



NEUROTHERAPY JOURNAL

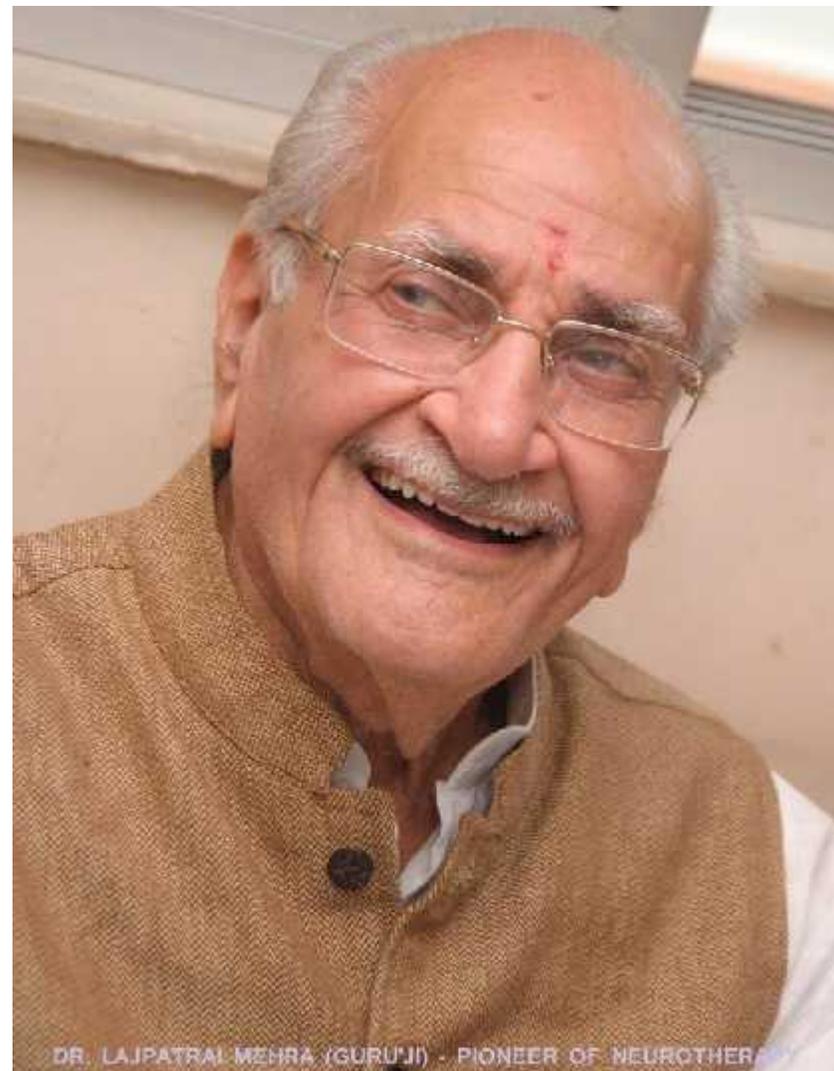


Edition 1

Lajpatrai Mehra's Neurotherapy Research & Training Institute

For the period from January 2019 to April 2019

www.neurotherapy.org.in
email research.lmnt@gmail.com
Editor : Gouri Bhanushali (Anjana)



DEAR NEUROTHERAPISTS,

We convey our Season's Greetings to you and your family. Through this Journal we are trying to provide you with the happenings in

Lajpatrai Mehra's Neurotherapy Research & Training Institute from January 2019 to April 2019, and also some knowledge and success stories.

HAPPENINGS

16, 17 & 18 January 2019

Doctor's and Philanthropist Meet & Lecture on "Blood-Circulation Control Based Pressure Therapy, Neurotherapy" was held at Bharat Vikas & Sanjay Anand Viklang Hospital, Patna on 16th January. Ajay Gandhi ji, President LMNTRTI and Ram Gopal Parihar ji, General Secretary LMNTRTI were present for this event. They spoke about how chronic diseases can be treated, and how human body can be made disease free through Neurotherapy. Answers were given to the questions asked by Doctor's & Philanthropists about how Neurotherapy can help in treating different diseases and ailments without any side effects.

