requirements for a food safety management system where an organization in the food chain needs to demonstrate its ability to control food safety hazards in order to ensure that food is safe at the time of human consumption.

This International Standard specifies requirements to enable an organization to plan, implement, operate, maintain and update a food safety management system aimed at providing products that, according to their intended use, are safe for the consumer.

## 5.4 Organic Certificate

Certificate



### Certificate of Compliance

This is to certify that  
**MALLURFLORA AND HOSPITALITY PVT. LTD.**

Office: #11 RBI Colony, Anandnagar, Bengaluru - 560024, Karnataka, India  
Factory: Sy 14, Alasuru Dinne Village, Tummanahalli Post,  
Kasba Hobli, Sidlgatta Taluk, Karnataka, India

has been assessed and Compliance by Otabu Certification Limited  
by Review of Production Plan and Inspection of Operation, To be  
Qualified to Market Products as Grown, Processed or Handled  
Under The Accepted USDA Standards and Procedures:

### Organic Certificate

For the following activities:

MANUFACTURERS AND SUPPLIERS OF ANTI-AGEING, ORTHO SUPPORT, CARDIOVASCULAR SUPPORT, LIVER HEALTH SUPPORT, RENAL CARE, GASTRO SUPPORT, IMMUNE CARE, PSORIA CARE, SUGAR SUPPORT, GYNIC CARE, URINARY CARE, DIGEST CARE, MIGRA CARE, GOUTY CARE, VEDNATURAE, VEDORTHOA, VEDHEARTICA, VEDLIVA, VEDRENALIS, VEDGASTROA, VEDIMMUNAE, VEDPSORIOCA, VEDINSULINA, VEDGYNAECA, VEDGENETICA, VEDDIGESTICA, VEDMIGRACA, VEDGOUTICA

Date of Registration	: 17 January 2018
1st Surveillance Due	: 16 January 2019
2nd Surveillance Due	: 16 January 2020
Recertification Due	: 16 January 2021

Certificate No:- 180117601

To Verify this certificate please visit at [www.otabucert.co.uk](http://www.otabucert.co.uk)





**Otabu Certification Limited (UK)**

*Validity of this Certificate is subject to Annual Surveillance audits done successfully*

This Certificate of Registration remains the Property of Otabu Certification Limited and shall be returned immediately upon request.  
Email:- [info@otabucert.co.uk](mailto:info@otabucert.co.uk) Website:- [www.otabucert.co.uk](http://www.otabucert.co.uk)

**Suite 48, 88-90 Hatton Garden, London, EC1N 8PN, UK**

Organic products are grown under a system of agriculture without the use of chemical fertilizers and pesticides with an environmentally and socially responsible approach. The Commission's main goals are to protect the health of consumers and ensure fair practices in the international food trade.



## 6. Awards

6.1 Interactive Innovation award for the inventor - Dr. S.M. Raju.  
Presented it by the House of Lords at the British Parliament  
London, UK 2019



The image shows a certificate for an award. In the center is a black silhouette of Mahatma Gandhi walking with a walking stick. The background features a faint image of the Houses of Parliament in London.

**HOUSE OF COMMONS**

**Confluence**  
Unification of Skills, Talents and Leadership

*Excellence Awards*  
is Honoured to have

**Sultanpet Munilakkappa, Raju**  
.....  
*Excellence Award for Interactive Innovation*

*on Friday, 27<sup>th</sup> September 2019*  
*At the British Parliament, House of Commons,*  
*Palace of Westminster, London*

**Mr. Virendra Sharma**  
*Member of Parliament (UK)*

**HOUSE OF COMMONS**


**भारत का उच्चायोग, लंदन**  
**High Commission of India**  
London, United Kingdom

**Ministry of Tourism & Culture**  
**Government of India**

**Supported By**  
**Incredible India**

**THE SCOUTS & GUIDES ORGANISATION**

## 6.2 Doctor of Philosophy Ayur Yoga to Dr. S. M. Raju





**योगसंस्कृतं - यूनिवर्सिटी फ्लोरिडा, यू.एस.ए.**  
**YOGA - SAMSKRUTHAM UNIVERSITY, FLORIDA - USA**  
 An American Religion University

Established under Provisions of commission for independent education, Florida Statute 1005.06 (1) (f)

Based on the unanimous recommendations placed alongside and as made by Eminence and Excellence: Search and Recommendations Committee', Yoga-Samskrutham University, has accepted the same and is pleased to award honor


**वेदवतारं तं प्रौढवैद्येषु = अयुर युद्धा (हठयोगे तपसा)**  
**TO**  
**S. M. RAJU**

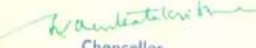



In recognition of the contributions made in the field of Applied Yoga's, linked to the awardees endeavor to 'Shape the Nations- Citizens - Total Wellness Culture' through Higher Education Skill development, search, research and outreach programs in Applied Yoga's. The norms of evaluation and assessment are drawn from the value framework provided in Srimad Bhagavad Gita, the text and practicing cultural traditions with good faith cultural continuity and input suggestions from Yoga masters of our times and leading lights amidst us.

The award and honors governed by the provisions of the Florida statute 1005.06(1)(f), Commission of Independent Education, USA.

Issued under the seal and signature of the University on the occasion of decennial celebrations, convocation and International conference on 15-17 April 2022, at Bangalore, Karnataka, India.

  
 Chief Executive Officer  
 International Operations  
 Yoga - Samskrutham University, FL, USA.

  
 Chancellor  
 Yoga - Samskrutham University,  
 Florida, USA.

Office: 1990, Main Street, Suite 750, Sarasota, FLORIDA 34236, USA.  
 www.ysam.org E-mail: yogesamskrutham@gmail.com



**योगसंस्कृतं - यूनिवर्सिटी फ्लोरिडा, यू.एस.ए.**  
**YOGA - SAMSKRUTHAM UNIVERSITY, FLORIDA - USA**

**INTERNATIONAL EXCELLENCE SEARCH COMMITTEE RECOMMENDATION**

The 'Eminence and Excellence - Search and Recommendations Committee' of International Forum of Yoga-Samskrutham University, has worked independently and on its own to identify the people of excellence and eminence amidst us in our society and communities, working for implementation of Srimad Bhagavad-gita Yoga Directive 'Tasmat Yogi Bhava'- (Gita 6-46) Therefore, for your own reasons and compulsions, Become and Be a Yogi/Yogini. Yogi-Yogini is a citizen of Nation, who is healthy, ethical, cultured and conscientious. The committee recommends the named below as worthy of public honors and recommended award on the occasion of University Decennial year celebrations, convocation and conduct of international conference deliberating on the theme: Yogas of the Nation - Yogis of the Nation.

**S. M. RAJU**

**वेदवतारं तं प्रौढवैद्येषु (हठयोगे तपसा)**


**Basis:** By formal education an agricultural science graduate, you entered the service ranks of IAS administration to serve the nation for over three decades, at state and national levels. Your passion for nature translated in to action as Mahatma Gandhi National Rural Employment Guarantee Program helped to channel manpower for nature rejuvenation in the project one day -one crore tree plantation project, restoring the symbiotic long term positive benefits of social forestry. Your research and broad concern for social welfare has been well recognized with awards and accolades. Your keen interest in medicinal value of flora and fauna given in Ayurveda works, for their unique therapeutic value, useful for more than 170 different chronic and special ailments, triggered your research interest in testing out a variety of herbal concoctions, extracts and supplements, with in house experimentation. You are recognized to have developed an improvised version of flax seeds treatment which was earlier conducted by Dr. Johanna Budiwig. Your neo-ayurveda research is anchored to the combination of Yoga and Ayurveda traditional practices; and is emerging as a proprietary science that blends the principles of diagnosis of health disorders asserted from the allopathic pharma models with treatment principles mentioned in traditional texts of Charaka Samhita about diet, home remedies, practice of yoga and meditation. You have elevated the frame of Ayurveda- pharmacopeia herbal research to become a manufacturing enterprise bringing out a range of products for market distribution; well covered with valid government license- certifications and standards meeting current medicine-public manufacturing- distribution norms. With techno-commercial globalization shrinking the world to become a global village, there is a critical need, nay a survival necessity for traditional systems of Yoga and ayurveda health care systems to handshake with modern pharma framework for health and public health deliverables through applied Yoga professions and services. The committee recognizes your thesis contribution as a pointer to the revival trend setting, to bring economically impacting transformations using Ayurveda and Yoga, for cost effective health care and public health administration.

