

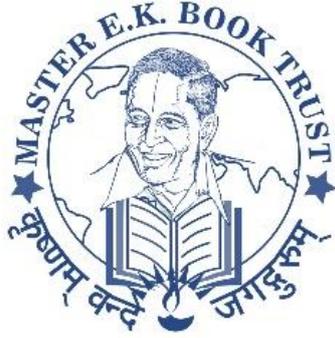
Master E.K.

HYGIENE



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VISAKHAPATNAM – 530051

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THE science needed to preserve the health of the individual and society is hygiene in its true sense. It is not desirable to find the science of health as part of the science of medicine. It is the other way round. Medical science forms a part and preferably the latter part of the science of hygiene. It is so with Ayurveda. It is so with the most modern health science, Homeopathy. A busy allopathic student dwells upon disease and the active ways of hunting a disease. Consequently, hygiene lost its pristine nature in the hands of an average allopath.

Hygiene is one of the beautiful sciences that has become self-sufficient centuries ago. The need for direct contact with nature for a human being has been emphasized as the prime factor to preserve health. Living in places where free and unpolluted air and water are available, where nature is permitted to keep the balance of symbiosis by transferring the refuse and excretion of living beings into the useful substances of nature has been emphasized in order to lead a doctor-free life. It follows from this that we must construct only villages to inhabit though we can have cities for administrative, banking, and commercial purposes. This may appear revolutionary. Yes, a revolution for a

healthy purpose is better than an outrageous anti-social revolution. When a revolution is appreciated to create unrest why not we appreciate the same to create rest and health? It is a clean bluff that man is a product of his environment. Man creates his environment according to his instincts, primitive or otherwise and he likes to live in that environment. The choice may be that of a pig or a swan as to his own choice. Nature never compromises with man since nature is essentially progressive and it wants man also to survive along with other creatures. The science of Hygiene rests upon a clever understanding of one's terms with nature and a skilful way of their execution of his living. Hence it is not only logical but also factual that mankind should resort to the method of inhabiting in villages near the rivers, the mountains, and the forests.

Really nutritious food is another requisite of healthy living. Nutritious food means fresh food, taken fresh from nature. Preserved foods are among the first set of enemies to health. Pickles, dehydrated food, bakery products like biscuits, processed foods, and Vitamins extracted from natural foods are always detrimental to health. Of late, the refrigerators have played much havoc against the health conditions of the poor urbanized beings. The decay of teeth, arthritis, and the

probability of growing cancerous tissue are the results of preserved food in the refrigerator. Nature around us knows the limits of temperature within which our food should be maintained. The warmth of the fresh milk and the vital magnetism of the farm-fresh vegetables are uncompromised requirements to keep good health. You see how the civilized nations lack dental health and hygiene. An average white man loses his teeth, even before he turns twenty-three and is forced to be satisfied with his set of dentures purchased from a dentist. The same is the fate of the westernized Indian. This is mainly due to the wrong use of the refrigerator in his house. With all his knowledge the average citizen does not mind doting on in ice-creams and immediately gulping a cup of hot coffee or any warm dish after that. Each such instance is a nice hammer blow upon his teeth. It is a fact that the fridge does not allow the microbes to survive, but at the same time, it kills us too as we misbehave. Use the refrigerator when a cool drink is needed but do not use it to preserve fruits and vegetables and cooked food. Laziness is a primitive instinct and it may tempt even an educated housewife to cook and preserve for two or three days or even longer for later use in the refrigerator. Laziness is a lame explanation against Nature's law of Health.

Education is no excuse. Execution of the right things is the only compromise with Nature.

