

Sudershan Bhatti

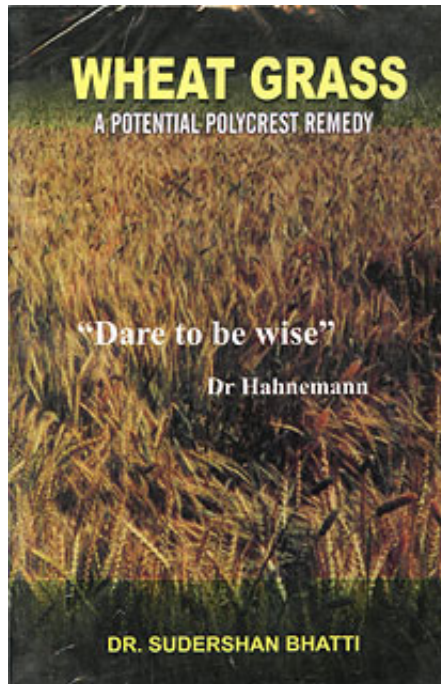
Wheat Grass: A Potential Polycrest Remedy

Extrait du livre

[Wheat Grass: A Potential Polycrest Remedy](#)

de [Sudershan Bhatti](#)

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WHEAT GRASS A POTENTIAL POLYCHREST REMEDY

INTRODUCTION

In the past few years, one of the modes of therapy which has taken the world by storm is "Wheat Grass Therapy" involving growing the wheat in one's own house and then using its grass in various ways. God is very kind enough to provide unlimited quantity and quality of these elements viz. Fire, air space, earth and water. It is found by researchers that mother earth had given birth in order first to plants and then organisms like germs, birds, animals and lastly to intelligent man. The germination of grass might have taken place first. Then plants or trees mainly to provide fuel in the form food viz. Leaves, flower, fruits etc. to live the life. To my knowledge there are four types of grass discovered (may be more) so far out of existing thousands of varieties. One type of grass we Indians know is *Durva - a trishul* (three leaves) form of grass usually offered to the God (*Shree Ganeshji*) , second type is usually consumed by herbivorous animals who eat grass as their food. The third one is used in many mosquito killer products. And the fourth is utilized as fuel in day to day life in rural area. There is also another cultivated form of Grass called Wheat Grass'.

Wheat the local name is *Gehun* and known in the world as botanically *Triticum Aestivum Linn.* A tufted annual grass. Leaves flat, with or without hairs on one or both surfaces, leaf sheaths Striped, appendages at the junction of the sheath and the blade lacerated and membranous.

Wheat bran is demulcent and emollient, bran bread is beneficial for dyspeptic and diabetic patients. A hot poultice of the bran is locally applied in acute congestion of the chest and abdomen, premonitory symptoms of croup in children and severe local pains, spasmodic or inflammatory, an infusion or decoction of the bran is an excellent both for the treatment of skin diseases. Wheat meal is nutritive, restorative and demulcent, to check profuse menstruation and leucorrhoea. It is given as a gruel with sugar of milk, it is given in

bleeding of the nose, mixed with water, it is given as an antidote in case of metal and iodine poisoning. Wheat flour is an efficacious dusting powder for burns, scalds, erysipelas, itching, skin eruption etc. It also makes an useful yeast poultice, the paste made by boiling wheat flour with vinegar is useful for removing freckles.

Dr. Ann Wigmore of Hippocrates Health Centre, Boston, USA owes the credit for pioneering Wheat Grass therapy. It is a panacea in the Universe, (simply put, is a potion that can cure virtually anything). Of all of nature's medicines, Wheat grass comes closest to the world. If not a cure-all, the one thing it promised to be is an excellent tool for preventing diseases. Wheat grass contains a plethora of vital antioxidants. These are compounds like Vitamin. A, C & E and selenium which neutralise harmful free radical itself. But it can be regenerated by vitamin 'C' which in turn, becomes a free radical that is recycled by reacting with other antioxidants. It is not very pungent and bitter.

