



Bapuji is the embodiment of God. The saint community loves Bapu wholeheartedly. We should do whatever we can for Bapu.



*– Shri Mahant Ravindra Puri ji Mahārāj,
President, Akhil Bhāratiya Akhādā Parishad*

March 13, 2025 (Ujjain, M.P.)



Children, young men and women are heading towards downfall by watching sexually exciting images on their smart phones. This poses a serious challenge to the entire world. I don't know why no one seems to notice, but I do, so I launched the 'Youth Protection Campaign (Yuvadhan Suraksha Abhiyan)' and initiated 'Parents' Worship Day' in place of Valentine's Day.

– Pujya Bapuji



I have the utmost respect in my heart for the most revered saint Shri Asharamji Bapu, because he put everything at stake to protect Hinduism.

– Swami Shri Govinddev Giri ji,
Treasurer, Shri Ram Janmabhoomi
Trust

March 12, 2025 (Ujjain, M.P.)



Bapuji's contribution to the propagation and promulgation of Sanātan Dharma will not be forgotten for centuries. He has guided so many children and youth on the path of self-restraint and righteous conduct. What great work he has done for humanity!

– Āchārya Kaushikji Mahārāj



Sant Asharamji Bapu's life is dedicated to the nation. How ridiculous is it to accuse Bapu, whose presence transforms even the most wicked into virtuous, of rape!

– Brahmarshi Hemant Kashyapji Mahārāj,
Renowned Bhāgavatāchārya, Haridwar



How can someone who has guided millions of people to the path of celibacy break it? This is a deception that has been played on Bapuji.

– Shri Dhananjay Desai, Founder and
National President, Hindu Rāshtra Senā

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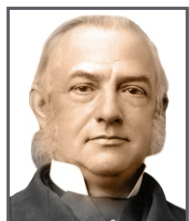
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RSS chief said, “India will be considered a Vishwaguru when we rise in dharma and spirituality.”

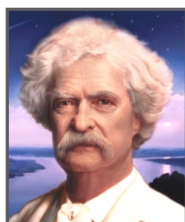


The land of saints, India, has been a guide to all the countries of the world, since time immemorial, due to her unparalleled spiritual wisdom. The famous German philosopher and writer, Max Muller said, “If I were asked under what sky the human mind has most fully developed some of its choicest gifts, has most deeply pondered over the greatest problems of life, and has found solutions, I should point to India.”



RSS Chief Mohan Bhagwat said recently, “...Even if we become a 3 trillion dollar economy, it would not surprise the world, as there are several other such countries. America is rich, China has become rich... There are so many things that other nations have done, so will we. But the world does not have spirituality and religion, which we have. The world comes to us for it. We must progress in every field, but our nation will be considered a Vishwaguru in its true sense when we rise in this field of religion and spirituality.”

This view is expressed not only by *Hindutvavādīs* of India (who promote Hindutva), but also by Western scholars who follow Christianity. Celebrated American writer, Mark Twain wrote, “In religion all other countries are paupers; India is the only millionaire.”



Bapuji mentions in his satsang that,

“China is famous for the Great Wall of China, Kuwait is famous for its petroleum, America is famous for its US\$, but India is famous for her saints and culture. Even in the present times, our culture teaches the art of leading a happy life and a beautiful way to awaken blissful divinity. We are fortunate that we meet saints and hear their satsang discourses easily. The true demand of society is satsang and peace. Our shāstras contain such techniques, and our saints’ lives are full of

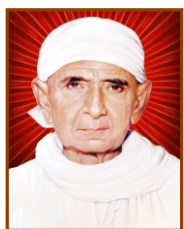
such experiences, that by taking benefit from them, even during these times, society sleeps peacefully,

and Indians have the eligibility that hundreds of thousands of people can sit in a place to hear satsang discourses. Our condition could have been worse than that of America if we didn’t have spiritual wisdom imparted by Self-realised Gurus, saints, and mahātmās, and the joy of devotion to God. Great America has given a great gift of AIDS to the world, and ordinary, simple, polite, and cultured India has given to the world a small gift of the techniques to attain God while laughing, playing, eating, drinking, and trampling on the head of pleasure and pain.”