Non-vegetarian diet is no doubt strengthier than a vegetarian diet. Unfortunately, it is truer with the animals than with human beings. Even then, the vegetarian animals like the bull and the elephant are standing examples against this argument that non-vegetarian food is strong. There should not be any complex about non-vegetarian food or any superiority about vegetarian food. The champion of vegetarianism needs not to judge himself to be greater, but the fact remains that the vegetarian diet is healthier. The extremist vegetarian from the white race argues objecting consumption of dairy products as they are from animals and treat it as non-vegetarian, hence, should be avoided. But it is not so. The golden rule of Pythagoras about this matter is “Do not kill and eat. The fetish to kill and eat should be conquered by man.” This is true through time and eternity.

Washing the body frequently in running water is a must. Then one may ask: “Is it possible for all the people to live on the river banks?” Yes, it is, if at all one wishes. The engineering skill to build reservoirs and preserve water and the human energy that is being

spent on it (let alone the expenditure of money) is not half worthy of creating a habit action of living along the river banks. The historians and the anthropologists know that the growth of human civilization took place along the main rivers of the globe. It is a privilege to have a daily bath in running water. It is a sure-shot way to lead a doctor-free life.

Literacy and scientific knowledge do not always leave a man educated. We see parents pampering their children by presenting them with a pack of chocolates. Candies, cookies, and sweets in various forms are presented to children and they rejoice savouring them all the time, repeatedly. It leads to the early decay of the teeth. Nowadays, we find many children suffering from bad teeth. Cane sugar taken directly on the tongue too has the same effect. Never feed a child with cane sugar or chocolate to please it. A child trained to eat fruit; drink fruit juices, milk, churned butter-milk, and cream of curds bear the glow of health and sustain their teeth until he grows quite old. A child who is trained to eat raw vegetables, salads of various fresh leaves and refreshments made from vegetables and fruits like cucumber, cabbage, carrot, beetroot, fresh onion, bananas, mangoes, guava, lemon, oranges, and sprouts made from cereals soaked in water, soon

develops a taste towards the habit of eating fresh healthy food and loses interest in sugars, chocolates, and various sweets. He is rewarded with a robust childhood, a doctor free boyhood, with well-developed faculties, a good student life with ever fresh memory, freshness in the strength of thought and imagination. This results in developing willpower and common sense (the traits of a true healthy constitution) and behaves as a perfect gentleman and a law-abiding citizen since his mind is tranquil and never crazy. He discharges his responsibilities very actively as a middle-aged man, a house-holder, and a family man. He is never busy in his mind though physically active. Taste is, after all, nothing more than a habit. The Habit once cultivated becomes a taste when it becomes true with the person. Taste saves or kills a man, working in him as a part of himself. Taste for cane sugar, cookies, chocolates, candies and sweets, beverages like coffee and tea kill a person by slow degrees.

Some people show a craving for these things, sometimes, an irresistible craving. In the case of a child, the parents attribute it to his childish behaviour though they too have the same craving. If a child craves sugar the mother kisses him very fondly and says, "You, Naughty boy", and she makes a delicious present of

either a chocolate or a spoonful of sugar and the boy feels rewarded. Understand that the child is already a patient when he craves sugar. He bears the seed of a disease that is going to germinate into its own tree as the child grows into a man. You are expected to cut the root of the disease by scorching its seed in the child so that it ceases to germinate. Give him a few doses of the required medicine in the minimum dose and at longer intervals. Soon the child stops to crave for sugar and begins to long for fruits, milk, and fresh vegetables. Now you can be sure that the seed of his future disease is scorched. The whole process may take one or two years, but it does not matter.