Properties : Wheat grass is like other grass in appearance, green in color soothing and cooling. The taste is sweet. It is detoxicant and alkaline. It is easily absorbed in blood. It purifies blood, supply energy and helps to increase resistance power of body. This enhances healing process. It is scientifically proved that molecules of human blood hemoglobin and wheat grass chlorophyll are exactly the same. Chlorophyll which contains plant haemin analogous to the haemin found in human blood. This makes it very useful for treating anemia and also as a general tonic. Its potent germicidal qualities, used by the plant itself to guard against bacterial attacks, makes it an effective prescription for cases of pyorrhoea (as a gargle), skin disease (applied as a poultice), T.B. Ulcers and intestinal inflammation. The numerous minerals and vitamins it contains purify the blood and boost the functioning of the capillaries, the heart, the lungs and the kidneys. This comes about indirectly, for once the blood is purified, less strain is put on these organs to cleanse the blood.

In the above, we have discussed the properties and the efficacy of chlorophyll. We have also noted that all green leaves and plants contain chlorophyll. Now, naturally, a question would arise in the mind that if all the green plants and leaves contain chlorophyll why should we consider only wheat grass as an ideal source for obtaining chlorophyll. Is it true that wheat grass is better than other plants in this regards? It is very important to understand this point in detail.

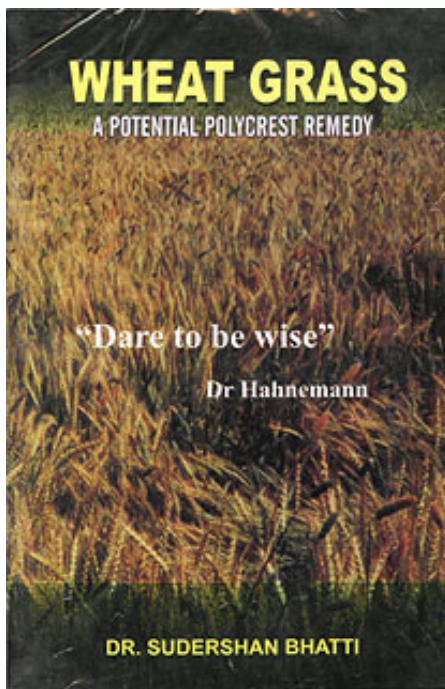
It is a universally acknowledged fact that among all grains, wheat is the best grain for human consumption. It can be grown anywhere and is therefore easily available every where, while the information regarding other varieties of grass is not easily available. Some of the varieties of grass contain substances harmful to human beings. But the wheat grass is a familiar variety that is completely safe and contains no harmful substances. Wheat grass can be grown in any type of environment and during any season of the year.

Wheat grass contains a special property that enables it to paralyse toxic elements of the body or to eliminate them from the body.

- (i) Alfalfa contains some of the best medicinal properties but it is difficult to grow it in the home as its roots spread deeper in the ground. Besides, after sowing the seeds, Alfalfa takes longer time before its grass is ready for consumption. Its taste is also comparatively pungent.
- (ii) The taste of barley grass is bitter. Not only children, but even elders find it unpalatable to take it for a long time, (iii) Paddy grass is generally very dry, very little extract can be had.
- (iv) Palak leaves contain minerals in abundance but too very gastric extract. Some people develop diarrhoea after consuming it and therefore, they can not take it in a large quantity. Besides that, as it contains

oxalates, people who are suffering from Gall-bladder stone can not have it. (v) Other Green-leaf vegetable such as dill leaves and fenugreek leaves also contains many medicinal properties but their taste is generally unpalatable and secondly, they are not easily available round the year.

Taking all these points into account, we can certainly state that Wheat Grass' is safe, innocent, palatable and full of benevolent properties.



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44 pages, broché



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