In making this recommendation, the search and recommendations committee has exercised due diligence of verification and credential -background check, using invited and cross-verified references, independently and without any prejudice, coercion and compulsions. The committee unanimously recommends that University may consider the processing of above award at the University decennial celebrations, convocation and International conference on 15-17 April 2022.

**Signature of International Excellence Search Committee Members**  
 affixed on and forwarded to University

  
 Dr. N. V. R. A. Raja  
 International Vice-Chancellor  
 Yoga - Samskrutham University,

  
 Dr. Ittikorn Wattana  
 International Vice-Chancellor  
 Yoga - Samskrutham University,

  
 Dr. B. V. Narasimhaiah  
 International Director -Social Welfare  
 Yoga - Samskrutham University.

**SEARCH → RESEARCH → OUTREACH**



6.3 Times Health Excellence Award -Service Excellence for inventing Herbal Compounds for incurable health disorders awarded by Shri Sadananda Gowda honourable Union Minister for chemicals and Fertilisers Government of India 2018



Mr. Sadananda Gowda Minister of Chemicals and Fertilizers Presenting the Service Excellence Award.

6.4 Bharat Gaurav Award – 2018 for inventing herbal compounds for Incurable Health disorders, awarded by Shri honourable union Minister for State





## 6.5 ASIA'S GREATEST BRANDS AND LEADERS 2018 – SINGAPORE for inventing herbal compounds for Incurable Health disorders





## 6.6 Dubai 2017 – Global Leadership of Business Excellence for Inventing Herbal Compounds for Incurable Health disorders



## 6.7 Honoured by Honourable Governor for Karnataka Shri Vajubhai Rudra Bhai Vala for tree plantation and invention of herbal compounds





## 6.8 Article by Forbes India published on March 2020 on Dr. S.M.Raju, on restoring health herbally-Research work.

### RESTORING HEALTH, HERBALLY



*S. M. Raju, Senior IAS Officer, Principal Secretary to the Government of Bihar, has made great strides in treating incurable health disorders by blending herbs to create health supplements, in accordance with Ayurvedic principles; Website: [miracledrinks.in](http://miracledrinks.in)*

**S**ulthanpet Munilakkappa Raju was born in Sultanpet, near Bengaluru, to a family that earned their livelihood from the region's traditional dairy farming and sericulture practices. Innovative and resourceful, S. M. Raju's ingenuity showed early in life when he used practical knowledge and his qualifications as an agricultural graduate to successfully formulate a theory for creating a good environment for rearing silk worms through proper ventilation and temperature regulation, which, unlike traditional methods, resulted in 100% yields. His method was adopted by the University of Agricultural Science, Bengaluru as a model of study for its students, and soon after by the rest of the state of Karnataka.

#### MULTI-FACETED PERSONALITY

As a District Magistrate cum Ex-officio Chairman of Mahabodhi temple, he redeveloped the Mahabodhi temple and its precincts in 1997. This project was sanctioned by the OECF (Overseas Economic Cooperation Fund) in 1988, but was pending ever since because his predecessors were unable to obtain a no-objection certificate from the archaeological survey of India. This scheme was due to lapse in 1998 when Mr. Raju took the initiative to ensure its redevelopment. His Holiness the Dalai Lama himself inaugurated the project.

As the Secretary of Rural Development Department, he conceived the innovative scheme for tree plantation under MGNREGA (Mahatma Gandhi National Rural Employment Generation Act). In this scheme, the wages were linked with the survival rate of the tree saplings for five years; these tree saplings were cared for by women and aged people who were incapable of other manual labour. On 29th August, 2009, while he was posted as the Divisional Commissioner in Tirhut Division, he targeted to plant (with the slogan) 'One Day One Crore Tree Plantation'. He mobilised three lakh people in six districts across 7000 villages; he was able to coordinate the plantation of 96.4 lakh tree saplings through gram panchayats. For this inaugural project, BBC titled him as the Indian tree planting guru. Dr. A.P.J Abdul Kalam, the late ex-President of India, appreciated his approach of planting almost 1 crore plants by involving so many people



Senior IAS Officer S M Raju  
Inventor, Miracle Drinks

in such a festive mode. This innovative approach has now become a national policy of the Ministry of Rural Development and Ministry of Road Transport and Highways, Government of India.

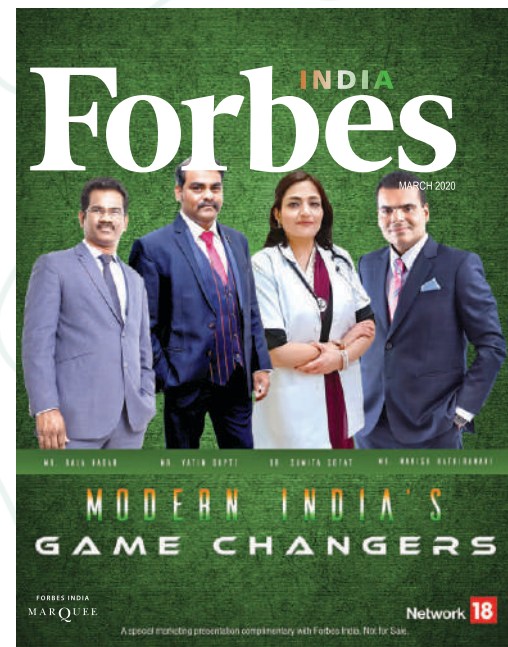
#### TREATING INCURABLE HEALTH DISORDERS

S. M. Raju has done extensive research on medicinal plants for more than 35 years, formulating different variants of supplements which help in treating several incurable health disorders including chronic kidney disease, dilation cardiomyopathy, lower ejection fraction, vessel stenosis, multiple artery blockage, cervical spondylitis and osteoporosis. Initially, he would use these supplements—developed using the knowledge he had gathered by studying medicinal plants in college—to treat his rheumatoid arthritis. He intensified his research when his father was diagnosed with acute renal failure and his son with acute myeloid leukaemia.

His research focuses on cell regeneration therapy through herbal compounds and prebiotic and probiotic and flax seed diet. Detoxification of the cells is done by inducing phytochemicals in the body through herbal compounds and lignans. Regulating the cellular metabolic activity and the cellular respiratory system is done through phytochemicals and Omega-3 and Omega-6 fatty acids. The beneficial microbes in the body are rejuvenated by inducing well-balanced amounts of prebiotics and probiotics (a follow-up on the research conducted by Nobel laureate Dr. Élie Metchnikoff). This enriches and promotes stable micro-flora in the gut, thus ensuring a consistent release of enzymes which helps in breaking down nutrients from the food efficiently.

The best part is that these principles help in giving a new life to people who are suffering from many incurable health disorders, especially those that have no permanent solution for long-term relief. For example, people suffering from chronic kidney disease do not need to go through dialysis for the rest of their lives or opt for a kidney transplant if they follow the set-down protocols properly! All the herbs used have been declared as health supplements by the FSSM in the amended 2006 FSSAI Act in 2015. It is no wonder that S. M. Raju's research has been endorsed by the Ministry of AYUSH as well as the Honourable Union Minister of State for AYUSH, Shri Shripad Naik. 🇮🇳

INDIA  
**Forbes**  
MARCH 2020



## 6.9 Economic Times Article published on 26.02.2016 on Dr. S.M.Raju's discovery of herbal elixir developed from Ayurvedic Literature-Research work.

Page2

Look beyond  
allopathic medicine

# ET FOCUS

Page2

Words  
of trust

An OMS initiative, The Economic Times

FRIDAY, FEBRUARY 26, 2016

Advertorial lifestyle promotional feature

Mumbai, Delhi, Bangalore, Kolkata, Chennai, Hyderabad, Pune, Ahmedabad, Chandigarh, Lucknow, Jaipur, Nagpur, Goa, Patna, Kochi, Ranchi, Bhubaneswar, Bhopal &amp; Indore

# Elixir of Life for incurable diseases

A senior IAS officer of the Bihar Cadre – S M Raju – has rediscovered Ayurveda by blending hand-picked herbs and virtues of Veda to renewed life for today's wellness and healthcare

Rakesh.Singh2  
@timesgroup.com

Today, medical science has developed tremendously and has transformed modern lifestyle with increased life expectancy. But, the fact is that although we have developed advanced medical care, sophisticated medical equipment and powerful medicines, we are still struggling to conquer a number of ailments like skin psoriasis, gangrenous, cholesterol, renal problem, cardiovascular problem, diabetes, arthritis, gastric problems, liver cirrhosis, etc. For which, allopathic medicines do not have a complete remedy or treatment.

It is time to again go the natural way and find nature's supplements. What's better than the ancient, time-tested and globally appreciated

“By 2020, I want to show the world the power of Indian traditional Ayurvedic medicine.”