If any branch of medical science denies the fact that the abnormal craving of a child for unhealthy food is due to a disease that is congenital, do not respect that branch of medical science. If any doctor assures you that the child teases the mother for sugar and since it is natural with a child, you at once be sure that the doctor is a fool. You can respect him, but you have no business to respect his advice and suggestion. This is all in the interest of your child's future. Nature's laws are as true with a man as with a child. Abnormal cravings are found with the aged man, with the philosopher, with the

politician, with the V.I.P, with the officer along with his clerk and servant, with the businessman, with the bloated autocrat and the rich man as much as with the child. As long as the person is the patient of a silent congenital disease, he craves sugar or sweets. He shows a disinclination for fresh foods. He wants to eat chocolates instead of bananas, pickles instead of fresh mangoes and lemons, deep- fried papads instead of fresh cereals. He cannot avoid this by studying the Bhagavad-Gita, Advaita or the Sermon on the Mount. He cannot avoid it even by being elected as a minister or a president. He cannot avoid it and threaten his congenital disease even with the red robe of a Sanyasi. He continues to gulp large quantities of sugar in his own convenient way. The child demands it openly while the grownups swallow it within his own chambers. Homeopathy teaches us that his disease is most probably known as 'ARGENTUM NITRICUM' since he can be cured and left healthy with the medicine of that name. A few doses of Argentum Nitricum in a sufficiently high dilution at probable intervals of three or four months each will cure him and leave him free that he may not be a patient of sugar complaint, the decay of teeth, amoebic dysentery, colic,

nervousness, timidity, fear, suspicion, and a taste to bluff. You can question, “Is bluffing due to disease?” The answer is, Yes. Any abnormality of behaviour is a sure index of a silent disease creeping in the patient, waiting to pounce on him, escaping the scrupulous eye of the many-headed clinical examination. Here in, Homeopathy comes to our aid and no other system of medicine, (except Ayurveda), saves you at this stage. Resist the craving for sugar and chocolate by your will and cure the craving by your drug in homeopathy.

The Urge is a biological phenomenon and it is of two types. It is the physical urge and mental urge. Physical urge belongs to the physiological activity of the constitution and it includes the urge to pass stool, urine, and urge to sneeze and to cough, and the release of gases either from the mouth or through the rectum. The Mental urge has no physiological basis, and hence it is not true. It is of a psychological basis which can be called ‘The mental itch’. It includes the urge to inquire, to peep-in to know what others eat, drink, talk to themselves, how others earn and how a couple spend their private hours, a prey to know others’ opinions about him, the opinion of the one about the other and how the prime minister reacts in the parliament and the

whole news. Every morning you find someone restless, scratching their heads and even all over their body as he could not yet find the morning newspaper. If you question him, “why are you on pins and needles to read the newspaper?” He says, “To know! Just simply to know. Anyways what can anyone do without knowing the daily news?” On further probing, what would he do if the prime minister has taken a decision on excusing someone or so and so news, and what difference that would make and how would it affect this fellow, he would answer, “nothing! Simply to know what’s going on around.” Of course, it is always good to know the news, but, it is worthless to grow restless before the newspaper is received. One should understand that, it is a disease licking the lips even before the dinner is served. To start to eat before the plate is fully served is a beastly instinct hence, it is a disease. Such are the examples of the mental urges. “The Mental Itch”, is known by a technical term called ‘Psora’ the king of all diseases, in homeopathic language.

Now, after knowing that there is physical urge which is biological and mental urge which is psychological, we have a golden rule to follow. The rule is: “Never control a physical urge, never allow a mental urge uncontrolled”. The encounter is the other way round

with the modern busy citizen. He makes a hobby, a constant hobby of his mental urge and there by grows crazy. Many times he controls his physical urge since he is too busy with other things to attend. Indian city life includes no specific places of public convenience (rest rooms) and hence the modern citizen who goes about the streets, running after a job or a wife who walks with his bags full ignoring the urge. He bears not only the kilograms of his physique but also the weight of waste that he is supposed to throw out at regular intervals. He is too busy to part with this valuable luggage (excreted). At the same time, he gives a full vent to his curiosity and mental itch. He is so inquisitive to learn about other people's thought, which is an uncontrollable urge, since he is too sharp and keen about the exhibits of his environments.

