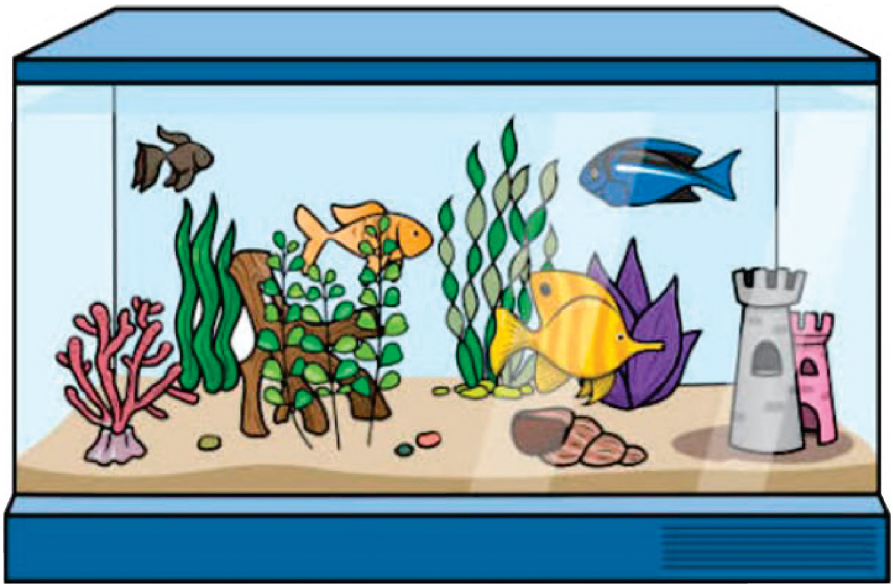


Fish Tank Model for **HEART CARE**

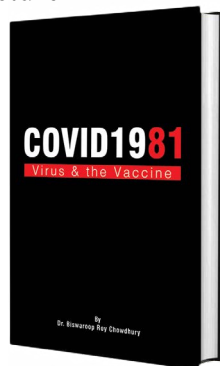


Dr. Biswaroop Roy Chowdhury

COVID-19 Vaccine - Designed to Kill And I warned you...

↳ On 30th November, 2020 through public lecture
(www.coronakaal.tv/30Nov)

&
release of book

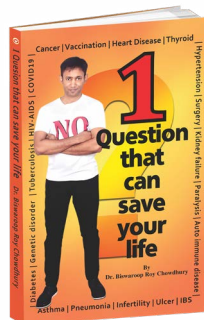


↳ on 3rd December, 2020 Press Conferenece
(www.coronakaal.tv/haridwar)

↳ on 11th January, 2021 I released the joint statement of 111 doctors on Safety & Efficacy of COVID-19 vaccine. Post sent to more than 5000 top officials including MLA's, MP's, CM's and Prime Minister's office
(www.biswaroop.com/jointstatement).

↳ on 23rd January, 2021 release of book

but

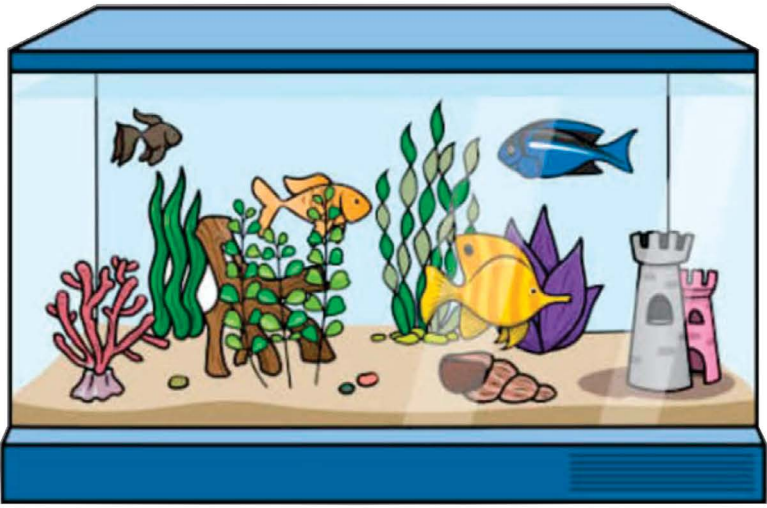


↳ You ignored & national/international media criticized me (www.biswaroop.com/bbctoi)

**Now the world is
witnessing the scary reality
Hearts Stopping Suddenly!**

Continue on next page

Fish Tank Model for HEART CARE



Dr. Biswaroop Roy Chowdhury

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Dedication

Dedicated to my angel daughter Ivy,

loving wife Neerja

&

caring parents

Shri Bikash Roy Chowdhury

Shrimati Lila Roy Chowdhury

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SECTION-I

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CHAPTER-1

Why the Heart Stopped Suddenly?

Imagine a scenario where a road is littered with nails, thorns, and shards of glass. In this situation, the destiny of a vehicle or the factors such as its speed or the duration it has been driven on that road determine which vehicle's tires get punctured. Now, let's apply this context to your body. Over the past 2 years, some individuals have cunningly attempted to harm your body using what is known as the "Spike Protein."

This has led to the occurrence of a phenomenon known as "Sudden Death Syndrome." Recently, there have been reports of individuals abruptly losing their lives while engaged in various activities such as dancing, eating, flying planes, or performing other tasks.


The screenshot shows the Circulation journal website interface. At the top, the journal title "Circulation" is prominently displayed in red. Navigation links include "MY ALERTS", "SIGN IN", and "JOIN". A "Submit your article" button and social media icons for OpenAthens/Shibboleth, Facebook, and Twitter are also visible. Below the header, a navigation bar lists categories: "AHA Journals", "Journal Information", "All Issues", "Subjects", "Features", "Resources & Education", and "For Authors & Reviewers".

The main content area features the article title "Circulating Spike Protein Detected in Post-COVID-19 mRNA Vaccine Myocarditis" in bold. The authors listed are Lael M. Yonker, Zoe Swank, Yannic C. Bartsch, Madeleine D. Burns, Abigail Kane, Brittany P. Boribong, Jameson P. Davis, Maggie Loiselle, Tanya Novak, Yasmeen Senussi, Chi-An Cheng, and others. The article is dated March 14, 2023, and is from Volume 147, Issue 11. A "Request Access" button is present. The article is categorized as a "RESEARCH ARTICLE" and is currently "NO ACCESS".


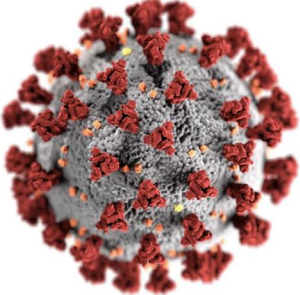
On the right side, there are tabs for "Details", "Related", "References", and "Figures". Below these is a thumbnail image of the article cover, which shows a red heart with a white stethoscope around it. The article is also advertised as being featured in "March 14, 2023 Vol 147, Issue 11".

The "Abstract" section is partially visible, starting with "Background: Cases of adolescents and young adults developing myocarditis after vaccination with severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)-targeted mRNA vaccines have been reported globally, but the underlying immunoprofiles of these individuals have not been described in detail." The "Methods" section is also partially visible.

Among those in the news was Dr. Gaurav Gandhi, a 41-year-old cardiologist, who tragically passed away unexpectedly.

	Name	: Dr Gaurav Gandhi
	Age	: 41 yrs
	Profession	: Cardiologist
	Working at	: MP Shah Government Medical College & Sharda Hospital in Jamnagar
	Place	: Jamnagar, Gujarat

He was completely healthy, followed a vegetarian diet, teetotaler, and his electrocardiogram (ECG) showed no abnormalities. Surprisingly, the mainstream media and the entire medical community appeared shocked and dismissed his death as being of unknown origin despite the fact that the global consensus has already acknowledged the origin or cause of such deaths. You can verify this information on the official website of the US Government's Centers for Disease Control and Prevention (CDC). The CDC states that the Covid vaccine has resulted in the presence of "Spike Protein Separatist" in one's bloodstream, leading to myocarditis and ultimately causing death of your heart.

<p>Myocarditis Outcomes Following mRNA COVID-19 Vaccination</p> <p>Preliminary Data: data are subject to change</p> <p>Advisory Committee on Immunization Practices February 4, 2022</p> <p>Ian Kracalik PhD MPH Vaccine Safety Team CDC COVID-19 Vaccine Task Force</p> 	
<p>cdc.gov/coronavirus</p>	

As a result, several countries worldwide have initiated compensation programs for the families of Covid vaccine victims. For instance, the UK has implemented a compensation scheme where the families of such victims are eligible to receive an amount of £12,000. This is equal to a sum of 1 crore 25 lakh rupees in Indian currency, and notably, it is also tax-free.

The screenshot shows the UK Government website page for 'Vaccine Damage Payment'. The page header includes the GOV.UK logo and navigation links for 'Menu' and search. The breadcrumb trail is 'Home > Benefits > Benefits and financial support if you're disabled or have a health condition'. The main heading is 'Vaccine Damage Payment'. A 'Contents' section lists: Overview, What you'll get, Eligibility, How to claim, and If you disagree with a decision. The 'Overview' section states: 'If you're severely disabled as a result of a vaccination against certain diseases, you could get a one-off tax-free payment of £120,000. This is called a Vaccine Damage Payment. You can also apply for this payment on behalf of someone who has died after becoming severely disabled because of certain vaccinations. You need to be managing their estate to apply. You do not need a legal representative, such as a solicitor, to apply for a Vaccine Damage Payment.' A 'Related content' section lists links: 'Apply for equipment for your home if you're disabled', 'Financial help if you're disabled', 'Severe Disablement Allowance', and 'Get help with benefits and pensions if you have accessibility needs'.

Similarly, the US government has allocated up to 5 billion dollars in compensation to the victims of vaccine injuries, amounting to approximately 40,000 crore rupees in Indian currency.



Home > Countermeasures Injury Compensation Program (CICP) > Comparison of Countermeasures Injury Compensation Program (CICP) to the National Vaccine Injury Compensation Program (VICP)

CICP Home

- Covered Countermeasures
- Who Can File for Benefits?
- CICP Filing Process
- Types of CICP Benefits
- Criteria to Demonstrate that a Covered Injury Occurred
- CICP Data
- Frequently Asked

Comparison of Countermeasures Injury Compensation Program (CICP) to the National Vaccine Injury Compensation Program (VICP)



Program	CICP	VICP
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hrsa.gov

petition for compensation.

What does it mean to be awarded compensation?

Being awarded compensation for a petition does not necessarily mean that the vaccine caused the alleged injury. In fact:

- Approximately 60 percent of all compensation awarded by the VICP comes as result of a negotiated settlement between the parties in which HHS has not concluded, based upon review of the evidence, that the alleged vaccine(s) caused the alleged injury.
- Attorneys are eligible for reasonable attorneys' fees, whether or not the petitioner is awarded compensation by the Court, if certain minimal requirements are met. In those circumstances, attorneys are paid by the VICP directly. By statute, attorneys may not charge any other fee, including a contingency fee, for his or her services in representing a petitioner in the VICP.

What reasons might a petition result in a negotiated settlement?

- Consideration of prior U.S. Court of Federal Claims decisions, both parties decide to minimize risk of loss through settlement
- A desire to minimize the time and expense of litigating a case
- The desire to resolve a petition quickly

How many petitions have been awarded compensation?

According to the CDC, from 2006 to 2021 over 6 billion doses of covered vaccines were distributed in the U.S. For petitions filed in this time period, 10,602 petitions were adjudicated by the Court, and of those 7,618 were compensated. This means for every 1 million doses of vaccine that were distributed, approximately 1 individual was compensated.

Since 1988, over 26,227 petitions have been filed with the VICP. Over that 30-year time period, 22,347 petitions have been adjudicated, with 9,895 of those determined to be compensable, while 12,452 were dismissed. Total compensation paid over the life of the program is approximately \$5 billion.

This information reflects the current thinking of the United States Department of Health and Human Services on the topics addressed. This information is not legal advice and does not create or confer any rights for or on any person and does not operate to bind the Department or the public. The ultimate decision about the scope of the statutes authorizing the VICP is within the authority of the United States Court of Federal Claims, which is responsible for resolving petitions for compensation under the VICP.

If you visit the website of the World Health Organization (WHO), you will find substantial evidence that many countries are providing compensations to individuals who have experienced adverse effects from the Covid vaccine. These compensations acknowledge the harm caused and aim to support the affected individuals and their families.

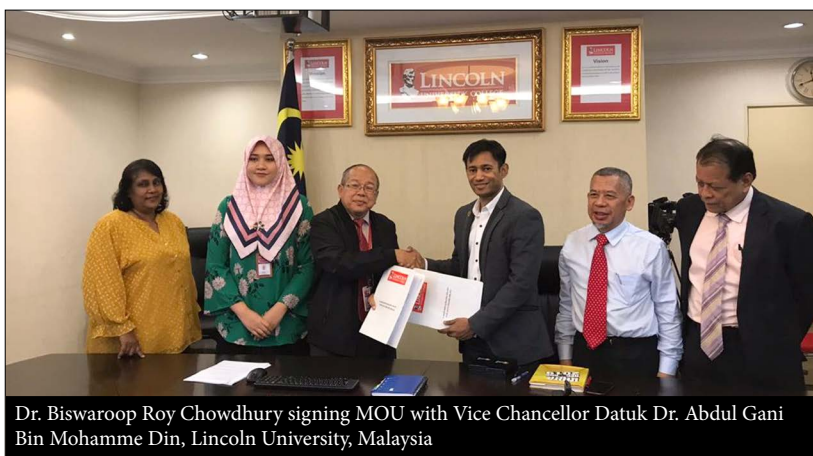


It is crucial for you to raise your voice at this point, as what happened to Dr. Gaurav Gandhi could potentially happen to anyone who has received the two doses of the Covid vaccine. In the unfortunate event that you experience adverse effects from the vaccine, it is essential that your family receives justice and does not endure unnecessary suffering. Take a moment to reflect on how you have been misled and deceived. In fact, I have been warning you since January 2020. Let me take you back to those earlier days. In December 2019, I noticed a suspicious and subtle alteration on the WHO website. They were attempting to modify the definition of a pandemic to serve their own agenda of fabricating a false pandemic. The intention was to deceive patients seeking treatment in hospitals, leading to their harm rather than recovery. This is not the first time they have employed such tactics, as

they previously orchestrated a fabricated pandemic under the guise of H1N1. However, their actions were ultimately exposed by the Parliamentary Assembly Council of Europe (PACE).

So, it became increasingly evident at that time that individuals would need to take charge of their own health in the upcoming years. If they were to seek medical assistance at hospitals, they could potentially become victims of the WHO's conspiracy. In the rare event of a genuine pandemic occurring, which remains highly probable, it would be wiser to rely more on oneself rather than solely depending on doctors or hospitals.

With this intention in mind, on December 18, 2019, I entered into a Memorandum of Understanding (MOU) with Lincoln University, Kuala Lumpur. The purpose was to launch an online training program focused on a healthcare called "Medical Nutrition." This course aimed to equip individuals with the knowledge necessary to safeguard themselves against major illnesses, including various lifestyle diseases and infectious diseases. Through this online training program, we educated people about **"The 3 Step Flu Diet"** and the **"DIP Diet."**



Dr. Biswaroop Roy Chowdhury signing MOU with Vice Chancellor Datuk Dr. Abdul Gani Bin Mohamme Din, Lincoln University, Malaysia

Interestingly, both the diets have been rigorously studied and tested by the Ministry of Ayush. The National Institute of Nutrition (NIN) under the Ministry of Ayush conducted an observational study on the effectiveness of the Three Step Flu Diet and clinical trials on the DIP Diet. The results of these studies were remarkable, indicating that both diets were beneficial in treating infectious diseases and lifestyle diseases respectively.

To all those who were connected with me, I urge you to recall the events of December 2019 when the news of the pandemic outbreak in Wuhan began to dominate your television screens and front pages of the newspapers. As you watched it unfold like a movie, the fear started creeping in. During this critical period, I took to YouTube channels and social media platforms to alert you through short videos, providing

दैनिक भास्कर 🏠 होम 📺 वीडियो 🔍 सर्च 📄 वेब स्टोरीज 📺 ई-पेपर

Hindi News / HappyLife / Coronavirus Treatment | China Novel Coronavirus Timely Treatment Expert Advice By Medical Nutritionist Dr. Biswaroop Roy Chowdhury

कोरोनावायरस से लड़ने का फॉर्मूला, वजन के मुताबिक पिंपं मौसमी जूस और नारियल पानी, सिर्फ 3 दिन में होगा असर

3 वर्ष पहले f 🐦 🔗

तीन दिन तक जूस और नारियल पानी से इम्युनिटी बढ़ाकर वायरस का असर कम करने वाला डाइट प्लान

मशहूर मेडिकल न्यूट्रीशनल डॉ. बिस्वरूप रॉय चौधरी बता रहे हैं कोरोनावायरस से निपटने का डाइट प्लान

- संक्रमण के लक्षण दिखने पर फलों का 3 दिन का डाइट प्लान,
- ताजा जूस बिना छाने पिएं, डाइट में शामिल करें टमाटर और खीर

हैल्थ डेस्क. कोरोनावायरस से सिर्फ चीन में सेकड़ों लोगों की मौत हो चुकी है। केरल में सोमवार तक 3 मामलों की पुष्टि हो चुकी है। वायरस से संक्रमण का दावर बढ़ रहा है। एक्सपर्ट के मुताबिक, संक्रमण के लक्षण दिखने पर बचाव के तौर पर डॉक्टरी सलाह लें और लिक्विड डाइट की मात्रा बढ़ाएं। मेडिकल न्यूट्रीशनल डॉ. बिस्वरूप रॉय चौधरी के मुताबिक, संतत-मौसमी और नारियल पानी की मात्रा बढ़ाकर 3 दिन में संक्रमण और वायरस को खत्म किया जा सकता है। ध्यान रखें जूस को छानना नहीं है वरना इसमें मौजूद फायबर कम हो जाएगा। और न ही पैकेज्ड जूस का इस्तेमाल करें। मशहूर न्यूट्रीशनल और डायटिटीय एक्सपर्ट डॉ. बिस्वरूप रॉय चौधरी ने भास्कर के साथ साक्षात् किया 3 दिन का आहार प्लान जो संक्रमण के असर को कम करेगा।

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आज का राशिफल मेघ
मेघ | Aries

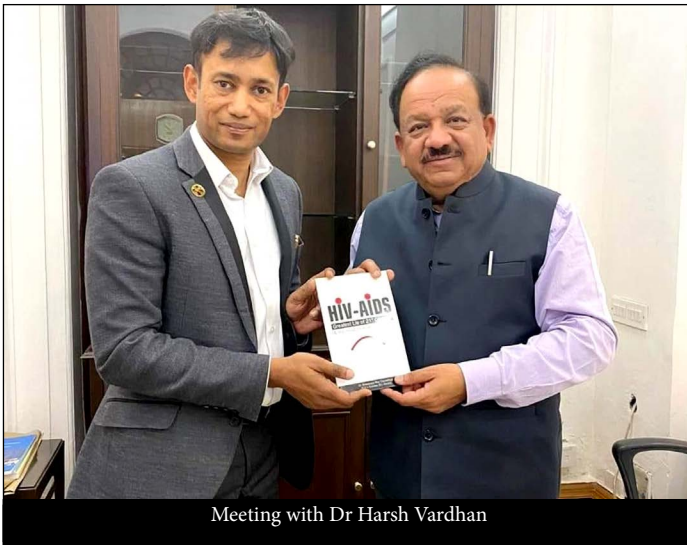
पॉजिटिव- परिवार के किसी सदस्य की उपलब्धि को लेकर घर में खुशनुमा माहौल रहेगा। आपके विनम्र स्वभाव की वजह से घर तथा समाज में आपकी तारीफें होंगी। पड़ोसियों के साथ चल रहा कोई पुराना मसला भी हल होगा। पुत्रांगी को...

evidence that this was nothing but a conspiracy aimed at tracking and manipulating you. Despite the rapid pace at which I created these videos, the social media platforms such as YouTube, Facebook, and Twitter were quick to delete them. However, I persevered in bringing you the truth with the support of social media whenever possible, as well as through renowned national and international conventional media outlets such as Dainik Bhaskar and Gulf News.

The screenshot shows a news article from Gulf News. The header includes a navigation menu, the Gulf News logo, the word 'INDIA', the date 'Dhuhr 12:26PM', and a 'Subscribe now' button. The article title is 'COVID-19: Vitamin C, herd immunity the hope for India, Indian doctor says'. Below the title is a sub-headline: 'Delhi-based nutritionist says WHO protocol for treatment of virus is extremely harsh'. The article is dated 'April 09, 2020 14:08' and is by 'Gautam Bhattacharyya, Senior Associate Editor'. The main image shows a police officer in a khaki uniform trying to disperse a crowd of people gathered on a street in Hyderabad. A caption below the image reads: 'A policeman tries to disburse people who gathered without maintaining social distancing in Hyderabad during the nationwide lockdown earlier week. The herd immunity among the huge population, doctors hope, can slow down the coronavirus pandemic. Image Credit: ANI'. The article text continues: 'Dubai: A New Delhi-based Indian doctor says that a simple 'preventive diet' to boost the immunity against flu, along with the possibility of the herd immunity already kicking in - may work for the second-most populous country in the world in their fight against the coronavirus pandemic. Dr Biswaroop Roy Chowdhury - a medical nutritionist whose crash diet plans to reverse diabetes recently became hugely popular via youtube videos - has provided some food for thought at a time when the COVID-19 pandemic has brought the world to it's knees. Speaking to Gulf News during an exclusive interview, Dr Roy Chowdhury said that in the absence of a vaccine, it's the " treatment and not the disease" which is taking more lives around the world. "Check the WHO protocol and you will see it's a combination of anti-malarial, antibiotics, anti-pyretic and even in cases a HIV drug. Why do you need antibiotics to treat what is essentially a viral fever? Even the dosage of anti-pyretic is also extremely high and it can often turn out to be a lethal

<https://biswaroop.com/gulfnews/>

On March 5, 2020, the Government of India announced the closure of schools and malls as a precautionary measure. Deeply disturbed by these developments, I took the initiative to meet Dr. Harsh Vardhan, the then Health Minister, in the Parliament, to express my concerns and share my belief that this was all part of a larger conspiracy. I endeavored to explain to him that the situation was not a genuine pandemic but rather a manufactured one, similar to previous instances. To support my claims, I even handed him a copy of my book on HIV-AIDS, which contained evidences and insights relevant to the discussion.

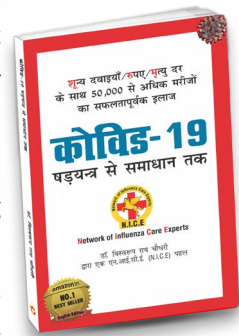


Despite my best efforts, the Government of India proceeded with their plans for a lockdown and adhered to the mainstream protocol recommended by the World Health Organization (WHO). Unfortunately, on June 1, 2020, all my social media accounts, including Instagram, Twitter, Facebook, LinkedIn, and YouTube channel, were suddenly banned, severing my social connections. Undeterred, the following day, I launched a helpline number +91-8587059169 that remains active even today, providing a 24/7 support service for

individuals who are concerned about Covid and experiencing flu-like symptoms or other discomforts. This helpline aimed to assist those in need and offer guidance during these challenging times.



To assist individuals across the country, I had established a network of 700 NICE experts (Network of Influenza Care Experts). These experts in every district, ensured that the help was readily available. For those who reached out to me, totaling around 60,000, you witnessed firsthand the tireless dedication of our NICE experts who worked day and night to provide assistance. They guided you through the recovery process using the Three Step Flu Diet and ensured treatment took place in the comfort of your own homes, eliminating the need for hospital visits. Additionally, every three months, I released books that were accessible online, offline, and on social media platforms. Among these books, "NICE Way to Cure COVID-19" became a bestseller on Amazon. However, it was unfortunately banned by Amazon after three months of its publication.



The Hindi edition of the book is still available on Amazon, and you can access and read it. By November 2020, the farmers' protest had commenced. On one hand, there was an extensive propaganda spreading false information about the deterioration of the Covid situation, while on the other hand, a significant number of farmers gathered at the Delhi-Ghazipur border to voice their concerns.

We established two medical emergency camps specifically to cater to the potential health concerns that may arise during the farmers' protest. These camps operated tirelessly day and night to attend to the medical needs of the protesting farmers. It was a period of enforced lockdown, where people were confined to their homes due to the fabricated fear of Covid-19 propagated by the authorities.



Delhi- Ghazipur border

Interestingly, amidst the lakhs of farmers protesting on the streets, no reports of farmers dying from Covid-19 emerged. This was because the so-called Covid-19 scare was merely an exaggerated fear of the



Delhi- Tikri border

flu, a common ailment we experience every year. There was nothing extraordinary about Covid-19. The recipe to create a sense of panic around Covid-19 is quite simple: take the symptoms of flu/influenza, which include the typical cold, cough, and fever, and amplify the fear surrounding it.

In the event that a patient does end up in the hospital and is administered oxygen, put on a ventilator, or given the potent drug Remdesivir, an escalation in dosage can tragically lead to the person's demise. These episodes were labeled as the first wave, second wave, third wave, and so on, creating a narrative of escalating Covid-19 waves.

What is the truth behind this theory? I attempted to elucidate it through the book titled "Dusri Lahar ka Sacch" (The Truth of the Second Wave). I also endeavored to raise awareness that a vaccine would soon be introduced, which could potentially lead to slow poisoning, gradual death, or sudden demise. You can download book from www.biswaroop.com/ebook.



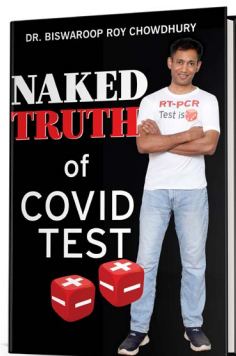
If you recall, during this time, we established our Covid center in Ahmednagar with the assistance of Shri Nilesh Lanke, the MLA of Ahmednagar. Thousands of patients visited our center, presumed to be Covid-positive. We referred to these centers as "Flu centers" rather than "Covid centers." The patients who arrived here were neither provided with any medication nor were any social distancing measures implemented. No masks, oxygen cylinders, or ventilators were utilized, yet remarkably, no deaths occurred within these centers.



The Indian Health Ministry and Ayush Ministry were astonished by the unconventional approach and outcomes observed at this center. Representatives from the Ayush Ministry diligently studied and observed the proceedings for a period of three months, meticulously documenting their findings in a comprehensive report.

This observational study conducted by the Ayush Ministry for a period of three months yielded significant findings. It demonstrated that any form of Covid, whether mild or severe, could be completely cured within 3 to 7 days by following the Three Step Flu Diet. It was observed in the Covid center that individual who adhered to this Three Step Flu Diet remained safe, with no reported side effects or deaths. These observations provided evidence that what was labeled as Covid was, in fact, a simple flu. To read the study, go to www.biswaroop.com/ayush

Additionally, to propagate the false pandemic, the RT-PCR test was used as a tool, generating positive results almost randomly. To raise awareness among the general public about the manipulation of RT-PCR tests, I conducted a unique experiment with my team. We collected diverse samples including animals (cats, dogs, hens, rabbits, flies, and mosquitoes), as well as samples from vegetables and fruits. These samples were then tested for infection using the RT-PCR test in a Covid Testing lab. As suspected, we discovered and proved that for any type of sample, the test yielded a positive result for every 10th sample. In other words, after 9 consecutive negative tests, the subsequent (10th) test came out positive for Covid-19. We recorded the entire process on video, documented the results, and published it as a book ‘**Naked Truth of Covid Test**’ to expose this phenomenon.



The book was made available through all offline and online stores. To read this book go to www.biswaroop.com/ebook.

The modus operandi behind the creation of the fake pandemic can be summarized as follows:

Step 1: Creating fear through mass testing

Suppose the intention is to demonstrate the existence of 1lakh Covid patients, a total of 10 lakh RT-PCR tests would be conducted. Given that the testing process is designed in such a way that approximately one out of every ten tests yield a positive result, the desired number of positive cases is attained by testing the masses on a large scale. The larger is the number of people tested higher will be the number of positive cases for covid. To add to it, when individuals showed no visible symptoms, they were conveniently labeled as asymptomatic. This validation of infection without apparent symptoms reinforced the notion that a person can be infected unknowingly. To embed this concept in the minds of the general public, extensive news coverage emphasizing asymptomatic cases was disseminated with great urgency.

Step 2: Categorizing normal flu as Covid infection

People who contracted the common flu, which is a regular occurrence each year, were falsely identified as Covid positive. This categorization blurred the line between flu cases and actual Covid cases, inflating the numbers and creating a false sense of a pandemic.