© S M Raju, IAS

Ayurvedic medicine and treatments and remedies? Making a breakthrough in this field, a senior IAS officer of the Bihar Cadre, S M Raju hand-picked natural herbs and blended it with virtues for Vedic literature's Ayurvedic science to create a renewed life for today's wellness and healthcare.

### LIFE'S TURNING POINT

In most of our lives, there are cutting incidences which have a strong bearing on us and many a times changes our lives. Raju too faced such a defining moment in his life that led him to pursue a new course which lead to the discovery of a unique Ayurvedic drink.

"In 2008, I faced a heart-breaking incident when my father had sudden renal failure after he took excess pain killers due to jetlag, after holidaying in Europe. His consulting nephrologist said that it was like acute failure of kidney as his urination had also stopped. He was advised to undergo dialysis for about three months as his creatinine had also risen to 11.5 and we needed to bring it to normal. My anxiety to get my father well soon pushed me to explore varied options of medications for him. It was then that I made studies and researches on various medicines, primarily Ayurvedic. After some time, on the basis of my studies on Vedic literature's Ayurvedic science and taking into consideration of allopathic medicine principles for renal patients, I developed Ayurvedic medicinal formulations for renal and support. Then, I clinically tried these medicines on my father. After taking it, his health conditions improved and his creatinine level reduced and varied from between 2.75 to 1.9, now it's being maintained 1.3 to 1.5. Within a week, even his legs which had swelling for more than six years became normal," recalled Raju.

"I faced a similar incidence once

again, and this time it was my son. In March



2010, my son was diagnosed with a blood disorder for which he was getting treated at a medical college and hospital in Vellore. Having tried it on my father,

I induced my son with cold pressed flax oil with but-

conditions improved. In both the cases of my father and son, my formulations of Ayurvedic drink gave me greater faith on the Ayurvedic medicines for other diseases too," reminisces Raju.

"This was just a beginning!" The benefits of my Ayurvedic drinks were so dramatic that it could be easily termed as miracle. Taking it forward, I tried similar treatments on various other high profile and eminent people for various other health ailments. Most of them got much relief, improved their health conditions and still continue to take it. Here, I must say that union minister of state (independent charge) for AYUSH Shripad Naik is one such known person who had got good health benefits from the drinks," added Raju.

In his endeavour, Raju does not forget strong support of his wife who motivated him to work more in this field and develop an Ayurvedic medicine for all.

### AYURVEDA REDISCOVERED

s Ayurvedic drink's distinctiveness lies in the fact that it purely a natural organic product which contains 100% herbs extract. Apart from 0.05% Sodium Benzoate, as per statutory norms as a preservative, it is totally chemical free and contains no metals. The medicine actually corrects the imbalanced metabolic activity, thereby improving the overall functioning of the body which leads to relief from diseases and good health. "Moreover, the beauty of the drink is that it can be used as a diet supplement and can also be consumed

along with allopathic medicines. There are no side effects. This medicine been has made from 'tender shoots' of only herbal plants and contains ingredients like *arjuna*, *neem*, *jamun*, *bee*, *amla*, *gokhru*, *ashwagandha*, *chrvayata*, *hareetaki*, *karanja*, etc," said Raju.

### SEAL OF APPROVAL

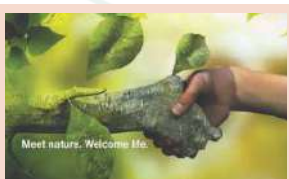
This Ayurvedic medicine drink has various formulations for different diseases. They have been broadly named as Anti Aging Support, Ortho Support, Liver Health Support, Renal Support, Gastro Support, Uric Acid Care and Skin Care. Six of these medicines Anti Aging Support, Ortho Support, Cardio Vascular Support, Renal Support, Gastro Support and Liver Health Support have got licence from the Drug Licensing Authority, Directorate of AYUSH, Bangalore, Government of Karnataka, in June 2015. For rest of the medicines, process to get licences are in progress.

### GIVING BACK TO SOCIETY

Raju the discoverer has given the formulas of his Ayurvedic medicine drinks for production to a private company, Mallur Flora and Hospitality Private Limited, which has been given the license to manufacture the drinks for sale, with a condition that 50% of the profits shall be spent on the education of rural poor children in Gurukul Ashram system. "Under my supervision, the money will be spent for free boarding English medium CBSE affiliated school for education of students of class VI-XII. In each class, seats will be reserved for 40 scheduled caste student and scheduled tribe kids and 40 for non-scheduled caste and scheduled tribe kids," added Raju.



## 6.10 Economic Times Article published on 26.02.2016 on Dr. S.M.Raju's discovery of herbal elixir developed from Ayurvedic Literature-Research work.



*S M Raju is presently posted as secretary of Social Welfare and SC & ST Welfare Department, Government of Bihar. He has set a goal for himself where he can serve the humanity beyond his call of duty. His mission is to demystify notions of working in the fields of social forestry, Ayurvedic medicine, and rural development through employment generation, poverty elimination.*

*Raju's innovative ideas in developing environment related awareness, introducing novel concepts and models in the field of social forestry and Ayurvedic medicine, have got positive response from people. His creative ideas of social forestry have brought together many positives, including villagers around them to better the lives of people and communities who live at the bottom line of economic pyramid in backward and rural Bihar.*

# MAN WITH A MISSION

Rakesh.Singh2  
@timesgroup.com

Born on July 3, 1960, in a village called Sultanpet, Chikkaballapur, Karnataka, Raju is a graduate in agricultural science. He belongs to a family of farmers. A 1991-batch IAS official, Raju has served the state of Bihar for the last 25 years.

Raju used his inquisitiveness in social forestry medicinal plantation and agricultural skills to transform the way forestry and cultivation has been carried out through his advanced models of plantations and redefined the importance of herbal plants and Ayurvedic medicine benefits. Based on them, since 1985 till date, Raju has done various research works by growing numerous medicinal plants in his own farm land. His researches and studies have made many path-breaking revelations and findings about social forestry and the benefits of Ayurvedic medicine.

During the initial years of his try with formulation of new concepts and research, in 1993-94, he had developed an innovative model of silk worm rearing house, which was adopted and followed by the University of Agriculture, Bengaluru, Karnataka and today is being used across the state of Karnataka. "In this model, a successful effort was carried out for cultivation of silk under specific modulated temperature, which resulted in three-fold increase in the production of silk," said Raju.

Replicating a similar concept, in 2009, Raju brought in social forestry adopted nationally by the ministry of rural development, government of India in Bihar and starting it from block level in Muzaffarpur district. He has been immensely successful in implementing it across the state and single-

handedly organised reforestation in the state. "It took me six years to translate the benefits of social forestry in Bihar. In the programme, I attempted to generate a symbiotic relation between the people, the plant and redefined Man Days by providing guaranteed days of employment to villagers, especially the poor and old, every year, simply by planting saplings and protecting them," recalled Raju.

Further expanding his mission and programme, as his stint as the commissioner of Tirhut division, Raju along with others had integrated the central government's rural employment scheme Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) to social forestry development which helped in poverty elimination and rural employment. Social forestry programme was linked to MGNREGA which brought about humongous benefits to thousands of villagers in way of providing employment to poor old age people.

It was in June 2009, international and national media houses reported the unique social forestry initiative of Raju. He had conceptualised and implemented a roadside plantation model, wherein old, physically challenged, widows and women job card holders were employed under MGNREGA in raising roadside plantation.

Soon, media houses rushed in to applaud the unique scheme, subsequently recognised as Muzaffarpur Model, which successfully established a symbiotic relationship between the plants and the persons. One of the international media organizations in its report called Raju as 'India's Plantation Guru'. "In 2012, the union ministry of rural development adopted my model of sapling plantation and asked all states in the country to replicate it," said Raju.

Adding a feather to his cap, on August 30, 2009, Raju became a global name as a person who, under his Herculean effort and supervision, with the help of villagers in the state of Bihar, almost came close to planting one billion (96.4 lakh) saplings in a single day. The record plantation was achieved by covering 7,000 villages in six districts and pressing three lakh people in a single day.

"For this mass tree planting programme, I had motivated and engaged villagers across thousand villages. Through such programmes, our aim is to bring about a significant growth in

S M Raju received his top honours when his tree plantation initiative in Bihar and his leadership to make it a success was highlighted in the book Target 3 Billion by late APJ Abdul Kalam and Srijan Pal Singh

the forest cover by way of providing sustainable employment to people in villages and also helping in balancing ecosystem," said Raju. His programmes have not only redefined social forestry but also helped many of these people, especially poor and families below poverty line to better their standards

of living by showing novel way of providing livelihood and employment.

