

OIL-PULLING: THE BEST CURE FOR MANY BACTERIAL, VIRAL AND FUNGAL INFECTIONS, MANY BODY DISORDERS AND PROVIDES STRONG IMMUNE SYSTEM

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ABSTRACT

An attempt has been made to study the effect of gargling of naturally prepared oil (oil-pulling) on the immune system and also on the various pathogens causing a spectrum of viral, bacterial and fungal infections. The result of the study reveals the fact that the course of oil pulling with prepared oil is providing not only extraordinary immunity but also expels most of the viral, bacterial and other infections present in the body sequentially. In fact all the wings of medical sciences do not know the word cure but oil pulling is the perfect treatment for many viral, bacterial and other pathogenic infections. During the process it expels out all pathogens causing wide-range of opportunistic infections with their symptomatic signs in the normal persons as well as HIV positive people. It is also the perfect treatment for curing the hormonal imbalance mainly in the ladies. It is the best treatment for anemia and other blood born diseases.

KEY WORDS: oil-pulling, Herpes virus, Hepatitis virus, Bacteria, Fungus, Hormones, Anemia,

INTRODUCTION

The process of gargling of approximately 5 to 7 ml of oil for a period of 25 to 40min is familiarly known as Oil pulling. Though the process of gargling with extracts of medicinal plants, spices, oil, milk, honey, hot water, ghee etc. are well known from long ago as "*Kavalagraham*" and "*Gundushadharanam*" to the Ayurvedic medicine but the exact relief of each one was not systematically studied. Oil pulling has been used extensively as a traditional Indian folk remedy without any scientific proof for many years for strengthening teeth, gums and jaws to prevent decay, oral malodor, bleeding gums, dryness of throat

and cracked lips. In the present study an attempt has been made to study the effect of oil pulling using the prepared oil on classical sexually transmitted diseases (**venereal** diseases) like *syphilis*, *gonorrhoea*, *genital herpes* and other bacterial, viral, fungal infections and also some changes in biochemical activity in the human body. The author personally observed that, even trace levels of unwanted bacteria and virus present in the body even in asymptomatic carrier state become very active and exhibits their characteristic features for maximum a week or two after that all the characteristic features of the concern pathogens certainly

disappear and the pathogens of the corresponding infection concern are completely expelled out from the body due to Oil pulling with the prepared oil.

1) EFFECT OF OIL PULLING ON CLASSICAL SEXUALLY TRANSMITTED DISEASES (STD):

The important classical sexually transmitted diseases are mainly people are suffering from Gonorrhoea, Syphilis and Genital Herpes etc. All classical sexually transmitted diseases have remedy in all branches of medical sciences but no cure is available. Primarily these infections are identified with VDRL test. If the blood sample of a person is completely non-reactive at all dilutions and his blood sample is crystal clear and not at all reactive even in 1:2 dilution then only the person is identified as free from classical sexually transmitted diseases. If the blood samples are reactive in any dilution even in 1:2 dilutions then the incident is not free from classical transmitted diseases and incident is suffering with traces of bacteria pertaining to the *syphilis, gonorrhoea, etc* in the asymptomatic carrier state. Most of the such persons are suffering with periodic ulceration due to genital herpes virus infection. Some of them completed the prescribed course three to five times due to frequently reappearing ulceration of herpes virus. Irrespective of the quantum of antibiotics consumed by the subjects their VDRL status remained in the same level and the current medical science considered such reaction (1:2 or 1:4 dilution) as 'non specific' or 'false positive'. But it was proved to be absolutely false. In such incidents the bacteria *treponema palladium or*

Gonorrhoea was present in asymptomatic state and developed the resistance for all antibiotics. It was observed in all the subjects under study that the symptomatic characters of syphilis (formation of lesions on Sexual organs) and gonorrhoea (Swelling and discharge of pus cells) have been usually appeared between the twenty to forty days of their course of oil-pulling and It is surprising that during this period also their VDRL status remained as it was until all symptomatic features are disappeared. As soon as all symptomatic characters are disappeared, the blood samples of the subjects are found to be microscopically clear and are non reactive in any dilution of the VDRL test, The periodic ulceration, which is the characteristic property of the herpes simplex virus was not observed in any subjects with in the observation period of time of 20 years. Then it was better to conclude that the subject were perfectly free from classical transmitted diseases. Generally many of the women are suffering with vaginal infections such as bacterial and fungal infections. Many of them are suffering with unpleasant smell from vaginal secretions, due to fungal infections. All such infections and also all urinary tract infections are completely cured. Hence absolutely there was no chance of the development of any vaginal cancers. The same phenomenon was observed in the incidents suffering with AIDS- related complex and also incidents suffering with diabetics. The results of above studies clearly reveal the fact that even the micro levels of bacteria, virus and fungus present in the body in asymptomatic carrier state are aggressive