Tradition warns sneezing as a bad omen before stepping out of the house. Sneezing is to be suppressed somehow by crushing the nose when anyone starts on a journey. Modern etiquette demands that one should not cough when in company of others. One should not fart or belch in public. Everything should be shunted back since it is good manners. What a hell? If life means misery, why should a man live? It is ill-health of the highest degree that is the result of such misbehavior. It

is a worse crime to default with the inner government of our body than to default with the traffic rules and the penal code. To control physical urge is to convert the physical body into a junk of refuse within a short time. The pulsations of the body show us how life lives in us. The heartbeat and the respiration are the very pulsations of the song of life. They are the first to be disturbed by every attempt when the physical urge is curbed. Hiccough is a real adjustment and readjustment of the vital pulsations whenever there is something serious happening in the body. Verily a hiccough is a pickup of the human engine from a vital lapse. There are examples of people who died by controlling, or curbing the hiccough, yawning or sneezing for the sake of the company. What a costly sacrifice for the company! The human engine is given to us not to please others but to serve others. It always draws one nearer the grave whenever he curbs a physical urge. When the excretes are put up with, there is the entrance of the mind into the kingdom of toxics, the promised land of diseases. One who can put up with the gases of his overdue urine develops mental affinity to his ammonia and urea. Mental affinity with toxic matter makes human psychology a pig of the gutter. Yes! The pig is the king of his environment. It takes pride in bathing in the gutter and looks with his regal eyes. Such

is the regality of those who control their nature calls for the sake of their busy routine. Hygiene warns us from doing so.

Every minute and every second, do you know that the very atoms of your constitution are working hard faithfully to make you survive? They adjust your existence to the environment as you go on changing the surroundings. It is your duty to give scope, time, and opportunity to your vital forces to make the necessary adjustments, in terms of the pairs of opposites. When you enter a warm room from a cold weather outside, the millions of atoms in you make the cells of your body expand due to the increasing temperature of the room. Thereby they prevent your body from breaking into pieces. Once again, when you leave your warm kitchen and come out into the cold weather of winter, the adjustment in body temperature is once again made. Every adjustment requires some time-gap without which there will be an inevitable jerk to the vital force and an inevitable shock received by the constitution. See how nature gives time to adjust. Winter and summer bear the opposites of temperature but how wonderful it is to observe that winter gradually fades into summer in an imperceptible fashion giving time to the creatures to get adjusted. The same is the case when

summer merges into the rainy season and the cloudy weather merges into the chill of winter. The merging of the day into the night and the night into the day itself is an eternal novelty. Learn from this the underlying principle of hygiene - the keynote of adjustment. Whenever you prefer to take a hot bath in winter or cold bath in summer you are violating this, and you are sure to receive the impact of the jerk in terms of your resistance. Whenever you prefer to live in A/C room and come out of it into the atmosphere of heat, be sure you receive a jerk and stand answerable to yourself in terms of health. Public opinion, physical comfort and cultivated taste stand against this principle of hygiene but remember that nature has no respect for such things. The general resistance of the constitution goes down in all the cases where air-coolers and heat-regulators are used for a healthy person to inhabit.

Here is another example of a jerk. Whenever you enter a dark room from the bright sunlight of the day you must use your hands and feet as your eyes for few moments. You must grope in the dark before your eyes get adjusted to the dim light of the room. It takes some time for your pupil to get dilated when you enter darkness. The same thing takes place when you come out of the dark room into the bright sun. Every time your

eyes suffer receiving a rude shock and in course of time, the eyes have the impact of the misbehavior. The one who enters the cinema theatre for a matinee show during the hot sun sees nothing before his eyes for a few moments. The theatre is an ode to darkness and blindness before the Milton can find his chair in the theatre. Worse will be the case for those who sleep in the day and open their eyes into the summer sun of the afternoon. This may be the reason why the ancients prescribed early to rise before the sun rises and not to sleep during the day. It may be a bit unpalatable, but it is true. It is more than desirable that you should give time to your eyes before the pupils get adjusted to the intensity of light before you. Perhaps, the business of the ophthalmic may suffer a loss, by following this hygienic principle. The ophthalmologist may have a grievance, but he can enjoy better leisure.