An eminent French novelist and naval officer, Pierre Loti, spoke with a voice overwhelmed with emotion, “And now I salute thee with awe, with veneration, and wonder, ancient India, of whom I am the adept, the

Admirable is the Simplicity, Humility, and Satsang-Devotion of this Great Man!



On 31st October, we observe Mahānirvāna Day, in honour of Pujya Bapuji's SatGuru, Brahmalina Pujyapāda Bhagwatpāda Sāi Shri Lilāshāh ji Maharaj. In his satsang discourse, Pujya Bapuji narrates a beautiful incident that recounts a blissful experience he had while in the presence of his Gurudev:

आओ श्रोता तुम्हें सुनाऊँ महिमा लीलाशाह की ।
सिंध देश के संत शिरोमणि बाबा बेपरवाह की ॥...

"Come, O listeners, I tell you the glory of Lilāshāhji.

The crown-jewel of saints from Sindh Province, the carefree Bābā...."

My Gurudev attained God-realization at the age of 20. By the age of 16, he could enter a state of deep samādhi, and at just 12 years old, he could even fill empty sacks with grains and groceries through the strength of his resolve! Such a great saint would not take meals without having satsang, even at the age of 84. When he stayed in solitude in the forests of Nainital, if there were no satsang listeners present, he would call me and two other disciples. Whether it was the Yoga Vasishtha Mahārāmāyana or the Upanishads, I would read out while Gurudev listened and sometimes offered a brief explanation, out of grace.

Just as bathing keeps the body clean, similarly satsang is a wonderful means to purify our mind. Some people hear or read satsang and then write it down and narrate it to others. No, no... my Gurudev would find repose (in the Self) while hearing

satsang. When my Gurudev was 89 years old, I myself saw Him sitting with other listeners hearing a satsang discourse on 'Panchadashi', delivered in Haridwar attended by around 20-25 listeners. If Gurudev delivered a satsang discourse, thousands would gather at his holy feet, but instead he would go and sit where the Panchadashi satsang was being delivered. When the Mahāmandaleshwar delivering the satsang discourse came to know that this was Shri Lilāshāh ji Bapu, he would stand up and say, "Please come, please come; sit on the seat (dais)." He would try to share his sit with my Gurudev.

But Gurudev would say, "It's okay, it's okay," and sit in front of his seat amongst the listeners. What courage! What simplicity!

Guru's Grace uplifted him!

Bhojrāj was a disciple of my Gurudev living in Upletā (Saurashtra). He was a farmer.

Saints and great men feel pleased if they get these three things: solitude, forests, and pure water.

Bhojrāj was a Sindhi trader, but when he came to know that Swamiji was Self-realized, he left his trade and bought a farm in Upleta, thinking, "I will do farming. Once or twice a year, Sāin ji would stay in my place for 5-10 days." He even constructed a cave on the farm especially for Swamiji.

At that time, I was living in Deesa (Gujarat). Once, I came to know that Swamiji was in Upleta. I rushed from Deesa to have his darshan. Bhojrāj had

'Pornographic Content Causing Increase in Rape Cases' : Madhya Pradesh Police DGP

The one addicted to substance abuse, watching obscene pictures and films, etc., not only destroys one's own health and character, but also becomes extremely harmful to society. Madhya Pradesh Director General of Police Kailash Makwana recently said, "The way pornography is being served on the internet, the minds of children are getting distorted. There are many reasons behind the increasing incidents of rape, which include the internet, mobile phones, availability of pornographic material and alcohol. It is not possible for the police alone to deal with it."

Psychiatrists have claimed that 'Teenagers and youngsters addicted to pornography are more prone to commit crimes.' Some notable examples:

✳ Last year, in the Umargam area of Gujarat, a 29-year-old man raped a 3-year-old girl. The police officer said, "The initial findings indicate that the man watched several porn videos daily and had developed a habit."

✳ In Kolkata last year, Sanjay Roy, who was found guilty in the rape and murder of a female doctor, was also addicted to pornography. According to police, the pornographic content found on his mobile phone was extremely disturbing and violent.

