

Brahmalina and Pranalina is two best effective herbal medicines for astronauts

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ABSTRACT:-

Brahmalina and Pranalina is an excellent herbal Medicine which Proves to be very effective as a diet for astronauts. thousands of years Ago, Indian Vedic scriptures have described the Medicinal diet taken by astronauts. Indian Vedic scriptures have systematically described the Medicine to be taken in space. Even the clothes Worm by astronauts are described in Indian Vedic Scriptures which is very useful for us. Brahmalma and Pranalina are the sum of such excellent medicines which Prove to grateful effect for the astronauts. this herbal medicine's plays an Important Role in making astronauts healthy, energetic and physically and mentally healthy and it makes astronauts stress free and its tongue is quickly absorbed in the stomach. The essence of divine medicines is stored in Brahmalina and Pranalina, which is full of different types of nutrients and minerals. this medicine's Prevents the damage in the body and these medicines play an important role in Preventing the degeneration that occurs in the body due to lack of oxygen in the space and it Pervades the energy in the entire body of the astronauts and Protects their lives and keeps all the organs healthy. Brahmalina and Pranalina supply nutrition to all the cells and circulate blood Regularly in them and it controls the cell cycle. it increases the working efficiency of the body and makes all the organs Functional, which strengthens the body and makes the body strong. Brahmalina and Pranalina increase the strength in the body of astronauts and make them healthy and disease free.

KeyWords:

Space food ,Astroaahar , Space medicine , Space energy , Energetic medicine , Brahmalina , Pranalina ,OsoRas

I. INTRODUCTION:



Brahmalima and Pranalina are active medicinal Food Preparations made from different types of Active and efficient drugs, food Prepared for astronauts and astronauts can achieve health and wellness by Consuming this medicinal diet and it can prove to be the best for the astronauts. Because it is quickly absorbed in the body, it Purifies the organs and systems and give strength to the body. Brahmalina and Pranalina it a Special kind of medicinal diet which can set a new Record to make astronauts healthy and strong. It also provides Relief to astronauts in many heath Related Complication occurring in space and Provides them health. astronauts can easily survive in space by consuming Brahmalina and Pranalina, this is the most important Quality of these medicines, and it can be easily Used daily in space. Astronauts can be made Strong, emergetic and healthy by Regular Consumption of Brahmalina and Pranalina, and by Regular Consumption of these medicines, the

deformity of the cells, organs and body is Removed and the body becomes healthy and energetic. and mental development also increases Smoothly. Brahmalina and Pranalina medicinal Food is Prepared from the methods of vedic Scripture which Proves to be very effective for living life in space. in this vedic classical medicine diet, Such medicines have been used which are defined by their main Properties. and it plays an important Role in Providing health and Wellness to the astronauts. Indian vedic Scriptures state that the health of astronauts traveling in space depends on their diet. as long as the diet is full of nutrients, then the Body of the astronauts will be less diseased. Brahmalina and Pranalina vedic classical medicine was Prepared on the basis of this Principle. this medicine's also suppresses the Signs of aging and Rejuvenates the body. and it strengthens the body by increasing the work efficiency of the body, it can Prove to be the best medicine for astronauts.

IngredientsofBrahmalina:-



1. Emblica officinalis
2. Terminalia chebula
3. Desmodium gangeticum
4. Solamum indicum
5. Tribulus terrestris
6. Aegle marmelos
7. Uraria picta
8. Solanum surattense
9. Premma mucronata
10. Oroxylum indicum
11. Gmelina arborea
12. Stereospermum suaveolens
13. Boerhavia diffusa
14. Teramnus labialis
15. Sida Cordifolia
16. Ricinus Communis
17. Malaxis acuminata.

18. Malaxis muscifera
19. Polygonatum verticillatum
20. Leptadenia reticulata
21. Asparagus racemosus
22. Tripidium bengalense
23. Saccharum officinarum
24. Desmostachya bipinnata
25. Oryza sativa
26. Centella asiatica
27. Ficus religiosa
28. Convolvulus Pluricaulis
29. Cyperus rotundus
30. Emblica ribes
31. Petrocarpus marsupium
32. Aquilaria agallocha
33. Glycyrrhiza glabra
34. Curcuma longa
35. Acorus calamus
36. Mesua Ferrea
37. True cardmom
38. Cinnamomum cassia.