2 days Neurotherapy camp was organised on 17th & 18th January . Approximate 250 patients were given treatments. Nitin Bahuguna, Diwakar Kumar and all the Neurotherapists from Vedic upchar kendra were present in this camp.



24, 25 & 26 January 2019

With the Blessings of Guruji and in the guidance of Ajay Gandhi ji and Ram Gopal Parihar ji Akhil Bhartiya Neurotherapy Adhiveshan was conducted at Ghoti district Nashik, Maharashtra. Around 110 Neurotherapists from all over India attended this Convention. Convention started by doing Saraswati Vandana and Deep Prajavalan by Shrinivas Murti ji, (Patron LMNTRTI and National Coordinator Madhumeh Rog Prabandhan Arogya Bharti) and Krishna Murari ji, (Executive Member National Medicinal Plant Board Ayush Government of India). Shrinivas Murti ji brought into highlight about how combination of Neurotherapy and Yoga can make wonders and also presented its practical. Krishna Murari ji shared his knowledge

and experience about Indian herbs and their benefits.

Ajay Gandhi ji gave a brief idea about Swasth Mitra Yojan the gathering. He explained about how this project can help in fulfilling Guriji's dream of opening 10,000 Neurotherapy centers India. Also how it can also be hepfull in getting Neurotherapy Recognised. Diabetes, blood pressure, migraine, knee pain, cervi pain & back pain, this 6 diseases will be focused under this swast mitra training.



Ram Gopal Parihar ji, Birendra Prasad ji & Ajay Kushwaha ji brought to the knowledge of everybody present about all the happenings, progress, achievements in Lajpatrai Mehra's Neurotherapy Research & Training Institute, LMNTRTI during the year 2018. Also explained the necessity and benefits of becoming member of All India Neurotherapy Association.

Suresh Kannan ji, made great efforts by taking 2 sessions. He discussed about Acid-Alkaline, and in Neurotherapy how it plays a greater role in treating diseases. How it is usefull, how we decide the treatment and how balancing acid-alkaline gives miraculous results in many ailments.

Certificates were issued to the students who appeared for Neurotherapy exams under LMNTRTI study center in all over India for the year 2017-18.

Project Case-history were presented by some Neurotherapists.

On 26th January early morning, all the neurotherapists travelled from Ghoti to Neurotherapy Suryamal Ashram. Flag hosting ceremony was performed at Ashram as usual.

30 – 31 March 2019

2 days successful event and meeting was organised at Chandigarh on 30 & 31 March. Subject for this were as follows :-

1. Master Teacher Training seminar

2. Swasth mitra yojana

3. Lajpatrai Mehra's Neurotherapy Research & Training Institute and All India Neurotherapy Association Annual General Meeting.

State coordinators of LMNTRTI, Working committee members & Study center Incharge from all over India attended this meeting.

First session started by offering flowers to Guruji's photo by Shri Jaidev Dada, North India Sangathan Mantri Sewa Bharti. Jaidev Dada delivered Udbodhan to everyone present.

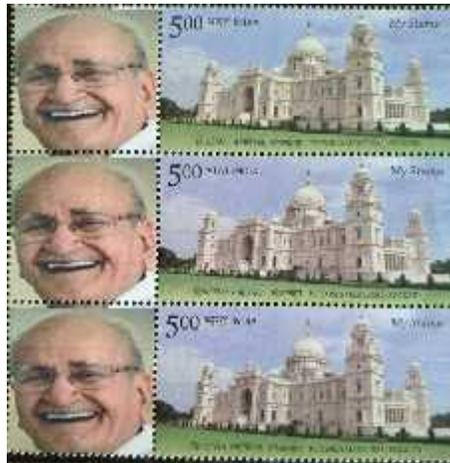
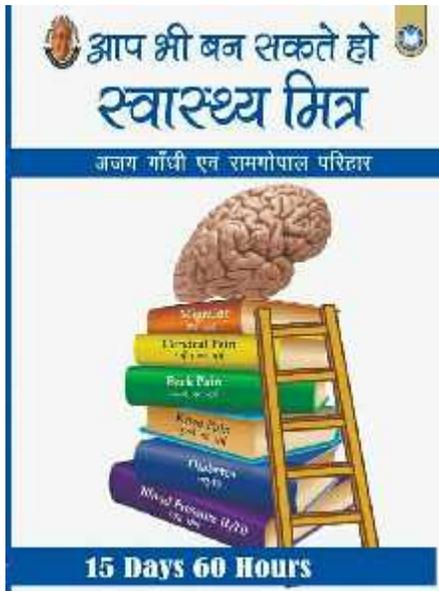
With the efforts of Dipanjan Dev ji, Guruji's Postal stamp was released in Kolkata GPO., and the same was handed over to all the Neurotherapists and our Nation by Jaidev Dada at this event.