Step 3: Lethal treatment

Individuals were subjected to the aggressive treatments such as Remdesivir injections, ventilators, and oxygen cylinders, which often resulted in severe complications and even death. These treatments, rather than helping patients, caused permanent damage to their health.

Step 4: Mislabeling deaths as Covid-related

Any death occurring during 2020, 2021, and 2022 was conveniently labeled as a Covid-related death, regardless of the actual cause. This led to an overinflated number of Covid deaths, further fueling the narrative of a deadly pandemic.

Step 5: The introduction of vaccines

The fear created by the above tactics was compounded to a highest level so as to prepare a ground for the introduction of Covid vaccines. In addition to serving financial and economic interests, these vaccines were also allegedly used as a means of depopulation. The sudden deaths witnessed recently can be attributed to adverse reactions to the vaccines, resulting in the sudden cessation of heartbeats just like in the case of Dr Gaurav Gandhi.

What can be done by you and me in this situation?

There are at least two actions we can consider taking in this situation, with specific roles for You and Me. So, what can you do, especially those who have taken two doses of the vaccine? Since it has been proven that because of the two doses, sudden heart attack or sudden cardiac arrest may happen and God forbid something happens to you then who shall get justice done for your family?

As mentioned earlier in this article, several countries have taken steps to provide substantial compensation to the families affected by adverse events related to the Covid vaccine, acknowledging its association with "The Sudden Death." Unfortunately, such measures are not being implemented in India. However, Advocate Nilesh Ojha and the Awaken India Movement are actively assisting individuals or families impacted by Covid vaccine damage to pursue compensation. If you or

someone you know has suffered vaccine-related injuries or the sudden loss of a family member due to side effects of the Covid vaccine, I encourage you to reach out to Advocate Nilesh Ojha and the Awaken India movement for assistance. You can contact them by visiting the link www.biswaroop.com/shocked.

Now as my share of responsibility let's address the question that is often asked by individuals who have received a double dose of the vaccine: Is there a way to detoxify the body and mitigate the effects of Covid vaccines, Remdesivir injections, and other medications administered under the guise of Covid treatment? Can we reduce or nullify the damage caused by these interventions, commonly referred to as 'Long Covid'? Is it possible to detoxify the body in this context?

Based on my understanding to a certain extent, I believe that we can detoxify the body. In this context, allow me to introduce my invention, the **GRAD system (Gravitational Resistance and Diet system)**, which I launched in September 2021. Those who have been following my work for a few years now are familiar with the GRAD system's primary objective: to help patients with chronic kidney disease reverse the progression of their condition. Since its introduction, you and the world have witnessed an unprecedented development. For the first time, patients with a previously deemed irreversible kidney disease, who were burdened with the pain of dialysis, followed by the need for kidney transplants and the prospect of a painful demise, now have the opportunity to reverse their chronic kidney disease. Through the adoption of the GRAD system, they could free themselves from dialysis and medications.

Considering the aforementioned points, I believe that the GRAD system, in conjunction with the correction of the body clock, can potentially eliminate the toxicity caused by the drugs like Remdesivir, other toxic medications, impurities resulting from vaccines, and even

the spike protein circulating in the body. The role of the body clock in this process is crucial.

I am hopeful that the GRAD system and the correction of the body clock can help answer this question, **‘How we can reduce the burden of side effects Covid vaccines?’**

In this book, I have divided the content into three sections, where you will discover how the medical industry often mislabels healthy individuals as sick, entrapping them in a vicious cycle of diagnosis and medication. Consequently, the patients become deeply entangled in a web of pharmaceuticals.

Within the pages of this book, you will gain a deeper understanding of how the GRAD system and the correction of the body clock contribute to disease reversal and maintaining overall health.

Through section-two, I present to you the proof of effectiveness of GRAD + Zero Volt + Time as Medicine in the form of the findings of observational study done during our ‘Cure@72 hrs.’ camp in collaboration with one of the oldest and reputed hospitals in our country named Dayanand Ayurvedic College Jalandhar.

Section- three of the book provides an additional evidence supporting the efficacy of the GRAD system, particularly in the context of chronic kidney disease (CKD) patients. These findings are based on DTPA scans conducted by some of the curious patients who, despite our discouragement, proceeded with the scans. Their decision to undergo DTPA scans allowed for a deeper exploration of the impact of the GRAD system on CKD. The results obtained from these scans further validate the positive outcomes experienced by patients who have embraced the GRAD system as a part of their treatment.

The Fish Tank Model

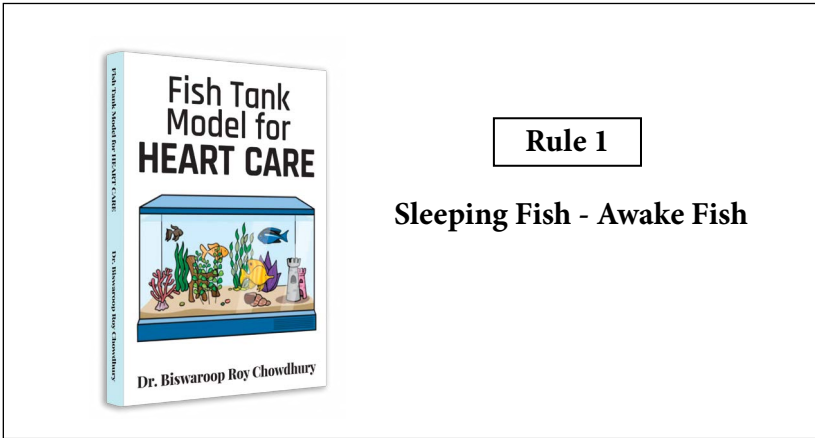
(This chapter is adapted from Dr. BRC's lecture on 21st June 2023, Kuala Lumpur, Malaysia)

I consider myself the luckiest doctor in the world because my patients consistently experience remarkable recoveries. Hundreds of dialysis-dependent chronic kidney patients are now leading dialysis and medicine-free lives. Thalassaemia children, who were once dependent on blood transfusions for several years, are now completely free from transfusions. Children with type I diabetes, who were once reliant on insulin, are now living without it. Patients diagnosed with serious genetic conditions such as ASD/VSD (Hole in the heart) were initially predicted to live only a few months but have now surpassed those expectations, living healthy lives for several years. Thousands of individuals previously labeled as HIV-AIDS patients are now living drug-free, disease-free lives. Unfortunately, the common theme among my patients is that they seek my help only after their condition has worsened due to consultation under allopathic doctors.

In this book, I present the '**Fish Tank Model**', designed to teach you how to take the first step towards recovery when you fall ill. Through the following set of rules, I will guide you on a journey from disease diagnosis to recovery and further maintaining optimum health.

1. Rule 1- Sleeping Fish- Awake Fish
2. Rule 2- Garbage Relocation
3. Rule 3- Garbage Out
4. Rule 4 – Maintain Body Clock

Rule 1 - Sleeping Fish- Awake Fish



Imagine having an aquarium with fish swimming inside. This aquarium is their entire world. Now, you want to determine whether the fish are awake or asleep. So, you come up with a diagnostic procedure where you catch hold of each fish and examine them closely to see if they are asleep or awake. What happens as a result? Even if the fish were initially sleeping, they would wake up when you catch them and observe them. You might conclude that the fish you caught was awake, and then proceed to check the next fish. This process continues until you have checked each fish individually.

Now, let's draw a connection between this scenario and your own experience. Just like the fish in the aquarium, when a question or query arises in your mind, there is a change that occurs in your body. This change is always related to the query or question in your mind. It's similar to how the fish wake up when you attempt to diagnose their state of wakefulness.

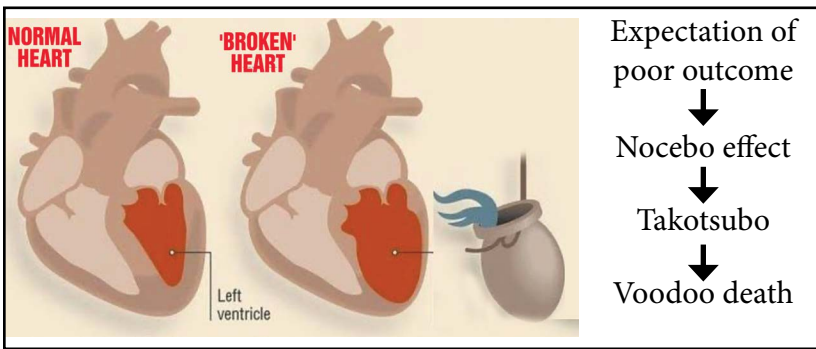
This rule highlights the fact that your thoughts and queries have a direct impact on your body and overall well-being. The moment a question or query arises in your mind, there is a corresponding physiological response in your body.

Understanding this fact is crucial, not just in the context of blood pressure. When a doctor mentions the need to check your blood pressure or suggests that it should be monitored, the mere thought of it can bring about significant increase in your blood pressure, often known as white coat syndrome. It's important to comprehend this phenomenon scientifically because it directly affects your body. Understanding how it happens exactly can guide you in making informed decisions about what needs to be done. It's important to remember that whenever you anticipate or worry about a negative outcome related to your health, such as high blood pressure, elevated cholesterol levels, or uncontrolled blood sugar, a mechanism called the 'Nocebo Effect' comes into play. This is a well-established medical term and scientifically proven phenomenon. When the 'Nocebo Effect' takes place over an extended period, whether it be weeks, months, or even years, it lingers in your mind. Consequently, you might repeatedly undergo tests, and each time, something or the other might show up, further fueling doubts and uncertainties. This doubt itself has the potential to negatively impact your heart. Scientifically, it is referred to as a broken heart or, more specifically, 'Takotsubo Cardiomyopathy'.

Takotsubo Cardiomyopathy is a condition where the left ventricle of the heart weakens or "breaks apart" under extreme stress or emotional trauma. This condition is characterized by the ventricle taking on a unique shape resembling a "lota" or a vessel, which is locally referred to as "Takotsubo" in Japanese. In Japan, these vessels are traditionally

used to catch octopuses. When an octopus enters the vessel, its eight limbs become entangled, preventing it from escaping.

The term "Takotsubo" has been adopted to describe this particular cardiomyopathy because the affected ventricle takes on a similar shape, resembling the octopus-catching vessel. The weakened ventricle remains in this abnormal shape and can lead to life-threatening complications and, in some cases, even death. This kind of death is termed as "**Voodoo death**".



"Voodoo death" is a term used to describe instances where emotional or psychological distress can have profound physiological effects, leading to rapid deterioration of health and even death.

The challenge we face is that we are easily influenced by external factors and events happening around us. This lack of mental stability can contribute to heightened anxieties and doubts about our health, prompting us to seek reassurance through frequent medical tests.

For those interested in delving deeper into the Nocebo effect, there are numerous research papers available on the subject. These papers provide in-depth studies and insights into the psychological and physiological mechanisms underlying the Nocebo effect. By

following the links provided, you can explore these resources to gain a comprehensive understanding of this phenomenon.

Nocebo Effect

Dupuy HJ. A concurrent validation study of the NCHS Gen-eral Well-Being Schedule. Washington: U.S. Govt Printing Office, 1977;

Vital and Health Statistics, Ser. 2, No. 73, DHEW Publication No. (HRA)78-1347.

Nocebo Effect

Eaker E, Pinsky J, Castelli WP. Myocardial infarction and coro-nary death among women: psychosocial predictors from a 20-year follow-up of women in the Framingham Study.

Am J Epi-demiol 1992;135:854-64.

Robert A. Hahn, The Nocebo Phenomenon: Concept, Evidence, and Implications for Public Health,

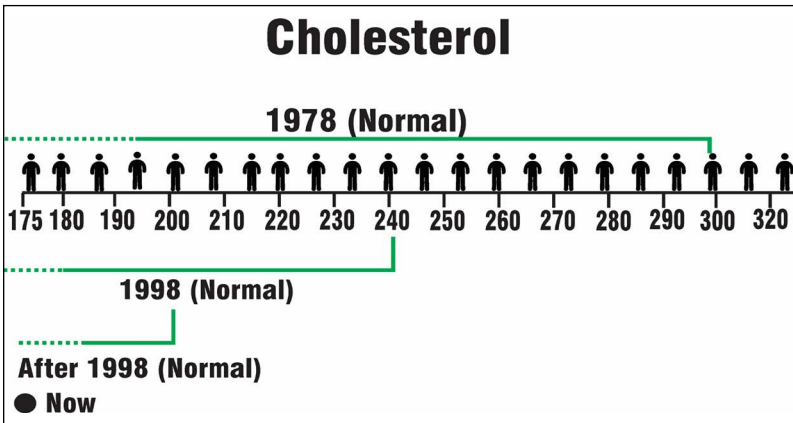
Preventive Medicine, Volume 26, Issue 5, 1997,

Apart from those who are really unwell, there are some individuals, for whom, the process of undergoing medical diagnoses has become an integral part of their lives, even when they may not be severely unwell. There is a constant concern that a specific ailment has not been checked for a long time, leading them to seek regular check-ups and tests. However, it's important to recognize that this behavior can have unintended consequences, including the Nocebo effect.

Let's understand this topic using an example. Prior to 1978, the accepted range for normal cholesterol levels was 300. However, by

1998, this range was reduced to 240, categorizing individuals with levels exceeding 240 as having high cholesterol. Presently, the threshold has further decreased to 200. Individuals who are over 40 years old are often recommended to take cholesterol medication, as it is believed that individuals in this age group are more prone to health issues.

Every day, as you take your medication, you may start to develop a sense that you are not a healthy individual, leading to the manifestation of the Nocebo effect. This process doesn't occur overnight, but gradually over the course of a year or more. Eventually, your heart may adopt the shape I previously described, resembling a vessel known as a "lota" in Takotsubo Cardiomyopathy.



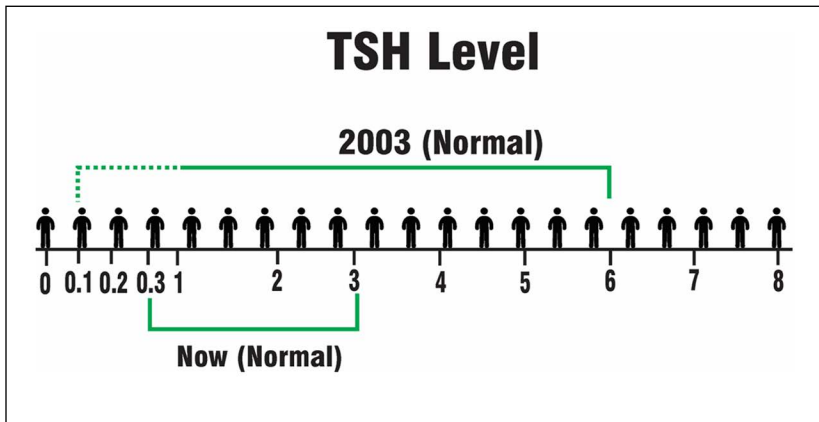
The above slide shows, a simple change in definition, individuals who were previously considered within the normal range are now classified as being unwell. However, it is important to note that they may not actually be ill; rather, the narrowing of the definition has encompassed them within the boundaries of poor health. The consequence is that, these individuals are healthy with no sign of discomforts or symptoms, but upon examining they are labelled as sick. Now these reports knock

person's head every-day putting him under undue stress over the time leading to Nocebo effect and eventually falling ill. This is just one of many similar examples illustrating this phenomenon.

When it comes to thyroid health, it is worth noting the changes in the defined normal range for TSH (Thyroid-Stimulating Hormone) levels. Prior to 2003, the accepted normal TSH range was between 0.1 to 6.0. Presently, the updated normal range is considered to be between 0.3 to 3.0.

Till 2003	TSH Range 0.1 to 6.0
Now	0.3 to 3.0

Previously, individuals who fell within the previously defined healthy range for thyroid function are now being recommended medication for their thyroid. However, whether one chooses to take the medication or not is a personal decision. Nevertheless, the mere notion that one's thyroid may not be functioning optimally can inadvertently contribute to the Nocebo effect and the phenomenon known as Voodoo death.



The phenomenon has already taken hold within the body, causing those who were once deemed healthy to now question their own well-being. It is important to recognize that striving for all the tests to be normal is an unattainable goal. No individual on this earth will have completely normal test results. The intricate design of our biological system inherently makes it impossible to achieve absolute normality across all parameters.

Another significant topic that I will address is the challenging issue of dialysis. A staggering 70% of the patients seeking treatment at our HIIMS hospitals are undergoing dialysis, who have been recommended a transplant. Among the multitude of illnesses, one may encounter, dialysis is widely acknowledged as one of the most physically and emotionally painful experiences. Furthermore, the need for dialysis not only affects the patient but also impacts the livelihoods of those around them. Both the patient as well as the attendant responsible for accompanying the patient to the hospital lose their jobs. Additionally, the financial burden is substantial, with monthly expenses amounting to Rs 50,000. For the patient, the primary focus becomes survival.

Here the question arises: Is there a viable solution to this predicament?

Certainly, there is indeed a solution, but first, let me clarify what should not be mistaken as the root cause. One term that often plays the role of a perceived villain is 'creatinine'. The levels of creatinine in our body fluctuate for various reasons. For instance, when the body faces a bacterial infection, it naturally increases the creatinine production as a means to combat its spread. However, if a doctor assesses the patient's condition during that time, they might mistakenly conclude that the kidneys are dysfunctional. Similarly, when patients are prescribed steroids, the creatinine levels may rise once again. This increase occurs

because creatinine actually plays a beneficial role in mitigating the side effects of steroids.

Largest Study (5388 patients)
Higher Creatinine = Lesser deaths among kidney patients
Significance of serum creatinine values in new end-stage renal disease patients
<i>American Journal of Kidney Diseases Volume 34, ISSUE 4, P694-701, October 01, 1999</i>

It is important to understand that the high creatinine levels are often observed in bodybuilders. However, this does not necessarily indicate that all bodybuilders have kidney issues. If a person's identity as a bodybuilder is not disclosed, a doctor might mistakenly diagnose them as a kidney patient solely based on elevated creatinine levels. The reason behind this misunderstanding is that having more muscle mass in the body leads to increased production of creatinine. Conversely, when someone's kidneys are not functioning optimally, it can result in the elevated creatinine levels. Even a slight deviation in creatinine levels can prompt the assumption of kidney dysfunction. The mere thought of the kidneys not functioning properly can cause psychological distress, even in individuals who are otherwise healthy. We have witnessed the immense turmoil experienced by individuals when faced with this diagnosis.

In reality, these individuals are actually healthy, but based on the misleading creatinine value, they are labelled wrongly as kidney failure patients. However the largest study on creatinine concludes, higher creatinine kidney patients are lesser likely to die. But when they review

their medical reports, they quickly transform into individuals who appear severely ill. This phenomenon can be attributed to the Nocebo effect, which influences their perception of their health status.

Similarly Potassium is often implicated as another supposed culprit in context to kidney diseases. We often hear allopathic doctors and kidney patients emphasizing that potassium levels should not increase and should not surpass the upper limit. They are finicky about maintaining the potassium levels down. How is this possible? Do we have a built-in machine in our bodies that allows us to regulate potassium levels with the press of a button? The answer is No!

The responsibility of increasing or decreasing potassium levels is not ours; it is automatically managed by the body.

Plasma potassium ranges associated with mortality across stages of chronic kidney disease: the Stockholm CREAtinine Measurements (SCREAM) project

Nephrology Dialysis Transplantation, Volume 34, Issue 9, September 2019, Pages 1534–1541, <https://doi.org/10.1093/ndt/gfy249>

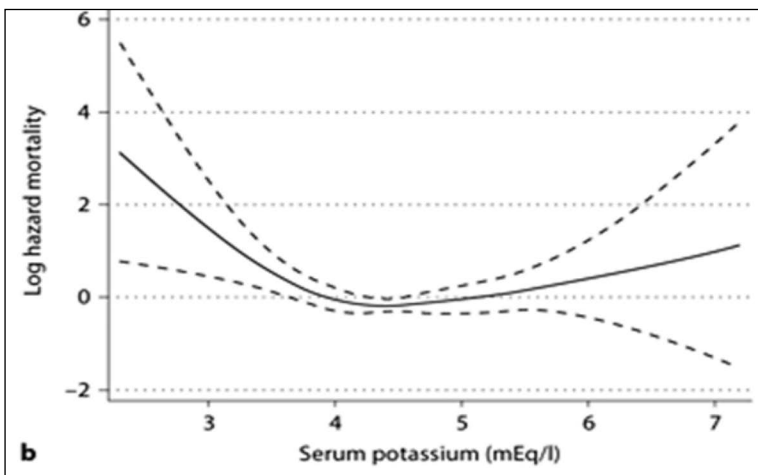
The slide demonstrates a notable distinction in the chemistry of kidney patients compared to that of normal individuals. While a potassium level above 5.5 mmol/L may be considered high for a regular person, this threshold does not hold true for kidney patients due to differences in their body chemistry and fluid balance. Kidney patients have unique physiological conditions, particularly regarding fluid regulation and deposition in the body. As a result, they can tolerate the higher levels of potassium, even reaching up to 7.5 mmol/L, as indicated in the slide above. It is crucial to recognize this difference in potassium tolerance between kidney patients and the general population.

In addition to fluid deposition in the body, it is important to consider other factors that can affect potassium levels. One such factor is the individual's ethnic background or geographical area of origin. Studies have shown that there are differences in potassium tolerance among different racial and ethnic groups. Generally, white individuals are known to have a lower tolerance for potassium compared to black individuals, while tolerance levels of Indians fall somewhere in between.

Association of Hypo- and Hyperkalemia with Disease Progression and Mortality in Males with Chronic Kidney Disease: The Role of Race

Nephron Clinical Practice (2012) 120 (1): 0.

Referring to the graph below, it becomes apparent that even at extremely high potassium levels, black individuals do not experience an increase in mortality rates. This suggests that the impact of high potassium levels on health outcomes may vary depending on an individual's racial background.



Furthermore, the graph also highlights that low potassium levels can be detrimental to health, increasing mortality rates. Therefore, strictly adhering to a potassium level of 5.5 mmol/L for kidney patients and imposing restrictions on potassium intake can be misleading and potentially harmful to patients. In fact, there is evidence to suggest that patients on a high potassium diet may be able to reverse the effects of chronic kidney disease.

Clegg DJ, Headley SA, Germain MJ. Impact of Dietary Potassium Restrictions in CKD on Clinical Outcomes: Benefits of a Plant-Based Diet.

Kidney Med. 2020 Jun 15;2(4):476-487. ndt/gfy249

It is important to approach potassium management in kidney patients with caution, taking into account the individual factors such as ethnicity, overall health status, and specific medical history. A personalized approach, considering the patient's unique circumstances, is essential for optimizing treatment outcomes.

Potassium plays a crucial role in the body, just like every other component. Interestingly, kidney patients are often advised by doctors to avoid consuming foods that contain high levels of potassium. The high levels of potassium are naturally present in foods created by the Almighty God, such as various fruits, vegetables (especially spinach), and coconut water. On the other hand, kidney patients are advised to follow a low potassium diet, which primarily consists of foods created by human beings, including soft drinks, biscuits, pizzas, namkeens, chips, and fast foods. These foods are low in potassium but high in sodium content. Essentially, the advice given is to keep potassium levels low and avoid consuming anything that is naturally created by God for human beings. Does this advice seem logical or acceptable?

Ironically, individuals are urged to lower their potassium levels, further emphasizing this contradictory situation.

Upon visiting our hospital, you will observe that the opposite approach is being implemented here. Genuine kidney patients, those who are truly unwell rather than those with high creatinine levels, are provided with the ample amounts of coconut water, spinach juice, tomato juice, and other appropriate dietary interventions. I invite you to witness the remarkable outcomes firsthand. As a result, patients experience a steady recovery and improvement in their condition.

If you happen to be a diabetes patient and currently using insulin, consuming a significant quantity of mangoes can cure your diabetes and normalize your blood sugar levels.

Diabetic patients are commonly advised to avoid consuming fruits like mangoes, as it is believed that they can increase blood sugar levels. However, the reality is quite the opposite. By consuming sweet fruits such as mangoes, litchi, chikoo, banana, grapes, and others, you can actually work towards curing your diabetes. During the summer season, when mangoes are abundantly available in the market, you can try incorporating them into your diet.

Initially, you may expect that consuming a sweet fruit in large quantities without taking medication or insulin will cause your blood sugar levels to rise. This may lead to doubts about the accuracy of your glucometer, prompting you to test it using various other devices. However, what we observe is that by including these healing fruits back into our diet, despite being advised to avoid them, our bodies can gradually heal themselves, leading to the normalization of sugar levels.

Returning to the topic of potassium levels in the body, it is essential to understand that the body itself maintains a delicate balance of potassium, and the amount to be absorbed is not solely dependent on the potassium content of the food consumed. The body, in its wisdom, determines the appropriate quantity of nutrients to be absorbed.

It is important to note that the food we eat does not directly enter the bloodstream. Even though coconut water may contain a high level of potassium and mangoes may have a high sugar content, these components are not immediately absorbed by the body. It is crucial to remember that when we consume natural foods created by God, such as raw vegetables, fruits, and coconut water, they first reach the stomach, where the body decides the quantity and the rate of nutrients to be allocated to various organs depending on the composition of your blood at that specific moment.

This process can occur effectively only if we consume food items as they are naturally created. For instance, when potatoes are fried and consumed, upon reaching the stomach, the body swiftly recognizes it as a source of carbohydrates without assessing the specific needs based on the blood composition. However, the same potato, when cooked, boiled, or steamed before consumption, will have a different impact on our bodies.

It's worth emphasizing that the preparation and consumption methods can significantly influence how our bodies process and utilize nutrients from various food items.

Now based on the reports and symptoms, there are two categories of patients: unreal patients and real patients. Unreal patients (In lighter sense I call them fake patients) are individuals who are diagnosed (through medical tests & reports) as patients but do not actually

experience the symptoms of the disease. On the other hand, real patients are those who genuinely exhibit the symptoms of the disease. I always emphasises, patients should be diagnosed on the basis of symptoms and not diagnostic reports.

Let me explain this concept in detail in the context of kidney patients. Our body possesses a mechanism to detoxify itself, which involves eliminating non-essential substances from the bloodstream through urination. However, kidney patients are individuals whose body's detoxification mechanism is not functioning optimally. As a result, these toxins accumulate within the body instead of being eliminated. Difficulties in urination lead to the retention of water containing these unnecessary substances. By observing a person's face, one can easily determine whether they are a kidney patient or not, without relying solely on creatinine levels, which can be misleading.

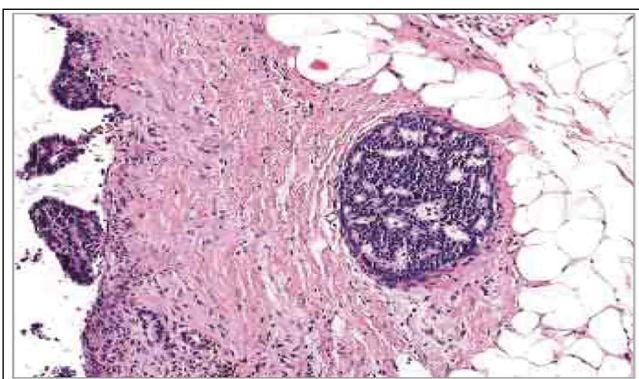
Genuine kidney patients exhibit specific indicators such as reduced urine output, significantly high blood pressure levels exceeding 200-250 (systolic), visible swelling, and extreme weakness. These symptoms provide a clearer understanding of the individual's kidney health status.

It is crucial to recognize that the body chemistry of a kidney patient differs from that of a healthy individual. In kidney patients, the body's ability to retain potassium is enhanced. A potassium level of 6 in a healthy person may be considered dangerous, but the same potassium level in a kidney patient could be normal. The issue arises when a healthy person is compared to a kidney patient, leading to the 'misconception' that the potassium level has increased.

The only solution here to come out of this diagnostic trap is to take control of your own health and become your own doctor. If this were not true, why haven't you been cured despite taking medication for so long? The reality is that you may have to rely on lifelong medication.

Thus, the act of seeking a diagnosis becomes the root cause of all these problems.

Another diagnostic procedure often considered as a gold standard is a 'biopsy'. It is essential to understand the nature of a biopsy. A biopsy involves the extraction of a small portion of the affected body part, which may be swollen, bleeding, or showing other concerning symptoms in order to determine the presence or absence of cancer. The process entails scooping or drilling out a section of the affected area and preparing a slide for examination by a pathologist, who then confirms whether cancer is present or not (refer to picture). Its worth mentioning here that the procedure itself has triggered the Nocebo effect.