✳ The notorious serial killer and rapist Ted Bundy once claimed, "I've met a lot of men who were motivated to commit violence just like me. And without exception, without question, every one of

them was deeply involved in pornography. You are going to kill me, and that will protect society from me. But out there are many, many more people who are addicted to pornography, and you are doing nothing about it."

What is the root cause of all crimes, and how can society be made crime-free? Pujya Bapuji has been expounding this in His

satsang-discourses for years. Pujyashri said, "A person devoid of inner joy will gamble, bet, chew

tobacco, and even though having a wife, will look elsewhere (with lustful intent). Because of being devoid of inner joy, one tries to derive pleasure by watching obscene movies, consuming alcohol, and tends to commit such heinous acts, that even hearing of it makes one's hair stand on end. To even mention such vile acts is beyond my capacity.

Ask the greatest psychologist: 'When does a person commit a crime?' And the answer is: 'When one is devoid of joy.' When one begins to get divine joy, criminal tendencies begin to subside. It is very simple logic. God is the embodiment of bliss, and we, His children, have sprung from Him, so we too seek bliss. We move in the wheel of birth and death and fall into lower species because we try to get joy from the objects of sense pleasures and worldly faults. Whereas, when we turn towards the source of bliss (Supreme Self) through devotional love, meditation, or *tattva-jnāna* (knowledge of the Self), we become eligible for that eternal, ever-new bliss." (Compiled by: Alakh Mehta) ○

Current affairs



For Students



Such Inquisitiveness Can Make Every Child Great

(Shri Ranga Avadhūta Mahārāj
Jayanti: 31st October)

There was a small child who was one and a half years old and his name was Pānduranga. A funeral procession was passing by his home with people chanting, “Rām bolo, bhāi Rām.”

Pānduranga asked his father, “Father! What is this? What are they carrying? What are they doing?”

The father replied, “My son, the person being carried is dead, and the corpse is being carried to a cremation ground on a pyre by four men.”

Little Pānduranga asked, “Will they take him to the cremation ground? What is a cremation ground?”

Father said, “Corpses are burnt there. They will place this corpse on a pile of wood, and burn it.”

“Why do they burn it?”

“If the corpse is left as it is, the air will become polluted, and disease will spread, so they burn it.”

“They burn him because he is dead?”

“Yes.”

Pānduranga asked, “Father, will you also die?”

Father said, “Yes.”

“Will my mother also die?”

“Yes.”

“Then, when I grow up, will I also die?”

“Yes.”

“After death, where do we go?”

The father wondered, — Pujya Bapuji
“Is this a small child or a yogi?”

He said, “Son, if one is a virtuous soul, he will go to heaven. If he is a sinner, he will go to hell.”

Pānduranga asked, “To hell? And where will he go from hell?”

Father said, “Then he is born in a lower

species of animal—horse, donkey, camel, insect, large black ant, or others.”

Pānduranga asked, “And where will the virtuous soul go from heaven?”

Father said, “Then he will be born into a good family, and if any

spiritual practice was left incomplete in the previous life, he will complete it.”

Pānduranga asked, “So father, will I die? Will you die?”

“Yes, son.”

“Mother also?”

“Yes.”

“And my aunt?”

“Yes.”

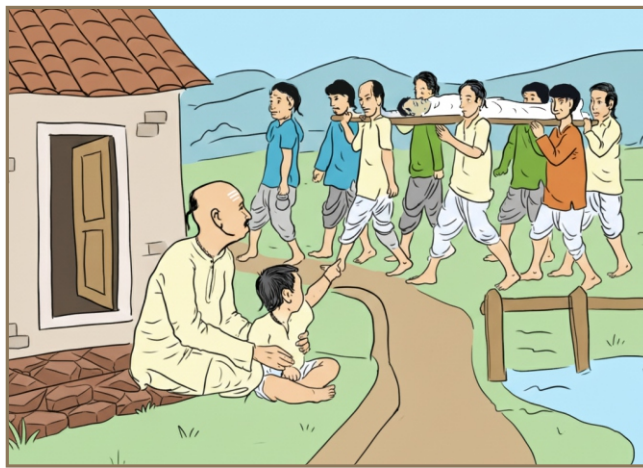
“And the people walking here?”