On the way of fulfilling Guruji's dream of opening one Neurotherapy center in between every 6 villages, Swasth Mitra Yojana Project was explained and introduced by Ajay Gandhi ji. Pain management is the main purpose of this project, so that one same formate can be prepared and followed in all over India. Book on Swasth Mitra Yojana was Inaugurated by Pediatrician Dr.K.Babu, Ex H.O.D. PGI Chandigarh. He also explained brief information about the psychology & diseases of 0-5 years children. The knowledge and information shared was very helpful for Neurotherapists.

Dr Ajay Prakash (PGI Research Department & associated with Medical journal), Shri Ved Prakash Marwah (Ex. Scientist), Dr.Virendra Garg MD radiologist (O.S.D. Shri J.P.Nadda, Health Minister), Dr.Vikas Medhi, Dr.Sharad Chandra & Dr.Dinesh committed that the Research on Lajpatrai Mehra's Neurotherapy Research & Training Institute will

be done under their guidance. Also motivated Neurotherapists to prepare and present more projects for this research purpose.

Mandeep ji, Study center Incharge, gave brief presentation & educational information on how we can bring higher standards of Neurotherapy education in study centers all over India. Also he put into notice about who can apply for study center and what will be the rules & regulations for it.



Lajpatrai Mehra's Neurotherapy Research & Training Institute member's were given some responsibilities which are as follows :-

1. Ajay Gandhi ji, Chandigarh – President
2. Ram Gopal Parihar ji, Jalandhar – National General Secretary
3. Birendra Prasad ji, Delhi – National Coordinator
4. Ajay Kumar Kushwaha ji, Gorakhpur – President All India Neurotherapy Association
5. Dipanjan Dev ji, Kolkata – National Media Incharge
6. Pushpak Shrivastav ji, Gwalior – National Documentation Incharge
7. Mandeep Singh ji, Amritsar – National Study Center Incharge
8. Sumeet Mahajan ji, Jammu – National Camp Incharge
9. Prashant Shendge ji, Kalyan – Research Formula Incharge

10. Harish Kumar ji, Delhi – National Swasth Mitra Incharge
11. Nagesh Rao Kumble ji, Igatpuri – Adivasi Project Incharge & Treasurer
12. Sukumar Singh ji, Durgapur – North East Coordinator
13. Suresh Kannan ji, Trivendrum – National Educational Incharge
14. Gouri Bhanushali ji (Anjana), Mumbai – Newsletter & Publication Incharge
15. Ramesh Kumar ji, Amritsar – International Incharge
16. Nagalaxmi ji, Chennai – Committee Member

KNOWLEDGE

TYPES OF HEADACHES



Headaches can be defined as pain “in any region of the head,” the cause, duration, and intensity of this pain can vary according to the type of headache.

If headache is less severe, read on to learn how to identify the type of headache you may be experiencing and what you can do to ease your symptoms. The most common primary headaches

ACCORDING TO MODERN SCIENCE

1. Tension Headaches

A tension headache, may feel a dull, aching sensation all over head. It isn't throbbing. Tenderness or sensitivity around neck, forehead, scalp, or shoulder muscles also might occur.

Anyone can get a tension headache, and they're often triggered by stress. When a tension headache becomes chronic, a different course

of action may be suggested to address the underlying headache trigger.

LMNT TREATMENT

1. TF + NNS Gas : Gas
2. Normal treatment
3. Vit B12
4. Serotonin treatment
5. M Heparin

REMEDIES : Drinking Cardamom tea is good for this type of headache

2. Cluster Headaches

Cluster headaches are characterized by severe burning and piercing pain. They occur around or behind one eye or on one side of the face at a time. Sometimes swelling, redness, flushing, and sweating can occur on the side that's affected by the headache. Nasal congestion and eye tearing also often occur on the same side as the headache.