Elmore JG, Longton GM, Carney PA, Geller BM, Onega T, Tosteson AN, Nelson HD, Pepe MS, Allison KH, Schnitt SJ, O'Malley FP, Weaver DL. Diagnostic concordance among pathologists interpreting breast biopsy specimens. JAMA. 2015 Mar 17;313(11):1122-32. doi: 10.1001/jama.2015.1405. PMID: 25781441; PMCID: PMC4516388.

To assess the reliability of biopsy, an experiment was conducted involving approximately 800 independent pathologists who were unaware of each other's identities. They were provided with slides of a similar nature and asked to determine whether the cells depicted

were normal, abnormal, or indicative of cancer. The results were as follows: 33% of the pathologists confirmed the cells as normal, 48% deemed them abnormal, and 19% diagnosed them as cancerous. Consider the predicament faced by patients who sought the opinion of the pathologists from the 19% group and were informed of potential indications of cancer. These patients are left with only two choices: to undergo treatment involving chemotherapy and radiation, or to forego treatment altogether. Regardless, they have already been labeled as patients because the belief that they are unwell and suffering from cancer has already taken root in their minds.

To assess the reliability of biopsy, I encourage you to explore my book, '**Rabbit Tortoise Model for Cancer Cure**', which provides valuable insights. You can access it through the following link:

www.biswaroop.com/rtn.

While biopsy is intended to confirm the presence of cancer, the truth is that it can never provide a definitive confirmation. It is similar to giving a child a toy and asking him to randomly point to one of the options: normal, abnormal, or cancer. Regardless of the child's selection, the result is expected to be considered final. This may sound simplistic, but it reflects the reality of the situation.

Let us now examine the significant issues associated with biopsy. Not only is biopsy an extremely painful procedure, but it also carries the risk of puncturing organs, leading to potentially fatal bleeding. Furthermore, it can even serve as a catalyst for the development of real, visible, and noticeable cancer. Therefore, this diagnostic test, which lacks foolproof results and poses potential risks, essentially implants the idea of cancer both mentally and physically within the body. As someone who upholds the principles of Medical Science, I present these facts supported by evidence from the field. My aim is to shed

light on the prevailing practices within the medical industry and our society today.

Immediate Complications of Biopsy	
1 Pain	84%
2. Severe Bleeding	0.16%
3. Infection	13.5%
4. Puncture of Viscera	0.1%
5. Death	0.11%
6. Tumour Recurrence	Significantly High
7. Colon Puncture	0.033%
8. Kidney Puncture	0.033%
9. Gallbladder Puncture	0.013%

Let's now discuss one of the most common health issues: blood pressure. Many of us suffer from it and have made it a habit to get it checked regularly. Thanks to a small gadget, checking our blood pressure has become easy. Now, the question arises: What is considered normal blood pressure? Various agencies, such as WHO, European Guidelines, Cochrane, and the Joint National Committee, recommended the following:

WHO	1999	120/80
NIH	2003	120/80
European Guidelines	2003	140/90
Cochrane	2012	160/100
JNC-8	2014	150/90(>60yrs) 140/90 (<60yrs)

In India, including both you and me, we tend to rely on the blood pressure levels recommended by WHO, which is 120/80 mmHg. According to this standard, anyone surpassing these levels is considered unwell or even at risk of death.

Now, let's imagine sending a doctor from India to a country like Norway, which boasts the highest life expectancy. On average, people there live for about 80 years, and the average blood pressure of the population is 150/90 mmHg. If our Indian doctor were to examine the patients there, he would likely conclude that everyone has high blood pressure and needs medication to lower it, fearing dire consequences otherwise.

Average Blood Pressure \geq 150/90 mmHg of a Norwegian	
Amongst the longest living country	→ 80 yrs

The point I'm emphasizing is that the process of diagnosis is often the first step towards perceiving oneself as sick. Once diagnosed, people tend to start taking medications based on the assumption that the diagnosis is accurate and true. While some individuals may choose not to take medication due to various reasons, the underlying thought or recommendation from the National Institute of Health, European Guidelines, Cochrane, and the Joint National Committee shapes their perception and Nocebo effect comes into play.

Another challenge is when you start consuming medication under the pretext of being sick due to diagnostic reports or nocebo effect.

Interestingly, evidence suggests that low blood pressure, rather than high blood pressure, is the primary cause of heart attacks in the world. However, there is a lack of evidence supporting the claim that heart attacks occur solely due to high blood pressure. Under normal circumstances, blood pressure does not naturally drop to very low levels unless they are on BP lowering medication. The body determines

what should be considered normal blood pressure for an individual. Any interference in this delicate balance through medication can potentially disrupt the functioning of the heart, lungs, and kidneys, leading to the fluctuations in blood pressure levels.

Blood pressure less than 120/70 among patients on medication, cause more cardiac event including mortality

Lancet, 2016 Vol:388 /ndt/gfy249

Let's consider an example to illustrate the point. Imagine, I turn around and suddenly notice a snake. Naturally, I would immediately jump and try to escape from the snake to save myself. During this moment of heightened alertness and fear, my blood pressure would rise to around 200/100 mmHg. Now, the question arises: Do I need this elevated blood pressure level to fight or flee from the snake? And who manages and regulates this blood pressure level for me? It is the combined effort of the heart, lungs, and kidneys that determines the appropriate blood pressure level needed for survival in such a situation.

Now, let's say in a particular circumstance, I decide that my blood pressure should not exceed 120/80 mmHg, based on the guidelines set by WHO. If I were to artificially maintain this level through medication, even if I were to notice a snake behind me, my blood pressure would remain unchanged. As a result, I would react in a seemingly normal manner without being surprised by the presence of the snake. However, the reality is that I would not be able to react in a truly normal way. In order to exhibit a genuine reaction, my blood pressure would have to increase. This phenomenon is known as the "Fight or Flight Reaction," which is a natural response in all of us to protect ourselves from

potential threats. In ancient times, when humans lived in forests, these types of changes in blood pressure and hormonal responses were quite normal and necessary for survival.

Interfering with blood pressure through medication would essentially mean interfering with the intricate workings of the heart, lungs, kidneys, and even the brain. This poses a significant risk and should be approached with caution, as it can have potentially dangerous consequences

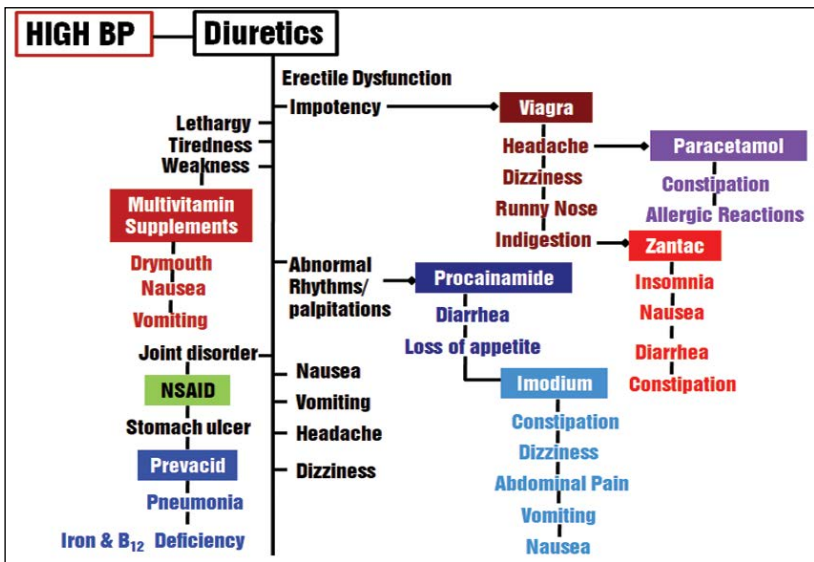
To further illustrate this point, let me share an example involving one of my professor friends who teaches in Vietnam. I will give you a glimpse of how he approaches the topic of reducing blood pressure in his lectures to first-year students.

He begins by emphasizing the use of a medication called Diuretics to lower blood pressure. However, he also explains that taking this medication may sometimes result in side effects such as erectile dysfunction, impotency, lethargy, weakness, along with abnormal rhythm, nausea, vomiting, and weakness. But he assures the students that there's no cause for concern because there are other medications available to control these symptoms.

If a patient experiences symptoms like erectile dysfunction, impotence, lethargy, weakness, etc., he suggests administering Viagra to address those issues. However, after taking Viagra, some patients may complain of headaches, nausea, vomiting, running nose, or indigestion. Once again, he reassures the students that there's nothing to worry about as there are medications available to control these secondary symptoms. For instance, if a patient complains of a headache, Paracetamol can be given. But even Paracetamol may have side effects, such as constipation. Nevertheless, there's no need to panic as the patient can be given

Zantac to alleviate constipation. However, Zantac may still lead to side effects like insomnia, nausea, diarrhea, or constipation. But once again, he advises the students not to be alarmed and to administer Procainamide to the patient. Although Procainamide can help with abnormal rhythm, it too has side effects like diarrhea and loss of appetite. But he emphasizes that there's no need to worry and suggests giving Imodium to address any issues arising from Procainamide. It's worth noting that even Imodium has its own set of side effects.

The purpose of this example is to shed light on the complexities of the medication approach in managing blood pressure and the subsequent chain of medications used to address the side effects. It highlights the potential risks and challenges associated with relying solely on the medication to control blood pressure and the subsequent cascade of symptoms and medications that can follow.



The example clearly illustrates how patients can become trapped in a vicious cycle of medication. It emphasizes the crucial understanding that diagnosis itself can be a trap. I am not suggesting that everyone is perfectly healthy, but it is important to consider how we can accurately determine our ailments or, equally important, how to avoid falling into unnecessary diagnostic cycles.

To find a cure, it is essential to first understand what should not be done in the process of seeking treatment, followed by determining what actions should be taken, and ultimately, how to achieve a cure.

A perfect example of the havoc created by unnecessary diagnostic tests are reflected in the past three years, i.e., during the COVID-19 pandemic. During this period, people were pressurized for getting tested even in the absence of symptoms. These tests were conducted extensively, and when no symptoms were found, a new category called "asymptomatic" was introduced. And we all believed in this concept.

Despite that, our 750 NICE experts spread throughout the country bravely cared for patients without discrimination, disregarding the use of sanitizers or masks. Remarkably, they are still alive and in good health. Now, how can we determine if they have contracted COVID-19 or not? In the absence of signs or symptoms, the only way to confirm was RT-PCR Tests. It is worth contemplating the nature of RT-PCR tests and how they yield positive or negative results?

In order to know the authenticity and the validity of RT_PCR tests, we conducted experiments involving various samples including rabbits, dogs, fruits, houseflies, mosquitoes, and several others. These samples were carefully collected and placed in small bottles, after which we approached a government authorized COVID-19 testing center. Surprisingly, we presented them as human samples and requested COVID-19 testing to determine whether they would yield positive or

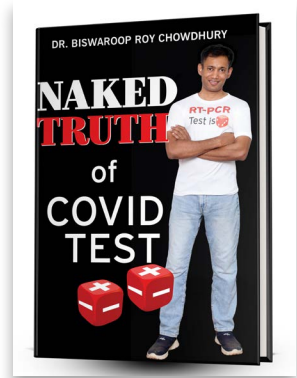
negative results. As anticipated, the testing outcomes indicated that watermelons, mosquitoes, dogs, and other samples were all deemed COVID-19 positive.

For detailed statistics and information regarding this experiment, you can refer my book titled 'Naked Truth of COVID Test.'

You can access it through

www.biswaroop.com/ebook

or on Amazon, where it is available for purchase or as a free read.

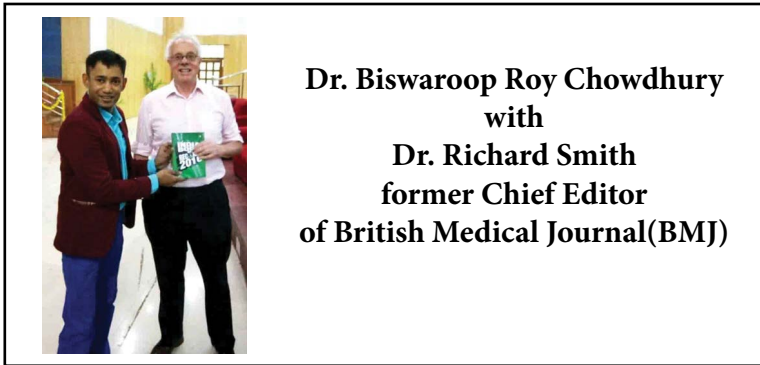


To verify the veracity of my previous statements, I encourage you to invest 5000 rupees and collect samples as described. Take these samples to any government authorized testing center, and you will witness the reality firsthand. Approximately one out of every ten tests will yield a positive result. Here I must clarify that we are not denying that nobody falls ill, but it is important to understand the trap that is set through these tests. Through these tests, this notion is instilled in the minds of healthy individuals that they are unwell (asymptomatic) and can be responsible for spreading a disease that could potentially claim numerous lives. Tagging them as unwell and at risk of imminent death, subsequently subjecting them to a 14-day confinement in a single room; it is inevitable that such a person will fall ill within this duration due to the Nocebo effect.

Who is healthy?

“somebody who hasn’t had enough diagnostic tests?”

Dr. Richard Smith, former Chief Editor of the prestigious British Medical Journal, proposed an intriguing definition of "who is healthy": a person who has not undergone numerous diagnostic tests. This belief, based on Dr. Smith's extensive knowledge and experience, aligns with my own perspective. During the University of Mysore's centennial celebration in 2016, I had the privilege of meeting Dr. Smith and engaging in a brief conversation.



Dr Richard Smith, who has seen inside out of research- works, observational study, clinical trials for 25 years, summarizes his life time learning and comes to a conclusion that Diagnostic test are making people sick is well substantiated by a metanalysis done by Cochrane Collaboration in 2019.

Krogsbøll LT, Jørgensen K, Gøtzsche PC. General health checks in adults for reducing morbidity and mortality from disease. Cochrane

Database of Systematic Reviews 2019, Issue 1. Art. No.: CD009009.

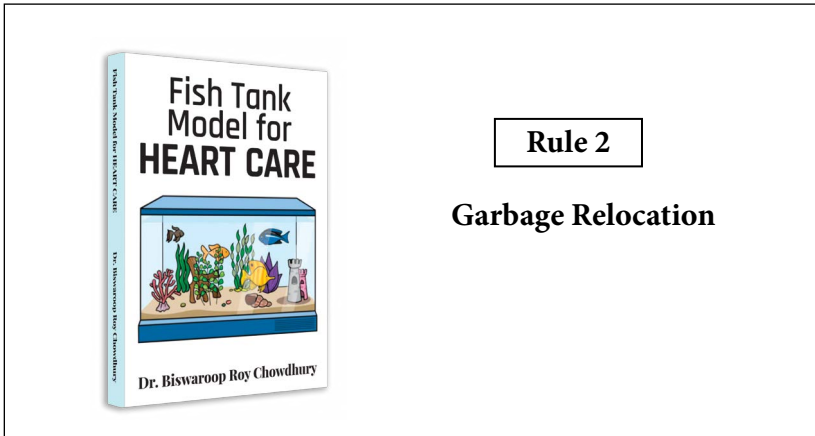
Conclusively, let's look at the fate of the people who go for preventive annual health check-up. These annual general check-ups are often provided free of cost to the corporate workers. The combined observations of these trials, published in the 2019 Cochrane Database systematic review, revealed that individuals who underwent general check-ups had shorter lifespans and poorer quality of life compared to those who did not. It also concluded that more diagnostic procedures do not necessarily lead to better health outcomes and may result in unnecessary suffering. This comprehensive analysis, which encompassed 17 randomized controlled trials, highlights that, 'systematic offers of health check-ups are unlikely to provide significant benefits'.

RULE 2 : Garbage Relocation

Another reason for not been able to cure ourselves is falling into vicious trap of medications.

To illustrate this concept more effectively, let's refer to the analogy of a "Fish Tank model." Imagine the aquarium with fish swimming in it. However, the water in the tank has become dirty, causing the fish to fall ill and experience various symptoms like headaches, colds, coughs, or other issues. In response, we provide medication to address each problem, providing temporary relief. Unfortunately, the fish continue to fall ill due to different underlying causes. Now, if I were to ask you how we could improve the medical condition of these fish, what would your answer be? The solution is simple: change the water in the aquarium. Even if we administer numerous medicines to the fish, their condition won't improve because the root of the problem lies with the surroundings. Now, let's consider this analogy from a human perspective. Imagine you are one of the fish in the aquarium,

and the water needs to be cleaned. We start by picking up garbage from one corner of the tank and placing it in another corner. However, this approach merely relocates the garbage, and we don't eliminate it. Consequently, the garbage will mix with the water again, leading to the same adverse results. This situation mirrors what often occurs in many cities where cleanliness is purportedly pursued but ends up being a mere relocation of garbage rather than a true resolution. This concept of "Garbage Relocation" occurs not only in cities but also within our bodies, when we experience health issues or discomfort, merely treating the symptoms with medication without addressing the underlying causes is akin to relocating the garbage.



Let's consider an example to further illustrate this concept. Imagine you are a true patient who suffers from high blood sugar. Your blood sugar level is significantly elevated, causing discomfort and various symptoms such as pain and discomfort during urination, the presence of ants in the area where you urinated and feeling of weakness. It is clear that you are genuinely ill. To control this condition, you would take medications that lower your blood sugar levels, subsequently

alleviating the symptoms. However, have you ever wondered where the excess sugar magically disappears after taking these medicines? Where does it go? The reality is that the medicines effectively pick up the sugar and relocate it somewhere else in the body, similar to the relocation of garbage. This relocation can occur anywhere in the body, depending on its genetic makeup - it might hide in the kidney, heart, lungs, behind the eyes, under the skin, or even between the joints of the bones.

So, the same patient who previously suffered from high blood sugar would now claim that their blood sugar is normal after taking the medications, but they may start experiencing joint pain. If you were to meet the same patient again after ten years, you might find that they have developed kidney problems, complaining of leg swelling, even though their blood sugar levels appear to be normal. This progression demonstrates that the treatment approach was merely a relocation of the underlying issues rather than addressing them effectively.

The majority of medicines operate on a fundamental principle of picking up the body's "garbage" from one area and relocating or concealing it in another part of the body. While this approach may temporarily restore balance to the specific parameter that was previously disturbed, it ultimately leads to a deterioration in overall health. The patient may seem to be improving, but in reality, their health is further declining.

It is crucial to understand that your ultimate goal should not be solely focused on controlling specific numerical values that are causing disruption but rather on achieving holistic health. When you take medicines to regulate your blood sugar levels, for instance, the medication works by relocating the body's waste, similar to the analogy of the aquarium. However, just as transferring garbage from

one corner of the tank to another will never allow the fish to recover, the same principle applies to blood sugar control. This concept is not exclusive to the blood sugar management but holds true for any other health issue as well.

To support the aforementioned statement regarding blood sugar control, one can examine the findings of prominent clinical trials such as the ACCORD TRIAL, ADVANCE TRIAL, UKPDS TRIAL, and VADT TRIAL. These trials are among the largest and most renowned investigations conducted on the world's most widely used medications for managing blood sugar levels.

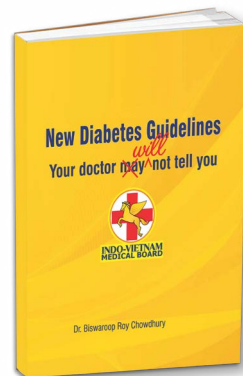
2018
<ol style="list-style-type: none"> 1) ACCORD 2) ADVANCE 3) UKPDS 4) VADT
ACP Guidelines

To delve deeper into this topic, you can explore the details in my book, which is available at

www.biswaroop.com/ebook.

The book provides convenient references to the aforementioned trials for further understanding.

The conclusions drawn from these trials highlight an interesting aspect: if two individuals have a blood sugar level of



300, one person who lowers their blood sugar through medication experiences increased mortality rates and a decline in their quality of life compared to the individual who does not take any medicines. Although high blood sugar levels are undesirable, these trials suggest that controlling them through medications can potentially lead to additional problems. Essentially, it is a relocation of the body's "garbage".

Let's take the example of Paracetamol, which is considered one of the most dangerous medicines. It is frequently administered to individuals, including children, to reduce fever. However, it is important to note that fever itself is not an illness. When the body encounters bacterial or viral infections, the body temperature rises, creating an environment where bacteria and viruses cannot thrive. Just as no living being, including powerful creatures like elephants, can survive without oxygen, bacteria and viruses are also unable to survive in high temperatures.

when the body is infected with a bacterial or viral infection, the temperature tends to rise as a natural defense mechanism. However, it is common for individuals to take Paracetamol or similar medications to lower the body temperature during such situations. The intention is to provide relief and make the person more comfortable. However, lowering the body temperature artificially creates an environment that is favorable for the bacteria and viruses to thrive and multiply. In this scenario, it is not a matter of garbage relocation, but rather an inadvertent increase in the quantity of harmful substances within the body.

By artificially reducing the body's temperature, we inadvertently create conditions that promote the growth and spread of the infection. It is important to understand that fever is the body's natural response to combat infections, as higher temperatures inhibit the survival and

replication of bacteria and viruses. By suppressing the fever without addressing the underlying infection, we may inadvertently allow the infectious agents to proliferate and potentially worsen the condition.

Year	Place	Outcome (Placebo vs Paracetamol/Antipyretics)
1975	University of Illinois	Among the experimentally infected cold virus subjects, those treated with antipyretics, shed virus from their nose significantly longer.
1989	Johns Hopkins Hospital	Among the chickenpox patients, those given paracetamol, took significantly longer to heal
1990	University of Adelaide, South Australia	Among the experimentally infected rhinovirus volunteer, those given antipyretic had worse congestion, running nose, sneezing, sore throat and cough.
1994	Fujimoto Children's Hospital, Japan	Among the children with viral infection, those who received paracetamol were more likely to develop severe pneumonia requiring hospitalization
2000	University of Maryland School of Medicine	Among the experimentally infected influenza virus volunteers, those who were treated with antipyretics had more severe illness and lasted 3 to 4 days longer
2005	University of Miami School of Medicine	Among the trauma patients, those who were given antipyretics to reduce fever were more likely to develop infection and more likely to die.
2019	Phramongkutklao College of Medicine	Among the dengue patients, those given paracetamol developed severe injury including hemorrhaged and acute kidney injury

The consumption of Paracetamol can itself contribute to the accumulation of toxic substances within the body. As the body tries to counteract this toxicity, it may increase the body's temperature as a defense mechanism. The mutated and resistant garbage within the body requires higher temperatures to be effectively neutralized. Consequently, higher doses of Paracetamol may be needed to reduce the temperature, leading to potential complications and even fatalities. It is worth noting that the blaming conditions like Corona or H1N1 for such deaths may overlook the role of Paracetamol in contributing to adverse outcomes.

In my observation over the past 15 years, I have not witnessed anyone dying solely from fever. While seizures might occur rarely, fever alone does not typically cause death. However, Paracetamol can be a contributing factor. None of the trials conducted on Paracetamol have shown significant improvements in patients' conditions after its consumption. On the contrary, complications and even deaths have been associated with its use. Shockingly, 50% of liver failure deaths worldwide can be attributed to the consumption of Paracetamol, earning it the dubious title of the "**Most Dangerous Medicine**" globally.

<p style="text-align: center;">Most dangerous medicine in the world Paracetamol</p>
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<p style="text-align: center;"><i>European Journal of Pain</i> 27 November 2014 https://doi.org/10.1002/ejp.621</p>

While it may be convenient to purchase and administer Paracetamol to patients, including young children, it is important to consider the potential cost. The use of Paracetamol carries the risk of liver damage and can prolong illness durations.

**Paracetamol is the
most frequent cause of liver failure**

Davidson's Principle and Practise of Medicine (23rd Edition)

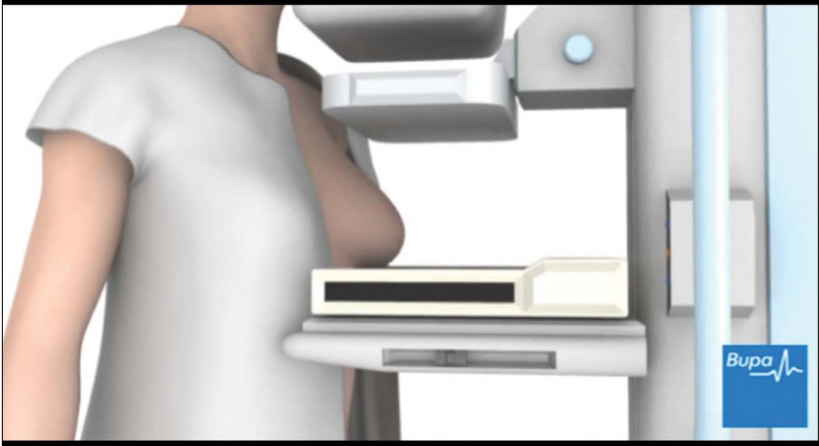
In our Covid centers located in various places, the primary principle strictly adhered to by the team was 'No use of Paracetamol, oxygen cylinders, and other medications'. Surprisingly, no deaths were reported despite deviating from the conventional protocols. Representatives from the Ayush Ministry visited to investigate the situation and found that none of the government recommended protocols were being followed. People were not wearing masks, or using sanitizer, the government-provided machines & equipment were lying neglected in one corner, and social distancing was not observed. Furthermore, marriages were taking place even when people were fearful of leaving their homes. Over a period of three months, the Ayush Ministry representatives observed that patients who came to the center did not adhere to any protocols, interacted freely, consumed coconut water and orange juice, recovered from their illness.

This reinforces the point that medicines, at best, work to relocate or potentially increase the existing "garbage" within the body.

Let us consider the example of cancer patients. In our hospitals, we have noticed a steady increase in the number of cancer cases. It is important to distinguish between genuine cancer patients and those who self-diagnose based on biopsy reports. Take note of how cancer develops within the body.

Recently, it has become a common recommendation for women around the age of 40 to undergo Mammogram test. A Mammogram is a procedure where the breasts are placed between two iron plates,

and subjected to very high pressure causing extreme discomfort and pain. This process is performed by doctors to identify the potential cancerous nodes within the breast tissue.



To better understand this concept, you can conduct a simple experiment at home.

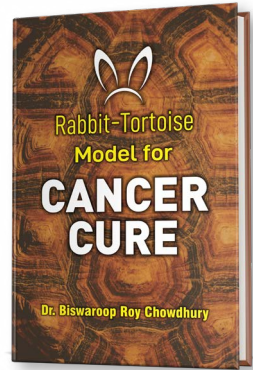
Take two fresh mangoes or oranges. Press one of them firmly, applying considerable force, while leaving the other fruit untouched. After four days, you will observe that the fruit you pressed has become rotten and emits a foul smell, whereas the unpressed fruit remains fresh. The same thing is being done through Mammogram to the breasts.

During a Mammogram, the breasts are subjected to pressure that can cause the breaking up of cells, leading to excruciating pain and potential injury. It is crucial to recognize that one was initially in a healthy state but chose to undergo these tests. Understanding how these tests contribute to the accumulation of garbage within the body is significant. As a result, you now turned into a real-patient.

These observations and evidence have been compiled in my book titled "**Rabbit Tortoise Model for Cancer Cure.**"

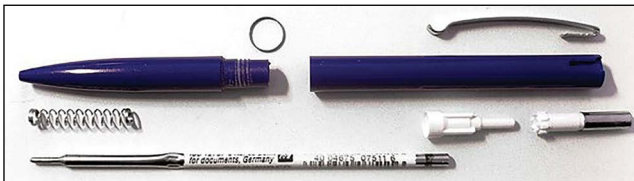
This book is also available for download from my website,

www.biswaroop.com/rtm



Another example of how a treatment procedure can relocate and increase garbage is angiography or angioplasty done in case of blockage in the heart.

To gain a better understanding of the situation, take an example of a refill pen. The refill or ink cartridge can be taken as an example of a catheter (a wire) used during angiography or angioplasty to remove blockage in the arteries and then a stent or a ring is implanted. Consider the pen as your artery and the refill as a catheter.



Now to remove the blockage, we keep poking the pen with the refill. Due to repeated insertions, the blockage breaks and the blood vessel opens up. This blockage was the garbage in the body. But after breaking up where has it gone? It is still circulating in the bloodstream and may travel to brain causing brain stroke or paralysis, it may travel to kidney causing kidney failure. Therefore, remember whenever you are

getting ready to get angiography done, blockage, which you are trying to remove, gets cleared after breaking down but it is not removed from the body. It keeps moving in the bloodstream because it was not thrown out of the body. Wherever it gets stuck or in whichever organ, that organ will malfunction; there will be pain and some dysfunction would occur. At times, it may lead to paralysis, organ failure or even death. But you will never be able to come to this conclusion that this situation occurred due to the angiography.

