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DOCTOR DEVELOPS GRAD SYSTEM TO CURE CHRONIC KIDNEY DISEASE PATIENTS



Published 6:24 am IST on April 1, 2022

By **Correspondent**

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The Gravitational Resistance and Diet (GRAD) system developed by Dr Biswaroop Roy Chowdhury, PhD in diabetes management looks promising and is set to provide a ray of hope for Chronic Kidney Disease(CKD) patients. The reason: a first-ever Prospective Cohort Study on Effectiveness of the Ayurveda principle-based GRAD system , in reversing Chronic Kidney Disease(CKD) among dialysis patients, has resulted in encouraging outcomes. The research was conducted by a team of experts from Rajasthan's 13-year-old Shridhar University, Dayanand Ayurvedic College, Jalandhar, one of the oldest Ayurvedic colleges in India, and Hospital and Institute of Integrated Medical Sciences , Dera Bassi, Jaipur and Jodhpur, established by renowned Ayurveda and Yoga Guru – Acharya Manish.

An observational study was also released by the experts in the press conference included Ayurveda and Yoga Guru – Acharva Manish. Dr Biswaroop Rov Chowdhurv. Registrar

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Dr. Biswaroop Roy Chowdhury, the inventor of the GRAD system, told media persons at Chandigarh Press Club, here that, “GRAD includes two hours of hot water immersion therapy, head down tilt therapy and disciplined and intelligent people(DIP) diet. These elements form the nucleus of the GRAD system.”

Research Team Member from Shridhar University Dr. Anu Bhardwaj (B.A.M.S) said, “As many as 100 dialysis patients undergoing treatment under the GRAD system from 22 States across India, were observed for an average of 100 days.”

Registrar of Shridhar University Dr. Om Prakash Gupta said,” Among the patients, who adopted the GRAD System fully, 75% could free themselves of dialysis and the rest of the 25 percent also could free themselves partially from dialysis.”

The GRAD system can be recommended as an effective method to reverse CKD among mild, moderate, and severe patients and can be seen as an effective alternative to dialysis and kidney transplant, said experts.

Ayurveda and yoga Guru – Acharya Manish, who is also Chairman, HIIMS Hospital, Dera Bassi, while introducing successfully treated patients of CKD, shared the vision of the GRAD system. “It is affordable and can be done at the convenience of patients in rural settings as well. The GRAD system can be seen as the beginning of the end of transplant,” he said.

Acharya Manish said that the GRAD system comes as a big hope for CKD patients as about 70 crore people across the globe are suffering from CKD and about one third of them



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Dr Anu Bhardwaj of Shridhar University explained the Ayurvedic perspective of GRAD system while other research team members including Dr Amar Singh Azad, MD, Paediatrics Community Medicine and Dr Awadhesh Pandey, MD, Radiology, explained the allopathic relevance of the reversal of CKD and the scope of this new finding.

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The rise of toxic pollutants in Delhi raises concerns about the health and lifestyle of Delhiites, so Medanta, in collaboration with “Doctors for Clean Air and Climate Action,” launches the Medanta Institute of Research and Advocacy for Clean Air and Health (MIRACAH) with the goal of working toward advocacy, training, and research on air pollution and health. This pan-India programme intends to educate Medanta staff about air pollution and health, engage patients to raise awareness about the importance of clean air, and perform in-house and community-based air pollution and health

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Published 6 days ago on March 31, 2022

By **Correspondent**

A study has found that alcohol intake at all levels is linked with higher risks of cardiovascular disease.

The findings suggest that the supposed benefits of alcohol consumption may actually be attributed to other lifestyle factors that are common among light to moderate drinkers. The findings of the study were published in 'JAMA Network Open'.

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quality of life for heart failure, cancer patients



Published 6 days ago on March 31, 2022

By **Taruni Gandhi**



A study led by the American College of Cardiology, has suggested that spirituality not only helps improve the quality of life for people with chronic diseases like cancer but also impacts heart failure patients.

The study was published in the journal, 'JACC Heart Failure'. It further concludes spirituality should be considered a potential target for palliative care interventions to improve patient-centred and clinical outcomes in these individuals.

Read the full story on the quality of life for heart failure, cancer patients



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NTAGI RECOMMENDS REDUCING GAP BETWEEN TWO DOSES OF COVISHIELD: SOURCES



Published 2 weeks ago on March 22, 2022

By **Shalini Bhardwaj**



The National Technical Advisory Group on Immunization (NTAGI) on Sunday recommended the Union Ministry of Health to reduce the Covid-19 vaccine Covishield's duration of the second dose to somewhere between 8 to 16 weeks after the first dose in view of the ongoing Omicron variant of the coronavirus infection, according to official sources. According to the present guidelines, the second dose of the Serum



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Published 3 weeks ago on March 18, 2022

By **DR RITA BAKSHI**



An upsurge has been noticed in the couples, who are planning babies in their 30s. The likelihood of conceiving organically is extremely high before mid-30s. Post that, the quality of eggs begins to decline, and the success rate begins to fall-off. Complications increase and fertility decreases as we age. It's just not as easy to get pregnant at 40 as it is at 30.

However, complications do not happen with every mom-to-

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WHAT ARE THE NEUROLOGICAL IMPLICATIONS OF COVID?



Published 3 weeks ago on March 15, 2022

By **Dr. Dhanashree Peddwad**

The Coronavirus pandemic has drastically changed every aspect of our lives. While initially regarded as a respiratory virus, the effects of the disease are found to be far wider in the human body. The illness has been associated with a range of disorders damaging the heart, kidneys, circulatory system, etc. Covid also produces an array of wide-ranging and often

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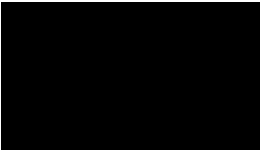
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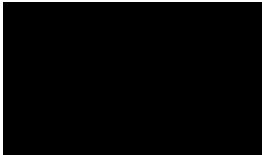
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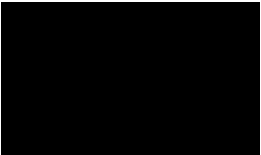
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