With no time to stop, Raju pursued his urge to work more towards discovering wonders of plantations and extracting its medicinal benefits for life and good health. In 2008, for the first time, based on the Vedic literature of Ayurvedic science, Raju made use of the medicinal plantation for the treatment of various diseases. He hand-picked herbs, nurtured them in his own land and combined its purity and benefits with the age-old Ayurvedic theories and practices to discover a Ayurvedic drink.

Besides his passion, Raju also drew inspiration to work towards giving back to the people and humanity at large a panacea for medical care and good health from personal life experiences within his family. His father who suffered from kidney failure and son who suffered from a blood disorder, were the two life incidences that proved to be a turning point and led to the great discovery by him.

In 2012, Raju had reached out to his old friend, Arun Kumar Thakur, the then professor and head of the department of Nalanda Medical College, Patna, and relieved him of various problems like uneasiness, arthritis, constipation, etc. At this stage, Thakur had supported Raju in developing more Ayurvedic medicinal formulations for health benefits from other predominant diseases. "Impressed by initial benefits of medicines, I guided Raju for formulating his research in a systematic manner by coordinating with Indian Council of Medical Research and various other phytochemical research organizations. These Ayurvedic drinks are totally based on research work on Ayurvedic science of Vedic literatures," added Thakur.



"On the basis of trials of different combinations and formulations on family and many eminent people, the therapeutic excellence was confirmed and established," said Raju.

With the eye of a beholder and investigator both, with his scientific temper as companion, Raju travelled deep into the forests, studied plantations, and picked nuggets to unravel the hidden miracles of Ayurveda.

Finally, having extracted the Ayurveda elixir, Raju has processed and produced the miracles for the common man.

Now, it is obviously the next natural step for Raju to herald the herbal hurrah for the common population.





## 6.11 Times of India article on innovation of herbal compounds and regulatory approval

The Times Of India - Bangalore, 2/28/2019

6 **TIMES HEALTH & WELLNESS** Thursday, 28 February 2019 | Bangalore

# RESTORE GOOD HEALTH WITH HERBAL SOLUTIONS

Nature often offers solutions to tackle various health issues and problems and mother of invention is necessity in this way IAS Officer S.M. Raju, invented various herbal compounds for treating himself who was suffering from rheumatoid arthritis, fathers Acute Renal Failure and sons Blood Cancer (AML) by putting more than 35 years.

### NATURE'S CARE FOR NATURAL CURE

The concept of Miracle Drinks herbal health supplements revolves around maintaining the health of the gut and individual cells present in the body through cell nourishment. Age old remedies assist those suffering from incurable health disorders that are on the rise, owing to 21st century lifestyle and environment.

With Miracle Drinks, even problems that are difficult or impossible to tackle with allopathic medications can be improved. Organ rejuvenation is also possible. The products are 100% organic, with 0% side-effects.

### TREATING THE CAUSE, NOT THE SYMPTOM

Miracle Drinks use different phytochemicals to help cell rejuvenation. They also contain a well-balanced amount of prebiotics and probiotics which enrich and promote stable micro-flora in the gut, ensuring a consistent release of enzymes and help with digestion and the breakdown of nutrients. The company also offers an improvised version of flax seeds which ensures a balanced supply of Omega 3, 6 essential fatty acids and lignans in the body. These nutrients are extremely important and helpful for detoxifying and rejuvenating cells and damaged tissues, hence helping organs function properly.

Unlike Ayurveda treatments, the concept of the Mir Rajus's treatment and invention is by blending the allopathic principles with Ayurvedic medicine and the herbal remedies are not based on the doshas Vatta, Pitha and Kappa. Miracle Drinks can be used alongside allopathic medication; they are free of synthetic ingredients and focus on healing with the goodness of nature. In addition, the person must also strictly follow the prescribed lifestyle and consume some home remedies.

### HOLISTIC HERBAL TREATMENTS

Miracle Drink's manufacturing unit Mallur Flora And Hospitalty Private Limited, is located in Chikkaballapur, Karnataka. The company has received the license and the GMP Certificate to manufacture 14 herb based products to treat over 170 incurable diseases by using combination of 8 miracle drinks products, of which 8 are currently manufactured. The products include anti-ageing support, ortho support, cardio vascular support, liver health support, renal support, gastro support, immune care and sugar care. Listed below are some conditions that Miracle Drinks can help treat.



S.M. Raju IAS

### KIDNEY DISEASE

Miracle Drinks offer a solution to kidney stones and they can be cured within the span of 15-30 days. In cases of chronic kidney diseases, the herbal portions help improve glomerular capillary filtration rate (GFR), which indicates how well kidneys are filtering the blood. With consistent use, dialysis can be done away with.

### BRAIN STROKE

The wheelchair bound Dr. Shanmugam, a Malaysia based doctor ENT surgeon who was studied in Karnataka Medical College Hubli, was free to walk independently after few months of consuming Miracle Drinks. He and his wife, who is also a doctor were happy on the effectiveness of the herbal solutions which were supporting to remove dead tissue from the brain.

### Gynaecological Issues

Women suffering since decades irregular bleeding and pain, urinary tract infection, menopause problems and thyroid can benefit from Miracle Drinks. Patients witness changes physiologically and in blood test reports after regular consumption of the drinks. Miracle Drinks recently helped a girl on the verge of getting married, tackle her thyroid and weight issues. Within the span of few months, she lost around 10 kilos and enjoyed freedom from thyroid symptoms.

### DIABETES AND RELATED PROBLEMS

Miracle Drinks can eliminate insulin dependence within 3 months. For those with diabetic ulcers who suffer for years together, Miracle Drinks come as a real boon. They can do away with regular surgical procedures to scoop out the wounds and experience relief from other symptoms.

### HEART ISSUES

Miracle drinks can also help treat heart conditions like vessel disease, dilation cardiomyopathy, lower ejection traction and multiple artery blockage with diabetes where grafting can not be done.

### BONE AND JOINT ISSUES

The herbal remedies also treat cervical spondylitis, osteoporosis, buldge disc and osteoarthritis and get great relief soon.

Today, Miracle Drinks have helped many patients worldwide and given good results.

View results and watch testimonials which highlight the efficacy of the products at [www.miracle drinks.in](http://www.miracle drinks.in)

For more information, contact: 9108992568



MiracleDrinks®

For Prevention & correction of Health Disorders

## 6.12 Article on tree plantation one day one crore by SM Raju - BBC titled Dr. SM Raju as a Indian planting guru in 2009

### One day One Crore Plantations - 30-08-2009



#### BBC NEWS | South Asia | Meeting India's tree planting guru

*Mr Raju is single-handedly organising the re-forestation of his state.*

*An Indian civil servant, SM Raju, has come up with a novel way of providing employment to millions of poor in the eastern state of Bihar.*

*His campaign to encourage people to plant trees effectively addresses two burning issues of the world: global warming and shrinking job opportunities.*