Father said, “All these people you see—someday, all of them will die.”

“All of them will die?”

“Yes.”

I tell you (Satsang listeners), “All of you will die one day. Not all at once, but for each one, the day of departure will come. Will you die or not? But before the body dies, whoever realizes the *Rāma Tattva*, →



The power of self-restraint – Pujya Bapuji

Character is power. Power of Brahman comes with the power of character. If there is no power of character, then the power of Brahman can never manifest.

It is not at all possible but for those people to do great work who lose their vital fluid during youth. People who preserve their seminal fluid during youth have an impressive voice and they prosper in their meditation and devotional practices.

Loss of vital fluid is loss of everything and preservation of vital fluid is preservation of everything.

Television programmes, films, movies and many websites are rife with pornography as a result of which, the generation that is born is low in spirit and intellect. Well, God bless everyone. Read the book ‘Divine Inspiration: The secret of Eternal Youth’ and follow it. Read the book ‘Towards God’.

Self-restraint gives miraculous powers. One who has self-restraint in his life and worships God, his life naturally becomes great.

There was a military officer. He attended a Dhyana Yoga Shivar and became attracted to meditation. He had not taken initiation (Mantra-Dikshā), had done M.A. He told me, “Bābāji, previously, I would assign my official work to others, but now I do work of three persons and still do not feel tired. Since I attended the meditation session of the Shivar and understood the importance of celibacy, I have gained immense strength. Now I have stopped consuming alcohol and non-vegetarian food. I eat simple bread, or if dhāl (legumes, lentils and dried peas and

beans) is prepared, I take it. My health has also improved.” This is the glory of preservation of semen! Otherwise, how many sweets you prepare and eat, varieties of special Pākas for winter and summer you consume but unless you read ‘Divine Inspiration: The secret of Eternal Youth’ and practice self-restraint, your face will have sunken cheeks. Celibates ate only once a day but were energetic, and presently, people eat thrice a day but still they have sunken eyes and cheeks. They lose their vital fluid. It is not true that eating more would make one physically strong and powerful.

(Vegetarian) Rāmamurti practiced self-restraint and he became physically strong and powerful. It is not true that one is weak because he is not getting an adequate diet. The prime reason for the weakness of youth is substance abuse, consumption of tea-coffee, remaining awake till late at night, getting up late, and watery semen caused by an unrestrained life.

Sant Narsi Mehta says:

रात रहे जाहरे पाछली खटघडी,
साधु पुरुषने सूइ न रहेवुं,
निद्राने परहरी, समरवा श्रीहरि,
एक तुं, एक तुं, एम कहेवुं.

The man who is a sadhu should not sleep in the late hours of night (around 2 hours and 15 minutes prior to sunrise). He should abandon sleep, worship Lord Hari and say, “You alone exist, you alone exist...”

A sādhak should rise around 2 hours and 15 minutes prior to sunrise and start meditation.

Narsi Mehta was married but still he



The Benedictory Experiential Words of Saints

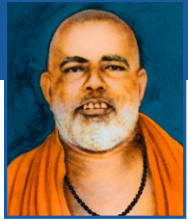
If thou hast a craving for Liberation



– Adi Shankara Acharya
मोक्षस्य कांक्षा यदि वै तवास्ति
त्यजातिदूराद्विषयान् विषं यथा ।
पीयूषवत्तोषदयाक्षमार्जव-
प्रशान्तिदान्तीर्भज नित्यमादरात् ॥

If indeed thou hast a craving for liberation, shun sense-objects from a good distance as thou wouldst do poison, and always cultivate carefully the nectar-like virtues of contentment, compassion, forgiveness, straightforwardness, calmness and self-control.

This verily is perfect Brahmacharya.



– Shri Udiyā Bābāji
Perfect Brahmacharya means to eradicate and uproot the thought of enjoying worldly pleasures,

which is the main cause of desires. Therefore, Brahmachāris (celibates) should avoid it cautiously. Every sense organ should be restrained in its own way. Saying only good words is the restraint of speech. Hearing only good words is the restraint of ears. Seeing only good things is the restraint of eyes. One should practise Brahmacharya by restraining all these sense organs. Keeping the senses unrestrained is not good.