These headaches occur in a series. Each individual headache can last from 15 minutes to three hours. Most people experience one to four headaches a day, usually around the same time each day, during a cluster. After one headache resolves, another will soon follow.

A series of cluster headaches can be daily for months at a time. In the months between clusters, individuals are symptom-free. Cluster headaches are more common in the spring and fall. They are also three times more common in men.

LMNT TREATMENT

1. TF + NNS Gas : Gas Pan : Pan
 2. 2 Medulla x 6
 3. 5 Medulla x 6
 4. Vit B12
 5. Kidney clear
 6. M Heparin + Oxygen
- C1 , C2 press...

REMEDIES: Breathing Exercise (Inhale through mouth , Exhale through Nostrils)

3. Migraines

Migraine pain is an intense pulsing from deep within head. This pain can last for days. The headache significantly limits ability to carry out daily routine. Migraines are throbbing and usually one-sided. People with migraine headaches are often sensitive to light and sound. Nausea and vomiting also usually occur.

Some migraines are preceded by visual disturbances. About one out of five people will experience these symptoms before the headache starts.

Migraines might run in family, or they can be associated with other nervous system conditions. Women are three times more likely to develop migraines than men. People with post-traumatic stress disorder also have an increased risk for migraines.

Certain environmental factors, such as sleep disruption, dehydration, skipped meals, some foods, hormone fluctuations, and exposure to chemicals are common migraine triggers.

LMNT TREATMENT

1. TF + NNS All
2. UDF
3. 15 Rt Medulla X 3
4. 6 Rt Swt X 3
5. M Heparin

REMEDIES: a. Inhale basil oil b. Apply the paste of fine lemon crusts on forehead.

4. Allergy or Sinus Headaches

Headaches sometimes happen as a result of an allergic reaction. The pain from these headaches is often focused in sinus area and in the front of head. Migraine headaches are commonly misdiagnosed as sinus headaches. In fact, up to 90 percent of “sinus headaches” are actually migraines. People who have chronic seasonal allergies or sinusitis are susceptible to these kinds of headaches. Sinus headaches are treated by thinning out the mucus that builds up and causes sinus pressure. A sinus headache can also be a symptom of a sinus infection.

LMNT TREATMENT

1. 30 Medulla 6 Adr
2. Acid Treatment
3. 10 pan x 4
4. 6 Lt ov 6 Adr
5. M Heparin + Oxygen

REMEDIES: Take steam inhalation – Fill a bowl one-third full with hot water and add 3 to 5 drops of eucalyptus oil. Cover your hand with towel, lean over the bowl, and inhale the steam.

5. Hormone Headaches

Women commonly experience headaches that are linked to hormonal fluctuations. Menstruation, birth control pills, and pregnancy all affect estrogen levels, which can cause a headache. Those headaches associated specifically with the menstrual cycle are also known as menstrual migraines. These can occur right before, during, or right after menses, as well as during ovulation.

LMNT TREATMENT

1. TF + NNS All
2. Normal treatment
3. Gene treatment
4. A Heparin
5. M Heparin

REMEDIES: Twist around small toes on right foot.

6. Caffeine Headaches

Caffeine affects blood flow to brain. Having too much can give a headache, as can quitting caffeine “cold turkey.” People who have frequent migraines are at risk of triggering a headache due to their caffeine use.

When used to exposing your brain to a certain amount of caffeine, a stimulant, each day, might get a headache if you don’t get your caffeine fix. This may be because caffeine changes brain chemistry, and withdrawal from it can trigger a headache.

LMNT TREATMENT

1. TF + NNS All
2. 30 Medulla 6 Adr
3. Kidney clear
4. 1 Liv x 6
5. M Heparin

REMEDIES: Reduce uses of coffee.

7. Exertion Headaches

Exertion headaches happen quickly after periods of intense physical activity. Weight lifting, running, and sexual intercourse are all common triggers for an exertion headache. It's thought that these activities cause increased blood flow to skull, which can lead to a throbbing headache on both sides of head. An exertion headache shouldn't last too long. This type of headache usually resolves within a few minutes or several hours.

