

# Ajwain Dhuni

You all should have it, it's a very good thing, ajwain. Also those who are having diarrhoea can have it, it's alright... it just clears you out completely (881221); Is used also for right Vishuddhi problems... and may follow the taking of a basil tea (850502)

- Jai Shri Mataji -

## Tape References

Date/Ref - Title - Qual - mins

881221; 850502

- end -

19 Dec 2016