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SHIKSHAPATRI BHASHYA SHLOK 31

// One shall never take medicine which contains alcohol or meat, nor take medicine from an unknown physician //

Not taking medicine containing alcohol or meat has its obvious reasons (refer to previous shlokas which talk about ahimsa and daru, especially shloka 15).

Living in England, any time we are ill we go to our doctor who prescribes medication which has been formed by western culture. It is our duty as satsangi's to inform our doctor of our strict diet so that they do not prescribe unsuitable medication.

Ideally we should consult Ayur Vedic doctors who are well versed in herbal remedies (taken from the Vedas). Ayur Veda is not just medicine; it is the art and science of healthy living, which not only overcomes illnesses but also promotes health of the body, clarity of mind and tranquillity of the spirit. Living the Ayur Vedic way can also prevent illnesses hence meaning fewer visits to the doctors. Due to the lack of truly qualified Ayur Vedic scholars Maharaj says that if a vegetarian/ non alcoholic cure exists then it should be used.

Increasingly alternative medicines are available, for example, capsules are made from gelatine but the same medicine is often available in tablet or syrup form. Also, plant based gelatine has been produced as an alternative.

It is easy to avoid unsuitable medicines, all you have to do is read the ingredients and ask for alternatives. To say that all medicines have alcohol or meat and that no alternatives exist without even trying is no excuse and sheer laziness.

DISCUSS:-

1. Should we take medicines containing alcohol or meat if it is the last resort and there is no other medicine available?