In 2009 a collaborative meta-analysis was done to understand the benefit of angioplasty and to assess the benefit of angioplasty compared to not undergoing angioplasty. The meta-analysis concluded the angioplasty caused more harm than any good.

Trikalinos TA, Alsheikh-Ali AA, Tatsioni A, Nallamothu BK, Kent DM. Percutaneous coronary interventions for non-acute coronary artery disease: a quantitative 20-year synopsis and a network meta-analysis.

Lancet. 2009 Mar 14;373(9667):911-8. doi: 10.1016/S0140-6736(09)60319-6. Erratum in: *Lancet.* 2009 Aug 1;374(9687):378. PMID: 19286090; PMCID: PMC2967219.

In 2014, again a meta-analysis was done to compare the benefit or result among those who went for angioplasty over those who under similar health condition did not undergo angioplasty. The result showed that those who underwent angioplasty had more suffering and high mortality than those who opted out of it.

Stergiopoulos K, Boden WE, Hartigan P, Möbius-Winkler S, Hambrecht R, Hueb W, Hardison RM, Abbott JD, Brown DL. Percutaneous coronary intervention outcomes in patients with stable obstructive coronary artery disease and myocardial ischemia: a collaborative meta-analysis of contemporary randomized clinical trials.

JAMA Intern Med. 2014 Feb 1;174(2):232-40. doi: 10.1001/jamainternmed.2013.12855. PMID: 24296791. S0140-6736(09)60319-6. Erratum in: *Lancet.* 2009 Aug 1;374(9687):378. PMID: 19286090; PMCID: PMC2967219.

Interestingly, in 2018 another double blind, randomized controlled trial was published. In this trial, patients were divided into 2 groups. For one group of patients' angioplasty was done while for the other group just a superficial surgery and not the actual angioplasty was done. In both the groups similar relief were reported. The trial concluded that any relief after angioplasty is not because of angioplasty but because of "Placebo effect". 'Placebo effect' is when a person's physical or mental health improves after taking a placebo or 'dummy' treatment and is exactly opposite to "Nocebo effect".

Al-Lamee R, Thompson D, Dehbi, Percutaneous coronary intervention in stable angina (ORBITA): a double-blind, randomised controlled trial.

Lancet. 2018 Jan 6;391(10115):31-40. doi: 10.1016/S0140-6736(17)32714-9.

Rule 3- GARBAGE- OUT

To remove garbage from the body, procedures provided by 'nature' should be followed rather than on man-made methods.



Let's consider a plant and its leaves as an analogy for a tumor growing in the body. The doctor suggests surgery to remove the leaves of the plant, believing that this will eliminate the tumor. However, it is important to realize that removing the leaves alone will not prevent them from regrowing. This is because the roots, which are the underlying cause of the tumor, remain intact and continue to receive nourishment from the body. Surgery alone cannot cure the underlying problem within the body.

Therefore, when considering surgery as a means to remove a tumor, it may seem temporarily effective in uprooting the problem. However, the reality is that the tumor is likely to grow back even faster, as the underlying roots remain unaffected. When it comes to conditions like tumors, gall bladder stones, kidney stones, or any other growth, the belief that surgery alone can provide a solution is fundamentally flawed. It becomes evident that this line of thinking is illogical in addressing

such issues. So, what should be done instead?

According to the "**Seed and Soil theory**" formulated in 1895, if we consider a plant as a representation of a tumor or cancer, the key to removing it from the body lies in fully removing it along with its root and changing the environment that allowed it to grow. By removing it from that environment, where it can no longer obtain the necessary



nutrients, the tumor or cancer will eventually wither away. This approach, seeking to dissolve the tumor or stone, recognizes that the body itself created these conditions and therefore holds the ability to dissolve them.

By adopting an approach that considers the body's ability to heal itself and creates an environment unfavorable for the growth of these conditions, a permanent solution can be pursued. This aligns with the approach taken in our hospitals.

In our hospitals, we have developed very basic, fundamental and natural procedure for eliminating unwanted substances from the body, such as tumors, stones, potassium, and excess sugar.

When unwanted substances accumulate in excess, they can cause various health issues. The primary method for removing such unwanted materials from the body is through urine. However, if the urinary passage is obstructed, the body resorts to an alternative method, which

is the skin acting as a ‘third kidney’. A chemical analysis of a drop of perspiration from the skin and a drop of urine would reveal that their compositions are quite similar. They contain substances like creatinine, potassium, sugar, urea, and uric acid in almost equal amounts.

We at our HIIMS hospitals taking an advantage of this ability of the body utilized this third kidney for the treatment of the patients who had been on dialysis for several years due to kidney dysfunction. These patients experienced weakness, water retention in the body, and limited urine output. In our hospitals, we subjected these patients to hot water immersion (at a temperature of 40 degree celsius) up to their necks for a duration of two hours. At this elevated temperature, unnecessary substances that the body doesn't require start to excrete from the body. This therapy was successfully conducted at our hospitals.



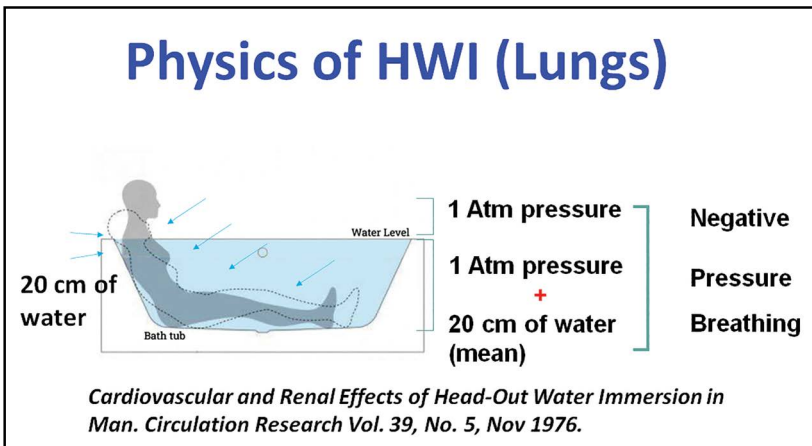
Photo : HIIMS-Chandigarh

These are real kidney patients who were recommended for transplantation and had been undergoing dialysis for an extended period of time. Through the hot water immersion therapy, their bodies

were able to naturally expel toxins and waste through various outlets that are naturally present in our bodies. This technique of eliminating waste is considered a permanent cure for their conditions.

By creating an environment that encourages the body to eliminate unwanted substances, we harness the body's inherent healing abilities. This approach focuses on enabling the body to heal itself by providing the necessary conditions for waste removal and restoration of overall health. It emphasizes the importance of supporting the body's natural mechanisms rather than relying solely on external interventions.

Scientifically, when we immerse our bodies in water, the pressure exerted on different parts varies. The atmospheric pressure on our head is approximately 1 atmospheric pressure, while in the submerged part, it is the atmospheric pressure plus the pressure of the water, which is around 2% higher. Additionally, the heat from the water also plays a role. These factors trigger certain physiological changes in our bodies.

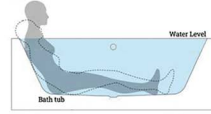


Physics of HWI (Heart)

Stroke volume increase by 20%

+

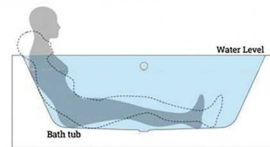
Redistribution of blood from lower portion of body to intra-thoracic (middle) circulation



*Immersion in thermoneutral water: Effects on arterial compliance. December 2006
Aviation Space and Environmental Medicine 77(11):1183-7*

During immersion, the stroke volume of the heart increases by approximately 20 percent, and blood distribution within the body is altered. Blood recedes from the legs and moves towards the torso, where vital organs such as the kidneys and heart are located. This shift facilitates repair and rejuvenation of these organs. Furthermore, the immersion process stimulates the production of chemicals like nitric oxide, which aids in repairing blood pressure regulation. Hormone levels are also influenced enhancing sodium elimination by five times the normal rate. This is beneficial for individuals who may have excess sodium levels, as excessive sodium intake is associated with high blood pressure and fluid retention.

Chemistry of HWI



↑ IL-6, Ilira

Hsp72 , iHsp72

NO

↓ Norepinephrine

Vasopressin

Renin

Moreover, if there is an excess of potassium in the body, hot water immersion therapy facilitates its elimination at a rate twice as fast as usual. This helps in maintaining a healthy balance of potassium levels in the body.

Interestingly, patients experience weight reduction from the very first day of hot water immersion therapy. We record their weight at the beginning of the therapy and again after they come out of the water. The patients are pleasantly surprised to find a decrease in their weight. This weight loss corresponds to the excess weight that was causing issues and couldn't be eliminated through the urinary tract or through dialysis.

You can personally conduct this experiment to witness the effects. Even individuals with healthy bodies often have some extra weight. Take note of your weight before and after immersing yourself in water, and you will observe a reduction in weight upon emerging from the water. Diabetic patients will notice the normalization of their blood sugar levels.

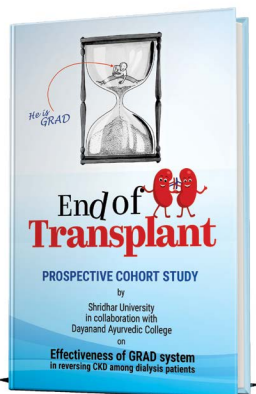
Those who were previously taking medication for blood pressure may find that they no longer require it. Blood pressure tends to increase when there is an excess of fluid in the body. However, when the excess

HWI Causes Dialysis
<ul style="list-style-type: none"> • Sodium Excretion 5 Times • Potassium excretion doubles • Urine volume increases three times • Weight / swelling reduced
<p><i>Effects of water immersion on renal function in the nephrotic syndrome</i> <i>Kidney International</i>, Vol. 21(1982), pp. 395—401</p>

fluid is eliminated through hot water immersion therapy, there is no longer a need for blood pressure medication. Thus with the help of hot water immersion, we have been able to throw out garbage without causing any damage to the body.

'Garbage Out Principle,' can be better understood by referring to my book **'End of Transplant'**. The book is available for free download on my website

www.biswaroop.com/ebook.



Turning our attention to real heart patients, those individuals who struggle to walk even a short distance, experience discomfort while walking, feel breathless when climbing stairs, or feel sharp pain when carrying bags and walking, are true heart patients. Despite taking medication, their blood pressure consistently remains High. We at our HIIMS hospital administer the same hot water immersion therapy to these patients but the 'level of water is kept below the heart'.



Photo : HIIMS- Meerut

Thousand of chronic kidney disease patients could help themselves recover from the disease by simply making the arrangement of Hot water immersion and following the DIP diet at home it self. See below same of the innovative ideas to make hot water immersion system at home.





HWI with Drum



HWI with Industrial Plastic Container



HWI with Cemented Tub



HWI with online available Home Inflatable Bathtub

Here we conclude the Rule-3 with the example of **Wilma Rudolph**, a black American who suffered from polio (left leg) till the age of 12 years. Turning point came in her life when she started hot water immersion. Not only, she cured herself of polio but also at, the age of

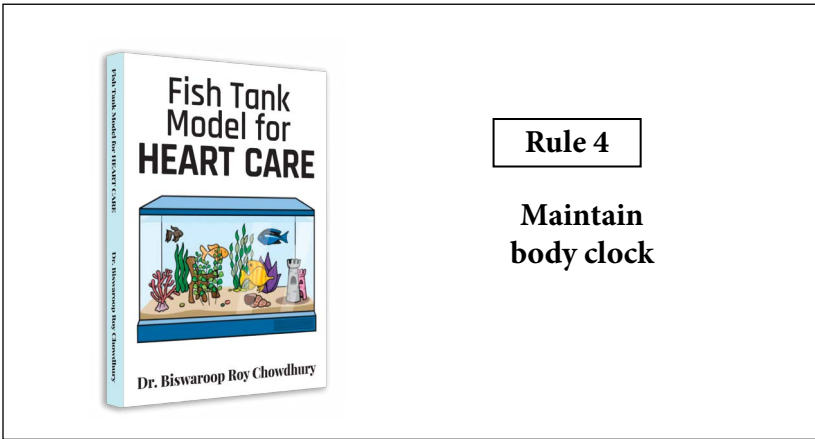


20, she became the world's fastest runner by winning 3 Olympic gold and breaking 3 world records in running.

It is evident that patients can be cured, but the path chosen should align with the natural processes created by God. We have successfully treated numerous cancer patients who were dependent on morphine for pain relief, yet still experienced persistent pain. It is important to understand that morphine merely suppresses pain without providing a cure. These patients also received the same hot water immersion therapy and experienced gradual improvement each time, leading to comfort, cost savings, and ultimately, healing. This therapy has proven effective for various conditions, including kidney, cancer, and heart patients.

Rule-4 Maintain Body Clock

Maintaining good health after being cured is indeed an art. To illustrate this, let's consider the example of a fish. When a fish is in clean water, receiving proper nutrition and fed at the right times, it remains healthy. However, if we want to make the fish sick, we can surround it with LED lights that keep it in constant illumination for 24 hours a day. If the fish is exposed to continuous light or kept in darkness for 24 hours, its health will gradually deteriorate. This highlights the importance of the "body-clock," which is the natural rhythm that humans and animals require. Everyone born into this world has a body clock, which, on an average, requires 12 hours of daylight and 12 hours of darkness. This phenomenon is known as the "circadian rhythm." Deviating from this natural rhythm can disturb the body clock and lead to illness and eventually death. It is important to understand that no diet will be effective if the body clock is not properly regulated. Therefore, it is crucial to set and maintain a healthy body clock.



How to set the body clock

To achieve this, we implement a protocol for our patients i.e. DIP diet, Zero Voltage and time as medicine.

Maintain Body Clock

DIP Diet + Zero Volt + Time as Medicine

DIP diet is mathematical model of nutrition developed by me with a proven track record and evidence based. Effectiveness of DIP diet has been tested by Ayush Ministry through a clinical trial (CTRI/2018/12/016654). You can refer to this trial through this link: www.biswaroop.com/aiiadip

Zero voltage is another interesting phenomenon in which your body's immunity is strongest when its voltage is zero, similar to an electric wire. While the human body's voltage is never zero, it is interesting to note that the voltage of all other animals is zero, which explains why humans are more susceptible to illness. Whenever you experience pain, inflammation, wounds, tumors, or other problems, the level of

electrons in your body decreases. The lower the electron count, the greater the severity of the problem.

Vegetables and fruits do not provide electrons, but the earth (ground) does. By touching a tree or standing barefoot on the ground, electrons enter your body, gradually reducing the voltage and bringing it closer to zero. This process can be beneficial for individuals with depression, anger, or uncertainty. For example, a patient with depression can experience a reduction in symptoms by standing barefoot on the ground for forty minutes. By establishing a connection with the earth, individuals can potentially reduce their dependency on medications for depression.

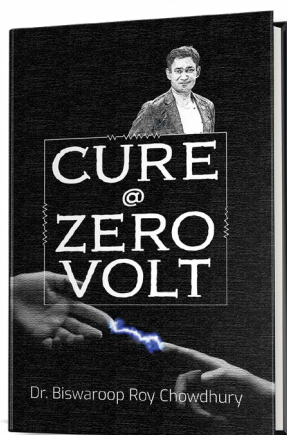
Humans, unlike other animals, are disconnected from the earth. Beggars, who are grounded or remain attached to the earth as they cannot afford shoes, tend to experience fewer illnesses. Similarly, animals and insects owing to their direct connect with the earth, instinctively flee before natural disasters like earthquakes or tsunamis because they can feel the irregular rhythm of electrons emitted by the earth before such events.

Another common example of effectiveness of zero volt is exhibited when traveling to different time zones. People who travel abroad often experience jet lag and sleep disturbances, headaches, lethargy because their body clocks are set according to their home country. However, by stepping barefoot on the ground of the destination country, the body clock can gradually adjust to the local time. This connection with the geo-magnetic network of the area facilitates the synchronization of the body clock.

This is exactly similar to your mobiles. Your mobile will show the time of the country they started the journey and on reaching the destination country in another time zone, it will still show the time of the country where they initially started the travel. Now as soon as you connect with the local network their mobile immediately displays the time of the country they arrived. Same way, jet lag can be cured just by taking off shoes and socks and making a direct connect with the soil and the body clock resets.

In our hospital, we strive to keep our patients connected with the earth for at least 10 hours, and we have developed a mechanism i.e., zero-volt bedsheets to facilitate this connection. In our hospitals zero-volt bedsheets are used to achieve zero volt for maximum duration. Further details about this mechanism can be found in the book "**Cure @Zero Volt**", which is available for free download from the website

www.biswaroop.com/zvt.



Maintaining a daily connection with the soil is crucial, not only when traveling abroad but also in one's own country. Spending at least 20 minutes each day connected to the soil allows for the establishment of the "Zero Volt" state and maintaining good health.

Now, let's discuss concept of "Time as Medicine." This approach can be applied to cure various issues such as blood pressure, tumor, blood-sugar, pain, overweight, underweight, constipation, arthritis pain, weakness, angina, pot belly, swelling or accumulation of body fluids and many more. Even those patients who don't want to follow the DIP

diet or don't want to follow any protocol they can adopt the principle of "Time as Medicine", The key principle is to consume all your meals within a specific time bracket, which is from 10 am to 6 pm i.e., eating within the time bracket of 8hrs. During this 8 hrs. time frame, you can eat whatever you desire, as much as you desire and as many times. However, it is important to confine your eating only within this designated time bracket of 8 hrs.

We have observed that cancer patients, the real cancer patients, experience faster healing when they adhere to this time-restricted eating pattern i.e., eating in 8hrs duration and fasting for 16 hrs. They experience reduction in pain, decrease in tumor, increase in energy levels, and increase in strength.

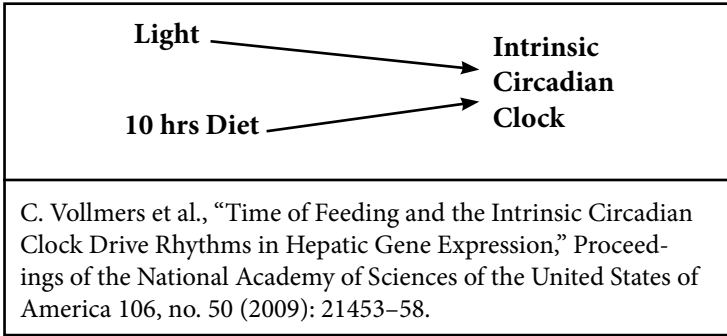
Similar results are achieved for insulin dependent patients, once they start adhering to time restricted eating of 8hrs, their insulin dependency becomes zero within 1 week.

8 hrs x 8 week Diet Rule

- **Heart Disease**
- **Strength**
- **Metabolic Disorder**

J. Rothschild et al., "Time-Restricted Feeding and Risk of Metabolic Disease: A Review of Human and Animal Studies," Nutrition Reviews 72, no. 5 (2014): 308–18.

Those people, who desperately want to be cured, can just take up this as a challenge i.e., eat in this 8-hour bracket for 15 days, after 15 days extend it to a 10-hour bracket- 8 am to 6 pm. After another 15 days, extend it to 12 hours- 8 am to 8 pm. Now follow it throughout your lives. This simple discipline can cure a lot of diseases.



C. Vollmers et al., “Time of Feeding and the Intrinsic Circadian Clock Drive Rhythms in Hepatic Gene Expression,” Proceedings of the National Academy of Sciences of the United States of America 106, no. 50 (2009): 21453–58.

There are many references quoting the effectiveness of ‘time as medicine’ in the book on cancer **‘Rabbit Tortoise Model of Cancer Cure’**. But in my view the best and highest form reference is ‘you’. Once you start the recommended time as medicine schedule. You can see the results from day one! You can see your ailments magically disappearing (applicable only to real patients) i.e., BP & blood sugar getting normalized, insulin dependency reducing to zero, reduction in weight or pain i.e., angina pain, arthritis pain, swelling and retention of body fluids completely gone, weakness gone! You will be healed just by following one simple rule i.e. **‘Time as Medicine’**.

Dr. BRC’s Circadian Pen

**Time your meal in accordance to
your body clock**

To buy, go to www.biswaroop.com/shop

The image shows a pen with a black barrel and a silver-colored body. The body has a time scale with markers for "Midnight", "Noon", and "Midnight". The scale is divided into 12-hour segments, with numbers 1 through 12. The pen is shown horizontally.

SECTION-II

First 3 Days of Correcting the body clock

An observational study was conducted at Dayanand Ayurvedic College in Jalandhar, involving 50 patients who were closely monitored under my supervision for a duration of 72 hours. A dedicated team of doctors provided necessary therapies and closely observed the patients' progress throughout the study.

The study findings, along with the treatment protocol details, are presented in the following pages. The information is conveyed in a manner that not only elucidates the scientific and logical aspects for readers' understanding but also empowers them to incorporate these insights into their own lives.

Observational Study – Circadian Rhythm

A Medical Research study of the Ayurvedic connection of Circadian Rhythm on Health Parametres by the integration of the Circadian Triangle (designed by Dr Biswaroop Roy Chowdhury)

Or

An Examination of the positive impact of Ayurvedic application of Circadian Triangle on Patients' Overall Well Being

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Dr Sushil Sharma (*Dayanand Ayurvedic College, Jalandhar, Punjab, India*)

Rachna Sharma (*Research & Development*)

Kalpana Bourai (*Patient monitoring & supervision*)

Dr Sanju Khari (*Patient Monitoring & Supervision*)

Pratiksha Vtas (*DIP Diet Supervision*)

Shweta Jalhotra (*Patient Coordination & Support*)

Shruti Vats (*Patient communication and coordination*)

ABSTRACT

The significance of the body clock in maintaining optimal health is exemplified by the Nobel Prize in Medicine awarded in 2017 for the circadian rhythm hypothesis. This hypothesis, extensively explored by American scientists Jeffery C. Hall, Michael Rosbash, and Michael Young, delves into the mechanisms underlying circadian rhythms and their impact on overall well-being.

Interestingly, the Tridosha Hypothesis found in ancient Indian Ayurveda aligns closely with these findings. According to this hypothesis, vital energies or doshas govern various psychophysiological aspects of the body and mind. Imbalances in these energies can lead to illness

or chronic conditions, which can be rectified through their proper regulation.

The objective of this research paper is to investigate the efficacy of combining Ayurvedic therapies with circadian triangle tools and Circadian Rhythm management in treating a range of health issues in patients. The study involved a group of individuals with chronic medical conditions such as diabetes, heart problems, and high blood pressure. Based on their unique dosha imbalances, the patients received a diverse array of Ayurvedic therapies including dietary adjustments, herbal medications, and lifestyle modifications. Furthermore, patients were educated on the importance of maintaining a consistent daily schedule and aligning activities with their circadian rhythms.

The findings of the study revealed remarkable success in using the combination of Ayurvedic therapies and circadian Triangle to reverse and treat various health issues among the patients. Significant improvements were observed in blood pressure, cholesterol levels, blood sugar regulation, and cardiovascular health. Additionally, the research highlighted the positive impact of Ayurvedic therapies and circadian rhythm correction on overall health, including enhanced sleep quality, reduced stress levels, and increased vitality.

Keywords: *Ayurveda, Doshas, Circadian Rhythm, Imbalance, Patients, Therapies, Diabetes, Hypertension, Marginal Homogeneity Test, Observational Study*

Introduction

A single revolution of the earth's axis causes the 24-hour cycle of day and night and this periodic and critical action also has an impact on the physiologies of all living creatures which has long been recognized by Indian medical science or Ayurveda. In the last few decades, western medicine is also paying keen attention to this hitherto ignored aspect and the profound impact it has on human beings' health and well being.

Every cell, tissue, and organ in our body has a repetitive 24-hour cycle in sync with the earth's rotation. One of the main gateways connecting each and every cell in our body to the outside world (Earth's rotation on its axis) is the eye, which keeps track of the Earth's light-dark cycle and signals the suprachiasmatic nucleus (SCN), a small brain region with 10,000–15,000 neurons located in hypothomes.¹ The SCN is the body's principal timekeeper, sending signals to the clock protein each cell and organ in response to environmental cues like the fast-feed cycle and the light-dark cycle, among others.² Like a concert maestro leading an orchestra, SCN directs each and every organ to sing the music of life in perfect harmony with one another.

Circadian Rhythm

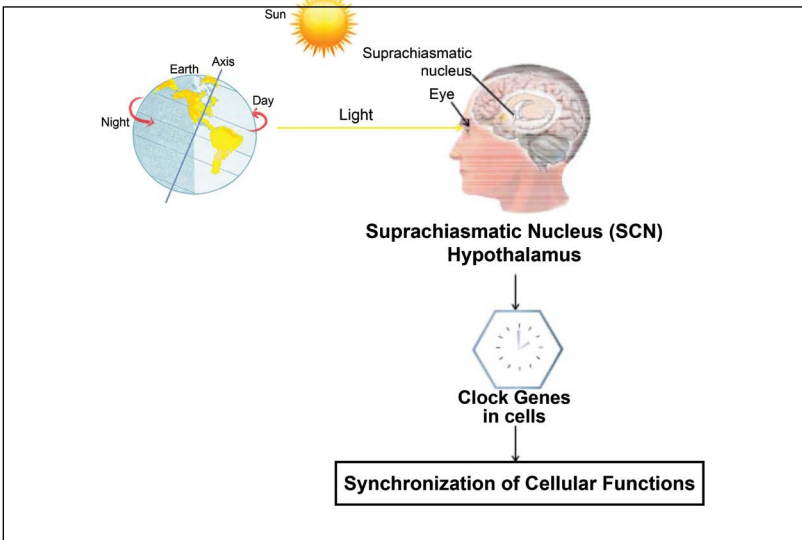
The sleep-wake cycle and other physiological activities are regulated throughout a 24-hour period by the circadian rhythm, a natural endogenous mechanism.³ The suprachiasmatic nucleus (SCN) in the hypothalamus, which reacts to environmental signals of light and darkness to establish the body's internal clock, regulates this cycle. Numerous internal processes, including hormone levels, metabolism, body temperature, and cognitive functions are regulated by the circadian rhythm.

Circadian rhythm disturbances may result in sleep difficulties, mental disorders, and other health issues.⁴ These disruptions might be brought on by deliberate life choices, jet lag, shift work, or other factors. Exposure to natural light, a regular sleep schedule, avoiding bright lights and electronics before bed, to regulate sleep are some methods for controlling the circadian rhythm.⁵

For their discovery of the molecular processes regulating the circadian rhythm, Jeffrey C. Hall, Michael Rosbash, and Michael W. Young received the 2017 Nobel Prize in Physiology or Medicine. They contributed to the

discovery of the genetic and molecular underpinnings of the circadian rhythm, highlighting the crucial function of the “period” gene in controlling the body’s circadian rhythm.⁶ They discovered the genes that make the proteins which power the 24-hour cycle, as well as the way these proteins feed back to regulate their own synthesis.⁷

Their findings have clarified the operation of the body’s internal clock and its impact on human health and wellbeing.⁸ They have also ----- the way for fresh approaches to the treatment of sleep problems and other ailments including cancer, cardiovascular diseases, and metabolic diseases that may be affected by perturbations of the circadian rhythm. When the light-dark cycle and fast-feed cycle are distorted in humans due to poor lifestyle choices like eating late at night and fasting during the day (as often happens among shift workers), the rhythmic coordination between the organs is lost, which results in the manifestation of various illnesses, as demonstrated by the experiments performed on mice, surgical removal of the SCN, or observational studies on humans.⁹ Any departure from the circadian rhythm may cause the body’s primary circadian clock (SCN) to malfunction, which can advance disease.¹⁰ With an average temperature $> 37^{\circ}\text{C}$ and a difference between the lowest and highest temperatures that is always less than 0.60 C ,¹¹ the average body temperature of most persons peaks about 6 p.m. and dips around 6 a.m.¹² If the aforementioned pattern changes, a disease could be on the horizon.



The circadian clock of urine output is predicted to be at least three times higher while a person is awake than when they are sleeping at night.¹³ It may indicate compromised kidney function if there is a deviation from it. The pancreas is known to function at its peak around 8 a.m. and at its lowest before or after 8 p.m.¹⁴ Feeding oneself outside of this window (8 a.m. to 8 p.m.) might result in disease due to disturbance of the central circadian rhythm.

