

Dr. Aji Sebastian CMI

Ayurveda Vaidya, ND, BSAM, MD, PhD
Member BPVS, MIMS

Profile



*“Action in Contemplation
with the people for goodness”*



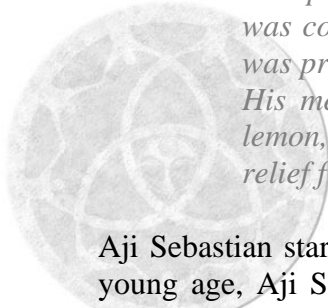
Preface



Formation of a young boy



School time 'Vaidya' (Doctor)



As a young schoolchild, who squeezed some extract from some green leaves, he picked from some wild plant and applied to the wound of his best friend and classmate who injured during lunch break. However, the agony multiplied and the young wounded boy could not control screaming but he was confident that his friend Aji could heal his injury. This young 'Doctor' was practicing, simple herbal medicines learned at home, among his friends. His medicine composition consists of simple ingredients like salt, pepper, lemon, etc., which easily available at home and his friends enjoyed quick relief from loose-motion, headache, vomiting, mild injuries, etc.

Aji Sebastian started his healing ministry at very young school years. Since at the very young age, Aji Sebastian has an attraction for traditional healing remedies and Indian *Sanyasa* life (Sagehood). His village Angamaly is near to Periyar River in Kerala and surrounded by monasteries of different religions. Born as the youngest son of a devoted catholic family of Parecattil House; Ms. Mary Sebastian (Mother) and Mr. Parecattil Varghese Sebastian (Father), Angamaly near the historical place Kalady (Birthplace of Shri Shankaracharya) in Kerala, enjoyed harmony of vibrant religious faiths along with the Christian doctrine. From the very childhood, he practiced yoga and meditation. He was attracted to religious life and joined CMI Congregation at Kalamassery near Ernakulam for religious studies.


His quest for healing ministry, artistic expression and performing art forms were hunting him during the years in seminary life. Later during his studies, he adopted yoga for treatment and enlightenment. He was in silent meditation for a period of one year (2002 - 2003) in search of truth behind his vision of '*Gharbhagraha Anubhav*' (Womb Experience in life after birth). He has deep-rooted knowledge in different religions and is seeker of truth.



Mission

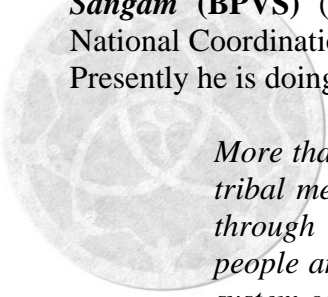


Formation of a 'sadhu' who heals



Academic back ground

In addition to priestly ordination as per Christian tradition at CMI Seminaries, he is a Traditional Ayurveda Vaidya (Reg.No. 45106). He has **Diploma in Naturopathy, Bachelor of Alternative System of Medicine (BSAM), Doctorate in Medicine (MD) and PhD in Alternative Medicines**. He is a member of *Baratha Parambarya Vaidya Sangam (BPVS)* (National Society of Traditional Doctors) and Gen. Secretary of National Coordination Committee, **Member of International Medical Society (MIMS)**. Presently he is doing a course in **Bachelor of Electropathic Medicines & Surgery**.



More than his bookish knowledge, he acquired knowledge in different types of tribal medicines and herbs from the Tribal Vaidyas and Sadhus. He learned through the risky journeys to the interior forests and living with the Tribal people and Sadhus. His experience opened the way towards a unique healing system called 'Sheethali Chikithsa'.

Acharya of Darsanalaya Ashram

Dr. Fr. Aji Sebastian CMI is an enlightened priest of the 21st century with a difference. He is a 'sadhu' leading an ascetic way of life and touched by the pain and incurable sicknesses of ordinary people. Being a man of silence and contemplation, he is in contact with himself, the nature and the universe. His intimate contact with the nature and his special intuition has helped him to discover the wealth of medicinal power in herbs.

His continuous interaction with nature, the common folk, the tribal and the experienced 'Vaidyas' (Doctors) has enriched himself in his medical field. Thousands of people healed through his medication. He is a continuous 'seeker' and his search continuous irrespective of what he is doing. While his hands are busily engaged in the healing ministry, he keeps his head cool in solitude and his heart shines forth in love and compassion.

During the philosophical studies, his quest for herbal medicine and inclination towards serving the poor needy people in a special way made him to explore more on power of herbal medicine. This has driven him to develop a keen interest in herbal medicines. Inspiration and motivation of Guru Swamiji (Fr. Swamiji Michale Sadhanand) helped his voyage. Being a keen observer of oneself and others, he has developed a new treatment in the field of alternative medicines, which is named as '**Sheethali Chikithsa' (Heat Reduction Therapy)**. He has learnt and has been practicing the alternative medicines over a period of twelve years.

Accomplishment

People renamed him

Isai Baba of Chandpur

Dr. Fr. Aji Sebastian CMI, widely known as '**Isai Baba**' (Christian Guru) and often called him as '**Babaji**' is the Acharya (Director) of Darsanalaya Ashram at Chandpur Village, Faridabad District of Haryana State of India. He is a member of the Kochi Province of CMI Congregation and his superiors assigned him to start his mission at this village Chandpur.