Do you know that your constitution does not permit you to read soon after you eat? Your blood supply is busy with the alimentary canal soon after your eating. Then you have no right to force it into the head to read and strenuously understand a book. What all you are required to do after a square meal is to walk and to conduct a lively conversation. Remember that many times the English man is correct when he says, "After

dinner talk a while after supper walk a mile.” Sometimes the modern doctor advises us to take a nap after lunch. With due respect to his advancement in science, he is wrong. Do not listen to him if you want to listen to the legitimate needs of your health. If you feel like taking a nap after lunch or supper or if you feel it difficult to walk it means that you have transgressed the boundaries of your belly in filling it. “Find out if your belly does not bloat, feel heavy, uncomfortable; find out if you are free to talk, walk, laugh and cough freely after a square meal - says the scripture of Ayurveda. Better to eat a little less than to eat a little more. May your diet be selective in being more qualitative than quantitative. Then you can run after lunch, if you must catch a bus. Let there be not many situations for you to pant, fret or to sweat when you run after a feed.

One of the rare gifts the white race brought to India is “Eichhornia”. It is the water plant that floats on ponds and pools. There was a time when there was no Eichhornia present in India. One white man, an officer fancied bringing it with him and had it in his pond in the city of Calcutta. The plant, which is otherwise known as water Hyacinth, knows no death. It goes on multiplying enormously and now we find it everywhere, in more than 80% of the ponds, pools, tanks and stagnant

waters in India. Weed it out and burn it after it is dried. The ash contains cysts which germinate and multiply. How to get rid of it would be one of the main objectives of the government some day or other. Some day or other, the crisis would be met with and the Indian will have a life and death struggle with this biological intrusion.

Wherever it is, the weed forms a hospitable harbor for the malarial parasite along with its twin brother, the Filarial parasite. The mosquito infected by these parasites works as a canvassing agent among human beings. Thus, the mosquito works as foreign machinery to infect the blood of humans while it is paid in the form of blood-sucking. Statistics prove that malaria and filaria increased in numbers during the past three decades in India. We see the increase in several swollen legs to put up life-long with. The poorer sections of our country bathe in and drink from these ponds and get infected. Of course, the rich are no exception since the mosquito keeps equality. Muddy waters with all sorts of mass, stagnate around the village and in the middle of the city where slums prevail, and the result is that no one can sleep without a fan, a mosquito - curtain or a mosquito-repellent. Sleeping in fresh air has become an

impossibility and the health index of the country has fallen day by day.

Added to this, we find the gigantic plants producing chemicals, fertilizers etc.; around which the water is polluted to the worst degree. It is one of the common observations of our homeopathic dispensaries that the same type of skin troubles and the same type of kidney troubles, liver troubles and hysterical troubles come in groups from among the workers of the chemical industrial plants and the slum areas nearby. We find mountains of Sulphur dust, iron dust and scrape rust lying amidst the habitable areas. They prove the attitude that commerce is more important than human life and health. Until some solution for this is worked out conscientiously we can say that any development of health science remains in the book only as the Sermon on the Mount.

One day I questioned an Indian Ambassador in Switzerland, “when will it possible to keep India clean just like the other countries?” With a painful smile, the ambassador answered, “It is not possible. It is because, the reason is not poverty. The reason is that though our country is rich in its resources our people are much richer in laziness and bad taste. The tragedy is that our

people are satisfied with the present conditions. Hence there is no solution. It is the case with the rich and the poor, with the educated and the uneducated. Everyone in India wants to throw his dust in other people's compounds. Refuses to store under his own floor. It is enough for an Indian if the refuse is just out of his sight."