Sleep at night and alertness throughout the day are caused by the circadian rhythm of the sleep-wake cycle, which is responsible for substantial melatonin synthesis at night and major cortisol production since dawn.¹⁵ Any departure from it may result in bad sleep, sadness, lowered immunity, impaired cognitive function, etc. In cooperation with SCN, numerous clock genes, a class of protein that is present in each and every cell of the body and acts as a timekeeper, preserve the aforesaid 24-hour rhythm of various inter- and intra-organ functioning, which is essential for the preservation of health and life. This information flow is commonly impeded in the industrial sector. One of them, known as light at night (LAN),¹⁶ interferes with the generation of melatonin and oestrogen, which leads to chronic inflammation and reduces the formation of killer cells, damage the DNA and fosters the growth of cancer.

It's intriguing to note that by modifying the circadian clock, one may not only halt the progression of cancer (and other lifestyle-related disorders), but even reverse diseases, as has been shown in several observational studies on people and clinical trials on animals.¹⁷

It has been shown that the following components help correct the circadian clock:

- 1) Limiting light exposure after sunset.¹⁸
- 2) Designating a 10-hour feeding window as the maximum (from 8 a.m. to 6 p.m.)¹⁹
- 3) Grounding the body each day.²⁰
- 4) Foods low in calories that account for a substantial component of the diet and include dietary phytochemicals.²¹
- 5) Therapy to promote peaceful sleep includes a decrease in core body temperature and improvement in sleep.²²

Studies in Western allopathic medicine have shown the significance of these variables in controlling circadian rhythms and preserving health. For instance, research has shown that strong light in the morning may help reset the body's circadian clock and enhance the quality of sleep. According to further research, eating regularly spaced meals and abstaining from eating after midnight may enhance metabolic health by balancing the circadian cycle.²³ Additionally, studies have shown that circadian rhythm disturbance, such as that brought on by shift employment, may result in detrimental health effects such as sleep difficulties, metabolic abnormalities, and an elevated risk of cardiovascular diseases. The significance of maintaining a healthy circadian rhythm for general health and wellbeing has been strongly supported by this study.²⁴ A substantial amount of scientific literature in Western allopathic medicine has established the key elements of circadian rhythm research. These factors have been found to significantly affect health outcomes, and researchers are always looking for novel ways to maintain a healthy circadian rhythm.

The Doshas in Ayurveda

In order to create the human body, the five elements of space, air, fire, water, and earth must first unite to create three vital energies, or doshas. These are the factors that control every psychophysiological aspect of the body and psyche.²⁵ They help to build the body and maintain its dynamic health. The three doshas—Vata, Pitta, and Kapha—are the main forces that control the body and mind, claims Ayurveda, a historic medical philosophy with its roots in India. It is said that maintaining the balance of the doshas is necessary for achieving optimum health since each dosha is connected to certain traits²⁶ and bodily processes.

The dosha hypothesis is a cornerstone of Indian Ayurveda since more than the last 5,000 years.²⁷ Vata, Pitta, and Kapha are the three fundamental energies or doshas that make up the human body, according to Ayurveda.²⁸ The balance between the doshas is said to be crucial for good health since each dosha is linked to certain traits and bodily functions. A short description of each dosha and the traits that accompany it are given below:

Vata: The components of air and space are related to the vata dosha. It controls every bodily motion, including breathing, blood circulation, and muscular

contraction. In addition to being inventive, creative, and energetic, those with a strong Vata dosha might also be more prone to worry, sleeplessness, and digestive problems.

Pitta: The elements of fire and water are connected to the Pitta dosha. It controls digestion, metabolism, and control of body temperature. Anger, inflammation, and skin issues may be more common in those with a strong Pitta dosha, who also tend to be educated, ambitious, and driven.²⁹

Kapha: The elements of soil and water are connected to the kapha dosha. It controls the stability and structure of the body, as well as bone density, muscle mass, and joint lubrication. While having a strong Kapha dosha might make a person more prone to depression, weight gain, and congestion, it can also make them more patient, caring, and compassionate.³⁰

Each person's distinctive constitution, or prakriti, is based on a unique blend of these three doshas, according to Ayurveda.³¹ In order to correct imbalances and advance optimum health, knowing one's prakriti may aid in identifying them and guiding personalised suggestions for nutrition, lifestyle, and herbal therapies.

Ayurveda's connection to Circadian Rhythms

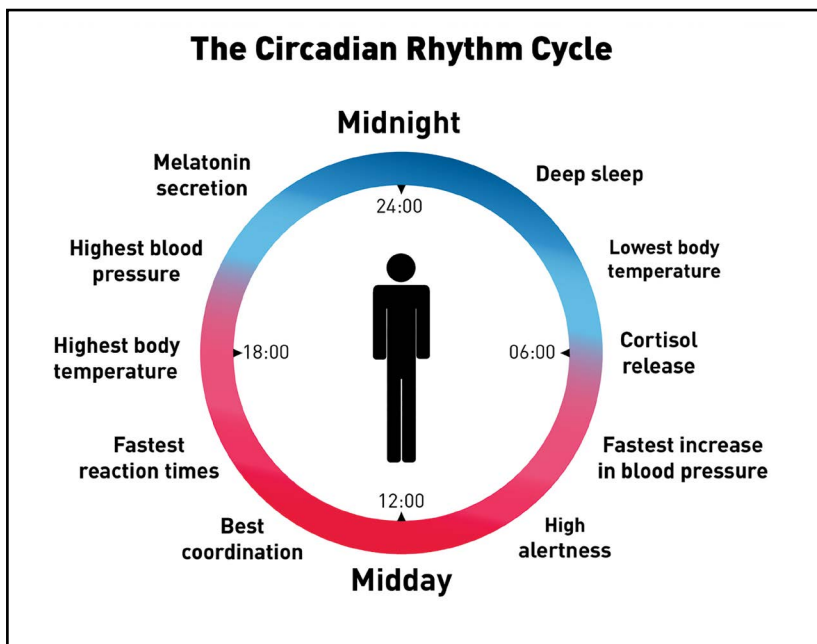
The idea of circadian rhythms in contemporary Western medicine is comparable to that of the doshas in Ayurveda in that both emphasize the need of following a predictable daily schedule and timing activities to improve health and wellbeing. Living in sync with nature and adhering to a daily schedule that coincides with the seasons is important, according to Ayurveda.³² This entails getting up and going to bed at regular intervals, eating meals at the same time every day, and exercising when the sun is up. Similar to earlier studies, current research on circadian rhythms has shown that exposure to light and darkness at certain times of the day may assist regulate the body's internal clock and enhance the quality of sleep, while regular mealtimes and exercise can support the maintenance of a healthy circadian rhythm. Even while the concepts of the doshas in Ayurveda and circadian rhythms in contemporary Western medicine are not exactly the same, both emphasise the need of following a daily schedule and timing activities to improve health and wellbeing.³³ The medical study that forms

the basis of this paper was conducted at the *Dayanand Ayurvedic College and hospital, (HIIMS Economy), Jalandhar, Punjab.*

Impact of disruption in the Circadian Rhythm

In recent years, Dr Biswaroop Roy Chowdhury there has been pioneering work done in conjunction with Ayurveda therapies and their integration with Circadian Rhythm, and patients all over the world have benefited from these interventions. Many diseases are brought on by an altered body clock or circadian rhythm, and many diseases also alter or disturb the body clock. This vicious cycle suggests that the best way to cure any illness, including cancer, heart disease, Parkinson's, and even TB, is to change your body clock or circadian rhythm. In various books authored by Dr Biswaroop Roy Chowdhury such as *Zero Volt Therapy: Book- Cure@Zero Volt, 360° Postural Medicine and End of Transplant*, he has mentioned the beneficial effects of various therapies.

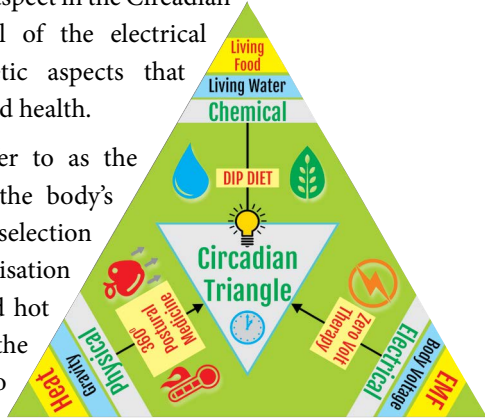
Body Clock Disturbance Illness



Understanding the Circadian Triangle

The first aspect is the earthing aspect in the Circadian Triangle. This is the control of the electrical impulses and electro-magnetic aspects that influence the body's voltage and health.

The DIP diet, which we refer to as the second component, restores the body's chemical equilibrium via the selection of nutritious foods. The utilisation of Ayurvedic Panchkarma and hot water immersion harness the effects of gravity and heat to reset the biological clock.



Resetting the Body Clock

7 Pillars of Circadian Chart

The illustration of the Circadian chart has been detailed in Annexure 1.

1.Light

Light is the most intriguing of the three instruments. This easy-to-use instrument of light that can correct circadian rhythm may be used by anyone, anywhere to aid in the proper operation of the body clock. According to K.P. Wright, Jr. et al.'s study, "Entrainment of the Human Circadian Clock to the Natural Light-Dark Cycle,"³⁴ all human bodies adhere to a cycle of light and dark. A portion of the 24-hour cycle is made up of dawn and sunset. This implies that everyone may alternate for a while between living in darkness and in light. Since the development of electricity and light bulbs, we are exposed to light even after the sun has set. This seriously disrupts the circadian cycle and throws off our internal clock. After dawn, one should spend the rest of the day exposed to atleast a half an hour to an hour of any light with a brightness of 1000 Lux. Similar to this, one should only be exposed to light that is "not" more than 50 Lux after sunset. The body will feel a balanced clock once this is sustained.³⁵

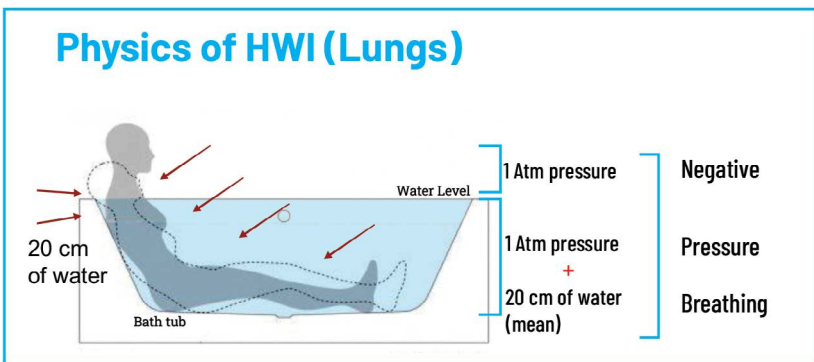
2. Second tool - Timing of food

‘Timing of food intake’ is the second instrument that corrects the circadian rhythm.

A significant improvement in heart or liver conditions is noticeable when one consumes food within a ten-hour window, or between 8:00 am and 6:00 pm, and restricts food consumption during this time. This 10-hour eating guideline may quickly heal many illnesses and has become widely popular as Intermittent Fasting amongst nutritionalists. Simply put, one must abstain from eating for 14 hours. These beneficial bacteria are in charge of the body’s production of hormones that have a wide range of therapeutic uses. For example, in the brain to treat the neurological system, or in the colon and intestines to regulate the insulin in your pancreatic system, among other places.³⁶ In this manner, the synthesis of hormones in different parts of the body is controlled from the stomach.³⁷

3. Hot Water Immersion

When a patient is made to sit in the bath tub with water level up to the neck, the air pressure above the neck is 1 Atmosphere. Below the neck the atmospheric pressure is 1 Atmosphere. If the mean height of the water in the bath tub is 20 cm, the pressure below the neck increases by about 2% (1 atm + 20 cm).



Therefore, when a patient sits in neck deep water, his body undergoes two different pressures, one above the neck and one below the neck. This

difference in pressure results in negative pressure breathing. As a result of this breathing, a 20% increase in the stroke volume of the heart is observed. The heart pumps an increased volume of blood by 20% due to the negative pressure breathing. This increased blood pumping leads to redistribution of blood from the lower portion of the body to the upper torso, waist upwards.

4. Living Water

In the book, 'Cure for Blood Disorders; Thalassemia & Cancer' by Dr Biswaroop Roy Chowdhury, provides detailed instructions for creating living water. The first step is creating the three pot system at home and drinking living water from this system every time you need to use water all through the day. It must be noted no other source of water must be used as part of the therapy. Arrange mineral stones, small marbles, fine-grained stones, sand, wood charcoal, after washing thoroughly. Grind drumstick / moringa seeds into a fine powder and on a copper plate, place them in a pot. Arrange two pots under these with the bottommost one having a tap. Once the water passes through the materials and sieves into the last one after 8 hours, drink only this living water.

5. DIP Diet

There are factors other than the time factor that affect the body clock positively. One of the most important of those factors is Food. In the DIP diet, we take nothing but fruits until 12:00 noon. The reason being, fruits are naturally endowed with more sugar, carbohydrates, vitamins, antioxidants, minerals etc. We also know that the body's digestive juices are most productive in the morning hours. This means if one has lots of minerals and vitamins in the morning, one's body will start giving extra energy right from the morning hours. A pioneering study was done in this regard and has already been published in prestigious journals (DIP Diet : Clinical trial of the DIP Diet by All India Institute of Ayurveda, (Under Ministry of AYUSH, Govt. of India) Ctri/2018/12/016654.

5.1 First step of DIP diet

The DIP diet rule otherwise depends on body weight multiplied by ten. Suppose your body weight is 70 kg then multiplying with 10 will give 700.³⁸ So, make sure you take approximate 700 grams of fruits intake. However, stick to the simple rule of eating the plate of fruit as per your hunger. Remember that you need to have maximum quantity of food in the morning so have fruits and do not keep your stomach empty by skipping breakfast.

The Govt. of India conducted a clinical trial of the DIP diet in the year 2018.³⁹ It clearly states how this DIP diet helps in curing different diseases, be it thyroid or bones related diseases. The trial reports have been successfully published in various journals as well as on Govt. of India clinical trial registry.⁴⁰ Anyone who now adopts this diet in his life for his own benefit will not be experimenting in any way.

5.2 Second step of DIP diet

The second step of DIP diet is the type of food that one should focus on having for lunch and dinner. There are two types of plates during lunch time - plate one of lunch will have four types of raw vegetables as salad. If you multiply your body weight with five, then that should be the ideal quantity (in grams) of raw vegetable intake. Once raw vegetables are consumed, the body will release a hormone called incretin. This hormones is secreted in the gut region right after our intake of food that helps to stimulate insulin secretion.

5.3 Third step of DIP diet

The first important category to avoid is packaged food. This includes any food item that is produced in a factory such a namkeen packets, bread, or biscuits. The second important category is animal or dairy foods, including egg, meat, milk, curd, cheese etc.

6. Panchkarma/Ayurvedic Treatments

Panchakarma is an Ayurvedic purifying and rejuvenating therapy used to eradicate impurities and restore the body's equilibrium. Panchakarma

is derived from the Sanskrit words “pancha,” meaning five, and “karma,” meaning action or therapy.

The five treatments comprising Panchakarma consist of inducing regurgitation to eliminate excess mucus and pollutants from the body. This treatment consists of purging to eliminate excess bile and impurities from the body.

The Panchkarma Therapies were administered to the patients in this medical study at the *Dayanand Ayurvedic College and Hospital, (HIIMS Economy), Jalandhar, Punjab.*

Abhyangam: In abhyangam' massage is done with the herbal oils to treat various vata problems.

Udvartan: herbal powders are used to massage to treat kapha problems.

Hridya Basti: If a patient has heart problem then Hridya Basti is given as the treatment.

Hridya picchu: Hridya pichu is also given to the patients with the heart diseases . In this treatment, a cotton swab is soaked in herbal oil and placed over the chest.

Janu basti: In this treatment, a cotton swab is soaked in herbal oil and placed over the knees.

Nasyam: involves administering medicated oils or granules through the nasal passage to treat respiratory and neurological disorders.

Potli: A therapeutic Ayurvedic treatment that involves applying heated herbal pouches to the body to promote relaxation and reduce inflammation.

Shiropicchu: A herbal oil-based Ayurvedic treatment that involves a cotton swab is soaked in herbal oil and placed over the top of the head to promote relaxation and reduce stress.

Thalam: An Ayurvedic treatment for various neurological disorders that involves applying a paste of herbs and oils to the head.

Gandhoosh: An Ayurvedic practice of holding medicated oils or liquids in the mouth to improve oral health and treat various ailments.

Kawal: An Ayurvedic gargling technique using herbal decoctions or oils to improve oral health and treat various ailments.

Dhara: An Ayurvedic treatment that involves pouring a stream of warm herbal oil or liquid on the body or forehead to promote relaxation and reduce stress.

Parishek: An Ayurvedic treatment that involves pouring medicated oils or liquids on the body to improve skin health and treat various ailments.

Guda picchu: An Ayurvedic treatment for various rectal disorders that involves applying herbal pastes or oils to the anus.

Matra asti: A therapeutic Ayurvedic treatment that involves administering small amounts of medicated oil or herbal decoctions through the rectum to promote healing and rejuvenation.

Karna puran: An Ayurvedic practice of filling the ears with warm herbal oils to improve hearing and prevent ear-related ailments.

Karna dhoopan: An Ayurvedic treatment that involves smoking the ear with herbal fumes to treat various ear ailments.

Dhoopan (for wounds): An Ayurvedic practice of fumigating wounds with herbal smoke to promote healing and prevent infections.

7. Medicine Tapering

The practise of progressively lowering or weaning off drugs that a patient has been taking for a particular medical condition is referred to as **medicine tapering**. The goal of weaning off medicine is to improve health outcomes while reducing the dangers and adverse effects associated with long-term pharmaceutical usage. The focus of Ayurveda is on promoting health and avoiding illness rather than just treating symptoms. Ayurvedic treatments, combined with the 7 pillars of Circadian triangle designed by Dr Biswaroop Roy Chowdhury, including herbal cures, and dietary and lifestyle changes, can bring the body back to balance and encourage self-healing.

Ayurveda holds that imbalances in the body's energy systems, or doshas, are often to blame for illnesses including diabetes, liver and kidney malfunction, and high blood pressure. The goal of ayurvedic therapies is to balance these doshas and enhance the body's innate capacity to control blood pressure, blood sugar, and other crucial processes. The body eventually begins to

mend itself and re-establish its natural equilibrium when a patient receives Ayurvedic therapy. This can result in less symptoms and, in some instances, a lesser need for medicine. To prevent the patient from having any negative side effects or experiencing a recurrence of the disease, the process of weaning off medication is slow, closely monitored and well managed.

Practise of HWI or Avgah sweda in History

Hot Water Immersion has always been an inherent part of daily life in almost all parts of the world. The practice of immersing in water has been such a fundamental ritual that it has even permeated into the daily lives of people as a ritual, spiritual exercise, stress busting technique, sanitary and hygienic practice and has been imbibed in a daily ritual and practices as part of religious rituals. In Ayurveda also, HWI treatment or Avagah sweda has been prevalent in India since ancient times as is evident by the findings of communal baths which have existed down the ages. Almost all the cities of the Harappan civilization, Ancient Rome, Babylon, Greece or Egypt and Persian Civilisations had Communal Baths or Hamams that have been frequently in use in Europe from ancient times to the medieval ages. Bathing in hot tubs was an important weekly ritual done before going to church on Sunday for the sanitary and health related benefits. In India, this practice was incorporated in Ayurveda as *Avagah sweda*.

Food Regulation and Circadian Rhythm

A dietary pattern known as intermittent fasting includes alternating between times of eating and fasting. Due to its potential for promoting weight reduction, better metabolic health, and decreased inflammation, this eating style has grown in popularity recently. Due to the potential health advantages of intermittent fasting, which have been supported by several research, it has become more popular among nutritionists and health professionals. There many medical studies have been conducted under the guidance of Dr Biswaroop Roy Chowdhury, with significant outcomes such as Observational Study on Effectiveness of Gravitational Resistance and Diet (GRAD) system in reversing chronic kidney disease (CKD) – among dialysis patients by Shridhar University Rajasthan & Dayanand Ayurvedic College

Jalandhar. The following are some of the explanations for why nutritionists are adopting intermittent fasting.

In particular, studies have shown that eating in accordance with the body's circadian cycle, which favours eating during the day and fasting at night, may help enhance insulin sensitivity, lessen inflammation, and encourage weight reduction.⁴¹ Fasting increases the expression of genes related to autophagy, a cellular process that aids in the removal of harmed and malfunctioning cellular components, boosting cellular health and lifespan.⁴² The idea of intermittent fasting is strongly tied to the circadian rhythm, and timing food intake to the body's natural pattern may be quite healthy. Before making any substantial dietary adjustments.

Circadian Dining Table

The timing of food intake, which seems like a trivial thing, is actually one of the most important factors around food, because of this one will be able to get rid of diseases. A well-known adage says that 'diet is a bank account and good food choices are your good investments'. The best diets and good food choices can bring in diseases if one is busy eating anytime one feels hungry. So let us look into a unique formula - Circadian Dining Table. **Dr Biswaroop Roy Chowdhury has done seminal work in this regard and published the procedures, results and outcomes in two books concerning the GRAD system, namely GRAD : 1. Book- 360° Postural Medicine, and End of Transplant.**

Circadian Dining Table

Take three plates of food: one for breakfast, one for lunch, and one for supper to help you comprehend. (Adapted from the Cure@72hrs programme talk by Dr. BRC)

These three platters are typical Indian and include chapattis, food seasonal veggies, beans, and some rice. If breakfast is served at 8:00 am, lunch is served in the afternoon, and dinner is to be eaten by 8:00 pm, the breakfast plate will have the most food, followed by the lunch plate with a little less food, and the evening plate with the least amount of food.

Standard Indian Food-Plate

If one changes the order of the food plates – least amount of food at breakfast, then more quantity of food at lunch and the maximum quantity of food at night, one can be on the way to become a sugar patient.⁴³ The simple reason for the increase in blood sugar is that the natural clock of pancreas in a human body being most active at around 8:00 am. Also, the least active time of pancreas is near and beyond 8:00 pm.⁴⁴ Doctors will never tell you to reduce the time window of your food intake.⁴⁵ They will suggest blood sugar lowering drugs and insulin.⁴⁶

Endogenous Circadian system and circadian misalignment impact glucose tolerance via separate mechanisms in humans.⁴⁷

What can make the blood sugar more erratic?

By skipping breakfast on continuous basis, one should expect the unexpected, his blood sugar may further rise. In other words, if we stop him to have his breakfast in the morning, his pancreas is expected to slowly stop producing the digestive insulin in his body during morning hours. A point to be remembered here is whenever pancreas will not produce insulin at the right time, which is morning 8:00 am, there are bound to be other biological changes in hormones throughout the body.⁴⁸ The point is not only what you are eating or how much, but whether you are eating it.⁴⁹

Autophagy

If we seek the reasons for such simple and time restricted cures for such deadly diseases, the answer would be that this kind of research called ‘autophagy’ has fetched Nobel Prize four times – not just once. Once the body is starving, the internally outgrown cells that are termed as diseases like tumor or stones but in the real sense nothing but the deposits of protein, calcium, potassium, and other kinds of nutrition – will be broken down. Such a process often leads to finishing off the tumors and other internal outgrowths. But the body will only utilize the excess minerals and proteins when you manage your food intake within this time-frame. The time of intake has to be during the day-time, not at night – as pointed earlier.

Research papers supporting the above logic are available.⁵⁰

Time as medicine

Time-restricted eating has major benefits on health and has potential to bring back good health.

You can follow the simple time rule as follows:

1. First 15 days – food intake in 8-hour window only.
2. Next 15 days – food intake in 10-hour window only.
3. There-on, Lifelong - food intake in 12-hour window only.

Expectedly, over a period of one month, most of the people will have gotten over with their maladies, be it tumor kinds of outgrowths or water retention, or stones, or anything else. If you have cleared your system of a specific disease by using 10/8 hours rule, you can increase the window for the rest of your life.⁵¹ The first two (8hrs/10hrs) are applicable for getting your circadian rhythm back in cycle and the proactive way to remain disease-free is where the third (12hrs) is applicable.

Power of circadian clock

As per a particular study that carried out research on 15,000 farmers in Sri Lanka 'who had taken poisonous pesticides for killing themselves'⁵² fewer farmers who ingested pesticides in the evening died compared to those who had taken the same pesticide during the morning hours. Power of timing when our body is metabolically more active and in the evening, poison could not be processed and digested. In the morning time, the poison was processed immediately, demonstrating the power of circadian clock.

Remaining connected to earth

The body-clock is set in accordance to the time zone and to correct the body-clock in a new time zone, one need to get connected to the earth.⁵³ This can be achieved by walking barefoot on earth (not on concrete) for few minutes.⁵⁴ The moment you touch the earth surface, within the first 10 seconds, your body voltage becomes zero, as literally electrons flow from earth to your body.⁵⁵ You can also remain in contact with earth via conductive wire as we do in our hospitals, where patients, are grounded for at least 8 to 10 hours. per

day, through a zero-volt bed sheet, in which a copper wire is connected to the earth. This leads to continuous reduction in inflammation resulting in various health benefits as given below:

Zero Volt Therapy

Time	Effect on body
10 Seconds	Your voltage will be zero
20 minutes	Improvement in mood/stress
30-45 minutes	Relief from palpitation
1 hour	Pain relief
1-2 hour	Better sleep
Overnight	Fast wound healing, less stiffness, Parkinson relief, reduction in B.P.
7 days	Reduced B.P. (for diabetes patients)
1 month	Blood disorder reversal

Third tool – Sleep

The third tool that can be used towards fixing or re-setting the circadian rhythm is sleep.

Age	How many hours of sleep		Minutes in bed before you fall sleep			No. of times waking up for >5 min		
	Ideal	Not recommended	Normal	Borderline	Abnormal	Normal	Borderline	Abnormal
0-3 months	14-17	<11 or >19	0-30 min	30-45 min	>45 min	Normal to wake up a few times		
4-11 months	12-15	<10 or >18	0-30 min	30-45 min	>45 min	Normal to wake up a few times		
1-2 years	11-14	<9 or >17	0-30 min	30-45 min	>45 min	1	2-3	>4
3-5 years	10-13	<8 or >16	0-30 min	30-45 min	>45 min	1	2-3	>4
6-13 years	9-11	<7 or >15	0-30 min	30-45 min	>45 min	1	2-3	>4
14-17 years	8-10	<7 or >13	0-30 min	30-45 min	>45 min	1	2	>3
18-25 years	7-9	<6 or >11	0-30 min	30-45 min	>45 min	1	2-3	>4
26-64 years	7-9	<6 or >10	0-30 min	30-45 min	>45 min	1	2-3	>4
>65 years	7-8	<6 or >10	0-30 min	30-60 min	>60 min	2	3	>4

The information on recommended sleep schedules for each age group is provided in the table given. The required sleep is clearly shown here, indicating that newborns 0–3 months old need between 14 - 17 hours of sleep per night. They only continue to have certain irregularities if they sleep fewer than 11 hours or more than 19 hours, which is not advisable. These babies may also exhibit an irregular pattern if they take longer than 45 minutes to

fall asleep after being put to bed. Similarly, the quantity of sleep might vary from 7 to 9 hours for those under the age of 65 and over the age of 18 if these people often sleep for fewer than 6 hours or more than 9 hours, they run the risk of upsetting the body clock⁵⁶ and, in the long run, inviting illnesses. Additionally, if the sleep pattern is delayed between 45 and 60 minutes after going to bed, it indicates a sleep pattern disruption that might be quite hazardous.⁵⁷ Therefore, disturbance in sleep disturbs your circadian rhythm.

Ancestral sleep patterns

The sleep table is based on how our ancestors used to sleep. In the rhythms of life of our archaic cultures, just 50 lux or less of fire light was permitted after sunset. They slept at nightfall and rose with the sun in this way. Another strange conduct is the need to get up three to four times throughout the course of the night when just one awakening is considered to be usual.⁵⁸ You must keep an eye out for odd sleeping patterns and preserve a normal body rhythm. They thus have a higher risk of developing metabolic syndromes, diabetes, heart disease, cancer, obesity, and stroke.⁵⁹

Ayurvedic View

Our body is formed of basic elements known as Doshas, Dhatus and Malas. Doshas – Vata, Pitta and Kapha – these are functioning traits. Dhatus – Rasa, Rakta, Mamsa, Asthi, Medha, Majja, and Shukra – form the basic structure of the body.⁶⁰ Malas – are the metabolic wastes.

According to the definition, “Homeostasis is the property of a system that regulates its internal environment and tends to maintain stable, constant conditions of properties like temperature, pH, BP, respiratory rate, pulse rate, etc.” The interior environment is defined by the varieties of personality called “Prakriti” in Ayurveda.⁶¹ It signifies the conduct, temperament and personality of an individual which is straight from the moment of conception. It developed as a result of the Doshas dominating at the time of fertilisation. Prakriti (homeostasis) is the term used for when harmony is maintained in the interior environment. When all the Dhatus are in harmony, Prakriti is preserved, and this state is known as Dhatusamyā.⁶² Dhatu Vaishamyā is the

term used to describe an imbalance of the Dhatus inside the body. To keep Dhatus in a healthy and balanced condition, homeostasis must be maintained.