No spiritual progress is possible without it.



– Swami Sivananda Saraswati
No spiritual progress is possible without the practice of celibacy. Virya is a dynamic force. It should be converted into Ojas Shakti. Those who are very eager to have God-realisation should observe unbroken celibacy strictly. Observe the vow of Brahmacharya strictly.

We, Too, Shall One Day Cross the Ocean of Birth and Death

*We, too, shall one day cross the ocean of birth and death, Having taken refuge in the Lord.
Someday, passion too shall be removed.
We are unable to sever ties with the unreal.
We are unable to divert the
mind covetous of pleasure.
Despite knowing that everything will be snatched from us, we cannot renounce.
Having taken refuge in the Lord, One day, even we shall be reformed.
O Lord! Whatever we have attained is truly Yours,
But out of ignorance, we consider it ours.
As long as worldly pleasures seem lovely,
We depend not on real, but unreal.
Having taken refuge in the Lord, One day,
inquiry into Truth absolute will become fruitful.*

*One day, even my stony heart shall become tender,
Grace alone will be my strength, leaving all pride.
By taking shelter in the Divine Name, the mind will someday become calm and still.
We will surely accomplish the goal tomorrow, if not today.
Having taken refuge in the Lord,
We shall keep calling out to the Lord.
Refuge in the Lord is sung like a mantra by devotees.
Refuge in the Lord is also taken by the wise, being egoless.
Refuge in the Lord is the unfailing meditation for a hopeless Lover.
Refuge in the Lord makes a petty being great.
Refuge in the Lord relieves even the burden of Pathik's heart.*
– Sant Pathik Ji

The Terror of Religious Conversion: A Sinister Plot Against Hinduism

The recent arrest of Jalāluddin alias Chhangur, in Balrampur, Uttar Pradesh, has exposed an alarming and well-orchestrated conspiracy to destabilize Hindu society through religious conversion. Chhangur's gang operated under the pretence of being Hindu, using social media to entrap Hindu girls into romantic relationships and later, forcefully convert them.

Supreme Court

advocate Ashwini Upadhyay revealed that, "this network spans nearly 600 districts across India, with over 4,000–5,000 operatives whose sole mission is to prowl around schools, colleges, and workplaces, targeting Hindu girls for conversion.



**To ruin India
Chhangur alone
reportedly received ₹
500 crore, with ₹ 200
crore coming through
formal bank channels
and the remaining
₹ 300 crore routed
through illegal
hawālā transactions.**

Chhangur maintained a caste-based 'rate list' for conversions. The gang had fixed amounts for converting individuals from different castes including ₹ 15-16 lakh for Brahmin, Sardar, or Kshatriya girls, ₹ 10-12 lakh for OBC girls, and ₹ 8-10 lakh for girls from other castes.

If someone entraps a Brahmin girl and converts her, one will earn ₹ 15 lakhs. If one entraps two girls in a year, one will get ₹ 30 lakhs. It is difficult even for a high-salaried employee to

earn ₹ 30 lakhs in a year.

Foreign Funding and the Dark Web of Religious Conversion in India

Investigations into the case of Chhangur alias Jalaluddin, have exposed massive foreign funding—to the tune of ₹ 50,000 crore annually—being funnelled into India with the intent to ruin India. Chhangur alone reportedly received ₹ 500 crore, with ₹ 200 crore coming through formal bank channels and the remaining ₹ 300 crore routed through illegal hawālā transactions.

Chhangur is not a lone wolf. Almost every district in India is believed to harbour 1-2 such agents. All that remains is to identify and dismantle them. A thorough narco-analysis, polygraph, and brain-mapping test could

reveal the powerful nexus shielding such individuals.

The question arises—why do such 'Chhangurs' only emerge in India and not in Dubai, China, or Singapore? The bitter truth is: India lacks strict laws and deterrents. There's no fear of capital punishment, nor any law to confiscate 100% of the property of such criminals."

This conspiracy runs on heavy foreign funding and involves organised

(Continued on page: 33...)

