

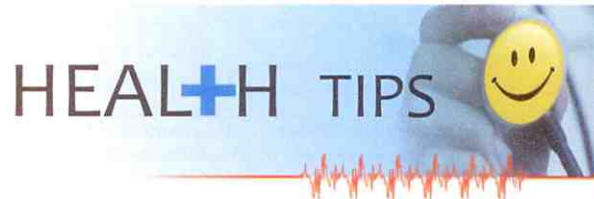
Soul Food: On Happiness

- People whose main concern is their own happiness seldom find it.
- Wealth may not bring happiness, but seems to bring a pleasant kind of misery.
- The heart is happiest when it beats for others.
- The surest path to happiness is in losing yourself in a cause greater than yourself.
- It seems that some people can't be happy unless they are unhappy.

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Some Important Seeds and Their Significance

Name of the Seed	Contains	Disorder in which useful	Other information
Alfalfa seeds	Vitamin A, B, B ₂ , (G), C, D, E, and K Calcium Potassium Iron zinc Outstanding alkalizing food	Proper function of various organs of the body; Arthritis (5-7 cups tea made from its seeds) High Blood Pressure Dropsy (kidney, bladder and dropsy-a disease marked by accumulation of fluid in the body) Heart disorder (only fresh leaves juice is used for this purpose – carrot juice may be added) Respiratory disorders-again juice as alfalfa has rich chlorophyll) Stomach disorder (sprouted seeds or tea made up of its seeds) Hair disorder (its juice with carrot juice-beneficial with remarkable extent)	Overeating may cause painful arthritis. Its use is taking sprouted seeds, tea from its seeds or juice of its leaves. Tea may also be prepared from its dried leaves.
Sesame seeds (Til)	Copper Calcium Iron Magnetism	Respiratory and vascular health Maintaining bone density Lowering cholesterol	Black and red are more flavorful as compared to white and yellow
Black cumin seeds (Kalonji)	Rich in unsaturated and Essential Fatty Acids (EFAs) Linolenic (Omega-3) Linolenic (Omega-6) which cannot be manufactured in the body Calcium Iron Sodium Potassium As well as carotene which is converted by the liver into Vitamin- A	Allergies Asthma Immune disorder Skin condition	Not recommended in pregnancy
Fenugreek seeds (Methi) Seeds contains: Moisture 13.7% Protein 26.2% Fat 5.8% Minerals 3% Fibre 7.2% Carbohydrates 44.1%	Iron Calcium Silicon Sodium Phosphorus Carotene Thiamine-vitamin B ₁ Riboflavin-vitamin B ₂ Niacin-vitamin B ₃ selenium, an anti-radiant which help the body to utilize oxygen	Best cleaner within the body It is aromatic, cooling and mild laxative Soothing effect on skin and mucous membranes, irritation of skin, swelling, pain etc Increase secretion and discharge of urine Anaemia Deadened sense of taste and smell Vitamin A, B, and C Nicotinic Acid Volatile oil Excellent source of Digestive disorder Stomach disorder Fever Bad breath and body odour Dandruff Mouth ulcers Sore throat (gargle of tea made from seeds) Leucorrhoea (same tea) Swelling	Germinated seeds are more useful Not recommended in pregnancy as it can be uterine stimulant. Modes of uses: Leaves Sprouted seeds Tea from seeds Respiratory congestion / infection Inflammations Infection Also control diabetes



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