Hygiene lies not in water, air, and gutter. Hygiene lies not in food, house, and environment. It lies in the human being as his own taste and choice. Surroundings do not become filthy of themselves. It is the man who does it. In fact, nature has many measures to burn away filth through the sunshine, to wash away through rain and river and to decompose through the active chemical changes of the earth and atmosphere. Only when a man keeps his speed above that of nature he can become filthy. It is really a success of man against nature. Hence man can afford to become sick and take the aid of a doctor often.

Nowadays the doctor is ready to kill any disease you have. He finds neither time nor inclination to advise you about something which prevents any disease from attacking you. 'Prevention is better than cure' is one of the noble English proverbs and it is being buried deeper and deeper until you forget about it. If you have a fever,

the doctor has a medicine, why! For that matter, many medicines, to use at a time. If you have a cold, there is medicine. If you are constipated, you find advertisements for medicines that cure you. If you have a headache, you have medicines even in the non-medical bunks and shops over the counter. The violence of the advertisement pushes you to purchase and use it long before you get a headache. Since space has become a scarcity in the space-age, you find the advertisements for the many medicines even on the post card. You are expected to purchase the medicine along with the post card and use it before you complete writing the letter. If you fail, it amounts to in subordination of public opinion and contempt of medical ethics. "A Cure is far better than prevention" must be the proverb of the future. Then only it can cater to the commercial needs of the medicinal racket.

But we come to face the truth about the matter in all sincerity. The body receives foods and reacts to medicines. That which is not received by the metabolism is termed a drug in its scientific sense. It should be used only to induce a reaction in your constitution enough to throw out the existing disease. Prevention should not be worked out with medicine. Remember always that medicine is a foreign substance

introduced into your constitution. The more medicines you use the more is the enfeeblement produced. Nature has endowed you with a lot of resistance and medicine used when not needed is an enemy to your resistance. Whenever you are sick you try to adjust in terms of food, drink, sleep and rest. See how the constitution restores itself to health wonderfully in no time. The more you use medicines the more you get addicted to medication and the doctor. The more you get addicted the less will be the resistance left in you against diseases. It takes a longer time for the constitution to get restored if you dump medicines frequently. This is the greatest truth that can be remembered in terms of hygiene.

The discovery of new medicines proves not the success but the defeat of mankind in the hands of diseases. It is a common observation that the discovery of every new medicine is landing humanity into the origin of new diseases. No sensible medical student can deny this. During the past two decades, we have a fund of new diseases which were not there previously. Yet the medical mind has not the guts to face the fact and investigate about the causes. The cause is nothing but over medication. Worse still we find the evil genius of the modern medical mind tampering with the natural phenomena of the constitution. We find many

professional charlatans of doctors prescribing drugs to prepone or postpone the menstrual cycle. There is no worse crime in the history of law. Poor innocent young ladies from rich families follow the advice of the evil genius and rush into the bottomless pit of their future ill-health. Remember that when once you tamper with menstrual cycle through medication you will lose your health for life. You will never be a healthy lady as before. No doctor can come to your rescue once you have defaulted. The hormones in your body are seriously disturbed by the dirty hormones supplied in the form of drugs. When once the hormones are disturbed nothing is predictable about your future health, whether mental or physical. The medical men know this truly well but some of them are unscrupulous and merciless to help the pharmaceuticals at the cost of their clients. If you want to make the pharmaceuticals continue to produce such dangerous drugs, there is only one way. Take the advice of the doctor because he must live. Purchase the medicine because the pharmacy must live. Throw it away because you must live.

The same is the case with “the pill”. Each “pill” aimed at birth control is a premortem-bullet aimed at you, the would-have been mother. If you want to be saved from such a bullet you can allow the child to be

born and then kill him. We do not argue that this is good, but we affirm that this is better than using “the pill”. Hinduism believes that the Lord comes down to earth whenever Law and Justice is at stake. The new treatment assures the return of the lord on a white horse with a drawn a sword. We wish he comes down soon to destroy such medicines and save the individuals.