LMNT TREATMENT

1. TF + NNS All
2. Normal treatment
3. Multi Vitamin
4. 15 Rt Medulla 6 Rt swt x 2
5. M Heparin

REMEDIES: Deep Breath after exercise.

8. Hypertension Headaches

High blood pressure can cause to have a headache, and this kind of headache signals an emergency. This occurs when blood pressure becomes dangerously high. A hypertension headache will

usually occur on both sides of head and is typically worse with any activity. It often has a pulsating quality. May also experience changes in vision, numbness or tingling, nosebleeds, chest pain, or shortness of breath.

LMNT TREATMENT

1. TF + NNS All
2. UDF
3. 125 DCC
4. M Heparin

Or

1. TF + NNS All
2. New gal treatment
3. M Heparin

REMEDIES: Veerasana or Supta Vajrasana is good .

9. Rebound Headaches

Rebound headaches, also known as medication overuse headaches, can feel like a dull, tension-type headache, or they may feel more intensely painful, like a migraine. Overuse of these medications leads to more headaches, rather than fewer.

LMNT TREATMENT

1. TF + NNS All
2. Normal treatment
3. Vit B12
4. 30 Medulla 6 Adr
5. M Heparin

REMEDIES: Drink Coriander Juice daily in a early morning for 15 days.

10. Post-traumatic Headaches

Post-traumatic headaches can develop after any type of head injury. These headaches feel like migraines or tension-type headaches, and usually last up to 6 to 12 months after injury occurs. They can become chronic.

LMNT TREATMENT

1. TF + NNS Gal : Liv
2. Injury treatment
3. Multi vitamin
4. T Heparin + Oxygen

REMEDIES: Twist around 3rd & 4 th toes on Left foot.

HEADACHES ACCORDING TO NATURE CURE

The common causes of headaches are allergy, emotional reasons, eyestrain, high blood pressure, hangover, infection, low blood sugar, nutritional deficiency, tension, the presence of poisons and toxins in the body, and migraine.

1. **Allergies**, an often unsuspected cause of headache, vary in different individuals. The foods to which some people are allergic and which can trigger headaches are milk and milk products, chocolates, chicken liver, alcohol and strong cheese. Sneezing and diarrhoea are further indications of an allergy .

LMNT TREATMENT

1. 30 Medulla 6 Adr
2. Acid Treatment
3. 10 pan x 4

4. 6 Lt ov 6 Adr
5. M Heparin + Oxygen

2. **Intense emotions** often cause headaches. Many people who outwardly appear to have a pleasant disposition may actually be simmering about a job, or may bear resentment towards a person or something. This hidden hostility may manifest itself as headache. It is important, therefore, that negative feelings should not be bottled up, but should find some safe means of expressions.

LMNT TREATMENT

1. TF + NNS Gas : Gas
2. Normal treatment
3. Vit B12
4. Serotonin treatment
5. M Heparin

3. **Eye-strain** is a common cause of headache. Simple eye exercises such as moving the eyes up and down and from side to side, palming, rotating the head, with neck outstretched, forward and backward three times, then thrice clockwise and thrice anti-clockwise , can relieve eye-strain.

4. High blood pressure can cause pounding headaches. The headache usually starts at the back of the head on getting up in the morning. A safe method of treatment for this is to immerse you legs to calf-level in a tub of hot water for 15 to 20 minutes. This draws the blood away from the head and down to the feet, giving relief from the headache.

LMNT TREATMENT

1. TF + NNS Gas : Gas Pan : Pan
2. 2 Medulla x 6

3. 5 Medulla x 6
4. Vit B12
5. Kidney clear
6. M Heparin + Oxygen
C1 , C2 press...

4. Many people get a severe headache after **consuming alcohol** in excess. Alcohol causes the blood vessels to swell, resulting in a painful headache. The best treatment for this is to avoid excessive consumption of alcohol.

LMNT TREATMENT

1. TF + NNS All
2. 15 Medulla x 6
3. 1 Liv X 6
4. Kidney clear
6. M Heparin

5. **A hangover headache** can be avoided by taking a vitamin B-1 (thiamine) tablet with the drink.