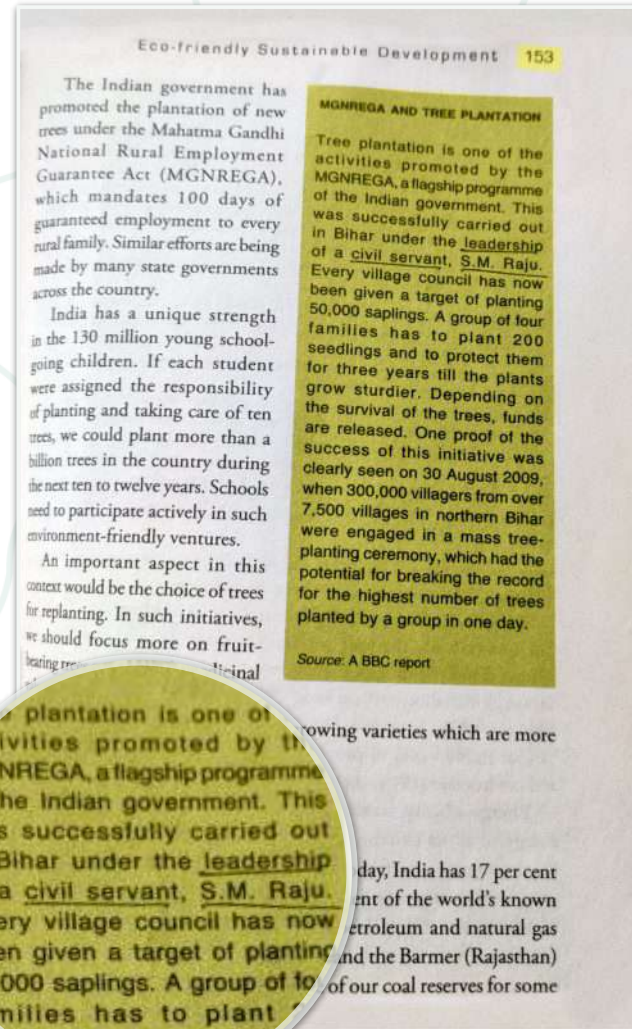
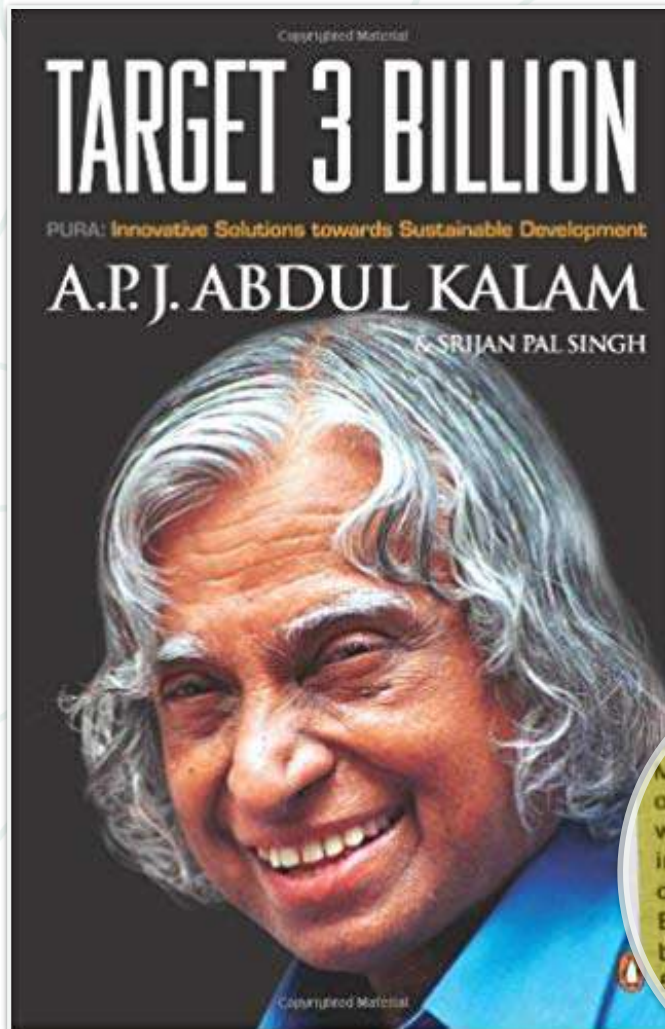
*Evidence of Mr Raju's success could clearly be seen on 30 August, when he organised 300,000 villagers from over 7,500 villages in northern Bihar to engage in a mass tree planting ceremony.*

*In doing so the agriculture graduate from Bangalore has provided "sustainable employment" to people living below the poverty line in Bihar.*

**An Indian civil servant, Dr. S. M. Raju, has come up with a novel way of providing employment to millions of poor in the eastern state of Bihar.**



## 6.13 Honourable ex-president of India Dr APJ Abdul Kalam wrote in his book Target 3 billion on SM Raju's innovative work in tree plantation



Late honourable Ex President Dr. A.P.J ABDUL KALAM wrote in his book “Target 3 Billion” , where he appreciated the achievement of Dr. S. M. Raju for his revolutionary work in social forestry.

## 6.14 Article on Tree Plantation in the Pioneer 2009



154th Year ● Published From [www.dailypioneer.com](http://www.dailypioneer.com) Rs 2  
 Delhi Lucknow Bhopal Bhubaneswar Chandigarh Dehradun Ranchi

# the pioneer

New Delhi | Wednesday | September 2 | 2009  
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RNI No. 53466/91, REGD. No. DL (C)-05/1219/2009-2011

**Nation > 7** Commuter violence hits Mumbai train services  
**World > 11** 'Pak's N-arsenal contains up to 90 warheads'  
**Avenues > 13** Urological solution  
**Sport > 15** Sania, Somdev clear first hurdle



## Bihar babu plants his way to *Guinness Book*

Amarnath Tewary ■ Patna

An IAS officer of Bihar cadre on Monday created history of sorts by planting nearly 1 crore saplings in a single day.

*The Guinness Book of World Records* has registered plantation of 5,41,176 saplings on July 15 this year in Pakistan. Bihar did it 20 times more and edged out Pakistan from the record book.

The man behind the mission is Tirhut Commissioner SM Raju, who hails from Karnataka and is an agriculture graduate.

"I've been nursing a dream to plant 1 crore saplings in a single day for two years. I achieved this goal through active cooperation of village panchayats and mukhias of my division," Raju told *The Pioneer*.

The IAS officer had to engage 3 lakh people from 8,463 panchayats and 7,500 villages of six districts of Tirhut division. "We planted the 96,19,870 saplings under the rural job scheme NREG," said an ebullient Raju.

He said though he had been planning for this day for two years, when he got the news of



SM Raju: Tirhut Commissioner

Pakistan's Environment Ministry getting the *Guinness* certification, he decided to beat their record as soon as possible.

"I discussed my idea with the Bihar Chief Secretary and with the blessings of Chief Minister Nitish Kumar, I plunged into this mission and ultimately succeeded," said the IAS officer.

"With groups of four families each planting 200 trees; now they must protect the saplings for three

years, till the plants grow sturdy. During this period, they will be paid 100 days a year," Raju said.

He has charted out a blueprint to protect the planted trees and to provide job to villagers simultaneously through his mission.

"Since Tirhut region in north Bihar is a flood-prone area, mukhias here find themselves unable to provide jobs to poor villagers throughout the year. So I've engaged them into this programme," Raju said.

The workers will get the full pay of about Rs 102 under the rural job scheme if they can ensure the survival of 90 per cent of the plants under their care. For a 75-80 per cent survival rate, they will be paid only half the wage. If the survival rate is less than 75 per cent, the families in the group will be replaced.

This Greenathon mission of the IAS officer has given fresh lease of life to the villagers of north Bihar. "We had never thought we would get employment at this age under this scheme. We're very happy and thanking Raju Saheb", said the villagers of Tirhut.

If the locals are to be believed

the villagers of Tirhut have vowed to protect the trees at any cost and they're taking constant vigil to the planted saplings.

"They seem to feel as if the trees they are protecting belong to them," Raju said.

The non-fruit trees like *neem*, *jamun*, *gulmohar* and *peepal* have been planted along the state and national highways while the fruit-bearing saplings such as the guava, mango, litchi, lemon and *amla* were planted in the villages.

Raju explained that this tree plantation mission was going to serve the society in many ways. It will promote social forestry in flood-affected areas of north Bihar.

A total sum of Rs 700 crore would be spent on this scheme in three years, said Raju, who was also actively associated with the Chief Minister's much-praised Vikas Yatra.

Now, a beaming and confident Raju hopes to get his mission and the name of the State reflected in *The Guinness Book*.

"Yes, I do hope that they would consider my effort and even the whole society would appreciate my move," said Raju.

Article published by The Pioneer on 02/09/2009 applauding Dr. S.M.Raju's successful feat in the plantation of one crore saplings in one day.



## 6.15 Testimonials of Different High Profile Personalities like Honourable Retired Chief Justices, Judges, Allopathic Doctors, Film Celebrities and Industrialists

### S N Jha

Former Chief Justice of J & K High Court and Rajasthan High Court, Chairperson of Bihar Human Rights Commission



I have known S M Raju, an IAS officer of Bihar cadre, for quite some time. I met him recently in April 2015 and he mentioned about a herbal drink as a cure for osteo-arthritis problem I was suffering from in my right wrist. On his recommendation I started taking the medicine and I felt better. The problem is still there but to a much lesser extent. I am feeling lighter in my wrist. I understand my former colleague in the Patna High Court, Justice Shashank Kumar Singh has also been benefited by medicines developed by Raju.

### Shashank Kumar Singh

Retd. Justice of Patna High Court, Bihar



I used to have body pain, joint pain and some heart burning sensation. I also had some gastric problem. For these problems, I used to take allopathic medicines. But, since last 3-4 month, I started taking S M Raju's combination of Ayurvedic drink. It instantly made me feel better. Initially he gave Anti Aging Support, which I started taking along with my allopathic medicines. Now, I take just one allopathic medicine for sugar and regularly take s drinks every day. At this age, over 70 years, I feel good and energetic and have got relief from most of my ailments. I have even suggested it to my wife for knee joint pain. She too has got relief after taking this Ayurvedic drink.