About Darsanalaya Ashram

An abandoned land piece of ten acres welcomed the young priest Fr. Aji Sebastian to begin his mission. The campus surrounded by vast agricultural landscape on the western side of Yamuna River often filled with the singing of birds, peacocks and native wild animals. People of neighboring villages engaged in agriculture are friendly and cooperative.

This house was reopened on 6th February 2005 with new vision and mission. The house titled as 'Darsanalaya Ashram', means a place of vision. Fr. Aji Sebastian along with Fr. Jacob Menachery founded the Ashram. They worked together to put the corner stone of the Darsanalaya Ashram. After one year of hard work, Fr. Jacob went for his higher studies but mission of Darsanalaya Ashram was spreading wings with activities initiated by the charismatic young priests. Simple-Down to Earth style of functioning, Understanding the innocent mind of village life and Commitment of caring and sharing for the development of vibrant village community were getting momentum. More and more people were attracted to the community services initiated or organized by Darsanalaya Ashram.

People from different cast and creed come together for the search of truth. There is no barrier of religion, language, color, or status, but all are equally important. They start respecting the people who showed the way to truth and appreciating the goodness of each other. "Action in Contemplation with the people for Goodness" becomes the slogan.

Yoga classes, Counseling and Health Advice convinced the villagers to bring more and more people towards ashram. He treats all diseases with his unique theory of '**Sheethali Chikithsa**', which is harmless and free from any side effects. His treatment based on Yoga, Meditation and different types of herbal compositions of alternative medical systems.



Institutions



Darsanalaya Ashram

Darsanalaya Ashram is an **Indian Christian Ashram**, run by the CMI Religious Congregation and is located in a beautiful and innocent village called Chandpur on the banks of River Yamuna, Faridabad District about 20 KM away from Faridabad city in Haryana state, India. The concept of this ashram is Action in Contemplation. People from all walks; irrespective of cast and creed is behind the functions of the society. All those who visit Darsanalaya are welcomed to the Ashram family to share the message of 'with the people for goodness'. The strength and the back-bone of the Ashram are their support and guidance. People from all walks come together to share and gain the joy of simple living with balanced diet for health related issues.

Darsanalaya Society

All social activities of the Ashram are promoted through Darsanalaya Society which is a Charitable Society Registered under the Societies Registration Act, XXI of 1860 (Reg. No. S-55211 of 2006), at Delhi with a view to Plan, Organize, Unify and Implement Socio-Economic, Educational and Health-Care activities of Darsanalaya Ashram. Society is eligible for tax deduction u/s 80G of Income Tax Act.

Darsanalaya Institute of Alternative Medicines and Research

He is the founder and the Principal of the **Darsanalaya Institute of Alternative Medicines and Research**, it affiliated to **Indian Board of Alternative Medicines** and it is for the Promotion and Research on Herbal Medicines. As part of propagation of miraculous healing of Herbal Medicines, Training Programs arranged in the Institute and in different states; in association with local NGO's and Government Agencies.

Darsana Arogalaya

This is a fifteen beds '***Sheethali Chikithsa Kendra***' (hospital) where he treats the patients with this system. People from different parts of the country and abroad visit this place for treatment.

Sheethali Chikithsa Kendras / clinics are in different parts of the country. There are six centers in **Delhi**, other than centers in states of **Haryana, Andhra Pradesh, Kerala, Tamil Nadu, Maharashtra, Uttarakhand, Uttar Pradesh, Chhattisgarh, Jarkhand, Orissa, Assam**, etc. He gives training in Herbal Medicine, Yoga and conducts Free Health Camps in different parts of the country.

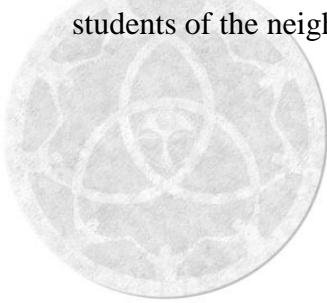
Navadarshan Scholarship Program

Darsanalaya is not only involved in the promotion of herbal medicines but also active in different social and cultural activities and upliftment of the people, like 'Navadarshan



Program', which is for the educational support of the financially backward students of rural and urban areas.

The objective of this Educational Program is to provide financial support as well as overall development of student's personality growth by motivation and inspiration. Navadarshan conduct regular get together, trainings, value based classes, sports and other literal and cultural activities. Beneficiaries of this program enlisted more than hundred students of the neighboring villages and twenty students from the city.



Sheethali Chikithsa

Formulation of a unique healing therapy

New Ray of Hope for Holistic Health

Sheethali Chikithsa (Heat Reduction Therapy) is an integral and complete Indian approach to the health and wellness of body, mind and soul of human beings. It is a way of life as it explains dietary, life style, yoga, meditation, counseling and herbal therapy.