and exposed out with their symptomatic signs during their expulsion from body. This is possible, only when there exists an entirely unpleasant atmosphere in the body for the survival of bacteria, virus and fungus or the entire immune system of the body should be activated and function most effectively due to oil-pulling.

It was observed that the women suffering with residual infection of classical sexual diseases are suffering with white discharge which later in due course of time turns into uterine cancer but in such cases the white discharge is increased initially and then slowly reduced. After that no such discharge was observed.

NOTE :- It is highly recommended that the person having sexual contact with multiple sex partners compulsory should take the course of oil-pulling at least two months before marriage to expel unidentified residual bacteria or virus or fungus if any present to avoid post marriage complications.

2) HEPATITIS VIRAL INFECTIONS – JAUNDICE – OIL PULLING

Jaundice is a life threatening disease due to the hepatitis viral infection in the liver and classified as hepatitis - A, B, C, D, E and F types, but the most commonly observed virus are hepatitis – B and C. All the Wings of medical sciences are providing the best remedy for jaundice but in India most of the people using country medicine or Ayurvedic medicines. It is interesting that it may be treated with any kind of medicines but the traces of virus is present in the liver in asymptomatic carrier state even for the period of fifteen to twenty years (observed). If the oil pulling is started by

such incidents with in a month or two they experience the characteristic symptoms of jaundice like fever, yellowish urination and yellow colour of eyes etc. but all these characteristic features are disappeared with in a week. Later such people enjoy entirely different metabolic system especially in digestive system. The result shows that the virus present in asymptomatic state experienced unpleasant environment for its survival in the body hence virus become aggressive and exposed out with its characteristic features and goes out. It is the general mechanism observed in all most all pathogens under study. So cent percent cure of jaundice is possible only with oil-pulling.

NOTE: - It is highly recommended that any person who suffered with jaundice once or twice in his life time should take the course of oil-pulling for the period of two to three months for complete expulsion of virus and for the complete protection of the liver.

3) OIL – PULLING INTESTINAL ULCERS

Ulcers can be caused by Infection with a type of bacteria called Helicobacter pylori (H. pylori). Excess acid production from gastrinomas, tumors of the acid producing cells of the stomach that increases acid output causes ulcers in the stomach and small intestine, but they are nonetheless common in our society: About one out of every 10 Americans will suffer from the burning, gnawing abdominal pain of a peptic (or gastric) ulcer at some point in life. Peptic ulcers are holes or breaks in the protective lining of the duodenum (the upper part of the small intestine) or the stomach -- areas that come into contact

with stomach acids and enzymes. Duodenal ulcers are more common than stomach ulcers.

All these Intestine ulcers irrespective of their cause are cent percent cured with oil pulling. During the first or second month of oil pulling the people suffering with the ulcer will experience sever stomach pain for a period of one week or ten days. Later the pain is completely disappeared with in three to four days which is the end of ulcer symptoms. During the period of severe pain the sufferers can use smooth mild pain killers. Once that pain was relieved after that, even tracers of the symptoms of ulcer was not observed even by taking chilly rich foods and patients were completely free from ulcer.

4) VIRAL-BACTERIAL FEVERS: OIL – PULLING

In general in the most of the cases fever is due to many viral or bacterial infections. All these infections have remedies in all wings of medical sciences but most of the time no perfect cure is available. If a person is suffered with fever due to viral or bacterial infections in his life time then the entire virus and bacteria of the corresponding fever are exposed one by one with their characteristic features and finally the bacteria Salmonella enterica subsp. Enterica corresponding to typhoid fever exposed out. With that all the virus and bacteria corresponding to fever and also the virus corresponding to the chicken pox are completely expelled out from the body.