Priceless Tips on the Preservation of Semen That brings success.

(From the ambrosial satsang-discourses delivered by Pujya Bapuji)

Bhagavān Shri Krishṇa, while mentioning the supreme necessity of celibacy (*brahmacharya*) for success in yogic practice or *sādhana* (spiritual discipline), said the following:

प्रशान्तात्मा विगतभीर्ब्रह्मचारिब्रते स्थितः ।

मनः संयम्य मच्चित्तो युक्त आसीत् मत्परः ॥

“The yogi should remain seated with a placid mind, free from fear, firm in the vow of a celibate, and with the mind fixed on Me, by controlling it through concentration, having Me as the supreme Goal.”

(The Gītā: 6.14)

When it comes to the vow of *brahmacharya*, there are two meanings. Rejoicing of the mind in Brahman is called *brahmacharya*, and preservation of the body’s seventh vital essence—called *virya* (semen, vital fluid)—is also known as *brahmacharya*. Here are some aids for the preservation of semen:

(1) Those who eat fried or spicy food, eat chili in excess, drink tea/coffee on an empty stomach or excessively, tend to have watery semen. So, it’s better to avoid these things. Tea and coffee are harmful anyway; yet even an enemy shouldn’t be served it on an empty stomach.

(2) While bathing, allow the body to sit submerged up to the navel in water — whether in a bathtub or in a river or pond, whenever you get the chance. Sit for a few minutes with the motive of being

established in *brahmacharya*. This practice helps to protect semen.

(3) Tulsi (holy basil) leaves help a great deal in preserving semen. In fact, regular consumption of Tulsi leaves helps in 800 illnesses. Consuming 5 tulsi leaves in the morning on an empty stomach, followed by a little water, thickens the semen and thereby prevents premature ejaculation of semen. (Do not consume tulsi leaves on Sundays.)

(4) Reading authentic books on *brahmacharya* also helps to protect semen.

(Books such as Divine Inspiration: The Secret of Eternal Youth ★, Yauvan Surakshā Part- 2 ★, Nirogatā

ke Sādhana ★, etc., are more beneficial in the practice of *brahmacharya*.)

(5) Which nostril is active (through which the breath flows predominantly) at which time holds great importance in physical health. If you take a drink when the right nostril is flowing, it means the pingalā nāḍī is flowing, your semen will become watery which will be lost quickly. So, before consuming liquid, check which nostril is flowing. If the right nostril is active, block it and activate the left nostril by breathing through it, and then consume the liquid. This will protect your *brahmacharya*. If you eat food when the right nostril is flowing, it will be digested easily.

If the right nostril is not active at your mealtime, activate it by the following



★ These are available from Sant Shri Asharamji Ashrams, Satsāhitya Sevā Kendras, and Samitis.

The Vrata that destroys great sins and fulfills all desires

(Trisprsha Devauthī/Prabodhini Ekādashī)

This year, Devauthī Ekādashī falls on 2nd November in conjunction with Trisprsha Ekādashī, amplifying its glory. When Nārada ji asked about its glory, Bhagavān Shiva said, “O wise one, it puts an end to all streams of sins. It destroys great unhappiness. It gives the desired objects to those who desire them, and gives salvation to those who have no desires. The observance of Trisprsha destroys even the gravest sins, such as the killing of a Brāhmaṇa.

In ancient times, when Gangā ji asked Bhagavān Krishna about the way to get freed from all sins, he said, “observe Trisprsha. You will be freed from sin. That day on which the three days, viz., the eleventh, twelfth and thirteenth (in the last *prahar* of the night) fall, should be known as Trisprsha. It is believed to yield the fruits of Dharma, Artha, Kāma, and Moksha, and is more meritorious than visiting a billion pilgrimages. On this day, one should worship Bhagavān Vishnu and

the SatGuru. Observe night vigil until 12.00 a.m.”

O Nārada, the man who observes this Vrata goes to Vaikuntha (the abode of Vishṇu) along with the generations of his father, mother, and wife. Repeat the twelve-syllable mantra: ॐ नमो भगवते वासुदेवाय ‘Om Namō Bhagavate Vāsudevāya’. One, who observes this vrata, gets the merit of observing all the vratas. Trisprsha gives salvation.”

