



Did you know?

## **Dharbha Grass is Organic Food Preservative**

Do you know that scientific tests have proved that the popular dharbha grass (or kusha grass) used from time immemorial effectively blocks X-Ray radiation?

The blue and ultraviolet radiations that we normally receive from sun have natural disinfecting property. But during solar or lunar eclipses, the wavelength and intensity of radiation on earth's surface is altered. It was found by electron microscopy that when placed on food items or water, dharbha grass during eclipse time acts as a shield and preserves the food as the grass attracts enormous number of bacteria into its hierarchical surface features.

Dharbha grass is mentioned in the *Rig Veda* for use in sacred ceremonies and also to prepare a seat for priests and the gods. In *Bhagavad Gita*, Krishna advises spiritual aspirants to be seated on dharbha grass as the best preparation for meditation. It was the material used by Buddha for his meditation seat when he attained enlightenment under Bodhi tree.

In *Ayurveda*, dharbha grass is used as a medicine to treat dysentery, and used as a diuretic (to promote free flow of urine).