5) MENSTRUAL PERIOD – HORMONAL BALANCE: OIL-PULLING

During the period of oil pulling, among the many effects observed one of the striking effects is the regularization of menstrual disorders in young women. The process of regularization of menstrual periods is of two types depending on the initial condition of the subject. In the case of women having menstrual period greater than 30 days and lesser than 60 days, the menses was not observed for first 60-80 days of the course but once menses appeared there was a sequence of two to three menstrual periods with the time gap of 15 to 20 days with relatively over bleeding for four to five days. Later the successive period appeared between 30-45 days and then slowly comes down to 29-30 days with normal bleeding for three days. In the case of the women without menstrual periods for more than three months or none without medical aid, the first menses was observed with in 15 - 25 days and the successive one or two periods around 30 days later it also followed the same pattern as described in the first case. Ultimately in both the cases the menstrual periods were perfectly regularized and the pains, obesity and mental depressions were completely disappeared. It is a miracle that the processes of Oil pulling do not affect the menstrual periods in the women having regular periods with the interval of 29-30 days but if there is any abnormality in the nature of bleeding or pain it would be relieved permanently. It is strong evidence for the regularization of hormonal system of the body. In the case of menopausal women having menses once in 6 to 8 months it comes down to perfectly normal stage of 30 days and then completely disappeared and they were mentaliy sound

and no mental depression was observed in any candidate. Mental depression was almost nullified in the women at all ages particularly the women at menopause period.

6) EFFECT OF OIL PULLING ON ASTHMA, SINUSITIS AND OTHER RESPIRATORY PROBLEMS:

The course of Oil pulling is found to be the best known remedy for Asthma, sinusitis and other respiratory diseases. It will squeeze out all the symptoms of Asthma and Sinusitis even present in asymptomatic carrier state. The complete removal of the symptoms requires a course of 3 to 4 years. After the period of six months of the course practically none can find any major respiratory problem and it is independent of nature and type of asthma or sinusitis etc. In the case of asthma there will be discharge of pus through nose for three or four times during the four years. After that absolutely no common signs and symptoms of asthma will be there like worse coughing at night or early in the morning, making it hard to sleep, wheezing which is a whistling or squeaky sound that occurs when they breathe, chest tightness like something is squeezing or sitting on the chest etc.; But it is not an absolute cure but best remedy than others and the course of oil pulling should continue in every winter generally from September to January

Sinusitis is caused by a variety of bacteria such as streptococci, staphylococci, pneumococci and Haemophilus influenzae viruses such as the influenza and the parainfluenza virus and less commonly by fungi such as aspergillus. Sinusitis often begins after an acute respiratory infection,

Patients with sinusitis usually presents with malaise, mild fever and headache, and nasal discharge. The area of the face over the inflamed sinus may even appear swollen in some cases. Maxillary sinusitis may cause pain in the maxillary area of the face. Irrespective to the cause of sinusitis its characteristic features are exposed out but it is very slow process and one can not predict the time and period of expulsion which is different from person to person. It is the best remedy for sinusitis and other respiratory problems compared to other treatments.

7) ANEMIA: OIL- PULLING

Anemia is a condition that develops when your blood lacks enough healthy red blood cells or hemoglobin. It is the most common blood condition in the U.S. It affects about 3.5 million Americans. Hemoglobin is a main part of red blood cells and binds oxygen. If you have too few or abnormal red blood cells, or your hemoglobin is abnormal or low, the cells in your body will not get enough oxygen. Symptoms of anemia -- like fatigue -- occur because organs aren't getting what they need to function properly.

The course of oil pulling is the best known treatment for anemia in the people suffering with general anemia, AIDs and kidney failure dialysis. In any person irrespective of their initial count of red blood cells and haemoglobin finally their value settled around 5.3million RBC count and around 12 to 14 mg of haemoglobin.

NOTE: The oil pulling is strongly recommended for anemic, AIDs and kidney patents to maintain haemoglobin

and RBC level and it is the only permanent solution for anemia.