### Dr. Bharti Tiwari

Retd HOD Department of Gynaecology, Government Magadh Medical College Gaya



From last 3 to 4 years. I am suffering from joint pain and I am not able to walk properly on Raju Sir recommendation I started taking S2 Ortho support and I felt better and Now I am able to walk properly there is lot of changes in just 3 months

### Prof Dr Arun Kumar Thakur

Retd HOD, Paediatrics, Nalanda Medical College Ex-president, Indian Medical Association, Indian Academy of Pediatrics



I have known S M Raju for more than two decades. In 2012, he had told me that he was doing some research work in Ayurvedic medicine herbal preparations. He proposed me to take Anti Aging, Anti Arthritis and Gastrointestinal preparation and within one to two weeks, I felt it benefits and got relief from my health problems like arthritis. A new source of energy developed in my body. Now, I am regularly taking combination of Anti Aging Support and Gastro Support, which are giving me a lot of relief and friends say that my skin has started to glow.

### Aditya Pancholi

Actor, Indian Cinema



At a function in Muzaffarpur, Bihar, I meet S M Raju, Secretary of SC & ST Welfare Department and came to know about his Ayurvedic drinks. I mentioned to him about my health problem and my wife actress Zarina Wahas knee joint pain. We are using the Anti Aging Support for the last one year. It has given me a lot energy and the best part is that it has no side-effect. Everybody can have it as a tonic. I can say to the people who want to use it that as its name, it is really a miracle drink. Thanks to S M Raju who being an IAS officer made an effort to research and develop such Ayurvedic medicine. I believe that this drink will give a name to Ayurvedic medicine, which it deserves.

### J. N Singh

Asst Chair of math & Computer Science Department of Barry University, Miami, Florida, U.S.A.



I had been to Patna for official work coincidentally I met Mr Raju and discuss about my health issues. For quite sometime I am not able to stand in sunlight and my immunity was too low and then he recommended is products like anti aging and immune care after taking his Products I am feeling good and energetic and I have got relief from most of my weakness and I have even suggested to my family and friends to you have this drink once

### Zarina Wahab

Actress, Indian Cinema



For quite some time I was suffering from knee joint pain. My husband Aditya Pancholi suggested that I take Ayurvedic drink. Earlier, I used to take the building lift to go to my flat which is on the first floor. But after taking the drink, soon I was able to walk freely and even take the stairs to go to my flat. Now, I can even walk faster than my husband. I have been taking this medicine for last one year, but I could feel the difference within one month. Touchwood, now I do not have any kind of pain. Even my back pain has gone. It is not necessary that you have it only if you have a disease, but also for good health.

### Dr Bibhuti Tiwari

Retd HOD of Medicine, Sri Krishn Medical College, Muzaffarpur



My father was an Ayurvedic doctor and I know people taking Ayurvedic medicines for different diseases. One of my friends told me about the Ayurvedic drink developed by S M Raju. I took one of this Ayurvedic drinks and after taking it for some time, the heaviness of my heart and legs subsided. Before, I could not run on the treadmill, but now I can run the treadmill even. I feel a lot better now. My recent medical reports show a lot of improvement.

### Vijay Sankeshwar

Chairman VRL Group of Company



I suffered from IBS problem for over 50 years. After I heard about Mr. S.M.Raju's Miracle Drinks products, I approached him. I consumed the recommended medicines, and within 15 days, about 50% of my condition improved. After I was relieved of my problems, I recommended this to my friends and family, all of whom have greatly benefited from it.

## Testimonials



## 7 Importance of Tree Plantation

Planting a TREE is integral to the philosophy of the company.

We encourage everyone - Our customer, supplier, Associates and Partners

To plant a tree every year on their birthday. While we all know benefits of tree reiterated here again:

The benefits of trees are as follows:

1. Provides Oxygen for us to breathe.
2. Plants host millions of living creatures, reduces the pests and diseases which plague agricultural crops.
3. Helps in preserving soil.
4. Trees are the most important carbon sequesters.



Dr. S.M. Raju - One day one crore tree plantation after 3 years in West Champaran District, Bihar.

**7.1 With his holiness Dalai Lama during the redevelopment of the Mahabodhi Temple (as Chairman of the Mahabodhi Temple Trust in Bodh Gaya, Bihar) 1997**





## 7.2 With Hollywood Actor Richard Gere During the Development of Mahabodhi Temple and Persuasion of World Heritage Monument (Bodh Gaya, Bihar)



### 7.3 Inviting the Founder of Microsoft Corporation Mr. Bill Gates as Secretary of Welfare Department Govt. of Bihar (2015)



## Combinations of supplements, Super Diet and the Special Diet for the treatment of various diseases

Anti Ageing	S1	Renal Care	S5
Ortho Support	S2	Gastro Support	S6
Cardio Vascular Support	S3	Immune Care	S7
Liver Care	S4	Sugar Care	S10
Ved Staminoa	S15	Flax Oil	S19
Graviola	S16	Flax Seeds	S22
CardioRev	S17	Kalonji Oil	S20
EdemaEx	S18	Kappikachu	S21

### 8.1 Non Critical Condition Treatment Protocol

Name of the disease	Morning	Evening
Warts	S-3	S-7
Acidity, bloating, acid reflex, indigestion	S-4	S-6
Acute Lung Disease	S-4	S-1
Angina	S-3	S-6
Acidity , any stomach issue	S-4	S-6
Anemia	S-4	S-5
Appetite loss	S-4	S-6
Asthma	S-4	S-1
Acne	S-4	S-5
Ankylosing Spondylosis	S-2	S-3
Arrhythmia/Variation in heart beating	S-3	S6
Bloating	S-4	S-6
Body pain	S-2	S-3
Breast Lump	S-3	S-6
Brain Shrinkage	S-4	S-6
Blood Pressure	S-3	S-6
Breathing disorder	S-4	S-5
Back pain	S-2	S-3
Bronchitis Acute	S-4	S-1
Body itching	S-4	S-6
Calcification arteries	S-3	S-6
Blood thinning	S-3	S-1
Brain stroke /brain related issues	S-4	S-6
BP/Hypertension	S-3	S-7
Constipation	S-4	S-6
Carotid Arteries blockage	S-3	S-6

Name of the disease	Morning	Evening
Chronic indigestion	S-4	S-5
Chest pain	S-3	S-6
Cancer -Any type	S-3	S-7
Chikengunia post treatment	S-3	S-7
CAD-Coronary Heart disease	S-3	S-6
Cervical spondylosis	S-2	S-3
Cold , Cough,	S-4	S-7
Borderline diabetes	S-10	S-10
Diabetic Neuropathy	S-10	S-6
Diabetes Type-1/Type-2	S-10	S-6
Diabetic related ulcer	S-10	S-6
Disc bulge/teeth and gums disorders	S-2	S-3
Dysmenorrhea/Bleeding with pain	S-1	S-7
Dilated Cardiomyopathy	S-3	S-6
Energy Boost	S-4	S-6
Erectile Dysfunction	S-3	S-4
Eye Drying	S-3	S-4
Epilepsy	S-3	S-4
Ear problems	S-3	S-6
Fever	S-1	S-1
Fatty Liver/Hemoglobin variation	S-4	S-5
Fibroid Uterus	S-1	S-7
Fissures	S-4	S-6
Frozen Shoulder	S-2	S-3
General Health	S-4	S-4



Name of the disease	Morning	Evening
Hangovers	S-4	S-4
Heart diseases	S-3	S-6
Hepatitis related health	S-4	S-5
Hemoglobin variation	S-4	S-5
Joint Pain	S-2	S-2
Jaundice	S-4	S-5
Kidney Stone	S-4	S-5
Liver cirrhosis & other liver issues	S-4	S-5
Liver detox /Cleansing	S-4	S-5
Lower Ejection Fraction	S-3	S-6
Lymph Node Issue	S-1	S-7
Migraine	S-4	S-6
Mouth wounds	S-4	S-6
Osteoporosis	S-2	S-3
Osteoarthritis	S-2	S-3
Psoriasis	S-4	S-5
Prevention of liver diseases	S-4	
Piles	S-4	S-6
Pimples	S-4	S-6
Prostrate	S-2	S-7
Protein leakage	S-4	S-5
Paralysis/Covid side effects/COPD	S-4	S-6
Platelet Count Variations	S-4	S-6
PCOD	S-1	S-7
Pelvic pain	S-2	S-3
Pancreatitis Acute/Chronic	S-4	S-5
Rheumatoid arthritis	S-2	S-3
skin related issues	S-4	S-6
Sciatica	S-2	S-3
Skin related disorders	S-4	S-6
skin Allergy	S-4	S-6
Sneezing	S-1	S-3
Stunted growth	S-4	S-6
Thyroid	S-1	S-3
Testosterone improvement	S-4	S-6