LMNT TREATMENT

1. TF + NNS All
2. Normal treatment
3. Ajay normal
4. Multi vitamin
5. 6. M Heparin + Oxygen

6. Headaches may occur if there is an **infection**, such as a cold, virus and fever . Here, it is the infection that should be tackled. Vitamin C therapy is the best all round method. For a cold, high doses of vitamin C should be taken at hourly intervals with the appearance of the first symptoms

like a sore throat, runny nose, etc. Vitamin C has worked miracles, and is considered a natural antibiotic.

LMNT TREATMENT

1. TF + NNS All
2. UDF or New gal
3. Gene treatment
4. Kidney clear
6. M Heparin + Oxygen

7. **Low blood sugar** is one of the causes of irritability and headache. Sugar is not a cure for low blood sugar, though it may raise the blood sugar temporarily and make one feel better for a while. Low blood sugar is the result of an abused pancreas which over stimulates the production of insulin in the body. It can be controlled by eating smaller meals at short intervals rather than the standard three large meals daily. The intake of carbohydrates should be cut down to the minimum and coffee should be eliminated as it over stimulates the pancreas.

LMNT TREATMENT

1. TF + NNS All
2. NAN treatment
3. Multi Vitamin
4. M Heparin + Oxygen

8. **A lack of iron**, resulting in anaemia, is a common cause of headache. The headache sometimes appears before the onset of anaemia, due to a chronic iron deficiency. Brewer's yeast is an excellent source of iron and anaemia can easily be prevented by taking a few teaspoons daily.

Headache can also be brought on due to the deficiency of B vitamins , namely pantothenic acid, B-1 (thiamine) , B-12 and B-6 (pyridoxine) and can be cured by taking these vitamins.

When taking any of the B-vitamin factors seperately, it is absolutely essential to add the entire B-complex range to one's diet in some form such as Brewer's yeats, liver,wheat germ, etc., otherwise too much of one factor can throw the other factors into imbalance, resulting in other problems. Actually, the entire B complex group itself serves as protection against headaches, including migraine.

LMNT TREATMENT

1. TF + NNS All
2. 1 Liv X 6
2. Black treatment
6. M Heparin + Oxygen

9. **Tension headaches** are probably the most common of all, and are caused by emotional conflictswhich result in stress. Stress causes the muscles of the shoulder, neck and scalp to tense unconsciously. Persons who are irritable, tense and lose their temper quickly usually get this type of headache. It increases gradually and passes off with the release of tension. One should try to relieve the stress which produces the headache.

LMNT TREATMENT

1. TF + NNS All
2. Normal treatment
3. Multi Vitamin
4. 15 Rt Medulla 6 Rt swt x 2
5. M Heparin

10. **Poisons and toxins** admitted into the body through food, beverages and water, as well as through breathing, polluted air, can cause any number of disturbances. A headache may be the first warning that a poison has entered the body. Additives in foods and in many cases, cosmetics, skin and hair products are also serious offenders in bringing on headaches. IN addition, there are toxic air contaminants which are too numerous to mention.

LMNT TREATMENT

1. 30 Medulla 6 Adr
2. Normal treatment
3. 1 Liv x 6
4. Kidney clear
5. M Heparin + Oxygen

By DR.Suresh Kannan

Success Stories

- Mr.Sonu Kumar was suffering from liver problem, bloating and heaviness in abdomen from last 7 years. As soon as he ate food, his stomach used to pain. He went to many doctors and took multiple medicines, but instead of feeling better his problem went on worstening. He than visited Sumeet Mahajan ji's Neurotherapy center, Jammu. He took regular treatment at the center, and with **2 months** of Neurotherapy treatment he is 80% better and still continue taking the treatment.

LMNT TREATMENT GIVEN :

5 ONS
3 TF All
3 NNS All
Normal + Ajay Normal
F.Heparin + 20 Organ clearance

Fast treatment + Ajay Normal

- Mrs. Prakaso 80 years old lady came at a Neurotherapy camp in a village in Jalandhar, camp organised by Ram Gopal Parihar ji . She came with a pain in her knees from last 12 years due to osteoporosis and low calcium level and was taking medicines for that. She walked with support of stick and had severe pain and swelling in her knees. Just with **one Neurotherapy treatment** her knee pain reduced upto **50%**. She walked without support of her stick and also climbed the staircase after the treatment.