8) OIL-PULLING: AIDS RELATED COMPLEX

AIDS, the Acquired Immuno Deficiency Syndrome is a fatal illness caused by a retrovirus known as Human Immunodeficiency Virus (HIV-1 or HIV-2) which breaks down body's immune system, leaving the Victim vulnerable to a host of life threatening opportunistic infections, neurological and other disorders. The most commonly observed signs are (1) unexplained chronic diarrhea (2) prolonged fever (3) weight loss and change of colour and complexion (4) Persistent cough (5) Generalized local pains and burning sensation due to herpes Zoster Viral Infection (6) Kaposi Sarcoma (7) Cryptococcus Meningitis (8) Pruritic Dermatitis (9) Oropharyngeal Candidiasis (10) Tuberculosis (11) Pneumonia etc. All of these viral, bacterial, fungal and protozoal infections are completely disappeared in the sincere incidents with in 120 to 180 days of the course. All the pathogens causing major and minor signs are completely exposed out with their characteristic features during the course and all symptomatic signs completely disappear with in 15 to 30 days of their appearance. It was observed in almost all the cases the major signs like diarrhoea, chronic fever, shingles, Kaposi sarcoma are completely cured and the subjects regained their original colour and complexion within 60 days of the course. The subjects gradually regained their weight and reached their original weight within in 150 days. It was also observed that the female subjects who lost the

periodicity in the menstrual periods were also reinstated. It was confidently clear that on successful completion of the one year course none of the subject of ARC reported any ill health including cold and cough and are living with sound health.

IMPORTANT NOTE FOR PEOPLE SUFFERING WITH AIDS:

a) The people suffering with HIV should start oil pulling as soon as they identified as HIV positive so that no opportunistic infections should attack the body and never have they reached to the state of AIDS.

b) If any person is suffering with life threatening infections like tuberculosis he should avoid the course of oil pulling under very serious condition of infection. But one can take the course after reducing the infection with allopathic treatment since during their expulsion they are very active and may leads to death.

9) OIL PULLING: CHANGES IN BLOOD CELLS COUNT IN THE PEOPLE SUFFERING WITH AIDS

The study of the blood cells count was carried out only in the people suffering with AIDS - related complex. Periodically the blood samples were collected from the sincere and regular subjects suffering from AIDS - related complex and tested in well equipped laboratories. The reports revealed the amazing facts. In almost all the subjects understudy, it was found that all the blood cells pertaining the immunity are wavering twice or thrice between certain minimum and maximum amplitude during the course and finally settled at ideal composition. It is more meaningful to term this phenomenon as 'stabilization'.

i) Absolute Lymphocyte Count (ALC):

Lymphocytes are the specialized group of white blood cells mainly responsible for the immunity. The suffering of the subjects with AIDS - related complex is mainly due to the depletion of the lymphocytes. The examination of the blood Reports reveals the fact that the first interactive blood cells due to Oil-pulling are the Lymphocytes. The growth of 500-1000 cell/cmm in Absolute Lymphocyte Count was noticed with in first 20 - 30 days of the course and the growth was not stable and falls off to level of 1800 - 1900 cells/cmm with in next fifteen days. After completion of this cycle the incidents gained their original colour and complexion gradually gaining their weight and were mainly free from major signs of AIDS like fever, chronic diarrhea, localized pain and burning sensation due to herpes zoster, etc. It has been observed in many subjects that Pruritic dermatitis is exposing out at this stage and its symptomatic sings are completely disappeared with in 20 days. It is assumed that the growth in the absolute lymphocyte count is perhaps due to growth of CD₄⁺ Cells in the initial stage and rapid fall in the later stage may be due to expulsion of CD₈ suppressor cells, but it is only expectation and requires clinical conformation. If it was not true the subjects may have not regained their original colour and complexion and weight of the body. The absolute lymphocyte count is usually wavering twice or thrice and finally settled at 2000-2700 cells/cmm. It is interesting that the growth and fall of Absolute Lymphocyte Count is totally independent of the total white blood

cell count in the subjects suffering with ARC.

ii) Total White Blood Cell Count (TWBC):

Irrespective of initial TWBC count in all the subjects understudy (Observed range 5000 – 21000 cells/cmm) the TWBC count was brought to the lowest level 5000 cells/cmm and then wavered between 5000 – 7500 cells / cmm level twice or thrice and finally settled in the range of 7000 – 8000 cells/cmm. The range 7000 – 8500 cells/cmm is supposed to be the ideal level of TWBC in the healthy subjects. The results of these studies have given the hope that it may be the excellent remedy for leukemia but that may be confirm through more scientificpractical studies. It is only expectation.

iii) Nuetrophils and Eosinophils:

The level of Nuetrophils and Eosinophils are measured on the percentage basis but not on absolute count, hence it is not wise to draw any conclusion based on the percentage. It was identified in all cases that the percentage of Nuetrophils finally settles in the range of 56-60% and that of the Eosinophils around 5%.