As per Pujya Bapuji’s satsang-discourses, “Observing this Vrata gives the merits of a thousand Ashwamedha Yajnas, a hundred Vājapeya Yajnas, and visiting crores of pilgrim places.”

Protection from Untimely Death – Pujya Bapuji

Bhagavān Nārāyaṇa wakes up from Yogic sleep on the day of Devauthī (Prabodhini) Ekādashī. One is saved from untimely death by performing Aarti of Lord Vishṇu with camphor on this day.

(Continued from page: 28...)

conversion gangs assigning monetary value to sell Hindu girls based on caste—an act that is not only deeply immoral but also a threat to national integrity. The response must be as organized and forceful as the well-organized attack on the nation and Dharma. India must enact the strongest laws against forced religious conversions, seize the assets of the guilty, and ensure they face the severest

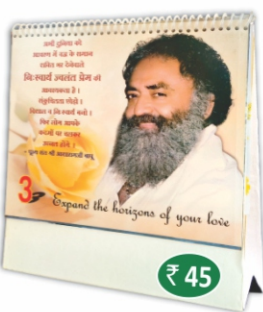
punishments. But the solution is not just legal. Every Sanatani—every Hindu—must rise in awareness. Families must impart deep-rooted values of Sanātan Dharma, Indian culture, and *saṁskāras* to children so they cannot be trapped in any racket. This is not merely the responsibility of saints or religious institutions—it is the sacred duty of every follower of Sanātan Dharma to contribute to the protection of Dharma.

(Compiled By: Manoj Meher)

House-to-house distribution of calendars 'Divya-Darshan' Campaign (2026)



Table calendars



Karmayoga Dainandini (Diaries)



Under this campaign, sādhas and volunteer brothers of Yuvā Sevā Sangh should reap the benefits of giving wall calendars, pocket calendars, and diaries to their relatives, friends, acquaintances, and other sādhas by visiting them personally.

Source: Available at Sant Shri Asharamji Ashram bookstalls and service centres run by sādhas families and Shri Yoga Vedanta Sevā Samitis. For online orders: www.ashramstore.com/calendar Contact: (079) 61210732 (Sāhitya Department), 61210761 (Yuvā Sevā Sangh Head Office)

Note: A single copy of the calendar costs only ₹15. Buying 2 calendars gets a discount of ₹5, so you pay only ₹25! Upon ordering 250 calendars or more, you can get your name & address, or that of your firm, shop, etc., printed on them. The printing cost per copy is ₹13 for an order of 250-999 calendars, and ₹12.50 for 1000 calendars and above.

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An excellent strength-promoting rasāyana

This promotes the seven dhātus, especially muscles and semen, and gives strength and nourishment. It strengthens tendons and muscles, pacifies Vāta, and increases height. It is a sure-fire remedy for seminal weakness and physical debility.

Amla Bhringraj Hair Oil

It ameliorates problems like hair loss, premature greying, dandruff, headache, cerebral weakness, etc. It strengthens the roots of the hair and increases hair growth and shine. It keeps the mind calm and enhances memory power.



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200 ml - ₹95
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₹60
100 gm

₹80
100 gm

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₹50
100 gm



₹40
100 gm



₹15
30 ml

The above-mentioned products may be obtained from Sant Shri Asharamji Ashram stalls or service centres of the Samitis. For information about other products and their detailed benefits, etc., and to receive products by registered post, please download from Google Play Store: "Ashram eStore" App or visit: www.ashramstore.com or contact: 09428857820. E-mail: contact@ashramstore.com



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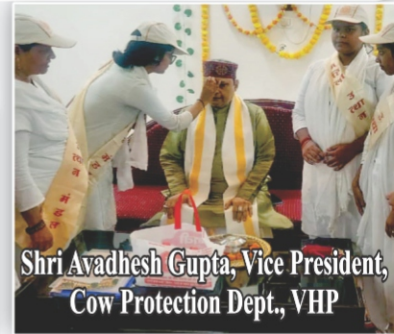
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