The cosmos and people are in close proximity to one another. The six elements (Shad Dhatu) that make up the cosmos are also found in people. The power of man to adapt to its environment determines its health and disorders. “Man is stuck in an impossible situation since he is a part of the planet. In the end, he is merely an ephemeral conformation of the primordial space-time field; his body and proud brain are mosaics of the same elemental particles that compose the dark, drifting dust clouds of interstellar spaces. He seeks to explore. Standing in the gap between the macrocosm and the microcosm, he encounters obstacles on all sides and may be left in awe. God’s word created the world, so that everything is seen was fashioned from things that did not initially exist”.⁶³

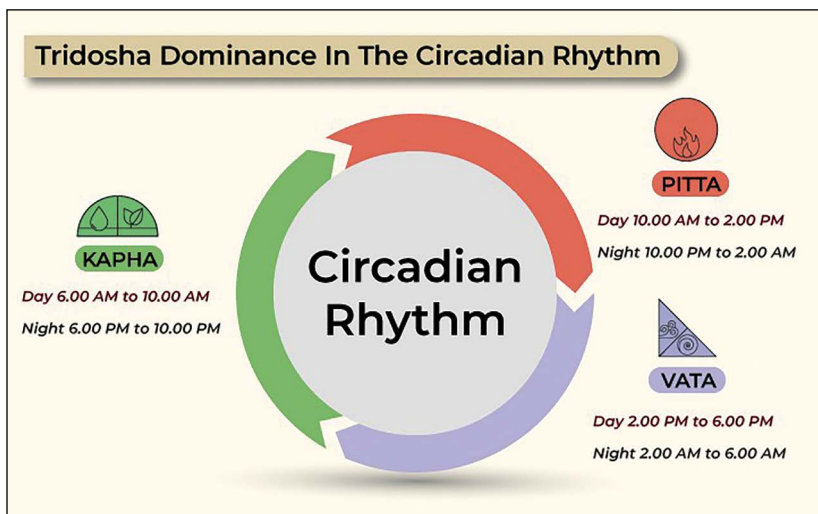
There is a continual interchange of matter from the internal environment to the exterior environment, and vice versa. Homeostasis is kept when this exchange is in equilibrium. If a person is unable to maintain this balance, homeostasis becomes disrupted, which results in 'Aswasth avastha', a sick state.⁶⁴ When referring to humans, the term “homeostasis” describes the body’s capacity to physiologically regulate the internal environment in order to ensure stability with regard to the external environment. Homeostasis is preserved by the liver, kidney, brain, autonomic nervous system, and endocrine system. To maintain it, all body parts work in unison. The liver keeps the metabolism of carbohydrates going while metabolising all chemicals, including hazardous ones. The kidneys control the amount of water in the blood, the reabsorption of nutrients into the blood, the maintenance of blood electrolytes and pH, as well as the excretion of waste products such as urine.⁶⁵

The process of homeostasis occurs throughout the entire organism, from the cellular to the organ level. The range of allowable values is thus rather broad. A person is regarded to be healthy if his body upholds certain principles. Inability to maintain homeostasis results in illness or even death. Homeostatic responses, such as warmth, thirst, or breathlessness, are a body’s attempt to preserve homeostasis in response to homeostatic imbalances, such as high

body temperature or a high blood salt content. Pathogenesis occurs if the body is unable to do so.⁶⁶

Sun, moon, and air are the three elements that control the cosmos. The moon provides nourishment, the sun absorbs, and the air creates moments. Similar to this, three entities—Kala, Artha, and Karma—rule a man's external environment. Seasons are referred to as Kala, senses are referred to as Artha, and actions or occurrences outside of the body are referred to as Karma. According to Ayurvedic texts, the Panchamahabhutas are the fundamental components of the cosmos.⁶⁷ Similar to this, Panchamahabhutas make up the human body.⁶⁸ Whatever a substance's initial physical condition, it eventually transforms into a form of energy that relates to the minimal threshold stimuli of each of the five senses to thrive.

In addition to being genetically determined in the gametes (shukra shonita), the ratios of VPK in a prakriti⁶⁹ are also influenced by the mother's diet and environment during the development of the foetus (matur-ahar-vihara, kala garbhashaya, mahabhutavikara). Genetic factors are a result of a variety of factors, including individual-specific factors⁷⁰ (pratyatmaniyata), family factors (kula-prasakta), geoclimatic factors (desha-anupatini), and ethnicity (jati-prasakta). Geoclimatic factors have an impact on several topics both during foetal development and on phenotypic manifestations in later life.⁷¹



Exploring cycles of time: daily, monthly, annual (seasonal) and life, from an Ayurvedic perspective and how they influence how we feel physically and emotionally is important. If we understand the natural forces of the doshas: Vata, Pitta and Kapha, we can flow through our life cycle in harmony with our environment and in good health.⁷² Research is being continually conducted to understand these in the modern context at the Dayanand Ayurvedic College and Hospital, (HIIMS Economy), Jalandhar, Punjab.

Being in-tune with the natural ebb and flow of the world around us (macrocosm): the seasons and the time of day; and the microcosm of our body and mind, will lead us on the path to good health and wellbeing. Here we can see our daily circadian rhythm: the physical, mental and behavioural changes that follow a daily cycle.

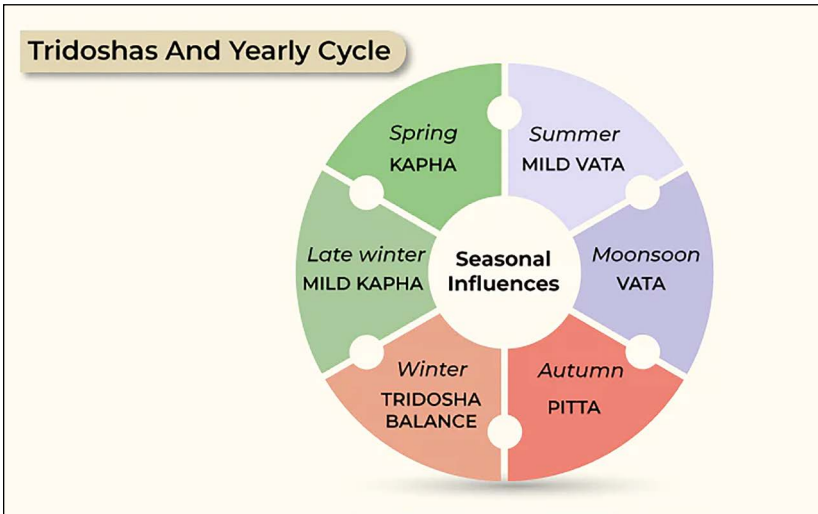
The flow of the doshas is evident through our daily cycle:

- Kapha dosha dominates from 6am – 10am and 6pm – 10 pm
- Pitta dosha dominates between 10am – 2pm and 10pm – 2am
- Vata dosha dominates between 2pm – 6pm and 2am – 6am.

Kapha dosha prepares us for sleep in the evening.⁷³ When we sleep into the kapha phase of the day, the body and mind will feel the heaviness.

The Sushruta Samhita (S.) and the Sharira Sthana (Sa.) Anatomy, physiology, and the Samhita's first chapter (S.Ni.1⁷⁴) (Developmental Biology: Nidana Sthana) Principles of etiopathogenesis include clinical characteristics of illnesses, Nidana Sthana (Ni.) The terms Ashtanga Samgraha (AS) and Vimana Sthana (Vi.⁷⁵) Observations of Chakrapani (Ck⁷⁶).

The Pitta dosha predominates from 10 am to 2 pm. The period of the day when we are most productive is at this hour. Pitta energy is transformative and travels ahead. Movement is a result of vata dosha. We will surely sense the movement in the mind if we awaken in the middle of the night. The menstrual cycle in women is a strong, energising period of change. Once again, we can see the doshas' effect throughout this monthly cycle:



The effects of the doshas are obvious on the seasons: the soil and water components of the Kapha dosha rule the winter. Vata dosha, which is represented by the components of air and space, rules in the spring. Pitta dosha, which is represented by the fire energy of this season, rules in the summer .

Finally, the energy of the doshas also has an impact on our life cycle: Kapha exists from infancy through adolescence. Since kapha is the dosha that governs development and this is the anabolic period of our lives, it predominates. From adolescence until old age or menopause for females, Pitta, the dosha that brings about metamorphosis, predominates. Catabolic and in charge of disintegrating, vata rules our final years of existence.

SECTION B

The Medical Study

Aims and Objectives of the Research Study

- To establish the correlation of impact of circadian rhythm of our body on the selected health parameters
- To establish the correlation of DIP diet on selected health parameters
- To establish the correlation of circadian dining on selected health parameters
- To establish the correlation between earthing/ zero volt therapy on selected health parameters
- To establish correlation between GRAD system on selected health parameters.

Theoretical Framework

Investigate the effects of adjusting the circadian clock/ Tridosha clock utilising the **Circadian triangle**, which has three vertices that are EARTH, DIET, HEAT, and GRAVITY. Using the paired t test and marginal homogeneity test, determine the patient's preferred sleeping conditions, including pain, swelling, energy level, sleep, and bowel. The patients were administered various Panchkarma and Ayurvedic therapies at *Dayanand Ayurvedic College and Hospital, (HIIMS Economy), Jalandhar, Punjab*.

Design of the Medical Study

Patient information was collected during the CURE@72HOURS RESIDENTIAL TOUR for this observational trial.

Patients as Participants

50 carefully chosen patients of various age groups with a range of illnesses, including Diabetes Mellitus Types 1 and 2, Hypertension, Autoimmune Diseases, Skin Diseases, Gallbladder Stones, and Kidney Stones, all of which have symptoms like sleep disorders, pain, disturbed bowel habits, low energy, etc. The patients were being treated at the *Dayanand Ayurvedic College and Hospital, (HIIMS Economy), Jalandhar, Punjab*.

Glucose monitoring sensors were implanted on patients to take readings for their 24 hours blood glucose levels. (Annexure 2)

Methodology

The information is presented in category or ordinal form. To compare pre and post, we employed the Marginal Homogeneity Test, an extension of the Macnmer Test, as well as the t test. The variable with a p-value less than 0.05, as we can see, indicates a significant difference between the pre and post interventions. In order to analyse the data, SPSS version 26 was employed. Panchkarma and Ayurvedic therapies at *Dayanand Ayurvedic College and Hospital, (HIIMS Economy), Jalandhar, Punjab* were administered as a part of the study.

Data Presentation of various parameters in medical research study for various patients have also been attached as Annexures 3, 4 and 5.

Frequency Table

Weight_Pre		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	24	48.0	48.0	48.0
	1	26	52.0	52.0	100.0
	2	0	0	0	0
	3	0	0	0	0
	Total	50	100.0	100.0	

This table presents the distribution of patient weights in a study of 50 patients. The table shows that 48% of the patients have a weight of 0, while 52% have a weight of 1. No patients in the study have a weight of 2 or 3. The table provides valuable information about the weight distribution of the patients in the study, and can be used to draw conclusions about the population from which the sample was drawn. For example, if the study is investigating the prevalence of malnutrition in a population, the high percentage of patients with a weight of 0 may suggest a high prevalence of malnutrition.

Table of Weight					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	23	46.0	46.0	46.0
	1	8	16.0	16.0	62.0
	2	5	10.0	10.0	72.0
	3	14	28.0	28.0	100.0
	Total	50	100.0	100.0	

This table presents the distribution of patient weights after a certain intervention in a study of 50 patients. The table shows that the weight distribution of the patients has changed after the intervention.

Before the intervention, 48% of the patients had a weight of 0, while after the intervention, only 46% of the patients had a weight of 0. This suggests that the intervention has had some effect on the weight distribution in the sample.

Likert Scale (Weight)

Not Applicable	0
Abnormal	1
Not Improved	2
Improved	3

28% of the patients had a weight of 3, which is higher than any of the other weight categories. This may suggest that the intervention has had a positive effect on the weight of some patients, but not on others.

BP (mmHg) Pre					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	30	60.0	60.0	60.0
	1	5	10.0	10.0	70.0
	2	9	18.0	18.0	88.0
	3	3	6.0	6.0	94.0
	4	3	6.0	6.0	100.0
	Total	50	100.0	100.0	

This table presents the distribution of systolic blood pressure (BP) readings in mmHg among a sample of 50 patients before a certain intervention. The table shows that 60% of the patients had a systolic BP reading of 0, which may indicate that they were within the normal range. The table also shows that 10% of the patients had a systolic BP reading of 1, which may indicate that they were in the pre-hypertensive range. Additionally, 18% of the patients had a systolic BP reading of 2, which may indicate that they were in the stage 1 hypertension range. Furthermore, the table shows that 6% of the patients had a systolic BP reading of 3 and 4, which may indicate that they were in stage 2 hypertension range or higher.

BP (mmHg) Post					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	30	60.0	60.0	60.0
	1	0	0	0	0
	2	0	0	0	0
	3	4	8.0	8.0	68.0
	4	16	32.0	32.0	100.0
	Total	50	100.0	100.0	

This table presents the distribution of systolic blood pressure (BP) readings in mmHg among a sample of 50 patients after intervention.

The table shows that 60% of the patients had a systolic BP reading of 0 after the intervention, which is the same percentage as before the intervention. This suggests that the intervention did not have a significant effect on the number of patients within the normal BP range.

Likert Scale (BP)

Not Applicable	0
Abnormal With Medicine	1
Normal With Medicine	2
Abnormal Without Medicine	3
Normal Without Medicine	4

However, the table shows that after the intervention, 32% of the patients had a systolic BP reading of 4, which may indicate that they were in the stage 2 hypertension range or higher. Additionally, 8% of the patients had a systolic BP reading of 3 after the intervention, which is higher than before the intervention.

The table infers that more patients have tapered off their medicine and still they stay near the recommended range of blood pressure

SUGAR(mg/dl) Pre					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	27	54.0	54.0	54.0
	1	14	28.0	28.0	82.0
	2	1	2.0	2.0	84.0
	3	6	12.0	12.0	96.0
	4	2	4.0	4.0	100.0
	Total	50	100.0	100.0	

This table presents the distribution of fasting blood sugar (mg/dL) readings among a sample of 50 patients before a certain intervention. The table shows that 54% of the patients had a fasting blood sugar reading of 0, which may indicate that they were within the normal range. However, 28% of the patients had a fasting blood sugar reading of 1, which is in the prediabetes range.

SUGAR(mg/dl) Post					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	27	54.0	54.0	54.0
	1	0	0	0	0
	2	0	0	0	0
	3	4	8.0	8.0	62.0
	4	19	38.0	38.0	100.0
	Total	50	100.0	100.0	

Additionally, the table and Graph show that 12% of the patients had a fasting blood sugar reading of 3, which may indicate that they had diabetes. The table also shows that only 2% of the patients had a fasting blood sugar reading of 2, which may indicate that they were in the borderline range between normal and prediabetes. Furthermore, 4% of the patients had a fasting blood sugar reading of 4, which is in the severe diabetes range.

The graph infers that towards the end of treatment more patients have values of blood glucose close to recommended values, when after they tapered their medicines and insulin off.

Likert Scale (Sugar)

Not Applicable	0
Abnormal With Medicine	1
Normal With Medicine	2
Abnormal Without Medicine	3
Normal Without Medicine	4

The pre and post tables for other parameters are given below and Likert scale corresponding to these parameters are given in annexure 5.

Pain Pre					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	7	14.0	14.0	14.0
	2	3	6.0	6.0	20.0
	3	17	34.0	34.0	54.0
	4	23	46.0	46.0	100
	Total	50	100.0	100.0	

Pain Post					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	6	12.0	12.0	12.0
	2	6	12.0	12.0	24.0
	3	4	8.0	8.0	32.0
	4	34	68.0	68.0	100
	Total	50	100.0	100.0	

Swelling Pre					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	9	18.0	18.0	18.0
	2	2	4.0	4.0	22.0
	3	39	78.0	78.0	100
	Total	50	100.0	100.0	

Swelling Post					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	4	8.0	8.0	8.0
	2	4	8.0	8.0	16.0
	3	42	84.0	84.0	100
	Total	50	100.0	100.0	

Sleep Pre					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	2	4.0	4.0	4.0
	2	10	20.0	20.0	24.0
	3	38	76.0	76.0	100
	Total	50	100.0	100.0	

Sleep Post					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	1	2.0	2.0	2.0
	2	6	12.0	12.0	14.0
	3	43	86.0	86.0	100
	Total	50	100.0	100.0	

Bowel Pre					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	11	22.0	22.0	22.0
	2	37	74.0	74.0	96.0
	3	2	4.0	4.0	100
	Total	50	100.0	100.0	

Bowel Post					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	8	16.0	16.0	16.0
	2	41	82.0	82.0	98.0
	3	1	2.0	2.0	100
	Total	50	100.0	100.0	

Energy Level Pre					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	17	34.0	34.0	34.0
	2	6	12.0	12.0	46.0
	3	20	40.0	40.0	86.0
	4	7	14.0	14.0	100
	Total	50	100.0	100.0	

Energy Level Post					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	8	16.0	16.0	16.0
	2	4	8.0	8.0	24.0
	3	28	56.0	56.0	80.0
	4	10	20.0	20.0	100
	Total	50	100.0	100.0	

Statistical chart of clinical parameters on which the patients were assessed

Table no.1 variation in the patient parameter

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Weight_Pre	.52	50	.505	.071
Weight_PPost	1.20	50	1.294	.183
Pair 2 BP (mmHg) Pre	.88	50	1.256	.178
BP (mmHg) Post	1.52	50	1.898	.268
Pair 3 SUGAR(mg/dl) Pre	.84	50	1.184	.167
SUGAR(mg/dl) Post	1.76	50	1.944	.275
Pair 4 Pain Pre	3.12	50	1.043	.147
Pain Post	3.32	50	1.096	.155
Pair 5 Swelling Pre	2.60	50	.782	.111
Swelling Post	2.76	50	.591	.084
Pair 6 Sleep Pre	2.72	50	.536	.076
Sleep Post	2.84	50	.422	.060
Pair 7 Bowel Pre	1.82	50	.482	.068
Bowel Post	1.86	50	.405	.057
Pair 8 ENERGY LEVEL Pre	2.34	50	1.099	.155
ENERGY LEVEL Post	2.80	50	.948	.134

The mean difference between the second pair of measurements, BP (mmHg) Pre - BP (mmHg) Post, is 0.640, the standard deviation is 1.005, and the internal 95% confidence interval for this difference is (0.926 - 0.354). We reject the null hypothesis since there is a significant difference between the blood pressure (in millimetres per hour) pre and post experiments because the P-value for this pair is 0.000, which is less than 0.05. Additionally, there is a substantial association between the variables BP (mmHg) Pre - BP (mmHg) Post, as indicated by the correlation coefficient of 0.874 and P value of 0.000.

The third pair, SUGAR(mg/dl) Pre - SUGAR(mg/dl) Post, has a mean difference of 0.920, a standard deviation of 1.226, and a confidential internal

difference of (1.268 - 0.572) at a 95% confidence level. Due to the significance difference between the Sugar (mg/dl) Pre - Sugar (mg/dl) Post, the null hypothesis is rejected because the P-value for this pair is 0.000, which is less than 0.05. Additionally, the correlation between the variables SUGAR (mg/dl) Pre - SUGAR (mg/dl) Post is 0.799, with a P value of 0.000, indicating that the correlation between the two variables is meaningful.

The fourth pair, pain pre - pain post, has a mean difference of 0.200, a standard deviation of 1.325, and an internal difference of (0.577 - 0.177) at a 95% confidence level. We accept the null hypothesis since the P-value for this pair is 0.021 whereas the correlation between the variables Pain Pre - Pain Post is 0.234 and the P value is 0.103, indicating that the correlation between the two variables is non-significant and greater than 0.05.

The mean difference for the fifth pair, swelling pre - swelling post, is 0.160, the standard deviation is 0.681, and the confidential internal for this difference at 95% is (0.354 - 0.034). We reject the null hypothesis since there is a significant difference between the swelling pre and post because the P-value for this pair is 0.003, which is less than 0.05. Additionally, the correlation between the variables Pain Pre - Pain Post is 0.538, with a P value of 0.000, indicating that there is a substantial link between the two variables.

The mean difference for the sixth pair, sleep pre - sleep post, is 0.120, the standard deviation is 0.558, and the confidential internal 95% for this difference is (0.279 - 0.039). Because of the significant difference between the Sleep Pre - Sleep Post, the null hypothesis is rejected because the P-value for this pair is 0.035, which is less than 0.05. Additionally, there is a 0.339 correlation between the variables Sleep Pre and Sleep Post, with a P value of 0.016, indicating that this association is significant.

The mean difference for the seventh pair, bowel pre - bowel post, is 0.040, the standard deviation is 0.493, and the confidential internal range for this difference is (0.180 - 0.100) at a 95% confidence internal. We reject the null hypothesis because there is a significant difference between the bowel pre and post since the P-value for this pair is 0.049, which is less than 0.05. Additionally,

the bowel pre - bowel post variables have a correlation of 0.391 and a P value of 0.005, indicating a strong correlation between the two variables.

Energy level Pre - energy level post, the eighth pair, with a mean difference of 0.460, a standard deviation of 0.973, and a confidential internal value for this difference of (0.737 - 0.183) at a 95% confidence level. Because of the significant difference between the energy level pre - energy level post, and also because the correlation between the variables energy level pre - energy level post is 0.556 and P value is 0.000, we reject the null hypothesis because the P-value for this pair is 0.002, which is less than 0.05.

The table no. 2 and 3 explain the following parameters for the first pair that is weight –pre and weight post the mean of difference is 0.680 and standard deviation is 0.913 and at 95% confidential internal for this difference is (0.940 – 0.420). Since the P-value for this pair is 0.000 which is less than 0.05, so we reject the null hypothesis because of significant difference between the weight pre and weight post. Moreover the correlation between the variables weight pre and weight ppost is 0.838 and P value is 0.000 which suggest that correlation between both the variable is significant.

Table no.2 correlation between patients

	N	Correlation	Sig.
Pair 1 Weight_Pre & Weight_Post	50	.838	.000
Pair 2 BP (mmHg) Pre & BP (mmHg) Post	50	.874	.000
Pair 3 SUGAR(mg/dl) Pre & SUGAR(mg/dl) Post	50	.799	.000
Pair 4 Pain Pre & Pain Post	50	.234	.103
Pair 5 Swelling Pre & Swelling Post	50	.538	.000
Pair 6 Bowel Pre & Bowel Post	50	.339	.016
Pair 7 Bowel Pre & Bowel Post	50	.391	.005
Pair 8 ENERGY LEVEL Pre & ENERGY LEVEL Post	50	.556	.000

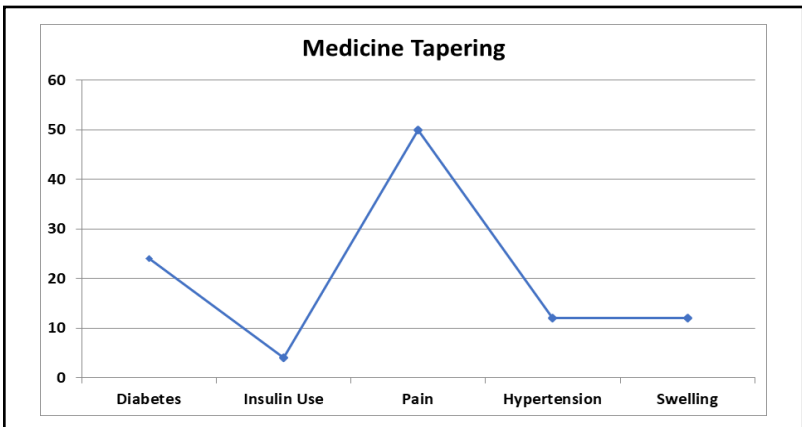
Table no.3 Paired difference between patient parameters

		Paired Samples Test						t	df	Sig. (2-tailed)
		Paired Differences								
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference					
					Lower	Upper				
Pair 1	Weight_Pre - Weight_PPost	-.680	.913	.129	-.940	-.420	-5.264	49	.000	
Pair 2	BP (mmHg) Pre - BP (mmHg) Post	-.640	1.005	.142	-.926	-.354	-4.502	49	.000	
Pair 3	SUGAR(mg/dl) Pre - SUGAR(mg/dl) Post	-.920	1.226	.173	-1.268	-.572	-5.305	49	.000	
Pair 4	Pain Pre - Pain Post	-.200	1.325	.187	-.577	.177	-1.067	49	.021	
Pair 5	Swelling Pre - Swelling Post	-.160	.681	.096	-.354	.034	-1.661	49	.003	
Pair 6	Sleep Pre - Sleep Post	-.120	.558	.079	-.279	.039	-1.520	49	.035	
Pair 7	Bowel Pre - Bowel Post	-.040	.493	.070	-.180	.100	-.573	49	.049	
Pair 8	ENERGY LEVEL Pre - ENERGY LEVEL Post	-.460	.973	.138	-.737	-.183	-3.342	49	.002	

Medicine Tapering

Correcting circadian rhythms may aid in drug weaning down in addition to Ayurvedic therapy. Circadian rhythm disturbances have been linked to the onset and progression of a number of illnesses, including diabetes, liver and kidney disease, and high blood pressure. In order to increase the body’s innate capacity to control these situations, circadian rhythms may be adjusted by practices such as regular sleep patterns, exposure to natural light, and avoiding light exposure at night. As a result, there may be less need for medicine.

Medical Condition	Number of Patients	Treatment Outcome
Diabetes	24	All patients lowered blood glucose levels without medication
Insulin Use	4	50% became completely free from insulin, 50% reduced insulin dosage by more than 50%
Pain	50	43% saw significant improvement
Hypertension	12	11 patients stopped medication and were still able to lower or maintain same blood pressure
Swelling	12	75% of patients reduced swelling by more than 75%, 17% saw no change, and 1 patient complained of increased swelling



Key Outcomes of Cure@72 RT at Jalandhar, HIIMS Economy

The treatment of patients at Dayanand Ayurvedic College and Hospital (HIIMS Economy) in Jalandhar, Punjab yielded several noteworthy outcomes, which can be summarized as follows:

- 1. Blood Glucose Levels:** Among the 24 diabetic patients, 100% were able to lower their blood glucose levels without the need for any medications.
- 2. Insulin Dependence:** Out of the 4 patients previously taking insulin, 50% became completely free from insulin, while the remaining 50% were able to reduce their insulin dosage by more than 50%.
- 3. Energy Levels:** 66% (33 out of 50) of the participants experienced noticeable improvements in their energy levels. 28% maintained their energy levels, while only 3 patients reported low energy.
- 4. Pain Reduction:** Among the 28 patients experiencing pain, 43% (12 individuals) either became completely pain-free or experienced remarkable pain reduction. However, 12 patients did not observe significant improvement.
- 5. Bowel Movements:** 83% of the 11 patients with constipated bowels reported complete evacuation, while 3 patients did not experience significant improvement. One patient with previous complaints of loose stools achieved normal bowel movements.
- 6. Incomplete Evacuation:** 4 out of 50 patients still had incomplete evacuation.
- 7. Sleep Improvement:** Among the 12 patients with disturbed sleep or insomnia, 75% (9 individuals) experienced better sleep from the first day of treatment.
- 8. Weight Management:** Overweight patients were able to lower their weight by an average of 2 kg in three days. One patient lost over 5 kg, and another lost 3 kg.
- 9. Underweight patients:** Out of the 5 underweight patients, one lost weight, two gained an average of 1 kg, and one did not experience any change.

10. Blood Pressure Control: 11 out of the 12 patients on antihypertensive drugs were able to discontinue their medication while maintaining or lowering their blood pressure.

11. Swelling Reduction: Among the 12 patients with swelling, 75% were able to reduce their swelling by more than 75%. 17% did not notice any change, and 1 patient reported increased swelling.

These outcomes highlight the positive effects of the Cure@72 RT treatment, demonstrating improvements in various health aspects such as blood glucose levels, energy levels, pain, bowel movements, sleep quality, weight management, blood pressure, and swelling reduction.

Conclusion

Based on the presented data, it has been demonstrated that treating 50 patients using the Circadian Triangle as the primary tool proved to be a highly effective therapy, resulting in notable improvements in various health metrics. When evaluating study findings, it is important to consider the research design, methods employed, and potential biases or confounding variables. The significance, clinical relevance, and applicability of the data to a broader population should also be taken into account.