Ingredients of Pranalina:



1. Emblica officinalis
2. Terminalia bellirica
3. Aegle marmelos
4. Premna serratifolia
5. Oroxylum indicum
6. Gmelina arborea
7. Stereospermum suaveolens
8. Sida Cordifolia
9. Desmodium gangeticum.

10. Uraria picta
11. Vigna trilobata
12. Teramnus labialis
13. Piper longum
14. Tribulus terrestris
15. Solanum Xanthocarpum
16. Pistacia integerrima
17. Raphanus sativus
18. Phyllanthus niruri
19. Leptadenia reticulata
20. Inula racemosa
21. Aquilaria agallocha

22. Microstylis muscifera
23. Microstylis wallichii
24. Hedychium spicatum
25. Cyperus scariosus
26. Boerhavia diffusa
27. Polygonatum verticillatum
28. Elettaria cardamomum
29. Pterocarpus santalinus
30. Nymphaea nouchali
31. Pueraria tuberosa
32. Justicia adhotoda
33. Roscoea Purpurea
34. Tinospora cordifolia

Ingredients of Oso-Ras



1. Citrullus colocynthis
2. Mucuna Pruriens
3. Asparagus racemosus
4. Teramnus labialis
5. Withalia somnifera
6. Desmodium gangeticum
7. Nardostachys jatamansi
8. Sida cordifolia

9. Abutilon indicum
10. Tinospora cordifolia
11. Phyllanthus emblica
12. Leptadenia reticulata
13. Centella asiatica
14. Boerhavia diffusa
15. Clitoria ternatea

Major benefits of Brahmalina Pranalina and OsoRas:-

These medicines provide maximum energy and strength in the body, and they remove physical and mental fatigue and make the body healthy¹. These medicines increase the age of astronauts and prove to be beneficial for the body, and by consuming these medicines, the work efficiency of the astronaut's body increases². Brahmalina, Pranalina, and OsoRas these three medicines play an important role in anti-aging and make the body energetic³, these medicines make astronauts brilliant by giving them long life, memory, health, and youth. By consuming these medicines in a vacuum⁴, it activates all the physical and mental functions and makes the body healthy. These medicines also purify the body of astronauts and provide rejuvenation and revival⁵. And these medicines make the body and organs strong and remove all the disorders of the body. These medicines provide nutrition to the body⁶, and harmonize all the organ systems and make its special contribution in physical and mental development⁷. These medicines properly

regulate the body and provide health by removing the deformity arising from the lack of oxygen in the body⁸. Prevents cellular decay and tissue decay in the body by supplying nutrients to the body. These medicines also prevent bacterial, viral, and fungal infections occurring in the body's immune system⁹. And these medicines make the body energetic by supplying nutrients in the body and it does not harm the body in any way but increases the strength in the body¹⁰. These three medicines, mentioned in the Indian Vedic scriptures, contribute significantly to life in space. These medicines remove all the deformities of the body of astronauts and make them energetic and give them life in adverse conditions of the body¹¹. Brahmalina, Pranalina, and OsoRas protect the lives of astronauts, therefore because of this quality, these medicines prove to be the ultimate and ideal medicines for the astronauts¹².

Table 1: (Continued)

S. No.	Retention time	Compound name	Mol. formula	Mol. weight	Peak area	Medicinal roles
7.	13.31	Tetradecanoic acid	C14H28O2	228.6	355962001	Anti-inflammatory, antioxidant, 5-alpha reductase inhibitor, hemolytic, pesticide. ^[30]
8.	13.56	Tetradecanoic acid ethyl ester	C16H32O2	256.2	200345080	Acidifier, acidulant, arachidonic acid inhibitor, increases aromatic amino acid decarboxylase activity, increases production of uric acid
9.	14.72	2H-Pyran-2-one, tetrahydro-6-nonyl-	C14H26O2	226.2	87604509	11B-HSD-Inhibitor, 17-beta-hydroxysteroid dehydrogenase-inhibitor, 5-hete-inhibitor, 8-HETE-Inhibitor, aryl-hydrocarbon-hydroxylase-inhibitor, antidote
10.	15.31	n-Hexadecanoic acid	C16H32O2	256.2	827348299	Anti-inflammatory, antioxidant, 5-alpha reductase inhibitor, hemolytic, pesticide.
11.	15.54	Hexadecanoic acid, ethyl ester	C18H36O2	284.3	538065240	Acidifier, acidulant, arachidonic acid inhibitor, increases aromatic amino acid decarboxylase activity, increases production of uric acid
12.	16.70	2H-Pyran-2-one, tetrahydro-6-octyl-	C13H24O2	212.2	74082423	Acidifier, acidulant, arachidonic acid inhibitor, increases aromatic amino acid decarboxylase activity, increases production of uric acid
13.	16.87	cis-13-Octadecenoic acid	C18H34O2	282.3	321771130	Not known
14.	17.10	Ethyl oleate	C20H38O2	310.3	749022006	Not known
15.	17.19	Ethyl stearate, 9,12-diepoxy	C20H36O4	340.3	187329251	Acidifier, acidulant, arachidonic acid inhibitor. increases aromatic