The word '*sheethali*' comes from a Sanskrit word '*sheethal*' which means 'cool'. The basic principle of this treatment is that an integrated and healthy human being can live only in a cool, balanced mind and body. The excess heat generated in the system due to abnormal reactions causes all diseases and discomforts of human body and mind. These abnormal reactions caused by the irregular life style, negative attitudes and changing environment.

Scope of Sheethali Chikithsa

According to Sheethali treatment, health considered as a pre-requisite for achieving all the goals of life, whether it is materialistic or spiritual. It takes an integrated view of the physical, mental, spiritual, and social aspects of human beings, each impinging on the others.

Healthy body, healthy mind and healthy society are interlinked. Only an integrated person can live a happy life. Modern life style and stress have made the individuals and society unhealthy, imbalances and sick. This has led to an unsatisfied society. The modern so-called health care is inaccessible to the majority of the people. Moreover, modern health care system has become highly commercialized and is out to drain the pockets for the poor patients.

Sheethali treatment is an alternative, less expensive, harmless and highly effective treatment in most of the (otherwise) incurable illness. It is a natural way of treatment.

Concepts and Principles of Sheethali Chikithsa

This principles and doctrines of this system, both fundamental and applied, have a close similarity to Ayurveda, Sheethali treatment is based on its natural and remarkable diagnosis methods and is affordable. It is mainly dependent on the internal and external heat of the patient, different complaints, signs and symptoms of the body, external observation, examination of the pulse, urine, stool etc.

Pharmacotherapy is mainly dependent upon local available herbal drugs, which make the system indigenous. In this treatment, single drug or their combination in raw are

preferred over compound formulations. Further, the Materia Medica of sheethali treatment being limited, the medicines are easy to get as most of them are available locally. The naturally occurring drugs used in this system are symbolic of life and are generally free from side effects.

Reference to Ayurveda System

Like in 'Ayurveda', this system believes that all objects in the universe including human body are composed of five basic elements namely, earth, water, fire, air and sky. The food, which the human body takes and the drugs it uses are all, made of these five elements. The proportion of the elements present in the drugs vary and their preponderance or otherwise is responsible for certain actions and therapeutic results.

As in 'Ayurveda', this system also considers the human body as a conglomeration of three humours, seven basic tissues and the waste products of the body such as feces, urine and sweat. The food considered as basic building material of human body, which is processed into humours, body tissues and waste products. The equilibrium of humours is considered as health and its disturbance or imbalance leads to disease or sickness.

*Ayurveda recognizes three primary life-forces in the body, or three biological humors called vata, pitta and kapha, which correspond to the elements of air, fire and water. As the active or mobile elements, determine the life processes of growth and decay. It says that these 'doshas' (humours) when out of balance are causative forces behind all the diseases. **But the basic principle of sheethali treatment is that of all these three doshas, pitta is prominent and over production of pitta in the body produce excess amount heat in the body this heat is the cause of all ailments. So the basic treatment in this system is to reduce the internal heat of the body controlling the production of pitta.***

This treatment states that the cause of all the sickness is the excess heat generated by the body. A skilled medical practitioner measures external heat in terms of symptoms like fever, typhoid, diarrhea etc but the internal heat, which is the cause of all sickness, cannot be measured easily but is justifiable with close observation of the functioning of the system. **The theory of 'Sheethali Chikithsa' and 'Effective fire fighting' is justified through close study of the whole body system.**



Sheethali Chikithsa

Success Stories

Health Problems cured and alleviated

Successful treatment for the following disorders / diseases through the system of Sheethali Chikithsa relieved patients whoever reached for treatment.

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- Liver Cirrhosis
 - Neurotic syndromes
 - Dermatology
 - Ulcers
 - Rheumatic Arthritics
 - Parkinson's Decease
 - Epilepsy
 - Migraine
 - Psychological Disorders
 - Vision Disorders
 - Allergies
 - Rabies
 - HIV / AIDS
 - Impotency
 - Un-named / Compound Disorders

Improvement from the chronic condition of Cancer patients and CD4+ Count in AIDS patients are welcome sign towards advanced research and may be resolved through Sheethali Chikithsa System.

Media Reports

Testimonies

Dr. Aji Sebastian (Isai Baba) and activities of Darsanalaya Ashram reported in Newspapers in different languages, TV Channels and Web media about his work in the field of herbal medicines. More details available at www.darsanalaya.org

Print Media

- Tribune
- Express India
- Malayala Manorama
- Mathrubhumi
- Metro Manorama
- Sunday Shalom
- Christian Today
- Third Millennium
- Global C Mission
- Indian Currents
- Metro Now
- The Miracle

TV Channels

- Kairali TV
- AAJ Thak
- India Vision
- Jaihind
- Shalom TV
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Web Media

- [Christian Today](#)
- [Wikipedia](#)
- [Documentary](#)
- [Scribd 1](#)
- [Scribd 2](#)
- [Blogspot IsaiBaba](#)
- [Blogspot Darsanalaya](#)
- [YouTube](#)
- [SH Province](#)
- [CMI](#)
- [Web Album](#)

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(Document compiled by Sebastian Daniel in consultation with Baba Aji and Darsanalaya reports.)