Overall, this research indicates the potential benefits of adopting a holistic approach to health management that combines Ayurvedic therapies with circadian rhythm regulation for the treatment of chronic health disorders. For individuals who have not responded well to conventional medical treatments, this approach may offer an alternative or supplementary therapeutic option. Further studies are necessary to validate these results and delve into the underlying mechanisms driving the reported effects. Nevertheless, this research presents a promising avenue for developing personalized and comprehensive methods of healthcare management that can enhance the quality of life for those living with chronic illnesses.

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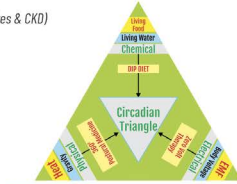
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74. *Specifically for the Susruta Samhita Sharira Sthana, Dalhana's (pharmaceutical processing of commentary on fourth chapter medicinal formulations) Dalhana commentary (DI) Kalpa sthana (Ka.) and Siddhi sthana (Si.)*
75. *Fourth chapter of A.S.Sa.4 (Principles of Analysis for Disease, Ashtanga Samgraha, Sharira Sthana; Drug and Individuals for Personalised Management of Health and Disease, Chapter 20 (A.S.Su. Ayurveda's Samgraha Sutra Sthana*
76. *I. Ck on C.Su.7 for Indriya Sthana = Chakrapani's (clinical procedures for evaluation of comments on prognosis and outcome of illness, seventh chapter) thana charaka samhita sutra Principles of internal medicine, including reconstructive and regenerative surgery, are covered in Chikitsa Sthana (Ci.)*
77. *Sutra sthana and Charaka Samhita C.Su.1, the first chapter of Charaka (conceptual framework and condensed samhita sutra sthana; complete compendium form) Charaka Samhita Vimana Sthana's eighth chapter, C.Vi.8,*
78. *Agnivesa: Revised by Charaka and Dridabala with Ayurveda deepika commentary of Chakrapanidatta edited by Vaidya Yadavji Trikamji Acharya Charaka samhita, Chaukamba orientalia, Varanasi, edition 2018, Soothrasthana 5/3p36.*

Annexures:

Annexure -1

Dr. Biswaroop Roy Chowdhury (Phd In Diabetes & CKD)
 Dr. Salil Maheshwari (MBBS, MD)
 Dr. Sanju Khari (BDS)
 Dr. Yamini Channa (BAMS, PGDIP)
 Dr. Naresh Kumar (BAMS, PGDIP)
 Dr. Priyank Singh (BAMS, MD)
 Dr. Aparna Negi (BAMS)
 Dr. Pawneesh Kumar Tamta (BAMS)
 Dr. Shunisha Manan (BAMS)
 Dr. Amit Bharti (BAMS)



Circadian Chart

Recommended for _____ Dated: 9 July 2023



● **Sleep Duration / रात में नींद की अवधि**

7 to 9 hrs 8 to 10 hrs 9 to 11 hrs 10 to 13 hrs

- Avoid light more than 50 lux 2 hours before sleep / नींद से 2 घंटे पूर्व 50 लक्स से अधिक के प्रकाश से बचें।
- Atleast 1000 lux sunlight during the day for atleast 3 hrs./ दिन में 3 घंटे न्यूनतम 1000 लक्स सनलाइट में रहें।
- Atleast 10,000 lux sunlight during the day for at least 30 min/दिन में कम से कम 30 मिनट के लिए 10,000 लक्स सनलाइट में रहें।



- Sleep on zero volt bedsheets every night / हर रात ज़ीरो वोल्ट बेडशीट पर सोएं।
- Every day remain grounded outdoor for at least 20 min / हर दिन न्यूनतम 20 मिनट तक घर से बाहर भूमि के डाइरेक्ट संपर्क में रहें।



- Go for 2/3 pot water / Hiimzil / Robot water / 2/3 मटका सिस्टम का पानी / हिमजिल / रोबोट वाटर इस्तेमाल करें।



● **Decide to be on DIP diet / डीआईपी डाइट पर रहने का निर्णय लें**

DIP Diet DIP Diet - Plate 2 (Dinner) DIP Diet - Plate 2 DIP Diet (Soft)

● **Kadha:** As per attachment / काढ़ा: अटैचमेंट के अनुसार

● **Juice / जूस**

Green Juice (250 ml) Red Juice (250 ml) Ashgourd Juice (250 ml) Amla Juice (100 ml)



HWI LLHWI Lower Limb HWI HDT Leg Raise



Panchakarma
पंचकर्म

Virechan विरचन	<input type="checkbox"/>	Lepam लेपम	<input type="checkbox"/>	Nasyam नस्यम्	<input type="checkbox"/>	Shiro Picchu शिरो पिचु	<input type="checkbox"/>
Udvartan उदवर्तन	<input type="checkbox"/>	Janu Basti जानु बस्ति	<input type="checkbox"/>	Prisht Basti पृष्ट बस्ति	<input type="checkbox"/>	Gandhoosh गण्डूष	<input type="checkbox"/>
Thalam तलम्	<input type="checkbox"/>	Abhyangam अभ्यङ्ग	<input type="checkbox"/>	Chest Picchu उरू पिचु	<input type="checkbox"/>	Uroh Basti उरू बस्ति	<input type="checkbox"/>
Hridya Basti हृदय बस्ति	<input type="checkbox"/>	Prisht Picchu पृष्ट पिचु	<input type="checkbox"/>	Ruksh Potli रूक्ष पोटली	<input type="checkbox"/>	Parishek परिशेक	<input type="checkbox"/>
Knee Picchu कुटना पिचु	<input type="checkbox"/>	Dhoom Varti धूम वर्ति	<input type="checkbox"/>	Katisnan कटि स्नान	<input type="checkbox"/>	Guda Picchu गुदा पिचु	<input type="checkbox"/>
Hrid Picchu हृदय पिचु	<input type="checkbox"/>	Throat Lepam ग्रीवा लेपम	<input type="checkbox"/>				



● **Decide to eat within the bracket of/ इस समय सीमा के भीतर खाने का निर्णय लें.**

1) 10 am to 6 pm 2) 8 am to 6 pm 3) 8 am to 8 pm

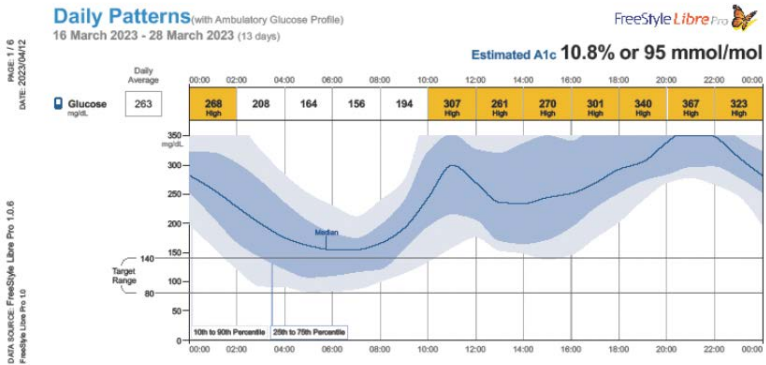
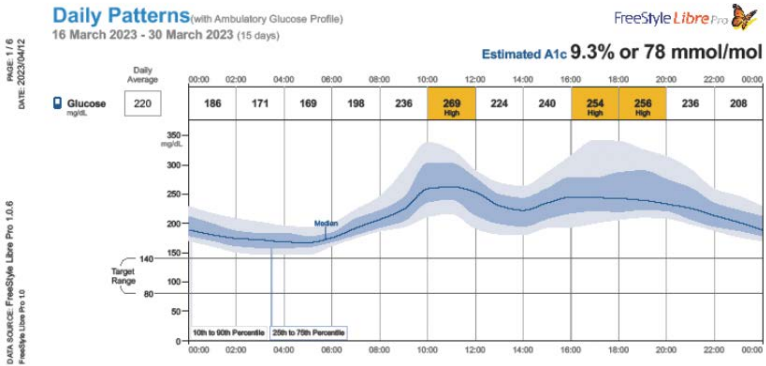
Medication / औषधि _____

Other / अन्य निर्देश _____

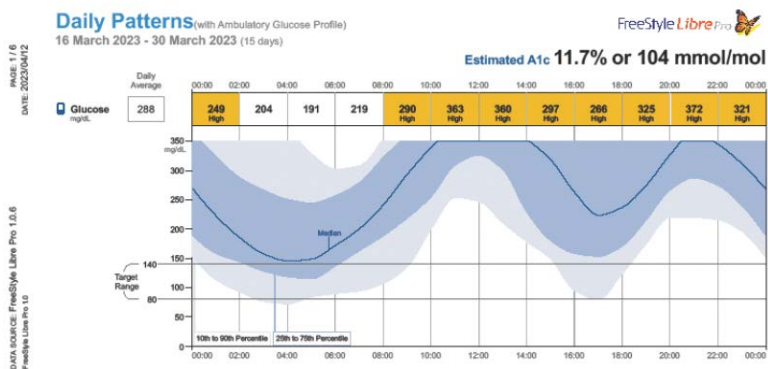
Annexure -2

PATIENT MONITORING SHEET														
S. No.	Patient Name	DAY	WT	BP	PULSE	TEMP	SUGAR(mg/dl)	PAIN	SWELLING	SLEEP	BOWEL	ENERGY LEVEL	MARKS/FEEDBA	Please Mention Insulin Dose / BP Meds/ Diabetes Medications
1	Shaher Bano	27-Apr-23												
		28-Apr-23												
		29-Apr-23												
		30-Apr-23												
		31-Apr-23												
2	Samar Bano	27-Apr-23												
		28-Apr-23												
		29-Apr-23												
		30-Apr-23												
		31-Apr-23												

Annexure -3



First 3 Days of Correcting the body clock



Annexure -4

Likert Scale (Pain)

Low	1-4
Moderate	5
High	6-9
Worst	10

Likert Scale (Swelling)

Yes	1
Mild	2
No	3

Likert Scale (Sleep)

Poor	1
Moderate	2
Normal	3

Likert Scale (Bowel)

Not Clear	1
Clear	2
Loose stools	3

Likert Scale (Energy)

Low	1-4
Moderate	5
Normal	6-7
Good	8-10

CURE@72hrs

Dayanand Ayurvedic College, Jalandhar
17-19 March, 2023



Karn Purna



Neem Karela Therapy



Shiropichu



Dhoomra Vasti



Hot Water Immersion



Abhyangam



Leech Therapy



Dry Potli Therapy



Oil Potli Therapy



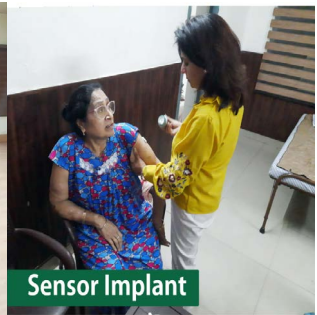
B. P. Assessment



Shirodhara



Coconut Water



Sensor Implant



Zero Volt Mat



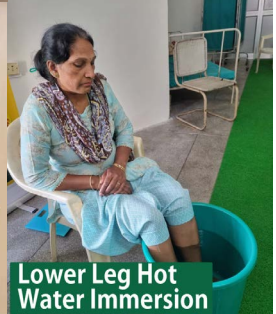
Hunza Tea



3 Pot Living Water system



Thallam



Lower Leg Hot Water Immersion



DIP Diet



SECTION-III

Heart & Kidney Failure- Two Sides of the Same Coin

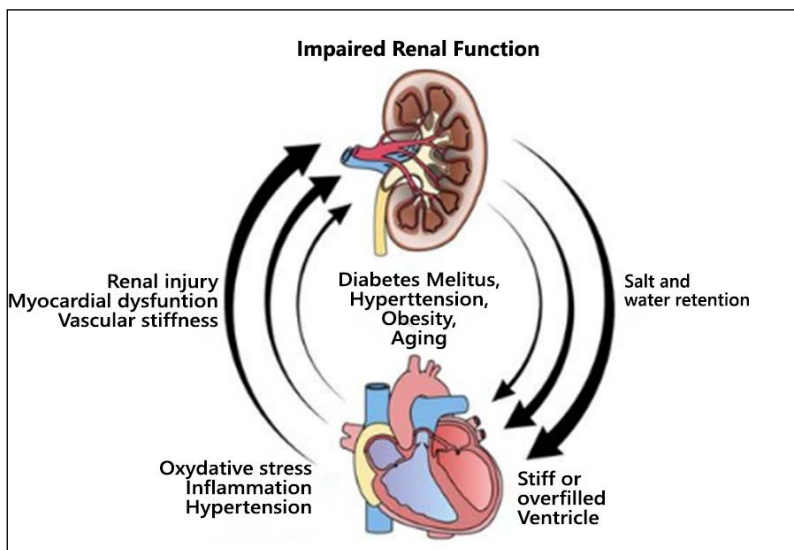
I have observed that among kidney patients using the GRAD System, a common sign of improvement is a reduction in the dependency on antihypertensive medication to control blood pressure. The kidney and heart work closely together, and any efforts to revive kidney function often result in positive effects such as the reversal of diabetes, elimination of angina, and alleviation of other classic symptoms of heart failure.

Two organs working as one

The heart and kidneys function as a unified system. The heart's role is to continuously pump oxygenated blood throughout the body, while the kidneys filter the blood, removing waste products through urine and helping regulate water and salt levels to control blood pressure.

Heart failure poses a significant risk factor for kidney disease. When the heart's pumping efficiency declines, blood can accumulate and cause congestion in the veins connected to the kidneys. This congestion in the kidneys leads to a reduced supply of oxygenated blood, impairing kidney function. As a consequence, blood pressure increases in an attempt to improve blood flow to the kidneys, which further increases the workload on the heart.

Heart Failure	Kidney Failure
1. Shortness of Breath	Shortness of Breath
2. Weakness	Weakness
3. Swelling in legs	Swelling in legs
4. Irregular heart beat	Irregular heart beat



Based on the explanation provided above, it should be evident that the protocol for treating heart patients cannot/should not differ from the protocol used to heal kidney patients. Under our supervision, heart patients are placed on the GRAD system (designed for kidney patients) with two minor adjustments:

- Avoiding the head-down tilt (HDT).
- Replacing the upto-neck hot water immersion with lower limb hot water immersion (LLHWI).

Among the majority of patients on the GRAD system, the initial signs of improvement often include:

1. Improved blood pressure control.
2. Better blood sugar control.
3. Reduction in swelling.
4. Decreased weakness.

The final sign of recovery is an increase in the size of the kidneys.

Occasionally, some inquisitive patients opt for DTPA* Scan before and after undergoing the GRAD system treatment to assess the changes in kidney size and functioning. In the following pages, we present the DTPA Scan reports of six patients, showcasing the pre- and post-GRAD system results.

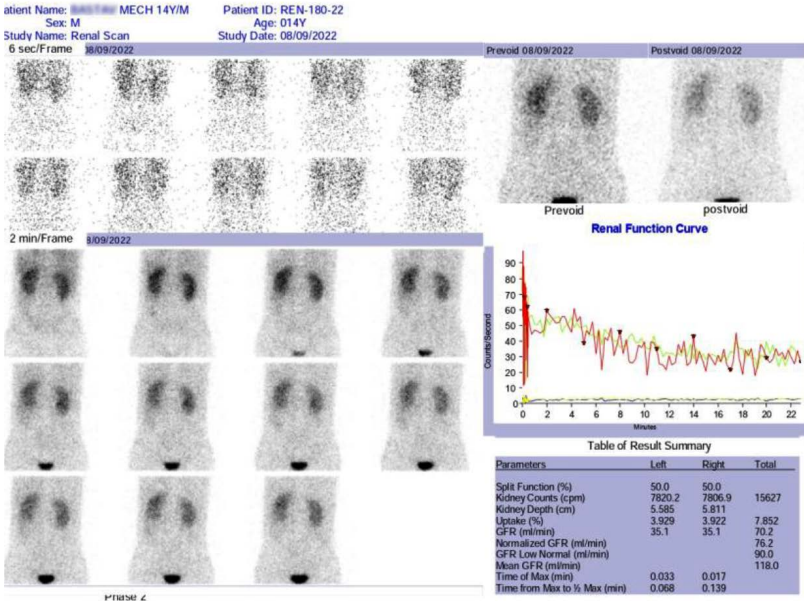
Summary of DTPA scans of 6 Patients
1. Average number of days on GRAD system before 2nd scan - 139.17 days (approx. 4 months)
2. Average increase in GFR = 16.62 ml/min
3. Average increase in Kidney depth = 1.12 cm
4. Average increase in uptake = 2 %

* We don't recommend DTPA Scan. In following pages are the reports of the patients who volunteered themselves for the scan. We acknowledge that DTPA scan has a potential to further damage the already fragile kidney.

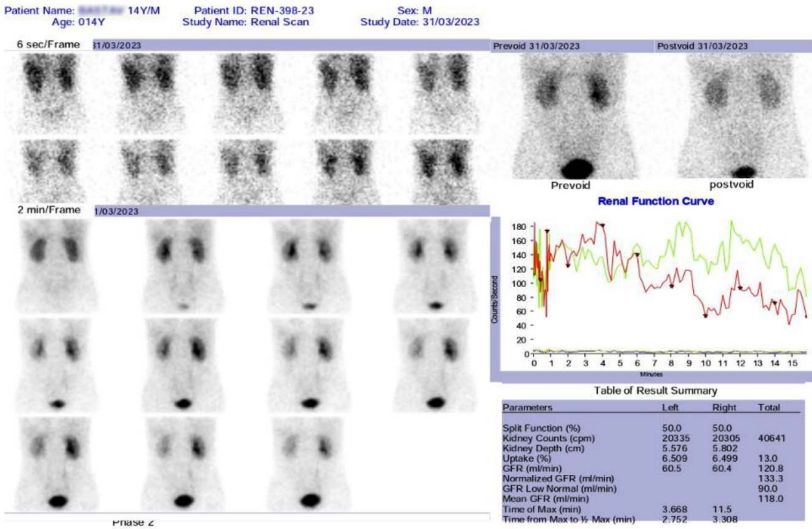
COMPARITIVE DTPA STUDY

PATIENT -1

BEFORE following GRAD SYSTEM : 08.09.2022



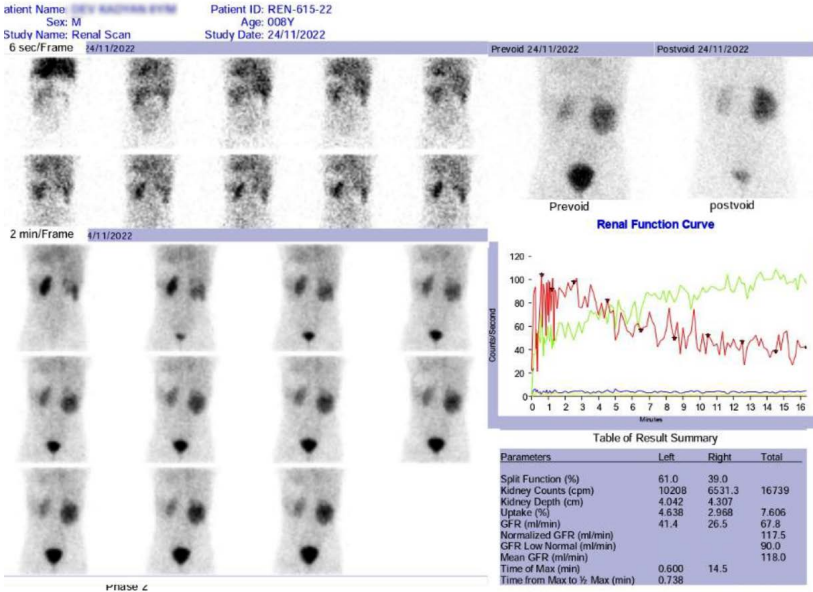
AFTER following GRAD SYSTEM: 31.03.2023



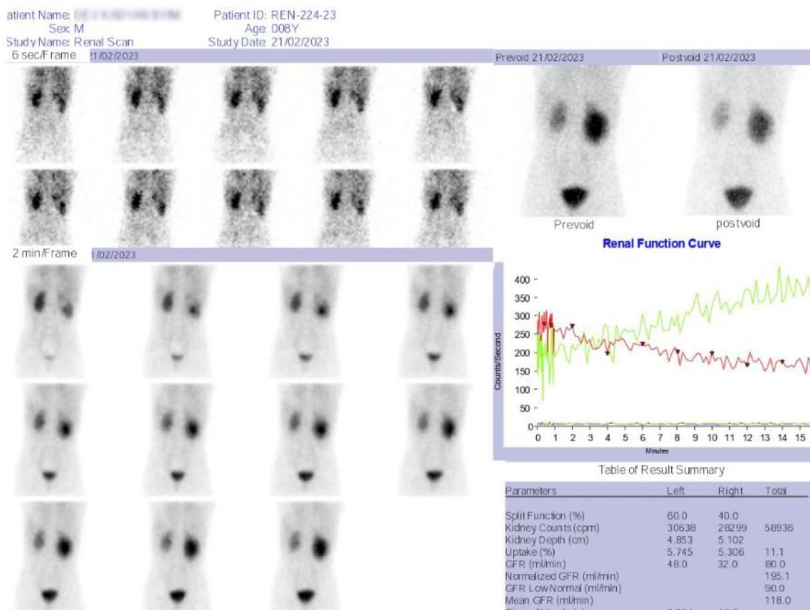
COMPARITIVE DTPA STUDY

PATIENT -2

BEFORE following GRAD SYSTEM : 24.11.2022



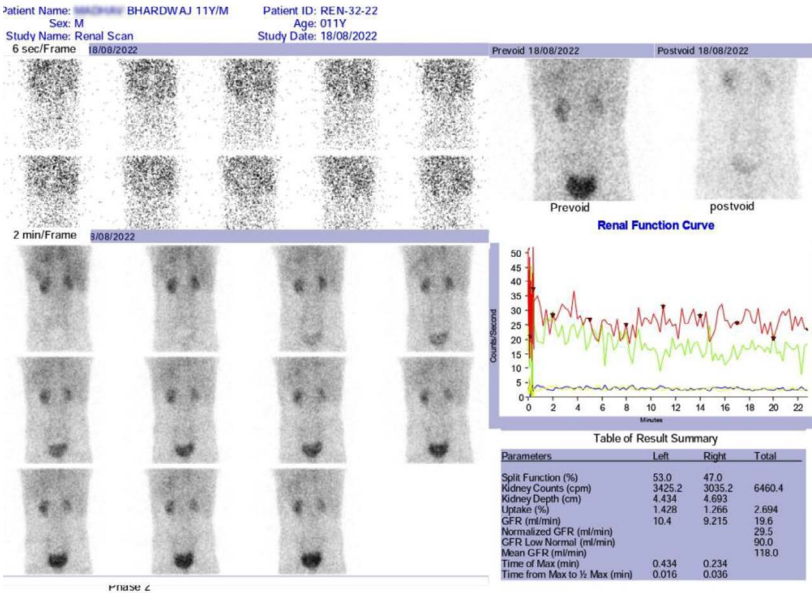
AFTER following GRAD SYSTEM : 21.02.2023



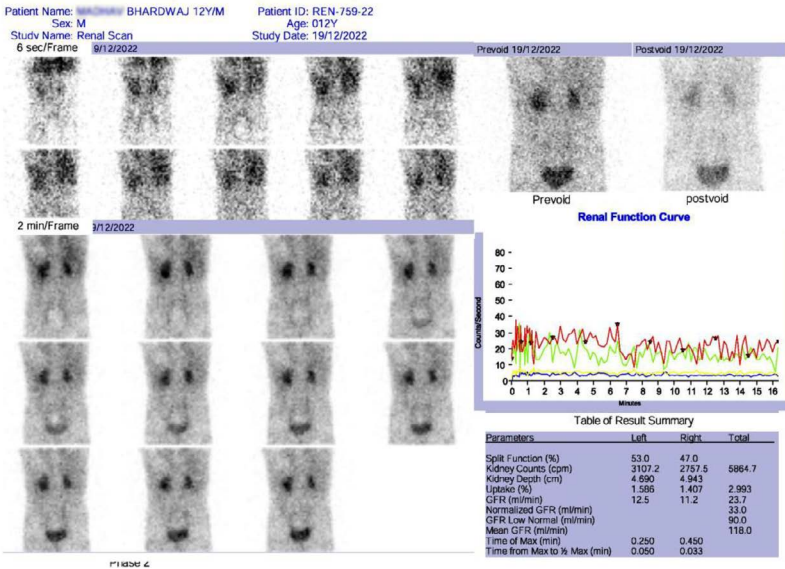
COMPARTIVE DTPA STUDY

PATIENT -3

BEFORE following GRAD SYSTEM : 18.08.2022



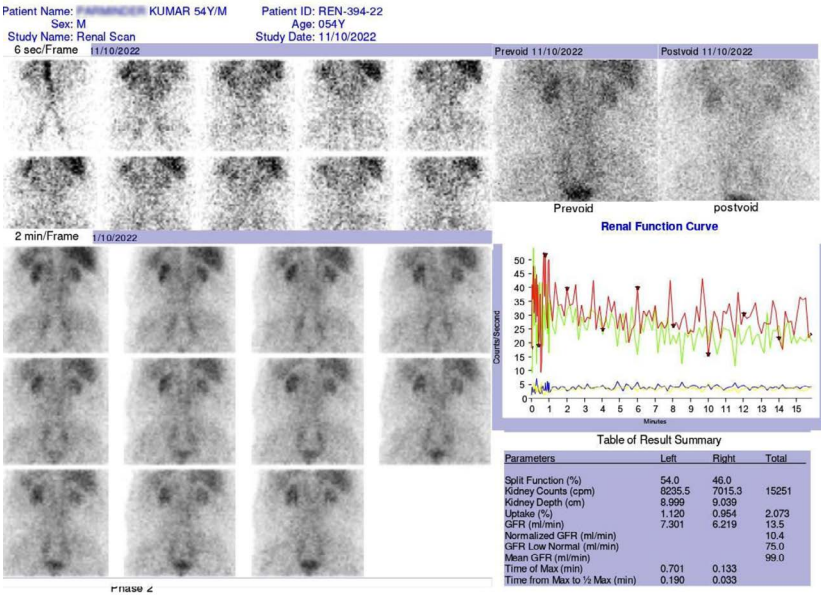
AFTER following GRAD SYSTEM : 19.12.2022