IV) Total Red-Blood Cell Count (TRBC) and Haemoglobin:

In patients suffering with AIDs the TRBC count also vibrated once or twice with in the margin of 0.5-1.0 million cells/cmm. Irrespective of its initial level the TRBC count finally stabilised around 5.3 millions cells/cmm. Similar trend was observed in haemoglobin which is settled in the range of 11.5-13 mg (80-88%).

V) Erythrocyte Sedimentation Rate (ESR).

The subjects suffering with AIDS - related complex generally had ESR above 40mm/1st hour. It wavered twice or thrice depending on the opportunistic infections of the subjects. The mode or the extent of wavering is differing from subject to subject and difficult to adjudicate. But it was found that ultimately the ESR falls to 20mm/1st hour and then slowly decreases to below 10mm/1st hour. During this period all blood cells TWBC, TRBC, Haemoglobin, etc are slowly increasing and finally settle at their ideal composition.

10) EXPECTED MECHANISM

Based on my experience and observations I am expecting the probable mechanism for the multifarious function of oil-pulling as, the components present in the oil are reacting with some compounds present in saliva during gargling, forming some new compound which may be transmitted into the blood through the soft and active cells present in the mouth and Tongue. This compound alone may not interact with all organs and pathogens but it may activate one of the important organ like hypothalamus, pituitary glands etc which controls the entire bio-chemical activity of the body. This organ may activate all other organs so as a result the body becomes active. It seems to be the activity of the organs oscillating once or twice between certain minimum and maximum amplitude and finally reaching to the ideal level.

During this change the body is gaining a powerful natural immunity that cannot permit the survival of any pathogen. It is also true in the case of subjects suffering with AIDS - related complex as evidenced

by the expulsion of trace level of pathogens causing syphilis, gonorrhoea, genital herpes, hepatitis, herpes zoster, Oropharyngeal candidiasis, Kaposi Sarcoma etc. The efficient functioning of digestive system clearly indicates that the micro organisms required for the functioning of the body are not affected and no side effects were observed in any subject. The author and his wife are taking the course from TWO decade. It is absolutely true that any HIV infected fellow taking course of oil pulling never be a host of any opportunistic infections and never reach the state of AIDs.

CONCLUSIONS

Daily Habit of Oil Pulling is very good for maintaining of good health and strong immunity. During the course of oil pulling if any pathogen attack and enters into the body the characteristic features of concerned pathogen are exposed out with in three or four days and all features are disappeared mostly with in a week. That indicates complete cure of the concerned infection.

During my studies on AIDs patents it was found that in the eight couples one of partner was HIV positive another one was HIV negative even though they had very good sexual relationship. It was identified during pregnancy. It is very strong evidence that HIV is a weak virus and the people having strong immunity will have strong resistance for HIV attract. Such kind of strong immunity can be acquired only with oil pulling and no other substitute is known to mankind so far.

In general the immunity of the body is collapsed in the patents suffering with

AIDs and diabetics. Many of the diabetic patents are loosing their organs due to incurable infections wounds or lesions but oil pulling provide strong immunity and perfect cure for such infections just like a healthy person.

Daily oil pulling is the best known remedy for the patents suffering with asthma and sinusitis.

The daily habit of oil pulling provides very strong immunity and no part of the body is infected with any kind of pathogen.

The daily habit of oil pulling is the best for sex workers because if any pathogen enters into the body it will be exposed with its characters immediately and that will not allow them for any kind of sexual interaction until it is completely cured. Therefore the spread of Sexually Transmitted Diseases (STD) can be restricted.

Since oil pulling provides very strong Immunity virus related to the flu infections can never enter and can not cause any damage.

Oil pulling does not have any effect on the blood pressure and blood sugar level. But definitely it should have some effect for cancer and it should be confirmed by extensive studies.

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