Name of the disease	Morning	Evening
Tuberculosis	S-4	S-6
Ulcerative Colitis	S-4	S-6
Urticaria	S-4	S-6
Uric Acid	S-2	S-5
Vertigo	S-3	S-6
Vessel Diseases /triple vessel	S-3	S-6
Varicose Veins	S-4	S-6
Weight Loss	S-4	S-6
Wheezing	S-1	S-4
Weakness	S-4	S-6
Any Incurable Diseases,	S-4	S-6

## 8.2 Critical Condition Treatment Protocol

Name of the disease	Morning	Afternoon	Evening	Miracledrinks Diet	Additional benefits
Warts	S1+S3+S7	S3+S4	S1+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
Acidity, bloating, acid reflex, indigestion	S4+S6		S4+S6	special diet	Wight loss
Acute Lung Disease	S1+S4+S5		S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Angina	S1+S3+S7		S1+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
Acidity , any stomoch issue	S6+S4+S5		S6+S4+S5	special diet	BP, Diabetes
Anemia	S1+S4+S5		S1+S4+S5	special diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Appetite loss	S4+S5+S6		S4+S5+S6	special diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Asthama	S1	S5	S7	special diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Acne	S1+S4+S5		S1+S4+S5	special diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Ankylosing Spondylosis	S2+S3+S7		S2+S3+S7	special diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Arrythmia/Variation in heart beating	S1+S3+S7	S3+S4	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Autism	S1+S3+S7	S4+S5	S1+S3+S7	special diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Auto immune diseases	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Arthritis	S2+S3		S2+S-3	special diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Bloating	S6		S6	special diet	BP, Diabetes
Body pain	S2+S-3		S2+S3	special diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Breast Lump	S1+S3+S7	S3	S1+S3+S7	super diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Brain Shrinkage	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Blood Pressure	S1+S3+S7		S1+S3+S7	special diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Breathing disorder	S1+S4+S5		S1+S4+S5	super diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Back pain	S2+S3+S7		S2+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
Bronchitis Acute	S1+S4+S5		S1+S4+S5	super diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Body itching	S1+S4+S5		S1+S4+S5	special diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Calcification arteries	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Blood thinning	S1+S3+S7		S1+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
brain stroke /brain related issues	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
BP/Hypertension	S1+S3+S7		S1+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
blood cancer	S3+S6+S7		S3+S6+S7	super diet	BP, Diabetes , Heart ailments , body pain

Name of the disease	Morning	Afternoon	Evening	Miracledrinks Diet	Additional benefits
constipation	S6+S4		S6+S4	super diet	BP, Diabetes
Carotid Arteries blockage	S1+S3+S7	S3+S4	S1+S3+S7	super diet	BP, Diabetes, Kidney stone, Fatty Liver, Heart ailments, body pain
Cholesterol	S1+S3+S7		S1+S3+S7	super diet	BP, Diabetes, Heart ailments, body pain
chronic kidney disease with BP	S3+S4+S5	S3	S3+S4+S5	super diet	BP, Diabetes, Kidney stone, Fatty Liver, Heart ailments, body pain
chronic kidney disease with Diabetes	S10+S4+S5	S3	S10+S4+S5	super diet	BP, Diabetes, Kidney stone, Fatty Liver, Heart ailments, body pain
crohn's diseases	S3+6+S7	S4+S5	S3+6+S7	super diet	BP, Diabetes, Heart ailments, body pain
COPD/Covid side effects	S1+S4+S5	S3	S1+S4+S5	special diet	BP, Diabetes, Heart ailments, body pain
Chronic indigestion	S6+S4+S5	S3	S1+S4+S5	special diet	BP, Diabetes, Heart ailments, body pain
Chest pain	S1+S3+S7	S3+S4	S1+S3+S7	super diet	BP, Diabetes, Heart ailments, body pain
Cancer -Any type	S3+S6+S7		S3+S6+S7	cancer diet	BP, Diabetes, Heart ailments, body pain
Chikengunia post treatment	S2+S3+S7		S2+S3+S7	special diet	BP, Diabetes, Heart ailments, body pain
CAD-Corany Heart disease	S1+S3+S7	S3+S4	S1+S3+S7	super diet	BP, Diabetes, Heart ailments, body pain
Congenital heart disease	S1+S3+S7	S3+S4	S1+S3+S7	special diet	BP, Diabetes, Heart ailments, body pain
Cervical spondylosis	S2+S3+S7		S2+S3+S7	special diet	BP, Diabetes, Heart ailments, body pain
cold, cough,	S1	S5	S7	special diet	any aalergic
Chronic Head Ache	S1+S3+S7	S4+S5	S1+S3+S7	special diet	BP, Diabetes, Heart ailments, body pain
Cognitive dysfunction	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes, Kidney stone, Fatty Liver, Heart ailments, body pain
Chikungunya post treatmente	S2+S3		S2+S3	special diet	BP, Diabetes
Dental/ tooth and gums health disorders	S2+S3+S7		S2+S3+S7	special diet	BP, Diabetes, Heart ailments, body pain
Diabetes	S4+S6			dibetes diet	BP, Diabetes
Borderline diabetes	S4+S10		S4+S10	super diet	BP, Angina
Diabetic Neuropathy	S10+S3+S7	S3	S10+S3+S7	super diet	BP, Diabetes, Heart ailments, body pain
Diabetes Type-1/Type-2	S4+S5+S10	S3	S4+S5+S10	super diet	BP, Diabetes, Heart ailments, body pain
Diabetic Retinopathy	S10+S3+S7	S3+S4	S10+S3+S7	super diet	BP, Diabetes, Heart ailments, body pain
Diabetic related ulcer	S10+S3+S7	S4+S5	S10+S3+S7	super diet	BP, Diabetes, Heart ailments, body pain
Disc bulge/teeth and gums disorders	S2+S3+S7	S4+S5	S2+S3+S7	special diet	BP, Diabetes, Heart ailments, body pain
Dysmenorrhea/Bleeding with pain	S1+S7	S1	S1+S7	special diet	BP, Diabetes
Dactylitis	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes, Heart ailments, body pain
Dilated Cardiomyopathy	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes, Heart ailments, body pain
Energy Boost	S1+S4+S5		S1+S4+S5	special diet	BP, Diabetes, Heart ailments, body pain



Name of the disease	Morning	Afternoon	Evening	Miracledrinks Diet	Additional benefits
Erectyle Dysfunction	S1+S3+S7		S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Eye Drying	S1+S4+S5	S3	S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Endometriosis	S1+S3+S7	S3+S4	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Epilepsy	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Ear problems	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Fever	S1+S7		S1+S7	special diet	BP, Diabetes
Fatty Liver/Haemoglobin variation	S6+S4+S5	S3	S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Fibroid Uterus	S1+S3+S7	S3+S4	S1+S3+S7	Super diet	BP, Diabetes , Heart ailments , body pain
Fibromyalgia	S1+S3+S7	S3+S4	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Fissures	S3+S6+S7	S3+S4	S6+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Frozen Shoulder	S2+S3		S2+S3	super diet	BP, Diabetes
General Health	S4+S6		S4+S6	special diet	BP, Diabetes
Gall bladder stone	S1+S4+S5	S3	S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Gastritis	S4+S6		S4+S6	special diet	BP, Diabetes
Glaucoma	S1+S3+S7		S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Gynic Issues	S1+S7	S3	S1+S7	special diet	BP, Diabetes , Heart ailments , body pain
Gangrene	S10+S3+S7	S4+S5	S10+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
Hangovers	S4+S6		S4+S6	special diet	BP, Diabetes
Heart disesases	S1+S3+S7	S3+S4	S1+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
Hepatitis related health	S1+S4+S5		S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Haemoglobin variation	S1+S4+S5	S3	S1+S4+S5	special diet	BP, Diabetes , Heart ailments , body pain
Hidradenitis Suppurativa	S1+S4+S5	S3	S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Herpes	S1+S7		S1+S7	special diet	BP, Diabetes
HIV	S1+S3+S7		S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Infertility Female or Male	S1+S3+S7	S3+S4	S1+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
Immunity Booster	S1+S7			special diet	BP, Diabetes , Heart ailments , body pain
Insomnia	S3+S6		S3+S6	special diet	BP, Diabetes , Gastric problem
Joint Pain	S2+S3		S2+S3	special diet	BP, Diabetes
Jaundice	S1+S4+S5	S3	S1+S4+S5	special diet	BP, Diabetes , Heart ailments , body pain
Kidney Stone	S1+S4+S5		S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Liver cirrhosis & other liver issues	S1+S4+S5	S3	S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain

Name of the disease	Morning	Afternoon	Evening	Miracledrinks Diet	Additional benefits
Liver detox /Cleansing	S1+S4+S5		S1+S4+S5	special diet	BP, Diabetes , Heart ailments , body pain
Lower Ejection Fraction	S1+S3+S7	S3	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Lymph Node Issue	S1+S3+S7	S3	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Migrane	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Mouth wounds	S1+S4+S5	S3	S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Osteoporosis	S2+S3		S2+S3	special diet	BP, Diabetes
Osteoarthritis	S2+S3		S2+S3	special diet	BP, Diabetes
Psoriasis	S1+S4+S5	S3	S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Prevention of liver diseases	S4+S6		S4+S6	special diet	BP, Diabetes , Heart ailments , body pain , Gastric problems
Piles	S3+S6+S7	S4+S5	S6+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
Pimples	S1+S4+S5		S1+S4+S5	special diet	BP, Diabetes , Heart ailments , body pain
Prostrate	S2+S3+S7		S2+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
Protein leakage	S3+S4+S5	S3	S3+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Parkinsons	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Paralysis/Covid side effects/COPD	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Platlet Count Variations	S1+S4+S5	S3	S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Polycystic Kidney	S1+S3+S7	S3+S5	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
PCOD	S1+S7	S3	S1+S7	special diet	BP, Diabetes , Heart ailments , body pain
Pelvic pain	S2+S3		S2+S3	special diet	BP, Diabetes , Heart ailments , body pain
Pancreatitis Acute/Chronic	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Pots diseases	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , body pain
Rheumatoid artheritis	S2+S3		S2+S-3	special diet	BP, Diabetes
skin related issues	S1+S4+S5	S3	S1+S4+S5	special diet	BP, Diabetes , Heart ailments , body pain
Sciatica	S2+S3+S7		S2+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
Sarcoidosis	S1+S4+S5	S3	S1+S4+S5	super diet	BP, Diabetes , Heart ailments , body pain
Skin related disorders	S1+S4+S5	S3	S1+S4+S5	special diet	BP, Diabetes , Heart ailments , body pain
skin Allergy	S1+S4+S5		S1+S4+S5	special diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Sneezing	S1	S5	S7	special diet	BP, Diabetes , Heart ailments , body pain

Name of the disease	Morning	Afternoon	Evening	Miracledrinks Diet	Additional benefits
Stunted growth	S1+S4+S5		S1+S4+S5	special diet	BP, Diabetes , Heart ailments , body pain
Thyroid	S1	S3	S7	special diet	BP, Diabetes , Heart ailments , body pain
Tinnitus	S1+S3+S7	S3+S4	S1+S3+S7	special diet	BP, Diabetes , Heart ailments , body pain
Tesosterone improvement	S7	S3	S1+S7	special diet	BP, Diabetes , Heart ailments , body pain
Tuberculosis	S1+S4+S5		S1+S4+S5	special diet	BP, Diabetes , Heart ailments , body pain
Ulcerative Collitus	S4+S5+S6		S4+S5+S6	special diet	BP, Diabetes , Heart ailments , body pain
Urticaria	S1+S4+S5		S1+S4+S5	special diet	BP, Diabetes , Heart ailments , body pain
Uric Acid	S2		S2	special diet	BP
Vertigo	S1+S3+S7	S3+S4	S1+S3+S7	Superdiet	BP, Diabetes , Heart ailments , body pain
Vessal Diseases /triple vessal	S1+S3+S7	S3+S4	S1+S3+S7	super diet	BP, Diabetes , Kidney stone, Fatty Liver, Heart ailments , body pain
Varicose Veins	S1+S3+S7	S4+S5	S1+S3+S7	Superdiet	BP, Diabetes , Heart ailments , body pain
Weight Loss	S4+S6		S4+S6	special diet	BP, Diabetes
Wheezing	S1+S4+S5	S3	S1+S4+S5	special diet	BP, Diabetes , Heart ailments , body pain
Weakness	S1+S4+S5		S1+S4+S5	special diet	BP, Diabetes , Heart ailments , body pain
Any Incurable Diseases,	S1+S3+S7	S4+S5	S1+S3+S7	super diet	BP, Diabetes , Heart ailments , Body pain



## 8.3 SUPER DIET

This Super Diet is based on naturally occurring ingredients, cleanse the arteries, strengthen the veins and provide the body with the essential nutrients necessary for the proper functioning of the body immune system and cell regeneration.

**Daily routine in Super-Diet: For proper effectiveness of the diet, strict compliance to regime and diet constituents is essential.**

1. Flax diet, twice during the day: In the morning at the time of breakfast, and, in the evening at the time of snacks/ dinner.
2. Raw leached vegetables, twice a day, i.e., afternoon along with the lunch and night along with dinner. Chronic kidney patients should not consume.
3. Neem and Peepal extract-twice daily (if available)
4. Banana stem juice-twice daily (if available)
5. Pre-biotic once, in morning, on an empty stomach
6. In everyday routine food consumption, less than 30% of any type of cereals (if CKD patient rice and wheat only should be consumed) and 60 to 65% of leached leafy vegetables and vegetable preparations should be consumed; this diet will take care of Calcium, Sodium and Fiber requirement of the body as leafy vegetables are having more Calcium and up to 3% of easily digestible protein.5% pulses should be consumed.
7. Good quantity of fish/Mushroom diet prepared without oil and salt with defined herbs is beneficial for cell regeneration in the heart and kidney
8. All the blood parameters will get changed within 3 to 10 days therefore one should taper down Diabetes related medications, similarly other synthetic medications like uric acid, cholesterol related, diuretic related, all multivitamins, sodium, calcium, gastrointestinal related synthetic should be avoid thereby the result effects will be very fast.

### What NOT to eat while following the Super Diet

- a) Oils and Fats should NOT be consumed (except tadka or Vaggarane)
- b) No more than 5 grams of salt should be consumed in a day. (Salt intake should be split into 3 parts and consumed through the day- during - Morning, Afternoon and Night meals)
- c) For people suffering from Heart, Liver problems along with Chronic Kidney Disorders like Edema, not more than 1 liter of water should be consumed per day.
- d) Do NOT drink - (i) Fruit Juices & Aerated Drinks; (ii) Alcoholic Beverages;
- e) Do not eat bread, biscuits, milk products( except curd), mutton.
- f) Pulses: Only Green-gram or Bengal-gram should be consumed. Pulses are usually hard to digest; hence it should only be consumed in limited quantities.
- g) All coarse grains are bad for people suffering from Chronic Kidney Disorders as it contains high levels of potash; consume only rice and wheat, non CKD patients can consume coarse grains. In a meal, restrict the cereal percentage to within 30%of the entire meal.

## 8.4 SPECIAL DIET

Following this Special Diet strictly will help the person achieve desirable results.

### Daily routine in Special-Diet:

- a. Flax diet, twice during the day: In the morning at the time of breakfast, and, in the evening at the time of snacks/ dinner. ( For general health once in a day)
- b. Raw leached vegetables, twice a day, i.e., afternoon along with the lunch and night along with dinner. Chronic kidney patients should not consume. . ( For general health once in a day)
- c. Neem and Peepal extract-twice daily (if available, For general no need)
- d. Banana stem juice-twice daily (if available).
- e. Pre-biotics once, in morning, on an empty stomach ( for general health also)
- f. In everyday routine food consumption, 30 to 40%of any type of cereals and 60 to 65% of leached leafy vegetables and vegetable preparations should be consumed, 5% of pulses and fish, mushroom, chicken; this diet will take care of Calcium, Sodium and Fiber requirement of the body as leafy vegetables are having more Calcium and up to 3% of easily digestible protein.
- g. Good quantity of backed fish/Mushroom with defined herbs , it is beneficial for cell regeneration process.
- h. All the blood parameters will get changed within 3 to 10 days therefore one should taper down Diabetes related medications, similarly other synthetic medications like uric acid, cholesterol related, diuretic related, all multivitamins, sodium, calcium, gastrointestinal related synthetic should be avoid thereby the result effects will be very fast.

### What to avoid in Special Diet

Oils and Fats ,bread and biscuits , milk products except curd and butter milk .  
No more than 5 grams of salt should be consumed in a day.







# miracle drinks

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