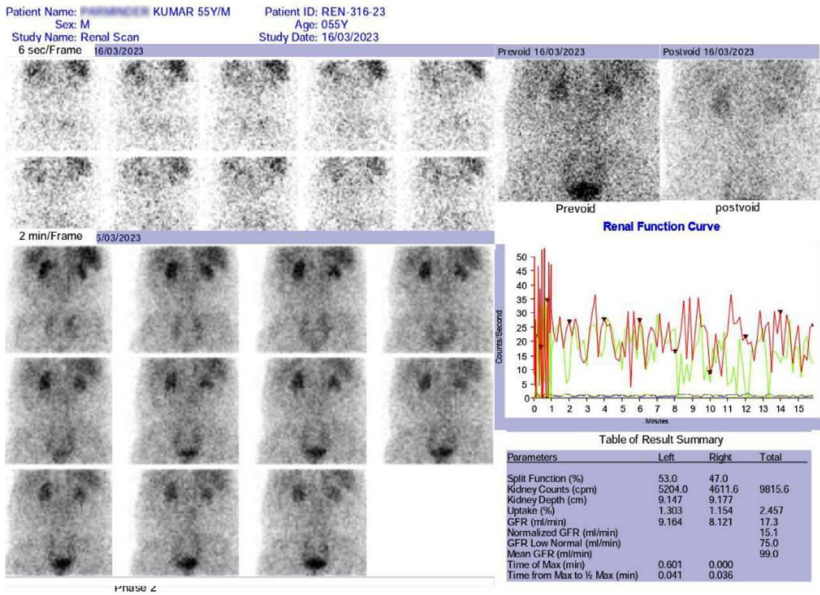
COMPARITIVE DTPA STUDY

PATIENT -4

BEFORE following GRAD SYSTEM : 11.10.2022



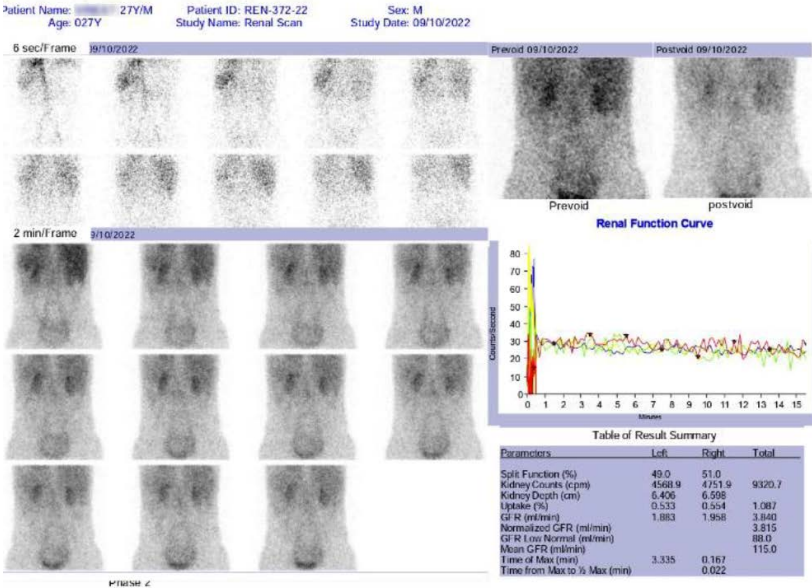
AFTER following GRAD SYSTEM: 16.03.2023



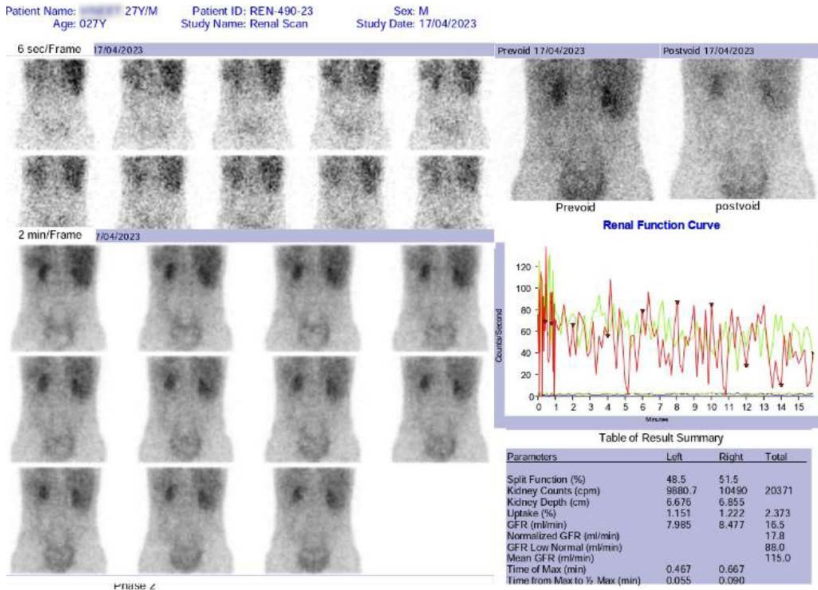
COMPARITIVE DTPA STUDY

PATIENT -5

BEFORE following GRAD SYSTEM: 09.10.2022



AFTER following GRAD SYSTEM : 17.04.2023



COMPARITIVE DTPA STUDY

PATIENT -6

BEFORE following GRAD SYSTEM: 10.3.2022

S. CREATININE (4.4) (04/04/2022)

Gurmat Sanchar Foundation Charitable Health Centre
 Mobile: 98560-41313
 Fully AC Computerised Lab Equipped With Biochemistry Analyser & Haematology Cell Counter, IBA IC Dose on Newcord reader, Electrolyte Analyser etc.
 Tabri Road, Opp. Gurdwara Sant Baba Tehal Singh, Gurdaspur (Pb.)
 Not For Medical Legal Purpose

REG. NO. : 070117
 NAME : Mr. Balbir Singh
 SEX : Male
 DATE : 04/04/2022

BIOCHEMISTRY

TESTS	RESULTS	UNITS	REFERENCE RANGE
Serum UREA	83.3	mg/dl	10-40
Serum CREATININE	4.4	mg/dl	0.6-1.4

S. CREATININE(2.5) (16 MAY 2022)

GURMAT SANCHAR FOUNDATION
CHARITABLE HEALTH CENTRE
 Tabri Road, Opposite Gurdwara Sant Baba Tehal Singh, Gurdaspur (Pb.)
 A COMPLETE HI-TECH FULLY COMPUTERISED LAB & ECG CENTRE
 (Equipped with Eika Chem 5 Advanced Semi Automatic Analyser, Cell Counter)
 E-mail: gurmatfoundation@gmail.com

Name: Balbir Singh Age/Sex: M
 Ref. by Dr. Lab No. Date: 16/5/22

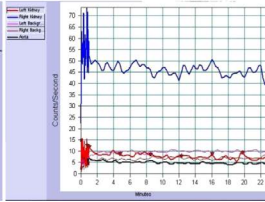
HAEMATOLOGY **BIOCHEMISTRY**

Hemoglobin	Gen % (12.18)	Fasting Bt Glucose	mg/dl (79-110)
TLC	Count (2028-19200)	PPH Glucose	mg/dl (100-130)
DLC	% (98.75)	Hb1 AC	
Neutrophils	% (28.40)	B Urea	mg/dl (10-40)
Lymphocytes	% (6.70)	S-Creatinine	mg/dl (0.6-1.5)
Monocytes	% (4.60)	% Uric Acid	mg/dl (0-4)

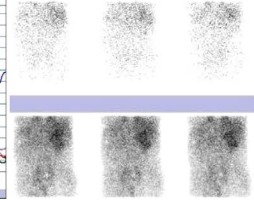
IST DTPA SCAN: 10.3.2022

Table of Result Summary

Parameters	Left	Right	Total
Split Function (%)	11.0	89.0	
Kidney Counts (cpm)	1118.7	6329.6	7446.3
Kidney Depth (cm)	5.266	5.301	
Uptake (%)	0.352	1.905	2.347
GFR (ml/min)	1.1	8.9	10.0
Normalized GFR (ml/min)			17.8
GFR Low Normal (ml/min)			75.0
Mean GFR (ml/min)			99.0



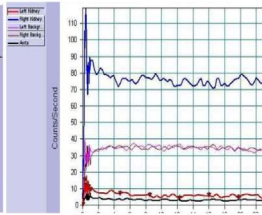
FLOW



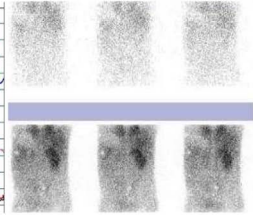
AFTER following GRAD SYSTEM : 30.5.2022

IIND DTPA SCAN: 30.5.2022

Table of Result Summary			
Parameters	Left	Right	Total
Split Function (%)	8.505	91.5	
Kidney Counts (cpm)	1368.8	14726	16094
Kidney Depth (cm)	7.186	7.235	
Uptake (%)	0.308	3.318	3.626
GFR (ml/min)	2.446	18.0	20.4
Normalized GFR (ml/min)			24.4
GFR Low Normal (ml/min)			73.0
Mean GFR (ml/min)			96.0



FLOW



UPTAKE

1st batch of Doctors, after the successful training on 'The Fish Tank Model'

Date: 3 July, 2023

Place: HIIMS – Delhi NCR (Meerut)



Zero Volt Therapy Kit

Zero Volt Foot Mat



- Foot Mat (19 x 12 inch)
- Earthing Copper Rod
- Connecting Copper Wire (10 meter)
- Continuity meter
- Carry Bag

Zero Volt Bedsheet



- Bedsheet (75 x 36 inch)
- Earthing Copper Rod
- Connecting Copper Wire (10 meter)
- Copper connecting wristband
- Continuity meter
- Carry Bag

Zero Volt Yoga Mat



- Yoga Mat (74 x 30 inch)
- Earthing Copper Rod
- Connecting Copper Wire (2 meter)
- Continuity meter
- Carry Bag



ZERO VOLT SANDAL

Zero Volt Sandal is designed to keep your body at zero volt, while you are walking on grass or earth (not on concrete). It is equipped with adjustable buckle and strap, fit for your foot size.

Size available : **S** | **M** | **L**

To stay disease free, one needs to be grounded with the mother Earth most of the time. In urban cities, it seems difficult to achieve this target. With the invention of Zero volt bedsheets and mats, one can be grounded even while sleeping & sitting at home.

Buy online at: www.biswaroop.com/shop

Dynamic Memory Pvt. Ltd.

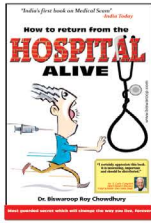
B-121, 2nd Floor, Green Fields, Faridabad-121010 (Haryana)
E-mail : biswaroop@biswaroop.com

Phone & WhatsApp: **+91-9312286540**

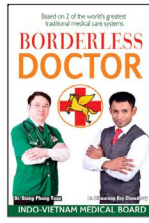
Books by Dr. Biswaroop Roy Chowdhury



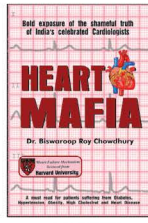
Price: ₹ 250/-
(Courier charges extra)



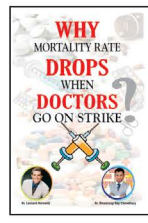
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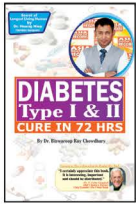
Price: ₹ 150/-
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Price: ₹ 150/-
(Courier charges extra)



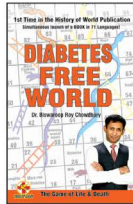
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(Courier charges extra)



Price: ₹ 150/-
(Courier charges extra)



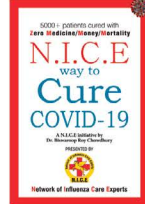
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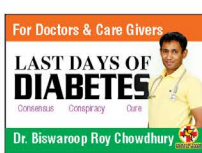
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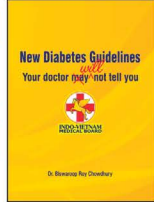
Price: ₹ 100/-
(Courier charges extra)



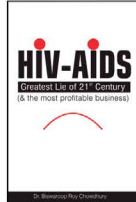
Price: ₹ 250/-
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Price: ₹ 150/-
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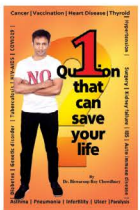
Price: ₹ 100/-
(Courier charges extra)



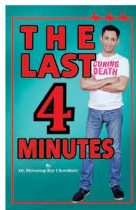
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(Courier charges extra)



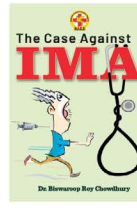
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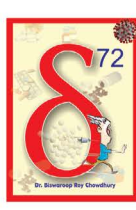
Price: ₹ 175/-
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Price: ₹ 150/-
(Courier charges extra)



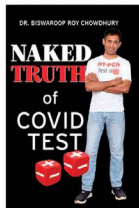
Price: ₹ 150/-
(Courier charges extra)



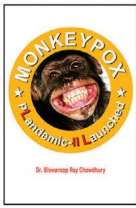
Price: ₹ 150/-
(Courier charges extra)



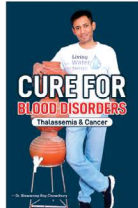
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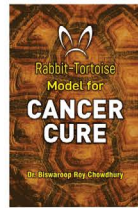
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- Mechanism of Medicine in Body
- Mechanism of Food in Body
- When the Food is Medicine
- When Medicine is Poison
- Common Kitchen Herbs and their Medicinal Usages
- Timeline of Recovery of Common Illnesses
- Food Calculation for Overall Nutrition
Plants V/S Animal Food

Take-Home Material :

- Hospital in a Box
- Game of Life Chart
- Snake Ladder Nutrition Game
- Reference Book



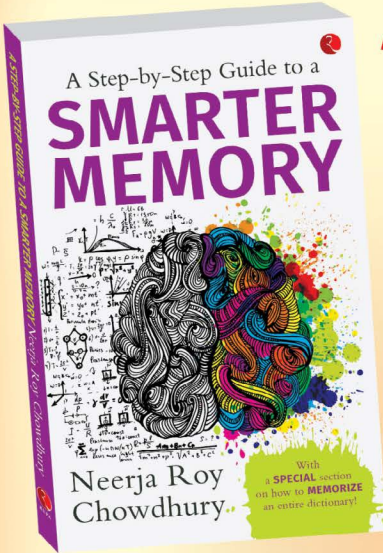
Course Fee: INR 21,000/- (including GST + Courier)

Mode of Training: Online/ viva (oral examination) through a video call

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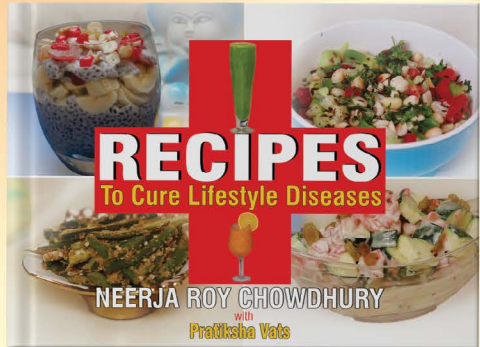
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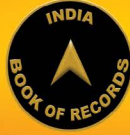
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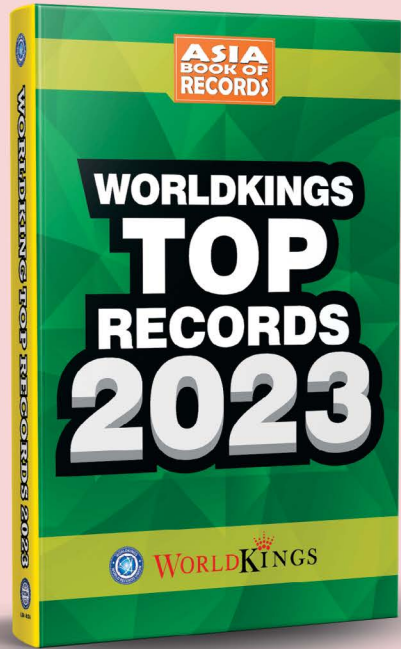
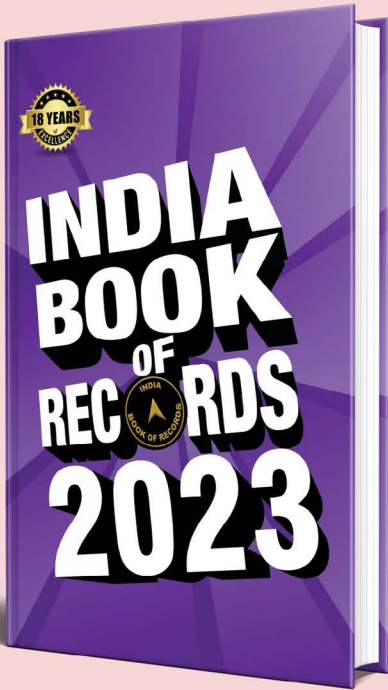
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Let every morning be the Hunza Morning

If you have decided to pick only one of my suggestions for the sake of your health, then take this suggestion :

Stop consuming tea specially, morning tea. The early morning tea makes the inner lining of your intestinal wall acidic, as after a long night of fasting your stomach is empty and craving for food. An acidic stomach on a regular basis is the single biggest cause of all kind of inflammatory and lifestyle diseases including arthritis, Diabetes etc.

How to stop craving of tea —————> Switch to Hunza Tea

Hunza Civilization: Hunza people are the Indians living at extreme northwest of India in Hindu Kush range. They are known to be one of the world's healthiest civilizations, often living up to the age of 110 years.

How to prepare Hunza Tea (serves four):

Ingredients:

- 12 Mint leaves(Pudina)
- 8 Basil Leaves(Tulsi)
- 4 Green cardamom (Elaichi)
- 2 gm Cinnamon (Dalchini)
- 20 gm Ginger (Adrak)
- 20 gm Jaggery (Gur)

Instructions:

- Take 4 cups of water in a tea pan
- Add all ingredients, simmer it for 10mins
- Add a dash of lemon juice and serve hot or cold

For those who are too lazy to collect the above ingredients (to make their own hunza tea) may order



₹ 400/-
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on

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from

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Overview: 2 Months Online Emergency & Pain Management Certification Training is not a regular first-aid training but is a highly scientific advanced training based on P.E.A.C.E. Protocol which includes the science of postural medicine. Using P.E.A.C.E. protocol, you will be able to handle the following medical emergencies:

Bleeding	Heat Exhaustion
Broken Bones	Hyperventilation
Burns	Hypothermia
Choking	Recovery Position
Diabetes	Sprains and Strains
Epilepsy /Seizures	Unconsciousness
Eye Injury	Pain Management
Fainting	Snake bite
Head Injuries	Child Birth

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Diabetes

High B.P.

Heart Disease

Joint/Body Pains

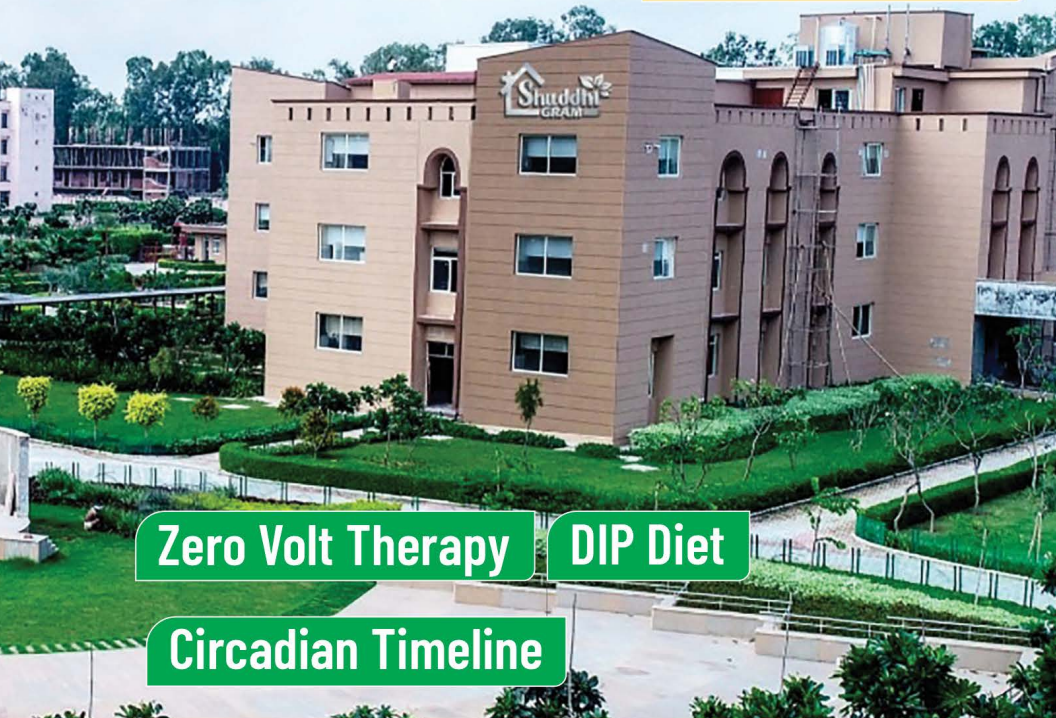
Obesity

Swelling

Parkinson

Low Immunity

Constipation



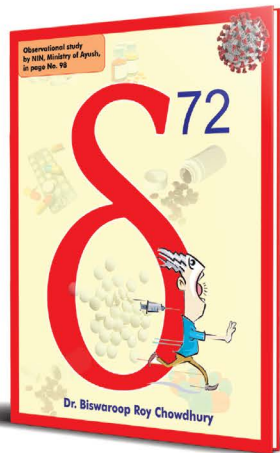
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Circadian Timeline

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Delta (δ) variant is not a new virus. But is a new name given to an existing virus, definitely with a purpose. This book exposes the horrific purpose through the stories of 72 Covid-19 infected patients, who were part of the case study at Ahmednagar N.I.C.E Centre. You cannot afford to miss reading the book, especially if you know that not knowing the truth may risk you and your child becoming the victim of the conspiracy. And knowing the truth can give you utmost freedom from fear and panic of the much publicised "The 3rd Wave".



Available in all major online stores

Two Months Online Certification Training



on
Emergency & Pain Management
from
Shridhar University



Overview: 2 Months Online Emergency & Pain Management Certification Training is not a regular first-aid training but is a highly scientific advanced training based on P.E.A.C.E. Protocol which includes the science of postural medicine. Using P.E.A.C.E. protocol, you will be able to handle the following medical emergencies:

- | | |
|--------------------|---------------------|
| Bleeding | Heat Exhaustion |
| Broken Bones | Hyperventilation |
| Burns | Hypothermia |
| Choking | Recovery Position |
| Diabetes | Sprains and Strains |
| Epilepsy /Seizures | Unconsciousness |
| Eye Injury | Pain Management |
| Fainting | Snake bite |
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2

SECONDS OIL

Headache relief in 2 steps

Step 1 Open the cap

Step 2 Sniff the oil

न खाना

न पीना

न लगाना

सिर्फ सूंघकर करे सरदर्द को गायब

The box contains:

- 2 Seconds Oil bottle
- Certificate of Commitment
- Mini Book 'Relieving Nation's Headache'
'देश का सरदर्द करे दूर'



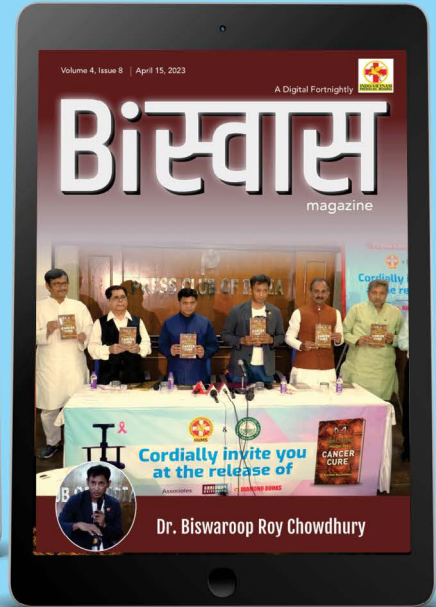
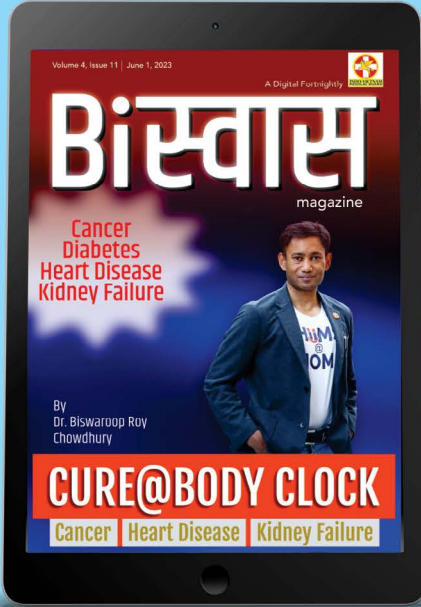
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SYLLABUS

- What is electromagnetic force/EMF?
- History & Chemistry of EMF.
- EMF & human health.
- Direct correlation between EMF & Lifestyle Diseases.
- What is earthing?
- Evidence of reversal of lifestyle diseases through earthing.
- How to construct an 'Earthing Tool at Home'?
- Step by step earthing methods for various lifestyle diseases.
- DIY (Do It Yourself) 'Earthing Tool Kit'.
- Correcting your circadian rhythm.



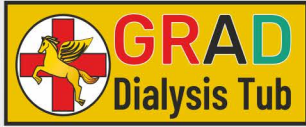
Mode of Training: **Online** Take-Home Material: **DIY earthing tool kit**

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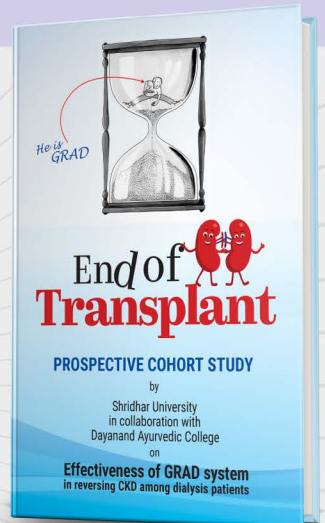
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- ▶ Cancer Therapy
- ▶ Self Dialysis
- ▶ Heart Attack prevention
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Total Duration: 3 Months

Mode of Training: Once in a week – Online Classes

- 7 days contact hands on training at Dayanand Ayurvedic College, Jalandhar
- 3 days apprenticeship at HIIMS Hospital (Delhi / Chandigarh / Mumbai / Lucknow / Jaipur)

Content:

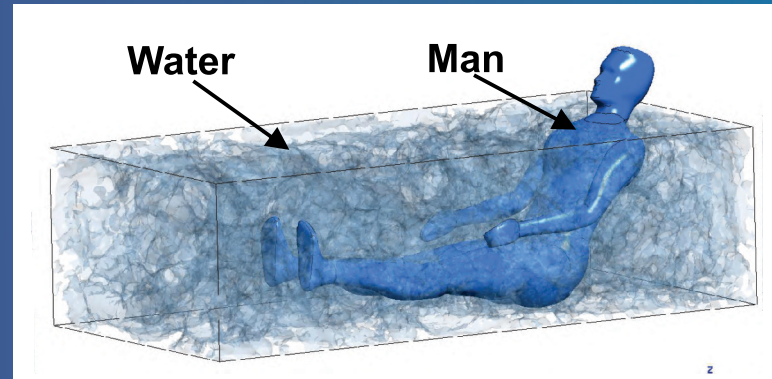
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- Science of Circadian clock
- Circadian Clock and disease connection
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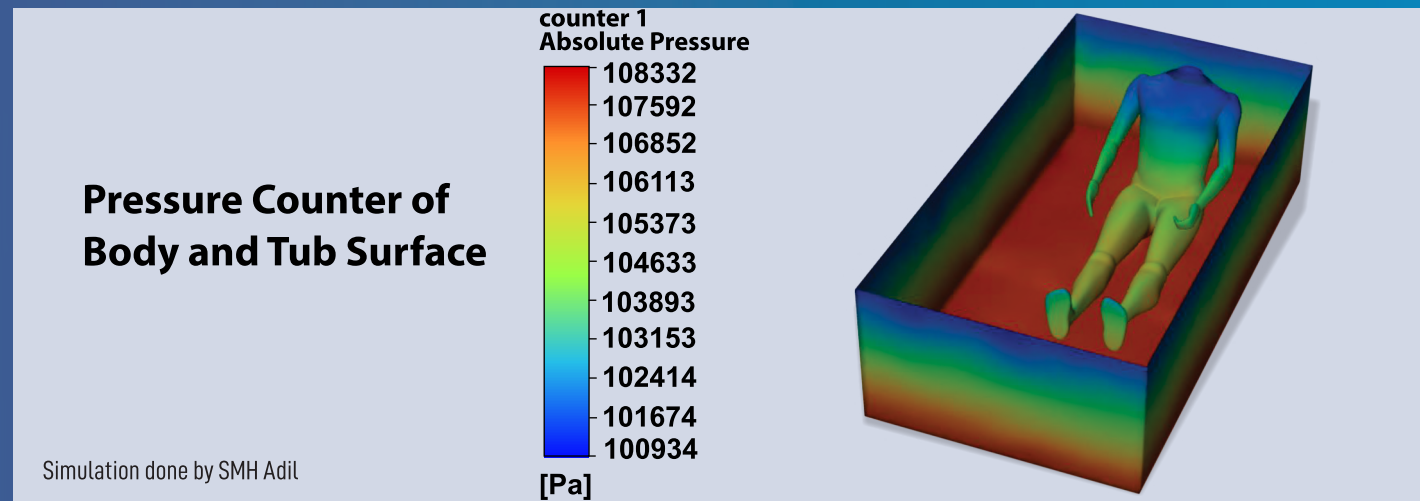
Dr. BRC's invention "The GRAD System" to reverse Chronic Kidney Disease

Analysis of man in a bathtub



S. No.	Parameters	
1	Pressure	atmospheric pressure
2	Density of Human body	987mg/cm ²
3	Density of water	998.2mg/cm ²
4	Size of Tub (mm)	2058x1063x589mm ³

Heat (40°C)
+
Pressure difference
causes
Dialysis



HWI + **HDT** + **DIP Diet**

Bath tub

10°

Breakfast	Lunch/Dinner	
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Chronic
Kidney Disease

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About the Author



This book is a sequel to the bestselling book 'Rabbit Tortoise Model for Cancer Cure'. Its author Dr Biswaroop Roy Chowdhury's groundbreaking innovations include the revolutionary 'Zero Volt Therapy,' a cutting-edge Mathematical Model of nutrition, 'DIP diet', and the ingenious 'GRAD system' for kidney patients, based on the principles of gravity and heat. Dr. Biswaroop Roy Chowdhury, an engineering graduate, holds both post-graduation in Diabetes and a prestigious PhD (Hon.) in Diabetes and Chronic Kidney Disease. With an impressive portfolio of 26 published books, he successfully oversees the HIIMS group of hospitals, which actively engages in healthcare endeavors across India, Vietnam, and Malaysia.

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