Molecular study of Brahmalina-

Table 1: The retentions values, types of possible compound, their molecular formulae, molecular mass, peak area, and their medicinal roles of each compound as shown in the GC-MS profile of Bramha Rasayanam

S. No.	Retention time	Compound name	Mol. formula	Mol. weight	Peak area	Medicinal roles
1.	6.76	5-Hydroxymethylfurfural	C6H6O3	126	44187664	It is reported to stop neuron apoptosis. ^[29]
2.	7.21	2-Decenal, (E)-	C10H18O	154.1	45409048	Not known
3.	8.79	n-Decanoic acid,	C10H20O2	172.1	132227474	Acidifier, acidulant, arachidonic acid inhibitor, increases aromatic amino acid decarboxylase activity, increases production of uric acid, anaphylactic, antitumor, decrease norepinephrine production, GABAergic, increase NK cell activity, myoneural stimulant
4.	9.01	Dodecanoic acid, ethyl ester	C12H24O2	200.2	62400376	Acidifier, acidulant, arachidonic acid inhibitor, increases aromatic amino acid decarboxylase activity, increases production of uric acid
5.	11.13	Dodecanoic acid	C12H24O2	200.2	208527263	Acidifier, acidulant, arachidonic acid inhibitor, increases aromatic amino acid decarboxylase activity, increases production of uric acid
6.	12.53	2-Pentadecanone	C15H30O	226.2	125008775	Not known

(Contd...)

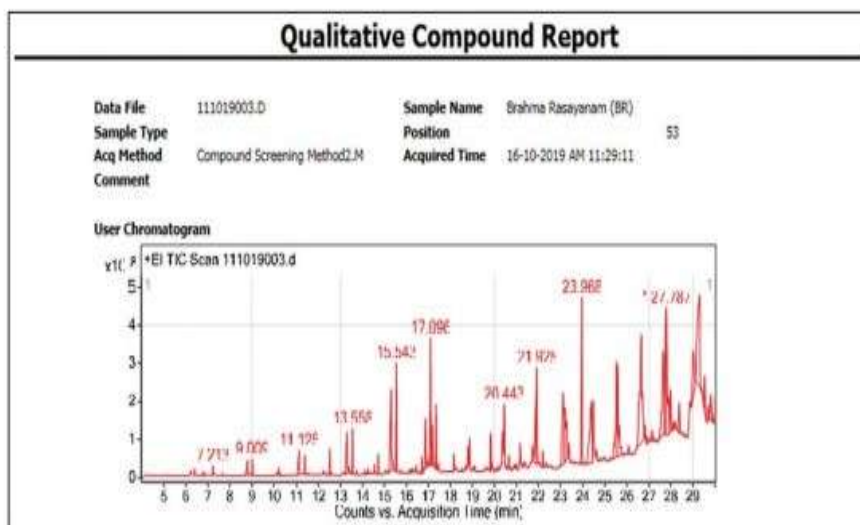


Figure 1: The gas chromatography-mass spectrometry profile of Brahma Rasayanam

II. CONCLUSION-

Brahmalina Pranalina and Oso Ras this is the Main medicinal food for astronauts mentioned in Indian vedic scriptures. these medicines make the Body strong and energetic by supplying all the Nutrients in the body and it Remove the internal and External deformities of the Body, these medicines Repair our Body and make the Body disease free and Purify the Body, these medicines make the astronauts physically and mentally stress free and increase their work efficiency. these medicines also Remove the internal deformity and insomnia arising from the continuous Stay of astronauts in space. and these medicines increase the Age of astronauts by Regularly Operating all the system of the body. These medicines are an absolute staple of astronauts lives. therefore, it is Proved from the above Properties that Brahmalina Pranalina and Oso Ras are the best and Important medicines for the space world and astronauts.

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