LMNT TREATMENT GIVEN :

20 TF All
3 NNS All
Normal + Ajay Normal
Acid formula
5. 30 Medulla
6. A.Heparin + knee capfree

- Ajay Gandhi ji went to an event, were during the break one lady came to him and said that she was having discomfort and pain in her abdomen due to periods. Gandhiji just gave her 30

Medulla **1 time** and told her to let him know how she feels later. In the evening at the end of the event the same lady came to Gandhiji. She gave many thanks to him saying that her pain vanished after the treatment and she was completely fine.

LMNT TREATMENT GIVEN :

30 Medulla

- Mr.James Rozerio from Iraq had cervical pain from 2 months. He had come to Kolkata, India. He came to know about Dipanjan Dev ji and his Neurotherapy center. His reports on 26/03/2019 showed loss of cervical curvature. He had cervical lordosis. He started taking Neurotherapy treatment at the center. After taking **14 treatments** his pain was gone and he again went for a report done, which were very shocking for him. His report was completely normal and cervical curvature was cured.

LMNT TREATMENT GIVEN :

11 Medulla x 3
2. Alkaline star modified : 6 Gal ½ KU 40 sec 20 round arrow
3. P.Heparin + BAFA Neck gisai
Multi Heparin
Vater + New Gal

- Mrs.Kusum Lata during her pregnancy used to feel very low. She had low blood pressure and severe Gas problem. She visited Deepak Vohra ji's Neurotherapy center, Haryana. She

used to immediately feel better and normal after taking Neurotherapy treatment.

LMNT TREATMENT GIVEN :

20 TF All

15 Medulla x 4 treatments

KIND ATTENTION....

All those who want to apply for study center or enroll the students for new batch, dates of admission or any other information related to Neurotherapy Training kindly contact on any of these numbers :

Mandeep Singh ji 9855977608
Ajay Gandhi ji 9815220699
Ram Gopal Parihar ji 9463062141

Please send the news of the special happenings in the field of Neurotherapy in your area, camp details success stories & knowledge to be shared in the next edition of "NEUROTHERAPY JOURNAL" to

email : lmntrti.news@gmail.com

EDITOR of NEUROTHERAPY JOURNAL : Gouri Bhanushali (Anjana)

anjanabhanushali@yahoo.com

LAJPATRAI MEHRA NEUROTHERAPY

RESEARCH & TRAINING INSTITUTE (LMNT RTI)

(द्वारा संचालित)

12वीं पास विद्यार्थियों के लिए

सुनहरा मौका

दवा रहित चिकित्सा पद्धती में करियर बनाने का एक शानदार अवसर

न्यूरोथैरेपी प्रशिक्षण

कोर्स अवधि: एक साल योग्यता 12वीं पास

कोर्स करने के कुछ फायदे

- यह कोर्स भारत के हर राज्य में उपलब्ध है किन्तु भी विषय से 12वीं पास युवक / युवतियां यह कोर्स कर सकते है।
- कोर्स के बाद आप छोटी-बड़ी कई बीमारियों का इलाज स्वयं कर सकेंगे। जैसे जोड़ों का दर्द, कमर, गर्दन, घुटने का दर्द, पेट संबंधी रोग, शूलर, एवं महिला समस्याएं आदि।
- यह एक पुरानी भारतीय चिकित्सा पद्धति है।
- आप इसके द्वारा हर महीने दवाइयों एवं माथारण चिकित्सा पर खर्च होने वाले हजारों रुपये बचा सकते है।
- यह चिकित्सा कोर्स राजगार का सम्मानजनक जरिया है। इन कोर्स के बाद आप देशभर में कहीं भी अपना उपचार केंद्र भी चला सकते है, अथवा संस्था द्वारा संचालित केंद्रों में कार्य भी कर सकते है।

प्रवेश की अंतिम तिथि: 31 जुलाई, 2019
विलम्ब शुल्क के साथ 15 अगस्त, 2019

प्रशिक्षण एवं अन्य जानकारियों के लिए संपर्क करें।

94630-62141, 98559-77608, 98152-20699

www.neurotherapy.org.in